

RAPP Lab3 *Embodied Reflection in Artistic Practice*, May 2nd – 6th 2022

Info-Letter #1: Welcome, first details, questions and interactive RAPP Lab-platform

Cologne, March 24th 2022

Dear RAPP Lab participants,

a warm welcome from the Forum Artistic Research and the Center for Contemporary Dance (ZZT) of the Hochschule for Music and Dance Cologne (HfMT). We are glad to set up with you and together with our European partner institutions the third RAPP Lab with its focus on Embodied Reflection in Artistic Practice.

During this one-week long Lab we will explore in live workshops, collective and individual improvisations, in tandems and as well in giving you personal time the tacit and sensorial-emotional knowledge dimensions of our artistic practice.

This first Info-Letter shall give you some details of what we suggest to you to experience during the Lab week and what we would like to ask you to do in advance:

What to await from this week?

- The lab sessions will run from Monday 2nd May, 15:00 to Friday 6th May 18:00. We will use different spaces: On Monday and Wednesday we will meet at the ZAMUS in Cologne-Ehrenfeld (<https://www.zamus.de>), on Tuesday we will be on a tour to our seat in Wuppertal (<https://www.hfmt-koeln.de/hochschule/standort-wuppertal>) and on Thursday and Friday you are going to work in the main building of the HfMT (<https://www.hfmt-koeln.de/hochschule/standort-koeln/>). Each day of the Lab will begin with a warm-up and end with a wrap-up. On Tuesday, Wednesday and Thursday we will have a workshop format in the morning and time to experience and deepen the gained knowledge in tandems and in individual time in the afternoon. On Friday we will share and discuss the ideas of the week in a final Open-Stage-Day with different formats, presentations from the Forum Artistic Research of the HfMT Cologne and an international keynote.
- We will dedicate the different formats of doings and sayings to three perspectives of Embodied Reflection:
 1. Reflection as a holistic phenomenon of movement, sound and words
 2. Reflection as Sensing Sound, Space and Movement
 3. Reflection as Multisensory Inquiry
- We invite all students and teachers from the partner institutions to engage non-hierarchically in the activities of the Lab. Our wish is to provide a Lab architecture that offers individual and collective learning processes – we are a RAPP Lab family.
- The week will be video-recorded. By attending the Lab, you need to give us permission to do this. We will provide a formular, which you please may sign at the beginning of the Lab.

What you will need to start:

- Please enter the interactive RAPP Lab-Platform: www.rapplab.eu/intern with your log-in-data. If you did not receive your login-data yet, please let us know by mail to rapplabintern@hfmt-koeln.de.
- When you are logged-in: Please find under <https://www.rapplab.eu/lab3-interactive> the section “**Discussion**” and open the forum “**Lobby**” to interact. For the moment, we welcome you here and will open two more rooms soon (“Studio” and “Kitchen”). Please share in our **Lobby** some information until **April 4th 2022** regarding the following aspects:
 1. Your institution and your music/artistic programme and instrument/voice/discipline
 2. A short overview about your recent artistic research questions with regard to the Lab’s topic Embodied Reflection by focusing on these aspects: Across the entire field of my artistic practice, where are the areas or issues that foster my interest on Embodied knowledge dimensions? Which material can I provide to bring to Cologne? You do not need to write long paragraphs. Please let us be part of your questions and ideas which have been motivating you to join the RAPP Lab week in Cologne.
 3. Lola: We might have the opportunity to run an improvisation-session together with colleagues from the mdw (Vienna) via the digital screaming programme LoLa (Low Latency). Please make a post (you will find a subject on this in the “Lobby”), if you are interested to participate in this digital impro-format.
 4. Feel free to contact us with any personal questions, which should not go directly on the interactive web platform: rapplab@hfmt-koeln.de

What to expect in the Info-Letter #2:

- Information about accommodation around the Hochschule in Cologne
- Information on further material that we as a teaching team will provide to you (all via the RAPP Lab web platform).
- We will send you the next Info-Letter at the beginning of April

After being forced to postpone the Lab in January this year due to a strong pandemic impact, we are now really looking forward to welcome you finally in springtime Cologne!

With all best wishes

the RAPP Lab Team of the HfMT Cologne (Jan Burkhardt, Evelyn Buyken, Sybille Fraquelli, Laurenz Gemmer, Stella Louise Göke, Fernanda Rodrigues, Constanze Schellow and Corinna Vogel with Nina Eidsheim, USA, and Lars Frers, Norway)