

Members of the jury of the Prix de Lausanne provide candidates with their best advice

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Dancers, directors of ballets or ballet schools: Members of the jury of the 45th Prix de Lausanne provide candidates with their best advice in the Harlequin News blog.

Gigi Hyatt, Director of Studies and Assistant Director of the School of the Hamburg Ballet:

“Live in the present moment, take and learn as much as possible from

this experience. In any case, you can't lose: even the time spent preparing for the competition has already been extremely beneficial for you! "

Leanne Benjamin, former étoile at the Royal Ballet:

"Be yourself and don't be afraid to show your personality! Winning the Prix is not simply a question of technique, however important that may be. "

Goyo Montero, Director and Chief Choreographer of the Nuremberg Ballet:

"Try to see the competition as a unique experience, which in itself is a decisive step in your career. The people you meet every day, the other candidates you work with and with whom you share the challenges of the Prix will become the new generation of dancers, those who you'll come across throughout your career. And don't be obsessed with the competition – if you've managed to get this far, you've already won! "

Paola Cantalupo, Artistic Director and teacher at the Ecole supérieure de danse de Cannes-Mougins Rosella Hightower and Ecole Nationale Supérieure de Danse de Marseille:

"Divertiti*! Breathe, enjoy, observe the others. Be open, don't isolate yourself in your own small world. By being here, you've already won. That's because thanks to the media and social media, everyone knows you. And if you want to win even more, you'll need to indulge fully in this atmosphere of learning and enrich the others. But do all without stress!"