

SYDNEY DANCE COMPANY

School Holiday
Workshop
Visual Story

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What is a Visual Story?

Visual stories are written in an easy read format and use pictures to provide greater accessibility for everyone.

This Visual Story has been developed in collaboration with Autism Spectrum Australia.

Visual stories are used to prepare people for a new environment or situation. Visual stories help me to become more familiar with a situation or event, and know what to expect before I attend.

Being prepared and knowing what to expect can help to reduce my anxiety and stress.



Acknowledgement of Country

Sydney Dance Company is located on Gadigal Country.

We acknowledge that we are on the lands (and the waters!) of the Gadigal of the Eora Nation.

The Gadigal have been taking care of this beautiful spot for thousands and thousands and thousands of years.

It's been a place to gather, share stories, dance, celebrate, and meet new people, and we are so grateful to welcome you so that we can come together in this space and do the same thing.

Dance is for everyone!

Everybody is welcome at Sydney Dance Company

Some of Sydney Dance Company's visitors have lots of dance experience and some have never danced before.

At Sydney Dance we support and encourage each other, so that everyone feels included, valued and like they belong.

Everyone can dance at Sydney Dance Company.

About Sydney Dance Company

Sydney Dance Company is a place where anyone can dance.

Professional Dancers known as 'The Company' work at Sydney Dance Company and travel all over the world to perform.

Sydney Dance Company offers adult classes from Beginner - Advanced.

Sydney Dance Company also offers a range of programs for children and young people to experience and learn dance.



School Holiday Workshops

Sydney Dance Company offers many different workshops for young people in the school holidays.

I can check the age group and styles of the workshops I've been booked in either on the website or in the email confirmation.

I can also check the days and dates of the workshops. My workshop will start at 10am, but registration will start at 9:30am on the first day.

The program will end at 4:00pm each day.



What to Wear

I should wear clothes that feel comfortable and are easy to move in to the School Holiday Workshops.

I can wear a t-shirt and shorts or leggings - similar to gym wear.

The most important thing is that I feel comfortable in what I am wearing.



What to bring



Lunch
& Snacks



Water bottle



Sensory Tools
(if needed)



Headphones
(if needed)

Hidden Disabilities

Sunflower Lanyard

The Sunflower is a globally recognised symbol for Hidden Disabilities

The lanyard is a way that people with Hidden Disabilities can indicate to staff that they may need extra support time and understanding.

It is OK if I don't have a lanyard, I can still get help if I need.

If I already have a Sunflower lanyard I can bring it with me.



Where to find Sydney Dance Company

**SYDNEY
DANCE
COMPANY**

Sydney Dance Company is located at Wharf 4/5 15 Hickson Rd Dawes Point.

The Company is in an old building on a wharf surrounded by water.

It is important to take care on the wharf so that I don't trip.

The water here is not for swimming.



Entering Sydney Dance Company

**SYDNEY
DANCE
COMPANY**

When I enter Sydney Dance Company I will walk past a cafe.

The cafe might be loud, busy and have smells of food and coffee.

There might be people having lunch and meetings in this space.

I can wear my headphones while I walk past the cafe if I need.



Sign In

**SYDNEY
DANCE
COMPANY**

I can sign in from 9.30AM.

There will be a Sydney Dance Company staff member waiting at a table just before the reception desk.

The Sydney Dance Company staff will ask my name and check my emergency contact number is correct. They will also ask if I have any allergies or medical conditions they should be aware of.

This is so that everyone stays safe.



Sydney Dance Company

Studios

Sydney Dance Company has many rooms called 'studios'. These are big rooms with wooden floors.

Each studio has a number, this is to help people know where to go.

Sydney Dance Company staff will tell me which number studio my class is in.

The studios have mirrors and there are fans inside to keep it cool. They make noise, if I don't like it I can wear headphones.



Entering the studio

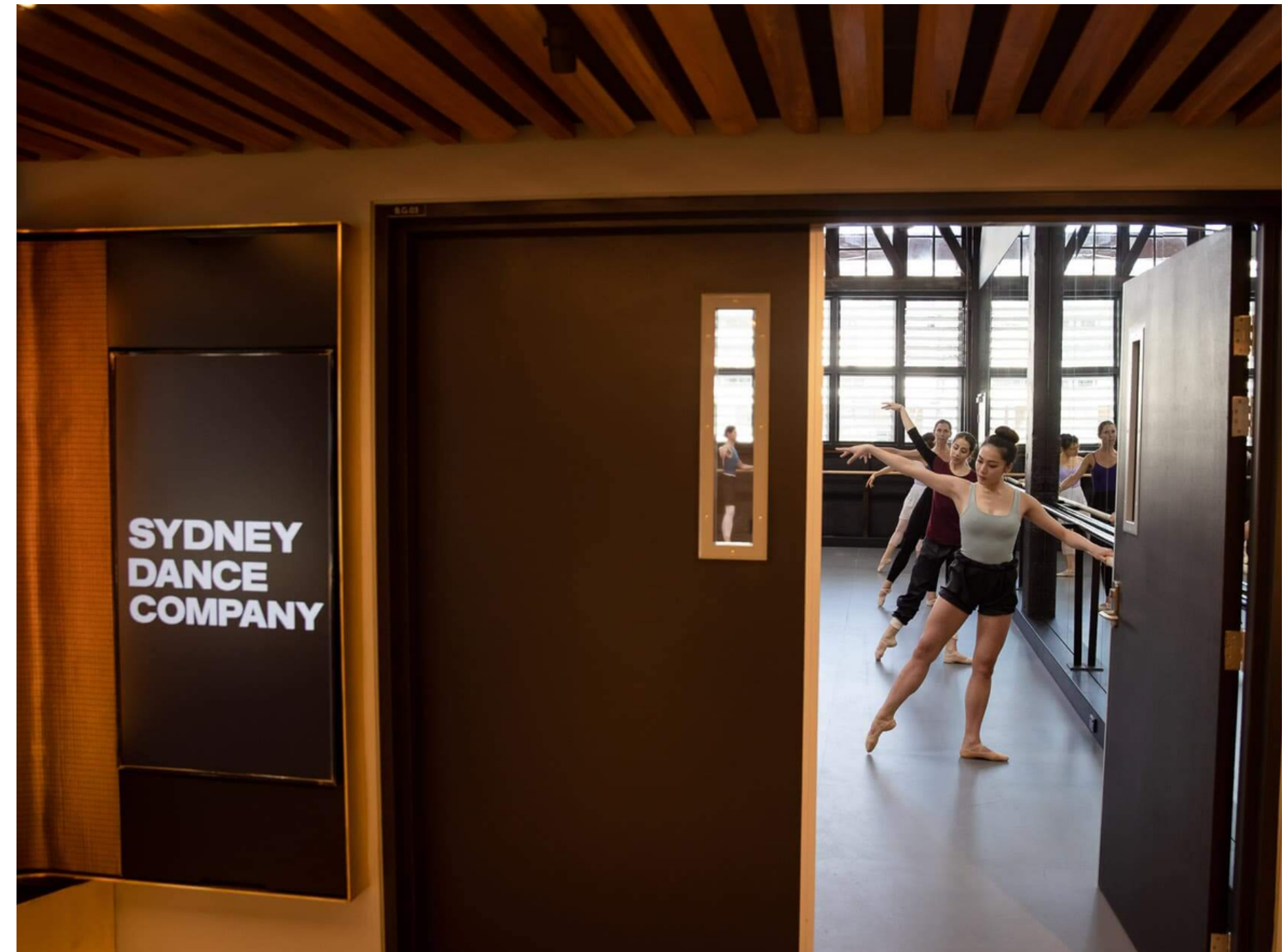
When I enter the studio I will take off my shoes and socks.

Inside the studio there is a white, storage unit with cube shaped shelves.

This is where I can put my socks, shoes and belongings.

This is to keep my things safe while I am dancing.

Sydney Dance Company staff can help me if I am not sure.



What to Expect Each Day

**SYDNEY
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COMPANY**



Welcome



Class #1



Morning Break



Class #2



Lunch



Class #3



Class #4

Welcome

**SYDNEY
DANCE
COMPANY**

When I am ready, I will sit on the studio floor in a big circle with the other dancers and Sydney Dance Company staff.

Sydney Dance staff will tell me what to expect and what is expected of me while I am at the School Holiday Workshop.

I can ask questions if I am not sure.



What is expected

**SYDNEY
DANCE
COMPANY**

I AM
KIND

I AM
SAFE

I TRY MY
BEST

I TRY TO
LISTEN

I INCLUDE
EVERYONE



Sensory Information

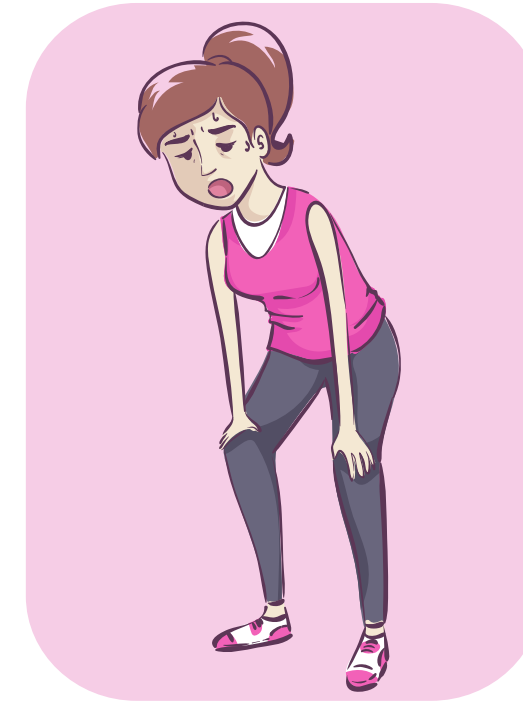
**SYDNEY
DANCE
COMPANY**



I might feel hot and sweat
during the Beginner
Dance program.



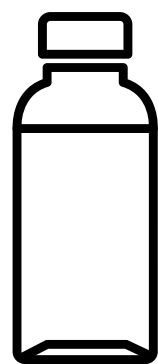
Some of the classes will
have music that might
be loud



I might feel tired and
my body might feel
sore.



I might move my body in
new ways -
it is important to let my
teacher know if anything
hurts.



I can take a break anytime I need to.
I should drink plenty of water.
I can use my headphones if it is too loud.

Toilets

Toilets are located outside the studio rooms.

I must put my shoes on to go to the toilet and ask a buddy (another dancer) to come along with me.

I must also let my teacher know - this is to keep everyone safe!



Break times

During break times I should try to rest, drink water and have a snack.

This will help me have energy to keep dancing.

Sydney Dance Company staff will let me know where to have my break time.

I must stay inside Sydney Dance Company during break times.



Home

**SYDNEY
DANCE
COMPANY**

At 4PM it will be time to go home.

I should wait until my responsible adult has been seen by a Sydney Dance Company staff before I leave the building.

This is to keep everyone safe!



Preparing for Day 2

I might feel tired and sore after my first day of the School Holiday Workshops.

It is normal to feel sore after exercising.
I can do some gentle stretching to help.

I should drink water, have dinner and get a good nights sleep, especially if I am returning for a second day.

I can use this Visual Story to help me prepare for day 2.

**SYDNEY
DANCE
COMPANY**



SYDNEY DANCE COMPANY

We hope you
enjoy dancing
with us!



Aspect
Autism Friendly