

answer the email, rewrite the email, soften the tone, attach the file again, rename the file so it looks professional, upload the portfolio, compress the portfolio because the system won't accept it, re-upload it, fill out the application, adjust your CV, adjust your CV again because the spacing shifted, update your website, fix the broken link, send the invoice, chase the invoice, chase the invoice again, chase the invoice politely, submit the grant, rewrite the grant, change the budget, lower the budget, raise the budget, justify the budget, save it as a PDF, the PDF is too big, resize it, fill out the form, fill out the other form, sign it, scan it, the scanner doesn't work, photograph it, convert it to PDF, upload it, the submission portal crashes, try again tomorrow, respond to the professor, respond to the curator, confirm the meeting, reschedule the meeting, send the doodle poll, respond to the doodle poll, fill in the exhibition checklist, send the dimensions, re-measure them because the technician needs exact numbers, fill in the loan agreement, read the loan agreement (don't understand it), pretend you understand it, sign anyway, log into the student portal, remember your password, reset your password, remember the new password, submit the proposal, revise the proposal, revise it again because someone misunderstood it, submit the floor plan, adjust the floor plan, export the floor plan, the file format isn't compatible, export it again, update your artist statement, shorten your artist statement, lengthen your artist statement, read the exhibition terms, check the insurance, send proof of insurance, track your materials budget, submit the receipt, submit the other receipt, attach proof of purchase, get reimbursed, wait to be reimbursed, wait to be reimbursed again, confirm shipping, label the crate, re-label the crate because the sticker peeled off, print the label, refill the printer ink, refill the paper tray, sign the contract, photograph the signed contract, send it as an attachment, send it again because they didn't receive it, collect signatures from collaborators, wait for collaborators to respond, remind collaborators, send the file with the correct naming convention, rename everything to match, back up your work, clear space on your drive, archive last semester, fill out the residency application, write the motivation letter, rewrite the motivation letter, fix the grammar, check the word count, reduce the word count, upload the project description, upload the images, resize the images, caption the images, format the bibliography, format the bibliography again because the style changed, reply to administrative emails, schedule tutorials, register for classes, add the deadlines to your calendar, check the calendar, check it again to make sure you didn't miss anything, prepare a portfolio PDF, prepare another portfolio

waking and noticing the quality of the light through the window, lying still long enough in the body, reaching for water before words or screens, checking the weather even if it's the plan, stretching fingers and shoulders while still half in sleep, standing up slowly to avoid the nervous system, opening the curtains just enough, rinsing face with water that isn't too hot, brushing teeth while thinking through the day in fragments, choosing breakfast ingredients that are steady and familiar, preparing food without multitasking, eating while seated, tasting the food rather than just finishing it, taking supplements that support energy and focus, opening the oven to avoid decision fatigue, scrolling until something feels quiet enough, choosing clothes for texture and appearance second, dressing in layers that can adapt to the day, checking seams and tags for frays, scratches, tying hair in a way that will be forgotten once done, packing notebooks, fabric samples, chargers, checking that headphones are where they should be, reviewing messages without responding yet, flagging anything that will need emotional energy later, glancing at the calendar and to-do list, mentally, setting intentions without locking them in, preparing snacks that won't spike blood sugar, placing keys in the same pocket as always, taking a final look around the space to make sure nothing essential is missing, stepping outside and letting the air recalibrate the senses, beginning the day feeling prepared rather than hurried, opening the inbox and scanning subject lines before responding to anything fully, deleting what is clearly unnecessary, flagging messages that require a slow response, answering the easiest email first to build momentum, rereading a message before replying to make sure the tone matches intention, adjusting phrasing to sound clear rather than abrupt, attaching files, double-checking the correct file and then checking again that it's the correct file, renaming attachments so they are clear to someone else, saving sent emails into folders for future reference, adding dates or deadlines to the calendar immediately so they don't float away, drafting responses and letting them sit for a few minutes before sending, clarifying expectations without overexplaining, maintaining professional boundaries, performing excess enthusiasm, copying collaborators when necessary and resisting the urge to do it for everyone, following up on emails that were sent last week, updating shared documents so they are always current, keeping track of versions and revisions, translating visual ideas into concise written descriptions, asking for clarification when instructions are vague, acknowledging receipt of messages, a full response will come later, managing forms, invoices, and confirmations, checking that they are correct before sending them, keeping subject lines specific so threads remain traceable, logging responses so they emerge from correspondence, closing the inbox once essential work is done, carrying the administrative thread of the project forward so the creative work can continue uninterrupted, and noticing light and temperature, drinking water before looking at screens, stretching and moving, shoulders and hands to prepare the body, checking the outfit app and choosing textures that are comfortable, dressing in layers that allow adjustment, preparing breakfast slowly and mindfully, eating each bite and noting how it feels, packing notebooks, sketches, and fabric samples, making a rough map of the day's tasks, opening the inbox to scan messages without diving in, flagging work that needs attention later, answering short messages first to build momentum, noting collaboration opportunities, talking to the coding partner, sketching ideas while thinking about interaction logic, labeling fabric samples so they are easy to find, tidying the studio to support focus, laying out materials to see possibilities, taking photographs of work to track progress, adjusting lighting for clarity, folding fabrics after use, choosing textures, taking short breaks to reset attention, stretching or moving to release tension, drinking water, listening to a short piece of music to set the mood, checking the calendar for deadlines, and

noting emotional states before a long meeting, setting a timer to avoid overworking, jotting ideas on scraps of paper to capture fleeting thoughts, prepping a healthy snack for later, wiping down surfaces to keep the workspace clean, scanning contribution pages for the zine, updating a shared document with the latest design decisions, untangling yarn while thinking through conceptual connections, rereading a collaborator's message to avoid misinterpretation, adjusting lighting to reduce glare, folding clothes into neat piles, sketching variations on a concept while humming a tune, checking inventory of tools and materials, watering plants and noticing growth, responding to a friend's check-in message, cleaning a brush or sewing needle, backing up photos to a cloud folder, labeling electronic folders so future self can find them, reviewing a project brief and highlighting key points, moving heavy materials aside to make space for new work, reflecting on what experiments succeeded and which need iteration, clearing the inbox of old notifications, making a mental note of what to tackle tomorrow, preparing files for submission or sharing, stretching shoulders to relieve tension, untangling cables and charging devices, organizing receipts and invoices, jotting down a to-do list for creative research, checking social media only briefly to maintain boundaries, rereading sketches with fresh eyes, wiping down counters and tables, arranging samples to inspire the next idea, calling a collaborator to clarify a concept, adjusting chair height for posture, folding fabric samples by color or texture, reflecting on emotional labor spent in meetings, scanning notes for missing details, putting pens and notebooks back in designated spots, checking weather before planning an outing, preparing a simple lunch and tasting slowly, revising sketches based on recent experiments, writing short reminders for upcoming events, collecting scraps for a future collage, reviewing files for errors, folding laundry while thinking about patterns, reading instructions carefully before testing a tool, taking a few minutes to meditate or breathe, jotting quick insights from daydreams, clearing desktop icons and files for clarity, making space on shelves for new materials, preparing materials for teaching or sharing with others, checking which notifications can be muted to reduce distraction, labeling photos with context for memory, rotating samples to see them in different light, stretching again after long sitting, reviewing a concept before a meeting, organizing bookshelf by project relevance, making small repairs to tools or equipment, noting feelings after a conversation and adjusting self-care accordingly, arranging workspace so commonly used items are within reach, backing up text notes to digital form, tidying digital folders while listening to calming music, adjusting chair cushions for comfort, sketching a future idea while drinking tea, reviewing notes from past experiments for patterns, preparing a new notebook for incoming observations, checking lighting and color balance before photographing a sample, reviewing deadlines and moving priorities around, setting up a small ritual before beginning creative work, collecting inspiration from magazines or online sources, putting away items after testing to maintain clarity, checking that messages have been responded to in advance to prevent wrinkles, noting recurring maintenance tasks for future planning, taking a moment for a sensory break, cleaning brushes, scissors, and small tools before they accumulate dust, taking important pages in reference books, checking materials for damage or wear, writing a short note on work progress, making small adjustments to posture or workspace setup, reviewing shared documents with collaborators, labeling boxes and containers for clarity, sketching ideas to explore tactile concepts, double-checking items before coming projects, planning snacks and treats to avoid energy dips, taking in a few minutes for new files, reviewing recent messages for anything missed, holding a notebook thoughtfully, adjusting monitor

,,,checking that essential items are still with you, noticing textures of handles, doors, or buttons, making mental notes of items purchased, arranging items in order to unpack easily later, pausing to take a breath when senses feel busy, noticing sounds of footsteps or rustling leaves, checking watch or

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items,
preparing mentally for the return journey,
noting items that need to be refrigerated first,
checking bag straps for comfort,
observing
people nearby and navigating politely,

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checking that scissors and cutting tools are in the right place, flipping notebooks to recall ideas from last week, refilling a water bottle and placing reach, tidying the pile of scraps that accumulate on the desk, arranging texture and color for quick reference, photographing sketches for documentation, adjusting lighting to reduce glare on surfaces, labeling envelopes with reviewing messages from collaborators and making brief notes, folding after testing, stretching hands and shoulders before sewing, brewing tea the warmth, opening the outfit app and selecting layers that feel calm and comfortable, jotting quick ideas on sticky notes scanning previous sketches inspiration, checking inventory of threads, needles, and small tools, backing files in multiple locations, cleaning brushes and small implements, marking measurements clearly on fabric, reviewing deadlines and updating a flexible checking calendar and flagging upcoming milestones, sketching variations concept before starting material work, refilling pens and markers for smooth tidying workspace surfaces to maintain clarity, rotating fabric samples in different light, making a short reflection note about yesterday's work, reference images or inspiration boards, reviewing collaborative notes to nothing is missed, folding scraps into labeled envelopes, aligning samples patterns, checking that devices are charged and ready for use, moving materials aside to create working space, setting up a small ritual to begin work, taking a moment to notice posture and stretch neck and back, reviewing previous experiments for insight, annotating sketches with ideas for next tidying digital folders and deleting unnecessary files, archiving completed future reference, making quick diagrams to communicate with a partner, fabrics or tools by immediate need, taking a brief sensor break outside, water, reviewing notes for patterns or connections, folding completed checking that small containers are organized and labeled, jotting down ideas or sparks for later exploration, cleaning a surface before starting experiment, reviewing instructions or reference materials carefully, aligning visually before starting, reflecting on emotional and cognitive energy before adjusting clothing or layers for comfort, reviewing inbox messages and selectively, labeling photos or digital files clearly, planning small steps tasks, stretching or moving body to maintain alertness, rotating samples to see different perspectives, preparing small healthy snacks to maintain reviewing collaboration timelines and coordinating next steps, tidying frequently surfaces, reviewing previous sketches or diagrams for insight, checking photography or display, documenting small experiments with notes or markers or pens as needed, reviewing tools and supplies to ensure readiness, organizing workspace for efficiency, folding textiles and fabrics to prevent

Credits

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zine.edgeofaglitich.com

Accessibility

Scan this QR code which links to a fully accessible PDF version of the zine, or head to work-zine.edgeofaglitich.com



unnoticed tasks. invisible work hidden behind the scenes, unnoticed and undervalued. It's the work that keeps the world running smoothly, but often goes unrecognized. From the janitor who cleans the streets to the teacher who shapes the future, these are the unsung heroes of our society. Their dedication and hard work are the foundation upon which we all stand. We must learn to appreciate and value their contributions, for without them, our world would be a very different place. Let's give them the respect and recognition they deserve. Their work is not just a job; it's a calling. And it's one that we all should be proud to support and honor.