



Erasmus Report
Deltebre Dansa - International Performing Arts Festival
07.07.2025-11.07.2025

I came to the conclusion that this festival gave me a strong development professionally and personally too.

Movement-wise I get much more connected with my body/my movements, I started to understand the connections in my body better, now I get to understand the relation between my own movements and/or impulses .

I get a taste from the speed of the continuous motion which I feel opened up a whole new dimension to explore for me.

And I started to not break but to open the whole impulse from the body and lead it until it ends.

My body and my movements became more compact as I feel.

At the Alleyne dance class I was challenged by the really deep plies but the whole workshop taught me consciousness about the levels and about the directions of a motion and about the potential impulsivity of a body.

In Maura Morales classes I was deep diving into the musical potentials of a body and I opened my mind to learning phrases and to creative collaboratively.

(https://drive.google.com/file/d/1zL_wZKE38N-EcwZg7039wdJBQ8UIFjH9/view?usp=drivesdk - link of a video from Maura's class)

At Anton Lachky's class I experienced a huge change in my movements, by his instructions I found a quality of my movements which were more compact, clear and faster than I ever experienced.

Personally I felt I was challenged a lot during that week because of the intensity, because of the weather, and camping circumstances which gave me adrenaline but also a lot of tiredness.

It was a pleasure to spend the week with Lili and Anna because we were able to balance each other's mood and behaviour and we supported and boosted each other when it was needed.



I have seen amazing performances during the nights, and before every show everyone was dancing together from the audience to Spanish music and other hit songs. The organisers and the local people were spreading really good and welcoming vibes.



I got really inspired by our teachers, especially by Anton Lachky. And also by the performers like Lali Ayguade.

I'm grateful that I had the opportunity to participate at the Deltebre Dansa Festival.

Thank you for the support



Kovács Kriszta
22.08.2025