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#Be The Change: “Alone Together” Virtual Dance Project Staying Creative Together Through Isolation



Extraordinary times call for extraordinary opportunities. As a result of COVID-19, young people in Hong Kong have had to turn to online learning with social distancing mandated throughout the city since January 2020. While isolation remains a challenge for many, this also offers an opportunity for young people to stay active and inspired and a virtual project for everyone to express themselves creatively.

Organised by Hong Kong Youth Arts Foundation (HKYAF), **#Be The Change** is a series of short films that looks at different social issues through the art forms of dance, spoken word and poetry. Each film brings together a group of youth dancers and writers to create and perform original choreography, spoken word and poetry pieces. Shortly after the pandemic outbreak peaked in Hong Kong, the series launched **Alone Together**, its latest and first online project sponsored by Miller Performing Arts to explore the theme of “Isolation”. The project also aims to inspire and equip young people with valuable life skills through theatre arts.

Led by HKYAF’s creative team and professional artists, including London-based choreographer Kirsten Ho, Hong Kong-based spoken word director Becky Baker and London-based cinematographer Takao Komaru, the participants came together for a 6-week creative process and drew inspiration from their research of past and current events related to pandemics and

isolation situations. The film explores what it means to be isolated and how different generations experience and respond to isolation.

Despite the challenging physical constraints, the participants and artists stayed connected virtually throughout the creative process and developed stimulating and thought-provoking creations. The entire process also provided a network of support and encouragement for the participants without any physical interaction. “I liked how we were able to connect and share our thoughts despite being separated across oceans and continents. It was an empowering experience in these trying times and indeed an apt echo of the theme,” said Dilys Tam, one of the participants of *Alone Together*.

The project also expanded into wider community participation by inviting the public to submit videos of them dancing to David Bowie’s uplifting song *Heroes*. Video submissions came from all over the world, including Hong Kong, Macau, Japan, Australia, the UK, the US and Canada. This shows our gratitude to all those working tirelessly, making Hong Kong and the rest of the world a safer place. The videos are incorporated into the finished film. “This project aims to spread the message that as a community, everyone has the responsibility to make sure no one has to experience isolation on their own. No one has to feel lonely because we are in fact ‘Alone Together’” said Anca Chung, Head of Performing Arts at HKYAF and Producer of *#Be the Change*.

Alone Together can be viewed here: <https://youtu.be/j5Y-Z-dTAMM>.

NOTES TO EDITORS

#Be The Change: "Alone Together" Virtual Dance Project

Choreographer: Kirsten Ho
Spoken Word Director: Becky Baker
Cinematographer: Takao Komaru
Producer: Anca Chung

Tap here to watch the film: <https://youtu.be/j5Y-Z-dTAMM>

Enquiries: anca@hkyaf.com

Visit www.hkyaf.com for more details about HKYAF's projects.

Hong Kong Youth Arts Foundation

Hong Kong Youth Arts Foundation (HKYAF) is a charity that provides access to high quality, non-competitive free-of-charge arts experiences for young people aged 5 to 25. Established in 1993 by Lindsey McAlister OBE, JP, HKYAF organises inclusive and inspirational projects that reach out to youngsters of all cultures, backgrounds, languages and abilities, and actively creates opportunities for those who are disadvantaged and underprivileged. Each year, HKYAF reaches over 800,000 people through its projects, exhibitions and performances.

MEDIA ENQUIRIES

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