



LAB 3

2 – 6 May 2022

Embodied Reflection
in Artistic Practice

HfMT Cologne

Info-Folder



Dear participants,

we're warmly welcoming you to the LAB 3 "Embodied Reflection" at the HfMT Cologne.

We are very excited for the working space that we will share during our five days together.

In this Info-Folder you will find

- addresses of our main working points
- information for each day of the week
- details about where to eat and greet
- information and contact for emergency questions, or needs.





Adresses of (some) Lab-spaces:

Monday, May 2nd



Center for early music ZAMUS, Heliosstraße 15, 50825 Köln

Cologne Cathedral, Domkloster 4, 50667 Köln



Tuesday, May 3rd

HfMT Cologne - seat Wuppertal, Sedanstraße 15: **Concert Hall**, 42275 Wuppertal

Wednesday, May 4th



Center for early music ZAMUS, Heliosstraße 15, 50825 Köln

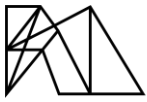
Thursday, May 5th and Friday, May 6th



HfMT Cologne - seat Cologne

Unter Krahenbäumen 87: **Chamber Music Hall**, 50668 Köln





Monday, May 2nd

15.00 Start at ZAMUS, Heliosstraße 15, 50825 Köln

1

Welcome by Vice-Rector Michael Borgstede and RAPP Lab team and Lab's Architecture

16.30 Coffee break (at ZAMUS)

17.15 Introduction to Workshop 1 and Introduction to night performance

18.30 vegan Snack (at ZAMUS)

22.20 MEETINGPOINT for Organ Tour and night performance

2

Please come to the „KREUZBLUME“:
module of one of the twin-peaks from
Cologne Cathedral, directly in front of the
twin towers of Cologne Cathedral:
Kardinal-Höffner-Platz 1, 50667 Köln



22.30 Cologne Cathedral: Organ tour and night performance with Cathedral organist Winfried Bönig



Tuesday, May 3rd

09.00 Meet at (north side of) Main Station Cologne:



Please come to the left entrance at Breslauer Platz, at the north side of the main station (left to the Pharmacy “INTERNATIONAL PHARMACY / APOTHEKE AM BRESLAUER PLATZ”)



09.25 train to Wuppertal from Main Station, travel in groups (group-tickets will be provided!) and travel with “Schwebebahn” to Wuppertal-Markt
Warm-up in the train

~ 10.45 arrival at HfMT Wuppertal, Sedanstraße 15., 42275 Wuppertal: Concert Hall

Workshop 1 Doing Space, Sensing Space with Lars Frers

~ 12.30 lunch break with meal at the canteen in Wuppertal

~ 16.30 travel back to Cologne in groups or individually (please use the 24h-group ticket!)
and Wrap-up via <https://www.rapplab.eu/lab3-interactive/share>

Ideas about how to pass the evening:

<https://www.achtbruecken.de/en/programm/unearthing-melodies/162>

<https://www.achtbruecken.de/en/programm/bitrot/169>

<https://www.achtbruecken.de/en/programm/oneironauts/163>

<https://www.achtbruecken.de/en/programm/bitrot/170>

<https://www.achtbruecken.de/de/programm/oneironauten/166>



Wednesday, 4th

09.00 Meet at ZAMUS, Heliosstraße 15, 50825 Köln



Warm-up: Walk&Talk and Feeding Back, Forward and Around with Evelyn Buyken and Constanze Schellow

09.30 ZAMUS, Heliosstraße 15, 50825 Köln

Workshop 2 No Conclusions: Multisensory Inquiry into Practice
with Nina Sun Eidsheim

Ideas for having Lunch in Ehrenfeld near the ZAMUS:

You will find a lot of different bars and cafés around with convenient possibilities (all around 2-6 minutes walk from ZAMUS):

- Café Fridolin, Venloer Str. 429, 50825 Köln
- Pizzeria Piccola, Venloer Str. 406, 50825 Köln
- Café Rothkelchen, Venloer Str. 400, 50825 Köln
- Café Woanders, Lichtstraße 64, 50825 Köln

17.30 Wrap-up at ZAMUS, Heliosstraße 15, 50825 Köln

Idea about how to pass the evening together:

19.00 Meet, Greet & Eat

At „Herbrand's", Herbrandstr. 21, 50825 Köln



Thursday, 5th

09.00 Meet at HfMT Cologne (Main Building): Kammermusiksaal
Unter Krahenbäumen 87, 50668 Köln



WARM UP

09.30 Room 113, 114 and 001 at HfMT:

Workshop 3: The Art Is already within us. Please Stay - We'll Change
with Corinna Vogel and Laurenz Gemmer

14.00 Chamber-music hall at HfMT: Open Jam Session

An experimental setup with LoLa (Low Latency Streaming System) in cooperation with
the University of Music and the Performing Arts Vienna

Please subscribe via the forum under the internal website in advance:

[https://www.rapplab.eu/lab3-
interactive/discussion?tx_typo3forum_pi1%5Baction%5D=show&tx_typo3forum_pi1%5Bco
ntroller%5D=Topic&tx_typo3forum_pi1%5Btopic%5D=30&cHash=3e922692267ee35e26e
c6c063a5bad43](https://www.rapplab.eu/lab3-interactive/discussion?tx_typo3forum_pi1%5Baction%5D=show&tx_typo3forum_pi1%5Bcontroller%5D=Topic&tx_typo3forum_pi1%5Btopic%5D=30&cHash=3e922692267ee35e26ec6c063a5bad43)

17.30 Room 14 at HfMT: Wrap-up



Friday, 6th

09.00 Meet at HfMT Cologne (Main Building): Kammermusiksaal
Unter Krahenbäumen 87, 50668 Köln

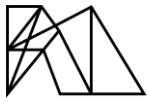


See separate programme for details

12.30 room 14: lunch break

16.00 room 14: Coffee Break

~ 19.00 We kindly ask you to stay and to participate in the interviews from Agafia!



GETTING AROUND COLOGNE

PUBLIC TRANSPORT In COLOGNE: KVB <https://www.kvb.koeln/> (from Tuesday 9.00 we will have group-tickets that will be valid from Cologne Main Station for **24 hours** for groups up to 5)

BY BIKE OR SCOOTER: Information about renting KVB bicycles for 1€/15 minutes:
<https://www.kvb-rad.de/en/koeln/here>).

Elektroroller (Electric scooters) like Tier, Lime, voo etc. There is a one-time fee of one euro to activate a scooter. After activation, there is a rental fee of 15 cents per minute. Price around 4-5 Euro one way. Please check individually on scooters platform

COVID

If necessary: Find here a list of all official test centers in Cologne:

<https://www.koeln.de/koeln/nachrichten/lokales/hier-koennt-ihreuch-in-koeln-auf-corona-testen-lassen-corona-testzentren-inkoeln-L1162940-1173936.html>

You can also get antigen self-testing-kits in every pharmacy if necessary. Masks are obligatory in public transport

RESTRICTIONS FOR HFMT-BUILDINGS

Please note that for different reason we cannot have coffee and food neither inside the Chambermusic Hall nor inside the Concert Hall of the HfMT buildings in Cologne and Wuppertal. We will have a Coffee-Point outside for you.

WLAN

In the ZAMUS you will find a QR-Code for WLAN-Access.

If your institution is member of the EDUROAM-Network you will have access to it also in the HfMT Buildings in Cologne and Wuppertal. For those how do not have access please find your guest-accounts attached.

CONTACTS

If you have any questions, needs, emergencies before or during the LAB days, you can personally contact via phone call:

Fernanda +49 176 73833665 fernanda.e.rodrigues@stud.hfmt-koeln.de (also on telegram)

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TEAM

Please find here the RAPP Lab 3 team

<https://www.rapplab.eu/labs/lab3/team>