

MUSEUMS

Program of the first day – SHARED DAY June 14, 2020

8:00 **Good morning**

8:15 **1st Activity WINDOW** - Open the window, take a few deep breaths, enjoy the fresh air and at one point remember one of us six and shout their name at the top of your lungs, greet them and wish them a nice day.

• Please do not forget to dress festively for this dish, meaning, for example, in the colour of the food or the shape or smell ...

8:45 **BREAKFAST**

9:45 **2nd Activity STEPS** - Measure the distance from your bed to the toilet, from the toilet to the stove, and from the stove to the balcony, or to the window that you open most often, by counting your steps. Write the final number on a sticky paper and stick it on the fridge.

10:00 **3rd Activity BODY** - Think for a moment about the whole group of the six of us, then choose one of us again and imagine you are him or her. Play the music you think you would like if you were and dance in your colleague's body for a while.

11:00 – 13:00 Time for yourself

• Please do not forget to dress festively for this dish, meaning, for example, in the colour of the food or the shape or smell..

13:00 **LUNCH**

14:00 **4th Activity BOOK** - Take a book that you have been putting off or haven't found the right time for yet. Turn to the page that has the same number as the number written on the paper on your refrigerator, i.e. the number of steps from the bed to the toilet, from the toilet to the stove and from the stove to the balcony, or to the window you open most often. If the number is greater than the number of pages in your book, add up the numbers to get the correct page number. When you turn to the page, feel free to read it.

15:00 – 18:00 **5th Activity ICE CREAM** - What if we went out together for ice cream, to a place you like, where they are open and make good ice cream. Take your time now and enjoy it in peace. Remember a moment in your life that always makes you laugh.

6th Activity STREET NAME - When you finish your ice cream, on the way home think of your name and try to think about what street or square your name may relate to or have some hidden connection with. When you find this street or square, go there, walk through it and then continue home. When you get home, write the name of the street on a piece of paper and stick it on the

refrigerator next to the piece of paper with the number (i.e. the number of your steps).

7th Activity FOCUS ON DETAIL - When you're out and wherever you stop, whether you have to or just decide to, look around and imagine that your eyes are a scan, and look at every detail carefully. If you are interested in something, you can save it in your memory by pointing your finger at the place and focusing your gaze on it. (It's an exercise that Quim and I did in Bassan, so I'd just like to use it today and out here and at the same time remember our workshop in Bassan).

18:30 **8th Activity NOTHING** - What if for a while we don't think about anything.

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19:30 DINNER

20:30 **9th Activity REFRIGERATOR** - Our shared and almost last task will be the following: Take two sticky notes again, and write your name on one, and on the other write a message for someone you spent your day with today (I mean one of us six). Stick both pieces of paper next to the piece of paper with the number of steps, and the name of the street, and then also stick your photo, whichever one you will find first. Please take a picture and save it.

22:00 **10th Activity MAP** - Please take a piece of paper and a pencil and recap your day. Try to draw your movement in the apartment and this will create a map, an imprint of your steps today.

Thank you and now we will say goodbye to each other. Have a nice rest of the evening and good night. See you tomorrow!

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MENU for Sunday

Breakfast: banana crêpes

Ingredients: 1 banana, 2 eggs, coconut oil, Nutella or jam
note – 1 banana approx. serving for one, 2 bananas serving for one to two people. Procedure – mix the banana and eggs and create a liquid dough, heat the coconut oil in a pan and then pour the mixture to form a thin layer, fry on both sides. Preparation time approx. 15-20 minutes

Drinks: tea, water with lemon, coffee

Lunch: main course, dessert

Main course – Potato dumplings filled with smoked meat / smoked tofu and spinach

Dessert – no-bake cake (childhood memory)

Recommended drink – a glass of beer or water

★ **Potato dumplings filled with smoked meat / smoked tofu and spinach**

Ingredients (1-2 portions): 2 onions, lard / oil / fat, butter 2 tbsp, 150g fresh spinach, 1 clove garlic, 3 larger potatoes, half a cup coarse flour, 2 eggs, salt, pepper, nutmeg, 100g smoked pork roast

Procedure:

Cut 1 onion into pieces as desired and fry ideally on lard or other oil or fat.

Also fry the second onion and then add the washed spinach, simmer briefly, season gently with salt and pepper, then add finely chopped garlic.
Transfer the mixture to a bowl and let cool.
Boil the potatoes in their skins until soft, peel them while still hot and press through a sieve or grate them.
Gradually add the flour, letting it moisten in the steam coming out of potatoes pancake.
Then mix the eggs, season with salt and pepper and grate the nutmeg and make a dough.
Roll out the dough using a floured rolling pin into a half-a-centimetre-thick sheet and cut out circles with a cup.
Put the prepared spinach and diced meat or tofu in the middle.
Wrap and roll round dumplings in your hands.
Cook the dumplings in boiling salted water for about 15-20 minutes.
Then just transfer to a plate, cut in half and sprinkle with fried onions.

★ **Dessert – no-bake cake (childhood memory)**

Ingredients: 1x sour cream, pastry biscuits, white yogurt, a little sugar to flavour, fruit - strawberries or blueberries, or apricots, as preferred

Procedure: beat white yogurt, cream and a little sugar together, in a bowl or cake tin, stack the ingredients in this order – sponge cake, fruit, yogurt mixture, repeat several times until the last layer should be sponge cakes, I recommend putting in the refrigerator for at least 2 hours before eating.

★ **Dinner: fresh bread with spread and chives**

Ingredients: bread of choice, a piece of celery, 1 carrot, 1 apple, 250g cottage cheese, juice of half a lemon, salt, pepper, chives

Procedure: finely grate celery, carrot and apple into a bowl, add cottage cheese, lemon juice, salt and pepper and finally chives

Recommended drink – glass of beer or water with lemon

Dobrou chut! / Enjoy your meal!



PLAYLIST for this day

<https://www.youtube.com/playlist?list=PLSKtOPDItKqy1MpTLdl5Ujr6oHogg9ka2>