



Dance Summer School

DANCE SUMMER SCHOOL 2024

MON 29 JUL – FRI 9 AUG

INFORMATION PACK

Dear Course Participant,

Welcome to Trinity Laban's Dance Summer School!

The following information should provide you with everything you need to know concerning the course this summer.

Dance Summer School is a great chance to be fully immersed in dance and movement for a busy fortnight with us. We hope the course will be a rich and inspiring experience for you. Alongside the daily classes, you will be able to find out about full-time training, look after your body through additional health and well-being activities, as well as making new friends, socialising and relaxing!

The course attracts an international community from all around the world, and we're always excited to see people from many different dance backgrounds.

We aim to make you feel as welcome and supported as possible! Should you have any questions prior to the start of the course please refer back to this Information Pack or see the [Frequently Asked Questions](#). If you can't find an answer there you can contact our team on dancesummerschool@trinitylaban.ac.uk

We hope that you have a great time with us this summer and look forward to warmly welcoming you!

Best Wishes

The Dance Summer School Team

Public Engagement

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1. ABOUT TRINITY LABAN

Trinity Laban is the UK's only conservatoire of music and contemporary dance. Leaders in music and contemporary dance education, we also provide exciting opportunities for the public to encounter dance and music, and access arts health programmes. The unequalled expertise and experience of our staff and our world-class facilities are housed in landmark buildings.

Trinity Laban is one of Europe's leading centres for the training of professional contemporary dance artists. At the heart of South East London's thriving arts community, Trinity Laban is a creative and cosmopolitan community of performers, choreographers, teachers, designers and researchers, and is acknowledged internationally as a leader in the contemporary arts.

With one of the largest teams of specialist contemporary dance artist teachers in the world, our world-class facilities include a 300-seat theatre, studio theatre and outdoor theatre, 13 purpose-built dance studios and an extensive library and archive.

At Trinity Laban we believe that contemporary dance has a vital part to play in everyone's lives. Our unique mix of energy and creativity advances the dance art form and fuels the dance world, connecting people to the exhilarating possibilities that dance offers. Our links with the professional dance world, local communities and other arts organizations ensure that an experience at Trinity Laban will be a rich and rewarding one.

2. TRAVELLING TO LONDON FROM THE AIRPORT

London has five international airports; Heathrow, Gatwick, Stansted, Luton and City Airport, each less than an hour away from the city centre.

Heathrow Airport

Heathrow Airport is located 12 miles west of the city. The public transport options from Heathrow are:

- **The Heathrow Express**
The fastest link between Heathrow and London. Non-stop trains run to Paddington Station every 15 minutes. Tickets can be bought on the internet or at the station. <https://www.heathrowexpress.com/>
- **TfL Rail**
Previously known as Heathrow Connect, TfL Rails trains carry passengers between all four Heathrow Airport terminals and London, with trains arriving into Paddington station. Unlike the Heathrow Express, the TfL Rail airport train service also calls at West London stations, including Ealing Broadway and Southall. <https://www.thetrainline.com/train-companies/heathrow-connect>
- **London Underground**
This is the most cost-effective rail route into London, though it will take longer. Piccadilly Line trains run from all terminals every few minutes. For more information visit: <https://tfl.gov.uk/>

Gatwick Airport

Gatwick Airport is located 30 miles south of central London. The public transport options from Gatwick are:

- **Gatwick-Express**
A non-stop train service to London Victoria running every 15 minutes. Find out more online at <http://www.gatwickexpress.com/>
- **Southern Trains**
Southern train services to London Victoria via East Croydon and Clapham Junction. These run four times an hour. For more information see: <http://www.southernrailway.com/>
- **Thameslink Railway**
Services to London Bridge and St Pancras International. Find out more online at <http://www.thameslinkrailway.com/>

Stansted Airport

Stansted Airport is located 34 miles northeast of central London. The public transport options from Stansted are:

- **Stansted Express**
Fast, frequent trains, departing every 15 minutes. Average journey time is 47 minutes to Liverpool Street. Find out more online at <https://www.stanstedexpress.com>
- **National Express coaches**
National Express offer regular coaches from Stansted Airport to Stratford, Victoria and other London locations. Find out more at <http://www.nationalexpress.com/home.aspx>

Luton Airport

Luton Airport is located 35 miles north of central London. Trains run regularly from Luton Airport Parkway station; find more information here: <http://www.london-luton.co.uk/to-and-from-lla/going-south-beyond-london>

London City Airport

London City Airport is situated in East London and has its own station on the Docklands Light Railway (DLR). To plan your journey from the station please visit <https://tfl.gov.uk/>

3. FINDING THE LABAN BUILDING

Address: Laban Building, Creekside, Deptford, SE8 3DZ

Find it on [Google Maps](#)

The most useful places to check information on transport routes, fees and travel times are:

- **Transport for London** <http://www.tfl.gov.uk/>
- **National Rail Enquiries** <http://www.nationalrail.co.uk/>
- **Citymapper app for mobile devices:** <https://citymapper.com/>

Public Transport Payment Methods

- **Contactless Cards:** You can use your contactless payment card to travel on bus, Tube, tram, DLR, London Overground, TfL Rail and most National Rail services in London.
- **Oyster Cards:** Oyster is a plastic smartcard which can hold pay as you go credit or travel cards which are valid for a set time period. You can use an Oyster card to travel on bus, Tube, tram, DLR, London Overground, TfL Rail and most National Rail services in London. Find out more online at <https://tfl.gov.uk/fares-and-payments/>

By Docklands Light Railway

The Docklands Light Railway (DLR) offers a frequent service to **Cutty Sark station** which is a few minutes' walk from the Laban Building. The DLR joins to the London Underground at:

- Monument / Bank (Central, Circle and District Lines)
- Canary Wharf (Jubilee Line)
- Stratford (Central Line, TFL Rail).
- West Ham (Jubilee, District, Hammersmith & City)

At Cutty Sark turn right out of the station onto Creek Road. Take the second left after the bridge onto Creekside and the Laban Building is on your left. (10 min walk).

From Deptford Train Station

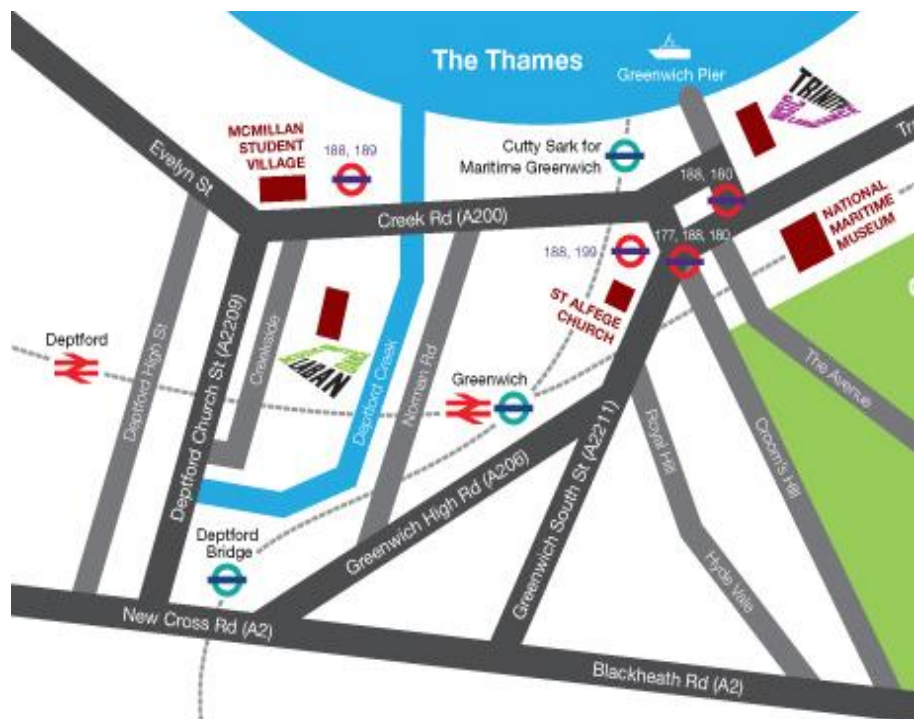
Leave the train station and turn right onto Deptford High Street. Walk down the road and turn left at Griffin Street, walking past Deptford Lounge (a golden building) and Wave Lengths Leisure Centre on your left. Turn left onto Deptford Church Street. Walk as far as the crossing and cross the road. Continue in the same direction until you reach Berthon Street on your right. Walk to the end of Berthon Street and you will be able to see the Laban Building directly in front of you.

By Bus

Bus numbers 47, 188 and 199 stop near the Laban Building.

By Road

From Central London: Take the Old Kent Road to its end in New Cross then follow the A2 until you reach the junction for Deptford Church Street. Turn left and continue to the mini roundabout, then turn right into Creekside. From M2/M25: Follow the A2 until you reach the turning for the junction for Deptford Church Street. Turn right and continue to the mini roundabout, then turn right into Creekside. There is limited parking at the Laban Building but there is also on street parking. We have cycle racks at the rear of the building and also a number of disabled parking spaces to the front of the building.



4. COURSE INFORMATION

Registration: 9.00– 11.00h Monday 29 July

You will need to arrive at the Laban Building from 9.00 – 11.00h on Monday 29 July. Please check your emails, as the registration will be staggered to manage the arrival of all participants, and you will be given a timeslot to arrive and register. **Please bring a copy of your booking confirmation email with you.**

During registration we will give you a welcome pack which will include a security card to access the building. Tours will take place from 9.45 – 11.00h to orient you to our building, studios and changing facilities.

Dance Summer School Team

It's a friendly environment at Trinity Laban, and members of the Public Engagement (Dance) team will be here to support you throughout.

We also have Dance Summer School assistants who are Trinity Laban students. They will be available in class and during the additional activities and will also be living at the McMillan Student Village for the full two weeks. If you encounter any problems at all please alert a member of the team and we will be happy to help.

Stay up to date

To enable us to keep you informed of important changes or updates throughout the two weeks, we will ask teachers to announce news at the start of classes. We will also post updates on the Dance Summer School noticeboard, which will be pointed out on the tour of the building. Updates may include studio/staffing changes and signup sheets for additional activities. Please make sure that you check the notice board regularly throughout the course.

Classes on the First Day: 11.30h start

Classes will start at 11.30h on Monday 29 July. Please bring your dance clothes with you. Changing rooms and showers are available for all participants to use. If you wish to shower you will need to bring a towel with you. Lockers are also available for you to use, please bring your own padlock if you wish to use one. Lockers are located along each of the main corridors. You should remove all items at the end of summer school. In each studio there are storage areas should you wish to keep your belongings with you throughout the day, however Trinity Laban is not responsible for the loss of any items.

Session choices and class swaps

We cannot accommodate session change requests in advance of Dance Summer School starting.

Once Dance Summer School has started, we may be able to accommodate class swaps requested **on or before Wednesday 31 July**. However, please note this is not always possible due to studio capacity. Therefore, please carefully consider your class choices, ensuring you read through all class descriptions and level information, before choosing your timetable.

What to wear

Clothes: Participants are advised to wear tight fitting clothing for ballet, so teachers can check alignment, and comfortable clothes for all other classes. We recommend you bring multiple layers so you can add/remove layers as needed. For classes with floorwork, such as Flying Low or Contemporary technique, it is a good idea to wear long sleeves to protect your shoulders.

Footwear: Participants attending ballet should wear soft ballet shoes. For Ballet Level 1, socks may be worn at the barre as an alternative if you do not own any. We do not offer pointe work during the course. Participants may wear white soled trainers for Hip Hop if they have them. Participants should expect to do all other classes in bare feet.

Health and Wellbeing

Where possible please let us know in advance if you have any medical conditions or other access requirements that we need to be aware of.

Please let your teacher know if you have any injuries which they should be aware of. If you sustain an injury or feel unwell at any point during the course, please let a member of the Dance Summer School team know as soon as possible. There are First Aiders on site throughout the course, and you can book appointments with a physiotherapist to treat injuries. The course is fun but can be physically demanding, so we have programmed morning and lunch breaks to enable participants to rest properly.

Ventilation

Please note the air in the Laban Building is supplied via air handling units which draw air in from outside, filter it and heats/cool it accordingly. It is then removed via a separate extract system. This system provides complete air changes to each area of the building including the studios, every 15 minutes. We do not recirculate any air within the building. For optimal studio ventilation at the Laban Building, it is best to ensure doors remain closed

Internet Access

You will be able to connect to Trinity Laban visitor Wi-Fi whilst in the building. You are also welcome to use the computers in the Laban Building Library. If you are staying at the McMillan Student Village you will be able to access Wi-Fi there also.

Laban Building Café

The Café at the Laban Building sells a range of food including hot lunches, salads, sandwiches and snacks. You are welcome to bring your own food to eat in the café too if you prefer.

There are water fountains available throughout the building to help you stay hydrated.

5. TALKS, WORKSHOPS AND OTHER FUN THINGS!

Prior to attending you will receive a copy of the extra activities timetable. This is a programme of additional, optional sessions which fit around your classes, taking place at lunchtimes, in the evenings, or early in the morning.

This will also be available on the Trinity Laban website once the programme has been finalised.

The programme may include:

- Film screening
- Social activities, including a Welcome Reception in the evening on Monday 29 July
- Undergraduate and Postgraduate programme talks
- Sharings of the work that has taken place in the studios across the two weeks on Friday 9 August

Some activities will have limited capacities and you will be able to sign up for these sessions via the noticeboard.

Spare Time

Classes finish at 17.15h each evening, and there are no classes programmed on the weekend. There may be some free activities for you to join in the evenings. Please check the extra activities timetable on your first day and sign up to any activities that you are interested in.

For ideas of what to do during the weekend and in your spare time you may wish to take a look at the below websites:

- <http://www.visitgreenwich.org.uk/>
- <http://www.timeout.com/london>
- <http://www.visitlondon.com/>

6. LOCAL SHOPS AND SERVICES

National Emergency and non-emergency numbers

999	Emergency number (police, medical emergency, fire brigade)
112	Emergency (any) number, works on any mobile phone anywhere in the world
111	Non-emergency medical number
101	Non-emergency police number

Surrounding Area

The Laban Building is situated on Creekside, a 5-minute walk from both Deptford and Greenwich high streets and about a 15-minute walk from Blackheath and New Cross.

The local area provides a huge array of shops and entertainment including everything from fine dining to sandwiches and classical music to club nights, plus three weekly markets.

Eating

Greenwich and Deptford offer a number of places to eat and drink. Visit the links below to find out more.

Going Out

For a guide to Greenwich please see <http://www.timeout.com/london/things-to-do/greenwich-area-guide>

For a guide to Deptford please see <http://www.timeout.com/london/things-to-do/deptford-area-guide>

For a guide to dance events please see <https://www.timeout.com/london/dance>

Local Venues

The Albany	Arts venue	www.thealbany.org.uk
The Job Centre	Bar	www.jobcentredeptford.com
Gaff	Coffee shop	https://www.thegaffspace.co.uk/
Bearspace	Contemporary Art Gallery	www.bearspace.co.uk
Badger Badger	Pub, Kitchen, Workspace	https://www.badgerbadger.org/
Blackheath Halls	Classical music venue	www.blackheathhalls.com
Greenwich Picturehouse	Cinema	https://www.picturehouses.com/cinema/greenwich-picturehouse
Greenwich Theatre	Theatre	www.greenwichtheatre.org.uk
Up The Creek	Comedy Club	www.up-the-creek.com
Venue	Nightclub	www.thevenue.london.com
The O2	Events, Cinema, Bowling, Restaurants and more	www.theo2.co.uk

Other dance and arts venues in London you may be interested to visit

The Place	Dance venue	www.theplace.org.uk
Southbank Centre	Arts venue	www.southbankcentre.co.uk
Sadler's Wells	Dance venue	www.sadlerswells.com
Tate Modern	Modern & Contemporary Art Gallery	www.tate.org.uk/visit/tate-modern
Battersea Arts Centre	Arts Venue	https://bac.org.uk

Banks

- Barclays Bank plc 93 Lewisham High Street T: 0345 734 5345
- HSBC Bank plc 85 Lewisham High Street T: 0345 740 4404
- TSB Bank plc 6 Crescent Arcade, Greenwich T: 0208 790 9988
- NatWest Bank plc 2 Greenwich Church Street T: 0870 240 3355

Supermarket / Food Shopping

- Tesco Metro, Creek Road
- Sainsbury's Local, Creek Road
- Waitrose, New Capital Quay (just off Creek Road)
- Marks & Spencer Simply Food, 55-57 Greenwich Church Street
- Asda, 5-9 Deptford High Street
- Greenland Wholefoods: health food store, Greenwich Market.
- Deptford High Street also has a range of fruit and veg shops, butchers and fishmongers.

Markets

- Greenwich Market: Mondays – Sundays, 10am - 5.30pm.
- Deptford Market: Wednesdays, Fridays & Saturdays 9am-5pm.
- Blackheath Farmers Market: Sundays 10am – 2pm, Blackheath Station car park.

Dance Wear Shops

- Bloch, 69 - 71 Monmouth Street, WC2H 9DG
- Dancia International, 168 Drury Lane WC2
- Capezio, 33 Endell Street WC2H
- Freeds, 94 St. Martin's Lane WC1

Post Office

- 261-267 Greenwich High Road, Greenwich

Police Station

- Greenwich: 31 Royal Hill
- Deptford: 116 Amersham Vale

Pharmacies

- Rose Pharmacy: 24 Creek Road, Deptford
- Boots: Greenwich Church Street
- Superdrug: 3 Crescent Arcade, Greenwich

- Nightingale Pharmacy: 90-92 Deptford High Street, Deptford
- Duncan's Pharmacy: 193-195 Greenwich High Road, Greenwich
- Meridian Pharmacy: 271 Greenwich High Road

7. ACCOMMODATION: THE MCMILLAN STUDENT VILLAGE

Address: McMillan Student Village, Creek Road, Deptford, London, SE8 3BU

The McMillan Student Village is located just a short walk from the Laban Building and from Greenwich Town Centre. We offer a limited number of rooms for our Dance Summer School participants. The student village offers a safe and comfortable community environment.



The Facilities

- The accommodation comprises of a single room with a bed, wardrobe and study desk.
- Each room has ensuite facilities, including a shower, toilet and sink.
- Each room is on a corridor with the use of a fully fitted shared kitchen with fridge, oven, and microwave. The student village is self-catering – food is not included.
- Bedding, towels and kitchen utensils are provided; bedding and towels will be changed once a week. You may like to bring an extra towel to use in the showers at the Laban Building.
- There are washing machines and drying facilities located at the McMillan Student Village.

Please note it is not possible to book a double room. All rooms are single rooms and must only be occupied by one person.

It is important to note that, as these are halls of residence, there will be other groups residing in the accommodation during the two weeks. This can make the student village fairly busy and very noisy. You are responsible for keeping all areas including kitchens clean and ensuring that all rubbish is removed before you leave. Anything left may incur a charge.

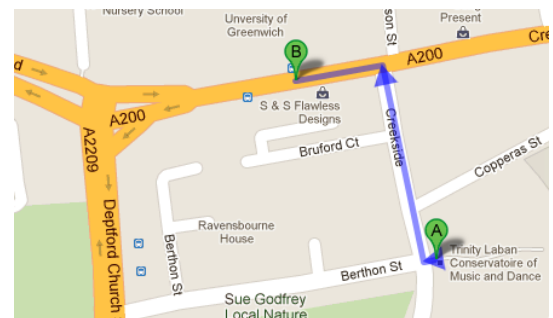
Supported/under 18s check in will be from 14.00 - 17.00h on Sunday 28 July. You will be required to vacate the halls of residence by 10.00h on Saturday 10 August

16 &17 year olds staying at the McMillan Student Village

Trinity Laban Conservatoire of Music and Dance has a child protection policy to ensure the safety of all children we come into contact with. This policy and its codes and conditions can be seen at any time on request. Under 18's will have a specific staff contact during the Summer School but please note that Trinity Laban is not and does not accept responsibility as 'in loco parentis' i.e. it is not in the same position as a parent and does not accept that level of responsibility for participants.

How to get to the McMillan Student Village

The student village is located on Creek Road, near the Laban Building. The map shows you where the halls are located in relation to the Laban building (A = Laban Building / B = McMillan Student Village). It is just a few minutes' walk between the two locations.



Accommodation Alternatives

During the summer period accommodation is likely to be busy in London and we advise participants to plan where to stay well in advance.

For information about local accommodation please visit the Greenwich Tourist Information website:

<http://www.visitgreenwich.org.uk/>

We recommend using the search directory on the website by typing in the postcode for the Laban building: **SE8 3DZ**.

8. TRINITY LABAN HEALTH

Trinity Laban Health

The Trinity Laban Health team provide an extensive range of treatments that focuses on injury prevention, management and effective rehabilitation, specialising in treating performing artists. We encourage you to use the health facilities at the Laban Building during your time here, all provided in purpose-built Treatment Rooms.

[Current Prices](#)

[Further Information](#)

To book during your two weeks with us visit the Health Suite at the Laban Building, or get in touch via email: health@trinitylaban.ac.uk

Call 020 8305 9479, 020 8305 9482 or e-mail health@trinitylaban.ac.uk

9. LABAN LIBRARY AND ARCHIVE

During your spare time at the Dance Summer School we encourage you to make the most of the Laban Building's library and archive.

Our library offers the largest and most varied open access specialist research collection on dance and related subjects in the UK, covering many aspects of dance in a variety of formats and languages. You are also welcome to use the library's computers and internet.

For further information, see <http://www.trinitylaban.ac.uk/student-experience/facilities/faculty-of-dance/lab-an-library-archive>

Where can I get help?

Staff at the **Service Desk** can help you find books, journal articles, DVDs, CDs and web resources, etc. We can also assist with equipment or computer problems. If they cannot answer these, the questions will be forwarded to other support staff.

10. COVID-19 GUIDELINES

The health and safety of everyone at Trinity Laban will always be our number one priority.

Throughout the pandemic we followed UK Government guidance to ensure that our buildings were Covid secure and that our students and staff felt safe and confident as they worked and studied on campus, and that our visitors had an enjoyable and productive visit.

With the lifting of all Covid restrictions in February 2022, people are no longer required to regularly take a lateral flow test before visiting one of our buildings, take a temperature reading as they enter campus, or wear a face covering on campus.

We will continue to clean our buildings thoroughly, encourage everyone to wash and sanitise their hands (providing hand sanitiser throughout our campus) and ensure that their work, study and practice spaces are well ventilated.

We will continually monitor and assess COVID-19 guidance and measures that would be relevant to the Summer School in the lead up to and during the course. We will inform all participants prior to the course if any procedures relating to COVID-19 will be put in place for the Summer School 2024.