

# Dance Ambassadors

## Application Guidance 2025





## ABOUT ONE DANCE UK

One Dance UK is the national support organisation, leading the way to a stronger, more vibrant and more diverse dance sector. Whoever you are, however you move - we move for you.

We support all those that love, teach, learn, work in, and perform dance.

We believe that dance is for everybody and has the power to transform and improve lives!

## WHAT IS THE DANCE AMBASSADORS PROGRAMME?

One Dance UK's Dance Ambassadors programme is a 9-month programme, for young people aged 18-25 from across the UK that provides a unique opportunity to gain experience and deepen your knowledge about the dance sector and ecology, whilst gaining skills to support self-development and employability. Learning how to be a champion of dance and using your voice will underpin all areas of the programme.

The programme will consist of the following:

- **In-person days:** these will be a mixture of delivered sessions, to support your sector knowledge and skill development, and time to share ideas, work in groups, and network
- **Online check ins:** these will offer support and the opportunity to ask questions
- **Self-directed activity:** this might be related to your main project or to enhance your personal development
- **Shadowing and project opportunities with the One Dance UK Children and Young People's Dance team:** as part of your main project area, you may shadow a One Dance UK staff member and contribute towards planning and ideas
- **Home groups:** see page six for details
- **Wider opportunities** throughout the year
- **A final celebration event,** which will celebrate and share your development and successes to wrap up the programme

## THE DANCE AMBASSADORS PROGRAMME WILL:

- Help you build knowledge, skills, and connections in dance
- Provide opportunities for sharing your own ideas, experiences, and knowledge
- Be a platform for networking and providing a vital "youth voice" to the dance sector
- Encourage independent learning and development
- Support you with your aspirations and next steps

## WHO IS THE DANCE AMBASSADORS PROGRAMME FOR?

One Dance UK's Dance Ambassadors programme is for young people aged 18-25 from across the UK, who are passionate about dance, and believe in its power to unite, bring joy, and enhance lives.

If you are proactive, creative, and have a desire to be an important champion for dance and want to support the work of One Dance UK, in supporting the sector, then apply today!

In order to apply you should:

- Be aged 18 to 25 on 1 January 2025.
- Live or study in England, Northern Ireland, Scotland or Wales.
- Be able to commit to the dates outlined in the timeline and be ready and willing to get involved with the opportunities made available to you.



## COSTS

We are delighted that Dance Ambassadors is fully funded and there is no charge for young people to apply for or take part in the programme. Each successful applicant will be fully reimbursed for all costs of economically viable travel, food and drinks, and accommodation when needed during the programme.



## TIMELINE FOR DANCE AMBASSADORS 2025

- **Wednesday 15th January:** Launch Day, 10am – 4pm at the Dance Hub, Birmingham
- **Friday 24th January:** The One Dance UK Awards in Birmingham, venue TBC (this event is optional due to short notice)
- **January – July:** Main projects with the Children and Young People's Dance team will run with mutually agreed times and dates of commitment
- **Wednesday 26th March:** An online check in, 1 - 2pm
- **Sunday 11th May:** Mid-point in-person day, 10am – 4pm at the Dance Hub, Birmingham
- **Tuesday 17th June:** An online check in, 4 - 5pm
- **Thursday 24th – Saturday 26 July:** U.Dance National Festival at Sadler's Wells, London, undertaking specific roles
- **Saturday 26th July:** all projects will end
- **September:** Final celebration session (date TBC)



Image credit: Point of View Photography

## MAIN PROJECTS AND AREAS OF FOCUS

All Dance Ambassadors will be assigned to a Children and Young People's Dance team project. The roles within each project are briefly outlined below. We will ask you to express your preferred areas of interest about the main projects on the application form.

All project areas will involve contributing to planning and the sharing of ideas, and attending meetings to shadow and contribute suggestions.

**Young Creatives:** One Dance UK's youth choreography programme

- Support in-person days
- Join online sessions
- Provide feedback where appropriate

**CPD and Resources**

- Assist during CPD delivery days
- Proofread resources
- Support with CPD recordings

**Careers**

- Support at in-person events and online events
- Undertake research
- Suggest copy

**Advocacy work**

- Speaker at appropriate events
- Conduct young people listening exercises
- Provide feedback on One Dance UK initiatives acting as a young people's voice

*\*This provides a general idea of roles, which may alter slightly depending on activity at the time.*

## EVENTS THAT ALL DANCE AMBASSADORS WILL BE ABLE TO BE A PART OF

- **The One Dance UK Awards:** supporting at the in-person event undertaking one of many varied roles.
- **U.Dance National Festival:** assisting the team with the operational smooth running of the festival.

## OTHER EXCITING OPPORTUNITIES

Throughout the Dance Ambassadors programme, there will also be other opportunities with the wider One Dance UK team and with external organisations to be involved in. These opportunities may include volunteering and supporting dance projects and programmes, supporting U.Dance Regional Platforms and other activity.

These extra opportunities will be signposted to, within a regular Dance Ambassadors bulletin.



## HOME GROUPS

The home groups will be small groups of approximately four Dance Ambassadors. They will provide the chance for you to connect as a smaller group, discuss and share ideas and provide support for one another in between whole group activity points. Depending on your project area you will be assigned to a home group for the duration of the programme.

Home groups will be given recommended timeframes to meet up online, and suggested research, and follow-up tasks, with the idea of developing your knowledge and skills, which you will work on independently, and feedback on to the rest of the home group.



Image credit: One Dance UK, Dani Bower

## AS A DANCE AMBASSADOR YOU WILL BE EXPECTED TO:

- Attend the in-person launch day in Birmingham on Wednesday 15th January 2024
- Attend in-person and online check ins throughout the year
- Commit to your project area and mutually agreed time frames
- Be proactive and take advantage of the opportunities that are presented to you throughout the year wherever possible, around your existing work, and student commitments
- Act as a One Dance UK representative, demonstrating respect and professionalism and following all appropriate policies and codes of conduct
- Commit to being a champion for the power of dance!

Please read the guidance notes in full and make sure you can commit to the full programme from January to completion in July before applying. Dance Ambassadors is a special opportunity and is always oversubscribed so full commitment is essential. You can contact us at [danceambassadors@onedanceuk.org](mailto:danceambassadors@onedanceuk.org) if you foresee any clashes, or potential barriers.

## HOW TO APPLY

Access our online application form by clicking on the link below and answer a few short questions about yourself, why you want to be a Dance Ambassador and areas of interest.

The form gives you options to complete either written or video responses – both are very welcome.

If you'd like to submit your application through another method or need any additional help or support, please contact us at [danceambassadors@onedanceuk.org](mailto:danceambassadors@onedanceuk.org).

Good luck and we cannot wait to hear from you!

[Application Form](#)

**Deadline for applications: Monday 2nd December at 9am**



Image credit: One Dance UK, Dani Bower