

Cohesion Dance Project Internship Overview

Fall 2025

Brief description of organization

Cohesion Dance Project (CDP) is a non-profit dance production company whose mission is to create engaging performances and integrated educational experiences that enrich, inspire, and unite the community through dance. CDP envisions a community with an expanded perception of dance as an art form that fully embraces people of all ages, abilities, experiences, and backgrounds.

Fall internship session

September 8, 2024 - December 7, 2024

Brief description of internship program

Students ages 12-adult gain valuable experience working first-hand in a studio that specializes in community-based, adaptive, and professional dance. Learn how a studio is run, gain teaching experience, and engage with your community in a more involved way.

Intern Tasks

- Complete up to 3 hours of volunteer work outside of classes and rehearsals per week, carrying out miscellaneous tasks such as cleaning, organizing, classroom set-up, administrative assistance, and other duties as assigned.
- Assist and/or teach at least one weekly technique or adaptive class.
- Assist with rehearsals (to be discussed at time of interview).
- Assist and/or participate in at least two events per session.

Expectations of the intern

- Adhere to CDP's mission and vision, treating peers and students with respect and compassion.
- Actively assist in and/or teach classes and rehearsals following instruction and guidance from lead instructor and intern coordinator.
- Provide mentorship and help cultivate a healthy, inclusive, and accepting culture at Cohesion.
- Individually plan and complete one of the following projects with the intern coordinator during internship session:
 - Create a piece to be performed at an event.
 - Mentor an individual at Cohesion to achieve a specific goal.
 - Engage with the community in a project designed by the intern and approved by the intern coordinator.
- Complete Intern tasks in a consistent, timely manner.

Intern Benefits

- Access to one free technique class during corresponding internship session; discounts on designated workshops and master classes at Cohesion.
- Dedicated, free personal studio time pending studio availability - must be reserved in CDP's studio reservation software (Skedda).
- One-on-one mentoring by Cohesion Staff and Guest Artists.

Application Submission Process

Application online

Selection procedure

By Committee

Resources

- Free dance studio time
- Access to technique classes
- Access to CDP teaching staff or guest artists as mentors

Type and size of studios

- Studio A 34'x41' - Doubles as black box theater.
- Studio B 18'x38'
- Studio C 30'x38'

All studios feature wheelchair accessible sprung marley floors and wall-to-wall mirrors that can be covered if desired. Each studio has its own thermostat.

Working language

English