

### Module 3: Real journey - dream journey

The first day participants discover the method of "real journey / dream journey" developed by Werner Moron which is also the foundation of the method Paracommand'arts. Each participant receives a booklet entitled »Nations Me", which is a personnel file to fill during the workshop sessions. This booklet is actually a list of questions on existential matters such as the origins, idols, future projects, influences, etc. He addresses these issues in two different ways. First, in the most objective way possible, giving a detached description of the elements related to a question. The answer can be written, drawn, painted or copied from digital images, etc. In the first phase, it is to recall the objective, banal details without transforming them or interprets them, and without any creativity ("by all means, do not make art!"). The next step invites readers to respond again but freely turning response, this time. The "dream journey" allows to retell the story but in a way that we like, introducing a lie, a wish, a change.

To start, these questions are proposed:

"What are your oldest and most accurate memories? "

The *Nations Me* booklet opens a dialogue between the objective and the subjective - the experience and the imagined - but also introduces a variety of voices containing different life experiences that questions from booklet evoke: Which people have influenced you? Who are the heros of your culture? What are the places that have marked you?

The idea of *Nations Me* is to reveal precisely this multiplicity of voices. "Nations Me" means that each of us is an individual but also a nation with its own borders, its culture, its own rules, a small nation with its intimate history its external relations. A small country that negotiates its solitude or its relations with other countries that are yet so mysterious but so similar to us. A country which dresses, which informs, who wants to be a part of a larger company that wants to change the society. A country that should make a profound study of its roots, its origins, to go as far as possible. (Introduction of the book by Werner Moron) 1

During the workshop, participants are asked to constantly use the booklet. In reality the answers in the booklet serve as anchor to the artistic project that participants develop throughout the workshop.

Here are two texts shared during one of the workshops:

"Real journey" I'm on the roof of our house in Algiers. All the other houses similar to ours are beige with a big blue sky. From above I look in the garden and I see our neighbour making bread in a metal barrel. I am so impressed that I cannot look away. She motioned me to come but I will not go. I'm too embarrassed.



"Dream journey" I'm on the roof of our house in Algiers. All the other houses similar to ours are beige with a big blue sky. From above I look in the garden and I see our neighbour making bread in a metal barrel. I am so impressed that I cannot look away. She motioned me to come so I'm at the end of the roof, I jump, I fly to her and she gives me a piece of this flat, hot bread.

Asked to sum up the two stories in one word, the participant chose the word "contact". This word will be the source of his thinking for the construction of his artwork.