



Introduction

Our Summer Intensive is designed to give young dancers a chance to get good training and improve their dance skills in classical ballet, but also to give them a taste of other dance techniques and to introduce them to Finnish contemporary teachers and choreographers.

Every morning we will start with an alternative training session to wake up the body in a healthy way and train also with different muscles.

These sessions will be Cardio Training, Pilates and Gyrokinesis® and will rotate so that all students get to train in these different techniques.

Participants, who are older than 16, might have a chance to get selected to take a Company Class with the Finnish National Ballet.

All classes will take place in the spacious studios of the Finnish National Opera, the house of the Finnish National Ballet and will be taught by an international faculty. As the Opera House is also the place where the Helsinki International Ballet Competition (HIBC) will take place in 2020, this is a chance to familiarize yourself already with the environment.

The Summer Intensive is also the perfect place to make new contacts and broaden your network.

Helsinki, Finland's capital city is a beautiful and safe city in the North of Europe with a good connection to the world and with less than 10 hours flying, fairly close to Asia.

We are looking forward to welcome you in Helsinki in July 2019.
Tervetuloa Suomeen! Welcome in Finland!

SUOMEN KANSALLISOOPPERA • SUOMEN KANSALLISBALETTI
FINLANDS NATIONAL OPERA • FINLANDS NATIONALBALETT
FINNISH NATIONAL OPERA • FINNISH NATIONAL BALLET

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