



3rd floor – TIME

Deceleration Oasis

In a deceleration room you have nothing to do. We don't have to work or do anything. This creates leisure. In the past, people still had time at the end of the day to enjoy this leisure.

Today, you have to actively seek leisure.

Please be quiet in the deceleration oasis.

Also do not use mobile phones

Welcome to the deceleration oasis

What is a deceleration oasis? It is a place where, for a certain time, the notorious restlessness falls away. Modern people generally experience themselves as driven, often rushed: there is so much to do, so much unfinished business waiting for us! Even when we are 'forced to slow down', for example because the bus doesn't come or because we are sitting in a doctor's waiting room, we have the feeling that we want to and can do something.

We automatically reach for the smartphone, the book in our bag or the magazines at hand. There is always more to do than we can handle. The restlessness comes from the environment as much as from ourselves: On the one hand, there are more things on our 'to do' list every day than we can handle. On the other hand, we also want to do a lot of things. There are so many films we haven't seen, songs we haven't heard, people we haven't met for a long time, books we haven't read, places we have never visited, etc. That's why our time is always short.

Valuable leisure

A deceleration oasis, on the other hand, is a time space in which there is nothing to do. No one can demand anything of us here, and we ourselves do not feel the need to do anything or 'work through it! Only here does what used to be called 'leisure' arise. Leisure does not simply mean that we stop working or take time off. Leisure is the inner attitude that arises when the day's work is done, when there is nothing that can be expected of us or that we ourselves expect from the world in terms of activity.

In the everyday life of late modernity, this state no longer arises of its own accord. There is always something to do. That is why the creation of such time spaces is becoming a cultural technique. More and more people are building artificial oases of deceleration: They go to a monastery or a mountain hut for a few days where there is no internet, no telephone, maybe not even electricity. The world is out of reach.

They afford themselves the luxury of shortened world reach and experience this as beneficial, which until recently was a sign of extreme backwardness. Sometimes, however, pleasant light and a deck chair are enough to build a small island of deceleration in everyday life.