



# STAGE4ALL platform

## User Manual



TEATRO alla GUILLA



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# Aim of this document

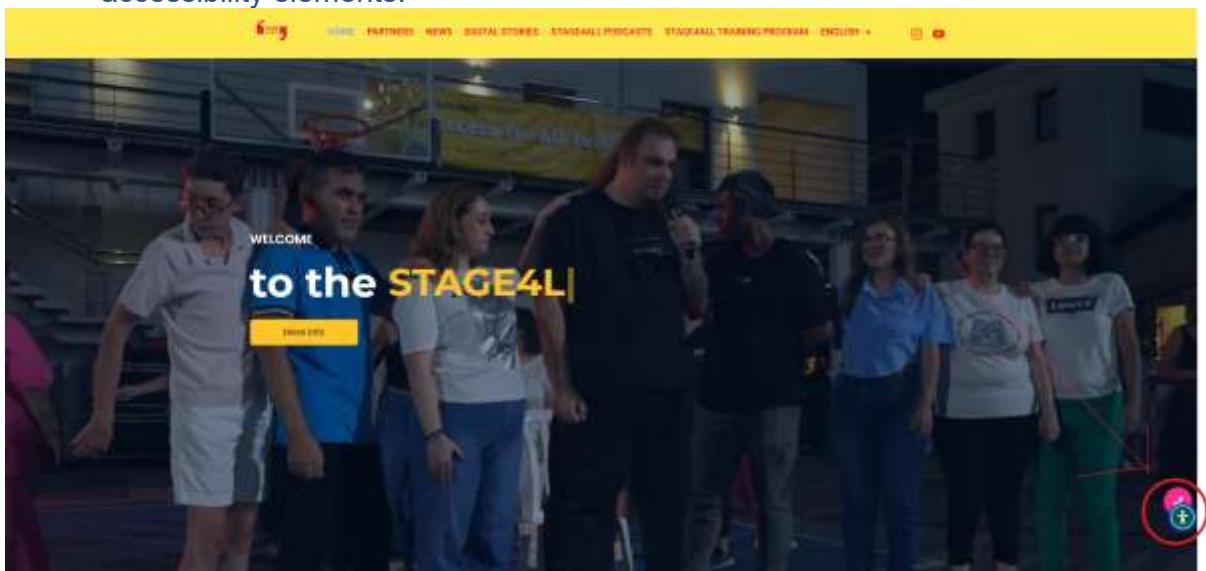
The aim of this document is to provide a detailed description of the access and use of the Stage4all platform as well as navigate through its different sections.

## How to access the platform

1. To access the platform visit the following link: <https://stage4alleu.com/>. You will be landed on this page.



2. When clicking on the bottom right of the page, you can access multiple accessibility elements.





3. To find more about the partners of the project, click [here](#).




## RESET LTD

CYPRUS

**Description:** With over 20 years of committed experience in research and education, RESET develops, researches and implements comprehensive solutions to the most challenging science challenges of our time. RESET's focus is on the climate, mobility, and evolution of sustainable, circular systems and practices which promote humanity. Our organization promotes and achieves positive social, financial, regional and global change through the power of research and education.

We aim for social development by promoting peace and justice, diversity and tolerance, and integration as well as reintegration. The purpose of RESET is to promote a fair and peaceful world.



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# News Section

4. You can access the news section by clicking on the dedicated tab. At the news section you can find the newsletters, press releases and other related news about the stage4all project.

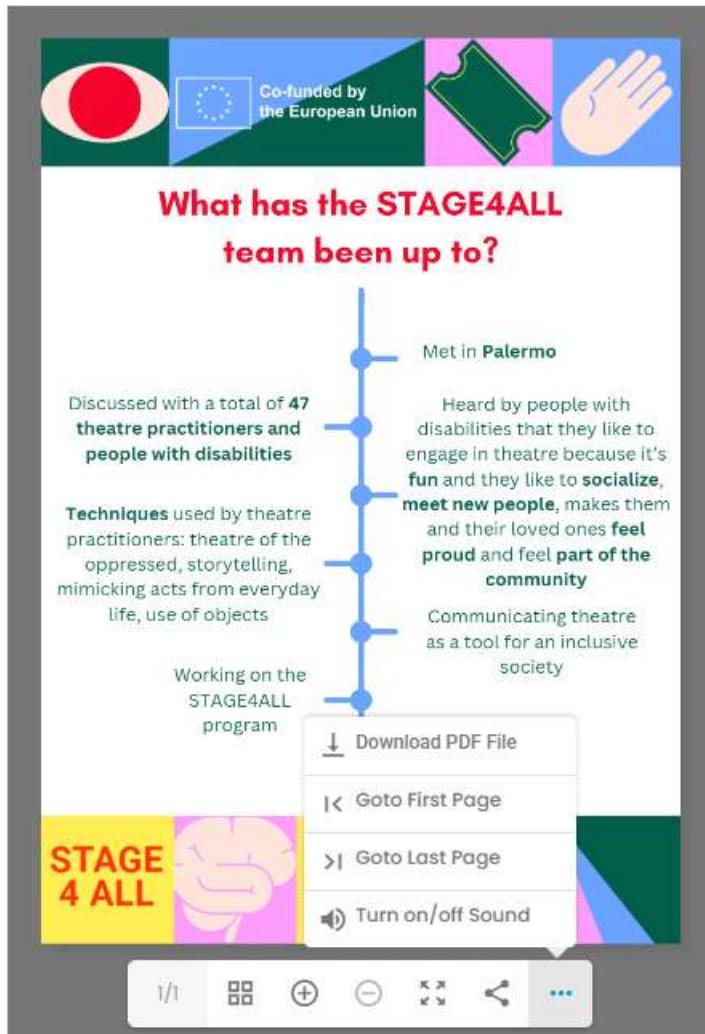


Timeline with news



5. Additionally, you can click on the bottom of the newsletters and press releases from more options such as zoom, downloads, full screen, sound and share.

## Newsletter 1



Co-funded by the European Union

**What has the STAGE4ALL team been up to?**

- Discussed with a total of **47 theatre practitioners and people with disabilities**
- Met in **Palermo**
- Heard by people with disabilities that they like to engage in theatre because it's fun and they like to **socialize, meet new people**, makes them and their loved ones **feel proud** and feel **part of the community**
- Techniques used by theatre practitioners: theatre of the oppressed, storytelling, mimicking acts from everyday life, use of objects
- Working on the STAGE4ALL program

[Download PDF File](#)

[Goto First Page](#)

[Goto Last Page](#)

[Turn on/off Sound](#)

## Digital Stories

6. To access the Digital Stories, you can click on the dedicated tab






7. You can choose to watch the Digital Stories from Cyprus or Italy by clicking on the dedicated tab.



8. You can choose which digital story you would like to watch on the left side.

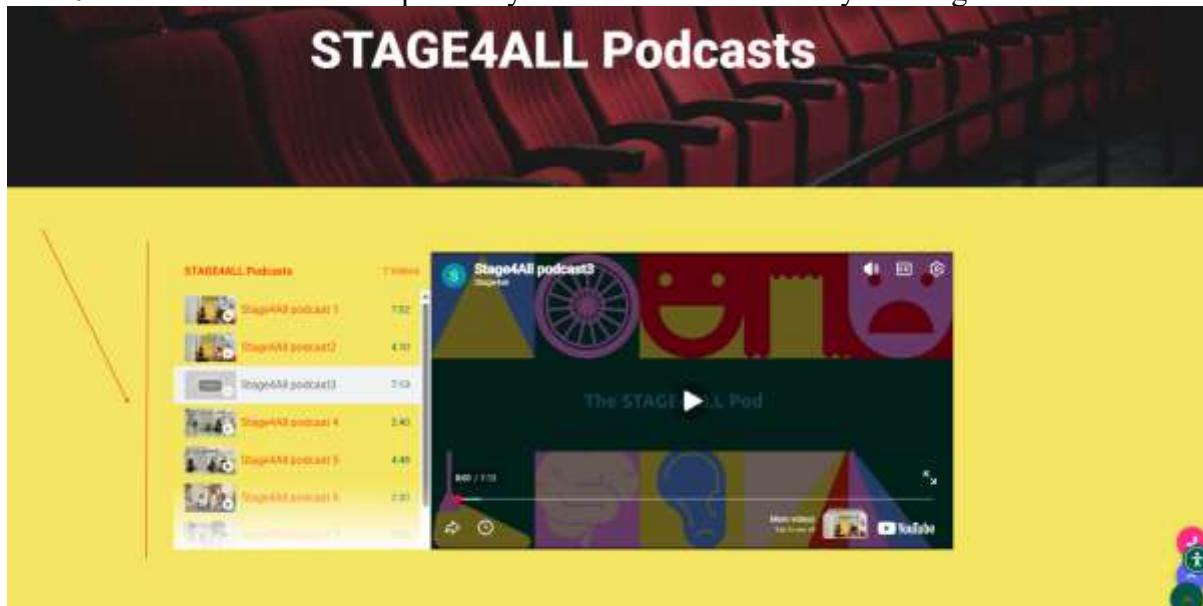


# Stage4all Podcasts

9. You can access Stage4all Podcasts by clicking on the dedicated tab.



10. You can choose which podcast you would like to watch by clicking on the left side.



# Stage4all Training Program

11. You can access the Stage4all Training Program by clicking on the dedicated tab.




#### Stage4all Training Program Modules



#### Stage4all Activities



12. This is what the landing page will look like

#### Stage4all Training Program Modules



[Download now!](#)

#### Stage4all Activities

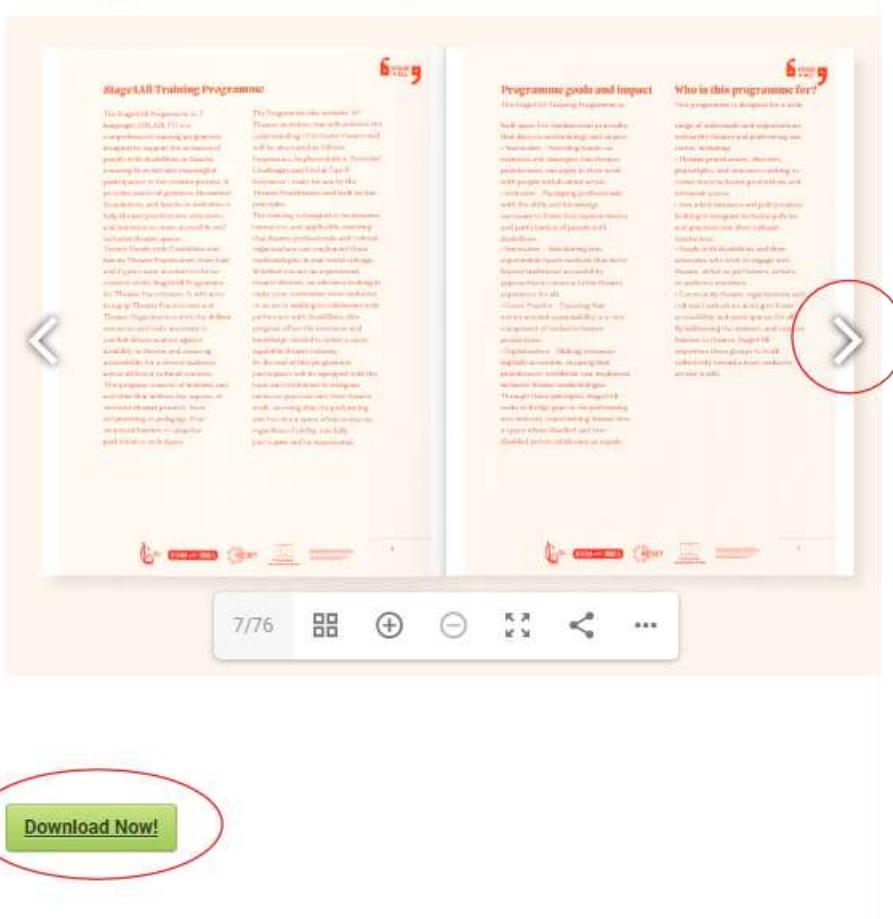


[Download now!](#)

## Stage4all Training Program

13. You can navigate the Program by using the arrows on the left & right and you can also download the program by clicking on the 'Download now!' button.

## Stage4all Training Program Modules



**Stage4all Training Programme**

**Programme goals and impact**

**Who is this programme for?**

**Download Now!**

14. By clicking the 3 dots on the bottom you can access more options including zoom, single page mode, sound and sharing the document.

**Stage 4 All Training Programme**

**Programme goals and impact**

**Who is this programme for?**

**Download PDF File**

**Single Page Mode**

**Goto First Page**

**Goto Last Page**

**Turn on/off Sound**

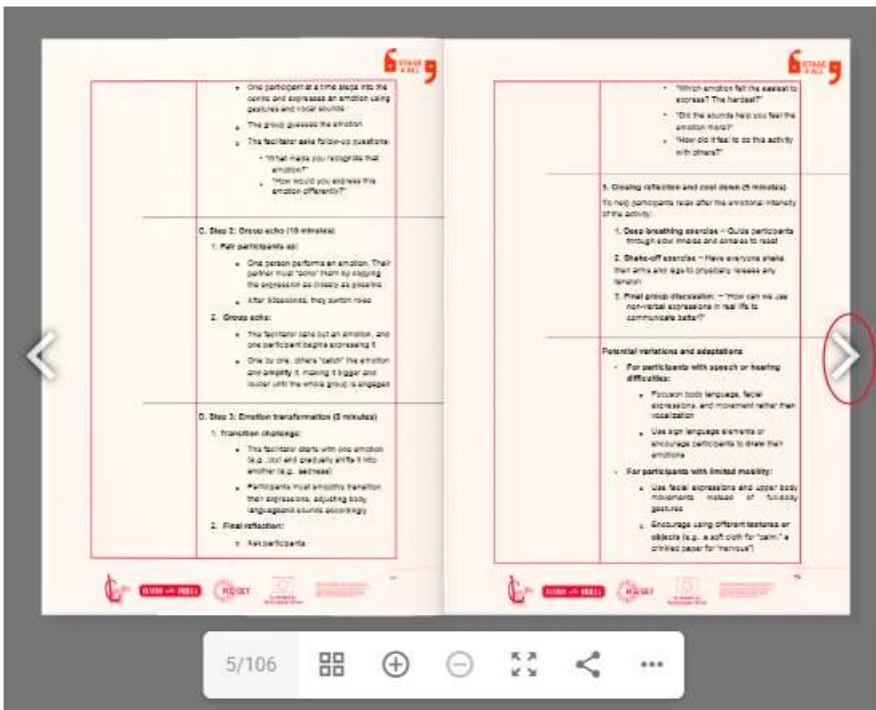
7/76

...

# Stage4all Activities

15. You can navigate the Activities by using the arrows on the left & right and you can also download the program by clicking on the 'Download now!' button

## Stage4all Activities



The screenshot shows a slide from the Stage4all Activities document. The slide contains the following text:

**A. Stage 1: Soundscapes (10 minutes)**

- One participant at a time steps into the centre and expresses an emotion using gestures and vocal sounds.
- The group guesses the emotion.
- The facilitator asks follow-up questions:
  - “What made you recognise that emotion?”
  - “How would you address this emotion differently?”

**B. Stage 2: Dress echo (10 minutes)**

- Pair participants up:
  - One person performs an emotion. Their partner must “copy” them by copying the expression as closely as possible.
  - After 30 seconds, they switch roles.
- Group echo:**
  - The facilitator calls out an emotion, and the participants begin expressing it.
  - One at one, others “echo” the emotion and amplify it, moving it closer and closer until the whole group is engaged.

**C. Stage 3: Emotion transformation (5 minutes)**

- Individual changes:**
  - The facilitator starts with one emotion (e.g. fear) and then asks the group to transform it into another (e.g. sadness).
  - Participants must smoothly transform their expressions, squaring body language/voice sounds accordingly.
- Final reflection:**
  - A participant...

**D. Closing reflections and cool down (5 minutes)**

- “Which emotion felt the easiest to express? The hardest?”
- “Did the sounds help you feel the emotion more?”
- “How did that feel to do this activity with others?”

**5. Closing reflections and cool down (5 minutes)**

To help participants relax after the emotional intensity of the activity:

- Deep breathing exercise – Guide participants through four rounds and encourage them to repeat.
- Shake-off exercise – Have everyone shake their arms and legs to physically release any tension.
- Final group discussion – “How can we use non-verbal expressions in real life to communicate better?”

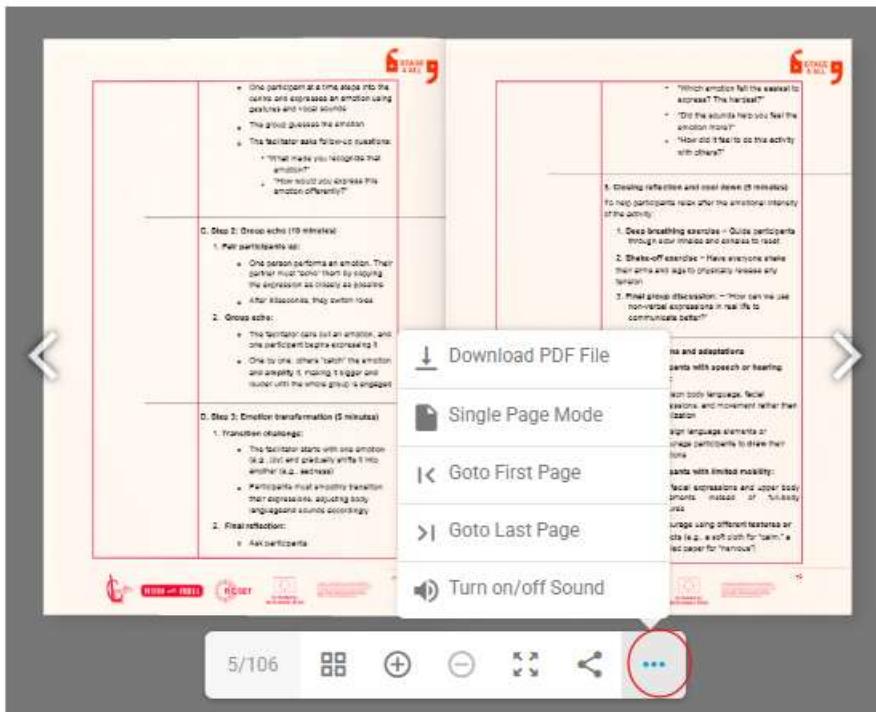
**Potential variations and adaptations:**

- For participants with speech or hearing difficulties:
  - Focus on body language, facial expressions, and movement rather than vocal sounds.
  - Use sign language elements or movement coefficients to show that emotions.
- For participants with limited mobility:
  - Use facial expressions and other body movements instead of “shaking” gestures.
  - Encourage using different textures or objects (e.g. a soft cloth for “soft”, a crinkly paper for “irritated”).

At the bottom of the slide are several icons: a person, a speech bubble, a gear, a person with a speech bubble, a person with a gear, a person with a speech bubble and gear, and a person with a gear and a speech bubble. Below these icons is a navigation bar with the text "5/106" and icons for back, forward, search, and more.

[Download Now!](#)

## Stage4all Activities



The screenshot shows a digital platform for Stage4all Activities. The main content area displays a list of activities with sub-points and descriptions. A sidebar on the right provides download options (PDF File, Single Page Mode), navigation (Goto First Page, Goto Last Page), and sound settings (Turn on/off Sound). A red circle highlights the three-dot menu icon at the bottom right of the sidebar.

**Activities List:**

- A. Step 1: Introduction (5 minutes)**
  - 1. Participants sit in a circle and express an emotion using gestures and facial expressions.
  - 2. The facilitator asks follow-up questions:
    - “What makes you recognize that emotion?”
    - “How would you express this emotion differently?”
- B. Step 2: Deep echo (10 minutes)**
  - 1. Pair participants up:
    - One person performs an emotion. Their partner must ‘echo’ them by saying the expression as clearly as possible.
    - After 10 seconds, they switch roles.
  - 2. Group echo:
    - The facilitator says out an emotion, and one participant begins expressing it.
    - One to one, others ‘echo’ the emotion and amplify it, making it bigger and louder until the whole group is engaged.
- C. Step 3: Emotion transformation (5 minutes)**
  - 1. Transformation challenge:
    - The facilitator starts with one emotion (e.g. love and suddenly shifts to another (e.g. sadness).
    - Participants must instantly transform their expressions, adapting body language and sounds accordingly.
  - 2. Final reflection:
    - Ask participants:
- D. Step 4: Closing reflections and cool down (5 minutes)**
  - To help participants relax after the emotional intensity of the activity:
    - 1. Deep breathing exercises – Guide participants through slow inhales and exhales to relax.
    - 2. Shake-off exercises – Have everyone stretch their arms and legs to physically release any tension.
    - 3. Final group discussion – How can we use non-verbal expressions in real life to communicate better?

[Download Now!](#)

## Languages Available

17. To access the platform in Greek or Italian including the materials hosted, you can change the language by clicking the option at the top of the page.



The screenshot shows the Stage4all website header. It includes links for HOME, PARTNERS, NEWS, DIGITAL STORIES, STAGE4ALL PODCASTS, STAGE4ALL TRAINING PROGRAM, and a language dropdown set to ENGLISH. There are also social media icons for Facebook and YouTube.



## Social Media

18. You can access the Instagram and YouTube channels of the project by clicking on the dedicated buttons.

