

Berne, 11.—14.2.2026

BETA – Verein Berner Tanzschaffende
Bühnen Bern
Dampfzentrale
Schlachthaus Theater
TANZhaus Bern
Reso – Tanznetzwerk Schweiz



CONCEPT ON AWARENESS, ACCESSIBILITY AND SUSTAINABILITY

AWARENESS

The Swiss Dance Days are a biennial promotional platform for Swiss dance companies. Festival directors and presenters are invited to attend dance works selected by a jury, with the aim of potentially programming them at their venues.

We see it as our responsibility to contribute to an environment in which everyone at the Swiss Dance Days can feel as comfortable as possible. At the same time, we are aware that completely safe spaces do not exist. Against this background, this concept was developed and targeted inclusion measures were implemented.

The Swiss Dance Days reject any form of discrimination based on origin, language, skin colour, gender and gender identity, sexual orientation, physical or mental abilities, religion, class, education or age, and actively promote social diversity. An anti-discrimination clause is included in the contracts with all partners.

At festivals with a range of participants—including presenters, choreographers, dancers, artists, producers, technical staff, and audiences—power imbalances often exist. The Swiss Dance Days therefore ask all participants to be mindful of their role and to engage with one another respectfully and on an equal footing.

The Swiss Dance Days place great importance on appreciative interaction and friendly communication, where different life experiences and identities are acknowledged and respected. Please ensure that you address others in a gender-neutral way unless you know or have asked for a person's pronoun. The pronouns of participating individuals are listed in the Swiss Dance Days participants list.

Neutral address / pronouns they/them / other / none

“Hello Alex, how are you? I’m XY, I’m happy to work with you.”

“This is Alex. Alex would like the props to be placed on the stage over there.” Or:

“This is Alex. They would like the props to be placed on the stage over there.”

During the Swiss Dance Days designated care persons are present. Their role is to listen in cases of discrimination or harassment and, if needed and upon the explicit request of the affected person, to point out or refer to further support options. They also offer access to quiet or retreat spaces in cases of emotional, situational or content-related overwhelm. Reports or feedback can additionally be submitted by phone +41 77 258 52 09 or via email to info@swissdancedays.ch.

ACCESSIBILITY

We are aware that not all formats can be made equally accessible. For this edition of the Swiss Dance Days, targeted accessibility measures have been implemented based on the available resources and structural conditions. In addition, the Swiss Dance Days website provides further information on accessibility for each venue.

Visitor Information

For each dance work, the following information is provided on the website alongside the production descriptions: language, keywords, content notes, as well as information on lighting, sound levels and spatial conditions (sensory warnings).

Vibration Vests and Sign Language Interpretation for Deaf and Hard of Hearing Audiences

Thanks to a partnership with the Sinfonietta de Lausanne, six vibration vests are available to audience members for the performances listed below. These vests translate music and sound into physical vibrations. Built-in vibrotactile modules respond to different frequencies and intensities, making rhythm, bass and specific sound structures physically perceptible, creating a tactile musical experience. The vests are primarily intended for deaf and hard of hearing people and can be reserved free of charge when purchasing tickets.

This applies to the following performances:

11 February 2026, 19:00–20:00

Mbok’Elengi by Jolie Ngemi, Dampfzentrale

A sign language interpreter will be present before the performance and will also interpret the opening speech following the piece into Swiss German Sign Language.

12 February 2026, 17:00–18:20

Tambourines by Trajal Harrell / Zurich Dance Ensemble, Vidmarhallen

A sign language interpreter will be present before the performance and will also interpret the introduction into Swiss German Sign Language.

14 February 2026, 17:30–18:45

From rock to rock.. aka how magnolia was taken for granite by Jeremy Nedd, Dampfzentrale
A sign language interpreter will be present and will interpret one scene of the performance into Swiss German Sign Language.

In cooperation with Sinfonietta de Lausanne and PROCOM Foundation for the Deaf Switzerland. With the kind support of Stiftung Vinetum.

Hearing Loop for People with Hearing Impairments

The auditorium of Schlachthaus Theater is equipped with a hearing system that transmits the signal to portable receivers. Users can choose between induction loops or single-ear headphones. The front row of seats is less than five metres from the stage.

Audience members are asked to contact info@schlachthaus.ch prior to their visit if they wish to use the hearing system, so that the receiver can be prepared in advance. The receivers can be collected from and returned to the box office.

This applies to the following performances at Schlachthaus Theater:

12 February 2026, 14:00–14:45: GIMME A BREAK !!! by Baptiste Cazaux

13 February 2026, 18:00–18:45: GIMME A BREAK !!! by Baptiste Cazaux

14 February 2026, 16:00–16:45: GIMME A BREAK !!! by Baptiste Cazaux

At Vidmar 1, headphones / assistive listening systems for people with hearing impairments are available at the box office.

This applies to the following performances at Vidmar 1:

12 February 2026, 17:00–18:20: Tambourines by Trajal Harrell / Zurich Dance Ensemble

14 February 2026, 20:30–21:40: Untitled (Nostalgia, Act 3) by Tiran Willemse

Childcare

For two performances, the Swiss Dance Days offer free childcare. Children up to the age of 10 can be cared for by trained staff from Gioia Cares for the duration of the performance. During childcare, children can enjoy a wide range of activities including playing, crafting, drawing and physical play. Childcare starts 30 minutes before the performance begins. After the performance, parents or legal guardians have 30 minutes to pick up their children. This service is free of charge. Registration is required please do indicate the number of children and their names.

Childcare is offered for the following performances:

11 February 2026, 15:00–16:00: Same Love by Company MEK, Schlachthaus Theater

Registration at tina.odermatt@schlachthaus.ch.

14 February 2026, 11:00–11:55: Joyaux Lourdement Sous-estimés by Bast Hippocrate, Dampfzentrale. Registration at vermittlung@dampfzentrale.ch.

Step In! Day

The Step In! Day is an initiative to promote access and participation. It is aimed at emerging dancers from different dance styles, particularly from practices and cultures that are underrepresented in the professional Swiss dance context. The day offers insights into the working methods of the Swiss Dance Days, fosters exchange and networking, and invites participants to jointly reflect on and further develop existing structures. Participants are accompanied throughout the entire day and attend performances, workshops and discussion formats together. Hosted by Anna Chiedza Spörri.

SUSTAINABILITY

The Swiss Dance Days base their organisational principles on the following sustainability concept and implement these measures to reduce their ecological footprint.

Mobility and Transport

Professional visitors and artists travelling to the Swiss Dance Days are encouraged to use trains or buses for journeys under 11 hours and to avoid air travel.

Professional visitors and artists are accommodated in hotels that have a climate strategy in place. In Berne, accommodation is arranged as close as possible to the venues so that mobility by public transport or on foot is facilitated.

Printed Materials

The Swiss Dance Days refrain from producing printed materials such as flyers, merchandise, bags or stickers. Only posters are printed for promotional purposes; all other marketing measures are implemented through digital channels and social media.

Catering

The Swiss Dance Days provide an exclusively vegetarian and vegan food offering for visitors and artists, with a focus on seasonal and locally sourced products.

Berne-Based Team

When recruiting the production team, care was taken to engage professionals from the Berne region to ensure that production know-how remains rooted in the city of Berne and its dance scene.

Technical Equipment and Props

We are committed to promoting a circular economy within the cultural sector. For the Swiss Dance Days, additional technical equipment or props are rented or borrowed in and around

Berne whenever possible, thereby supporting local rental companies. Transport is combined wherever feasible.

Post-Festival Footprint Evaluation

After the festival, the Swiss Dance Days aim to evaluate their ecological footprint in collaboration with a professional agency and to draw conclusions for future editions of the festival.

SHIATSU

For the Swiss Dance Days Aydan is offering shiatsu sessions in the cellar of the Schlachthaus Theater. During this festival you can benefit from a discount of -30% off my usual price. You will pay 88.- for an experience of reverberating wellbeing.

Shiatsu, with its quality of clear and deep touch has the power of giving you access to a differentiated perception of your body and being. It can also convey feelings of connection, safety and self-acceptance – wholesome feelings that nourish and soothe us. They can also give us the strength and faith to face and integrate difficult aspects of life. In the context of the Swiss Dance Days Aydan invites you into a space of exploration of your inner world. Together, through touch and language we discover the container of your being. You are welcome as you are in the moment, with all that moves and defines you.

Shiatsu is a body therapy method that found its current form in Japan. It is known for its art of precise and deeply reaching touch, its work with energy flow and a base of deep compassion and acceptance from the practitioner for the client. Together we go to- and stay at where you desire to be in the Now.

About Aydan

Aydan is a registered Shiatsu practitioner based in Berne with a background in theatre and dance studies

Info

Please note that you have to **book your session in advance** via the website: → www.shiatsu-aydan.ch Please don't forget to enter "swiss dance days" in the comment field "Bemerkungen"! Reserve 60 minutes for the session and count another 30 minutes so you can feel into what's right for you after the session and bring comfortable clothing.

Payment of your session will be **on site via cash or twint**. I can send you a reimbursement document for your insurance if you wish. **The sessions are held in the cellar of the Schlachthaus Theatre which is only accessible via steep steps. This means that the space is not barrier free. I am happy to help you get up and down the steps if needed.**