

## The power of folk dance

Folk dances and folk music are an important source of joy, celebration, good mood and movement. In addition, they offer multiple benefits supporting physical and mental wellbeing of pupils. Mutual understanding and acknowledgment of each other's cultural value and traditions are all in focus of folk dances.

The **goal** of our project is to provide an opportunity for primary pupils of different language sections in P1 to P3 classes, with the help of expert instructors, to get an insight into their own and each other's folk dances and folk music in a playful way.

According to interest, we would distribute the individual classes using a rotation method and would always mix at least two classes from different language sections. For this purpose, from February to June 2024, the school's music room and two folk dance instructors are available 8 times on Mondays between 2:15 p.m. and 3:45 p.m., who would welcome the interested P1-P3 classes in the framework of two 45-minute lessons. The teachers of the given classes would also participate in the supervision of the children and accompany them within the school premises. The planning phase is ongoing with primary level coordinators.

**Our instructors**, Brigitte Langlois (<https://farandoledanderlecht.com/>) and Veronique Langlois (<https://www.vilagfa.be/fr/>) are retired teachers with decades of teaching experience, who know the spirit and abilities of primary students, and are able to pass their knowledge and skills to children in an interactive way.

Being active dancers and folk dance teachers, they are masters of dances from France, Germany, Hungary, Great Britain, Greece, Denmark, Italy, Romania, Belgium and the Czech Republic.

They are able to teach in French, English and Dutch.

The **added value of this project** is that it supports children's physical and mental well-being and community building. The mixed groups will unite the kids from different nationalities in an inclusive way, sensitizing them to each other's culture, similarities and differences. The project supports and complements the educational program in a playful and joyful way.

### *Organizational details:*

**Planned group size:** maximum 25-35 pupils/group (50 -70 pupils in total) from different language sections, 2 groups, targeting primary 1-2-3, rotation system.

**Frequency:** 7,5 occasions/year, 2 hours (2 groups). In total 15 hours of dancing

**Location:** EEB1, Uccle

**Project manager:** Ms Biborka ÁDÁM ([adambiborka@gmail.com](mailto:adambiborka@gmail.com))

**Deadline for application for P1-P3 classes: January 20, 2024.**

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