



Movement & Visual Art Gap Year Program – New York City

Program Overview:

Pizarts, in partnership with Harlem Art Collective, offers a unique 3-Month Movement & Visual Art Gap Year Program for young adults eager to shape their own artistic journey. This flexible program allows you to decide whether to focus more on dance or visual art—or explore a balance of both.

Whether you're a dancer curious about visual arts or a visual artist looking to deepen your dance skills, you'll have countless opportunities to develop your craft and design a portfolio that reflects your personal path. Collaborating with Harlem Art Collective and local art organizations, we provide a tailored experience within the support of a group setting.

Our program also includes an option for international travel through the Dance Company Project, where you can immerse yourself in new cultures, gain artistic inspiration, and make a meaningful impact.

Program Highlights

- **Discover Life in NYC**
Experience the magic of New York City's cultural scene, iconic landmarks, and diverse neighborhoods. Gain firsthand insight into life in the city that never sleeps.
- **Transition to Independence**
Learn essential life skills for thriving independently, including managing responsibilities and navigating NYC's public transportation.
- **Construct Your Dance & Art Portfolio**
Document your artistic journey, creating a polished portfolio that reflects your growth and artistic evolution, ready to impress admission committees.
- **Navigate the Audition Process**
Get personalized guidance on preparing audition pieces, presenting yourself confidently, and showcasing your unique artistry.

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- **Social Emotional Learning (SEL) Mentorship**

Unlock your creative potential through SEL mentorship, helping you manage emotions, harness energy, and take a holistic approach to growth.

- **Cultural Enrichment**

Immerse yourself in NYC's artistic scene with curated events, exhibitions, and performances, broadening your horizons and deepening your connection to art.

- **Forge Lifelong Connections**

Build a network with like-minded artists who share your passions and ambitions, fostering relationships that will support your artistic career.

- **Dance and Art in NYC**

Engage in dance classes, workshops, rehearsals, and various artistic fields, exploring a world of opportunities beyond traditional training.

- **Internship Experience**

Take part in an internship aligned with your interests, whether within or outside the dance field, to gain professional experience and valuable skills.

Q & A

Q: When does the program start?

A: The program begins three times each year, in **September, February, and June**.

Q: What is the cost of the program?

A:

- **Program Only:** \$17,500 (includes city transportation, mentorship, portfolio design, and pre/post-entry support)
- **With Housing:** \$22,500

Q: Are scholarships available?

A: Yes! Scholarships are available based on merit and financial need. Contact our admissions team for more information on how to apply.

Q: What is included in the program?

A: The program fee covers all core elements, including mentorship, professional development, portfolio design, NYC city travel costs, and internship opportunities. If you opt for housing, dormitory accommodations are also included.

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Q: Who is eligible for this program?

A: This program is designed for young artists **ages 17-25** who have a background in dance or visual arts and are looking to develop their skills, build a portfolio, and gain experience in a city environment.

Q: Do I need prior experience in dance or visual arts?

A: Yes, the program is intended for individuals with some background in dance or visual arts who want explore their skills alongside working with Pizarts artist mentors.

Q: What will I gain from participating?

A: You'll leave with a polished portfolio, hands-on experience in auditions, professional mentorship, cultural enrichment, and connections within NYC's arts scene. You'll also gain independence and essential life skills for living in a major city.

Q: What kind of mentorship will I receive?

A: You'll receive **Social Emotional Learning (SEL)** mentorship, artistic guidance, and practical advice on transitioning to city life, developing as an artist, and building a professional network.

Q: Does the program include an internship?

A: Yes, the program includes an **internship opportunity** in a field related to your interests, giving you real-world experience and professional connections.

Q: How do I apply?

A: Visit our website to complete the [application](#). Our admissions team will review applications and reach out with further instructions.

Q: Are there cultural activities included?

A: Definitely! The program includes a range of cultural events, exhibitions, and performances to enrich your artistic journey and give you a deeper understanding of NYC's cultural landscape.

Q: Who should I contact for more information?

A: For more details, reach out to us at <https://www.dancegapyear.com/contact>. Our team is happy to help with any inquiries you have.

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Sample Daily Schedule for 12-Week Visual Art & Movement Gap Year (Fall 2023)

This schedule provides **movement-focused learning** with consistent practice in various dance and body movement techniques, while integrating visual art in a way that complements and enhances the movement experience.

Days Off: Mondays and Sundays

Daily Hours: 4-6 hours

Tuesdays: Fine Art Techniques & Visual Exploration

- **10:00am - 12:00pm: Drawing & Sketching Fundamentals**
 - **12:00pm - 1:00pm:** Break / Lunch
 - **1:00pm - 3:00pm: Color Theory & Composition**
 - Activities include still-life drawing, perspective work, and sketching techniques, followed by color studies and learning to blend shades, hues, and textures in art.
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Wednesdays: Mixed Media & Movement Integration

- **10:00am - 12:00pm: Mixed Media Art** (collage, textiles, or multimedia materials)
 - **12:00pm - 1:00pm:** Break / Lunch
 - **1:00pm - 3:00pm: Movement for Artists** (body awareness and flow exercises)
 - Mornings focus on using various materials to create layered, textured art, while afternoons introduce movement exercises that enhance body awareness and inspire artistic expression in visual art.
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Thursdays: Visual Storytelling & Portfolio Development

- **10:00am - 12:00pm: Visual Storytelling Techniques**
 - **12:00pm - 1:00pm: Break / Lunch**
 - **1:00pm - 3:00pm: Portfolio Building** (refining sketches, adding final touches, and documenting art)
 - Mornings are dedicated to creating narrative art pieces and practicing visual storytelling, while afternoons focus on curating, organizing, and polishing portfolio works.
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Fridays: Esthetic Art & Movement Exploration

- **10:00am - 12:00pm: Esthetic Art & Design** (digital art, character design, or personal branding)
 - **12:00pm - 1:00pm: Break / Lunch**
 - **1:00pm - 3:00pm: Improvisational Movement Workshop**
 - The esthetic art session covers digital drawing, branding, and character design, while the afternoon movement workshop offers improvisation techniques to connect bodily movement with visual concepts.
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Saturdays: Project Work & Art Exhibit Preparation

- **10:00am - 1:00pm: Personal Art Project or Collaborative Work**
 - **1:00pm - 2:00pm: Break / Lunch**
 - **2:00pm - 4:00pm: Gallery Setup & Exhibit Prep**
 - Mornings focus on individual or group art projects, allowing students to work on personal or collaborative pieces. Afternoons are dedicated to preparing pieces for the final showcase, including framing, mounting, and arranging work for presentation.
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Weekly Focus Highlights:

- **Tuesdays:** In-depth fine art techniques with drawing, sketching, and color theory.

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- **Wednesdays:** Mixed media exploration paired with movement exercises for body awareness.
- **Thursdays:** Storytelling in art with dedicated time for portfolio development.
- **Fridays:** Digital art, character design, and creative movement integration.
- **Saturdays:** Hands-on project work and preparation for the final art exhibit.

Sample Daily Schedule for 12-Week Movement & Visual Art Gap Year (Fall 2023)

This schedule provides **visual art-focused learning** with consistent practice in various artistic techniques, while integrating movement in a way that complements and inspires the visual work.

Days Off: Mondays and Sundays

Daily Hours: 4-6 hours

Tuesdays: Dance Technique & Movement Exploration

- **10:00am - 12:00pm: Dance Technique Class (ballet, jazz, contemporary)**
 - **12:00pm - 1:00pm: Break / Lunch**
 - **1:00pm - 3:00pm: Improvisation & Movement Exploration**
 - **Activities include technique drills, movement exercises, and improvisation.**
 - **Weekly rotation focuses on ballet, jazz, and contemporary techniques combined with self-expression and improvisation.**
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Wednesdays: Dance Composition & Visual Arts

- **10:00am - 12:00pm: Dance Composition & Choreography**

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- **12:00pm - 1:00pm: Break / Lunch**
 - **1:00pm - 3:00pm: Visual Arts Session (painting, drawing, or portfolio work)**
 - Mornings dedicated to creating original dance pieces, experimenting with choreography, and refining dance skills.
 - Afternoons focus on visual arts, including painting, drawing, and esthetic art techniques.
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Thursdays: Strengthening & Conditioning + Fine Art

- **10:00am - 11:30am: Strength & Conditioning for Dancers**
 - **11:30am - 12:00pm: Break**
 - **12:00pm - 2:00pm: Fine Art Workshop (character design, mixed media, or color theory)**
 - Movement session builds core strength, flexibility, and endurance tailored to support dancers.
 - Art session includes hands-on projects to enhance creativity in drawing, mixed media, or color composition.
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Fridays: Dance Workshop & Music Production

- **10:00am - 12:00pm: Dance Workshop (hip-hop, Latin, or dance fusion styles)**
 - **12:00pm - 1:00pm: Break / Lunch**
 - **1:00pm - 3:00pm: Music Production (songwriting, recording, or live music for movement)**
 - Dance workshop rotates styles to expose students to diverse dance forms.
 - Music production sessions allow students to create and record music, potentially for use in their choreographies.
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Saturdays: Rehearsal & Showcase Preparation

- **10:00am - 1:00pm: Dance Rehearsal & Performance Prep**
 - **1:00pm - 2:00pm: Break / Lunch**
 - **2:00pm - 4:00pm: Project Work (portfolio development, video editing, or esthetic art)**
 - **Morning sessions focus on rehearsing dance pieces created throughout the week, refining performance skills, and preparing for the final showcase.**
 - **Afternoon sessions alternate between portfolio work, editing video recordings of performances, or refining visual art pieces.**
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Weekly Focus Highlights:

- **Tuesdays: Technique and improvisation in dance.**
- **Wednesdays: Choreography paired with visual arts.**
- **Thursdays: Movement conditioning alongside fine art projects.**
- **Fridays: Diverse dance styles with integrated music production.**
- **Saturdays: Intensive rehearsals and showcase preparation.**

This revised schedule offers more movement-focused sessions while still providing time for other creative disciplines, giving students a comprehensive, movement-centric experience.