

***“I have become young again“. Music, Language, Movement: Artistic and pedagogical opportunities for people in advanced age***

Concept and realization:

Christine Schönherr & Coloman Kallós



Produced by the Mozarteum University Salzburg  
Carl Orff Institute for Elemental Music and Dance  
Pedagogy

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*“I have become young again“* is the title of the double DVD which was released in English and German in 2013 and which includes a detailed reference booklet for targeted implementation.

In 2003 Christine Schönherr began to organise music and dance sessions in an old people’s home as part of a students’ training programme at the Carl Orff Institute. Right from the start the sessions were inconspicuously filmed producing video material of around 200 sessions.

A visual documentation of musical education with the elderly over such a long period of time is unique and, among other things, has made it possible to produce this diversified work compiled in cooperation with Coloman Kallós.

DVD II gives viewers a deep insight into the practical use of elementary music and dance pedagogics and how this can be adapted for the elderly. The live recordings with commentary are divided into three key areas:

- **Activities with music and dance**
- **Room for creativity and imagination**
- **Age-specific focus**

with 15 further sub-categories.

Each section is documented using a wide range of practical examples and is supported by the corresponding theoretical explanations. This practical DVD is complemented by DVD I which highlights the reasons for choosing the techniques used in these artistic pedagogic sessions and offers food for thought. A historical outline of musical education according to Orff and a brief look at the world of elemental music and dance pedagogics as taught at the Carl Orff Institute are followed by interviews with specialist in the field (incl. Theo Hartogh and Hermann Rauhe) as well as students, participants and nursing staff.

*“Both videos provide a rich and varied pool of suggestions for using music and movement when working with the elderly. Mrs. Schönherr and Mr. Kallós both addressed the subject and worked on this project with an appropriately high level of competence, thanks to their many years of experience, and with an aura of optimism and assurance that even at an advanced age, joy, creativity and development are still possible.”*

(KESSLER-KAKOULIDIS, L. (2014) Review. Christine Schönherr and Coloman Kallós: “I have become young again.” In: Decker-Voigt, H. H. (Ed.) *MuG Musik und Gesundheit* 25/2014, Ludwig Reichert Verlag, Wiesbaden, p. 40)

