

do it

(home)

do it (home)

Curated by Hans Ulrich Obrist

As many around the world are experiencing social distancing and orders to stay at home, ICI is relaunching *do it (home)*. A version of *do it* envisioned by Hans Ulrich Obrist in 1995 and produced by ICI, *do it (home)* assembled a set of artist instructions that could easily be realized in one's own home. Since then, "do it has always taken place in public and in private—spheres of life that for many have coalesced in recent months," says Obrist.

This version of *do it (home)* is newly commissioned instructions from a selection of graduates from the Royal Danish Academy of Fine Arts published on occasion of their MFA Degree Show at Kunsthall Charlottenborg in Copenhagen.

do it (home) will take you away from your screens, and recreate an art experience at home. You will respond to the artist's call, follow their lead, enter their world, and realize an artwork on their behalf. When you're ready to return to the screen, share that you did it! Make connections with other doers on Instagram, #doithome

In 1993, Obrist together with artists Christian Boltanski and Bertrand Lavier, conceived *do it*, an exhibition based entirely on artists' instructions, which could be followed to create temporary art works for the duration of a show. *do it* has challenged traditional exhibition formats, questioned authorship, and championed art's ability to exist beyond a single gallery space. Since *do it* began, many new versions have appeared, including *do it (museum)*, *do it (tv)*, and *do it (in school)*. Over time, *do it* has grown from 12 to over 400 sets of artists' instructions, and has been shown in more than 150 art spaces in over 15 countries.

Artists include: Marina Dubia, Sophie Filtenborg, Laura Elaine Guiseppi, Nanna Katrine Hansen, Birk Horst, Josephine Kamoun Johansson, Yujin Jung, Kajsa Karlsson, Javier Alvarez Sagredo, Andita Shabanaj, Alma Ulrikke Bille Stræde, Svend Sømod, Isabella Solar Villaseca, Emilie Tarp Østensgård.

This version of *do it (home)* is curated by Hans Ulrich Obrist and produced by Kunsthall Charlottenborg, Copenhagen in collaboration with Independent Curators International (ICI), New York. *do it (home)* is made available to art spaces internationally free of charge, in response to the COVID-19 crisis, with the support of ICI's Board of Trustees, contributors to ICI's Access Fund, and the Jeanne and Dennis Masel Foundation.

Artist Instructions

A to Z

DUBIA, Marina

Private Aesthetics #1_ Glacier (2021)

This is an exercise to produce a foreign object of aesthetic contemplation within one's own body.

Open one hand in the air and spread it wide. Cease all movement from the elbow up, placing your forearm, wrist, palm and fingers in vertical alignment towards the ceiling. For the duration you are able to carry out, keep this column still, suspended in the air. Thirty minutes are recommended as a starting point. (You may wish to use your non-dominant side). Do whatever activities you would ordinarily, keeping the hand motionless.

Involuntary movements are welcome. You may notice your hand slowly changing shape, sculpted by gravity and blood flow. Numbness, tingling and similar are welcome sensations. Allow them to condense.

Once a substantial volume of time has past, release the immobility bit by bit. Take notice and register your physical experience. Textures, sounds, speed of movement. Voluntary and involuntary actions; twitching, popping, creaking, revolving.

Slow and sure, the tipping point when the ice breaks off and plunges heavy into the silence of you.

FILTENBORG, Sophie

Smellscape (2021)

Choose a scent that supports your intention (could be the dirt off your boots, the sweat of someone dear, an essential oil, the leftover cookie crumbs your grandma made you, a leaf of your houseplant, your dirty panties, you name it)

Apply the material or cup your hands around it

Rub your hands together, activating the scent by way of the natural oils of your skin

Cup palms in front of your face without making contact
Inhale deeply

Remove your hands to exhale freely

Repeat as desired

GUISEPPI, Laura Elaine

OrganKiss (2021)

What you need to make this performative piece:

A yoga mat or any kind of mat to lie on

A blank piece of paper

A pen

Lie down on the mat, close your eyes, breathe, relax your entire body, focus on your inner self.

Think of one organ in your body that you feel needs some attention.

For instance, it could be your spleen.

Think of your spleen for 2 minutes while holding your hand on top of the chosen organ and send love through your hands.

Give yourself an organ kiss.

When you are finished, sit up, grab your blank piece of paper and the pen. Write a small note for that one organ you chose to kiss.

Fold the note and hang it on the fridge.

After exactly one month take down the note and read it.

HANSEN, Nanna Katrine

(Developed in collaboration with Snorre Elvin Hansen)

Untitled (2021)

Position your body.

Be a body with all sorts of needs.

Let the skin be a terrain and listen to the movements in it.

Feel intelligence between the two sphincters.

Think of the body as a collective. Have different parts and units work together.

Relocate.

Create a decentralised sculpture in constant motion.

See traces of movement in wood, in layers of branches, in faeces, in plastic.

Visualise how everything has come here via movement.

Build soil every day.

Do it in a slow process where an inch of soil takes 500 years to form.

Split stone with roots. Break it down by the force and friction of rain, water and snow.

Heat stone with sun. Expand it by day and contract it at night.

Make it colder beneath the outer surface. After a long period of contraction and expansion, peel off flakes from the stone and let it crumble.

Be stone.

Improve soil structure.

Divide the soil into smaller parts with roots, thereby reducing competition.

Do not stop on the outside of the skin. Make traces of movement. Be movement.

Be in symbiosis.

Let the traces be boundless. Find holes and cracks even when it is difficult.

HORST, Birk
Untitled (2021)

Why

KAMOUN JOHANSSON, Josephine
Take a Chance (2020)

TAKE A CHANCE



TIK TOK

YOU STUPID HOE

JUNG, Yujin

Figure in air (2021)

1. Grap a piece of (any kind of) paper or things that you can draw on and your favorite pen
2. Draw a floor plan of your room or apartment
 - 2.1 Look through and draw all the lines where a floor (the horizontals) and walls or windows (the verticals) meet.
 - 2.35 Use different types and thicknesses of line
 - 2.75 You can colour if you want to
3. Start to fold your paper following the line you draw
 - 3.25 Depending on lines you can fold in, out, cut, or tear it
4. Take the paper with you when you go
 - 4.5 Place it somewhere where you want it to be when nobody is watching you

KARLSSON, Kajsa

Vacation (2021)

VACATION

1. Decide on a time frame for your vacation.
2. Avoid all interaction with men during your vacation.
3. Do activities that you would normally do on vacation, a suggestion is eating delicious food and visit beautiful places. (This is optional.)
4. Only consume culture made by women or nonbinaries. (This is also optional, but highly recommended.)
5. When your vacation is about to be ended, you can choose to prolong it.

ALVAREZ SAGREDO, Javier

LOCKDOWN (2021)

FIND A REFLECTIVE SURFACE, POSITION YOURSELF
INFRONT OF IT AND SAY:

YOUR FINGERS IN MY MOUTH TASTE SO SWEET AND
SOUR. WAS YOU ASHAMED WHO YOU ARE. WE ATE
EACH OTHER. YOU BIT ME. AFFTERLIFE GENOCIDE
HOROSCOPE INTEREST HOBBY ARTICLE NUMBER
PASSPORT NUMBER. HEMISPHERE LAYER CLAY
GHOST CALCULATING THE BIRTH OF ABSOLUT
PARANOIA. CULTURE VULTURE STRAIGHT UP FACT
ION SEA NERVOUS TEXTURE. IMPORT AND EXPORT
AMMUNITION VENGEANCE FAKE NEWS LAND AND
SOIL. THE ECONOMICAL EXPANSION OF KIDNAP
AND EXTORT OUR TRAUMA. FAST PSYCHIC FASHION
EMOTIONAL FATIGUE. PATRIARCHAL HOOD
INSECURITIES WRITTEN IN GORE TEX. ANOTHER
ONE NIGHTMARE ABOUT SYSTEM COLLAPSE. I
THINK OF YOU. YOU PAINT LIES.

SHABANAJ, Andita

To Make A Film (2021)

1. move passed what you know, where you are from
2. find a space where you think you could belong to
3. measure the distance between these two points in time
4. write in any language about your travel between these two points
5. film yourself leaving
6. film yourself arriving
7. film yourself reciting every story you come across on that journey
8. put all of what you filmed together in one montage that is as long as the distance between these two points in time
9. show it to the people you love
10. never watch the film again

BILLE STRÆDE, Alma Ulrikke

no-budget sci-fi (2021)

1. find a piece of paper (any paper will do; page from a book, old newspaper, crisp A4)
2. make a space rocket (any rocket will do; drawing, origami, papier-mâché)
3. place rocket on a level surface (any surface will do; shelf, window sill, nightstand)
4. *Humans can make Mars habitable*, think about that, preferably while looking at the rocket (any thought will do...)

SØMOD, Svend
Chernobyl (2017)

4 CL CHEAP VODKA

8 CL GATORADE COOL BLUE THIRST QUENCHER

SOLAR VILLASECA, Isabella

Death takes a bath (2021)

Requirements:

One handkerchief (a paper napkin is fine)

Something to play sound on

Find the song "La Muerte Se Fue a Bañar" by Violeta Parra on your music streaming service of choice.

Make sure the song plays on repeat.

Loud - don't be shy.

Time to get in position.

Raise the handkerchief up in the air with your right hand.

Prepare yourself with a grand and noble posture.

Straight back!

Chin up!

Close your eyes and feel the beat of the song.

Let it take time.

Now.

Imagine Death.

Standing in front of you.

All of the sudden Death walks away.

Into the bathroom.

You hear the pouring tap.

The click of a soap bottle being open and then closed.

A slight humming...

Open your eyes.

Pinch your arm and shake the image out of the body.

Give it a good shake.

Good luck!



ØSTENSGÅRD, Emilie Tarp
Untitled (2021)

Choose a letter from the Latin alphabet
Cut it to pieces