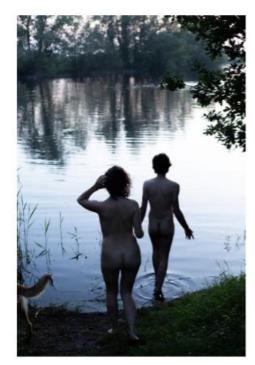
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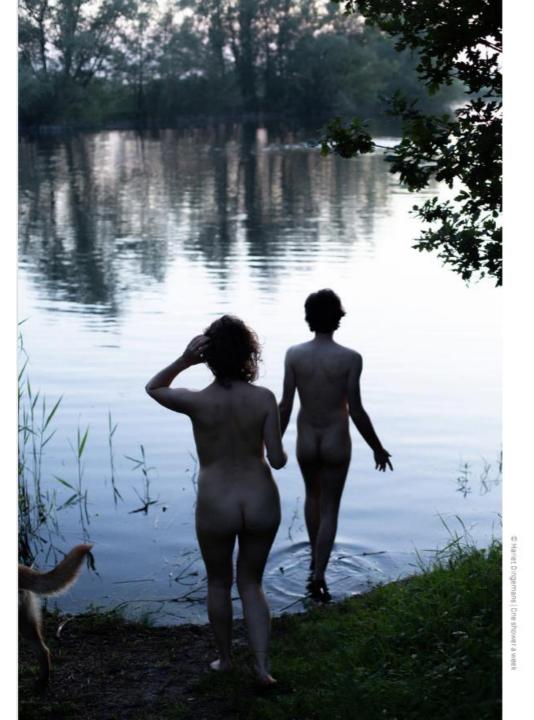
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## One shower a week

## **Mariet Dingemans**

For over five years, Mariet Dingemans has captured the daily life of De Brouwketel, a community where adults, children, and various animals live sustainably. She chronicles this unique way of life, which offers hope amid global challenges. Growing their own food and minimising resource use, they embrace a simple, self-sufficient lifestyle. Her book One Shower a Week delves deeply into this inspiring community and its values.

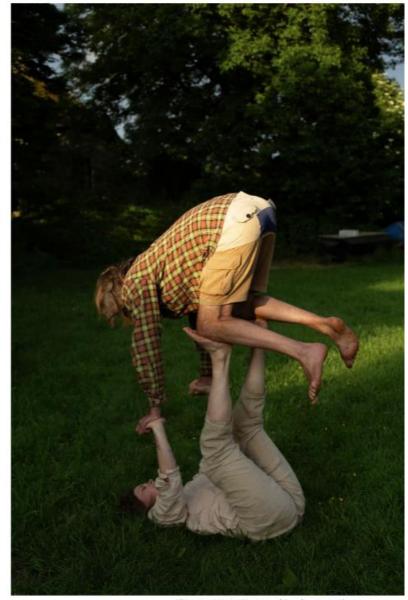
Featured Featured

Just outside the Dutch village of Angeren, nine adults, five children, six sheep, many chickens and a dog live together in one house: intentional community De Brouwketel. The 'Brouwketelaars' live a self-sufficient and sustainable life. They grow their own fruit and vegetables, make yoghurt, and bake their own bread. They also consume as little water, electricity and plastic as possible while heating their house with firewood from the land. I have been photographing the residents of De Brouwketel for more than five years. I visit once every two months and often stay the night.

In April 2024, my book *One shower a week* was published (nominated for the Prix du Livre of Rencontres d'Arles '24, winner of the EI Photobook Award '23). My numerous stays with the community opened up a new world to me. In my diary excerpts, I describe how I become increasingly touched by De Brouwketelaars' sustainable and slow way of living and their unconcernedness with outward appearances and relaxed attitude towards hygiene.

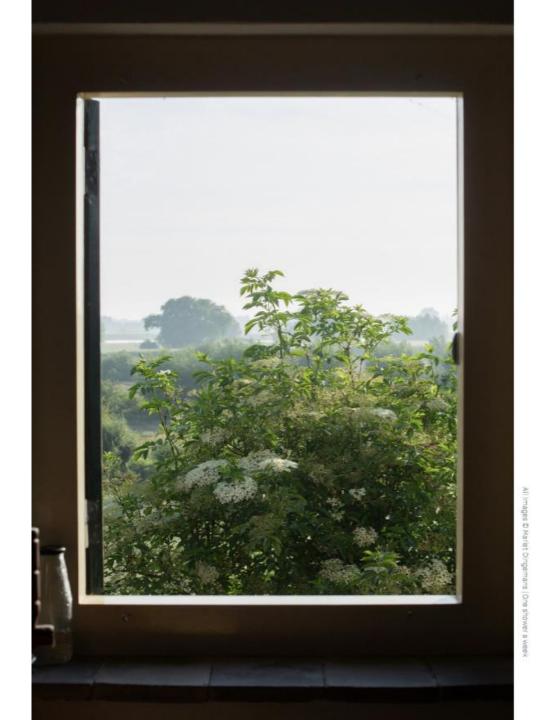
After the book was published, I continued visiting and photographing De Brouwketel. However, something changed. Rather than just being touched by their way of living, I have genuinely fallen in love with this community. My vision has become more personal, and their utopia is now mine. The Brouwketelaars are not extreme; they are wise, strong and beautiful. This little spot on earth has become a ray of hope in an increasingly challenging world with the climate crisis and many conflicts.





All images to Mariet Dingemans | One shower a week

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Documentary photographer Mariet Dingemans (1971) is fascinated by how people form groups and communities. She often follows these social bonds with her camera for extended periods. With the eye of an anthropologist, Dingemans searches for a system and coherence in a group's outward appearance, for codes and rituals that embody the group's identity and, at the same time, divulge the individual's place within it. Mariet Dingemans works on long-term documentary projects and does commissioned work for various clients, like the Dutch newspaper Het Parool.

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