

## Residencies

Voloshky presents workshop and lecture/demonstration activities for a wide variety of participants. Working with the presenting organization to ensure the right program for each audience, Voloshky can do as little or as much as is appropriate to the audience and the venue.

Simple activities might include a brief spoken overview of the history of Ukrainian dance, or bringing a couple of volunteers onto the stage after a performance to try some steps for themselves.

Longer and more complex activities may include distribution of preliminary educational materials ahead of the residency date, lecture with demonstration by Ensemble members, and the inclusion of the entire audience into warm-up, basic skills practice, culminating with rehearsal of a Ukrainian dance modified for those participants.

*"Everyone said the dance stole the show. Nobody expected anything so spectacular in the middle of a school Christmas play. It's a terrific example of what a great teacher can do in one day with a group of totally untrained students."*

*(Samantha Stein, East Ridge School)*

### Sample Workshop Outline

#### Lecture

- Introduction to Voloshky (may include video)
- Brief history of Ukrainian dance
- Review maps of Ukraine with attention to specific regions and their associated styles of dance (see back of page)
- Review brief video of Voloshky highlighting regional styles

#### Demonstration & Participation

- Ensemble members demonstrate warm-up, center work and Ukrainian character dance, tailored to the ability level of the participants
- Focus on showing how ballet and modern movements are derived from traditional folk dance
- Explain and demonstrate Voloshky's academic approach to folk dance – using ballet movements to further stylize its choreography
- Apply this academic base knowledge to develop dance variations from two regions of Ukraine, with a focus toward the artistic end product
  - Eastern Ukraine
    - More widely recognized style of Ukrainian dance from an area encompassing the great plains
    - Movements are broad and travel quickly over wide areas of stage
    - Steps involve high jumps and acrobatic tricks for men, graceful turns and traveling steps for women
  - Western Ukraine
    - Less well recognized, and based on the styles the various regions of the Carpathian mountains
    - Movements are small, precise, intricate
    - Steps involve very quick foot work and syncopation

*"The outreach at the school was fantastic! The teachers were very impressed. The Principal said: 'We need more like THIS' "!*

*Amelia Bergeron, Greater Hazleton Concert Series*

## NINE BASIC REGIONS OF UKRAINIAN DANCE STYLE

*The following are nine basic regions into which all Ukrainian Dance style can be categorized. Unlike a "hard" political boarder, an ethnographic or linguistic delineation is "soft" in that styles change slowly from one region to another. These nine regions are very basic and can be subdivided into many more specific categories.*

### 1) Transcarpathian Region

*Where:* Most western region of Ukraine, bordering Poland, Slovakia, Hungary, and Romania.

*Stylistic characteristics:* Sharp quick footwork mostly in circular formations. Very strong Austro-Hungarian influences in costume and movement (i.e. men's Shoeplatten dance)

### 2) Hutsul Region

*Where:* Highest peaks of the Carpathian mountain range.

*Stylistic characteristics:* Sharp quick footwork mostly in circular formations. Most unchanged ancient style of dance in Ukraine because of its geographically remote location.

### 3) Volyn Region

*Where:* Northwestern Ukraine bordering Poland and Belarus.

*Stylistic characteristics:* Larger and wider movements than in the style of the mountainous regions. Incorporating influences from Belarus and Poland (i.e. tight Polka, Waltz).

### 4) Precarpathian Region

*Where:* Eastern side of the Carpathian Mountains including the foothills.

*Stylistic characteristics:* Larger and wider movements than in the style of the mountainous regions. Incorporating influences from Hutsul and Bukovinian with Central Ukrainian style. Because of its geopolitical history this area is an eclectic mix of eastern and western influences.

### 5) Podilia

*Where:* Central and Southwestern Ukraine bordering Moldavia.

*Stylistic characteristics:* Sharp quick footwork in circular and linear formations yet covering a larger area than the Carpathian regions. Shows a strong influence of Moldavian and Romanian syncopated beats yet incorporate large sweeping movements like in Central Ukrainian style.

### 6) Bukovinian Region

*Where:* Southwestern Ukraine bordering Romania and Moldavia.

*Stylistic characteristics:* Sharp quick footwork in circular and linear formations yet covering a larger area than the Carpathian regions. Shows a strong influence of Moldavian and Romanian syncopated beats.

### 7) Polisia Region

*Where:* Northwestern Ukraine bordering and Belarus.

*Stylistic characteristics:* Larger and wider movements than in the style of the mountainous regions. Incorporating influences from Belarus and Central Ukrainian style (i.e. larger sweeping Polka, Waltz).

### 8) Central Ukrainian Region (Tsentralna Ukrajina)

*Where:* Largest area in Ukraine located on the east and west side of the Dnipro River. Bordered by Russia and Belarus in the north and by the Black Sea in the south.

*Stylistic characteristics:* Most easily recognized style utilizing men's Cossack acrobatics with grand sweeping formations. The acrobatic movements stem from the Cossack martial arts techniques that were utilized in battle. Women's movements are delicate yet travel quickly over large areas. The Central Ukrainian style's prolific nature was due to the convenient travel route of the Dnipro River. This is why north central and south-central style differs very little.

### 9) Eastern Ukrainian Region (Promislovij Rajon)

*Where:* Eastern most area bordered by Russia

*Stylistic characteristics:* This area is stylistically similar to Central Ukraine but with the definite influences of eastern characteristics. Similar to Russian and Georgian style it is more upright with less emphasis on the acrobatics of the Cossack style.