

## GET YOUR SHIT TOGETHER

Approximation exercises for humans.

Conceived and directed by

Gabriel Da Costa – Luca Carboni



TEATRO NAZIONALE

EMILIA ROMAGNA  
TEATRO FONDAZIONE

# Press Review



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### **Get Your Shit Together**

**A show of very rare intelligence**

“Get your shit together. Approximation exercises for Humans” is the show that *Teatro delle Passioni* of Modena presents until February 16<sup>th</sup> then, within *Vie Festival*, from February 25<sup>th</sup> to 27<sup>th</sup>. Beautiful. Of rare intelligence and perfect interaction between men and machines.

Two actors on stage, also authors, playwrights and video makers: Luca Carboni (which is not who you think) and Gabriel Da Costa. The show starts with Gabriel, along with the journey, which lasts approximately 1h30. This journey takes us from the private lives of the actors to the private lives of the protagonists, to the private lives of the interviewees, and finally to the concept of immobility, which will be presented to us in the beginning as an abstract concept, even though it's everything but abstract, and it is , au contraire, almost palpable in the lives of the two people on stage.

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We are told episodes of a life that is one life, the one of those who have chosen not to live - despite having a choice – the life that they would have chosen if only they had allowed themselves the freedom to choose. The two actors-playwrights-videomakers sneak into the lives of the interviewees: they skin them and recreate them using their own personal experiences. All this not only become theatrical material, but spears of truth of a devastating power that reaches the bellies, the testicles, the teeth. It just gets where it wants to get. Because it is the power of life saying: now I'll tell my story and you all shut up.

A robot comes to conveying drama and lecturing us about who we are and telling us - but we accept it willingly, because it is a robot, because it is fiction, because it is theater and oh oh oh oh oh this is very amusing - exactly why we haven't become what we wanted. Although to know what exactly the robot says you will have to see the show, because I won't write it here.

Then the truth comes back to us thanks to the power of the unrealized desire that generates pain, that generates anguish, that generates immobility, that generates panic attacks - the writer knows the matter perfectly, he has now recovered, and would like to run on stage to hug Da Costa for the simplicity and the perfection of his storytelling; then that personal story becomes a manifesto of all possible freedoms, especially those that we are unable to take because we prefer to think that others want to prevent us from being what we are, and here the show enters educational sociology, but there is nothing sociological - on the other hand there is a lot to educate.

There is technology on stage, used in a perfect way and in perfect interaction with the human being: technology that never falls into the imitation a television show, put there because you did not know what to do so: "Come on, let's put a cool robot and some special effects on the stage". Get your shit together is really, and it's finally, something else. It's something you've never seen before. And it is above all, something that had never been heard. So true, so beautiful, so powerful.

Luca carboni and Gabriel Da Costa are also excellent interpreters of themselves and of this life dramatized by exercises of approximation. Several funny moments, a couple of them really tasty. It is an absolute obligation for those who will be able to access the hall of Via Buon Pastore in Modena (just outside the historic city center) to see this work. Because "Get your shit together" is really a show of rare, very rare intelligence. For dates look to the opening of this article.

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### **Get Your Shit Together**

**the story of Luca, Gabriel and all of us.**

by Mariacostanza Fallacara

The first production of Emilia Romagna Teatro in collaboration with the Théâtre National de Bretagne and Collectif Novae in Brussels. It will also be on stage during the VIE festival in Bologna. Luca Carboni and Gabriel Da Costa continue their artistic collaboration with this work, as always, in a combination of theatre, video art and new technologies; the actors' body language interacts with the digital language and the two realities, the more ancestral one of the human body and the more modern one of technology, rather than approaching, mix.

What is the show about? "Get Your Shit Together" is an English expression meaning "wake up, take your life in your hands" and is definitely representative of the theme that the two artists deal with: immobility. Immobility can appear in several forms: positive, negative, resignation, struggle, activism. What is more interesting, however, is what immobility represents in our contemporary society, what it causes, what causes it, how to overcome it. To learn more about the subject Gabriel and Luca, in almost two years of work, embark on a road trip in which they interview various people asking them if they have ever experienced a sense of immobility: it is significant that often Luca and Gabriel associate the immobility of the person they interview with a gesture, related to the situation or sensation experienced.

At this point Gabriel and Luca go into the extremely personal story of their love and family life which, however, manages to become, in some obscure way, absolutely universal, representative of the large and small battles that we all have to fight every day. To lay bare, at the mercy of an audience, broken dreams, fears, panic attacks, hopes, requires a lot of courage, but it also reminds us that to exorcise all the evil of life it is often necessary to externalize it, tell it, make it a story. All these stories are crystallized in gestures that united are transformed into a choreography, not perfect, but particularly significant.

From mid-show onwards, a robot also comes on stage: fortunately its role is not of mere special effect, but becomes a real character that helps to carry on the narration and the show. Gabriel and Luca interact with the videos, the photos, the robot and themselves: the result is extremely dynamic. The audience is not excluded from this game of rebounds: at a certain point the robot asks the audience to write on a note a remorse, a regret, a missed opportunity; all these cards are then collected and left on stage in a plastic bag; an envelope of broken dreams that reminds us that we are not the only ones to suffer.

All these stories come together to form the one of Sam, a boy in his thirties who, on a summer night, in a gas station, stands motionless for an hour with the petrol pump in his hand. Sam carries with him the envelope containing the tickets written by the public, a very heavy burden to deal with. Who is

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Sam and why did he get stuck? At the end of the show his identity is revealed to us, he is a mannequin without a face. Sam is probably all of us, in a dark moment of our lives.

"Get Your Shit Together" is not a conventional show: it does not have a plot, what is told is, in a certain sense, the genesis of the work itself; there are no characters, Gabriel and Luca play themselves first of all; there is no resolution, there is no easy way out of immobility. But I think that "Get Your Shit Together" was not conceived to amaze or entertain; it is a show that digs your soul, that slaps you with its frankness. It is difficult to leave the room indifferent, you come out changed or at least shaken.

### Gazzetta di Modena.it

#### **Get your shit together in Modena fun and deep investigation into the human being.**

By Andrea Marcheselli

MODENA. Like the entire second week of Vie Festival, this show is a victim of the shut down of theaters ordered as a prevention against the spreading of Coronavirus.

Fortunately, however, the show had already premiered in the Viale Sigonio's Venue during the days before the Festival, so it is possible to talk about this real gem of creativity and reflection on the idea of theater and on the stereotypes that crowd our social lives.

Carboni and Da Costa research started with an investigation on mistakes and failure (every one of us, sooner or later, ends up falling) to get to tell their own personal experience, with the urge to break down conventional barriers, rules of custom, that relegate them in the category of error.

Their investigation led them to interview various people asking them if they have ever experienced a sense of immobility, a condition frequently associated with a mistake committed, or consequence thereof.

These include the very special case of a man who found himself staring at a fuel pump as if lost in a vacuum. The story proceeds quickly and it is increasingly engaging for the viewer, who will enter the plot invited to report his own personal experience on a piece of paper. At this point, a robot appears and becomes an engaging author of the drama: it confronts the interpreters and the audience with unavoidable considerations on their lives and choices.

The show turns out to be a funny and profound investigation into the human being and his ability to deal with problems by projecting them in the form of a metaphor, nowadays more penetrating and effective thanks to the use of digital media. It cannot be said for sure that this creation by the duo Carboni / Da Costa renounces to entertainment, because it's pleasantly engaging, but both during and above all at the end it leaves the viewer with the feeling of having made a journey, and it is impossible to leave untouched, or even changed. It is the essence of theater, in its purest sense.