



**PALUCCA - ALUMNI**  
OCTOBER | NOVEMBER

## LETTER FROM THE EDITOR

Dear Alumni,



With this new issue of the Alumni Newsletter, I send you my warmest greetings from the Palucca University of Dance Dresden. Within the context of current events at our university, we would like to inform you about the most recent networking activities here, the newest graduating classes in our master programmes and also about our plans for approaching performance dates.

The current Corona pandemic presents not only organisational challenges to us in the university's administration but also to our pupils and students on many levels. In this issue, the Palucca e. V. association shares an article about Ioanna Skokou, a student in our Master of Dance Teacher Programme.

And in addition to all of this, in this issue we have the pleasure of congratulating our alumna Katja Erfurth, who was awarded the Kunstpreis der Landeshauptstadt Dresden (the city of Dresden's prize for exceptional artists) a few weeks ago. You can read more about this on page 5 in this newsletter edition.

We would also like to use this opportunity to express our thanks to our alumna, Marita Matzk, who has written a new article for you on health maintenance.

In this spirit, I wish you all enjoyable reading as well as continued energy and good health for your artistic activities.

Kind regards,

A handwritten signature in dark ink that reads "Shalene Schmidt".

Shalene Schmidt

Student Marketing & Alumni-Coordinator

# FROM THE UNIVERSITY

## Current News

### Network Dance Talents

In September 2020, with the beginning of the new academic year, Palucca University of Dance Dresden established a new network with cooperating educational institutions. The network's goal is to create cooperation between educational institutions in the field of dance and thus promote a long-term nation-wide recruitment of young dance talents.



"Promoting the art form of dance is an important goal", said Professor Juliana Sabino Wilhelm from the Palucca University of Dance Dresden at the launch of the project "Partner School Network for Talented Dancers" "With this new network, we want to open new doors for the artistic education and further training of young talented dancers and also interact more closely with dance training institutions", stressed Wilhelm, who together with Maud Butter (Talent Scout) coordinates the project.

Currently, five trusted partner schools in the cities of Coburg, Rosenheim, Osnabruck, Kiel and Dresden are participating in this project. The network is in a pilot phase at the moment. The long-term vision for the project is to acquire more partners, not only in Germany but also abroad. Interested alumni from the Palucca University of Dance Dresden, please contact us at [nachwuchsgewinnung@palucca.eu](mailto:nachwuchsgewinnung@palucca.eu).



## Palucca Tanz Studio 2020

At the beginning of the new academic year, the Palucca University of Dance Dresden announced that the Palucca Tanz Studio (PTS) will not take place as planned in November 2020. Due to the Corona restraints imposed by the Free State of Saxony, it is not possible to announce any alternative dates or alternative venues at this point in time. Information about new developments will be made available in a timely manner under [www.palucca.eu/aktuelles](http://www.palucca.eu/aktuelles).

## Film shooting for the Kinderkanal (KiKA)

In September, as part of the documentary series "Schau in meine Welt" (Take a look at my world), the Kinderkanal (a TV channel for children and teens) filmed at the university. The documentary film's protagonist is Johann Albrecht Voigtmann, pupil in N1 (Young Talents Programme). The film offers a multifaceted look at a normal day at school at the Palucca University of Dance Dresden. It will be aired on November 8, 2020, at 8:25 p.m. on the Kinderkanal.

## First graduating class Master Dance Teacher

In September 2020, the first students from the work-study Masters Programme Dance Teacher (MA Dance Teacher) successfully completed their studies.

"I am proud that we offer this unique study programme at the Palucca University of Dance Dresden which offers dancers a significantly better chance for a successful transition into a new professional field. The students' positive resonance validates our study concept and our curriculum. We continue to enjoy a strong number of applicants", said Prof. Fernando Coelho, Head of Master Dance Teacher Programme.



Image: Matthias Rietschel

We sincerely congratulate our new graduates on their completion of the MA Dance Teacher Programme.



## This year's graduating class MA Choreography

Another two years have passed and the Palucca University of Dance Dresden's next generation of dancers from the MA Choreography Programme show their newest and final presentations in many interesting locations such as Hellerau - European Centre of the Arts, Theatre Pforzheim, Zentralwerk e.V., Japanisches Palais in the Staatliche Kunstsammlungen der Stadt Dresden (City of Dresden's



Image: Frédéric Coupet

State Art Collection) within the scope of TANZPAKT Research Residencies and the Dresden University of Fine Arts Laboratory Theater, our cooperation partner of many years.

With the ironic title "Touch me Again", we join the previous generation of graduates who prepared the way with "Touch Me, I Love It."

Both titles are now experiencing new resonance in these uncertain times of the Covid-19 pandemic. While we reflect on new structures and try to find solutions for everyday problems,

there should be hope for future perspectives that support a growing vibrant culture which allows for the flow of creativity. We wish to express our thanks to our partners, supporters and sponsors who have made it possible for our choreographers to realize this richness in their creations, in compliance with the strict hygienic concepts in these challenging times.

Prof. Katharina Christl, Head of Master Choreography Programme

### ***Hänsel and Gretel performances in 2020***

In consultation with Semperoper Dresden, Secondary School Headmaster Bernd Hähnel and the Rector of the Palucca University, Hänsel and Gretel performances are planned as follows:

Sunday, December 6, 2020 | 6:00 p.m.

Saturday, December 19, 2020 | 7:00 p.m.

Monday, December 21, 2020 | 7:00 p.m.

Saturday, December 26, 2020 | 4:00 p.m.

Due to the Corona pandemic, there could be changes to above performance dates. Any updates will be announced on [www.palucca.eu/en/current\\_events](http://www.palucca.eu/en/current_events).

During these unusual Corona pandemic times, the Palucca e.V. has given financial support to an increasing number of university students who have faced unforeseen financial difficulties.

Among these is Ioanna Skokou (a student in the MA Dance Teacher Programme), who in the following describes how hard the past months have been for her personally and for many other students at the Palucca University of Dance Dresden.



Image: Ioanna Skokou

I had completely different plans for spring 2020. To begin with, we students in the study programme MATP2 (MA Dance Teachers 2) had planned a study trip to Denmark (Royal Danish School of Ballet in Copenhagen) in March which was immediately cancelled. I had still planned on my two-month internship in April and May in Iceland which was to take place within the scope of an Erasmus exchange programme. The Dansgarðurinn Dance School as well as the FWD Youth Company in Reyk-

javík had given their approval and were waiting for me. Due to the Corona pandemic, the internship had to be cancelled as well. Finally my master's exam: It was postponed to November 2020 which meant that I had to re-enrol as a student.

Between March and June 2020, there was no opportunity for me to secure a position as a dance teacher for the school year 2020/2021. So there I stood, faced with the huge challenge of finding a way to finance the new semester.

In June 2020, I was able to work as a student assistant in the Office of Student Affairs and in the Palucca University costume department which had reopened by then. When I went to the Office of Student Affairs to find out about what sort of assistance might be available, Ms. Preißler (Head of the Department), recommended that I apply to Palucca e.V. for financial aid for my master's thesis.

I am very relieved and above all also very grateful that my application was approved by the Palucca e. V.

Palucca e. V. works very intensively to lend their support to those studying at the Palucca University of Dance Dresden. They demonstrate this, for example, at every Easter Dance@Palucca Workshop, by awarding prizes for the engagement and creativity of the pupils and, in addition, through their assistance for master theses.

It is greatly desirable for students at the Palucca University of Dance Dresden to be able to organise their education in such a way that they can concentrate on their studies and grow without financial uncertainty. In order to be able to continue in its support for the students, Palucca e.V. is happy to welcome new members who share these ideals.



The "Palucca e. V." association has been supporting pupils and students attending the Palucca University of Dance Dresden since 1995 - whether it be through social assistance or the financial support of specific student dance projects. We look forward to welcoming all those interested in becoming a member of our supportive circle at Palucca e.V.

**Have we awakened your interest? If so, join us at [verein@palucca.eu](mailto:verein@palucca.eu). We are looking forward to hearing from you!**



Images: Ida Zenna, Shalene Schmidt

## ALUMN NEWS IN BRIEF

with Katja Erfurth

Congratulations to our alumna, Katja Erfurth, who has been awarded the Kunstpreis der Landeshauptstadt Dresden (the city of Dresden's prize for exceptional artists) this year. "I am deeply moved by this exceptional recognition of my artistic work and commitment for the Villa Wigman. Especially in these times of crisis, I perceive this to be a signal providing me courage and energy to continue passionately on this course, and not to let up in finding and questioning themes on life and the arts", said Erfurth



Image: Volker Metzler

Since 1993, the capital city of Saxony has awarded this art prize annually in recognition of the exceptional and significant artistic work and cultural engagement of its winners. The art prize comes with an award of EUR 7,000.00 cash. More information about the award ceremony can be found at [www.dresden.de/kunstpreis](http://www.dresden.de/kunstpreis).

**WWW.KATJA-ERFURTH.DE**  
**KATJA\_ERFURTH@HOTMAIL.COM**  
**WWW.VILLA-WIGMAN.DE**





## HEALTH & MORE

with Marita Matzk

### **The upward plank - yoga variations to keep you fit without investing too much time**

When a dancer or former professional dancer is no longer involved in training or dance engagements involving daily training, it can be difficult to maintain the connection to one's own body. It is often not possible to plan the time and space for 90 minutes of training.

If we do not consciously take the time for training sessions, we often suddenly come to the realisation: "So many (weeks, months, years) since I have trained - are you kidding me?" and in the next minute we ask ourselves: "But when am I supposed to get it done?"

As an answer, I recommend the "method of small steps" to my yoga participants. Small units which can be fit into the everyday routine, that take only a few minutes. When it is a matter of maintaining strength and activating the entire body, one pose is an unbeatable allrounder: the upward plank.

The following exercise activates a vast number of muscle groups, gets your circulation going and can be a small but important contribution to your staying fit in your new daily routines.



### **The upward plank**

The upward plank reminds one of the beginning position for push-ups. The hands are placed exactly under the shoulders, the fingers are slightly spread out and pointed forward, there should be as much space as possible between the shoulders and the ears. The pelvis is tucked down so that it is in a straight line between the shoulders and the heels.

If you are not so well trained at the moment, and want to take it a little more easy, you can bring your knees to the ground as a middle step or raise your pelvis a bit higher so that there is a slight angle.

There are two possibilities for placing the balls of your feet:

1. Opened hip-wide for a natural activation and as the beginning position for a sequence of movements
2. Closed for an even stronger activation of the pelvic base and core

The belly button is pulled gently in the direction of the spine and the pelvic base activated inwards. As always in yoga, try to maintain long breaths. Try the following dynamic variations of the upward plank in order to gain greater benefits in everyday dancer life or any other everyday routine:

### **Sideways swing**

Let your lower abdomen rock alternately right and left. The rest of the body may follow: lift the right hand a few centimeters off the ground and then the left hand while the shoulder girdle points alternately right and left.



### **Dynamic push**

Begin in the upward plank pose. With a long exhalation pull your ischial bones toward your heels as if you wanted to squat.

Then, inhaling, press with your feet against the ground and powerfully let your body lengthen again to the beginning position. Repeat this 10 times in your breathing tempo. Feel the strength in your legs and core.

### 3 mini-flow with the upward and downward facing dog pose



Images: Marita Matzk

Begin in the upward plank position. Exhale deeply  
Inhaling, lower your knees toward the ground and open the breastbones for the upward facing dog. Exhaling, pull the ischial bones back and up in the downward facing dog pose.  
Inhaling, the pelvis lifts forward to the upward plank position.  
Repeat this flow 10 times in your breathing tempo.

Supplementary to this thematic article, you can find a 15 minute video of yoga sequences which activate the entire body and which contains the exercises described here: [www.youtube.com/watch?v=XiNRe8ICvsY&feature=youtu.be](https://www.youtube.com/watch?v=XiNRe8ICvsY&feature=youtu.be).

Have fun exercising!  
Marita



**WWW.TANZKOERPERTRAINING.DE**  
**MAIL@MARITA-MATZK.DE**

## **Student Marketing & Alumni-Coordination**

**Shalene Schmidt**

Palucca University of Dance Dresden  
Basteiplatz 4 | 01069 Dresden  
Tel.: +49 (0)351 25906-45  
[www.palucca.eu/en/alumni](http://www.palucca.eu/en/alumni)

**Would you like to advertise your project in the Alumni-Newsletter free of charge? If so, then please contact us at [alumni@palucca.eu](mailto:alumni@palucca.eu).**

The next Alumni-Newsletter will be published in November 2020.

**Palucca University of Dance Dresden**  
**Rector: Prof. Jason Beechey**

Editor & Layout: Shalene Schmidt

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