

Erasmus report

Tamaskó Helén

Summer Intensive Portugal
10-21 August 2026

Experiences

I have taken part in two weeks of intensive workshops at the Summer Intensive Portugal. The festival is located in Santa Cruz, near Torres Vedras in a school establishment. The territory is big and beautiful, it includes two camping areas, little parks, an outdoor dining area, and many buildings. One of the buildings offers multiple dance spaces for the workshops as 2-3 different groups take simultaneous classes.

I arrived at the festival place on Sunday evening and the first week of workshops started on Monday. The first week's schedule was the following: (10-14 August)

9:00-11:00 Akira Yoshida

11:30-13:30 Chloé Bellaveire

15:00-17:00 Sadé Alleyne

In **Yoshida's** workshops we have worked on accessing a specific movement quality for dance improvisation. He often works with a released body state, entangled limbs, spasms, micro isolation, breaking dance vocabulary, and absurd theatricality incorporating movement, speech, and gestures. In **Bellaveire's** workshop we have learnt movement material and were introduced to specific improvisation methods that we could utilize when modifying the learnt movement sequences. The improvisation aspects that we touched were connected to muscle activity, images such as the 'happy puppet', connections of different points of the body, and specifying the gaze. Her workshop was challenging and inspiring at once, and I have taken a lot with me from it. In **Alleyne's** workshop we were training our bodies in a specific manner, working towards groundedness and high movement control. We touched upon breathing, spinning, stamping and other specificities of Alleyne's movement vocabulary.



The festival offered participants extra programs besides the dance workshops. During the first week, we had an extra dance class titled 'Inner Tools' with **Julio Iglesias Ungo**, and a Portuguese folklore night with **Rancho Flor de Oeste** who provided traditional music and dance.



As the workshops ran Monday to Friday, I had the weekend off which I spent resting and exploring the surrounding area of Santa Cruz.

The second week of workshops was structured as following: (17-21 August)

9:00-11:00 Isael Mata Cruz

11:30-13:30 Lucija Romanova

15:00-17:00 Vasko Nasonov

In **Cruz's** workshop we practiced dance technique through set movement material that he transferred with high pedagogical knowledge. The technique he teaches is mostly influenced by Flying Low and also incorporates Releasing Technique and somatic movement forms such as Feldenkrais. His classes were both physically and mentally demanding while being joyful. In **Romanova's** workshop we visited one specific improvisation task each day, spending enough time with them to delve deep. We have worked with pushing and pulling in partnering, isolations and speed, spirals, and character development through theatrical exercises. In **Nasonov's** workshop we were introduced to a new understanding of our bodily physics through practicing acrobatic skills and set of movements. His workshop required commitment and eventually resulted in a feeling of success.



The extra programs of the second week included a 'Partnering & Massage' class lead by **Goncalo Lobato** and introductory class to Jiu-Jitsu by a local club.

Besides the high quality workshops, Summer Intensive Portugal offered a spacious and beautiful camping and living area, well equipped facilities, delicious food and their continuous help at any circumstance. I have made many friends and established professional connections during the festival which is enriching and

As the workshop concluded, I was able to spend many more days in Portugal exploring the country's nature and culture, connecting to locals and experiencing their welcoming.



Interviews

I have voluntarily interviewed the teachers at the festival of which the voice recordings can be found here through Google Drive: [INTERVIEWS](#)

All the teachers were happy to give an interview for which I am beyond thankful!

Group pictures with
Isael, Chloé, and Vasko



Tamaskó Helén
28 August 2026