

ARTMENOK & HODWORKS
IDOL ('80)

24 NOV 20:00

@Trafó

opened: 2023
in English



PHOTO: Gergely Ofner

“»When I am lifted from the wheelchair, I am confronted with the reality that I cannot dance, and still I can« – said one participant of IDOL. Indeed, dance is so much more than moving; it is a way of self-expression, a transformation through kinetic energy, which could come independently from beyond the self as well. As the non-normativisable bodies are being gently touched, moved and carried, we see their limitations dissolving in trust and reciprocity. Giving consent can be challenging if one is not able to talk or even lift their hand. The freedom of initiation and subtle gestures like a nod signal that the participants are voluntarily involved in the process striving to create an equilibrium between them and the professional dancers. While working for over a year with the group, the multiple Lábán Award-winning choreographer Adrienn Hód has developed her own workshop method for non-normativisable bodies, based on improvisational techniques. She joined the rehearsals at first as part of the ensemble, to understand every movement and every impulse from the inside, and then to expose and magnify them. She let the different bodies teach her during the process to create a performance from the natural group dynamics, accepting unpredictability as a creative force. She did her utmost to bring out the best in the participants, slowly pushing their boundaries, motivating them to give their personal input and share feedback. Her unique method could be implemented anywhere in the world to create an experience of inclusivity in both body and soul, which is necessary for a change of perspective in society to make public spaces, laws, and every other area of life accessible for all.” **Orsolya Bálint, curator**

HODWORKS

The company was founded in 2007 by Adrienn Hód. The ensemble works with freelance artists and is active both in the Hungarian and international contemporary dance scene. The performances mark unknown, boundary-pushing directions. The content of their works is characterised by subtle fluidity between an abstract appearance and a concrete, often verbalised meaning. The performances of HODWORKS have been selected three times by Aerowaves.

ARTMAN ASSOCIATION works with people with multiple disabilities, autism, intellectual disability and visual impairment in inclusive, mixed ability groups. This year, in its eighteenth year, they open up opportunities for shared dance, self-discovery, and artistic creation through artistic, therapeutic, and educational programmes for people with and without disabilities. ArtMenők, established in 2020, is the Association's youth programme.

CONTACT

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CREDITS

Performers: Márton Gláser, Ági Gyulavári, Imola Kacsó, Boglárka Karcza, Tamás Kerekes, Márk Marián, Andrea Mészöly, Levente Nagy, Anna Pakh, Panka Pataki, Henrietta Sudár, Kata Tóth, Károly Tóth, Ábel Vay
Director, choreographer: Adrienn Hód
Artistic assistants: Imola Kacsó, Márton Gláser
ArtMenők professional/group leaders: Andrea Mészöly, Ági Gyulavári
ArtMenők professional/group assistants: Henrietta Sudár, Károly Tóth
Music: Rozi Mákó
Light design: Kata Dézsi
Stylist: Viktor Szeri
Photos: Kincső Bede, Ofner Gergely
Leader of the artistic program of ArtMenők: Kata Kopeczny

Special thanks to the ArtMenők parents for their support!

BASIC TECHNICAL INFO

Stage: small/medium

Travelling crew: 9