

Translating the Grid

From Electrical Data

to Creative Experience



La Cucina Fusion

di Lumina

Ingredienti



Incorporated sound bits: <https://pixabay.com/sound-effects/>

Antipasti: Putting a face to the name

In order to make it easier to identify with *Lumina*, a technical device that nudges people to switch to renewable energy, I am assigning human characteristics to it. Advertising campaigns by *VW* and *Fiat* supported me in this idea:

<https://www.youtube.com/watch?v=raQ2qDafZHk>

<https://www.youtube.com/watch?v=SJE8ycVKNbU>

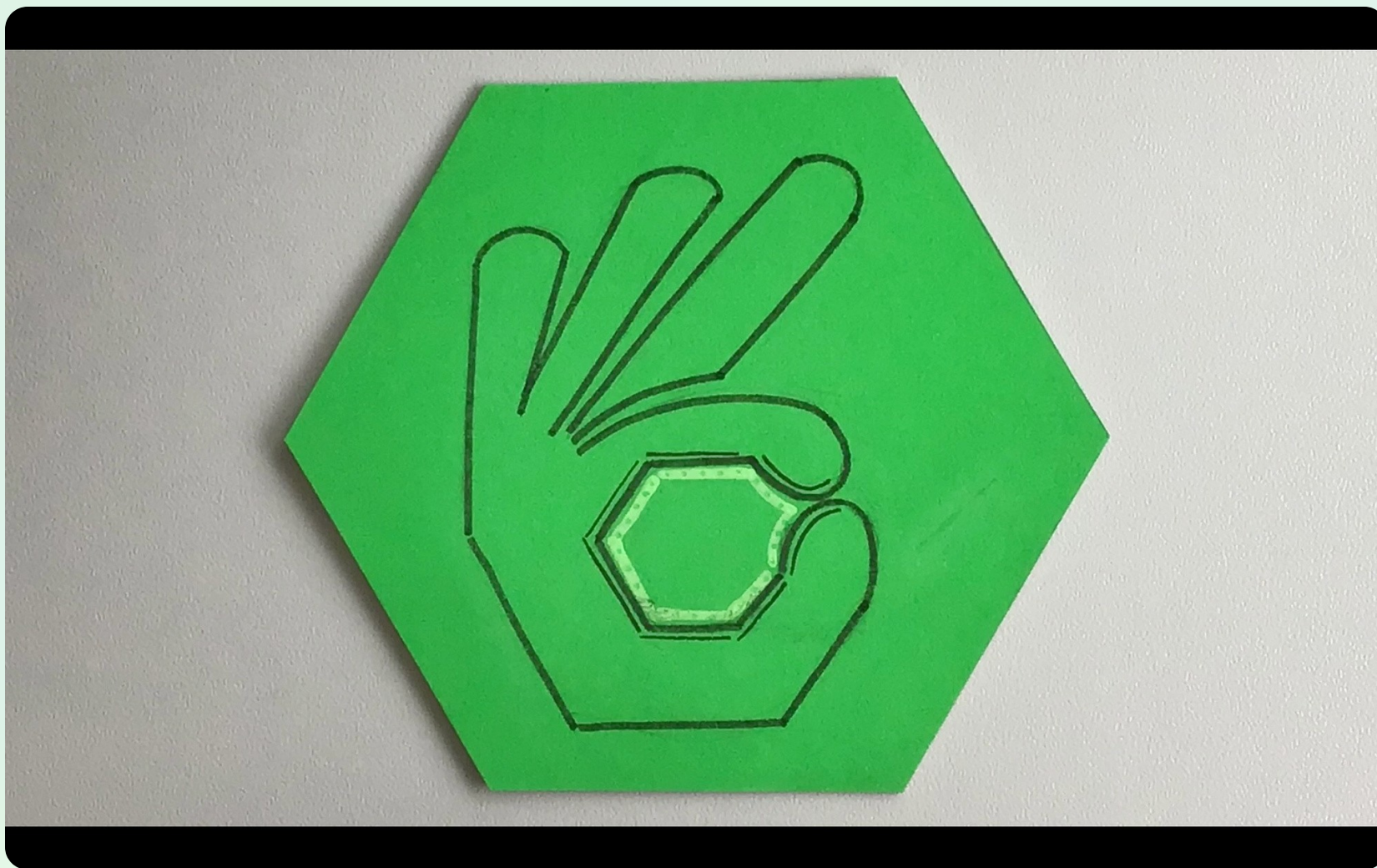
In line with the meaning of the brand *LAMPANTE*, its manufacturer, I have simply read *Lumina*'s name to be that of a radiant female. Since *LAMPANTE* is based in Torino, Italy, I want to present "her" as a Prodotto in Italia.

I took up the workshops random joking around with the idea of making energy visible by charging up one's own hair. Moreover, I make use of the fact that cuisine is a form of art. If a cuisine is art, why not use a considerate amount of typical Italian products to produce art and with it advertise the products origin and function to indicate green energy? Food must be considered as a form of energy too, that, at its best, has been grown regionally and in line with the seasons. So the radiance of her face is highlighted by coffee, one part of her hair consists of red wine, the other charged up side is made of Linguine and Spaghetti. Her face sits in a honeycomb, which bees use to store their pollen and honey in.

Since *LAMPANTE* mentioned *Lumina* to show tones of ambient green light as signals whether renewable energy is available, (neon) green is introduced as the colour of valuable energy. Coincidentally, the colours put together hint at the Tricolore. Also part of the collage is the fact that *Lumina* was introduced to Weimar, Thuringia, bearing the title Green Heart of Germany. *La Cucina Fusion di Lumina* thus combines art and culture with technological development and trade - Buon Appetito!

ADVERTISING LUMINA

*Primo Piatto: Lights up? - Level up! Turn your energy
vampires into gourmets!*



[Click here](#)

TEACHING & LEARNING AID

Secondo Piatto: Light up! - Level up! Your energy is in your hands!

or Healthy people are creating a stable future!

A classroom tool that turns personal well-being into a visual energy signal – connecting mindfulness to individual health and the stability of the community and environment.

Reinterpreting Lumina

Like *LAMPANTEs* design of *Lumina* my project aims to filter information that helps navigate behavior. *Light up! Level up!* is "digital" (lat. digitus) before entering our digital world: Finding the right measure with oneself, others and our environment leads to a responsible usage of technology. *Light up! Level up!* aims to “program“ people to feel responsible for themselves and their environment and act accordingly reconsidering their usage of technology.

Journaling is considered a healthy measure of gaining a solid understanding of oneself and the world we live in by slowing down and structuring thought and perception (PSYCHOLOGIE HEUTE. DAS DOSSIER: Schreiben. 03/24). Like the programming of *Lumina* the teaching aid also includes prompts: There are questions navigating the progression of the lesson as well as the thought process of the learner within the journal (semi-planned structure).

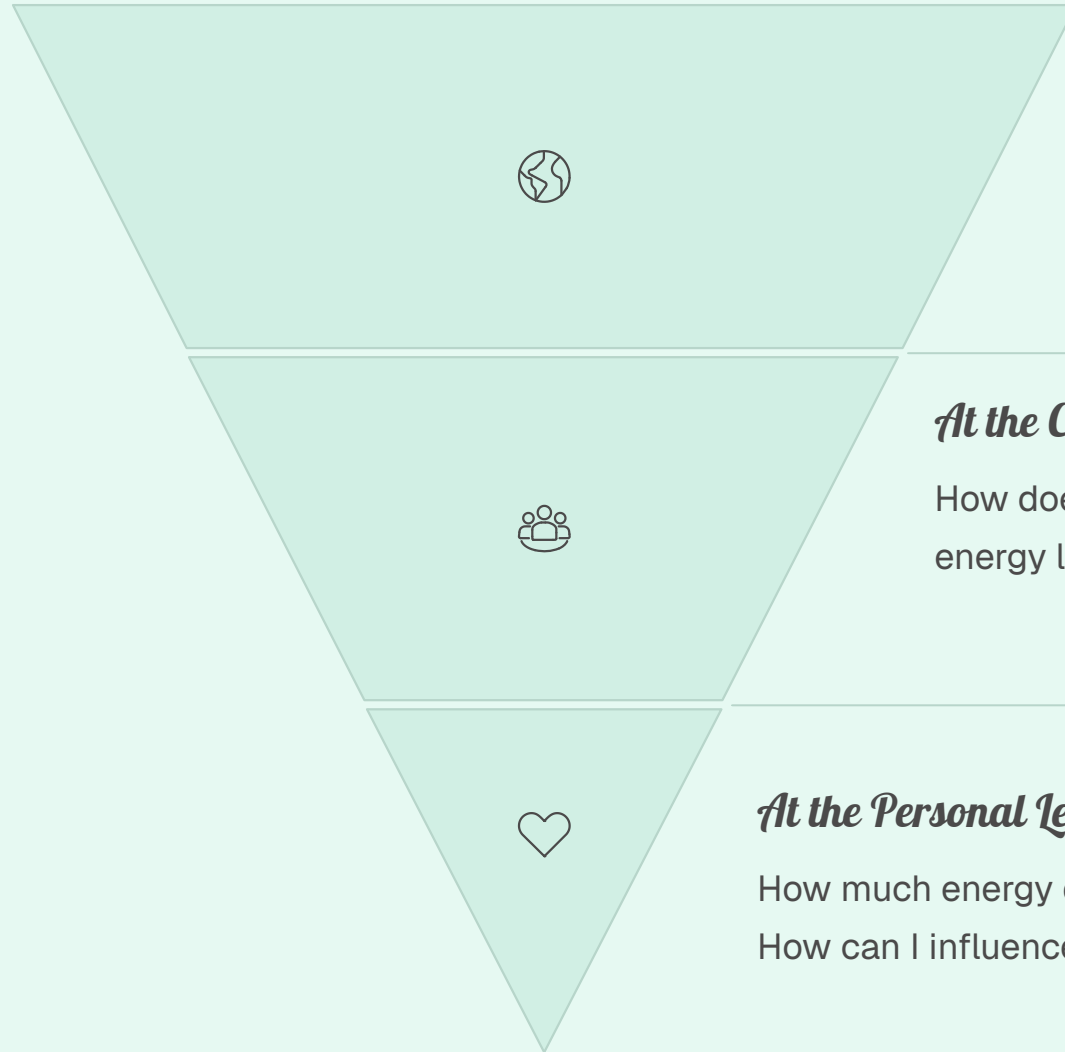
Similar to *Lumina's* signals the learning aid encourages people to be active participants, but doesn't force them to be. With *Light up! - Level up!* “Translating the Grid“ means understanding that one's mindset is an actual mind-net which got and gets programmed. We are data centres ourselves and their output is our behavior. We become conscious of our programming when our patterns and resulting behavior get confronted with other people's patterns and behavior. Understanding also happens when we are asked to reflect upon our thoughts and actions directly, e.g. in a journal which gets embedded into a regular lesson (il cerchio del mattino/dei saluti) during the week.

The material aims at detecting, affirming or modifying patterns of thought which navigate our behavior and have an impact on our energy level. With the title *Light up! - Level up! Your energy is in your hands!* I want to point out the fact that in our fast-moving, multi-faceted world today we have to actively navigate our energy. A good self-concept leads to a competent usage of personal energy and a more empathic understanding of other people's energy. At the same time it raises our awareness of how important it is for us to respect the environment, which functions as our support system of energy. Levelling up in the sense of creating a more stable and nourishing society requires responsible members who communicate with themselves and others and find solutions when problems occur. *Energy follows thought. Helps you glow? Helps you grow!*

As with the installation of *Lumina* at home with *Light up! Level up!* information gets filtered and pointed out. There are no big gestures, rather than that attention is drawn to the ordinary becoming important to act upon. Analogous to *Lumina's* light signals which introduce a palette of green tones to visualize the amount of green energy available, each student presents her or his energy level by choosing a green honeycomb card matching the personal energy level at the moment; each student has five cards to choose from; each card indicates a different level of energy. The students then share their card by putting it on the (black)board. The class makes assumptions about how they interpret the grid. Students might as well comment on their choice personally, but need not do so. Furthermore, each student has his or her own journal which reconsiders the freedom of choice: the extent of reflection and what they want to share in class as well as how they want to arrange the information within their individual journals.

The learning material is designed for the purpose of not losing track of communication and good ideas, identifying energy leaks, defining true rest and tracking wins of all sorts. The information the students share in class and the observations I make during the lesson give me impulses of how to adjust content and address problems.

What Is Energy? and How Do We Use It?



At the Ecological Level

What does energy mean with regard to our eco system? How can we save energy? What is green energy? How can we support the usage of green energy?

At the Community Level

How does my energy affect those around me? How can I support the energy level of my peers?

At the Personal Level

How much energy do I have today? How am I feeling? Why am I feeling this way? How can I influence my energy?

What the Energy Signal looks like



The honeycomb cards

Energized, good, so-so, tired, overwhelmed: The energy signal is not simply a grade - It's a mirror. It reflects how we feel and invites us to respond with care. It also shows the individual as a part of a social group.



The journal

Writing at school should not just be a skill of learning languages or be used as a tool in learning sciences. It supports shaping our identity along our journey of life.

Reflection and Communication the Signal Induces



Checking for cracks 3

Which activities, habits or people have left me feeling depleted over the last week?

When have I said "yes" simply to be liked, rather than because I actually had the capacity or wish to do something?

When should I have said no?

Where in my body am I holding tension or expending shallow breathing right now?

Filling your Cup

What am I grateful for
at the moment?

What does actual, restorative
rest look like to me when
screens and chores are turned off?

What are three quick, easy things
I can do right now to feed my soul?

When did I feel most like my
normal, energized self recently?
What was I doing?

What is one comforting thing I
deeply wish someone would say
to me right now?

Who did I complement or
connect well with today?

Amuse-Bouche

What did I manage to accomplish today, no matter how small?

What are my bare minimum focuses for the day: Work, self-care and rest?

Let's create a "magic page": choose a card and write out all associations?

Create an "ugly page"!

A Concrete Moment of Encounter - The nourishing energy of the honeycomb

The lesson in which the material is used in shows progression in the following way and leaves room for questions:

01

Participate, visualize and interpret

What is energy? What does it mean to me?

Which honeycomb would I choose to visualize my energy level?

What strikes my eye?

Which conclusions can I draw from the grid: for me, for you, for our class?

03

Support and share

Which findings would I like to share in class? How would I like to share them: With a partner/in a team or in the plenum?

How can I support others to see their resources and use them effectively?

In which way can I support the energy within our class?

02

Identify and recharge

Journaling: What am I reflecting on? How am I doing it?

THE IMPACT OF THE WORKSHOP

Dolce: What La Cucina Fusion di Lumina enlightens



On one hand, I interpreted the task of translating *LAMPANTE*'s grid of electronical data with the help of the background of my profession. Being a teacher for some years now has actually been teaching me many lessons in understanding the patterns of human behavior. They really became my favourite subject of study and gaining knowledge in the field of psychology supports my work with people: with children, their parents as well as with colleagues. The translation from electrical grid to human behavioral patterns has proven not to be so far-fetched.

On the other hand, turning the translation into a creative concept required another way of thinking that does not lead from A to B presenting facts, but involves emotions fuelled by storytelling, playfulness, and appealing to all senses. Since *Lumina* is a Piedmontese invention, made in Torino, I traveled on a mind journey to the northwest of Italy to collect information on other local (tech) inventions, specialties and people's idea of life.

I found the OrtiAlti and the Orti Generali to be the ideal environment to present *Lumina* and the idea she embodies. These are the ideal spaces where people are open to self-reflection and creativity: Let their be dialogue. Ask children about their hopes and visions of the future. Let them translate *Lumina*'s stories to their grandparents who often have a hard time to follow the fast development of digital inventions. If I were to advertise her in Germany, I would look out for spaces like the mentioned in the cities and rural areas.

Since the Piedmont highly values its cuisine, sensibly crafting a menu according to its standards for this project made perfect sense to me: choosing only a few, but distinct colours and shapes, balancing out the colour of organic materials with the sharpness of the neon green of digital lighting.

Interestingly, a short history about Alfonso Bialetti's invention of the Mokka Express explicitly pointed out the concept of "limit" as being characteristic for Italian manufacturing. The same key value I found with Fiat, which advertises its products as "simple, affordable and enjoyable". In times of over-production, wasting material, money and time as well as a blurring of borders the abilities of seeing what could be possible by cleverly selecting and structuring as well as using what is left over to the fullest become even more inevitable. We have to realize that limit drives energy rather than hindering it: "Limit (is) a booster of creativity, stirring imagination, promoting an inventive attitude in solving problems. (...) The creative use of the leftover is the key to innovation." <https://www.youtube.com/watch?v=cBv8NolZihw&t=442s> (13:50-16:02)

In this workshop I interpreted what a possible translation of an electrical grid could be against the background of my limited knowledge of what the concept of a "grid" means. An idea is brought to life. The material makes people aware that if they manage their energy well, chances for the community to level up their living are higher than they were before. *Lumina* nudges people to do just the same, but operates in the field of electricity usage. So *Light up! Level up!* could become a fitting slogan for our modern time and global lifestyle. *Lumina* tells the story of her origin as well as that of her journey. Thank you for shedding your light and igniting a spark. Che fantastica storia è la vita.