

Norway, Oslo (16.5 - 24.5.2026) Simona Lazurová

As part of the Erasmus+ programme, we had the opportunity to participate in a study visit to Oslo, Norway, where we collaborated with students from the Oslo National Academy of the Arts (KHiO). During our stay, we worked together on a joint project choreographed by Rozsavölgyi Zsuzsa.

Since this was not my first time in Norway, I did not experience a significant cultural shock. I was already familiar with the culture and lifestyle, which made it easier for me to adapt to the environment and feel comfortable during my stay.

I really enjoyed the beautiful nature, such as the mountains and fjords. I also liked that people spend a lot of time outdoors and try to keep a good balance between work and free time.

Every day was full of activities and new experiences. We visited the botanical garden, explored small islands around the city, and spent time in the city centre. Also, we were lucky to witness Norway's National Day celebrations. It was a beautiful and interesting experience. Streets were packed with people wearing traditional costumes, and the festive atmosphere was incredible. We even got to see the Queen!

The project process was very challenging, but also very educational. Working with new people in a new environment helped me learn many new things and gain valuable experience. It gave me a lot of motivation and energy, and it improved my teamwork and communication skills. I think we did a lot of work during the project and achieved good results. At the same time, we had a lot of fun together, which made the experience even more enjoyable. Working as a team helped us build good relationships and create many positive memories.

We also took part in ballet classes, which I really enjoyed. They were quite different from the ballet classes I am used to, which made the experience even more interesting. I had the opportunity to learn new techniques, try a different teaching style, and see ballet from a new perspective.

We also attended Manipulative Trios and Floorwork classes. Both classes were very physically demanding, but they introduced me to a new way of moving and using my body. They helped me discover a different physicality and approach to dance, which was both challenging and inspiring.

Living in another country taught me how to manage my money, organize my time, and deal with everyday situations by myself. It also helped me become more confident.

Overall My Erasmus+ mobility in Norway was a great experience. I learned many new things, improved my skills, and met new people. I am very grateful for this opportunity and would recommend Erasmus+ to other students.













