



PRESENTATION
PNSD- DNSP 1 Class MARSEILLE

2017-2018

File kept by the student

PNSD Contacts

Home PNSD/Studios de danse

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ADMINISTRATIVE SERVICES Centre International de Danse

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Boarding School :

Mme Véronique COUVREUR

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SCHOOL CALENDAR 2017/2018

DNSP1 Class

Start of the scholl year : Internship and administrative

Wednesday 6th of september

10h00 : Meeting

Beginning of courses

Wednesday 6th september

School Holidays

Autumn

From Wednesday 25th of october, after school

To sunday 5th of november.

Resumption of classes Monday 6th of november

Christmas

From Friday 22nd of december after school

To sunday 7th of january

Resumption of classes Monday 8th january

Winter

From saturday 24th of february 2018

to sunday 4th of march 2018.

Resumption of classes Monday 5th of march

Spring

From wednesday 20th april after classes (*except in case of performance*)

to sunday 6th may

Resumption of classes monday 7th may

Summer Holidays

Tuesday 3rd of july after courses

Public Holidays unworked

Wednesday 1st november

Saturday 11th november

Tuesday 1st may

Public Holidays worked

Monday 8th may

Thursday 10th may

Monday 21st may

*Quote : According to the periods of creation with choreographers
and scheduled performances,
weekends may be worked and recorvered in the week.*

EVENTS CALENDAR

Performances/ Stage Experiences

Several performances are planned in the year, depending on the class level
The involvement of each students is an integral part of your training.
Students must be presents of all the rehearsals and performances according to the instructions of the school direction.

Open Door

Friday 20th and Saturday 21st of october 2017

Joined Working Sessions, both classes of DNSP 1 (*Cannes-Mougins and Marseille*)

- Sunday 22nd to wednesday 25th of october 2017
- Monday 25th of june to Tuesday 3rd of july 2018.

Events

Open School on Saturday 24th of February
Annual show of June the 2nd (*be confirmed*)
DNSP Graduation Ceremony on Monday, July 2nd

Annual Exams

Week of may the 28th

Students must respect holidays' calendar and they must be presents to all courses mentionned futher including courses in July 2018.

SUPPLIES ARTISTIC CURRICULUM

I. DRESS DANCE

GIRLS

2 tunics « Galate », 1 skirt « Alegro », 1 convertible pink tights DIV03, 1 black tights footless DIV60
Pack rate : 125 euros

Brand SANSHA: Plateau Bas de tutu - Ref Carlotta
Price according to resellers (for information +/- 60 euros)

BOYS

Top « IVAN » White **or** « HAXO » white + black tights « SOLO » + black short « PACO »
+ marque au choix : panty + black ballet shoe

RESELLERS « WEARMOI »

Boutique « mademoiselle danse »: 11 rue de Cassis, 13008 Marseille, 09 54 61 58 85,
www.mademoiselledanse.com

Boutique « RIM »: 16 rue Sainte, 13001 Marseille, 04 91 54 30 43

Boutique « Attitude Diffusion Marseille »: 2 rue Grignan, 13001 Marseille, 04 91 33 11 48

Boutique « Danse Boutic »: 34 av. Maréchal Joffre, 13004 MARSEILLE, 04 91 34 19 41

WEAR MOI: Parc Tertiaire Valgora, Centre Hermès 2- Niveau RDC, 1-2 rue Yves Rocard, 83160 LA VALETTE DU VAR, 04 98 01 60 03, boutique@wearmoi.com

II. Dance History

1 ring binder + inserts

III. musical education

1 ring binder + inserts

IV. ANATOMY

Books :

- « Anatomy of movement », Blandine Calais Germain, tome 1

- « Anatomy, physiology, biology », 4th édition, Nicole Menche. Editions Maloine (*french*)
(*see you teacher for more references of books in english*)

V. Choreographic notation

1 pencil case with criterium, 1 rubber et 1 ruler

1 ring binder

Book : "The grammar of Benesh's notation" published by the CND (*National Center of Dance, Pantin*)

Students are required to present themselves at the artistic courses with pencil and paper.

RULES OF PROCEDURE FOR STUDENTS

The PNSD has for object:

- To promote the development of choreographic studies
- To train rigorous and creative professionals, open to the different techniques of dance and to the transversality with the other living arts
- To train in the professorship of dance
- To organize any activity likely to favor the professional integration of pupils of the school
- Ensure the conditions for following a general education guaranteeing a general culture of quality facilitating a reorientation or a reconversion
- To raise awareness of amateur practice
- To accompany dance professionals throughout their careers in order to continue to train, to evolve their professional practices or to reconvert

ARTICLE 2- EDUCATIONAL AND ADMINISTRATIVE REGISTRATION

2.1 Administrative formalities

The admitted student must complete the administrative and educational formalities of registration and withdrawal of the student card. The time limits, terms and conditions are set annually by management.

2.2 Tuition Fees / Registration Fees

Any person who has not paid his tuition fees or completed all the formalities relating to the withdrawal of the student card within the time and conditions fixed by the Directorate loses his pupil status and the benefit of his admission.

2.3 Hosting (site Cannes-Mougins)

The school has a boarding school for students with a capacity of 100 beds.

Applications for accommodation are made at the time of enrollment in the school.

Places are given priority to students who are minors, then to students in the upper cycle according to availability.

ARTICLE 3- ORGANIZATION OF STUDIES

3.1 Timing

The calendar of the year is set by the Directors.

The Directors decides each year on school holidays which may be distinct from academic or university vacations ;

The timetable is communicated at the beginning of the school year. This can be modified by the Directors by necessity.

3.2 Obligation of Families

Families are committed to respecting the annual calendar set by the Directors, including holiday dates, and are required to respect the holiday dates as set. The students must be present in school and artistic classes on the dates indicated in accordance with the course schedules.

3.3 Participation of students in shows

Students take part in shows organized by the school. These shows are an integral part of the formation of which they are the artistic application.

The choice of the students participating in the shows is strictly within the competence of the Directors and the choreographers concerned.

ARTICLE 4- OBLIGATIONS

Students are placed, throughout the duration of their schooling, under the authority and responsibility of the School for their artistic activity. No pupil is allowed to leave the school without authorization.

4.1 Attendance

Course follow-up is compulsory. The respect of the schedules set by the Directors is imperative. All the activities making up the student's curriculum must imperatively prevail over any outside activities or commitments. Attendance is monitored by the school life service.

4.2 Application for Leave of Absence

The authorizations of absence are punctual and exceptional. They must be duly substantiated and submitted at least two weeks before the start of the relevant period. The agreement is given solely by the Directors.

4.3 Absence due to sickness

Absences due to illness must be justified by a medical certificate if the absence is greater than 24 hours.

4.4 Attendance for Injury

In case of injury due to injury, students are required to attend dance classes and participate in theoretical classes.

4.5 Competitions, outdoor performances or auditions

No student may, without written permission from the Directors, enter a contest, a performance outside the school or an audition. The leave application must be submitted at least two weeks before the start of the period concerned.

4.6 Delays

Students are required to attend the schedule. In case of delay, they must present themselves to the coordinator who will validate the entry in progress.

4.7 Outfits and suits

Appropriate clothing must be worn throughout the site.

Students are required to comply with the instructions requested by the Directors during the course.

The students are responsible for the costumes and accessories belonging to the institution and are entrusted to them and must return them to the state. It is forbidden to wash or carry items at home. After each rehearsal or performance, the student will be required to hand over the suits and accessories to the responsible person who will conduct an audit.

It is forbidden to smoke, eat in costume as much in the boxes as in the theaters. The wearing of underwear under the costumes as indicated by the costumer is obligatory.

Students must present themselves for rehearsals and shows dressed and masked according to instructions.

4.8 Using the mobile phone

The mobile phone must be switched off at each school or artistic course. It is strictly forbidden to film or photograph a student, a staff member of the school without the authorization. In the event of non-compliance with article 4.8, the Management reserves the right to confiscate the telephone. It will be kept by the coordinator and handed over to the family or the student according to the case within 48 hours.

ARTICLE 5- HEALTH

5.1 Permits for emergency care

The parents or legal guardian of the minor or major student authorize the establishment to take the necessary medical or surgical measures on the person enrolled

5.2 School Accident

In the event of an accident during training or rehearsals / shows, the student must submit an accident report within 24 hours to the coordinator.

5.3 Institutional Insurance

Every student must be able to justify, at the time of registration, a liability and personal injury insurance in his own interest. No student will be able to begin the dance practice if the insurance certificate has not been provided.

A mandatory fee of 30 € is requested from each student at the time of registration. This membership is an additional insurance that covers each student in the event of a physical accident intended to cover medical expenses overruns or disability capital payments.

5.4 Health Center (Cannes-Mougins site)

The establishment has a Health Center and has a network of practitioners specialized in the care of dancers. Several of them work on the premises of the institution and are in permanent contact with the "life in the school" service and the teaching staff.

The activity of the Health Pole at the PNSD is entrusted to a non-profit association dedicated to the training of physical, psychological and social health for young dancers: «DANSE ENVIRONNEMENT SANTE».

The amount of membership for the year 2017-2018 is set at 30 euro.

Establishment in Marseille : The coordinator will liaise with the Healthcare Center.

ARTICLE 6 - RULES OF HYGIENE AND SECURITY

6.1 Tobacco

The smoking ban applies to the premises of the establishment, including open spaces, with the exception of places designated for this purpose (public health code, article L3511-7 and decree assigned to a collective use). This provision extends to the use of electronic cigarettes.

Etablissement Marseille : smoking is strictly forbidden in the school premises, including the cafeteria and the reception hall.

6.2 Alcohol, illicit products

It is strictly forbidden to introduce alcoholic beverages and illegal products into the establishment. Any breach will result in a penalty up to and including the final exclusion of the institution.

6.3 Meal Taking

The taking of meals or items of food is forbidden in the workplace and teaching. It must be carried out in the places provided for this purpose.

Etablissement Marseille : a cafeteria is available for students, teachers and school staff who can invite outside guests. These persons do not have access to the lower level (studios) unless authorized by the coordinator.

6.4 Conduct in the event of an incident or accident

In the event of an incident or accident, witnesses will be required to inform the coordinator

In the absence of personnel present, it will be necessary to call the 18 with specifying :

Address of the establishment : 20 Boulevard de Gabès 13008 MARSEILLE

The location, the nature of the accident, its importance, the number of possible injuries

6.5 Evacuation and containment rules

The student is obliged to observe the evacuation or containment instructions given by the school.

Any user of a space must accept or facilitate the inspection or intervention of the security teams.

It is strictly forbidden to use the fire safety equipment (alarms, fire extinguishers ...)

Establishment Marseille : the emergency exits on the outside of the school enclosure are strictly reserved for the exit in the event of the emission of the fire alarm signal. Outside this emergency, the exit of the building is done by the main entrance unless decided by the supervision.

6.6 General Safety

It is strictly forbidden:

- Congestion of traffic and escape routes
- To borrow exits or passages which are not intended for the circulation of pupils
- Access to technical rooms
- To handle any device related to the safety of persons or property
- To make any modification to heating, lighting and electrical installations
- Manipulate sound, video, scenic lighting, scenography, acoustic panels, etc., outside the presence of a staff member.
- To introduce dangerous objects or products (sharp objects, flammable products, bombs or self-defense ...)

6.7 Rules of Conduct

Students are responsible for their personal belongings and must respect those of their classmates.

It is recommended not to bring any valuables or large sums of money. Lockers are available for students to close with a personal padlock.

The establishment declines all responsibility in the event of theft, loss, disappearance or damage of personal effects.

6.8 Respect for Premises and Maintenance Staff

Everyone's concern must be cleanliness, proper use of the school premises. It must also be respect for the work of the people who are in charge of the maintenance.

Material damage shall give rise to financial compensation to cover the replacement or repair of the property concerned, irrespective of the corresponding penalties imposed in that regard.

ARTICLE 7- PROHIBITED BEHAVIOR, SANCTIONS

7.1 Prohibited behaviors

It is prohibited in particular:

- To act in such a way as to harm or jeopardize persons or equipment;
- Introduce and store hazardous, flammable or explosive materials ;
- To bring and consume illicit substances in the establishment ;
- To degrade the building ;
- Degrade or modify in any way equipment and materials of any kind (including heating, ventilation and air conditioning systems, electrical equipment and lighting) ;
- To tamper with or to disable any equipment or apparatus related to the safety of persons or property;
- To handle lighting fixtures, scenography, acoustic panels ... without the presence of a professor or a technical manager ;
- To encumber the clearances ;
- To disturb pedagogical activities and the conduct of examinations and competitions ;
- Disrespect of the staff of the institution or the invited personalities ;
- smoking within the premises of the establishment, including in open spaces, with the exception of places specifically designated for this purpose ;
- To use for profit, without authorization of the direction, material spaces and instruments of the School;
- To use for unauthorized access or downloading computer equipment and compartments made available to pupils, to degrade or displace such equipment and to connect their personal computers without permission to the network outlets of the room ;
- To reprograph, even partially, the partitions and protected works ;
- Introduce animals into the establishment ;
- Any degradation, act of violence or theft can lead to the immediate expulsion of the premises.

Disciplinary penalties referred to in Article 7.2 of this Regulation shall be imposed on pupils who are violators.

7.2 Sanctions

Any breach of the provisions of these Rules of Procedure may be subject to disciplinary action.

The sanctions awarded may be successively:

- general interest work
- written warning
- temporary exclusion from the establishment
- definitive exclusion from the establishment

Students failures can, in most cases, be resolved through direct dialogue between the student and the trainers. However, persistent or serious breaches will naturally be sanctioned and will justify the implementation of disciplinary proceedings or appropriate sanctions aimed at making the student understand that he must adopt behavior that is compatible with the requirements of his Personal and collective life.

The Directors may apply one of the penalties laid down without the lower penalties having been applied.

ARTICLE 8 - USE OF PREMISES

Access to the premises of the institution (dance studios, classrooms, boarding school, etc.) is prohibited for anyone outside the school unless authorized in writing by the Directorate.

8.1 Access to dance studios

8.1.1 Opening times

The dance studios are open Monday to Friday from 8 am to 8 pm and Saturday from 9 am to 2 pm in Cannes-Mougins.

The Dance studios are open Monday to Friday from 8h00 am to 8h00 pm and Saturday from 8h00 am to 2 pm in Marseille.

8.1.2 Studio Specific Rules of Conduct

- No delay will be tolerated. Any student who is late must go to the coordinator.
- Regular dance performance is compulsory at each course.
- Only bags and bottles of water are allowed in the studios. The other personal effects must be deposited in the lockers placed in the locker rooms and closed with a personal padlock.
- City shoes are prohibited in dance studios.
- Any degradation will entail sanction and / or financial compensation.

8.1.3 Reservation procedure

Reservations for dance studios are to be made at the schedules' department.

8.1.4 Obligations linked to the reservation

The user is responsible for the condition of the premises allocated to him and the equipment in the room. He must therefore indicate at the beginning of the working session any abnormal situation or deterioration that he would have noticed. Otherwise, any damage will be charged. This measure may, depending on the nature of the items found, be accompanied by disciplinary sanctions provided for in section 7.2 of this Regulation.

Whatever its quality, each occupant is obliged to respect the time of use allocated to him and to return the key within the prescribed time, in order not to delay or disrupt the course of the following sessions. In addition, for educational or practical reasons, the duration of use and access to the spaces may be limited or prohibited.

The spaces provided are put back in order by the users at the end of the reservation (including tables and chairs, windows and closed pianos).

Any breach of the provisions of these Rules of Procedure may be subject to a disciplinary sanction as set out in Article 7.2 of this Regulation.

8.1.5 Obligations related to gymnasium (Marseille site)

Access to the gymnasium is permitted for pupils, in the context of personal work, especially when it requires the use of a specific material. In this case, the authorization of the coordinator is necessary.

8.2 Access to Class rooms (site Cannes-Mougins)

8.2.1 Opening times

The classrooms are open from Monday to Friday from 7:45 to 20:00. Any student arriving before 7.45 am will have to wait at the boarding school.

8.2.2 Respect for Premises and Maintenance Staff

Everyone's concern must be cleanliness, proper use of the school premises. It must also be respect for the work of the people who are in charge of the maintenance.

Material damage shall give rise to financial compensation to cover the replacement or repair of the property concerned, irrespective of the corresponding penalties imposed in that regard.

8.2.3 Liability in case of theft

Students are responsible for their personal belongings and must respect those of their classmates. It is not advisable to leave personal belongings in the classrooms. The establishment declines all responsibility in the event of theft, loss, disappearance or damage of personal effects.

8.2.4 Use and loan of equipment (Cannes-Mougins site)

Students are not permitted to use the material without first obtaining the authorization of the school service or of the service of "life in school"

8.3 Access to the canteen (Cannes-Mougins site)

8.3.1 Access

Access to the canteen is reserved for people with a canteen card, or a meal ticket.

8.3.2 Opening hours

Breakfast: 7 am to 8.30 am Monday to Saturday - 8 am to 9.30 am on Sunday

Lunch: 12h to 14h from Monday to Friday - 12h to 13h30 on Saturday - 12h to 13h on Sunday.

Dinner: 19:00 to 20:30 from Monday to Friday - 19:00 to 20:00 Saturday and Sunday.

8.3.3 Meal Taking

All meals must be consumed on site, the responsibility of the PNSD and its catering provider is not incurred if the student consumes the meal distributed outside the restaurant.

8.4 Boarding (Cannes-Mougins)

8.4.1 Access

Outside the residence of the boarding-school, its access is strictly forbidden to any non-internal person

8.4.2 Boarding Regulations

The regulation of the boarding school defines the rights and obligations of the interns

ARTICLE 9- SPECIAL AUTHORIZATIONS

9.1 Turning, shooting

Recordings, shooting and taking of photographs within the premises of the institution are subject to the authorization of the director.

9.2 Right to the image

Students may be photographed, recorded and / or filmed during their stay at school. The institution may use, for the promotion of the image of the School, for the design of communication or advertising tools, for itself or for any other natural person or legal entity, without financial part Specific photographs or recordings in any medium during the course of the student's schooling and for a period of 10 years after the student's departure.

FINANCIAL HELP

I. SCHOLARSHIPS FOR HIGHER EDUCATION (students from France or from a member state of the European Union)

The CROUS awards a scholarship on social criteria to students enrolled in dedicated schools To higher education in the performing arts. PNSD students, French or Of one of the Member States of the European Union, can benefit from this arrangement.

This scholarship is awarded under the conditions of resources to pupils enrolled in the higher cycle. By way of derogation, students enrolled in Cycle 3 at the PNSD may apply for assistance.

Information available on:

<http://www.etudiant.gouv.fr/pid33629/bourses-sur-criteres-sociaux.html/>

II. HOUSING AID (students over 16 with student status)

French students:

Students can benefit from personalized housing assistance (APL) and social housing allowance (ALS). These two aids are allocated by the Family Allowances Fund (CAF) on the basis of social criteria (resources, family situation, type of housing, etc.), which can not be cumulated with parental benefits for children under 20 years.

Foreign students:

Foreign students studying in France may benefit from housing assistance under certain conditions. *Information on the following links:*

<https://www.caf.fr/international/francais-a-l-etranger-etrangers-en-france>

English:

https://www.caf.fr/sites/default/files/cnaf/Documents/international/pdf/02062016_AleEtudiantEtrangerSecteurLocatifanglaisBDEF.pdf

Español:

<https://www.caf.fr/sites/default/files/cnaf/Documents/international/pdf/ale2016/AleEtudiantEtrangerFoyerHorsCrousBDEF.pdf>

HEALTH CENTER

The PNSD attaches particular importance to the dancer's health. To ensure an optimal accompaniment of the students, our structure has a « Pole Santé Danse ».

1. The activities of the « Pôle Santé Danse »

Under the chairmanship of Peter Lewton-Brain, an internationally recognized dancer and osteopath professor in the field of dancer health, is based in Cannes, at the École Supérieure Of Dance Rosella Hightower. • Through the Health Coordinator, based in Marseilles, she fulfills the following tasks for DNSP1 dancers: - Orientation of students to practitioners selected by the healthcare team, specialized and trained in the specific needs related to Intensive dance practice - communication between the medical team, the paramedical team and the teaching team - support for various research projects aimed at improving the health of dancers - prevention of injuries by d Optimization of dancer performance

2- The administrative team

President of the Health Dance Section: Peter Lewton-Brain

Format: Health Modules for NSPP and ENSMD students, training of teachers and practitioners in dancer health.

Health Coordination: Chloé Saumade

Mission: communication of medical team / PNSD teaching team.

3. Consultations

Medical appointments are made at the practitioner's office.

Sports Medicine : Dr FAREAU

23 Boulevard de la Concorde 13009 MARSEILLE (tel: +33 491 40 64 23)

Kinesitherapy : Laurine BROUQUI

5 rue de Cassis 13008 MARSEILLE (tel: +33 684 72 89 25)

Osteopathy : Pierre-Yves MARTIN

5 rue de Rome 13006 MARSEILLE (tel: +33 491 33 19 19)

Pedicure-Podologist : Anouk BRULAS

CC La Rouvière, 83 Boulevard du Redon 13009 MARSEILLE (tel: +33 663 24 90 44)

HEALTH EQUIPMENT

Essential equipment (to be permanently in the dance bag):

- Hot / cold gel pocket + small towel to avoid direct contact with the skin.
- Instant cold pocket to have in its bag for the rehearsals (Ice pack) or soothing cream type Biofreeze
- Strapping (3.5 cm wide, 6cm)
- Sparadrap
- Disinfectant
- Heat / soothing cream (balm type Aroma, St Bernard, Roll On PurEssential muscles and joints)
- Cream to apply on the blows and hematomas (Arnica in cream)
- Massage oil for muscle preparation / recovery (Weleda Arnica, EvoluDerm Lavender and Rosemary)
- Spike ball, tennis ball, foot massage roller
- Elastic Theraband

STUDENT SOCIAL SECURITY

FOR EUROPEAN STUDENTS + SWITZERLAND

No affiliation if the student holds for the whole academic year either a European health insurance card or his provisional certificate or a private insurance certificate covering all the risks and without restrictions tariff.

FOR FOREIGN STUDENTS hors Europe & Switzerland : Affiliation is compulsory and pay, except for the scholarship students of the french goverment.

YOUR ATTENTION TO...

Student Social Security covers 2/3 of the care (example: for a treatment with 60 euro, the social security takes in 40 euro. The remaining 20 euros are the responsibility of the patient). To benefit from a 100% assumption, the student must subscribe to a complementary mutual (possible to the MEP or the LMDE, several possible choices)

The amount of the student medical insurance contribution for the year 2017-2018 will be set in the summer of 2017 (for information: the amount of the 2016-2017 contribution was 215 euros).

Affiliation to the French Student Social Security and payment of the membership fee (by check payable to the PNSD, by bank card or cash) are made on the day of the students' re-entry

NB : *If there's any problem, please move close to the coordinator.*

Sandrine Julien

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