

**ÉCOLE
DES
SABLES**
GERMAINE ACOGNY

WORKSHOP FOR THE ELDERS

LIVE THE DANCE AND LIVE THE CULTURE FOR AGE 50+

2 - 14 DECEMBER 2024

WITH THE SUPPORT OF
CHANEL

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LIVE THE DANCE AND LIVE THE CULTURE

Ecole des Sables **invites you** to come to Toubab Dialaw, a small fishing village in Senegal, **to learn about dance and movement**, a means of immediate and intense self-expression, which allows you to find a natural well-being through an intimate union between body and mind.

In an ideal environment, supervised by competent and attentive people, all the conditions are met to spend together moments rich in meaning, experience, cultural exchange and discovery. It is above all a great opportunity to discover African dance directly at its source, to feel the energy of one's body and that of the environment. It is also an opportunity to carry out various activities and to share for some time the life and habits of the inhabitants of the village of Toubab Dialaw.

The Ecole des Sables is a unique place in Africa and in the world, a large training centre **considered as the "Mother House" of African Dance**. Usually intended for the training of young African dancers, this centre wishes to offer others the opportunity to discover Africa through one of its major artistic expressions: Dance.

Age should not be a handicap, but rather an expression of wisdom, wealth of experience and the will to continue to be active in this world. Working on the body is the best way to maintain independence of movement and physical well-being. The positive repercussions are known and considerable.

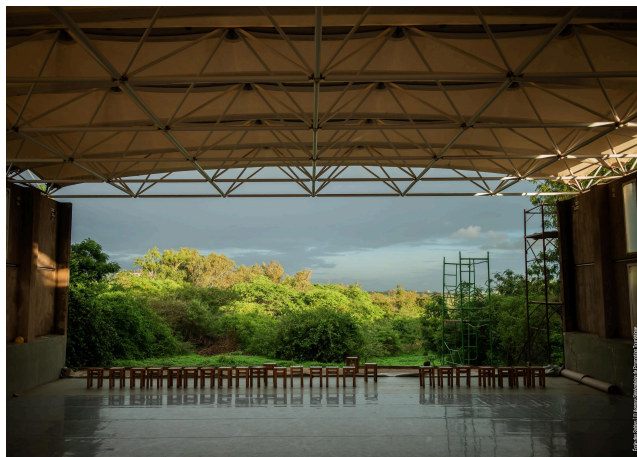
Such a stay leaves a deep impression on a person and helps him or her to live daily life with his or her heart and body properly, regardless of age. Just as time is perceived in Africa in a radically different way than in the West, the notion of age is conceived differently there. The elders are respected, listened to; they play an essential role in society and remain active. In Africa, the elders dance, so come and dance with them...

THE ECOLE DES SABLES

The Ecole des Sables, **International Centre for Traditional and Contemporary African Dance**, is at the same time a school for theoretical and practical teaching, a research laboratory and a place for meetings and exchanges, conferences and artistic residencies.

The School was **founded in 1998 by Germaine Acogny**, the mother of contemporary African dance, and her husband **Helmut Vogt**. Since then, the School has regularly organised professional training courses bringing together dancers and choreographers from Africa, its diaspora and the whole world. More than 800 dancers from 28 African countries have benefited from a high level of technical training, given by internationally renowned African and Western teachers.

The work space consists of two large dance rooms: one of 400m² with a sand floor, called "Aloopho"; the other of 280m² with a professional dance floor, called "Henriette Room". In addition, the Centre also has a conference room to ensure optimal reception. The School has 24 bungalows with a total capacity of 72 people, divided into three "villages". Meals are taken in the Centre's restaurant, which can accommodate 70 people and is run by the women of the village.



GERMAINE ACOGNY



Germaine Acogny

Founder of Ecole des Sables

Acogny Technique (AT) exploration

Germaine Acogny is one of the best known personalities of the African contemporary dance scene, including the field of teaching and development of contemporary dance in Africa.

Co-founder of Ecole des Sables alongside her husband Helmut Vogt, she has long dreamed of bringing the elders to Toubab Dialaw, especially as she has a very strong and close relationship with the village elders, heirs to a long tradition.

She participated from 1962 till 1965 at the formation at Simon Siegel's school (the director was Ms Marguerite Lamotte) in Paris and received a diploma in physical education and harmonious gymnastics. Then, she founded her first dance studio in Dakar, 1968. Thanks to the influence of the dances she had inherited from her grandmother, a Yoruba priest, and to her studies of traditional African dances

and Occidental dances (classic, modern) in Paris and New York, Germaine Acogny created her own technique of Modern African Dance and is considered to be the "mother of Contemporary African dance".

Photo: Jean-Philippe Valard

WESLEY RUZIBIZA



Wesley Ruzibiza

Artistic Co-director of Ecole des Sables

Technique Acogny (TA) and dances of Rwanda

He is an associate professor at the CPARC research centre in Bordeaux, at the National University of Rwanda, at the Muda Africa dance school in Tanzania and at various dance training and professionalisation centres. Wesley discovered contemporary dance and theatre with Arts Azimuts at the University of Rwanda's university arts centre, where he became director of the dance department in 2002 for 8 years. As a dancer, choreographer, actor and director, he has directed numerous choreographic and theatrical works that have been performed all over the world and presented at international cultural events, including the Pan-African Dance Festival FESPAD, the Francophone Games, the Next Einstein Forum and SIETTA in New York. W. Ruzibiza is artistic director of Cie Amizero, which he

co-founded. In 2005, this company won the silver medal at the 6th Jeux de la Francophonie. He created the EANT international festival in 2012, one of the first contemporary platforms in the East African sub-region. Wesley Ruzibiza was selected for the Young achievers Awards in 2010. He has also been selected for a 2-year mentoring programme in artistic direction with the Sundance Institute in Addis Ababa, Utah, Bannf Center Canada and BAM in New York.

In order to prepare and implement a new vision for the future of Les Sables, the Artistic Direction has been entrusted to her, along with Alesandra Seutin, since December 2020.

ACCOMMODATION, CATERING, CARE, EQUIPMENT

Participants are accommodated in the Centre's **24 bungalows** (equipped with mosquito nets and fans), with 2 people per bungalow. Some bungalows are equipped with a bathroom and individual toilet (reserved in priority for the elderly), the other bathrooms, well equipped and built according to an original architecture, are located right next to the bungalows.

Meals are taken in the Centre's restaurant overlooking the lagoon and the ocean. They are prepared by a team of cooks made up of village women, under rigorous hygiene conditions. The cuisine is varied and healthy: rice, fish, meat, lots of local vegetables and fruit, adapted to Western tastes and stomachs.

The centre has a new pharmacy and a small clinic. Minor cases, or those that do not necessarily require the intervention of a specialist, can be treated on site. Some cases requiring specialist advice and consultation can be referred to Rufisque (the nearest town 25 kilometres away) or Dakar. The village of Toubab Dialaw has a pharmacy and a professional masseuse.

WIFI connection is available.



PROGRAMME

Under the Direction of Germaine Acogny the programme's proposed approach is based on the discovery (or rediscovery) of the body in a context where nature holds a primordial place. Whatever the level of the participants, the lessons are given in a single group, without discrimination of competences, each one evolving at his own rhythm and according to his capacities.

The body expression classes take place under the structure of a 400m² dance hall called « **Kër Aloopho** » (Aloopho's home), with a sand floor, and in a second room of 280 m² (Studio Henriette Bathily), equipped with a professional dance floor.

Other activities are planned to encourage meetings, exchanges and discussions. Thus, through learning how to make local fruit juice with the school's cooks, storytelling evenings and conferences, excursions into the bush, walks to the market, singing, walking in the water... The aim is to discover the way of life in the village of Toubab Dialaw and to feel the surrounding nature and let it lull you to sleep. Finally, it is about living these two weeks at the rhythm of the Ecole des Sables, shared between music and movement, village and nature, activities and calm.

The activities on offer are equally suitable for men and women, and it is possible to come as a couple, with friends or family, even if they prefer not to follow the whole programme.



Workshop for the Elders | Live the Dance and Live the Culture for age 50+

Ecole des Sables | Toubab Dialaw | Senegal

From 2 to 14 December 2024

PARTICIPATION FEES AND REGISTRATION

The price for the 2024 edition is **1,400 euros** per person for the two weeks, and **1,000 euros** for one week.

It includes accommodation, full board, body expression classes and internal school activities. International transport, return transfer costs Dakar airport to Toubab Dialaw and external excursions are at the expense of the participants.

It is therefore compulsory to have international travel insurance. The number of participants is limited to 25. Priority is given to people staying 2 weeks

**Please complete the application form and send it before
20 October 2024**

APPLY NOW

Conditions

Payment by bank transfer with the following payment terms:

At the time of registration, payment of 50% of the course fee (i.e. 700 euros) and the remaining 50% no later than 14 November 2024. Bank charges are at the charge of the participant. **You will receive our bank details by email if your application is successful.**

PRACTICAL INFORMATION

Visa

Nationals of the countries listed in Category C below will need a visa to enter Senegal. These countries are

Afghanistan - Albania - Angola - Antigua and Barbuda - Azerbaijan - Bangladesh - Belize - Belarus - Bolivia - Bosnia and Herzegovina - Bhutan - Brazil - Cambodia - Chile - Colombia - Cuba - Cyprus - Djibouti - Dominica - Ecuador - Eritrea - Georgia - Equatorial Guinea - Guyana - Indonesia - Iraq - Iran - Jordan - Kazakhstan - Kazakhstan - Kyrgyzstan - Kyrgyzstan - Tajikistan - Turkmenistan - Uzbekistan - Uzbekistan - Uzbekistan Georgia - Equatorial Guinea - Guyana - Indonesia - Iraq - Iran - Jordan - Kazakhstan - Lebanon - Libya - Maldives - Mexico - Moldova - Mongolia - Montenegro - Mozambique - Myanmar (Burma) - Nauru - Nicaragua - Pakistan - Panama - Paraguay - Peru - Peru - Uzbekistan - South Africa - Thailand - Ukraine - United Arab Emirates. Panama - Paraguay - Peru - Qatar - Republic of Northern Macedonia - Republic of China (Taiwan) - Kyrgyz Republic - People's Republic of China - Democratic People's Republic of Korea (North Korea) - Lao People's Democratic Republic (Laos) - Sao Tome and Principe - Saudi Arabia - Serbia - Somalia - Sudan - South Sudan - Sri Lanka - Syria - Tajikistan - Tanzania - Timor-Leste (East Timor) - Tonga - Turkmenistan - Uruguay - Uzbekistan - Venezuela - Vietnam - Yemen.

If you are in this category, please consult [this document](#) for more information on how to apply.

All other countries not on this list are listed (Category A and B) and nationals can apply online if they need to. This is often a quick and easy procedure, as most countries are visa-free. See www.visasenegal.sn.

Climate

December is the dry season and the best of the year. Temperatures are around 25 degrees and evenings can be cool.

Health insurance

You need medical insurance. Check that your insurance covers Senegal in case of hospitalisation or medical repatriation.

WORKSHOP FOR THE ELDERS GALLERY

2018 Edition



2019 Edition



2021 Edition



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2022 Edition



Photos: Mascha Tielemans

2023 Edition



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CONTACT INFORMATION

ECOLE DES SABLES

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