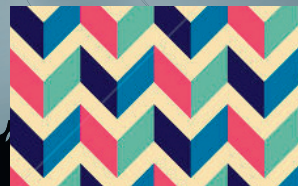




Foreign Mountain

E G I L S S T A D I R



Authentic movement. Experience.

Lotta

I felt in the beginning need time to come down.. But
then I thought – it's not really necessary.
I'm ready to start anyhow.
But then I realized I don't need that kind of state of
mind.
I felt I can not move.
Then you have your eyes closed, you feel so clumsy.
I can not freely let it out.
I do a lot of things that feel good.
And sometimes I really go to uncomfortable positions.
I sit very long in the uncomfortable ones, not economic
somehow.
The time is too short.
I would like not to think of the time.
But I felt really okay.
Little fear of this time.
Not being able to move.
Really thinking how to deal with this authenticity.
I really like not to repeat same things.

Lea

Trying to get the feeling of something authentic.
Fight – if not use brains or not thinking a lot.
Difficult for dancers.
Free to be more experienced.
Creative and use posses.
To have good experience to find more movements to
show something inside. Myself.
Trying not to choreograph.
Explore the space.



Asrun

Felt less free because of the space.
I thought so much of what I did yesterday.
Less trying to dance.
World kid.
Did not want to be active.
Did not know what am I feeling.
It changes so much when your eyes are closed.
I was not trying to be interesting.
Now – more just being in it.
At a moment when it is over.
Feel stuck in movement.
No impulse, just like this.
Nothing give me to move.
I don't know if I get it. I feel something of a meditation.
Get in the zone.
But now..

Austėja

Concerned on one position for too long.
I need to be interesting, because people are watching.
I want to be into something not nirvana.
Not so calm inside.
Was not aware of the space.
Afraid to be too close to you.

An **organization** is a social entity that has a collective goal and is linked to an external environment. The word is derived from the Greek word organon, itself derived from the better-known word ergon which means “organ” – a compartment for a particular task.

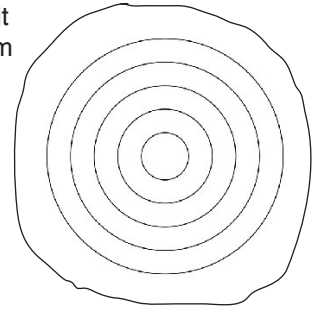
OUR LESBIANS

Egilsstaðir is a big and complicated organization, it is not a very old organization but it is growing bigger and bigger and we need to be active in speaking about it and let the others know about it. (Stefán Bogi Sveinsson) town councilor, told us about reindeers, hunting, environment, our lesbians, nuns, monks, inner circle, outer circle, the real Egilsstaðir, bus stops, the history of Egilsstaðir, history of Iceland, muslims, foreigners in Egilsstaðir, politics, etc... If you need to know anything about Egilsstaðir or about the girl next door, just call him up.

After the talk with Stefán I got the feeling that Egilsstaðir functions by way of circles and when I met more people in the following days this feeling got even stronger as many other people mentioned these circles. This reminded me of how mafias work, especially drug mafias around the world. They are structured via these circles, inner circle, outer circle and so forth. The guys in the inner circle are the directors of the other circles, and the circles never meet each other, they are totally separated and would never overlap, they go around each other and support each other like you can see in this diagram. They work like that to make sure that the government and police are not able to make connections between people in different circles. The circles also impose a hierarchy: the people in the inner circles are much more important than the people from the outer circles.

EGILSSTAÐIR MAFIA CIRCLES

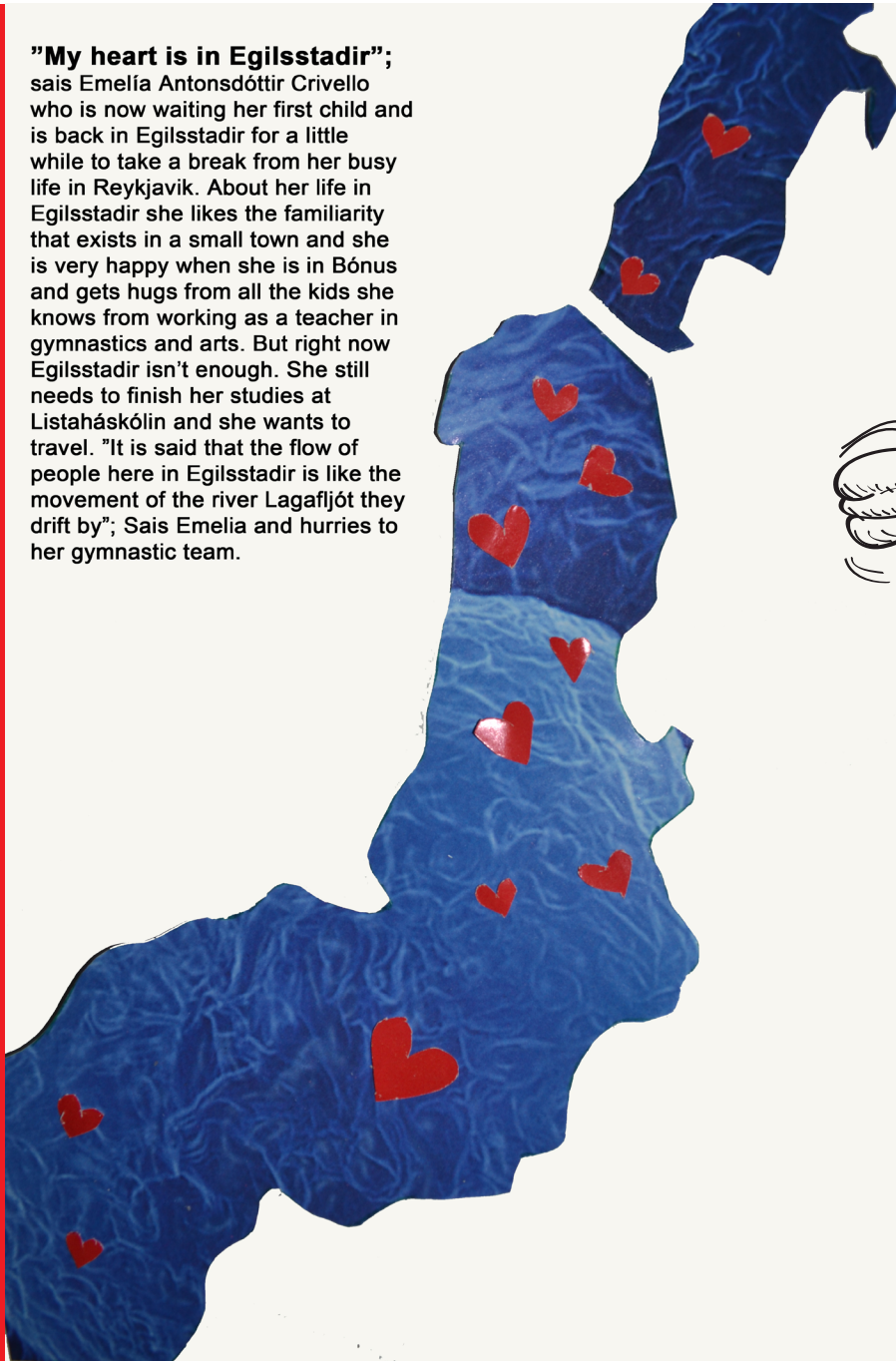
Inner Circle – people that were born in Egilsstaðir, raised there and live there today. They may have left for some years, for education for example, but returned quickly. If you are so lucky and have the honor of being in the inner circle, most likely everyone from your family are also part of it. If you get married you will try as hard as you can to find someone from the inner circle since your deepest roots lie there. You want to build Egilsstaðir to be a bigger place, but at the same time you are quite skeptical because you want to keep it clear and pure. You are the *crème de la crème*, the top of the world, the top of the hierarchy, the best respected. It's like royalty, you are born into it, there's nothing you can do about it and it's almost impossible for people from other circles to get in. Exclusive ones, the chosen ones. You are the director of the town and of the other circles that surround you and support you.



Outer Circle – people that moved to Egilsstaðir from somewhere and have lived here for at least five years. You have to be seen in Egilsstaðir for at least five years to be taken seriously and considered the real deal. Outer circle people need to be accepted by the inner circle people to become part of the outer circle in the first place. If they are accepted to the outer circle they are given trees to plant and told about parties and traditions that only inner circle people know about. They are allowed to join conversations in the hot tub, but sometimes they cannot follow because too many from the inner circle are talking about things outer circle people don't recognize, so slowly they disappear. Outer circle people can never become inner circle people but they are still accepted in the society and are considered to be important people.

No Circle – then there is the people that live in Egilsstaðir but are still not part of any circle. These could be the people that look at Egilsstaðir as a bus stop, they don't take Egilsstaðir seriously enough. They move to here but never get into the routine or theme of the town. They are not accepted in any circles, mainly because they don't stay long enough. They don't get any trees to plant and are not invited to traditional social gatherings. No circle people are not pure enough and the worst are no circle people from Reykjavík.

"My heart is in Egilsstadir"; sais Emelía Antonsdóttir Crivello who is now waiting her first child and is back in Egilsstadir for a little while to take a break from her busy life in Reykjavik. About her life in Egilsstadir she likes the familiarity that exists in a small town and she is very happy when she is in Bónus and gets hugs from all the kids she knows from working as a teacher in gymnastics and arts. But right now Egilsstadir isn't enough. She still needs to finish her studies at Listaháskólin and she wants to travel. "It is said that the flow of people here in Egilsstadir is like the movement of the river Lagafliót they drift by"; Sais Emelia and hurries to her gymnastic team.





Take a small needle
and put it into a wall
and stare at it.

Drink a cup of tee
look quickly at the fridge
run away.

Take a shower
without water.

✕ Answer the phone in English.

✕ Try to make twins laugh.

✕ Listen to rock music very loud
dance very small movements.

Think about Jesus
while you eat your bread.

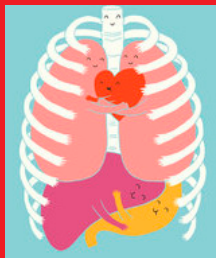
✕ Find a teenager
in a forest.

✕ Put your arm outside the window
while someone walks by.

✕ Try to swallow
with your mouth open.

Find your lost brother
make him a sandwich.

✕ Put your hands in the air
like you really don't care.



Foreign Mountain is a dance-based performance collective formed by

Lotta
Suomi (FI), Ásrún
Magnúsdóttir (IS),
Austėja Vilkaitytė
(LT) and Lea
Vendelbo Petersen
(DK).

The four of them met at the Iceland Academy of the Arts where they all graduated from the contemporary dance department. Foreign Mountain works as a nomad collective that travels from residency to residency without a fixed base. The different places they find themselves in are integrated into their practice by taking in their impressions of people, spaces, environments, situations etc. Through this process, souvenirs in many different shapes are created and carried on to the next place. Thus the collective works like a flock of troubadours travelling with stories from the Foreign Mountain.





Lotta

Ásrún

Austėja

Lea

The first acupuncture experience! ! !

It is not such a big deal but it is still something that I cannot quite say what is.

Foreign Mountain went to meet the acupuncture lady of the town, Gunnþóra Snæþórsdóttir.

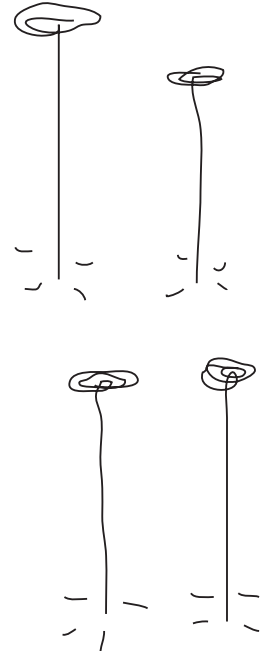
Suddenly she asks if we'd like to try. I am quite scared of needles but now it's my chance. I've wanted to try acupuncture for a long time but I never did. I can choose the spot, either an ear or a hand. I choose the hand.

She asks me to relax but I'm nervous. I ask to lay down because I have a tendency to faint in overwhelming situations. I lay down, she doesn't allow me to watch and BAM, the needle is in my hand. Three seconds pass and I feel a very uncomfortable pain in my hand and a swelling on the hand right where the needle is. It is sign of a stuck place in my body and a sign that something is wrong, the lady tells me. I should relax again. I'm somehow horrified to move the hand but I try to relax. I'm scared of some magic that will throw me into a kind of hell, like a hell of pain, either mental or physical. I've heard many experiences. I am a bit tired and I'm also ill so it is easy to imagine something very extreme or bad to happen. She asks me to relax and she says that if I don't believe in it, it won't work, because the mind is the strongest thing in the body. I want to believe but I'm not sure what to believe exactly, so I just decide to believe in acupuncture generally. I do for real; I want to think that this could be a way to heal things. Then I relax and lightly the pain goes away. Then I feel little electric shocks running toward my wrist. Now it is only a funny feeling.

After around 15 minutes she removes the needle. I stand up and we leave.

Half an hour later I have a headache and two days after I'm very pissed off and frustrated and not such a nice friend. I don't know what means what and I don't care

so much. **I just want to try once more with more needles.**





The future is coming!

The future is coming very soon.

Egilsstaðir 2033:

After going to the cinema, a 27 years old clarinet teacher is eating in a KFC that has an uneven sand floor. He lives in a rented house where there is a squat toilet. He hunts in his spare time, and takes part in a paint ball tournament every week. He does not use a computer so much anymore. He goes to his childhood church on Sundays and his husband works in a new good health care centre. He takes a plane to Saudi-Arabia every month from the international airport of Egilsstaðir to go to the clarinet conference. He is active. He is not stressed. He knows how to be in the moment. Here and now.

Dear people of Egilsstaðir, here is your future. It is mainly designed by the youngsters in Menntaskólinn á Egilsstöðum, but it also contains some ideal things from many of our interviews.

It can be worse or it can be better!



Kiddi Vídjófluga Disco, Coffins

Kiddi Vídjófluga is our first local interviewee. We don't have to ask very many questions; we mainly listen to him as he talks about disco dancing, coffins, automatic candy venders and videos. Kiddi is the Disco King of Egilsstaðir but also a coffin maker. Making coffins is in the family – the father of Kiddi Vídjófluga was also a coffin maker.

“Disco is part of a healthy life. Disco keeps you healthy, the mind and the body.”

Kiddi feels good while dancing. He feels it in his brain, stomach and arms. He mostly dances at home but outside he makes disco parties for people.

For Kiddi, good disco is Boney M., John Travolta, Tina Turner and Michael Jackson, to name a few. He plays music for his friends and at parties. When he puts on the Michael Jackson glasses everybody goes wild. For him disco is to wear sequins, shiny clothes, and looking good. It is good music and dance. It is all about a good feeling and expressing yourself; it is good ambience. It is a mix of disco things.

I would like to think about the Disco Mix as something very nice, like dancing for a while as you please. It can be in disco style but it does not have to be only disco style moves. It can be ANYTHING. There are no rules.



You can try these Disco Mix scores at home, if you want to:

Score 1

Go to your home. Play some of your favourite music and dance. Make sure you are alone and nobody will see you. You can wear whatever comes to mind. Dance and move however you want. Dance as long as you want. Do it again some other day in the future.

Score 2

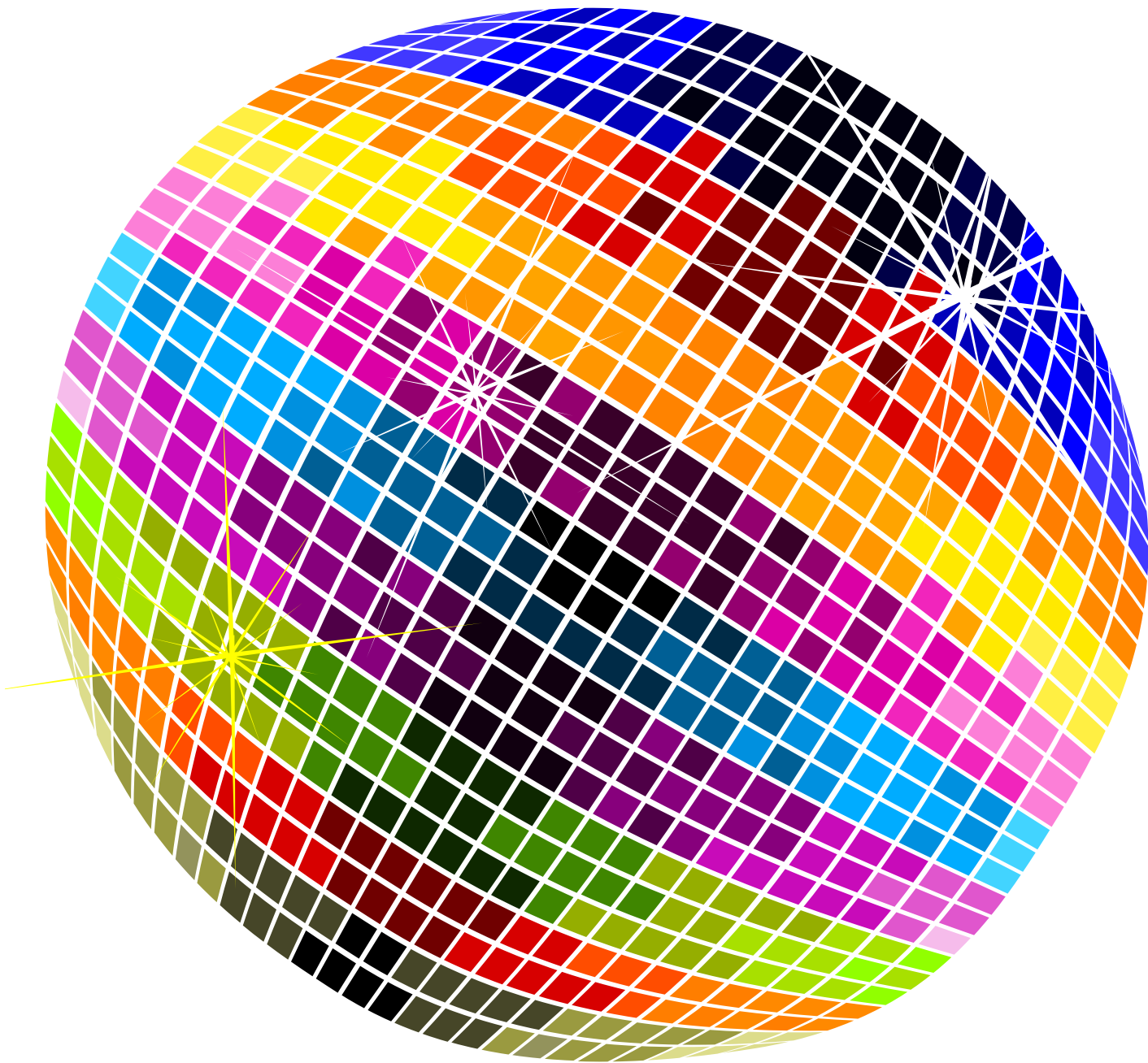
Go to your home. Invite somebody with you. Play some good music you both like. Dance and move as you want. Wear what you want. Dance for as long as you want. Do it again some other day in the future.

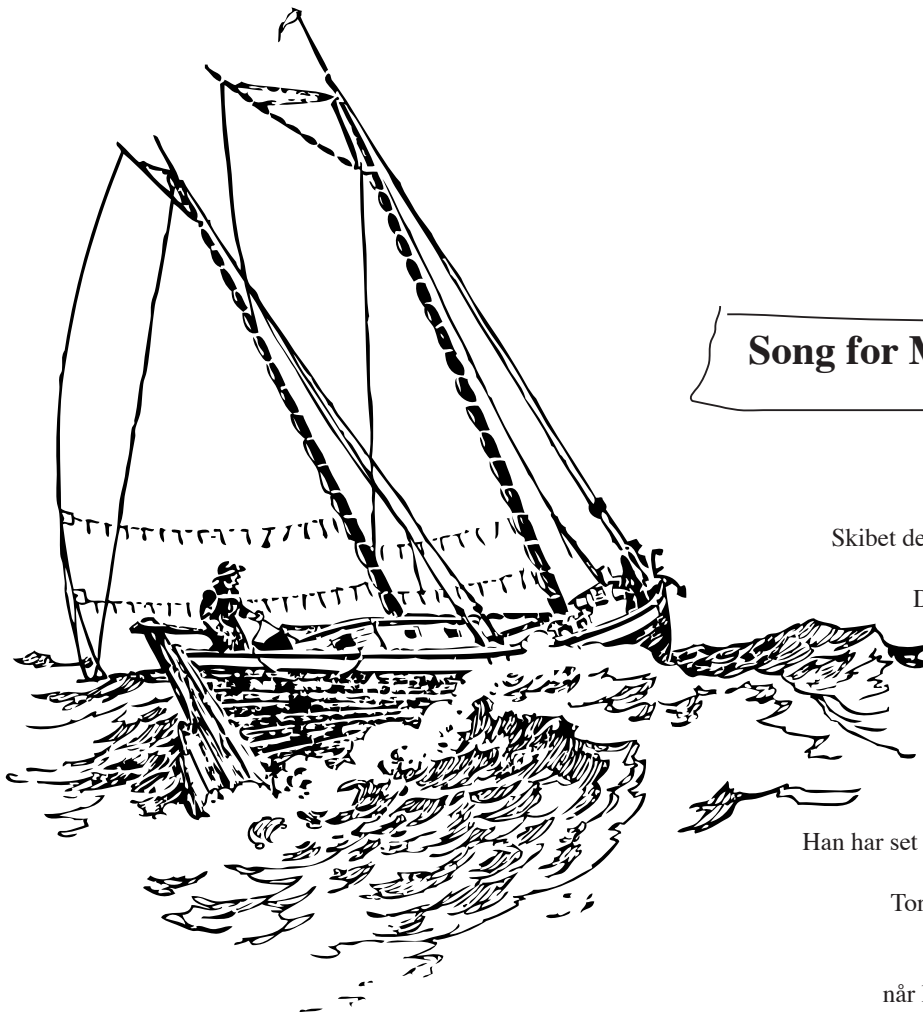
Score 3

Go to your home. Play some music you really like. Imagine how you would dance, and where, and with who. Imagine it for as long as you want. Do it again some other day in the future.

And just few words about the coffins: usually Kiddi does not want to know whose body will end up in the coffin, except when he made coffins for his parents. The only thing he needs to know is the measurements of the body in order to make a good coffin.

In the photo we are doing “disco positions” in the Sláturhúsið with Kiddi Vídjó.





Song for Magnus Guðmundsson.

Melody: Jutlandia by Kim Larsen

Det var i 1981 eller ca der omkring
Da Magnús drog ud på havet
Skibet det hed Sneifugl og det kom vidt omkring
Da Magnús drog ud på havet
Det var en drøm helt fra da han var 12 år
At sejle helt derud hvor bølgerne slår

Hej-Ho for Magnús Guðmundsson
Han kommer som kaldet på slaget
Tapper er fiskeren tapper er han
Når tiden står stille på havet

Han har set isbjørne og hvaler når skibet sejler nord
Levende og døde
Torsk og isa fiskes men i havet bomber bor
Verdenskrigen i møde
Det kan ske at fangsten bliver en fest
når ladte bomber kommer med som en gæst

Hej-Ho for Magnus Guðmundsson
Han kommer som kaldet på slaget
Tapper er fiskeren tapper er han
Når tiden står stille på havet

Jutlandia

Musik: Henning Pold Christensen

Tekst: Kim Larsen

Am⁷ Am⁶ Am⁺ Am Am⁺ Am

Det var i

Am D G Em

så-ten - ni-og-fyr-re el-ler cir-ka der-om-kring. da der var krig i Ko-re-

Am D

Så-bet hed Jut-lan-di-a og det kom vidt om-kring.

Em Am ^{1/2} F

for der var krig i Ko-re - a. Ud - sty - ret fra

Am⁺ Dm A Asus⁴ A

Løb-der til sal som et fly - den-de ho-spi-tal.

G C G C G

Hej - ho for Jut-lan - di-a. Am kom-mer som kal-det til

Am E C G C G

sko-ger. Hjem me-er jer-ge-ten hjem-ve-ndt fra-jagt. og

Am G Am E Am

at man den hjem-ve-ndt fra-der

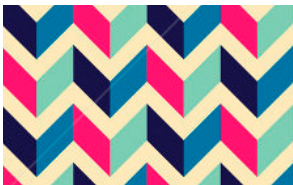
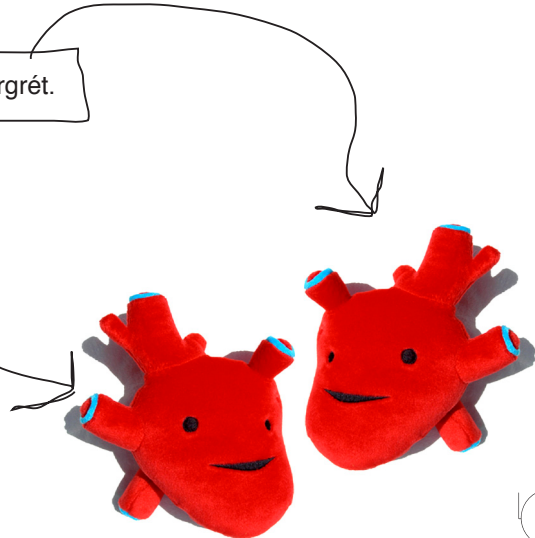
Skrevet som en hyldelse til
det danske hospitalskab

The Natural Way of Preparing for Death

6

You start to shrink.
You become smaller and smaller, thinner and further away from everything.
Your organs have a harder time functioning.
Your heart still beats well.
Your back is hurting so you like to take it easy.
Your memory is worse and you acknowledge it so you become shy and you want to hide it.
Your heart still beats well.
You need less food.
You need less water.
You hide your memory loss by keeping away from conversations.
You like to be alone.
You gradually lose interest in almost everything.
Your heart stops beating.

This poem was inspired by the two nurses Ástríður and Margrét.



THEY
THEY



NO Chairs for the better FUTURE

One day at noon Foreign Mountain went to meet the physiotherapist Sverrir Rafn. The surroundings seemed healthy from the start. Big windows with a view over the nature of Egilsstaðir, a grand massage table and of course, a tropic palm beach poster for the dreamers. The impression of instant healing in this room, not only physically but also emotionally, was evident.

Back to Africa

We were very lucky to get a meeting. Not long ago, the waiting list to see a physiotherapist in this town was, no kidding, about one year. So with this in mind we straight started our interview.

What are the most common problems, for which people ask your help?

The short answer came fast; “back problems”.

Aha, and why is that? What causes that?

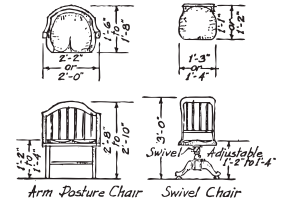
Well, firstly, people were **not designed to sit on chairs**.

So how are we designed to sit then?

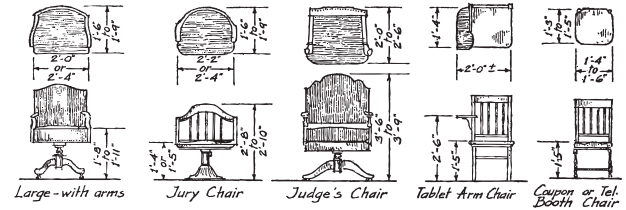
To answer this question we traveled into deep Africa, where the original people used to live quite differently. People where hunting, picking berries, where walking on natural uneven ground, and most important sat easily on the ground when eating, cocking, doing handwork etc...

Humans were built to move and bend their joints in a totally different way than they do nowadays. Now people spend a lot of time sitting in front of the computer, they sit when they work, in their free time, and when they eat. A lot of time is spent on chairs or other similar objects, and this is not good for our muscles and physical stamina.

Sverrir noticed different tendencies in how men and women organize them selves at work. Woman is like an



OFFICE CHAIRS



SPECIAL CHAIRS

octopus – she places and organizes things around her in a way so she can reach everything from her sitting position. „She has the printer on one side, papers on the other and the computer in the middle. Like an octopus woman“ Sverrir says. The work place of a man is often organized differently, according to Sverrir better for the physicality. He will have the printer quite far away from his desk, so he needs to stand up and walk to it. Therefore, men move a bit more in their work then women.

Symmetrical or asymmetrical

Another element in our modern lives that causes mainly back problems is **floors**. We are all build slightly unequal and in nature this is not a problem. So what could be done to solve this problem? We asked Sverrir.

Maybe grow natural grass or some kind of moss in the houses, put beach sand in restaurants or put artificial soft floor at the workplaces especially for the people who work standing like hairdressers for example . And his advise to everybody. “Take walks in the nature!”.

Is there something you would change if you were to design a future town?

Well one thing I can say for sure – no computers.

Something Sverrir also mentions is that it is quite difficult to function in the city if you are handicapped and sits in a wheelchair. There are not enough wheelchair funiculars or elevators in buildings, wide enough doors, special toilets and so on. Not many places provide possibility for a person in a wheelchair to feel free and comfortable. Hopefully this will get better and better in the future


At the end of our meeting, we invited Sverrir to come and see the result of our work in Slátturhús: the magazine and our performance. But as sure as Sverrir was about the things he told us during the interview, he was positive in turning our invitation down. We were surprised and naturally tried to convince him, but Sverrir's answer was: "from all the people of Egilsstaðir, I am the most **far from you**". We took a moment to digest the physiotherapist's statement, but somehow all found it honest and "nice".

We hope you all found the meeting with physiotherapist beneficial, just like Foreign Mountain did, and that you have all learned something. Thank you for listening.

Sincerely F.M.



Coffee and chocolate talk with a pastor + S



After lunch we found our way to Jóhanna Ingibjörg Sigmarsdóttir in the little yellow building next to the church. The door was opened by a calm welcoming woman. She walked us to her very homey 'office' where we all sat in soft chairs around a round table, covered with a white knitted tablecloth. It was a very cozy and peaceful atmosphere.

After sharing that Jóhanna had been working as a pastor for 14 years, she also corrected us in that she was not called a priest, as we thought, but a pastor. A priest is in the Catholic Christianity whereas a pastor is in the Protestant Christianity.

We were interested in how Jóhanna felt about being a **female** pastor in Egilsstaðir. To our question Jóhanna answered shortly.

I've never tried to be a male pastor.

She made it clear to us that being a female pastor in Egilsstaðir was not much of an issue.

God created man and woman equal though people have interpreted the Bible differently through history.

Then suddenly we had an unexpected guest. Pastor No. 2 – Vigfús Ingvar Ingvarsson.

Vigfús was here by coincidence only to photocopy an article from the newspaper. He was a pastor with a generous smile and Jóhanna thought he could be perfect to answer some of our questions. It would later become clear that Vigfús is a man of many interests and great knowledge that we will thank him for sharing with us.

$$1 + 1 = 2$$

We asked about the Bible and wanted to know what it has to say about the body.

God is taking care of us – soul and body, Johanna answered.

She continued by quoting from Matthew 22.37-39.

37 Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.’ 38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’

Johanna would refer to this part of the Bible when she was teaching kids about the body. Vigfús added that in the New Testament there was not a big difference between the body and soul.

We discovered that among the organs mentioned in the Bible are: throat, uterus and kidneys.

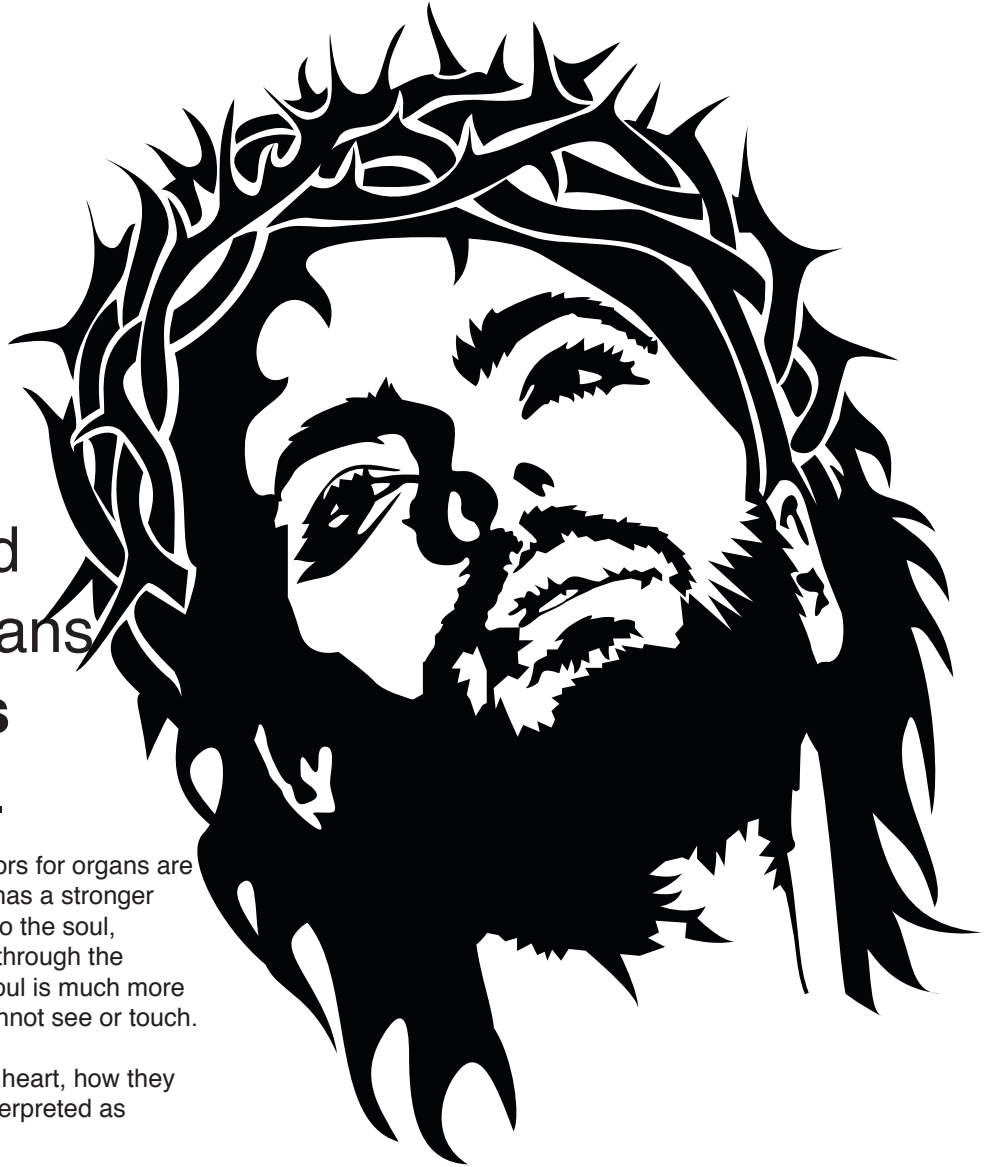
Soul in the Old Testament means **throat**. **Uterus** means **mercy**.

In the Old Testament many metaphors for organs are found, because the Old Testament has a stronger material approach. Throat referred to the soul, because we breathe, drink and eat through the throat. In the New Testament, the soul is much more abstract, spiritual, something we cannot see or touch.

Vigfús also talks about kidneys and heart, how they appear in the Bible. They can be interpreted as symbolizing the mind.

We chatted for a bit longer about religion, other churches and the Christian people of Iceland while enjoying very dark delicious chocolate and coffee.

We left the building more informed about Christianity and were very inspired.



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SLÁTURHÚSIÐ

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