

Final Traineeship Report

In this letter I am summarizing of my experiences during my traineeship at The Danish University of Performing Arts.

During my traineeship program I participate dance training classes taught by: Eric Ericsson, Renata Dias Fraga Schroll(Copoeira), Cyril Baldy and Tilman O'Donnel(Forsythe), Paul Helmer Laursen(Improvisation), Elizabeth Halbert-Farr (Ballet), Anna Grip, Tide Art workshop (collaboration with Sound design, Light design and dance students), Malcolm Manning, Shai Faran, Jozef Fucek and Linda Kapeatana(Fighting Monkey) where I enriched my vocabulary of movements and strengthen the awareness of my body. These workshops and dance classes influenced my understanding of dance, I have met and learned different approaches to learning and teaching dance that have helped me to form my method of teaching and transferring information to movers. I believe participating in these classes has completed my dance education! I am thankful of my both home academy and receiving university that supported me to fulfill one of my biggest goals. I expanded my social network by visiting different teachers.

I had the chance to hold dance training classes for 1st year students and beginners. At the beginning I had at least five participants to my classes but after a while, no one was able to participate to my classes, due to the full schedule for students. I have learnt a lot even from those few classes with participants. I learned how to schedule and divide the time of the class, how to motivate students, how to simplify the movement materials for beginners. These experiences enable me to hold dance training classes at my current work place(Song of the Goat theatre). I believe I have reached appropriate experience through these classes to hold workshops in near future.

I have performed in three dance pieces in the performance with collaboration of music academy.(related video links has been sent to Budapest Contemporary Dance Academy in the previous report).I have performed with collaboration of Ania Rybacka(Singer and Musician) and Amy Harris(Dancer). This performance which was based on our research on the crossover of voice and movement,led us to start a cooperation in the Art of Escapism association and introduced me to the director of the Song of the Goat theatre(my current work place) and let me to find my dream job which is performing based on crossover and unification of voice and movement as two forms of art. The Art of escapism is an artistic association started by Ania Rybacka and Lo Ersare (musicians and singers) where only voices are used to make music. In this association, we have been researching the possibilities of unification and togetherness of voices and movements, singers and dancers. Our future plan is to develop this idea and tour this project in first in Denmark and then whole Europe.Here is a link to the trailer of our association (another video where dancing is in the focus, is going to be published soon). (<https://youtu.be/bcHuqIC4WdY>)

Based on my work plan, I have been searching for materials, ideas and methods of movement to find ways of unifying voice and movement. As an example, in the choir singers should feel each other and make an unify voice, in one of my exercises, mover should make unify chord with unify steps and tempo. I have been using the methods and materials that I have found in my current work place to train actors. In the other movement research of mine, I was looking for possibilities and opportunities on dancing a text(specially Shakespear's Hamlet play). I have found diferent approaches to do that but one method was more interesting for me than others and that is when the dance is performed base on the rythm of the words. The text is spoken by the actor, in the speach there is a rythm where dancer should feel that and move base on that rythm. I am using this method in our new performance Crazy God by the Song of the goat theatre.

Through this traineeship, I have extended my social network by meeting different teachers, dancers and also other artists in the university. The Danish University of Performing Arts provides an atmosphere where all the students and teachers of other art program such as actors, musicians, light desing, sound desing and etc can meet and work together, that was a big oportunity for me to expand my social network. I have developed my English language skills and started to learn Danish language and culture. I had 3 hours free Danish language lessons every week and I passed the basic level. In this traineeship period I met the love of my life in Copenhagen and I married her. 😊

At the end I would like to express my gratitude to my home academy, recieving university, the European union and all the people who where involve in this program and supported me to find my way, and start my career and base myself in Copenhagen.

Best Regards,
Peiman Fallahian Sichani