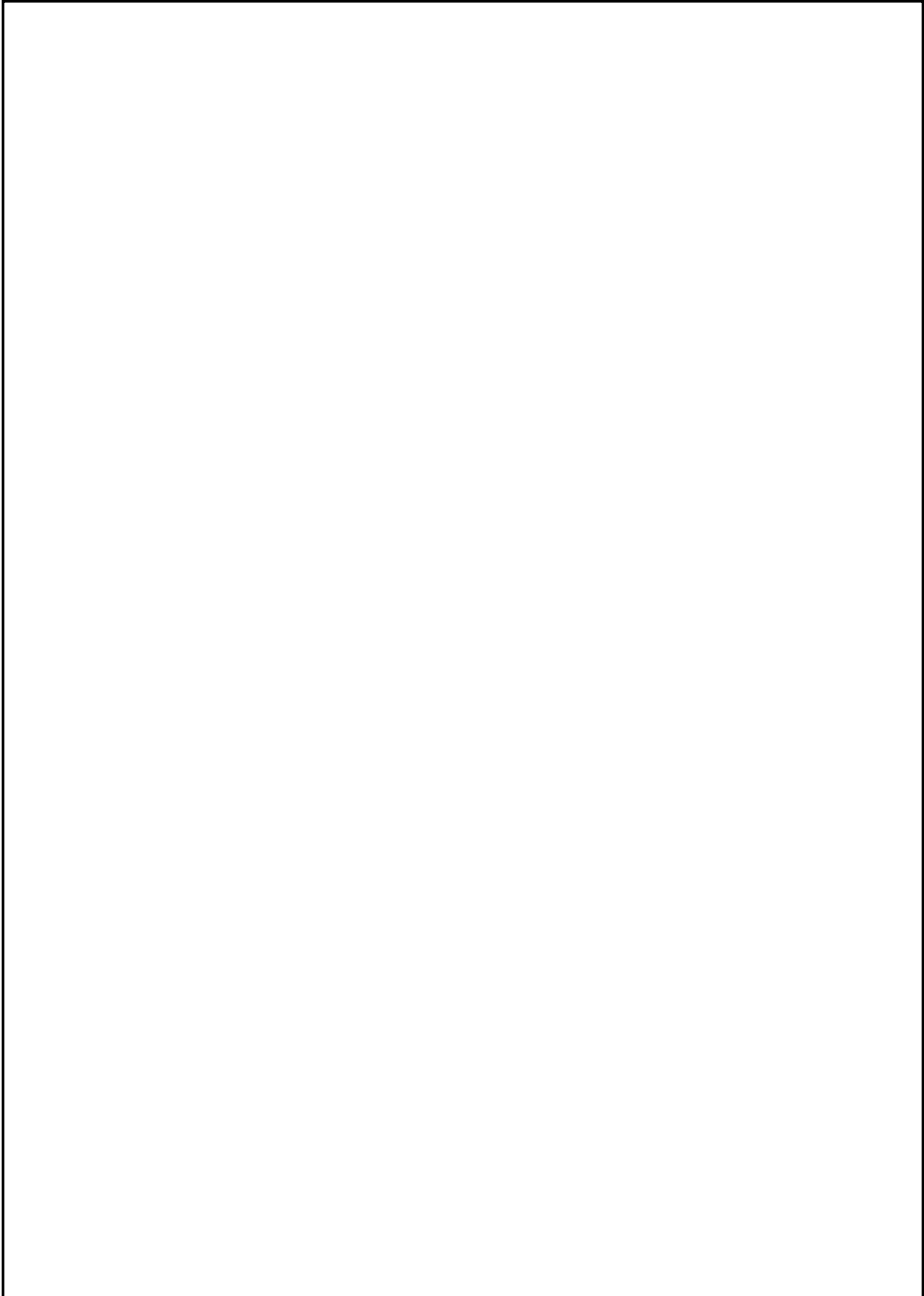


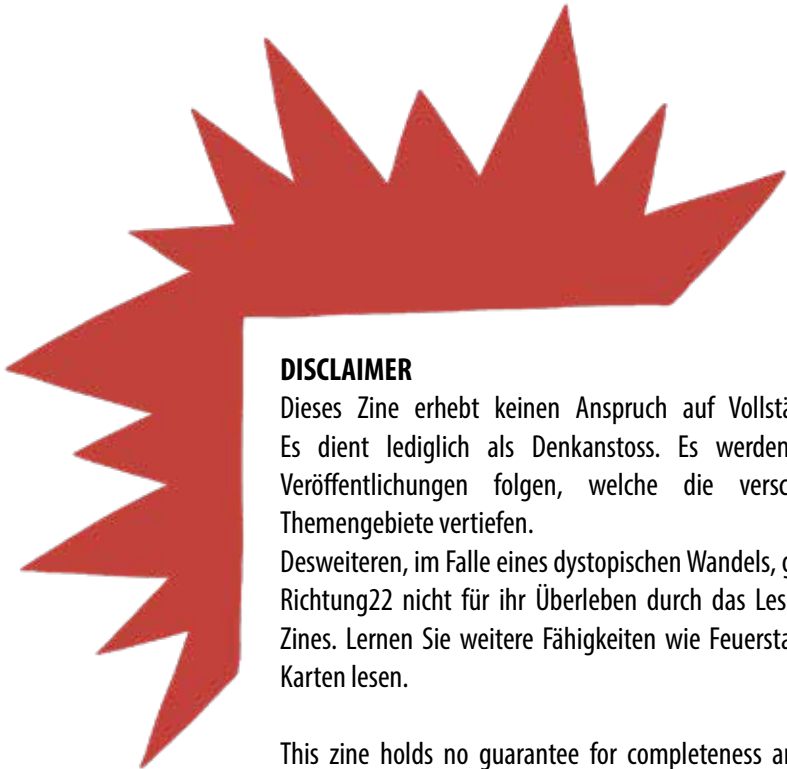
# DYSTOPIA

## SURVIVAL GUIDE

HOW TO OUTLIVE FASCISM

# WHAT DOES YOUR FEMINIST UTOPIA LOOK LIKE?

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### **DISCLAIMER**

Dieses Zine erhebt keinen Anspruch auf Vollständigkeit. Es dient lediglich als Denkanstoss. Es werden weitere Veröffentlichungen folgen, welche die verschiedenen Themengebiete vertiefen.

Desweiteren, im Falle eines dystopischen Wandels, garantiert Richtung22 nicht für ihr Überleben durch das Lesen dieses Zines. Lernen Sie weitere Fähigkeiten wie Feuerstarten und Karten lesen.

This zine holds no guarantee for completeness and serves primarily as food for thought. Further publications with deeper insight on the presented topics will follow.

Additionally in case of a dystopian outbreak, Richtung22 does not guarantee for your survival through reading this zine, go learn how to start a fire and read maps.

## **How do we survive in a world that is making us sick?**

Inside these pages, you will find mental health first aid as collective resistance. Dance as bodily rebellion. FLINTA\* spaces questioned and reimaged. WUTCH rituals that turn herbs into anti-patriarchal spells. Testimonies of navigating medical systems that claim ownership over trans bodies. Stories of sexual violence and the refusal to carry shame. Practical steps for surviving repression in Luxembourg. Rest as sabotage of capitalist extraction. Community care as infrastructure for hope. Strength training as self-empowerment.

This is not about fixing ourselves. It is about understanding that anxiety, rage, dissociation and grief are rational responses to structural violence. It is about remembering that resilience grows in shared meals, protest debriefs, gyms, dance floors, reading groups, whispered secrets, and loud laughter. It is about reclaiming pleasure, movement, autonomy and softness in a world that profits from our exhaustion.

Fascism thrives on isolation. We counter with connection.

Fascism thrives on control. We counter with bodily autonomy.

Fascism thrives on fear. We counter with joy, creativity and action.

**Survival is not passive. It is relational. It is political. It is embodied.**



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## COLLECTIVE RESILIENCE IN

## DYSTOPIAN TIMES

## MENTAL HEALTH FIRST AID

by Elsa

### **How do we survive in a world that's making us sick?**

People that are already pushed to the margins of our society face discrimination on a regular basis: poor people, racialized people, disabled people, queer people. We are not, and will never be, members of the wealthy, neurotypical, white, cishet and male-dominated club.

We live in a capitalist society that produces insecurity on all levels. The rise of fascism throughout Europe and the world is scary as fuck. The current talking (discussions?) about gendered toilets is ridiculous and dangerous at the same time. Our bodies are regulated, our rights debated, and our existence questioned.

All the (micro)aggressions we have to endure in our everyday lives result into anxiety, depression, dissociation, cumulated trauma - in short - poor mental health. With every comment, our skin gets thinner and our nerves become more frayed. It's tiring. And without noticing we become more and more (hyper)vigilant over time and we make ourselves smaller until it feels impossible to find rest.

We all know the saying „What doesn't kill you makes you stronger.“ People telling us to stop whining and regulate our emotions. Or maybe do some „selfcare“ and buy a new bubble bath. But trying to fix ourselves without analyzing the reasons why we feel like shit quickly becomes self blame.

Generally speaking, we need some stress in our lives to build strength and become more resilient. But this only applies if the stress is temporary and is followed by recovery. This is chronic. So it's more like „what doesn't kill you gives you PTSD with all the side effects“. And maybe a full-on panic attack.

It's important to note though that sensations like reliving traumatic experiences, emotional numbness, hypersensitivity, detachment or avoidance are normal reactions to sustained exposure of to violence and injustice, not a sign of personal weakness.

A traumatic experience narrows our world and isolates us. Our bodies and minds tell us to go hide, to cancel plans and not to burden anyone with our problems. We might feel very alone. But the key to resilience is reconnection. Community creates a sense of belonging which opens up the world again. We need to understand resilience as something that is build together and not an individualized problem you have to face alone.

Communication, community, and meaningful action are key to rebuilding a sense of agency and wholeness. Of course it's hard to be soft in a world that has not been good to us. If you had to fight your way through life, vulnerability can be very scary. That's where therapy can be helpful.

„Some feelings may be too big to feel all at once. It's true that we sometimes can be overwhelmed by feelings, but here, too, the solution is to feel and express rather than deny and suppress. Often, creative action rather than verbal expression is the best outlet. Sometimes, feelings have to be set aside or re-channeled until there's enough space and safety to deal with them directly. But it's rarely a good idea to ignore them entirely.“- patrice jones

We can heal through:

★ Shared meals

★ Reading groups

★ Protest debriefs

★ Just sharing a space with another person

★ Art nights / crafternoons

★ Skill shares

If we remember why we came together in the first place, what connects us, we get a sense that we belong. The nervous system calms down again.

„In order to love and let yourself be loved, it takes vulnerability. In a world that is set out to kill you, to destroy you, you're telling me to put down my defenses, to put down the only shell that I have to... the only thing I know. And for what? Because at the same time it's not assured that... It's scary and it's brave and it does take a safe space to land to be able to do that.“ - The Queer Collective

### Toolkit

So what can you actually do when someone needs emotional first aid? Well to begin with, first aid is not therapy or fixing someone. Just like with a physical wound, you try to stop the bleeding and stabilize the person until professional help is available.

Actively engage with the other person (even if it's hard). It might feel easier to distract the person with a movie or something but it's more important to reconnect to the friendship you have, to your shared political values or whatever brought you together. Remind them that they are not the problem, what happened to them is not their fault. It's structural violence. But don't pressure them to go into details about what happened.

Things you can say:

☆ "This makes sense."

☆ "You are not alone."

☆ "You still belong."

☆ "We are in this together."

Just be there, don't force solutions on them. Listen to them without judgement. Ask for consent and respect boundaries. Reconnect them to the present moment with grounding exercises like breathing together, offering a glass of water, a fidget toy. Inform them about further professional help.

Resilience is not something we create by pulling ourselves together and suppressing our feelings. It's what results from radical vulnerability and caring for each other.

This is a very general toolkit and different emergencies need different responses. If you wish to be better prepared for Mental Health First Aid, you can do a training exactly on that:

<https://www.pssm.lu/en/become-a-first-aider/>

**Further readings & listenings:**

„We Are All Very Anxious“ Zine by CrimethInc.

„After Shock. Confronting Trauma in a Violent World. A Guide for Activists and Their Allies“ by Pattrice Jones

„All About Love“ by bell hooks

Queer Collective Podcast

## BODY. DANCE. RESISTANCE.

### Reclaiming dance as our practice

by Hannah Brucher

I love to dance. Dance to me is and has always been play. A game, a physical playground, pure freedom, my birthright. Recently I've been harshly reminded that free movement is not universally accessible for FLINTA\* people. In Iran for example, dance is still a legally forbidden practice for women in public spaces. Women's bodies are watched, corrected, sexualized, or even punished. Violence against FLINTA\* people is still a widespread social and cultural phenomenon. And what does oppression do: it places limitations on the existence of the human body. It limits a person's ability to develop. As the wellbeing of our body-soul connection is at stake, dance truly recuperates its powerful, raw, and extreme nature, also described as the manifestation of bodily resistance.

### What the pelvis confesses

As a kid, I'd unapologetically do these weird basin movements: hard forward thrusts, grinding pelvic circles, and unintentional "throwing it back" motions. At some point, my mind categorized these maneuvers as improper, vulgar, and sexual. So when I came across Fannie Sosa, an Afro-Sudaka activist, artist, and pleasure scholar, some things started making sense. In her essay titled "The Dance That Survived Empire, Church, and Fire," Sosa draws conclusions about how "Gendered Posture" constitutes a "Mass Disabling Event." She argues that "people tell the truth with their hips long before they tell it with their mouths." In this context, she makes an important point about how bodies are shaped into gender roles and particularly for FLINTA\* people into obedience:

„Once gender becomes posture, compliance stops being a choice. It becomes muscle memory. When you force a pelvis into a gender script instead of allowing it its full range - its spirals, its shakes, its curves - you create dysfunction.“





Binary norms have dictated the physical potential of our bodies. In women, this often manifests as chronic anterior tilt in the pelvis. This postural model is reinforced by aesthetics of softness, curves, and femininity. I remember “dressing up” as some sort of skater/hipster boy for carnival with a moustache, pants that sat under my butt and a cool hat. Surprisingly that changed my whole being. My swayback corrected itself as my groin tilted forward, I took larger steps, as if I truly owned my space. Consequently men looked at me with respect, it even seemed like they were threatened or intimidated by me. This made me feel powerful and it makes sense because the pelvis is our powerhouse. The center of energy where impulses and desires are born. By reclaiming our connection to it, we can gradually unlearn the patterns of stress and constraint placed upon it and, in doing so, remember its capacity for mobility, strength, and autonomy.

### **Moving against the male gaze**

Seeking male validation is a big part of my reality. Unfortunately. Whether it operates as an unconscious reflex or an active choice: it splits my body in two. As much as I want to become a beast in the club that combines Hip Hop moves with bizarre animal sounds, I often hold myself back, thinking whether I’m being perceived as attractive or fuckable by the men surrounding me. American political theorist and social feminist, Iris Marion Young

describes this split as “ambiguous transcendence”: „The body is experienced as both “I act” and “I am on display.” This results in continuous self-surveillance and monitoring. In a social setting, her attention splits: part of her is absorbed in the music, but another part constantly checks how her movements look - “Do I look sexy? Silly? Too much?”

The male gaze does not only stare: it choreographs our bodies, our rhythm, our impulses, our intention to move. Serbian performance artist, Marina Abramovic, focuses on the objectification of female bodies in her piece *Rhythm 0*. Marina performed *Rhythm 0* in a gallery in Naples, standing for six hours while she invited audience members to do whatever they wanted to her using any of the 72 items she provided on a table including pen, scissors, chains, axe, loaded pistol and others. Members of the audience interacted with Abramovic first in a playful way but it quickly escalated to aggressive behaviour. Her clothes and skin were cut and ripped, and she was even confronted with a loaded gun, which was allegedly put into her hand and pointed at her head. The radical endurance of Marina Abramovic reveals what happens when the body refuses to behave according to aesthetic expectations. She accepted becoming an object in the eyes of the spectators in order to expose their loss of human empathy toward her. She uses her body and her presence to make the pain she is feeling real, relatable, and meaningful to others because it is perceived in real time and space by everyone present. At the end of the six hours, Abramovic begins moving toward the spectators, who disappear rather quickly, unwilling to be held responsible for the pain they have inflicted on her. This piece is a drastic counteraction to the common perception that female artists must present themselves as beautiful in order to be taken seriously.



In collectivized dance experiences, such as queer ballroom culture for example, the power of the male gaze can be minimized. But the emphasis is on collective. Dance is not solely a performance but becomes a shared amplification of presence. When many bodies collide and move without apology, the male gaze cannot fixate on one. Moving against male power structure



## My FLINTA\* Dance Community Fantasy (for Luxembourg)

At night, when I can't sleep, I dive into spaces, landscapes, and atmospheres...

where dance is a language free to be spoken by any type of body  
where bodies don't have to care about how they're perceived in relation to societal standards

where dance doesn't need to be attached to craft, performance, aesthetics, genre, identity, image, gender, sexual orientation, or ego

where safe, consensual touch and actively seeking connection with others are as normalized as drinking a beer, taking a satisfying shit, or scrolling on TikTok for hours on end

where "shaking ass" and releasing your hips from the pressing burdens of everyday life is as respected as becoming president or studying medicine

where dance can be erotic, sensual, vulgar, empowering, uplifting

where the male gaze does not diminish nor sexualize dancing bodies

where moving becomes involuntary

where dance spreads itself like a poisonous plague and every single person is positively affected, even those bodies whose only excuse that has ever kept them from starting is, "I just can't dance"

where people dare to use the extremities of their bodies and not solely their voices as instruments of protest

where being present in your body and moving it the way only you decide creates a spiritual shield so powerful that no aggression can ever move through it

where people fight against social and political injustice by performing dances so grotesque, demonic, monstrous, ecstatic, omnipotent, and beautiful that no authoritarian force can ever stop them

means choosing your own sensations over producing a spectacle. With this in mind, I urge you to ask yourself: Instead of performing to be desired, how can we move/ how can we dance in ways that rebuke the male gaze?

It's your turn to move, if you want-  
wining\* as a starting point

\*Wining is a circular hip and pelvis movement stemming from African and Caribbean traditions. It functions as a celebration of life, femininity, and joy.

Set the space: Be alone. Play music you love or keep it silent. Whatever helps you feel present, safe, and relaxed.

Position: Stand with your feet hip-width apart (or sit comfortably). Release your knees. Feel the floor supporting your bones and muscles: you and the ground are connected. Breathe!

Start moving: Sloooooowly sway your hips side to side. Gradually extend the motion forward, back, and then in circles. Imagine your pelvis as a hula hoop. Notice how your hips feel: tight, loose, sensual, unusual: all sensations are normal and welcome.

Draw with your pelvis: Imagine a long pen attached to your groin. Use it to draw shapes, letters, or even to spell your name on the floor. Make some letters huge, others tiny. Bend your knees or lean forwards or backwards (if needed) to reach the floor. Let the pen guide your pelvis, connecting movement and imagination.

Flow: Keep expanding your hip circles/movements in ways that feel good. Let other parts of your body activate naturally. Move with curiosity and maybe this will grow into a solo dance, or even a dance party that you'll invite your friends to. There are no rules: only presence, freedom, and playfulness required.

# Dance is.

Dance is a ritual.  
 Dance is battle.  
 Dance is warfare.  
 Dance is freedom.

Dance is a blood bath.  
 Dance is connection.  
 Dance is transformation.  
 Dance is spontaneous.

Dance is provocation.  
 Dance is community.  
 Dance is movement.  
 Dance is yours only.

Dance is danced.  
 Dance is a body.  
 Dance is power.  
 Dance is craft.  
 Dance is love.

Dance is heartbreak.  
 Dance is everything.  
 Dance is in the moment.  
 Dance is ephemeral.

Dance is graceful.  
 Dance is caring.  
 Dance is a language.  
 Dance is felt.

Dance is spoken.  
 Dance is sensed.  
 Dance is equality.  
 Dance is engaged.

Dance is meat.  
 Dance is bones.  
 Dance is breaking bones.

Dance is hugging someone you haven't seen in a long time.

Dance is bursting out laughing.

Dance is getting comfortable in your bed.

Dance is making a cake.

Dance is letting out a sigh of frustration.

Dance is warming your face under the sun.

Dance is hating someone.

Dance is having a family.

Dance is being alone.

Dance is appreciation.

Dance is sex.

Dance is sexy.

Dance is fucking.

Dance is fucking real.

Dance is confrontation.

Dance is togetherness.

Dance is tenderness.

Dance is life.

Dance is death.

Dance is rebirth.

Dance is ecstasy.

Dance is the universe.

Dance is dark.

Dance is within.

Dance is the elements.

Dance is vulnerable.

Dance is protection.

Dance is discomfort.

Dance is inspiration.

Dance is lust.

Dance is thrust.

Dance is animalistic.

Dance is human.

Dance is chaos.

Dance is a forest.

Dance is a river.

Dance is making love.

Dance is forced.

Dance is killing.

Dance is natural.

Dance is flow.

Dance is stagnation.

Dance is shaking.

Dance is tightening.

Dance is asscheeks.

Dance is little toes.

Dance is wobbly underarms.

Dance is bald.

Dance is eyelash extensions.

Dance is curly pubic hair.

Dance is tradition.

Dance is world culture.

Dance is music.

Dance is poetry.

Dance is theatre.

Dance is performance art.

Dance is everyday life.

Dance is falling off your seat.

Dance is running to catch a bus.

Dance is waving goodbye.

Dance is a scar.

Dance is queer.

Dance is rigid.

Dance is fluent.

Dance is transparent.

Dance is abrupt.

Dance is a hard drug.

Dance is vulgar.

Dance is lusty.

Dance is fucking.



## FLINTA\* Spaces

### A Transmasculine Perspective

While collecting essentials for a queerfeminist utopia I found myself returning to an issue that is one of my greatest frustrations, and always leaves me with more questions than answers. While it presents an ideal and seemingly elegant solution to some, it's shrouded in veiled oppression to others.

FLINTA\* spaces, or TINFLA\* in some regions, have been around as a political tool for quite some time (obviously Luxembourg has never heard of such a thing but all in due time). In the beginning mainly founded by groups made up of women and lesbians their core function was to create safe(r) spaces for themselves and their women, lesbian peers. The addition of more letters to the acronym, and more gender identities to these spaces has opened the door for people of other marginalised genders to attend these safe(r) spaces and events, where they're supposedly shielded from patriarchal ideas and their enforcers, mostly cis hetero men. However this metaphorical door has been left wide open for new forms of structural discrimination within the

very same community.

Despite trans men being among the first to be invited into previously female dominated safer spaces, even before non-binary, intersex or agender people, they're still facing exclusion from these spaces, which they helped shape and build. Surprise, removing cis men from events did not solve all our problems.

Under the pretext of protecting women it's not uncommon to deny transmen entry, based on their appearance, facial hair or voice, associating these characteristics with those profiting of the patriarchy.

This strips transmen of their bodily autonomy, forcing them to reject the masculinity they had to fight for and adapt to a more feminine or androgynous form of self-expression if they want to fit into the image of a FLINTA\* person.

This slippery slope turned a space, that was supposed to be safe for trans bodies and expressions, into another top-down social structure where others claim to know who you are and what you're supposed to look and behave like. Similar to how white feminists mainly fought for the right to vote for white women, it seems like nowadays cis women feminists think they got all they wanted by creating a space without cis men but ignoring the genderqueer community that fought alongside them. There seems to be no middle ground for healthy masculinity, no space to explore yourself, also to the point where cis women lesbians are stigmatised as predators for choosing to appear more masculine. Additionally this face to face mistrust could force trans men who pass or are stealth to out themselves publically in case they're stopped

from entering a FLINTA\* event and questioned on their identity. Even worse if there is no one who looks „more FLINTA\*“ to vouch for your transness. No one has the authority to deny someone their identity, transmen don't owe anyone femininity.

This leads to the ever-present issues of „Am I trans enough?“ and „How much of a trans man can you be until you're no longer FLINTA\*?“. Riding this fine line between worrying that you're not allowed to call yourself a trans man until you have had X amount of gender reaffirming surgeries and Y months of hormone therapy and the realisation that the more you transition into who you want to be, the more your own FLINTA\* community seems to turn their back on you is heartbreaking.

How can I be myself if the me I want to be makes other FLINTA\*s huddle closer together and cover their drink? How can I keep going to spaces and events that were created by people with similar life experiences if I have to expect that I might have to legitimise my identity to complete strangers? How can it be that transmen are facing such relentless discrimination for simply wanting to exist and yet those who are supposed to be our allies don't trust our word?

**We belong in these spaces, and we're not going to change ourselves for a seat at the table.**



## WUTCH (witch butch/butch witch)

by Ada Otto Günther

WUTCH ist ein wort, das ich mir ausgedacht habe, als ich auf der suche nach einem queeren label war, das sich für mich richtig anfühlt. es besteht aus zwei existierenden worten - WITCH (hexe) und BUTCH (eine queere form von maskulinität). aus dem wort wurde ein performanceprojekt, bei dem ein wutchiger zaubertrank entsteht, der ein wutchiges gefühl verbreitet. jede zutat des zaubertranks ist nicht nur real und magisch, sondern ihre geschichten haben alle etwas mit gender, queerness, magie oder revolution zu tun, und alle dürfen alles beschnuppern, anfassen, und kosten. bei kerzenschein und synthesizermusik werden geheimnisse geteilt, monster befreit und am ende wird dem patriarchy abgeschworen. alle anwesenden sind eingeladen, am zauber mitzuwirken, und den zaubertrank zu trinken. wenn der zauber gelingt, verschwimmen die grenzen zwischen ritual, performance und workshop, zwischen WITCH und BUTCH, und zwischen publikum und performer\*in. auf den kommenden seiten will ich ein paar der zutaten des zaubertranks und ihre magische wirkung mit euch teilen.

## LORBEER

lorbeer ist etwas, das ich anfangs nur kannte als etwas, das man sich in die suppe haut, oder in eintöpfe. ich kann gar nicht sagen, nach was lorbeer genau schmeckt, aber ich glaube fest daran, dass er einen unterschied macht.

was die magische kraft von lorbeer ist, hab ich erst verstanden, als ich in griechenland ein altes freigelegtes grab eines lang toten herrschers besucht habe, und dort einen ausgegrabenen goldenen lorbeerkrantz gesehen hab. da hab ich verstanden, dass lorbeer lange zeit ein machtsymbol war, das leute trugen, um ihre überlegenheit oder ihre herrschaft zu demonstrieren. so wie sie es heute mit teuren uhren, oder autos, oder milliarden von dollars oder euros machen.

lorbeer wird aber auch seit ewiger zeit in vielen verschiedenen kulturen bei magischen ritualen verwendet, zb. wird er oft beim bauen eines altars unter das tuch gelegt. lorbeerblätter werden auch als weissagungsmittel verbrannt, und in den formen, die sich in den flammen und im rauch bilden, kann man die zukunft lesen. wenn ihr einen zauber gegen machtmisbrauch oder toxische männlichkeit braucht, könnt ihr also selbst lorbeer verbrennen, und dabei sagen: ich verbrenne das, was ihr auf eure köpfe gebt, um uns zu unterwerfen, und gebe es in die suppe, mit der wir uns wärmen.

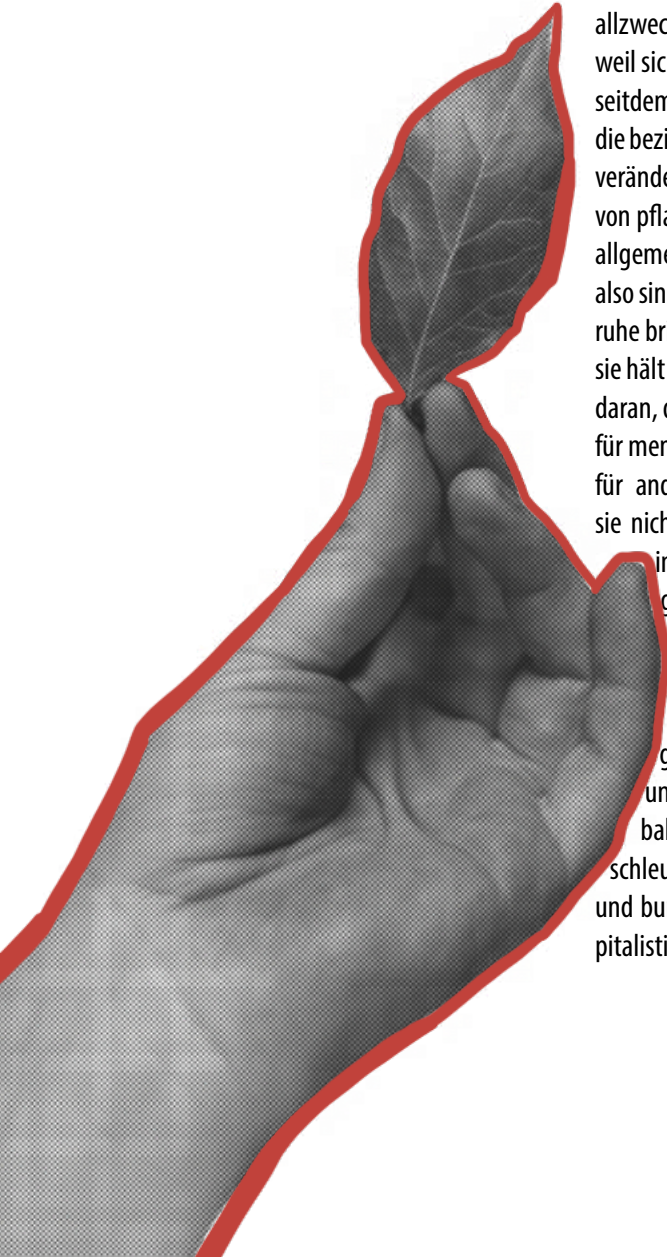
## BALDRIAN

die wurzel des baldrians ist bekannt als beruhigungsmittel und als schlafmittel. ich habe durch altes hexenwissen gelernt, dass sie diese wirkung auf den menschen aber erst seit der industrialisierung hatte. davor wird sie in überlieferungen als tonikum und allzweckmittel beschrieben.

weil sich der lebensrhythmus der menschen seitdem extrem beschleunigt hat, hat sich die beziehung dieser pflanze zum menschen verändert. der maßstab und die zeitlichkeit von pflanzen ist, im vergleich zu menschen, allgemein langsamer, ruhiger - es macht also sinn, dass diese pflanze uns seitdem zur ruhe bringen will.

sie hält uns den spiegel vor und erinnert uns daran, dass die rhythmten unserer welt nicht für menschen gemacht sind, und auch nicht für andere tiere und pflanzen. und dass sie nicht immer so waren, und auch nicht immer so bleiben müssen. sie sagt: es geht auch langsamer.

auch katzen und ratten lieben baldrian, aber er macht sie nicht müde, so wie uns, sondern er macht sie glücklich und kurz ein bisschen hyper, und danach sind sie einfach entspannt. baldrian bewirkt das gegenteil von beschleunigung, optimisierung, wachstum und burnout, und ist deswegen ein antikapitalistisches, antispeziesistisches kraut.



hinter WUTCH steckt u.a. auch die idee, dass pflanzen viel mehr wissen in sich tragen, als wir uns auch nur vorstellen können. es geht aber nicht darum, so viel wie möglich von diesem wissen zu unserem eigenen nutzen zu verwenden. fast jede kultur vor der, in der wir jetzt stecken, basierte auf einer engen wechselbeziehung zwischen tieren, pflanzen, menschen und geistern - und wenn wir es nicht schaffen, diese beziehungen wieder aufzubauen, zu reparieren und zu pflegen, sind wir nicht besser als die kolonialen vergewaltiger und diktatoren, die wir bekämpfen.



## Who owns trans people's bodies?

*(CW: mentions of self-harm and suicide)*

The period after I finally admitted to myself that I am transgender was the most liberating time of my life. I opened up. I gained a lot of friends. I stopped hating myself. For the first time since I was a child, thoughts of self-harm were just... gone. Life finally started making sense, and I was surprised that I even started to look forward to a future that had me in it, just because I finally knew who I really was.

The period after I finally admitted to myself that I am transgender was also one of the most difficult and stressful times in my life, and I am not talking about outings. This article is about navigating the Luxembourgish medical system as a trans\* person. A system that, after we take the somewhat difficult decision to transition, knows better than us. It knows who we really are. It knows how we really feel. It knows who we are really supposed to be. It thinks it owns us, and it is designed to discourage any modifications to its property wherever possible. „Fuck that“, I thought, and started HRT immediately anyway.

## Further reading:



Video by Lily Alexandre: "DIY HRT: Everything I Can Legally Tell You"



Transfeminine Science: scientific papers on HRT for transfemme people



„A Practical Guide to Feminizing HRT“ by Katie Tight pussy



DIY HRT Wiki: from safe blood levels, to help on dosing, this website has all the info that is beyond the scope of this article

## What is HRT?

For trans\* people, HRT (hormone replacement therapy) refers to replacing the hormones their body produces with the ones that align with their gender (most commonly, estrogen + testosterone blockers for transfeminine people, and testosterone for transmasculine people.)

Note that not all trans\* people want to take hormones. You are just as valid if you don't, regardless of what poorly trained doctors will likely tell you. Never feel pressured into taking something you don't want to take.

## The current state The Luxembourgish way

The WHO (World Health Organisation) has taken steps to depathologise trans\* identities, by taking „gender identity disorder“ out of their list of mental health disorders in the ICD-11. Science is slowly catching up to the fact that being trans\* is not an illness. Yet, in Luxembourg, you still need a diagnosis for gender dysphoria from a psychiatrist in order to medically transition with HRT. We have to wait, sometimes for over a year, to even get an appointment, and then your psychiatrist can string you along for multiple expensive sessions or just refuse you outright, because they think you are not suffering enough to transition - if they even believe that you are trans\* in the first place. This issue is particularly common for non-binary trans\* people.

Once you finally get your diagnosis, another struggle starts: Getting the right dose of hormones. This involves a lot of research on



the trans\* person's part, because most endocrinologists are not trained for trans\* patients, and go with a „better safe than sorry“ solution that will usually result in you getting miserably low doses that will be another setback in your transition. Add to this that the most reliable way to get consistent estrogen levels (injections) is, to the best of the author's knowledge, not prescribed by any doctors in Luxem-

bourg, and not on the CNS list of approved medications, even though it is standard in many other countries.

So, if somebody tells us that we don't have it so bad here: please excuse us if we tell them to go fuck themselves. While the bureaucratic part of transitioning has improved quite a lot in the last decade, how the medical system treats us is infantilising at best, and dehumanising at worst. It does not trust us, it does not believe us, and it takes away our basic human right to self-determination.

Furthermore, waiting lists for psychiatrists and endocrinologists have only gotten longer in the past years.

## **An International campaign against trans\* rights**

Look, I am not going to sugarcoat the situation. In the USA, the president of the Heritage Foundation recently said that their stated goal is to completely outlaw gender transition, referring especially to HRT. They want to do this step by step, starting with healthcare for transgender minors. In the UK, the biased and widely discredited Cass Report is now being used as official guidance, essentially outlawing youth transgender care and even going so far as to force schools to out trans\* kids to their parents. This is how things started in the USA as well. This is, of course, cause for concern, and it is essential to stay informed on how to get your healthcare if it is outlawed.

## **The Answer: DIY?**

DIY (do-it-yourself) HRT means getting your hormones and/or blockers without a prescription from a doctor.

Once trans\* people know they want to transition, they know. They (we) do not want to navigate this mess of a medical system that barely tolerates us, and to wait a year or more to start a process that our bodies should have been doing since puberty.

So, trans\* people in this country have to do what we've had to do for thousands of years all over the world: we take control of our own bodies. They're ours, not the state's, nor our medical system's. What we do with it, is our choice. We don't want to have to rely on the information from sites like the ones linked at the end of this article, and we don't want to have to buy hormones from pharmacies in India using Bitcoin. We don't want to ask our fellow trans\* people if they have any leftover hormones because our prescription ran out and our doctor doesn't have an available appointment, and we certainly don't want to have to mix our hormone meds ourselves because, like several countries have already done, the way to legally get them through the medical system has been banned. The problem is that sometimes, we have to. And it should not have to be this way.

Disclaimer: This article is neither medical, nor legal advice. The author strongly believes in your right to bodily autonomy, but please, do stay safe. If you do decide to do DIY HRT, make sure to inform yourself fully on what you want to, and can safely take (e.g. be aware of possible peanut allergens in some testosterone injections, and some possible side effects of testosterone blockers). Don't take meds from people you don't trust. Get regular blood tests. Further details are beyond the scope of this article.

## **A Bleak Outlook?**

### **A Better system is possible**

Our healthcare system currently treats HRT, and gender transition in general, as this incredibly dangerous treatment that needs to be absolutely controlled. Yet, there are barely any treatments with as low regret rate and as little risk as medical gender transition. The benefits to HRT are enormous, as is the harm that our medical system causes by gatekeeping it: for many trans\* people, transitioning is life-saving. And if we ever lose access, the threat of forced remasculinisation/refeminisation is an absolute nightmare scenario. There are objectively better ways.

### **The middle-ground solution: Informed Consent**

In an informed consent model, the psychiatric diagnosis would not be needed. You would just go to your doctor/healthcare provider, sign (after having read it, of course. you wouldn't blindly agree to terms of service, would you?) a waiver explaining that you understand what the medicines you are taking do to your body, and off you go. This model works well in many countries (even parts of the USA, for now).

### **The better solution: over-the-counter**

There is not really a reason why access to estrogen or testosterone is this tightly controlled. Yes, testosterone is used in sports doping, but we already have doping controls to account for that. Why not treat hormones like any other medicine you can buy without a prescription? Of course - like with DIY - you still have to keep your levels in check with regular blood tests, and inform yourself on what you are taking. But, if we don't have to get our hormones clandestinely, our doctors might be less reluctant to help us with that.

### **Getting there**

In order to get things like estrogen injections available, we need to keep telling our doctors, so they can pressure the CNS. For the bigger changes, we need to keep up our political demands. Politicians need to be reminded that the current system harms vulnerable trans\* people especially early in their transition. They need to understand that nobody understands trans\* people better than trans\* people themselves. We know who we are, and we know what we need. They need to finally start listening to us, so articles like these will not be necessary in the future.



## If only we had the words to describe it

by Ema

*Trigger warning: sexual assault, misogyny, cocsa (child-on-child sexual abuse)*

„When puberty hits, hair will grow in places where it didn't grow before“ I heard in science class. Unfortunately the warning came a few months too late, not long after I got called 'a disgusting whore' by an older boy on the school bus for not having freshly shaved armpits in the 4th grade.

„You're ugly, but you have the best tits out of anyone in this class“ a 10 year old classmate told me in our 15 minute break. Probably just after learning that one day, when we were older, we would introduce letters and do equations in maths.

I can't pinpoint when I started feeling this guilt around my body, when I started freezing in fear. It must have been around the time I could start forming memories. Surely sometime before two older children held me down and inspected my body, because by that time, I already knew I should keep that story a secret.

- „My friend’s son,[redacted], you remember him? He was accused of sexually assaulting his younger step sister. Can you believe this? Now that he’s been given a [redacted] scholarship abroad, suddenly she comes up with this lie.“ - my mom brought up at lunch one day.

- „Well, I’m inclined to believe her“ - I answered.

- „How can you say that? My friend says he’s a good kid, you can’t automatically believe everyone’s story.“

I remember trying to come up with some arguments to support my position. I bring up the statistics on false accusations and point out how hard it is to come forward. I thought that in a low profile case like this, the amount of scrutiny this girl would be put under... it would surprise me if she was lying. My parents weren’t convinced, the argument got heated, I couldn’t let it go, so the tears started flowing when I realised I would have to share a secret I held onto for many years just to explain my conviction.

- „When we were kids, that boy took pictures under my dress while we were playing. I don’t have proof and I was too scared to stand up for myself, but it happened to me so It’s not hard to believe that he’s done things like that before.“

- „Why didn’t you tell us?“ - my dad asked.

- „I think was afraid I would get you in trouble with his mom.“

My body was the object of scrutiny, I know we all go through it in some way. Sometimes it was the way I sat, improperly taking up space with my legs. My grandma would say it’s not lady-like, but I would fight her on that every time. It was not until one day I caught a man staring that I was struck with that fear again. I didn’t dare fight back, I closed my legs and avoided his eyes.

That’s how I learned the ‚rules‘. Through the fear itself, through my dehumanisation and humiliation. Over and over again.

And then came the denial of my pain. Kids being curious is normal, staring isn’t that bad and your friend didn’t mean to hurt you when they touched your breasts without your consent when you shared a bed.

No.

Fuck no.

I mean, is it really that hard? To think about the world you bring your kids into? To spot the flaws in a culture that will stunt their growth? We have a responsibility towards our future and too many of us can’t get past the part where we to sit and listen to the lived experience of survivors.

**Reproduction, pleasure and pain cannot be separated.**

It is an absolute lie that sex is had for reproduction alone and we have to let go of this concept altogether when educating children. There is no age at which it is appropriate to purposefully hide the fact that sex is also had for pleasure and that without consent, it can be life altering.

**Sex isn't sacred.**

Sex is an activity between two or more consenting people, there are millions of them having sex right now. De-stigmatising it goes a long way to ease the shame and guilt felt by victims of sexual violence. Especially children feel big emotions and are less equipped to see things rationally, we should help them by knocking down the obstacles in their way.

**Cis-heteronormativity is a scam.**

You are stunting your children by teaching them only one thing. It is impossible to predict if your children are going to come out straight and cis. But if they do, living in a community with others requires knowledge and understanding. We are living through a misinformation crisis, NOW is the time to talk to them about same sex relations and transgender people, not while they're scrolling down a free pornography website and stumble across fetish content.





**Gender isn't a box, it's a cage.**

The way we still socialise boys to hate girls creates a permission structure that we are not equipped to deal with. These rigid roles that supposedly belong in the world of adults are weapons used by young children to inflict the first psychological wounds, at a time when our brains are developing the fastest. No one wins at this game, we are left with a deeply divided social fabric. Misogynistic, homophobic and racist remarks are used freely and the reaction is still a simple shrug and the hope that we will grow out of it when we're older.

**Take yourself seriously.**

The psychological consequences, whatever shape they may take, are real. You don't have to hide your anger, your sorrow, your grief... Personally, I mourn the adult I could have been had I not been put through so much sexual and gender based violence. But I do not have to carry the shame. No. The shame is on those who hurt me. Not on my body or my reaction. So stand up for yourself, be blunt, talk to your partner about consent, talk about your triggers, learn to say no to things that you wanna do any less than 100%. You are a complete person, with all the power and right to decide what should happen to your body.

## **(Sort of) Surviving Fascist Luxembourg A Step-by-Step Guide**

by Gabrielle Antar from déi aner

With the continuous repression of Luxembourgish activists, Amnesty has shared with déi aner that at least five people, mostly people of color, have lost their jobs for speaking up for a free Palestine.

The abuse of power can be seen quite blatantly in the way officials have permitted those with power to punish the people who have spoken up against them. It's to no one's surprise that the complaint filed by Xavier Bettel against déi aner, specifically targeting me, came only weeks after the lunch confrontation that was posted by déi aner and other alternative collectives. It goes to show that openly criticising politicians, testing the boundaries of society, is met with increasingly harsh consequences



In comparison, it is quite indicative of this new world that, despite all the testimonies and proof, there is still no action taken to hold accountable the people linked to Jeffrey Epstein and his worldwide pedophile ring. High-ranking politicians, tech-bro elitists and all sorts of powerful individuals, who have committed unimaginable crimes, are still not being prosecuted. It's time to give due respect to the conspiracy theorists (at least they got some of it right) and let them take their place in the upcoming revolution. Let everyone see how the elite are reaping profits from our work, our silence and blindness to the point where they seem to control almost every aspect of our lives. The globalization of the intifada has begun.

So, to handle this ever-increasing absurdity, in this Chinese Year of the Horse, we are embracing the need for independence, freedom, and vitality, fuelled by rage, anger, and love, so that we can spread the wings of our Pegasus spirits. Are you wondering how this can work? How can we live our Pegasus fantasy in a world that seems so cruel and oppressive?

Gurl, I got you, because same. Life can be tough sometimes, but you have to keep hope that the phoenix will rise from the ashes of this shady-ass world.

This fantastical yet real guide is catered to our ability to invest in community and, therefore, come together for the future's revolution. So, let's go:

👉 **Rest is radical and a form of resistance.**

Think about how you function when you've had a good night's sleep compared to when you haven't, just that makes a significant difference. And then think about who benefits from you not being your best self. By resting, you are claiming back your power and your authentic self. You have the full energy to fight oppressive systems. Tricia Hersey, founder of the Nap Ministry, writes: « It is about a deep unraveling from white supremacy and capitalism. These two systems are violent and evil. History tells us this and our present living shows this. Rest pushes back and disrupts a system that views human bodies as tools of production and labor. »

👉 **Self-care is dead; community care is the future.** The personal is political, yes, but only within the framework of community. We are told that if we do our little face masks and draw our baths, we will be able to carry on. This capitalist lie created what we now know as the wellness industry. Instead of falling into the individualistic and consumerist concept of self-care, take your bath, do your mask, and then, this is the most important part, move toward community care, because it is the core of human survival and harmony with nature. Only by working together will we truly support one another.

👉 **Learning and unlearning is an infinite journey.** None of us are perfect, and that's okay. We are all going to say something problematic at some point in our lives. That is normal. We live in a world that has indoctrinated oppressive conceptions regarding race, gender, sexuality, and other identities that imperialism has constructed for us, and if we do not fit into those boxes, we are othered. We are taught to discriminate and judge without understanding - that this is exactly what maintains the status quo. So yes, we all have different histories, insecurities, projections, socializations, and healing journeys. Community allows us to reflect on how we can do better next time. People can mess up, but people cannot continue believing they shouldn't be doing better. We must demand more from people while giving them space to learn and unlearn.



☺ **Creativity.** If anyone knows me and my rants, you will not be surprised to see this as one of my points. I attended a talk where Igshaan Adams shared how he once asked his Sufi teacher about the concept of creativity. The Sufi teacher said that we are all creators and creatives, this can be as simple as picking out your own outfit or making your own signature sandwich. We all have our own flair for creativity that follows us in everyday life, even if most people do not realize it. So, my suggestion is: create. Whether that is cooking some traditional family recipes, revamping your style, or taking a piece of paper and drawing. You must train your creativity, because only through it can you imagine a world that is better and more just. Without creativity, we will not be able to dream bigger. We all need it to imagine a moment where we live free from fascist constraints.

☺ **Joy and hope.** Specifically the latter is one of my favorite concepts to gently push onto people (wink wink). Obviously, it is difficult to keep having hope in a world that looks doomed, but that is why hope is such a beautiful act of resistance. Coupled with carving out spaces and moments for joy, it is, trust me, what keeps me going and will definitely keep you going too. The time you spend with your community, just enjoying each other's company and realizing how beautiful the energy is when we all laugh together (crying is also an option some-

times, but it must be followed by a killer nonsensical joke where the whole group bursts out laughing). Joy and hope, my friends, are the two most powerful tools we have. When it gets hard, that is the test: keep going.

☺ **Act.** I have now shared my very humble knowledge on surviving this world, but there is one final magical ingredient: action. Every person who is now part of groundbreaking revolutionary movements simply decided one day to act. That is the difference. Taking initiative is what I did when I saw that Luxembourgish society did not reflect my wants and needs, whether that is the lack of queer feminist, thought-provoking spaces or demanding better from our officials to stand against genocide. You just need to act. The world will finally change when people as a whole decide to act and demand a better version of it for us and for future generations.

☺ **Special points for surviving:** get a cat (or any other domestic animal), read (a lot) about other movements and activists' lives or just a nice story, go out partying with your friends, also stay home playing music and creating, take a long walk and say hello to the plants and animals around you, and finally, my special fave: watch trash reality TV when you need a little moment of escapism, but also feel like anthropologically analyzing how weird our society can be.

**Wéini a firwaat hues du ugefaange Sport ze maachen? (Fitness, Kampfsport,...)**

**Laura:** Ech hunn nach ëmmer gär Sport gemaach. Ech si mat sportleche Jongen opgewuess (mat mengem Brudder a lauter männlech Noper a mengem Alter), vu Vëlo bis Fussball, Coursen op der Strooss oder an der Schwemm, Skateboard, Surfen, Schi, Track & Field, ech hunn alles getest a matgemaach. Ech hat awer och ni de Courage „ze gutt“ an eppes ze sinn. Och net déi Disziplin oder déi Wëllenskraaft. Ech hunn och direkt verstan dass ee leider anatomesch bedéngt als Fra oft keng Chance huet géint e Mann. Sief et am Fussball, an enger Course, ... ech war halt villäicht di schnellste Fra an dem klengen Grupp, oder déi eenzeg Fra déi e Gol geschoss huet, mee ni besser wéi de beschte Jong / Mann. Also hunn ech mer geduecht, du kanns jo net dat Bescht sinn, da kanns de och einfach déi zwou Säite vun enger „Fra“ si genéissen... ech hunn alles gär gemaach wat d'Jonge maachen duerften, mee ech wollt och eng Disney-Prinzessin sinn, an esou behandelt gi wéi eng... Best of both worlds, I guess... Déi Ënnerscheeder tëscht dem Kierper vun enger Fra a vum Mann, hu mech schonn ëmmer gepräagt an ech wollt ëmmer méi „staark“ ginn, souwuel mental wéi och kierperlech, esou staark wéi en „Mann“, sot ech mir als Kand deemools. An elo soen ech ganz stolz, „esou staark wéi eng Fra!“. Mee um Ufank huet d'Gefill, mech de Männer, ënnerlee ze fillen, mech motivéiert mam Kraafttraining unzufänken, ech wollt méi staark ginn a mech staark fillen.

**Elif:** Ech hunn ëmmer rëm ugefaang an opgehal Sport ze maachen, mee am Dezember 2022 hunn ech wierklech ugefaange reegelméisseg Sport ze maachen, dat heescht 3-5 Mol d'Woch. Fir mech war Sport maachen ëmmer mat Zwang a mat Schan verbonnen. Ech wor en deckt Kand an en decken Teenager. Dowéinst wor Sport mat eppes verbonnen, wat ech muss maachen, fir en normativen dënnen Kierper ze hunn. Dowéinst war Sport ëmmer mat Versoe verbonnen, eppes negativ konnotéiertes, wou ech mech extrem onwuel gefillt hunn. Fréier wollt ech ëmmer dënn sinn, dozou gehéieren an de Kierper ze hunn, deen engem als Fra verkaf gëtt, en ze hunn. An du wor et en Akt vu Selbstermächtigung, fir staark ze sinn, fir mech selwer ze droen, a net vum Kierper gedroen ze ginn. Ech wollt staark ginn. An dat ass de Grond firwat ech bis elo weidermaachen – well ech et net maache fir dënn ze ginn, mee et wor wierklech de Welle fäeg ze sinn, fir Ausdauer ze hunn, fir beweeglech ze sinn.

**Lucie:** Ech hunn als Kand bësse Judo an du Liichtathletik gemaach, mee misst aus gesondheetleche Grënn ophalen, well ech no all Training ëmmer erëm krank gi sinn. Nodeems ech mat 27 Joer eng Diagnos an Traitement fir Endometriose krut, konnt ech endlech erëm lues ufänke Sport ze maachen. Ech hu fir d'éischt erëm Judo ugefaang, dunn awer erëm opgehal aus finanziellen an zäitleche Grënn an du Fitness fir mech entdeckt.

## **A wéi engem Club/Fitness zu Lëtzebuerg wors du schonn? Ginn et Platzen / Trainer\*innen, déis du recommandéiers?**

**Elif:** Zu Lëtzebuerg wor ech am Basic Fit, dat ass de bëllegste Fitness am Land, der ginn et der ganz vill. Ech wor laang am Basic Fit zu Féiz, dee kann ech recommandéieren. All Basic Fit sinn anescht uechtert d'Land. Zu Féiz ass e grouss, en ass gutt equipéiert an en ass 24h ob. Heiansdo sinn ech um 5h moies gaangen, wann ee well aleng sinn ass dat super. Do hat ech och een Trainer, dat wor super. Lo sinn ech am CK Fitness zu Miersch, dat ass ee vun deiersten. Deen ass méi Luxus, si hunn eng Bar mat Shakes, eng Sauna, training session, nutrition session, méi Encadrement. Ech géif lo kee méi oder manner recommandéieren, mee sou oder sou brauch een en Trainer wann een ufänkt, fir ze verstoe wéi d'Geräter funktionéiert, fir sech net ze verletzen. Den Gym kann engem hëllefen, seng eege Grenze kennzeléieren, dass een heiansdo vill méi kann, wéi een denkt. Dat hunn ech mat der Zäit verstan: dass een net nëmmen léiert kierperlech staark ze sinn, mee och staark am Kapp ze sinn.

**Lucie:** Ech wor zu Lëtzebuerg bis elo just am CK Miersch an dat war immens agreabel. Ech hat eng immens fein Traineeerin, mat der ee gutt schnëssen a laache kann, an déi mech och gepusht huet, ouni meng Grenzen ze strapazéieren.

**Laura:** No mengem Studium, sinn ech zeréck op Lëtzebuerg schaffe gaang, an hunn duerch mäi Partner, de Crossfit Double D kenne geléiert. Do trainéieren ech och säit dem Summer 2020 an halen och mëttlerweil selwer Klassen. An all Land / Staat wou ech reesen, testen ech d'Crossfit Boxen oder Functional Fitness Gyms, an ech ka mech ganz vill Stolz soen, dass ech bis elo nach keng aner Crossfit Box fonnt hunn, wou Community / Gesondheet an Zesummenhalt esou grouss geschriwwe gëtt, wie bei eis. Natierlech spillen do och vill Gefiller mat, mäin Partner, ganz vill Frënn déi elo bal wéi eng Famill fir mech sinn, trainéieren do. Beim Crossfit Double D um Rooscht, kann ech de Coach & Gymowner, David Denis, nëmme jidderengem wieder empfeelen.

## Hues du scho schlecht Erfarunge gemaach mat Trainer / aner Leit déi am selwechte Club / Fitness sinn? Falls jo, wéi bass du domadden ëmgaang?

**Elif:** Definitiv. Leider. Schlecht Erfarunge sinn, dass een als Fra oder FLINTA\* Persoun domm ugekuckt gëtt. Mir sinn dem iwwerall ausgesat, och am Gym. Leit glotze mech un, maache mech un, flirte mat mir, wëlle meng Nummer. An dat a Momenter, wou ech grad ugestrengt sinn a Sport maachen. Dat si Momenter wou een sech exposéiert fillt. Sou Momenter si puer mol virkomm, dann hunn ech hinne gesot, dass ech net interesséiert sinn. Aner Leit hu mir gesot, wéi ech d'Übung besser maache soll, obwuel ech déi schonn zanter Jore maachen.

Am Groussdeel gouf ech respektvoll vun alle Genders am Gym behandelt. Ech hat vill an éischer gutt Erfarunge mat Männer. Ech gouf ugefeiert fir krass Cardio Routinnen ze maachen. Ech krut Respekt a Wäertschätzung an net reduzéiert ob Attraktivitéit oder grondsätzlech ob Ausgesinn. Déi meescht Leit interesséieren sech net fir dech, déi sinn ob sech selwer fokusséiert an hir Ziler. Et gëtt och en onausgeschwate Verhalenskodex, dass Leit openeen oppassen, sech respektéieren, sech Raum ze loossen.

**Laura:** Nee, zum Géigendeel. Di Sportart, a Sport am Allgemengen huet mer souwuel Selbstvertrauen a Léift zu mir selwer bäibuecht, mee och Respekt viru Männer. Ech hunn ebe schonn als Kand ëmmer d'Gefill kritt, de Männer ënnerlee ze sinn. Ech denken dass leider vill Fraen sech an eiser Gesellschaft esou fillen... Ech hunn och wéi all Fra, mir missen domm Kommentarer oder soss Saachen zu mengem Kierper am Liewen unhéieren. Oft gi mir einfach op eise Kierper an eist Ausgesi reduzéiert. Wat mir Fraen eis awer och musse bewosst sinn, ass dass lauter Männer och stänneg domm Kommentarer gemaach kréien. Heiansdo ass et besser, mam gudde Beispill virgoen, a mam Kapp a mat Intelligenz / gesondem Mënscheverstand, esou Situatiounen ze reegelen.

**Lucie:** Bis elo hat ech just gutt Erfarungen. Ech hat ëmmer immens Angscht viru Fitness Centre, mee ech gouf komplett iwwerrascht vun engem Ëmfeld, wou d'Leit einfach hire Sport maachen, fei sinn, mir hëllef wann ech eppes froen, mee mech grondsätzlech weder ukucken nach uschwätzen. Den Gym wou ech sinn ass zu Paräis, deen 20€ de Mount kascht an et si Leit vun all Alter, Gender an Hierkonft do. Heiansdo si just staark muskuléis Männer do, heiansdo si bal just Fraen do.

## Hues du eng Sportsroutine? Muskelen / Techniken déis de besonneg trainéiers?

**Elif:** Am Moment änneren ech meng Routine. Déi läscht 3 Joer hunn ech heavy weight lifting gemaach. Ëmmer Muskel trainéieren duerch fräi Gewiichter oder Maschinnen. Eng Kéier Cardio a véier mol Muskel. Mee all Training 30 Minutte Cardio an 1h30 Muskelübungen, dat heescht bal 2h Gym, 5 mol d'Woch. Lo maachen ech 2-3 mol d'Woch Pilates an heiansdo virdrun an duerno Muskulatiounsession. Ech trainéiere virun allem meng Been. Aus de Bee kennt sou vill Kraaft. Staark Been ass fir mech immens wichteg. Duerch de Pilates, hunn ech mäi Fokus lo méi ob Core a Reckemuskulatur gesat. Wann een do keng Kraaft huet, sackt de ganze Kierper an. Insgesamt sinn ech manner hardcore, bässe méi soft a grondsätzlech manner.

**Laura:** Ganz kuerz a knackeg. Meng perséinlech Zieler sinn esou staark an och esou séier wie méiglech ze sinn, dh ech ginn och gär lafe / schwammen / fuere Vëlo, mee de Kraafttraining ass fir mech d'A und O vun engem gesonde Kierper. Muskele stabiliséieren de Kierper an déi si mega wichteg, zumools mam Alter. Ech war elo, wie vill Leit a mengem Ëmfeld krank, Grippe / Bronchite... an do mierkt een erëm, dass alles aneres am Liewen awer net esou wichteg ass, wann een net gesond ass. Dofir, ass an enger Sportsroutine, d'Paus an de Schlof net ze ënnerschätzen! Fir de Recht géing ech soen, fänk mat engem Coach oder engem den Erfahrung huet un, schwätz iwwert deng Ziler An da kann een op déi Ziler hi schaffen. Ech géing awer jiddereen dovun ofroden, just wéinst dem Ausgesi Sport ze maachen... all Kierper ass anescht a gesäit anescht aus.

**Lucie:** Ech trainéiere mäi ganze Kierper fir staark ze ginn. Vue dass ech Problemer hunn, zouzehuelen, maachen ech virun allem Muskeltraining, Gewiichter hiewen a just bëssen Ausdauersport fir mech opzewiermen.

## Huet sech däin Alldag verännert zanterdeem de Sport/Kampfsport mëss?

**Elif:** Komplet. Wou ech ugefaang hu Sport ze maachen, hat e méi fräien Alldag a konnt mir méi erlaben. Wéi ech méi regulär Aarbechtszäiten hat an och um 9h ugefaang mat schaffen, sinn ech um 5h opgestan fir um 6/7h Sport ze maachen. Dat ass lo net méi sou, mee ech stinn ëmmer nach frei ob fir um 7h oder 8h Sport ze maachen. Fir mech ass et wichteg moies Sport ze maachen, virum Frühstück ass fir mech de beschte Moment. Dann hunn ech et gemaach, ech sinn extrem waakreg a si fit an hu Glécksgfiller. Owes hunn ech dat net, do well ech einfach chillen.

**Laura:** Ohjo, alles huet sech zum Gudden geännert. Wie ech mäi Kierper kennen, an aschätze kann. Meng Léift zu mengem Kierper a menger Gesondheet, ech schätzen alles vill méi. Ech si vill manner krank... awer wann ech krank ginn, dann ass et well ech ze vill Stress opkomme gelooss hunn. Net genuch geschlof, mech net gesond ernäert, ze vill Sportséancen an enger Woch agebaut hunn... trotz Schlofmangel trainéiert hunn. Do seet de Kierper STOP! Ech hunn oft a mengem Liewen net genuch op mäin Kierper gelauschtert an him zB net déi neidesch Paus ginn. Well heiansdo vermëscht sech och Sport mat Therapie, an et huet een dann Angscht erëm „esou schwaach“ wie fréier ze ginn, an dat ass och net gesond. A wann een zu 100% schafft, also en net sportleche Beruff huet, oder wie ganz vill Fraen a mengem Ëmfeld, och nach Kanner doheem huet... dann dierf een seng perséinlech sportlech Leeschtung net mat dee vun engem Profi, den dofir bezuelt gött, vergläichen.

**Lucie:** Jo! De Judo huet mir e méi grouss Sécherheetsgefill ginn. Nodeems ech am Training sou vill grouss a staark Männer geheit hunn, weess ech, dass ech zu méi fäeg sinn, wéi ech mer selwer zougetraut hunn. An zanterdeem ech an den Gym ginn, hunn ech einfach méi Kraaft. Ech hunn ëmmer nach Phase wou ech wéinst der Endometriose kee Sport maache kann, mee ech hu manner Réck wéi an hunn am Alldag méi Kraaft fir Saachen ze droen a laang ze stoen. An et huet och mäin Alkoholkonsum verännert. Wann ech weess, dass ech de nächsten Dag well Sport maachen, vermeiden ech et, den Dag virun ze drénken. Ech hunn einfach och méi Energie a sinn och emotional méi ausgeglach. Heiansdo ginn ech an de Gym wann ech rosen oder nervös sinn, duerno geet et oft rëm besser.

## Wat gefält dir doru kierperlech staark ze sinn?

**Laura:** Ech gesinn nëmme positiv Saachen, respektiv ech muss et an eiser Gesellschaft, mir et och gutt schwätzen. Well natierlech soen an denken nach ëmmer vill Mënschen, dat eng Fra net esou soll ausgesinn, mee éischer wéi en „Victoria Secret“ Top Model. Dat alles hunn ech mir leider och misse vu mengem Ex Partner unhéieren. Mäin Sport bréngt mir esou vill Guddes am Liewen. De Kraafttraining huet mer no enger toxescher Bezéiung gehollef, erëm mäi Selbstvertrauen opzebauen a mech ze schätzen a gär ze hunn. An ech packe viles aleng, ech ka mäi Canapé ouni Hëllef réckelen, a meng Akeef, och wann se ganz schwéier sinn, selwer droen, a nach vill méi. Mee och di kierperlech a mental stärkste Mënschen, brauchen hier Comfort Zonen, a si frou kenne Saachen am Liewen ofzeginn. An enger Gesellschaft kenne mir net als Individuum denken an alles ëmmer aleng wëlle maachen.

**Elif:** Ugefaang mat banale Saachen: Ausdauer wann s de d'Trape ropgees, genuch Kraaft ze hu fir deng Akafstuten ze droen – simpel Alldagssituatiounen. Et mierkt een, et ass ee selwer fäeg, ech brauch keng aner staark Persoun fir mir ze hëllefen. Et fillt een sech doduerch sou vill méi Präsenz, an der Welt. An dat ass sou ee schéint Gefill, sech als Fra selbstermächtigt ze fillen. Et kritt een sou laang opgedrängt, dat „schwaacht Geschlecht“ ze sinn, an dat stemmt jo guer net. Ech si lo zu sou ville Saache fäeg, déi mir ageriet goufen, dass ech dat ni maachen kéint. Kierperlech staark ze ginn, huet mir selwer eng Präsenz ginn. An eng Sécherheet vun der Gesondheet, an eng Sécherheet an der Welt, dass ech net méi wehrlos sinn.

**Lucie:** Ech fille mech vill méi wéi ech selwer. Ech ka méi schwéier Saachen droen, anere Leit hëllef Saachen ze droen, an ech si mega frou mat mengem Kierper. Ech wor ëmmer immens dënn an hat vill manner Muskelen. Ech hu mech schwaach gefillt an immens ofhängeg vun de Leit. Mäin Kierper huet zwar absolut der Norm entsprach, well ech immens dënn wor, mee dat huet och oft Jalousie bei Fraen ausgeléist. Ech kommen ëmmer erëm an d'Situatioun, wou mech random Leit upake wëllen, well se sou eng weird Obsessioun mat dënne Kierper hunn an ech ginn oft gefrot, wat ech maache fir sou dënn ze sinn. De Grond firwat ech sou dënn wor, wor d'Péng vun der Endometriose, déi mer mäin Appetit wechgeholl huet a mäi schnelle Metabolismus. An zanterdeem ech méi Muskelen hunn, fillen ech mech méi ausgeglach an hunn d'Gefill, dass ech och méi Respekt kréien.

## Dräi Tipps u Leit déi ufänke wëlle Muskelen opzebauen:

**Elif:** 1. Routine. Motivatioun ass näischt am Verglach zu Routine an Disziplin. Wann s de wëlls e staarke Réck hunn, ass et just Routine. Du muss et ëmmer an ëmmer rëm maachen, du dierfs net ophalen. Consistency. Och wann s de kee Bock hues. Den Tipp ass, sech am Kapp ze soe wat ee well, an deem dann nogoen. Mat ganz einfachen Übungen. Entweder am Gym mat Trainer oder doheem mat Push-Ups. Push-Ups kann ee fir d'éischt ob de Knéi maachen oder iwwer YouTube Übunge fannen. 2. Am beschte Sicht een sech eppes aus, wat Spaass mëscht, an da mëscht een dat mol 1-2 Méint an da geet ee lues weider. Gym ass net fir jiddereen, et kann och Pilates sinn. An da minimal 3x d'Woch goen. Lauschter ob dech selwer. 3. Gedold. Et brauch 3 Méint, bis et net méi schrecklech war. Dräi Méint wor et een Zwang, duerno wor et Routine.

**Laura:** 1. Fänk NET aleng un, mee mat engem den Erfahrung huet. Entweder Kolleegen oder e professionelle Coach. Du wäerts dech aleng fillen um Ufank, mee dat verschwent direkt ! Zeck net a traue dech em Hëllef ze froen, wann s de zB mierks dass dir eng Übung wéideet. 2. IESSEN !!! Keen iessen = kee Muskelopbau. Jo Proteinne si wichteg. MEE se sinn net ALLES! Carbs / Geméis / Ballaststoff / Vitamine... hunn och hier Roll an enger gesonder Ernährung. Back to basics, iess lokal a saisonal, do mëss de net vill falsch PS: och Vegetarier a veganer kenne ganz vill Muskelen opbauen, check der Instagram vum vegainz-luxembourg fir Tipps doriwuer. 3. Looss der Zäit. Sief gedëlleg, well Muskelopbau brauch LAANG! A vergiess net de Schlof a Paus! Béides ass essenziell fir de Muskelopbau, an dass de Kierper genuch Paus kritt fir ze regeneréieren.

**Lucie:** 1. Fro Frënn\*innen obs du mat hinnen zesummen ufänke kanns oder obs du mat hinnen trainéiere goe kanns. Zesummen ass oft alles méi liicht, a wanns de bis deng Routine hues, ass et och kee Problem, aleng weiderzemaachen. 2. Maach dir keen Drock, direkt mega vill ze maachen. Du kanns step by step ufänken, am beschten encadréiert mat Leit déi sech bëssen auskennen. Dat wichtegst ass, dass de längerfristeg net ophäls, mee mooss däi Succès net dorun, obs de et packs puer mol d'Woch ze goen. Ech hu Phase wou ech wéinst der Gesondheet oder der Aarbecht net goe kann. Mee sou laang ech ëmmer erëm zeréckginn, mierken ech, dass et mir gutt deet an dass ech a mengem eegene Rhythmus weiderkommen. 3. Iess genuch. Ech ënnerschätzen ëmmer erëm, wéi vill méi een iesse muss fir Muskelen opbauen ze mussen. Et ginn och einfach Shakes déi ee maache kann, dann huet een zimmlech schnell, vill Kalorien a Proteinne giess.





**Richtung22** ist ein luxemburgisches  
Kunstkollektiv, das sich auf die Produktion

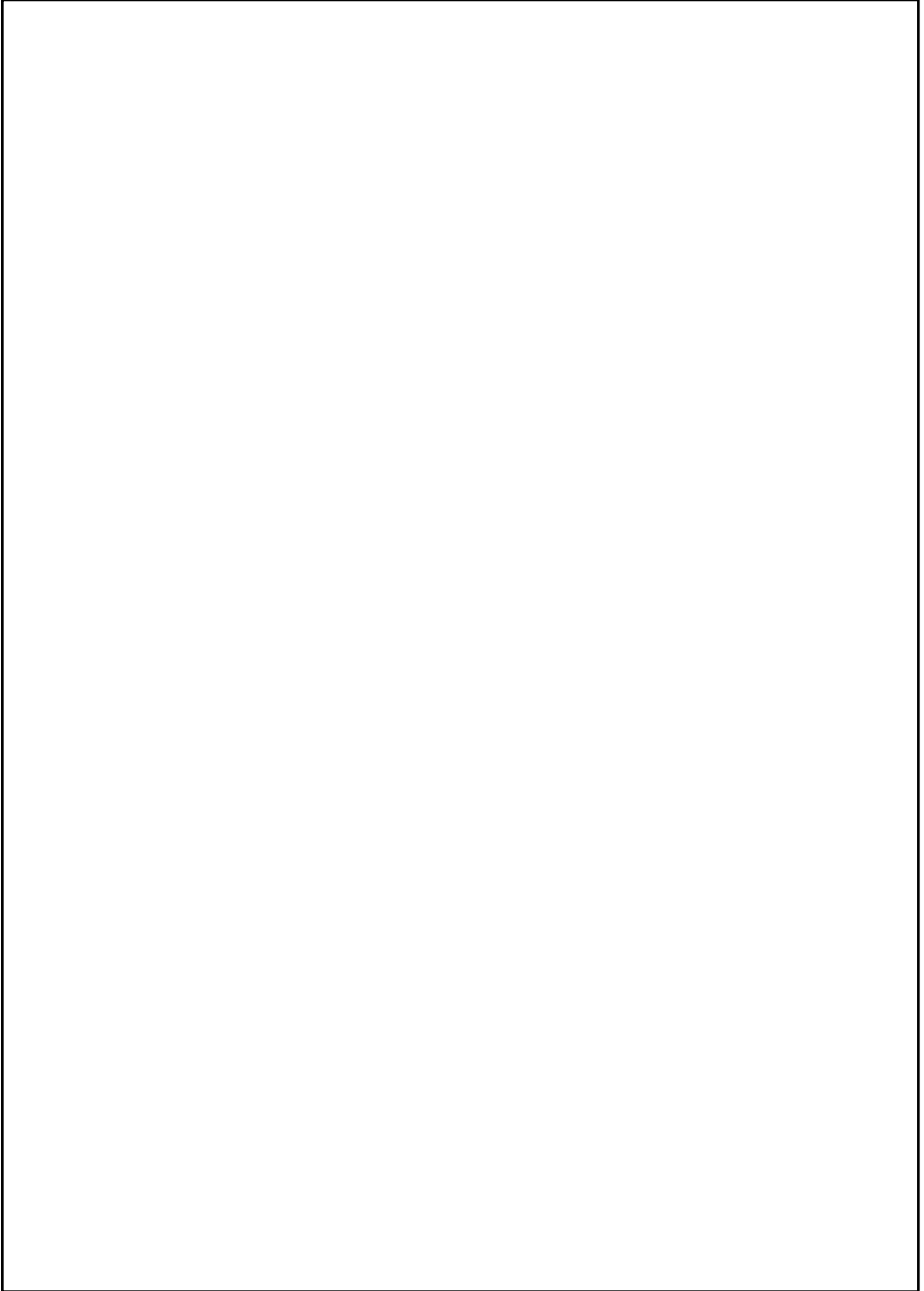
satirischer Filme und Theaterstücke spezialisiert hat. Seit seiner Gründung engagiert sich das Kollektiv durch Kunstaktionen, Denkmäler, Kampagnen und zahlreiche kleinere Initiativen, um kreative Kritik zu üben und wichtige gesellschaftliche Diskussionen anzustoßen. Jeden dritten Freitag im Monat veröffentlicht Richtung22 den Satireteil „Hannerland“ in der Wochenzeitschrift „Lëtzebuurger Land“. Seit 2021 hat das Kollektiv seinen Sitz im Bâtiment 4 in Esch-sur-Alzette.

Mit der Veröffentlichung des Buches „Luxemburg war nie eine Kolonialmacht - eine kritische Einführung“ im Mai 2024 untersucht Richtung22 Luxemburgs Verstrickungen in koloniale Projekte und bietet eine umfassende Darstellung der kolonialen Spuren im Land.

Darüber hinaus reichte Richtung22 im April 2024 eine Beschwerde bei der luxemburgischen audiovisuellen Behörde ALIA gegen RTL Lëtzebuerg ein. Die Beschwerde umfasste Vorwürfe wie versteckte kommerzielle Kommunikation und Verletzungen der im öffentlich-rechtlichen Vertrag festgelegten Aufgaben von RTL.

Mit ihrem Engagement für gesellschaftskritische Kunst und satirische Auseinandersetzungen trägt Richtung22 maßgeblich zur kulturellen und politischen Diskussionskultur in Luxemburg bei.

# WHAT DOES YOUR FEMINIST UTOPIA LOOK LIKE?

A large, empty rectangular box with a thin black border, occupying most of the page below the title. It is intended for a drawing or written response to the question above.



**SAVE THE DATE**  
**TAKE BACK THE NIGHT**  
**30.04.**