

Special Newsletter

International Dance Day 2019

International Theatre Institute ITI
in partnership with
Dance Committee of ITI
World Dance Alliance



World Theatre Day & International Dance Day

Karima MANSOUR, Egypt – International Dance Day Message Author for 2019

Every year the Executive Council of ITI, in partnership with the Dance Committee of ITI and World Dance Alliance, chooses an outstanding dance personality to write the message for International Dance Day, which is celebrated since 1982 on 28 April, all over the world.

It is our great pleasure and honor to officially announce that for 2019

Karima Mansour from Egypt, the outstanding dancer, choreographer and dance educator, has been selected to write the message for 2019.



copyright by Hamdy Reda

Attached you find the **message in English** (original) and **French**. Additionally, you find the biography in the two languages, portrait photos of Karima Mansour by Hamdy Reda and action photos of Karim Mansour by Bassam Al Zoghbi - royalty-free (but the photographer needs to be mentioned).

Attention: Unlike in other years, **you may publish the message and its translation from now on**. The reason for this is: In those countries where the

translation from now on. The reason for this is: In those countries where the message was distributed to dance venues, interested dance groups, dance professionals and media/press very early the circulation and promotion of the message was the strongest. And that is the goal of the message: To reach and inspire with the message as much people as possible.

If you would like to translate the message into your language, please contact the ITI Centre of your country (www.iti-worldwide.org/centres.html) or the General Secretariat of ITI (tom.johnson@iti-worldwide.org to find out if there is already a translation being prepared.

If there is no ITI Centre in your country feel free to translate the message and send the translation to tom.johnson@iti-worldwide.org, Please mention at the end of the message the name of the translator. After receiving it, it will be put on the ITI and International Dance Day website for further use.

Important: The message (original or translation), biography and photo is **for use for dance venues, dance groups, dance professionals, dance aficionados, dance universities and schools**. It should be published, circulated, sent to press & media, be part of an event, read in front of an audience, etc. Many of the ways of its use can be found in the attached PDF: "How to Celebrate International Dance Day".

If you create an event for World Theatre Day, please send the information about time, location and programme of your event, to news@iti-worldwide.org so that it will be found on the virtual map on: www.international-dance-day.org/worldwideevents.html.

Vive la danse ! Viva la danza ! Long live dance !

Tobias BIANCONE
DG ITI

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Tom JOHNSON
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Attachments:

- [International Dance Day message in English \(original\) in Word](#)
- [International Dance Day message in French \(translation\) in Word](#)
- Biography Karima MANSOUR in [English](#) and [French](#) in Word
- [Portrait photo 1 of Karima MANSOUR by Hamdy Reda as JPEG](#)
- [Portrait photo 2 of Karima MANSOUR by Hamdy Reda as JPEG](#)
- [Action photo 1 of Karima MANSOUR by Bassam Al Zoghbi as JPG](#)
- [Action photo 2 of Karima MANSOUR by Bassam Al Zoghbi as JPG](#)
- How to International Dance Day in [English](#) and [French](#) in PDF

Message for International Dance Day 2019

Karima MANSOUR, Egypt

At the beginning there was movement... and since the dawn of time, dance has been a strong means of expression and celebration. Found on the murals of Egyptian Pharaohs and inspiring dance makers to date. Dance was used to evoke the many gods and goddesses of dance with all what they represent in meaning and concepts like balance from which justice is connected, musicality, tone, individual and cosmic consciousness and more.

I read once that: "Dance in the times of the Pharaohs was thought to elevate the spirit of the dancer and of the audience of spectators or participants. Music and dance called upon the highest impulses of the human condition while also consoling people on the disappointments and losses in a life."

Movement is a language spoken by us all. Movement is a universal language that belongs to everybody If only we open our senses and listen. Listening is what is required, listening without interference, listening without judgment, listening in silence and allowing the movement to pass through the body in the moment, because everything inside us and around us is in motion, constant motion. This is when the body doesn't lie because it is listening to its truth and manifesting it.

By listening to our heartbeat, we can then dance the dance of life, which requires movement, agility and adaptability, a constant shifting choreography.

In this day and age where connection & connectivity have taken on new meanings and where we are at our lowest point in our ability to connect... Dance remains to be the most sought-after action to help us re-establish that lost connection. Dance brings us back to our roots, in the cultural sense but also in the most immediate sensory, personal, individual, down to the core and heart way, whilst still enabling us to be social animals. For it is when we connect with ourselves when we listen to our inner rhythm, that we are really able to establish a connection with others and communicate.

Dance is where culture is shared and borders fall into the space of inclusion and unity, through the unspoken language of universality.

The body is an instrument of expression, a vessel for our voice, our thoughts, our feelings, our history, our being and existence, our yearning to express and connect that manifests through movement.

Dance is a space that allows oneself to connect with their truth, for that, a quiet space is required. Dance allows us to connect and feel whole and it is only in that feeling that we find peace and with peace comes silence and it is through silence that we can hear, listen, speak and through stillness that we learn to dance our truths and this is when dance becomes pertinent.

Movement and dance is where we can move from the vertical to the horizontal, from up to down and vice versa. Movement and dance is where chaos can be created and re-organized, or not. Where we are able to create our own realities and fleeting, ephemeral moments one after the other. Moments that can touch us and remain in our memories, to inspire and change us and others for life. That is the power of true expression and thus the power of dance.

Dance is a healer. Dance is where humanity can meet.

I invite people to go beyond borders, beyond identity crisis, beyond nationalism and beyond frames. May we free ourselves of those limitations and find the movement and momentum in that universal language. I invite everybody to dance to their heartbeat, to their inner truth because it is from these internal movements, that lead to internal revolutions, where real change happens.



[>>ITI Website](#)



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