

Living Room

**Portfolio für den Bundespreis für Kunststudierende
mit 14 Arbeiten, 9 Lebensläufen & 1 Katalog (Living Book)**

November 2024

LIST OF WORKS & PRACTICES

LIVING BOOK

2023

A KIND OF LESBIAN DESIRE & WORKSHOP SERIES:
CONVERSATION ABOUT SHAME AND QUEERNESS

2024

I ATE 6 DUMPLINGS AND WASHED 800 DISHES

2024

THERE WAS A PARTY AND I WAS NOT INVITED

2024

FATA MORGANA

2024

COLLECTIVE WRITING

2024

ORGANISING EXHIBITION PROGRAMS & FESTIVALS

2023 - ongoing



I'll find it someday
And then this fool will run

MAINTENANCE STATEMENT

NADA ACUPUNCTURE 2023

MAHJONG: AN INTERNATIONAL MANUAL 2022 - ongoing

A QUICK INSTANT RECIPE FOR (酸菜白肉鍋)

SAUERKRAUT PORK HOT POT 2023 & FLUIDITY WITH DUMPLINGS 2024

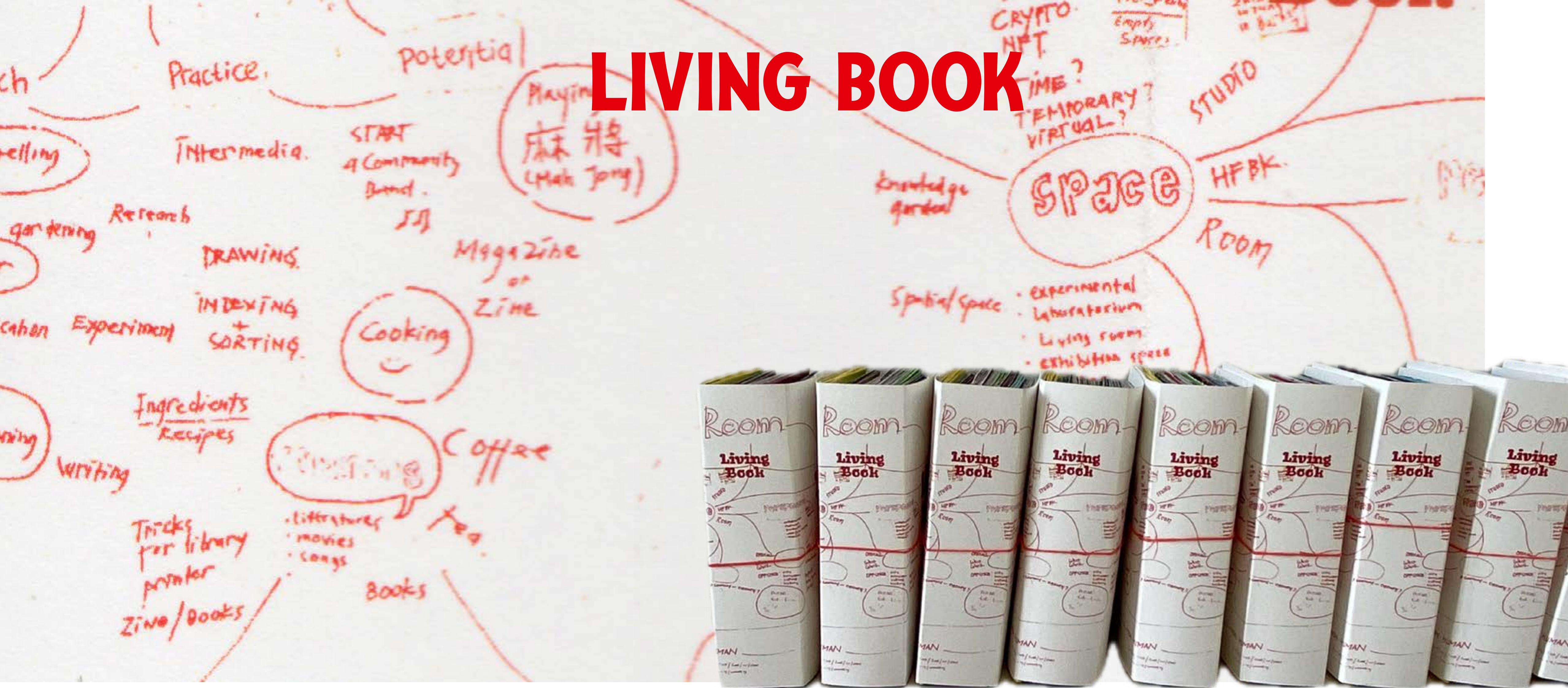
MENDING TEXTILES AND HEARTS 2023 - ongoing

HOSTING WORKSHOPS 2023 - ongoing

BAR 2023 - ongoing

KARAOKE 2023 - ongoing

LIVING BOOK



Publication 7.4 x 10.5 cm, 2023

“Living Book“ is a publication documenting the one-year seminar initiated by Reza Afisina & Iswanto Hartono at HFBK Hamburg. During the year we had a lot of activities, starting from getting to know each other, doing workshops, visiting spaces, singing Karaoke...etc. We gathered these memories and turned them into 14 one-page zines that became „Living Book“. Together with Lumbung Radio we presented it at the book fair “Miss Read” at HKW Berlin in September 2023.



A KIND OF LESBIAN DESIRE & WORKSHOP SERIES: CONVERSATION ABOUT SHAME AND QUEERNESS



Workshops and Video with Sound, 28:52 mins by Ruxin Liu



Yes, I couldn't see her face, but I could see her glasses and eyes in the rearview mirror

<https://www.youtube.com/watch?v=keyvSyTFjKO>

The video is based on a year-long workshop series about shame. It explores shame from the perspective of the queer diaspora, emphasising the experience of coming out and challenging traditional feminine heritage with queerness.

Accompanying the video, there was a workshop titled “Conversation about Shame and Queerness”. Topics include exploring feelings of shame related to perceived shortcomings in feminist ideals or queerness, confronting self-doubt about genuine self-expression, navigating unresolved past experiences, and addressing concerns about coming out to specific individuals.



THERE WAS A PARTY AND I WAS NOT INVITED



I ATE 6 DUMPLINGS AND WASHED 800 DISHES



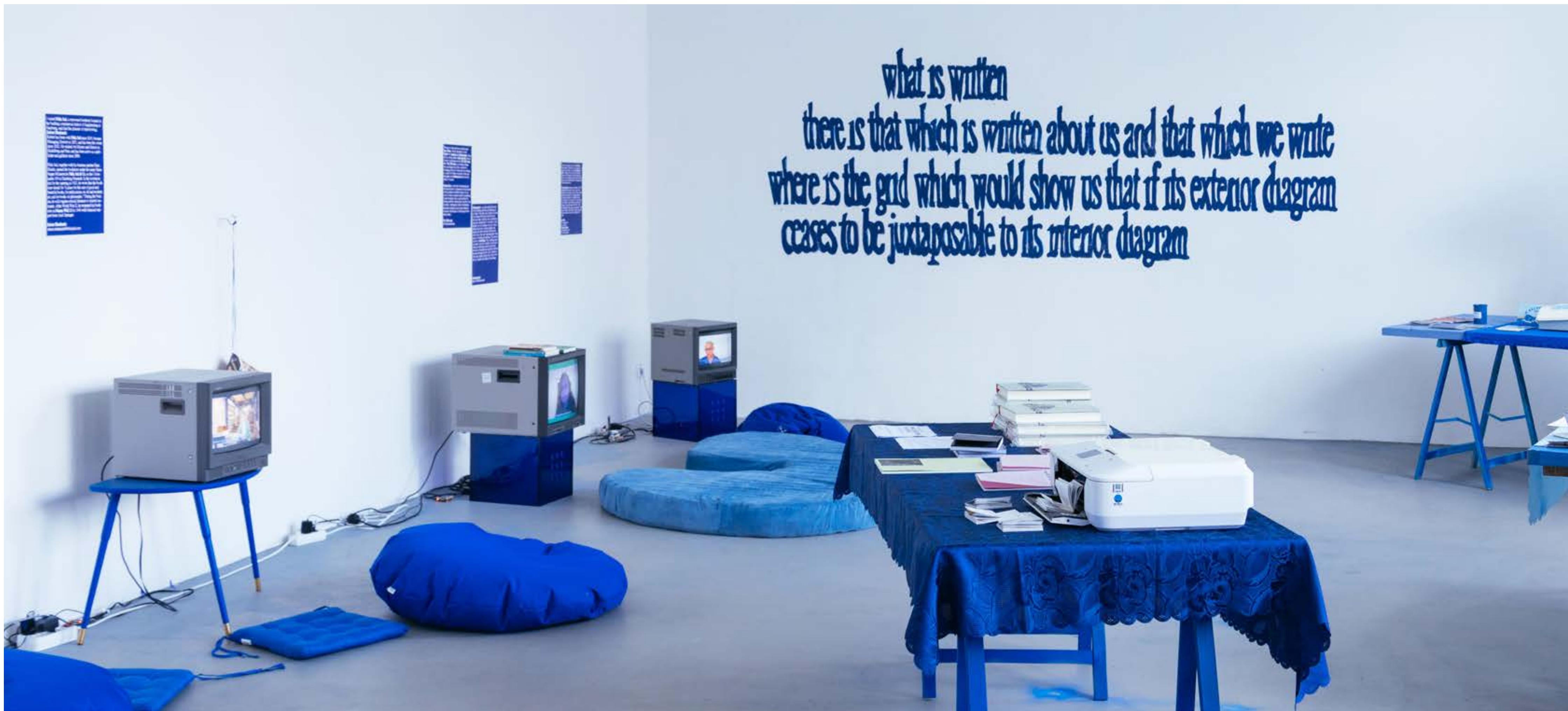
吃了 600 个 餃子，

washed 8 dishes.

ate 600 dumplings, and

洗了 8 个 盤子。

FATA MORGANA



Fata Morgana is an alternative space for texts initiated by Shi. Its purpose is to explore various possibilities of interaction between the audience and texts, the commodity nature of texts, and the symbolic meaning of bookstores and printed 'materials in today's world.



COLLECTIVE WRITING

A



I would like to have a quiet walk.



ORGANISING EXHIBITION PROGRAMS & FESTIVALS



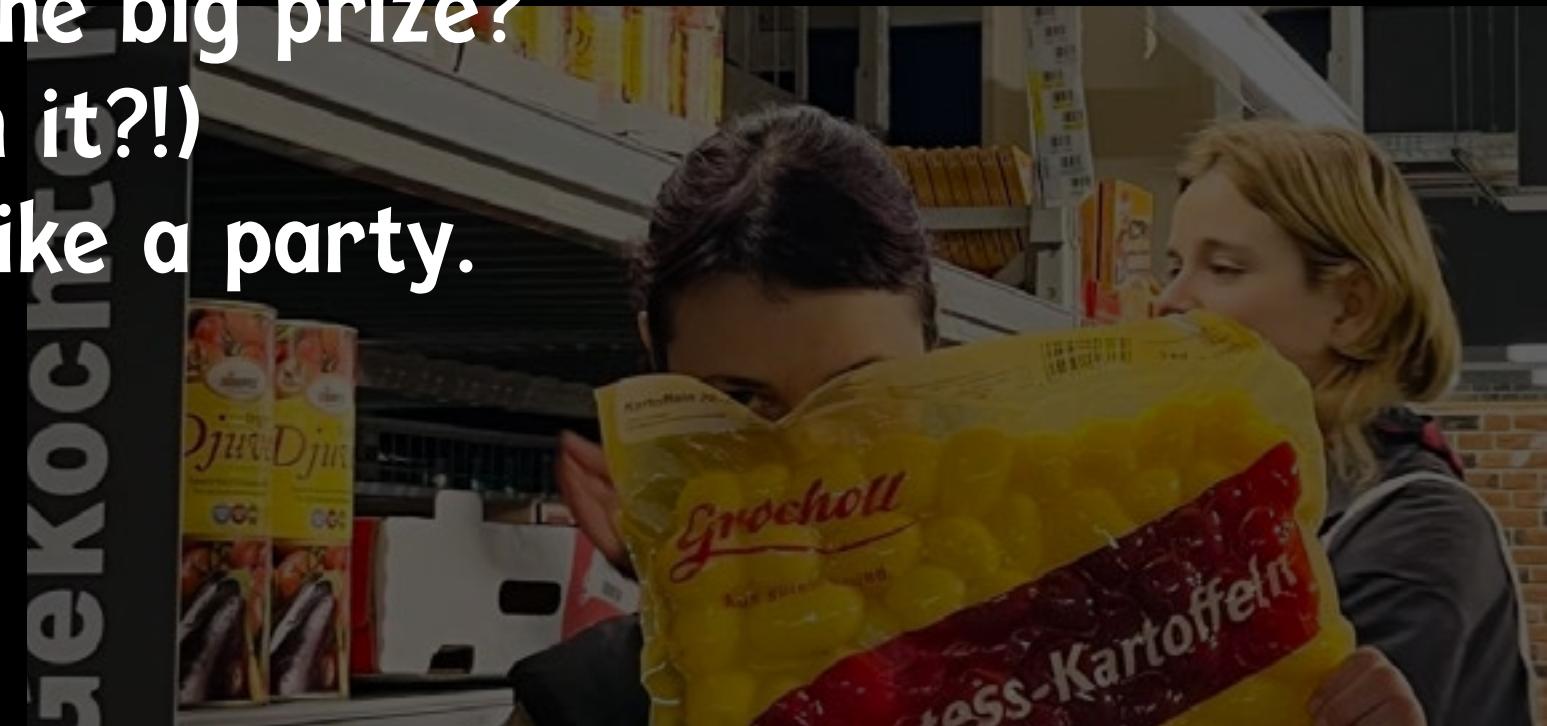
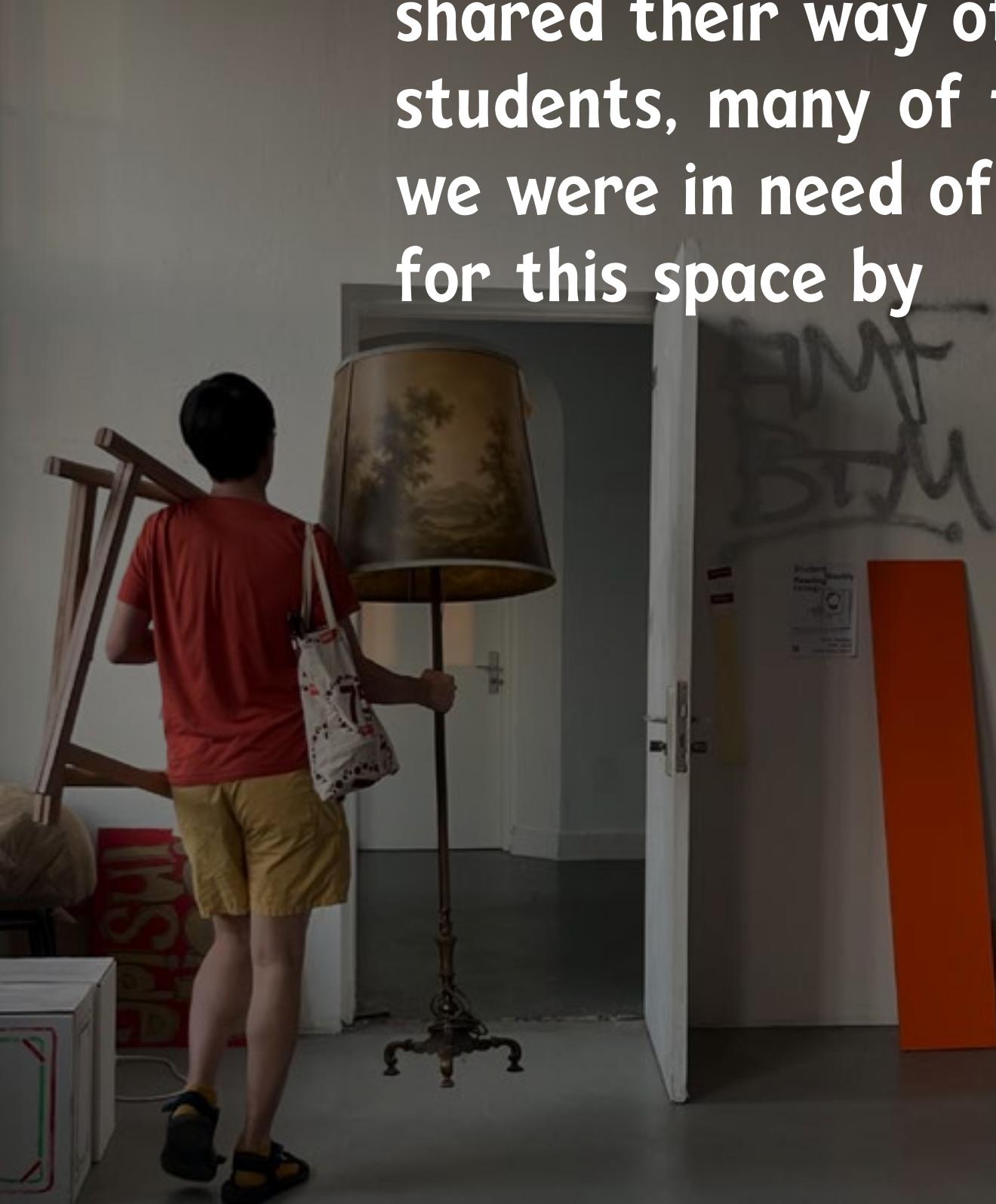


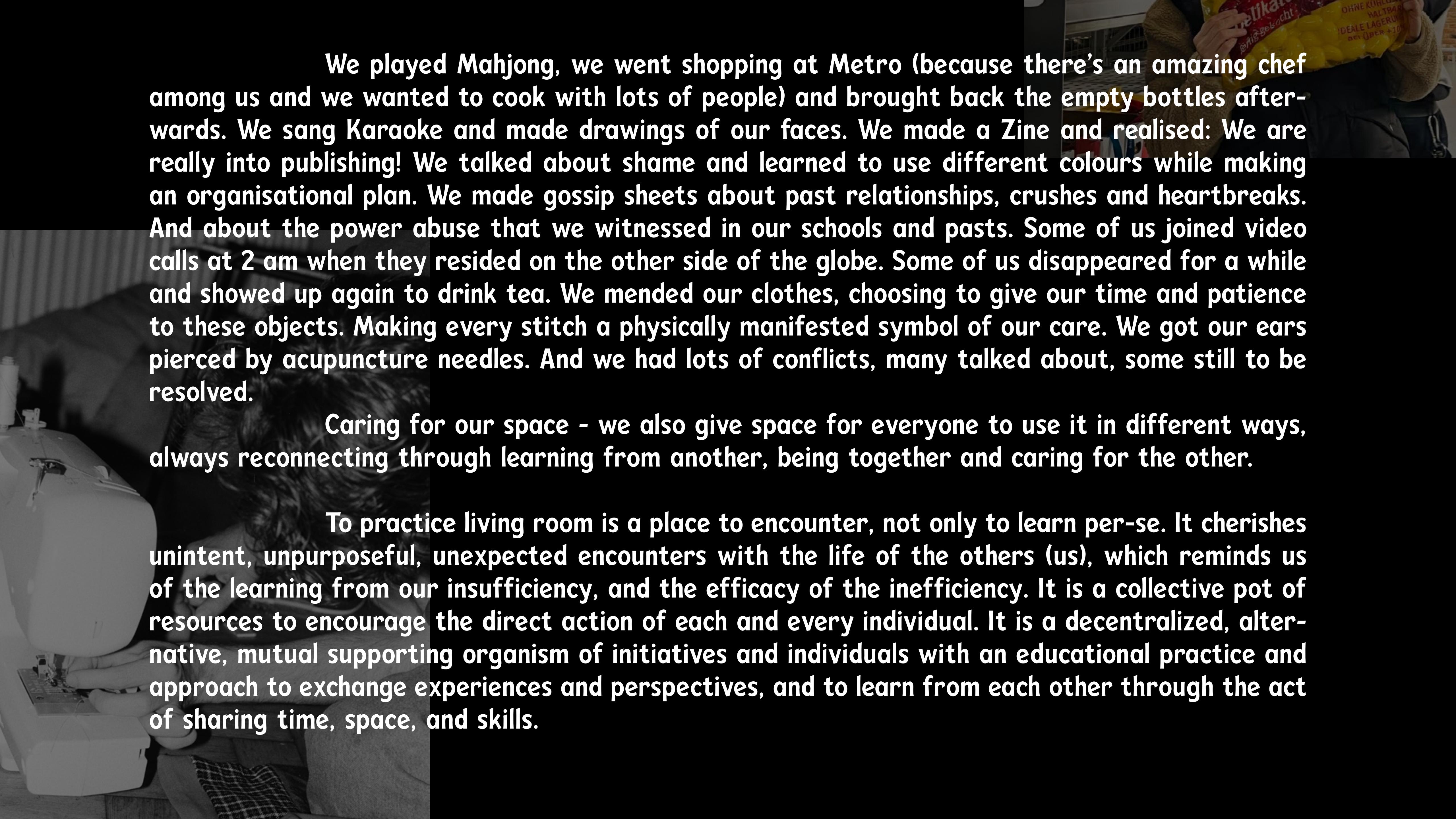
MAINTENANCE STATEMENT

While doing this portfolio we faced a question/dilemma: How can we show the work of maintenance and caring for each other that continues to hold this group together?

When we met in Reza Afisina and Iswanto Hartono's seminar two years ago, they shared their way of hosting and talking and being with us. They provided a room for us and other students, many of them queer and in diaspora. Some of us had not realised until then, how much we were in need of a space. Not only a physical but a social one. And somehow we learned to care for this space by

Cleaning the dishes and sweeping the floor.
Sitting around, talking and drinking tea together.
Going to lunch, having coffee and cooking for each other the next day.
Talking about funding: what to do if you don't win the big prize?
(And what the f**k do you do when you actually win it?!)
Throwing a party and then attending it, so it feels like a party.
Hosting friends and guests and strangers,
so they become less strange and more friendly.





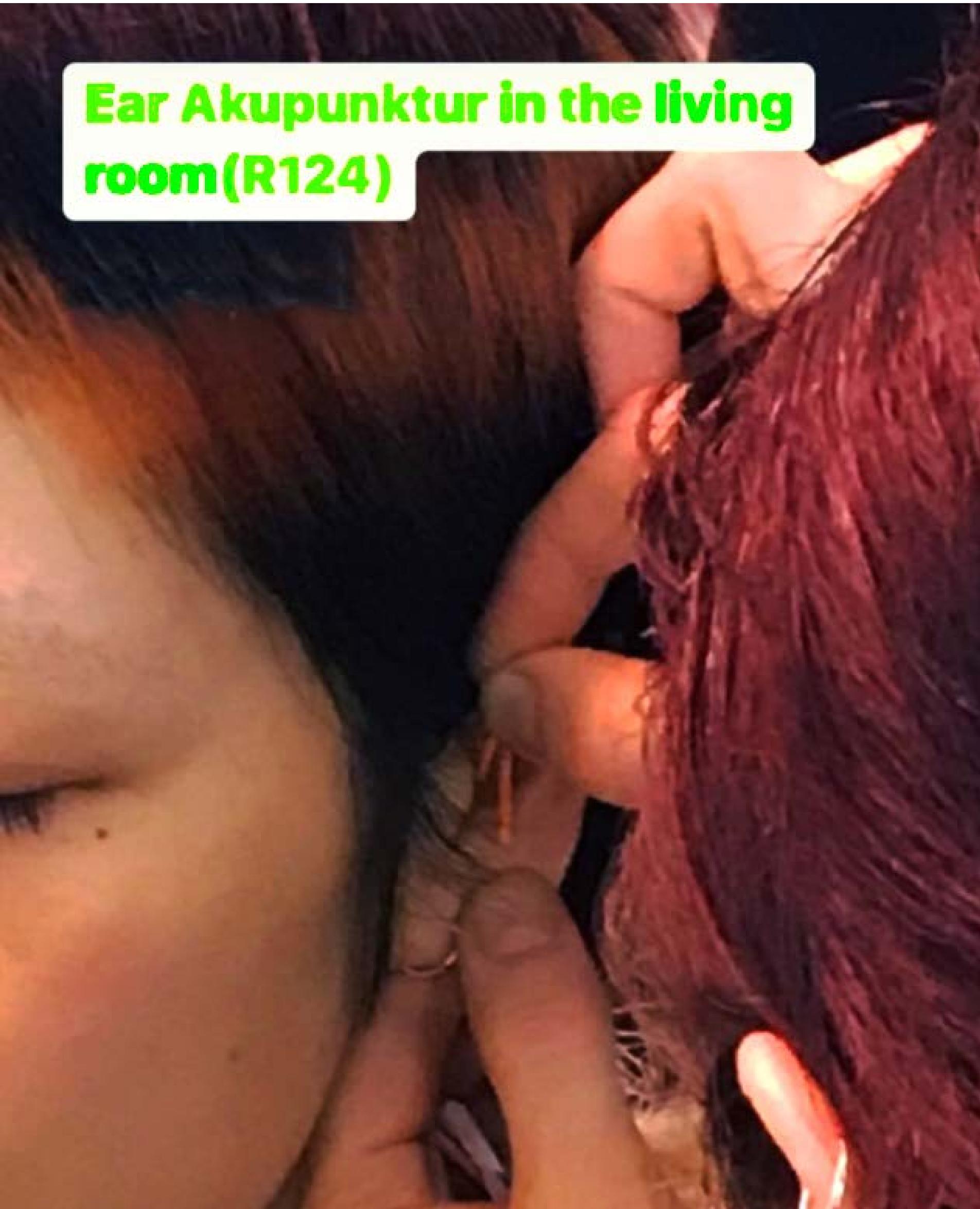
We played Mahjong, we went shopping at Metro (because there's an amazing chef among us and we wanted to cook with lots of people) and brought back the empty bottles afterwards. We sang Karaoke and made drawings of our faces. We made a Zine and realised: We are really into publishing! We talked about shame and learned to use different colours while making an organisational plan. We made gossip sheets about past relationships, crushes and heartbreaks. And about the power abuse that we witnessed in our schools and pasts. Some of us joined video calls at 2 am when they resided on the other side of the globe. Some of us disappeared for a while and showed up again to drink tea. We mended our clothes, choosing to give our time and patience to these objects. Making every stitch a physically manifested symbol of our care. We got our ears pierced by acupuncture needles. And we had lots of conflicts, many talked about, some still to be resolved.

Caring for our space - we also give space for everyone to use it in different ways, always reconnecting through learning from another, being together and caring for the other.

To practice living room is a place to encounter, not only to learn per-se. It cherishes unintent, unpurposeful, unexpected encounters with the life of the others (us), which reminds us of the learning from our insufficiency, and the efficacy of the inefficiency. It is a collective pot of resources to encourage the direct action of each and every individual. It is a decentralized, alternative, mutual supporting organism of initiatives and individuals with an educational practice and approach to exchange experiences and perspectives, and to learn from each other through the act of sharing time, space, and skills.

NADA ACUPUNCTURE

Ear Akupunktur in the living room(R124)



@nannamariawibholm



Performance, 2023

Nada ear acupuncture at the Living Room was a participatory performance of restorative care work offered to visitors at the HFBK Annual Exhibition 2023 by artist Nanna Maria Wibholm. This practice offers care work & rest as a activism, as participatory performance through the technique of Nada detox acupuncture.

MAHJONG: AN INTERNATIONAL MANUAL

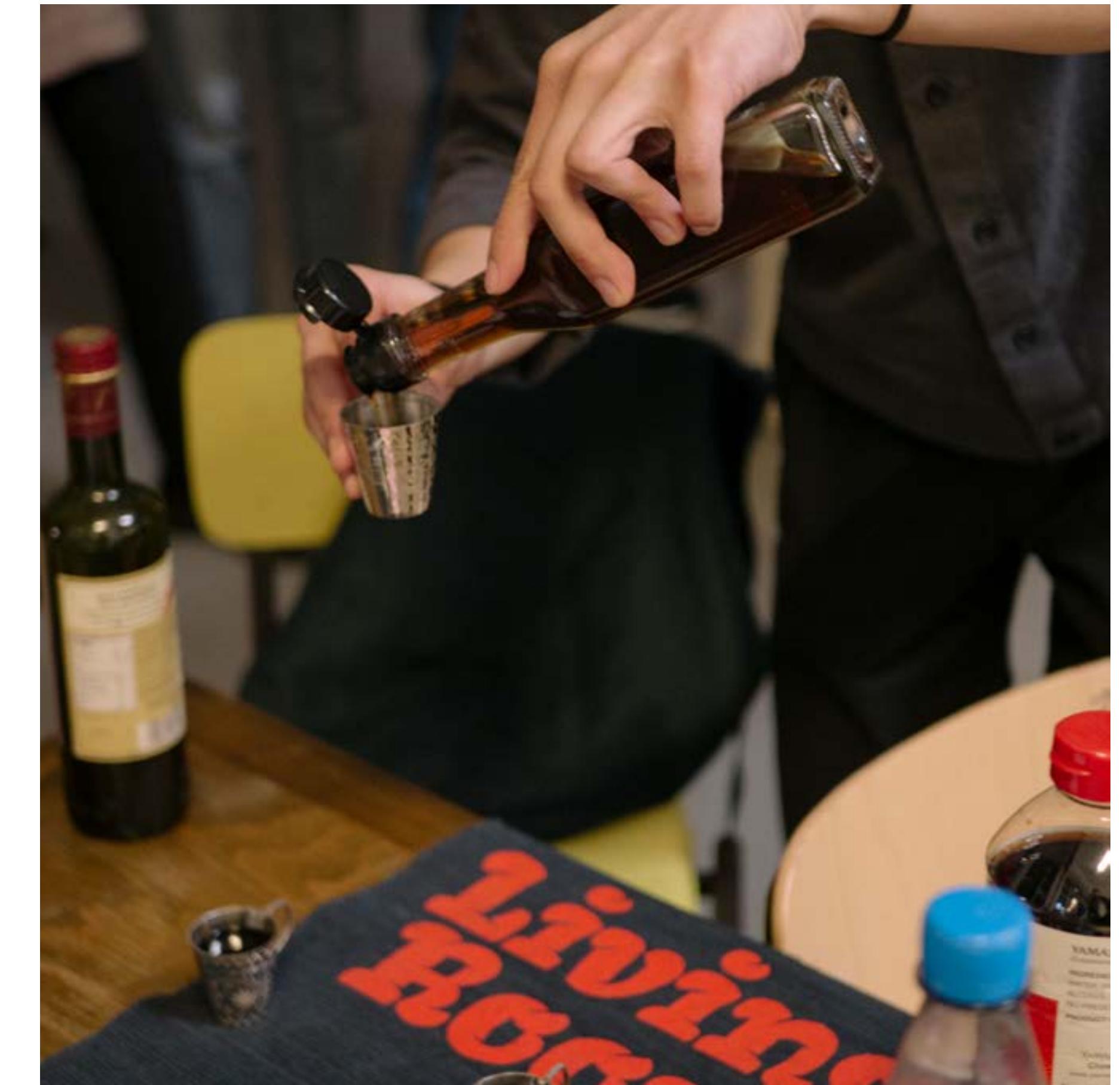




Mahjong is a board game that has a long history and tradition in East Asia. Different countries and regions have their own diverse mahjong rules, but because all the different rules are relatively easy to interchange, people who know Mahjong - though having different backgrounds - can sit down and play mahjong together. In the wish to further extend this precious situation, we decided to form a collective „Mahjong Friends“. We hope to use mahjong as a means to help more people understand the intricate history and delicate, tense current political situation in East Asia, as the game itself is full of political metaphors. By doing workshops, archiving images, stories and rules, this project aims to connect and bring peace to the world - through mahjong.

A QUICK INSTANT RECIPE FOR (酸菜 白肉鍋) SAUERKRAUT PORK HOT POT & FLUIDITY WITH DUMPLINGS

Two Cooking Workshops, 2023 & 2024





With these two cooking workshops we invited participants & visitors to join us. For one session we made dumplings from scratch, learned how to fold and stuff them. Another time we made a Sauerkraut Pork Hot Pot. While cooking together we exchange recipes, stories, tastes and allergies and get to know each other's culture and personal experiences.



MENDING TEXTILES AND HEARTS

Workshop 2023





HOSTING WORKSHOPS

We constantly invite friends, artists, collectives, publishers and colleagues to work with us. To do a workshop. Give a talk. Screen a film. Share their knowledge of astrology or perfume making.



SICKNESS AFFINITY GROUP

Sickness Affinity Group (SAG) is a group of art workers and activists who work on the topic of sickness/disability and/or are affected by sickness/disability. They presented how their group functions, guided us through a short meditation, and introduced their project "The ___ & ___ Oracle".



ANARCHIST CITY TOUR WITH PRICKLY PAPER

Prickly Paper is a way of connecting with friends by selling a small number of copies to keep it going. Yifei Chen and Feihong Ou hope to bring wood-cut-printing and zine-making to a wider and more diverse group of people through workshops. They presented their publishing practices and we co-organised an anarchist city walk through Hamburg.



SOCIAL ROOM FROM KHM COLOGNE

A student's initiative that maintains a space at KHM for students to gather, share, learn and meet and cook together. We invited them to talk about self organised spaces for students in German art schools, to share experiences, struggles, joys and stories.

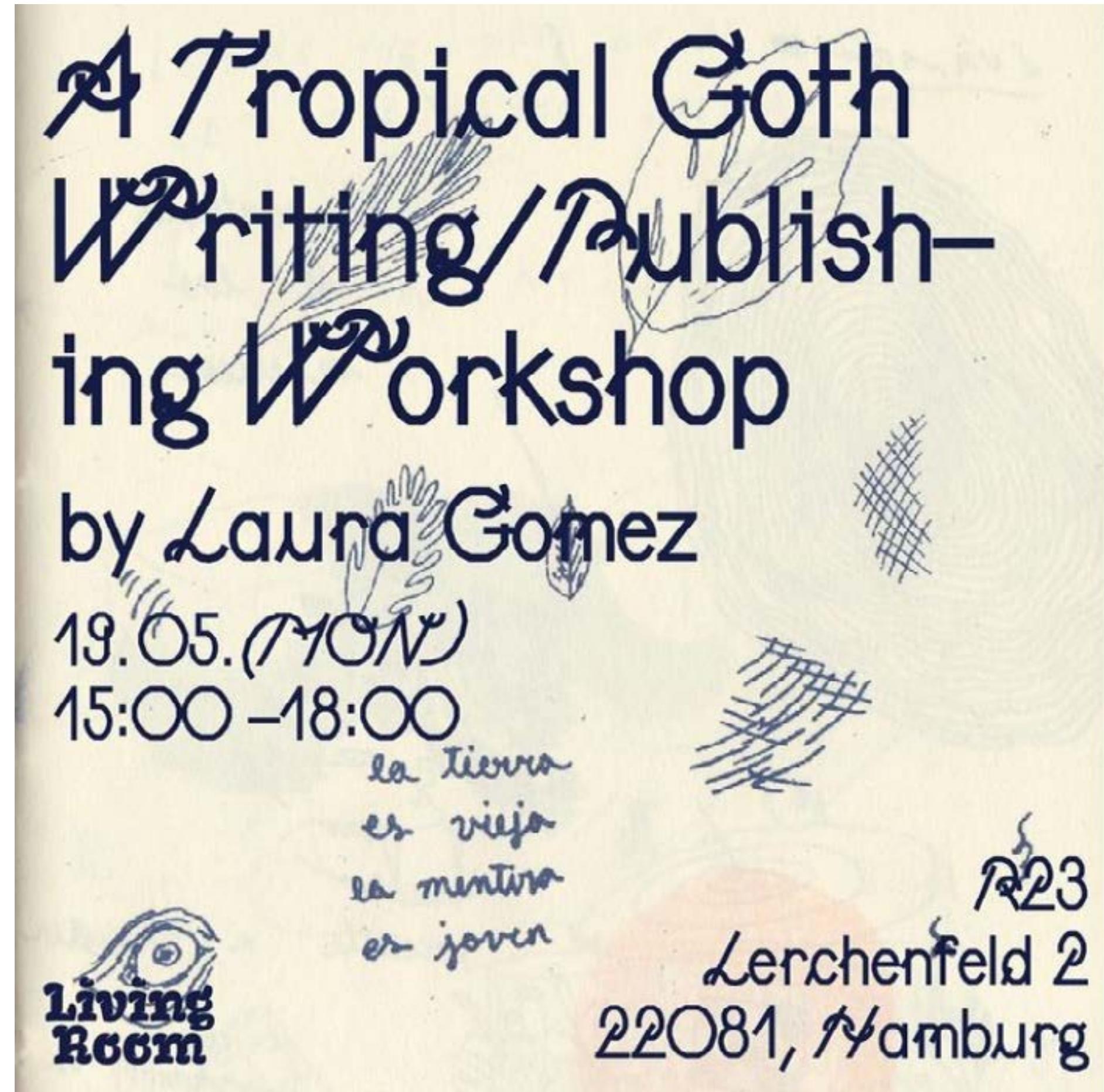
This is the map of



‘THIS IS THE MAP OF -----’ COMMUNITY TOOLKIT WORKSHOP AT HFBK

Community Toolkit is an initiative of students and teachers at HfG Karlsruhe, aiming to develop tools and resources to help us tackle structural and overt problems. They did an experimental workshop on mapping, change and uncertainty.

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A TROPICAL GOTH WRITING / PUBLISHING WORKSHOP

BY ARTIST LAURA GOMEZ

gótico tropical (laura gómez & luísa bacelar) is an experimental publishing project inspired by their experiences as South American artists and designers now living in the northern hemisphere. The idea of the workshop was to collectively produce a series of texts based on paul thek's teaching notes. Each participant worked with the questionnaire answering freely some of the questions. The answers were collected and edited and joined together as a flash publication exercise.

BAR



With every larger public event we also organise a bar alongside our program. This not only provides us and our visitors with drinks and food, but acts as a social anchor point in the space. And it also helps us fund other projects.

KARAOKE

Living Karaoke



Living Room

Living Room & Social Design Class, R23, Lerchenfeld 2, 22081, Hamburg, Germany

What song are you singing? A "Universal song"? With a wide range of background of our participants - We host the Karaoke and bring every language/culture all together.



THANKS FOR WATCHING !



LEBENSLÄUFE

Pohan Chiu

1994 geboren in Taipeh, Taiwan

Seit 2021 Studium an der Hochschule für Bildende Künste Hamburg Bachelor of Fine Arts, bei Prof. Pia Stadtbäumer, Prof. Tobias Zielony & Gastprof. Reza Afisina und Iswanto Hartono

2004-2012 Bachelor of Science in Graphic communication and Digital Publishing, Shih Hsin University

Gruppenausstellungen

2024 Biennale de l'Image Possible (2024), Ancienne bibliothèque Chiroux, Liège, Belgium

2016 "Give Birth to 3 Babies A Day" Photo Exhibition, Taipei, Taiwan

Workshops

2024 FLUIDITY WITH DUMPLINGS" DUMPLING WORKSHOP, Annual Show, HFBK Hamburg

2023 Dinner Workshop,

Jakob Karpus

1999 geboren in Berlin

- Seit 2024 Kunstgeschichte an der RUB Bochum
2018 - 2024 Bachelor of Fine Art an der HfbK Hamburg with Prof. Martin Boyce, Prof. Dr. Clémentine Deliss, Prof. Annika Larsson & Prof. Gilly Karjevsky
2017 - 2018 Bundesfreiwilligendienst, Künstlerhaus Dortmund e.V.
2017 Abitur, Hildegardisschule Bochum

Gruppenausstellungen

- 2019 "held", HfbK Hamburg, Hamburg
2021 "HIT & RUN", Orbit, Hamburg
"With Mosses, Airs and Bees, We Dance Along with Trees", Staatsforst in der Hovestadt, Nottuln
2022 "Metabolic Museum-University - Reportage of Debating Chamber on Prototypes and Ominous Objects",
KW Institute for Contemporary Art, Berlin
"A Night Full of Stars", Chess Club, Hamburg
2023 "SKIN IN THE GAME", KW Institute for Contemporary Art, Berlin (K)

Ruxin Liu

1997 geboren in Xuzhou, China

- 2021-2024 Master Studium der Bildenden Kunst an der Hochschule für Bildende Künste Hamburg, bei Prof. Rajkamal Kahlon
2022-2023 Austauschsemester an der Akademie der bildenden Künste Wien, bei Prof. Constanze Ruhm
2018-2021 Studium der Bildenden Kunst an der Hochschule für Bildende Künste Hamburg, bei Prof. Simon Denny, Abschluss Bachelor
2016-2018 Studium der Bildenden Kunst an der Staatlichen Akademie der Bildenden Künste, Stuttgart bei Prof. Rainer Ganahl

Gruppenausstellungen (Auswahl)

- 2024 „Intimate Surfaces“, Frappant, Hamburg
2024 „Hidden Agenda“, Westwerk, Hamburg
2023 „Limits of the Enlightenment“, Galerie Oberwelt, Stuttgart
2022 „Strobo“, k.format, Kassel
2022 „The Floating Employee“, Galerie Oberwelt, Stuttgart

Screenings (Auswahl)

- 2023 „Real Events, Real Fantasy“, Beijing Queer Film Festival, 2023

Workshops (Auswahl)

- 2024 „Allies & Anger & Boundaries, Frappant, Hamburg
2024 „Our Safe Space, The Yearn Sisters, Rotterdam
2024 „Let's Explore Shame Together, The Yearn Sisters, Amsterdam

Preise

- 2024 Karl H. Ditze Preis für die beste Abschlussarbeit, Hamburg

Astor Roth

1997 geboren in Berlin

Seit 2019 BA an der Hfbk Hamburg, bei Prof. Jeanne Faust und Prof. Sung Tieu

Shi

2001 geboren in Jiangsu, China

Seit 2024 Master of Fine Arts at HfbK Hamburg mit Prof. Angela Bulloch, Prof. Julian Mader und Prof. Max Prediger
2019 - 202 Bachelor of Fine Arts at HfbK Hamburg mit Prof. Angela Bulloch

Gruppenausstellungen

2023 After Summer, Imagine the City, Hamburg
2024 Hidden Agenda in Everyday Panties, Westwerk, Hamburg

Julia Stang

*1999 geboren in Hamburg

2023-2024 Auslandssemester an der Seoul National University College of Fine Arts, Südkorea
Seit 2020 Studium an der HfbK Hamburg, Bachelor of Fine Arts in der Klasse von Angela Bulloch

Gruppenausstellungen:

- 2024 "Passage", Sammlung Falckenberg der Deichtorhallen, Hamburg (K)
- 2024 "Intimate surfaces", Frappant, Hamburg
- 2023 Woosuk Gallery, Seoul National University, KR
- 2023 "This vault will hold everything", Raum linksrechts, Hamburg
- 2022 "we meet people and do stuff", Gröninger Hof, Hamburg

Ilo Elliott Toivio

*1993 geboren in Stockholm, Sweden

Seit 2021	MFA, HFBK Hamburg, Prof. Angela Bulloch
2017-2021	BFA, HFBK Hamburg, Prof. Angela Bulloch
2016-2017	Gerlesborgsskolan, Fine Art
2014-2015	Nyckelviksskolan, General Arts, Crafts and Design

Gruppenausstellungen (Auswahl)

2024	Rattenloch III, Ateliertage Wilhelmsburg Hamburg
2023	Nöyhtää (Fluff), Annantalo taidekeskus, Helsinki
2023	Olohuone, Kalasataman Vapaakaupunki, Helsinki
2022	Letter to ___, HFBK Hamburg, conducted by Nadya Sayapina, guest lecturer.
2018	Klimax, Stockholm.
2017	The Death of Satan, Stockholm, Immersive theatre

Prizes

2021	Karl H. Ditze Preis für die beste BFA Abschlussarbeit, Hamburg
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Kenneth Ting-Yu Lin

1994 geboren in Pennsylvania, United States und im Alter von zwei Jahren nach Taiwan zurückgekehrt.

- 2022- MFA Schwerpunkt Malerei/Zeichnung, HFBK Hamburg, Hamburg, Germany
2021 Transcultural Collaboration Program, ZHdK Shared Campus, Athens, Greece
2019 MFA, Taipei National University of the Arts, Major in Painting, Taipei, Taiwan
2013-2017 BFA, Taipei National University of the Arts, Taipei, Taiwan.

Gruppenausstellungen

- 2024 An(8)x Festival, 90mils, Berlin
“It’s a book” Student Competition, HGB, Leipzig
2023 Build to break the wall, a.p.berlin, Berlin
Situation/Condition/Position, ICAT, Hamburg
relate to..., ICAT, Hamburg
2022 Long Yen Foundation Tour Exhibition, Long Yen Foundation, Taipei
2021 Micro-Relation LAB, One Minute space, Athens
Saganaki on ice, Communism, Athens
2020 Dictionary as index, Paper Matter Artist’s book Atelier, Taipei

Kuration

- 2023 Think inside the box, Zurich & Online
2022 Framed:Wormhole Taiwanese-Swiss collaborative exhibition, Taipei & Zurich & Online

Preise & Förderungen

- 2024 Bibliothek Andreas Züst Residency Program (CH)
2024 “It’s a Book” Student Competition 2024 (DE)
2023 VOLUMES Award 2023 (CH)
2023 Taiwan Education Scholarship for international study (TW)
2023 Colorama summer school self-publishing stipend (DE)
2022 Long Yen Foundation : The 16th Art Scholarship Award (TW)
2022 ZHdK Fund for International and Intercultural Student Projects (CH)

Nanna Maria Wibholm

1983 geboren in Roskilde, Dänemark

- Seit 2020 Studium an der Hochschule für Bildende Künste Hamburg Master of Fine Arts, bei Prof. Pepe Danquart, Prof. Tobias Zielony, Gastprof. Reza Afisina und Iswanto Hartono
- 2014-2020 Studium an der Hochschule für Bildende Künste Hamburg, bei Prof. Katharina Pethke, Abschluss Bachelor of Fine Arts
- 2004-2012 Master of Science in Psychologie, University of Copenhagen

Gruppenausstellungen (Auswahl)

- 2024 'Inhabitation Magnet', Sisters Hope House, Hedehusene, DK
- 2023 'REST HARD - an act of doing nothing in a safe company', Galerie Rozenstraat, Amsterdam, a.o.
- 2023 'FEEVA - Forum for Experimental and Emancipatory Video Art', Galerie Clowns & Pferde, Essen
- 2017 'Kaliseeds' This Red Door - UP! Institut for (X), Århus (DK)
- 2015 Mebranosa : Collective Conversations w/ Ricardo Basbaum, Hamburg

Screenings (Auswahl)

- 2023 'deep state sukoon', Reykjavik Short Film Festival
- 2021 'ANDERS', 37. International Short Film Festival Hamburg, German Competition, 18. dokumentarfilmwoche Hamburg
Lift-Off New York Film Festival, a.o.

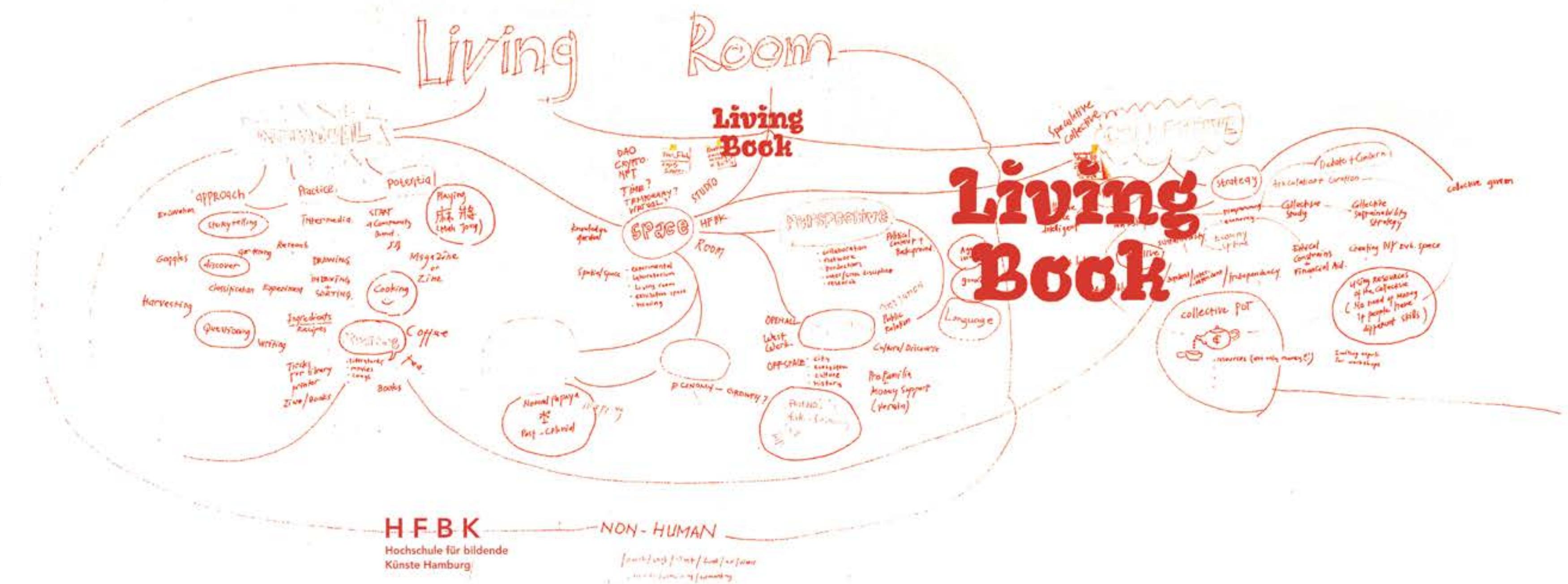
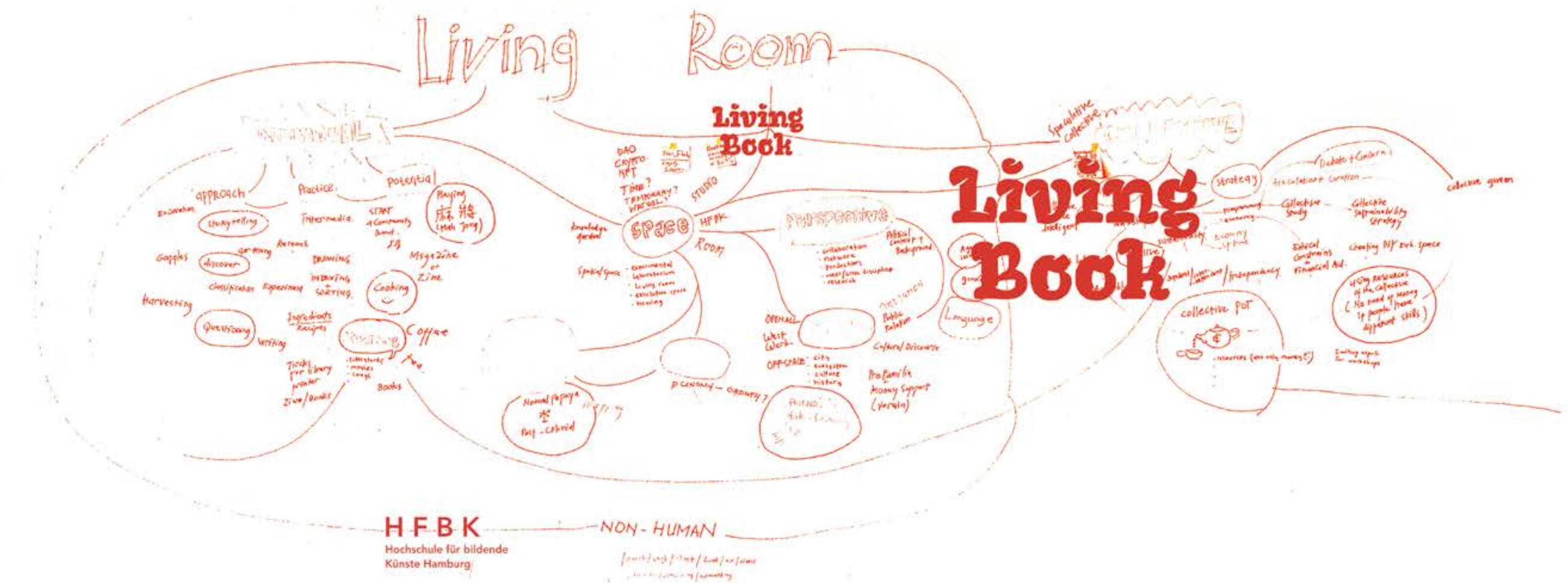
Workshops (Auswahl)

- 2023 'Maintain, Care, Rest Is Resistance', workshop, Grad. show, HFBK Hamburg
- 2020 'Mermaid Oracles Are Walking The Line' - NSU Artistic Research Circle,
exploring queerness, Illutron Art Ship, DK

Preise

- 2021 'The Night Award', International Film Festival Signs of the Night, Berlin, best documentary short film

LIVING BOOK



Living Room

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Sculpture land

Living Room Library

Burnout workshop

Kimchijeon, Pajeon

Nada Acupuncture

Never happening
Karaoke

Playing Piano

Mahjong Friends

Portraits 1

Portraits 2

A Diary of a class
skipping Girl

Lumbung Radio

Still life

An instant sensuous
Guide for Berlin

Imprint

Visual Identity

Dohko Shin
Sam Kim

Publication Team

Kenneth Lin
Daria Ishutina
Haeun Na
Sojin Pak
Nanna Maria Wibholm
Martin Hornshøj
Ruxin Liu
Wing Sum Chung
Zhaoyue Fan

Special Thanks

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Eike Pockrandt

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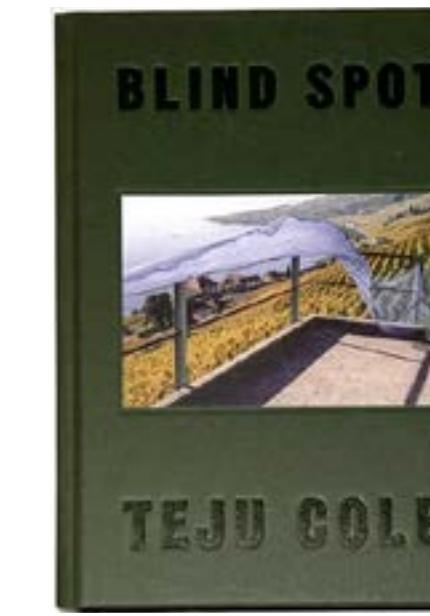
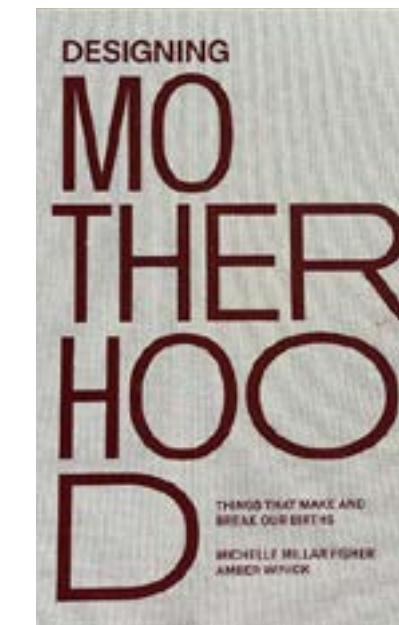
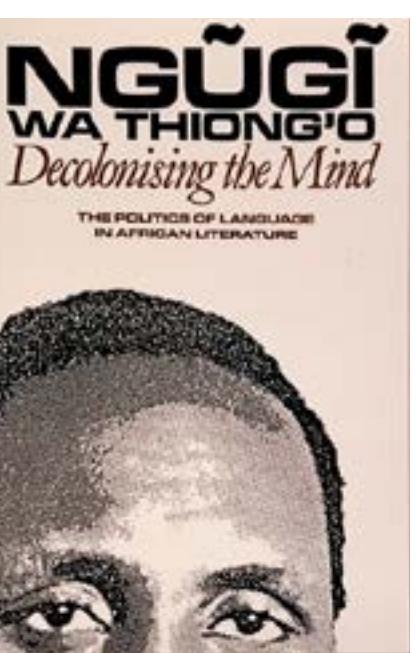
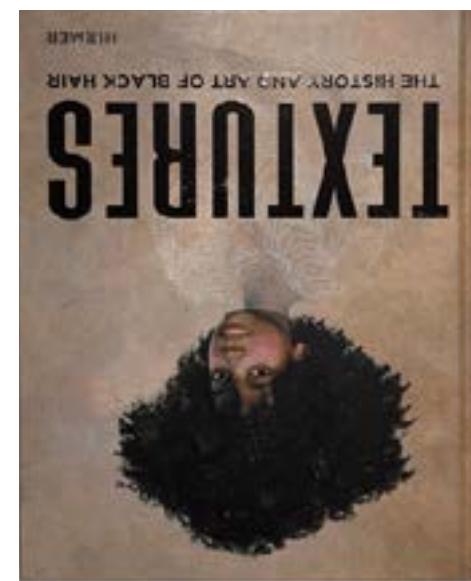
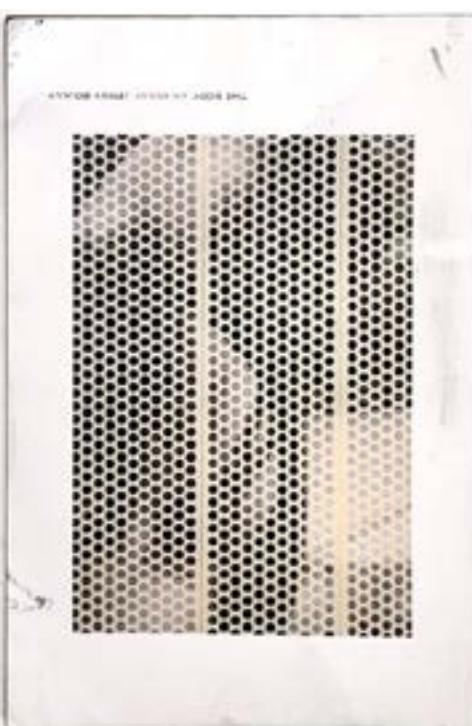
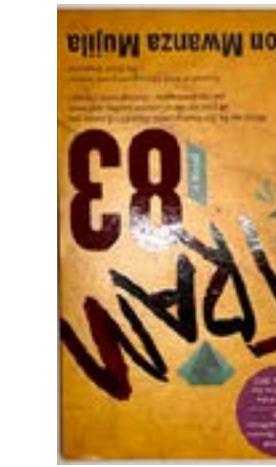
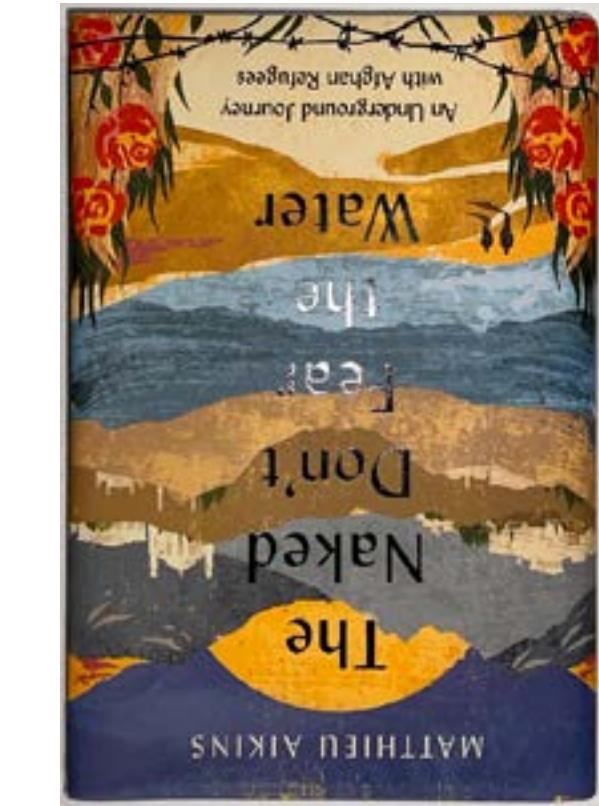
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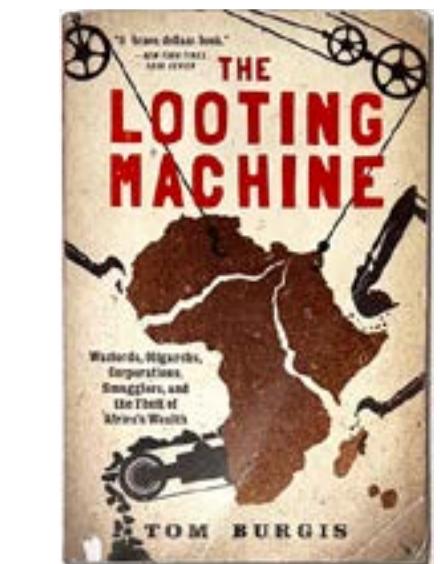
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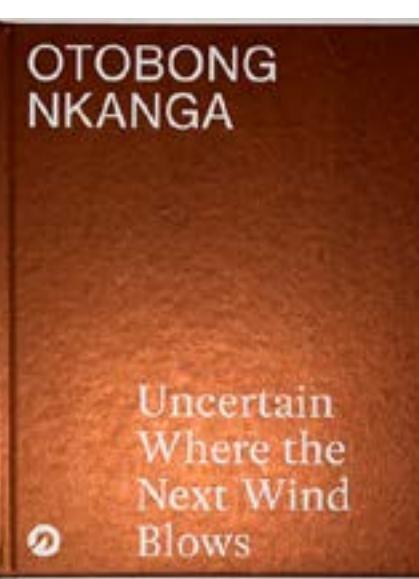




LIVING ROOM LIBRARY

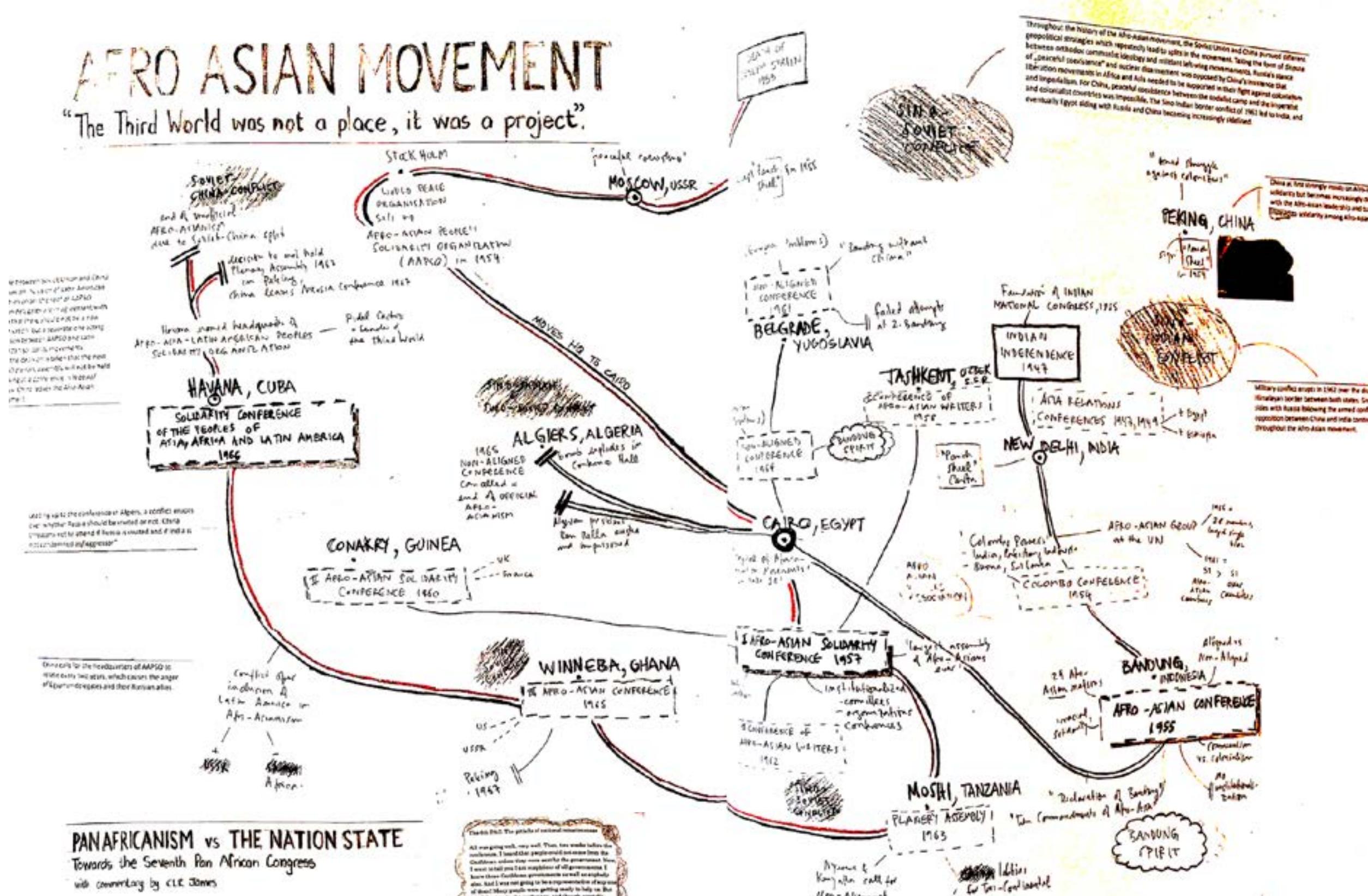


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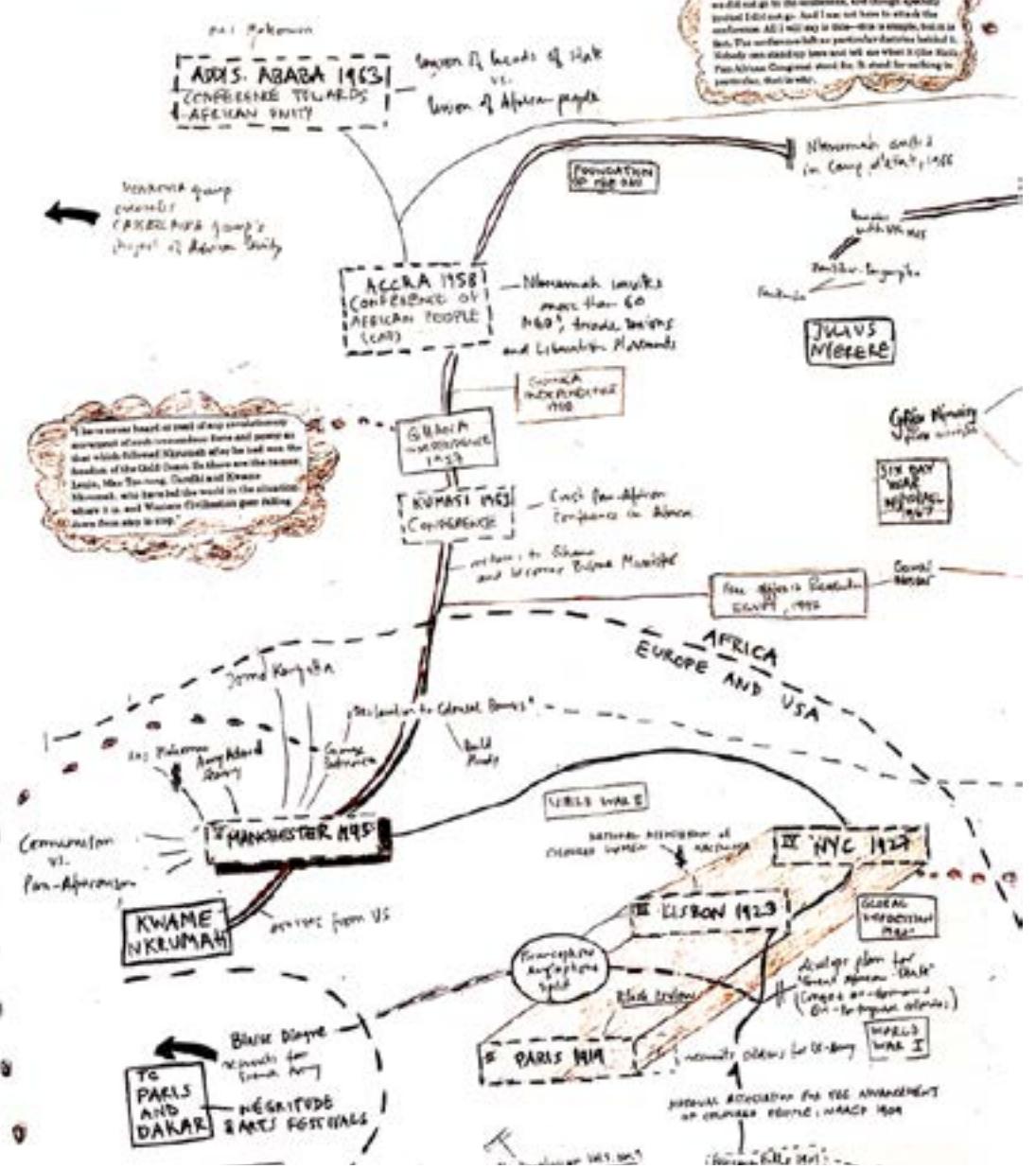
AFO ASIAN MOVEMENT

"The Third World was not a place, it was a project."



PANAFRICANISM vs THE NATION STATE

Towards the Seventh Pan African Congress
with commentary by C.R. Jones



Living Room Library, during Annual exhibition, 2023

Living Room Library
by Ngozi Schommers.

The collaborative lab offered a safe environment to learn from one another without the usual elbowing, bullying, racism and discrimination that we encounter every day in the learning space. With this in mind, I created a more inclusive library next to HfbK Library. The initial plan was to have within the existing library of HfbK a temporary display that offers books that are not available in the school library but should be there.

Reza and Iswanto came every Thursday with books. Sometimes books that are written in other languages (Spanish, Portuguese, Taiwanese, Chinese and English) that most of us don't speak or understand, as well as books on female rights and equity. There was a need for those books to be in that room for us to learn from other peoples' cultures, religions, lifestyles and the political situations of those spaces. But HfbK did not have a wide range of such books.

The books I included are all from my personal library. I also asked people to bring books they would want in the library but are not there. However, most people did not bring books because they feared losing them. So, in the end, it became an abstract library with print out of the book covers, inside pages and a few actual books.

As we know, books from Africa and Asia are not easy to acquire because of the expensive shipping cost. So, I started the library to create inclusion, reduce the problem of language barrier or the politics of selection and the strict atmosphere of traditional libraries. And for the fun to pick up a book and browse through or read regardless of the language and the restrictions mentioned above.

“I become grumpy towards other people, and I fake empathy when I know I’m supposed to feel it.”

“People should be responsible for their actions.”

“I feel helpless; less and less I should do more in my life.”

“It’s unfair that I receive more than in my interactions with others.”

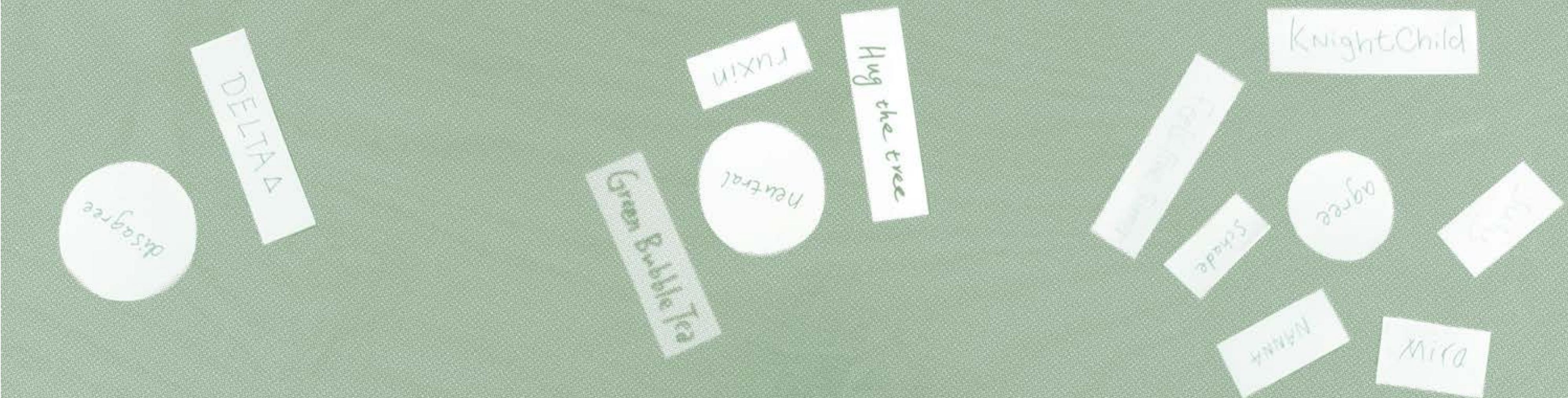
“I am responsible for my actions.”

“I have to justify my actions.”
“I get stuck in bad situations because if I don’t do it, nobody will.”

“I put more energy into anticipating others’ feelings instead of my own.”

Here's how the "Agree, Disagree, Neutral" game works:

1. Participants write their names on small cards.
2. I will start by making different statements.
3. Participants will then choose where to put their names to show whether they agree, neutral, or disagree with each statement.





Living
Room

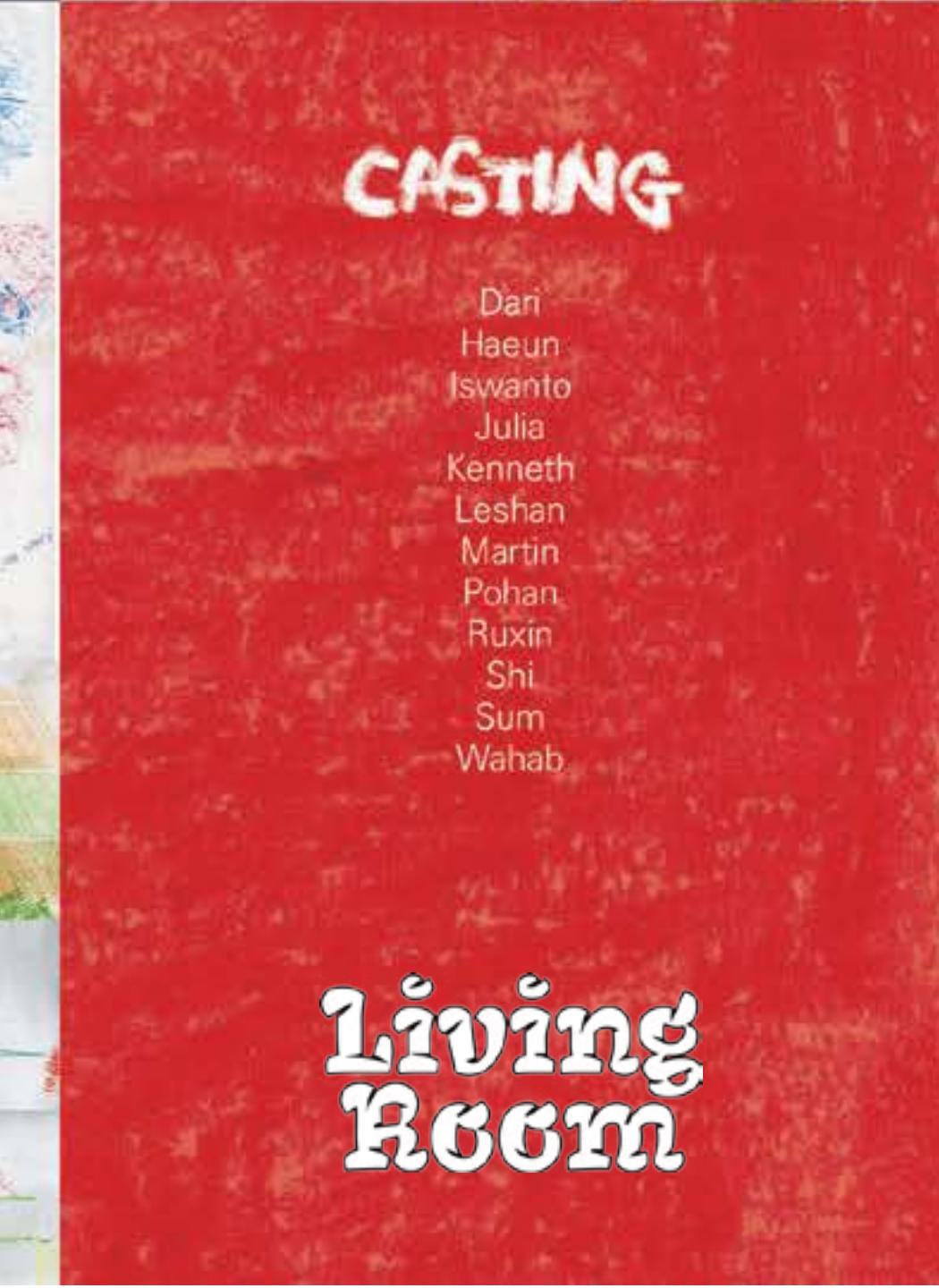


Kimchijeon , Pajeon

In the end of the first semester, Sam and Dohko, our designer/chef cooked a typical korean dish, which is made of kimchi, egg, seafood and spices.

김치전, 파전

1학기 말에는 디자이너 겸 셰프인 영삼과 덕호가 김치, 달걀, 해산물, 향신료로 만든 전형적인 한식 요리를 했습니다.



An instant sensory Guide for Berlin





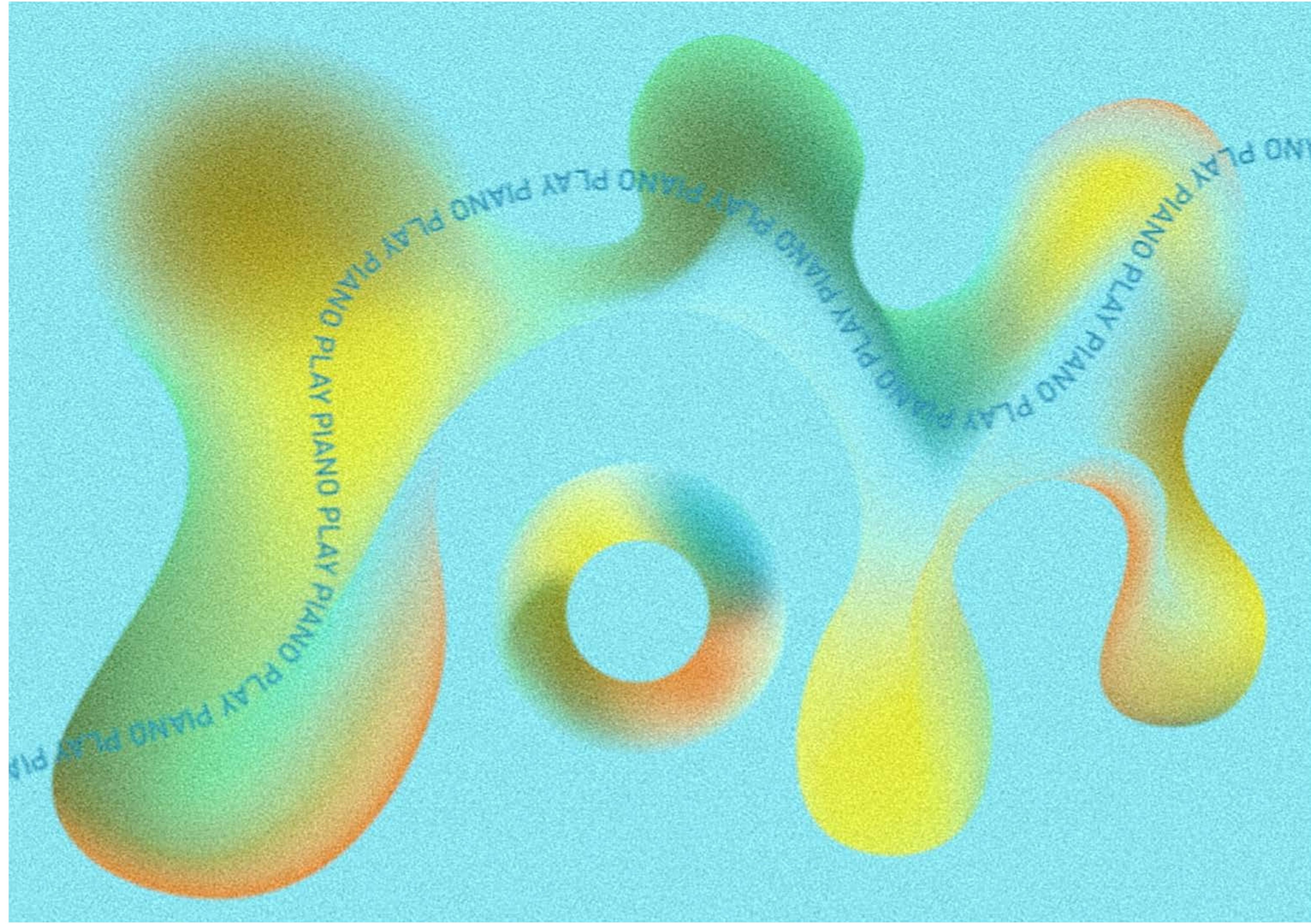


Living Room

collective art laboratory
2023
photos by: Daria Ishutina



PIANO PLAY PIANO PLAY PIANO



1

Living Room

PORTRAITS



„The Portrait Session,, was always helded in the morning, before lunch, waiting for others to come. Some are done without looking at the sheet. We're focusing on each other's face.



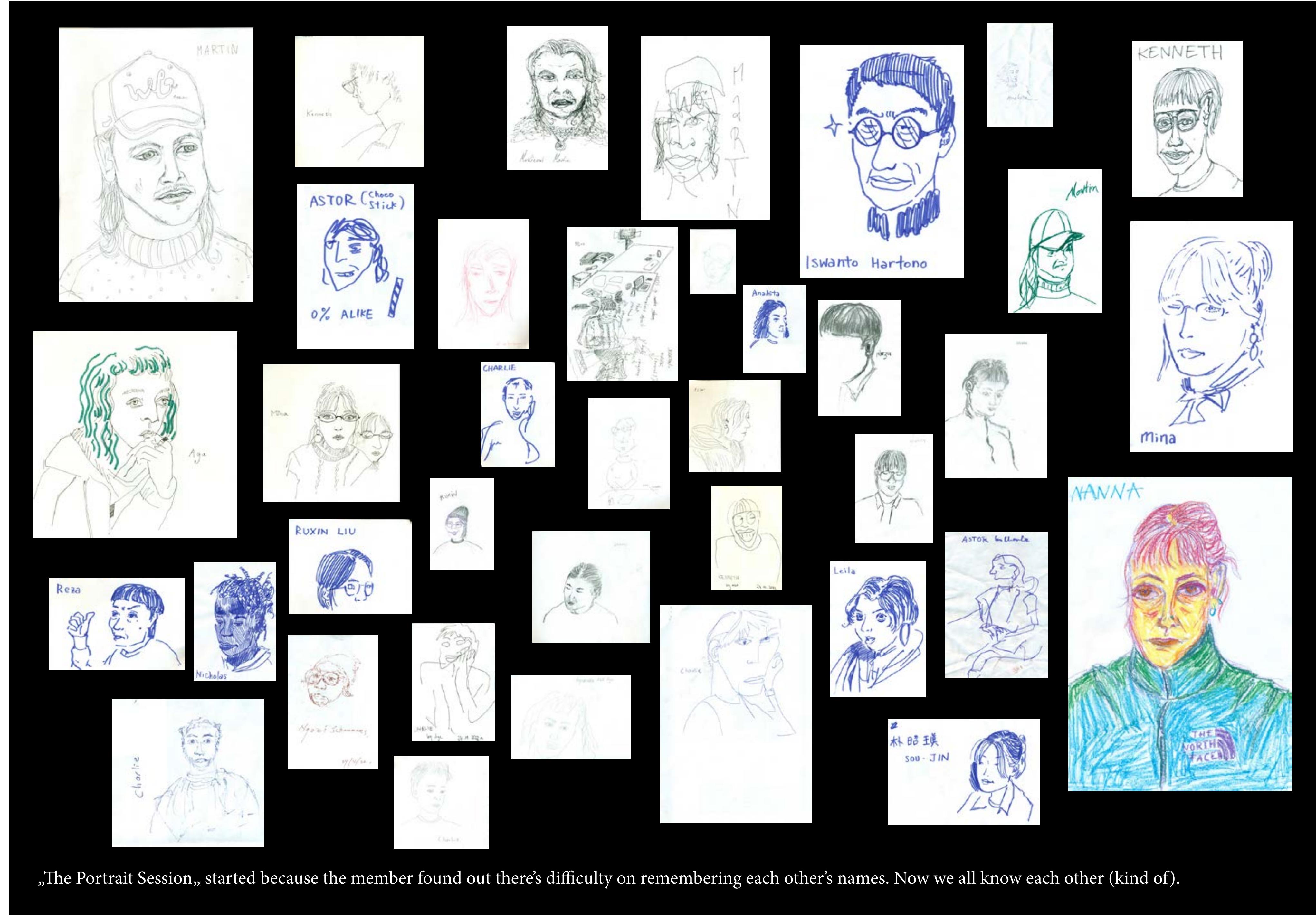


PORTRAITS



Living
Room

2



„The Portrait Session,“ started because the member found out there's difficulty on remembering each other's names. Now we all know each other (kind of).



PUBLICATION
AND A



EXHIBITION
AND A
WORKSHOP



ANOTHER
WORKSHOP



THE WORKSHOP
CAME
THEN

THAT
ALL ABOUT
THE GAME



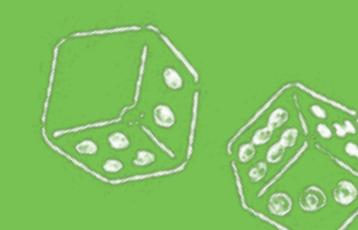
MAHOJONG
IN DA
LIVING ROOM



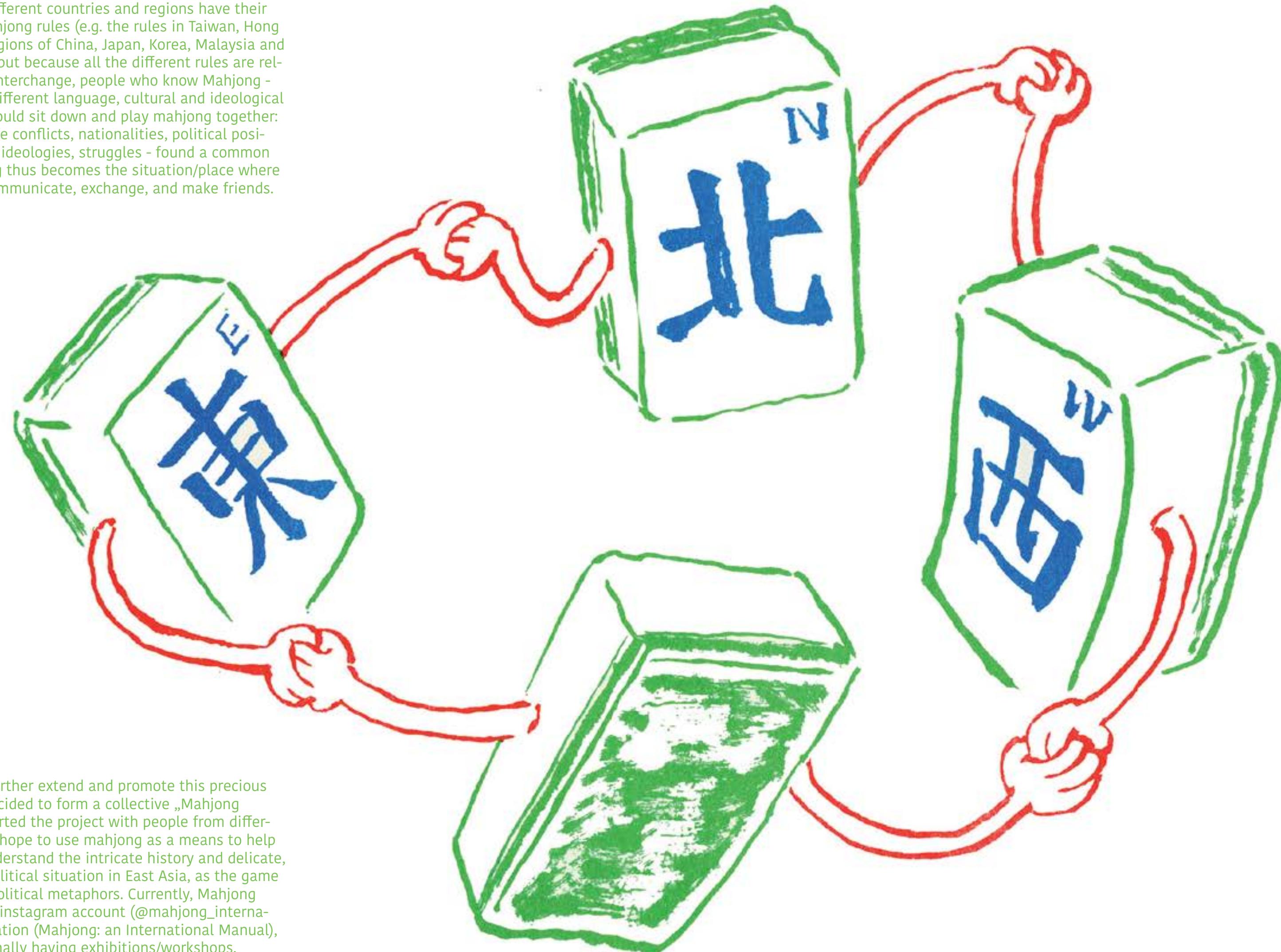
A GAME THAT NOW
WE CAN PLAY
TOGETHER.



AT FIRST
IT WAS JUST
A GAME
...

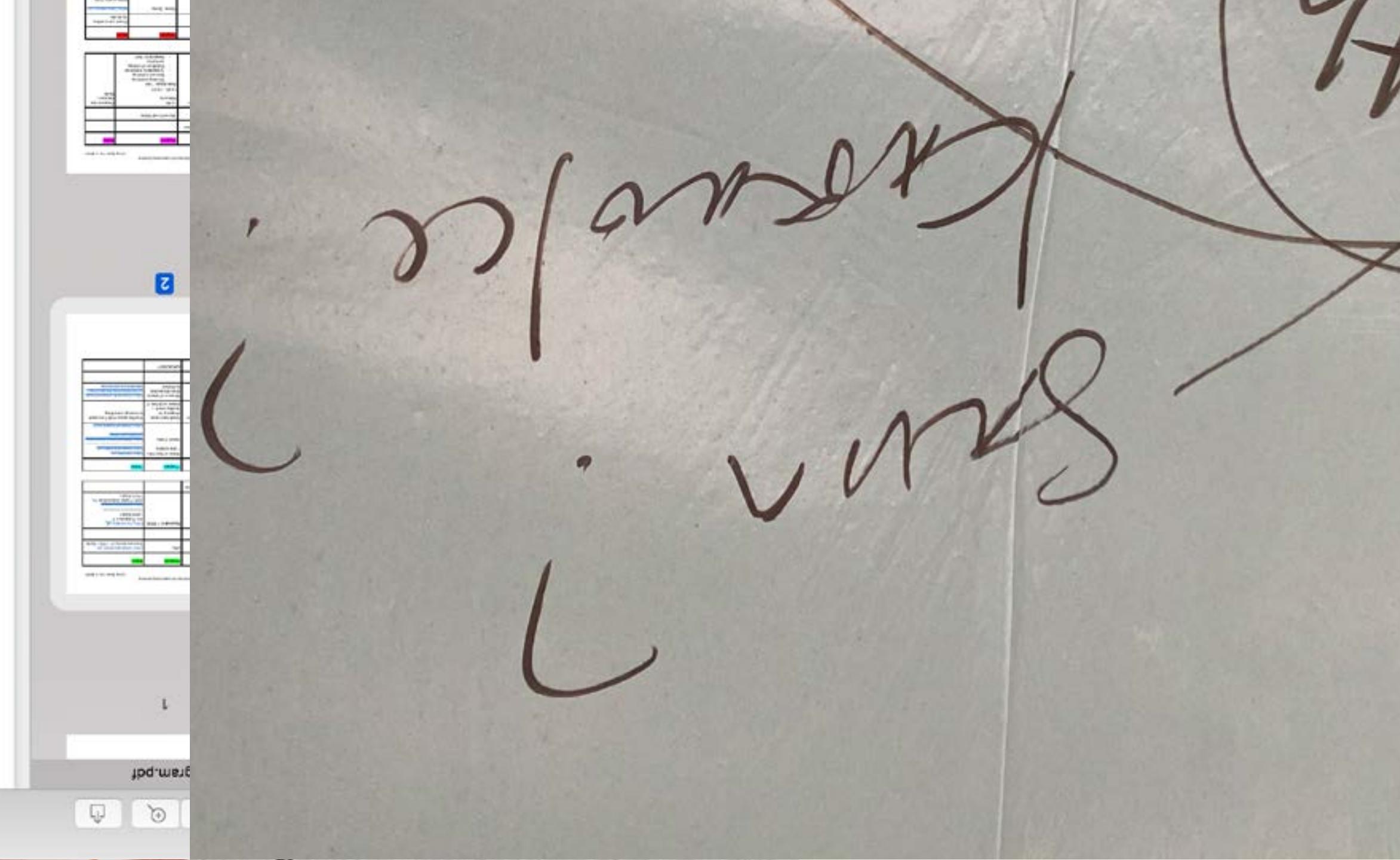
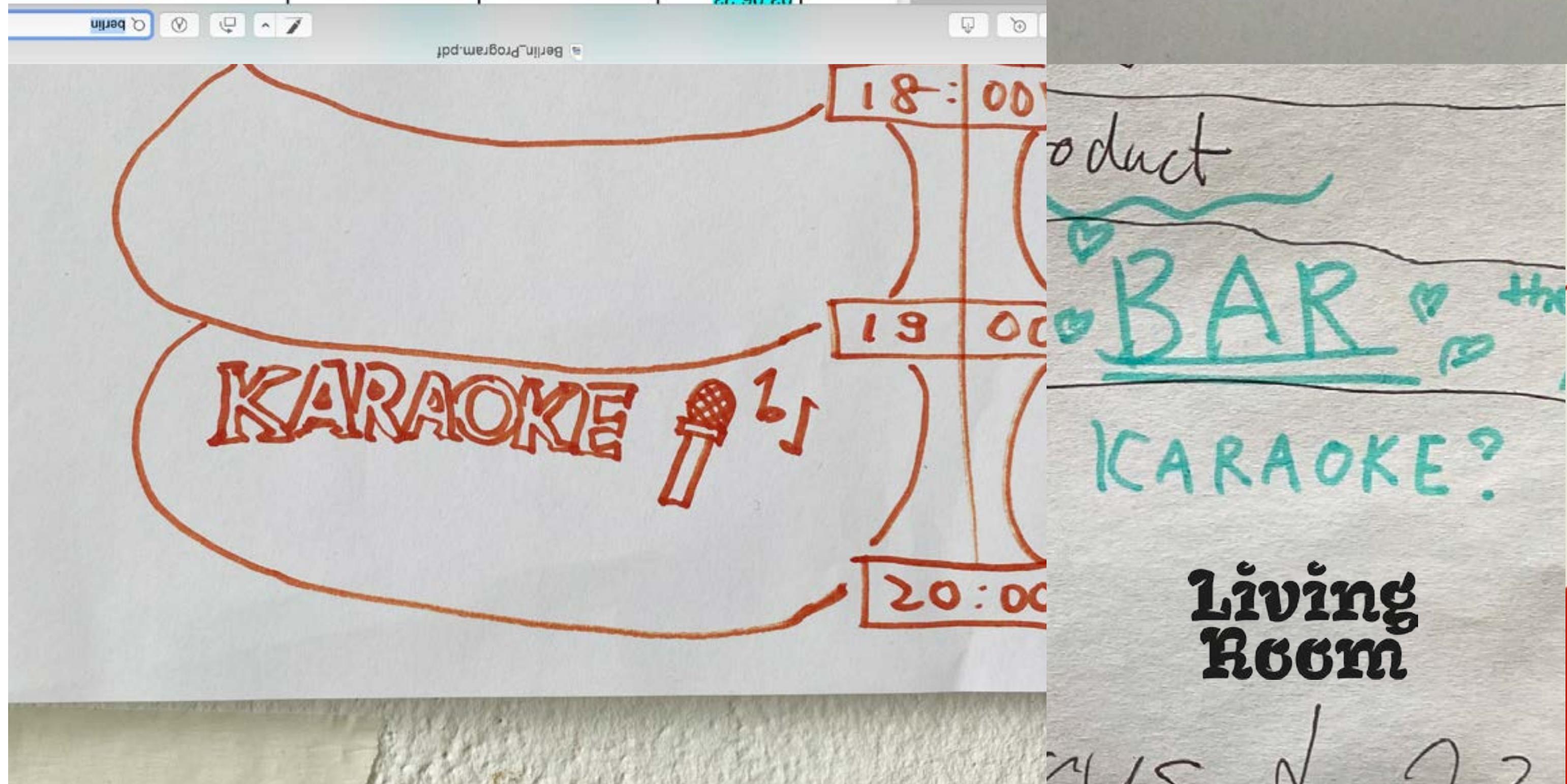


Mahjong is a board game that encapsulates the rich history and cultural traditions of East Asia. Due to the cultural and geographical isolation in the process of Mahjong's transmission, different countries and regions have their own diverse mahjong rules (e.g. the rules in Taiwan, Hong Kong, various regions of China, Japan, Korea, Malaysia and Singapore etc.), but because all the different rules are relatively easy to interchange, people who know Mahjong - though having different language, cultural and ideological backgrounds - could sit down and play mahjong together: in this case those conflicts, nationalities, political positions, ideologies, struggles - found a common ground. Mahjong thus becomes the situation/place where people meet, communicate, exchange, and make friends.



In the wish to further extend and promote this precious situation, we decided to form a collective „Mahjong Friends“ and started the project with people from different regions. We hope to use mahjong as a means to help more people understand the intricate history and delicate, tense current political situation in East Asia, as the game itself is full of political metaphors. Currently, Mahjong Friends have an instagram account (@mahjong_international), a publication (Mahjong: an International Manual), and are occasionally having exhibitions/workshops. Inspired and motivated by the Lumbung spirit, Mahjong Friends was born in the living room and has always been an integral part of the living room.

Mahjong Friends 2023 @mahjong_international



Until 12.07.2023, We talked about several time about having a Karaoke in the Living Room. But it never really happened.

Ngozi Schommers 1月26日 週四
Nanna Maria
Yay! Orange is in da living r...
Yes ! I can't wait to bring our library to live!
下午 10:52

Oh and me & Mina is wondering is there anyone who has experience on doing a radio? Or maybe we just need a microphone and speaker, does anyone have the chance to have one?
(also can use it for the Karaoke night)
下午 10:57

Nicholas Mboya
If we are prerecording I guess we only need to put up a podcast set up
Computer mixer and mics
下午 11:01

Ngozi Schommers
I was wondering if it is possible to install speakers in hallways in HfbK and people are able to hear the radio without having to come to the living room? Just an idea and also don't know if that is possible....
下午 11:01

Anahita 2月11日 週六
I bought 2
下午 4:56

Leila Mousa
Hey! Please could someone come to take care of the living room
下午 5:23

Not 100%ly sure yet but might be available
下午 8:13

Mina
Mina
If 18 different people could take a shift each person only has to do one shift!
Oh I forgot about Sunday haha, so maybe some have to take two shifts...let's see
下午 8:15

Julia
hey people! We are currently planning our schedule for the event on graduate show days. So far we are gonna have a Bar, a few workshops and DJ Sets and Karaoke night possibly on Friday evening. As for workshops we already have Mahjong workshop by Kenneth and Boundary workshop and Burn-out workshop by Ruxin. Are there any other workshops people want to do during these exhibition days? Let us know soon
下午 3:04

Shi
47m
2

Mina
@Nicholas MI 2月2日 週四 just talking about the radio and came to the conc...
What do you mean boxes @Mina
I can organise that tomorrow and in the next week.
下午 5:16

Nicholas Mboya
What do you mean boxes @Mina
I think it means the speaker that is connectable to the microphones
It can also use for the mahjong workshop and the karaoke night
下午 6:18

Mina
Yes sorry I mean speakers
Thank you Nic!!
下午 5:20

ruxin
Hi people! We were talking about the schedule for the preparation. We think people will be busy next week before Rundgang, so we think we could meet on Saturday and Sunday for preparation of Photo Booth and map of Hamburg. And since nobody is in charge of map, we want to ask, if anyone wants to be in charge? You

Shi
6月20日 週二
Julia
Thanks for the info! I also think it would be good to start planning out event s...
I'm up for it!
下午 2:05

Julia
As for the bar we should think about what we want to offer and where and how much drinks we get. We could also start thinking about the setting up of the living room, maybe collect more sofas or other stuff you'd like in there (lamps, curtains, material from our past year) As for the DJing, would be cool if we arrange some sort of station in the room, I know some friends from other classes who could DJ from time to time. Lastly, we should definitely do a Karaoke evening this time, right? 

zhaoyuefan - Chinese name workshop
personal Website of zhaoyuefan
ffanzy.com

Zy Fan
I would love to bring my Chinese name workshop to the living room

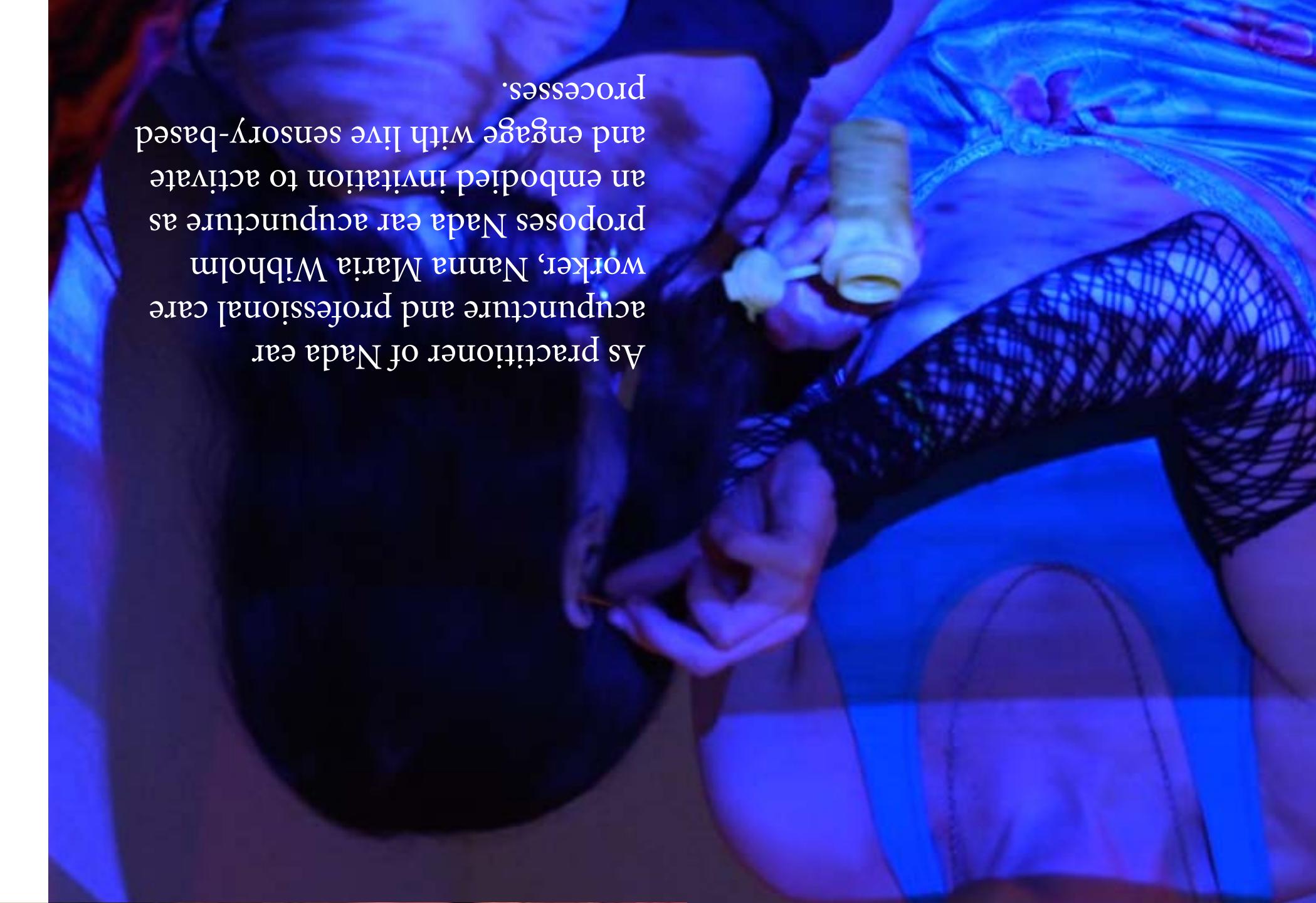


Performing restorative care work is centering an interior space. It is centering our body as a living space that is not only superficially observed but rather felt from an inside state.

Rather than solely focusing outside of themselves, each participant went through an immersive experience; the presence of internal processes of permeable human bodies as living performance.

What is Nadá? Nadá is short for National Acupuncture De-toxicification Association. It is a simple standardized placement of 5 small needles into specific points on each ear. Nadá is based on a Traditional Chinese medicine approach, however it is not a treatment, rather a supplement to rest, balance, and well-known effects are also increased calmness, promoting better sleep, decreased agitation and stress.

As practitioner of Nada ear acupuncture and professional care worker, Nanna Maria Vibholm proposes Nada ear acupuncture as an embodied invitation to activate and engage with live sensory-based processes.



[@nannamariawibholm](#)



Nanna Maria Wibholm

Nada ear acupuncture at the Living Room was a participatory performance of restorative care work offered to visitors at the HFBK Annual Exhibition 2023 by artist Nanna Maria Wibholm.

At times exhibition spaces seem to follow fast strategies of capitalistic consumption, flooding the attention span of its audience. By bringing Nada ear acupuncture into the Living Room, Nanna Maria Wibholm reflects on the value of rest and non-doing in a society of endless production, of what care work can be, in whose hands care lies in and how offering moments of rest and digest in a collective environment can serve as empowering intervention.

The Nada ear acupuncture sessions were offered every day of the Annual Exhibition at HFBK. Performing restorative care in a collective art space as the Living Room, opened a qualitatively different experience in the midst of HFBK. A break for breath and contemplation. Talk was no requirement, on the contrary, but afterwards many participants spontaneously shared reflections. Activating other kinds of conversations. Listening to the live participants, rest seemed needed to balance out exhaustion, to counter a state of unrest or even stress.

Participants were offered their own silent area in a high upper corner close to the ceiling, adjacent to the rest of the Living Room, only accessed by an almost hidden staircase. The area was specially designed with soft mattresses and pillows as well as dimmed lights to induce a protected atmosphere. It was a commitment to slow down, to spend time. No quick fix.

Each session lasted everything from 20 minutes until 75 minutes. After placement of acupuncture needles, participants were served Nada herbal tea and allowed to stay for up to 1 hour until new participants would take over in steady flow. But some participants even preferred to stay in the midst of the buzzing Living Room itself, placing themselves laying on large bean bags or couches. Some came alone, some in pairs of friends, couples, even a small family.

In this way the Nada ear acupuncture sessions invited participants to be in relation with and respond to the collective Living Room taking place next to them. An encouragement to be with whatever would conjure, arise from living bodies to living room.

Radical roots of Nada ear acupuncture

The Nada Protocol developed in the 1970's at Lincoln Detox Clinic, Bronx, N.Y. In this local area the civil rights justice movement was fighting against how medical industries prescribed just more drugs for addicts. A vicious societal cycle at high human costs. Radical community activists saw this medical industry as another oppressive form of slavery. In their search for non-medical alternatives to support drug and alcohol addiction in treatment settings, community activists occupied Lincoln Hospital to start a detox program with acupuncture instead of methadone.

Today Nada is offered all over the world in community health settings as inexpensive non-verbal restorative care work for the most marginalized and underserved populations. Despite standardization, most acupuncture from traditional Eastern and Chinese Medicine is still kept at the margins of Western societies.

More knowledge of Nada ear acupuncture:

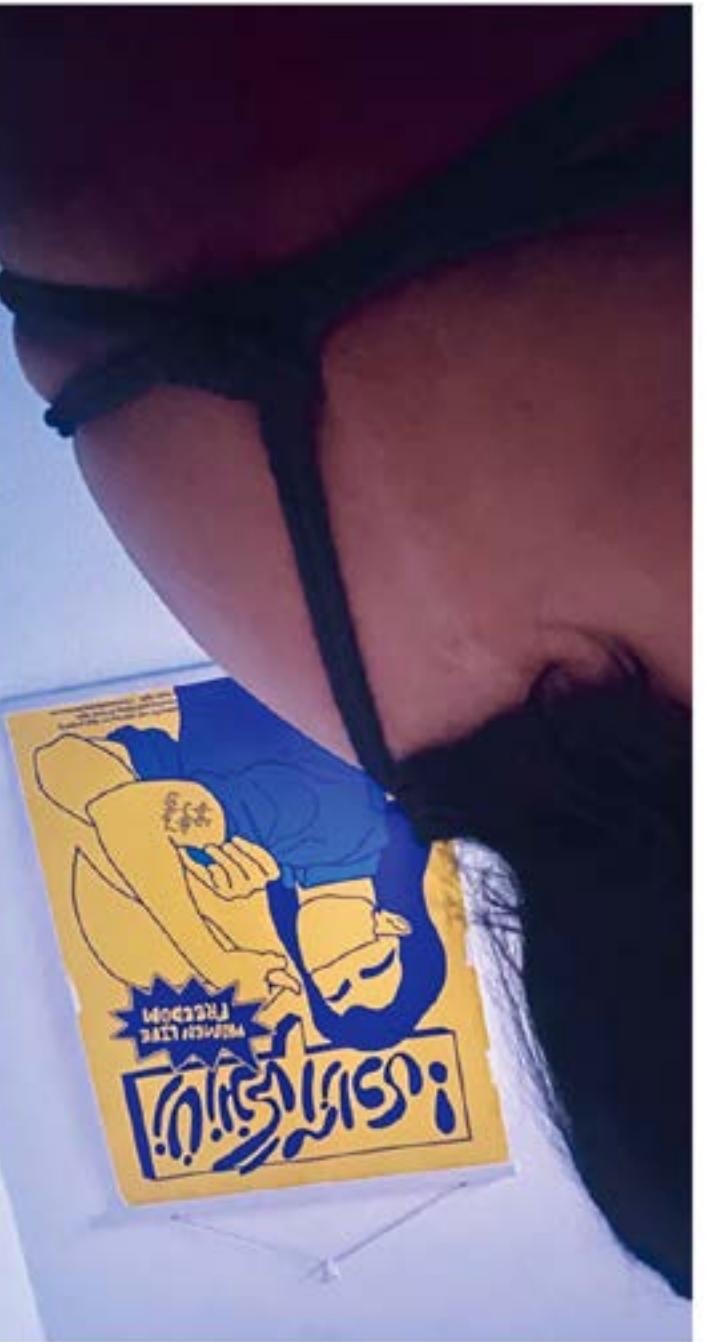
<https://acudetox.com/about-nada/> <https://dopeisdeath.com/>



Listen to full stream on Soundcloud
This is text excerpts of the audio,
the strict rules of asylum process?
But how to love and live under
cis, queer & living in two countries.
Nanna is Danish, artist & filmmaker,
trans woman & waiting for residency. Nanna: But it's at the moment it's the worst nightmare... or one of them.

Mira is from Iran, political activist,
border cities of Sweden & Denmark.
their own romantic relationship while
artists Mira and Nanna talk about
Lumbung Radio broadcast at HFBK.
2022 Living Room was part of a

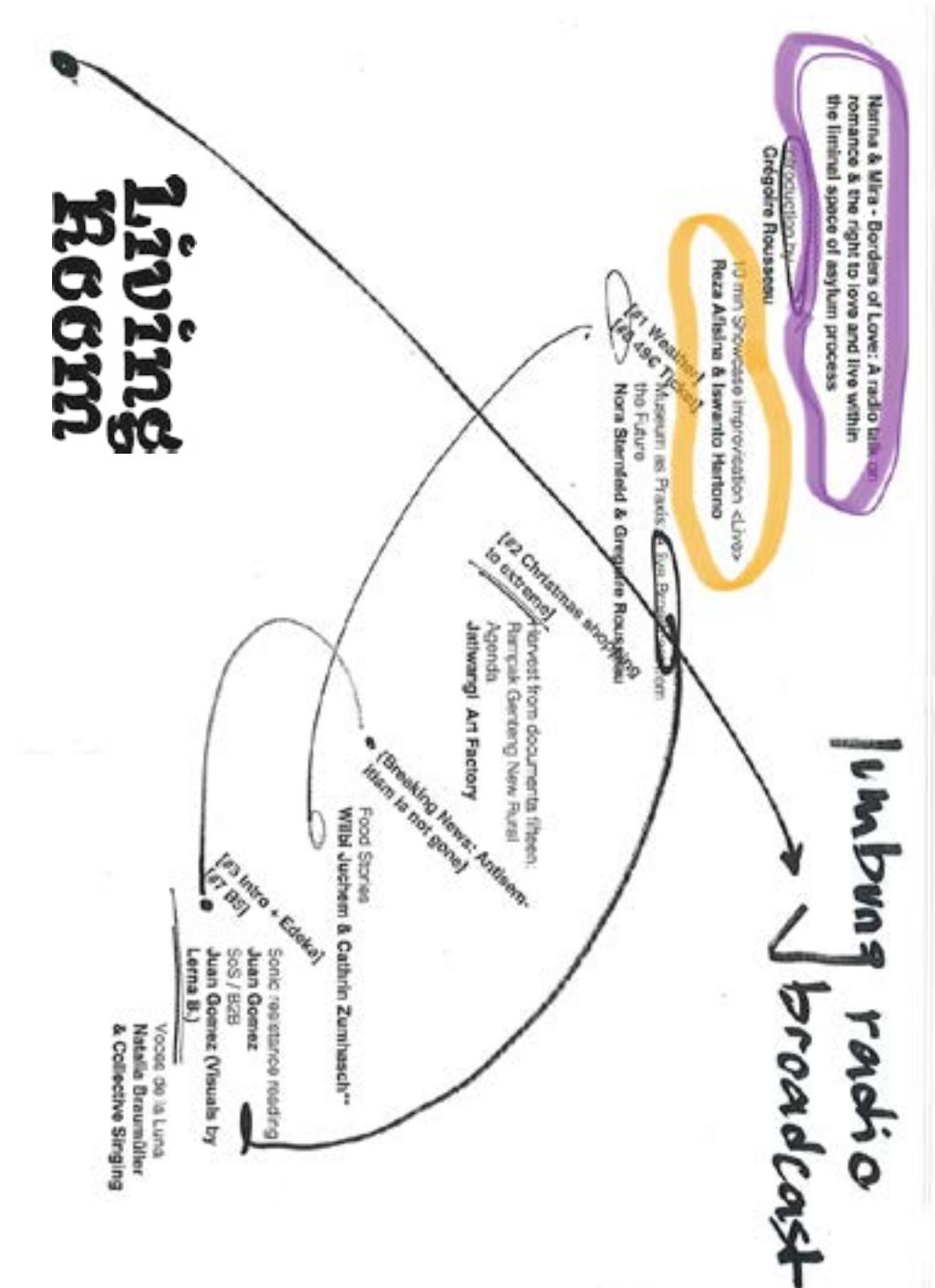
Mira: So, yeah... I had that bad dream again last night (...)
This recurring one with the train.
This weird dream repeatedly that I'm coming from Lund to Malmö,
and then I just fall asleep on the train. And when I wake up, I'm in Denmark.
Mira: Yeah, it definitely is, because I don't know what would happen,
but legally I shouldn't leave Sweden.
I feel like I'm a prisoner here in a way...
And if I leave, I might not be able to get back in.



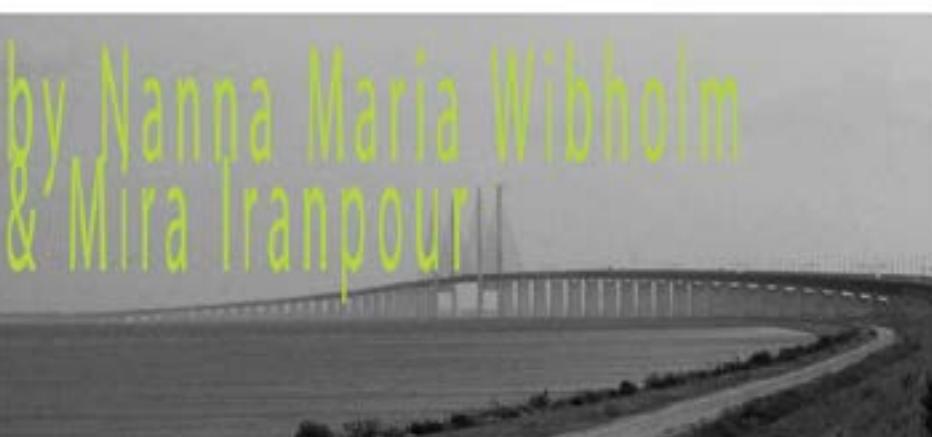
Nanna: But I think that's also this question of the future.
I mean, you recently mentioned this to me, having that kind of feeling of
maybe I shouldn't engage with life in the way that
I want to and maybe not engage with commitment, with relationships,
with people.
In a way of course I'm happy that you were not so affected by it,
that you took a decision then to shut yourself off the world
until you would know more.
Because it's true, it's a total unknown.
It's a totally unknown time-horizon.

Mira: I remember the last time I came to you in Copenhagen and I was coming back to Sweden, when border police was checking the passport and like, the residency cards and all of that. I was thinking that, well, this is the last time that I can do this. It is like super ridiculous that I can do that now. But in a few days I wouldn't be able to do it, although I'm the same person. Nanna: You didn't change much in that week. It was a very strange feeling I thought about it a lot that evening when we went to the Iranian restaurant which was like the best. Mira: It was really nice. Yeah. Nanna: I think we had some grilled meat or something. Mira: Yes, it was Kabab Kebab I think.... It was a really nice evening we had together. But already in the back of my mind I was thinking about those things also, that I'm not gonna be able to come back to you. Like in a few days, I wouldn't have that possibility anymore. And I knew that. Nanna: There is a border. And we found out that it has consequences.

<https://on.soundcloud.com/TSN7n>

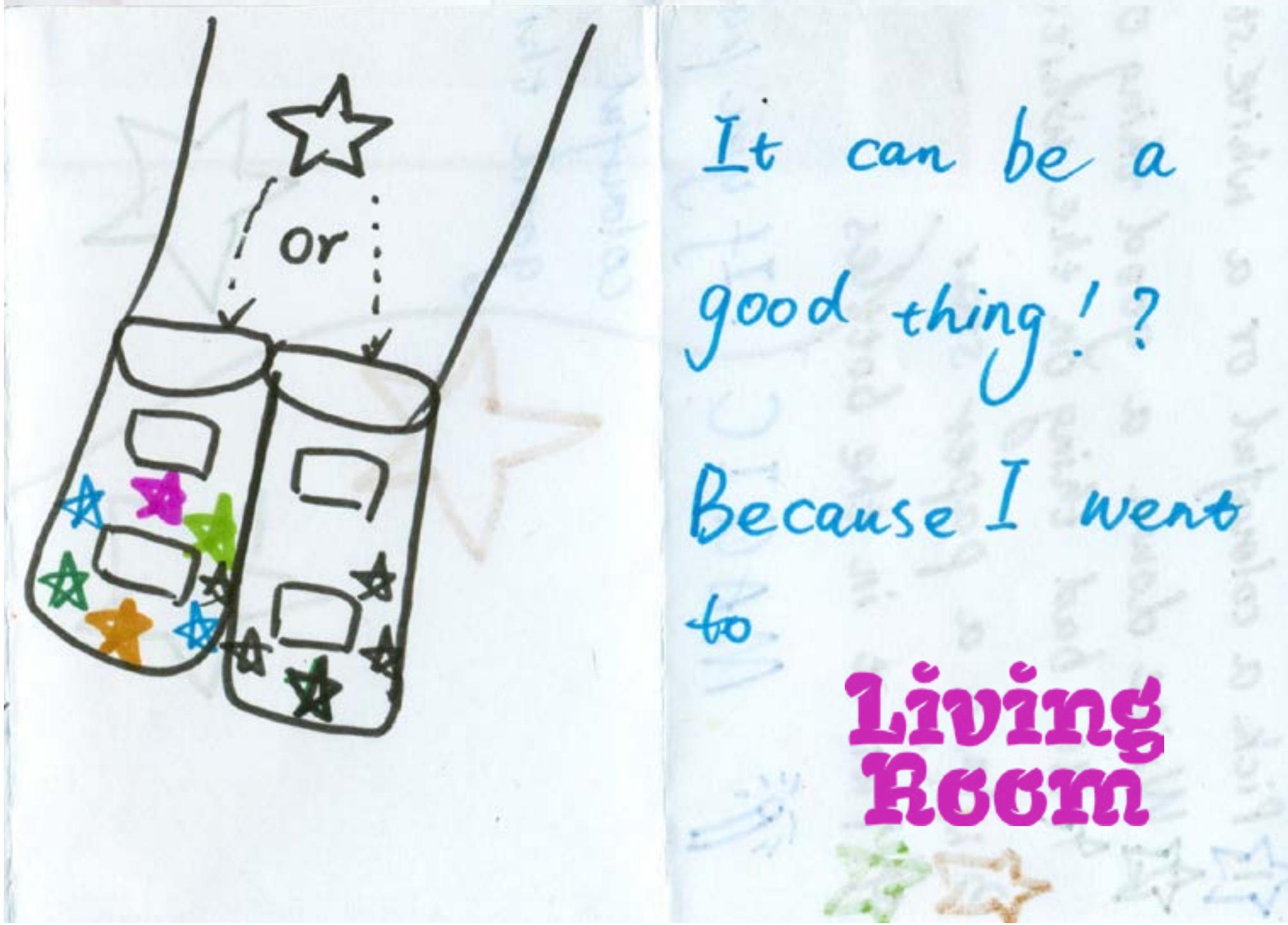
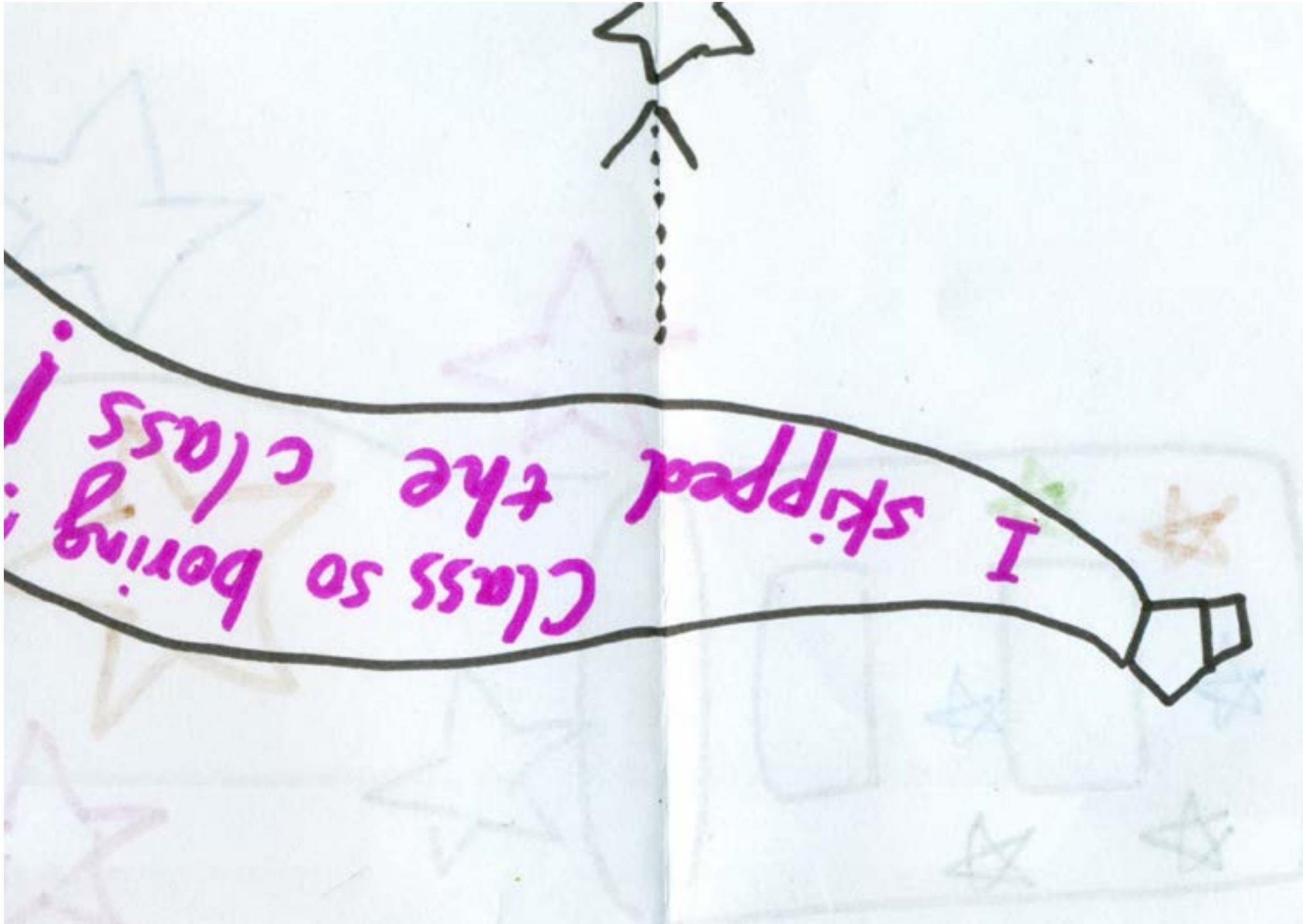


'BORDERS OF LOVE'



A Lumbung Radio talk on romance and the right to love and live within the liminal space of asylum process





1. Pick a colourful or a white star paper

2. Write down a good thing on the colourful paper
or a bad thing on the white paper.

3. Make a paper star

4. Put it in the bottles

II. MAGIC

If you put a negative star in the
colourful bottle, it might become a
good thing!!!

