

3 years Junior Division
Training Program

APDA

advanced
dance
institute
Barcelona

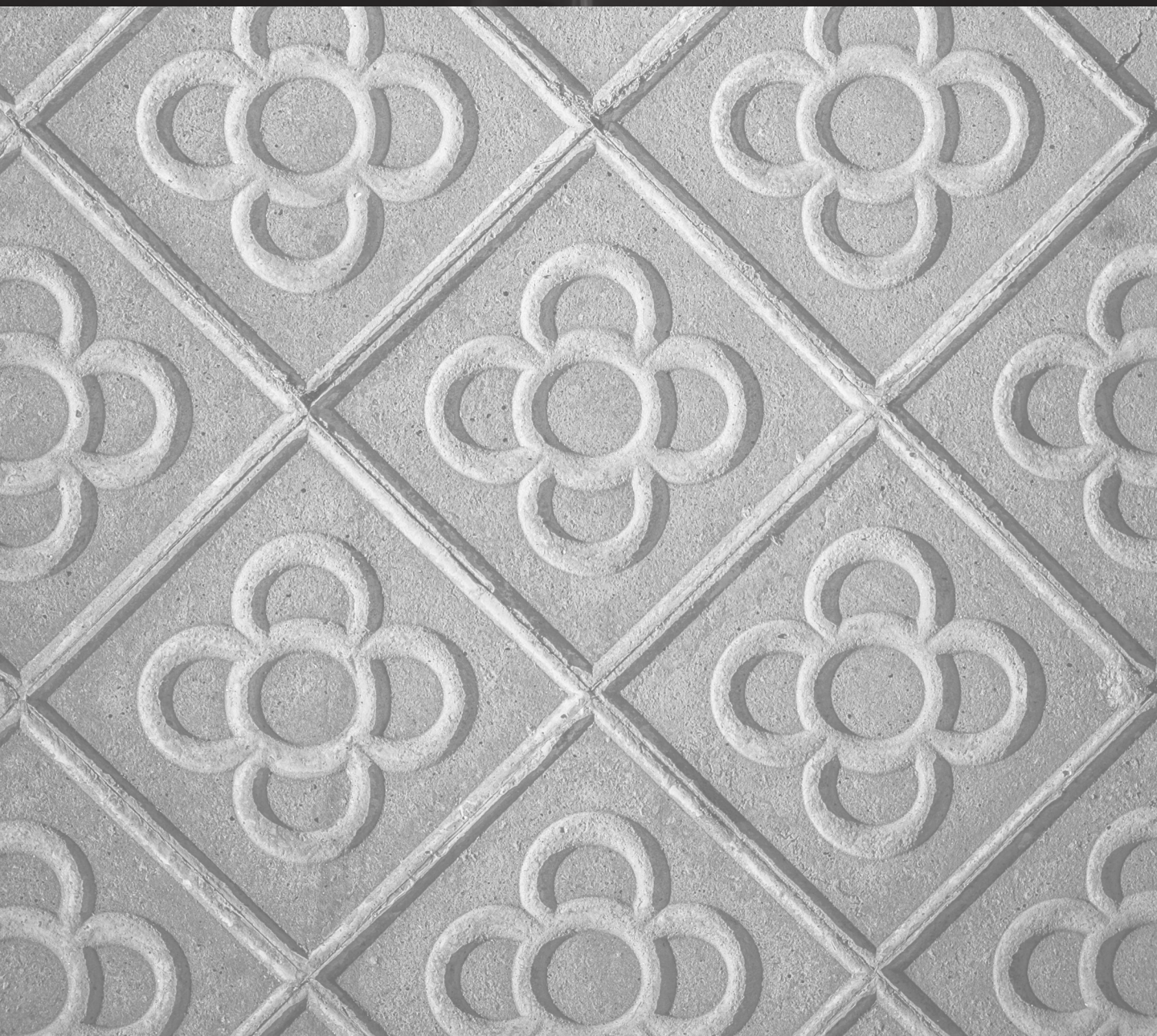
From Barcelona to the world



With a physical base in Barcelona and with a vision of the world, we make the encounter and entry into the professional world firm, solid and safe.

We provide practical tools for the life of the artist thanks to our "insightful training".

Insightful training is common sense, consistency, and simplicity. Both in life and in training development and in human relationships



Balance between body and mind



The entire model will revolve around making the body–mind balance sustainable and creating a healthy, creative ecosystem with a constant concern to contrast the dynamics of the professional world.

By measuring and observing how the person is throughout the process, we work to anticipate any situation.

Thanks to the preventive model, we achieve fewer injuries and avoid toxic behaviors that reduce or hinder professional potential.



Revolutionary methodology

Innovation in Physical, Psycho–emotional and Artistic Development.



Personalization

Adaptation to the dancer.



Faculty Formed

By teachers with extensive professional experience, educators, choreographers and mental health professionals.



Artistic Networking

Interaction with elite professionals.



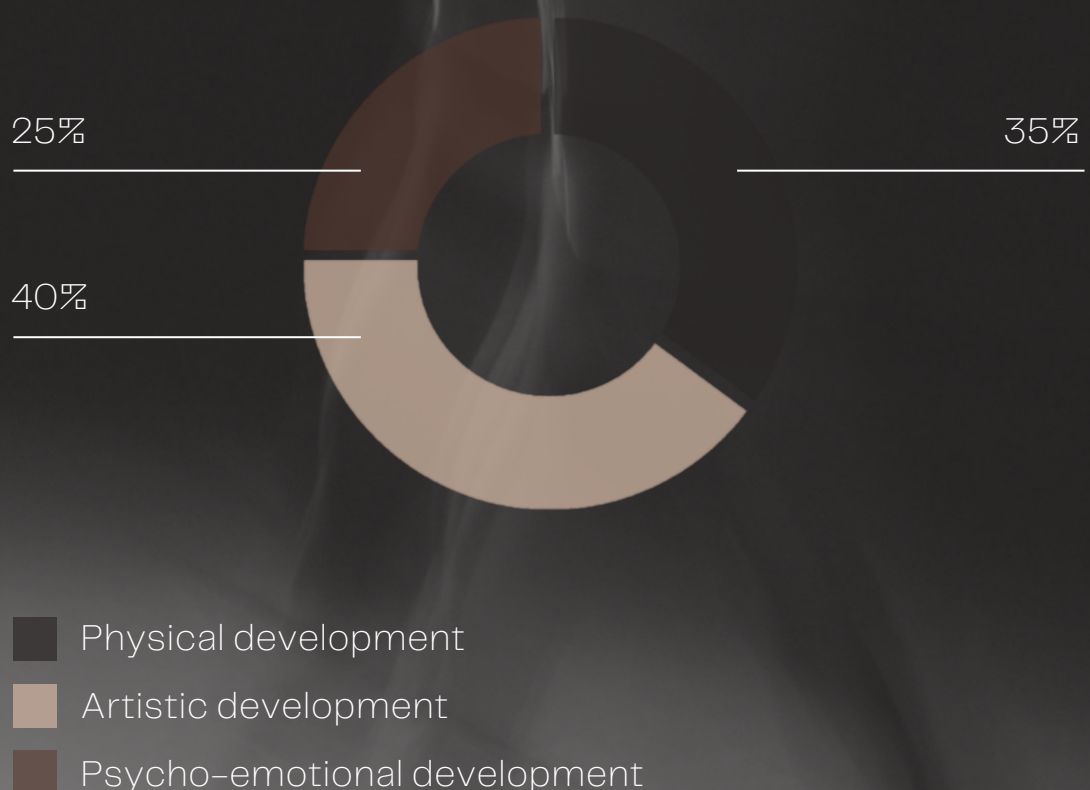
Connections to the professional world

Choreographers, international artists and choreographic projects.

High performance plan

The student's high-performance plan is based on the work of two main axes:

Internal aspects of preventive work made up of properly technical, artistic and psycho-emotional growth subjects in dance, and external aspects of preventive work on lifestyle measurement, environmental management and empathy. It is vitally important to work on both aspects continuously to reach the maximum potential.



Thanks to the biomechanical studies carried out at the beginning of the year, the dancer will be guided to improve performance, taking into account their conditions and the specific biomechanics of each person. The study provides us with measurements and the formation of a history where an individualized plan is subsequently carried out to improve or prevent possible deviations.

Innovative structure



Through the new management of the subjects, the responsible network accompanies the dancer through intensive preparation for the training of a potential elite performance, capable of addressing choreographic proposals and reaching the emotional capacities for the global and comprehensive training of the future artist.

Physical Development

Classic Technique
Contemporary
Technique
Horton
Counter Technique
Bodywork
Pilates®

Artistic Development

Workshops:
Improvisation
Composition
Repertoirre
Master classes
Creation
Acting for dancers
Music

Psycho-emotional Development

Mental coaching
Sesiones de Psicología
Trabajo mente-cuerpo
Ciencia del deporte
Nutrición
Yoga

Activities and Seminars

Performances and
Charity Galas
Dance History and
Art History
Perfomances

They will have the opportunity to work with guests in the form of workshops, master classes and seminars. All subjects are taught in English.

Methodology that enhances talent



1st year, Strengthening

In the first year, the technical bases for a dance practice are developed. The structure of the subjects are capable of providing a strong and solid foundation to progress easily and quickly. The day begins with subjects of psycho-emotional development and body studies, serving as a warm-up, reflection and concentration. Then we will find the subjects of physical development and artistic development, theory and special courses.



2nd year Process

In the second year, work continues with a strengthening approach and the subject of improvisation is introduced, giving the student new knowledge and challenges, gradually incorporating an investigative attitude into the program. At the end of year, the student becomes more aware of his own relationship to the field of possibilities of physical-emotional return.



3rd year Knowledge and Studies

In the third year they take the step towards the concrete application of the accumulated knowledge and research. At the end of the Junior Division training, the young artists will have reached an artistic-emotional conclusion in which they will be able to know which direction to take. ADDA offers students the opportunity to audition for the next levels of improvement of the Pre-professional program at the end of the year.



3 years formation.



800h/course
September to June.



Dancer between
14 and 16 years old.



17h30 – 21h30.

Develop skills

We identify the signs, patterns and tendencies of your person through scientific evaluation systems to study where your personality can lead you. We set objectives and goals to reestablish a correct neural and physical connection to consciously overcome the barrier that hinders your future high performance.

At the same time, the great ADDA ecosystem will give you an active network of international contacts, which will be vital for your leap and professional success.



Knowledge

Techniques
Creative thinking
Wide artistic network
Teamwork
Management
Communication
Leadership



Abilities

Artistic and Physical
High levels of:
Maturity
Self esteem
Self knowledge



Values

Commitment
Social conscience
Overcoming Attitude
Professional ethics
Collaboration

Tuition fees

1

Inscription fee

2

Annual fee



There are 2 options to pay the inscription fee:

A. Single payment of EUR 525 -5% incl.

Single and full payment when formalizing the admission registration.

B. Inscription in 2 installments of EUR 275 each.

A first installment of EUR 275, when formalizing the admission registration.

A second installment of EUR 275, before July 1.



There are 2 options to pay the annual fee:

A. Single annuity of EUR 3,985 -5% incl.

A Single and full payment before September 1.

B. Annuity in 2 installments of EUR 1,992 each.

A first installment of EUR 1,992, before September 1.

A second installment of EUR 1,992, before January 1.

ADDA reserves the right to modify the rates and the price list published on the website.

Apply now.
Thanks!



ADP A

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