

ESTHER MUGAMBI & MARLOEKE VAN DER VLUGT

Podcast for Introverts. Episode 4: How to be Fluid

KAAI THEATER

PREMIÈRE | 4 > 5/03 20:00 | KAAISTUDIO'S
PERFORMANCE | 25 MIN. | IN ENGLISH

EXTRA Join us on Wed. 4/03 for a post-performance talk with Esther Mugambi and Orla Barry, moderated by Katleen Van Langendonck.



NL *Podcast for Introverts* is een one-woman performance, een poëtische gids voor leven in een door media verzadigde wereld. Esther Mugambi en Marloeke van der Vlucht nodigen je uit in het creatieproces van hun podcast, een ironische zelfhulphandleiding. Speciaal voor WoWmen! maken ze een nieuwe aflevering: *How to be fluid*. Daarin verkennen ze verschuivende genderidentiteiten, vochtige, kunstmatige landschappen, lichamen als materiaal en verbinden ze persoonlijke verhalen tot een bont weefsel rondom taal en herinnering. *Podcast for introverts* verleidt je om de wisselwerking tussen leven en documenteren 'live' te ervaren en hier tevens een bijdrage aan te leveren.

FR *Podcast for Introverts* est une performance seule en scène, un guide poétique pour la vie dans ce monde saturé de média. Esther Mugambi et Marloeke van der Vlucht nous invitent dans le processus de création de leur podcast, une sorte de manuel ironique de développement personnel. Spécialement pour WoWmen!, elles réalisent un nouvel épisode : *Comment être fluide*. Elles explorent les identités de genre changeantes, des paysages aquatiques et la quête d'un pronom adéquat pour des récits collectifs et individuels.

EN *Podcast for Introverts* is a one-woman performance, a poetic guide to living in this media-saturated world. Esther Mugambi and Marloeke van der Vlucht invite you into the process of creating their podcast – an ironic self-help manual. Especially for WoWmen!, they are making a new episode: *How to be Fluid*. They explore shifting gender identities, watery landscapes and the search for a suitable pronoun for individual and collective stories.

CREDITS

PERFORMANCE & TEXT Esther Mugambi | **SCENOGRAPHY & DRAMATURGY** Marloeke van der Vlucht | **THANKS TO** Sarah van Lamsweerde & Daniel Morrow



ON 'HOW TO BE FLUID'

notes by Esther Mugambi

How to be Fluid is the fourth episode, there have been 3 previous performances with the titles: *How to String Sentences Together*, *How to read the Signs*, and *How to Sigh*.

The themes are language and memory, the desire to document life while struggling to be in the present. One of the aims being to mimic the way thoughts dance around the mind, with repeating elements such as song fragments and lists.

There are recurring partly autobiographical characters and storylines – such as the narratives about certain family members, my visit to the acupuncturist – that blend with bigger themes, in this case gender and language, the body as landscape.

This episode features objects made by Marloeke van der Vlugt as we are both interested in the interaction between the object and the way we perceive the world.

The challenge for Marloeke and me is to combine the intimate vocal soundscape with what the audience perceive happening on stage, complemented by the sounds they make. Our goal is to broadcast the ten completed performances as a Podcast series.

Unlike previous episodes, *How to be Fluid* uses the 'we' form, partly inspired by writer Jamaica Kincaid's, *Talk of the Town*, a column she wrote for the New Yorker in the late seventies/early eighties. She was required to write in the 'we' form and I like how sometimes she sounds like she's part of a crowd but also as though the crowd is within her.

This took me to Fernando Pessoa, another of my favorite writers, who had hundreds of heteronyms that he believed were all housed in his body, each with their own histories, births and deaths.

Alongside working with the idea of the body as landscape – of plastic based material – I was reading *Bodies of Water* by Dr Astrida Neimanis, published in 2017. She writes so beautifully about how water ties us together.

Through her I came across the term Hydrofeminism, which is about about solidarity across watery selves, across bodies of water. Today, planetary thinking is feminist thinking.

"Life began in the sea, and our bodies have been engaged in various retellings of this 'origin story' ever since."
– Astrida Neimanis

BIOGRAPHIES

Esther Mugambi is a performer and theatre-maker based in Amsterdam. She has studied and worked in Australia, South Africa and in the Netherlands where she completed Masters in Performance at DasArts. Mugambi is a versatile and engaging performer and worked with groups such as Rosa Ensemble, Belarus Free Theatre, Eef van Breen Group and independent artists such as Alejandro Ramirez and Sarah van Lamsweerde.

Marloeke van der Vlugt is a Dutch artist and researcher based in Amsterdam. She graduated in dramaturgy at the University of Amsterdam and studied Scenography at Goldsmith's Academy in London. She specialised at DasArts, combining theoretical and hands-on knowledge on the relationship between body and technology. She now works as an autonomous artist and director of interactive, performative installations that research our embodied relationship with the world around. Marloeke is currently affiliated with HKU University of the Arts Utrecht as a tutor, and with HKU Research Centre Performative Processes as a researcher. In 2015, she published the book *Performance as Interface\Interface as Performance: a personal reflection on six years of artistic practice, in which she explores her life in a technology-driven, networked world and its impact on the body.*

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