

Hungary Best Practice – in two parts

We Helga and Csabi hold our workshops together with the toolkit of acting and pantomime. Hereinafter we would like to talk about our guidelines and milestones.

The Hungarian language is really expressive, because for the art of music, theatre, dance and pantomime it uses a common category, that is: Performing arts. In Hungarian the word performance means „Előadás” that has two parts:

- a) **Elő:** from within outwards, and
- b) **Adás:** giving,

thus the whole word means: giving outwards what is inside
Let's see at first point a) from within outwards

We help children bring out what is inside, bring out the inner content. It is primordial- and therefore we make it conscious during our work and in the children that- let them be different but- the valuable and nice things are there within us, and our task is to let them come outwards.

In order to let our values appear and also to evolve, we examine together what are our mechanisms that lead us forward, and what are the ones that create an obstacle for us. We discover how to tackle them wisely, which ones we should use more intensively, and which ones we should say goodbye to and let them go in order to give place for something new, colourful that suits us better and that serves us more.

We both help children primarily to make their talents come out and to enable them discover how they can exist in a better way, following other schemes that they have got already used to. We point at how arts can help them in their personal development, to bring out values, talents, beauty, magic and humour. We show that they have wings, we help to recognize how they are and what they can be used for, but they learn themselves how to fly with them.

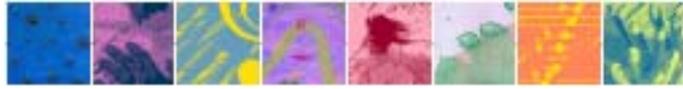
Let's see now point b) giving

According to us, „giving” is the primordial attitude of an artist. When we are on stage it is really important that our first aim is not to perform, not to play a role- let it happen in words or in movements- but to give to the recipient, to the audience what we want to share with them, our human fellows. It is something that we feel valuable and important to transmit as a special and unique gift.

This attitude makes existence on stage far much easier, because:

- the pressure of achievement transforms immediately into a nice gesture. Honesty, the motion to give, curiosity and awaiting come in the place of annoyance, stage fright and the wish to suit the requirements.
- Momentums that disturb the flow of creation- and transmission get into the background.

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Within these of course there are a lot of aspects to discover together:

One of these- maybe first in time- is **self expression**, that is crucial and not that easy as many of us would think, we who were raised up „in a normal” environment. The possibility of self-expression may seem evident, but for the disadvantaged children, whom we work with, the inner toolkit and other chances many times miss. For example: their vocabulary may be really small, their system of gesture may be poor, and they may do not know many channels that they could use to evidence. It is difficult for them to recognize and formulate their own feelings. Most of the time they just use the words: good and bad. They often miss the acceptive and receptive community, and/or they even miss the family, where they could communicate something.

We help them in all these, we give chance to talk about themselves in a safe environment. We give tools to recognize feelings battling in them and enable them to transmit those. We have the aim to reach the point where they can express themselves in the most enjoyable way, by the means of art.

The followings are related, and really important in our work:

1) Trust and being personal

We often and continuously let children into some parts of our personal lives. We talk about ourselves, about our life in a way that we let us express not just joy but also vulnerability and making mistake. We inspire them to do this at least in this safe environment. Beside this we emphasize that these chances depend on environment, and what is acceptable, honoured and loved in one, may be in other case something to avoid and even dangerous.

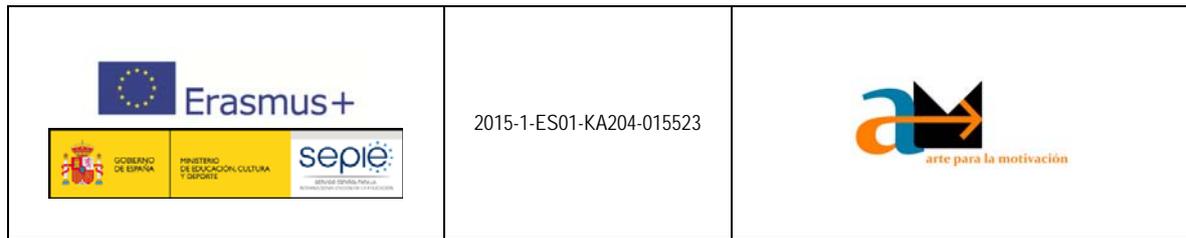
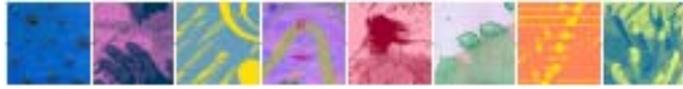
2) Humour

We use many times the possibilities and tools of humour. We use self-irony, we laugh a lot at ourselves, and children can laugh with us.

Youth wants to laugh!

They wish for that, they want to be joyful and they wait to have something to laugh at, and to be amused at no matter how joyless and how fearful their life is. They often make something silly and funny in order to make others laugh. We try to guide this motivation and help children get to know and adopt a toolbar by which they can entertain others in on a quality level. We show pleasurable ways for them, possibilities, forms and techniques to develop their sense of humour. We state that we do not necessarily take ourselves and our life serious in every moment. We do not always have to be the best or the worst just to gain attention. Moreover being good is not necessary for being loved! We can be bravely clumsy-un-skillful, dumb or even angry, because all these are just human things, there is nothing to be ashamed of, just we should know what is happening to us, and how we can tackle them at the right place and right way.

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3) **Art can be conceived as the most extremely effective or impressive form of communication, that**

In a good case reaches more people than the average communication. It generally gives a body-soul-spirit experience, it makes people think, uplifts and can cause catharsis. It fosters personal development and it is at least but not at last enjoyable for the performer and for the recipient as well.

Therefore we try to transmit the toolkit of having impact

Having impact on one another is closely related to the wish to tell and share, that wish is really strong among kids.

- Desire to tell and share is created, and if there is a chance statement will be realized
- Following this we can also desire for having impact on our environment with what we state
- From this there are a lot of behaviour arising, such as: we do something exactly in such a way that it can have an impact

It is really frustrating if there is the desire for statement but there are no means or possibility to state. Or it can be also frustrating when a statement was realized but the deliverer remained without impact on the environment due to different reasons. Thirdly it can be frustrating when somebody is ignored, and cannot influence the happenings around him/her.

A person who suffers from these situations may become apathetic, depressed or even aggressive. Exaggeratedly he/she can become cruel and only wanting to have power.

In any case it is useful to gain the skill to state with impact, of course it is better if someone wants to do it in order to create positive experiences for the other.

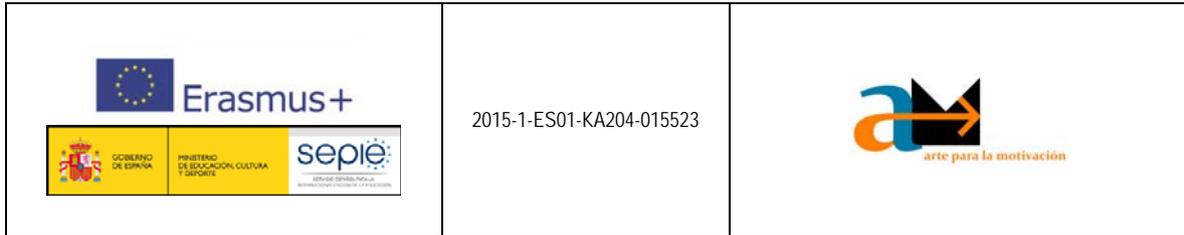
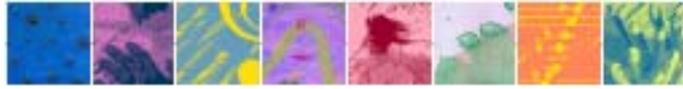
Some topics that we joyfully deal with without the wish of being complete:

- Curiosity, attention and interest towards ourselves and others and also to the direction of the function of the world
- Focusing attention in the direction of discovering values and beauties
- Getting and maintaining attention and curiosity of others
- Gifting the others with ourselves in an articulated way and also gifting ourselves with this experience

We set our exercises following these tools and aims in a playful, joyful way full of successful moments, and by this we entertain not just ourselves, but our fellows as well. In the meantime personal development, personal growth, learning and raising the level of happiness is inevitable.

Budapest, 19-04-2016

Helga Szarka- Orosz and Csaba Szarka- Orosz



Mária Guessous Majda

I am Mária Guessous Majda, I have been working for MUS-E program for 5 years now as a singer. My mother is Hungarian, my father comes from Morocco, therefore I deal not just with Hungarian folksongs, but with other peoples' ones as well including Morocco, Turkey and India.

This year we celebrate the centenary of Yehudi Menuhin's birth and on this occasion I would like to share with you one of his thoughts that I found really close to me:

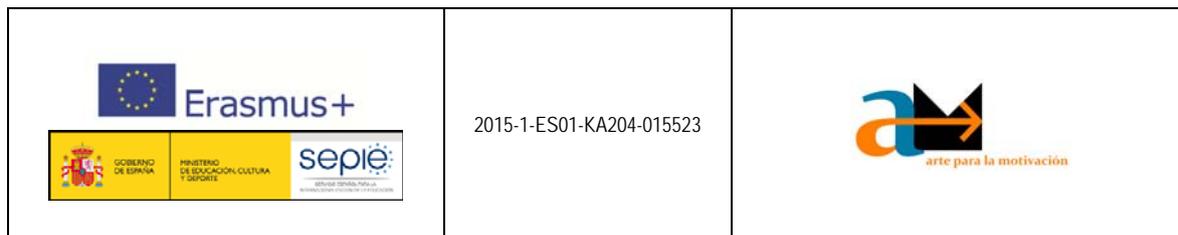
„As a child I used to see such an irresistible power in music that is able to unite humanity despite of all dissension.” (Menuhin)



I think this thought is not relevant only on a global level, but in such micro communities as for example a class. I would say one example for this. If I feel that attention is getting weaker during my class, they cannot concentrate so much, and conflicts arise among them, then suddenly I start to sing. And as they hear my voice, noise stops to exist, and even they join to sing as if the bad feeling causing tension was blown away. During my classes I strive to sing a lot together, as this experience has a power to form community. However I also have the aim to make them dare to use their own voice individually. It does not necessarily mean the singing of one song, but rather the widespread getting to know of our voice and how to play with that.

I bring to my classes different songs of different nations, through which we can fly to different worlds, and we can experience with the kids such situations and happenings that can bring a solution to their everyday life. There are huge amount of possibilities in these songs, because they carry such underlying content that children can understand and feel from their instincts, let it be about cultural diversity, human relations or the discovery of our core-self.

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One of our classes was built on the topic of International Roma Day. Becoming birds, we passed through mountains and valleys, overcame great adventures and finally we flew to India, where we found a magic stream. My sari depicting the stream accepted the more and more beautiful wishes to all the Roma people in the world, and then to everyone.



For me each kid is a magic, because playing and creating comes naturally from them, from their beings. As an artist I would love to call forth and make this sense of freedom- based on creation –continuous on MUS-E classes. According to me music is part of nature. As an artist and as a teacher I would love to point at this naturalness.

And finally to close, let me read a quotation from Béla Bartók- who would celebrate now his 135 birthday, and who played a very important role in Menuhin's work.

„My true leading conception - that I am conscious about since I found myself as a composer, is the belief that nations can become siblings despite of all the wars and conflicts. I try to serve this in my music- as much as my power let it. This is the reason why I don't refuse any influences coming Rom Slovaks, Romans, Arabic or other sources. There is only one important thing: the source has to be clear, fresh and healthy!”
(Béla Bartók)

Thank you for your attention!

Mária Guessous Majda

Budapest, 19/04/2016