



AORCA LAB

LAGOS, PORTUGAL

GUIDE

PROGRAM 2023

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AORCA LAB is an international Dance and Performing Arts program designed to boost, value and develop artistic creation in contemporary performing arts in the Algarve. Every year, for a few weeks, we offer a wide range of training, artist residencies and performances. We aim to provide professionals, young people in the process of professionalization and advanced practitioners with a context of intensive practice to develop their artistic and creative abilities. Research and improvisation in contemporary dance are the foundations of original artistic creation. AORCA LAB offers an immersive program for practitioners with previous experience in contemporary dance.

Artistic direction | Sofia Brito

Production | Alicja Gladysz

Access the biographies of the invited artists: <https://www.aorca.pt/pt/artists-pt/>

Full programme, performance events and art with community: www.aorca.pt

social networks: [@aorca.org](https://www.instagram.com/aorca.org) | email bookings: info@aorca.pt

PROGRAM | JUNE TO NOVEMBER 2023

ARTIST	WORKSHOP	WHEN?
Sofia Brito	ORIGINS Release Technique & Composition Site-Specific (video dance)	June 3 - 8
Florian Vuille	SCREW IT Flying Low & Improvisation	June 12 - 16
Sofia Dias	MOVEMENT AND ATTENTION Contemporary dance & Improvisation	June 17 & 18
Julyen Hamilton	THEATER WORKS : "The SPACE ISSUE" Improvisation & Composition	June 19 - 23
Rita Vilhena	FLUIDITY Contact Improvisation & Performance	June 26 - 28

ARTIST	WORKSHOP	WHEN?
Barbara Ramos Sofia Brito	RIA Immersive Lab	September 2 - 9th
Horacio Macuacua	SPARKLING IMAGINATION Improvisation	30 Oct - 3 Nov

EVENTS

ARTIST	EVENT	WHEN?
AORCA & FRIENDS	SPRING DANCE Art & Sustainability with Community	June 8 - 10
Julyen Hamilton	PERFORMATIVE CONVERSATION Life Performance Dome Quinta Vale da Lama (M 12)	June 22
Sofia Brito & Rita Vilhena	GLOBAL UNDERSCORE JAM Contact Improvisation and Composition Quinta Brás, Tavira	June 24
AORCA & PARTNERS	CREATIVE RESILIENCE SHAPERS Sharing of practices with youth community PND Quinta Vale da Lama	June 27 - 30

ORIGINS | SOFIA BRITO (25h + performance) *This workshop is a proposal for creative practice, which will conclude*



with a site-specific performative installation in nature, as part of the Spring Dance event.

ORIGINS is an improvisation, performance, composition and video-dance workshop. This Workshop is divided into 2 parts. In the morning technical training in release dance practices, which reinforce the physical intelligence of movement and which value our intrinsic 'animal being'. In the afternoon, there will be a composition workshop for site-specific nature, focusing on themes associated with the human-nature relationship: ancestry, belonging, sustainability, origin of the species, origin of the creative

state, etc. In this long process, in which the Human Being has become extinct from Nature, it goes far beyond our memory: as through the practice of dance we have freedom of choice in the way of inhabiting and feeling the body; to relate to space and time or to belong to the natural space? The need to question and incorporate in dance and artistic practice the question: "Can inhabiting our animal being be a source of forgotten knowledge?"

- **Date:** June 3rd to 8th
- **Schedules:** 03.06 Intro & walk in the farm | from 4:30pm to 7pm | 04.06 to 07.06 | from 10am to 12:30am and from 2pm to 4:30pm | 08.06 Site Specific installation | from 9:30am to 12:30am + Performance
- **Local:** Studio 1 of ADL, Lagos + Quinta Vale da Lama, Odiáxere
- **Level:** intermediate | **Nº vacancies:** 20 | **Price:** 150€ | **Deposit:** 75€ (included in the 150€)

SCREW IT | FLORIAN VUILLE (25h)



SCREW IT (Improvisation and Flying Low) is a playful and fun improvisation workshop in dance and performance. We are going to train performing spontaneously, starting from what we have and what we know. We will work through impulses and ideas, diving into them without judgment. We will play with different scenarios, taking advantage of every opportunity as if it were the last chance. In the morning we will have a two hour technical class of Flying Low, to get in touch with our body. Flying Low is a method developed by David

Zambrano, in order to go fluidly from floor work to standing position and vice versa.

- **Date:** June 12th to 16th
- **Schedules:** 10am to 4:30pm
- **Local:** Studio 1 of ADL, Lagos
- **Level:** open / **Nº vacancies:** 20 / **Price:** 150€ / **Deposit:** 75€ (included in the 150€)

MOVEMENT AND ATTENTION | SOFIA DIAS (6h)

This workshop is an invitation to observe the processes of perception, decision and reaction that participate in the movement. How do some details in the action inform or influence the reading of what we do? Through research and improvisation tools, special focus will be given to how subtle changes of attention alter the quality of presence. They are tools that follow certain rules that require great concentration, but once mastered, the important thing is to find ways to transgress and deviate.

- **Date:** June 17th and 18th
- **Schedules:** 6/17 from 3pm to 6pm
18/06 from 10am to 1pm
- **Local:** Studio 1 of ADL, Lagos
- **Level:** intermediate / **Nº vacancies:** 20 / **Price:** 50€ / **Deposit:** 25€ (included in the 50€)



THEATER WORKS : "THE SPACE ISSUE" | JULYEN HAMILTON (27h)



This workshop considers and practices the essential nature of the SPACE in which choreography and dance can be done and performed. Hamilton delves into the concepts of radial and Cartesian space and how they affect the moving body and the theatrical space where audience and performer meet. The basic work is handling the body and 'speaking' of it in space, movement and time. Its coordination and its relationship with the material it creates - and then with its sharing in the performance.

- **Date:** June 19th to 23rd
- **Schedules:** 19.06 and 23.06 | from 4pm to 9pm (30' break)
20.06 to 22.06 | from 9:30am to 12:30am and from 2pm to 4:30pm
+ Julyen 's performance on the 22/06
- **Local:** 19.06 and 23.06 Dome of VDL, Odiáxere
20.06 and 22.06 Studio 1 of ADL, Lagos
- **Level:** advanced / **Nº vacancies:** 18 / **Price:** 300€ / **Deposit:** 150€ (included in the 300€)

FLUIDITY | WITH RITA VILHENA (15h)



Rita has dedicated herself to performance and improvisation tools for two decades. In this workshop we will go through several explorations to investigate the relationship between the practice of contact improvisation and its performativity. We are going to work on connecting the bodies from their presence, locating and working on breathing and body mass. The focus then extends to body structure and alignment to leverage the concentric and eccentric dynamics of physical movement. The climax and the central part of the workshop will be explored in exercises that add the work of physical-spatial awareness in relation to other body(s), proximity, body weight-mass sharing, and the quality of movement concentric vs eccentric in the performative space.

- **Date:** June 26th to 28th
- **Schedules:** 10am to 1pm and 2:30pm to 4:30pm
- **Local:** Studio 1 of ADL, Lagos
- **Level:** open / **Nº vacancies:** 20 / **Price:** 90€ / **Deposit:** 45€ (included in the 90€)

RIA | WITH BÁRBARA RAMOS, SOFIA BRITO AND GUESTS (8 immersive days)

This laboratory aims to provide a collaborative space for artistic research and experimentation with a group of local and international artists with experience and interest in dance, improvisation and composition - individual and group with the perspective of developing daily practices, generating sharing of methodologies, moments of reflection and collective learning. We will explore studio and site specific composition tools with video recording for a performative experience. As an experience, we will have 3 days in silence, where the daily practices of movement, daily management and coexistence will take place in a context of silence, without speaking. Daily tasks will be managed by the collective of participants in small rotating groups: co-creation of daily meals, cleaning and maintenance of spaces used.

RIA LAB

- **Date:** September 2nd to 9th
- **Local:** YUCCA Studio, Tavira
- **Pre-selection:** Form
- **Mode:** Co-creation

If you are interested in this workshop, contact us through info@aurca.pt and we will provide you with all the necessary information, including values, about it.



SPARKLING IMAGINATION | WITH HORACIO MACUACUA (25h)

Horacio proposes a highly physical work that demands attention, interest and intensity rather than a certain level of technique, challenging the potentiality of each dancer to go beyond the limits of imagination and corporal expression to discover new and surprising possibilities. "The workshop evolves with what the group offers, as the ability to create and compose physically requires training and attention in addition to technique or style. Through the group process, participants learn from each other through acceptance and transformation, collaboration and observation of their own dance and that of the whole group. Let's dive into the work, start the engines and let the imagination flow! Let's dance!"



- **Date:** October 30th to November 3rd
- **Schedules:** 10am to 1pm and 2:30pm to 4:30pm
- **Local:** Lagos (to be confirmed)
- **Level:** open / **Nº vacancies:** 20 / **Price:** 150€ / **Deposit:** 75€ (included in the 150€)

LEVELS

Open level: previous practice of dance or other movement, mixed levels;

Intermediate level: regular practice and previous experience in contemporary dance;

Advanced level: intense practice, professionals with performative experience.

Participants are invited to choose, aware of their motivation and preparation to follow and participate positively in a group process.

DISCOUNTS

By booking 2 or more workshops at once can get the following discounts:

- 10% paying 2 workshops for the same participant.
- 15% paying 3 workshops for the same participant.
- 20% when paying for 4 or more workshops for the same participant.

REGISTRATION

Your registration must be done through [this FORM](#). With the payment of the deposit, the reservation of the workshop is confirmed. It is necessary to send proof of payment to the email info@aorca.pt. The remaining value of the workshop must be paid up to 7 working days before the training starts. Insurance is mandatory and is included in the price of the workshop.

Payment data:

Entity: Associação de Observação, Regeneração e Criação na Actualidade - AORCA

Description: "Registration AORCA LAB 23, *your name name and workshop/s you sign up for*"

Address: Rua José Abreu Pimenta, n.º 388. 8600-361 Lagos

IBAN: PT50 0036 0179 9910 0073 4121 4 MONTEPIO

BIC: MPIOPTPL

Cancellation policy:

There will be no refunds 20 days before the start of the workshop. Before this period, a maximum of 50% of the registration fee can be refunded. Substitutions of vacancies by colleagues are welcome and free of charge.

LOCATIONS

Dome at Casa Vale da Lama: Quinta Vale da Lama, Estrada Vale da Lama, EM 534. 8600-258, Odiáxere, Lagos, Portugal

Studio 1 of the Lagos Dance Association: Espaço Jovem, Rua Gil Vicente 50, 8600-596 Lagos, Portugal

Messe Militar de Lagos: Rua Miguel Bombarda 3, Lagos

CARPOOL Upon request we can facilitate a carpooling document among participants.

ACCOMMODATION AND FOOD

Note: Accommodation and food expenses are the responsibility of the participant.

AORCA has an agreed partnership with local accommodation in the historic center of Lagos, a five minutes walk from the beach. In the same facilities you can have a full mediterranean meal for 6,50€ (meat or fish menu, possible for lunch and/or dinner, booked and paid for the day before).

Note: This accommodation must be booked via email: info@aurca.pt and paid with registration. It is subject to space availability.

Rooms available only for AORCA LAB participants, with breakfast included:

45€ / night in double room with bathroom (1 or 2 people)

70€ / night in double room + living room with sofa bed, bathroom (3 or 4 people)

70€ / night in double room with bathroom and living room with kitchenette (2 people)

Camping site, with your own camping equipment (tent, sleeping bag, etc.), without breakfast:

12€ / night in the camping park (1 tent with 1 person)

17€ / night in the camping park (1 tent with 2 people)

AORCA is a structure funded by the Portuguese Republic - Culture / Direção-Geral das Artes. AORCA LAB'23 is supported by Messe Militar de Lagos, Associação de Dança de Lagos, Casa Vale da Lama Eco Resort and YUCCA Studio.

