

Company Fore Foté

music and dance in black and white



in Guinea

from January 7 to February 18 2013

Join the whole course or for the time that suits you. Six hours of Drumming and/or Dancing every day (weekends off) with our master teachers.

We cooperate with artists from "Ballet Africains" and "Djoliba National Ballet". You will have the joy of interacting with likeminded souls from around the world and the opportunity to totally immerse yourself in the music, dance and culture of West Africa and the sacred traditions of Guinea.

An Experience Unlike Any Other

Our school is located on the tropical island of Roume, an hour's boat ride off the coast of Guinea. This island is home to a traditional Susu fishing village of about 200 people. Roume with its lush tropical vegetation has white unspoiled sandy beaches, and the temperature in January/February average just under 30 celsius, so bring your swimsuit for a refreshing plunge in the Atlantic after a hot dance class.

Program

Whether you are an advanced professional or a total beginner, your technique and skill will grow tremendously under the wing of our master teachers. Five days a week you drum and/or dance two times three hours. The traditional dances, rhythms and songs of Guinea make up the curriculum for each of the student groups which will be divided according to skill level.

Beginners will focus on proper drum and dance technique and simpler rhythms and steps.

Intermediate and **Advanced** students will be introduced to more complex rhythms, dances and arrangements emphasizing the drum/dance relationship, choreography, phrasing and solo technique.

Weekends you have time to rest and to go on excursions and cultural exploration.



Accommodation and Cuisine

You'll be comfortable and secure in our beautiful villa "Hotel Fore-Foté". Situated on the ocean edge, it offers privacy and security, and at the same time it is the center of happenings. In the daytime our courtyard is the place where classes takes place. In the evening it becomes the hot spot for evening entertainment by local musicians and for village events and celebrations.

Rooms comfortably bunk two to four students with plenty of space for your personal belongings. **Three meals** are prepared fresh daily by our chefs. For lunch and dinner you'll be treated to **traditional African meals** of fresh fish or chicken with a wide of variety tasty vegetables cooked in various sauces. You'll also get two sealed 1.5 liter bottles of purified water daily. If you need more, you can buy more at our bar at the local rate.

Organizers

The workshop is organized in collaboration between Aboubacar "Miguel" Camara from Foré-Foté in Denmark and Momo Touré from Wamatobere in Netherland

Aboubacar "Miguel" Camara was raised in the rich musical traditions of Guinea, West Africa. Aboubacar is an accomplished master drummer, soloist, accompanist and dancer. An expert in dununba, sangban and kenkeni. He is one of the founding members of Foré-Foté and heads our school in Denmark.



Aboubacar "Miguel" Camara

Momo Touré was born in November 1965 in the capital Conakry to Guinea. As a 5 year old boy he danced for the President, Sekou Touré.

When he was 15 he joined to the dance group "Merweille". But most of the time he danced with the group "Les ballet Africain". With this group has toured Europe, Asia, Australia, the United States and ofcourse Africa as a acrobat-dancer



Momo Touré

When Momo was 23 years, he departed, along with the famous djembefola Arafan Touré to the Netherlands. There he learned playing djembe from Arafan. From that moment the group "Africa Soli" is formed along with Arafan Touré, Kaloga Traore, Titi Camara. Today Momo has become one of the best-known African djembe and dance teachers of the Netherlands.

Instructors in Guinea

To assist Foré-Foté in Guinea, there are specially chosen instructors from **Guinea's premier National Ballets, Djoliba and Africains.**

These special guest teachers are selected not only for their **artistic talent** and accomplishment, but also for their **instructing abilities.**

Prices

4 - 6 weeks: 340 €/2.500 D.kr pr. weeks

3 weeks: 1050 €/7800 D.kr

2 weeks: 740 €/5500 D.kr

1 week: 400 €/3000 D.kr

Signu Up and Information

Aboubacar "Miguel" Camara

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Pleas Plan Ahead

A current passport, visa, and proof of yellow fever vaccination are required to enter Guinea. This take time, so plan ahead. We ask you to arrange your own flight, but be aware that prices on flights to Guinea Conakry can vary dramatically.

Momo and Aboubacar can help with information, hints and tips for the journey.

Bring/Pack

- **Beddings:** Sheets, pillow, sleeping bag or blanket towels, mosquito nets.
- **Clothes:** Several fast drying dancing clothes, lightweight long trousers for cool evenings, swim suit/trunks, bathrobe.
- **Shoes:** sandals, walking shoes, beach sandals.
- **First aid kit:** Including Compeed, band-aid, medicine for nausea, diarrhea, constipation and malaria, mosquito-oil, tape for hands and feet.
- **Pocket money:** American dollars or Euros in big cash for extra trips, markets, etc. Please don't bring your credit cards, travelers checks or cash cards because they can't be used on Rouse.
- **Miscellaneous:** Mosquito nets, toilet paper, sun-screen, hat, sunglasses, rehydrating powder (Revo-lyt), vitamin / mineral supplements, energy bars, money-belt, Flashlight and batteries, French-Eng-lish dictionary, Camera and/or video camera and audio recording equipment.
- **Boatetrip:** Lifejacket/loat west recommended as extra security during boat trip.
- **Jembe players:** may bring their own jembes

