

SWEAT

SWEAT

HONG KONG
INTERNATIONAL

DANCE WORKSHOP FESTIVAL

20
25

The Hong Kong Academy for Performing Arts

INFO Pack

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Day 1
18 June 2025

	HKJC Amphitheatre	Dance Studio 5, 3/F	Dance Studio 7, 3/F
10:00am - 10:20am	Opening Remarks		
10:20am - 11:05am	Keynote Speech: Dance in Doubt: the Non-Standard		
11:05am - 11:55am	Lecture Performance: LILITH.AI		
2:00pm - 3:30pm	Paper Presentation: The Body and Technology: Mediations, Transformations, Resonances, and the Self	Paper Presentation: Choreographic Regeneration, Delocalisation, and Experimentation in China	Paper Presentation: Asian Expressions: Trauma, Survival, and the Spiritual
3:30pm - 4:00pm	Coffee Break		
4:00pm - 5:30pm	Paper Presentation: A Choreography of Pedagogies: International Relations, Communities, and Contexts	Paper Presentation: Confluences: Choreographies of Change in Korea	Paper Presentation: Choreographic Futures: AI, Platforms and Creative Agency

Day 2
19 June 2025

	HKJC Amphitheatre	Dance Studio 5, 3/F	Dance Studio 7, 3/F	Dance & Technology Lab, 5/F, TML Artist Block
9:00am - 10:30am	Lecture Demonstration: Dance Creation & Aesthetic Exploration	Paper Presentation: Confluences: Choreographic Practices at the Intersection of East and West	Paper Presentation: History, Culture, Memory, Heritage	
10:30am - 11:00am	Coffee Break			
11:00am - 12:30pm	Lecture Demonstration: Cultural Landscapes: Dancing Through Time and Place	Paper Presentation: Embodied Poetics: Choreography, Nature, and the Vulnerable Body	Paper Presentation: A Choreography of Pedagogies: Creative and Somatic Practices	
2:00pm - 3:30pm	Lecture Demonstration: Choreographic Meditations	Paper Presentation: Laban in Practice: The body, Pedagogy, and Creativity	Paper Presentation: Emerging Scholars: Pedagogical Innovation	DanceTECH Research Showcase: 'Phygital Movement': Fusing Technology and Dance
3:30pm - 4:00pm	Coffee Break			
4:00pm - 5:30pm	Lecture Demonstration: Embodying Cultural Knowledges through Dance			DanceTECH Research Showcase: Choreography in the Digital Realm

Day 3
20 June 2025

	HKJC Amphitheatre	HKJC Amphitheatre Podium	Dance Studio 5, 3/F	Lobby, G/F	Dance & Technology Lab, 5/F, TML Artist Block
9:00am - 10:30am	Lecture Demonstration: Physical Narratives: Choreography, Memory, and Expression		Paper Presentation: Emerging Scholars: Creative Practices		DanceTECH Research Showcase: A Dual Exploration of Memory Traces and Modern Illusions
10:30am - 11:00am	Coffee Break				
11:00am - 12:30pm	Lecture Demonstration: Collaborative Creation, Influences and Relationships				DanceTECH Research Showcase: Cyber Choreography: Creating in Virtual World
12:45pm - 1:15pm				Book Launch	
2:30pm - 3:20pm	Open Studio Sharing and Artist Dialogue: Dance Reflections Choreographic Residency Project				
3:20pm - 3:50pm	Lecture Demonstration: Searching for Identity				
3:50pm - 4:10pm	Concluding Comments				
4:10pm - 4:20pm	Closing Remarks				
4:30pm - 5:30pm		Open Studio Sharing: CollabAsia Project			

Day 4

21 June 2025

Add-on programmes

	HKJC Amphitheatre	Dance Studio 5, 3/F	Dance Studio 6, 3/F	Dance Studio 7, 3/F
9:30am - 11:00am		World Dance Alliance Asia-Pacific Executive Board Meeting		
11:00am - 12:00pm		World Dance Alliance Asia-Pacific AGM		
12:00pm - 1:00pm			Open Studio Sharing: Chinese Folk Dance Reseach and Choreography Project	
2:00pm - 3:30pm		World Dance Alliance Asia-Pacific Network Meeting		Seminar/Workshop: (2:30pm-3:30pm) <i>Celebrating Dance in Asia and the Pacific: Writing the Dance</i>

Day 5

22 June 2025

Add-on programmes

	Dance Studio 1, 4/F
1:00pm - 3:00pm	ArtsCross Hong Kong 2025: Dance Presentation
3:30pm - 5:30pm	ArtsCross Hong Kong 2025: Scholar Presentation

Immigration (visiting Hong Kong)

- All visitors to Hong Kong must have a passport that is valid for at least one month after the period of their intended stay in Hong Kong.
- Visa Requirement: Visitors from most countries can enter Hong Kong without a visa for periods of seven to 180 days, depending on nationality. Check with the [Hong Kong Immigration Department](#) for details about visa requirements.
- Hong Kong International Airport: For the information of the Hong Kong International Airport (HKG), please visit www.hongkongairport.com.

Emergency & Useful Numbers

- SWEAT Team Contact E-mail:
 - Wendy: wendyyuen@hkapa.edu
 - Elaine: sweat.pm@hkapa.edu
 - Hayley: sweat.officer@hkapa.edu
- Emergency services (police, fire, ambulance): **999**
- Police Hotline (Non-emergency, passport loss):
+852 2527 7177

Venue

The Hong Kong Academy for Performing Arts (HKAPA) 香港演藝學院

Address: 1 Gloucester Rd, Wan Chai 灣仔告士打道1號

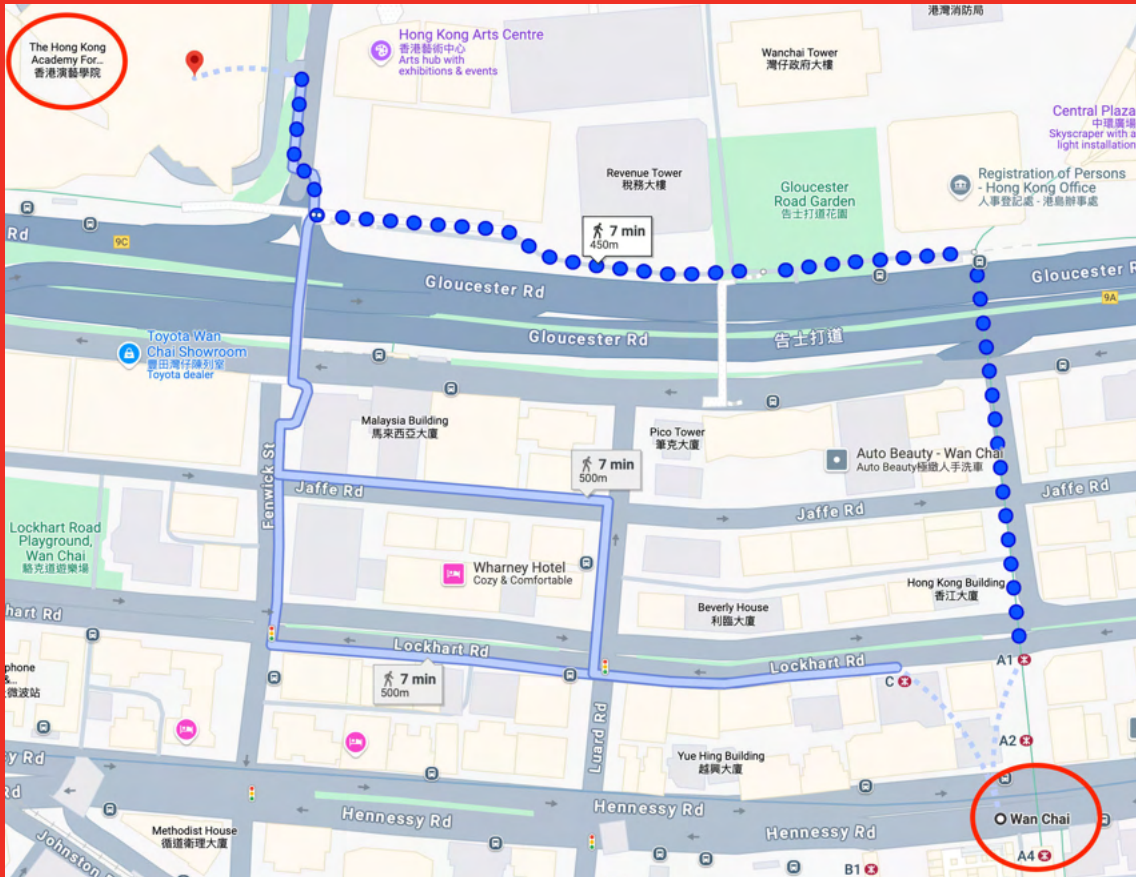


● Location

The Academy is located roughly mid-way between the Admiralty and Wanchai MTR stations, although it is slightly closer to Admiralty.



Between Admiralty Station and HKAPA



Between Wanchai Station and HKAPA

● Bus route guide

A) A12, 18, 18P, 18X, 40M, 590, 720, 720A, 722, 780, 788

B) B) 2, A12, 18, 18P, 18X, 70, 104, 260, 307, 309, 590, 720, 720A, 720P, 722, 780, 788, 930A, 930X, 967X, 969X

● Parking

Limited car parking space is available for private cars in Wanchai Campus on a first-come, first-served basis.

- Campus Map



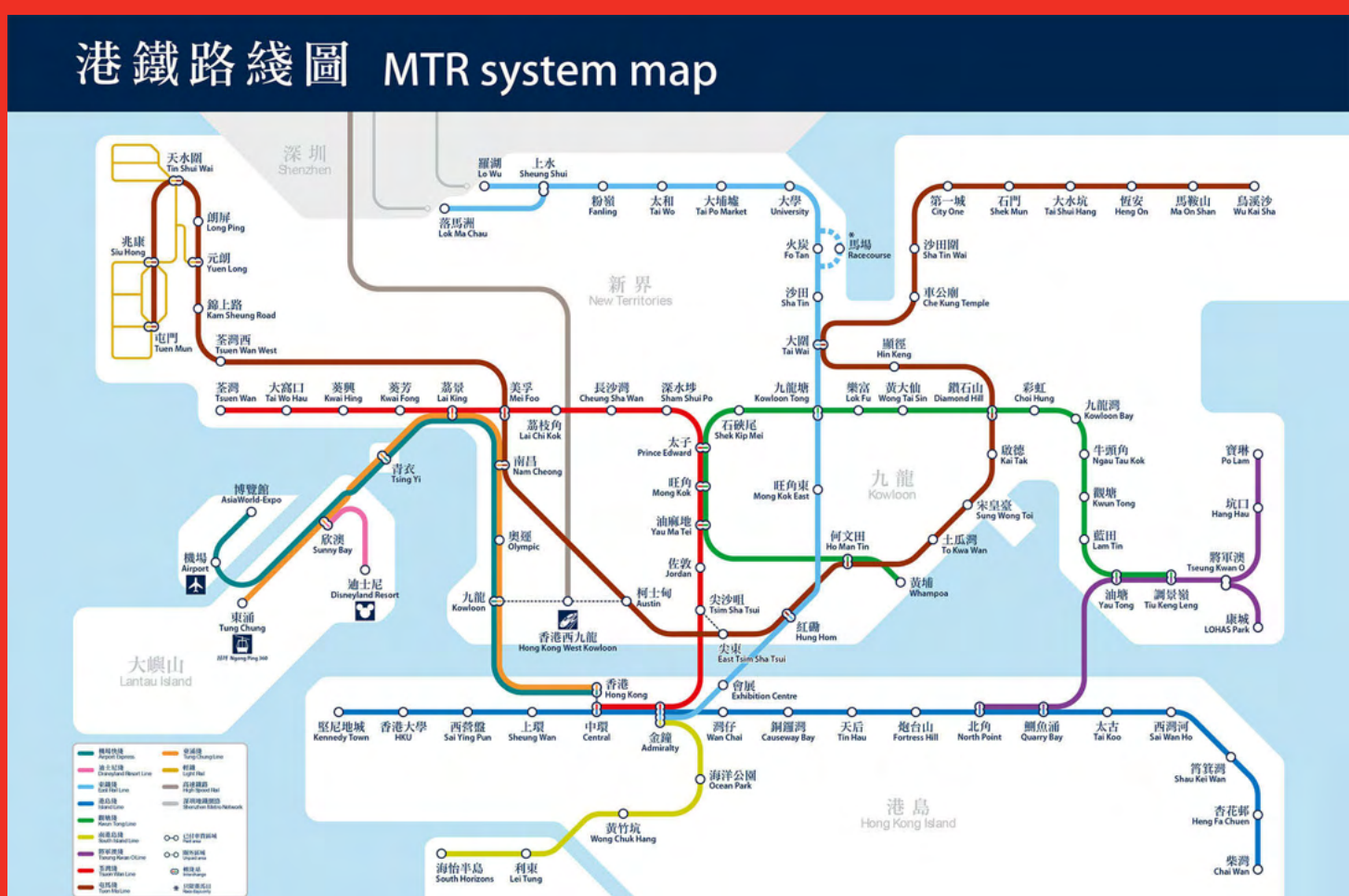
For detailed campus map of each floor, please visit:

<https://www.hkapa.edu/campus/wanchai-campus>

Transportation in Hong Kong

- Public transportation in Hong Kong is very convenient.

You can purchase an Octopus card at \$150 (deposit \$50 + usable value of \$100). The card is usable on all trains, ferries and buses. You can even use it for payment at supermarkets, convenience stores and certain restaurants. The Octopus card can be purchased and refunded at any Mass Transit Railway (MTR) stations.



https://www.mtr.com.hk/en/customer/services/system_map.html

- Taxi: Taxis in Hong Kong are not expensive. Before you board, make sure you have the **address in Chinese** and **small change**. Most taxis do not accept \$500 & \$1000 notes.
- More information: <https://www.discoverhongkong.com/eng/plan/traveller-info/getting-around.html>

Dining in HKAPA

HKAPA Canteen (UG)

Opening hour: MON - SAT 0800 - 2045 (cut off time)

Closed : Sun and public holiday

HKAPA Canteen (1/F)

Opening hour: MON - FRI 1200 - 1420

Closed : Sat, Sun and public holiday

Payment methods:

- Alipay (支付寶)
- WeChat Pay (微信)
- Payme
- Octopus (八達通)
- Cash (no change will be provided)

Dining in Wanchai (Near HKAPA)

- **Mon Kee Café – Hong Kong-Styled Diner**
<https://www.openrice.com/en/hongkong/r-mon-kee-cafe-wan-chai-hong-kong-style-r511947>
- **Lung Dim Sum – Dim Sum**
<https://www.openrice.com/en/hongkong/r-lung-dim-sum-wan-chai-hong-kong-style-dim-sum-r770198>
- **Seoul Noodles – Korean Style Noodles**
<https://www.openrice.com/en/hongkong/r-seoul-noodles-wan-chai-korean-noodles-rice-noodles-r862125>
- **湖南米粉(香港) – Chinese Style Noodles**
<https://www.openrice.com/en/hongkong/r-%E6%B9%96%E5%8D%97%E7%B1%B3%E7%B2%89-wan-chai-hunan-r880921>
- **RED CITY CAFE – Hong Kong-Styled Diner**
<https://www.openrice.com/en/hongkong/r-red-city-cafe-wan-chai-international-r754434>
- **Trafalgar – Western Meal & Bar**
<https://www.openrice.com/en/hongkong/r-traffic-wan-chai-british-wine-r31563>
- **Coffeelin Espresso – Coffee and cafe**
<https://www.openrice.com/en/hongkong/r-coffeelin-espresso-wan-chai-italian-cake-r734996>



Dining in Wanchai (Near HKAPA)

- **Tung Fong Siu Kee Yuen – Chinese Style Vegetarian**
<https://www.openrice.com/en/hongkong/r-tung-fong-siu-kee-yuen-wan-chai-guangdong-vegetarian-r3843>
- **Woodlands Indian– Vegetarian**
<https://www.openrice.com/en/hongkong/r-woodlands-indian-vegetarian-restaurant-wan-chai-indian-meatless-menu-r781091>
- **Isoya Japanese – Vegetarian**
<https://www.openrice.com/en/hongkong/r-isoya-japanese-vegetarian-restaurant-wan-chai-japanese-vegetarian-r179227>
- **Coffeelin Espresso – Coffee and cafe**
<https://www.openrice.com/en/hongkong/r-coffeelin-espresso-wan-chai-italian-cake-r734996>
- **Mansons Lot - Coffee and cafe**
<https://www.openrice.com/en/hongkong/r-mansons-lot-wan-chai-western-all-day-breakfast-r677267>
- **Sour Dough - Coffee and Bakery**
<https://www.openrice.com/en/hongkong/r-sour-dough-wan-chai-western-bakery-r738634>
- **Passion - Coffee and Bakery**
<https://www.openrice.com/en/hongkong/r-passion-wan-chai-french-cake-r487485>
- **RETRO - Coffee-to-go**
<https://www.openrice.com/en/hongkong/r-retro-wan-chai-international-r746481>
- **The Corner Coffee - Coffee-to-go**
<https://www.openrice.com/en/hongkong/r-the-corner-coffee-wan-chai-western-r557031>
- **NOC Coffee Co. - Coffee-to-go**
<https://www.openrice.com/en/hongkong/r-noc-coffee-co-wan-chai-western-r863568>

Payment Methods

- Currency: The Hong Kong dollar (HK\$) is the unit of currency used in Hong Kong. One US Dollar is about HK\$7.80. Most foreign currencies and traveller's cheques can be changed at banks, hotels and moneychangers.
- Most international credit cards, such as American Express, VISA, and MasterCard, are accepted at hotels, shops, and restaurants.
- Some stores also accept mobile payments like Apple Pay, Google Pay, Alipay, and WeChat Pay.
- There are still some shops and restaurants in Hong Kong that only accept cash or Octopus cards (Transport card in Hong Kong), you can purchase or rent an Octopus card, or download the [tourist version of the Octopus app](#) to your mobile phone.



Clinic and hospital

If You are not feeling well and need to seek medical care service, here are some options near the event venue (HKAPA).

1. General clinic nearby HKAPA

Dr. Tsang Chi Ming

Phone: +852 2865 6656

Address: G/F, 40 Hennessy Road, Wanchai, Hong Kong

Opening hour: 09:30 – 14:00 ; 15:30 – 19:00

Remark: You can have a telephone appointment before you arrive.

2. Accident & Emergency Departments(A&E) department

Ruttonjee Hospital

Phone: +852 2291 2000

Address: 266 Queen's Rd E, Wan Chai

Opening hour: 24 hours

Other information for Packing

- **Temperature (June):** 26-30 °C (average 28°C)
- **Rain:** one of the wettest months of the year, on average it rains 19 days out of the month
- **What to pack:** Wear light and breathable clothing, but also prepare a jacket as air-conditioning may be strong in indoor areas such as shopping malls and on public transport. Remember to bring an umbrella or light rain gear, as there may be monsoons in the summer. Mosquito repellent and sunglasses are also recommended for extended outdoor activities.
- **Check Weather Forecast –** [Hong Kong Observatory](#)
- **Adaptors:** UK-style plug, three-pronged
- **Voltage:** 220 volts AC, 50Hz
- **Stay Connected:** SIM card (3G, 4G, 5G), Wi-Fi hotspots (Free Wi-Fi is available within HKAPA area)
- **SIM Card Activation Tutorial:** https://www.ofca.gov.hk/en/consumer_focus/guide/hot_topics/sim_registration/reference_guide/index.html
- **Medications:** Bring any personal items and medications you will need during your time abroad. Although pharmacies and grocery stores are easily found in many major cities, be sure to bring personal items and necessary medications with you, especially if you require a specific brand or prescription that can't easily be found or filled abroad.

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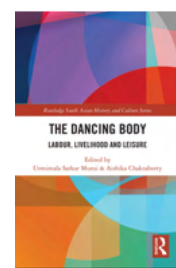
Featured Titles



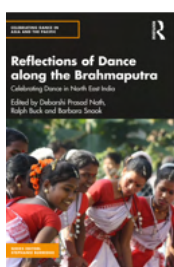
Improvisation Methods and Practices in Southeast Asia



Lives in Motion



The Dancing Body



Reflections of Dance along the Brahmaputra



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