

# *La Bella Vita* ARTS WORKSHOPS

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## TUSCAN SUMMER DANCE INTENSIVE

featuring live music

JULY 2-27, 2010

Set on the beautiful Mediterranean coast, an intensive 3 week workshop *PLUS* a terrific little tourism package: 2 days in Rome, 2 days in Perugia, and day trips to Florence, Pisa and the Tuscan wine growing region.

- \* *Experience life in a small Tuscan coastal town*
- \* *Visit some of the most legendary places in Italy*
- \* *Take part in Italy's coolest music festival, Umbria Jazz*
- \* *Study with teachers you will love*
- \* *Enjoy the rare opportunity to work with live music*
- \* *Create with musicians and singers to shape a final show*

### A BIT ABOUT HOW WE WILL LIVE

This program has been created to give you an opportunity to experience Italian summer life in a small seaside town. After our initial stint in Rome, we will settle into the lovely Tuscan village of Caletta di Castiglioncello, right on the Mediterranean about 20 minutes south of Livorno. Pisa is 45 minutes away and Florence 90.

This year we have two options for lodgings: shared apartments, in which you will cook for yourself and really get to interact with the people around you, and a hotel very near the ocean with a meal plan. In any case, **we hope you discover *la bella vita* -- the beautiful life in which we slow down and take time to enjoy a place, its food, its art... and each other.**

### A FEW WORDS ON THE TOURISM COMPONENT

It's ridiculous to come to Italy and not see Italy, so we've built a "best of Italy" tourism component into the program:

- 2 nights in The Eternal City of **Rome**, complete with fun group activity and guided tour
- A weekend in **Perugia** for the outrageous **Umbria Jazz Fest**
- A day trip to to **Florence**
- An afternoon in **Pisa**
- Wine tasting in the heart of the **Tuscan wine region** + lunch in Medieval **Bolgheri**

### MORE ON THE WORKSHOP

The workshop is a **well-rounded program offering ballet, modern, tap and yoga options, with the main focus being on rhythm-based jazz and its root forms.** African, Swing, tap, funk, latin are all possibilities.

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Dancers will have the very special opportunity to work with **live music, and student created work is a very important component of the final showing.** The magic that happens when we put musicians and dancers together produces fantastic collaborations. Bring your choreo ideas. Put an international performance on your CV!

Add to that **well structured, fun improv work** (that even students with fear of improv enjoy, honest!) and you have a recipe for a mind expanding experience that will open many creative doors.

**FACULTY:** All instructors speak English and are terrific. Generosity of spirit, fun teaching style and the ability to improve you as a dancer are more important to us than having a big name in the dance world. You will LOVE our teachers. Confirmed at this time:

- Michelle Contrino** (USA; jazz, modern, tap)
- Leonarda Raimondi** (Italy; ballet)
- Sharon Richardson** (Canada; jazz)

## **TUITION**

**STANDARD (after Apr 1): \$2,740** (US or Canadian. Residents of the Commonwealth may pay in Canadian \$.)

*Shared apartment lodgings for students over 18; limited spaces. Meals not included.*

## **OPTIONS: Hotel and meal plans**

*This year we are pleased to offer a hotel/meal plan option (required for students under 18) so you won't have to bring sheets, towels or a blow dryer; clean or cook; worry about the language or bringing a wad of cash to cover your meals. The hotel is close to the sea and has fans, TVs, phones, wireless internet, daily maid service, and English speaking staff. Be aware the meal plans begin once we get to Tuscany on July 4 (see **Meal Plan, Rome** below to cover July 2 & 3) and do NOT include lunch. During our weekend in Perugia, only breakfast is provided (ample American style).*

### **Hotel Il Bersagliere, Caletta di Castiglioncello**

Half board (Italian breakfast and dinner excluding beverages): **ADDITIONAL 795 euro**

*The hotel is quite close to the workshop site and the beach.*

### **Meal Plan, Rome**

We'll take you to dinner our first two nights in Rome and teach you about the food, its origins, and the Italian dining experience. One meal will be traditional pasta/pizza at *La Gallina Bianca* and the other will be modern bistro cuisine based on traditional Roman recipes at the wonderful *Urbana 47*. Limited to a small group. **ADDITIONAL 60 euro**

***In order manage the currency exchange in a manner fair to all, hotel and meal plan options will be converted to dollars using current rates at the time of billing.***

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## **The standard tuition covers\*:**

- Three week workshop featuring live music
- Final showing and wrap up dinner party
- All accommodations from July 2-27
- 2 days in Rome, including guided tour
- 2 days in Perugia
- 1 afternoon in Pisa, including guided tour
- 1 day trip to Florence, including guided tour
- Wine tasting at Chiappini Winery and lunch in Bolgheri
- Icebreaker Bowling Night
- Transport for all scheduled excursions and events
- Full cultural and locale orientations
- Staff available 24/7

## **PLEASE READ THE FOLLOWING CAREFULLY**

### **The standard tuition does NOT include:**

- Flight
- Transfers upon arrival or departure\*\*
- Gallery, museum and attraction entry fees
- Festival concert tickets
- Meals (unless you have purchased a hotel/meal plan option)
- If you have purchased a meal plan, note that only breakfast is covered in Perugia
- Sheets, towels, or kitchen linens (unless you have purchased a hotel/meal plan option)
- Overnight guests\*\*\*

*\*Exact schedule to be set. Exact classes offered will depend on teachers. As with all things in Italy, all program events, schedules, faculty and lodgings are subject to change. If events must be modified we will make every effort to substitute an experience of equal type, significance and value. In the event of a train strike or other occurrence that forces us to remain in a excursion city beyond the planned duration, students are responsible for the cost of any extra overnight accommodations.*

**\*\*Our orientation (mandatory) in Rome is at 6pm on July 2. Departure time is by 12 noon on Tues, July 27. See the [GETTING THERE](#) section of the website for complete info re arrivals.**

**PLEASE REVIEW THE [TRAVEL TIPS Flying/Airports](#) section BEFORE BOOKING YOUR TRAVEL and feel free to contact us for help.**

**\*\*\*All overnight guests (friends or family) in the apartments must be prearranged, space permitting. Cost of 25 euros per night payable in cash upon arrival.**

## **SCHEDULE\***

Fri, July 2	Student arrivals in Rome, orientation (6pm; mandatory), group activity
Sat, July 3	Tour of Rome
Sun, July 4	Train to Tuscany; orientation
M-F July 5-9	Workshop Week 1 (including Icebreaker Bowling Night)
Fri, July 9	Train to Perugia/Umbria Jazz
Sat, July 10	Umbria Jazz

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Sun, July 11	Umbria Jazz; return home
M-F July 12-16	Workshop Week 2
Thu, July 15	Excursion to Pisa (after classes)
Sat, July 17	Wine tasting at Chiappini Winery and lunch in Bolgheri
Sun, July 18	Free day
M-W, July 19-21	Workshop Week 3
Thu, July 22	Day trip to Florence
Fri, July 23	Rehearsal day 1
Sat, July 24	Rehearsal day 2; showing; wrap up dinner party
Sun, July 25	Free day (clean up, get ready to leave); Exit interviews
Mon, July 26	Free day (clean up; get ready to leave); Exit interviews
Tue, July 27	Departures (by 12 noon)

## **DAILY WORKSHOP SCHEDULE\***

9.30	studio open
10.00-13.15	classes
13.15-13.45	break
13.45-14.45	group work/rehearsals
14.45-15.45	choreo
15.45-16.45	free time for dancers in space

Classes taught by Michelle except for:

Ballet (Leonarda) 4 classes, 10.00-11.30 Tu & Th

Jazz (Sharon) 4 classes 12.00-13.15 W & F

## **AGE, LEVEL, DEADLINE, APPLYING, AUDITIONS**

**Minimum age:** 17 (16 year olds accepted on a case by case basis)

**Level:** Advanced and adv-intermediate

**Deadline:** Mar 1, 2010

**Apply:** online at [www.labellavitaarts.com](http://www.labellavitaarts.com); read the APPLY ONLINE first

**Auditions:** Auditions required, one or two short pieces of any style. We are interested in seeing your quality of movement as well as your musicality and expressiveness. A video file, emailed to [admin@LaBellaVitaArts.com](mailto:admin@LaBellaVitaArts.com) or posted to YouTube, preferred. For DVD, we will be in touch with our mailing address after your app is received.