



# DANCE HORIZONS

Training course | 16-25 April 2024 | Hollókő, Hungary



Co-funded by  
the European Union

**Dance Horizons** is an 8-day international training course for youth workers and educators to explore the opportunities of using contemporary dance as an innovative, learner-centered approach in activities involving youth.

# GOALS AND OBJECTIVES

**The purpose** of the training is to explore **contemporary dance as a tool in community and youth work** by personal experience, practice and physical training. The training offers a practical, easy-to-follow process promoting social inclusion, healthy lifestyle and active European citizenship on individual and community levels. The main focus is the **development of creativity and entrepreneurial skills.**

## THE TRAINING IS HERE FOR YOU TO

- **develop personal skills**

- how to make your communication more powerful
- how to maintain your focus for longer periods
- how to put creativity into practice
- self-affirmation through increased level of self-confidence and self-esteem
- gaining motivation to build and maintain healthy habits through increased amount of daily exercise

- **practice basic tricks & techniques of contemporary dance**, building phrases and choreographies, safe physical exercises, body awareness and coordination
- **experience team coaching in practice** - group dynamics, asking questions, choosing your words, giving coaching assignments, using photos and videos for coaching
- **learn how to work with a topic relevant to a group or community**, the basics of creating a dance performance with a team, how to put a message into a performance, stage logistics and use photos and videos as a tool for feedback

# PARTICIPANT PROFILE

The training is for you, if you **work with young people** and want to integrate methods of sports, dance, and movement in your work, or if you are a dancer or sports instructor and want to use your skills for the benefit of young people and communities,

AND

- you want to dance
- you are over 18
- you are physically and mentally ready to take 9-10 hours of physical movement/day in the training (*If you are not sure, please consult your doctor, and contact the trainers and/or the coordinator of the training*)
- you are willing to live, learn, play, experiment and explore together in a multicultural and multigenerational group for 8 days

No previous experience in dance is needed to join the training course.



# ABOUT THE METHODOLOGY

**It is a training course at the beginner level in contemporary dance and performance creation, combined with action-based coaching, video and team coaching to facilitate group work in performance creation.**

In our lives and our cultures we all have developed certain patterns of thinking and behaving – the same way, we have patterns of how we move. Few of them we are aware of, and many more are running like an unconscious routine, like a hidden choreography, ruling our thoughts, feelings and actions. In the variety of situations life brings along, these patterns can either serve us or not. **To become able to create the impact we want, it is useful to explore these patterns, become aware of how they function, improve them and add new ones. Dance is a way to do so.**

## **Body awareness:**

Our patterns of thinking, feeling, and reacting are reflected in our posture and movement, in what we sense in our bodies, how we relate to people, space, time, rhythm and music. By working with the body we can discover a lot of things that the mind is hiding. Have you ever experienced how the way you think affects the way you move? Have you ever thought of exploring and reconsidering your movement and seeing what insights, thoughts and feelings it brings? **Your body, the space and time you use are pure facts** – it can be very easy and obvious, maybe also confronting, joyful, funny and playful to rely on this fact.

**Realizing that body and mind are actually one is a crucial point in personal development.** Becoming friends with gravity, space and time is also important.

### **Dance and movement in a group:**

Working together on the dance floor offers the opportunity to discover our patterns related to people, culture, society, target groups, and communities. **Doing physical exercise or dancing together** – regardless of whether it is a hobby, professional, one-time or regular – **has a great effect on groups**. It can improve cooperation, create joy and fun and may offer information on group dynamics – the functioning, energy and atmosphere of a group, the development of people's roles and relationships. Questions may arise and your movements bring insights about your role, your impact, the way you express yourselves, your working style, and how you contribute to the flow of the work of the group.

### **Performance:**

**Going through the creation process of a performance as a group, practising, rehearsals and shows is an intense and unique process.** It allows you to experience the process a group can go through while in production, reaching a common goal within a certain timeframe. All this put into the context of the local community offers you the chance to see how an important issue or a message can be dealt with and transferred in a way that is relevant and involves people.

# ABOUT THE PROGRAM

**80-90% of the program is pure practising and improvement, 8-10 hours of physical movement/day. Professional instruction and coaching are provided by the trainers.**

## **GYM [every morning]**

Physical training, practising the basics, tricks that are never told in the “beginners and hobby classes”, although owning them makes dance easy and improvement fast. **The techniques we work with come from the basics of contemporary dance and sports, practicing them brings along the opportunity to create a connection between your mind and your body**, increase your awareness, and let you explore, discover, improvise and enjoy. You will also learn about basic anatomy, working with your body in a safe way, warm-up, stretching, walking, standing, rolling, crawling, sliding, rhythm, posture, entering, exiting, practising and building phrases.

## **WORKSHOPS FOR SELF-EXPLORATION**

Playful activities through which you can explore how you interact with other people and you can experiment with handling your interactions in new ways, to improve the flow, comfort and efficiency of teamwork. **You can discover new sources of inspiration within and around you, and access your creativity.** We do exercises alone, in couples and groups, using music, physical objects, free dance, contact improvisation, art and the outdoors.



## **LEARNING QUESTIONS & REFLECTION [every morning]**

Every day you will have opportunities to reflect upon your progress and share your insights, experiences and questions in small groups and plenary. We mostly work with questions - our favourite ones start with HOW CAN I... **In the beginning, you will set a learning question for yourself, keeping your process focused throughout the 8 days.** It supports you to make the training practical and useful for you, identify your learning points, and find what you want to take home to integrate into your work and personal life.

### **\*WORKSHOPS BY PARTICIPANTS**

**There will be an opportunity for participants** with relevant experience **to run their workshops**, depending on the interests of the group.



# TRAINERS

The trainers of the training course are **Alex Tsiamoglou** from **Greece** and **Krisztina Győry** from **Hungary**.

**Alex** works as a **choreographer, dancer** and **teacher of contemporary dance**. **Krisztina** is a **personal development trainer, youth worker** and **coach**. They both have many years of experience in working with multicultural groups, and community work, using a variety of non-formal educational methods. They have been developing the program and the methods of the so-called „synergy dance training” together with the participants of the program since 2007, having done the program 9 times so far.

**A team of volunteers** will assist the trainers, they are people who did one of the previous versions of the program and want to improve their skills further by supporting the participants, mainly in logistics and coaching.



**ALEX TSIAMOGLU, GREECE**  
**ROUGH CUT CO.**



**KRISZTINA GYŐRY, HUNGARY**

# FINANCES

The project is co-financed by Erasmus+. Food and accommodation are fully covered by the organizers. You can apply for a funded spot if you reside in of the Member States of the EU, or associated countries and partner countries, and we will support you with finding a partner organization.

## **TRAVEL REIMBURSEMENT IS POSSIBLE UP TO THE FOLLOWING LIMITS:**

10-99 km: 23 €

100-499 km: 180 €

500-1999 km: 275 €

2000-2999 km: 360 €

3000-3999 km: 520 €

**Contribution of participants: 70 €**

# DATES

## **Arrival day: 16th April**

First day of the programme: 17th April

Last day of the programme: 24th April

## **Departure day: 25th April**

# VENUE

The training course will take place in the **Creative Space Training Center, in Hollókő, Hungary**. This is a 3-level stone building with 4-5-6 bedded rooms, with shower and toilet en suite. Bed linen will be provided. You can also find the training room, dining area, common social areas in the building, and a big garden around.

Most activities will take place in the theater room of the village, which is a 10-minute walk from the accommodation.

Creative Space is in Hollókő, a village that is part of UNESCO's World Heritage Sites.

More details and information on the venue and how to reach it will be included in the confirmation letter that will be sent to participants after their acceptance.

The background of the entire page is a soft-focus photograph of several hands of different skin tones gently holding and supporting a piece of white, draped fabric. The lighting is warm and natural, creating a sense of care and support.

Apply by filling out the

# **APPLICATION FORM**

until 1st March 2024.

\*DISCLAIMER! In the application form, we are curious of your personal experiences, perspectives and reflections. As such, we ask you not to use any AI support for the application. Applications will be screened thoroughly, and any applications using ChatGPT or other AI will be automatically disqualified.

# C O N T A C T

In case of any questions, please feel  
free to contact us!

**Alexandra Vinczi**

*alexandra.vinczi@egyesek.hu*

Egyesek Youth Association