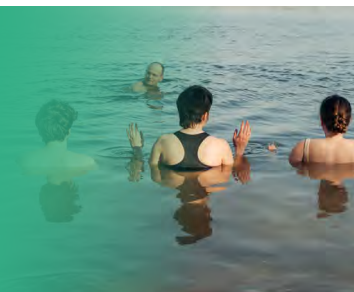


Cold Comfort

SVUNG Research Group



Danube - Sauna - Cold River Water - Steaming Bodies Who has the right to experience cold as the globe is heating up? How long will we still have access to snowy surroundings during the dark months? A participatory performance that reinterprets our relationship with the winter landscape, while also subverting the pleasantly sweaty experience of the sauna. We build on familiar elements and offer a new perspective to look at heat, cold, and facing what we fear.

Cold Comfort helps us to experience how extreme cold and heat can be educational. Listening to interviews with experts in mountaineering, ice sculpting and experimental health research, the question arises. The question is a rhetorical one, giving space to a lament. We open up the experience of meditation to the intense changes in temperature extremes to see if it helps us to experience (even momentary) full presence. What if nature is not peaceful, calming and relaxing, but powerful, scary and enormous. Feeling at once delightfully insignificant and yet deeply alive in the unfathomable scale of the world's structure. The guided phase of the program lasts approximately 100 minutes. Afterward, participants are free to use the sauna, reflecting on the shared experience – and, in a broader sense, on coping strategies for facing the harsh world -through loosely framed questions.

Duration
100 minutes

Genre
Sauna-performance

Language
English and Hungarian

Trigger Warning
**16+
sauna, cold plunge,
participatory**

Opened
2024

Tours & Festivals

Minus20degree, Flachau (AT), 2024
Plus20degree, Salzburg (AT), 2024
Floating Sauna - Saunatalks, Plateau Blo, Gmunden (AT), 2024
PLACCC Festival winter edition, Budapest (HU) 2025
Next Feszt by Trafó, Budapest, (HU) 2025
PLACCC x Valyo Sauna events, Budapest (HU), 2026

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Date

**Friday
12.30 PM,
3.00 PM**

**20 November
2026**

Venue

**Bert promenade
(VALYO)**

Important information:

An **essential part** of the performance is the sauna experience and a recommended cold (full body) dip in the Danube. Since we are playing in a public place, please bring a swimming suit with you, furthermore slippers or beach shoes are recommended for comfortable and safe walking on the pebble beach. If you can, come with easily removable layers and bring a towel.

Created by

**Luca BORSOS
Kinga SZEMEŠSY
Napsugár TRÖMBŐCZKY**

Co-performers
dunaPart

Cold experts
**László MÉCS
István GABORECZ**

Narration
**Fanni NÁNAY
Pál NYÁRY**

Production assistance
Fanni NÁNAY

Co-production partners
**Placcc Festival,
minus20degree biennial,
Plateau Blo
—Salmzkammergut 2024,
Salzburg Sauna**

Previous saunas
**SaunaTruck Hungary,
Plateau Blo—Floating Sauna**

Special thanks
**Dávid SOMLÓ
Zden Brungot SVÍTEKOVÁ
Máté KÖRÖSI
Fanni KÁRPÁTI**

SVUNG Research Group (HU) was founded in 2019. SVUNG is an everchanging cluster of dancers, dance pedagogues and applied theater experts. We are working at the crossover of disciplines like (eco)so-matics, participatory performance, education, nature trailing and sustainable visual art. As a movement based research group we design site sensitive and context specific performances, immersive installations, workshops, pre-performance warm-ups.

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