

SCHOOL OF DANCE HIGHLIGHTS

【February 2026】

We are thrilled to share the latest updates from the School of Dance, showcasing our commitment to fostering creativity, excellence, and artistic growth. We are proud of our students' and staff's outstanding performances and dedication to their craft.

Upcoming Events

The Hong Kong Academy for Performing Arts invites you to:

SCIENCE MEETS PRACTICE

A Holistic Approach for Dance Teachers

IADMS REGIONAL MEETING
3 - 4 APRIL, 2026

This event is hosted in coordination with the International Association for Dance Medicine & Science (IADMS).

Science Meets Practice: HKAPA x IADMS Regional Meeting

The School of Dance, in collaboration with the International Association for Dance Medicine and Science (IADMS), is pleased to present its upcoming Regional Meeting on 3rd to 4th April 2026.

Tailored for dance teachers, this two-day event offers a unique opportunity to connect with international experts through lectures and hands-on workshops focused on holistic training, dancers' well-being, and performance.

Attendees will gain practical, actionable strategies in conditioning, nutrition, and psychology to enhance their teaching.

Secure your spot and invest in your professional development now.

[Please Click for Details](#)

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3 April 2026	Training for Longevity: Building Resilience in the Adolescent Dancer's Body	
8:30 - 9:00 am	Registration	
9:00 - 9:25 am	Opening Remarks	
9:30 - 10:30 am	Workshop From the Ground Up: The Science of Foot and Weight Placement	Paula Baird-Colt
10:45 - 11:45 am	Workshop Strengthening the Flexible Body: A Balanced Approach	Dr. Jojo Lai
1:00 - 2:00 pm	Talk Empowering Young Dancers: Practical Psychological Tools for Dance Teachers	Karen Lo
2:15 - 3:15 pm	Talk Nutrition for Puberty & Performance: A Healthy Guide	Sylvia Lam
3:30 - 4:30 pm	Discuss, Reflect, and Apply	
4:45 - 5:15 pm	Dance Science in Practice: School of Dance (HKAPA) and Elmhurst Ballet School (UK)	Dr. Nico Kolokythas
5:15 - 5:30 pm	Closing remarks	
4 April 2026	The Analytic Teacher: Deconstructing Technique for Effective Instruction	
8:30 - 9:00 am	Registration	
9:00 - 10:00 am	Talk Decoding Movement: The Science and Art of Learning to Move	Paula Baird-Colt
10:15 - 11:15 am	Workshop Effective Cueing: Where Analysis Meets Action	Paula Baird-Colt
12:30 - 1:30 pm	Talk Teaching Hypermobile Dancers: The Art and Science of Joint Stability	Dr. Xiang Hong
1:45 - 2:45 pm	Workshop Stability in Action: Dissecting the Supporting Leg for Hypermobile Dancers	Dr. Xiang Hong
3:00 - 4:00 pm	Talk The Confident Dancer: A Psychologist's Guide for Performance Readiness	Karen Lo
4:15 - 5:15 pm	Keynote session	Prof. Emma Redding
5:15 - 6:00 pm	Panel discussion and Q&A	
6:00 - 6:15 pm	Closing remarks	

Paula Baird-Colt
Exercise movement specialist (Australia)

Dr. Jojo Lai Hoi Ching
Orthopaedic Doctor (Hong Kong)

Karen Lo
Sport Psychologist (Hong Kong)

Sylvia Lam
Consultant Dietitian (Hong Kong)

Dr. Nico Kolokythas
Head of Research and Performance (UK)

Dr. Xiang Hong
Orthopaedic Doctor (Chinese Mainland)

Prof. Emma Redding
Dean of School, Central Saint Martins (UK)

The Hong Kong Academy for Performing Arts
1 Gloucester Road, Wan Chai, Hong Kong

dancescience@hkapa.edu

More information and ticketing



The School of Dance recently conducted **Beijing and Taipei Auditions**, seeking talented individuals to join the School's Undergraduate and Post-Secondary Programmes for admission in September 2026/27 admission. Additionally, a Master Programme Presentation was held concurrently, providing valuable insights into the Master of Fine Arts in Dance programme.

[Click for Details](#)



In collaboration with the School of Theatre & Entertainment Arts, presented **School of Dance Fall Performances**

《舞蹈學院秋季演出》 from 21st to 22nd November 2025 at the Lyric Theatre of the Academy.

The performances featured unique works of “After-Image,” “Autumn Thoughts,” and “Grand Finale (Extract).” A total of 75 passionate students took the stage, dazzling the audience with their remarkable talent and heartfelt dedication.

Congratulations to all the students, colleagues, guest choreographers, artists, and everyone who was involved in and supported the *School of Dance Fall Performances* for another successful dance production with three public performances in the past month. We turned the impossible into possible once again. Bravo to all! Thank you for all the positive and congratulatory messages we received from guests, parents, and the audience.

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School of Dance External Development



The first stage of the 3i Project: the School of Dance, in **Collaboration with the Dancing School of Yunnan Arts University (YNAU), focusing on Ethnographic Research in Chinese Folk Dance**. From 17th to 24th April 2025, this field study trip brought together 15 students from the BFA Year 2 and 4 Chinese Dance specialisation, alongside 12 students from Yunnan Arts University.

Led by Senior Lecturer of Chinese Dance, Yu Pik-yim, a total of 45 teachers and students embarked on a journey to Xishuangbanna, where they explored various villages of the Dai, Jino, and Blang ethnic groups. Participants engaged with representatives of diverse intangible cultural heritages, experiencing traditional dance performances, singing, and musical instruments firsthand.



From 16th to 27th June 2025, six talented students from the School of Dance, under the guidance of Lecturer of Ballet, Eve Chan, participated in **CAMPING in Lyon**, a renowned dance festival hosted by the CND (Centre national de la danse) in Lyon, France.

Students engaged in a series of workshops led by international artists, enhancing their skills and broadening their artistic horizons. Additionally, they showcased their talent through performances and presentations at the School's Marathon, leaving a lasting impression on festival attendees.

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Photo credit © Ho Chang

CollabAsia Project in Seoul – Without the Sun

Co-presented by the School of Dance, HKAPA and Sungkyunkwan University (SKKU), 15 students went to Seoul for “Hong Kong Week 2025@Seoul”. The students performed collaborative work “CollabAsia Project – Without the Sun” from 30th September to 4th October 2025.

The event was jam packed with indoor and outdoor performances, community engagement and professional development training for our dancers. We reached nearly 1,000 audience, and our highlight was performing the work outdoors on the famous Hongdae Red Road R6!

A huge thank you to the Leisure and Cultural Services Department (LCSD) for their support, and for including HKAPA in this meaningful initiative.

“Hong Kong Week 2025@Seoul” “CollabAsia Project - Without the Sun” was co-choreographed and directed by Leila McMillan, Head of Contemporary Dance at HKAPA, and Na-ye Kim, Associate Professor of Contemporary Dance at Sungkyunkwan University.

[Please Click for Details](#)

#HongKongWeek #HKW

#HKAPA #演藝學院

#Dance #舞蹈

#성균관대 #SKKU #SungkyunkwanUniversity



Congratulations to our 12 School of Dance students who were participated in a collaboration with Opera Hong Kong, in their production of **Aida by Giuseppe Verdi** at the Grand Theatre of the Hong Kong Cultural Centre on 11th and 12th October 2025. Our Dance students did a brilliant job in the performance.



From 24th to 28th October 2025, Senior Lecturer of Contemporary Dance, Li Yongjing led two talented students in participating in the

World Dance Education Exchange Performance 2025

in Beijing.

The students presented the work of “Whispers in Motion”, choreographed by Li Yongjing, showcasing their skills on an international platform.



From 10th to 21st November 2025, our MFA students, under the guidance of Head of Academic Studies and Postgraduate Programme Leader (Dance), Dr. Maria Salgado Llopis and Senior Lecturer of Academic and Contextual Studies in Dance, Dr. Melina Scialom,

participated in **CAMPING in Taipei**. This event provided an incredible opportunity for our students to engage with international artists and enhance their dance skills.

The festival featuring a variety of workshops, performances, and presentations aimed at broadening artistic horizons and showcasing remarkable talent. This was a unique chance for our students to learn and grow in a vibrant artistic environment.

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Photographer: PingNam

Clockenflap - Music & Arts Festival

From 5th to 7th December 2025 the School of Dance collaborated with Clockenflap Music & Arts Festival on a new production Minimax presents The Planets. This interdisciplinary performance featured street dancers, aerialists, contemporary dancers, opera singer, a choir and more.

Minimax is a mobile and modular theatrical experience, premiering at Clockenflap 2025, conceptualized by Jay Hofmann-Forster (Co-Founder & Artistic Director, Clockenflap), written and directed by Benjamin Smith, with structures designed by Obie Chan.

The performance was co-choreographed by CK Wong Sze Ki and Leila McMillan (HKAPA Collaboration). Featuring Contemporary Stream Dancers plus School of Dance alumni Emily Huang Ziyan and Li De.

Funded by the ACDFS, with further support from Shaw Studios and The Hong Kong Academy for Performing Arts.

@clockenflap
@jayhofmannforster
@bensmithjammin
@mcmillanleila

#clockenflap #clockenflap2025 #minimax

Students Achievement



School of Dance graduating student Tang Celine Laurelle has been awarded the HKAPA Student Awards 2024/25 – The Academy Award, to acknowledge her outstanding professional practice, significant contributions to the Academy, the Hong Kong community, and her fellow students. Congratulations!



Congratulations to Lee Yong-shan, a Year 1 student of Bachelor of Fine Arts (Honours) in Dance majoring in Choreography, who is the first Academy student to be awarded The Belt and Road Scholarship by the HKSAR Government Scholarship Fund!

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