

I have always wondered what it is to build.

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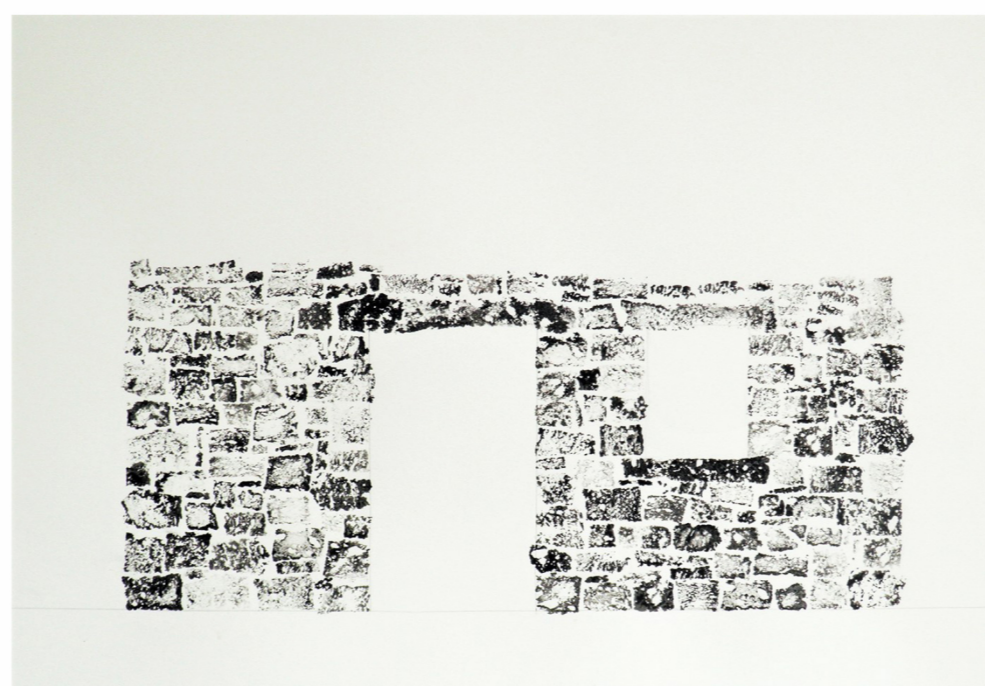
1. Από τη σειρά έργων "Today I ate my Landscape". Εφήμερο γλυπτό από ψωμί και πέτρες, 2022.
Training to be patient, to let it grow. To tell you what it is to be self-standing, self-sufficient. To dwell a well nurtured body within its natural environment.



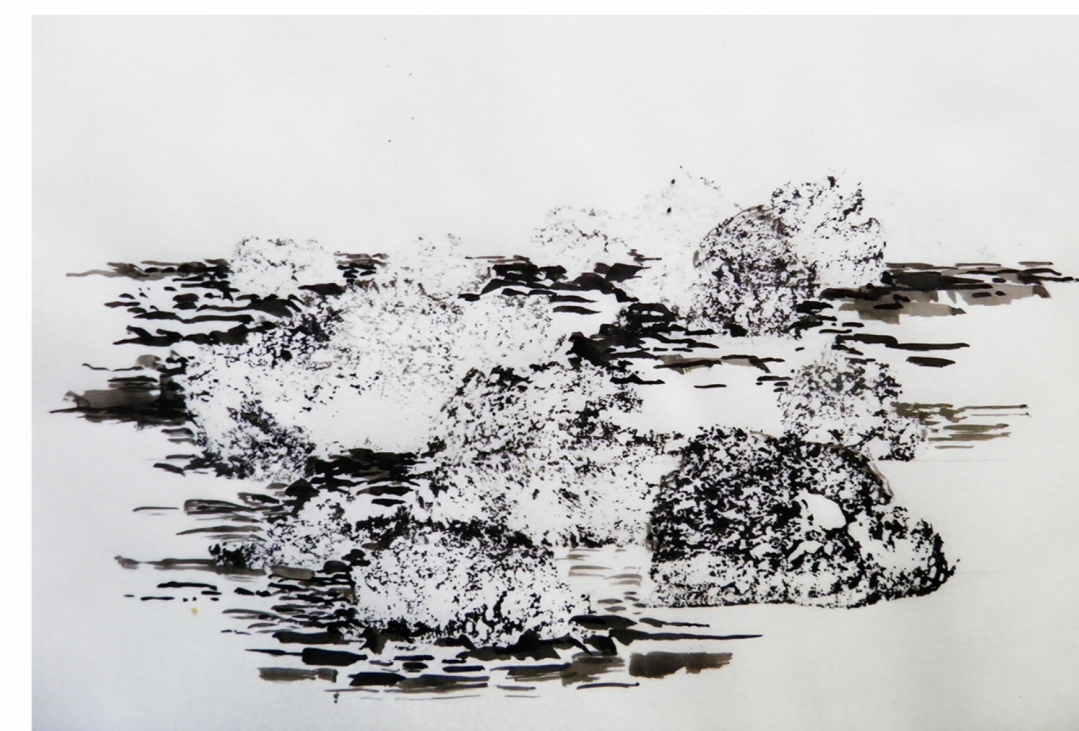
2. Life in circles. Crafting life-containers with patience. Εφήμερη παρέμβαση στο φυσικό τοπίο (Λόφος Φιλοπάππου). Ψωμί, αλευρόκολλα, κλαδιά. 2022.



3. Nourishing Architecture and growing ecosystems. A naturally growing body. Ψηφιακό κολλάζ (πρώτες ύλες: ψωμί, αλευρόκολλα), 2022.



4. Από τη σειρά "Facades", 2022. Τυπώματα ψωμιού με σιλικόνη μελάνη σε χαρτί. Would you be my cave, my home, my nourishment? A life container to sustain me.



5. Τύπωμα ψωμιού και ζωγραφική με σιλικόνη μελάνη σε ριζόχαρτο, 2022-23. Από τη σειρά "Wetlands". Long fermented, safe shelters, patiently handcrafted, Sprouting, rising steadily, in fertile wetlands.



6, 7 και 8. The edible series: Landscape embodiment, 2022-23. Επιτραπέζια αρχιτεκτονική, βρώσιμη. Τυπώματα ψωμιού με μελάνη σουπιάς σε αραβικές πίτες και φύλλα κρούστας.



10. Το τραπεζομάνηλο, τυπώματα ψωμιού σε λινό ύφασμα 1,3X1,8 2023. Από την έκθεση του έργου στο χώρο Ροεμε, στα πλαίσια του project "Παζάρι". Ναύπλιο 2023. A paradoxical surface: Normally seen from above, a map of gatherings, well-fed stories, debates and silences. A field of togetherness facing a neighborhood, reflecting each bite, one by one. Setting the place to be.

"I have always wondered what it is to build" is a zero waste artistic research touching on issues such as food equity, food waste, respecting natural resources and the way we inhabit and cultivate the land. The main material I use is homemade bread, as a universal, most basic form of nourishment, and I intentionally combine it with stones and images of primordial shelter-structures organically evolving within imaginary landscapes. Having something to eat and a place to feel protected are the most important human needs and in a way reflect the way humans build their lives in the world. Revisiting traditional rituals and craftswo/manship expresses the need to adopt sustainable practices and rethink on our true needs and our place within the natural environment. I insist on using natural materials, create ephemeral works and invest on circular practices where nothing goes wasted. We experience a global need to slow down, to perceive time as a natural process and re-learn how to be patient. Taking time to sit down and learn from the scratch how to make bread, in a wider sense how to build something with two bare hands, shouldn't be a luxury, but a way to live.



11. Από τη σειρά "Wetlands", 2022-23. Τύπωμα ψωμιού και ζωγραφική με σιλικόνη μελάνη σε χαρτί (αριστερά).

12. Φωτογραφικό ντοκουμέντο, 2023 (δεξιά). Today I ate my landscape. Edible architecture and direct landscape embodiment.

