



ZIP CODE MEMORY PROJECT

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AQUÍ/HERE

Working collectively on our experiences during the pandemic through performance and mapping practices.

WORKSHOP BY MARÍA JOSE CONTRERAS



Photo by Desiree Rios

AQUÍ/HERE

Towards Collective Embodied Reparative Action


Maria Jose Contreras

The workshop **AQUÍ/HERE** offers the opportunity for a collective working through of the ongoing trauma of the pandemic. Through visualization and embodied exercises, participants explore how this cascading trauma has registered in their bodies. Translating emotions and affects into visual images and words, building body maps and engaging in physical exercises allows participants to ground their feelings. When we externalize traumatic experiences, we gain the necessary distance to process them. This kind of work cannot be completed in solitude. A crucial aspect of the workshop is providing a safe space for connecting with others.



The workshop creates a space for sharing personal experiences. The affective attunement of bodies in co-presence is central for reparative action. Vibrating together we learn that even if each experience is unique, we are not alone, we can construct networks of solidarity to accompany one another in these difficult times. This seems particularly relevant in the context of the pandemic when the quarantines impeded face-to-face interactions, increasing isolation.



 Photo by Sylvia Juliana Riveros Torres

In Aquí/Here participants build a unique way of being together, one that slows down the time of trauma to offer an alternative temporality that disrupts the linear, unforgiving progression of trauma.

In the workshop time expands, contracts, travels to the immediate and remote past to weave heterogenous temporalities. Working in the gaps, detours and fissures of the conventional imperative of time we can find a shared disposition of hopefulness and conjure a better collective future.

AQUI/HERE

Workshop Overview

1. WARM-UP
2. MATCH
3. BODY MAPS
4. CITY MAPS
5. WRAP-UP

Workshop Materials

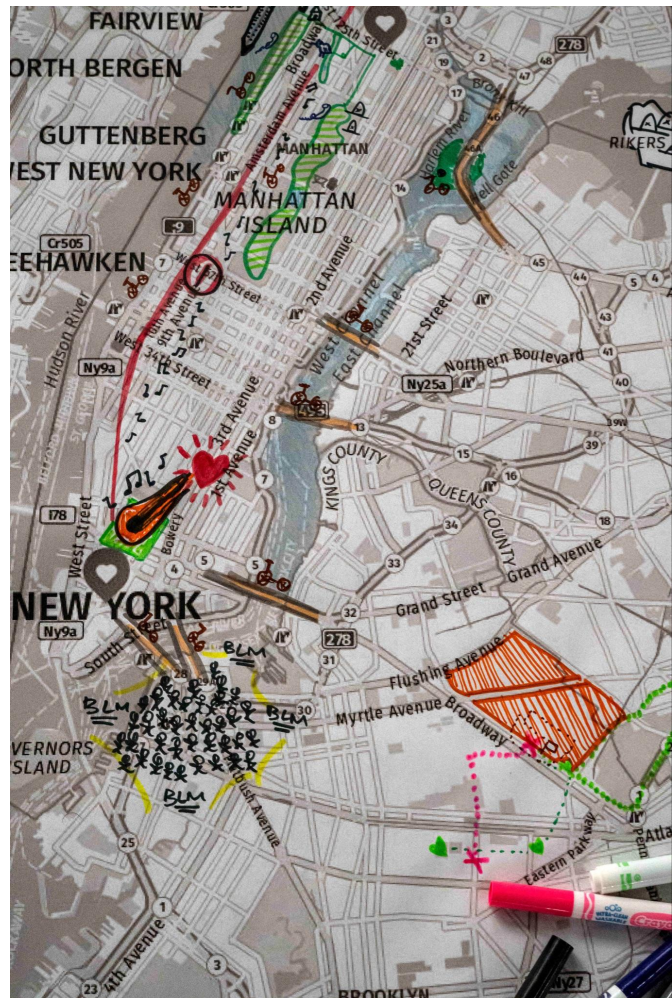
MATCH EXERCISE
Box of Big matches

BODY MAPS

- Scissors
- Kraft Wrapping Paper Roll, Natural or White 36 inches x 100 feet (calculate 10 ft per participant)
- Black Markers, Color Markers, pencils, crayons.
- **Optional Supplies such as wool, stickers, feathers, old magazines, personal photos, pompoms**
- Ask participants to bring objects or materials that are meaningful for them.

CITY-MAPS

- Printed maps of the city/community (you can print from google map). Measurements 2 ft x 4 ft. approx.
- Black markers, Color markers, pencils, crayons.



Warm-up: Theatre Games

Walk freely through the room.

Feel your steps firmly on the floor.

When you encounter another participant, say hello with one hand, you can use any gesture!

When you encounter another participant, say hello with a silly face!

When you walk by another participant walk at the same speed they do, creating pods that move at the same pace. Work together with your pod to find a common pace.

Go back to a circle: find a place to stand.

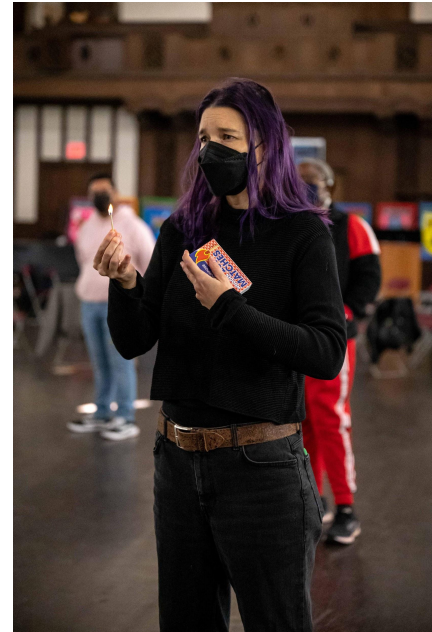
Close your eyes. Feel the energy that comes up from the ground, moves through your feet, and projects up to the sky.



Match exercise

I will hand you a match. Please find a partner and look into their eyes. Light your match. While the match is lit, answer the following question: "What did my body learn from COVID?". You don't need to prepare your answer -- just say whatever comes into your mind but, remember, you can only speak while the match is lit. When the match goes out, that's your signal to stop talking. Don't worry if you can't finish the sentence or the idea. We are here with you.

Listening.



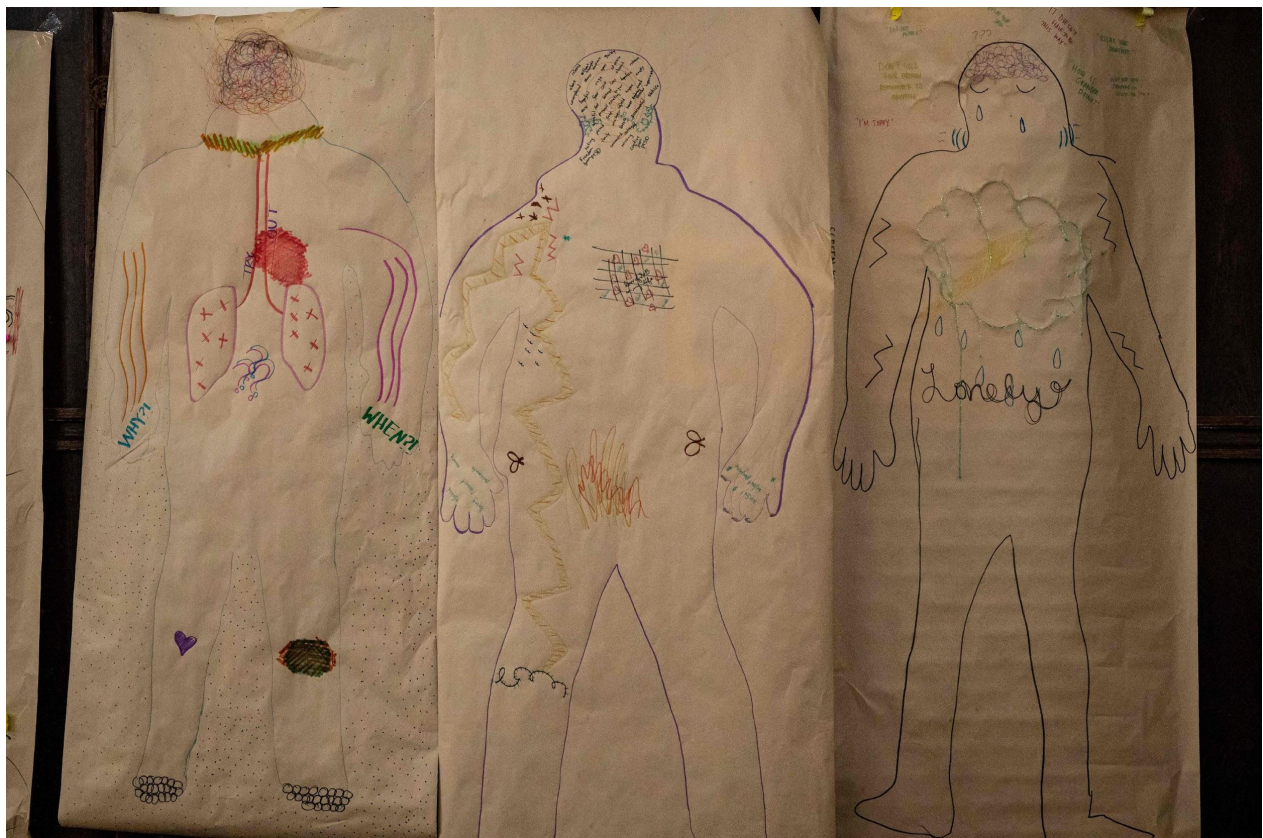
Body Maps

Ask a participant to draw your silhouette on a big piece of paper. Choose the posture you'd like for your silhouette. Mark your body map with memories, feelings, and experiences during the pandemic.

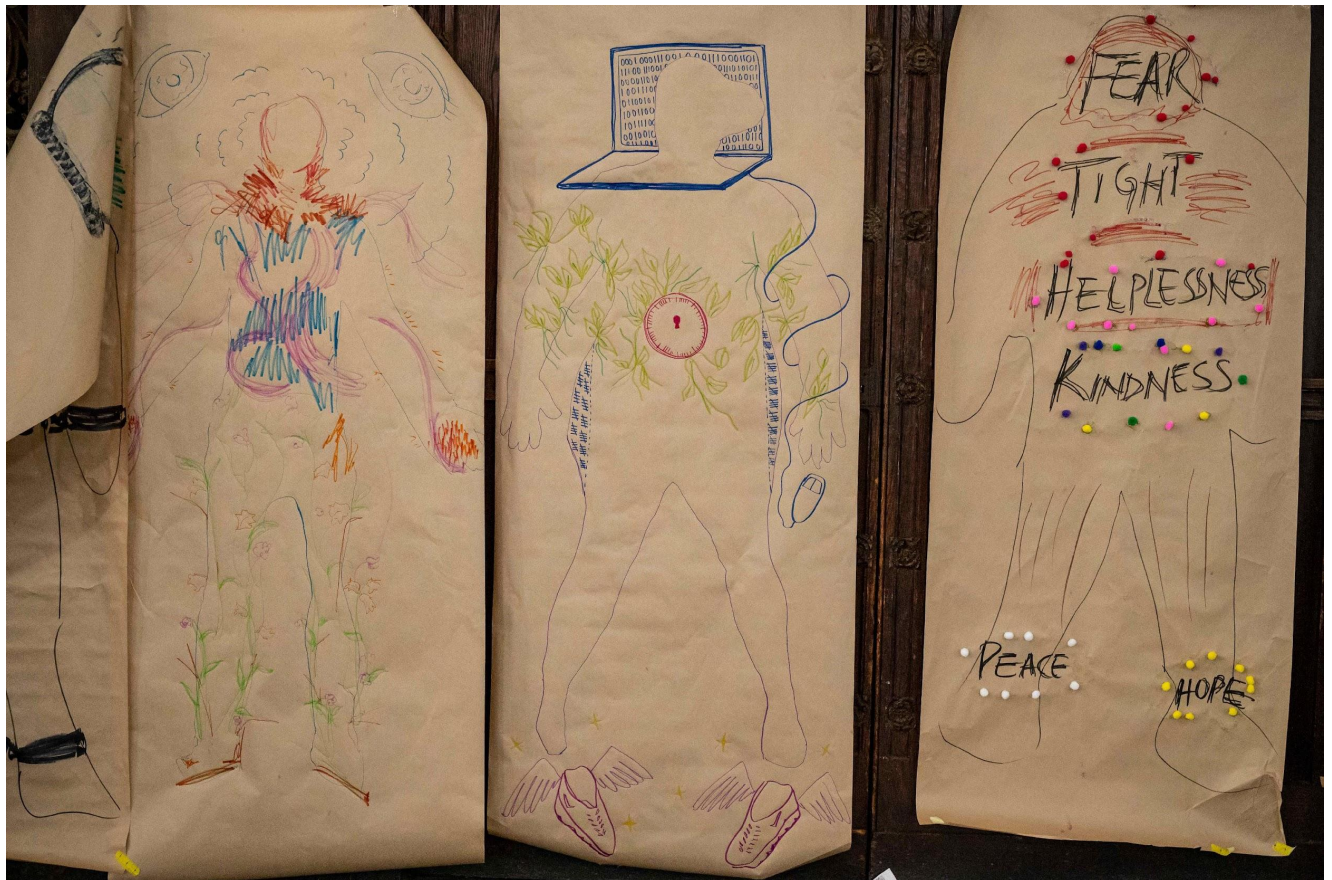
In what part of your body can you localize each feeling?


How can you visually express a specific feeling or memory?

You can write, scribble, draw, color, paste things, photos, and images. This is your map. Create it with love and care. You don't need to explain your map to anyone.



Top photo by Sylvia Juliana Riveros Torres; bottom by Desiree Rios



 Top photos by Sylvia Juliana Riveros Torres; bottom by Desiree Rios

City Maps & Storytelling

Identify your neighborhood in one of the printed maps.

Mark the map with places and trajectories that were significant for you during the pandemic: where did you spend the first lockdown months?

What was your route to getting groceries? What places became significant for you (hospitals, relatives' houses)?

What were the favorite places of your loved ones?

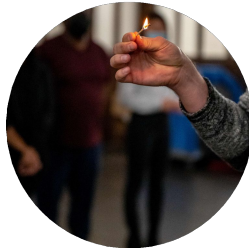
Find a partner. Whisper the stories you marked on the map using a rolled paper as an old-fashioned phone. Listen to your partner's stories.

Comment : What moved you from your partner's stories?





Top photo by Desiree Rios; bottom by Sylvia Juliana Riveros Torres



Wrap up:

what did you learn/discover about your Covid experience in this workshop?

