

## Report Erasmus+ Mobility at BCDA

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From September until the end of December 2022 I studied at the Budapest Contemporary Dance Academy in form of an Erasmus mobility. The 4 months went by really fast and were filled with enriching and challenging experiences. Generally, the other students and faculty members were super warm and welcoming. I joined the first year in their first semester and integrated into the group very smoothly. What I enjoyed the most at the BCDA is the very thought through way of reflection and giving feedback. Each student has a dance diary, where they can reflect on the classes, their own creative work and performances or inspirations from the outside. Then every Monday there is a forum, for students and the leadership in order to stay in touch and exchange about current matters. For the feedback on classes an online platform is used, where each teacher writes an individual feedback for every student after each period and for the feedback on projects there is a group feedback session after every home presentation, where the audience, other students and faculty, share their impressions.

Additionally, there is the method of writing and discussing a work plan with goals for the training and creative work, as well as writing and discussing a creative plan for the independent creative process of each period. This helped me a lot to gain a perspective of my goals and needs and especially it was a good tool to keep track of improvements or challenges that need more attention.

The time was parted in two periods of each eight weeks.

In the first period aside from technical, somatic and creative classes the task was to create a short solo. Additionally, there was a study week, where we learned about the anatomy of the body. While this first period was a lot about arriving into the space and system of the institution, it was already filled with a lot of inspiring experiences. There were the body classes in the morning which included breathing exercises, Pilates, coordination and endurance games as well as martial arts. Then there were classes in ballet and traditional dances, in contemporary dance technique and improvisation. In the afternoon there was the individual work and rehearsal for the solo. This independent work in the afternoon was really an essential experience for me. I learned how to organize myself in order to be productive, but also I learned how to pay respect to my needs. So next to revising material of classes or training specific parts of my body, I used that time to balance myself. After writing a concept it was really easy to work on the solo. Of course, it did not go completely like planned, nevertheless I was content with the process and the feedbacks of the mentors were very supportive and encouraged me to keep on investigating into the artistic direction I chose.

In the second period the study week was about fine arts and dance history and the body class was part of the first technique class and depended on the teachers physical practice or the classes direction. There was days with autogenic training, some with guided improvisation and others with exercises from martial arts or Qui Gong. In the first half of the second period the creative task was to create a group work concerning the space. This was very inspiring for me. I created a trio, with two other students, where we were researching the space in between our bodies in relation to a circular performance space. In the second half there were two pieces created for a public presentation in the house. The first one was a repertoire called Kilences (No. 9), the rehearsal was lead by Iván Angelus. It was very challenging, because it is based on a strict concept and one has to be very exact in the timing of their movement and a few movement sequences are repeated many times after each other. However, it was amazing to see the result and how in the end it all gives one bigger picture. The second piece

was called HERE and NOW, and was created with Fülöp László. The solos of the creative process in the first period, where used as a material for a group composition. This process was very fun and inspiring. I learned, how out of one material, with different methods, a scene can derive and then how all the materials together bring out a context.

Over and all I enjoyed my time in Budapest a lot. The hours in the academy were exhausting, but very inspiring. I gained a lot, not just a more deepened knowledge in techniques, but also insights into the art of creation and most of all connections with inspiring humans. Also, it was very nice to explore the cultural scene, I saw amazing works of local artists, as we went out to the theatres with the other students.