

Kunstmuseum Bochum

Kortumstraße 147
44787 Bochum
kunstmuseumbochum.de

Tuesday, Thursday, Friday,
Saturday and Sunday:
10:00 — 17:00
Wednesday: 12:00 — 20:00

PRESS RELEASE

Well Beings by Valentina Karga opens at Kunstmuseum Bochum

The exhibition opens at Kunstmuseum Bochum on 29 March
and runs until 31 August 2025

Well Beings by Valentina Karga deals with the fears triggered by ecological crises. Based on her own experience with such anxieties, she has developed an interactive installation that invites visitors to try out various exhibits inspired by popular self-care objects. These include hug-pillows and weighted blankets as well as oversized plush toys that are blown-up versions of small prehistoric figurines. The exhibition opens at Kunstmuseum Bochum on 29 March and runs until 31 August 2025. The opening event is 28 March at 7pm.

In these days of climate crises, more and more people are affected by eco-anxiety – the chronic fear of environmental collapse. This anxiety disorder can lead to nervousness, sleep disturbances, sensations of suffocation and even depression. Somatic psychotherapy techniques that regulate the nervous system have been shown to have positive effects on such symptoms. Drawing upon personal experience, Karga invites others to experience the immersive self-care environment she has designed. Her design language focuses on human beings as the main cause of climate change and species extinction. In order to give ourselves a new chance, Karga argues, we need to look back to ancient models that can help us to renegotiate our relationship to other forms of life and to the earth as habitat.

The artist delved into researching prehistoric figurines, dating from 2000 to 600 BCE as the basis for her work. By interpreting the qualities of these idols as symbols of a non-human world, she tries to open up a new perspective on our image of humanity: One that will cultivate loving responses to our predicament of the climate crisis, in order to reduce anxiety, trauma and, therefore, harm.

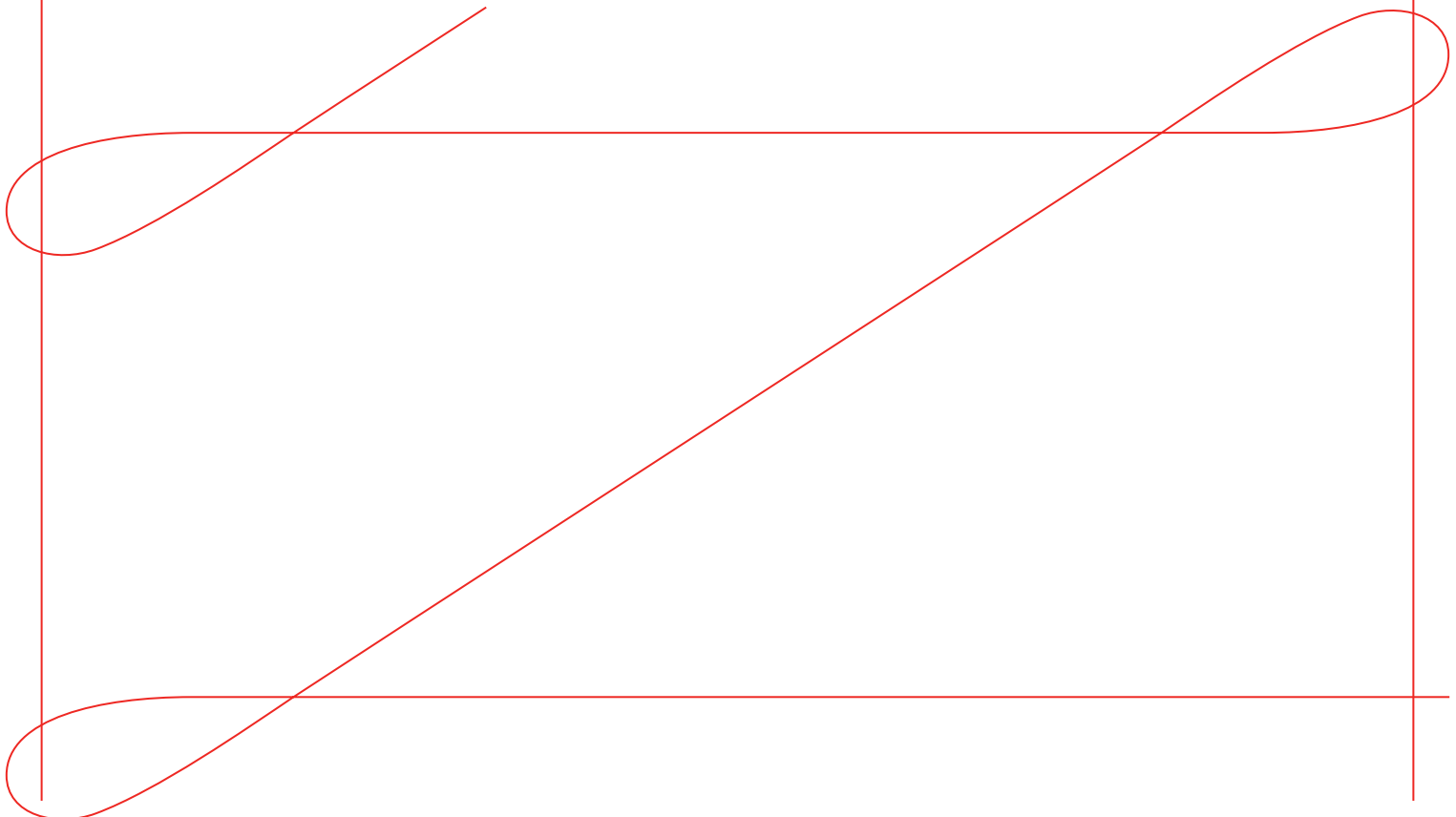
Valentina Karga also deals with the topic of eco-anxiety in the video *Adaptation*, filmed especially for the exhibition, and conceived and produced in collaboration with students from the Hamburg University of Fine Arts (HFBK). Film production: Lukas Grubba and Sarah Pech, choreography: Polyxeni Angelidou, live action role-playing (larp) design: Nina Runa Essendrop, Costumes: För Künkel, Sound: Junya Fugita.

Well Beings was first shown at the Museum für Kunst und Gewerbe Hamburg (MK&G) in 2023. Many of the prehistoric figurines were found at the MK&G's antiquities collection.

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ABOUT THE ARTIST

Valentina Karga's art moves between the fields of conceptual art, design, architecture and socially engaged practice. Karga was a fellow at the Graduate School of Berlin University of the Arts from 2011 to 2013 and a Saari Fellow in Finland in 2017. In 2015 Karga was awarded the Vilém Flusser Residency for Artistic Research. Her works have been exhibited at institutions including the National Museum of Contemporary Art in Athens, the Onassis Foundation in Athens, and the NEON foundation in Athens in collaboration with Whitechapel Gallery in London, Kunstverein Braunschweig, Pact Zollverein in Essen and at art shows including the transmediale, the Athens Biennale of Contemporary Art, the Moscow International Biennale for Young Art and the Thailand Biennale, as well as in a solo show at the Hippolyte Gallery in Helsinki and the MKG Hamburg. She has also organized and participated in discursive events in institutions such as the Haus der Kulturen der Welt in Berlin. After doing a residency at the NTU Centre for Contemporary Art in Singapore, 2018–2024 Karga was a professor at the Hochschule für bildende Künste Hamburg (HFBK). With her students she developed projects that got exhibited at documenta fifteen in Kassel and Somerset House in London



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ABOUT THE KUNSTMUSEUM BOCHUM

Curiosity, a willingness to experiment and an invitation to open exchange are at the heart of the Kunstmuseum Bochum's programme. Situated on the edge of the Stadtpark park and just a stone's throw from Bochum's city centre, the Kunstmuseum Bochum sees itself as a place with the character of a workshop, where many things are possible, and many people are involved.

The museum's character is reflected in two interconnected buildings, the neo-classical Villa Marckhoff and the modernist museum building designed by the architects Bo & Wohlert: the museum's spacious architecture invites visitors to experience modern and modern and contemporary art in a cosy and open atmosphere — from exhibitions to atmosphere — from exhibitions to performances — and to engage with it.

The museum's diverse collection of more than 8,000 objects includes works of concrete, surrealist and conceptual art, ranging from drawings, sculptures and paintings to prints and photographs. Alongside a few highlights from the early 20th century, such as František Kupka, Ernst Ludwig Kirchner and Hans Arp, the collection focuses on a very broad spectrum of European art after 1945, such as Zofia Kulik, Andy Warhol, Louise Nevelson and Tadeusz Kantor. Recently the has recently been enriched by a bequest of a large group of Fluxus works.

Apart from visiting the exhibitions, the museum also offers an open café, various meeting rooms, a small library and a roof terrace with views over the city.

For media information contact

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