



CS LAB # 6

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what is it?

Is a dedicated space of experimentation offering differently, to reflect and question their way of working. This year's Lab took place in Santa Maria da Feira, from May 24th to 26th.

This edition was built around the notion of adaptability, how the current crisis impacts our mental health and how we can overcome.



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How we did it?

To explore the theme we use different approaches (physical, theoretical) and different areas of knowledge, such as neuroscience, marketing, circus, yoga, psychology, philosophy and gastronomy.

The relationship to the local environment was fundamental element to the success of the Lab: local artists, spaces (Europarque, ICC, Castle, town it self), performances, chef and cousine.



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program?

12 activities

3 keynotes

2 workshops

2 artistic moments

1 yoga class

1 creative challenge: strawberry picking

1 sensorial experience: sensorial dinner

2 networking breaks: barista and castle tower



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**#creative challenge:
the fine art of strawberry picking**

Widely appreciated for its characteristic aroma, bright red color, juicy texture and sweetness, strawberries are also a delicate fruit, put under pressure can easily be damaged.

After a brief tour by the owner and tried themselves to pick up strawberries in the right way, the participants were challenged to create a narrative with the title “The Fine Art of Picking Strawberries”.



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#networking breaks:
barista

After a stressful event and intense work journey, the must deserved break. The participants were invited to enjoy some refreshments made with the strawberries they've picked. The creative approach was responsibility of local bartender Helder Ferreira.



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#sensorial experience: sensorial dinner

Participants who venture into this “Blind” experience are called “travelers” and are guided by the touch, sound and smells of its “Inhabitants”. The proposed sensory experiences allowed a journey between the tensions caused by the deprivation of some senses and the pleasure for the conquests through adaptation to the new reality experienced. Around a table, travelers' feelings are intertwined. known / unknown and unveiled ways to offer all senses equity and harmony so necessary to live in balance.

The menu, designed by local chef Luis Sotto Mayor, was tailored to the experience, using local ingredients, such a:



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**#networking breaks:
wrap up at the tower**

To wrap up a very busy last day, following the keynote dedicated to “Care” – for one selves and for the performative arts field – the participants we invited to watch the sunset from the castle main tower. In a way to care for them, we provided one last gastronomy experience with a taste of “Caladinhos”, the iconic local cookie.



