

Welcome to the first edition of *4 Days* - a new quarterly platform for performance at Arnolfini. Following this January event with further editions in April, September and November, *4 Days* is an opportunity to consider live and performance art as something distinctive and uniquely resonant for audiences, and a potent tool used by artists in their communication of ideas.

A building-wide experience, the events during *4 Days* take place at differing times and spaces throughout Arnolfini. The series will offer audiences and performers a range of meeting points, via performances and ideas (actions) that are informed by theatre, music, science, language, current affairs and notions of play. At its heart *4 Days* centres on live actions initiated by artists who favour performance as a strategy for the exchange of ideas. Often these ideas offer audiences the opportunity to take an equal part in the 'action', taking a direct role in the natural ecology of the artworks as they develop.

A loose theme for this edition of *4 Days* is 'coming together' whether over the durational works of Georgia Sagri or Emma Smith, or at a forum led by artist collective Project Boondock. Group action is also central to the work proposed by Sharon Gal, as she leads members of the public in the creation of original music and sound works for guitar and voice. Shorter performances too offer the chance to share in intimate encounters in unusual settings with Heather Phillipson (featuring Edwin Burdis), Nils Bech, Bodies in Flight, Sarah Vanhee, Laure Prouvost, Mikhail Karikis, Edwin Burdis (this time presenting his own work), Mette Edvardsen and Philipp Gehmacher. *4 Days* also features installation in its definition of performance (from Mikhail Karikis in the Auditorium and Bodies in Flight in Gallery 3) and will, at times, dish up the constituent parts of performance (such as the rehearsal, or the after-party) as key factors in the live process.

Performance, however it's defined, is a great tool for interaction and immediacy. We sincerely hope that you, the visitor will join us to make some meaning of it all and also take the time to offer some feedback. Whether visiting the event to chat in the forum, comment remotely online, or engage with the questions posed in the foyer - we look forward to hearing from you during *4 Days*.

Jamie Eastman, Curator of Performance

## Day 1 - Thursday 17 January

18:30-18:40	Heather Phillipson - PRESSURIZATION	£5
19:30-20:15	Nils Bech - Look Inside with Eirik Sæther	£5

## Day 2 - Friday 18 January

11.00-19.00	Georgia Sagri - Owen	Free*
11.00-17.00	Emma Smith - ΔE=W	Free*
18.30-19.00	Sharon Gal - Gals with Guitars	Free*
19.30-20:15	Bodies in Flight - Gymnast	£5

## Day 3 - Saturday 19 January

11:00-17:00	Emma Smith - ΔE=W	Free*
12:00-17:00	Project Boondock - You are Here (open forum)	Free*
13:00-13:45	Sarah Vanhee - 1	Free
15:30-16:15	Sarah Vanhee - 2	Free
13:45-14:00	Laure Prouvost - Vegetables	Free
14:15-14:45	Mikhail Karikis - The Highflyer	Free
15:00-15:15	Laure Prouvost - Charlie the Dog	Free
16:15-16:30	Laure Prouvost - Grandad	Free
16:45-17:05	Edwin Burdis - Home	Free
17:30-18:00	Mette Edvardsen - Black (gallery version)	£5
18:30-19:00	Mette Edvardsen - Black (dark studio version)	£5
19:30-20:00	Philipp Gehmacher - walk & talk 13	£5

## Day 4 - Sunday 20 January

11:00-18:00	Georgia Sagri - Owen	Free*
11:00-17:00	Emma Smith - ΔE=W	Free*
12:00-17:00	Project Boondock - You are Here (open forum)	Free*
13:30-14:00	Sharon Gal - l'esprit d'escalier	Free*
15:00-15:45	Sarah Vanhee - 3	Free
16:00-16:30	The Nightbus Choir - Gymnast Revisited	Free
17:30-18:15	Sarah Vanhee - 4	Free

\* Free, but booking required at Box Office

# ARNOLFINI

Emma Smith, Philipp Gehmacher, Mette Edvardsen, Nils Bech, Bodies in Flight, Heather Phillipson, Sarah Vanhee, Sharon Gal, Laure Prouvost, Mikhail Karikis, Edwin Burdis, Project Boondock and Georgia Sagri!

11am-6pm

Sunday 20 January

11am-8pm

Thursday 17-Saturday 19 January

Programme Guide

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ARNOLFINI



Arts Council England, Bristol City Council, OCA Norway, Dance 4 and Ferment, Legacy Trust UK and the European Development Fund.

Supporters

Curator: Jamie Eastman  
 Assistant Curators: Lauren Jury, Alastair Cameron  
 Technicians: Faisal Rahman, Ewen Macleod, Mark Harris, Anton Goldstein, Charles Farina, Anna Barrett, Jerry Ortman, Graham Hogge  
 Documentation: Rhianon Chaloner, Pat Cullum & Rob Darch, Young Arnolfini  
 Volunteers: Alasdair Ambrose, George Scane  
 Thankyous: The performers, participants, practitioners, researchers and artists involved in this edition of *4 Days*, the staff at Arnolfini, Tom Trevor, Bristol University, Abbey Wood Community School and Andy Field.  
 Special thanks: Georgia Sagri

Credits

@ArnolfiniArts  
 #4days2013  
 facebook.com/arnolfiniarts  
 arnolfini.org.uk/blog

Follow and feedback

## Level 2

### Light Studio

Sharon Gal  
(Day 2)

Sharon Gal (IL, UK) – Gals with Guitars  
A collaborative group composition for electric guitar that culminates in a performance, inviting participation from female players of any playing ability exploring sound making with traditional and extended techniques. Incorporating the guitar as a metaphor for self-empowerment, a symbol of transition and change.

Mette Edvardsen (NO, BE) – Black  
The space is empty. There are no objects. In two alternating performances Edvardsen makes a world more visible, through word and movement mediating between the audience and what is there.

Sarah Vanhee (BE) – 1 - 4  
Across four performances Vanhee will speak ahead of one's thoughts to demonstrate the extent to which language is part social product, part inherited in terms of rhythm and tone.

Project Boondock (UK) – You are Here  
An open forum to discuss performance, live art and live action—and how best to dissolve traditional barriers between spectator and performer.

Georgia Sagri (GR, US) – Owen  
Moved by the ideas of Gertrude Stein, Owen perceives viewer and performer to be actor and spectacle at the same time. Sagri invites visitors to assist her in learning by heart a soldier's speech and offers elements on how to activate the piece again on a different occasion.

Bodies in Flight (UK) – Gymnast  
An installation that commences with a performance exploring the athlete's dedication to achieve physical mastery, featuring a 12-person choir and gymnasts. Also features Jen Bell, Tony Judge and The Nightbus Choir. An additional performance of the work's vocal component closes the installation.

### Dark Studio

Mette Edvardsen  
(Day 3)  
Sarah Vanhee  
(Day 3 & 4)

### Gallery 5

Sarah Vanhee  
(Day 3 & 4)

### Reading Room

Project Boondock  
(Day 3 & 4)

## Level 1

### Gallery 2

Georgia Sagri  
(Day 2 & 4)  
Mette Edvardsen  
(Day 3)

### Gallery 3

Bodies in Flight (performance)  
(Day 2)  
Bodies in Flight (installation)  
(Day 3 & 4)  
The Nightbus Choir  
(Day 4)

### Gallery 4

Laure Prouvost  
(Day 3)  
Mikhail Karikis  
(Day 3)  
Edwin Burdis  
(Day 3)

Laure Prouvost (FR, UK) – Vegetables / Charlie / Grandad  
Detailing events that occurred perhaps a few seconds ago, Prouvost explores ideas around translation between audiences and media.

Mikhail Karikis (UK) – The Highflyer  
Raising questions about speech and authority in the performance of 'maleness,' Karikis explores some of his thematic interests in vocal acts combining sounds, video and props.

Edwin Burdis (UK) – Home  
Incorporating a table, a chair and potentially some beers, Burdis presents a work in progress alongside friend and fellow artist Kieron Livingstone.

## Ground Floor

### Gallery 1

Heather Phillipson  
(Day 1)  
Nils Bech  
(Day 1)  
Emma Smith  
(Day 2, 3 & 4)  
Philipp Gehmacher  
(Day 3)

Heather Phillipson (UK) – PRESSURIZATION

Phillipson's 'talking pictures' propose the gallery as both cabin and head, adopting the tropes of nonstop flight—velocity, vistas and body-parts: where are we going? Also features Edwin Burdis.

Nils Bech (NO) – Look Inside with Eirik Sæther

A performance about a romantic encounter as a catalyst for self-reflection, Bech presents new songs as a story for audiences to follow alongside artwork from Sæther. Also featuring Julian Skar.

Emma Smith (UK) –  $\Delta E=W$

Developed in collaboration with scientists, sonic architects, tai chi and tantra masters  $\Delta E=W$  invites participation toward the energetic relation of people, practice and space with practical exercises and interactive experiments on voice, touch, gaze and spatial harmonics.

Philipp Gehmacher (AT) – walk & talk 13

A mesmeric lecture-performance in which Gehmacher meditates on movement whilst moving—suggesting choreography and language as joined-up communication.

Sharon Gal (IL, UK) – l'esprit d'escalier  
Inviting participation in a search for the spirit of the staircase - l'esprit d'escalier is a process of awakening, exploring the unique characteristics of Arnolfini's staircase/foyer and developing a collective sound. What is a memory of a place? Is there a spirit hidden in its architecture, in its history?

### Foyer

Project Boondock  
(Day 3 & 4)  
Sharon Gal  
(Day 4)