



Embracing the Unknown presents 'eSpaces of Creative Encounter'

Awaken and energise your creativity on- and offline in a playful way through different artistic techniques in a safe and engaging digital environment.

**'Creative techniques are not only for artists -
we believe that everyone can benefit from them'**

Uncertainty and isolation are all around us, especially in these times of crisis. Creative techniques can help by transforming them into meaningful experiences through which we can both grow personally and connect with others. With the arts, we learn to appreciate the questions that are present everywhere and the joy of creation in response to them.

This playful approach to the unknown helps to release fear and instead look at the world with curiosity and joy. In the workshop we offer a carefully curated journey through easy exercises that put the imagination, the body and the mind in motion. In the end, it is not the result that matters most, but the experiences that we build together along the way.

Building on our professional experiences as artists, we have developed a way to become more fully present in the online space, and therefore more powerful, creative and effective. We focus on activating the imagination, relaxation, expressiveness and body language by engaging in creative exchanges and reflective moments. The workshops aim to help participants acquire agency in digital space through embodied communication.

This workshop cycle of four sessions by "Embracing the Unknown", in interaction with a participating University Paris-Saclay intercultural scholar and staff member and a University of Porto artist and staff member offers a fun and exciting way to experiment, explore, play, connect and exchange with others in digital space.

The workshops

Two NTL/SLAM artists and an artist from a partner university in the EUGLOH Alliance take turns leading each of 4 workshops. Every 3-hour session has a theme and moves through several artistic techniques, creating a dialogue between the participants who are students and staff. Trust-building is an important part of the process, enabling those who were previously unknown

to each other to connect across roles, cultures and disciplines and emerge enriched from the experience. They focus on the flow, energy and dynamics of the process rather than on creating an “end product”, also taking the time to reflect and exchange on the experiences. They welcome and encourage individual contributions to the group connection.

Expected outcomes for participants:

- Increased resilience when faced with uncertainty
- Increased agency and creativity in digital space
- Enhanced experience of embodied multimodal communication
- Enhanced personal reflective and creative skills
- Enhanced intercultural awareness



Embracing the Unknown

is the name of a team of five artists from the field of performance, dance, jazz, classical music, theater and art therapy, and one academic in the field of languages and interculturality, residing in four different European countries. "Embracing the Unknown" is a working group of the Parliament of Practices (PoP), a platform of exchange for scholars and artists supported by the Nordisk Teaterlaboratorium. PoP is a nomadic, on-and offline environment of research and dialogue in and through practices, hosting public workshops, lectures, artistic performances and dialogues. They are currently collaborate with the Université Paris-Saclay and Porto University. www.crosspollination.space/the-parliament-of-practices/

The "Embracing the Unknown" Team:



Marta Wryk

Is a Cologne-based Polish mezzo soprano working as a soloist at the major concert halls and opera theaters of Europe, performing music from the Baroque era to contemporary music. She is equally passionate about educating and building bridges between people using music and creativity and has served as an educator and in various social projects.

www.martawryk.com



Marije Nie

is a professional tap dancer, musician, performer, teacher, artistic researcher and producer, working internationally for over 25 years in concerts, performances, films and festivals. She brings tap dancing into unexpected contemporary and interdisciplinary settings. She is resident artist at the Nordisk Teaterlaboratorium (DK) and co-founder of artist research platform Cross Pollination and Parliament of Practices.

www.marijenie.com



Christoph Falke

is theatre director and founder / artistic director of STUDIO 7 THEATER, a theater research ensemble based in Schwerte, Germany. He studied German Language, Philosophy and Theatre Science and practised as an actor and director. A big influence in his work is Japanese Classical Theatre in Tokyo with Hideo Kanze/Noh Theatre, Kosuke Nomura/Kyogen and Katsuko Azuma/Nihon Buyo.

www.studio7.de



Tapani Mononen

is a Finnish-born actor, director and art therapist who studied acting and directing in Finland, Denmark and Italy, where he has been living and working for 22 years. His work as an artist is a search for the authentic and personal. His therapeutic studies have helped him to bring much more awareness to his work. His interest for many years has been the connection and unity between the person and the artist, allowing his art to become more authentic, personal and spontaneous.

www.tapanimononen.com



Rita Castro Neves

lives and works in Porto, Portugal. Rita Castro Neves and Daniel Moreira work as an artist duo focusing on the representation of landscape, and using drawing, photography and video – in installation, to think about artistic collaboration, different techniques and artistic cultures, territory, scale and journey. Rita is currently a teacher at the School of Fine Arts, University of Porto, where she created and coordinates the group Symptom. Performance. Research. Experimentation. Rita Castro Neves is a member of i2ADS the Research Institute in Art, Design and

Society, School of Fine Arts, University of Porto,

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Vera Mihailovich-Dickman

is a Franco-South-African associate professor of English and Interculturality. She combines English and Intercultural competence development skills through embodied practices of learning through the interactive exploration of critical incidents, supported by intercultural theory and awareness-raising. Her academic studies on the contemporary French dual artist Henri Michaux led her to a doctoral thesis in History and Semiology of Text and Image with subsequent publications and exhibitions.

She is an associate member of the SLAM Lab at the Université d'Evry, a PlugIn Lab of the Université Paris-Saclay, of SIETAR France and of the Institut Mines-Telecom Didalang laboratory.

www.univ-evry.fr/recherche/unites-de-recherche/sciences-humaines-et-sociales/laboratoire-slam

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Karolina Beimcik

is trained as a classical violinist and jazz singer based in Poland. With her projects she has performed extensively in Africa, Mexico, Ukraine, USA, India and Germany. In addition to her Master's Degree in Jazz Performance she has an MA in Cultural Studies. Her recent interests and research revolve around psychology, art therapy and body awareness in music. www.karolinabeimcik.eu