

Anna Lázár

Erasmus report - Oslo 2026 05. 17.-23.

In May 2026, I had the opportunity to take part in the short-term Erasmus exchange between KHIO and BCDC. Although the exchange itself took place in May, our work actually began much earlier, in December, when we started working with Zsuzsa Rózsavölgyi. This long preparation period became a very important part of the experience for me. It allowed the materials, structures, and creative processes to evolve and transform during the periods when we were not actively working with them.

The creation of both movement and structure was inspired by Thierry De Mey's methodology, which provided a very stable foundation for the work. I enjoyed both the physical and intellectual challenges it demanded from us. It tired me in every possible way, but it also gave me confidence in our ability to take on complex tasks together.

For me, it was very reassuring that the process began within our own class. During this period, I think we learned a great deal about ourselves, both as individuals and as a group. We had to find ways of thinking together, develop a shared understanding, and learn how to motivate one another and maintain our collective focus. I truly believe this made us stronger as a community, so when the students from Oslo arrived, we already had a solid foundation to build upon.

They had probably gone through a similar process, and when we finally came together in the studio, we already shared a common language through movement and logic, even before learning each other's names. The rest was partly luck, I suppose, because the dynamics between the two groups clicked very naturally. We enjoyed working together, communicated easily, and shared a sense of respect and gratitude toward one another, the opportunity itself, and Zsuzsa.

The trip to Oslo was also a wonderful experience. It felt special that we had enough time and space to enjoy the city beyond the school environment. We arrived the day before the Norwegian National Day, and it was a privilege to witness and experience the celebrations. The entire city felt alive with a healthy sense of national pride, which was particularly inspiring at this moment in time.

After that, we began the week full of curiosity and motivation. The school itself was already mind-blowing for us... beautiful, welcoming, and technically impressive. We took classes with Edwin Cabascano and with Chamilla, who taught ballet. Alongside rehearsals, we also had the opportunity to participate in various school activities. We were invited to an Open Space organized by students, attended work-in-progress presentations by third-year students, and saw Eszter Salamon's PhD presentation.

These experiences gave us valuable insight into what different institutions prioritize in their educational approaches and how those priorities shape the students who study there. What I

appreciated most was that these differences never felt like obstacles; instead, they showed us new ways of connecting and meeting each other.

The weather and climate were also surprising and exciting parts of the trip. The sun stayed up until almost eleven at night, which was not always the greatest support for sleep, but it was perfect for exploring the city after school. Every day seemed to offer enough energy for new adventures: visiting the Munch Museum, going to the sauna, walking through the botanical garden, and, perhaps the highlight of the entire two weeks, island hopping.

Throughout these experiences, I often had to remind myself that everything was real. The places we visited were unbelievably beautiful, and what made them even more special was sharing them with the people around me. One of my favorite memories was going into the sea together after the performance, celebrating the show and letting the water take away whatever needed to be left behind.

I have no words that can fully express my gratitude for this opportunity. What I do have is the feeling that this experience is still present in my body, mind, and heart. I trust that it will continue to return to me whenever life asks for it.



