

# B A L E T T A K A D E M I E N

STOCKHOLM

## **Do you want to be a Professional Dancer?**

### **Apply now for Balettakademien's Professional Dancers Education in Stockholm.**

We offer without doubt the best, most comprehensive, professional dance education in Sweden. The education is specially characterized by its unique, holistic philosophy towards the student's development and provides the student with the best possible pre-requisites to satisfy a very demanding profession. Our professional education is a full-time three-year course of study with content that is constantly updated, multifaceted and comprehensive.

Balettakademien has a broad range of experience and a long tradition in the instruction of students who begin their professional dance training after graduating from secondary school. The focus is to provide the student with a broad artistic base in terms of both technique and creativity. The training takes into account results from the most recent medical and scientific research available in the dance field.

We place high physical, artistic and intellectual demands on those who study with us. At the same time we want to encourage your creativity, inspire your curiosity, and support your artistic and personal development.

Your goal is to become a dancer. Our objective is to help you fulfil that goal. In our dance courses contact with the world of dance, both within Sweden and internationally, plays a prominent role. We have a mentor programme, organize seminars, performances, happenings, workshops, study visits and guest lectures.

On our studio stage works of well-established Swedish and international choreographers are shown. Dancers often work in an international environment and it is important to provide the opportunity to make contacts with the professional world already while still a student of the education. Our international student exchange programme gives you the opportunity to visit schools abroad for a couple of weeks.

At the end of the third year as an independent project, a tour is arranged and performed by the students themselves. During the school term, students are regularly provided with opportunities to perform on stage and every spring term performances are arranged at some of Stockholm's public venues.

### **Professional Dancers Education Schedule and Content**

Over the entire training period, the core subjects, ballet, modern/contemporary dance and jazz/commercial dance are studied. In addition, in-depth subjects that cover theoretical aspects of dance, the body and music are studied, as well as aspects relating to rehearsal technique. The autumn and spring terms are each divided into two periods. The first period of each term is focused primarily towards dance technique. During the second period aspects relating to rehearsal and performance are included. The entire training period comprises 120 weeks, that is, approximately 40 weeks per academic year. Instruction takes place between 9am and 5pm, Monday to Friday, and certain weekends. The education qualifies for Swedish study grants.

During the first year the focus is on development of core subjects. Additionally, students are exposed to street dance/hip-hop, improvisation, composition, partnering, acro-dance, repertory, drama and vocal training.

In the second year, the core subjects are studied more in depth, as well as composition, partnering, contact improvisation, acro-dance, musical theatre and repertory.

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The third year focuses on the stage and includes performance skills, musical theatre, ballroom, tap, choreography supervision and individual coaching.

## Core subjects

### Ballet

Thorough instruction in ballet technique is provided so the students can maximize their physical potential. Knowledge is provided in ballet both as a functional technique and as a form of artistic expression. One builds up strength and develop body control and coordination, as well as learn the importance of correct placement.

### Modern/Contemporary Dance

Provides you with well-developed technical dance skills. Develops your understanding of different techniques and styles within modern/contemporary dance, as well as their origin, and application of a variety of forms of expression. You develop a deeper understanding of the body in space, using both internal and external focus as well as the ability to modulate and use the necessary muscular tonus for executing a variety of challenging dance formats.

### Jazz

Provides you with well-developed, technical dance skills and develops the student's suppleness, strength, musical appreciation, body expressiveness, character representation and rhythmical awareness in dance. Knowledge is provided on the different styles and techniques as well as their application and origin. You are provided with an understanding of jazz dance's relationship to jazz music and its role in theatre, musicals, street dance/hip-hop and show dancing.

## In-depth Study Subjects

### Dance Knowledge

A broad historic, artistic and theoretical background to dance. Here you will meet artists within music, theatre, song, mime, modern circus, and art in order to relate dance to other forms of art. In dance knowledge the history of dance both the modern and jazz genres, analysis of dance, the artistic process, professional life orientation and practical skills such as marketing are all included.

### Musical Knowledge

Provides a broader musical perspective, which you will need as a dancer, enhanced appreciation of music, the basics of note reading and the correlation between rhythm and dance. In this subject, music and rhythm, music appreciation and music analysis are included.

### Knowledge of the Body

Here you receive in-depth knowledge concerning the body in order to become fully aware of the dancer's instrument, physically as well as mentally. Included in this course is instruction in Floortechnique™/Yamuna Body Rolling®, Pilates and Yoga, anatomy and physiology, physical training, Feldenkrais, treatment and prevention of injuries, diet and nutrition, and mental training.

### Stage and Performances

Provides experience in the practical aspects of practice and rehearsal of works in different styles and contact with different choreographers. Through the practice of different styles of dance you improve your ability to comprehend and develop your own sense of style. You improve your ability to dance in a group and solo and acquire a dynamic impression of the audience and audience interaction. Practice and rehearsals, dance repertoires and performance skills are all included.

Included here is also audition training, where you practise auditioning and learn how you react in this situation to maximize and realize your skills and competence in auditioning.

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## **Other Subjects**

These include contact improvisation, improvisation, composition, vocal training, drama, street dance/hip-hop, partnering, and choreography supervision.

## **Instructors**

Balettakademien places great emphasis on our instructors' pedagogical competence and enthusiasm as well as their artistic experience. All instructors have been or still are professional artists in their area of expertise. We actively work to improve our instructors' competence within their respective disciplines and in other areas that are important to student training.

## **Senior Student Support and Mentor Programmes**

In the first year, you receive student support from a student in the third year, so that you quickly can feel at home in the school. Students in the second year and the third year get their own mentor, a professional dancer with considerable experience, to provide support and allow you to get closer contact with the profession.

## **Own Creativity and Stage Experience**

We want to encourage your own creativity. During the training period, opportunities will be provided to exhibit your own work on our studio stage. Working with choreographers has an obvious place in your training. The result of this interaction between students and choreographers is shown on stage in the autumn and spring. During the training period you will participate in cooperation with professional dancers in performances, site specific installations and other productions to get practical knowledge and a certain amount of professional experience.

## **Student Exchanges, Practical Training and Touring**

Our student exchange programme gives you the possibility to take part in training in a school abroad during the second year.

Balettakademien cooperates in an exchange program with:

- Oslo National Academy of the Arts (KHIO), Faculty of Performing Arts, Oslo, Norway.
- Iwanson International School of Contemporary Dance, München, Germany.
- Rotterdam Dance Academy (CODARTS), Rotterdam, Netherlands.
- ArtEZ School of Dance, Arnhem, Netherlands.
- Institute of the Arts (IAB), Barcelona, Spain.
- National Academy of Dance of Rome, Rome, Italy.
- ACTS Ecole de danse contemporaine de Paris, Frankrike,
- SOZO visions in motion, Kassel, Tyskland.

Currently the costs of travel and accommodation are met by a grant from an EU Erasmus VET (Vocational Education Training) stipendium.

To receive practical experience, students in the third year are encouraged and supported in contacting companies and productions to get trainee positions.

In the third year, students organize their own production and tour. Together they plan and create the programme, schedule rehearsals, as well as arrange marketing, sponsorship and transport. This project provides a good opportunity to get practical experience of what it is like to work as a freelance dancer with the principal responsibility for a dance production. You will have a professional photo taken to add to your CV.

As a recent graduate our Erasmus Pro program allows a select number of students upon completion of their third year to become interns for a longer term. Upon seeking and receiving an internship with a Company or choreographer residing in Europe the program provides travel and living expenses for a period of no less than three months and up to a year.

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## **Conditions of Entry, Pre-requisites, Auditions, Fees**

### **Conditions of Entry**

A healthy physique and aptitude and ambition to work as a dancer is required. You will have finished upper secondary school or high school.

### **Pre-requisites**

Basic knowledge of the fundamentals of ballet, modern/contemporary dance and jazz. Students with extensive previous training may be enrolled directly into the second or third year.

### **Auditions**

Audition for our education consists of two parts. Part 1 will take place digitally, and then those who qualify will be invited to part 2. Part 2 will be a physical audition in Stockholm.

### **Fees**

The tuition fee is 66 000 SEK per academic year (33 000 SEK/term). We reserve the right to make changes.

### **Study Loans**

The 3-year dancer training course qualifies for Swedish study loans.

### **Registration**

You register via the email address [auditionydu@folkuniversitetet.se](mailto:auditionydu@folkuniversitetet.se). Attach the filled-out application form. Attach a Certification of Health, school qualifications and grades, or latest school results if you have not received your final results before the final application date. Finalize your application as soon as possible by complimenting it with your final results.

If you are not able to use the email address, you may send your application by regular mail to Balettakademien, PO Box 6901, 102 39 Stockholm.

The academic year begins on August 22 2022.

If you have any questions you are welcome to contact us via e-mail to [rasmus.jorgensen@folkuniversitetet.se](mailto:rasmus.jorgensen@folkuniversitetet.se)