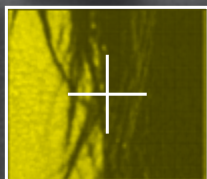


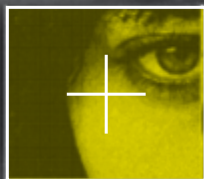


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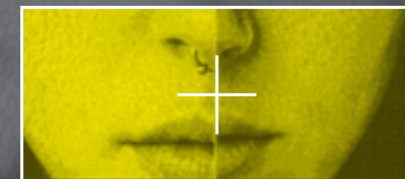
©CHILDREN ACTION



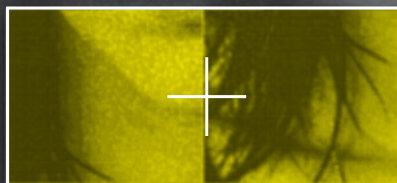
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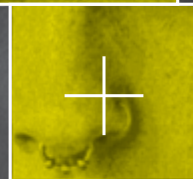
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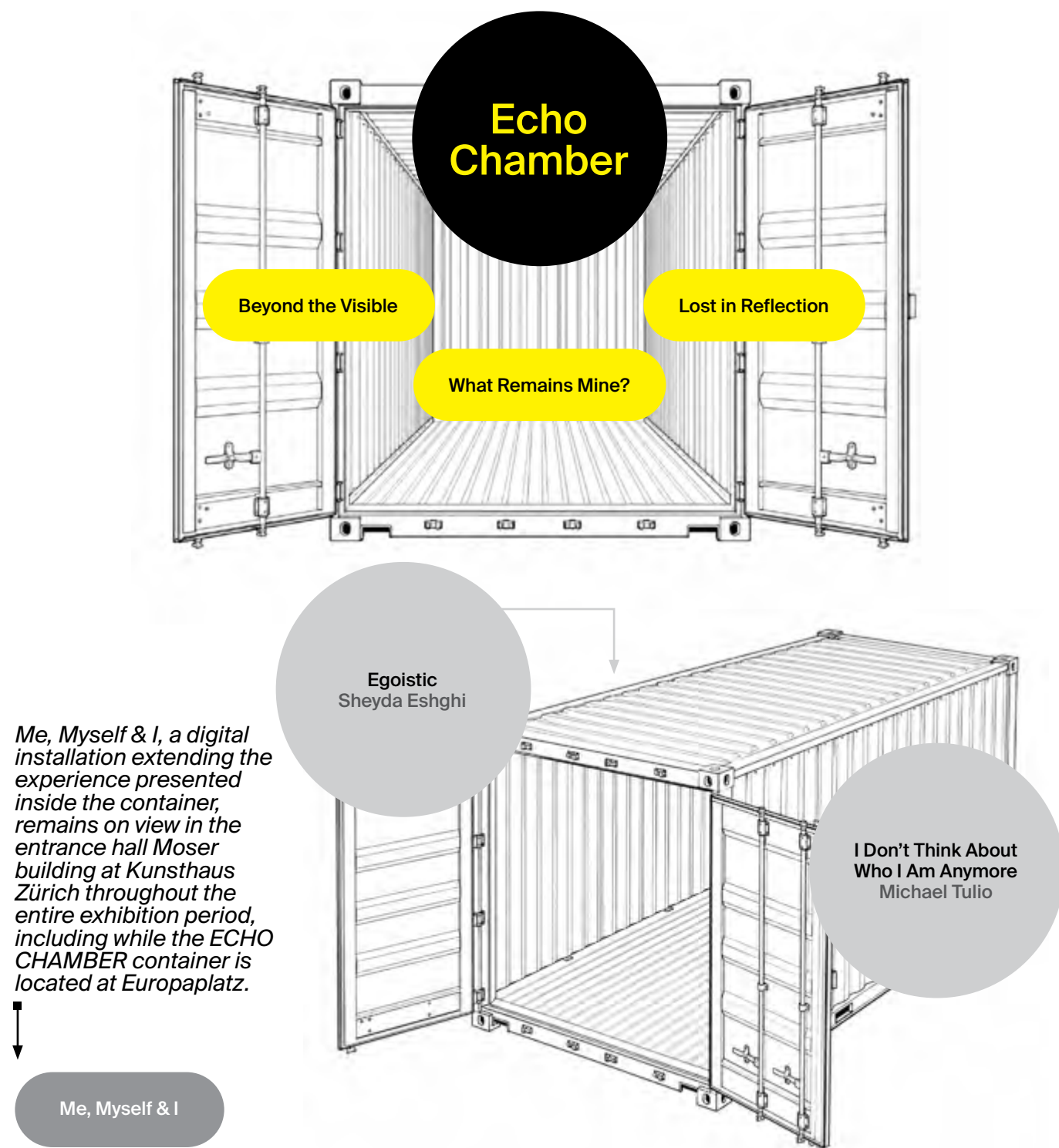
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Echo Chamber

An exhibition
about self-image



- Installations within the container
- Installation remaining at Kunsthaus Zürich
- Artworks on the exterior of the container by ZHdK students

Practical information

Visit duration	15–25 minutes
Languages	German English French
Admission	Free
Recommended age	13+
Group visits	School classes and groups by reservation contact@artin-zurich.ch
More information	www.lemuseevirtuel.ch

10–20 September 2026

Kunsthaus Zürich

Heimplatz
8001 Zurich

Opening hours

Tuesday, Wednesday, Friday–Sunday
10:00–18:00
Thursday
10:00–20:00
Closed on Mondays

22–27 September 2026

Europaplatz, Zurich

Europaallee 2
8004 Zurich

Opening hours

Tuesday, Wednesday, Friday–Sunday
10:00–18:00
Thursday
10:00–20:00
Closed on Mondays

Photography is encouraged.
Share your images using

#EchoChamber2026

Echo Chamber

Self-image
/ˌselfˈɪmɪdʒ/
noun

The way a person perceives themselves and believes they are perceived by others.

Self-image evolves over time through relationships, experiences, emotions, social norms, and the images we create and share.

Selfies, stories, filters, likes, comments: today, our image is constantly shared, transformed, and sometimes taken out of our control. What do we choose to show? How do others see us? And how can we remain true to ourselves in a world where images play such a central role?

Through interactive and participatory installations, Echo Chamber explores the many influences that shape our self-image, whether it's the way others see us, social media, our experiences, emotions, social norms, and more.

The exhibition invites visitors to reflect, experiment, and gain a deeper understanding of how they relate to their own image.

Why an exhibition about self-image?

Self-image plays a central role in the social, emotional, and digital lives of young people. It influences how they present themselves, compare themselves with others, judge their own worth, and seek recognition and belonging.

Today, an image is no longer simply a reflection. It is created, staged, shared, and constantly reinterpreted. It circulates, changes, and may escape the control of the person who created it, influencing not only how others perceive us but also how we perceive ourselves.

Echo Chamber makes these often invisible processes tangible through an artistic and participatory

experience. The exhibition explores perception, identity, interpretation, and consent, encouraging visitors to question the images they create, transform, share, receive, and interpret.

Echo Chamber is part of art.in, a collaborative initiative developed by the Kunsthaus Zürich, the Psychiatric University Hospital Zurich (PUK), through its LIFE programme and the Children Action Foundation. Bringing together art, cultural mediation, and youth mental health, art.in creates opportunities for dialogue, creative expression, and awareness through participatory artistic projects.



Perfection
Popularity
Attractiveness
Self-confidence
Authenticity
Self-acceptance
Judgement
Success
Frustration
Comparison
Performance

Lost in Reflection

Self vs. Others

PERCEPTIONS

Lost in Reflection is a participatory installation that invites visitors to connect words across three dimensions of self-image: how I see myself, how I believe others see me, and what social media encourages.

Each thread traces a personal path between inner experience, the gaze of others, and social norms.

With each new contribution, a shared image gradually takes shape, revealing the most widely shared perceptions and feelings, as well as the most influential social norms.



Urs Lüthi
Self-Portrait in Two Pieces. Diptych, 1976
 Kunsthau Zürich, Collection of Photography, 1976
 © 2026, ProLitteris, Zurich



Anna Waser
Self-Portrait at the Age of Twelve, Painting the Portrait of Her Teacher Johannes Sulzer, 1691
 Kunsthau Zürich, Keller Collection, 1854
 © 2026, ProLitteris, Zurich



Gino Severini
Self-Portrait in a Boater Hat, 1913
 Kunsthau Zürich, Johanna and Walter L. Wolf Collection, 1984
 © 2026, ProLitteris, Zurich



Erika Streit
Untitled (Self-Portrait), c. 1927
 Kunsthau Zürich, Donated by Erika Streit-Stiftung, 2017
 © Erika Streit-Stiftung, Kilchberg



Hans Richter
Self-Portrait in Red and Blue, c. 1916
 Kunsthau Zürich, 2010
 © Estate of Hans Richter

Beyond the Visible

What Does My Image Reveal?

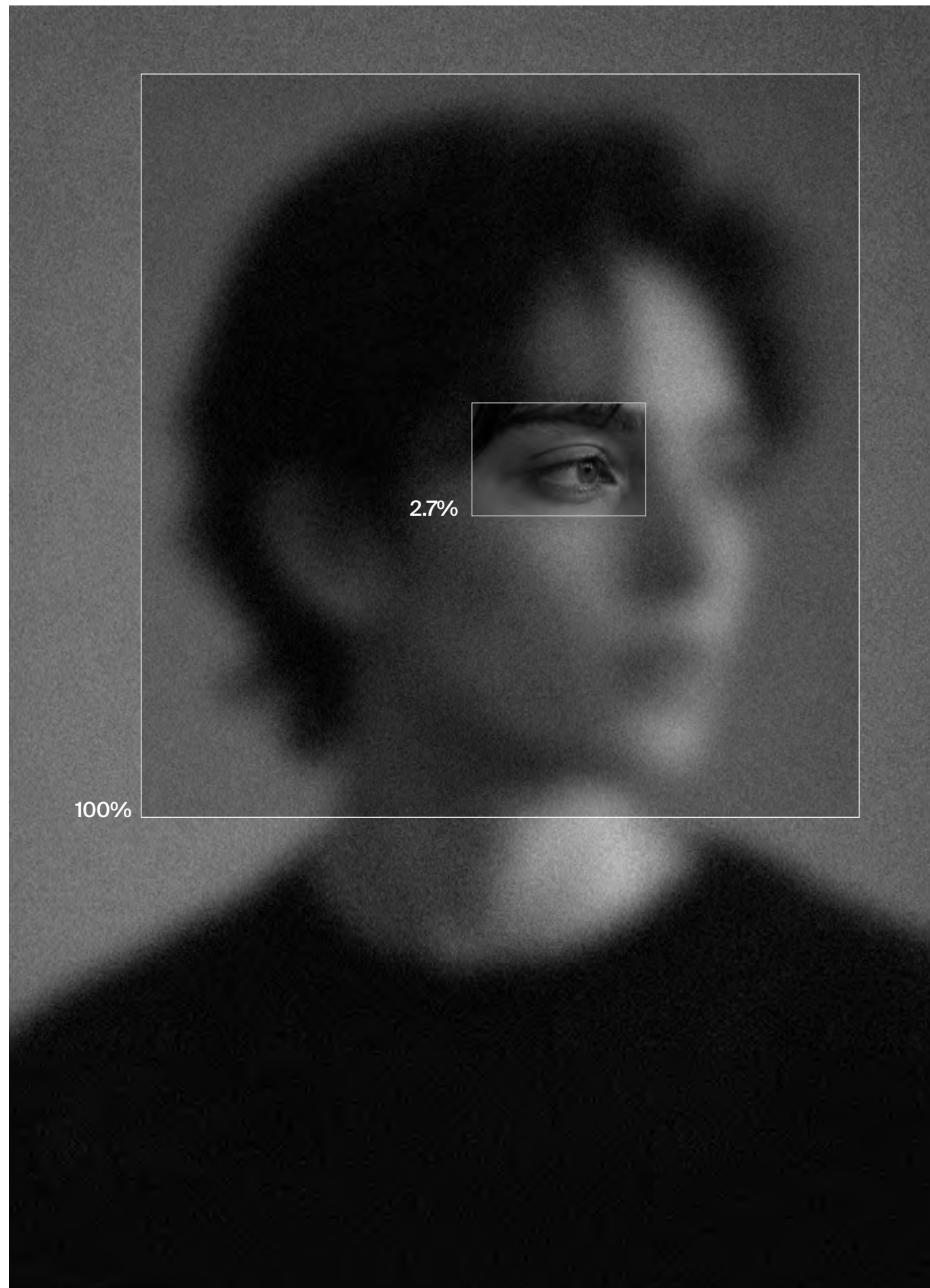
INTERPRETATION

An image is never limited to what it shows. Its meaning is shaped by its context, its history, the gaze of the viewer, and what each of us brings to it.

A selection of artists' self-portraits invites visitors to consider what lies behind each work. What story does it tell? What do the artists choose to reveal about themselves? And what do we really know about the person represented?

Today, selfies, social media posts, and other shared content operate in much the same way. Every self-representation emerges from a particular moment, intention, and form of staging. It may seek to convey authenticity, construct a particular image, create connection, or respond to social expectations.

By observing these works and then encountering their own reflection, visitors are invited to ask: what does my image reveal and what does it leave unseen?



What Remains Mine?

From the Personal to the Public Image

CONSENT

What Remains Mine explores the shift from the personal to the public image. The installation raises questions about consent and how images can circulate, be transformed, reused, or reinterpreted once they leave their creator's control.

The artwork invites visitors to take a self-portrait, select the part of their face that best reflects their identity, and decide whether or not they want to share it. With their consent, the chosen fragment becomes part of a growing collective composition shaped by all participants.

Sharing an image also means accepting that it may take on a life of its own, far beyond the intentions of the person who created it.



Me, Myself & I

Echoes of Self

COMPLEXITY

Me, Myself & I invites visitors to photograph themselves, then fragment, multiply, and recompose their portrait.

The installation highlights the fact that our self-image is constantly evolving: it is shaped and transformed by our experiences, our relationships, the way others see us, and the norms we encounter.

A photograph captures only a single moment and one facet of us: the one we choose to show at a given time. It can never convey the full picture of who we are. Likewise, the images we see of others reveal only part of their reality.

Please note:
This installation remains at Kunsthau
Zürich throughout the exhibition, including
while the container is at Europaplatz.

Exterior Artworks

Egoistic

2026

Sheyda Eshghi
Master of Fine Arts, ZHdK



This artwork explores how digital images reshape our relationship with identity.

We live in a time where self-image is shaped by algorithms, filters, and an endless scroll of other people's faces. The piece shows hyperrealistic faces, each one modelled in 3D and rendered across crumpled plastic sheets that look consumed and discarded. Each face gradually loses its individuality within the growing pile of images. Drawing on techniques associated with 3D modelling, the piece questions the ways identities are constructed, reproduced, and transformed in digital environments.

It leaves us to wonder what becomes of self-image in a world where faces are endlessly produced, circulated, and replicated.

I Don't Think About Who I Am Anymore

2026

Michael Tulio
Master of Fine Arts, ZHdK

**I don't think about who I am anymore.
I just am.**

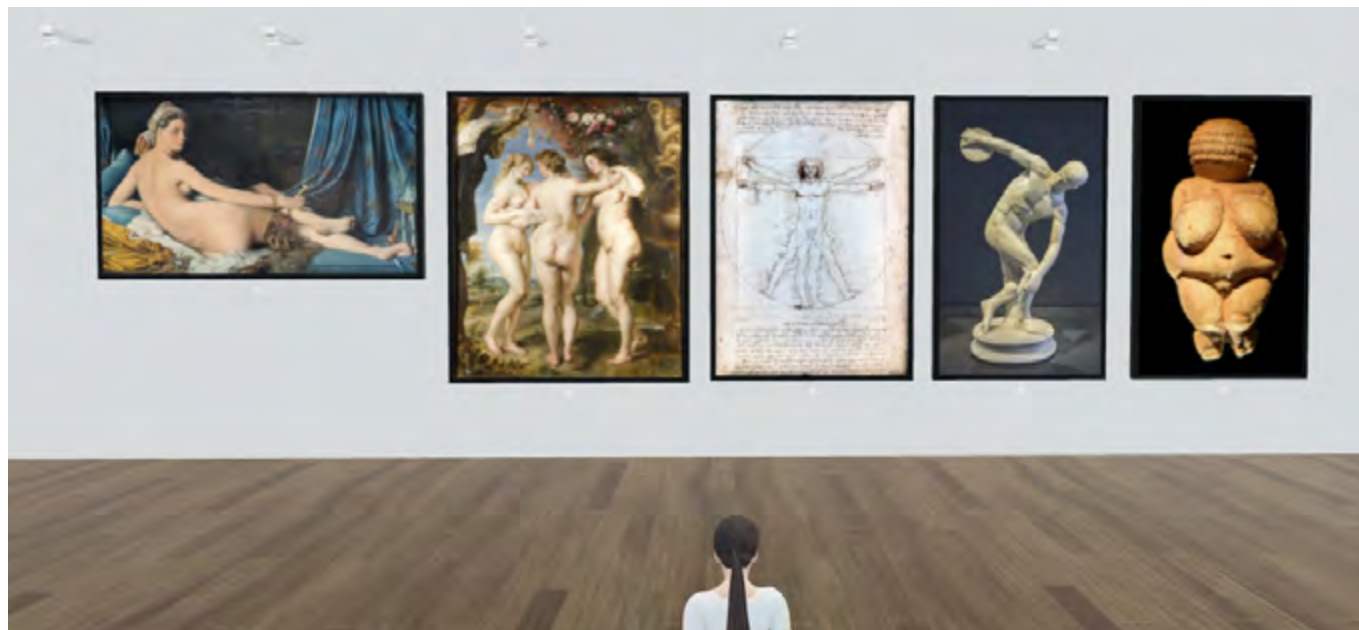
**Today I'm this. Tomorrow I'm that.
Always in motion. Never done.**

"I don't think about who I am anymore" is a large-scale text work that explores questions of identity and self-knowledge. The poem understands identity not as a fixed state, but as an ongoing process: today one thing, tomorrow another.

Free from the pressure of having to define oneself once and for all, space opens up to encounter oneself again and again with compassion, time, curiosity, and joy, to embrace change, and to remain open to what one may become.

Continue the Journey

www.lemuseevirtuel.ch



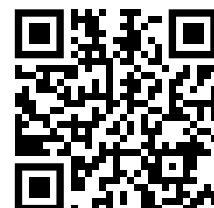
Interested in exploring self-image further?

LeMuseeVirtuel.ch extends the experience of Echo Chamber, offering new ways to approach questions surrounding self-image.

Through interactive activities, podcasts, quizzes, personal stories, and an immersive virtual environment, the platform complements the exhibition with other artworks and perspectives.

Accessible free of charge, it allows visitors to continue engaging with these themes at their own pace, wherever they are.

Visit the virtual museum:
www.lemuseevirtuel.ch



Self-Image in the Digital Age: Opportunities and Risks

Our self-image develops through our experiences, relationships, emotions, the way we see ourselves, and the way we believe others see us. During adolescence and early adulthood, it is constantly evolving and plays an important role in self-confidence, wellbeing, and mental health.

Social media, filters, artificial intelligence, and comparison with others all shape how we view ourselves. They can inspire creativity, self-expression, and connection, but they may also reinforce unrealistic expectations or the feeling of never being “good enough.”

Images rarely tell the whole story. They can be selected, edited, staged, or taken out of context, shaping not only how others see us, but also how we see ourselves. Once

online, they may circulate far beyond their original context, making it difficult to control who can access them or how they are reused.

A critical approach to the content we produce and consume helps us recognise the messages and ideals it conveys. It also reminds us that no single representation can define who we are. Understanding how visual content is created, shared, and interpreted allows us to look beyond appearances.

If concerns about your self-image become a source of distress or begin to affect your wellbeing, talking to someone you trust or seeking professional support can make a real difference.

Looking for help or advice?
www.click4help.ch

Telephone helpline
147

Children Action

www.childrenaction.org

Children Action is a Swiss foundation that develops innovative mental health initiatives, with a particular focus on youth suicide prevention. It launched MALATAVIE in Geneva in 1996 in partnership with Geneva University Hospitals (HUG), followed by LIFE in Zurich in 2022, in partnership with the Psychiatric University Hospital Zurich (PUK).

Since 2026, Children Action has also contributed to the development and rollout of the art.in programme, in collaboration with Kunsthaus Zürich and the PUK, within LIFE.

Kunsthaus Zürich

www.kunsthaus.ch/museum/impact-kunsthaus-zuerich/

Through initiatives and collaborations that connect art with health, education and society, Kunsthaus Zürich creates new ways for people to engage with art, fostering connection, participation and well-being. In this way, art becomes a social force: the

Guided by the belief that art and culture promote well-being and social connection, the Foundation develops awareness campaigns and provides resources and initiatives that foster dialogue around mental health and help identify and address mental health difficulties among young people aged 13 to 25.

Echo Chamber is part of this approach, offering an immersive artistic experience that invites visitors to reflect on the construction of self-image and the challenges of self-representation in the digital age.

museum becomes a place where people come together, discover new perspectives and see themselves in new ways.

LIFE

www.howislife.ch

LIFE, based at the Psychiatric University Hospital of Zurich (PUK), is a programme developed for adolescents and young adults experiencing psychological distress. It offers an innovative, holistic, and person-centred approach tailored to the specific needs of each young person.

Beyond therapeutic care, LIFE supports young people in developing their personal strengths, autonomy, and capacity to shape their own lives. By combining treatment, prevention, and personalised

support, it provides responses adapted to the social and family contexts that influence their daily lives.

As part of its collaboration with art.in, LIFE also incorporates artistic and cultural experiences, offering young people opportunities for self-expression, dialogue, and connection alongside their therapeutic journey.

art.in

www.artin-zurich.ch

art.in is a joint initiative of Kunsthaus Zürich, the Psychiatric University Hospital Zurich (PUK), through LIFE, and the Children Action Foundation.

At the intersection of art, cultural mediation, and youth mental health, it creates connections between artistic engagement, public space, and mental health awareness. It offers adolescents and young adults supported through LIFE opportunities to explore, express themselves, and engage through

cultural experiences, while also reaching a wider audience through participatory projects such as Echo Chamber.

By bringing together young people, artists, healthcare professionals, and the wider public, art.in uses art and culture to foster dialogue, promote young people's wellbeing, and help reduce the stigma surrounding mental health difficulties.

Behind the project

Awareness campaign by

Children Action

In collaboration with

Kunsthaus Zürich

As part of

art.in
LIFE – Psychiatric University Hospital Zurich

With the support of

Zurich University of the Arts – ZHdK

Special thanks to

all the technical teams, cultural mediators, volunteers, partner organisations, and everyone who contributed to bringing Echo Chamber to life.



Fondation pour la Protection de
l'Enfance et l'Action Humanitaire

KUNSTHAUS ZÜRICH



Psychiatriische
Universitätsklinik
Zürich

art.in

KUNSTHAUS ZÜRICH
CHILDREN ACTION
PSYCHIATRISCHE UNIVERSITÄTSKLINIK ZÜRICH

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Concept and graphic design
Scenography
Digital development
Production

Children Action
Mouvement Studio × Matthieu Girel
Mouvement Studio
StandConcept

