

Rhodiola is a conversation piece, taking place in Alserkal Avenue, Dubai—an informal group portrait of the participants, the visitors, and the hosts. It borrows its title from the rhodiola flower, a golden root which grows in harsh weather conditions in the Arctic mountains of Europe, Asia, and North America. Used as a supplement to help improve physical and mental performance in the Western world, rhodiola is said to combat stress, fatigue, anxiety, depression, and cognitive impairment. Inspired by such properties, this project explores ideas of maintenance in everyday life.

Rhodiola unravels through radio shows, performances, screenings, and community activities. It runs sporadically and its tempo varies, sometimes operating as an amplifier and sometimes as an ambiance. It provokes a hybrid form of communication, inspired by radio frequencies, and proposes five Waves—different conceptual units which function as ways of transmission and connectivity. Every Wave represents a communication tool between participants, as well as a guide for audiences.

For six weeks, *Rhodiola* hosts temporary gatherings, a radio booth, an exhibition space, and screenings, and challenges ordinary perceptions of domestic life and public affairs, offering a place for moments of active pause. Visitors are encouraged to tune in to different ideas and concepts, and to co-exist with the space, the waves, the producers, the invited guests, and the audience.



Wave 1

AC/Scaffold (W1)
Staging your well-being

domesticity/infrastructure/
support/urbanist/futurology/ruin/
artificial/setting/programme/
communication/transport/handle/zero
carbon/haunt/process/decoration

A temporary meeting point is created to host an ephemeral pavilion; AC/Scaffold is about infrastructure, and the requirements needed to create a basic dwelling. It's a structure that reflects on how human needs are fulfilled, how we inhabit spaces, and how we consume resources. It is a revisited skeleton which functions both as a stage and a display strategy. This Wave is a reference to the process of building, to the labour needed to make something happen, and the energy required to keep it alive.

AC/Scaffold hosts *OROBORO*, an installation by Greek artist Anastasia Douka inspired by the mythical ouroboros, a serpent which swallows its tail. In Warehouse 90 in Alserkal Avenue, Douka intervenes in the warehouse's current liminal, in-construction state, and shows a process rather than something static to reference the logistics around materials and everyday objects. An intervention on the façade of the warehouse, meanwhile, amplifies its transitory condition. This Wave also hosts the *Rhodiola* Radio Booth and a jukebox service.



Wave 2

Cookies (W2)
An invisible statistical map

comfort/biscuit/language/
geography/immateral/tube/high
performance/queue/contract/start
up/franchise/labour/convention/
customer/demands

The word cookie in the UK refers to a softer and bigger version of a biscuit, which is thinner and crispier. In the US, cookie covers both what the British would call a biscuit and a cookie. Cookie, in another even more global language, is a term that describes a message sent from a website to a web server while a user is browsing the internet, in order to record activity, identify users, and possibly, to prepare customised web pages. In other words, web cookies operate as transmitters, disseminating private information from an individual to another, serving as a means of creating exclusive comfort zones within a wide, public, and impersonal pool of information.

Cookies hosts radio shows by artist-run spaces, collectives, and other professionals reflecting on sustainability and maintenance in their practices. Collaborators include: Enterprize Projects (artist-run space, Greece), VASL (artists' association, Pakistan), New Media Society (project space/archive/library,Iran), Apart Collective (art collective, Slovenia), Metasitu (art collective/current Alserkal Residency Residents), Daphne Dragona (media theorist, Greece), RIWAQ (architects, Palestine), Madhurseer Dutta (filmmaker, India), Bedouin in Furs (filmmaker, UAE), Nima Nabavi (artist, UAE).

Stay tuned for surprise
Open Mic hours!



Wave 3

Dentist (W3)
For the making of the perfect avatar

profit/cleaning/care/stereotypes/
normal vs casual/duties/internship/
coaching/rescue/posthuman/cabinet/
mechanics/hucksterism/spectacular

Today, bodies exist in between a physical and an augmented reality. In Hinduism, an avatar reflects a 'descent' and refers to the incarnation of a deity or supernatural being on earth. An avatar, today, is an alter ego, a graphic representation of a particular person in a video game, internet forum, or on social media. Combining these two interpretations suggest that we are embodying supernatural beings, and our bodies are transforming into that of an avatar's. By caring for the body, we fulfill hygiene needs, beauty stereotypes, and lifestyle trends, and polish the expressions of global image-making.

Dentist hosts a vitamin service, offering cocktails for Happiness, Stress, and High Performance, available for visitors to sample at random times throughout the duration of the commission. Dentist also hosts a fashion display by sustainable brand *it's a shirt*, and a radio show with Dubai-based naturopath Dr. Heather Eade.



Wave 4

Snooze (W4)
Be ready to be cured and listen to your personalised divination

oracle/cosmism/benefit/
concentration/treatment/beautician/
meditation/transit/school/degrowth/
divination/preemptive/supeheroes

Snooze functions as a form of sabbatical. Deriving from cosmic theories, imaginary personas, and superheroes, it suggests a personalised channel for therapy and rejuvenation, a self-customised treatment for the body and soul. During Snooze mode, various time zones of the day, such as working time, sleeping time, and free time, are merged. This elaborate temporal territory brings to the fore one's need for quality time—offering the opportunity to concentrate, meditate, and prepare to go back online.

Snooze hosts a six-week film programme by curator and writer Filipa Ramos (Portugal), with selected films by artists Karrabing Film Collective (Australia), Ben Russell (USA), Basim Magdy (Egypt), and Gerard Holthuis (Netherlands). Snooze also hosts a collective performance/workshop by Eduardo Navarro (Argentina) and a sound piece by Raja'a Khalid (UAE).



Wave 5

Sunscreen (W5)
A casual service

tourism/dog walker/slow food/
happiness/psychoanalysis/
upbringing/trainer/online banking/
service/state/customer/pen friend/
love affair/handle/transmission

Public workers clean dustbins on the streets in order to prevent offensive smells and rat invasions. Corporations automate their services to avoid high operational costs, while continuing to be competitive and provide services 24/7. Even if these two practices are different, they both derive from the same need: to keep something from happening. They are rarely noticed when they occur, but their role in maintaining a system is crucial. They could even be understood as actions of care towards the individual body, the socialised body, and capital.

Sunscreen hosts a live archive of *Rhodiola's* activities through a website (rhodiola.ae), and this printed manual created by art director Panos Papanagiotou (Greece). The web page hosts the podcasts that have been curated as part of the programme, as well visual material and commissioned texts about Sunscreen by Tom Clark (writer/curator, United Kingdom), Miss Dialectic (curatorial collective,Greece), and Rahel Aima (writer, UAE).

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Rhodiola
A transmission by 3 137

Commissioned by
Alserkal Arts Foundation

rhodiola.ae

Warehouse 90,
Alserkal Avenue
Al Quoz, Dubai
18 March – 30 April, 2019

With
Rahel Aima,
Bedouin in Furs,
Apart Collective,
Tom Clark,
Anastasia Douka,
Daphne Dragona,
Madhurseer Dutta,
Heather Eade,
Enterprize Projects,
Gerard Holthuis,
it's a shirt,
Karrabing Film Collective,
Raja'a Khalid,

METASITU,
Miss Dialectic,
Basim Magdy,
Nima Nabavi,
Eduardo Navarro,
Panos Papanagiotou,
New Media Society,
Filipa Ramos,
Ben Russell,
RIWAQ,
VASL Artists' Association.

Project managers:
Ahmad Makia, Natalia Mavridou

3 137 is an artist run space based in Athens, founded in 2012 by Chrysanthi Koumianaki, Kosmas Nikolaou, and Paky Vlassopoulos. The space is an independent initiative with the aim to create a meeting point for exchange, discussion, and research. Its projects place emphasis on artistic production, collaboration and hospitality, and explore hybrid forms of being together.

3137.gr

Rhodiola is commissioned by the **Alserkal Arts Foundation**, which supports socially engaged, multi-disciplinary practices and facilitates cross-cultural exchange through its four core initiatives: public art commissions, residencies, research grants, and educational programmes. The Foundation offers cultural practitioners—either based in Dubai, or whose practice critically investigates themes pertinent to the region’s artistic community—opportunities for research, scholarship, and artistic production. Alserkal Arts Foundation’s activities are supported by Alserkal, an Emirati family business spearheaded by Abdelmonem Bin Eisa Alserkal.

alserkalavenue.ae

Everyday - all day

Rhodiola
A transmission by **3 137**

Programme
18 March-30 April, 2019

OROBORO (W1)

Anastasia Douka, installation, 2019

OROBORO references ouroboros (the archetypal serpent eating its own tail) by staging a motorised looping belt that feeds ceramic items (bricks, plate, etc), produced by the artist, into a free fall. *OROBORO* is a cyclical function asserting the breaking point of a production line.

A Sea of Sound-Visual Songs for the Ocean (W4)
A screening programme curated by Filipa Ramos.

From ancestral otherworldly rhymes to holographic pulsating rhythms of underwater life, *A Sea of Sound* brings together a series of artist’s films and videos that embrace our oceans through sound.

Jukebox (W1)
Browse through the archive of *Rhodiola* Radio Shows.

rhodiola.ae (W5)
The website hosts commissioned texts and visuals, as well as a radio player. The radio shows are uploaded and archived on rhodiola.ae after they are transmitted at Warehouse 90, Alserkal Avenue.

All day

Art Week at Alserkal Avenue
18-23 March, 2019 | All Day

Vitamin Service (W3)
During Art Week, vitamin supplement cocktails will be served to visitors. The cocktails include Stress, High Performance, and Happiness, and the recipes are concocted by 3 137 in collaboration with Irene Karouzaki and Dimitris Nikolalou.

Capsules (W3)
Christina Christodoulou, the designer behind sustainable fashion brand *it’s a shirt*, has created outfits for the people serving you vitamin supplements.

18 March
3-4PM
Dr. Heather Eade
Integrative medicine and wellness (W3)
A live advisory session on integrative health, medicine, and wellness.

19 March
3-4PM
METASITU
Degrowth urbanism (W2)
A recorded session on vacancy, shrinking cities, and alternative visions for spatial degrowth.

20 March
2.45-3PM
Raja’a Khalid
Guide, 2018 (W4)
The sound piece *Guide* embodies an institutional voice that appears concerned for the well-being of the listener.

3-4PM
Daphne Dragona
Virtual assistants, caring robots, and artificial companions (W2)
A podcast on how emerging technologies of care will shape tomorrow’s everyday life. An attempt to imagine future ways of living, as well as future forms of coexistence between humans and machines.

Dragona’s podcast hosts, among others, sound excerpts of works by Mediengruppe Bitinik, Kyriaki Goni, Romy Pilgrim and Liam Young and text excerpts by Maria Puig de la Belacasa, Taina Bucher, Mark Bohlen & Terro Karppi and Carme Torras.

21 March
11AM-2PM
Eduardo Navarro
What is the point of being a turtle? (W4)
This workshop invites participants to disguise and perform as turtles. Through possessing an ‘invented’ turtle state, time is experienced through another perspective, slowing down one’s organism, and moving with the wind.

Guests are requested to bring a makeshift turtle shell, a lettuce, and a candle to meditate.

3-6PM
Nima Nabavi
Music request dial-in (W2)
A three-hour special live session with *homme fatal* Nima Nabavi, during which songs are requested by the public on number 0563299918.

22 March
3-4PM
Enterprise projects
Once upon a time (W2)
Hansel and Gretel, a fairy-tale by the Grimm brothers, is used as the starting point for an alternative narration around cookies and danger.

23 March
3-4PM
Apart Collective
Undone (W2)
Undone explores collectivity as a place for exchange information, art production, for building safe spaces, hospitality, and as a tool for finding alternatives and temporary autonomous zones in the age of late capitalism.

> Screening
18-27 March
Karrabing Film Collective
Wutharr: Saltwater Dreams, 2016
HD video, sound, 28’53’’

24 March-30 April
28 March
3-4PM
New Media Society
Dustopedia (W2)
Dustopedia (Ghobar-Nameh/ غبارنامه) is an encyclopedia with the capacity for change, allowing the possibility of adding new entries—archival/live entries of text, image, and film towards various domains from scientific and ecological perspectives to abstract philosophical matters surrounding dust.

> Screening
28 March-10 April
Ben Russell
ATLANTIS, 2014
S16mm on video, sound, 23’33’’

4 April
3-4PM
Vasl Artists’ Association
Non-understandable art and how to understand it (W2)
The show is set in between a hypothetical situation of a fundraising dinner party where Vasl team members meet Champa, a socialite who supports art but at times, finds it challenging to understand contemporary art practices, and talk about their programmes over refreshments.

> Screening
11-21 April
Basim Magdy
No Shooting Stars, 2016
Super 16mm and GIF animations transferred to Full HD, sound, 14’ 25’’

11 April
3-4PM
RIWAQ
Cultivating hope: Dreaming and making of Palestine (W2)
RIWAQ’s work deals with a region greatly affected and fragmented by conflict. They see architectural restoration as a social and economic incubator, and what they do is not just about preserving buildings: it is a way to revitalise Palestinian identity under occupation.

18 April
3-5PM
Madhusee Dutta
Seven Islands and A Metro, 2006, film, 96’ (W2)
This film is a tale of the cities of Bom Bahia/Bombay/Mumbai, through a tapestry of fiction, cinema verite, art objects, found footage, sound installation, and literary texts.

> Screening
22-30 April
Gerard Holthuis
Careless Reef Part 4, 2004
35mm film transferred to HD video, color, sound, 13’ 00’’

25 April
3-4PM
Bedouin in Furs
Cassette love letters (W2)
A conversational session on the condition of contemporary romance.