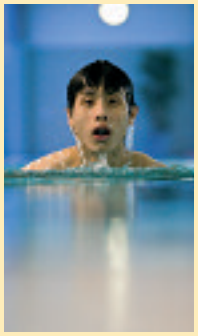
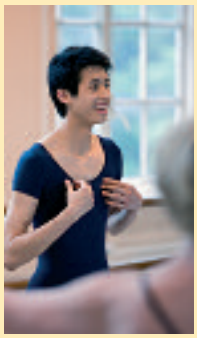
A DAY IN THE LIFE

"Even when I was very young, I could never imagine myself working in an office, or somewhere like that. I started my first dance class when I was four years old, and I loved it."

Above Kelvin out and about in London and working hard at the School. **Far right** Kelvin rehearsing.

Kelvin Au, from Hong Kong, is now 19 years old and is a second year student at English National Ballet School.

He is extremely positive about his experience of the School and his future as a professional dancer.

"I've learned so many things at the School. I feel I am not only prepared for a professional life as a dancer, but also for life.

"The School has encouraged me to take my 'A' levels, so that I will always have something to fall back on other than dancing. I have also received an education about the importance of all-round physical well-being – what to eat – and a training schedule that has taught me how to become physically stronger.

"I've had some great opportunities to perform and train. I worked with English National Ballet for three months. It was fantastic to be part of the Company, but very tough. It was both mentally very tiring and physically draining. It was brilliant to have the chance to build on what I have learned at the School. Members of the Company were like artistic and technical role models for me. Also during that time I developed my confidence and stamina to perform every night.

"At the School it feels like being part of a family. The teachers and the other staff are all very friendly and approachable. I don't have time to feel homesick at all. The days are very full with dancing, training, performing or rehearsing. I am with students from all around the world. It makes life very interesting.

On graduation Kelvin will take up a contract with National Ballet of Portugal. "I'm so excited about getting a job. I've really enjoyed my time with the School and learned a lot. I'm now ready to work as a 'real' dancer."

A typical day for Kelvin...
8am – arrives at the School
Preparation body conditioning and sit ups
Two hours dance class
Break
Academic studies
Pas de deux
Break
Repertoire or Jazz or Contemporary
6.30pm – finish with stretch and relax before going home for dinner