

## Mental Hygiene (Australia / Berlin)

**Origin** Australia / Berlin

**Style** All

**Touring Party** 1

**Territory** Worldwide

**Booker:** [elsa@elektrotribe.com](mailto:elsa@elektrotribe.com)



### Bio :

Mona Ruijs is an Australian from The Netherlands, living in Berlin, who sadly was too young to experience the 80's properly. This was discovered in May of 1993.

Mona produces moving image as an electronic VJ, adopting the pseudonym "hi.tek.trash" and starts backwards with raw footage. "hi.tek.trash" crossbreeds mother goose nursery rhymes, mannequins, short-films, "lost & found" footage, motion graphiks, 1920's klip art, text & trash- alluding to the random, chaotic and absurd relationship between images which consume our contemporary culture.

"hi.tek.trash" is excited by the freedom of playing with low-res video that is absent from dialogue, has an interrupted narrative and is not a lemming to the Konventions of cinema. She is playing HIDE AND SEEK- hunting for skreens, monitors, floors that are ceilings, ceilings that are floors, walls, doors, curtains, alley ways, underground subways, churches, castles, cloaks and really, REALLY big umbrellas.

[The sun, unfortunately, is not invited]

Alongside VJ-ing, Mona produces digital shorts and has had her films screened in Australia, Japan, Canada, U.S.A, Croatia, Germany, Holland, Lithuania, Austria and Greece. In 2008 "hi.tek.trash" happily entered the tribe and would like to invite you to be hi-tek-trashed!

### Filmography :

- **The Waiting Room** (2006) - Writer, Director & Editor.
- **It's No Laughing Matter** (2006) - Writer, Director & Editor.
- **Join Da Dots** (2005) – Writer, Director & Editor.
- **Untitled** (2005) - Writer, Director & Editor.

### Performances :

#### 2008

- Elektrotribe Label Night. Berlin. GERMANY.
- TROST Dj set. Studio 23. Berlin. GERMANY.
- Sehsüchte International Student Film Festival. Potsdam. GERMANY.
- Sabotage. Berlin. GERMANY
- Spindler & Klatt. Berlin. GERMANY

#### 2007

- 12th FINA World Championships. Melbourne. AUSTRALIA.
- Xposed Film Festival. Melbourne. AUSTRALIA.
- Loop Residency (audio-visual acid tek). Melbourne. AUSTRALIA.
- Girls on the Floor. Melbourne. AUSTRALIA.
- In the Realms of the Senses Outdoor film festival. Melbourne. AUSTRALIA.