

Dance, Arts
& Tangotherapy

dat

Health, inclusion & wellbeing through the arts.



DAT is a non-profit organization founded in 2023.



What is dat?

We use TangoTherapy and other artistic expressions as innovative tools for social intervention, improving health and quality of life, and promoting inclusion, with a focus on the most vulnerable groups.

- We create spaces for social interaction, providing artistic and educational experiences.
- Our goal is not only to improve health and well-being within the community, but also to help build a more resilient, inclusive, and sustainable society.



real reasons to act

23,4%

of the population in Portugal
is over 65 years old

Turning social challenges
into change opportunities

22,9%

of the population presents a
psychiatric condition

34%

of the population has a form
of dissability

57,7%

young adults confirm to feel
lonely or lack companionship

Volunteer opportunity



Empower your teens to Move for a Cause!

We welcome high schoolers with a passion for dance, creativity, or who simply want to make a difference.
Their energy can help bring joy and motivate others!

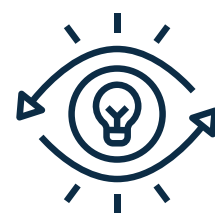
- Students are invited to take part in DAT's Tango Terapia - Envelhecimento ativo e saudável Program
- No experience needed—just heart, enthusiasm, and a willingness to move for something meaningful.
- Personal Growth: Students build confidence, empathy, leadership and social skills through hands-on service.
- Wellness win-win: Dance and the arts offer a healthy outlet for stress, emotion, and self-discovery.
- Safe & Supportive Environment: All activities are guided by experienced mentors and designed to be inclusive and uplifting.
- Certificates of participation will be granted to all volunteers (CAS hours!)

Let your students step into a space where movement meets meaning.
Together, we'll dance toward a healthier, more connected world.



Dança, Arte & TangoTerapia

MISSION & VISION



Our mission is to promote physical, mental, and emotional well-being through the arts, using dance and Tangotherapy as key intervention methods.

Through creative expression and movement, we aim to foster personal development and strengthen social connections, contributing to the creation of a more prosperous and inclusive society.

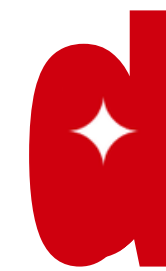
We see a future community where art, as a complementary therapy, plays a vital role in overcoming barriers, embracing individuality, and strengthening bonds—ultimately building a more cohesive, sustainable, and happier society.



our Programs

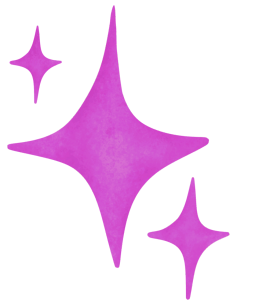


- Community-Centered Programs
- Tailored Innovation
- DAT's TangoTherapy Model
- Inclusive Spaces



TangoTerapia
Envelhecimento ativo e saudável

Promoting Autonomy and Combating Dementia



+ Intergenerational
volunteering



Dança, saúde e bem-estar

Well-Being
Preventive Health
Healthy Habits



IntegrArte
Dança Inclusiva

Dance, Inclusion, and Quality of Life



**Opostos e
complementares**
Relational Dynamics



Ex-pressArte
Artes Integradas

Inclusive Program for Children and Youth



Logo Terapia

Purpose in Focus.
A Reason to Live
The Strength to Transform



Team Building

Group Dynamics
Workplace Health Promotion

What is TangoTherapy?



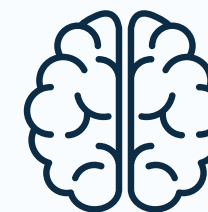
TangoTherapy is a complementary therapy that harnesses Tango in all its forms—dance, music, and poetry—to promote health and well-being, enhancing physical, mental, and emotional balance.

Benefits



Enhances psychomotor skills, strengthens muscles, and improves aerobic capacity—boosting endurance, strength, and flexibility. It promotes autonomy while developing balance and body awareness.

Fosters creativity while working on body–mind coordination. It boosts memory and helps develop concentration and attention skills.



Brings people together and strengthens bonds. It encourages empathy, motivation, and reinforces self-esteem, driving personal growth and community inclusion.



how and where

DAT has developed its own artistic, educational, and therapeutic intervention model, using TangoTherapy to bring movement, joy, and connection to those who need it most.

We carry out this work in nursing homes, community centers, senior universities, and support institutions for people with disabilities—creating spaces where individuals feel seen, valued, and truly alive.

+1000


People dance with us every week



181

institutions already served

Testimonials



"We need movement to strengthen ourselves, inside and out. My legs and my spirit always benefit. The teacher is so sweet, it's worth the effort!"

Maria is 76 years old and dances with us every week at a day center for people with Alzheimer's.

"The classes are 100% beneficial, with a pace that aligns with my life experiences; people move, and at the same time, they revive their memories!"

Luisa is 77 years old and dances at the senior university with the dance and active aging program.



"It relieves stress, and I enjoy dancing with everyone. I feel more relaxed and cheerful."

Marco David, 36 years old. He is part of our dance group with dancers who have schizophrenia and cognitive impairment.



"I am a dancer in the Tango21 company"

Vera, 20 years old, member of the Tango21 company (inclusive dance).



Thank you!

dance
with us!



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