

USED-

TO

by Makan

PROJECT



## Unusual Dinner One: Helsinki

Lapinlahde Lahte art center

Date	Friday 8th of November
Support	Keep in touch in be involved in the Used-To Project through our GoFundMe : <a href="#">🌐 Used-To at Lapinlahden : Support our multidisciplinary event, org...</a>

### The Used-To Project is a series of unusual food performances

*that are designed **to observe our own habits of getting used-to everything around.***

The first chapter will take place in Helsinki, at the historic Lapinlahde Art Center. This **multidisciplinary event - including photography, animation, music and performances** - approaches the Used-To concept by addressing how we are coping with the myriads of ongoing conflicts around the world. Depending on where we stand the responses are boundless, but for most one thing is for sure, for the better or for the worst, we adapt.

*The **food performance is the common thread connecting these stories of hardship, taking a step back and pushing us all** - those directly impacted and those only impacted through their screens - to **feel and acknowledge how we digest these intolerable realities.***

Unusual Dinners work as a stage where participants are called to confront the shadows which we usually shy away from. Built on participation, this performance aim to trigger our senses, opening up to art through food and music.

*By shaking our emotional body, it strives to better counteract our Used-To mode of being, co-creating a roadmap to **re-cognize** our true selves.*

## What does Used-To refer to ?

It can be described as an **ongoing practice** of getting unused to things, a sweet spot between cultivating gratitude and outrage, refreshing the senses to see anew **the world around us for what it really is**. It's a practice that takes place on an individual level but needs to be spoken out, witnessed and coaxed.

*There is a power in our **collective acknowledgment** of our insensitivity.*

## Makan is the food and art collective behind this project

Based in Rome, Makan has witnessed through all the events organised, how **solidarity and care are cornerstones of true changes of habit**. More than introducing a new type of cuisine in Italian plates and showing that ugly vegetables are still good to eat, we have created real relationships.

*These experiences taught us how deeply **movements of change are born from togetherness**.*

## Participatory practices as a way to induce *trembling sensations*, a fertile ground for unpredictable possibilities

Food is a connector. One where visceral need and true pleasure meet. **A vessel to open your heart when your mouth is full**. This performance brings you to observe how you numb your senses in an attempt not to feel the uncomfortable emotions which go along with all of the uncomfortable realities of our world. If Art is the bridge between your mind and body, **food reminds you that you cannot ignore your body sensations**. Performance is a most participative art. **Rooted in the present, it connects you to the Other**.

*It generates an area of the unknown where participants collaborate to produce unpredictable outcomes, rehearsing potential futures and **opening up to new possible actions**.*

And by eating, you can't help but participate, in fact we need your chewing mouth for this performance to unfold.

## The Used-To Supper Club, a never-ending epilogue

Recognising that we're all used to it, from our daily gestures to the unusual and inhuman, means we can no longer look away from the urgent need to act. On this front, the Used To Project doesn't want to leave you high and dry. Our humble offer to avoid this is to collectively organize, with all the participants present on this day, recurring dinners in our pending absence. The idea is to hold on to the nuggets of wisdom and pockets of community collectively harvested at the Used to Event.

The Supper Club provides a space to talk through feelings of guilt, shame and hopelessness and eventually and inevitably organize. It is an occasion to continue deepening our sensitivity, using our senses to detect what feels right or wrong and continue feeling it. **These continued physical and digital gatherings are completely open-ended and collaborative.** They are but gentle invitations **to keep alive** the philosophy of not getting *Used-To* everything and exercise your agency. This, we believe, can be a significant first step towards many others.

*On our own scale, in our own locality, now that we are aware of our 'used-to' behavior, let's keep a close eye on ourselves to consciously choose the habits we accept, **and let's get rid of them when they blind us to the irrational, to the intolerable.***

# Join our table this friday

## & continue confronting your habits through the Supper Club!

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