



ARMESS DAYS 2024

Art-based methods for science education and sustainability

21-22 November 2024

Eskilstuna and Västerås



Welcome to the ARMESS Days!

The program offers different workshops where, through creative, embodied and participatory methods coming from theater, creative dance, visuals, improvisation, creative writing, we investigate key topics connected to sustainability, such as care, landscaping, thresholds and water.

➡ The program is addressed to students and to all who want to engage in playful explorations.

- **Registration** is required by **November 15**.
- Please register here by using your MDU-account: <https://forms.office.com/e/5B4kF4GfjA>



More on ARMESS Project: <https://www.mdu.se/en/malardalen-university/research/research-projects/art-based-methods-for-science-education-and-sustainability-armess>



Silvia Bruzzone: Silvia.bruzzone@mdu.se

➔ **CREATING LANDSCAPES – Sustainable Insights through Art based methods.**

Andrea Hvistendahl & Karolina Ugglå, (MDU).

📅 📍 21 November 2024 09:00-12:00, Eskilstuna – C1-011 (Studio)

📅 📍 22 November 2024 13:00-15:00, Västerås – Naxos

In the workshop participants get to build landscapes to shape creative and visual spaces. This offers a basis to reflect and discuss materiality in the Anthropocene as well as the relationships between different artifacts, resources and us. It explores how form and meaning making in interactive ways can guide us to develop our imaginative skills on ethical matters that concern our futures. In this way we embody how artistic methods can be used to better deal with transition and accelerating complexity.

In collaboration with ReTuna, we will use discarded material from their recycling facility in this workshop.



[The World (CDs) by Andrea Hvistendahl]



➔ **UKNOWN CARE - Collaborative inquiries through embodied intuition.**

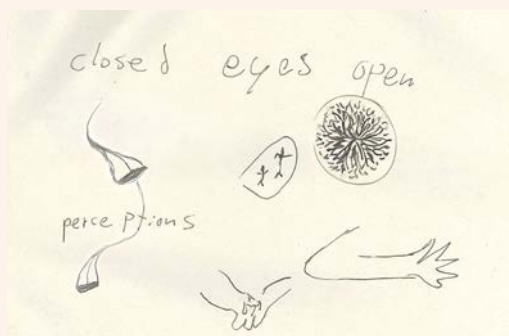
Yari Stilo, dancer, dance maker and care worker.

Ella Hillström, researcher in medical anthropology and a former care worker.

📅 📍 21 November 2024 13:00-15:00, Eskilstuna – C1-011 (Studio)

📅 📍 22 November 2024 10:00-12:00, Västerås – Naxos

We invite those who are interested in the concept of care to explore care through movement, journaling and collaboration. We will combine practical elements of care-work with a brief history of how care has changed within the Swedish disability rights movement to investigate how our understanding of care impacts possible ways of being-with each other (including non-human relationships). Some questions that guide the workshop are: How can one assist a being in exploring their own inquiries, needs or desires? How can one explore the intuitive element of care through engaging with and listening to the body and movement? How can one disrupt the roles between care-giver/care-receiver?



[Copywrite: Yari Stilo]



➡ **OVER THE THRESHOLD – An artistic collective reflection on the vertigo of becoming in a changing world.**

Carmen Pellegrinelli, theater director, producer, playwright and organizer of theater laboratories.

📅 📍 21 November 2024 13:00-15:00, Västerås – R2-142

📅 📍 22 November 2024 13:00-15:00, Eskilstuna – C1-011 (Studio)

A threshold is a point or level at which something begins or changes. It often symbolizes a limit or boundary but also represents an opening toward a new scenario. In an increasingly changing world, we are now subjected as human beings to multiple continuous changes. The systemic accelerations of advanced capitalism and climate change make us work-in-progress subjects in dialogue with our thresholds and futures. How can we change as we pass a threshold? How can the environment? We will explore it through theatre and performance tools. With music, movements, words and dance, we will enter the queerness of thresholds with our bodies.



➡ **WHAT IS WATER?**

Henny Stridsberg, dancer and dance pedagogue (SKH).

Silvia Bruzzone, (MDU).

📅 📍 21 November 2024 10:00-12:00, Västerås – R1-142

📅 📍 22 November 2024 10:00-12:00, Eskilstuna – C1-011 (Studio)

What is water and how do we know it? In this workshop we explore water as a relational element. Through creative movement and dance - in combination with drawing, writing & reflection - we connect with the multiple forms water takes in relation to our body and other materialities. The workshop brings attention to how water can be known and felt in our everyday life and as part of our professional practices. It allows students from different disciplines to collaborate in a playful way, while expanding the awareness of ethical and sustainability perspectives connected to water.



{ Green roof. Copyright: Birgitta Ericson }

