

DANCE AMBASSADORS 2026

Application Guidance



ABOUT ONE DANCE UK

One Dance UK is the national support organisation, leading the way to a stronger, more vibrant and more diverse dance sector. We support all those that love, teach, learn, work in, and perform dance. We believe that dance is for everybody and has the power to transform and improve lives!

Whoever you are, however you move - we move for you.

DANCE AMBASSADORS PROGRAMME

One Dance UK's Dance Ambassadors is a 9-month programme for young people aged 18–25 from across the UK. As the landscape of dance careers continues to evolve, many artists are developing portfolio careers, combining diverse roles both on and off stage. The Dance Ambassadors programme offers a unique opportunity to broaden your understanding of the dance sector while gaining practical experience, enhancing employability, and supporting personal growth. At the heart of the programme is learning how to become a champion for dance, a skill that underpins every aspect of the experience.

The programme will consist of:

- The launch day: made up of delivered sessions to support sector knowledge and skills, time to share ideas and network, and creative group activities.
- Online check-ins: offering support and the chance to ask questions.
- Main project area: shadowing and supporting a member of the One Dance UK team
- Self-directed activity: tasks linked to your main project area or focused on personal development.
- Home groups: see page six for more details.
- Wider opportunities: available throughout the year.
- A final celebration event: a chance to share your journey, highlight your achievements, and wrap up the programme together.

The Dance Ambassadors programme will:

- Help you build knowledge, skills, and connections in dance.
- Provide opportunities for sharing your own ideas, experiences, and knowledge.
- Be a platform for networking and providing a vital “youth voice” to the dance sector.
- Encourage independent learning and development.
- Support you with your aspirations and next steps.

WHO ARE DANCE AMBASSADORS?

One Dance UK's Dance Ambassadors are young people aged 18–25, from across the UK, who are passionate about dance, and who believe in its power to unite, bring joy, and enhance lives.

We are looking for young people who want to:

- Support the work of One Dance UK.
- Represent the voice of young people in the dance sector.
- Gain skills and experience to help develop their own future and the future of dance.

In order to apply you must

- Be aged 18 to 25 on 1 January 2026.
- Live or study in England, Northern Ireland, Scotland or Wales.
- Be able to commit to the dates outlined in the timeline and be ready and willing to get involved with the opportunities made available to you.



Image credit: One Dance UK, Dani Bower

COSTS

We are delighted that Dance Ambassadors is fully funded and there is no charge for young people to apply for or take part in the programme. Each successful applicant will be fully reimbursed for all costs of economically viable travel, food and drinks, and accommodation when needed during the programme. In the unlikely event that travel costs for a single return journey are more than £150, approval should be confirmed with One Dance UK prior to booking.

TIMELINE FOR DANCE AMBASSADORS

Wednesday 21 January

Launch Day in Birmingham: 10am - 4pm

January – July

Main projects will run, with mutually agreed times and dates of commitment

Wednesday 18 March

An online session: 1 - 2pm

Thursday 16 April

Mid-point session: 5 – 6.30pm

Tuesday 9 June

An online session: 4.30 - 5.30pm

3 - 5 July

U.Dance National Festival in Glasgow, Scotland (this is currently provisional)

End of July

All projects will end by this time

Thursday 3 September

Final online session: The focus will be on celebrating your work, what next, and evaluation



Image credit: One Dance UK, Dani Bower

MAIN PROJECTS

All Dance Ambassadors will be assigned to a main project area, as briefly outlined below. We will ask you to express your preferred main project within the application form.

All projects will involve contributing to the planning and sharing of ideas and attending meetings to shadow and contribute suggestions.

Careers

- Support at in-person and online events.
- Undertake research.
- Suggest copy and ideas for careers projects.

Education and Training

- Assist during CPD delivery days.
- Support online webinars.
- Support with CPD recordings.

Partnerships

- Contribute creative ideas within meetings.
- Participate in forum style discussions.
- Research and data intelligence/evaluation.

Young Creatives (One Dance UK's programme for aspiring young choreographers)

- Support in-person days.
- Join online sessions.
- Provide feedback where appropriate.

**This provides a general idea of roles, which may alter slightly depending on activity at the time.*

EVENTS AND ACTIVITIES FOR ALL DANCE AMBASSADORS

- **The One Dance UK Awards:** supporting at the in-person event undertaking one of many varied roles.
- **U.Dance National Festival:** assisting the team with the operational smooth running of the festival.
- **One Dance UK advocacy work:** there will be opportunities during the Dance Ambassadors programme to be involved in our ongoing advocacy work.

FURTHER OPPORTUNITIES

Throughout the Dance Ambassadors programme, there will also be exciting optional opportunities to work with the One Dance UK team and external organisations. These may include supporting dance projects and programmes such as U.Dance Regional and U.Dance First events.

All opportunities will be shared through the regular Dance Ambassadors Bulletin.

HOME GROUPS

Home groups will consist of around four Dance Ambassadors. They provide a space to connect in smaller groups, share ideas, and offer peer support between whole-group activities.

Each Ambassador will be assigned to a home group for the duration of the programme, based on their project area. Groups will be given suggested timeframes to meet online, along with recommended research and follow-up tasks, to help develop knowledge and skills. Ambassadors will work on these independently and then feed back to their home group.



AS A DANCE AMBASSADOR YOU WILL:

- Attend the in-person launch day in Birmingham on Wednesday 21 January 2026.
- Attend in-person and online check ins throughout the year.
- Commit to your project area and mutually agreed time frames.
- Be proactive and take advantage of the opportunities that are presented to you throughout the year wherever possible, around your existing work, and student commitments.
- Act as a One Dance UK representative, demonstrating respect and professionalism and following all appropriate policies and codes of conduct.
- Commit to being a champion for the power of dance!

Before you apply

Please read the guidance notes in full and make sure you can commit to the full programme from January to completion in July before applying. Dance Ambassadors is a special opportunity and is always oversubscribed so full commitment is essential. You can contact us at danceambassadors@onedanceuk.org if you foresee any clashes, or potential barriers.

HOW TO APPLY

Access our online application form by clicking on the link below. You'll be asked a few short questions about yourself, why you want to be a Dance Ambassador and your preferred main project.

The form gives you options to complete either written or video responses – both are very welcome.

If you'd like to submit your application through another method or need any additional help or support, please contact us at danceambassadors@onedanceuk.org.

Good luck and we cannot wait to hear from you!

Application Form

Deadline for applications: Friday 24 October at 9am



Image credit: One Dance UK, Dani Bower

CONTACT DETAILS:

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