

Erasmus report - oslo, Csaba Sára

2026.05.08–05.24

Through the Erasmus short-mobility traineeship program, I had the possibility to spend two weeks in Budapest and in Oslo with students from KHIO. We had the chance to work with choreographer Zsuzsa Rózsavölgyi using the method of Thierry De Mey. The work had already started before the exact dates. We began working on the material and the structure only with Budapest in November 2025. The second phase was the work together with the Oslo group.

The first week in Budapest was about getting familiar with each other through classes and through the work itself. We also had the chance to show the Oslo group the inauguration of the new prime minister, which was a very special day in Budapest and in Hungary.

The second week was in Oslo. It was more eventful. I could just focus on what was happening, because my life outside of school wasn't with me, so I was simply there. I had culture shock because of the school's facilities and because of a different kind of "healthiness" in people. I realized that I am used to connecting through a kind of self-critical or self-punishing attitude, but since they don't necessarily do this, or don't connect through that, it shifted something in me. I also experienced culture shock because of Oslo's human-friendly functionality. I never really liked how the buildings look from the outside, but the way they function from the inside is very much designed for people.

The open space at the school and the idea of sharing was inspiring.

My favorite day was when we went to the sauna and I could swim in the North Sea, and also when we went hiking on the nearby islands. I felt that connecting through nature could become a new language of connection for me. Being in nature always reminds me that this is the most natural way of being. Besides this, we had many other experiences: May 17 as a national holiday, organizing a tortilla day where we invited the Oslo students, and spending afternoons together with them. And the work itself.

The work was very concentrated. I felt less pressure because the shared process was "only" presented during a lunch break, which took stress off me. For me, learning the material and counting was a challenge; I feel slower than average until things settle into my body. But by the end, I started to enjoy it. I was able to do it, and it was a powerful experience to feel that 18 of us create one large system together, and to be part of something bigger without necessarily being an individual. We operated a system with our bodies in which the almost-collisions—but not quite—created the sense of excitement.

Spending time with my own school was also important, since we could be together in a different context. Seeing my friends connect and invest themselves in something was beautiful. I learned a lot from everyone.

The intimacy that can be experienced through dance and movement always shows new faces. Even if I didn't have deep conversations with people, seeing them move and being seen by them creates another kind of connection, where presence itself matters. The manipulation class with Zsuzsa was a fantastic experience where this became embodied. I grew to love the presence of the Oslo students. Moving together, allowing ourselves to be seen, and seeing each other is magical. And these two weeks proved it again.





