

NEON + MAI

AS ONE

FAQ

What is AS ONE?

The AS ONE project, organised by NEON in partnership with the Marina Abramović Institute (MAI), is dedicated to performance art. It includes:

- the Abramović Method
- 27 performances by Greek and international artists
- 2 re-performances of Marina Abramović works
- an extensive parallel programme of talks, lectures, workshops and screenings
- the Mutual Wave Machine

Where is AS ONE taking place?

The entire Benaki Museum (at 138 Pireos Street) will be the home of AS ONE. The nearest Metro station is Kerameikos.

When can I visit?

AS ONE runs for seven weeks, from 10 March to 24 April 2016, and is open at these times:

12:00-20:00 on Tuesdays, Wednesdays, Thursdays and Saturdays

12:00-22:00 on Fridays

11:00-19:00 on Sundays

Closed on Mondays.

Please note that AS ONE will be closed on Friday, 25 March 2016 — a Greek national holiday.

How much does it cost to visit?

Nothing at all. Entry to AS ONE is free for everyone.

Where can I find out what's on?

You can find the programme for each week's performances and parallel events [here](#).

Do I need to book ahead to attend AS ONE's events and happenings (the Abramović Method, performances, lectures, workshops, screenings or Mutual Wave Machine)?

No, you do not need to book ahead for any part of the AS ONE project. Simply join us on the day you want.

What if I can't get into the lecture, talk or workshop I want?

Screens showing live streams of all parallel events will be set up around the Benaki Museum to make sure no-one misses a thing.

How much time do I need to see everything?

As much time as you would like to give. Remember, entry to AS ONE is free and you are welcome to join us whenever and as often as you like. The changing programme of performance interventions, and the parallel programme of talks, lectures, workshops and screenings, means there will always be something new for you to see. And you can experience the Abramović Method and long- durational performances again and again.

Is there an age limit for AS ONE?

Yes, you must be aged fifteen and over to enter the Abramović Method. For the rest of AS ONE's performances and parallel events, NEON and MAI recommend visitors are aged twelve and over.

Is AS ONE accessible to visitors with a disability?

Yes. All levels of the Benaki Museum are wheelchair accessible. Guide dogs are also welcome throughout the Museum.

Can someone give me a tour of AS ONE?

There are no guided tours of the AS ONE project. But members of the AS ONE team will be on hand to answer any questions you may have, and to discuss things with you if you wish.

What is the Abramović Method?

The Abramović Method is a series of exercises designed by Marina Abramović over the course of 40 years to explore boundaries of body and mind. It is a participatory experience for large groups of people that allows you to connect with yourself, with the present moment, and with others. You can find out more about it [here](#).

Do I have to participate in the Method? Can I just watch?

The Abramović Method is a participatory experience. If you choose to enter the Method, specially-trained facilitators will guide you through a warm-up and the exercises. You can spend as long or as little as you like inside the Method. You are free to choose which exercises you want to do, and can leave at any time.

Do I need to queue to enter the Method?

Yes, there will be a queue to enter the Method. Priority will be given to visitors with a disability and their carers, to pre-arranged group visits (such as schools), and to accredited journalists. If you leave the Method for any reason, you will need to queue again to re-enter. You can enter the Method up to 45 minutes before the Museum closes.

How long will I have to wait to enter the Method?

Waiting times will depend on how many people choose to attend each day — we hope you won't be waiting long, and kindly ask for your patience. Remember that there are lots of other things to see and do at AS ONE: performances, talks, lectures, workshops, and the Mutual Wave Machine, as well as a reading lounge with books on performance and immaterial art.

What else do I need to know about taking part in the Abramović Method?

- You must be aged fifteen and over to take part in the Method.
- Before entering the Method space, you must hand over your personal belongings to be stored in lockers. Wristwatches, cameras, mobile phones and other digital devices are not allowed inside the Method.
- You must remain silent throughout the time you spend inside the Method.
- You are not allowed to eat, drink or smoke inside the Method.
- With the exception of guide dogs, no animals are allowed inside the Method.

What's the difference between the long-durational performances and the performance interventions?

27 new performance works will be presented as part of AS ONE. Six of these works are known as "long-durational performances" because they will be performed for the full duration of the project — seven weeks. The remaining 21 works are known as "performance interventions" because each will be presented for a few days only over the course of the seven-week project. You can find the programme for each week's performances [here](#).

What are the re-performances?

Two works by Marina Abramović — *Art Must Be Beautiful, Artist Must Be Beautiful* (1975) and *Cleaning the Mirror* (1995) — will be presented at AS ONE, re-performed by seven young artists. There will be one re-performance each Sunday — you can find the programme for each week [here](#).

Who selected the AS ONE performance artists?

All performance projects presented as part of AS ONE were selected and developed by the MAI artistic team — Marina Abramović, Serge Le Borgne and Paula Garcia — following an open call that received over 300 submissions.

What is the Mutual Wave Machine?

The Mutual Wave Machine is an interactive installation inspired by Marina Abramović's *Mutual Gaze* exercise (which forms part of the Abramović Method on the ground floor). Two visitors sit opposite one another inside a capsule and gaze into each other's eyes. The machine responds to their brainwaves, immersing them in an audio-visual environment that changes as their brain activity falls in and out of sync. You can find out more about it [here](#).

When can I visit the Mutual Wave Machine?

The Mutual Wave Machine is open for six hours each day, at these times:

12:00-15:00 + 17:00-20:00 on Tuesdays, Wednesdays, Thursdays and Saturdays

13:00-16:00 + 19:00-22:00 on Fridays

11:00-14:00 + 16:00-19:00 on Sundays

Closed on Mondays

Please note that AS ONE will be closed on Friday, 25 March 2016 — a Greek national holiday.

When will Marina Abramović be giving lectures and workshops at AS ONE?

Marina Abramović will be giving two public lectures (on 19 + 23 March 2016) and two artist workshops (on 11 + 22 March 2016). Screens showing live streams of these events will be set up around the Benaki Museum to make sure no-one misses a thing. The artist will also be giving a short speech alongside NEON founder Dimitris Daskalopoulos to open the project on 10 March 2016.

Can I personally meet with Marina Abramović?

Marina Abramović will be making public appearances at AS ONE, to give lectures and workshops (please see above). She may also make unscheduled visits to the Method. But you cannot book an appointment to meet the artist.

Can you give a portfolio of my work to Marina Abramović?

NEON and the AS ONE team are not able to accept portfolios of work or any other kind of submission on behalf of Marina Abramović.

How did the AS ONE project come about?

The founder of NEON, collector and entrepreneur Dimitris Daskalopoulos, has a long-standing relationship with the artist Marina Abramović. AS ONE sprang from NEON's desire to bring the Greek public in contact with performance — a major form of contemporary art — on a large scale, and to create a platform to showcase the work of young Greek performance artists. NEON reached out to the Marina Abramović Institute (MAI) to help make this desire a reality.

What is NEON?

NEON was founded by with the aim of broadening the Greek public's access to various forms of contemporary art. NEON partners with cultural organisations and institutions in Greece and across the world to realise pioneering projects, presenting Greek and international artists, events and discussions within the very fabric of the city to become part of Athens' daily cultural life.

What is MAI?

The Marina Abramović Institute (MAI) explores, supports, and presents performance. MAI encourages collaboration between the arts, science, and the humanities, and partners with venues and artists to present workshops and collaborative projects. MAI focuses on education and community outreach, and serves as the legacy of Marina Abramović.

What is the NEON+MAI partnership?

NEON and MAI have partnered for the AS ONE project because they share the same vision: to promote the art of performance, to help familiarise and educate the widest possible audience in this form of contemporary art, and to bring a new generation of Greek performance artists to the fore. NEON initiated AS ONE, and is organising, producing and funding the project. The MAI artistic team— Marina Abramović, Serge Le Borgne and Paula Garcia — selected and developed all the performance projects

presented as part of AS ONE. Lynsey Peisinger, a close collaborator of Marina Abramović, is overseeing the Abramović Method, and personally trained the 70 facilitators.

What do you mean by performance art?

Performance art is where artists use their own bodies as their medium. The actions they perform are the works of art. Performance usually involves four things: time, space, the performer's body, and the relationship between the performer and their audience. In the words of Marina Abramović: "Performance is to be in the present time, in the here and now." You can watch Marina Abramović talk more about the nature performance art [here](#).