My name’s Caterina and I’m in Year 11 studying my second year of VET Dance.

Yeah so I’ve actually been dancing for quite a long time now, I think it’s around thirteen years at, um, just my local dance studio, and I thought it would be really interesting just to actually study VET Dance instead of just performing dance.

I actually considered both VCE and VET Dance but I decided to go with VET Dance as I’ve heard a lot of good stuff about VET Dance and it’s quite different to VCE Dance. You get to get choreographed by professional dancers compared to, like, VCE Dance you have to make up your own dances and I really like picking up choreography and learning chorie ’cos I think it’s more valuable than just doing my own chorie.

Um, so at the very start we choose two techniques or dance genres that we want to do. I was really attracted to jazz as it came with a lot of sharp movements and I could really use my expression. And with contemporary I could use like my on and off balances and being stable on the ground as well as like defying gravity and all that and I thought that I could be really emotional with that and I can really express myself and show what I can really do.

With VET Dance, it’s been a really good introduction on how to become a professional dancer. It’s really helped me to learn about nutrition, adequate sleeping, as well as the history behind dancing and how to audition for companies that I can get into in the future and that’s really pushed me to become a better dancer.

So a lot of the units that we’ve learnt have led up to our end-of-year performances. And we’ve also done a winter dance performance where we did some group performances as well as some duo performances and we also got to choreograph our own dancers as well as getting external dancers, um sorry, choreographers, to come in and teach us.

With the preparation of our performances I’ve been really making sure I’m warming up beforehand and cooling down so I’m not injured and I’ve been doing as much dance classes as I can as well as doing also some gym classes to keep up my stamina and making sure that we’re always keeping up with the safe dance practices.

So, we actually get a Certificate II in Dance as well as selected units of Cert III and these performances will give us a score that will give us an ATAR in the end. So I’m not 100% sure what I want to do but at the moment I think I might consider dance as a future career and audition for a lot of companies and see how I go. Maybe even go interstate or even overseas and in VET Dance we actually do a lot of industry stuff compared to VCE Dance and we learn about future stuff so like how to audition, and how to bounce back from when we don’t get into a company, whereas VCE Dance we don’t get that as much and it’s more focused on the dancing and not so much the future.

Some of the industry experience that we get is, actually, we go to the city and we do some classes and learn from different choreographers. Different styles as well. And we also go see some shows, like we’re seeing *Charlie and the Chocolate Factory* this year, which has good aspects of dance as well.

Yeah, I feel like VET Dance has given me like a better feeling of dance and I really appreciate dance a lot more as I actually understand dance more, like the knowledge behind it and the theory and it’s really pushed me to get where I want to be.

[Copyright Victorian Curriculum and Assessment Authority 2020](https://www.vcaa.vic.edu.au/Footer/Pages/Copyright.aspx)