

Erasmus report-Murányi Emese

During this period I experienced a lot: I gained new beautiful memories, and learned new things as a dancer.

Every day we could participate in one morning class with the group from Oslo, and after that we had rehearsal until late afternoon. We could participate in ballet classes three times and contemporary dance classes two times. It was very interesting to try out new exercises, and observe what methods they are using to teach and to learn things in KHIO. I really enjoyed this opportunity, and I'm sure that I will revisit the exercises that we learned there in the future.

The rehearsals were very intense. We had to be fully there mentally as well. But I learned a lot of things during. For example what are the best techniques to lift an other person, how to be in your body when you are lifted and how to make the movements smooth. Other than that I could observe how our choreographer is working, what methods she is using, how she is communicating with her dancers, and how she is solving the problems, so it was a good example to see for me. I also learned how to communicate my needs with my partners, and how to understand them better. During rehearsals I always asked myself what can I do to make the situations or movements work easier, more fluid, and I always got answers (sometimes from others, sometimes I could figure it out for myself). During this process I feel that I gained a lot of strength, because I can make the lifts happen so much easier than before. So overall I developed my dancer knowledge and social skills as well.

Personally I have a lot of nice memories from this time that we spent in Oslo. I could go and just be a tourist with my colleagues We saw the Opera house, the huge library, the Folk Museum, the Pixel forest, the Royal Palace and we also tried out a sauna next to the sea. It was amazing, I really enjoyed exploring Oslo.

The accomodation was better than I expected. The quality of the place was very nice, it was not far from the school and everyone could have personal space as well. Every day we ate in the school's canteen, and the food was very tasty and healthy as well.

That week I had my birthday as well. It is so memorable for me that after class the norwegians were singing their national birthday song for me and an other norwegian girl, who had her birthday the same day as me. I really liked their national birthday song and it made my day very special.

Overall it was a great experience to participate in this opportunity. I learned and experienced new things, grew my knowledge as a dancer, I got to know more about the norwegian culture and I also created a deeper bond with my colleagues. I'm very grateful.







