

The background image shows a dance studio with large windows and blue curtains. In the foreground, several people are lying on the floor, with their arms raised towards the ceiling. In the background, a person in a white tank top is standing and facing away from the camera. The overall lighting is dim, with a strong purple and pink color cast.

Start: February 2021

INCLUSIVE DANCE UNIVERSITY

INTERNATIONAL LEARNING PROGRAM
FOR INCLUSIVE DANCE SPECIALISTS



Online courses in Inclusive Dance University – this is an opportunity to learn from the experience of leading experts in the field of inclusive dance and socio-cultural animation. You will learn firsthand about the tools, methods and principles used in their work by professional teachers, choreographers, coaches, rehabilitation specialists, psychologists in Russia and other countries of the World. Without reference to the location, without language barriers and borders.

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In addition, you will find the application of knowledge that has long been lying in your luggage without attention, learn new approaches to familiar things, learn to draw ideas, strength and inspiration in the most unexpected moments.

A world of limitless possibilities awaits you.

And remember: this is not a set of knowledge on the record, everything needs to be experienced and comprehended.

WWW.INCLUSIVE-DANCE.RU/EN

The logo for Inclusive Dance University is positioned on the left side of the image. It consists of a vertical bar with a pink square at the top and bottom, and a horizontal bar with a pink square in the middle. The text 'INCLUSIVE DANCE UNIVERSITY' is written in white, with 'DANCE' highlighted in pink. The background of the entire image is a photograph of a group of people lying on the floor in a dance studio, with their arms raised in the air. The image has a purple tint.

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You can become one of the participants
of IDU online courses **right now.**

We have opened pre-registration for three online
courses, which will start in **February 2021.**

Pre-registration is open!

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course duration:
16 hours

Webinars include
theoretical and
practical online
classes on the Zoom
platform

Duration of one
webinar:
2 academic
hours
(90 minutes)

At the end of the
course, participants
receive a
personalized
electronic certificate

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THE INTERACTION BETWEEN THE PARTNERS IN THE DANCE IN A WHEELCHAIR: THE TECHNIQUE AND EMOTION

the authors and coaches of the course:
Alex and Jacqueline Glijn
(Netherlands)

Certified wheelchair dance instructors,
multiple winners of wheelchair dance
competitions, founders of the Dutch Inclusive
Dance Association, winners of international
inclusive dance competitions among pairs and
teams of the VII International Dance Festival
“Inclusive Dance”

Pre-registration is open!

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ONLINE COURSE PROGRAM



1. How to start a new course and make people acquainted with wheelchair dance and other handicaps
2. Energy during dance
3. Techniques and dynamic of wheelchair for user and standing partner
4. Competitions and preparation
5. Ballroom technique in general (from Quickstep to Rumba)
6. How to improvise
7. Working with impairment and what you need to know
8. How to train your body and mind (Mental coaching)

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FROM SELF-AWARENESS IN DANCE TO COMMUNICATION AND CHOREOGRAPHY



the authors and coaches of the course:
Olga Aksenova and Yulia Moreva
(Russia)

Pre-registration is open!

In May 2013, Olga and Yulia initiated the creation of the first inclusive dance group “Prostor” on the basis of the State Budgetary Institution of “Arkhangelsk Multidisciplinary Rehabilitation Center for Children”. Under their careful guidance, the group has developed rapidly, bringing together people with disabilities and volunteers to create together

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ONLINE COURSE PROGRAM

1. Differential approach to the concept of inclusion and integration: focus on creativity
2. International classification of functioning is a modern approach to rehabilitation (activity and participation –2 components)
3. Characteristics of people with various disabilities (cerebral palsy, mental disorders, autism spectrum disorders, sensory disorders, trisomy, severe multiple disorders)
4. Features of communication with people with severe disabilities during classes
5. “How to create an inclusive group”: master class, experience of the Arkhangelsk region
6. The basic foundations of building an inclusive team
7. Accessibility of inclusive creativity - creating a barrier-free environment (key strategies)
8. International innovative practices in the field of inclusive art - contribution to the development of a sustainable society

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MODERN DANCE AS A TOOL FOR COMPREHENSIVE DEVELOPMENT OF PEOPLE WITH DISABILITIES

the author and coach of the course:
Hana Zanin Pauknerova
(Austria)

Ballerina, choreographer, coach.
Chairman of the Association of Culture and
Education for People with Disabilities and
without them "Ich bin O. K.", head of the
eponymous inclusive dance group. Expert and
jury member of the International Charity Dance
Festival Inclusive Dance. Speaker of the Vienna
Contemporary Dance Festival "Impulstanz"

Pre-registration is open!

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ONLINE COURSE PROGRAM

1. Art for change and “Ich bin O.K.” principles
2. Lessons of content and structure
3. Dance improvisation, games
4. Didactic-methodical approach and work with material
5. Methods of assisted communication and challenging behavior
6. Choreographic work
7. Extra offer (summer camps, preparation for competitions)
8. Program «Dance Assist»

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CERTIFICATE

OF PARTICIPATION
PRESENTED TO

for successful completion of the online course

«THE INTERACTION BETWEEN THE PARTNERS
IN THE DANCE IN A WHEELCHAIR: THE TECHNIQUE
AND EMOTION»

In the framework of the International learning program
INCLUSIVE DANCE UNIVERSITY

____ TEACHING HOURS



Project organizer

Leonid Tarasov

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UNIVERSITY

CERTIFICATE

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____ TEACHING HOURS



Project organizer

Leonid Tarasov

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____ TEACHING HOURS



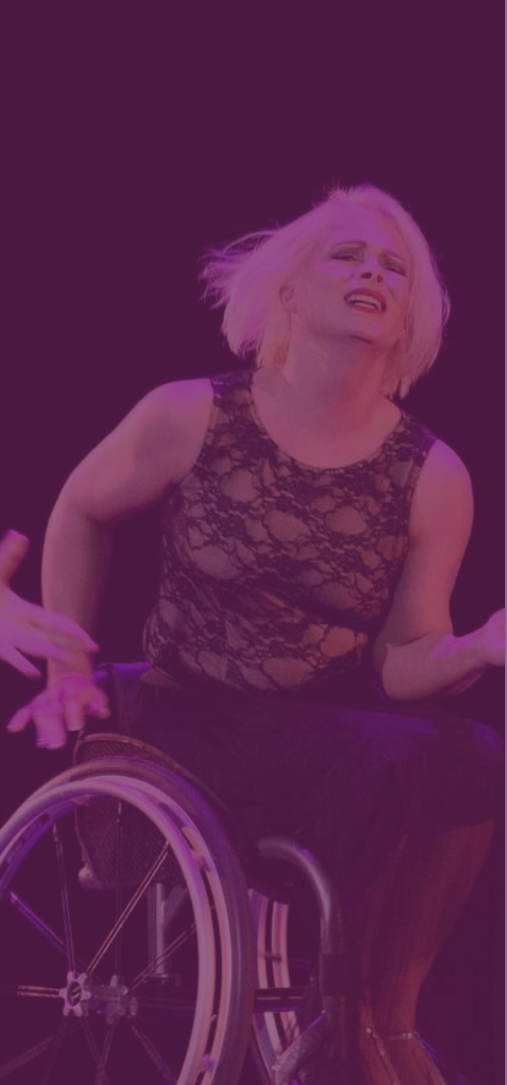
Project organizer

Leonid Tarasov

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Electronic certificate of completion of the course

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The cost of completing 1 course for participants –
100 Euro

- **20% discount** for pre-registration,
valid until January 20, 2021. You pay 80 Euro
If you miss lessons, you can watch records of the
webinars.

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The main language of lectures is English.

When registering, you can specify the desired language - Spanish. In case of high demand, simultaneous translation into Spanish will be arranged.

All funds go to charity programs for inclusive dance.

The number of listeners in groups is limited.

REGISTRATION

Any other questions? Write to us:
info@inclusive-dance.ru

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A photograph of a man and a woman dancing on a stage. The man is in the foreground, wearing a dark shirt, and the woman is behind him, wearing a black lace top. They are both looking upwards and have their arms outstretched. The background is dark with some stage lighting.