

THREE CAFÉS:



EXPERIENTIAL ARTISTIC RESEARCH EXPLORING
INTER-RELATIONSHIPS BETWEEN DIGITAL TECHNOLOGY AND
WELLBEING

Anglia Ruskin University researchers Marina Velez, Davide Natalini, and Debby Lauder are pleased to invite you to participate into a series of three experimental interventions, designed to open up discursive spaces for interactive and experiential research as to how digital technology increasingly serves to shape our perception, determine our communication, frame our identity, inform our self-awareness and underpin our social interactions.

Café 1: *Lift Off* Location: Espresso Library- 210 East Rd, Cambridge CB1 1BG

23 Nov, 4-6pm,

This experiential artistic piece, created by artist Marina Velez, will invite participants to explore digital technology in a meditative, contemplative way through live webcams featuring natural phenomena. Participants will work together to respond to these stimuli, by means of their digital devices.

Booking Café 1: *Lift Off* <https://three-cafes-cafe1.eventbrite.com>

Café 2: *I Feel lucky* Location: CB2 Bistro - 5-7 Norfolk St, Cambridge CB1 2LD

23 Nov, 6-8pm

The second cafe event, conceived by artist Debby Lauder, will feature an analogue search engine. Participants will work together to create new algorithms, without the use of digital technology.

Booking Café 2: *I Feel Lucky* <https://three-cafes-cafe2.eventbrite.com>

Café 3: *Discussing technology and work-life balance* Location: Thirsty - 46 Chesterton Rd, Cambridge CB4 1EN

28 Nov, 6-8pm

The third event, delivered by Davide Natalini, will involve an informal conversation between the participants, who will be able to reflect on the experiences from the first two cafes, as well as from their own personal experiences of issues relating to the use of technology and work-life balance. The conversations in the third cafe will result in the production of an e-book.

Booking Café 3: *Discussing Technology and Work-Life Balance* <https://three-cafes-cafe3.eventbrite.com>

Places are limited to 20 participants. For more information contact marina.velez@anglia.ac.uk or visit Balance Network website at <http://balancenetwork.bimserver2.com/index.php/events/item/86-three-cafes-experiential-artistic-research-november-december>