

My name is Benedek Adél Jácinta, and I am currently a third-year student at the Budapest Circus Arts and Contemporary Dance College. Between May 16–24, 2026, I had the opportunity to participate in a mobility program in Oslo together with choreographer Rozsavölgyi Zsuzsanna. During this period, we worked at the Kunsthøgskolen i Oslo alongside the second-year contemporary dance students of the university.



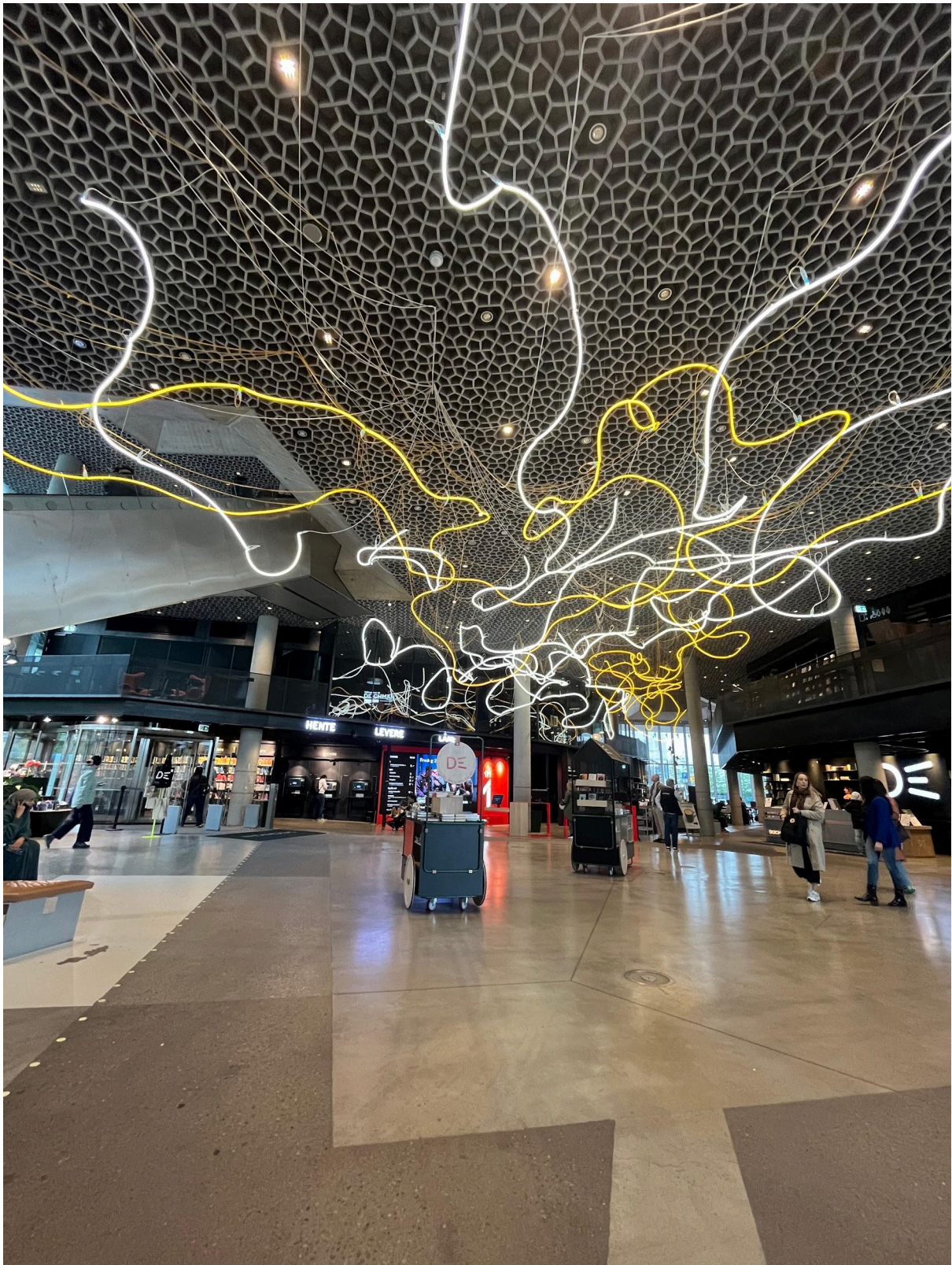
We had already started developing this creative process during the autumn semester, and in Oslo we continued expanding and refining the material together with the Norwegian students. The collaboration eventually resulted in a full performance piece, which we presented in Oslo for the students and teachers of the institution. It was an inspiring experience to see how dancers from different cultural and educational backgrounds could come together and create a shared artistic language.



During our stay, we also had the chance to work with several outstanding teachers and artists. One of them was contemporary dance teacher Edwin Cabaschango, whose approach to dance is deeply connected to musicality and strongly influenced by martial arts practices. We also worked with ballet teacher Camilla Spidsøe Cohe, who emphasized the importance of dynamics, stage presence, and expressive performance quality. Their perspectives and teaching methods gave me a great deal of inspiration and motivation for my future artistic development.



This mobility became especially meaningful for me because I arrived in Oslo knowing that I had already been accepted to a long-term Erasmus program at this institution. Because of this, I experienced everything with even greater excitement and curiosity, while also looking at my surroundings from a slightly different perspective. I truly tried to make the most out of every moment, to stay present, and to absorb as much knowledge and experience as possible.



Beyond the professional work, it was also a huge opportunity to explore the city of Oslo together with my classmates after rehearsals. We visited the opera house, museums, libraries, dance performances, and also went on excursions and hikes in nature. These experiences not only enriched us artistically, but also strengthened our relationships and broadened our cultural horizons.



The financial support we received through Erasmus helped us manage the costs of the trip responsibly. However, I also realized how important accommodation choices are during a mobility period. In hindsight, I believe it is worth investing a bit more in a cleaner and better-equipped place, even if it is located slightly farther away and requires a longer walk. Unfortunately, our accommodation had several issues, including insects and a bathroom

where the toilet and shower were combined in a very uncomfortable way. We also had to buy basic necessities ourselves, such as toilet paper, dish soap, cooking oil, and spices, which created additional unexpected expenses. I learned that having a more comfortable and organized living environment can make a significant difference during such an intensive artistic program.



Overall, I am deeply grateful to my school for giving me the opportunity to participate in this mobility program. It was not only an important professional experience, but also a personal journey that helped me grow both as an artist and as a person.