

DANCE SUMMER SCHOOL 2025

MONDAY 28 JULY – SATURDAY 2 AUGUST

INFORMATION PACK

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ABOUT TRINITY LABAN

Trinity Laban is a place where global arts collaborators and creators discover, share and cultivate inspiration. It's a place where boundaries are moved, connections are forged, and futures are made. It's a one-of-a-kind, world-leading conservatoire that truly redefines 'excellence'.

We are a global leader in arts education and creative practice, and a beacon of innovation in conservatoire training in the UK, Europe and beyond.

Our profile among conservatoires is distinctive and progressive. We offer our students and staff unique opportunities for cross artform collaboration at the highest level, and are committed to experimentation, imbuing our community with a pioneering spirit. We defy genre, we dare to take risks, and we break expectation.

We have an unrivalled provision for and interest in public engagement, with courses and classes for all ages, and a specialist strand of work focused on creative health. This work enables us to make our artforms accessible to all.

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/>

FINDING THE LABAN BUILDING

Trinity Laban has four different sites. **Dance Summer School takes place at The Laban Building.**

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

Find us on [Google Maps](#)

Find us on [what3words](#)

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

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

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 **Cuttly 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)

By Train

If travelling from Central London, travel from Cannon Street to either Deptford or Greenwich. There are frequent trains and the journey time is approximately 10 to 12 minutes. The Laban building is approximately a 10-minute walk from either station.

By Bus

Nearby stops include MacMillan Students Village (stops D and H), Creekside (stop G) and Creek Road (stop K). Bus numbers 47, 53, 177, 188, 199, 225 and 453 stop near Laban Building.

Car

Parking is not available at the Laban Building itself, but there is pay and display parking in the Wavelengths complex, which is a 5–10-minute walk away. We do have disabled parking spaces to the front of the building that must be booked in advance.

GENERAL INFORMATION

Registration: 8.30-9.30 Monday 28 July

You will need to arrive at the Laban Building between 8.30-9.30 on Monday 28 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.

During registration we will give you a security card to access the building. Tours will take place in the morning and during the lunch break on the first day, 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.

If you encounter any problems please alert a member of the team and we will be happy to help.

Dance Summer School Notice Board

Please ensure you check the Dance Summer School noticeboard each day to stay up to date over the course, which will be pointed out on the tour of the building. Updates may include studio/staffing changes and signup sheets for additional activities.

Classes on the First Day

Classes will start at 10.00 on Monday 28 July, and your first session will be an hour only. Please bring your dance clothes with you.

Changing rooms and showers

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. In each studio there are storage areas for you to keep your belongings with you throughout the day, which we recommend you do rather than leave items in the changing rooms. Trinity Laban is not responsible for the loss of any items.

Session choices and class swaps

We cannot accommodate session change requests unless it is to accommodate an injury or medical reason, e.g. moving to a lower level for a slower paced class.

Please carefully consider your class choices, ensuring you read through all class descriptions and level information, before choosing your timetable.

Leaving the course/accommodation early

Some international participants may have to leave early to catch a flight, but we recommend that you time your journeys so that you don't miss anything. Many sessions will share their work in an informal sharing on the last day of the course and it's a great chance to perform what you've been working on and celebrate your time at the summer school together.

What to wear

Clothes: Please wear clothes you feel comfortable moving in. 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 non marking white soled trainers (indoor shoes only) for hip-hop. Participants should expect to do all other classes in bare feet.

To ensure your safety and the safety of others, we ask that you don't wear jewellery in the studio.

Can visitors or parents watch the Dance Summer School sessions or sharing?

Visitors, including parents, are not permitted to watch any of the Dance Summer School activity. All visitors to the Laban Building must remain in the public areas, i.e. the cafe, and will not be permitted to pass the security barriers.

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.

What if I experience symptoms of Covid-19?

If you begin to experience Covid-19 symptoms, please follow the [UK Government's guidance](#) and do not attend activities at Trinity Laban. We will 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

Late-comers Policy for Classes

For health and safety reasons, participants who arrive later than 15 minutes after the start of each session may be permitted to watch the session but not take part. This is because they will have missed the essential warm up and introduction to the session, which is vital in the prevention of injuries to participants.

Ventilation

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

Food is not provided but 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.

WELCOME RECEPTION

On the first day of the course, we will hold a welcome reception for all of our summer school participants in the bar area from 17.30-19.00. It is a great opportunity to meet everyone in a relaxed setting so please come along after your first day of classes.

Spare Time

Classes finish at 17.15h each afternoon. There may be some free activities for you to join in the evenings. Please check the notice board for updates on any additional activities.

LOCAL AREA AND SERVICES

UK 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 5-10 minute walk from both Deptford and Greenwich high streets, and about a 15-minute walk from Blackheath and New Cross.

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.

A member of the Dance Summer School team will be staying on site at McMillan Student Village for the duration of the course. They are there to support the safety and wellbeing of all participants in the evenings and overnight at the accommodation, but they are not acting in loco parentis. Students are encouraged to go to the Dance Summer School team in the accommodation with any concerns, at any time. We will make you aware of their room number on arrival. Please don't hesitate to get in touch with any questions or concerns over your stay.

Please be aware that as these are student halls of residence the facilities are comfortable but fairly basic, with only the essentials provided.

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 basic kitchen utensils are provided. You may wish 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.

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 your stay. This can make the student village busy.

You are responsible for keeping all areas including kitchens clean and ensuring that all rubbish is removed before you leave. Anything left or damaged may incur a charge.

Supported/under 18s check in will be from 15.00 - 17.00h on Sunday 27 July. You will be required to vacate the halls of residence by 10.00h on Sunday 3 August

Accommodation Agreement

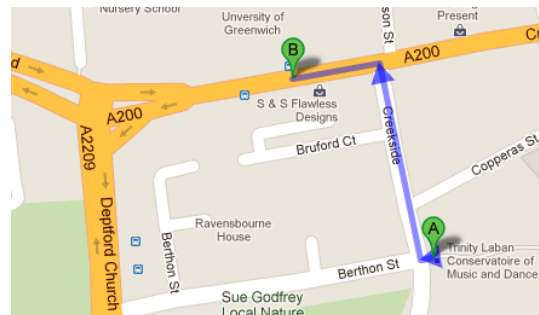
If you book a place in McMillan accommodation, we will ask you to sign an agreement before your stay. This is to ensure that you understand and agree to adhere to the accommodation guidelines for the duration of your stay. If you are under 18, we will require a signature from both you and your parent/guardian.

16-17 year olds staying at the McMillan Student Village

Trinity Laban 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.

LABAN LIBRARY AND ARCHIVE

During your spare time at the Dance Summer School you may wish 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.

For further information, see <https://www.trinitylaban.ac.uk/student-life/libraries/>

Where can I get help?

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