



# SWING CONNECTION 2.0

From Body Awareness to  
Collective Movement

4-10 OF JUNE 2026  
TERRASSA, CATALONIA





# ABOUT THE PROJECT

Movement has always been an essential tool for **expression, communication and learning**. Through the body we explore our identity, we create relations and construct a sense of collectiveness.

Swing Connection 2.0 is a training course that uses dancing - especially Lindy Hop - as an educational tool in non-formal education contexts. Based on experiential learning and bodily pedagogies, it places the body as the centre of perception, dialogue and transformation.

Drawing inspiration from the evolution of Afro-descendant and urban dances, the project connects their **African roots to expressions like Jazz, Solo Jazz, Lindy Hop and contemporary Urban Dances**. It proposes a progressive trajectory, from the individual bodily awareness to the relational and collective dimension, combining bodily practice, pedagogical reflection and group creation as paths to social inclusion and personal development.

**Lindy Hop explication:**

[Link](#)

**Lindy Hop demonstration:**

[Link](#)

**Solo Jazz demonstration:**

[Link](#)





# PEDAGOGICAL PATHWAY

## Bodily Awareness - Perception and Connection

When we speak about bodily awareness, we refer to individual work on perception, breathing, posture, and internal rhythm as a foundation for learning. Through a focus on somatic education and experiential learning, the body is understood as a space of perception, emotion, and relation. In the first phase of the project, this work will be explored as a way to strengthen the connection to oneself, supporting self-regulation, self-care, and a sense of personal safety as preparation for group work.

## Dancing

The styles of dancing that will accompany this trip are:

### Solo Jazz - Individual expression and creativity



Solo Jazz emerges in African-american communities of the United States in the beginning of the 20th Century, especially during the Harlem Renaissance, as a way of individual expression inside of Swing culture, linked to jazz music and social spaces like ballrooms and clubs. Historically it has been a space of creative freedom and identity through the reinterpretation of steps and rhythms. In this project, Solo Jazz will be used as an educational and experiential tool to explore improvisation and musicality, supporting the development of self-confidence, creativity, autonomy, and emotional expression.

### African Dances - roots, community and rhythm



African-American and urban dances can trace their roots to them. Through the African diaspora and the history of slavery, their rhythmical and communitarian elements gave way to expressions like jazz and swing dances. They are characterized by their connection to the earth, rhythm as a collective language and the body as a communal space. In this project, these dance traditions will be used as experiential tools to reconnect with these cultural origins while fostering a sense of belonging, group cohesion, and inclusion.



# PEDAGOGICAL PATHWAY

## Lindy Hop - relation, dialogue, and cooperation

 Dance Demonstration

Born in Harlem, towards the end of the 1920s, as an evolution of African-American dances like Charleston and Breakaway, and linked to Swing Music and community spaces like Savoy Ballroom. It is based on shared improvisation, constant dialogue and mutual adaptation in pairs. In this project, Lindy Hop will be used as an experiential and educational tool to explore group work, communication, active listening, negotiation, and shared responsibility.

## Urban dances - identity and cultural diversity

 Dance Demonstration

Contemporary urban dances (hip-hop, house, popping, locking, freestyle) surface from the 1970s on in urban contexts, primarily in racialized communities and youngsters, as a form of cultural expression, resistance, identity and creating community. With Lindy Hop and Solo Jazz they share improvisation, the dialogue with music and individual expression within the group. In this project, these dance forms will be used as experiential tools to connect Afro-descendant roots with contemporary practices, creating a bridge between past and present while highlighting movement as a tool for identity development, cultural adaptation, and youth participation.



## OBJECTIVES:

- To explore the **body and movement as educational tools** in formal and non-formal contexts
- To nurture **personal development, self-esteem, and bodily awareness, strengthening self-confidence and emotional well-being.**
- To promote the values of **inclusion, diversity and cooperation through dancing.**
- To reflect on the role culture, history and identity have in educational processes.
- To enhance **creativity, expression and non-verbal communication as pedagogical resources.**
- To promote gender equality, exploring non-traditional roles in dancing, **questioning gender stereotypes and encouraging more egalitarian and empowering relationships.**
- To provide practical tools to work on experiential learning through movement.

## METHODOLOGY:

The training combines:

- Practical workshops of body expression and dancing (Solo Jazz, Lindy Hop, African Dances, Urban Dances)
- Engage in reflection spaces about the values of swing and its social impact
- Spaces of individual and group reflection.
- Participate in **dynamic presentations and performances where participants will share their learnings.**
- Create pedagogical resources and materials to apply in different contexts





# TRAINERS

**Uxue Martinez** and **Gerard Nevot** are two dancers and teachers of Lindy Hop. They are references in Catalunya and also teach in international festivals in countries such as Ireland, Greece, The Netherlands or France. Their vocation is teaching and they already have experience in training for teachers. They are knowledgeable from other disciplines such as tango or African dances to complement their knowledge of dance and culture.



Here some examples of their dancing moments:

 **International competition**

 **Teacher presentation**

**Cris Burgos** is a dancer, choreographer, and teacher internationally trained in different styles of **urban dance**. She has worked in television (as a teacher on Operación Triunfo), in musicals and series such as Ayla y los Mirrors, and has danced for artists such as Shakira, David Bisbal, and Wisin. She has also been part of the GRV company in Los Angeles.

**Vicky Colucci**: Worker of La VÍbria and passionate about non-formal education, in her free time she works as **swing professor in Triple Step**, where she is also a teacher at the school and part of its **show team**. Over the years she has discovered the importance and power of movement as a **tool of healing and well-being**, exploring dancing not only as expression, but as a way of profound connection and personal development, participating in trainings of body therapy and movement.

# THE DANCE SCHOOL

**Triple Step** is a Swingdances academy located in Terrassa (Barcelona). He has taught more than 2000 people to dance **Lindy Hop and Solo Jazz** sharing the passion for jazz, swing and Afro -descendant culture. His pedagogical method is a reference in many communities and are pioneers to train people dedicated to **formal and non -formal education**.





# PARTECIPANTS

Country	Number of participants
Spain (La Víbria)	2
Portugal	3
Greece	3
Lithuania	3
France	3
Italy	3
Germany	3
Bulgaria	3

- This training course is aimed at people involved in formal and non-formal education who want to explore new pedagogical tools through dance and swing culture.
- **No prior dance experience is required**, as the training is designed for anyone interested in using the body, movement, and the arts as educational tools.
- Participants may be **teachers, trainers, youth workers, facilitators, community leaders, artists, social workers**, or anyone working with groups through dynamic methodologies who wish to promote values such as inclusion, self-esteem, teamwork, and diversity.
- Throughout the training, participants will learn through direct involvement in the proposed activities. The programme is highly experiential and **based on movement, dance sessions, creative workshops, and embodied practices, allowing participants to explore the methodology from within and later transfer it to their own professional contexts.**
- The project is open to participants with **fewer opportunities.**



## TRAVEL COST

Travel distance	Green travel	Non-green travel
10-99 km	56 Eur	28 eur
100-499 km	285 eur	211 eur
500-1999 km	417 eur	309 eur
2000-2999 km	535 eur	395 eur
3000-3999 km	785 eur	580 eur
4000-7999 km	1188 eur	1188 eur

- Travel expenses will be reimbursed to the sending organization max. 2 months after the project concludes.
- **DO NOT BUY** any tickets before receiving confirmation from the hosting organization! Participants must send the travel proposal to [info@vibria.org](mailto:info@vibria.org). The team should only buy the tickets after confirmation, otherwise the tickets might not be reimbursable.
- You must travel in **the most efficient way available**: it is recommended to choose the cheapest and the greenest option for travel.
- Participants must keep and then **send ALL the travel documents in their original form**, including invoices, boarding passes, receipts or tickets they use during their travel. This is important for the reimbursement process to happen.
- Taxis cannot be reimbursed.



# HOW TO GET THERE

## By plane

Take a plane until the “**Barcelona El Prat**” airport. Once there:

**OPTION 1:** *(from Terminal 1 and 2)*

- Take the Aerobus **A1** or **A2** to “**Plaça Catalunya**”
- Find the FGC Ferrocarrils station, buy a ticket to Terrassa and take the line **S1** until “**Terrassa Estació del Nord**”

**OPTION 2:** *(from Terminal 2)*

- Find the train station in Terminal 2
- Buy a ticket to **Terrassa**
- Take the train “**R2 Nord**” until “**Barcelona Sants**” station
- Change platform and take the train “**R4**” until “**Terrassa Estació del Nord**” station

Walk until the “**Alberg de Vallparadís**” (Carrer de Alcalde Parellada, 2), it’s only 6 minutes away from the station.



## By train

Take a train until “**Barcelona Sants**” station:

- In the station, find the part of the **RENFE** trains
- Buy a ticket to **Terrassa**
- Take the train “**R4**” until “**Terrassa Estació del Nord**” station

Walk until the “**Alberg de Vallparadís**” (Carrer de Alcalde Parellada, 2), it’s only 6 minutes away from the station.

## By bus

Take a bus until “**Barcelona d’Autobusos Nord**” station

- Go out of the station to find the metro/Renfe station “**Arc de Triumph**”
- Buy a **RENFE ticket to Terrassa** (not the same than metro ticket)
- Take the train “**R4**” until “**Terrassa Estació del Nord**” station

Walk until the “**Alberg de Vallparadís**” (Carrer de Alcalde Parellada, 2), it’s only 6 minutes away from the station.

**\*Try to arrive before 20:00 CET so we can have a welcome dinner together.**



## ACCOMODATION

"**Alberg Vallparadís**" is located close to the city center, in a quiet area. It is surrounded by the largest local park, Vallparadís, which is ideal for walks, sport, and activities. The participants will be accommodated in shared rooms, separated by gender. The rooms are equipped with bed sheets and towels. There is a WiFi connection in the hostel.

**Address: Carrer Alcalde Parellada 2, Terrassa.**



## TERRASSA

Terrassa is located in the province of Barcelona, and is the co-capital of Vallès Occidental. With a population of 225.274 (2023), it's the **third biggest city in Catalonia**, after Barcelona and L'Hospitalet. Terrassa has been inhabited since prehistory. During Roman times it was known as Egara and there are still important remains from the Middle Ages. It was one of the leading Spanish cities of the industrial revolution, which really shaped the city.

There are a lot of modernist buildings from that time in the city, and some factories can still be found in the middle of residential neighbourhoods. Even if this is not the most touristic city of Catalonia, there are some interesting spots to see!



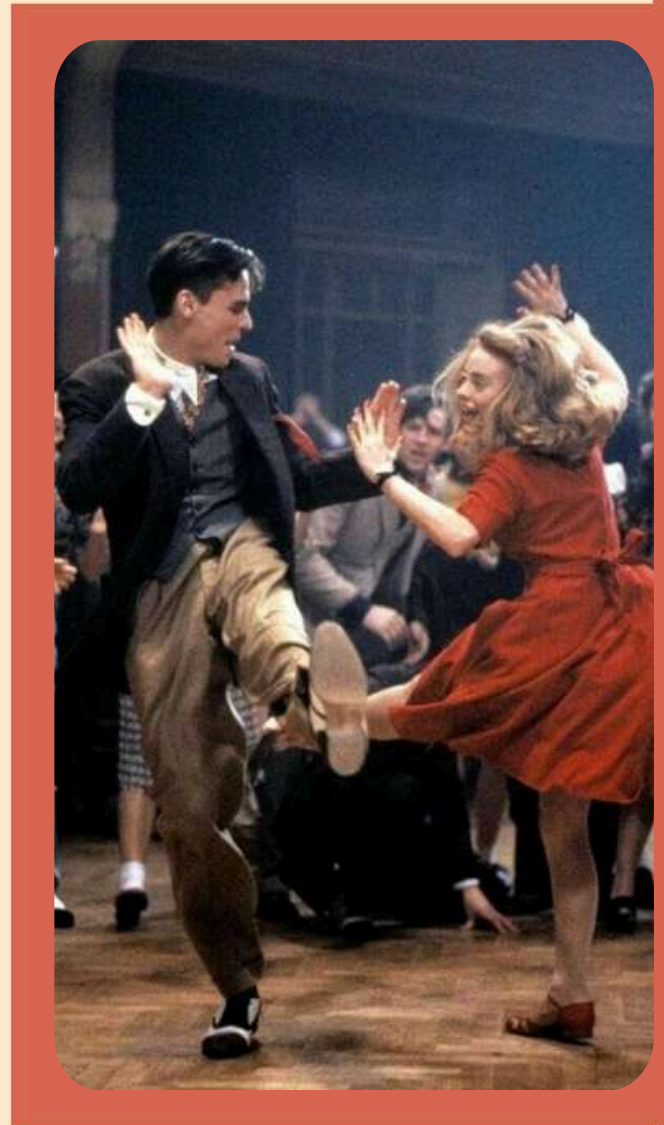


# WHAT TO BRING

*Everything that you will need to spend a few days out of home!*

June in Terrassa is warm and pleasant, with temperatures ranging from 16°C to 25°C. Rain is rare, but occasional thunderstorms can occur. The days are long and sunny!

- Anything you might need to share an **intercultural moment** with traditional food, snacks, non-alcoholic drinks or souvenirs.
- **Personal hygiene items:** toothbrush and toothpaste, shampoo, shower gel, sunscreen, etc.
- Alberg Vallparadís provides bed linen and towels but there are no hairdryers.
- Reusable water bottle, to avoid plastic waste.
- It is mandatory to have a **medical insurance** (i.e. European HealthInsurance Card) during your travel. The host organisation will not cover any personal health costs. It is recommended to have valid travel insurance (not covered by the project).
- You're welcomed to bring any **card game, board game or activity to enjoy during the free time** and also to share with others during the evenings.
- For the activities, we recommend wearing **comfortable clothing and sneakers**.





# ABOUT THE HOST

La **Víbria Intercultural** was founded in 2003 with the **mission to promote values of diversity and interculturality among young people and society** in general through **international mobility experiences** and sociocultural initiatives based on non-formal education. Since then, La Vibria works to motivate participation, active citizenship and encourage young people to develop critical thinking.



## Advise on youth mobility

Our international mobility advisors help and guide youngsters to find opportunities abroad that fit their interests. We are present on 6 youth information points of the region.



## Radio Víbria

Our radio studio is always open to discuss social topics, promote active participation and create community. Discover our podcasts here: <https://radiovibria.com/>



## #Greenfluencers

This is a group of local youngsters that promote actions to create awareness about climate change and environmental issues.

# Contact Us!



## Project Coordinator in Lithuania

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# Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



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