

Manifestos - from 17 Manifestos Manifested (2015)

Choreographer Matthias Sperling was invited to create a work with 17 graduating students at Trinity Laban Conservatoire for Music & Dance. Sperling asked each of these 17 artists to write a ten-point manifesto for their own activity following their graduation, and worked with them to use their manifesto as the basis of their individual choreographic score for the work. The artists' manifestos are reprinted below. *17 Manifestos Manifested* was commissioned by Trinity Laban and performed at Bonnie Bird Theatre, Laban, London, UK, on July 2 & 3, 2015.

Rachel Blomberg

Eat well
Think about dance
Compose one dance per day
Listen more, speak less
Always create
Art is irony, do not be fooled
Publish your book
Value your expertise
Save animals
Say no

Svenja Bühl

Eat healthy
Make art available where it is not
Read
Have a job that leaves time to take care of your body
Follow your ideas
Go out and see art
Take care of and protect the environment
Stay connected to yourself
Stay open-minded
Support independent businesses

Olivia Edginton

Collect what is necessary
Trust in the worth of your dance
Love and hate
Believe the impossible is possible
Experience art and question the boundaries
Follow your interest
Be aware of what has gone before
Fight for equal rights and opportunities
Swim in the sea
Allow the manifesto to change

Laura Ganotis

Sing and drive
Do and let happen
Be generous
Be patient
Go get inspired
Surround yourself with beautiful people
Laugh at yourself
Free the body from social codes
Be fluid around restrictions
Be free... somehow

Greta Gauhe

Travel
Make a difference
Be free
Research into durational pieces
Don't forget to breathe
Choose the right path
Utilise your inner strength
Keep calm and...
Explore the choreographic tool of repetition
Create an improvised piece

Dario Longobardo

Be a pioneer of art
Live sustainably in respect of the environment
Make works that promote equality and self-development
Go on holiday
Support yourself only through dance
Travel the world
Be proud of yourself
Don't forget to rest
Dance for Sascha Waltz

Maria Lothe

Grow vegetables, eat them with love
Move, feel, fart
Trust in movement practice
Keep real interaction
Teach sustainability
Make art, don't worry about money
Yes to equality
Share dance with new audiences
No to hierarchy
Investigate the materials of the body and clay in relation to choreology

Ingvild Marstein Olsen

Be creative
Continue exploring collective human behaviour
Give love to the environment
Get a job you enjoy
Don't forget to just move
Put yourself out there
Develop improvisation to build own work
Smile when you wake up
Always remember one day you will die
Keep performing

Ian McCarthy

Dance to make a difference
Know who benefits from your artistic practice
Don't be offensive without reason
Be self-sufficient
Make dance accessible and complex
Be assertive but respectful with opinions
Eat jerk chicken regularly
Dance with and for good people
Assess the values of the latest fashions
Feel the wind in your hair

Johanna Merceron

Always have somewhere to feel at home
Dare more, initiate more
Learn until you die
Keep exploring the body in movement as one of the most accurate representations of our reality as humans
Promote dance as a means of education
Always have a cat
Always keep in touch with reality, but never suppress your imagination
Learn new languages
Fight for empathy
Stay suspicious of appearances.

Finetta Mikolajski

Don't stop learning
Don't be an ass
Be the change the world needs
Don't be afraid to be different
Don't forget to have opinions
Keep fit
Don't doubt your self-worth
Don't wait for tomorrow, do it now
Remember you can just say 'fuck it' and walk away

Linzy Na Nakorn

Grow vegetables, eat them
Professionally challenge yourself
Use mundanity as a force for creativity
Dropping the ball is OK
Resist political indifference
Make a positive contribution to society
Dance is a real job
Create a space, dance in it
Be independent but not solitary

Jack Philip

Time does not begin, notice how you're already moving
Be diligent
Seek inspiration in all you see and do
Don't recreate but re-imagine
Be alone sometimes
Be with people
Explore relational structures between people
Know your self worth but don't be arrogant
Laugh
Be proactive

Stefania Pinato

Make dreams bigger, steps to get there smaller
Do not wait for someone to come and grab you: No one is coming!
You can get anywhere you can see
It's not about the highest scaffolding, it's about the house you are building
Eat my mum's special CARBONARA
Do not get obsessed with recognition
Keep researching on clouds
Make a plan
Do not always follow the plan
No to perfectionism

Natalie Sloth Richter

Know what you're worth
Make art for people
Take responsibility
Keep questioning
Rethink education
Go into all work with enthusiasm and backbone
Call your mum
Always sleep in a room with a window
Relax
Commit but always be ready for change

Christopher Spraggs

Confuse shallow practice
Exist as research
Navigate uncharted virtuality
Challenge the opiates of the masses
Laugh together/laugh alone
Vote for artistic democracy
Practice democratic artistry
Champion every thinking body
Exercise dorsality
Touch and go

Vivian Triantafyllopoulou

Move from the inside
Fall in love
Don't be arrogant
Make the world happier
Do it for a reason
Take time
Chase what you want
Don't be scared to be alone
Share
Listen to music