

DROSOS FOUNDATION's Post

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Confidence and Self-Awareness Through Dance 🌟

Under the guidance of choreographer [Sabine Schindler](#) and social pedagogue Bettina Aremu, young people meet regularly for free dance training at a Swiss theatre or dance house. Together, they create a dance production that brings their stories, hopes, and concerns to the stage of a cultural institution.

💡 "We specifically reach out to structurally disadvantaged young people, as such opportunities are not automatically accessible to them. Many young people are not really reached by the more elitist cultural education programmes. Cost is also a significant factor," explains Sabine Schindler in an interview with the Swiss Dance Association. She shares insights on how the project started, her approach to working with young people, and what they take away from the experience.

➔ Read the full interview in German: <https://lnkd.in/eZkRBTa7>

Founded in 2019 and based in Zurich, Kids in Dance runs participatory, socio-cultural, and artistic dance projects for young people aged 12 to 18. In 2024, this commitment was recognised with an award from the Swiss Dance Association. Drosos Foundation has supported Kids in Dance since its early stages to test and further develop its workshop formats and extend them to more locations.

➔ More information about the project: <https://kidsindance.ch/>

➔ Hear what participants say (in Swiss German): <https://lnkd.in/eWn8RN55>

🖼️ Kids in Dance Blau ازرق آبی Blù Albastru Azul, Kurtheater Baden 2022 © Olivia Suter

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