

The 7 Dimensions of Sistema Europe Youth Orchestra

(@Sistema Europe Youth Orchestra, Etienne Abelin)

Work-in-progress: each element can be expanded on, exercises developed etc.

Preparation

- Feeling connected, supported and energized
We'd like everybody to feel deeply connected to themselves and others, supported by each other and energized when delving into making music together.

Disposition while making music

- A **Fun!**
We want to have fun, laugh, smile, enjoy ourselves and each other when we play and learn music!
- B **Listening Focus**
Complementing the fun, we need calm, relaxed listening focus and concentration when we play and learn. The sequence is: Silence – Listen – Interact – Respond – Merge into a single being with one sound (*Credit: Mahler Chamber Orchestra*)
- C **Spirit of improvisation**
We want to feel free, creative and ready to develop new ideas at every moment, even playing composed music.
- D **Urgency**
We learn to develop a sense of urgency in our music making and listening. Being able to share time together – with each other and the audience in concerts – cannot be taken for granted so we learn to grasp the essence of transience and transform it into urgent artistic expressivity and connections with each other. The strength of many of the greatest musicians is that their music making often comes across as a matter of life or death.

Dimensions to enhance while making music and learning together

1. Listening & Chamber Music Spirit

Playing and singing music together is all about listening to one another and to cooperate: we learn to pass a melody to another instrument or section, we learn when we accompany and when we lead, we breathe and move together. Gradually, we learn to listen to emotions and musical intentions of ourselves and others. One might say that we learn, through playing music together, how to live with each other.

2. Expressive Story Telling: “Storytelling Shapes Passion and provokes Precision”

On stage, we become storytellers: we tell stories with music, to one another and to the audience. A story has many different moods and we learn to express these moods in playing and take each other and the audience on a journey. Our storytelling transforms the space and the people in it into poetry.

3. Love in Sound

When we touch our instruments and create sounds, be it beautiful melodies, energetic short notes, grooves and more, we do it with love and with an open heart.

4. Drive & Dance

We believe in high energy and intensity when we play. Sometimes with lots of – focused – movement supporting the music. Music is dance!

5. Flow

At the same time, we learn the skill of letting things happen and flow almost by themselves, effortless.

6. Ease in Playing

When we learn exactly where to put our fingers, how little pressure to use or how to breathe calmly, our ability to express ourselves, to listen to each other and the whole orchestra freely and get into a “flow” increases.

7. Awareness of ethos of dynamic balance

When we play music and learn together, we are aware of our shared ethos of dynamic balance. We like the world to be in balance and connected and we counter growing inequalities in our work - be it in creating dynamical balance through listening and adjusting while we play or evening out different skill levels when we learn.

Therefore older or more skilled players gladly take on the responsibility and leadership to teach younger or less skilled ones. All players on all levels of accomplishment commit to continuous learning in all dimensions.

Example: An excellent storyteller can always become an even better, more moving one.

Presenting music

- We develop innovative ways to present the music we play, be it in creating audience interaction, including light design, visualizations or hosting events in a warm and inviting way.

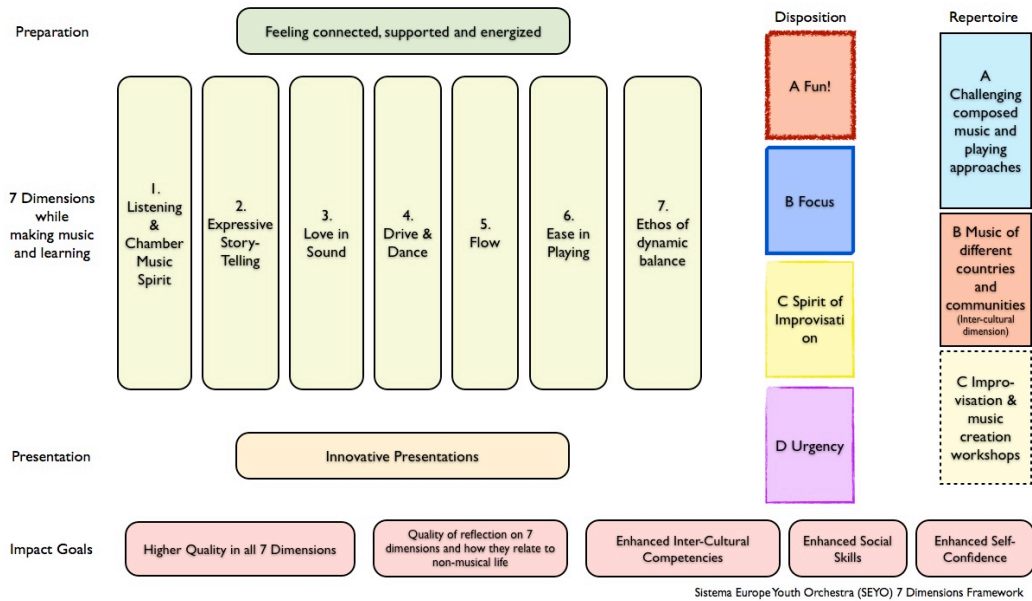
Essential Elements in Repertoire

- A Challenging composed music and playing approaches that push us to achieve levels we would have thought impossible.
- B Inter-cultural dimension: we play music from the countries and communities present in the camp.
- C Improvisation and music creation workshops and focus possibilities: complementing the picture and turning us into more complete and creative musicians.

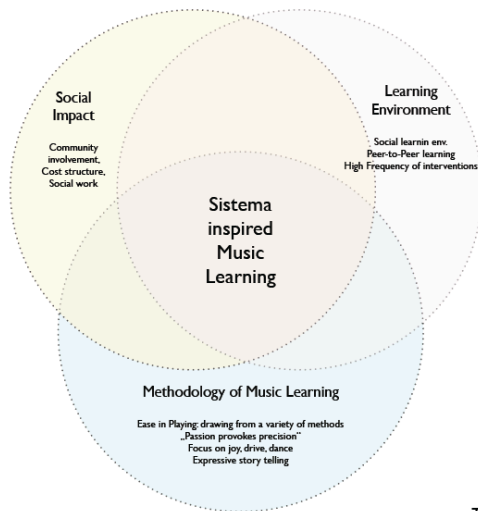
Impact

We strive for constant improvements in the quality of all dimensions and elements, before, while and after we make music!

1. Higher Quality in all 7 dimensions
2. Quality of reflections on 7 dimensions and how they relate to non-musical life
3. Enhanced inter-cultural competencies
4. Enhanced social skills
5. Enhanced self-confidence



@ Sistema Europe Youth Orchestra,
Elienne Avelin, e.avelin@smac.com



Three Circles of Sistema Inspired Music Learning

Elienne Avelin, e.avelin@smac.com