**DOCH, Stockholm 2018.**

**10-15.september**

**Inspirational visit to the University of Dance and Circus took place in the middle of september just when the first week of the new semester had started. We were welcomed to the university by lovely lady called Beata who works there as the head of the dance pedagogy department.**

**On Monday morning as the first thing in the morning we observed a dance didactics class for children and youth taught by Elisabet Sjöstedt Edelholm, the class was very mesmerising as they actually practiced the class as they were “children”, which is very useful for dance pedagogy as you will have to teach the kids and youth in the future. They played different games and moved their bodies through the exercises of creative dance that would be fun to do for kids also. The next class was a jazz dance class taught by Andreas Erbrink - we were welcomed to join the class as movers. It started out warming up using high intensive technique exercises mixed with ballet and finished with a nice jazz combination. This class had a very classical touch to it as the teacher had a ballet background- I enjoyed it. The day finished with a challenge which was a classical ballet class with Eytan Seyvak - it was a class that had mixed students in it, from different dance and technique backgrounds- oh boy we struggled, it was something new for everybody. We are used to having ballet class as the first thing in the morning to get our bodies moving so it was definitely different and challenging to keep focus as it was the last class of the day! Nevertheless the teacher was very knowledgeable and had a good sense of humour which helped to keep the energy up throughout the class.**

**Tuesday**

**Our morning started with a lecture by Shirley Harthey Ubilla who works in the department of dance pedagogy as the head of the street dance area. We had a really interesting lecture by Shirley who shared her thoughts about male gaze and femininity. Later we practiced different exercises inspired by her piece  “JUCK”. I really enjoyed the class as the teacher was very passionate about the topic. The next class was contemporary dance by teacher called Helena- she was a super fun with a good sense of humour! we practiced floor work technique, choreography and improvisation. Third class of the day was chosen by us from different options and I chose locking class by Shirley Ubilla - I have a street dance background but have not taken many locking classes so it was challenging but also a lot of fun - we went through the basics of locking, we even did “battle” type of improvisation and later learned the choreography.**

**Wednesday**

**Morning started out with a technique I had never heard of “Klein Technique” which promotes greater ease of movement and better health. Most of the class consisted of rolling down and rolling up and later observing each other- my body definitely understood the benefits of practicing that. After Klein technique we headed to improvisation class- that was my favourite class by far - I felt that I was in a comfortable safe environment doing not so “safe” thing for me. We did different partnering exercises combined with contact improvisation with our eyes closed and observed each other doing different exercises.**

**Thursday**

**Started out with an amazing upbeat jazz dance class by teacher Jacobi from Finland - it was just what I needed that morning- energetic, fun and challenging. Technique, floor combinations and choreography. The second class was improvisation by a french teacher (can’t recall the name) where we practiced contact-improvisation and went through some of the basics of contact-improvisation, it was interesting and challenging as we had a chat before the class and most of the students shared that they are afraid of contact or have never really tried it. Nevertheless I enjoyed the class. The last thing that day was observing a BA Dance students contemporary dance class which was substituted by another teacher (former student at DOCH) that class seemed like a challenge to all of them, a lot of choreography was taught in a short period of time but they really kept up with it - it was a pleasure to watch, they were really good movers.**

**Friday**

**We had a similar day to thursday - Jacobi’s jazz class as amazing as always - fun class with good musicality! And our stay finished with improvisation class by the same french teacher - this time I decided to observe since I was interested in seeing what other people do - it was very eye-opening to see how people had different chemistry with different partners- they went through the basics of contact improvisation and in the end they had a jam.**

**In conclusion I really enjoyed my time in Stockholm DOCH- a lot of other universities definitely have a lot to learn from DOCH dance & dance pedagogy curriculum, as this school has I believe 16 studios to take class/rehearse, passionate and knowledgeable teachers that know what they are doing, it seems to be very “student-friendly” and supportive university- where students come first. It felt warm and welcoming. I also really like the fact that they have such big variety of styles they teach from ballet to street styles- something for everyone. I am really interested in visiting DOCH again in the near future!**