

HOW MOVEMENT WORKS 2025

MONDAY 21 – FRIDAY 25 JULY

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 is 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 **Cutty 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

Please arrive at the Laban Building at 10.00h on Monday for registration.

At registration we will give you a security card to access the building. A tour will also be organised in the morning to orient you to our building, studios and changing facilities. Please return your visitor badge on the last day of the course.

Changing rooms and showers

Please bring your dance clothes with you. Changing rooms and shower facilities are available for all participants to use. If you wish to shower you should bring a towel with you. In each studio there are storage areas for you to keep your belongings with you throughout the day.

What to wear

Participants are advised to wear what they normally wear and feel comfortable in during a dance class; a collection of tight-fitting clothing and loose/comfortable clothes for extra layers and warmth. Participants should expect to do classes in bare feet.

Health and Well Being

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 an illness or any injuries which they should be aware of during your participation in classes. If you sustain an injury or feel unwell at any point during the course, please let a member of the How Movement Works team know. There is always a trained First Aider on site.

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

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

There is visitor Wi-Fi access during your time in the Laban Building. You are also welcome to use the computers in the Laban Building Library.

Laban Building Café

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. The café is usually open 9.00-15.00 daily over the summer.

ACCOMMODATION

This is a non-residential course. During the summer months 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/>

LOCAL AREA AND SERVICES

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

LABAN LIBRARY AND ARCHIVE

As part of How Movement Works you will be asked to work on some independent research tasks and you may wish to use 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/>

What do I need to get started?

You can use the [Laban library catalogue](#) to find books, videos, DVDs, CDs, journals, theses, etc., or the **archive catalogue** to search for archival primary material. Once in the Library, you can search **Quick Search** for access to electronic journals as well.

How do I find things on the catalogue?

1. Enter the author or choreographer (surname, then forename) or the title of the book, video, journal you want to find.
2. Click on the Title drop-down arrow to change where you look to Author to look for a book by an author or dance piece by a choreographer or to Subject to look for items about someone or something.
E.g. Forsythe, William as an author will retrieve items by him as a choreographer. As a subject, it will find items about him.

How do I locate what I've found on the catalogue in the Library?

- Let's say you are looking for *Fifty Choreographers* by Martha Bremser.
- You have entered the author or title and a single line displays the search result. Click on the title for more information.
- Holdings says which collection it is in Library - Dance Books (nearer) or Library - General Books (further up the library), the shelf location and number available.
- The prefix, LAB, indicates that it is in the Dance Books; GEN = General Books
- The suffix, BRE, will help find it on a particular shelf, if there are lots of items shelved at that number.

Apart from **LAB** for Dance Books, what other prefixes and collections are there? The main ones are:

CD	CDs shelved, by the computers
CUT	Cuttings – from newspapers and similar publications
GEN	General Books
JOU	Journals
LAB	Dance Books. Spine labels start with L then a number.
TH	Theses, shelved at the top of the Library
TUT	Tutor shelves, by the computers
VID	Videos and DVDs, shelved by the computers

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.