

# REFLECTIONS

ABIGAIL

## ENHANCEMENT

About self-growth, ideas and inspirations during this semester

NEW  
WAVE

## WORLDS OF COLOR

This semesters chosen color and it's inclusion

COZO

## BURN IT ALL

A poetry film and how it came to life without any know-hows

## EDITORIALS

Photography with challenging tasks for beginners

N°  
24

PHOTO BY  
LYDIA  
GRÄTZER



# CONTENT

2024

REFLECTIONS  
SUMMERN TERM  
RHEINMAIN UNIVERSITY OF APPLIED SCIENCES

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# 0045

## ABOUT

Who's that girl?  
Creative vita

# 1011

## EDITORIALS

Light & Shadow  
Motions  
City of Color

# 2223

## EXHIBITION

Grapheme  
NachTag  
Daedalus misses Icarus

# CONTENT

## 2624

ANIMATION

The Visit  
Brainstorming  
Storyboard

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2024

REFLECTIONS  
SUMMERN TERM  
RHEINMAIN UNIVERSITY OF APPLIED

## 3233

POETRY VIDEO

Burn it all  
Poetry Text  
Keyframes  
Moodboard  
Behind the scenes

## 4445

ENHANCEMENT

Other Works

A

ABIGAIL

B

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COZO

B I G A I L

O Z O



# Who's that girl?

**A** for *Abigail Cozo*. A is for a girl born in Davao City. A is for a city located in the southern islands of the Philippines. A is for a country with warm-hearted people, also known for its talented karaoke singers. I'm not really talking about myself, or am I? Well, if you want to know, I guess you'll have to find out for yourself. But enough about my origins. Let me tell you why I chose to join this course of study. After completing my Fachabitur, I explored various fields. I started with a year in the cultural sector, which I enjoyed, but I never considered it as a future career path. Instead, I decided to become a nursing student. After finishing my studies, I felt like going to university, though I knew I didn't want to continue in the medical field. I have always been fascinated by bridges, so I decided to pursue engineering. However, I'm not exactly the strongest in math, so I switched to architecture, where I had a bit more creative freedom. I really loved it, but then—yes, then—corona started. I felt frustrated and thought I would be better off earning money again through an industrial traineeship. I gained insight into all departments of a company, and funny enough, the last department I joined involved a lot of media-related projects. As you can probably guess, I had so much fun working in this area. After completing my traineeship, I decided to return to university to study **Media: Conception & Production**.

# VITTAE

— NEW WAVE / 2024 —

CREATIVE VITA

8

#1173334



NEW WAVE  
ABIGAIL COZO



NEW WAVE  
ABIGAIL COZO



PHOTOS BY THUVANVU

"Creativity is the way I share my soul with the world"  
Brené Brown

Hi, my name is Abigail Cozo but I go by Abby. I am currently a media student at RheinMain University of Applied Sciences in Wiesbaden, Germany.

Wiesbaden, Germany  
abigail.cozo@gmx.de  
+4917624073398

## EDUCATION

01.01.2024 - exp. 2027

**Bachelor of Arts**  
**Media : Conception & Production**  
RheinMain University of Applied Sciences

01.04.20 - 31.03.21

**Bachelor of Science**  
**Architecture**  
RheinMain University of Applied Sciences  
(studies change)

2013-2015

**Vocational High School**  
**Economy**  
Landrat - Gruber - Schule  
(High School Diploma for Universities of Applied Sciences)

## EXPERIENCE

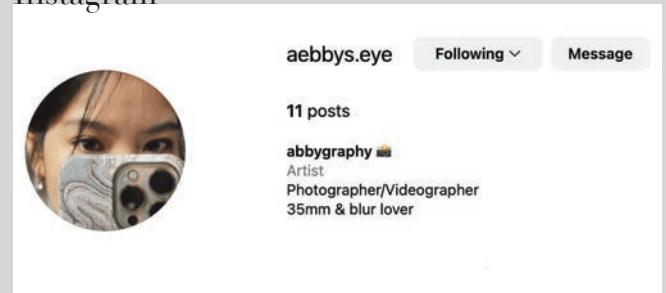
01.09.21 - 15.01.24

**Apprenticeship Industrial Clerk**  
Schenck Process Europe GmbH  
(IHK Diploma Industrial Clerk)

01.10.16 - 31.12.18

**Apprenticeship Nurse**  
Klinikum Ludwigshafen  
(Diploma Nursing Assistant)

## Instagram



## SOFTWARE SKILLS



PHOTOGRAPHY   VIDEOGRAPHY   DANCING   ACTING   MUSIC   GAMING   COOKING   BOOKS   SERIES   MOVIES



## ADDITIONAL

2022

**Kaufmann International AHK**  
Dublin Business School, Ireland  
(AHK Certifikate)

2023

**English Level B2**  
English Academy Private Language School, Germany  
(B2 Certificate)



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# R I A L S

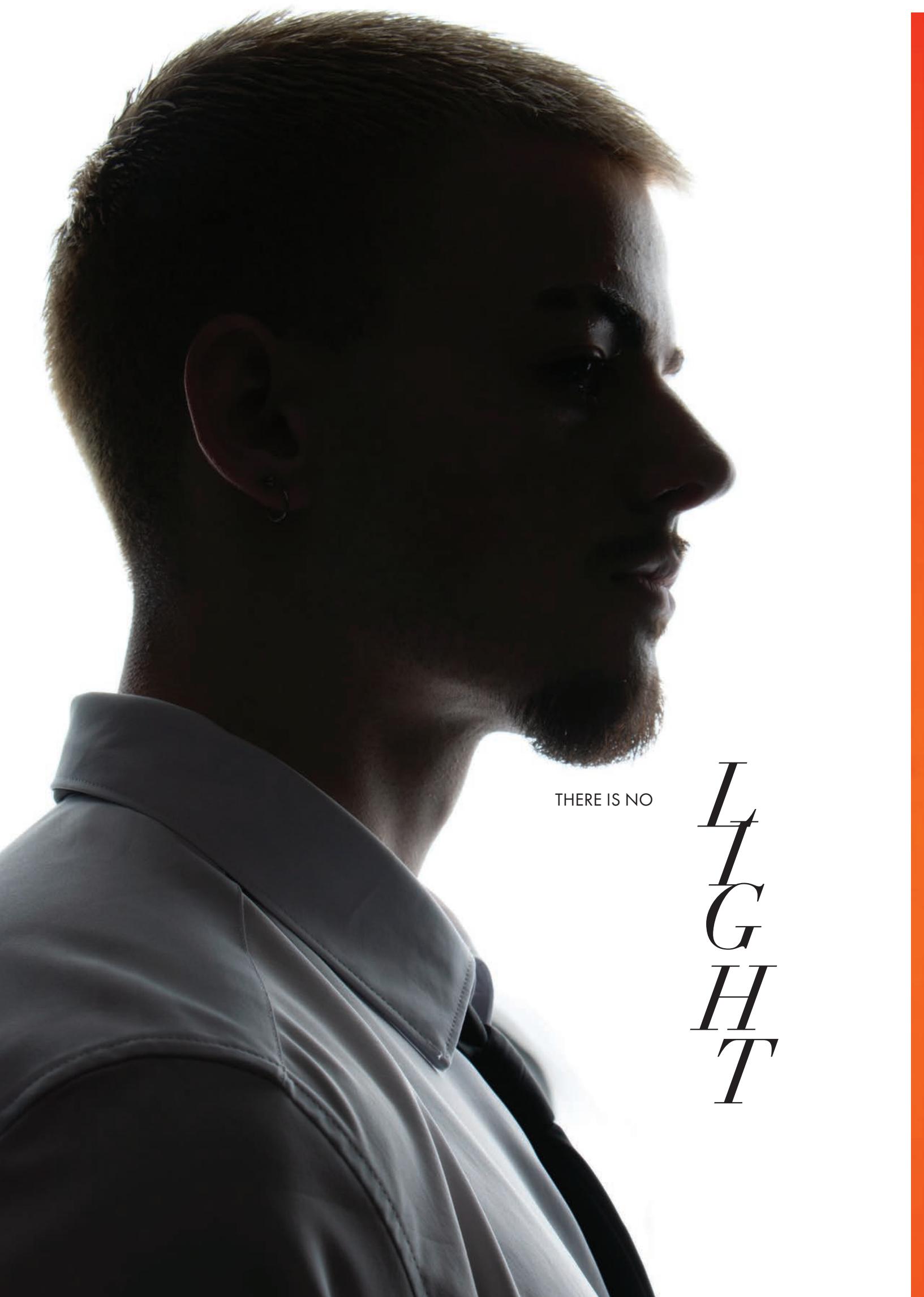
OGRAPHY

JOURNEY

THIS

SUMMER

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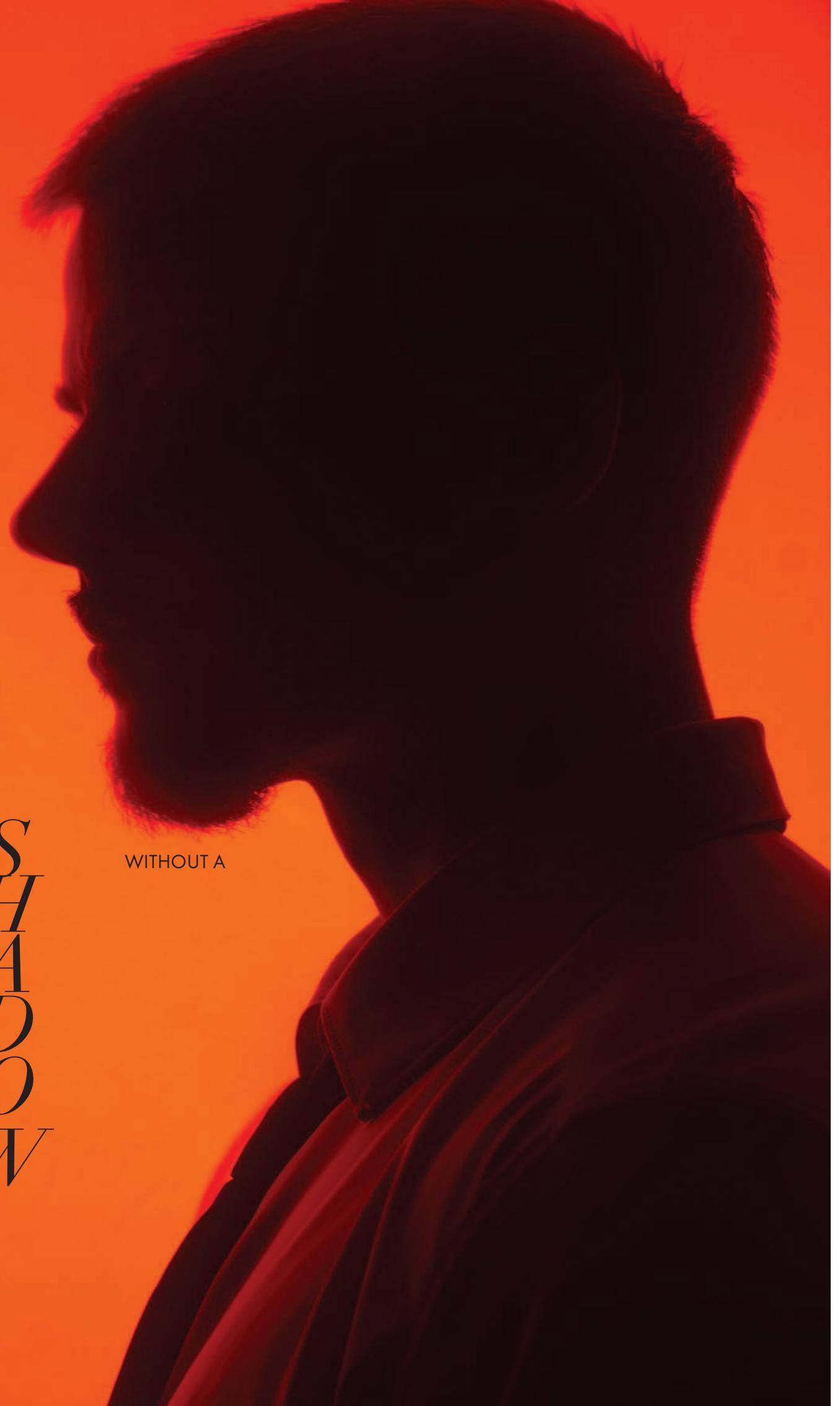


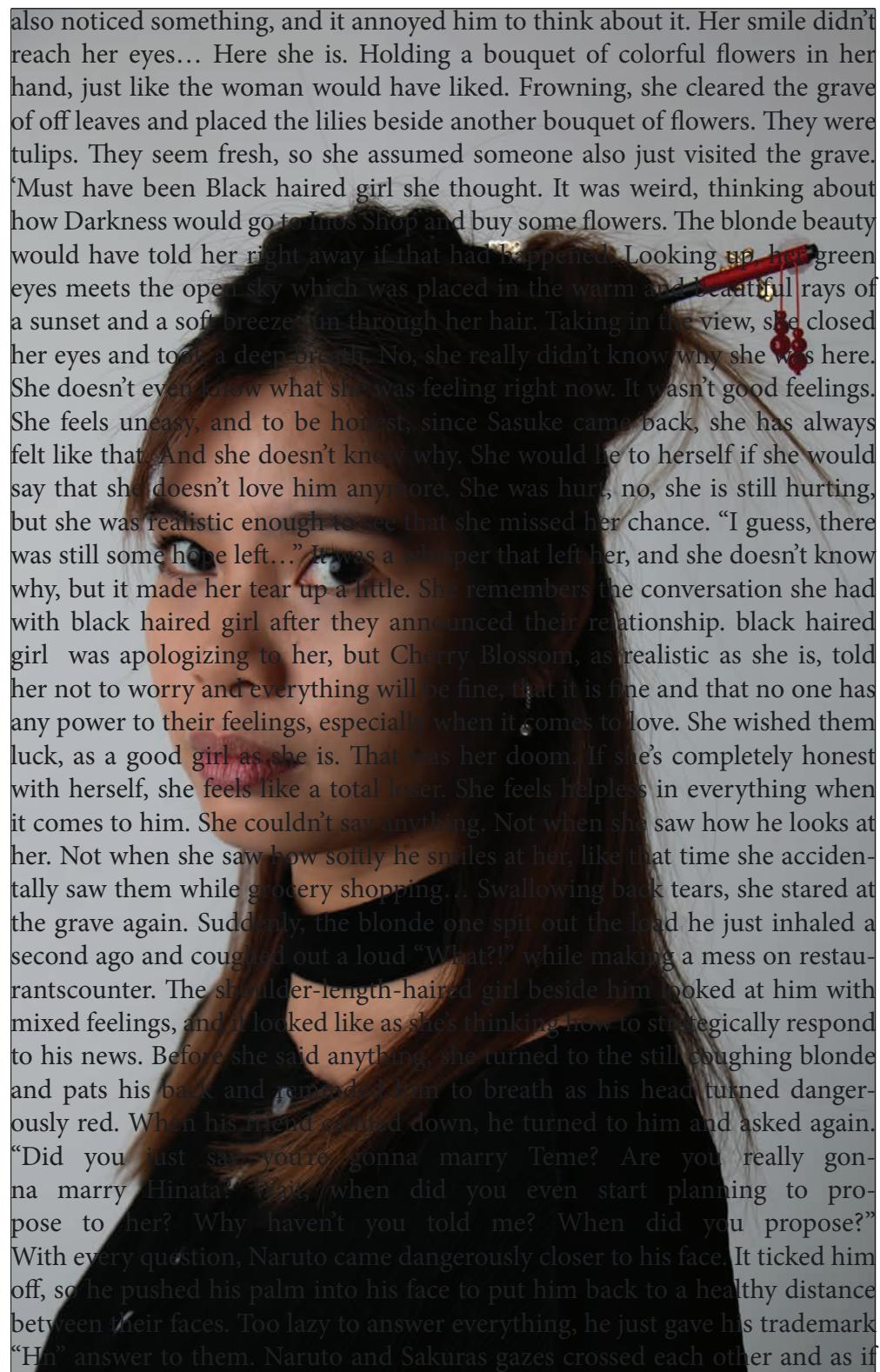
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# S H A D O W

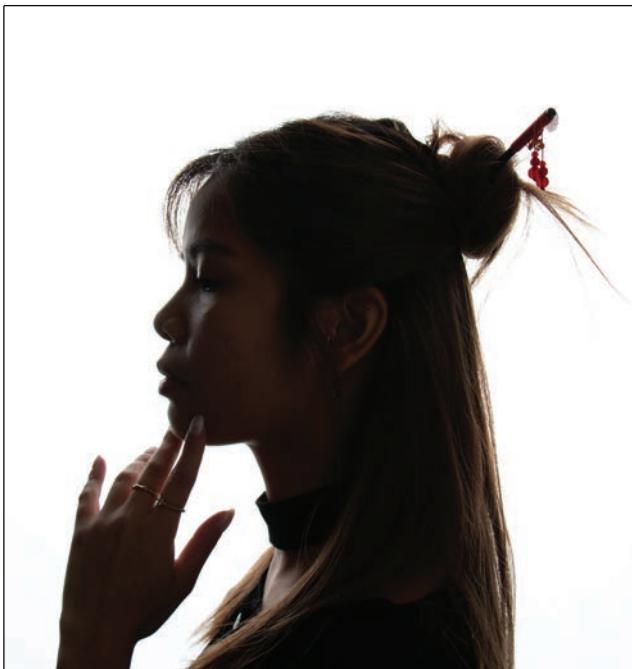
WITHOUT A



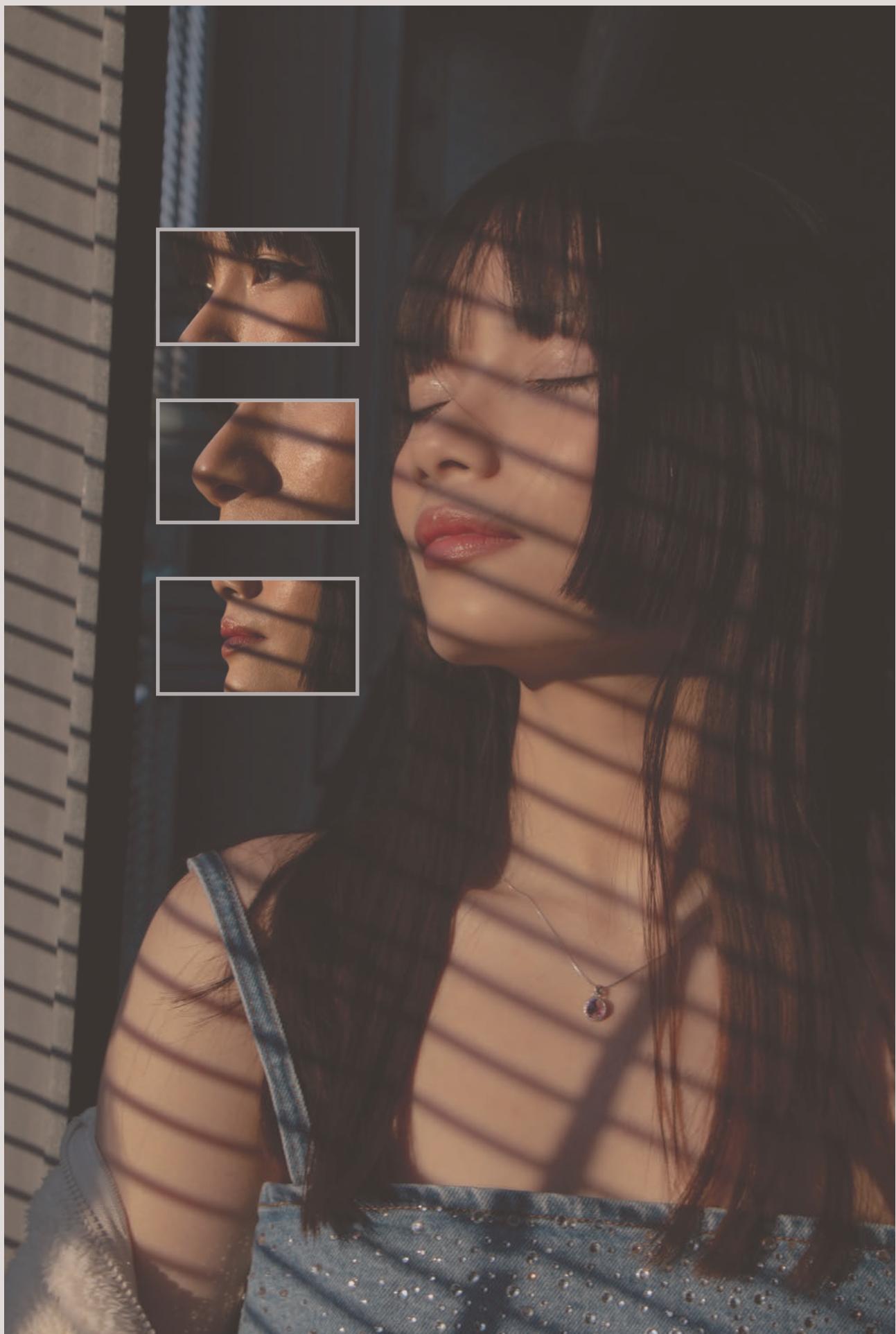


also noticed something, and it annoyed him to think about it. Her smile didn't reach her eyes... Here she is. Holding a bouquet of colorful flowers in her hand, just like the woman would have liked. Frowning, she cleared the grave of off leaves and placed the lilies beside another bouquet of flowers. They were tulips. They seem fresh, so she assumed someone also just visited the grave. 'Must have been Black haired girl she thought. It was weird, thinking about how Darkness would go to Mios Shop and buy some flowers. The blonde beauty would have told her right away if that had happened. Looking up, her green eyes meets the open sky which was placed in the warm and beautiful rays of a sunset and a soft breeze run through her hair. Taking in the view, she closed her eyes and took a deep breath. No, she really didn't know why she was here. She doesn't even know what she was feeling right now. It wasn't good feelings. She feels uneasy, and to be honest, since Sasuke came back, she has always felt like that. And she doesn't know why. She would lie to herself if she would say that she doesn't love him anymore. She was hurt, no, she is still hurting, but she was realistic enough to see that she missed her chance. "I guess, there was still some hope left..." It was a whisper that left her, and she doesn't know why, but it made her tear up a little. She remembers the conversation she had with black haired girl after they announced their relationship. black haired girl was apologizing to her, but Cherry Blossom, as realistic as she is, told her not to worry and everything will be fine, that it is fine and that no one has any power to their feelings, especially when it comes to love. She wished them luck, as a good girl as she is. That was her doom. If she's completely honest with herself, she feels like a total loser. She feels helpless in everything when it comes to him. She couldn't say anything. Not when she saw how he looks at her. Not when she saw how softly he smiles at her, like that time she accidentally saw them while grocery shopping... Swallowing back tears, she stared at the grave again. Suddenly, the blonde one spit out the load he just inhaled a second ago and coughed out a loud "What!?" while making a mess on restaurantscounter. The shoulder-length-haired girl beside him looked at him with mixed feelings, and it looked like as she's thinking how to strategically respond to his news. Before she said anything, she turned to the still coughing blonde and pats his back and reminded him to breath as his head turned dangerously red. When his friend calmed down, he turned to him and asked again. "Did you just say you're gonna marry Teme? Are you really gonna marry Hinata? Wait, when did you even start planning to propose to her? Why haven't you told me? When did you propose?" With every question, Naruto came dangerously closer to his face. It ticked him off, so he pushed his palm into his face to put him back to a healthy distance between their faces. Too lazy to answer everything, he just gave his trademark "Hn" answer to them. Naruto and Sakuras gazes crossed each other and as if

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info  
about  
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self and I.  
Being creative  
is in my left hand  
and I do everthi-



ng I can with it. Whether it is creating this reflection book, crocheting some accessories or playing music instruments. Everything will be touched with my left hand first. As you can also see in those pictures above. My dominant hand will always be up. I inherited it from my mom and I'm still fascinated by the fact that she can do everything with both hands, since she had to learn in school with her right hand. I started being creative in my younger years, when I started to write stories. Mostly fanfictions but I also tried a few times to write songs or poems. I love reading books, so much, that I even got an award in my middle school for borrowing over 360 books in a school year from our school library. Since I was in elementary school, I received lessons in classical music instruments, especially the flute. In my teenage years I became interested in dancing and joined a team which was located 2 hours away from home. After trying out a lot of different career paths, I ultimately decided to stay in the creative field, which I've enjoyed the most since graduating a few years ago.



“Keep your face always toward the sunshine and shadows will fall behind you.”

*by Walt Whitman*

# IN MOTION



## About this picture

I really love pictures which captures moments while moving, especially when it is in blur. It was a really hot day and I had to let my friends run a few time before I was kind of satisfied. The location was also perfect with red elements and I immediatly knew that I had to include a picture in my refelction book.

# E MOTIONS



"When I look at the picture, feelings of dreaminess and nostalgia arise.  
My eyes make me think of my dreams and aspirations.  
A picture full of hope."

**JOEL MAXIME BRUNNET** is a german aspiring model. His ethnicity is English, French, Polish, and Lithuanian.

Paint The Town

빨간색



E X H I B

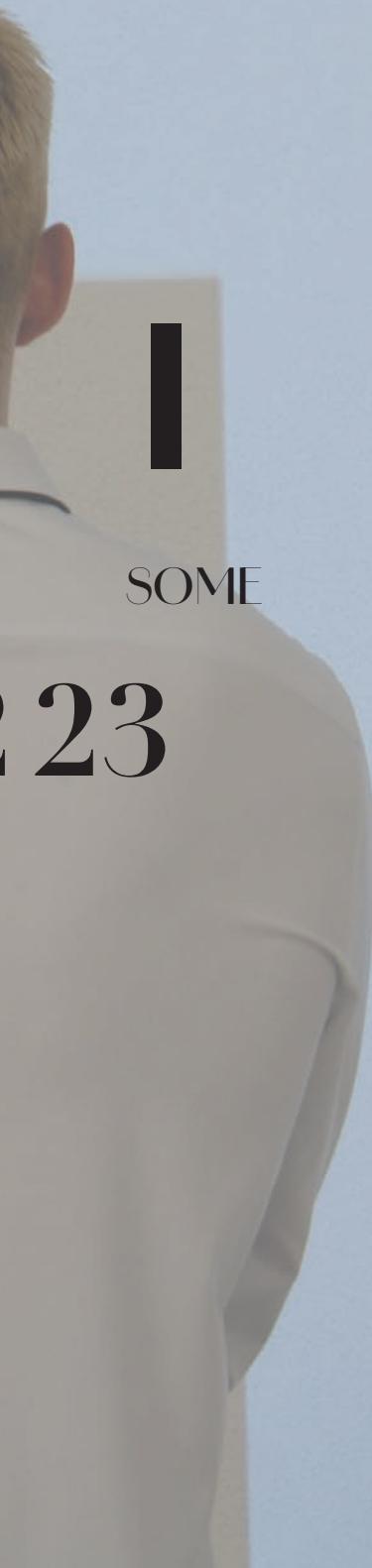
IN

SEARCH

OF

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I T I O N

SOME

BEAUTIFUL

ARTS

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Hand drawn sketches are the starting point for the installation Grapheme. They delineate the artist's initial creative idea and serve as the basis for the films projected, as well as for the form of the projection sculptures itself. These sketches are translations of memories and associations, which the artist, like in a diary, has captured from the most varied places and stations of life. In the amorphous abstract films, the structural state of these sketches is translated into a temporal flow of images. Here, for example events from the past fade away and become connected in continual transformation to new experiences and impressions. The moving film image preserves this reconstruction process without ever indicating an end-state.

Seidel's organic projection sculptures frees the film from the dogmatic limitations of rectangular screens and monitors. These delicate, laser-cut tissues float in the architectural space, light spills over them, and they come to life before the viewers' eyes.



### **Robert Seidel**

Mirrors reflect the projected film image back onto viewers and allow them to become part of the work in the form of their own reflected image. In the multiple layers of the work, observers' personal memories, their own reflection, that of the museum environment, the installation and the daylight become bound together into a situational work of art.

## **Grapheme**

ART AFTER 1950  
MUSEUM  
WIESBADEN

## Daedalus misses Icarus

**Marie Luise Gruhne**

Marie Luise Gruhne reduces the form of the image to a portal, an archway that could signify entry into another sphere—while also separating the here from the there. In her paintings and sculptural objects, the mundane

is literally in the foreground, while her video work “Daedalus misses Icarus” shows us the world behind it. Through the view, nature appears, whose laws Icarus challenges and ultimately must fail. Nature, however, also shows calm and balance—like the portal, which first opens our view. [...] A portal indicates that a special place is being accessed. When passing through, we feel the high

value; upon entering, we cross a — also symbolic — threshold. A simple gate, on the other hand, mediates between before and behind, such as a city gate or the gate of a homestead or a castle, separating outside and inside, wilderness and safety. A freestanding arch, for instance in the form of a triumphal arch, exists as an independent object that can be more walked around than merely passed through: a valuable, a sovereign symbol. Three different manifestations of this architectural form — always, however, the supporting elements on the left and right, and above them the burdening, horizontally lying, supported beam. And always also the dependence of the individual elements on each other. [...]

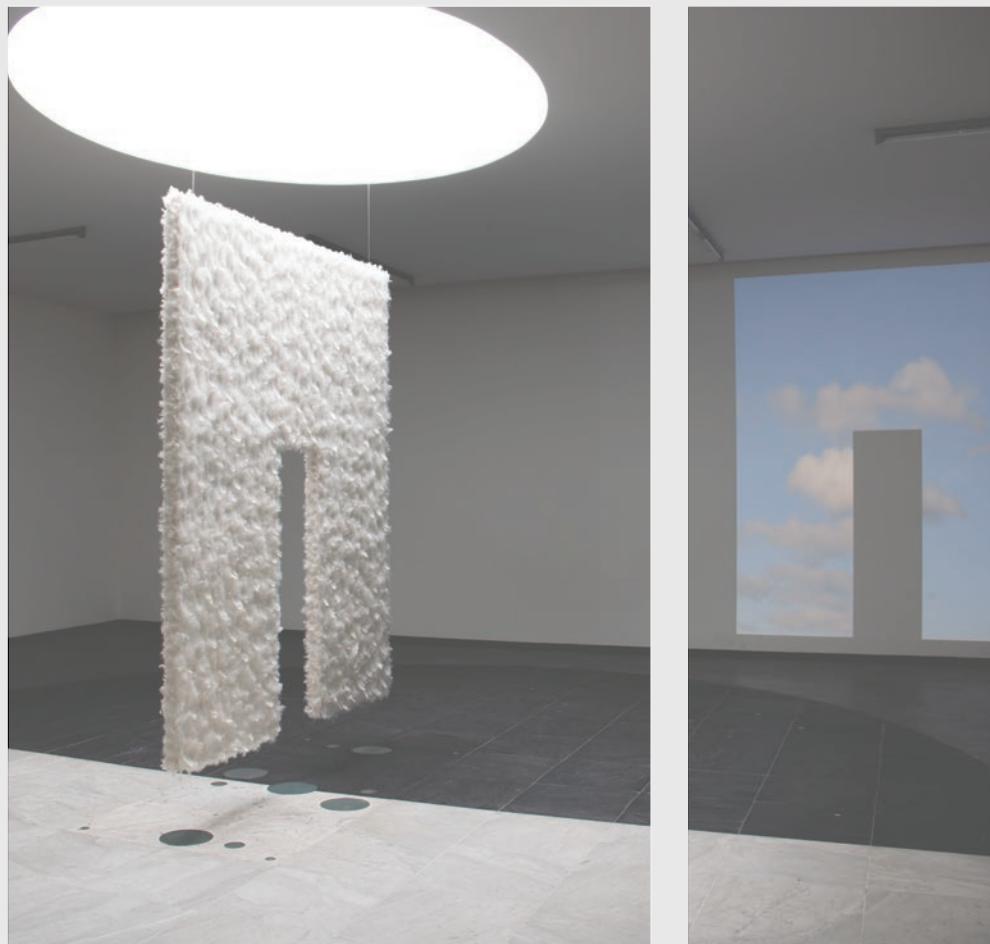
At the center of the rectangular hall is a sunken oval composed of two slabs of identical size, one marble, one slate. The floor's surface between the oval and borders of the room is covered in Anröchte dolomite. Centered above the sunken oval of the floor is an oval opening in the ceiling through which natural light enters the room, moving across floor and walls with the passing of the day.

Shimmering green circles of various size, created by the glass panes, appear in the middle of the floor. They envelop the circular interleaves which perforate the floor. They envelop the circular interleaves which perforate the floor, revealing slate scabbling beneath. The pattern created by the circles could be taken for table set for four, with plates, glasses and a serving bowl. in the middle. Small glass-covered perforations reflect the light so that one can imagine the “table’s” four chairs. The formation of the glass panes, reflecting light and sky, evokes associations of a planetary system. [...]

**Micha Ullmann**

**Nach Tag**

ART AFTER 1950  
MUSEUM  
WIESBADEN



The background of the image is a vibrant tropical landscape. In the foreground, there's a sandy beach with some green plants and a small, grey alien spaceship with yellow lights on its side. Behind the beach, there are several palm trees with large green leaves. The sky is a clear, light blue with a few white clouds.

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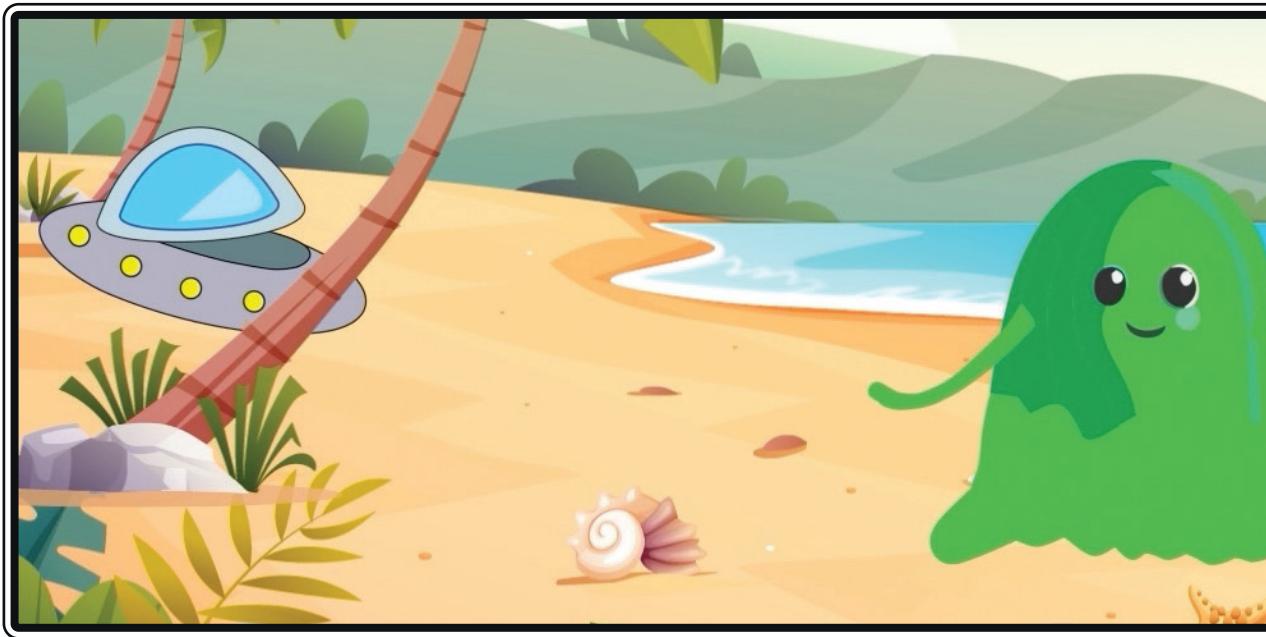
327

# T H E V



I S I T





Thema: Aliens on Planet MCP

**Titel:** Goodbye Stranger/ The Visit

**Musik:** passend / genau gegenteilig zum Bild

**Part 1: Ankunft**

- Untertasse MCP fliegt auf Erde zu
- Steigt aus am Strand
- Nimmt eine Kokosnuss zum trinken

**Part 2: Realität**

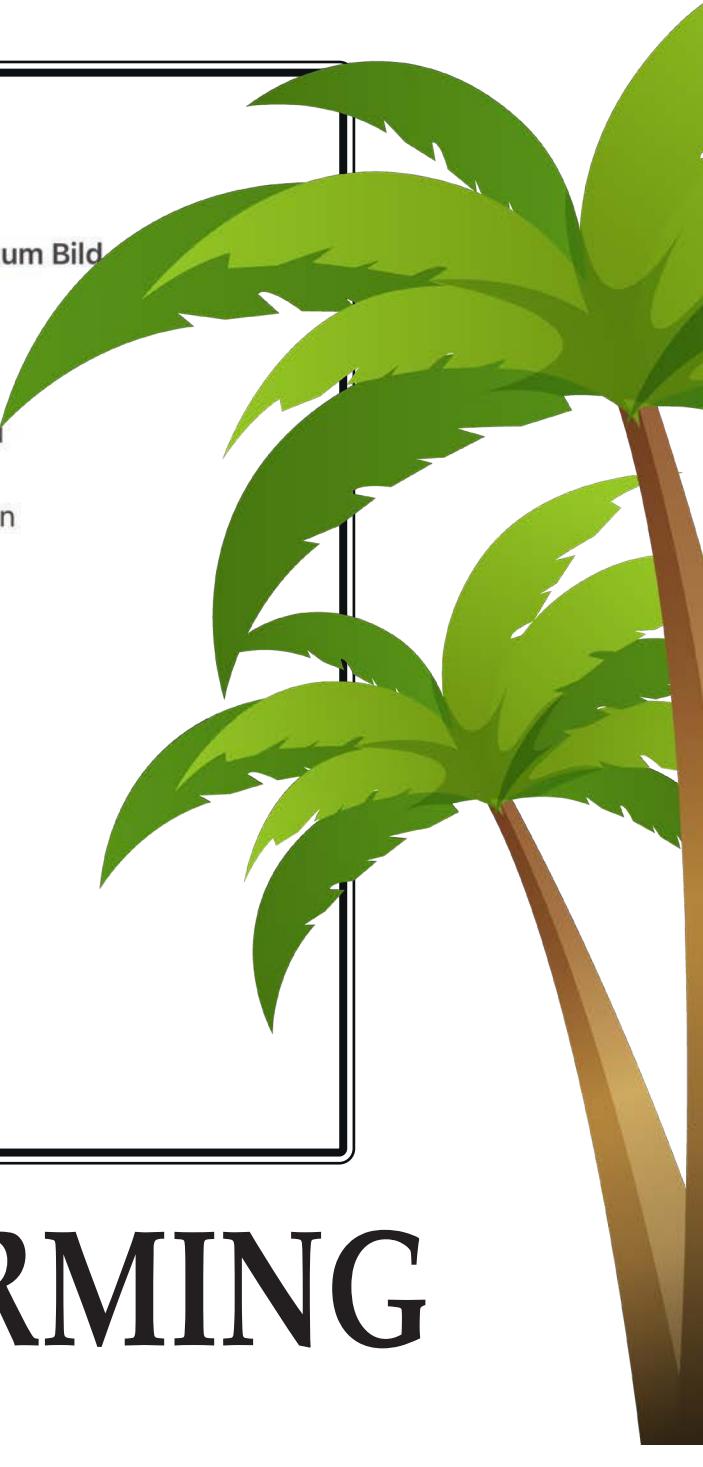
- Blick aufs Meer
- Sieht Schiff mit Müll
- Toter Fisch moppt auf

**Part 3: Heimweg**

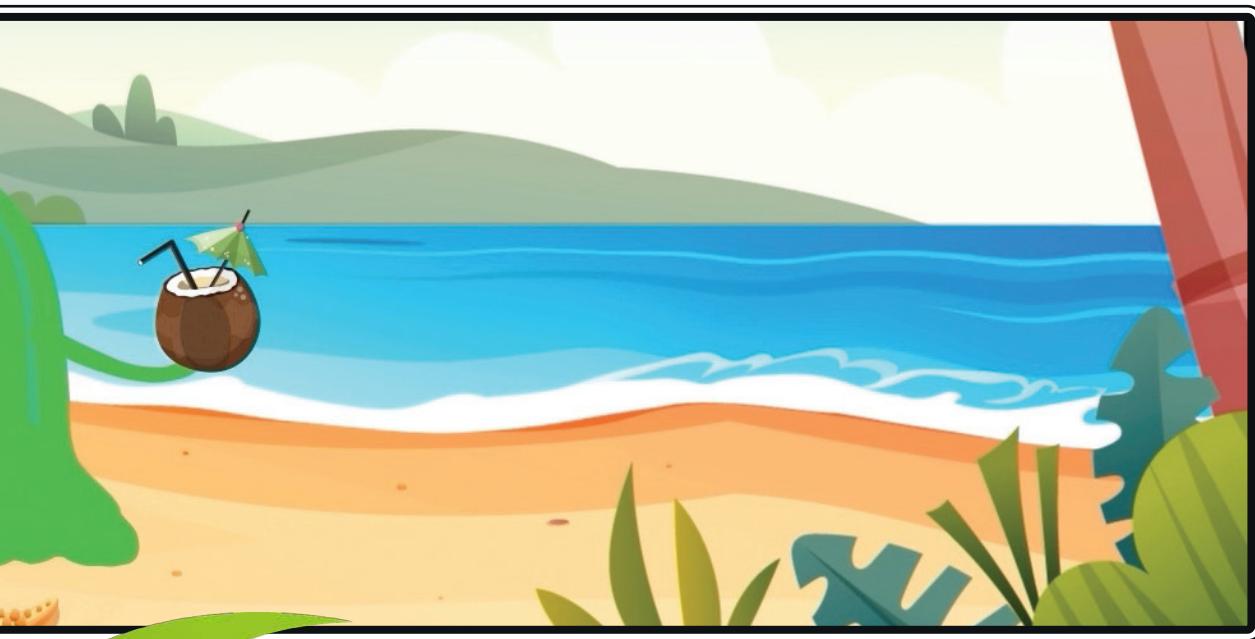
- Seufzt
- wirft Kokosnuss weg
- Fliegt weg

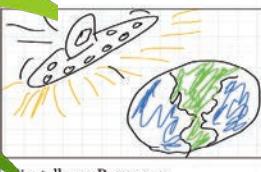
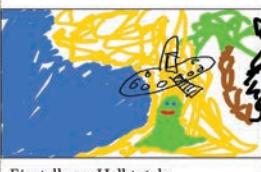
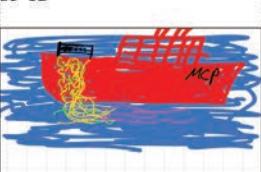
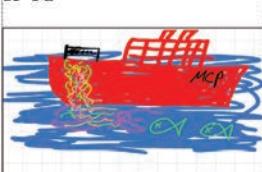
**Outro:**

- Bombe explodiert auf der Erde



# BRAINSTORMING



S1-1 	S2-1A 	S2-1B 
Einstellung: Panorama Dauer: 6 Sek. Handlung: Alien fliegt auf die Erde, um sich von der Schönheit zu überzeugen.	Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Alien bewegt sich über den Strand und ist glücklich.	Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Alien ist am Strand und trinkt aus Kokosnuss.
1A 	S3-1B 	S3-1C 
Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Alien schaut aufs Meer und sieht großes Schiff.	Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Das Schiff wirft giftigen Müll ins Meer, Alien sieht, wie der Mensch mit der Umwelt umgeht.	Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Das Alien erinnert sich wieder, wieso seine Artgenossen sich noch nicht auf der Erde angesiedelt haben.
S4-1A 	S4-1B 	S5-1 
Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Traurig und enttäuscht wendet sich das Alien ab und wirft die Kokosnuss weg.	Einstellung: Halbtotale Dauer: 5 Sek. Handlung: Traurig verlässt das Alien die Erde wieder und fliegt mit dem Raumschiff davon.	Einstellung: Panorama Dauer: 6 Sek. Handlung: Alien fliegt davon, Erde explodiert. Die Menschheit hat sich selber zerstört.

# STORYBOARD







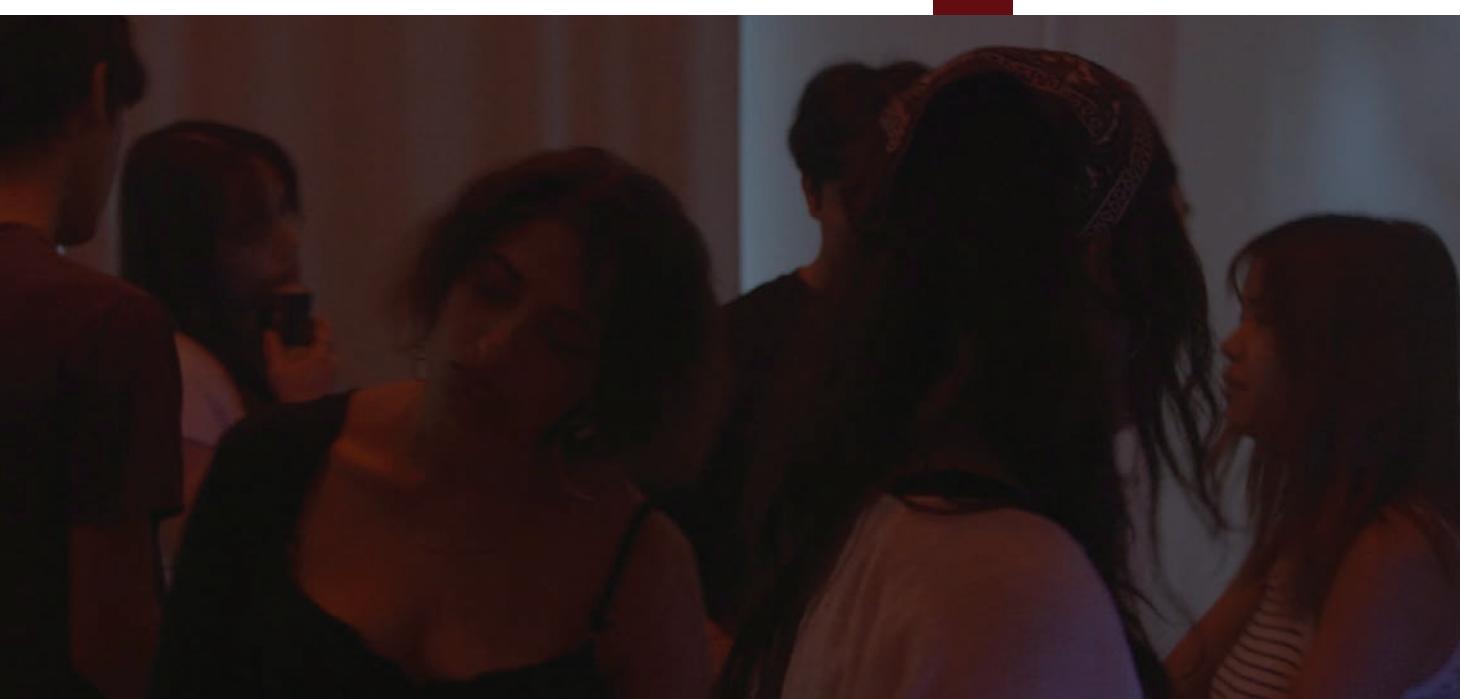
Our most significant project in the first semester was the creation of a poetry video. I'd like to share some insights into our production journey. Given that the theme of our semester was "World of Colors", we were tasked with choosing a color that we felt connected to. I picked the color of cherries, so I was **TEAM RED**.



## BURN IT ALL

## Our Idea

We wanted to portray a woman who wants to draw a line under her past and believes she has done so successfully. However, her memories, traumas, and emotions catch up with her and drive her to madness. It is an emotional chaos with many highs and lows. In the end, the protagonist completely succumbs to her pain and hatred and decides to abandon all her morals so that she can project all her suffering onto others. By doing this, she creates a power dynamic in which she assumes the dominant role.



## POETRY

## EXT

Memories running through my mind,  
And noises infiltrates my head.  
How to describe?  
What to describe?

This pain, this suffocating pain.  
It's all a mess.  
my thoughts, my room, my life.

Time collapses,  
And days are blending together.  
It's like an endless, overwhelming loop.  
There is no joy.  
It's always been that way.

The pulse so high like the ceiling  
So blank in the reflection of the mind.

The voices held me back.  
Until I stopped trying,  
Stopped hoping,  
Stopped breathing.

Am I ready to die?  
Am I ready to end it all?  
Floating in the calm sea,  
The waves are shutting my voices down.  
The loneliness embraces me,  
While the darkness keeps me tight.

I don't want to die.  
- At least not yet.

Reminiscences are glowing.  
As the hurt fires up again.

Which one to burn?  
Which one to keep?  
- How about burning them all?

All the things I've ever desired,  
I've ever loved,  
I've ever wanted.  
Can I escape my broken self?  
Can I even escape them?

My thoughts transform.  
So did I.

My hands are shaking,  
I lose control again and again.  
A never-ending cycle of euphoria  
and destruction begins.  
Dancing,  
Crying,  
Laughing,  
Screaming,

Silence.

The reflection of future, past and present  
is hunting me.

The girl I once was has vanished,  
a whisper lost in the echoes of time.  
She was shattered.

And now,  
Now  
I'm giving all the pain back to the world.  
It's my new relentless drive.

As ashes started to fade away in air,  
They created an ~~angel~~ devil,  
a pure evil monster.

### **"SEDUCE AND DESTROY"**



#### 1st Keyframe

In this scene, our protagonist burns old pictures and letters that symbolize her memories and past. The camera focuses on the protagonist as she lights another memento and throws it into the fire. She watches the flames for a short while.

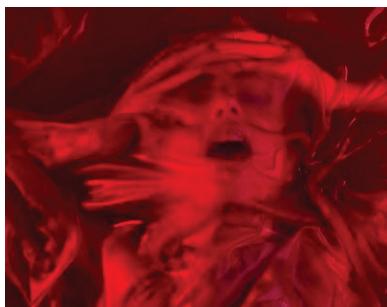


#### 2nd Keyframe

In the bathtub, she finds calm, and the atmosphere becomes peaceful and relaxing. A close-up of the protagonist is recorded, along with the movements of the water to symbolize her emotional state. The calm before the storm.

Amidst the fire, blurred and shaky shots of the main character are recorded. This scene is intended to depict her loss of control and is accompanied by intense colors and music.

#### 3rd Keyframe



keyframes

The focus here is on her facial expressions, which radically change to the opposite. In this close-up shot, we observe her fixing her make-up-smeared face. An innocent, desperate woman transforms into a femme fatale.

#### 4th Keyframe







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# STORY BOVBD

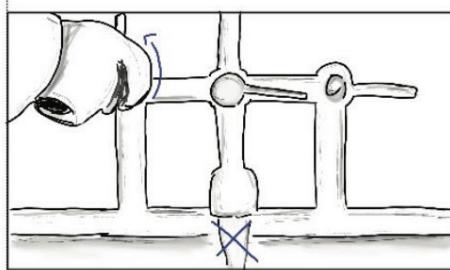
BY LYDIA GRÄTZER

### S3-7



**Handlung:** Protagonistin steigt, mit Weinglas, in die Badewanne hinein.  
**Einstellung:** Halbtotale  
**Perspektive:** Vogelperspektive  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text, O-Ton: Wasser

### S3-8



**Handlung:** Das Wasser vom Wasserhahn wird von ihr abgedreht.  
**Einstellung:** Großaufnahme  
**Perspektive:** Normalsicht  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** O-Ton: Wasser

### S4-1A



**Handlung:** Sie sitzt in der Badewanne und stellt ihr Weinglas ab.  
**Einstellung:** Halbnahaufnahme  
**Perspektive:** Aufsicht  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text

### S4-1B



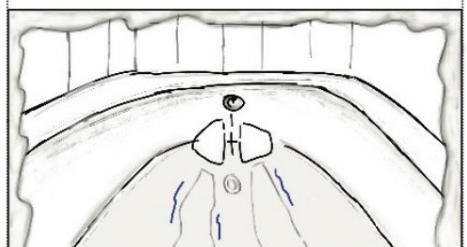
**Handlung:** Nun greift sie nach dem schon daliegenderen Feuerzeug und der Zigarette.  
**Einstellung:** Totale  
**Perspektive:** Schrägsicht  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text

### S4-2



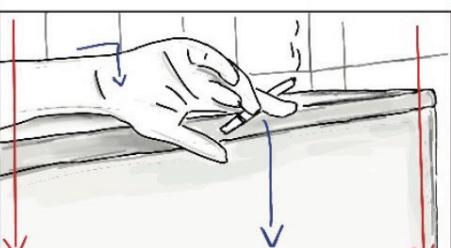
**Handlung:** Protagonistin liegt nun in ihrer Badewanne und raucht.  
**Einstellung:** Totale  
**Perspektive:** Schräg mit Aufsicht  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text

### S4-3



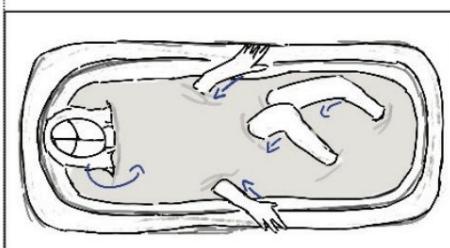
**Handlung:** Ihre Sicht, in der Badewanne, wird langsam verschwommener.  
**Einstellung:** Halbnahaufnahme  
**Perspektive:** POV Protagonistin  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text

### S4-4



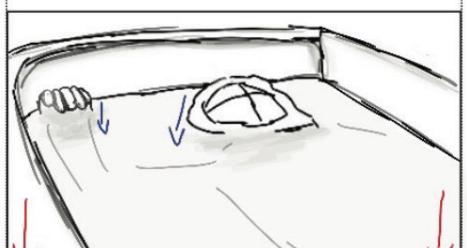
**Handlung:** Die brennende Zigarette lässt sie fallen und verliert das Bewusstsein.  
**Einstellung:** Großaufnahme  
**Perspektive:** Schrägsicht  
**Kamerabewegung:** Abwärtsschwenk  
**Dauer:** 3 Sek.  
**Audio:** O-Ton: Atmen

### S4-5A



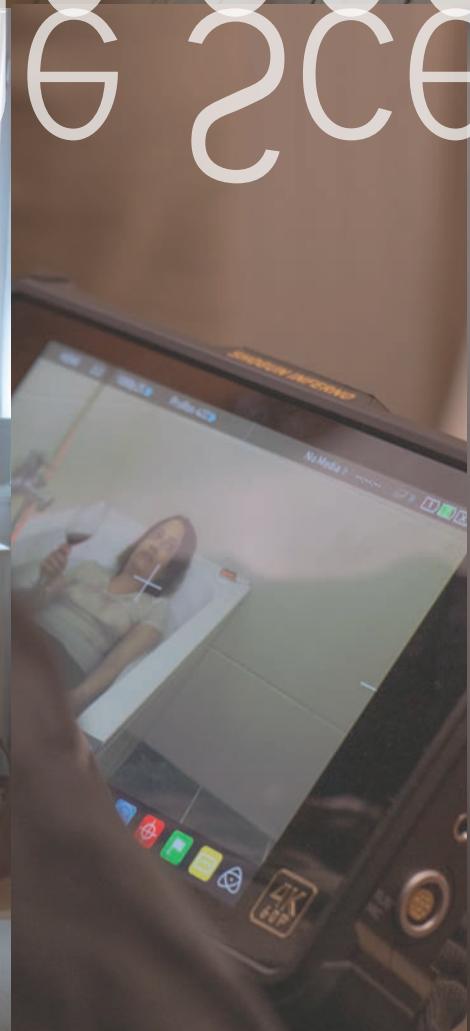
**Handlung:** Protagonistin geht nun bewusstlos im Wasser unter.  
**Einstellung:** Halbtotale  
**Perspektive:** Top-Shot  
**Kamerabewegung:** Statisch  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text

### S4-5B

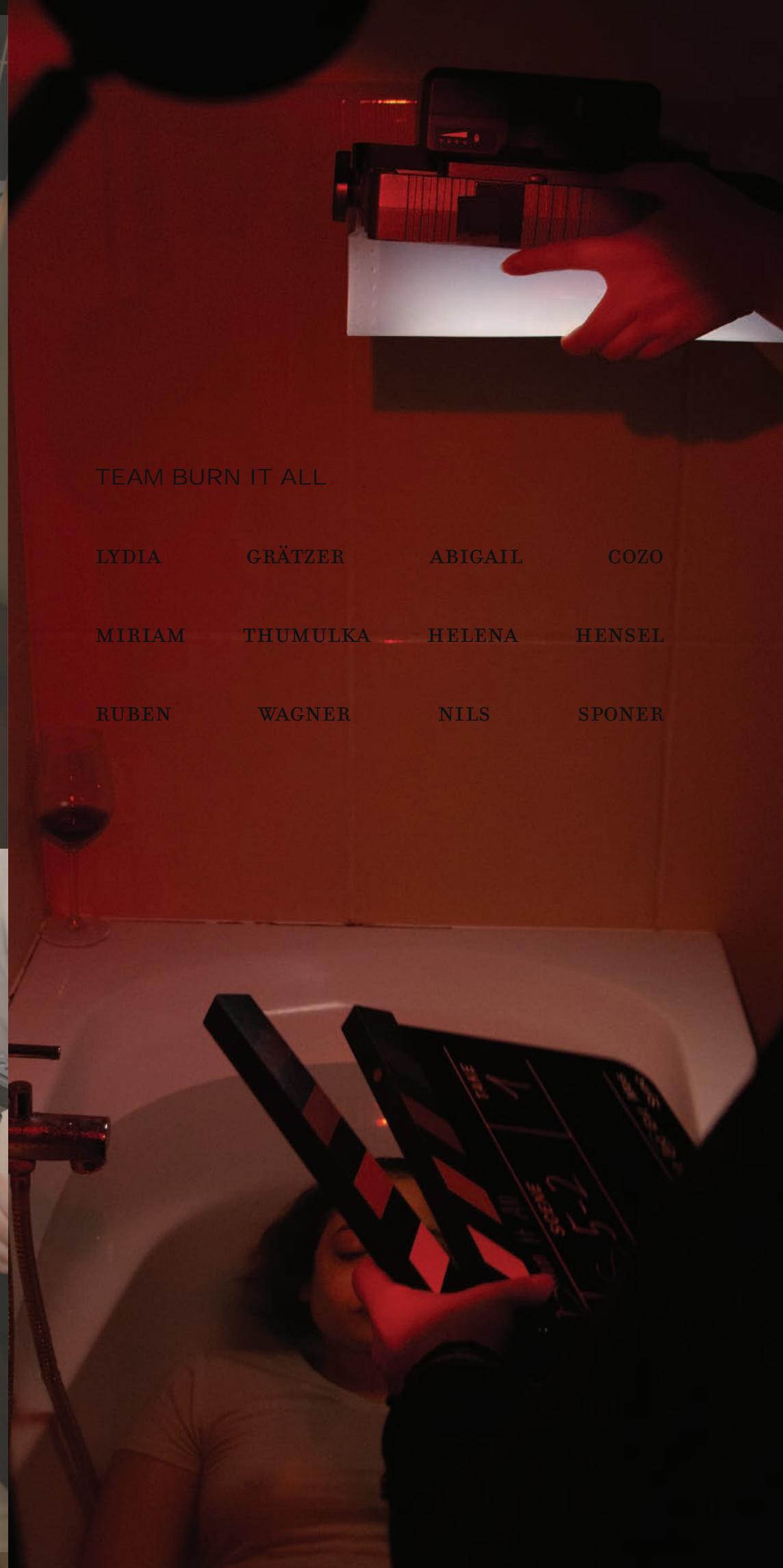


**Handlung:** Gleiche Handlung, andere Perspektive.  
**Einstellung:** Nahaufnahme  
**Perspektive:** Aufsicht  
**Kamerabewegung:** Abwärtsschwenk  
**Dauer:** 2 Sek.  
**Audio:** Off-Ton: Poetry Text

# Behind The Scene



epes  
GUG2



TEAM BURN IT ALL

LYDIA

GRÄTZER

ABIGAIL

COZO

MIRIAM

THUMULKA

HELENA

HENSEL

RUBEN

WAGNER

NILS

SPONER

# ENHANCE

OTHER

WORKS

DURING

44

# C E M E N T

THIS

SUMMER

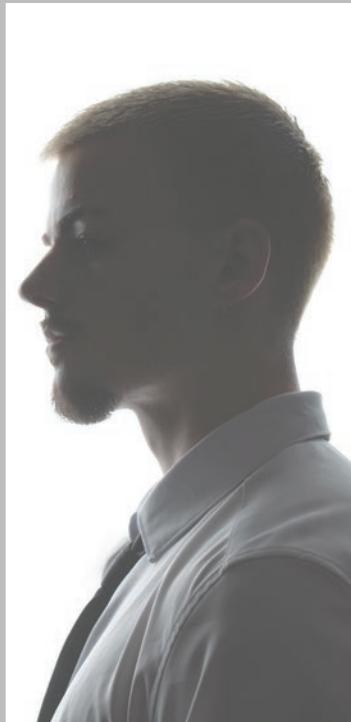
SEMESTER

45





# SOURCES



## ABOUT

Pictures shot by

Thu Van Vu  
Lydia Grätzer  
Hoang Lan Dalena Nguyen

## EDITORIALS

Pictures shot by

Abigail Cozo  
Lydia Grätzer

Text by

Abigail Cozo

## Links

[https://www.azquotes.com/  
quote/313845?ref=light-  
and-shadow](https://www.azquotes.com/quote/313845?ref=light-and-shadow)

## EXHIBITION

Pictures shot by

Abigail Cozo

Text by

Museum Wiesbaden  
Artists

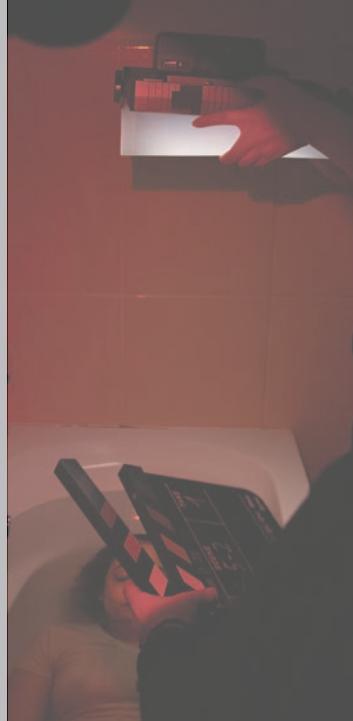
## Links

[https://museum-wi-  
esbaden.de/marie-lu-  
ise-gruhne](https://museum-wiesbaden.de/marie-luise-gruhne)



## ANIMATION

Screenshots from our Animation Video  
“The Visit”



## POETRY VIDEO

Screenshots from our Poetry Video  
“Burn it all”



## ENHANCEMENT

Pictures shot by  
Lydia Grätzer  
Abigail Cozo

Pictures found on  
Pinterest

## Links

<https://as1.ftcdn.net/v2/jp->

## Links

<https://pin.it/3fBdmKkdr>  
<https://pin.it/89L7Jsm3I>  
<https://pin.it/62kftUtLl>  
<https://pin.it/1unFvKDzR>  
<https://pin.it/5ghGZwSca>



REFLECTIONS SS 2024  
ABIGAIL COZO