

NOTES  
ON  
DYNAMIC  
STOP

NOTES ON A DYNAMIC STOP



# **DIARY: HOW TO IMPROVE THE WORLD**

(You Will Only Make Matters Worst)

*by* JOHN CAGE

We are aware that the current times are asking for pausing any process of production and to use this opportunity to reflect, think, listen, observe and eventually make some changes in our lives. But at the same time we know that some artists have an urge to respond to the current events. Since the appearance of the corona crisis we have witnessed how artists are showing their abilities to adapt quickly to new conditions and to continue producing work, especially in circumstances of uncertainty.

On one hand, the proliferation of multiple online formats in the performing arts has allowed artists to continue developing their practices and sharing their work with an audience. On the other hand, there are many artists resisting to accept this new reality as normal and feeling unsatisfied digitalizing their practices.

This is why with this working a group we would like to deviate the attention away from the online formats and to insist on thinking about what are, during these days, the chances for offline formats to continue existing.

We propose a 4 weeks working group of 9 participants during the period from 11.04 - 11.05.2020. The participants will engage in a collective process of mutual support to develop their individual or collective experiments, artworks or research works. During the two weeks they should propose a way of answering the following question:

How to make performing arts during the current situation within the given possibilities but without relying on online format. The participants will decide themselves how they want to interact or communicate be-

tween each other. For example, emails or phone calls can help to set up offline meetings to test ideas or do public presentations. The participants were chosen based on personal invitations starting from Felix, Diego and Nina. Each of them will choose one person who will choose another person. The formats for the sharing / showing will be **ONLY** live form a meaning offline formats.

The audience will be selected upon personal invitations by the participants of the group and it will be assigned to each presentation according to the nature of each work, some artists might need only one audience member, while others might need more.

**LIST OF PARTICIPANTS:** URS DIETRICH, SONIA NOYA, OSCAR LOESER, JOVENDELAPERLA, KIANA REZVANI, NINA BARRET MÉMY, DIEGO AGULLÓ, CARLOS STEFEIR, FELIX MATHIAS OTT, JETTE BÜCHSENSCHÜTZ, ROSANA ESCOBAR AND DANIELA MEDINA POCH.

**AGAINST TRANSLATION? On the opportunities for performance art in the age of the contact ban and why the shuttering of theaters can also be seen as an opportunity. Reflections on the festival “Reclaiming the live aspect of the Performing Arts in the current times” initiated by Felix M. Ott and Diego Agulló and supported by Tanzfabrik Berlin**

07/05/20 -

More than in all other art forms, the effect of dance and performance depends on the physical presence of the performers, the co-presence of the audience, and the tangible expansion in time and space. However, during the pandemic, bodies are under potential suspicion. We're suddenly forced to look at dance from a distance and in absentia. All alone, confined within our own four walls – and under stringent minimum distance regulations and event bans?

It almost seems as if some are resigned to performance, dance, and theater only being accessible as a digital happening in Berlin until the end of July at the very earliest. While many performers started providing video recordings and streaming at the very start of the contact ban, performance artists Felix M. Ott and Diego Agulló initiated the project “Reclaiming the live aspect of the Performing Arts in the current times” with the support of Tanzfabrik. It began as a two-week conception phase at the end of April, ten participants (Diego Agulló, Urs Dietrich, Rosana Escobar, JOVENDELAPERLA, Oscar Loeser, Daniela Medina, Nina Barret Mémy, Felix Mathias Ott, Kiana Rezvani, and Carlos Sfeir) contemplated the question: “How to make performing arts during the current situation within the given possibilities but without relying on online formats?” The question of how and under what conditions and whether or not the works could be shown at all was intentionally left unanswered, or rather changed constantly over the course of the two weeks.

“The initial idea of the project was to reclaim that online streaming is not the only way to continue. I think it is problematic to accept that we live in a new virtual era and to accept that online is the new norm. There is a very important difference between translating an offline performance into

an online stream and creating an online format from the very beginning”, Diego Agulló explained to me during a Zoom interview, which Felix M. Ott also joined.

Because the translation process, which Diego criticizes, is only a technical conversion process – like a conversion from Word to PDF. The performance content remains completely untouched. Felix M. Ott fleshes out these thoughts and insists: “I have absolutely no interest in translating performances that are intended to be live into an online context. Because I don’t believe that the atmosphere of a piece can be transmitted this way. On the contrary, I find it very inspiring to figure out how we can circumvent the current restrictions and attempt to continue working offline despite limitations. It seems entirely possible to me to consider concepts that deal with the situation responsibly. These are obviously balanced on a knife edge.”

What is meant by the vague but crucial word atmosphere becomes clear a few days later in front of the tangible Berghain. On an early Sunday morning in late April, when the sun is still far off in the east, we gather in front of the club’s doors, closed for an indefinite period of time – our public rehearsal stage for the day. Here, where there would normally be a huge crush of people at this time of the day, it is pretty bleak and empty. Around ten people are standing, crouching, or lying on the pavement and using different-sized mirrors to reflect the sunlight onto the neo-classical facade of the building, which is tucked in shadows. Their changing positions are dictated by the shifting sun. Blotches of light flit across a dark Berghain like a swarm of mosquitoes – sometimes tentative and reluctant and other times hectic – while white clouds drift over the flat roof. Suddenly, it appears as if the swarm of mosquitoes has found an entrance. On the fourth floor, at the very top and off to the right, a window is open. As if planned, all the flecks of light gather there for a moment to disappear one after the other into the blackness of the open window. The subtitle of the mirror performance is: “Keep in Touch without Touching”.

Thereafter, we take a walk along the Spree River where a second scene is taking place under a motto by Franco Bifo Berardi: "The effect of the virus lies in the relational paralysis it is spreading." Water from the Spree mixes in our hands with the flour we brought along to form a giant wobbly shape in which all the ingredients materialize as co-actors. Baking bread as a ritual to combat the loss of our social web of relationships?

But why not use this compulsory hygienic break to pause and escape from the neo-liberal pressure to produce, a pressure which is also prevalent in the art scene? Do nothing, Bartleby's "I would prefer not to" virtually the most radical form of protest? Felix objects: "I initially saw huge potential in the vacuum. But I quickly realized that this vacuum did not leave me personally in a creative state. It felt much more important to me to process the current situation artistically, and in so doing reclaim a piece of personal responsibility. At the same time, I sense a kind of weariness with authority. Muted compliance with the order to stay home doesn't seem to me like a solution for the situation. I consider it far more important to question authority. I'm talking less about the regulations imposed by the contact ban and minimum distance than the restrictions that prevent us from doing our jobs. Our art form is live performance. Dance in particular requires physical presence. As dancers and choreographers we are primarily concerned with contact – so precisely that which is currently being most strictly limited. In order not to get lost in our work process, we as dancers and choreographers are constantly looking for limitations. I wholly enjoy them in the artistic field, but as a private individual I also have my issues with them."

Doing nothing in protest is also not an option for Diego: "I think art becomes even more valuable during times of crisis. This might be the right moment to claim that art is as systemically important as being a doctor or a nurse. Art is an essential profession, also because we are the experts on uncertainty." Diego, like Felix, sees an opportunity in the substantial restrictions: "Maybe artists have already been too comfortable inside the institutional frame of a theater. Maybe it is time to get out of the comfort zone and to rethink what it means to have an audience. I don't regret that theaters are closed." So art as a special crisis management strategy, one which is urgently needed in light of this current crisis unleashed by an



unknown virus? The poetic relevance for artistic action lies above all in its performance as a practice. A practice, which it is all the more urgent for us to reclaim and update right now – along with the risk of failure. At any rate, Diego's comment is also understandable: "I want to reclaim the poetic power of art not the productive aspect of it."

Urs Dietrich's solo, which I was able to watch on Sunday afternoon from a distance at the open door of the rehearsal studio, will unfortunately continue without an audience for the time being. It is actually conceptualized as a kind of loop performed in front of four audience members at a time, viewing in rotation. The 61-year old dancer Urs Dietrich moves in a clinically pristine, staged studio space, his face and his protective wear pale gray, his mouth encircling a tube. His futuristic-seeming movements appear to be testing out his environment. A post-pandemic body, which no longer knows its space – a standard-sized isolation ward – no longer trusts it, and can no longer touch its boundaries.

**JETTE BÜCHSENSCHÜTZ** I am a writer with "Tanzschreiber" I will be "observing" the project, adding notes, texts, ideas... I am happy to help!

*"Schalten wir unsere Mobiltelefone aus, kappen wir die Internetverbindungen. Wagen wir im Angesicht der uns beobachtenden Satelliten den großen Blackout, und denken wir gemeinsam über die kommende Revolution nach."*

**Paul B. Preciado**

# DON'T TOUCH

about closeness without infection

**„SKIMMING, GRAZING, SQUEEZING, THRUSTING, PRESSING, SMOOTHING, SCRAPING, RUBBING, CARESSING, PALPATING, FINGERING, KNEADING, MASSAGING, ENTWINING, HUGGING, STRIKING, PINCHING, BITING, SUCKING, MOISTENING, TAKING, RELEASING, LICKING, JERKING OFF, LOOKING, LISTENING, SMELLING, TASTING, DUCKING, FUCKING, ROCKING, BALANCING, CARRYING, WEIGHING...”<sup>1</sup>**

Since seeing is directed to an outside, it refers to a surface and enables (presupposes) feeling. Touching, we might assume, is a matter of direct contact.

But at the same time: Seeing provokes the desire of physical experience, of bodily immersion. I see how bread dough is kneaded, torn and beaten. How fingers invade the flabby and resistant dough. And what I see I want to touch, smell and taste and embody. Today in times of corona Jean-Luc Nancy's listing of different kinds of touching reads like a listing of seductive but potentially dangerous actions. But the list also shows that touching means more than just the contact of skins between two bodies. Touching is more than an immersion with the other. It is first of all a game between distance and closeness. It is the rhythm that swings between coherence, the desire for immersion, and the experience of difference. For Nancy touching is an oscillating tension between intimacy and distance, immersion and separation. A "minute, intimate distance and, therefore, an infinite distance"<sup>2</sup>. Touchings can take on many shapes: "Touching acts and reacts at the same time. Touching attracts and rejects. Touching propels and repels – impulsion and repulsion, rhythm of the outside and the inside, of ingestion and rejection, of the clean and the unclean"<sup>3</sup>.

1 - Jean-Luc Nancy: *Corpus*, New York: Fordham University Press 2008, p. 93.

2 - Jean-Luc Nancy: *Being Singular Plural*, Stanford: Stanford University Press 2000, p. 79.

3 - Jean-Luc Nancy: *Rühren, Berühren, Aufrühr, Stirring, Stirring-up, Uprising* in: Walter Heun, Krassimira Kruschkova, Sandra North und Martin Obermain (Ed.): *SCORES*, 2001, Nr: 1 touché, p. 8-15, here p.9.

With these modes of touching which describe a conflict, a crises and not a resolving one can work well with in the present days. How can I experience a touch without touching? What encounters can we permit in a time of bodily restrictions? How to resist a mode of touching that merely permits closeness as immediate proximity but instead generate a touch, that alone happens within a movement?

The sun is still far in the east as the participants hold up their mirrors and reflect the sunrays upon the dark facade of the Berghain, which is now closed for an indefinite period of time. It is sunday morning and normally our packed bodies would try to find our way in the darkness of the berghain. Today we can only play with fleeting reflections and with fading memories of things passed that we might someday bring back to life again. How does touching change when it cannot anymore take place directly but only be indirectly transmitted through a medium. When they „keep in touch without touching“?

Spots of light fly like flocks of mosquitos over the dark Berghain – sometimes hesitating and touching, sometimes hectically searching, while white clouds float over the flat roof of the Berghain. Suddenly the flock of mosquitos seems to have found an entrance. There is an open window high above on the fourth floor. Like an engagement the spots of light come together for a short moment, then disappear one after another into the darkness of the inside of the building. Maybe we meet again the next year.

„Touching begins when two bodies distance themselves and set themselves apart“<sup>4</sup>, writes Nancy. He describes a dance, a solo, that investigates the field of tension between closeness and distance. But it remains a touching as merely approaching, a touch, that can only be thought as a movement. “Touch is the act of reaching toward, of creating space-time through the worlding that occurs when bodies move”<sup>5</sup>. This movement as “reaching toward”, as an open process of not yet and at the same time still. That is all we have at the moment. In this distance we bend towards another, without coming too close, without merging. A bending-towards without incorporation. **JETTE BÜCHSENSCHÜTZ**

# **THE NOTES FROM JOUR- NAL**

**23/04/20  
*to*  
11/05/20**

**NINA BARRET** Spaces for collective tripping / Enchantment / Camouflage Space and interactions structure our everyday life. What space for the art is a question that has been interesting me, particularly in such a big and artist-crowded city like Berlin. The space dedicated to art is also structured, delimited, and only a certain amount of people have access to it- the audience, as well as the artists themselves.

The idea of putting the art (what a vague term!) outside of those structures has always been on the list and has been part of my practice as well (a project in Porto, Portugal, September 2016, with the Algoist artists collective: I had collected objects for a few days, and going around the city, assembling them together to create compositions that I was leaving there for a certain time, around one hour... in the public space). In a quite discreet way. Without pretending to deeply move anyone around. Without even aiming to have people watching.

It also brought up the question: what is an audience? A public? What defines an audience, does it need to be exactly defined or could it be movable on a kind of scale? A person who deliberately decides to watch a performance, an action? Just a crowd around?

Do people have to consciously watch and see what is happening around to be defined as public or could only the presence of bodies around also be defined as such?

- 15/04/20 -

**DIEGO AGULLÓ** Yes I also would like to join supermarket interventions.

- 16/04/20 -

**FELIX MATHIAS OTT** The use of the products in the supermarket to create sculptures could be interesting as well.



**JETTEBÜCHSENSCHÜTZ** Those pictures made me think of interventions/performances that were happening last June at a LIDL Store in Vienna (choreographer Manuel Pelmu) that were a part of an exhibition called "Collective Exhibition for a Single Body – The Private Score" organized by Tanzquartier **Wien and Kontakt**

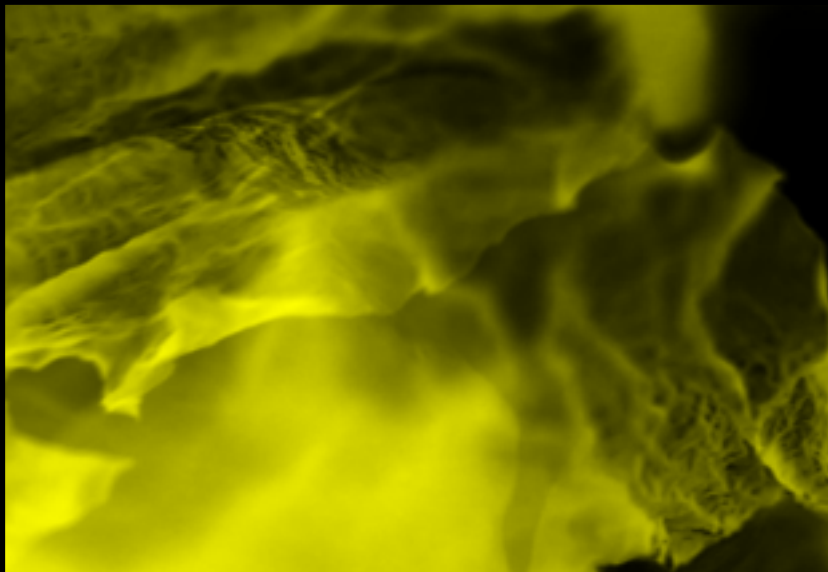
- 20/04/20 -

**OSCAR LOESER** I'd like to response to the work of Urs in some/any way. I'll watch his process - we speak. There are 2 ways at the moment (15.04.21.14 o'clock).

1: Lightdesk live animation with recorded voice of Urs describing his movement. Finding movement and pace reacting to the movement.

2: Plastic as "Hülle" "Kapsel" "Skin" "Color" "Projectionscreen" "Transparency" "Layer" so I go in the woods and have the plastic form, soft and hard, white and blue, sky and water, snow and fire. What I like on plastic in this context: it is protecting and dangerous at the same time. I guess it is the same with Illnesses.

• 12/04/20 •







DEAR ALL,

TOMORROW SATURDAY BETWEEN 4PM AND 6PM  
I WILL PROPOSE THE COLLECTIVE GAME OF THE  
CHAIR GAME. YOU NEED TO BRING A CHAIR, DON'T  
FORGET BECAUSE WITHOUT THE CHAIR IT DOES  
NOT WORK. LOCATION: FRIEDRICHSBRÜCKE (AT  
MUSEUMS INSEL), PLEASE BE ON TIME.

SEE YOU TOMORROW

BESTS!

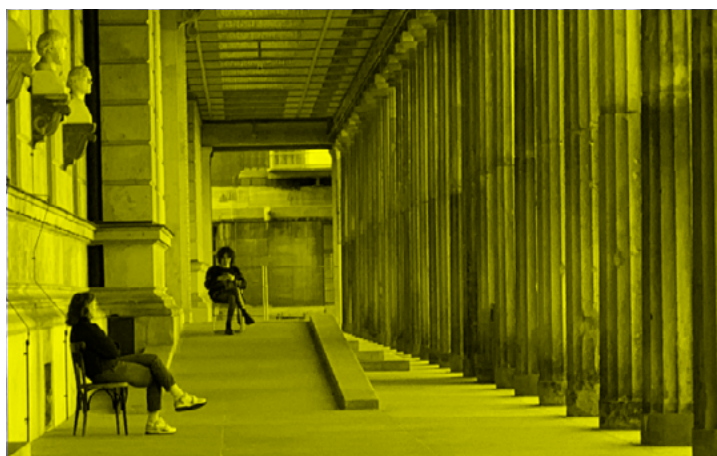
IF YOU WANT TO BUILT SOMETHING ELSE YOU  
ARE WELCOME TOO.

BEST FELIX AND DIEGO



**DIEGO AGULLÓ** Art can learn from the virus. Research question: How does/can art behave like a virus? Art can contribute with chaos to the already chaotic present situation: adding confusion to the confusion, adding unrealness to the unreal = the production of dreamlike unbelievable hallucinatory realities. I am also thinking of doing this practice with a group outdoors: Who would like to take part in it?

(Saturday 18th at 4pm? It takes 90 min).  
Please bring a chair with you!



- 14/04/20 -

**FELIX MATHIAS OTT** Perhaps the chair could be changed or compared with another task? Sitting nude, Sitting on someone, Standing really close to someone, Sitting two persons on 1 chair or 3 persons on 1 chair, as many as fit on one chair.

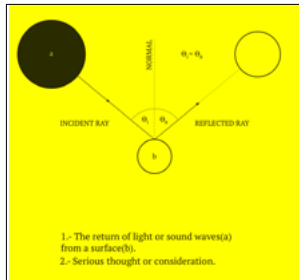
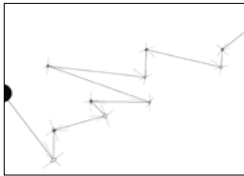
-15/04/20-

## NINA BARRET

I really like the idea of the chairs- mostly chairs being taken outside where they more likely belong to the inside (depends on what kind of chair are used of course). If I follow Felix's suggestion, using the chair as the -physical- communication medium almost...

## CARLOS SFEIR

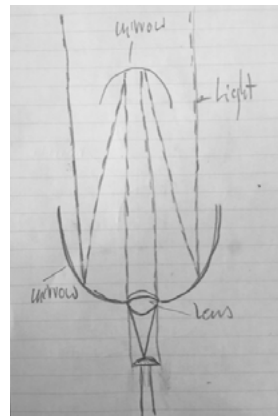
Sun flow, A group of people will be engaged in a performance without physically touching themselves. Each of them will be holding a mirror. Their movements and positions will be guided by a reflected sun ray.



-12/04/20-

## FELIX MATHIAS OTT

I do have several lenses and mirrors for your proposal. And would love to be one reflector of it. How to collect the sun?



-13/04/20-

## **DIEGO AGULLÓ**

Me too, we could even try once to mix the Chair game with this idea of the mirrors.

Also in 2012 we made a performance called "149.597.871 km" (distance between the Earth and the Sun) reflecting one spot light with several mirrors in a theater.

- 14/04/20 -



**SONIA NOYA** For the moment I have no idea, but open in helping in any of yours: as body, documentation or what is needed..

- 11/04/20 -

**FELIX MATHIAS OTT** To have no idea is the best ground of Inspiration.

- 13/04/20 -

**URS DIETRICH** Presence in absence.

- 14/04/20 -



DEAR ALL,

TODAY I WANT TO PROPOSE A BUILDING WORKSHOP.  
PRODUCING A “PROTECTIVE SUIT OR TOOLS”. FROM  
WHAT DANGER WE NEED TO BE PROTECTED? HOW TO  
PROTECT?

AND HOW TO TRANSLATE IT INTO AN OBJECT?

THE QUESTION HOW TO PROTECT AGAINST THE  
SIDE EFFECTS OF THE COVID19 PANDEMIE WILL STAND  
IN THE CENTER OF THE 3 HOURS.

IF YOU ARE INTERESTED TO JOIN PLEASE WRITE YOU  
IN THE LIST OF THE INFOSHEET.... THERE ARE JUST 3-4  
TABLES IN THE WORKSHOP.

BRING BASIC TOOLS: CUTTER, SAW, MEASURE TOOL,  
PENCIL, HAMMER, PLIERS....

THE WORKSHOP TAKES PLACE  
FROM 3-5PM TODAY  
BAUBÜHNE GMBH  
CENTRO PARK AM SPREEBOGEN  
WIEBESTR. 12 - 18  
10553 BERLIN

IF YOU WANT TO BUILT SOMETHING ELSE YOU ARE  
WELCOME TOO.

BEST FELIX



**FELIX MATHIAS OTT** Interest: What specific Audience situations are proposed by the reglementations of the pandemic? How to create and show during this time live performance work. Idea: To use the limitations to create within and at the border of what is allowed and possible. Research: The body of the Pandemie, The invisibility of the virus as an inspiration. Producing a "protective suit or tools" - From what danger we need to be protected - How to protect? And how to translate it into an Object? The question how to protect against the side effects of the Covid19 pandemic will stand in the center of the 3 hours working session.



Non Contact improvisation Duet, ( using the methodologies of contact improvisation, without physical contact, 1 to 1 workshop, place to be defined)

- 09/04/20

**JOVENDELAPERLA** Contact was a very powerful weapon during the AIDS crisis. And it was so powerful because at that time the bodies that performed it were discriminated against and there was a fear of affection and touch in the environment because of the thousands of lies that ran around the virus.

So I think that performing an improvisation under the rules imposed on this new virus goes against everything that was learned in the AIDS crisis and makes such a dance lose all its power. I would find it more interesting not to abide by the rules and live with the risk of contagion and not to eliminate contact.

- 12/04/20 -

## **FELIX MATHIAS OTT**

Thanks you for

this input!

I put the protective in “”, because i’m interested in the absurdity of protective behaviours. To create a “corona catching mask” for example, which protects from fear, and you can see, feel, taste and smell better with it. The Non contact Duett is for me a way to discover the contact in the non-contact, the physical contact is for sure important, through the non contact, contact gets more visible and also existential. (speaking in terms of dramaturgy)

In the limitations, in the reglementation there are doors, i ‘ m sure through them we can find freedom. I’m interested in the spaces behind these doors.

The Covid19 epidemia did not break out in a minority, it will contaminate the majority. There is the potential that stigmatas will not find fruitful grounds. It’s our responsibility to not let stigmatas develop. As it is not to bring some in danger with our behaviours?! It is not the worst to understand that behaviours have an impact on the world. It’s not the worst to become aware that we are one world. It’s not the worst to be confronted with yourself. It’s not the worst to face finity/death.

- 13/04/20 -

**JOVENDELAPERLA** WE ARE SICK IN  
A GLOSS OF TOTAL HEALTH, AND TOTALLY  
HEALTHY IN A SICKENING WORLD.  
THIS MINUTE I WAS WEEL, AND AM ILL,  
THIS MINUTE. (John Donne 1624 sickbed mas-  
terpiece-Devotions upon Emergent Occasions)  
REMEMBER  
NOTHING STAYED THE SAME FOREVER.  
INUTILITY. VULNERABLE BODIES.  
THE POETRY



Pepe Espaliú, Carrying action, 1992

-11/05/20-



DEAR GROUP

HOW ARE YOU. I SAW TOMORROW IS GOING TO BE SUNNY SO I THINK IS A GOOD IDEA TO DO THE BERGHAIN'S ACTION.

SO LETS MEET TOMORROW AT 9:00 WITH OUR MIRRORS AND A CHAIRS.

PLEASE SPREAD THE WORD TO YOUR GUESTS.

KISSES

PERLA



**JOVENDELAPERLA** I loved trying both actions on Saturday, it created other ways of communicating with the building, other ways of understanding it, of losing respect for it. Why don't we repeat it in another building like Berghain. It can be interesting to break with that relationship, to come down from the pedestal to the building.

- 19/04/20 -

**DIEGO AGULLÓ** I love the idea. We could do it on an early Sunday morning to follow the Berghain ritual. We can also notify each participant to 3 more people and make the action respecting the safety rules of the COVID. We have to test first if it is feasible to do it in the morning. We depend on the sun.

- 20/04/20 -

**CARLOS SFEIR** I'm in. I just saw what would be the best time to do it and the best time would be at 8:00



- 20/04/20 -

- 02/00/12 -

**FELIX MATHIAS OTT** Could be a alternative?

**JOVENDELAPERLA** The metaphor that will be created with the mirrors and the ritual of going there to light a building affected and shut down by the current pandemic is beautiful.

- 22/04/20 -



**JOVENDELAPERLA** Hey group. We were thinking to try the mirrors game this Sunday in Berghain. According to the sun map the perfect hour is early in the morning. Lets meet there at 8:30 with a mirror, I think is not necessary a chair because is only a try out. If its works we are planning to do it with more people Sunday 3th.

- 24/04/20 -

**DIEGO AGULLÓ** Yesterday we checked in the try out that we have since 8.00 in the morning two hours before the sun is on the facade. The best thing would be to summon people next Sunday at that time, at the mythical kiosk in Berghain and explain them the action there what the action consists of.

- 27/04/20 -

**JOVENDELAPERLA** Here some pics of the try out. I think that time is perfect. We should do it next week.



- 27/04/20 -

## JOVENDELAPERLA

Hey group. I was wondering how can we communicate the Berghain's action.

What if we invite at least 10 people and we tell them to bring at least one more person? I think It's better by word of mouth than by making a flyer, keep it as a secret.

Diego saw that this weekend is not sure is going to be sunny, so we have to be ready to decide on Saturday to communicate to everyone if it is going to happen or not. Otherwise we wait one more week

Lets wait until Saturday to decide and in the mean time lets gather the people. Let as know

- 28/04/20 -

## NINA BARRET

I missed yesterday's performance for other reasons, I hope you all enjoyed it!

How many people were you yesterday?

If I got it right, you wanna do again on Sunday this week?

I am a slightly concerned about gathering so many people together regarding what has been happening lately/is still happening. Even though we would, I guess, consider thea restrictions and distancesbetween the people, would you feel comfortable being part of a bigger crowd? I am not directly afraid for myself, it is rather a matter of respect towards other people and the fact that we are currently trying to avoid crowds coming together- as in social consciousness. Considering that this project was built upon these exact restrictions. It is also playing around with the restrictions, but... I am just wondering

- 28/04/20 -

**CARLOS SFEIR** Dear all, we were checking with Felix the weather conditions for the little gap of time we have tomorrow to do the performance and it seems to be ok.  
Sooo, let's meet tomorrow at 9 am with our chairs and mirrors in front of Berghain.  
Please spread the word to your guests.

- 29/04/20 -



**JOVENDELAPERLA** Hi Guys. How are you. I saw tomorrow is going to be sunny so I think is a good idea to do the Berghain's action.  
Lets meet tomorrow at 9:00 with our mirrors and a chairs.  
Please spread the word to your guests.

- 01/05/20 -

**KIANA REZVANI** Group, Unfortunately I am injured and cannot come to Berghain tomorrow.  
Also me and Perla would like to send you a sketch of what we are and have been working on.  
Would be great to get some feedback to continue developing it.

- 02/50/20 -

DEAR COLLECTIVE,

ON SUNDAY AFTER THE REHEARSAL OF THE MIRRORS, WE WOULD LIKE TO INVITE YOU TO BE PART OF OUR COLLECTIVE PERFORMANCE.

“THE EFFECT OF THE VIRUS LIES IN THE RELATIONAL PARALYSIS IT IS SPREADING.”

FRANCO BIFO BERARDI

WE WILL EXPLORE DOUGH AS A LIVE ARCHIVAL MATERIAL – A DOCUMENTATION OF THE TIME WE LIVE NOW IN WHICH WE ENGAGE OUR BODY, BOTH TEMPORARILY AND TIMELESSLY: DOUGH AS A CONTAINER OF MICROORGANISMS CONTAINING THOSE OF THE ATMOSPHERE AND THOSE OF OUR SKIN. DOUGH AS A MEAN OF CONTACT AND COMMUNICATION BETWEEN THE HUMAN AND THE NON-HUMAN WHERE, DOUGH, ATMOSPHERE AND HUMAN HANDS ARE ALL ACTIVE SUBJECTS. ESSENTIALLY, A SIMPLE ACTION IN WHICH THE INPUT OF MOVEMENT AND CONTACT UNLEASH A CHEMICAL PROCESS, AN ECOSYSTEM OF LIVING ORGANISMS THAT RESPOND TO AN ACTION... DOUGH KNEADING AND BREAD MAKING AS A WAY TO RE-SIGNIFY COLLECTIVE SOCIAL CONTACT AND THEREFORE AS A WAY TO IMAGINE THE FUTURE.

STARTING POINT: BERGHAIN AROUND 10

PLACE OF ACTION: A CHOSEN POINT BY THE SPREE

ROSANA ESCOBAR AND DANIELA MEDINA POCH.



## ROSANA ESCOBAR + DANIELA MEDINA POCH

Together with an architect, a philosopher, a speculative designer, an engineer, a philosopher and a choreographer we built a memorial called Elevar la Masa. We wanted it to emerge organically as a virus, built upon the agreement and engagement of all who were present and in the place where the dough emerged, next to the Spree river. It was very beautiful to see what emerges when some people gather for a similar purpose in the context of a crisis.

Through this, we understood dough as an active subject and living record of the current time (zeitgeist), not only as food, but above all as a container of microorganisms containing those of the atmosphere and those of our skin. As a mean of contact and communication between the human and the non-human where, dough, atmosphere and human hands are all active subjects.

Essentially, a simple action in which the input of movement and contact unleash a chemical process, an ecosystem of living organisms that respond to an action a means of contact and communication with the non-human. We knead alongside the Spree thinking it was the Ganges and left a piece of dough that will remain encapsulated in its own time and ecosystem.

• 12/04/20 •

• 15/04/20 •

**FELIX MATHIAS OTT** Do you know this book by the Zenmaster Tassajara

• 02/04/20 •

**JETTE BÜCHSENSCHÜTZ** Do you have this book? I would love to have a look at it!



DEAR FRIENDS AND COLLEGES,

WE WOULD LIKE TO CORDIALLY INVITE YOU TO THE INSTALLATION, "IN THE FIELD OF TENSION " IN THE FRAME OF THE WORKING GROUP: "RECLAIMING THE LIVE ASPECT OF THE PERFORMING ARTS IN THE CURRENT TIMES".

THE SOLO-BODY-INSTALLATION, "IN THE FIELD OF TENSION " IS A COLLABORATION BETWEEN THE ARTISTS URS DIETRICH AND FELIX MATIAS OTT AND WERE THE BODY OF THE PANDEMIC IS QUESTIONED.

6<sup>TH</sup> AND 7<sup>TH</sup> OF JUNE 2020  
BETWEEN 12:00 - 13:30 PM

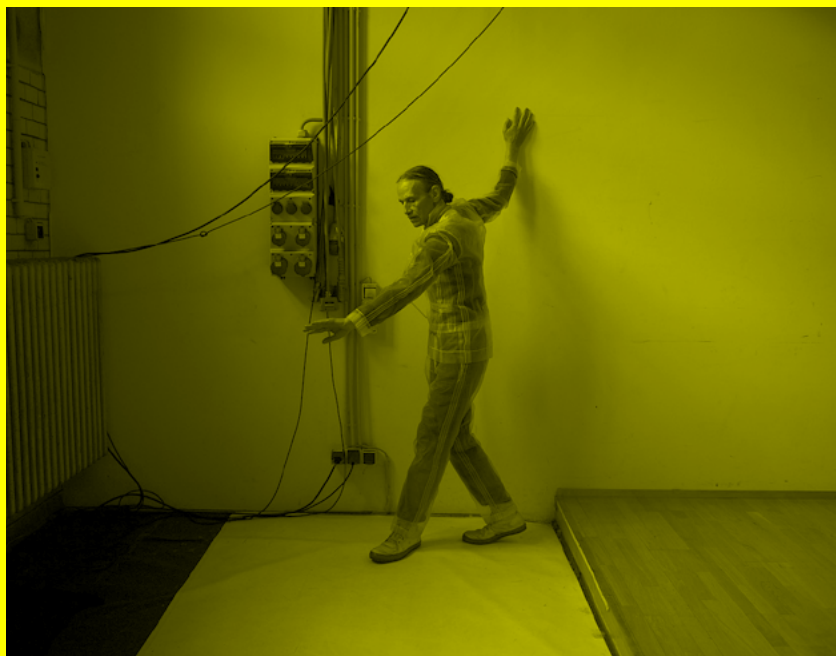
LOOP OF 15 MINUTES FOR EACH 3 SPECTATORS IN FLUID CHANGE IN SUCH CIRCUMSTANCES WE HAVE TO MAKE AN AUDIENCE SCHEDULE WE ASK FOR ADVANCE NOTIFICATION

UFERSTRASSE 23 / EINGANG TOR BADSTRASSE  
13357 BERLIN  
STUDIO 5

WE ARE LOOKING FORWARD  
KIND REGARDS

URS





## URS DIETRICH

Idea: try with my body and emotion a physical description of the condition to the current everyday situation. A test in the field of tension between approach and fend off. The floor pulled out from under the feet - wash hands until...

Research: The body of the Pandemie, The invisibility of the virus as an inspiration.

- 11/04/20 -

- 09/04/20 -

## DIEGO AGULLÓ

illustrating the article.

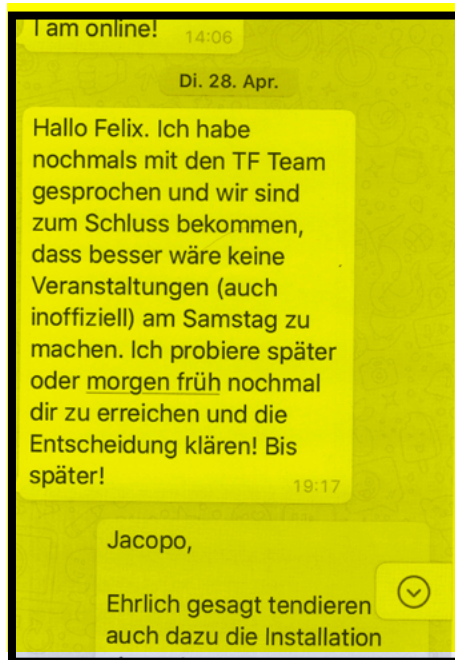
I really like the videos

## URS DIETRICH

Here some pics of the rehearsal :



- 15/04/20 -









## KIANA REZVANI

Questions: How is

something born out of the conditions but does not conform to the conditions?

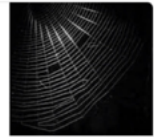
What would be an invisible transgression without risk ? How to be the virus itself in the system ? Can non-doing be a form of nonconformity ? What is there to rebel against ?

Interests: building spaces for collective tripping / Enchantment / Camouflage

• 1/04/20 •

The [redacted] is a general term for [redacted] corners [redacted] where people can interact online without worrying about the watchful eye of the authorities. Usually, [redacted] guarded by encryption mechanisms such as [redacted] that allow users to visit [redacted] anonymously

OFFLINE  
closely  
?



## KIANA REZVANI

General Idea: Designing

different audio files consisting of sounds and narrations. This Audio file is given to a chosen "spectator". In this location next to the mp3 there is a map showing a walking route with a starting point and a destination The spectator wears the headphone, plays the file on the mp3 and starts walking on the route. Like a trip on psychedelics. Ideas about the audio file. It narrates what is happening in the landscape that the spectator is walking through. Giving "other" explanations for what is happening and why people are behaving in this way. The narrator is talking directly to the spectator. Ideas about the route: There can be some elements implemented on the way to add

• 16/04/20 •

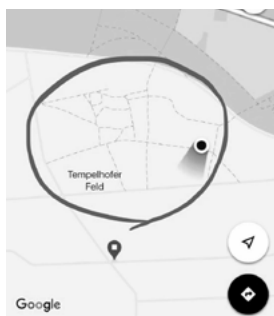
illusive visions to the walk. Like light reflections through mirrors which can be mentioned in a way in the narration too.

**OPEN FOR COLLABORATIONS AND IDEAS ESPECIALLY FOR THE AUDIO FILES AND SECRET AGENTS.**

I would like to have different texts written by different people which will be recorded and mixed together with the soundscapes. The texts could be science fictional, poetic, etc reflecting on our current experiences.

Let me know if you're interested in writing one and then together we exchange ideas how it should be written.

Or if you would like to be the voice that reads and records one of the texts



- 16/04/20 -



HOLA, IT'S KIANA.  
HOW ARE YOU ??

I AM WRITING TO YOU REGARDING THE WORKING  
GROUP. I DON'T KNOW IF YOU HAVE SEEN WHAT I  
WROTE IN THE DOCUMENT. I WANT TO HAVE A SERIES  
OF TEXTS WHICH WILL BE RECORDED AND MIXED TO-  
GETHER WITH A SOUNDSCAPE.

I ASK DIFFERENT PEOPLE TO WRITE THESE TEXTS.  
THEY COULD BE SCIENCE FICTIONAL, POETIC OR ANY  
OTHER DIRECTION.

HUGSSS  
KI

# **TEXT OF THE AUDIO- FILES.**

**Roham Amiri Far  
Perla Zúñiga (JOVENDELAPERLA)  
Kike García**

1

Two people are selected to go through two different paths  
that reach the same point.

The first thing that caught their attention were the signs  
reflecting along the way.

### **Stop for a moment**

On your left  
next to the willow tree there's a bypath  
take that one

Good that their feet were resting in sneakers.

At this time,  
that the fire has led to the release of toxic gases, and  
you must go out of the house  
with masks and long-brimmed hats

They were invited to an area  
that had the potential to turn their imagination into  
virtual reality  
The two wanted to see their audio guide  
to see what I see  
and I see what they see

**You looked around**

Rain didn't stop raining  
It was just you and yourself

But it seemed that  
from any building  
under construction  
they were monitoring you  
entirely

You were also cooperating  
and kept walking in the rain

You're probably wondering, where we are going

"We are not going anywhere specific... we just walk, it's  
better to talk like this"

Maybe you thought,

the mind  
encompasses only a fraction of who you are

So, try not to look so much at the way we are going with  
the mind

The rain is no longer the same as before  
and the sun is not shining like before

You'll remember everything on the way  
you have great knowledge of all lives,  
every human who has ever lived.

Why only you?  
Not the rest?  
There is no other,  
you are  
and somehow, I am  
and a woman, rice farmer in Amlash 805 BC

At high energy levels, everything is the same  
And if we overcome time and space,  
we can be in anyone and anything

Because each life is only aware of its own life experience.

You won't realize at all when it happens

3

Double observation

**Look around**

**There is nothing**

The discovered planet here is similar to earth  
Each minute equals 28 days

You are there  
Only you and yourself

It seems as if you are staring into the eyes  
This Gaze is a figure through which you will start in The-  
ta mode

**You observe**

at this air pressure and fume,  
you are invited to  
**STOP**

*A dynamic stop*

Here, walking is like being in the water

It occurred to you  
to  
cross the path

You can wait a few minutes  
until you return to the earth next year.

Before,  
you thought it would happen  
after a long run or a deep silence.

Places and structures merge times

They are the best portals for our journey  
You are seen

Each of us is aware of our own life experience

Keep your eyes open. The image is foggy  
From now on, you have 208 days and  
then you have to climb 50 kilometers.

Remember something else

Evaluate what you see in a layer of cells  
Maybe a different future ...

4

Double observation

**Look around**

**There is nothing**

The discovered planet here is similar to earth  
Each minute equals 28 days

You are there  
Only you and yourself

It seems as if you are staring into the eyes  
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Places and structures merge times

They are the best portals for our journey  
You are seen  
Each of us is aware of our own life experience  
Keep your eyes open. The image is foggy  
From now on, you have 208 days and  
then you have to climb 50 kilometers.

Remember something else

Evaluate what you see in a layer of cells  
Maybe a different future ...



THIS AUDIO YOU ARE LISTENING IS A SECRET TOOL, A PROHIBITED FILE THAT CAN'T BE SHARED. YOU ARE ONE OF THE PERSONS CHOSEN TO GO TO THE ANALOGICAL HEAVEN, TO THE AREA o WHERE FLOWERS STILL BEING FLOWERS AND STILL SMELL LIKE FLOWERS.

PLEASE LISTEN CAREFULLY AND FOLLOW OUR STEPS WE RELY IN YOUR INTERPRETATION SKILLS.

FIRST OF ALL GO TO A PLACE WHERE YOU CAN DO STRETCHING EXERCISES OR PRACTICE:

YOGA

TAI-CHI

MEDITATION

ONCE YOU FOUND IT TAKE A POSTURE WHERE YOUR BODY STAYS RELAX. AND CLOSE YOUR EYES

CLOSE YOUR EYES

CLOSE YOUR EYES

STOP

JUST FOR A MOMENT AND TRY NOT TO MOVE

STOP

JUST FOR A MOMENT AND TRY NOT TO MOVE

IMAGINE

IMAGINE YOU'RE FORGETTING THE USEFULNESS OF EACH OF YOUR LIMBS

FIRST THE HANDS WITH EACH OF THEIR FINGERS

WITH EACH OF THEIR NAILS

THEN THE FEET WITH EACH OF THEIR TOES

WITH EACH OF THEIR NAILS

THEN THE KNEES

THEN THE NECK

AND THEN.....

WHERE IS YOUR STOMACH IS STILL THERE?

TOUCH IT

TOUCH IT A LITTLE BIT

CAN YOU LISTEN TO IT?

WHERE ARE YOUR SHOULDERS? ARE STILL THERE?

TOUCH THEM A LITTLE BIT

CAN YOU LISTEN TO THEM?

WHERE ARE YOUR EARS? ARE STILL THERE? CAN YOU LISTEN TO THEM?

BREATHE SLOWLY

ON THIS SECOND DIE YOU ARE SWITCHING INTO ANOTHER LEVEL

AND MAYBE ONE OF YOUR CELLS IS OUT OF CONTROL

MAYBE IS GROWING OUT OF CONTROL

HE AND NOT SHE DOESN'T WANT TO FOLLOW HIS DESTINY

HE DOESN'T WANT TO DIE

HE DOESN'T WANT TO DIE

HE DOESN'T WANT TO DIE

JUST LIKE YOUuu

JUST LIKE ME

VULNERABILITY

(AS THE MAIN CHARACTER)

POOR LITTLE CELL

HE HAS CONTRIBUTED IN YOUR GROWTH

YOUR HEALTH

YOUR PERSON

YOUR LIFE AND NOW HE HAS TO DIE

HE HAS TO FOLLOW HIS DESTINY BUT

HE DOESN'T WANT TO.

REVOLUTION

WE CALL IT REVOLUTION ONCE

THERE COULD BE A REVOLUTION GOING ON INSIDE YOUR BODY  
RIGHT NOW

NOT IN YOUR MIND JUST IN YOUR BODY

NOT IN YOUR MIND JUST IN YOUR BODY

BUT YOU CAN'T LISTEN TO IT

COULD BE HAPPENING

COULD BE HAPPENING

COULD BE HAPPENING

BUT YOU CAN'T LISTEN TO IT.

FEEL THE IMPOSSIBILITY

FEEL THE IMPOTENCE

FEEL THE DISORIENTATION OF NOT BEING ABLE TO DO ANY-  
THING

OF NOT KNOWING ANYTHING OF WHAT COULD BE HAPPENING  
RIGHT NOW

YOU WANT TO BUT YOU CAN'T

YOU WANT TO BUT YOU CAN'T

YOU WANT TO BUT YOU CAN'T

RED OLD CELL

RAVING UNCONTROLLED

REPRODUCING IN NEW FUTURES

IN NEW ARCHITECTURES

NEW POETRY OF EXTRA CELLS

(EMPHASIS IN THE WORD EXTRA)

MAYBE THEY AND NOT HE

FORM A MASS OF TISSUE CALLED TUMOR

AND THEN MAYBE CALLED CANCER

BUT THEY'RE ALL ASSUMPTIONS BECAUSE

LANGUAGE IS NOT HERE YET  
LANGUAGE IS NOT HERE YET  
LANGUAGE IS NOT HERE YET

WHO KNOWS WHAT IS HAPPENING  
WHO KNOWS WHAT IS HAPPENING

WHO HAS THE CONTROL  
WHO HAS THE CONTROL  
WHO HAS THE CONTROL  
HERE

SHHHHH  
DON'T BE SCARED

SHHH  
DON'T BE AFRAID OF YOURSELF

TOUCH ALL YOUR BODY  
FEEL YOUR BODY AND BREATHE  
ONE TWO THREE BREATHEEEEE

(A LONG BREATHING SHOULD BE HAPPENING)  
ONE MORE BREATHE AND YOU CAN OPEN YOUR EYES

ONE,  
TWO,  
THREE  
OPEN YOUR EYES

- MUSIC

-

LOOK AROUND YOU

WHAT YOU SEE IS WHAT YOU SEE  
WHAT YOU SEE IS WHAT YOU SEE

START WALKING FOR A WHILE TO THE FRONT  
AND FOLLOW MY VOICE

THERE IS ONLY ONE CONDITION HERE YOU CAN WALK TO THE  
FRONT YOU CAN LOOK AROUND BUT NEVER BEHIND IS IT CLEAR?  
IS IT CLEAR?  
OK NICE. YOU CAN CONTINUE WALKING

TRY TO LOOK AS YOU ARE LISTENING TECHNO MUSIC TRAP REG-  
GAE OR WHATEVER SHIT YOU LISTEN IN YOUR DAILY LIFE.  
YOU HAVE TO LOOK AS YOU ARE GOING TO REWE TO BUY SOME  
LASAGNA  
BECAUSE  
YOU DON'T WANT TO COOK TODAY.

ACT LIKE YOU ARE TIRED OF: EVERYDAY, SAME ROUTINE.  
TIRED OF THE CONTEXT WE ARE LIVING  
THEY KNOW IT OF COURSE.  
THEY KNOW IT OF COURSE.  
THEY KNOW WHERE YOU ARE. WHAT YOU WANT.

THEY ARE CONSTANTLY FOLLOWING YOU EVERYDAY AND  
EVERYNIGHT. SO WE HAVE TO DISTRACT THEM TO ACHIEVE OUR  
MISSION.

I'M GONNA TO TELL YOU SOMETHING  
AT THIS MOMENT  
AT THIS EXACTLY MOMENT  
SOMEONE IS WATCHING YOU FROM THE HIGHEST POINT OF THE  
EARTH SIMULTANEOUSLY  
SOMEONE IS WATCHING YOU FROM THE TOP OF A LIGHTHOUSE

BUT IT'S NOT LIGHTING YOU UP  
IS NOT GIVING YOU TRUTH  
THERE IS NO TRUTH HERE

TRUTH IS A MATTER OF IMAGINATION  
TRUTH IS A MATTER OF IMAGINATION  
TRUTH IS A MATTER OF IMAGINATION

EVERY FACE ON THE PLANET HAS TRANSITED INTO A CAMERA OF  
1.2 MEGAPIXELS

THEY ARE RECORDING YOU IN HD VIDEO  
ANALYZING ALL YOUR MOVEMENTS  
EVERY SINGLE PERSON AROUND  
YOU YOUR FRIENDS YOUR ROOMMATES YOUR LOVERS YOUR MUM  
EVERY PERSON YOU HAD CROSSED TODAY  
YESTERDAY  
LAST YEAR  
EVERY PERSON YOU HAD CROSSED IN YOUR LIVE

TO MAKE YOU UNDERSTAND

BERLÍN HAS BECOME A MINECRAFT SCENARIO AND YOU ARE THE  
MAIN CHARACTER OF THE GAME

YOUR EXPRESSIONS BECOME ALGORITHMS

VOYEURS BECOME WELL PAID JOBS

RUSIAN KIDS CAN NOW HACK PUBLIC CAMERAS  
AND MASTURBATE FROM THEIR HOUSES

LOOKING AT YOU AT THERE  
MY DEAR.  
I KNOW YOU WANT TO DISAPPEAR  
BUT YOU CANT REALLY



CONNECTING AS THE SLOGAN OF NEW DICTATORS  
DRONES AS THE NEW POLICE OFFICERS  
GOOGLE AS THE NEW NAZI EMPIRE  
BUT MORE CLEVER BECAUSE THEY NOW LOVE FAGGOTS  
WITH MONEY

CAPITALISM AS A POWERFUL DRUG  
OR A HUGE DILDO  
THAT ONCE YOU TRY IT THERE IS NO RETURN  
THERE IS NO OTHER CHOICES  
YOU ONLY WANT MORE AND BETTER

MORE AND BETTER  
MORE AND BETTER

3G  
THEN 4G  
THEN 5G  
THEN 6G  
THEN 7G  
AND THEN WHAT  
AND THEN WHAT

YOU'RE CONSTANTLY BEING ANALYZED  
FOR YOUR POTENTIAL TO INFLUENCE  
DEPENDS ON YOUR PERCENTAGE OF COVERAGE  
YOU ARE GONNA HAVE ONE CHANCE OR ANOTHER  
LESS THAN 20% MEANS YOU ARE INVISIBLE

NO MATTER WHO YOU ARE  
OR WHERE DO YOU LIVE  
OR WHAT PRIVILEGES

YOU HAVE HAD NO ONE'S GOING TO BELIEVE YOU

NO ONE IS GOING TO BELIEVE IN YOU

FACTS ARE NO MORE SOLID  
COHERENT  
ROUND AND REAL  
WHAT YOU SEE IS NOT WHAT YOU SEE  
WHAT YOU SEE IS NOT WHAT YOU SEE  
WHAT YOU SEE IS NOT WHAT YOU SEE

WHAT YOU SEE IS NOT WHAT IT IS  
WHAT YOU SEE IS NOT WHAT IT IS

IT IS NOT WHAT IT IS IT IS NOT WHAT YOU THINK IT IS

STOP JUST FOR A MOMENT AND SEND A MESSAGE TO YOUR BEST  
FRIEND ASK THEM SOMETHING, NO MATTER WHAT.  
A SILLY COMMENT.  
AN EMOJI ?

I DON'T KNOW

AFTER THAT OPEN INSTAGRAM LOOK 3 STORIES AND LIKE THE  
FIRST POST YOU SEE.

REMEMBER WE HAVE TO DISTRACT THEM

DON'T FORGET CURRENTLY THE WORLD IS IN THE MIDST OF A  
PANDEMIC OR SO WE ARE TOLD. YOU ARE NOT BEING TOLD THE  
ENTIRE STORY THE PLAN TO ROLL OUT A NEW DIGITAL FINAN-  
CIAL SYSTEM OUT OF ASHES OF THIS GLOBAL EMERGENCY  
WHICH WILL LIKELY BE CONSIDERED THE BIGGEST ECONOMIC  
COLLAPSE IN HUMAN HISTORY.

BUT

DON'T WORRY

THE ANALOG PARADISE IS WAITING FOR YOU  
YOU CAN GET YOUR FREEDOM BACK THERE  
YOUR ANONYMITY YOU JUST HAVE TO OBEY ME

FOLLOW MY FOOTSTEPS

NEW VIRUS CREATES

HEALTH DATA

AND IT CREATES EXTREMELY INTRUSIVE PROGRAMS  
TO FINALLY CREATE IMMUNITY PASSPORTS

A RUSSIAN ROULETTE IS GOING ON

AND THERE IS NO RETURN

YOUR FREEDOMS WILL BE SIGNALLED AND REPRESENTED IN  
COLORS

GREEN: YOU ARE SAFE  
ORANGE: YOU ARE AT RISK  
RED: YOU ARE THE RISK AND CAN BE TREATED AS SUCH

SLOWLY YOU HAVE BEEN PART OF THIS NEW ARMY  
PART OF THE END OF AN ERA  
YOU HAD BEEN DEMANDING CANCER IN YOUR LIFE  
DEMANDING NEW DISEASES  
DEMANDING MORE CONTROL AND LESS ACTION  
DEMANDING MORE CONTROL AND LESS ACTION

YOU'VE BEEN INVOLVED IN THOUSANDS OF DEATHS MILLIONS  
OF MURDERS  
BUT YOU'VE ALWAYS SLIPPED THROUGH THE CRACKS  
DON'T LOOK STRAIGHT TO THE SUN  
GO INTO THE DARK FOR A BIT

THERE IS A DARK PLACE WITHIN WHERE HIDDEN AND GROWING  
OUR TRUE SPIRIT RISES.  
THESE PLACES OF POSSIBILITY WITHIN OURSELVES ARE DARK  
BECAUSE THEY ARE ANCIENT AND HIDDEN;  
THEY HAVE SURVIVED AND GROW STRONG THROUGH THAT  
DARKNESS. THE DARKNESS HAS TO BECOME A REFUGE FOR YOU  
STOP TRUSTING IN APOLLO

IN HIS LIGHT  
IN HIS REASON  
IN HIS PROPORTION  
IN HIS HARMONY

ALL THESE TOOLS TOOK US HERE  
START WALKING A LITTLE BIT FASTER  
DIONYSIOS IS WAITING YOU WITH A BEER IN THE AREA  
o  
EVERYONE AROUND YOU ARE TERRIFIED

PANIC DISORDER CAOS  
PANIC DISORDER CAOS  
PANIC DISORDER CAOS

REGIME IN OUR CITIES

WHERE IS YOUR BODYYY  
YOU ARE LOST YOU ARE LOSING.....  
I KNOW YOU CAN WALK FASTER  
WE ARE WAITING FOR YOU HERE  
IN PARADISE  
DON'T WASTE THIS OPPORTUNITY, YOU WON'T REGRET IT

DON'T TRUST THEM IF THEY SAY YOU SOMETHING  
DONT TRUST THEM  
RUN AWAY RUN AWAY FROM HIM

RUN RUN RUN RUN

YOU ARE CLOSE I CAN FEEL YOU  
RUN FASTER  
UNTIL THE SWEAT RUNS DOWN YOUR FOREHEAD  
AND MIXES WITH THE ADRENALINE  
AND DESIRE

COME ON THE LAST EFFORT

RUN RUN RUN RUN

FICTION IS A METAPHOR  
THE FUTURE IS A METAPHOR  
A METAPHOR OF WHAT  
OF WHAT YOU SEE.



Close your eyes,

take a moment to think that  
whenever you open them again  
the city you are living in has been transformed.

There are no reasons

no answers

nor causes why

this transformation happened.

streets, humans, animals, plants, architecture, money, transport,  
air, colors, water, museums, trees, clouds, food, everything has  
changed.

Prepare yourself to leave the house  
taking whatever is necessary for a walk.

This walk has no direction

nor purpose

just to be moved

and guided by

an external force.

You will take the first step,

and from there,

something else will move you

Leave your house and step in the door

Of your building, just right

In the door.

Take few deep breaths and

Remember, this transformation

Happened in the city

And now you are going to discover

The new city.

To discover a new city,  
Fully transformed  
Something in your perception shall change too.  
There is no way to find new ways  
Carrying the same vision,  
The same perception.  
In front of your door  
Try to find the first plant, flower or tree  
and go towards it.  
This first impulse has moved you,  
And will lead you to somewhere else.  
From this first impulse,  
Let yourself be guided by plants or trees,  
Growing from the pavement,  
from the asphalt,  
From pots in the balconies,  
From a garden,  
Follow them for a very long walk,  
with no thinking,  
Just walking from one to another.



Walk until you feel lost,  
Walk until you don't know the direction you are taking,  
Until you lose yourself  
Being guided by the plants of the city.  
After that, meet yourself again.

**PARTICIPANTS:** URS  
DIETRICH, SONIA NOYA, OSCAR  
LOESER, JOVENDELAPERLA, KIA-  
NA REZVANI, NINA BARRET MÉMY,  
DIEGO AGULLÓ, CARLOS STEFEIR,  
FELIX MATHIAS OTT, JETTE BÜ-  
CHSENSCHÜTZ, ROSANA ESCO-  
BAR AND DANIELA MEDINA POCH.

**INITIATORS:** FELIX M. OTT  
AND DIEGO AGULLÓ.

**ARTISTIC ADVISER:** AMANDINE CHE-  
VEAU. **GRAPHIC DESIGN:** JOVENDE-  
LAPERLA.

A COPRODUCTION BETWEEN TANZFABRIK  
AND FELIX MATHIAS OTT



PRINTED IN FEBRUARY 2021.

the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million (1990–1999) and is projected to increase by a further 1.5 million by 2010 (Office for National Statistics 2000). The number of people aged 65 and over in the UK is projected to increase from 10.5 million in 1999 to 12.5 million in 2010, with the number of people aged 75 and over increasing from 4.5 million to 5.5 million in the same period (Office for National Statistics 2000). The increase in the number of people aged 65 and over is projected to be particularly marked in the 75–84 age range, with the number of people in this age range increasing from 1.5 million in 1999 to 2.5 million in 2010 (Office for National Statistics 2000).

There is a growing awareness of the need to address the health and social care needs of the ageing population. The Department of Health (2000) has identified the need to develop a 'new paradigm' of health and social care for the ageing population, which is based on the principles of 'active ageing' and 'lifespan care'. The 'new paradigm' is based on the principles of 'active ageing' and 'lifespan care', which are defined as follows:

**Active ageing:** The process of optimising the opportunities for people to lead healthy, active lives, and to participate in the life of their community.

**Lifespan care:** The provision of health and social care services that are tailored to the needs of people at different stages of their life, and that are designed to prevent, delay or manage the onset of illness and disability.

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**(You Will Only Make Matters Worst) JOHN CAGE**

