

城市



當代

舞蹈團



教育及外展

EDUCATION AND OUTREACH

DANCE EDUCATION

# 到校舞蹈 教育活動

PROGRAMMES



舞團以普及舞蹈和專才培訓為己任，於 CCDC 舞蹈中心持續舉辦舞蹈課程及舞者階梯訓練超過三十年，並以外展活動服務社群及向大眾推廣當代舞蹈。

CCDC aspires to make dance more accessible to the community while nurturing professional dancers. For the past three decades, CCDC Dance Centre has unceasingly offered dance courses and pre-professional training, while organising outreach programmes to promote dance in the broader community.

### 創作舞蹈課程及展演 Creative Dance Courses and Showcase

鼓勵學生透過當代舞蹈表達情緒及感受，並以自身經歷為創作藍本；提升對身體、動作和創作語境的認知，以及之間的關係。

To encourage students to express emotions and feelings through contemporary dance, draw inspiration from their experience for creation, helping them realize the relationship between body, movement, and the context of creation.



### 親子工作坊 Parent-Child Workshop

透過共同參與舞蹈活動，提供了一個對話和互動的平台。讓大人及孩子互相了解彼此的身體，通過動作表達自我同時增進彼此的聯繫。促進情感連結和共享經驗，增強整體的親子關係。

Through collaborative dance experiences, this workshop provides a platform for dialogue and interaction. This allows parents and children to understand each other's bodies better while expressing themselves through movement to enhance their connections. It promotes emotional bonding and shared experiences, strengthening the overall parent-child relationship.

### 技巧提升訓練課程 Technique Enhancement Class

由專業導師教授，以系統化的訓練進一步提升同學的舞蹈技巧及創作概念。

A structured training class led by professional instructors improves students' dance abilities and creative ideas, elevating their dance technique.



### 校本舞蹈課程 School-based Dance Courses

分別有「舞蹈為教學手法融合學科學習」及體育科課程舞蹈單元「創作舞」。透過體現式學習模式，從動中學，令學生獲得多元化的學習經歷，亦對應教育局體育科課程指引，以舞蹈為八項建議體育教案之一。

There are two aspects: "Integrate dance in subject learning" and the dance unit "Creative Dance" in the PE curriculum. Through the embodied learning model, learning by moving, gaining diverse learning experiences that align with the EDB's Physical Education curriculum guidelines.



### 舞蹈賞析 Dance Appreciation

體驗專業舞蹈製作及現場演出，由專業人士提供導賞活動，創造一個互動式學習環境，讓觀眾對作品更深入和多角度的了解。培養學生對表演藝術的興趣，提升基本鑑賞能力。

Engage with professional dance productions and live performances through expert-led appreciation sessions, establishing an interactive learning environment that enables audiences to develop profound, multi-dimensional insights into choreographic works. This approach cultivates students' interest in performing arts and strengthens their appreciation skills.





城市當代舞蹈團 (CCDC) 創立於 1979 年，是香港首個全職專業當代舞團，至今製作超過二百齣原創舞碼，以體現香港當代文化為宗旨，編創風格鮮明的作品，為觀眾帶來專業舞蹈製作，刻劃當代舞蹈發展軌跡。2025 年 CCDC 迎來第五任藝術總監桑吉加，以舞團多年經驗為基石，致力推動本地當代舞蹈追求卓越，同時開拓跨界發展。舞團同時活躍於國際文化交流，歷年巡演世界各地多個城市，及於本地舉辦國際舞蹈節及舞蹈影像節，匯聚舞蹈藝術人才，向世界展示香港舞蹈力量，亦向本地觀眾展現當代舞蹈的多元性。

Founded in 1979, City Contemporary Dance Company (CCDC) is the flagship of contemporary dance in Hong Kong. Since its inception, CCDC has presented over 200 critically acclaimed original works, delivering professional dance productions to audiences across the city. The Company is committed to shaping the contemporary dance scene with extraordinary performances that embody contemporary Hong Kong culture. In 2025, CCDC welcomed its fifth Artistic Director, Sang Jijia. Building on his extensive experience with the Company, Sang is dedicated to pursuing excellence in local contemporary dance and exploring interdisciplinary development. Concurrently, CCDC has been actively engaged in global cultural exchange, having toured numerous cities worldwide and hosted international dance festivals and film festivals locally. By bring together dance talents, the Company fosters collaborations across diverse artistic fields, showcasing the power of Hong Kong dance to the world while highlighting the diversity of contemporary dance to local audiences.

## 更多精彩項目！ Or more!

CCDC 致力提供高質素訓練及多元化的舞蹈課程，亦可為學校定制個人化項目，歡迎查詢合作！

CCDC is committed to providing high-quality training and diverse dance courses. Customized programs can also be discussed with schools. Inquiries for collaboration are welcome!

### 城市當代舞蹈團 CCDC

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### 授課申請表 Application Form



(適用於學校或團體 Suitable for schools and groups)

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