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Dance Bridges: Accept & Connect playlist

1. Eliza's Dream | A story about inclusive dance and the power of community

- ⊕ What happens when neurodivergent people or individuals with disabilities find a space where they can move freely, be seen, and truly belong? Eliza's Dream is a touching short film that explores the transformative power of inclusive dance and the strength that grows within a group that listens, supports, and embraces every voice and body.
- ⊕ Eliza is not just one person, but a symbol of the longing so many carry: to be acknowledged, to connect, and to express. Through this poetic journey, we see how movement empowers, unites, and gives voice to those often left unheard. Dance becomes a bold expression of identity, courage, and collective growth.
- ⊕ Watch. Reflect. Share the dream.

2. Dance Bridges Festival: Accept & Connect | Festival Workshops

- ⊕ Two days, four workshops, one panel discussion on the importance of inclusive dance and dance-therapy in education, insights about the project itself, and dozens of participants. Each brought their own energy and left with a stronger sense of belonging. From improvisation exercises to working with emotions through movement, from silence to intense rhythms, from individual to group, the workshops showed that inclusive dance and dance-therapy are about trust, expression, and discovery. And that there is no “audience” and “stage,” only people choosing to show up for each other, in motion.
- ⊕ See how the workshops felt and let yourself be inspired.

3. Dance Bridges Festival 2025: Accept & Connect | Festival Overview

- ⊕ If you missed the festival, we invite you into our world through this video. Watch. Feel. Be part of something bigger. Because every step matters — especially when we take it together.

4. Dance Bridges Festival 2025: Accept & Connect | When the curtain falls, the connection stays

- ⊕ The closing performance revealed the invisible threads that held the group together: the trust built during rehearsals, the courage to step on stage just as you are, and the quiet pride of knowing you belong.



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- ⊕ Watch the festival's closing moments and be inspired by the spirit of connection brought to the stage by neurodivergent individuals and young people with and without disabilities.

5. Bucharest Urban Inclusive Creative Dance Camp

- ⊕ The Urban Inclusive Creative Dance Intervention Camp transformed an ordinary space into a space of trust, where creativity wasn't taught but discovered. Here, neurodivergent individuals and people with and without disabilities experimented freely, inventing new ways of being with one another, through non-verbal language. They learned how to listen without words, to lead without taking over, and to follow without fear. This is a glimpse into what our cities could feel like when inclusion becomes part of the everyday beat.
- ⊕ Watch the full story and imagine what we can build next.

6. Exchange of Best Practices – Bucharest

- ⊕ In the days leading up to the festival, Bucharest hosted an inspiring exchange where youth workers, trainers, and artists from Romania, Portugal, and Spain worked side by side. They explored dance-therapy approaches guided by Sorina Petrescu, founder of TMoves, shared their cultural perspectives, discovered the imprints we leave on ourselves, others, and society, the influences we receive from the outside, and built a shared vision for what inclusion through movement can bring to communities.
- ⊕ Watch the story of this exchange and see how ideas and people came together to move as one.

7. Urban Inclusive Creative Dance Camps – Portugal Edition | Dance Bridges: Accept & Connect

- ⊕ In Portugal, dance became a shared language for 16 young people — including five with disabilities or neurodivergent profiles — from Spain, Romania, and Portugal, brought together in a safe, expressive, and inclusive space.
- ⊕ The urban camp, part of the #DanceBridges: Accept & Connect project, created a space for exploration, where inclusive dance and dance-therapy became tools for personal expression, connection, and inclusion. Each movement was a form of listening; each gesture — an invitation to cooperate and accept one another.
- ⊕ The camp was guided by youth workers and artists from Portugal who encouraged every participant to take part actively, showing that inclusion is a daily choice — one you learn and feel through movement.
- ⊕ Discover the energy of the Portugal camp. Share the story.

8. Urban Inclusive Creative Dance Camps – Spain Edition | Dance Bridges: Accept & Connect



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- ⊕ In the heart of Spain, young people with and without disabilities came together to explore movement, emotion, and creativity during one of the three Urban Inclusive Creative Dance Camps organised through the Dance Bridges: Accept & Connect project.
- ⊕ 🎥 Discover the energy. Share the story. Join the movement.

9. International visit PORTUGAL 2024

- ⊕ This exchange, part of 'Dance Bridges: Accept & Connect', a collaboration with our partners @cercima.montijo.alcochete and @meetsharedance, brought together dedicated youth workers from Romania, Portugal, and Spain. Over several days, they engaged deeply in sharing, building, and creating new connections through dance. This enriching experience united three trainers with diverse backgrounds in dance therapy, inclusive dance, and improvisation. Their combined expertise provided a dynamic learning environment where participants could integrate dance into their methodologies more effectively.
- ⊕ 🎥 Watch the full video to witness these practices in action, bringing about real transformation in lives and communities across borders.

10. International visit SPAIN 2024

- ⊕ In June 2024, we embarked on a transformative journey to Spain to explore best practices in inclusive dance and dance-therapy, as part of the 'Dance Bridges: Accept & Connect' project. Nine youth workers from Spain, Portugal, and Romania came together to engage in enriching exchanges, enhancing their skills in working with neurodivergent and disabled youth. This international collaboration, supported by European Union through the Erasmus+ Program, not only allowed participants to share techniques but also provided an opportunity to develop new professional perspectives. The experience highlighted the power of non-verbal communication and the magic of movement in creating inclusive spaces where everyone—regardless of abilities—can express and connect beyond words.
- ⊕ 🎥 Watch the full video to see how these practices were not just learned but lived, transforming lives and communities across borders.