*They =* [Researcher (>1)](https://www.ap-arts.be/en/person/researcher-1)*:*(*we* = the Italo-Sudakas [Stefania Assandri](https://www.behance.net/stefaniaassandri) and [Renata Lamenza](https://relamenza.wixsite.com/talktome)) + [Joonas Lahtinen](https://joonaslahtinen.com/)   
  
invite you to join us in a *Creation & ~~Soup~~ Safe session.  
we* will **share part of the research process and material, experiences, methods and love letters used in the project** [*TACTICS for a COLLECTIVE BODY*](https://www.ap-arts.be/en/research/tactics-collective-body) in dialogue with Joonas.  
–Monday 10th of January from 7PM until 8.30PM on MicrosoftTeams.  
Email us to [researchergreaterthan1@ap.be](mailto:researchergreaterthan1@ap.be) for the link–

*They* will circulate and traverse topics such as **participatory performance, authorship, the relation material-body-performativity, care and intimacy in performance**,

and how to make soup together.

You are welcome to react, provoke and engage in the conversation taking into account the surrounding(s).

Courgette rucola soup:  
- 700g Courgette chopped in small pieces  
- 1 big chopped Onion –white or red–   
- 1 spoon or 1 blokje Vegetable broth/bouillon  
- 1 soup spoon Olive oil  
- 100 g rucola  
- 150g cream cheese –possible substitutes: full fat yoghourt, vegetable milk, mascarpone, cream  
- 750ml water  
- Salt and pepper as desired  
  
How?  
-Heat up oil in a pan, and add the chopped onion for 5 minutes. Add the courgette, the vegetable broth and the water. Let it cook for 10 minutes in low fire.  
-Check if the courgette is cooked, and add the rucola and the cream cheese. Mix the soup with a mixer/blender and season it with salt and pepper as desired.  
-wait to eat the soup together during the Session.

Collaborator + guest speaker =

[Dr. Joonas Lahtinen](http://www.joonaslahtinen.com/) (A/FIN) is a performance scholar, performance and installation artist, and Lecturer-Researcher in Art and Education at the Academy of Fine Arts Vienna.