

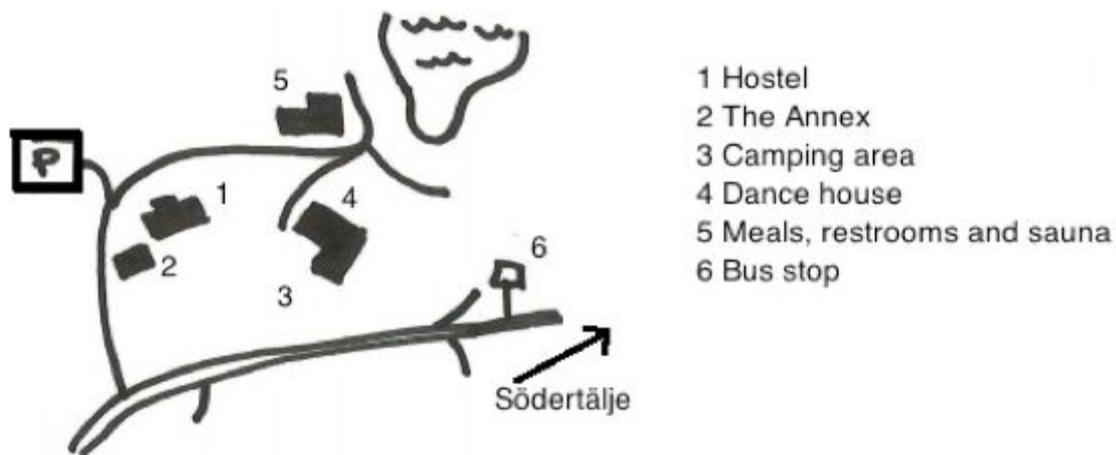
ROOTS
warm together Fika
BLUE DAZE movements
HAPPINESS Embrace Shapes
safe-space Dance sauna
play FRESH AIR INSPIRED
Atmosphere The Storm And The FIRE Fun
Sharing Steps STOCKHOLM walking Creativity
Enjoy African Dance BLUES swim
welcome body Feeling sing
love water FEST open-minded
SOUL FOOD Relax Nature Beauty
MUSIC ChrStoffer Johansson camping
BLISS Earth RETREAT FOREST
SPRING Peace
PARTICIPATION community building
Mind Harmony Active
Freedom Experience
FRIENDS

Tvetagården general info

Tvetagården is a family run hostel a short bus ride from Södertälje just south of Stockholm. It is located next to a lake and forest. For the weekend we have hired the entire hostel, along with two other buildings for dancing, meals and sauna.

Meals during the day are included and will be prepared by our kitchen team. During the evening social events there will be a cafe where you can enjoy fika.

Homepage for Tvetagården: <http://tvetagarden.nu/>



Important Information: What to bring

- Sheets and towels. The hostel does have some you can rent, though they cost 200 sek.
- Your water bottle to keep you hydrated. We are trying to reduce unnecessary environmental waste and will not have plastic cups at the event.
- Changes of clothes!
- Snacks - we will have fika, but the nearest shop is 5 km away
- Swim gear
- Instruments if you want to jam
- Want to be DJ in the blues cafe? Bring your device!
- A community spirit and willingness to help! We need everyone to do some small tasks during the weekend to keep things running smoothly.
- and if camping... don't forget your tent!

Schedule

Registrations will be open from 1pm on Thursday, and our first workshop in African dance kicks off at 3pm. You will have the chance to shake loose and get a feel for the roots of blues dance. Or, you can unpack, pitch your tent and relax before our first communal dinner at around 7pm. Welcome ceremony starts at 9:15pm, followed by party from 10pm till late with live music by Christoffer Johansson. Friday begins with our first blues class at 10am. Thereafter the weekend continues with workshops, more blues classes, communal meals and late night parties to amazing live music. The Storm and the Fire will play for us on Friday and Blue Daze on Saturday. Full schedule will be available at the event.

This long weekend at Tvetagården also offers the opportunity to enjoy the surrounding nature, lake, and (of course) sauna. Bring your swim gear, instruments if you want to jam, and inspiration for your own workshop or skills-share.

The event at Tvetagården closes at 5pm Sunday. But there will be an After-party in town at Grammofon.

A rough schedule to give you a picture of the marvellous delights we will be creating together during the weekend. Full schedule will be available at the event

	Thursday	Friday	Saturday	Sunday
Morning		10am Blues class	11am Blues class	Room check-out Blues class
Afternoon	1pm Registration opens 3pm African dance workshop starts	Blues class	Open space	Group cleaning Closing ceremony
Early Evening	9:15pm Welcome ceremony	Workshop	African dance	Time to reach Grammofon
Late Evening till early morning	Dance with live music by Christoffer Johansson	Dance with live music by The Storm And The Fire	Dance with live music by Blue Daze	After-party at Grammofon 6.30-11pm

Workshops and skill-share

There will be a variety of optional workshops including African dance and Buzzard Lope. Are you interested in holding your own skills-share or workshop? We can give you the time and space to do so. Don't have to make your mind up now, just let us know when you arrive.

The After-party

We will journey back to civilisation for one final party on Sunday evening at **Grammofon**, <http://grammofon.se>, a music bar/restaurant on Upplandsgatan 18 in Stockholm, with a top-notch dance floor and food. This is an open event with 50 sek entrance fee (NOT included in your workshop pass), or free entry if you book a table and dinner. See <http://bit.ly/2p9tCjO> for more about the event.

Teachers

Annette hails from Heidelberg, Germany and is one of Europe's most prominent proselytisers of blues dance as a teacher, social dancer, DJ and organiser. Her love of teaching and dancing are infectious and if you've travelled for blues, you probably already knew that! Annette likes her blues to cut straight to the bone with rhythms so compelling that you can't help but dance! Annette has spun for almost every major European blues event and is excited to come to Stockholm to see the dancers rush to the dance floor and work it! You'll recognize her at the DJ stand; she's the one who can't help but dance in her seat while queuing the next song.

Since discovering the blues, **Leigh** has succumbed hopelessly to its charms. She brings the essence of the sultry, soulful blues to dance floors; competing, teaching and DJing in Scotland and around Europe. She also knows how to throw a mighty-fine party and is notorious for bringing together kick-ass events in her home scene, Edinburgh, including the love-fest that is The Spoonful! Leigh's mission in life is to squeeze every ounce of enjoyment out of every dance, and her welcoming classes are rooted in this philosophy.

Daire likes his music like he likes his whiskey; aged and mellow. He was born under a bad sign in Holland and has both lived, taught and DJed blues all over Europe. A mover and shaker in more ways than one, he is one of the founders of blues in Delft, Holland and co-organises Crash! The Delft Blues Festival every February. Daire is always researching and expanding his knowledge of blues music and dance both on and off the floor. He wants to share the joy of connection; with yourself, your partner, the music, and the environment.

Teaching together, the atmosphere Leigh & Daire create in every class is playful and open. Wherever you are with your blues dancing, they'll make sure you leave with a swagger in your walk and a smile on your face.

Live artists

Christoffer Johansson is well known in the blues scene of Sweden. Christoffer can grip a whole dance floor with his intense vocals and dramatic stage presence.

The Storm And The Fire consists of the multi-instrumentalist duo Elin Engberg and Hannah Shermis who draw inspiration from the American folk tradition to create their own unique voice.

Blue Daze is a local 6-piece band who will play a variety of blues-styles.

Chores

Just as last year, during this camp everyone will have to pitch in a bit to make it work - both during the event, and in the end clean up. To make this as fair and easy as we possibly can, we have made groups as listed below. When you arrive at the camp you will be expected to sign up for one of these at registration, but you might want to look at the group descriptions now, and think about what responsibility you would prefer. If you have any questions, feel free to contact us - we'll answer as best we can, and will do our best to make everything work.

Kitchen vigilante sidekick / Köksuperkompis – Group A

During these few days, the kitchen will be a core hub for the health and happiness of our retreat. This is where the food will be made, served, and eaten. We have our brilliant food team, but there are just so much they can do! To make it flow, we will need a kitchen helper group. This is the biggest and most important of all our groups! Show up in time, give a smile to the team, and help us make it flow!

Sauna soakers / Bastubadarna – Group B

As we have a Sauna, obviously we need to take care of it as well! As one of the Sauna soakers, you are expected to make sure the Sauna is clean, safe and nice. Everyone who uses the Sauna is expected to make sure it is clean after they leave it, your job is to make sure people follow this rule, maybe do an extra freshening clean-up, and also make sure all the facilities at the same floor – the changing rooms, the showers, the toilets – are clean. All members of the group will have one night where they are responsible to make sure that the Sauna is turned off and cleaned up. Perfect for Sauna lovers!

Cool in the Café – Group C

Coffee, tea, cookies, snacks, soda or anything else inherent to a fika, someone needs to make sure everything is there. As part of the café-team, you make sure the café is nice and that everything works out during the evenings! There will be a separate roster for you to fill in, but this is a team effort – make sure everything works out! Especially good group for those who likes to take a break from the dancing for a while, and might as well do something during the break!

Dance floor ablers – Group D

Yet another core duty: making sure the dancing floors actually are danceable. This group is responsible for making sure the floors are nice before the classes start every day, and before the party starts every night. To make this as easy as possible, this group is split into three teams, where each team is responsible for one evening and one morning, each. This means that your team will have to decide to either stay up until the end of the party, or wake up early. If you don't mind having to work a bit in uncomfortable times of the day and not having to bother with working otherwise, this is the group for you!

Entrance troupe – Group E

We will enter and exit the buildings a lot during this weekend. Your work will be to make sure the entrances look ok, and not too much dirt enters the buildings – especially the Bäckstugan, where the dancing is, and Kamratstugan, where we eat. This will generally mean to keep an eye on the entrances, and make an easy, quick, bit of clean up from time to time.

How to reach Tvetagården

By public transportation (SL) from Stockholm centralstation

Take SL Commuter train towards **Södertälje**. Jump off at **Södertälje centrum** (the stop after Södertälje hamn). Take the bus **784, 785, 789** for about 10 minutes. They go towards Norrvrå, Mörkö or Vackstanäs. Jump off at **Tvetaberg**. Walk 300 meters in the same direction as the bus goes and turn right. Walk 150 meters to reach Tvetagården.

It is also possible to take commuter train to **Södertälje hamn** and from there change to train towards **Gnesta**. Then jump off at **Järna** and take the bus **784** or **785** towards Södertälje centrum. Jump off at **Tvetaberg**. Walk 400 meters towards the direction the bus came from and turn right. Walk another 150 meters to reach Tvetagården. This route is different and the buses go in the opposite direction. This route will be about 15 minutes longer than the other one but works fine as well!

See sl.se, reseplanerare.resrobot.se. Search for bus stop **Tvetaberg**.

If coming from Skavsta airport, look at: flygbussarna.se, sormlandstrafiken.se, swebus.se.

By car from Stockholm

The place is called Tvetagårdens vandrarhem and the address is Tvetaberg 35, 15166 Södertälje. Drive E4/E20 towards Helsingborg, Göteborg. Take exit 143 and continue at E20. Drive towards Centrum, keep right and take exit 142. Drive about 180 meters, keep left and in the roundabout take the second exit. You should now drive at Stålhamravägen for 1 km. Take left in the roundabout and follow Tvetavägen for 3 km. Take a right to Stadanvägen and the first right again to reach the parking of Tvetagården.

See maps.google.com.

Code of Conduct

1. Everybody is welcome on the dancefloor!
Regardless of gender, sexual orientation, ethnicity, disabilities, or religion.
2. Harassment of any kind will not be tolerated.
If you experience a situation that has made you uncomfortable, please speak to an organiser.
3. Personal space
Each person has their own boundaries, respect them. For example, respect if someone doesn't want to dance in close embrace.
4. You can say no to a dance.
But say no in a polite way.
5. If someone says no to a dance - be ok with it.
Nobody is forced to dance with someone else.
If you ask for a dance and get a no, accept it gracefully.
6. Ask for a second dance
There's an old tradition in Sweden of dancing to two songs in a row. But you are not obliged to dance two songs.
7. Safe dancing
Lifts and acrobatics are not appropriate on a social dance floor. And do not force your partner into a dip - nor force your partner into holding a dip from you.