

Ecology of Care/Care Day

The proposal is a continuation of an intimate practice-based research started in June 2020 as part of Culture Lab Europe (CLE). In that first stage, our group Ecology of Care has built a collective methodology that now serves as a ground for further exploration on current social urgencies as solidarity, ecology & sustainability, labor & exhaustion and over-digitalization

As CLE Media Team Author Doria Mohorovic wrote:

" Their idea is to slow down time and to articulate a common space, to find alternative spaces (...) Main idea of the group is on practicing and experimenting solidarity, starting from themselves. So the focus is on individual practices, not only on collective ones."

The second stage will be developed between December 2020 and June 2021 and takes the name of **"Care Day"**.

Every Friday, we will undergo a small-scale experiment in the form of a 'slowing down' practice. We will spend as much time of the day as possible engaging in active inactivity; an open-ended framework that allows a closer encounter with natural environments and extended free time for self-introspection and different creative processes.

"Care Day" is a non-labor reward, an intellectual leisure, and a "non-productive" space for solidarity, adopted as a mode of resistance to the frantic pace of contemporary life. Enabling us to spend time with ourselves and with other people, whilst focusing on self-care and hospitality.

It is our goal to shed some light on what is the potential of this kind of practice to change, or at least challenge, our work patterns and leisure time while contributing toward an eco-social transformation.

"In a world without money, without laws, without work, without technology and without all the numberless horrors produced by civilization."

From "Barbarians - the disordered insurgence" by Crisso and Odoteo

Combining ecology and care, "Care Day" aims to improve mental and body wellbeing.

We will engage in various individual practices that can be defined as "care", such as, for example:

- reduce the activity load to a minimum
- spend time immersed in nature; disconnect from technology

- engage in previous time-constrained activities that now have space and time to flourish
- discover intimate personal ways to change reality according to our own frustrations with it

As these practices will vary and be experienced differently for each member, a myriad of strategies will be tested during the research period.

At the end of each “Care Day”, we will gather “on-line” to share and discuss views and thoughts. Parts of these conversations will be recorded and posted weekly on CLEs blog platform in the form of a series of unedited audio episodes of about 30-60 minutes.

This audio lab aims to give the opportunity to the listeners to learn from both individual and collective experiences and to pursue their own individual reflection on sustainability and care. Guests will be occasionally invited to share their own perspectives on 'slowing down' and 'care'.

Besides the audio recordings, we will also document our experiences using an analog approach (i.e. handwritten stories, visuals) to be featured weekly on CLE blog platform as well.

The "Care Day" initiative will start on 04.12.2020 and will last for 29 weeks, as a prelude to our first physical meeting on ArtfarmP2, on the Croatian Island of Hvar, last week of June 2021, for AA (Artists & Activists) residency.

There we will record “off-line” the audio episode #30 on Friday 26.06.2021.

Ecology of Care

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