



OPEN CALL

WORKSHOP

Improvisation as an attitude - Music as a bridge

*A German-Swedish exchange project
for young musicians aged 18–26*

**08.-14. October 2025
Sandviksbaden, Sweden**

*Join us and apply by email by July 31, 2025 for
a scholarship to participate in the workshop:*

info@sandviksbadensvanner.se

WHAT IT'S ABOUT

Improvisation is everywhere.
In music – and in life.

Improvisation is more than music –
it is an attitude.

Improvisation helps us face uncertainty
with more courage, openness and
flexibility.

Music serves as our transmitter: It
connects, opens spaces, and makes the
invisible audible.

We experience improvisation in music,
theatre, nature – and in our interactions.

We bridge cultural differences,
languages, and perspectives through
shared experience.

Improvisation strengthens:

- Listening & spontaneity
- Cooperation & self-confidence
- Tolerance & respect
- Courage for change

WHAT TO EXPECT

Exchange and encounters with young
musicians from Sweden and Germany

Playful improvisation exercises (music, voice,
movement, theatre)

Working in bands and on your instrument

Exploring nature and local surroundings as
spaces for improvisation

Sessions, reflections, and co-creation

Final presentation with an audience

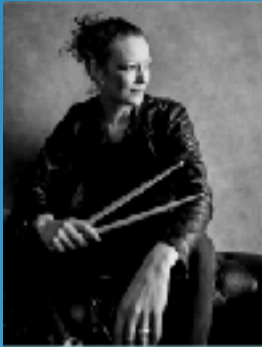
A space for creativity, uncertainty, fun, and
new perspectives

No prior improvisation experience is required
– openness and curiosity are enough!

The focus is always:
Understanding improvisation as an attitude
and a concept – open, in the moment,
connecting.



WHO ARE YOUR COACHES



Anne Diedrichsen – Drums

Anne studied drums and music education at HMT Leipzig as well as business administration in Kiel. As a certified Agile Coach, she combines musical improvisation with modern organizational development. She works as a freelance musician, coach, and expert in applied improvisation – focusing on making creative processes, team dynamics, and dealing with uncertainty tangible. www.annediedrichsen.com

Arne Lübbert – Guitar

Arne is a guitarist and composer from Hamburg. After completing the "Popkurs" in popular music, he studied jazz guitar at the Hamburg Conservatory. Arne is active in various musical projects and shares his knowledge as a teacher and author. Together with Anne and Lars as trio "Lübberty," he explores improvisational soundscapes beyond stylistic boundaries. [Instagram.com/arneluebbertyguitar](https://www.instagram.com/arneluebbertyguitar)

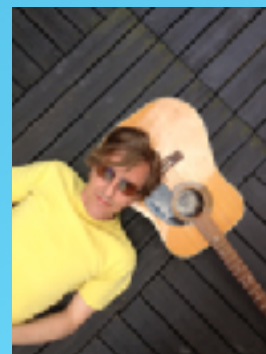


Lars Hansen – Bass

Lars is a versatile bassist and experienced music educator. He studied both subjects at HMT Hannover, where he also worked as a lecturer for many years. He feels at home in a wide range of musical genres and especially where improvisation takes place – whether on tour, at festivals, or in CD, radio, TV, or theater productions. www.larshansenbass.com

Niclas Ekholm – Acting

Niclas is a Swedish actor, musician, and expert in theatrical improvisation. In 1985, he founded the independent theater ensemble Teater Martin Mutter, which specializes in productions for children and youth. In addition to acting, he is active as a multi-instrumentalist and regularly leads workshops in theater improvisation.



WHAT ELSE YOU NEED TO KNOW

LOCATION: Sandviksbaden, Hallsberg and Kävesta– Sweden

DURATION: 6 days, from October 8–14, 2025 (Wed–Mon)

PARTICIPANTS (ages 18–26): 10 from Germany, 10 from Sweden

LANGUAGES: Music, English, German, Swedish – however it flows

BRING YOUR INSTRUMENT!

TRAVEL, ACCOMMODATION & MEALS ARE COVERED BY THE SCHOLARSHIP
– NO COSTS FOR YOU.

CONTACT AND APPLICATIONS BY JULY 31, 2025 TO:
info@sandviksbadensvanner.se

THE WORKSHOP IS A JOINT PROJECT OF:

LAG Jugendmusik Schleswig-Holstein
<https://jugendmusik-sh.de/>

Association “Sandviksbadens Vänner”
<https://sandviksbadensvanner.se>

Music School “Kävesta”
<https://www.kavesta.fhsk.se/>

#EXPERIENCEIMPROVISATION
#MUSICUNITES
#GERMAN–SWEDISHEXCHANGE