


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, Cambridge

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.

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

23 Nov, 6-8pm, Cambridge

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.

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

28 Nov, 6-8pm, Cambridge

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.

Places are limited to 20 participants, please contact [marina.velez@anglia.ac.uk](mailto:marina.velez@anglia.ac.uk)