

**use your portfolio
to promote your art**

**Anouk Koch
Selected Works
2018 – 2021**

Artist Statement

Pop-cultural appearances such as the omnipresent advice culture, self-care and self-optimization praise the main subjects of my work. I adopt the very common rhetorical assumption of a problem and the simultaneous offering of a solution as a strategy.

I use different media but the key element is always the language. For my artistic work, I am not very interested in writing text by myself. For my artistic work, I am not very interested in writing text by myself. Instead, I see my practice as managing and manipulating already existing text.

I perceive the space in which the works are shown as a temporary storage facility.

Often the audience is invited to take parts of the work with them, to carry it further, to spread it. Text on cobblestones on the roadside, text on helium balloons in a mall, text as immense paper pedestals in a white cube. The medium adapts to the frame and tries to seduce the audience. While the audience can take away parts of the work for free, the work spreads, it spans a net and remains complete at all times.

Looking for a term that might describe my work, I came across the term *Take-Away-Installation*; The installation is easily consumable and, from the first glance, it aims to be worn down and carried on. From the moment the take-away installation is offered to the public, the work spreads uncontrollably. The individual takeaways find their own way, the work decentralises and invades personal space. This process is similar to digital distribution. Once a piece of content is published online, it is almost impossible to track where it goes.

I am interested in questions like: Where do we become „victims“ of the work ourselves, jumping at the chance to take parts of the work for free? Where do we actually find support and comfort in the offered advice? Where do we reflect on the work? And how do we realize that with the work, we are being shown how quickly we are taken in by advice and simple help?

AND THEN, WHAT?

To whom does an artistic work belong? The visitors are welcome to carry individual sheets of text with them or to pass them on. Sheet after sheet disappears, the work is complete at all times.

B74, Luzern LU, 2020

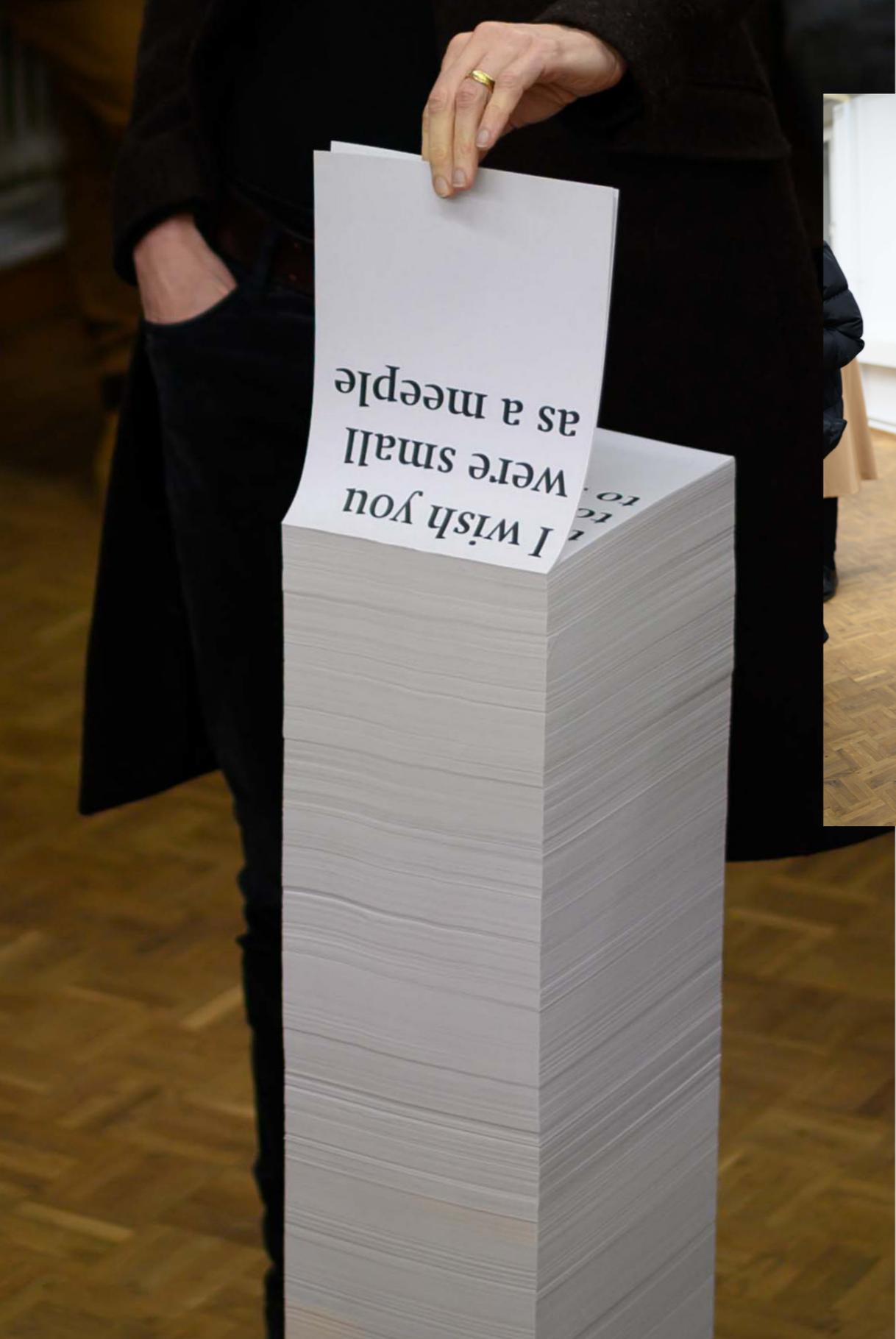
[link to text](#)

Take-Away-Installation

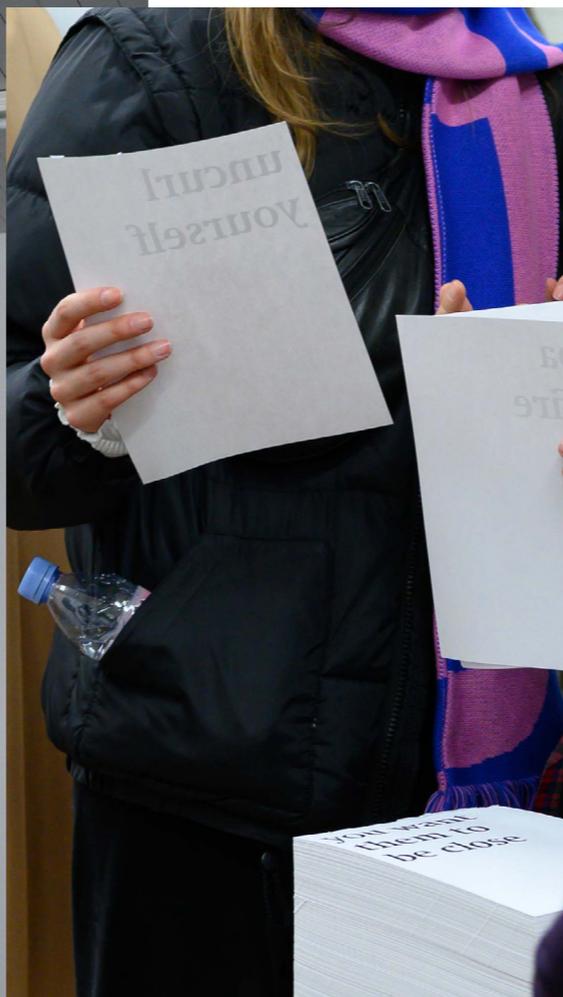
Base-Sculpture

Laser Printing on Paper, White Glue

4 x 90 / 18 / 24 cm



well, the wall's too wet to sit on	you win or you lose	and selfies selfies selfies	but I'm fine now
what is your place in all this?	and where are you?	where are the others?	why don't we see anyone?
what do you wish for?	papa on fire	for real	am I supposed to thank you?



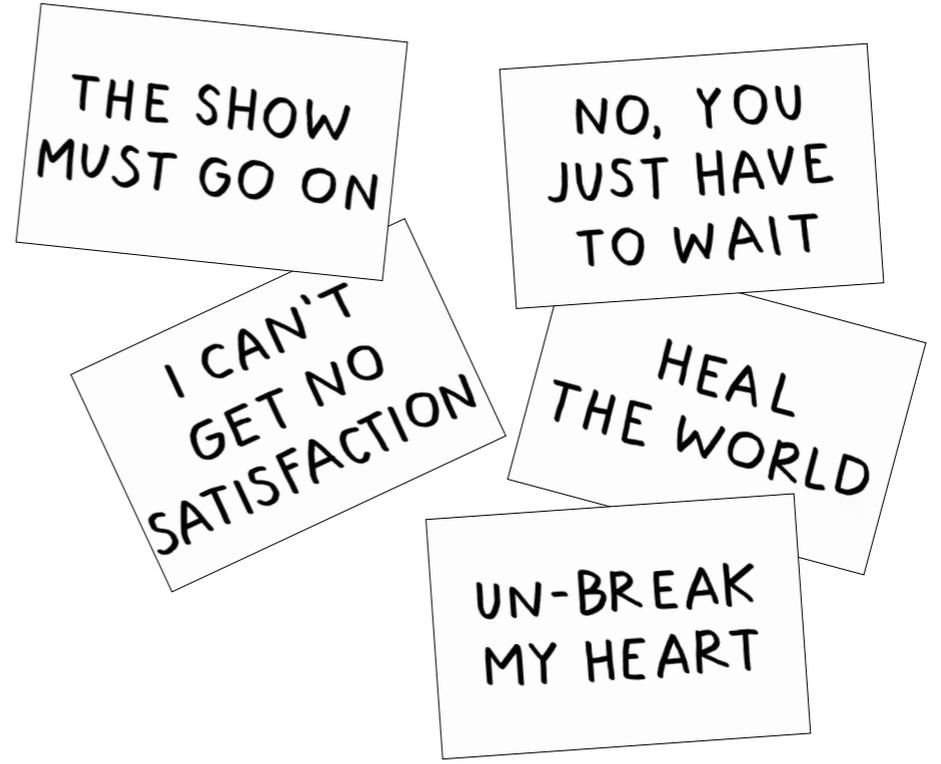
THE WINNER TAKES IT ALL

While there is hardly anything else to do but wait and let the situation ease, the question arises: Can a catchy tune cheer up the world for a day?

Mini grips filled with temporary self-adhesive tattoos and instructions hang on a chrome grid. The spectators are invited to help themselves, to choose a catchy tune to apply to their skin. As Covid19, the tattoo will stay until the situation resolves itself again.

Galerie Kriens, Kriens LU, 2021

Take-Away-Installation
Temporary Tattoos with Instruction
Mini-Grip on Chrome Grid
40 x 80 cm



A BIT OF PAIN

We are constantly relating to our surroundings;
What do we want to keep? What should we let go?

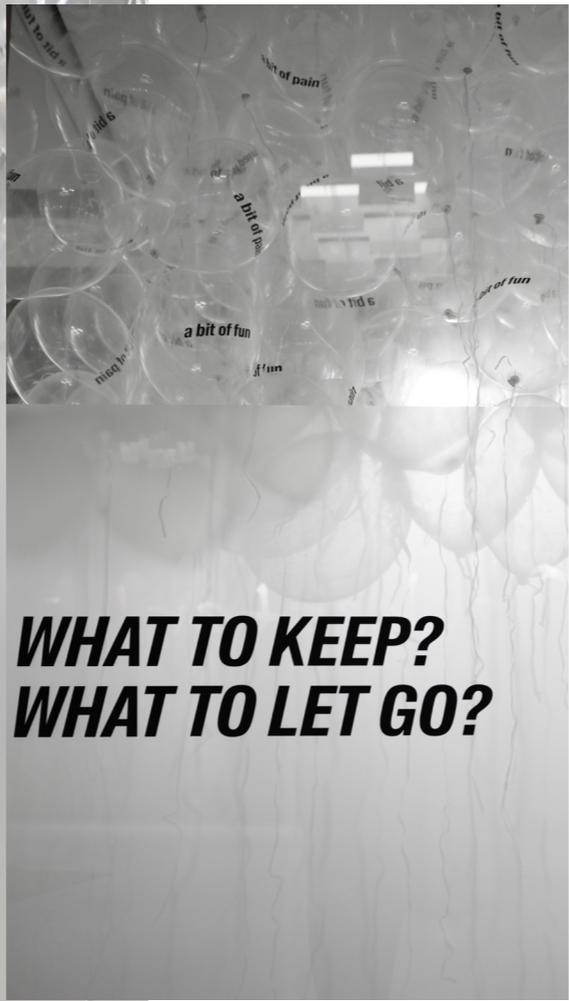
The empty store in the Mall of Switzerland is filled with 500 transparent helium balloons. Half of the balloons carry the inscription *a bit of pain*, the other half *a bit of fun*. The visitors are invited to enter the space and take a balloon with them.

Mall of Switzerland, Ebikon LU, 2020

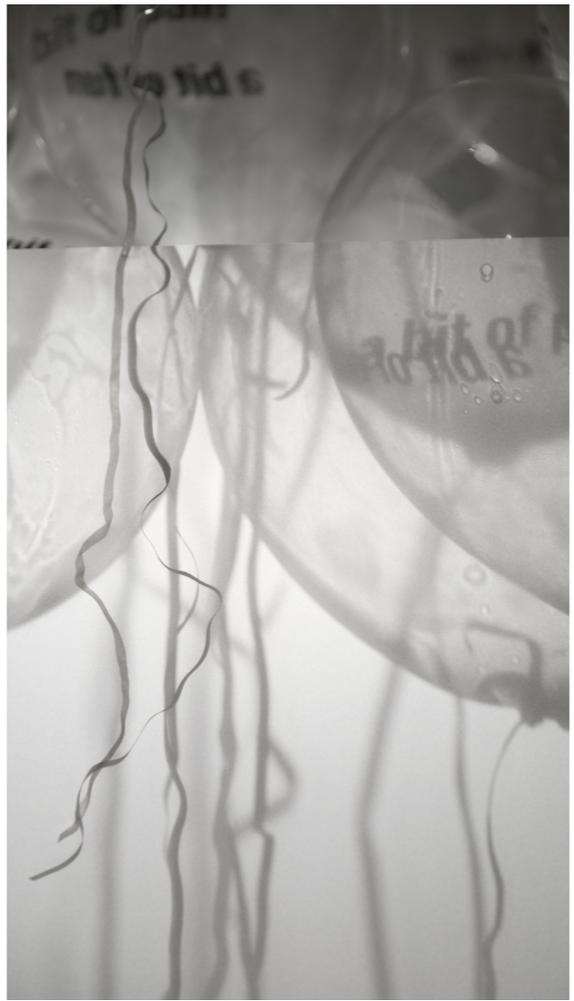
Take-Away-Installation
Natural Latex Balloons Silk-Printed,
Closure Ribbons



01. COME CLOSER
02. AND STEP IN
03. TAKE A PIECE
04. TAKE IT WITH YOU
05. OR LET IT GO



***WHAT TO KEEP?
WHAT TO LET GO?***





REMEMBER WHY YOU ARE HERE

(2nd place in the competition of Les Talents Satis; about to invest the façade Café Sati roasting plant located at the Rhine port on the border between Kehl (DE) and Strasbourg (FR).)

Remember why you are here makes us reflect about ourselves in our society and the environment we live in. Strasbourg is a place where political decisions are made, where import and export are happening. crossing the river, being in motion, feeling emotion.

The sentence can be rethought in a geographical way, but also in reference to a social or philosophical debate. It can also be considered in the context of living with privileges or in the context of migration or further current political issues. The sentence asks about our past. How have we been influenced, what or who made us who we are today? Remember why you are here refers to our tasks as human beings. What needs to be done? Where do we take responsibility?

Presented in September 2020 in Strasbourg FR
2nd Place, Competition Les Talents Satis
Mock-Up



Das Leben Gebrauchsanweisung
Life A User`s Manual
La Vie Mode d`Emploi
Het Leven Een Gebruiksaanwijzing

The work is based on the novel *Life A User`s Manual* by George Perec. Set at a fictional Paris address, 11 rue Simon-Crubellier, 99 chapters describe, for the most part, a house, its rooms, its current and former occupants, and variously detailed parts of their life stories.

Similar to the novel, the publication claims to be able to instruct on life. Unlike a thousand-plus pages that Perec fills with stories, the publication contains only 45 short fragments in addition to a basic guide to reading. The fragments were taken from the novel and find their way into the four-language publication, which resembles a package insert in form and material. The publications may be freely taken by visitors.

Sentimatt, HSLU, Luzern LU, 2019

Take-Away-Installation
Laser Print on Pharmaceutical Paper,
Screen Print on White Cardboard
11 x 4 x 4 cm



Wichtige Informationen:

Lesen Sie diese Gebrauchsanweisung sorgfältig, denn sie enthält wichtige Informationen. Dieses Produkt haben Sie entweder persönlich erhalten oder über eine Institution bezogen, oder Sie halten es zufällig in der Hand. Wenden Sie die vorliegende Gebrauchsanweisung gemäss ihren individuellen Bedürfnissen an. Bewahren Sie die Gebrauchsanweisung auf, Sie wollen sie vielleicht später nochmals lesen.

Das Leben Gebrauchsanweisung

01. In einer Hängematte dösen, ohne andere Angaben. 02. Barfuss im Staub, ohne andere Angaben. 03. Ein einfaches Tongeschirr, ohne andere Angaben. 04. Eine Tasse Eisenkrauttee, ohne andere Angaben. 05. Drei Becher Kefir zum Abendessen, ohne andere Angaben. 06. In der linken Hand einen Pfirsich, ohne andere Angaben. 07. Eine Siesta, ohne andere Angaben. 08. Zigaretten, Pralinen, ohne andere Angaben. 09. Beobachtung einer Fliege, ohne andere Angaben. 10. Glasbehälter mit Goldfischen, ohne andere Angaben. 11. Villen aus Glas, ohne andere Angaben. 12. An Apathie grenzende Ruhe, ohne andere Angaben. 13. Aus den Augen verlorene Freundinnen, ohne andere Angaben. 14. Kleine Gläser Likör schlürfen, ohne andere Angaben. 15. Zukunftspläne, ohne andere Angaben. 16. Eine irgendwie offizielle Funktion, ohne andere Angaben. 17. I am in a hurry, ohne andere Angaben. 18. Im Chor Sätze nachsprechen, ohne andere Angaben. 19. Ohne mit der Wimper zu zucken, ohne andere Angaben. 20. Von Stockwerk zu Stockwerk, ohne andere Angaben. 21. Ziemlich überall Sessel, ohne andere Angaben. 22. Eine prächtig gekleidete Person, ohne andere Angaben. 23. Die einzige Chance, ohne andere Angaben. 24. Widersprüchliche Hypothesen, ohne andere Angaben. 25. Verängstigtes Lächeln, ohne andere Angaben. 26. Grosse Lust haben, ohne andere Angaben. 27. Das Abbrennen von Wunderkerzen, ohne andere Angaben. 28. Mio amore oder corazon, ohne andere Angaben. 29. Weihrauch und spezielle Parfüme, ohne andere Angaben. 30. Sieben Minuten lang sprudelnd kochen, ohne andere Angaben. 31. Besonderheiten im Leben, ohne andere Angaben. 32. Ein Glas Champagner verdient haben, ohne andere Angaben. 33. Etwas konservieren, ohne andere Angaben. 34. Lebenswerte Bemühungen, ohne andere Angaben. 35. Kleine Zeitverschiebungen, ohne andere Angaben. 36. Miauen hinter eine Tür, ohne andere Angaben. 37. Das Wunder der Geburt, ohne andere Angaben. 38. Doppel-Kinderwagen, ohne andere Angaben. 39. Mit dem kleinen Hund, ohne andere Angaben. 40. Kindliches Glück, ohne andere Angaben. 41. Gäste abweisen, ohne andere Angaben. 42. Das gelbe Trikot, ohne andere Angaben. 43. Zwillinge mit Banjo, ohne andere Angaben. 44. Ein unglaubliches Durcheinander, ohne andere Angaben. 45. Mensch-ärgere-dich-nicht-Spiele, ohne andere Angaben.

Zulassungsnummer 86106004

Diese Gebrauchsanleitung ist eine gekürzte Version des Originals aus dem Jahr 1978. Die vorliegende Gebrauchsanleitung wurde im Juni 2019 letztmals durch Anouk Koch geprüft.

Important information:

Read these instructions carefully because they contain important information. You have either obtained this product in person or through an institution, or you happen to hold it in your hand. Apply this instruction manual according to your personal needs. Keep the instructions for use, you may want to read them again later.

Life A User's Manual

01. Dozing in a hammock, without other information. 02. Barefoot in the dust, without other information. 03. A simple clay tableware, without other information. 04. A cup of verbena tea, without other information. 05. Three cups of kefir for dinner, no other information. 06. In the left hand a peach, without other information. 07. A siesta, without other information. 08. Cigarettes, chocolates, without other information. 09. Observation of a fly, without other information. 10. Glass container with goldfish, without other information. 11. Villas of glass, without other information. 12. Peace

Information importante:

Lisez attentivement ces instructions car elles contiennent des informations importantes. Vous avez soit obtenu ce produit en personne ou par l'intermédiaire d'une institution, soit vous l'avez en main. Appliquez ce manuel d'instruction en fonction de vos besoins personnels. Conservez les instructions d'utilisation, vous souhaitez peut-être les relire plus tard.

La Vie Mode d'Emploi

01. Assoupi dans un hamac, sans autre information. 02. Pieds nus dans la poussière, sans autre information. 03. Une simple vaisselle en terre cuite, sans autre information. 04. Une tasse de thé à la verveine, sans autre information. 05. Trois tasses de kéfir pour le dîner, aucune autre information. 06. Dans la main gauche une pêche, sans autre information. 07. Une sieste, sans autre information. 08. Cigarettes, chocolats, sans autre information. 09. Observation d'une mouche, sans autre information. 10. Récipient en verre avec poisson rouge, sans autre information. 11. Villas de verre, sans autre information. 12. La paix en appelle à l'apathie, sans autre information. 13. Amis perdus, sans autre information. 14. Sirotes de petits verres de liqueur sans autre information. 15. Plans futurs, sans autre information. 16. Fonction officielle, sans autre information. 17. Je suis pressé, sans autre information. 18. Réciter des phrases en chœur, sans autre information. 19. Sans sourcilier, sans autre information. 20. D'un étage à l'autre, sans autre information. 21. Fauteuil un peu partout, sans autre information. 22. Une personne magnifiquement vêtue, sans autre information. 23. La seule chance, sans autre information. 24. Hypothèses contradictoires, sans autre information. 25. sourire terrifié, sans autre information. 26. Avoir un grand désir, sans autre information. 27. La combustion des feux de Bengale, sans autre information. 28. Mio amore ou corazon, sans autre information. 29. Encens et parfums spéciaux, sans autre information. 30. Fillets bouillir les bulles pendant sept minutes sans autre information. 31. Particularités de la vie, sans autre information. 32. Avoir gagné un verre de champagne, sans autre information. 33. Conservez quelque chose sans autre information. 34. Des efforts louables, sans autre information. 35. Petits décalages horaires, sans autre information. 36. Meowing derrière une porte, sans autre information. 37. Le miracle de la naissance, sans autre information. 38. Poussette double, sans autre information. 39. Avec le petit chien, sans autre information. 40. bonheur enfantin, sans autre information. 41. Rejeter les invités, sans autre information. 42. Le maillot jaune, sans autre information. 43. Jumeaux avec banjo, sans autre information. 44. Un gâchis incroyable, pas d'autre information. 45. Les gens ne jouent pas, sans autre information.

Número d'approbation 86106004

Ce manuel est une version abrégée de l'original de 1978. Ce manuel a été révisé pour la dernière fois par Anouk Koch en juin 2019.

Belangrijke informatie:

Lees deze instructies zorgvuldig door, want deze bevatten belangrijke informatie. U hebt dit product persoonlijk of via een instelling ontvangen, of u bent gekomen om het in uw hand te houden. Pas deze handleiding op uw persoonlijke behoeften toe. Bewaar de gebruiksaanwijzing, misschien wilt u ze later nog eens lezen.

Het Leven Een Gebruiksaanwijzing

01. Dommelen in een hangmat, zonder andere informatie. 02. Blootsvoets in het stof, zonder andere informatie. 03. Een eenvoudig klaiservies, zonder andere informatie. 04. Een kopje verbenathé, zonder andere informatie. 05. Drie kopjes kefir voor het avondeten, geen andere informatie. 06. In de linkerhand een perzik, zonder andere informatie. 07. Een siesta, zonder andere informatie. 08. Zigaretten, chocolaatjes, zonder andere informatie. 09. Observatie van een vlieg, zonder andere informatie. 10. Glazen container met goudvís, zonder andere informatie. 11. Villa's van glas, zonder andere informatie. 12. Vrede appelleert aan apathie, zonder andere informatie. 13. Verloren vrienden, zonder andere informatie. 14. Nip aan kleine glazen likeur zonder andere informatie. 15. Toekomstplannen, zonder andere informatie. 16. Een of andere manier officiële functie, zonder andere informatie. 17. Ik heb haast, zonder andere informatie. 18. Reciteren van zinnen in koor, zonder andere informatie. 19. Zonder een wimper te slaan, zonder andere informatie. 20. Van vloer tot vloer, zonder andere informatie. 21. Helemaal overal leunstoel, zonder andere informatie. 22. Een prächtig geklede persoon, zonder andere informatie. 23. De enige kans, zonder andere informatie. 24. Tegenstrijdige hypothesen, zonder andere informatie. 25. Angst aangejaagde glimlach, zonder andere informatie. 26. Heb een groot verlangen, zonder andere informatie. 27. Het branden van stierretjes, zonder andere informatie. 28. Mio amore of corazon, zonder andere informatie. 29. Wierook en speciale parfums, zonder andere informatie. 30. Laat zeven minuten bubbelen zonder andere informatie. 31. Bijzonderheden in het leven, zonder andere informatie. 32. Heb een glas champagne verdiend, zonder andere informatie. 33. Behoud iets zonder andere informatie. 34. Lofwaardige inspanningen, zonder andere informatie. 35. Kleine tijdsverschillen, zonder andere informatie. 36. Miauwen achter een deur, zonder andere informatie. 37. Het wonder van geboorte, zonder andere informatie. 38. Dubbele kinderwagen, zonder andere informatie. 39. Met het hondje, zonder andere informatie. 40. Kinderlijk geluk, zonder andere informatie. 41. Verwerp gasten, zonder andere informatie. 42. De gele trui, zonder andere informatie. 43. Tweeling met banjo, zonder andere informatie. 44. Een ongeloflijke puinhoop, geen andere informatie. 45. People-do-not-you-games, zonder andere informatie.

Erkenningsnummer 86106004

Deze handleiding zal in juni 2019 door Anouk Koch worden beoordeeld.

ADVICE FOR FREE

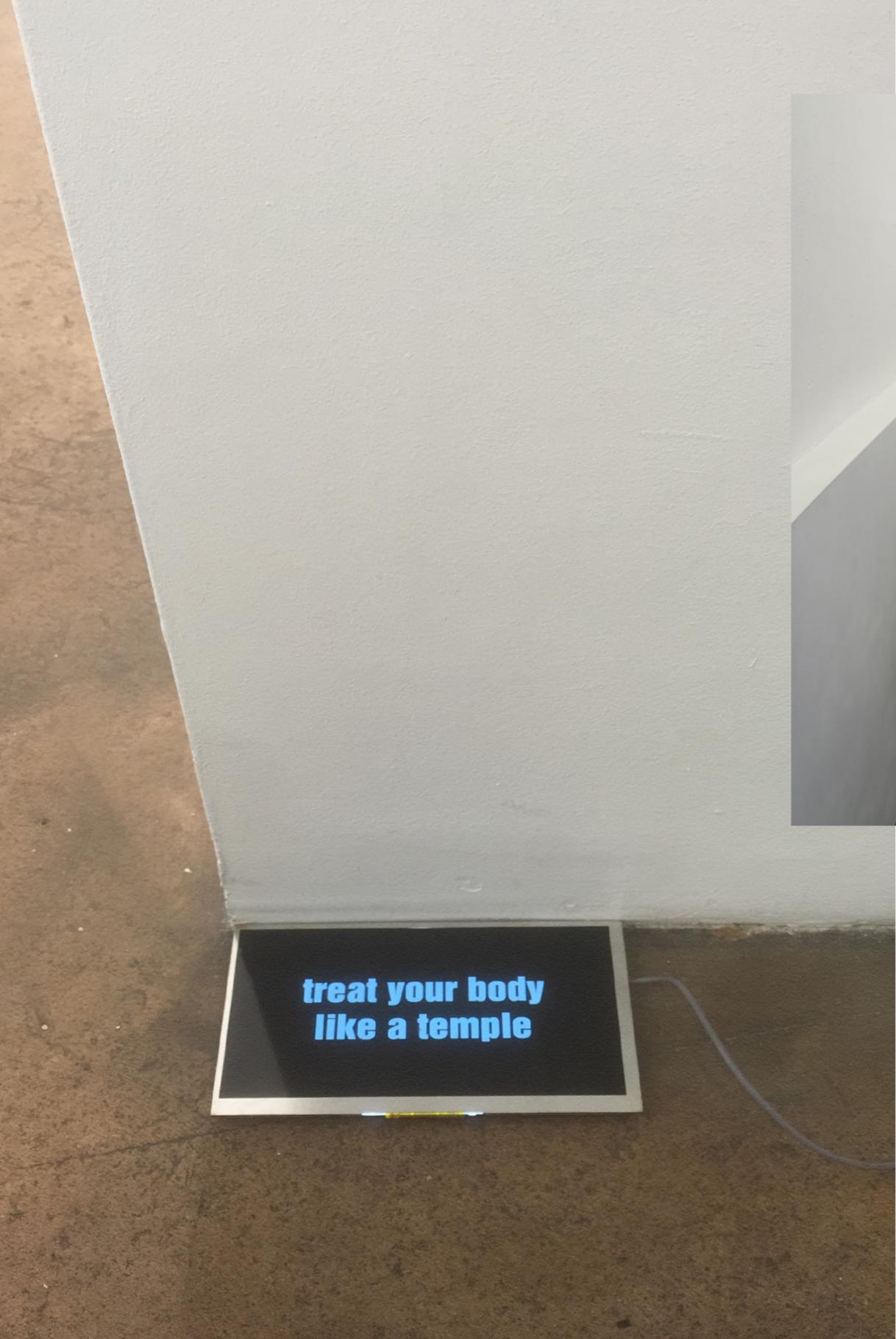
Advice constantly surrounds us. We receive it and pass it on. The work over 500 pieces of advice as tiny take-home-messages and raises the question of rationality. Moral principles such as *don't lie* are put on display on an equal footing with explicit instructions for action such as *don't apply mascara in the car*. What do you keep, what do you hand on?

ADVICE FOR FREE appears in various variations. In the exhibition, the advice flashes on small screens, while in the lobby five publications are displayed. The publications offer the advice in a form of small take-home messages. Each publication represents one of the following categories:

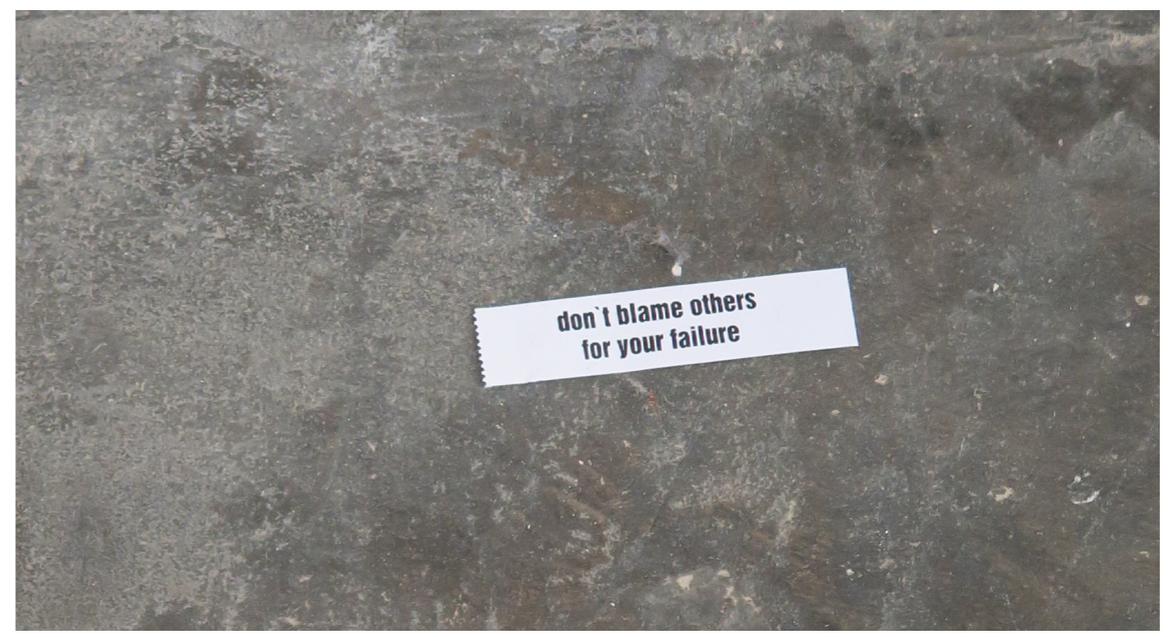
Friends / Family
Happiness / Self-care
Health / Beauty
Love / Sex
Success / Power

Filiale, Luzern LU, 2020
Volumes, Zürich ZH, 2019
Akku Kunstplattform, Emmenbrücke LU, 2019

Take-Away-Installation
Publication, Print on Paper,
Screening



go to a wild sex party	be soft but strong	wake up at the same time each day	exhale the bullshit	send newsletters
release the stress	follow your soul	get enough vitamin D	stop sunbathing	use dating apps
find a partner	don't share needles	refuse giveaways	invest in quality pieces	give yourself a break
don't break her heart	don't apply mascara in the car	don't panic	quit smoking	remember that your breasts are slightly different sizes
check your blood pressure every 2 years	enjoy your first tattoo	hug your parents daily	try to be a rainbow in someone's cloud	always try to impress



***DA GEWESEN SEIN
TO HAVE BEEN THERE***

The 35 cement stones bear fragmentary inscriptions. The contents are based on a secretly recorded conversation that was observed / overheard at Langstrasse of Zurich in April 2018. The sentence fragments reproduce the conversation in its essential features. The stones are resting quietly and will later find their way back to Langstrasse.

Viscosy Areal, Emmenbrücke LU
Langstrasse, Zürich ZH, 2018

Take-Away-Installation
35 Printed Cement Stones
each 25 x 16 cm



Babels & Bubbles at Shedhalle Zurich
Always & Never

The artist Klodin Erb was invited to participate in the project *You bring your shovel, we've got the sand*. Klodin Erb invited students to occupy the space with a long-term performance. The Tower of Babel and the associated themes of cooperation and communication became the core of the discussion - we tried to build a tower out of 13 cubic metres of sand. From time to time, individual performers broke away from the group and performed.

In collaboration with Felix Stöckle I performed *Always & Never*; while moving around the sandy tower of Babel with two megaphones, we spoke life instructions to each other, each starting with *always* or *never*.

Shedhalle Zürich ZH, 2018

Performance (8h)
Sand, Body, Shovel, Megaphones
[link to video](#)



Liebe Tante
Dear Aunt

«Bei uns reicht es eben nicht, fachlich sehr gut zu sein oder fleißig zu arbeiten - man könnte mitunter verzweifeln»

„In our case, it is not enough to be very good in your profession or to work diligently - sometimes you could despair“

A chalk lettering stretches across the entrance area of the exhibition. If one enters the exhibition, one must inevitably pass the writing and thereby carries off step by step.

The work's sign indicates that the message was taken from a postcard sent in the DDR / GDR. The transfer into the exhibition context thematizes the temporal topicality and general validity of the statement as the exhibition takes place in the university.

Viscosi-Areal, HSLU, Luzern LU, 2018

Text-Installation
Chalk Spray on Concrete
400 x 250 cm



Bei uns r
fachlich z
der frei
an kö
r Zwei

Liebe Tante

Ausschnitt einer Postkarte aus der
Deutschen Demokratischen Republik (DDR)
um 1980

Kreide auf Boden
Anouk Koch

Halifax

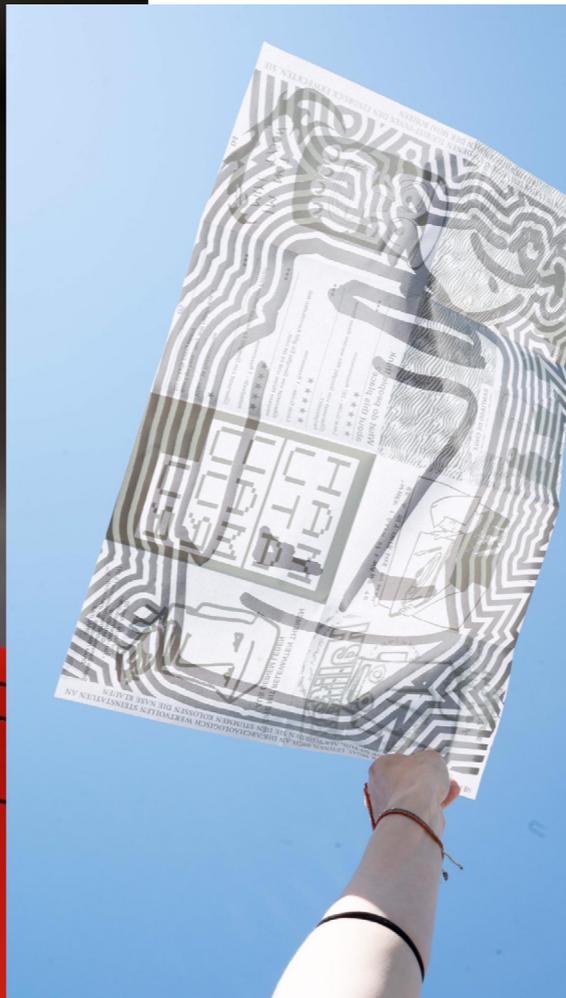
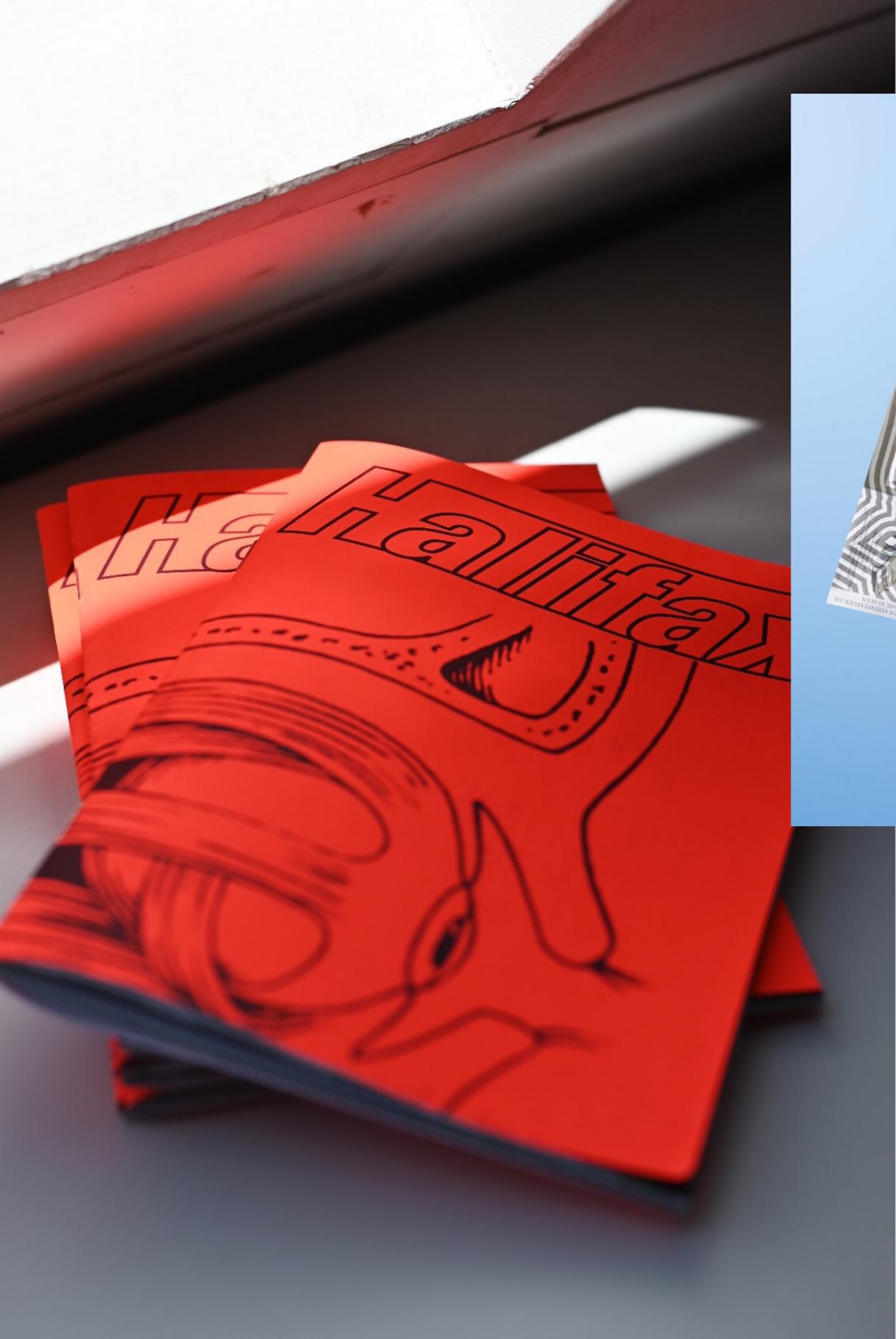
- the zine with relevant topics from your life

Since the beginning of 2018, I am part of the Halifax collective together with Dario Schorer and Felix Stöckle. We create and publish a monthly fanzine and organize various events such as *Cine Market* (St.Gallen), *Zine Release* (Artcontainer Zürich), *Opencall Pool* (Halifax + Guests) and participation at Volumes Zürich, *Auf der Strecke*, (Kunsthalle St.Gallen), *Photobook Biel* (Centre d'art Pasquart, Biel) and *Egozine-Show; Off Label Use & Edition* (Material, Zürich).

Number of Published Zines: 28

E-Mail: halifax@mail.ch

Instagram [@halifax_zine](https://www.instagram.com/halifax_zine)







Anouk Koch
*23.09.1995 in Zurich
lives and works in Lucerne

St.Karlistrasse 65
6004 Luzern
anoukmitou@gmail.com
+41 76 319 89 69

Website: <https://anouk-koch.kleio.com/profile>
Instagram: [anouk.koch](https://www.instagram.com/anouk.koch)

**did you get
too much sun,
my dear?**

**I wish you
a sweet week**

**attached,
you find the
swimming pool**

Exhibitions and Projects

2021 (upcoming)

Club-Comission, in Collaboration with Ratiba Ayadi, De-Hybernation, Bern BE
Soloshow, Satellit, Zürich ZH
the latest place, with Kollektiv InOrdnung, Openspace Domshof, Bremen DE
Groupshow with Dustin Kenel, mal:mal, Bern BE
Take Yourself On Dates, Placement in Public Space and Digital Space , Luzern LU

s

2021

K_rien / rein_S, Groupshow, Galerie Kriens, Luzern LU
heute wird gut, Soloshow, Café Pura, Huttwil BE (until summer 2022)

2020

No Lunch 4 Free, Groupshow, Zürich ZH
a bit of pain, Soloshow, Mall of Switzerland, Ebikon LU
^intrest /, B74 Raum für Kunst, Groupshow with Sophie Germanier & Raphael Burger, Morningstar 3.0, Luzern LU
Batch, Groupshow with Kollektiv in Ordnung, Tobias Furter & Felix Stöckle, Filiale, Luzern LU

2019

Volumes, with Kollektiv Halifax, Volumes Book Fear, Zürich ZH
Halifax Zine Release and Workshop, Art Container Zürich, ZH
see through rose-tinted glasses, Auf der Strecke, with Kollektiv Halifax, Kunsthalle St.Gallen, SG
white card / white flag, Stimmenfestival H2U, Uster ZH
Cinemarket, with Kollektiv Halifax, Exrex, St.Gallen, SG
Ichso, Erso, Sieso, Groupshow Kunstkiosk, Exrex, St.Gallen, SG
Babel & Bubbles, Groupperformance, Shedhalle Zürich, Zürich ZH
Egozine-Show, Off Label Use & Edition, Fästing Plockare, with Kollektiv Halifax, Material Zürich, Zürich ZH
Photobooks Biel, with Kollektiv Halifax, Photoforum Pasquart, Biel BE
PopUp, Groupshow Akku Kunstplattform, Emmenbrücke LU
Perec Polyphony by Philip Matesic, Groupreading, Strauhof, Zürich ZH

2018

K+ Invasion, Viscosi HSLU, Emmenbrücke LU
K+ goes C&A, Luzern LU