

## Valeria Caboi

Praça antónio sardinha n11 rcdto, 1170-028, lisboa  
Born in sassari, 1985 based in lisbon since 2011

valeriocaboi85@gmail.com

### SPOKEN LANGUAGES:

Italian Native

English fluent (spoken and written - ielts certificate level 6.5, dec 2010)

Portuguese fluent (spoken and written – B2 european certificate 2011)

Spanish (Level A2 Spoken, A1 written)



### Studies:

<b>LCDS (London Contemporary Dance School), UK</b>	2010 - 2011
Advance Dance Studies in Contemporary Dance. (Post Graduation).	
<b>La Sapienza University, Art and Performance Department, Rome</b>	2005 - 2009
BA(Hons) Theatre and Performance.	
<b>FORUM DANÇA, Lisbon</b> Dance and Choreography Studies	2017
<b>IALS, Rome</b> Dance Studies (scholarship) with Mauro Astolfi	2005 - 2007
<b>MAS Milano, Milan</b> Dance, Theatre and Music Studies (scholarship)	2004 - 2005
<b>Liceo Scientifico Galileo Galilei, Macomer, Sardinia, Italy</b>	1999 - 2004
Secondary Diploma of Studies	
<b>Speridan School, Macomer, Sardinia, Italy</b> Dance Studies	1990 - 2004

### Courses concerning the massage practice:

Curso profissional de Quiromassagem.	<b>CEFAD</b> Lisbon
Pratica de massagem desportiva a Atletas corredores.	<b>Corrida Lezírias, VF XIRA</b>
Tratamento da dor ciática para profissionais da Saude.	<b>Escola de Medicina Tradicional Cinesa, Lisbon</b>
Feldenkrais Method.	<b>M.A.S, Milan</b>
Alexander Technique.	<b>L.C.D.S, London</b>
Somatic.	<b>L.C.D.S, London</b>
Klein technique.	<b>P.E.P.P.CCC, Lisbon</b>
Contact Improvisation.	<b>M.A.S Milão and L.C.D.S, London</b>
Authentic Movement.	<b>Centro Vanda Melo, Lisbon</b>
Danza sensibile with Francesca Bertozzi.	<b>Escola de Medicina Tradicional Cinesa, Lisbon</b>
Tui Na massage.	<b>Cala Ginepro, Nuoro</b>

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### Other Studies:

**Peppc-c FORUM DANÇA, Lisbon** Vania Rovisco (PT), Vitor Roriz&Sofia Diaz (PT), Britta Pudelko (DRF), Lia Rodrigues (Brasil), Miguel Pereira (Portugal),

**'Le Città Visibili' Workshop, Rome** Richy Sim (Singapore)

**Dance Education Creative Lab', Rome** Mats Ek, Ballet Frankfurt of William Forsythe, Contemporary dance Oklahoma, Tero Saarinen Company (Finland), Random Dance Company (London), Ecole de Danse de Geneve Ballet Junior, Centre National de la Danse (Paris), Ballet Biarritz, Batsheva Dance Company (Israel), Spellbound Dance Company (IT),

**Speridan School, Macomer, Sardinia, Italy** Workshops and Master Classes with: Janine Loringette, Ranco Yokohama, Mia Molinari, Mauro Astolfi, Cecilia Marta, Caterina Felicioni, Mauro Togna, Daniele Ziglioli, Eugenio Buratti, Cristina Amodio, Bruno Collinet, Guido Tuveri, Michele Pogliani

**Solo and Group Dance Competitions, Italy** *Danzasí* 2002 and 2003; *Gran Premio della Danza* 2003; *Vetrina Coreografica Città di Olbia* 2001, 2002 and 2004; *Concorso Ballet Centre*; *Concorso Città di Sinai* 2003; *Rassegna Città di Sassari* 2003 and 2004

### Work experience:

#### AS A PERFORMER:

**The Yonis**, Chisenhale Dance Space, London (UK). Performer and co-creator

**A coisa mais próxima (que possa imaginar)**, Portugal, Argentina. Performer and creator in collaboration with Lucia Nacht

**PEPCÇA**, Portugal, choreographies by Miguel Pereira. Performer

**'inPhi'**. Portugal, Companhia PIA, Performer

**'EYE LIE'**. Portugal, Italy Sound design: Manuel Pinheiro. Performer and Choreographer.

**'Looking for Tina'**. Verberg, Halland, Sweden. Kulturhalland production. Performer and choreographer.

**'Red T-Shirt Project'**. Portugal, England, Italy Performer and Choreographer.

**'O vento' music video-clip**. Portugal. Direction: Joana Barra Vaz. Performer and choreographer.

**'North Dance Company'**, Portugal. (**companhia de dança do norte**). Dancer.

**'Grey T-ime'**, London. Choreography by Lyndsey Allan. Nine Bob Note company. Performer

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**'LE CITTÀ VISIBILI'**, Naples. Direction: Giorgio Barberio Corsetti Co-production: Napoli Teatro Festival Italia, Singapore Arts Festival, Compagnia Fattore K. Performer

**'I FOLLI'**, Ex Lavanderia, Rome. Script and Direction: Marcello Puggioni and Francesco Sannicandro. Performer and collaborator on devising process

**'NOTTE VERSO MEZZANOTTE'** Direction: Mauro Astolfi (Spellbound dance Company).  
Dancer

**'MY DEAR LOUISIANA'** Elisa Monte Dance Company (NY). Dancer

**'I NAVIGANTI'**, Brera Academy Milan and Sardinia, Italy Direction: Susanna Beltrami.  
Dancer

**'L'URLO'** Italy Direction: Guido Tuveri. Performer

## AS A CREATIVE:

**A coisa mais próxima (que possa imaginar)**, Portugal, Argentina. Performer and creator in collaboration with Lucia Nacht

**'EYE LIE'**, Portugal, Italy. Performer and Choreographer. Sound design: Manuel Pinheiro With: Flora Detraz, Joana Furtado, Claudia Canarim,. <http://valeriocaboi85.wixsite.com/valeriocaboi/eyelie>

**Red T-SHIRT Project.** Portugal, England, Italy. Artistic director, choreographer.  
<https://www.youtube.com/watch?v=bA2j-UJnOsE>

**'Tanto faz' (music video)** Portugal, Performer and Choreographer Direction: Joana Barra Vaz.  
<https://www.youtube.com/watch?v=V3ka0gDmF8E>

**'Open Lab 2015, Kultur Halland, Asa, Sweden.** Performer and choreographer.  
<http://valeriocaboi85.wixsite.com/valeriocaboi/openlabhalland>

**'Moça Esquiva' Diabo Na Cruz (music video)**, Portugal, Choreographer  
<https://www.youtube.com/watch?v=ooXNTPjQAv4>

**'O vento' Joana Barra Vaz (music video)**, Portugal Performer and choreographer.  
<https://www.youtube.com/watch?v=dvMz-xnADGc>

**'Alas, To be continued'**. Sardegna (IT) Idea and video editing: Valeria Caboi. Photography: Marcello Puggioni. Music: Enrico Pesci. Performers: Chiara Toniutti, Valeria Caboi.  
<http://www.youtube.com/watch?v=O9R252Q2QDk>

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### Work experience (continued):

**Grey coat mood. Porto (PT)** Choreography and video editing: Valeria Caboi. Camara and sound: Manuel Pinheiro. <http://www.youtube.com/watch?v=v3FATjbo1l4>

**GestAzione. Live performance. Roma (1<sup>st</sup> prize Marte Live2010) (IT)**. Choreography and performance: Valeria Caboi. Video editing: Antonella Sabatino. Audio editing: Enrico Pesci. <http://valeriocaboi85.wixsite.com/valeriocaboi/gestazione>

### AS A TEACHER:

**Escola Eva Vieira de Almeda. Oeiras** Contemporary dance teacher (adults and teenagers)

**Inimpetus, professional acting school. Lisbon** Physical theatre teacher (adults)

**ProDança, dance school. Lisbon** Contemporary dance teacher (adults)

**Espaço Evoé, professional acting school. Lisbon** Physical theatre teacher (adults)

**Forum Dança.** Contemporary dance and research Teacher (adults)

**ESCOLA 1001 DANÇAS, ATENEU Lisboa, Lisbon (PT)** Research and body expression Teacher (adults)

**Escola n4 1o ciclo, Madorna. Cascais (PT)** creative dance and music Teacher (children)

**Externato n4 de educação popular, Lisbon** Ballet e pre-ballet Teacher (infants)

**Dançarte escola de dança, Lisbon** Ballet teacher (children)

### OTHER SKILLS:

Video editing (FCP, Adobe Premiere Pro),

Production/organization and Managing (dance workshops and shows).

Data managing (Pharmacy).

Animation for children's birthday parties.

Baby-sitting.

Music (guitar and percussions), [painting](#), [skating](#), [swimming](#), [camping](#).