

LIGHTS AND SOUND WORKSHOP

FIT FOR LIFE PROJECT



WORKSHOP REPORT

March 17th - April 8th, 2014

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ACKNOWLEDGEMENTS

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Other thanks goes to the National Arts Council (Baraza la sanaa Tanzania - BASATA) and the National Museums and House of Culture for the good cooperations in providing us an opportunity to the facilitators and workshop participants to visit their Theatre Stages and learn how the lights and sound systems operates as a part of their lesson.

Finally, I would like also to give thanks to the parents and guardians of the participants for the wonderful cooperations they gave us in making the aim and purpose of the project succeed.

PREFACE

Art has been a valuable tool in view of new ideas every dawning day by bringing transformations of society. This art emanates from a different perspective can be filled with crafts and creativity when presented in the eye of the intended audience. The craft of art on stage has had the greatest influence, as the days went around the stage crafts has been keeping on developing in bringing innovative and quality conditions that do not monochromatic eyes and ears when involves the expertise of Lights and Sounds at attracting the attention of the show. And this stems from the fact that; value of the art of the stage is the field to be a versatile presented.

For the feasible vision, Goeth-institut in collaboration with the Parapanda Theatre and Ufa-fabriki in promoting talent and art performances welfare; Goeth-institut organized a workshop on Lights and Lighting by helping to give potential to a Children and Youth Center known as BABAWATOTO CENTRE located at Mburahati suburbs in Dar es Salaam, the project goals is set for three consecutive years and by the end of the year there should be a continuation with strike action for the expected results.

The first year's Lights and Lighting workshop began March 17th, 2014 and ended April 8th, 2014. This was a workshops which had specific goals in what is impact and effectiveness. A total number of six workshop participants from BabaWatoto Centre received training from the workshop facilitators from Parapanda Theatre Lab in the implementations of the project that goes under the title of action FIT FOR LIFE coordinated by Goethe-Institut.

SUMMARY:

In the implementation of the workshop there were seven topics which were distributed in three weeks and two days in completing the twenty intended days. And every week had its own intended goals to achieve expected results. Four hours workshop schedule finalized their day with the following topics;

- I. The meaning and importance of lights and sound in Theatre.
- II. Handling and safety of lights and sound equipments.
- III. Maintainance of the lights and sound equipments.
- IV. Selection, Planing and Use.
- V. Practical exercises.
- VI. Study Tour.

IMPLEMENTATIONS

The Main Objective:

- Building the capacity of the participants to know the use of lights and sound in theatre art

Specific Objectives:

- The end of the participants should be able to explain the importance of lights and sound in the stage performances.
- They should be able to keep the lights and sound equipment at the most hygiene and safety.
- They should be able to use lights and sound equipments on stage performances.

They should be able to make minor repairs of the lights and sound equipments.

THE FIRST WEEK

March 17th, 2014

The workshop was opened by the Artistic Director of the project FIT FOR LIFE from BABAWATOTO CENTRE Mr. Mgunga Mwa Mnyeyelwa at Parapanda Theatre Lab Trust premises, Sinza kwa Remmy, Dar es Salaam where the project conducted as part of the collaborations in achieving the project's objectives. Significantly what he emphasized at the opening was to motivate the workshop participants to use the opportunity they have got to generate their knowledge and become experts in the areas of Lights and Sound. Mr. Mgunga Mwa Mnyenyelwa took the opportunity to introduce the workshop facilitators Mr. Amani Lukuli and Mr. Frank Samatwa to the workshop participants and he also offered great compliments to the project stakeholders who worked very hard to achieve the project FIT FOR LIFE which is the Goethe-Institut, Parapanda Theatre Lab Trust and Ufa-fabrik from Berlin.

After the opening of the workshop and the introductions; the facilitators therefore wanted to know the fear and expectations of the participants which can probably lead to the existence of obstacles in their mind in achieving what they want to get from the workshop. The greatest things mentioned were;

FEARS;

- The period set for the workshop is not enough.
- The training materials are not sufficient.
- The fear for some participants not following and/or respecting the timetable set.
- The fear to get burnt by the light's heat and the rays of lights.
- The fear that most of the participants doesn't have foundation knowledge about electricity power.

EXPECTATIONS;

- Expectations to become a teacher in the areas of lights and sound.
- Expectations to become a professional technician in lights and sound equipments.
- Expectations to get good knowledge about the use of lights and sound equipments.

- Expectations to get enough skills and knowledge in the areas of lights and sound.

The workshop began with questions concerning Lights and Sound to the participants for the workshop facilitators getting to know the knowledge of the participants on the meaning and significance of the Lights and Sound on the stage performances. In the area of lights, the participants contributed by saying;

LIGHTS;

- Lights gives brightness and make things visible.
- Lights shining and brings attractions.
- Lights are some rays to show things and very attractive.
- Lights is a good visibility.

There are two types of lights;

The natural lights and the man-made lights.

- I. The natural lights are Fire, Sun, Moon and Stars.
- II. The man-made lights are electrical lights.

THE IMPORTANCE OF LIGHTS

- It brings visibilities to everything involved on the stage.
- It makes the stage more attractive.
- It helps in creating a sense of new environments, Time and Mood.

SOUND;

On the subject of sound, the facilitator wanted to understand the concept of sound from the participants especially in the use of art on stage. But in the discussions with the participants, they were able to contribute by saying that, sound is a special arrangement of the waves reasonably or a particular emotion in the ears and this is something very important in art performances in communications.

Also the facilitator wanted to know from the participants how many types of sound are there, the participants did not hesitate to contribute by saying;

There are two types of sound that exists;

The natural sound and the man-made sounds

- I. The natural sound are laughing, crying, talking and singing. They involved living organisms and their natural behavior
- II. The man-made sounds, participants said that they are coming from man-made artifacts such as Drums, Flute, Piano, Guitar etc.

The discussion continued for questions and answers between the facilitator and the participants in more understanding on the topic of sound.

The Facilitator also wanted to know from the participants the importances of sound

And participants mentioned **the importances of sound** that are;

- Sending the message correctly.
- Helps in bringing artistic attractions on stage Helps the audience to understand the intended meaning of the message carried by a certain piece of art.

The facilitator also asked if there could be some effects that can occur when the stage could have got no sound, and the participants replied by saying; the performance will not sound attractive, and the meaning of the relevant act on stage can be misunderstood and the message could never reach the intended people (audience) correctly.

The first day ended with a discussion between the facilitators and the workshop participants by questions and answers, while trying to find deeper meaning to each workshop participant, especially their knowledge on Lights and Sound. The motivations appeared indeed to the participants as they kept on discussing actively and wanted to know more about the topic.

March 3rd, 2014.

The topic started by getting feedback of lessons given a day before from participants, but they remembered everything in their presentations before the facilitators introduced new topics. The facilitators therefore, started by explaining the benefits of lights and he also explained in details the electronic lights, and the kind of light which are;

- I. Distributional Lights (General Illumination) and the lights that distribute lights at a wider area are known as Flood Lights.
- II. Specific Lights (Specific Illumination) whereby the lamps that used here are Spotlights

- Equipments Identifications;

The participants managed to mention some equipments that are used in the system of transmitting electronic lights on the stage which are Wire, Bulbs, Order, Swich, Main-Switch and Stablizer.

- Stage Lights Identifications;

The facilitator wanted to know; does the participants have knowledge about stage lights and where do the participants saw such kind of lights, and the facilitator asked them to draw sketches.

Most of them were aware of the magnitude of electrical power (watt) and said the brightness are more fierce, some of them have seen such lights in the halls of art, on the crusade grounds, wedding venues and at the camping launch ceremonies. Each participant drew sketches of different Lights they know, but the results from such exercise of drawing those sketches was seen different lights in size and structure.

Qualities of a professional light production designer, the facilitator wanted to know from the participants and they contributed by saying;

- I. He must have great knowledge about his work.
- II. He must have knowledge on the use of electric power.
- III. He must have knowledge on the use of the relevant Lights
- IV. He must have adequate working equipment and facilities

He must be smart and organize his work and the materials

SOUND

After getting the feedback of the lesson given a days ago and agree to the everthing presented and understand the whole concept of voice, the facilitator wanted to know from the participants to what they know about the P.A (Public Annoucement/ Address) and noted that it was a musical instrument and its accessories that contains the best quality for providing excellent sound and guaranteed.

Therefore, in order to complete a set of a sound system that produce best sound, the participants contributed by saying that, it includes Mixer, Microphone, Booster, Speaker, Stabilizer, Cross-Over, Equalizer, Cables/Wire and electric power. After the exercise of identifying the set of equipments, the facilitator therefore wanted to know the equipment of a P.A and the knowledge of the participants on P.A, but the participants contributed that by saying;

- Instrument/device that collect and compile different sounds to provides connections
- It is a device linking entities to provide relevant sound

The facilitator then started to explain to the participants about the types of Mixers which are Analogue and Digital Mixer.

And every device that contributes to a sound provision and arrangements, was given a thorough clarifications by the facilitator.

Microphone: this is the tool that used to hook sounds.

Types of Microphones are; Corbon Mic (these are telephone's microphones), Crystal Mic (Cassette Recorder), Ribbon Mic (Radio Broadcasting), Dynamic Mic (Artistic Activities as well as Condenser Mic (Studio and Stage)

Booster: a device used to promote and push the sound

Speaker: It's a device that gives voice.

Equilizer: It is a device that keeps and lead (balance) sound waves (freequence).

Stabilizer: It is the device that keeps the electrical power to satisfy the relevant requirements.

CroverOver: a device used to disperse the sound between Tweeter, Mid-range and Bass.

By the end of the lesson, participants were happy and admitted to enjoy the training, and participated in the discussion with questions and answers.

March 19th, 2014.

LIGHTS:

The topic started by getting feedback of lessons given a day before from participants, but they remembered every important parts of a lesson.

Today's lesson was to identify all the lighting devices by mentioning one after another and touching them. The devices used were Wire, Bulb Horders, Bulbs and Stablizer. And another exercise was to identify the best light Wires, Bulb Horders and Bulbs in order to get the best light. This exercise ended by connecting Wires, Bulb Horders and connecting Bulbs as an attempt to let the participants try to see their connections are working.

Behavior in relation to electrical wires and three wires were analyzed for their characteristics, for-instance the red wire is the main power wire that feeds the blue, and the blue wire receive the power and naturally spread the power, while the yellow wire is the earth wire that prevents vibrations/electric shock between humans and electric power.

The participants have been able to make arrangements of different devices and wires to get light; they used Wires, Bulb-Horders and Switch Sockets as a part of practical lessons.

SOUND:

After the lesson of sound to the participants on understanding all the equipments and different devices used to produce the best sound, the participants got an opportunity to observed all the equipments, touching and hold each device while the facilitator giving clarifications to each device. The explanations begin with the mixer and each of its feature, and how to plan and set the sound without any mechanical irritation.

March 20th, 2014.

LIGHTS:

This was the day on which the participants were introduced to the equipments used by Parapanda Theatre in the areas of stage lighting. It is the day coupled with the cleanliness of the room where equipments are kept (store). After that exercise of cleanliness, the facilitator gave opportunity to the participants to pose any question to him if there is a device that they did not understand well in a little discussion, and the participants wanted to get more clarifications on the kind of lights and their names; the use of the lights filters; Switch-board; the use of the light stands; and diversity of wires in relation to the electric power. The facilitator explained every question asked to him and leave the participants with better knowledge on the concept of light

This day was set only for lights training.



Lights and Sound Workshop participants in an exercise of Wire Testing by the use of a special device that goes under the name “Cable Tester” while following instructions from the facilitator

March 21st, 2014.

LIGHTS:

This day was also set for cleanliness and the main exercise was cleaning wires and cable testing by using a special device called a Cable.

The exercise testing the wires was divided into two stages; the first one was by measuring the wires through optical eyes to see if the wires are crushed or damaged by any way, and the next step was to use the device (Cable Tester). In the wire cleaning process, the methods used was to clean by using small pieces of clothes. The participant also taught about how to fold the wires and organizes them when putting them back in place. The wires were arranged by colors and size. The cable testing was supervised by the facilitator who was providing every needed instruction to each participant, and this exercise was repeated again by participants as a point of understanding the subject critically.

SOUND:

The exercise began by identifying the types of Speakers and their use. There are three types of speakers that is Tweeter, Mid-Range and Bass, and their work was well explained by the facilitator to the participants.

Thereafter, the exercise continued with cleaning of all the equipment by the use of a special device called a Blower. The facilitator explained the participants how to use that device and how to clean the speakers. The whole cleaning process was therefore done by the participants.

March 22nd, 2014.

SOUND:

The exercise began by the facilitator getting feedbacks from the participants about the previous lessons and see if there were any questions or additional clarity to the topics presented in the previous days of the training.

After everyone seems to be ok with every lesson provided and that everything gone right, the following exercise began and it was testing the wires that can be used in a stage performance. The participants were therefore given instructions from the facilitator on how the wire testing process was supposed to be, and each participant was given a portion of the wires as part of the exercise. The exercise went well and each participant had managed the exercise attentively.

This day was also set only for the Sound workshop.



The Workshop participants in an exercise of cleaning and arranging all the equipments and devices to be used on stage performances

THE SECOND WEEK

March 24th, 2014.

SOUND:

The cleanliness exercise continued well this day after every participant understood how to use a specific device called Brower. Brushes, fabrics/pieces of clothes and soft papers (Tissues) have been used to clean the equipments correctly. And the equipments cleaned were a Mixer, Booster, Equalizer and Cross-Over.

This was the special day set for Sound workshop.

March 25th, 2014.

LIGHTS:

This day was the day arranged for practical preparatory work for three theatre performances to be staged at the Department of Fine and Performing Arts, University of Dar es Salaam, the performances coordinated by Parapanda Theatre Lab Trust, for the three theatre groups which are Malezi Youth Theatre, Parapanda Theatre as well as Lumumba Theatre. The Light and Sound workshop training participants were involved in all of the three performances in those areas of lights and sound as part of their practical training. This preparatory process was then accompanied by choosing different materials and devices to be used in the performances, discussing the means of transportation of those materials and devices at a very great caring situation. The equipments and devices chosen were eight (8) Lights, One (1) Dimmer Swich, Nine (9) Wires and Four (4) Light Stands.

SOUND:

In the areas of sound, the sound equipments expected to be used in the performances were; Four (4) Speakers, One (1) Mixer, Two (2) Microphone, Two (2) Snake Cables, Two (2) Boosters, One (1) Cross-Over, One (1) Equilizer, One (1) PA System and One Tool Box that containing technician's devices.

March 26th, 27th and 28th, 2014.

These were the three practical training days for the participants and the main job was to prepare equipments and materials, test them, transporting them to the stage, planing and arranging them on stage for the performances and finally connect them to the electricity power supplied on the stage. Every performance had its own plan and designs that differ from one another, therefore, the work of striking the set and planning again was the work of every day for participants in these three days.



The Sound Workshop facilitator Mr. Frank Peter Samatwa clarifying the use of a Snake Cable and how it works. He is trying to show the workshop participants how does the Snake Cable can help on supplying the best sound in the event.

March 29th, 2014.

This was the day planned to be used to restore all the equipments and devices used in the theatre performances at the University of Dar es Salaam, and place them all in the place that they are kept (Stores). This planing exercise was firstly focused in arranging

two different roles in a store; the light equipments were kept on one side of the store and the sound equipments kept to the other side of that store. For-instance the typical size of the wire and their use, were kept different from the other reserved wires for extra use. All the equipments and devices were kept proficiently.

THE THIRD WEEK

March 31st - April 1st, 2014.

The study tour is a tour prepared to give a practical learning visit for the participants in order to give them a broader understanding of lights and sound, and get an overall picture about light and sound in the actual performing stage. The theatre auditoriums involved in this tour is a forum for the National Arts Council of Tanzania known as Baraza la Sanaa Tanzania (BASATA), which is still at the construction stage. There are many things that the participants learned from these tours.

The Participants were therefore able to identify the characteristics of a permanent theatre stage in relation to the training they received on lights and sound. And the methodologies used in the workshop training was observation and discussions which involved questions and answers, whereby those discussions driven the participant's minds and make them want to know more about the electrical systems in integrating to the event sound (PA System) and lights, and what should be the main focus in the areas of lights and sound equipments in a nice cultural event/performance.

The participants also wanted to know several things in this study tour, and they got opportunity to talk to some technical staffs of the BASATA auditorium; Firstly, they wanted to know the number of speakers that can satisfy the theatre auditorium of the National Arts Council Tanzania (Baraza la Sanaa Tanzania - BASATA), compared to the length of the platform upwards; Secondly, they wanted to know what kind of lights and the number that could be sufficient to the same auditorium. Many questions from the workshop participants were more directly related to the workshops, although there were some other questions related to the auditorium that failed to get the direct answers because the auditorium is still under construction.

As the workshop facilitators, we also learned some few important things from the questions asked by the participants, some of those things were also reinforced curiosity

directly related to the workshop's lessons. The participants were very active to the extent they make their facilitators aware of their desire to know the lights and sound technologies and satisfy their expectations.

In the National Museum and House of Culture auditorium, the participants had the opportunity to talk to Mr. Enock Eliud who is an Assistant Technician of that auditorium. The facilitators started by introducing the group of workshop participant to Mr. Enock and gave him little brief about the project and the workshop as well as the reasons of their tour. Thereafter, Mr. Enock gave opportunity for participants to get that tour learn whatever they want in the auditorium, and if there might be any question from the participants, they should not hesitate to ask. There were some few questions risen from the participants, and they were in the following areas;

- I. The use of electricity power.
- II. The plan and arrangements of Speakers.
- III. The use of Stage Box/Snake Cable
- IV. The power of lights (Watts).
- V. Types of lights in the theatre auditorium.
- VI. The us of Dimmer Switch.
- VII. The connections of different wires and other equipments of lights and sound.

The discussion lasted for two hours together in sharing the experience in the areas of permanent theatre auditorium managements. The clarifications provided by Mr. Enock Eliud satisfied the thirst for participants in wanting to know the issues of Light and Sound.

THE STUDY TOUR EVALUATIONS

April 2nd, 2014.

In the study tour conducted early this month, the facilitators tried to get to know from the workshop participants if there are any achievements they have got from that tour. There were several lessons that the participants got from that tour, which are;

- I. Most of the participants have never seen permanent theatre auditorium, now they are able to identify and differentiate the parmanent theatre auditorium vs the temporary theatre stage.

- II. They have learnt the differences between Three Phase electric power vs the Single Phase.
- III. They have also learnt the practical use of Dimmer Switch on more than thirty lights on a theatre stage.
- IV. They have learnt the differences between Voltage vs Watts; Voltage is the electric power while Watts is the power of lights.
- V. They have learnt how to be attentive on planing and arranging equipments for cultural events.
- VI. They have also learnt how to be attentive on the use of electric power.
- VII. They have learnt the use of Patch Panel (Connector of all wires when transmitting electric power to a certain destination).

SUCSESSES;

Many questions asked by the workshop participants proved that all the topics presented in the workshop training on Lights and sounds were well understood. Most of the questions they asked were provoking reasoning in the areas covered by the training. The questions were focused on finding answers and responce from the group of participants themselves. This was the day set to stimulate motivation on participants.

April 3rd, 4th,5th, 2014.

The practical work presentations was one of the tests that the facilitators gave the participants to prove their knowledge by working practically, whereby by doing that, the facilitators could have an opportunity to test the participant's level of understanding and intergrating their lesson learnt in class workshops to the real theatre industry environments especially on different cultural events stages.

MWANGA;

In the area of lights, the participants were able to make a Junction Box and a Switch Soket, and they were able to practice by connecting all the needed equipments and

devices to get the best stage lights. In this exercise, the Participants were divided into two working groups and each group explained their plot plans and connection processes, the difficulties and challenges they have faced in the process towards such successful achievements.

The second exercise was to plan and arrange the lights on the stage, and each participant was given one light and was asked to place that light according to his/her own plans. Thereafter, they were asked to describe their plans and arrangements as to why they decided to place their lights where they did instead of placing them at a different location at that performing stage. Apart from that, they were also supposed to explain the kind of light filters they have chosen for the performances. But the issue of cleanliness, the arrangements of the wire in sequences and the time to plan for the work, was practically greatly considered by the facilitators in order to review the work.

The third exercise was to connect the electric power from the main switch in order to get powerful electricity. This exercise was done by the two groups of two participants in pairs and they were asked to explain the benefits and effects that might occur when technical errors or mistakes happen in the process. The participants explained well by saying; any work that involves the use of electric power needs great attention at almost every step of your work to reduce the risk of dangers that may happen.

SOUND;

The first sound exercise began by organizing a PA System and some other Musical Instruments on the stage by dividing the duties into two pairs of two participants in each so that the facilitators could be able to assess their knowledge if the participants could be able to integrate their knowledge learnt in the class lessons. The first step was to see how the participants are able to connect wires from the source of electricity to the PA System.

The next step was to assess if the equipments are well connected and if the sound could come out with the best quality after the integration of all the sound equipments. The test was to connect and start a CD player and test the speaker if they were producing the best and intended sound. The first speaker was a Mid Speaker followed by a Bass speaker, and all of them worked well.

The third step was to set the power of the sound by the use of Booster, whereby there were two different Boosters; the Mid Booster and the Bass Booster. It is often that the ways

that have been used in testing these boosters is by focusing on the relevant areas by making sure the sound are in a stable condition with the best quality.

The fourth step was to set the microphones and see if they are working. In this exercise, the participants connected a kind of a microphone wire type called Snake Cable, connecting into the mixer and then to the PA System. There were two wires connected from the equalizer taking the signal to the Snake Cable, then the Snake Cable wires were taken to the mixer at the section of "Main Out", afterwards they connected microphones to the Snake Cable's pins, and the exercise end there.

The fifth step was arrangements and mixing of sounds by the use the sound mixer, and each participant was given a microphone to work on setting it making sure it gives an excellent sound. They firstly started by explaining what types of microphones they were stting and their characteristics. The microphones that were used in this setting were Dyanamic and Condeser Microphones. But the main exercise in the mixer was the use of Nobes by sound increasing and reducing, also setting the Bass, Mid and AUX Effects. They also learnt the use of the PFL (Pre-Fade Listern) and the use of output and input wires to the mixer. The mixer used in this sound setting was Behringer product.

RESULTS/IMPACTS;

The main task was to test the knowledge of the individual participants from the first step to the last one, and the most important things that the facilitators were looking were;

- Cleanliness and smart at work
- Attentive on duty
- Commitment
- Time managements
- How could the participants face technical errors or problems when they occur in the event?
- How could the participants intergrate the key principles as provided in the class to practical work, for-instance; Are the partticipants able to make the Lights work? And the sound is produced at the best quality of the event?

All the participants performed well indeed in all of their presentation given by the facilitators, they have proved that they have improved a lot their knowledge and skills

in the areas of Lights and Sounds, and they have shown great interests to get to learn more about these stage technologies.



The Lights Workshop facilitator Mr. Amani Lukuli explaining to the workshop participants the use and importance of Lights Stands on the temporary theatre stage

THE FOURTH WEEK

April 7th and 8th, 2014

This week had only two days by accomplishing the workshop, and the great job was just to identify the fears and expectations of the workshop participants by the prospect of testing them if 20 days workshops covered all of them or at what extent the workshops succeeded.

The Facilitators also wanted to know from the workshop participants; do you fears still continue? And the expectations that they were contemplating, have found them? The answers from the workshop participants noted every expectation was covered and there were no more fears and make the prospects for large scale reached at this initial stage of the workshops.

The major considerations explained by the facilitators in emphasis was the cleanliness, maintenance of the instruments, regular maintenance of the equipments (service), transportation logistics of the equipments with focus, early visit of the intended stage to be used for the performance and the use of electronics to the temporary stage and permanent stage (temporary and permanently stages). The main argument was just to insist all the workshop lessons and their importances.

The Participants had the opportunity to contribute and recommend the improvements of the workshop and the conditions for the second year. The participants directed more emphasis on practical lessons which will depend on chances they can get in some organized performances. They asked about the possibilities to get involved in stage performances organized and coordinated by Parapanda Theatre so that they can improve their efficiency more.

EVALUATIONS

SUCSESSES/ACHIEVEMENTS:

- Improvement of the participant's knowledge and skills in the areas of cultural events sound and lights which was a part of the workshop objectives.
- The participants received good education in the whole concept of workshops provided in the areas of lights and sound on stage performances.
- For the individual participants, they are now able to repair and replace the devices which are not working in the lights and sound equipments at the best skilled level.
- The individual participants are now able to plan and make arrangements of sound equipments in the cultural events and make a sound set-ups with a PA System to get the best sound in the event.
- The individual participants are now able to plan and set lights in a theatre auditorium or a temporary theatre stage for a performance.

- The individual participants are now able to manage lights and sound equipments by having great knowledge on equipments cleanliness, keeping and storing.
- The individual participants are now able to test different wires and identify which wire is working and the one which is not working.
- The individual participants are now able to explain with confidence the importance of lights and sound technology on theatre arts.
- The individual participants are now able to make an electric power connection from a small source of electric power as their basic level of knowledge that they have received.

CHALLENGES:

- There was a delay of the participants in the programs (the provided timetable was not followed by the participants) and sometimes some of them were not coming and later they come with unnecessary excuses.
- Running workshops without a budget and reducing of practical training. This reduced the best results of the workshops as expected especially in creativity and excellency.
- There was gender imbalance in the workshops; the number of gentlemen was high while there was only one lady who participated in the workshops.

RECOMMENDATIONS:

- There must be a budget calculated for the workshops, that can cover all costs. This will bring motivations that can stimulate practical creativity and the generations of new ideas in the workshops.
- The workshops rules and guidances should be clarified by the Fit for Life managements early to the workshop participants to avoid absenties and unnecessary excuses during the training.

It is recommended for provisional of some certificates of participation after the workshops training.

LESSON LEARNT:

- The lights and sounds workshops have brought great hope in the theatre arts industry, this is because there are lack of professional theatre practitioners and technicians in this industry, therefore the successful results of these workshops have brought new professional and talented youth with great wishes in their minds on bringing professional changes in the industry.
- There is still a mental set-up in the industry that; Lights and Sound profession is meant to be for men, they are very wrong with that. Even ladies can perform these important duties better if they can be trusted and given chances to do it.
- We have also learnt that ; giving facilitations on a certain subject, you are also learning something practically.

CONCLUSION:

The twenty days of workshops, have been of great success on everything that were planned in the program. The cooperation during the workshops have started bringing new things with new wishes for the next coming workshops, this reflects the working minds of the participants and facilitators are still having passion and desire to work together. It has to be reminded from the swahili proverbs that are saying; Kidole kimoja hakivunji Chawa (A single finger cannot break the Lice), and also Umoja ni Nguvu (Unity is Power). So, this situation should act like fertilizers to the coordinators and supervisors of the project at inflaming community developments through theatre arts.

REGISTRATION FORM;

S/N	FULL NAME	SEX	AGE	EDUCATION	PHONE NUMBER
1	ISMAIL ALMASI	M	18	FORM IV	+255717652948
2	MKUDE KILOSA	M	34	FORM IV	+255655047094
3	MOHAMED HAMISI	M	22	FORM IV	+255653909123
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5	OMARI SHAUSHI	M	18	STD VII	+255656284481
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WORKSHOP TRAINING TIMETABLE

WORKSHOP	TIME	FACILITATOR	DATE
Lights Workshop	08:00am - 10:00am	Mr. Amani A. Lukuli	March 17 th to April 8 th , 2014
Break	10:00am - 10:30am		
Sound Workshop	10:30am - 12:00pm	Mr. Frank Peter Samatwa	