



LSTN  
a workshop with Joshua Trees and Yvan Martinez  
of Fake I.D.

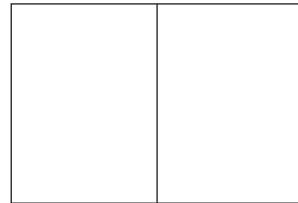
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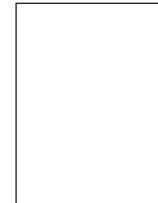
# Day dreamer

It's  
like  
night  
and  
day

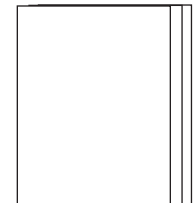
1. print out the pdf



2. fold the paper



3. put the book together



**So it has nothing to do with social phobia or anything like that?**

When I meet people and I tell them that I live at night they always think that I might be lonely or afraid of people but it's not like that at all. I

made this decision based on that I don't want the same routine as everyone else and also that I enjoy night time more than I enjoy daytime

because it's more peaceful and quiet. It's not that I'm afraid of people. I was wondering what your normal night looks like? Do you have a routine within your own time?

don't have the same routine as a normal student. They get up, have breakfast and go to school, but I can go to bed when I want to and then maybe watch a movie and meet up

with some people and then go to school. But at night there are no rules to follow for when you work or have your social life there is much more freedom. But still I'm just a human

so I still need some sort of structure. So when I go to school I go to school, have some night lunch. I still have some sort of routine but I feel much more freedom in that routine than "daypeople". You said you have a lot of friends. Is this a common phenomenon that people live at night? Because I have never heard of it.

There are two kinds of people that live at night. There are people like me that are night persons by choice, we kind of sit down and really decided to live at night. And then there are people that are awake at night because they have to

work. I used to go to this coffee place that was only open at night. There were the taxi drivers and people like that but also the people who really choose

to live at night. We hung out and I met a lot of nice people. The first time I went there I was on my own because I was out walking and had a coffee and then all these people start talking.

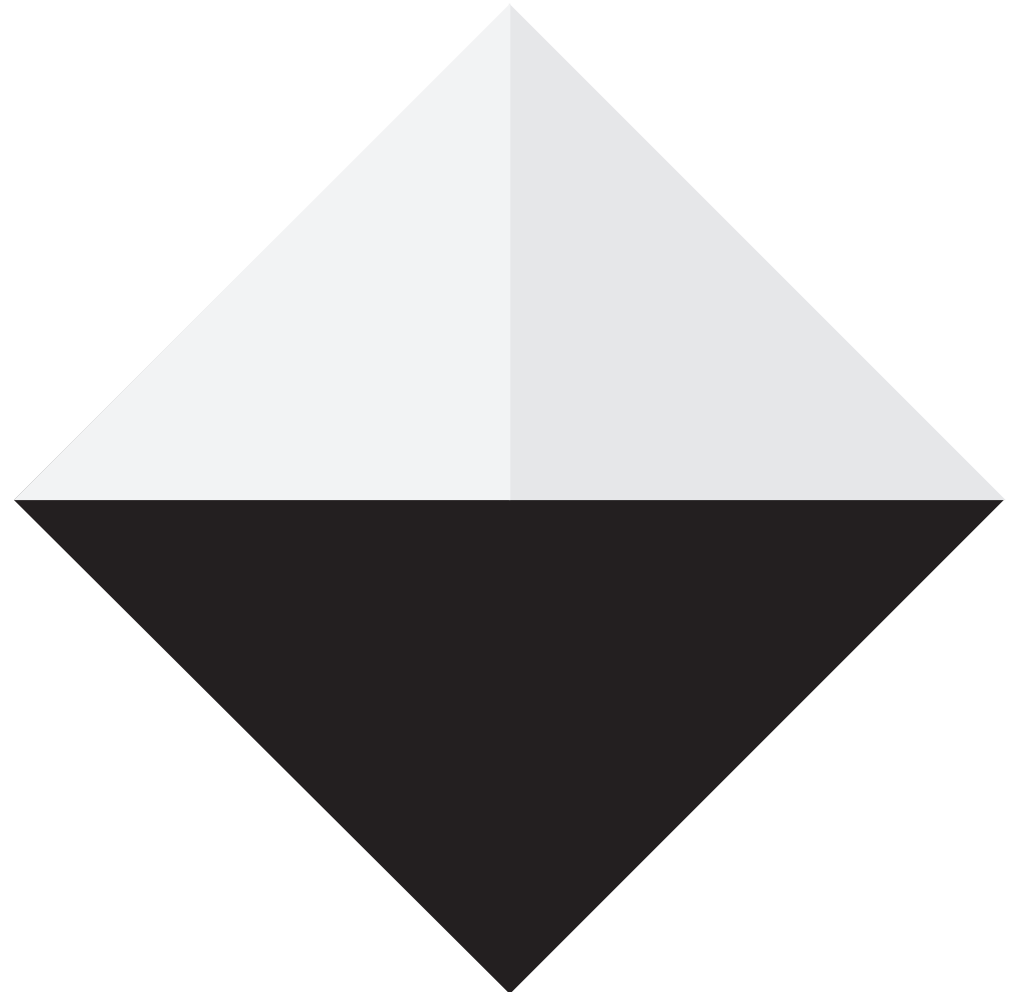
It's almost like people are friendlier at night than during the day. People are more open to start conversations at night, because there are not so many people out so you easily start talking

So you are really happy with the way you live right now?

Of course I am, and if I'm not happy I can go back to the day life because that's what everyone is doing. But this is the way I like

living now and I'm happy with it. Thank you very much for this conversation and

sleep well...



# It's so peaceful and quiet

I was thinking, **what do you do? 'Cause that must be hard, like working or studying or what ever in a society that's based on a day routine?** Yeah, you know, cause we live in this world controlled by "day-time people", and if you're not interested in getting up at 9 o'clock every morning and go to work, it is hard to find work and stuff like that cause we are kind of ruled by these "day-time people". But there are ways to do it. Like now I'm studying on distance, which means I am a student but I don't go to lessons. I do most of the stuff via email, reading books and, which works fine for me. But in 1,5 years I will be done with these studies, and I don't know really how I will solve this then but I guess I can work towards another time zone, maybe I can work for an Asian company or a company in America, or maybe I can find a job that I can do from home. I think there is a solution but I can also feel a little bit bitter about this. That society is forcing us into working daytime. The worst-case scenario for me would be that I would still want to live at night but I would be forced to work during the day cause I need to earn money cause I need to pay my rent, like everybody else.

**I was also thinking, cause you live in a city now right? How come you haven't chosen to move to the countryside? Where it's even more peaceful and quietness?** It's another type of peaceful- and quietness in the countryside, 'cause in the countryside there is a lack of people, that makes it quiet and peaceful but I think that in the city you still have all the people, even though they are a sleep. There is this magical thing about being awake in a city where everybody else is asleep. I'm not interested in being lonely, I just don't want to be part of a normal day routine but I still don't want to live outside in a small carbine and not see anyone. So no, I have not really considered moving out to the countryside. **And you never feel alone at night, cause it's so peaceful and quiet? Or you have so many people around you?** No, I wouldn't say I feel lonely, 'cause now I have so many friends that live at night. When I started it could be hard, it could be hard, when you had friends over and they all went home at 1

or 2 o'clock and you were sitting there ..You know you'd watch TV alone or a movie or what ever you were doing, then I could feel a bit lonely and I would be like, ah why can't my friends be like me, but then, during the time I have been living at night I have gotten to know so many more people that only live during the night and now I never feel lonely **I'm sorry, maybe you said before, but how long have you been living like this?**

It didn't happen over night, it was just not like that. In the beginning I just went to bed really really late and still tried to live a normal life. I could go to bed at 6 o'clock in the morning and then still go up at 10. And then I started to shift the day around more and more. I guess you could say that for about 2 years now I haven't been up much during the day. Not more than a couple of times before 5 o'clock in the afternoon. **But you still function, if you would go up at 3 o'clock, if you have a doctors appointment?**

Yeah yeah yeah, there is always this stuff, maybe twice a month that I have to be up before 6 o'clock. I still have to buy clothes. So sometimes it happens that I go up at 5 or something like that and it is no problem. It would just be like a normal person wakes up a couple of hours before he normally does, say you normally wake up at 8 o'clock in the morning and you wake up at 5, I mean you're tiered but. **And then is that not normal for you, walking through the city with lots of people? Like you're back in that routine again, confirming that choice you made, to live at night?** yeah especially when I'm in town and I have to buy clothes for example at H&M it might happen that I'm on the same subway that all the people use when they go home from work, and I ask myself why are all these people doing this? Why do all these people want to be part of this routine? They all go to work at the same time, they all come home on the same time, its such a routine. And then I'm so happy that I don't have that routine. I mean I'm not scared of people, I don't freak out because they're a lot of people. It's not that I'm on my own at night, and I'm up at 9 o'clock so then there still people around.

## Hello Mats

### What made you decide to only live at night and not during the day?

I think it was a lot of reasons. The main reason why I started being interested in staying up at night more and more was that the night is so different from the day. We're all raised in a way, that we go up in the morning, live during the day and then during night you go to bed. But when I started to be up later at night you kind of realise how different it is and I found it more interesting, the night. Everything is so different. **Ok, and ah.** Yeah but also, you feel like everybody is doing the same thing every day. I felt I didn't want to be a part of that, at least I wanted to try to do something different. It's like when you stand up in the morning and your watching all these people go to work, like ants in a little ant farm, and I just felt no, I wanna try something different. I repeated myself a lot of times. **And how is your rhythm like, how is your routine looking now? When do you wake up, when do you go to bed?** Say normally, I wake up around 8 in the evening, give or take a couple of hours, and then I probably go to bed in the morning around 11 o'clock. Basically. Of course it's a little bit shifting. **And what's the main difference for you, between being awake at night or day? Apart from this whole routine you were talking about.** I think it is a lot. It's like night and day. There is a reason why you have that saying, night and day. It's totally different. You know when you go out at night it is a completely different city than when you go out during the day. It's so peaceful and so quiet. I love to take a couple of hours just to walk around the city and it's just so nice with all the lights. I live in Stockholm or I used to live in Stockholm, before I moved here, and you have the water with the light reflecting and it's just beautiful, and it's quiet, and I also think people are friendlier at night. Always when you're out walking at night and you meet people you say hello. During the day people would never do that, you just run past people, but during the night you might even stop and ask what they are doing and stuff.. You know it's like another society. It's just nice.

**But you're never afraid during the night, when you meet people at 5 o'clock in the morning?** Of course a lot of crimes and stuff happens during the night but I wouldn't really say that that is during the night. That is often in between day and night, and I think a lot of bad people are out, but you know even criminals live during the day and they go to bed at 3 or 4 o'clock and after that. I don't think it's more dangerous to go out at 5 o'clock at night than being out at 6 o'clock during the evening. It's pretty much the same. **And do you miss something that you used to do during the day, that's not possible anymore during the night?** It's a lot of stuff you can't really do if you live just during the night. You can't go to a museum and there is a lot of friends that you can't really hang out with anymore 'cause they live during the days, but like I said before, I go up at like 8 o'clock during the evening so that still leaves a lot of stuff that the "daypeople" do possible for me. But of course there is stuff. I can't go out and have lunch at a lunch cafe, but there are still a lot of coffee shops and cafés that are open at night or are open late. **But you still have a social life, even though you got this, a bit strange, rhythm?** I think I have a big social life, mostly people who also live during the night, but I still see my "day-time friends" on and off. I think a lot of people see "night people" as really anti social people, people that don't talk to other people and you know.. I think that is really not at all true. I think that we are as social as the "day-people", but we just like the night better. We hang out, meet at our homes and have coffee, watch a movie, watch the sunrise and all that stuff that normal people do. **And do you think people miss a lot of stuff 'cause they don't see the world at night like you do?** I can't really be the one to judge what other people miss 'cause they are not up at night. From my point of view, of course they miss out on a lot of stuff, all the peace and quietness that is during the night, but it's a choice they do, being a wake during the night, during the day I mean..like you're suppose to be. I'm sure they are probably not interested in having all that 'cause they have their day life.



It's  
like  
another  
society

