



# Art & Research Company Be

by & with Caroline Duval

ACC\_R Theater - Experimental performing arts

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Credit : photo : Frédéric Pasquini



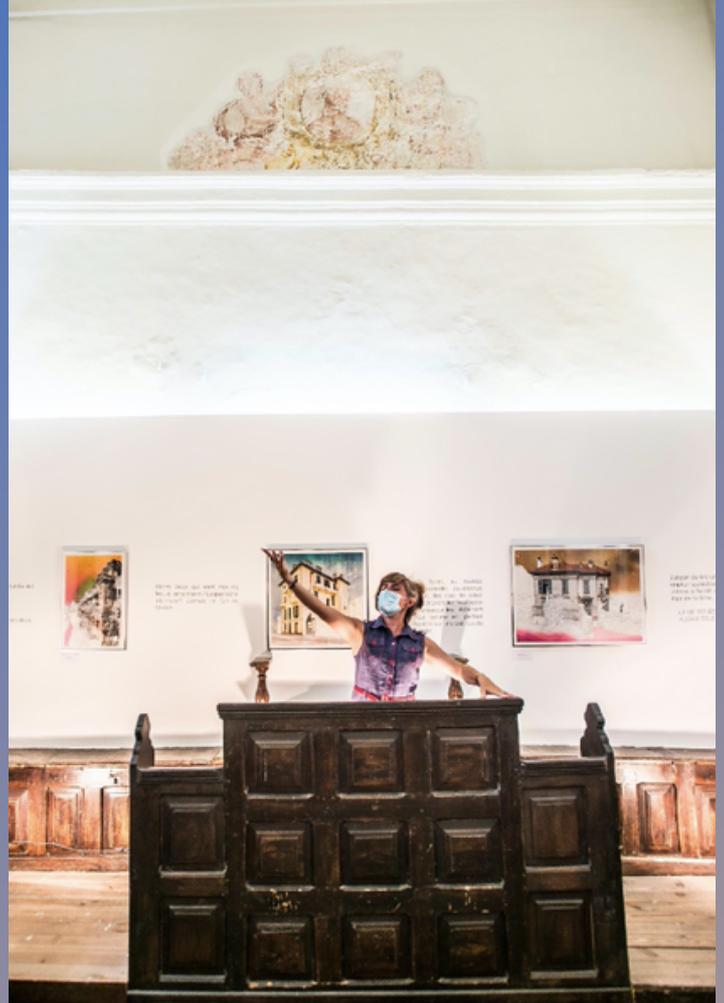
# « I will go to Wuhan »

March 2022, immersive performance of international artistic project, 50 minutes length



# « I will go, I go and I am in Wuhan »

2022-2023, international artistic project, 50 minutes length of immersive performance



# « I will go, I go and I am in Wuhan »

2021-2023, immersive performance of international cross boarding artistic project

Based on artistic research and on a collection of written, vocal and body materials experienced in many forms with united participation of the public and artists, "I will go, I go and I am in Wuhan" wants to spread a powerful and strong statement of resilience in the post-pandemic era and to convey that humanity is indeed still here, free, united, fraternal, empathetic, that it is capable of beauty and elevation.

"I will go, I go and I am in Wuhan" is an international art project realised in three steps.

The 1st step, «I will go to Wuhan», consists of artists in France and countries involved in the project.

The 2nd step, «I go to Wuhan», consists of an actual voyage by land to Wuhan. Crossing several countries along the path towards Wuhan and creating artworks with artists and partners in each country, finding a remedy for fear, ignorance and isolation.

The 3rd step, «I am in Wuhan», entails arriving at the Chinese city to deliver this artistic and cultural «remedy», presenting the works, screenings and performances to the public.

The project came to be by the joining of Duval's reflection, «Project 56» on the closure to "the other" during the fifty-six days of confinement and her involvement with DRAC's project "Reopening the world which aimed to promote encounters between different audiences from an early age".



# «I will go, I go and I am in Wuhan»

January-February 2021,  
video creation

This film is the witness of 8 performances created in the moment after a 2h lab with seconds and terminals of the Matisse

High School as part of the first part of the project which brings together 6 cycles of «j'irai à Wuhan».



*Seven cycles were experimented in this performance :*

- *Constrained bodies (physical and mental),*
- *crossings (boundaries and movements),*
- *opening (awareness) ,*
- *resilience (inner strength),*
- *walk (symbolic action),*
- *transformation (What acts in spite of us),*
- *regeneration (How to become?).*



## « Project 56 »

2020, poetic and visual  
collection



"Project 56" is a series of two creations: **The journal en bord de confinerie** (made during 56 days of lockdown) and **deconf.com** (carried out during 56 days of lockdown).

**The journal en bord de confinerie** is a poetic and visual collection written during the 56 days of lockdown. A photo and a writing emerging every day are the witnesses of the a lockdown daily life's strangeness.

### **Day 19.**

*The world will dazzle*

*The world is embleued*

*Mermaids and butterflies*

*Catch*

*In the kleinizied bottle*

*See...*

*Mismatched*

*Marvel*

*On the other side of thoughts...*

### **Day 33.**

*I smoked my perimeter*

*Off the beaten path*

*Braving forbidden and ditches*

*For a small flower of the  
pre...*

### **Day 40.**

*In the 40th day,  
hydrophilic bushes  
permeated the sky. It  
rained from  
the green sun.*

novembre 2023, immersive science-fiction performance, 45 minutes length



# « Entre »

novembre 2023,  
immersive  
science-fiction  
performance

by & with  
Caroline Duval

with the participation of :  
Sandra Bechtel,  
Michel Pascal

**Created by Caroline Duval, project «Entre» is an immersive, interdisciplinary & science-fiction performance by imagining an active, spectacular & responsible future.**

*Is augmented sensitive humanity really a fiction?*

"Entre" is experimenting with the answer. It asks the question of responsibility and autonomy of each of us towards its own creative power, power of embodiment and power of transformation.

*How can a human being imagine a far away future ?*

«Entre» choose to experiment with temporality within new perspectives and to reconnect ourselves to new scientific undiscovered mysteries without any notion or the perception of time.

*What form does an artwork take when it asks the question of the future towards which we project ourselves ?*

Each person lives his temporality according to his culture, his geographical position, his education... We cannot decide for the other how he feels it.

"Entre" is an artistic proposal that acts directly in our world. "Entre" is a decision of what we would like to experience in it. It is the place **where everything is possible, without limits**, without fears or restraints through the body, emotions and imagination.

The public is gradually appropriating the play space as a space for communication with themselves and their future... It is not a story that has been told to them, but their story that is being invented there, now.

Interdisciplinary science fiction work focused on an unprecedented encounter with Tilda, a person born in 2021, coming to discuss with us the reality of our world in the making, 100 years from her birth. She represents the epitome of what we call an augmented sentient and sensitive being. Humans, with the knowledge of their multiple capacities, will transform time, space and reality. In conjunction with researchers in numerous scientific fields (medical, human, social, etc.) and philosophy, this work is a sort of interactive manifesto to be experienced and shared directly as the moment and place collectively dictate.

# « Entre »

novembre 2023,  
immersive  
science-fiction  
performance

by & with  
Caroline Duval

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Sandra Bechtel,  
Michel Pascal

The writing of "Entre" will connect poetry to music. It will be intimately intertwined in the sensitive narration of the performance.

The installation includes the performance of the public (its movements, thoughts, reactions..). According to these answers, this performance will influence the forms of the work like a ritual.

The poetic dynamic of "Entre" is focused around *the re-invention of possibilities*.

Caroline Duval and Sandra Bechtel - dramaturgy.  
Michel Pascal and Caroline Duval - musical creation.  
Length : 50 minutes

*How will our language develop ? We explore the concepts of "thought-image" and "matter-sound".*

A sensory perception of language that will result in the manipulation of objects that influence the musical atmosphere. The organic and graphic materials are used.

For example: manipulated tennis balls that raise and lower the volume: the audience will be wrapped by a sound dome system where recorded and live sounds will play along together.

Extracts of sound universe by Michel Pascal :

[https://www.dropbox.com/sh/bpqofrpq5kvq99l/AAA5yfxqJWFoETd0eE\\_tQh9Qa?  
dl=0&preview=Anneau\\_d%27Observation+des\\_Requins.aif](https://www.dropbox.com/sh/bpqofrpq5kvq99l/AAA5yfxqJWFoETd0eE_tQh9Qa?dl=0&preview=Anneau_d%27Observation+des_Requins.aif)

[https://www.dropbox.com/sh/bpqofrpq5kvq99l/AAA5yfxqJWFoETd0eE\\_tQh9Qa?  
dl=0&preview=exemple-pseudo-langage.wav](https://www.dropbox.com/sh/bpqofrpq5kvq99l/AAA5yfxqJWFoETd0eE_tQh9Qa?dl=0&preview=exemple-pseudo-langage.wav)

[https://www.dropbox.com/sh/bpqofrpq5kvq99l/AAA5yfxqJWFoETd0eE\\_tQh9Qa?  
dl=0&preview=M.Pascal-Ushguli-  
G%C3%A9n%C3%A9rique\\_film.aif](https://www.dropbox.com/sh/bpqofrpq5kvq99l/AAA5yfxqJWFoETd0eE_tQh9Qa?dl=0&preview=M.Pascal-Ushguli-G%C3%A9n%C3%A9rique_film.aif)

## «Deconf3.com»

2020, video



YouTube : [https://www.youtube.com/watch?v=I4YfjE\\_WQVg](https://www.youtube.com/watch?v=I4YfjE_WQVg)

This raw poetic creation was born during the research of the path of liberty.

Déconf.com shows how the freedom of speech and our body could be obtained through committed and conscious resilience.

Déconf.com is composed of 56 raw poetic creations with the different constraints :

- 1 text written in one go
- 1 or more loops of videos
- Text and video pasted without editing.

Let the lockdown to happen...

## «Deconf2.com»

2020, video



YouTube : <https://www.youtube.com/watch?v=IG5nALh5Ybo&t=74s>

# « Opening the door. I'm flowing »

2021, immersive performance





# «Opening the door. I'm flowing»

2021, immersive performance

by & with  
Caroline Duval

with the participation of :  
Athéna Titone,  
Athina Gkouma,  
Melaine Demarquet,  
Renaud Le Dantec,  
Nadine Duval,  
Emie & Sélène Pico Duval

**An immersive and participative performance for different audiences, including the early age.**

The immersive performance «Opening the door. I'm flowing» was created by Caroline Duval, produced within the framework and partnership with Art-Childhood-Youth stage of the Forum Jacques Prévert in Carros (France).

The program is a performative and participative excursion where the public, including early childhood, is immersed in a sensitive and poetic universe. Placing reality in-between dream and existence, allowing us to slowly find our place, in ourselves, with this experience.

When you arrive, we welcome you as if we have known each other for centuries. We're asking you if you're ready? For what?

To open the door, surely.

To do this, we gently guide you to an artist who invites you to create your door, then to place it in space and to open it.

A dreamlike, poetic garden is offered to you. You are charmed by the musicality of the grand piano played by one of the artists who improvises according to the way you move or laugh. You're invited to share with each of the artists a sensitive experience: vibration, touch, transformation, expression.

# « Opening the door. I'm flowing »

2021, immersive performance, 50 minutes length



# « Opening the door. Momentum »

2022, immersive performance



# « Opening the door. Momentum »

2022, immersive performance, 50 minutes length





# « Opening the door. Momentum »

2022, immersive  
performance

by & with  
Caroline Duval

with the participation of :  
Sandra Bechtel,  
Katalina Cearca,  
Melaine Demarquet,  
Nadine Duval

**“Momentum” is an immersive performance about the life process and temporality from the beginning: our birth and, to the purpose: our transformation.**

The public is invited to take off their shoes and discover a footpath : foam and sand bath, light bath, mist bath, salt bath.

Welcome to these four different paths :

First one : "Before"

A human being is in the process of incarnation, the impregnation in its DNA of its history, its culture, its nationality but also of its liberty to be in the great and unpredictable destiny.

The second: "The birth"

The incarnation, the passage from water to air, from air to water. This cord that connects us and unites us. The oxygenation through breathing and an extreme tenderness reign despite the almost insurmountable effort of this stage in our life.

The third: "Exploration of the world"

To discover what we are capable of thanks to each other : exchanging, sharing, communicating, observing... For this we propose a space of freedom of the body through the free movement and collective dance.

The fourth: "Transformation"

There is a veil that gradually seems more and more visible to us. You're invited into this veil with the hidden unknown behind and let be caressed by it. Finally, you let everything go, you taste this very moment and you lie down, in peace, inviting different scenes and images of our life in your body and your head.

Momentum is a sensitive wandering through organic elements for an exploration of another world. A unique and transformative experience to share together - for families with their children from an early age.

# Caroline Duval

**Performer, multidisciplinary artist & associate artist with the National Art-Childhood-Youth stage of the Forum Jacques Prévert in Carros (France)**

## Profile

Performer, actress, singer, director and art therapist

My line of work and research focuses on body, voice and the imaginary through movement, singing and writing, mainly through improvisation and immersive participative performance.

I offer contemporary and experimental spaces for exchanges and meetings focusing on the the sensible to a large public from an early age.

## Education

Postgraduate with honors in opera singing from the Conservatory of Saint-Laurent du Var and the Conservatoire National à Rayonnement Régional de Nice.

Graduated from the Faculty of Medicine of Tours and from AFRATAPEM in art therapy, focusing on theater and singing. Member of the Observatory of Unconventional Medicine at the Faculty of Medicine of Nice.

I learned the trades of the stage by training and acting since the age of 8 with several structures, Cartoon Sardines Theater, the School of the Passage with Niels Arestrup and Alexandre Del Perugia, the Roy Hart Theater, the Paravento Theater, Bruno Abraham Kremer, Emmanuelle Pépin, Barre Philips.

## Professional experiences

Permanent in the companies Théâtre de l'éclat de bois (83-93) and Voix Public (1999-2009), I created Cie Vasariah (93-98), worked with the companies Diva, Divine Quincaillerie, Bell'aâm, Conte sur Moi, Les Grands Chemins, and 7Pépinières.

Founder and project director of Cie Be labeled by the Ministry of Culture "*Génération Belle saison*" :

- I have been organizing for past 12 years artistic labs, training in artistic practices within the National Education, in cultural centers, non profit organisations and retirement homes.

- I create artistic residencies in various structures, colleges (Cie Voix Public), high schools (Istanbul) and hospitals (Archet hospital).



## Creations

### IMMERSIVE PERFORMANCES

"Paysages" — "Enfances" — "Collées" — "Tornades et Autres Tremblements" — "Insurrection Poétique", and more than a hundred hybrid forms. Focusing on contemporary themes, my performances are shared with other artists and combine theatrical, vocal and physical improvisations. I tour all over France and in Europe (Sicily, Germany, Spain) and participate in many festivals including the Avignon Festival.

I am currently working on a three parts performance (2020-2024) "J'irai, je vais et je suis à Wuhan" on the subject of constraint and resilience. This project which has started in France is a cross border event and will travel through several countries.

### CONTEMPORARY WRITING

Poetry : "Miroir d'une ombre"— "Ne vois tu rien venir?" — "Carnet de voyage poétique" — "Cambodgée".

Theatre : "Le fil" — "L'arrimage" — "Mon petit cœur dans le navire" — "J'irai à Wuhan".

### COMPOSER AND PERFORMER

Concert : "Perle Armour", "Concert Rock pour BB mais pas que" — "Opéra Minuscule" performer et co-writer of the libretto — Album "De l'air sur les Épaules" (4th KOSMA prize PACA region selection) — Show : "Dedans" featuring inside of the body.

### VIDEO

Visual, graphic et poetic works featuring images of daily life and improvised texts: "Intérieur Jour" — "Extérieur Renoir" with 3 pre-school classes — "J'irai à Wuhan" with 7 highschool classes — "56 Deconf.com".

### SENSIBILIS

Labeled by the Ministry of Culture GÉNÉRATION BELLE SAISON in 2019, it is an annual artistic event of immersive process since 2009. It is created by Cie Be and targeted for all audiences including early childhood from 8 months.



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## Creativity & Sharing

My passion is to share my creativity and my artistic drive globally.

Firstly, I peer to creative context and work , then I create the piece and finally I want to see how the Koreans, Japanese, Spanish, Africans, Germans and the whole world react to my creation. I wonder how can I translate my emotions, my creativity into another country, another culture ???

I am looking for this confrontation, this discussion that could be interesting.

## Authenticity

Research on authenticity is the challenge that I set to myself in my artistic practice of performance either on the scene, in laboratory, in immersion or in residence.

In life or in art, what is authenticity ? What is the reason to create artistically ? Does the impulse to art come from my inside or outside ? What are the most appropriate means to express what I want ? What does my artistic creation mean in the society and the current era ?

Exploring these questions, for over 10 years I have developed the researches on the sensitive body and forms of performance through movement, video, voice and writing.

## State of presence

My research and my artwork always focus on capturing and embodiment the state of presence in the moment.

In this instant moment, it is all about mobilizing my whole being in the space of instant presence (sensitive, intellectual, spiritual, ...):

- to capture stories, contexts, emotions, words and movements that arise and create the artistic work from this realistic and living fresco ;
- to pay tribute to the living, to our existence, to the preciousness of our bodies and minds, to our imagination, our desires and dreams.

For this, I set up a precise aesthetic framework, demanding and friendly.

## Movement

For each participant, the performance is supposed to be a special moment of deep connection to its inner world and its body movement. Accompanied by the artist, the participant following the intuition during artistic movement, is looking for the meaning of this movement through the virtuosity, styles and let it grow.

I explore all expressive possibilities of the body irrespective of any aesthetic standards. I observe the relationships between our body and conscience and I dare beyond the usual modes of sensory perception.

## Concept of process

The performance for me is the act of artistic and humanistic resistance. It is to give to the audience the opportunity to engage in a process where each person regains its nobility, power, autonomy, confidence and its desire to create and perform.

The performing artist is a specialist of this process - to limit and stimulate, to prepare and initiate. There is nothing that could be acquired in this field. Everything could be replayed constantly. The awareness is the only thing that could be brought to our own engagement (by the voice, movement, words, etc). Each occurrence is different.

My original performance uses each arising state and each sensible information of outside like material. Practicing the performance art is to teach how to give one more time, in the present moment, the sense and conscience for everybody by its words, emotions, mouvements, relying on its best part of the past and creating the inspiring future. Performance is playing with time and winning in.

## Practice of improvisation

In my performance, I focus on the development of personal life stories on a transpersonal level. In motion of the present directly along with the biographical field, the person's own practice of improvisation appears. This strict state of opening, assuming a possibility "not to know", has led me to do a research on improvisation as a part of philosophy both in life and art.



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# Be sensible !

# «Tornado and other tremors»

2012, immersive performance, 60 minutes length





# «Tornado and other tremors»

2012, immersive performance

by & with :  
Caroline Duval  
Frédéric Piraino,  
Emmanuelle Pépin



Alma, the main character, by her determined but serene walk starts her narrative story where she questions the spectator composing and playing in direct about his vision of freedom in society we all live in.

**What is left of oneself when one is crossed by the Other, the rest of the world ?** (the other is the individual or social group)

How to continue to be yourself despite social, economic, political, philosophical adversity...

This **question of freedom** is posed as a challenge where everyone could be for or against anyone. But it is also the opportunity to be listened and to be driven by a common vision, humanist and supportive.

Alma is dressed in someone's dreams, hopes, disappointments, rages. Her walk will become an act of commitment to this contemporary world in full mutation.

From a simple writing, an immersive performance, "Tornado and other tremors" becomes a journey. We meet people who touched by the subject, wants to offer this experience in their country, region, city...

Since 2012, the project had been successfully realized in 7 cultural structures in Europe :  
Théâtre Chez Moi - NICE ; Théâtre Francis Gag - NICE, 2 Résidences : Le Hublot - Nice in december 2013 and octobre 2013 ; Villa Barbary - Carros village ; San Ambrogio / Cefalu - SICILE ; Festival "Culture et Son" - Draguignan ; Les Rendez-Vous du Hublot - Nice.

Alma becomes a story for all those who wants to appropriate it. She is the pretext for meeting and exchange. she is the spokesperson to live right here and right now something collective and precious.



## «Tornado and other tremors»

2012, immersive performance

by & with :  
Caroline Duval,  
Frédéric Piraino,  
Emmanuelle Pépin

Video : <https://cascado.wixsite.com/tornado-et-autres/music>

YouTube (San Ambrogio - Cefalu - SICILE - 10/07/2013) :  
<https://www.youtube.com/watch?v=JKEnKli09NI&t=452s>

YouTube (Festival "Culture et Son" - DRAGUIGNAN - 6/07/2012) :  
[https://www.youtube.com/watch?v=SBAf\\_BM2nXs&t=226s](https://www.youtube.com/watch?v=SBAf_BM2nXs&t=226s)

YouTube (Théâtre Francis Gag - Nice - 14/02/2014) :  
<https://www.youtube.com/watch?v=1da1-r5d7d4&t=160s>

Sound extract of the performance - "Tornadoes and other tremors" - Company BE - Frédéric Piraino :  
<https://soundcloud.com/fredo-piraino/tornado-extraits-be-f-piraino>

