



Anna Dighero

Anna Dighero is a contemporary dancer, whose passion for walking is inspired by family walking holidays in the Italian Alps. Not to be frustrated by the restrictions of the pandemic, she sought means by which she could keep in touch with physically-distanced friends, creating audio stories that they could walk in their local neighbourhoods. Weaving her dance experience, passion for walking and newly found interest in geo-locating sound recordings. Andrew Stuck meets Anna in Battersea Park on a warm sunny evening, as lockdown eases in London, and the interview opens with Anna telling us about her dance training. 19'15" 9.0MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in June 2021 on walk in Battersea Park, London and published in August 2021. <http://www.talkingwalking.net>

Anna's website: www.annadighero.com

Anna's instagram: [@annadighero_dance](https://www.instagram.com/annadighero_dance)

Anna studied biology at Edinburgh University while training in Contemporary dance, for which she travelled to Israel and Spain.

She trained in Gaga movement, a dance movement created and practiced by the Batsheva Dance Company in Tel Aviv. [https://en.wikipedia.org/wiki/Gaga_\(dance_vocabulary\)](https://en.wikipedia.org/wiki/Gaga_(dance_vocabulary))

Also training with the Vertigo Company in Jerusalem <https://vertigo.org.il/en/about-us/> and Kibbutz Dance Company affiliated with: <https://www.kcdc.co.il/en/> Anna also stayed at the northern Israel at Kibbutz Ga'aton

In Spain, she joined the Cobos Mika dance company in the Costa Brava, Catalunya <https://cobosmika.com/>

Anna is a proponent of physical theatre <https://www.city-academy.com/news/what-is-physical-theatre/>

East London Dance's <https://www.eastlondondance.org/> Street Movement Project with music composed by Lisa Majithia (@hologramaudiomusic) and written by Amy Gwillam <http://www.amygwilliam.com/>

Family walking holidays take place in Italy on the GTA: Grande Traversata delle Alpi https://en.wikipedia.org/wiki/Grande_Traversata_delle_Alpi and in the UK, this year the Dighero family plan to walk the northern end of the Pennine Way https://www.nationaltrail.co.uk/en_GB/trails/pennine-way/

Anna has been experimenting geo-locating her audio stories using the Echoes app: <https://echoes.xyz/> She has also used Google maps and Streetview: <https://www.google.com/maps/>

Anna recommends:

1. Walking backwards