

“DISADVANTAGE TURNED INTO VANTAGE”



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PROGRAMME: ERASMUS+

KEY ACTION: KA2 SMALL-SCALE PARTNERSHIP

ACTION TYPE: SMALL-SCALE PARTNERSHIPS IN ADULT
EDUCATION

PROJECT REFERENCE: 2021-1-IT02-KA210-ADU-000034916



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DANCE AND DISABILITY

DANCE AND DISABILITY OFTEN INTERSECT, GIVING RISE TO AN INCLUSIVE AND ACCESSIBLE ART FORM. IN RECENT YEARS, INCLUSIVE DANCE HAS GAINED RECOGNITION AND SUPPORT WORLDWIDE. HERE ARE SOME KEY POINTS ABOUT DANCE AND DISABILITY.



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INCLUSIVE DANCE:

INCLUSIVE DANCE REFERS TO THE PARTICIPATION OF PEOPLE WITH DISABILITIES, PROVIDING OPPORTUNITIES FOR ARTISTIC EXPRESSION AND ENGAGEMENT IN DANCE PRACTICE. THIS APPROACH VALUES DIVERSITY AND CHALLENGES PHYSICAL AND SOCIAL BARRIERS.



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DANCE STYLES:

VARIOUS STYLES OF INCLUSIVE DANCE HAVE BEEN DEVELOPED TO ACCOMMODATE DIFFERENT ABILITIES AND CAPACITIES. THESE STYLES INCLUDE WHEELCHAIR DANCE, DANCE WITH MOBILITY AIDS, TACTILE DANCE, INTEGRATED DANCE, AND MANY MORE.



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PHYSICAL AND EMOTIONAL BENEFITS:

DANCE OFFERS NUMEROUS BENEFITS FOR PEOPLE WITH DISABILITIES. IT CAN IMPROVE MUSCLE STRENGTH, FLEXIBILITY, COORDINATION, AND BALANCE. ADDITIONALLY, DANCE PROMOTES EMOTIONAL WELL-BEING, SELF-ESTEEM, CREATIVITY, AND SOCIAL CONNECTION.



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ORGANIZATIONS AND PROJECTS:

THERE ARE NUMEROUS ORGANIZATIONS AND PROJECTS DEDICATED TO PROMOTING INCLUSIVE DANCE. FOR EXAMPLE, "STOPGAP DANCE COMPANY" IN THE UK, "AXIS DANCE COMPANY" IN THE UNITED STATES, AND "DANCEABILITY INTERNATIONAL" ARE JUST A FEW OF THE MANY ENTITIES ENGAGED IN THIS FIELD.



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EVENTS AND COMPETITIONS:

INCLUSIVE DANCE IS PRESENT IN INTERNATIONAL EVENTS AND COMPETITIONS. FOR INSTANCE, THE "WORLD DANCESPORT FEDERATION" ORGANIZES DANCE SPORT COMPETITIONS FOR PEOPLE WITH DISABILITIES, SUCH AS WHEELCHAIR DANCE AND PARALYMPIC DANCE.



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AWARENESS INITIATIVES:

INCLUSIVE DANCE CONTRIBUTES TO RAISING AWARENESS ABOUT DISABILITY AND PROMOTING SOCIAL INCLUSION. THESE INITIATIVES HELP OVERCOME STEREOTYPES AND PREJUDICES, SHOWCASING THE CREATIVE AND ARTISTIC POTENTIAL OF PEOPLE WITH DISABILITIES.



RESOURCES AND TRAINING:

THERE ARE RESOURCES, WORKSHOPS, AND TRAINING PROGRAMS DEDICATED TO TEACHING INCLUSIVE DANCE. THESE TOOLS SUPPORT DANCE TEACHERS AND PRACTITIONERS WHO WISH TO INCLUDE PEOPLE WITH DISABILITIES IN THEIR CLASSES AND PRODUCTIONS.





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