

Erasmus Report Oslo

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I would like to highlight the most memorable experiences and knowledge from the 9 days trip in Oslo, covered by the Erasmus program.

I appreciated that we arrived to Oslo in Saturday noon so we had the chance to discover, rest and to deepen our relation with the participants from Oslo. On the first Sunday we were celebrating the National day of Norway with the students of Khio school.



In the upcoming days we were participating in floorwork, contemporary and ballet classes next to the rehearsals.

The floorwork class was heavily physical, groovy and it also contained partnering elements, what was a good challenge .

My favorite class was the manipulation trios, held by Rózsavölgyi Zsuzsa. I experienced a deeper level of exploration and a bigger range of motion caused by the elements of the manipulation, rotation, resistance, push, pull.

Throughout the rehearsals I think everyone showed dedication and strong focus for the whole process.

The process was challenging as well mentally as physically. I learnt how to work effectively in short term processes, although sometimes it included hierarchical methods between the dancers, which can be a hard time since we were 18 people. I think it helped

me to work more in an emotionless way, which led me into a nice workflow. I was aware that each of us is very important in this method, but sometimes it was necessary to remind myself that the hierarchical positions supports the efficient work and we are equal.



I constantly felt the development also individually and groupwise. Day by day I felt I am able to take more and more mentally, I focused more on the structures, my brain started to function faster, and my memory was improving also my muscle and visual and auditive memory, although the body become very tired after each day, the classes, the rehearsals and the sightseeing consumed a lot of our energy, which actually created a strong but soft physical quality on my body, what I was happy about. Unfortunately I realised that for me sauna works badly If my body has to be sharp and strong. After the sauna my body was falling apart, my movements became sloppy a bit, so it is something that I learnt now and I will remember this until the end of my life.

As a team building friendly experience, my favorite program was the sauna and then swimming and jumping to the sea.

I feel I grew a lot as a dancer, as an individual and as a team member too, we had a lot of fun and enjoyed the whole trip!

