

Unstuck — a free day of creative workshops for storytellers in Umeå

DRAFT — REVIEW BEFORE PUBLISHING

On Wednesday 9 September 2026, **Unstuck** takes over Tornhuset in central Umeå: a full day for people who work with narrative and want their own creativity to move again. Four fifteen-minute talks in the morning, four participatory workshops through the day, and four practitioners from outside the room — comedy, film, dance and theater — running them. Try New Things and We Make Realms arrange the day together. It is free, and lunch, fika and dinner are included.

The framing on the invitation is a question rather than a promise: is wild creativity stuck inside you, waiting to get unstuck? The day is built for curious people who work with story in some form — games, exhibitions, film, writing, design. No performing is required, and no experience with dance, comedy, theater or film either — as the poster puts it: no pressure, no gravity.

Four rooms, four ways in

Each workshop is led by someone who does this for a living, and each one attacks the same problem from a different side.

- **Comedy — Defy personal gravity**, with Helena Lindegren. Turning your internal critic into an improvised character. Lindegren is a Stockholm-based performer and instructor, a regular on Sveriges Radio P1's *På Minuten*, with TV credits including *Från Trakten* and *Leif & Billy*, and a touring sidekick to Fredrik Lindström on *Stora dialektshowen*, which she also co-wrote.
- **Film — Direct a memory**, with Polina Blag. Turning a treasured memory into a short cinematic scene. Blag is an Umeå-based writer, director and producer, winner of Best Swedish Short at Filmfest Sundsvall and of Storspöven in Umeå, and works often with non-actors on films drawn from personal experience.
- **Dance — Go out of your mind (and into your body)**, with Kajza Rauhala. Movement as the source of inspiration rather than its result. Rauhala is artistic director of Skellefteå Dans & Balett, one of Sweden's largest dance organisations, and leads two community-wide performances a year with more than 900 active dancers.
- **Theater — Build a space station**, with Jonas Nimrodsson. Cardboard in, space-age tech out — a DIY theater set the room builds itself, and then has a beer in. Nimrodsson is

an Umeå-based lighting designer whose work runs from opera to rap to the stage version of *Mammas Nya Kille*.

The day closes with a shared wrap-up at 16:30, and for those who can stay, dinner, an evening speaker and a mingle.

Placeholder — replace with an approved quote before publishing.

Try New Things

About the day

- **What:** Unstuck — space camp for storytellers. Four short talks and four participatory workshops.
- **Venue:** Tornhuset, Östra Rådhusgatan 2C, 903 26 Umeå — a few minutes' walk from Rådhusorget, about ten from Umeå Centralstation.
- **When:** Wednesday 9 September 2026, 09:00–17:00, with an optional evening programme from 17:00.
- **Price:** Free. Lunch, fika and dinner included.
- **Language:** English, with Swedish welcome in the room.
- **Seats:** Limited. Sign-up at wemakerealms.se/unstuck.
- **Arranged by:** Try New Things and We Make Realms, within the Intersective Game project.
- **Supported by:** Region Norrbotten and Region Västerbotten, co-funded by the European Union.

About Try New Things

Try New Things is a studio for new ideas. We work with image, storytelling and technology to turn vague ideas into meaningful experiences — in museums, exhibitions and public spaces.

About We Make Realms

We Make Realms is Umeå's game development community, connecting creators, studios, students and researchers across northern Sweden.