

Professional report - Nicole Messner

I was in Paris joining the 'Paris Summer Academy' by the Oriantheatre Dance Company from August 4 to August 30th (my official Erasmus was the week from 4th to 8th of August). During my time with Oriantheatre, I had many new encounters in the field of dance and performing arts. I wasn't so familiar with



performing arts before, I have watched some performance art pieces and had a basic understanding of it, but I only knew what I have seen and my own interpretations of it. Through the workshop I could gain a deeper understanding of the art itself and how I can connect it to my work as a dancer and use some tools and methods in my own choreographic creations. The hardest yet

most interesting encounter for me was the topic of voice and sound. How it is connected. How it changes the material. Using voice while moving: sounds, shouting, screaming. Working with added sound and added movement. During the course, I gained many choreographic and artistic tools, gained a deeper understanding of my body as an instrument. I could work a lot on my improvisation, encountered different improvisation methods and worked much more with sensation and feeling, which helped me connect and listen to my body in ways I haven't before. Through that I felt I could also soften and release much more on the floor during floorwork. I learned some of the company's repertoire, which was one of the highlights for me because I fell in love with the material. I was also asked to hold my own class with the students of the program, which was my first time teaching, and I was thriving, it was absolutely beautiful.

