

I need help immediately

Adél Juhász

trafo színház mozgószínház



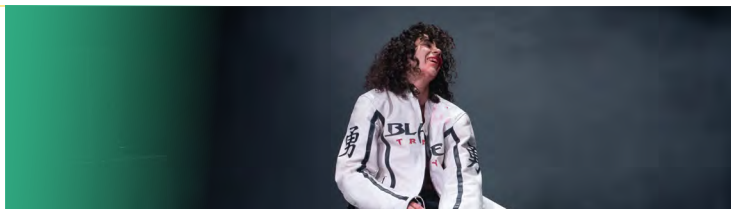
Date

Wednesday
7.00 PM

18 November
2026

Venue

Trafó
House



Duration
60 minutes

Genre
Dance

Trigger Warning
14+
Stroboscope, nudity,
Intense sound effects

Language
English

Stage
Medium,
L-shaped seating area
Travelling crew: 3

Tours & Festivals

Pavillon ADC, Gené, 2025
Danse Densé, Les Laboratoires d'Aubervilliers
Paris, 2025
Les Premières Chorégraphiques festival, Tunis, 2026
Selection Suisse en Avignon, 2026

Opened
2025

I need help immediately is a choreographic piece, constructed in constant dialogue with its intricate musical web. Inspired by the fragmenting effects of postmodernity, the piece navigates a disjointed world saturated with stimuli. Control seems to be a recurring question: what freedom do we have in a system imposed on us? Adél Juhász moves on the threshold and within the audience's limits, creating a space of provocation, humour, and depth in close proximity. Drawing from hyperpop culture and demonology, the work channels sensory excess into an embodied act of defiance. The audience is invited into a vortex, a space where sensation, movement, and music converge, opening a field for reflection on existence.

Adél JUHÁSZ is a dancer and choreographer. She has studied at the Budapest Contemporary Dance Academy and at La Manufacture in Switzerland. In her works, she combines expressive movement with either hallucinatory imagery or deeply visceral personal content. In 2021, she premiered her solo piece László Károlyné in Geneva, which was later presented on several occasions in France, Hungary and Bulgaria. She is a member of the QuinchQuinch collective with whom she has been touring internationally since 2022 with HappyHype. Together with Salomé Guillemin-Poeuf and Camille Poudret, she co-created 'Technopagans - tuning your inner cables', which was presented at La Bâtie Festival in 2022. Her latest solo work, 'I Need Help Immediately', premiered in 2025. As a performer, she has worked with several influential artists, including Simone AUGHTERLONY, Ceylan ÖZTÜRK, Júlia VAVRA, Viktor SZERI, gergő d. farkas and Csaba MOLNÁR.

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Concept, choreography
and performance
Adél JUHÁSZ

Sound design
Márton CSERNOVSZKY

Lighting design
and technical direction
Tiki BORDIN

Assistant and outside eye
Csaba MOLNÁR

Dramaturgy
Anne-Laure SAHY

Costumes
Csenge VASS

Production
Huch

Administration
Ars LONGA

Coproduction
Pavillon ADC
—Geneva,
Arsenic Contemporary
Performing Arts Centre
—Lausanne

Residencies
L'Abri, La Becque,
SIN Arts Center

Contact Adél JUHÁSZ juhaszadel92@gmail.com +36301405905

f juhasz.adel.1

@ adel.ajuhasz