

# KeepFIT with Radio

## Review and Podcast

### BESTIARIUM

*Das Jugendprojekt Keep FIT with Radio ist Teil des FIT Festival Internazionale del Teatro Lugano.*

*Eine Gruppe junger Menschen zwischen 16 und 22 Jahren bildet jedes Jahr die Jugendjury und das Jugendradio, das an jedem Festivaltag mit einem kleinen Pop-up-Radiostudio, das im FIT-Zentrum eingerichtet wurde, auf Radio Gwendalyn sendet. Die Jugendjury, die sowohl vor Ort als auch live auf DAB+ und im Internet zu hören ist, sieht sich die Aufführungen an, und führt kritische Podiumsdiskussionen zu den Themen und Inhalten des Festivals.*

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#### Review Bestiarium

(Original language: Italian)

The show BESTIARIUM by Annina Mosimann, a young puppet artist and performer from Bern, who was a finalist in Premio 2024 with this work, is a fascinating experience that explores the theme of curiosity and play, a message that comes through clearly and simply, especially for children. It is a simplicity that captures, through strange sounds and fluid movements of hands, feet, hair; never coming across as static, even when the artist herself is still.

We entered the hall and a large wooden box stood before our eyes, the actress inside, without being seen, becoming the puppet of herself that we see only through small windows that open and close.

Mosimann, without saying a word, manages to become the puppeteer of her own body, pulling the right strings to create an atmosphere of magic and curiosity, where that box is capable of making anything happen.

The atmosphere, however, is not only enchanted, it is also dark, almost fairy-tale-like, recalling the dark tones of the Brothers Grimm stories, where not all is love and peace. The scene moves within a "teeming of lives" in a magical box, a kind of ARCHETYPICAL house, which is symbolic of an inner space, where the human being is no longer the center of the world.

This sense of non-centrality is at the heart of the show, conveying the idea that we are just part of a larger and more mysterious universe.

The slow pace, which might seem excessive for an adult, proved effective for the audience of children, who showed no signs of boredom at all. On the contrary, the anticipation of each window opening and revealing something new kept them in suspense and in a constant state of curiosity, stimulating their most curious and creative side. For me too, the experience becomes almost childlike, bringing to the surface that same curiosity and wonder that characterizes childhood.

The strength of BESTIARIUM lies in its ability to work with the "very small." There is no need for grandeur or showmanship: a finger or a hand moving expertly is enough to capture the

audience's attention. Mosimann's hands speak, tell stories, create images and whole worlds. And all of this demonstrates just how intense and meaningful art can be even when reduced to the smallest terms.

In conclusion, the show is a return to the small, to the minimal, but without sacrificing the complexity of the themes. It is theater for everyone, able to fascinate both children and adults, and to remind us that art does not always have to be imposing to leave a deep mark.

Emma and Chiara

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## Links

### **Keep FIT with Radio Podcast**

Festival Internazionale del Teatro Lugano  
09.10.24

<https://www.nettune.ch/keep-fit-with-radio-2024-tutte-le-puntate/>

<https://www.fitfestival.ch/en/creatures-not-to-forget/>

<https://www.instagram.com/p/DA9n-U-l1GJ/>