



## Participate

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Protein believes that dance is for everyone and so, side by side with its performance activity, Protein creates exciting opportunities for people from all walks of life to engage with dance. Working with young people of all backgrounds and using their own ideas and movements to create work that is meaningful to them is the unique essence that Protein brings to everything it does.

## Protein aims to

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- Provide an **inspiring playground** for creative movement ideas in which the company encourages **self-expression, communication, team work and imagination** in a fun, social and non-competitive way
- Develop **confidence, social interaction and awareness** of self in relation to one another
- Present **dance as an integral and relevant part of our contemporary life**, growing from everyday movements and situations and placing emphasis on the voice as well as the body, so anyone can get involved and have an enjoyable experience.
- Develop movement, **physical awareness** and a greater understanding of **fitness, healthy body and mind**
- Widen accessibility to and encourage enjoyment and participation in dance theatre



## What Protein offers schools

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- Creative workshops **combining text and movement, contact work and technical skills** to complement dance studies at secondary and FE levels
- A focus on **creative skills**, inspired by the way the company makes work but **focused on the participants' experiences and ideas**
- Development of **improvisation techniques** and the creation of an **original and meaningful movement vocabulary**
- The chance to engage with the company's current repertoire. ***Border Tales* looks at themes of cultural identity and social integration in the UK**
- **Continuing Professional Development** for staff, both dance and non-specialist

Protein workshops range in duration from two hours to a full day, or longer residencies over days/weeks, focusing on the creation of a new work. If you have a specific format or outcome to work towards, we are happy to create a bespoke package that suits your needs. [You can get an idea of our current repertoire and the themes we're focussing on by watching the Border Tales trailer on your USB – click here.](#)

## A typical workshop (2 hours)

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- Warm up with theatre-based physical games in playful atmosphere
- Task-based warm-up, including material from Protein's repertoire, leading into lifts and other contact skills
- Depending on the size and ability of the group, students split up and work with a partner or in small teams and work on manipulating the repertoire material, using their own ideas and adapting it themselves



- Once the pieces have been created, they are shared with the rest of the group and feedback given from Protein and their peers
- If applicable, voice work will be added to the new pieces, using text that matches the material already created by the students

Every workshop concludes with a sharing and feedback with the whole group, looking at what was achieved and learned in the session

## In action: Black Country Dance Hub

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In January 2014, Protein worked with five schools (four secondary, one primary) in the Black Country. Spending three days in each school, Protein dance artists worked with students to create their own piece based on *Border Tales*, Protein's current production, looking at the themes of cultural identity and life in the UK. Each of the five new pieces were then combined into one performance, entitled 'Them and Us', which took place in Wolverhampton Arena to a packed house of friends and family.

[Click here to see a clip of the show the young people made – it's on your USB.](#)



Over 130 students aged 8-16 were involved, and Protein received positive feedback from many of the participants:

***“Loved the way John, Luca and Patsy worked – inspirational and encouraging.”***

***“It has been a good opportunity and would happily do it again.”***

***“Fab!”***

And feedback from other workshops and residencies:

***“I really could let myself go and enjoy it. John & Patsy were really inspirational as well.”***

***“I loved learning all the work and having a go at their technique.”***

***“I enjoyed being able to create my own part in the dance and not just being taught a routine.”***

## About the company

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Formed in 1997 and currently one of the most distinctive voices in British dance theatre, Protein uses a blend of original choreography, humour and music to entertain and provoke audiences. Artistic Director Luca Silvestrini's desire to connect theatrical experience with real life stories results in witty shows, both on- and off-stage, that reflect the absurdity in everyday situations and experiences.

LUCA SILVESTRINI'S

**PROTEIN**

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Protein won **Best Independent Company** at the 2011 Critics' Circle National Dance Awards and has also been nominated for **Best Modern Choreography** and **Outstanding Female Performance**. In 2012, the British Council presented Protein with a **New Connections Award** in recognition of the company's contribution in fostering closer cultural relations between UK and Italy. Luca's work has been all over the world, and the film of LOL (lots of love) by HiBrow Productions was shortlisted for the 2013 San Francisco Film Festival.

***"Bouncy, extremely clever and constantly entertaining"***

The Times

***"Luca Silvestrini is the sharpest of comic choreographers"***

The Guardian

***"Bulging with sharp, witty details and scenes"***

The Times

Luca Silvestrini's Protein is a resident company at Greenwich Dance Agency and Yorkshire Dance Partner. Luca is an Associate Artist at DanceXchange, Birmingham, a Work Place Artist at The Place and a modul-dance Artist.

## Contact

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For more information or to discuss a workshop booking, please contact:

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