

08_091: "trash initially picked in the netherland at the end of a beautiful sunny spring with the strike of the trash pickers and street quite filled with garbage and then in sweden at the beginning of the summer to later go back to the netherland and bike alone to different small villages finding trash there on the sidewalk and even the nicely printed cv of an old artist"

08_092: "trash collected from the beginning in the netherlands with the euphoria of the world cup rising and allot of national support around utrecht where i have been walking picking some trash also picking some in dordrecht on my way to a national park and finally going to italy with both myrthe and august and picking trash on a sidewalk along the sea or in the main city center finding trash from pizzerias and ice-cream places but not so much from discos as i had expected"

08_093: "trash still picked in the northern italian sea side place of ligano but also visiting the more historical cities of aquileia and grado to the make it by car all the way to ravenna and picking trash there as well as in the beautiful city of mantua and at last in vicenza before coming back to sweden and taking small walks but finding very little trash"

05_049: "fable inspired by some hobbies i saw at the beginning of the summer during some very beautiful days in sweden and then not really being able to write so much having gone to the netherlands and finishing the story after the holiday back in sweden getting certainly influenced by my reading of memory wheels based on zodiac signs and also using a new laptop to retype the fable but having to adjust to it being the keypad under the keyboard often making me write in other parts of the text"

12_046: "thoughts recorded during the spring going to august or taking minor to large walks through swedish forests feeling quite puzzled as what to do with my future trying in this respect to be more independent from the university environment and also undergoing sentimental crisis feeling however strong of my walks particularly around the area of the tullinge lake even while carrying my bike down a steep cliff but also thoughts recorded during a very refreshing easter vacation in sunny italy finally rediscovering the hills next to my parents' place where i used to paint"

16_067: "finally back in sweden after a coldish and rainish summer in the netherlands and then in italy and finding the weather unusually warm and super nice but then experiencing it getting much cloudier with occasional thunder storms and at last the rain coming right at myrthe's arrival but then also again some nice days of sun in which we went out at the beach behind the harbor and could even swim until it got too cold and at last it started to be quite cloudy feeling however quite warm in the last days whenever the sun shone"

07_062: "a first new acquaintance met in stockholm and actually a quite famous researcher from the netherlands who studied in south africa and later moved to

indianapolis to whom i have presented my project and later went out for dinner and at last allot of cool young people met at an art conference in berlin like a guy from eastern europe but also two italian artists like a crazy one from venice who was really exposed for his age and a girl from south tyrol to then also meet another eastern european girl photographed in front of an orange light and a south african scholar with whom we went out to galleries and finally a cool artist from the philippines photographed out of the hostel where i was staying and a too serious girl from georgia studying in london to become a curator"

09_088: "several working related casualties particularly in asia but mostly news read on the internet about the conflict in gaza as well as the one in east ukraine but even some natural calamities killing people in nepal and japan and several deadly accidents"

18_063: "not so much wind from the beginning back in sweden with nice weather but only experiencing it mostly when biking around and at last experiencing quite strong winds with myrthe spending an afternoon at the beach with allot of cold wind and also experiencing quite some wind changes when exploring stockholm while waiting to pick up august feeling also quite some wind when going up to the university and taking a small walk around now recording the wind forces with my new smart phone"

14_066: "taking a small walk to begin with biking down to a lake in södertälje and walking around finally keeping alone after a whole summer with myrthe and august and then walking during myrthe's visit despite having both to work but taking small breaks to go down town and also walking a bit in stockholm but mostly by myself really enjoying to cross the entire city and later exploring the djursholm island away from the tourists and at last also taking a decent walk from my university out in the natural surrounding"

01_128: "a month spent entirely back in sweden mostly doing activities related to my thesis preparation like reading and writing which brought little actual physical activities also made less by the replacement of the camera made to make the films of public spaces and the phone to annotate my ideas and the shapes of the clouds and also the dictatophone to record my thoughts all replaced with a smart phone which reduces the amount of objects i then photograph while being outside despite now also wearing my sunglasses which in fact adds an outdoor activity but other than that only doing a little bit of physical work to clean up the room for my new italian room mate riccardo and also limiting now my activities in the apartment because of his presence but otherwise being very constant to go to the gym"

15_056: "a month feeling rather good alone but having still a bit of trouble with the geographical distance with myrthe and finding from the beginning a good time collaborating with her on my t-shirts and also generally during the opening where i showed them while feeling down about august who has not being willing to meet me

but then again becoming strong reading stoic philosophy in particular marco aurelio and being happy hanging out with my new roommate riccardo and his foreign exchange students friends particularly during a walk in nature but getting a bit down again emotionally about the idea of having to endure the distance relationship for several years to come"

10_091: "films shot partially with my old camera while still in italy rediscovering the beautiful city of mantua and later coming back to sweden and trying and finding a smart phone with a nice camera so switching to that one to make all my equipment more compact and this time having fun exploring and filming new public spaces particularly discovered while walking around stockholm like to the small show i had up north and filming with a broader angle and with a crisper image than the camera before thus also having to be careful not to film people in front of me especially acquaintances"

12_047: "recording at last after a summer spent mostly with myrthe and august still however finding a few occasion to take a lonely walk and record my thinking escaping for example from a concert where i have been with myrthe's friends in the netherlands and then later having to wait to be back in sweden to be able to be alone and record my thoughts after biking to a lake and recording in the woods but also buying a new smart phone and replacing my old dictaphone with it to record a more crisp voice while walking through the island of djurgården and finding myself very at ease with the phone"

06_037: "starting the running section now in utrecht at a nice little oval park outside the historical center but feeling low energy and resuming running only back in sweden also with myrthe at my place and following me to the park but then getting a stiff back and resuming my running with some pain also forgetting to speed up at last at my sixth lap but otherwise feeling physically rather good with regular training at the gym"

04_056: "a rather clean month staying alot at home and smelling occasionally the nearby factories or the trucks while running outside but otherwise inhaling most smog while going to stockholm city center and getting overwhelmed not only by the traffic but by alot of the road works getting close to big trucks and smoking asphalt"