

I am Johanna Szőke and I spent 7 days at the second half of *Deltebre Dansa*



Festival in Spain. I chose this place for my short term Erasmus mobility, because I heard a lot about this festival's teachers and about how great and professionally enriching experience is this.

I could spend a few days in Barcelona, near to Deltebre before the festival. It helped me to land a bit and arrive before the intensive training days. I could be with my friend who I made this whole trip with and swim in the sea, eat great Spanish foods and hang around the city. I've got to ask around from people that how is it to live temporarily in Barcelona which

was helpful for the future if I would go there with a long term Erasmus mobility.

I arrived to Deltebre 1 day before the week started which also gave me time to adjust, get a sense of how is the sleeping in a tent experience. My ankle got injured in Barcelona, so it was a frustrating element because in the village there wasn't any doctor around the Festival who I could show it and ask for help. But I tried to handle it with my best knowledge possible. I had to rethink how I can participate now with the classes, since walking itself was challenging.

On the first day I participated in all the classes so I could get a sense what is realistic and what is not. We had classes every day with Lucija Romanes in the mornings and then

African footwork. In the afternoon we had Rakesh Suresh and then floorwork class. I chose Lucija and Rakesh classes to commit to and do every day with full presence and energy and in between tried to put up my leg and rest it.



Lucija classes were very physical. Overall the whole festival was about physicality and pushing. Pushing through the boundaries. On her classes I enjoyed the tasks she offered to us, it was mostly improvisation. Explosion was in the movements. She used rock music sometimes at her classes which energized me a lot. I learned that even in chaos you can be articulate. Getting crazy, fast and chaotic in movement is not equal to losing articulation in the body and hands are a good parts to keep the attention on. She worked with some kind of expression also, to fill up the movements which is something I am deeply interested in.

Rakesh classes happened every day after lunchtime. We started every session with a grandma dance where we just had to groove like we were old and just chilling in a party. It helped a lot to come in the mood of dancing without the pressure to push after lunch. He worked a lot with the power of breath and how to keep the inner silence and piece, even when you are fast and exploding in the body. He told us stories from India which was about

life itself, every day 1. This created a sense of ritual for me, that we are learning from some kind of ancient knowledge and I was happy to receive it. We did some task which stayed with me and I will keep trying them out. I am thankful for me that I brought my dance diary to Spain so I have some written down.

Besides the classes and the amazing(!) food for lunches, we also could watch performances every day in a circus tent. There I observed that the audience were vibing and dancing, standing at their seats before the show was starting. It was unusual for me, I am used to setting down and maybe quietly chatting a bit before a show. This was unexpected but fun to witness. The performances offer a good ground for conversations the next day with the other festival participants. There was 1 performance which stuck with me because it made me very angry. It made me think what I see us selfish as a performance and what do I think about the act itself. When you as a performer give a performance for your audience who gives their attention and time for you.

Besides the classes, food, performances, it was very important experience for me that how is travelling with a friend for 10 days. I feel like a learned as a human also about myself and I get to know more my friend also. **So I am very thankful for this experience and I am excited for life to happen and this trip made me ready to go out to the world and explore more without fears as a dancer and as a human.**