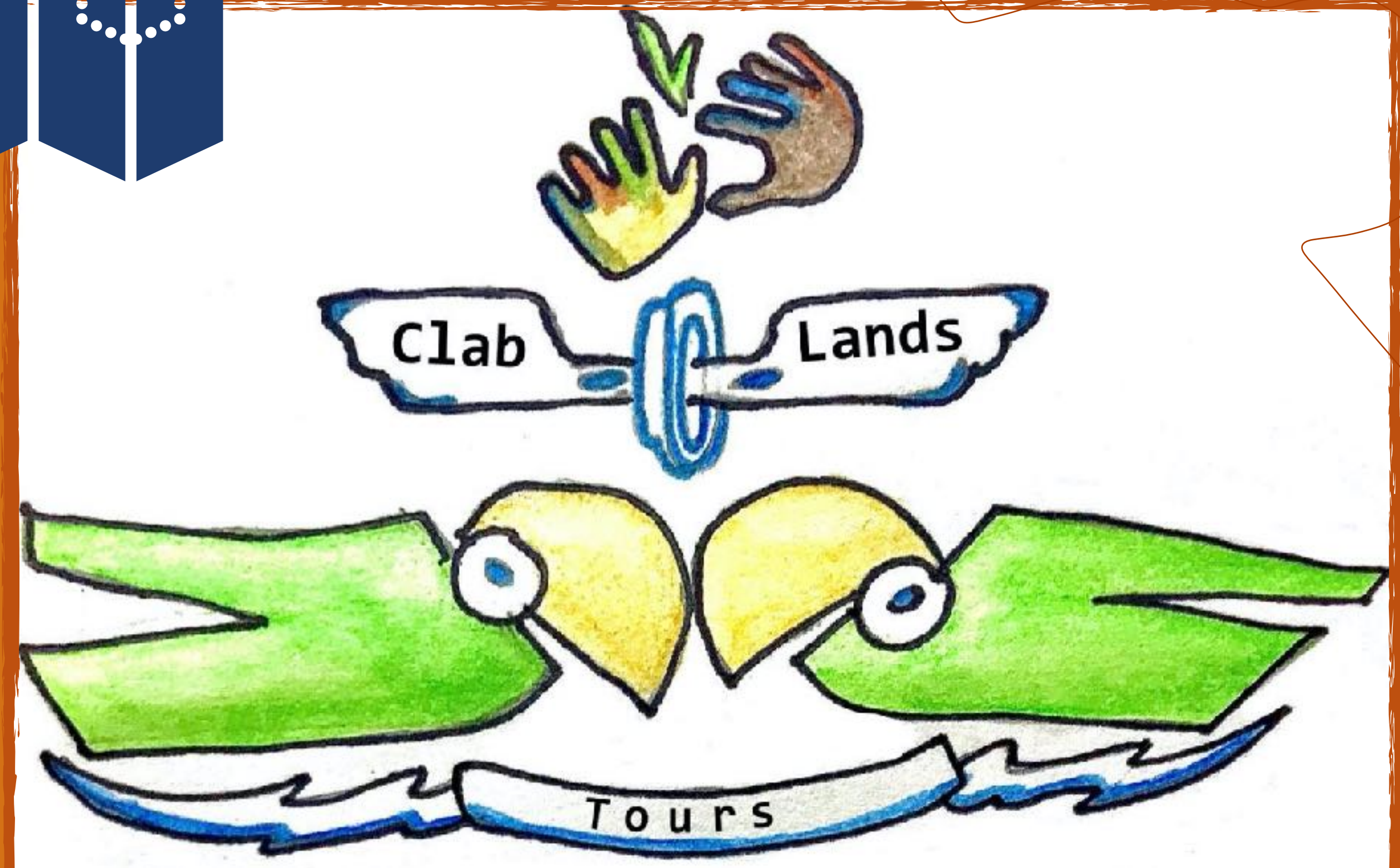


CLAB-LANDS TOUR #1: CULINARY GET-TOGETHER, FR. MAY 22ND 2020

LOGBOOK



CITIZENS
LAB

FIRST STOP OVERS – CLAB ONLINE MEETING #1

As CLab we had our 1st journey of getting-together in times of physical distancing and reduced traveling due to Covid19. Embarking on a collective journey into the co-created Clab Lands, we gathered online to cook together, share stories, reflect on the meaning of TRUST and manifest our community in challenging times.

This little logbook of our first stop overs in a row of three online journeys harvests and tells the story of our ride on Friday, 22nd of May 2020, location: all across the lands!

Next destination: Treasure Islands of Co-creation,
Friday, June 5th 2pm-5pm CET
Don't miss the flight!



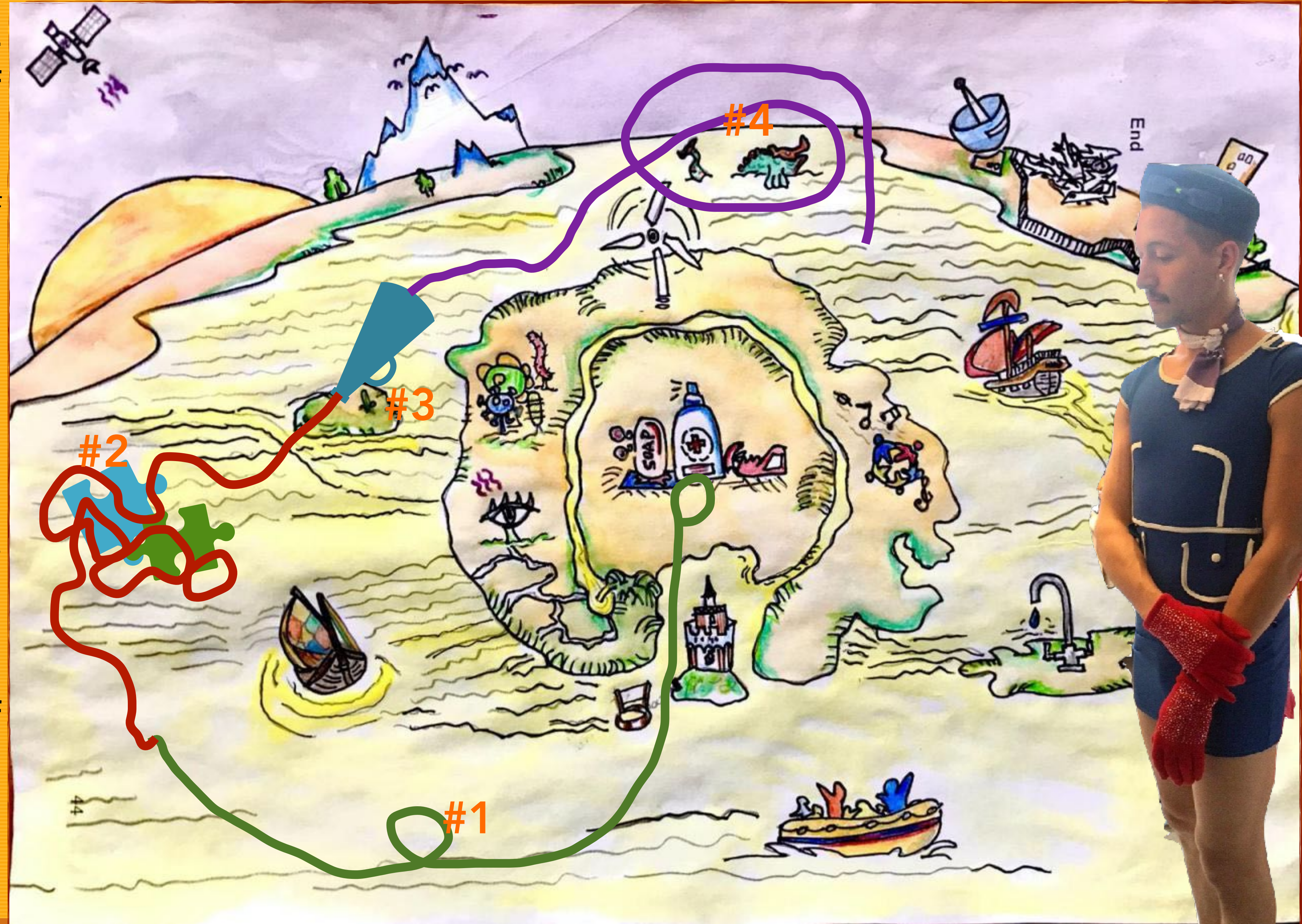
FIRST STOP OVERS – CLAB ONLINE MEETING #1

#1 From Saniticity take-off into the waters of collective cooking - we got together with the Bulgarian sounds of Madlen singing

#2 **Checking-in** written in the chat

#3 **Ground Control** framing the meeting in the larger context of this year's Clab online activities

#4 **Ready for take-off** little warm-up with the Hostess



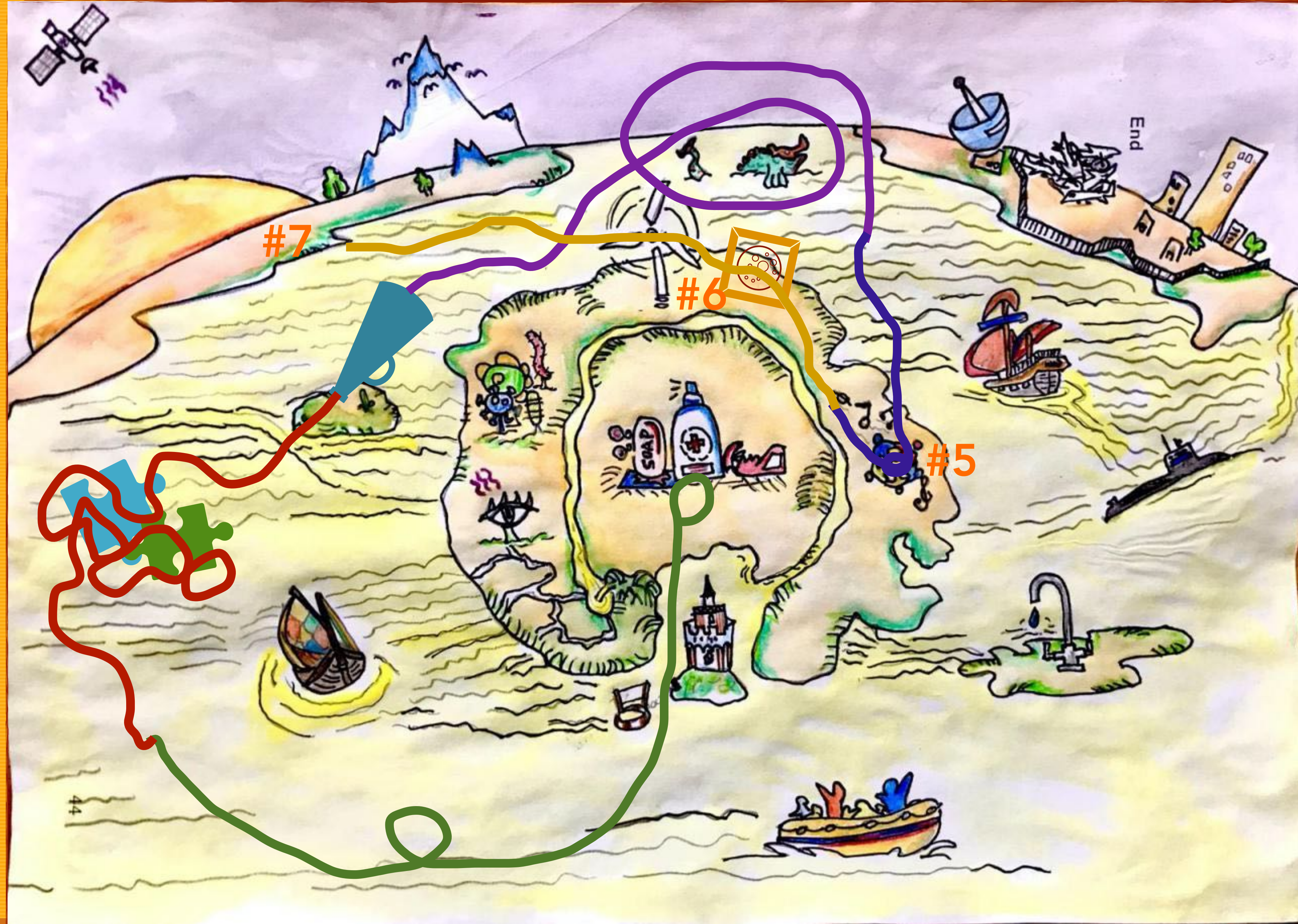
FIRST STOP OVERS – CLAB ONLINE MEETING #1

#5 The Kitchen Orchestra

- collectively cooking Bulgarian zucchini rolls, as learned with the grannies of Brestovo in a Clab Prototype 2018

#6 Framing the Sharing - Alan (Other Music Academy Weimar) shares the story of his family's accordion leading through the Holocaust, invites us to sing the yiddish variation of Bella Ciao and opens up a **conversation on the meaning of trust**

#7 What does trust mean to you? Circle-sharing ...



FIRST STOP OVERS – CLAB ONLINE MEETING #1

#7 What does trust mean to you?

Circle-sharing

... a selection

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> TRUST is a condition for true transformation.
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> TRUST IS NOT GIVEN, it is constantly
SHIFTING, IS A PRACTICE

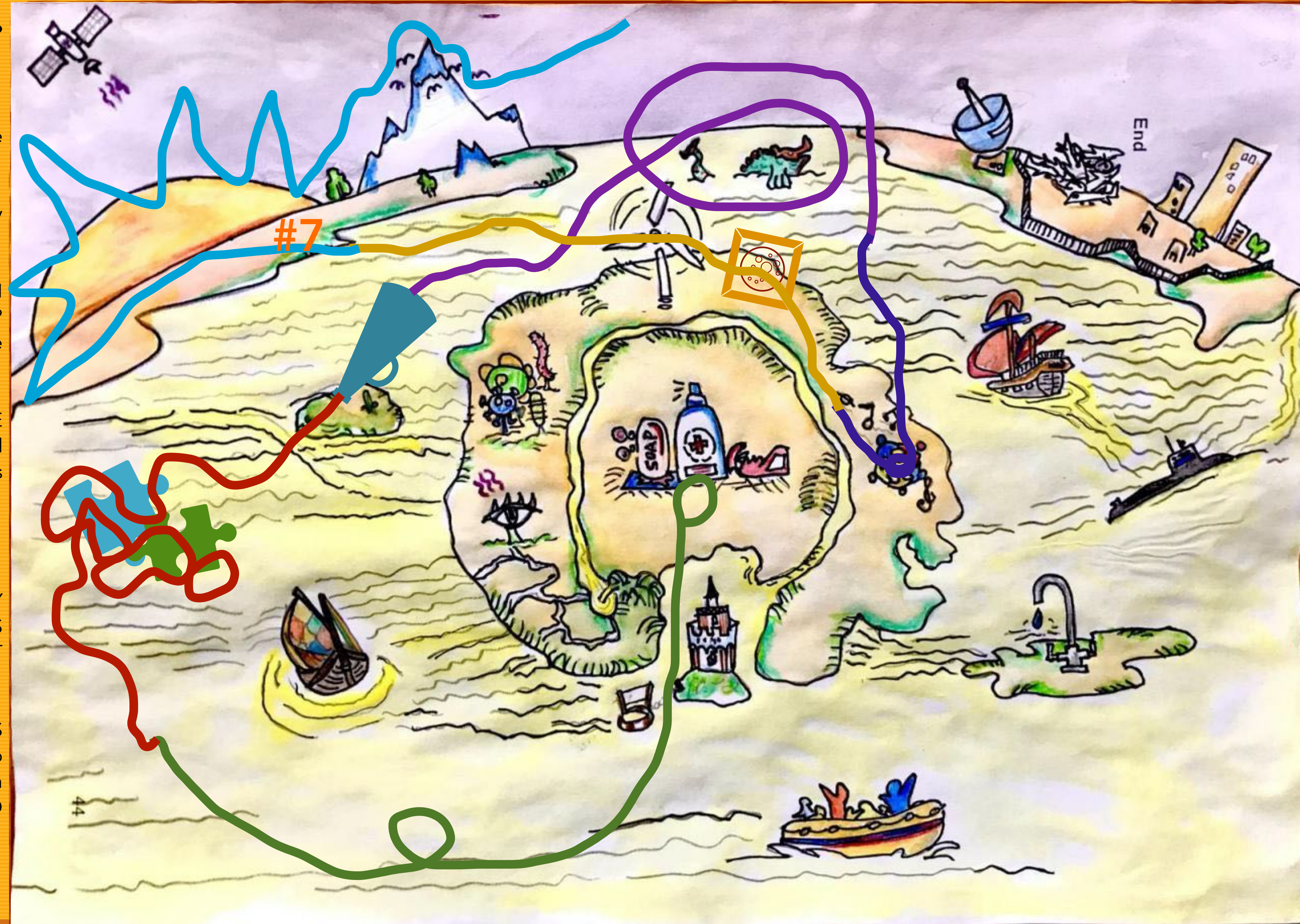
> HOW CAN I KEEP HAVING TRUST IN
TIMES OF SUCH UNCERTAIN FUTURE?
Cultivating trust in others – and in the
world

> FINDING TRUST IN MYSELF BEFORE
AND AFTER COVID TIME has changed
(no physical contact to others, less
exchange and affirmation ...)

> TRUSTING EACH OTHER TAKES TIME

> TRUST OTHERS - ALSO WHEN THEY
MANIFEST IN THE WORLD IN FORMS
THAT ARE THE CONTRARY OF WHAT
YOU LIKE ("Most people are OK")

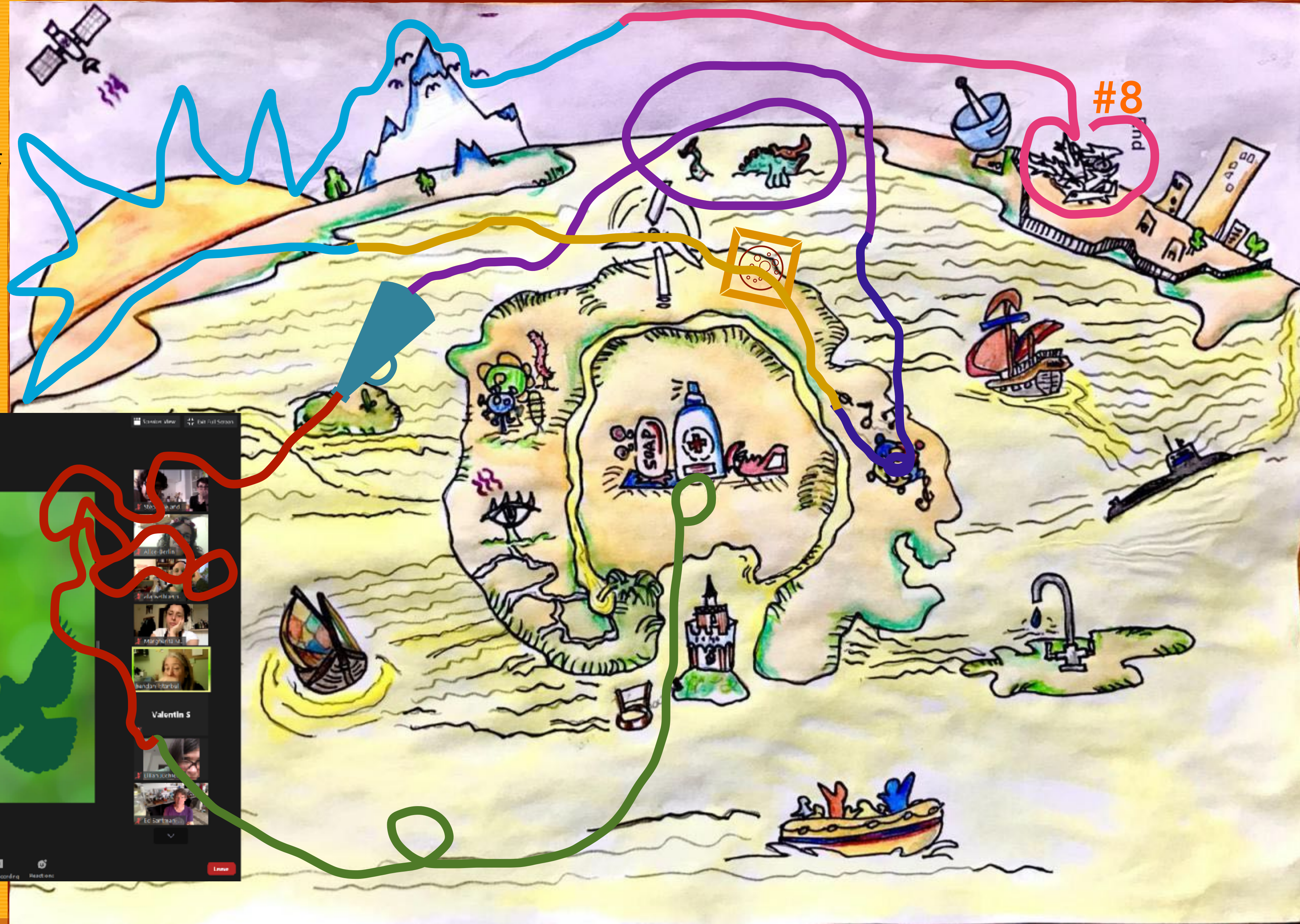
> FIND SOMETHING THAT CONNECTS YOU, build a deeper relationship practicing non-judgmental manners – in this way THERE COULD BE TRUST ALSO IN ALL OUR DIFFERENCES



FIRST STOP OVERS – CLAB ONLINE MEETING #1

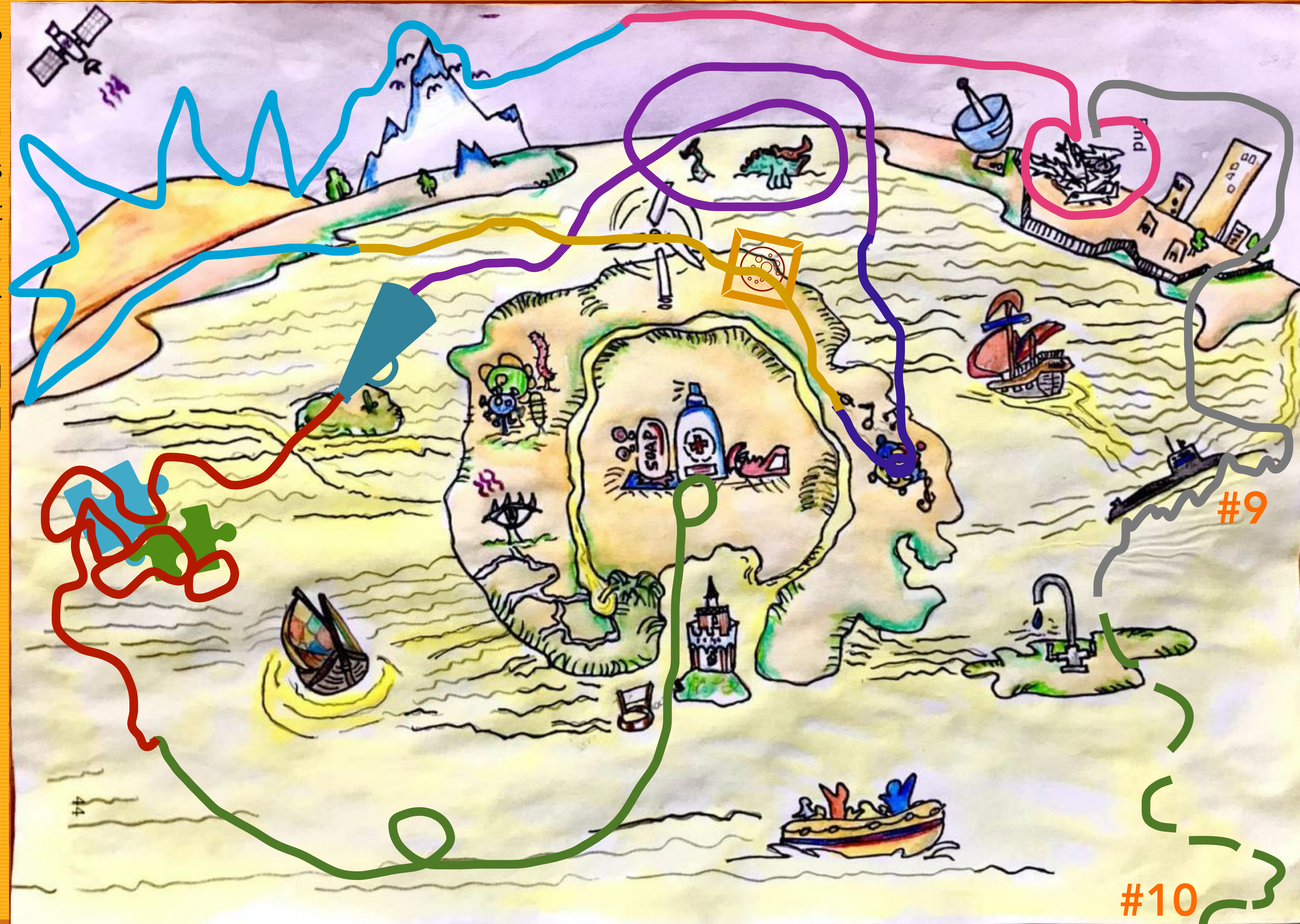
#8 When Birds Learn to Fly

- Handan shares a story of a dove that lived in her office. A story of transforming urban habitats, of trust and letting-go.



FIRST STOP OVERS – CLAB ONLINE MEETING #1

#9 So where are you?
Closing song Madlen turns out not to be in Bulgaria, as the Hostess travels faster than light to her in ... Neukölln, Berlin. She shares a pop-song of her own creation, whilst we enjoy the food of our own synchronised making



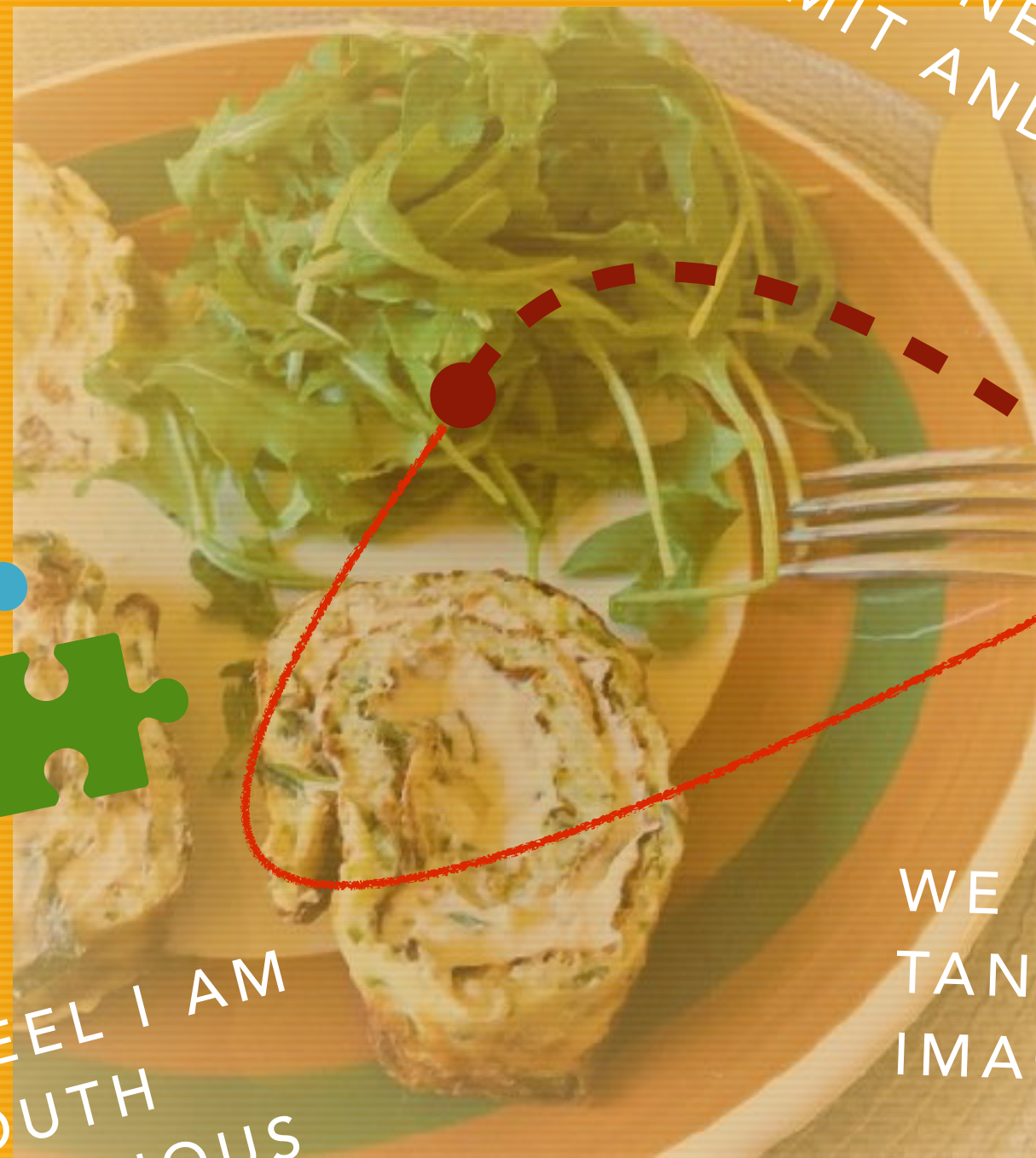
FIRST STOP OVERS – CLAB ONLINE MEETING #1

#10 Landing safely:
Checking-out

...SO CLOSE AND SO FAR

I REALLY ENJOYED THE MUSIC AND
THE STORIES. THANK YOU!

WE SHARED - I FEEL I AM
INSIDE YOUR MOUTH
TASTING THE DELICIOUS
FOOD



FEEL CONNECTED WITH YOU ALL - WE HAVE TO
COMMIT AND KEEP SHARING AMONG US AND
TRUST

WE CREATED SOMETHING
TANGIBLE FROM OUR
IMAGINATION

CLAB-LANDS TOURS WELCOMES YOU TO THE NEXT TRIP: FR., JUNE 5TH 2PM-5PM CET

TREASURE ISLANDS OF CO-CREATION



see you
soon!

**CITIZENS
LAB**