

## **Lifelong art in V4 countries**

A project by Off Foundation

The project aims to increase the representation of senior citizens in contemporary performing arts communities in Visegrad countries. The collaboration of a Czech and a Polish cultural center and a Hungarian foundation creates programs for seniors and thus makes the cultural offering of the regions better fit the population.

---

### **Off Foundation – Hodworks Company: “This is how I can play at my age!”**

Organised by the OFF Foundation, Júlia Garai, Adrienn Hód and Zsófia Tamara Vadas worked with the 60+ group of MU Theatre during a three-month creation period. This exceptional group has been led by dance artist and dance teacher Júlia Garai for more than ten years. The group was created specifically for the older residents of the district, functioning as both a gymnastics and improvisational dance group. The classes, which have already had a great impact on the lives of the participants, have been enriched by the project of the OFF Foundation through 15 sessions.

The aim of the project was not to create a performance, but to enrich and deepen the work of the group by presenting different artistic and theoretical directions. During the workshops, participants experienced themselves and the power of play through different artistic disciplines (theatre, music, dance, visual arts). The central themes were memory, the joy of change, liberation, experiencing wholeness and self-absorption.

A film about the process, made by Máté Kőrösi, was shown in September. This documentary is an insight into the workings of the group and the free creative process without pressure. The film shows the important and meaningful work that the participants were engaged in and the unexpected impact it had on their daily lives and their experiences of ageing.

LINK TO THE FILM: <https://vimeo.com/757879144>

The project is organised by Fanni Solymár and Erika Partig-Kis.

Project sponsors: MU Theater, Virág Benedek Ház, Art Quarter Budapest

Project Lead Partner: OFF Foundation

Co-production partner: Katlan Group

The programme was supported by the International Visegrad Fund.

---

## **Nowa Huta Cultural Centre: The Voice of Seniors**

Nowa Huta Cultural Centre has been active since 1983 and engages the public in a multifaceted way. Apart from theatre, dance, photography, ceramics and musical workshops they organise concerts, art exhibitions and festivals. In 2014, Krakow Choreographic Centre (KCC), a department dedicated to work in the field of contemporary dance was established. The centre took part in a two-year production project, co-financed by Creative Europe Programme, under the name of International Contemporary Dance Company 2018-2020 (iCoDaCo). KCC also conducts regular classes of contemporary dance for children, adolescents and adults at various levels: <https://nck.krakow.pl/kcc/en/education/>

LINK TO THE FILM: <https://vimeo.com/795549055>

---

## **Divadlo na cucky: GENETIKA**

Divadlo na cucky is a professional independent theatre in the centre of Olomouc, with a contemporary dramaturgy dedicated to civic engagement and current social issues. They have a rich experience working with elderly people. They open drama courses every year and try to raise their quality each time.

Their senior program is described at <https://www.nacucky.cz/kurz-senior>

LINK TO THE FILM: <https://vimeo.com/795551376>

---

The project is co-financed by the governments of the Czech Republic, Hungary, Poland and Slovakia under the International Visegrad Fund.

The objective of the grant is to promote ideas for sustainable regional cooperation in Central Europe.