



Extreme Light North 2015 - 2017

Funded by Creative Scotland's Artist Bursary I am planning to create residencies in extreme light. I want to explore the affects of extreme light conditions on identity and how people adapt to living in extreme light environments through a series of residencies and collaborations with artists and communities in Shetland, inside the Arctic Circle and in Northern Canada. I want to do this with the aim of drawing together a collaboration of international artists in one internationally touring performance.

What difference does light make to mental and physical health? There is a fascinating and growing body of research that shows how mental and physical health is affected by extreme light conditions. I will work with Prof. Debre Skene, Prof Josephine Arendt and Prof Arne Lowden scientists who specialise in the affects of light on the human clock/chronobiology.

Light environments have such profound affects on essential parts of our lives, such as our reproductive, eating and sleeping patterns. I want to research affects of light on individuals and communities mental and physical health through theatre making practice. I want to ask if light, beyond the 60 degree parallel, might be as powerful an affect on identity as other political or historic boundaries between communities and societies.

Practical outcomes: I want to create 3 residencies in 3 different countries to produce 3 site-specific performances co-authored by local artists, local communities and myself. Each of the 3 performances will be performed in either the lightest or darkest weeks of the year.

This whole process will form the research from which I will write a full-length play which can tour and which I very much hope will be cast and designed by artists with whom I have collaborated during the process.



ALBA | CHRUTHACHAIL