



get together &  
work it out

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out

*Get Together & Work it Out* is the first physical gathering of the *Work it Out* platform since its creation in 2021. *Work it Out* invites you to workshops, lectures and discussions that open up spaces to meet and touch each other, to talk and to listen, in order to explore being and working together. We ask ourselves what forms our togetherness might take: How do we want to meet each other, exchange and (un)learn? What mental and spatial boundaries need to be overcome? What creative possibilities for action need to be developed and coping strategies explored, especially in the face of growing digital isolation?

Kulturhaus  
Helferei Zurich  
14.–19.05.2023

# Wednesday, 17.05.2023

# Thursday, 18.05.2023

7.00 pm – 8.00 pm  
Keynote Lecture + Discussion  
(online, in English)

## *Art Work Between the Quantity of Time and Emancipation of Labor* by Katja Praznik (SI/USA), moderation Ana Letunić

The mystification of the working process in the arts, which the Western society prefers to define as an act of creation rather than an act of labor, is the central problem if we want to discuss labor standards in the arts. Equally important is the issue that artistic work is usually not evaluated based on time but on merit, giving this kind of work an allure of freedom and flexibility while hiding a ruthless competitive individualistic logic as well as the lack of adequate pay and labor standards. What could be possible ideas to change the conditions and how might the lessons of labor movement become relevant for the emancipation of art work?

11.00 am – 12.30 pm  
Movement Workshop  
(online + streaming at Helferei, in English)

## *Tracing Narratives* by Among Us – Sunayana Shetty and Aabshaar Wakhooloo (IND)

*Tracing Narratives* is a movement workshop led by Aabshaar Wakhooloo and Sunayana Shetty. They bring together ideas, questions, and possibilities on what it means to arrive in movement and how to find agency in our bodies. They engage with some core areas of the body, like the heart or the pelvis, using them as a reservoir of giving and grounding. By attending to dynamics of weight and rhythm, the class will hold space for conversations with our dancing bodies. The workshop is open to dance/theatre practitioners, movement lovers, artists of multidisciplinary backgrounds and everyone interested to connect with their body and movement.

1.30 pm – 5.00 pm  
Workshop  
(Helferei, in English)

## *Tell me yours, I'll tell you mine. The precarious story-sharing.* by Critical Practice (Made in YU) 4: Anka Herbut, Elena Novakovits, Maeve Johnson (geographically challenged)

*Tell me yours, I'll tell you mine. The precarious story-sharing* workshop has been conceived as an ongoing transnational project exploring an uneasy experience of being precarious and ways of talking about it. It aims to collectively unpack and re-think the term of precarity in the academic and professional sector of the performing arts field through personal narrations. During the workshop we'll map, read, analyse and fix the precarious stories that are not ours, but could have been. By multiplying questions and speculating on alternative storylines we'll prefigure other ways of operating and building relations in the cultural field. Looking beyond the established theorisation of the insecure figure of the student, artist and cultural worker, we'll open a safe space to anonymously share and reflect on how to rethink, reframe, rewrite our embodied precarities.

6.00 pm – 7.00 pm  
Sound Meditation Session  
(online + streaming at Helferei, in English)

## *Sonic Journey* by Andrea Moro (CHL)

*Sonic Journey* is an invitation to take a moment to quiet our mind, rest our body, connect with our inner world, and replenish our energy. You can do the session in the position you feel more comfortable: in Shavasana position (laying down on your back), or sitting with a straight back. The sound meditation will be guided by Andrea's voice and various vibrational sounds that aim to bring peace and to harmonize our inner state. The journey includes various instruments such as a gong, singing bowls, koshis, drums, and other instruments from different parts of the world as well as song.

7.30 pm – 9.00 pm  
Exchange  
(Helferei)

## Snacks + Get Together

Some snacks are offered to end the day and continue the exchange on being and working together.

# Friday, 19.05.2023

10.00 am	–	11.30 am	1.00 pm	–	3.00 pm	4.00 pm	–	5.15 pm	05:30 pm	–	07:30 pm	7.30 pm	–	9.00 pm
Movement Workshop (Helferei, in German)			Discussion + Workshop (Helferei, in German)			Discussion (online, in English)			Presentation (Helferei, in English and German)			Exchange (Helferei)		

*The soft animal of your body* by Eliane Bertschi and Fabrizia Flühler (CH)

We gather to experience our bodies and its inner movements. We listen to a specific tissue: Fascia, the connective tissue, which has long been ignored in traditional medicine, but actually is our largest sensory organ, responsible for the inner perception of our bodies. Through meditation, simple dance exercises and a basic introduction to Fascia therapy we explore a way to a sensual understanding of being present in the space and moment.

*Working It Out Today* by the Platform Work it Out, with Eliane Bertschi, Lucia Gugerli, Kaspar Wohnlich, Sona Nydegger, Nina Langensand from ultra, moderation Lea Moro and Nora Brünger

How do we shape and dispose of our working time today? What value do we attach to it and how does our attitude and idea of work - be it gainful employment, care work, relationship work, work on oneself - change in the course of life? How do we imagine working models of the future today? This discussion invites intergenerational guests between 19 – 79 years to share their stories, understandings, values and models of work based on their lives and trajectories. Part of the discussion will be to address and discuss current trends and issues, together with all those present, in order to create an understanding and vision of today's and tomorrow's models of work.

*Intercultural collaborations* – a discussion by the *(RE)SHAPE* partners

cheLA (ARG)  
Fundación Mar Adentro (CHL)  
The Art Corner of Teheran (IRN/TUR)  
Wixutta Knowledge Center (MOZ)  
Work it Out (CH/DE)

With inputs by the artists  
Claudia González (CHL) + Jamuna Mirjam Zweifel (CH),  
tobi bienz (CH) + Victoria Papagni (ARG)

Besides artistic collaborations, the virtual co-creation residency *(RE)SHAPE* is also dedicated to establishing a partnership between the involved organizing platforms and institutions. Their practice consists of establishing a shared ground of organizing, funding, mentoring and presenting the artistic outcomes. Through *(RE)SHAPE*, the partners research how artistic collaboration and institutional partnership can be established on an inter-continental level by asking crucial questions: How to define common values and terminologies? How to align with each other as much as with the contexts everyone is coming from? In this discussion, the partners of *(RE)SHAPE* would like to open the research field and share experiences with the public, involve some artistic voices and also envision how to continue together in the future.

Project presentation virtual residency *(RE)SHAPE*

*(RE)SHAPE* is a virtual creation residency program seeking to question the nature of virtual collaboration in its possibilities of expanding the physical realm. From January to April 2023, artists from Argentina, Chile, Mozambique, Iran, Turkey and Switzerland have been working together in couples in a virtual-analogue form, shifting and molding each others' creative processes. This year's processes have been shaped by sounding bodies, script-writing, interacting with new forms of technology, synchronicity in movement, finding common ground in shared personal experiences, chatting, storytelling, singing and mapping. Through asynchronous time and abstract space, the artists co-created works that touch upon human and non-human relations, notions of intimacy and pleasure, feminism, escapism, and the challenges of translation. In these virtual connections, one can find paradoxical re-connections and opportunities to discuss differences, similarities and possibilities.

***Behind the eyes***  
Pantea Shayesteh (IRN) + Lizette Chirime (MOZ)

***Meta Routes***  
Juan Pablo Margenat (ARG) + Gökçe Uygun (TUR)

***Not being in the city without leaving***  
Oliver Roth (CH) + Sebastián Mejía (COL/CHL)

***Siempre te levarei contigo***  
Eliana N'Zualo (MOZ) + Tati Cuoco (ARG)

***Earthly Flux: A Study of Transitional Clay Bodies***  
Claudia González (CHL) + Jamuna Mirjam Zweifel (CH)

Snacks + Get Together

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# Spaces

## Helperei

live event Breitinger Saal / Helperei (Kirchgasse 13, 8001 Zürich)

## Online & streaming Helperei

Zoom participation and streaming at Helperei

## Online

Only Zoom participation

## Accessibility Helperei

The foyer and rooms of Helperei are accessible to everyone, thanks to an elevator and a barrier-free entrance. Please note that the Kirchgasse is steep and cobbled. No automatic entrance door (threshold 3 cm).

# Registration

## Registration for online participation (Zoom)

hello@workitout-platform.com

There are limited spots for the program formats. We kindly ask you to arrive 15 minutes before the start of the event. Late entry can not be guaranteed.

# About the Platform Work it Out

*Work it Out* is a hybrid platform establishing different analog and digital formats in cooperation with international partners and artists since 2021. Thereby, possibilities of encounter, communication and knowledge transfer are tested. Different forms of *Encountering*, *Listening*, *Sharing*, *(Un)Learning* and *Gathering* are crossing the formats.

# Team and Credits

Programming, organization

Technical support

Documentation

Support on site

External advice

Graphic Design

Production

Lea Moro, Julia Keren Turbahn

Andrés Bucci, Bernhard la Dous

Andrés Bucci

Lucia Gugerli

Ana Letunić

Phil Stahlhut

Bernhard la Dous / produktionsDOCK

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