

CS LAB # 6

May 25-26, 2021



CO-ORGANISED BY



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Co-funded by the
Creative Europe Programme
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santa maria da feira
câmara municipal

INTRODUCTION

For the past year, the world and environment we were living in has been severely shaken by the global pandemic. We have been deprived of our reference points, of fundamental liberties, challenged in our capacity to endure, stand, accept and cope with an unprecedented situation impacting both the professional and personal realms. In the end, we had no choice but to *adapt*, reinvent ourselves, our ways of life and our working practices in order to move forward. More than ever over the course of the 21st century, we have been drawn to adapt to new circumstances, realities and, ultimately, to venture into some unknown grounds and face uncertainty, along with the anxiety and doubts it brought about. *But concretely how did we navigate through this upheaval? What does it say about our resilience?*

Looking at the General Adaptation Syndrome (GAS), from Hungarian-Canadian endocrinologist Hans Selye, we've tried in the framework of the CS LAB#6, to reproduce its stages: Alarm-Reaction, Resistance and Exhaustion, as a way to conduct experiences and stimulate thoughts on how our body and mind adapt to the stress labyrinth we are now crossing, as a deeply impacted sector, and as individuals.

During two days, we invite you to experiment collectively this process and to reflect on the notions of adaptability, mental health and care. Let's observe the way our bodies and minds react to such stimuli, let's learn from it to better apprehend how we function and respond as human beings. This introspective experience will allow us to better equip ourselves to face future challenges in our professional and personal spheres. More than finding definitive answers, we will seek to initiate discussions, generate greater awareness and bring light to fundamental questions to guide us through this troubled time.

A SEMINAR TO THINK OUTSIDE THE BOX

3 DAYS TO THINK AND TEST NEW THINGS COLLECTIVELY

By creating a dedicated space of experimentation, the CS Lab offers to Circostrada members a time to think differently, to reflect and question their way of working. Experts, special guests and persons from outside the arts sector will help participants to nurture their reflexion by testing new tools and methods.

WHO IS IT FOR?

- The keynote sessions are open to anyone working in the fields of circus and street arts, including festivals, artists, producers, creation and performance spaces, cultural centres and development agencies from across Europe and beyond.
- On-site activities are open primarily to Circostrada members and Imaginarius guests, according to the number of places available.

WHAT FOR?

- Reconnect with our own creativity and build an inspiring vision for the future;
- Inspire fellow colleagues to step out of their daily routines and learn new skills;
- Give tools, techniques and strategies to create lasting change within our own practice and organisations;
- Test innovative working processes and develop new prototypes to tackle futures challenges.

About Imaginarius

The Imaginarius - International Street Theatre Festival of Santa Maria da Feira is the largest Street Arts event held in Portugal, constituting itself as a landmark, a living system of production and organized cultural circulation with a focus on the performing arts, especially in the theatre and street arts.

2021 marks the 20th anniversary of the Festival, which takes place annually in the month of May, in the historic city centre of Santa Maria da Feira.

In terms of programme, the Festival has invested in large international productions and in the development of original creations for presentation in its programming debut, giving space to the experimentation and imagination of local creators. The official programme also includes the Mais Imaginarius section, contextualized as a competition of projects by emerging artists, and Imaginarius Infantil, with innovative workshops and experiences for an audience between 3 and 12 years old.

Through the dynamics of Imaginarius 365, Santa Maria da Feira breathes street arts throughout the year.

About Circostrada

Circostrada is the European Network for Circus and Street Arts.

Created in 2003 with the core mission of furthering the development, empowerment and recognition of these fields at European and international levels, over the years the network has become an important anchoring point for its members and a key interlocutor in the dialogue with cultural policy makers across Europe. Circostrada is coordinated by ARTCENA - French National Centre for Circus Arts, Street Arts and Theatre - and is based in Paris (France).

In a few words, Circostrada is:

- A community of circus and street arts professionals linked together by common values and aspirations, who advocate for greater recognition and more structured cultural policies.
- The voice and reference network of circus and street arts in Europe.
- A group of passionate and committed individuals who meet several times a year at the network's events.
- A network dedicated to its members, engaged in facilitating the exchange of experiences, knowledge, and good practices at European and international levels.
- A digital resource platform that provides thematic publications, observation tools and news on circus and street arts, available to all free of charge in English and French.

PROGRAMME

MONDAY, MAY 24TH

DAY#1 - WELCOME

From 14:00 (CET-1) Check In
@ Hotel Ibis Santa Maria da Feira

20:00 - 22:00 (CET-1) Optional Dinner (unsupported cost)
@ Lago restaurante, IBIS Hotel



TUESDAY, MAY 25TH

DAY#2 - Alarm and resistance stages

What are the phenomena caused by the sudden exposure of the body to stress, to which it is not adapted? What are the resources used by the human brain to cope with what is usually called by scientists the "alarm reaction"? After this first prolonged exposure to the alarm phase, which we all experienced last year, the body enters a resistance phase marked by adaptation and resilience. What tools can we learn to better accompany this transformation? Day 2 proposes to evaluate and introspect these first two phases to better apprehend the next one.

08:00 - 08:45 (CET-1) Breakfast

@ IBIS Hotel

08:45 - 09:00 (CET-1) Departure from the hotel - Walk towards the gardens

09:00 - 10:30 (CET-1) Circus Workshop: Stressing the body

@ Europarque Gardens

Instructors: Davide Milani and Miguel Moreira from INAC

Synopsis: Manipulation of objects is one of the many techniques that the circus has. Two bodies cannot occupy the same space at the same time, however, when they try to share it, a stress relationship is generated, which can be of balance and harmony. So much so that we can question who manipulates whom.

Objective: to draw the body and object in space through manipulation.

Development: expansion of peripheral vision.



10:40-11:00 (CET-1) Recovery time: walk back to the hotel

@ Europarque Gardens

11:00-12:30 (CET-1) **Workshop: Design Thinking methodology :**
@ IBIS Meeting Room **How to be creative under stress (on-site)**

Speaker: Luana Bistane

We live in a time when creativity is called to action and we are being asked to find innovative solutions and to maintain ourselves productives.

But how does stress affect our ability to think and be creative? How can we innovate under stress?

With a human-centered approach, Design Thinking uses creative tools to promote collaboration and solve problems of a wide range. The proposal is that we should adopt a "beginner's mind" in order to adapt our mindset to remain open and curious, learning to observe situations from different points of view, thus seeing ambiguity as an opportunity, and approaching the unknown by being confident and fearless in trying new approaches.

In this workshop we will make use of some tools and techniques to adapt our thinking processes when dealing with stressful events or really demanding tasks, placing the participant at the center of it as a way to self-knowledge and understanding of our own thinking as a reaction process



12:30 -14:00 (CET-1) **Lunch break**

14:00 -14:30 (CET-1) Recovery time travelling
Shuttle from hotel to Local Greenhouse



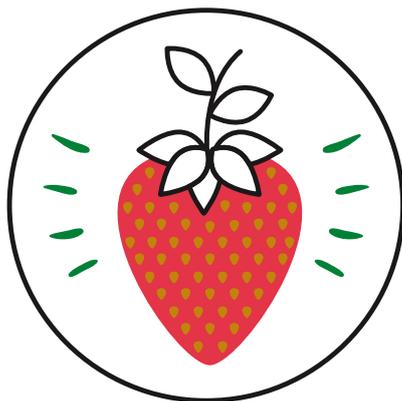
14:30 -16:00 (CET-1) Strawberry Picking
@ Local Strawberry Greenhouse

Tour of the place with Alexandrina, Owner of the Greenhouse (30')

Speaker: Miguel Bica

Widely appreciated for its characteristic aroma, bright red colour, juicy texture and sweetness, strawberries are also a delicate fruit that can easily be damaged if put under pressure. In a way to get to strengthen the bond between participants, we will be challenged to pick these sweet treasures in perfect conditions and collaborate quickly.

And by the way, how much pressure do we put ourselves through to be perfect?



14:30-16:00 (CET-1) Workshop: Design Thinking methodology :
How to be creative under stress (online)

Speaker: Luana Bistane

16:00 - 16:30 (CET-1)

Recovery time travelling
Shuttle from Local Greenhouse to hotel

16:30 - 18:00 (CET-1) Keynote#1: Are we designed to adapt? (on-site and online)
@ IBIS Meeting Room

Speaker: Vida Skreb

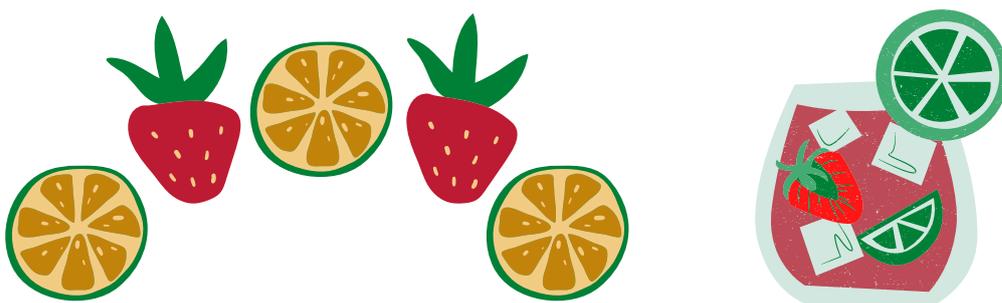
We will explore the impact of stress on our brain, emotions, bodies and performance. This will be a deep dive in understanding how our nervous system is wired and our unique responses to internal and external pressures. The speaker will show tangible ways to overcome the adverse effects of stress but also use it as a way to become more integrated, creative and resourceful.

We will work through tools for the mind and body to transform how we feel, build self-compassion and find sustainable and practical ways to thrive. Get ready to learn, move, share, and enjoy!

18:00 - 18:30 (CET-1) Break drinks with fruits

@ IBIS Terrace

After a stressful event and intense work journey, the most deserved break. Enjoy some refreshments made with the strawberries you've picked!



18:30 - 19:30 (CET-1) Free Time

Enjoy some free time. Check your emails, but not too much, or walk around, but not too far; or simply enjoy a break with no buts.

WEDNESDAY, MAY 26TH

DAY#3 - Exhaustion Stage

During a very intense Day 2, we experimented and reflected on our resistance. But what happens if the alarm stimuli are too long? Are our brains and bodies built for this? Could we experience what is called the exhaustion phase?

Day 3 is about exploring important topics such as burnout, mental health and the concept of care. What if we don't always have to be resilient?

08:00-08:45 (CET-1) Breakfast

@ IBIS Hotel

08:45-09:00 (CET-1) Leaving the hotel, walk towards the gardens

09:00 - 10:30 (CET-1) Hatha Yoga (Optional)

@ Europarque Gardens



We suggest you to start the day with a relaxing yoga class with the beautiful and peaceful gardens scenario, allowing you to connect with your inner self and nature surrounding. Hatha yoga is the branch of yoga that typically comes to mind when you think of yoga in general terms. The practice involves breath, body, and mind, and classes are usually 90 minutes of breathing, yoga poses, and meditation.

10:40 - 11:00 (CET-1) Recovery time: Walk back to the hotel

@ Europarque Gardens

11:00 - 12:30 (CET-1) Keynote#2: Have we burnt out culture? (on-site and online)

@ IBIS meeting room

Speaker: Ana Pinto Coelho

Facing such dramatic changes in professional and personal spheres of life makes the notion of mental health all the more relevant and topical. While going through a fast digital transition in a world where constant adaptation and flexibility is demanded of us, and of the cultural sector at large, we can easily feel overwhelmed, experience burnout and go under stages of exhaustion.

This keynote will approach how we take care of ourselves in a society that is not prepared to deal with a major mental health crisis and where these topics remain taboo. What common space can we create to allow the release of a healthy and necessary dialogue? How can we change the dynamic and counter the pandemic fatigue?

12:30 - 14:00 (CET-1) Lunch

14:00 - 14:30 (CET-1) Recovery time travelling
Shuttle from the hotel to Imaginarius Creation Centre

14:30 - 15:30 (CET-1) Discovering Imaginarius Festival

@ Imaginarius Creation Centre

- **Visit of the Imaginarius Creation Centre and meeting with the team**

Imaginarius - International Theater Festival of Santa Maria da Feira is a landmark, a living system of production and cultural circulation, focusing on street arts and contemporary circus. From this positioning, the Creation Center and the Festival emerge as a single organism, developing activities that are interdependent in terms of devices and creativity.

With a consolidated path of 20 years in the promotion of Street Arts in Portugal, the Festival is the privileged stage for renowned artists and companies, national and international, who choose the public space of Santa Maria da Feira to present their creations, many of them in absolute debut.

La Fura dels Baus, Royal de Luxe, Titanick Theater, Pippo Delbono, Xarxa Teatre, Transe Express, Leo Bassi, Strange Fruit, Cacahuète, Gran Reyneta, CirkVOST, Hortzmuga Teatroa, KTO Theater, Odin Teatret, Pan Optikum and Antagon AKTion are Some of the worldwide companies that have already passed through the Festival and mark a mark in the territory.

Since 2009, the Festival has opened space for young creators from all over the world through the Mais Imaginarius contest, which privileges experimentation and new approaches in the public space of Santa Maria da Feira, with a strong connection to the international market.

Currently, in addition to the main program and the competition, the festival features a space dedicated to children's programming, a space for professionals - imaginarius Pro - and a highlight for artistic creations and processes.

Since the inauguration of the Imaginarius Creation Center - Art and Public Space (2017), Imaginarius has extended its performance into the field of creation, welcoming activities, both artistic / performative, as artistic residencies, as well as training as workshops, conversations and lectures, among others.

The formative aspect and artistic exchange remains a strategic approach for Imaginarius and, marked by an incessant desire to create and transform, Imaginarius treads a necessary path of construction and deconstruction because we believe that the future is Imaginarius.



- ***HOLE*, Rui Paixão - Showcase**

HOLE is a performance / installation built exclusively as an experimental showcase of Rui Paixão's investigation of the clown universe and how he can approach artistic urgency in contemporary times. It creates a relationship between a sculptural object (built and idealized by Cristóvão Neto), the performer, the space the object occupies and the audience. What is to be observed turns out to be the spectator and the way he reacts and expresses what he sees.



15:30 - 16:00 (CET-1) Recovery time travelling
Walk to town (From Imaginarius Creation Centre to Quinta do Castelo)

16:00 - 18:00 (CET-1) Visit to Imaginarius artistic installations

@ Quinta do Castelo

Ruins of the Tower of Babel, from Alexandra Couto and Paulo Pimenta

In order to avoid floods, the Tower of Babel rose until it almost touched Paradise. God then created the various languages, preventing understanding between builders and halting the daring of architecture. Millennia later, this dispute still echoes in the linguistic diversity of the world today. It is true that science and technology help global communication, but intercultural dialogue also involves empathy, intuition ... If so many citizens from other countries live in the Fair today, how does language influence their lives? How did they adapt to Portugal? What have we learned from the languages that have brought us?



Ruins of the Tower of Babel

The Cube, from Elisabete Sousa and Diogo Martins

The Cube is an interactive multimedia installation, a living and reactive organism, made up of organic and technological materials, to which visual and sound memories of Imaginarius are added, triggered in the interaction with the public. A representation of the city-territory and the body-territory, both in constant reproduction, regeneration and growth; a time capsule.



18:00 -18:30 (CET-1) **Recovery time**
Walk up to the Castle



18:30 - 20:00 (CET-1) Keynote#3: From resistance to resilience: What about caring?
@ Castle Tower (on-site and online)

Speaker: Hugo Cruz

We finally reach the castle's tower: It's time to take a moment, look around and embrace our empathetic self. During such a demanding time, it is essential to reflect on the act of caring and ask ourselves what is caring for the others and for oneself. What personal, professional, collective awareness and change does it induce? Is resilience a type of care? Or on the contrary, do we have to rethink the predominant "urgency vocabulary" and find out what resilience really means. Are we being resilient? Do we even have to be? Aren't most of us simply resisting? Questioning this might be the first steps towards really integrating the practice of care in our lives.

20:00 - 20:45 (CET-1) Networking moment

@ Castle Tower

Relax and enjoy the view!



20:45 - 21:00 (CET-1) Recovery time

Walk down to the city centre, towards the restaurant

21:00 - 22:30 (CET-1) Dinner (unsupported cost)

@ Cervejaria Norte

23:00 (CET-1)

Transfer from the city centre to the hotel

ARTISTS

Rui Paixão - Performer / Clown / Actor / Artistic Director (Portugal)



Rui Paixão develops a work of investigation and exploration of new possibilities for the language of contemporary clown and physical theatre with a focus on artistic creation for the public space.

Graduated in theatre at Academia Contemporânea do Espetáculo (2014), he began his professional career as an independent artist in 2015, year in which, he won the OFF CIRCADA prize at the CIRCADA festival in Seville as an emerging artist in contemporary circus.

After 5 years of touring with various shows, in 2018 he created HANNO and integrated the OLE-Outdoor Lab Experience in France at the Cratère Surfaces Festival. In 2019 he joined Cirque du Soleil in a new creation in Hangzhou, China. Back in Portugal in early 2020, he joined the cast of Romeo and Juliet in a version by John Romão at the National Theater D. Maria II in Lisbon.

Elisabete Sousa, Artist (Portugal)



Local artist with a degree in theater who develops work in multidisciplinary performances and installations between art - technology - nature, and aesthetics as an influence to direct action.

Diogo Martins, Artist (Portugal)



Studied engineering, theatre and visual arts in Porto and São Paulo. He has been developing his own interdisciplinary and experimental artistic creation projects, using performance, dance, creation and manipulation of objects.

Alexandra Couto

Graduated from the University of Coimbra, she has been a journalist since 1996, having started her career in the regional press and currently working for national bodies such as Lusa - Portuguese News Agency and the newspaper Público. She is also a copywriter, storyteller, ghostwriter and biographer, showing the mastery of different language techniques and various styles of current and literary writing. She reconciles her main professional activity with Photography, Painting and Cultural and Social Volunteering.

Paulo Pimenta

Graduated from the Escola Superior Artística do Porto, he is a photojournalist at Público, a professor at the Escola Superior de Jornalismo and a regular contributor to various artistic projects. Several times awarded for his work at national and international level, he integrated events such as the Venice Biennale of Architecture and exhibited at institutions such as the Portuguese Center of Photography - He is also co-author of several publications on themes predominantly linked to Arts Inclusion.

Davide Milani

Davide was born in Milan, started his training as a juggler and circus artist at Milan's "Piccola Scuola di circus", directed in various shows by artistic director Milo Scotton. In 2018 he joined the INAC-National Institute of Circus Arts, in Portugal, where he began his 2-year professional training. He participated in the show "Before the rain" directed by Roberto Magro, participated in the Festival Circa in Auch (FR) with the show "We are rising" directed by Jorge Lix. He participated in the show "Mar em Festa" at Festival Cúpula and in 2020 created his first solo "Out of the box", presented at the Casa das Artes theater in Vila Nova de Famalicão (PT), a show of juggling and object manipulation in which we question the concept of freedom in the modern era, reflecting on creative thinking. "Thinking outside the box" as the only way to escape a mechanical society in which so many masks are used to lose track of our true personality

Miguel Moreira

Miguel Moreira, 26 years old, born in Vila Nova de Famalicão. In 2018 he started his training in the circus area in the technical year of INAC. In 2019 he started the professional circus arts course at INAC, specializing in object manipulation and juggling. Work in animation events since 2013.

SPEAKERS

Luana Bistane, Speaker / Professor, Gerador / LadoBe Creative
(Brasil)



Luana Bistane has a master's degree in Culture and Communication from the University of Lisbon, specialist in Creative Economy, graduated from the University Rey Juan Carlos - Madrid and a bachelor's degree in Culture and Communication with specialization in cultural production. In the area of research, she dedicates her attention to topics such as Creative Economy, Culture and Trend Studies. In 2017 she created LadoBe Creative Agency in Lisbon, with the objective of developing projects promoting positive impact and economic development through culture and creativity.

Miguel Bica, Production Director at Gerador
(Portugal)



Miguel particularly enjoys making things happen. He started by doing a bit of everything, from hanging people from cliffs to teaching others how to hang them, from brand activations to training. Little by little, he found himself migrating to the cultural area, where he collaborated in the IndieLisboa and DocLisboa film festivals and was the manager of the Baixa-Chiado PT Bluestation project.

In 2014 he founded Gerador, together with Pedro and Tiago and has seen it grow every day as production director.

It is to the Generator that he dedicates himself body and soul, being also a trainer of production and of shows and culture in the production courses at the World Academy.

Ana Pinto-Coelho, Director / curator / counselor, Safe Space Portugal (Portugal)



Ana Pinto-Coelho graduated in Marketing and Advertising and has worked for 23 years in the area of cultural production, shows and events.

As a press officer and coordinator of several projects, she has always found in culture the way to communicate with the most diverse audiences. She then decided to go deeper into a path she has always followed in her work and graduated with merit at Oxford in addiction counselling.

Currently, Ana Pinto-Coelho is a therapist, advisor in addictions, director and curator of the Mental Festival project. This festival enables her to cover a little of her entire professional trajectory, as a mental health therapist, communication professional, cultural programmer and event producer, editor but above all humanist and lover of causes.

Vida Skreb, Independent coach / facilitator / speaker (United Kingdom)



Vida Skreb thrives on helping people transform into their true selves. Her doctorate is in neuroplasticity and learning from the University of Zurich.

She is passionate about applying knowledge about the brain and psychology to empower others. She is now a coach and facilitator at a leadership consultancy in London. She is from Croatia and speaks Portuguese, French, Italian, German and Spanish.

Hugo Cruz, Artistic Director / Researcher, Art and Participation
(Portugal)



From the parallel and simultaneous paths in community psychology and artistic creation, Hugo has found breath in what was close to the human. Early on, he recognized himself in associative movements and in civic and political action, and crossed public education with non-formal education in Portugal, Brazil, France and Spain. Hugo has co-created with professional and non-professional artists in prisons, community centers, schools, social quarters, where he felt closer to life.

Hugo has conducted with good accomplices experimental projects in the context of public policies in Santa Maria da Feira, among others. Today, Hugo is still looking for how to cross the world as it is, to perfect himself in this craft of mixing things and people.

REGISTRATION PROCEDURE

> REGISTER NOW



- The 3 keynote sessions are open to all upon prior registration on the Circostrada website. They will be accessible via Zoom and streamed live on Facebook.
- **Please fill in the form to complete registration.**

- On-site activities are accessible to Circostrada members and Imaginarius invited guests only.
- Please note that only 15 places are available for on-site activities: 10 places for Portugal residents (including Circostrada members and guests) and 5 places for non-Portuguese Circostrada members.
- Places for on-site activities will be attributed on a first arrived first served basis.
- The programme might suffer some last minute alterations due to the Covid pandemic.
- **Registrations will close on May 16th**

CONTACT



CIRCOSTRADA

- **Laura Jude - Production and Administration**
Mail: laura.jude@artcena.fr
- **Laura Gérard - Communication and Editions**
Mail: laura.gerard@artcena.fr



For more info:
www.circostrada.org

IMAGINARIUS

- **Telma Luis - Programming Manager**
Mail: telma.luis@cm-feira.pt

VENUES OF THE CS LAB

@Ibis Hotel

Rua Dr. Serafim Correia Pinto De Guimarães, N. 249, Europarque, 4520-153
Espargo
(+351) 256 307 040

@ Lago restaurante

Europarque, 4520-153 Santa Maria da Feira
(+351) 914 556 069
Menu

@ Europarque

Rua Interior do Europarque, 4520-153 Santa Maria da Feira

@Strawberry Local Greenhouse

Travessa da Lavoura, Escapães

@Imaginarium Centro de Criação

Rua Joana Forjaz Pereira - Santa Maria da Feira
(+351) 256 331 075

@Quinta do Castelo

Rua do Parque infantil, Santa Maria da Feira
(+351) 256 370 800

@Castelo

Alameda Roberto Vaz de Oliveira 4520, 4520-201 Santa Maria da Feira
(+351) 256 372 248

@Cervejaria Norte

R. Dr. António Carlos Ferreira Soares, 4520-213 Santa Maria da Feira
(+351) 256 303 302

USEFUL INFORMATION



Pharmacies

Farmácia Sousa
Av. Francisco Sá Carneiro 23 ·
(+351) 256 363 295

Farmácia do Cavaco
R. António Martins Soares Leite 42 Fracção E · Open 24 hours
(+351) 256 378 074

Food (delivery)

FOOD!!!

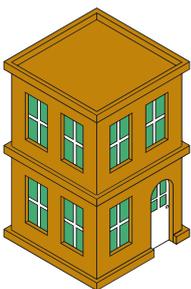
Uber Eats (through the app)
Ferniela D'Ruz: (+351) 256 376 618
Telepizza: (+351) 256 248 752
Praceta: (+351) 256 305 245

All meals of the CS LAB are covered by Circostrada*
*all meals are included except dinners on Monday and Wednesday evening



Taxis

Feira taxis: 910 975 999
Taxi Ramos e Fernandes: 915 175 239
Uber (through the app)



Accommodation at IBIS HOTEL

Circostrada will cover accommodation costs for all participants present on-site.