

Mobility Erasmus Traineeship

April - June 2025

Circus Dance and Rehearsal Coaching

Exchange Student Report

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During my last period before graduation, I did an Erasmus exchange at BCDC, training with the Circus Dance department. In this context I surrendered to a new environment, artistically and personally.

Learning different skills such as aerial, floor acrobatics and juggling, the physicality of this training had the highest priority. While in my home institution in the Netherlands (Academy for Theatre and Dance) I felt like developing an artistic, strong mindset when it comes to physical practice was in focus, in Hungary I was very much reminded of the importance of a strong body.

The focus during my mobility was to build up overall strength, core strength and more specific stability and balance exercise, relating to the aerial figures and acrobatic forms. This broadened my view on the body in dance a lot.

For instance, I always thought of point and flex as an aesthetic, codifying a dance form. Let's say if I did not fully turn out or point my foot I would go from classical towards a more modern and contemporary approach.

However, in aerial dance, if I do not flex my foot fully or use my turn out too little, I would fall down from my ring.

Even though I am not planning to become a full-time aerialist, I can incorporate this more functional idea of using details also in my own dance, like changing a small thing, changes the whole body.

For the future I will also maintain the discipline that all these practices require when it comes my own approach to dancing. My own background in dance is the Street & Clubstyles, which meant that I had to step away from my comfort zone of grooving and bouncing for two months. And yet, I was so inspired by the broad variety of floor acrobats, fire breathers and aerial dancers in my class. I could watch them all day doing their magic and I am so happy and humbled that they shared a little bit of their magic with me.

All the encounters, teachers and opportunities shape my view and especially opened my idea of the working field, so I am more than grateful for my stay at BCDC. Thank you all so much & Sziasztok!