

# INTERCHANGE



Scotland's skills development event for those who use  
drama and theatre in their work with young people

## Attendee Information Pack



# Welcome to INTERCHANGE 2025

**Dates:** Saturday 5 April – Sunday 6 April 2025

**Venue:** Lanternhouse at Cumbernauld Theatre

Welcome to **Interchange**! We're delighted to return with another exciting programme of dynamic, interactive workshops led by inspiring theatre professionals, joy, laughter and plenty of opportunities for networking, discussion, and debate.

Join youth theatre, creative learning, and teaching professionals from across Scotland for this practical, two-day skills development event designed to inspire anybody who uses drama and theatre in their work with young people.

Youth Theatre Arts Scotland gratefully acknowledges investment from Creative Scotland and the Gannochy Trust, and partnership support from Cumbernauld Theatre Trust.

## Who is INTERCHANGE for?

Interchange is open to **anyone over the age of 18 who uses aspects of drama and theatre in their work with young people**. This skills development event welcomes...

- Freelance and volunteer youth theatre facilitators and directors;
- Artists who work in participatory settings;
- Creative learning managers;
- Primary and secondary school drama teachers and student teachers;
- Youth workers and CLD professionals who use creativity to engage young people, including health and social care practitioners;
- Undergraduate and postgraduate students studying the performing arts, education, or community development.

# Training and Networking at INTERCHANGE 2025

## Workshops

Participants select **one** of three available sessions **each day**

Refresh and develop your skills in workshops designed to invigorate, engage and inspire your practice. This year's workshops are...

- **The Co-creation Playspace** with Ned Glasier  
Spend a day exploring, playing and creating together in non-hierarchical space.
- **Embodied Stories** with Birgit Freitag  
Investigate movement as a building block for storytelling.
- **Text with Teenagers** with Wonder Fools  
Explore how to select, develop and create theatrical texts with teenage participants.

For full details see [pages 5-7](#).

## Networking

Throughout the weekend

Connect with friends and colleagues in the sector during our wrap-around programme of events on Saturday and Sunday which provide space to network and exchange ideas.

- Get in the zone by taking part in **Group warm-ups** each morning.
- Make time to connect and chat during **tea breaks** and over **lunch** each day, and with **drinks** on Saturday. Networking games, tasks and conversation starters will be provided to help you make connections and build new professional relationships.
- Have your say and hear from educators and facilitators as part of Sunday's **Panel Discussion: Education and Scotland's Youth Theatre Sector**

For more information see [page 8](#).

# Event Schedule

	Time	Event
Saturday 5 April	From 9.15am	Delegate registration and Networking
	10.15am – 10.50am	Welcome and warm-up with Youth Theatre Arts Scotland and Cumbernauld Theatre
	11am – 1pm	<b>Workshop (Part One)</b>
	1 – 2pm	Lunch with a healthy side of networking
	2pm – 2.50pm	<b>Performance</b>
	3 – 5pm	<b>Workshop (Part Two)</b>
	5 – 6pm	Networking Drinks

	Time	Event
Sunday 6 April	From 9.30am	Delegate registration
	10 – 10.20am	Creative Networking warm-up task
	10.30am – 12.30pm	<b>Workshop (Part One)</b>
	12.30 – 1.30pm	Lunch with a healthy side of networking
	1.30 – 2.30pm	<b>Panel Discussion: Education and the Youth Theatre Sector</b>
	2.40 – 4.40pm	<b>Workshop (Part Two)</b>
	4.50 – 5.15pm	Wrap-up and Goodbye

*“Interchange will fuel your passion for working in drama with young people, push you out of your comfort zone and leave you full of ideas you are bursting to try out!”*

Interchange Delegate

You can follow the event on social media using [#Interchange2025](#)



# Workshop Programme

Interchange workshops will focus on the creative process. Event attendees will take part in two out of the three workshops on offer, one on Saturday and one on Sunday. The YTAS team will remind you of your selections on the day.

## *The Co-Creation Playspace | Ned Glasier*

Let's play! Join Ned Glasier in a four-hour explorative workshop for any artists and facilitators who lead co-creation projects to make and play, free from the pressure of leadership, room management and having to be 'good'. The workshop will involve playing games and making things; to experience a co-creation process as a participant and regain your sense of creative freedom.

If you've attended a co-creation course with Ned before, this workshop will be a great opportunity to put theory into practice and deepen your understanding of the source to performance process. If you haven't, it's a great introduction to the work.

### **About the facilitator**

Ned Glasier has created projects and plays for theatres including the Young Vic, Almeida Theatre, Southwark Playhouse, Theatre for a Change (Ghana).

From 2008-2024, Ned was the founding Artistic Director of Company Three, a multi-award winning youth theatre and Arts Council England National Portfolio Organisation in North London. At Company Three, he pioneered a new approach to co-creation and developed more than 40 plays that helped teenagers express themselves on everything from exam stress to the future of our planet.

Ned has developed an exchange programme around the practice of co-creation, publishing blueprints (devising guides) to support more than 500 other groups around the world make their own version of Company Three's plays.

Since leaving Company Three, Ned has continued to deliver training for artists, practitioners and teachers around the world and has created projects with London Museum, Crescent Arts Centre (Belfast), FOBISIA (Asia), Alphabetti (Newcastle), and Stellar Quines (Kirkcaldy). He is currently working on developing a number of new artistic projects and writing a book about co-creation with young people.

[nedglasier.com](http://nedglasier.com)

## *Embodied Stories | Birgit Freitag*

The body is the central element in the work of choreographer Birgit Freitag. In this workshop, she will give an insight in various choreographic principles and improvisation scores, she has found and developed in the course of her creative work in order to create dance productions with professionals as well as with children, young people and amateurs.

This workshop is not primarily about dance or a specific dance technique, but about bodies that explore, play, touch, tell... You will look at some exemplary exercises, methods and scene materials from the production process of various dance productions by Birgit Freitag. The workshop offers an insight into methods for researching and developing creative processes, both in groups and in duets and solos. At the end of the workshop, participants are invited to make these experiments their own and develop their own choreographic ideas.

The YTAS team are delighted to bring Birgit to Scotland after attending her workshop as part of the German Artists' Lab during our Creative Europe funded international BUZZ Network project.

### **About the facilitator**

Birgit Freitag is a freelance choreographer from Bremen. She founded *every friday / dance production* in 2000. Under this label, she develops independent works in the fields of dance, theatre and performance. Her choreographic focus is on interdisciplinary movement research - in her pieces she works with both professional performers and people who are not trained for the stage. For JUNGES.THEATERBREMEN, she has been choreographing plays for a young audience with professional performers as well as with young people since 2016.

With her artistic work she has been invited to various festivals and guest performances. Her production *Eins zu Eins* was one of ten outstanding productions invited to the *Augenblick Mal! 2017* festival in Berlin. In addition to her independent work, Birgit has directed for JUNGES.THEATERBREMEN, Theater an der Parkaue Berlin, Staatstheater Saarbrücken, Oldenburgisches Staatstheater, Staatstheater Dresden and Theater Bielefeld, among others. Her production *Für Vier* for JUNGES.THEATERBREMEN won the German theatre prize DER FAUST 2019.

[birgitfreitag.com](http://birgitfreitag.com)

## *Text with Teenagers | Wonder Fools*

Join the Wonder Fools team for *Text with Teenagers*, an engaging workshop as part of this year's programme exploring the relationship between youth theatres and the education sector. A workshop perfect for drama teachers and youth theatre practitioners, this interactive session will offer practical tools and fresh approaches to finding, preparing, and developing texts for teenage performers.

Building on the success of *Positive Stories for Negative Times*, this workshop will provide insight into Wonder Fools' collaborative approach to working with young people and professional writers. Over the four hours, you'll delve into...

- **Selecting the Right Texts:** How to find or create material that resonates with teenagers, balancing creativity, relevance, and performance potential.
- **Preparing Texts for Young Performers:** Techniques to adapt, workshop, and prepare texts for rehearsals, ensuring they are accessible and engaging for your group.
- **Creating Your Own Texts:** Explore innovative models for developing original texts collaboratively with young people and writers, sparking creativity in your own projects.

Whether you're looking to inspire your drama students with new material or keen to develop your own collaborative methods, this workshop will equip you with practical strategies and fresh perspectives.

### **About the facilitators**

Wonder Fools are a socially engaged theatre company who have been working since 2017 to deliver high quality arts projects through their three strands: Co-creation with young people and communities, artist development, and creative engagement projects.

Based in Glasgow, their reach has extended across Scotland, the UK, and around the world. Wonder Fools' work encompasses various communities in Scotland with strategic focus areas including East Lothian, Dumfries and Galloway, Ayrshire, Perthshire and the Highlands. They tour their productions and projects throughout Scotland and have a broader national and international presence through *Positive Stories for Negative Times*.

[wonderfools.org](http://wonderfools.org)

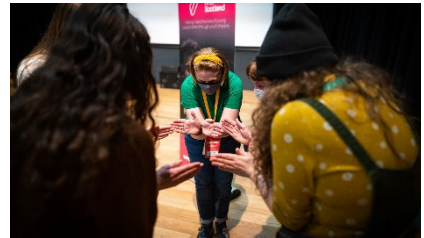
# Networking Programme

As well as developing your practice and learning new skills, **Interchange** is all about meeting colleagues from across the country.

We're delighted to offer group warm-ups each morning before the workshops start., as well as a range of networking activities to welcome delegates to Lanternhouse at Cumbernauld Theatre. This programme will provide space to reconnect, exchange ideas and practice, get to know new faces, and catch up with peers.

Inspired by the Lanternhouse's unique relationship with neighbouring Cumbernauld Academy, on Sunday, we'll have the opportunity to find out more about this partnership and other examples of leading education projects taking place across the sector in partnership with formal education.

So, you've got all this to look forward to, plus we've scheduled in plenty of time for **tea breaks**, **lunch** and **networking drinks** throughout the weekend.





## Lunch Menu

Each day we will be serving a vegetarian buffet lunch consisting of...

- Selection of sandwiches and tortilla wraps
- Bite-sized buffet selection, including falafel, pakora, blinis and mini bruschetta
- Mixed leaf salad and tomato mozzarella salad
- Selection of crisps
- Mini fruit tarts or vegan cake
- Fruit platter

Please ensure you have informed us of any dietary requirements by **Thursday 27 March 2025**.

If you have any questions or concerns about catering, please email [info@ytas.org.uk](mailto:info@ytas.org.uk)

## Expenses Support

Thanks to funding from Creative Scotland, the Gannochy Trust, the Stafford Trust, and the Hugh Fraser Foundation we are pleased to offer **expenses support** to those attending **Interchange**.

Expenses support is available to any YTAS Member who would be unable to attend the event without it. This might be used to cover costs of childcare, travel, accommodation, ticket fees or access requirements in order to attend Interchange.

If you would like to request expenses support visit our website to find out more and complete the application form. We'll then respond and let you know if you have been successful within two weeks.

Support will be allocated on a first-come-first-served basis, until all funds are allocated, so we encourage you to submit your claim as early as possible.

To apply, complete our [Expenses Support Form](#).

*"As I am just starting out, I have now started to really feel like I work and live in this industry thanks to Interchange. The welcome I received was far beyond anything I expected, and I was able to make some great connections with some amazing professionals in the youth work/theatre sector."*

Previous Recipient

# Access Requirements

We are committed to ensuring that all attendees can get the most out of our events.

We encourage all event attendees to review the [YTAS Access Form](#) and share any relevant information in advance of the event.

Our Access Form gives you the power to ask for what you need, and the information you share will help us support you better throughout the event. There may be important things, of any size, which would help you access activities, or make you feel more comfortable.

You don't have to explain why you need certain things, just tell us **what** you need. We're here to help.

As some requests will need additional staff and/or budget, please let us know as early as possible so we have time to make arrangements.

Please complete the [YTAS Access Form](#) and email it to us at [info@ytas.org.uk](mailto:info@ytas.org.uk)

# Quiet Space

During Interchange there will be designated Quiet Spaces for attendees within the venue.

You're welcome to use these spaces if you need to step out of a workshop, or if you need a break from socialising in the networking sessions. There will be some calming and craft activities available in the spaces, or you can use them just to decompress.

All of our activities will operate under relaxed principles if you need to step out at any time.

If required, there will be a designated breastfeeding space and access to refrigeration for storage of expressed milk or medicines. If either of these apply to you, please use the [YTAS Access Form](#) to let us know.

# Getting to INTERCHANGE 2025

All events will take place at:

Lanternhouse at Cumbernauld Theatre  
South Kildrum Ring Road  
Cumbernauld, North Lanarkshire  
G67 2UF

Lanternhouse is located on the Cumbernauld Academy campus.

YTAS is committed to helping Scotland become a net-zero society by 2045. We encourage delegates to choose sustainable transport options wherever possible.



## By Train

The nearest train station is **Cumbernauld**, which is served by trains from Glasgow Queen Street and Falkirk Grahamston or Camelon. To plan your journey by train or bus visit [Travel Line Scotland](#).

It is a 15 to 20-minute walk to Lanternhouse from Cumbernauld station.



## By Bus

There is a bus stop directly outside the venue on **Kildrum Road**.

Bus number **X25** from Glasgow departs from Buchanan Street Bus Station and takes around 30mins. To plan your journey by train or bus visit [Travel Line Scotland](#).



## By Car

If driving is required, Lanternhouse (G67 2UF) is easily accessible by road and free parking is available on site.

**Did you know...** lift sharing is one of the easiest ways for drivers to reduce their CO2 emissions? To encourage more sustainable travel, we've set up a [car sharing page on Caroster](#) to help people share lifts to Interchange.

**For those able to offer a lift** to other event attendees from your area, you can use the [page](#) to list a suitable pick-up point and time.

- Click on the **+Add a trip** button
- Input your details (including your name, phone number, seats available, estimated timings and pick-up location), and add a message into the **Notes** section.
- Passengers can then contact you directly to join your trip.

For those looking for a lift, follow instructions on the [page](#) to add your route to the list.

- Check the **Trips** page to see if anyone has already offered a lift from/passing through your location. If so, you can contact them directly using the phone number provided to join their trip.
- If your location is not yet listed, click on the **Waiting list** page and add your details to the list to share where you're hoping to travel from. You'll receive a notification when someone offers space in their car. Keep an eye on the page and use the contact details provided to connect with other attendees and arrange your lift.

If you have any questions about how it all works, give YTAS a call on **0131 538 0591** and we can chat you through it.

## Accommodation

If you would like to stay overnight in the area, there are a few options close to the venue:

### Premier Inn Cumbernauld

Walk: 20 mins | Drive: 5 mins

<https://www.premierinn.com/gb/en/hotels/scotland/strathclyde/glasgow/glasgow-cumbernauld.html>

### Black Bull Rooms

Walk: 30 mins | Drive: 5 mins

<https://www.blackbullwithrooms.co.uk/>

### Glasgow Westerwood Hotel, Spa and Golf Resort

Walk: 45 mins | Drive: 7 mins

<https://www.thewesterwoodhotel.co.uk/>

### go2 Glasgow Cumbernauld

Walk: 65 mins | Drive: 8 mins

<https://www.go2hotels.com/properties/go2-glasgow-cumbernauld-hotel.html>

## Commitment to Safe Spaces

YTAS strives to create and hold events and spaces where everyone feels welcome and the safety of others is valued. This commitment applies to all our online and in-person services, activities, and communication channels.

We have a zero-tolerance policy towards any behaviour which creates feelings of unease, discomfort, offence, embarrassment, humiliation, or intimidation, whether intentional or not. This includes but is not limited to; transphobia, homo or biphobia, racism, ableism, sexism, or class discrimination.

If you are interested to know more, we've published [further information about YTAS's commitment to safety and best practice](#).

## Cancellations

If you find you are no longer able to attend Interchange, please tell us as soon as possible. Places are limited so this will allow us to reallocate your workshop space.

Refund on ticket costs will be available for tickets cancelled before **Friday 28 March 2025**. After this date no refunds will be possible.

Please email [info@ytas.org.uk](mailto:info@ytas.org.uk) to inform us or if you have any questions at all.

## Acknowledgements

Youth Theatre Arts Scotland gratefully acknowledges investment for this event from Creative Scotland and the Gannochy Trust, and partnership support from Cumbernauld Theatre Trust. The Expenses Support Fund is available thanks to funding from Creative Scotland, the Gannochy Trust, the Stafford Trust, and the Hugh Fraser Foundation.



THE HUGH FRASER  
FOUNDATION

