

We followed a format that was both arrhythmic and consistent, allowing space for reflection. There were several study sessions, including visits to the community atelier in Horgen and the home studio. During the first visit, I gave a personal introduction and engaged in dialogue about my sculptural works, which relate to the misuse of natural resources and the colonisation of infrastructure. By contrast, in the home studio, we reviewed more personal and playful works, focusing mainly on aesthetic aspects.

As we delved deeper into my artistic practice, we discussed topics such as the importance of working with clear intentions and how to deal with frustration in the creative process. We also reflected on the need to replace competition with collaboration and considered key aspects of creation, production and the visibility of artistic work.

Through visits to the artist-run space 'Portland' in Oerlikon and the Fotomuseum in Winterthur, we analysed different curatorial approaches. In particular, we examined how collective exhibitions can be conceived, the importance of a guiding theme to make an exhibition accessible, and the various ways to initiate, develop and realise public exhibitions.

I received invaluable feedback and knowledge on many other occasions. I am deeply grateful for the openness, transparency and trust extended to me throughout the entire process.

I wish more people could have an opportunity like this. I am thankful to Migros for initiating this format, which provides a space for personal and sustained exchange. I hope it continues to reach more people over time, including those from different cultures, languages and continents who, like me, find meaningful support in this instance.