

counter technique.

Countertechnique Teacher Training (CTTT) - FAQ

What is the CTTT?

Countertechnique provides tools for body and mind to deal with the demanding dance practice of the 21st century. Countertechnique is a copyright and trademark protected brand. The Countertechnique Teacher Training (CTTT) is a program that trains dancers to become certified Countertechnique teachers. Besides Founder Anouk van Dijk, there are currently 31 other teachers, all of them on our [website](#).

When does the CTTT 2020 take place?

The CTTT 2020 takes place in Amsterdam, The Netherlands, from Friday 7 August until Tuesday 18 August. In this period, the following days will be available for rest and study: Tuesday 11 August and Sunday 16 August.

What does the CTTT 2020 program consist of?

The CTTT 2020 will be conducted by Founder Anouk van Dijk and Master Teacher Nina Wollny. The program will address both the theoretical principles of the Countertechnique movement system and the practical training method. For Aspirants, the main focus of the CTTT Intensive will be on the structure and exercises of the Skeleton, and they will learn and practice how to build and teach a basic Countertechnique class.

Am I eligible to participate?

To join the CTTT program as an Aspirant, you're required to have at least three years of experience as a professional dancer. Previous teaching experience is an advantage, but not required. All aspiring Teachers are, however, expected to have attended a substantial number of Countertechnique classes and to have taken part in one or more workshops by Anouk van Dijk or Nina Wollny, of which at least one "One Body, One Career" Intensive before commencement of the CTTT 2020. During these classes and workshops you should have displayed a thorough physical and analytical understanding of the principles of the Countertechnique, and have shown to be able to convincingly incorporate this in your own dancing. Further criteria that determine the final eligibility for the CTTT program are pedagogical skills, use and understanding of the English language and the personal motivation in joining the program, including time one can and wants to spend on studying, practicing and developing. If you do not meet all of the above criteria, but nonetheless feel you have a strong case for why you expect to be successful at completing the CTTT, please feel free to be in touch with us through cttt@countertechnique.com.

How many Aspirants will be admitted to the CTTT 2020?

There is no fixed maximum, but generally six to ten aspiring Teachers are selected to participate in the CTTT program. Next to these Aspirants, generally around four to six existing Countertechnique Teachers participate.

When will I become certified?

At the end of the CTTT, the aspiring Teachers should know the general framework and exercises of a basic Countertechnique class (the Skeleton), they should have an incorporated understanding of the Countertechnique Principle and they should be able to pro-actively apply Countertechnique tools in their own dancing. If these conditions are met, and if the Aspirant is able to confidently structure, build and lead a basic Countertechnique class, the Aspirant will graduate and receive an official Countertechnique

Teacher Certification. The decision which participants meet the above criteria is taken at the full discretion of the CTTT Faculty.

If I successfully complete the CTTT 2020, do I receive a certificate?

Yes! You will receive a beautifully designed, official certificate. You will also immediately receive your own countertechnique.com email-account, as well as set of digital photographs of yourself teaching during the CTTT, for use in your practice as a Teacher. We will also instantly include your personal profile on our website and in the Countertechnique Brochure (PDF) we provide to Teachers to do their own acquisition. You will be given access to our online event database, you will have administrator rights to our Countertechnique Facebook- and Instagram-page and you will be invited to join our closed Countertechnique Pro-group on Facebook, which serves as a forum for all teachers to communicate with each other throughout the year on any questions they might have, problems they encounter or fun things they'd just like to share with others.

What happens when at the end of the CTTT I do not qualify to be a certified Teacher?

You will remain an Aspirant, but will not be allowed to teach Countertechnique yet. If you want to continue your training as a Countertechnique teacher, you will be able to attend the 2022 CTTT at a 50% discounted fee. In between the two CTTT's, you are expected to attend at least one One Body, One Career Intensive, and take as many Countertechnique classes and workshops as possible. Although we are open about the fact that certification is never guaranteed, and participation is therefore at your own risk, we are absolutely committed to make a maximum effort to have all participants obtain their certification. It is important, however, to realise that the CTTT can provide an enormous impulse to everyone's career in dance, regardless of the certification. Every single participant will benefit from the new knowledge, skills and inspiration they will gain from the CTTT on both a personal and professional level.

When can I start teaching?

You will be able to start teaching Countertechnique classes after successfully completing the two-week CTTT Intensive and becoming a certified Countertechnique teacher.

What happens after I graduate and start teaching Countertechnique?

The Countertechnique movement system is very layered, and contains more information than we can share in two weeks - and more than you would be able to absorb in that time. Because we want you to have a full understanding of the system, and be the best teacher you can be, the Countertechnique Teacher Training Program holds a long-term commitment. For all Teachers and Senior Teachers, it is therefore required that at least three CTTT Intensives are attended within a ten year period, and that a certain amount of classes per year is being taught to ensure your personal development. At every CTTT, we will add different layers of information, and mentor you to progress issues you have encountered in your teaching practice. Countertechnique has three levels of teachers: Teacher, Senior Teacher and Master Teacher. As you progress in your development, you might be eligible for a higher level of certification.

What does participation in the CTTT 2020 cost?

Our organisation is fiscally based in the Netherlands and the fee is therefore in euro's. The total fee for Aspirants attending their first CTTT in 2020 is 2,800 EUR. This amount is payable in four separate transactions, 250 EUR due on 2 December 2019, 850 EUR due on 1 January 2020, 850 euro due on 1 April 2020 and 850 EUR due on 1 July 2020.

If you pay your full fee on 1 January 2020, the total fee is reduced to 2,700 EUR. If you complete the remainder of your fee on 1 April 2020, the total fee is reduced 2,750 EUR. If you do not complete your payments, you will not be able to participate in the CTTT.

Do you provide scholarships for the CTTT 2020?

Unfortunately, we do not have the financial means to provide scholarships, but we are happy to help you by writing support letters and providing information about the CTTT program in order for you to acquire financial support from third parties.

What happens if I want to cancel?

The program has a very limited capacity, and we select only candidates who we think are ready. As a very small organisation, we can't take responsibility for participants cancelling their attendance. As we're unable to absorb the loss of income resulting from cancellations, all payments are non-refundable and non-transferable. For this reason, we highly recommend always taking out travel insurance, to allow you to reclaim costs in case of injury, illness or other unforeseen circumstances.

Are there any costs besides the costs for the CTTT?

Yes, there are. All Aspirants are expected to participate in the pre-CTTT training, the dates and location of which will be announced before the end of the year. This will incur an extra fee - dependent on the costs involved and the number of attendants, this has historically been an amount between 200-250 EUR.

Attending the "One Body, One Career" Intensive 2020 – which will be mandatory for most participants - would also incur a separate fee. This event is organised separately from the CTTT, together with external partners; we're therefore not able to offer any discounts on the OBOC fees.

After completing the CTTT course, you will be making an annual financial contribution towards the service the organisation provides in hosting the website and email accounts, doing advertisements for classes and workshops, and coordinating incoming teaching requests. The annual contribution for 2020 will be 100 euro per year; this amount is subject to a slight annual increase.

Why is there a pre-CTTT training?

Ten days is not a lot of time to instruct you to teach Countertechnique on your own. We therefore want to make sure you have the best preparation possible, and get all participants as much as possible to a comparable level before they start the CTTT in August 2020. After you have participated in the Pre-CTTT – in person is recommended, but otherwise through an online platform -, you will practice what you have learnt in an informal teaching setting, as part of your preparations for the two-week CTTT Intensive.

Do I need to attend the OBOC?

For most participants, it is mandatory to attend the "One Body, One Career" Intensive (OBOC) in 2020, either in Montreal (22 June – 4 July) or in Amsterdam (25 July – 4 August). As two weeks is a very short period for sharing the vast volume of information you will receive during your first CTTT, it is critical that your understanding of the Countertechnique tools as a dancer, and the application of these tools in your dancing, is at the highest possible level before you start the CTTT. At rare occasions, we make an exception to this rule, for dancers who have attended multiple OBOC's and/or whose dancing we consider to be at the required level for participation in the CTTT.

Where can I find more information about the OBOC's?

The dates for the OBOC's in 2020 are 22 June – 4 July (Montreal) and 25 July – 4 August (Amsterdam). Detailed information about these events will be announced early December.

I can't make it the first / last day(s) of the 2020 CTTT Intensive, is that a problem?

Yes, it is. Unfortunately we accept only participants that can be present for the whole duration of the CTTT Intensive. If however you feel you would be eligible for the CTTT program based on your experience as a dancer and a Countertechnique student, as well as on your motivation, you should send in an Expression of Interest marked "CTTT 2022" – that way we know who you are, and we can keep an eye on you while you participate in classes, workshops and intensives in order to be selected for participation in the 2022 CTTT Intensive.

Based on the selection criteria above I do not qualify. Should I apply anyway?

Everyone is invited to submit an application via the online Expression of Interest form. If you are interested in becoming a Countertechnique Teacher at a later time, you can send in an Expression of Interest clarifying that you're working towards attending the CTTT 2022 – that way we know who you

are, and we can keep an eye on you while you participate in classes, workshops and intensives in order to be selected for participation in the 2022 CTTT Intensive.

How can I apply?

You will be required to fill in your registration online by November 10th 2019. Upon submitting your registration, you will be required your registration fee via Paypal.

What question do I need to answer?

You will need to answer a significant number of questions, and you'll also need to submit photographs, CV and three video links. The registration needs to be completed on the online form, but you can download the questions on the form here. We highly recommend acquainting yourself with the questions at your earliest convenience, so you have sufficient time to collect all the answers and materials. You can access the registration form [here](#) and you can download a copy of all the questions on the registration form [here](#).

Where does the CTTT 2020 take place?

The CTTT 2020 takes place in the Chassé Studios in Amsterdam (the Netherlands), the home of the Henny Jurriëns Studio.

What are the costs for the OBOC and do we get a discount?

The fees for the OBOC 2020 will be announced upon opening of the registration. The OBOC is run in collaboration with our partners Springboard Danse Montréal and Henny Jurriëns Studio; these programs are run separately from the CTTT and we're not able to provide discounts to CTTT participants. If you are accepted into the CTTT program, your application for the OBOC will automatically also be successful.

Do you provide housing in Amsterdam for participants?

We do not provide or arrange housing, but we do provide some basic information for everyone to find housing themselves and we will do a call out to the local community to offer affordable housing options.

What else?

This FAQ Sheet answers the questions that are relevant at this stage of the selection procedure. As soon as you get selected for participation in CTTT (25 Nov 2019 at the latest), we will send you the full CTTT Program Agreement, a ten-page document outlining exactly how the program works, what can be expected of our organisation and what are your responsibilities and obligations as a teacher. You will be required to sign a copy of this agreement in order to participate in the CTTT 2020.

Where can I get more information?

Please visit all the pages on our website, make sure you read this FAQ Sheet thoroughly and download the Registration Form. If you have a question that is not addressed in any of these documents, then please send an email to cttt@countertechnique.com.

www.countertechnique.com

www.facebook.com/countertechnique

www.instagram/countertechnique