

## Sött och salt

Ett nano-lajv skrivet i Västerås i april 2025

Tid: 30 min

Antal deltagare: 5

Plats: I ett rum, exempelvis i en soffa eller runt ett bord

Syfte: Att normerna bestämmer vad du ska tycka om och vad du ska vilja.

### Setting (2 min)

Hitta på ett namn. Exempelvis Alex

Alex fyller år och ni är hans nära och kära som älskar honom. I den här världen är normen att barn kan äta sötsaker men att vuxna bara äter salta snacks som chips, popcorn, salta pinnar etc. Alex har alltid älskat sötsaker, men nu ska hen bli vuxen och det ska ni fira!

### Roller (3 min)

Ni alla spelar vuxna som är nära och kära till Alex. Fråga vem som vill spela vilken roll:

1. Du lever öppet söt-ätare. Du älskar tårta men du vet att inte alla gör det. Du representerar inte alla söt-ätare men alla verkar alltid tro det.
2. Du är Alexs bästa vän som sätter dina egna behov åt sidan för att Alex ska bli nöjd
3. Du har ätit salta pinnar för att alla andra verkar tycka det är vuxet, men det är inte riktigt din grej. Du kan tänka dig att köpa en god tårta till Alex.
4. Du älskar salt och tolererar dem som gillar sött, men de har fel. Vuxna äter salt. De som inte gillar salt har bara inte smakat rätt än.
5. Du vill fira Alex ordentligt och traditionellt och det gör man med salt. Du vill ha popcorn, chips, salta pinnar, nötter, etc. Det är tradition! Tradition ska följas

### Namnruna (3 min)

Alla hittar på ett namn på sin roll. En i taget får presentera sig och sitt namn.

### Regler (2 min)

- Lajvet börjar med att personen med alarmet räknar ned från 5 till 0.
- Sätt ett alarm på exempelvis telefonen. När tiden är slut måste ni åka och handla inför festen.

### Lajvet (15 min)

Nu samtalar ni alla om vad för fika ni ska köpa till Alex. Skriv upp en lista och försöka komma överens. Fråga gärna den som äter söt-ätare, den kanske kan svara på hur "såna som ni" vill ha det?

När alarmet går: besluta om ett fika och gå ut ur rummet.

### Runda (5 min)

- Hur kändes det att spela din roll? Vad kände den? Vad kände du?

# Sweet and salty

*A nano-larp written in Västerås in April 2025*

Original name: Sött och salt

Time: 30 min

Number of participants: 5

Location: In a room, for example on a sofa or around a table

Purpose: The larp is designed to understand how norms dictate what you should like and what you should want. The larp designers wanted especially to show how asexuals and aromantics can feel when other people tell them that they eventually will want to have sexual and romantic relationships. They are tired of hearing that their identity is just an immature fase.

Props: A phone with a timer.

## Setting (2 min)

Tell the participants to make up a name. For example, Alex. It is Alex's birthday and you are their loved ones who love them. In this world, the norm is that children eat sweets and things like candy and cake is very childish. When you grow up you are expected to stop like birthday cakes, because adults eat salty snacks like crisps, popcorn, pretzels etc.

Alex has always loved sweets, but now they are turning 20 and are becoming an adult. You should celebrate - with some salty snacks!

## Roles (3 min)

You all play adults who are loved ones of Alex. Ask who wants to play which role:

1. Everyone in your family knows you don't like salt. You still eat candy every friday but it's not something you tell people, just your closest family and friends. You think a birthday is best celebrated with a birthday cake but you know that not everyone does. You don't represent all sweet-eaters but everyone always seems to think so.
2. You're Alex's best friend. You love popcorn but you put your own needs aside to make Alex happy. Everyone seems to think about what is correct, what should be in the center is Alex wishes!
3. You always wanted to grow up. Early you started eating pretzels because everyone else seems to think it's grown up, but it's not really your thing. You can imagine buying Alex a nice birthday cake, but you also want them to feel like a grown up.
4. You love salt and tolerate those who like sweet, but they're wrong. Adults eat salt. Those who don't like salt just haven't tasted it yet. There is so much to try! Maybe you can make a salt bufé for Alex?
5. You want to celebrate Alex properly and traditionally and you do that with salt. You want popcorn, chips, salty sticks, nuts, etc. It's tradition! Tradition should be upheld.

## Name Round (3 min)

Everyone makes up a name, a pronoun and an age for their character. Tell the group you can play he, she or they, it does not matter for the story. One at a time, introduce yourself in a round:

1. Name
2. Pronoun
3. Age

### **Rules (2 min)**

1. The larp starts with a person counting down from 5 to 0.
2. The larp ends like this: Set an alarm on your phone. When the time is up, you have 1 minute to wrap up the larp. Your character hears the alarm and need to go shopping for the party.

### **The game (15 min)**

Now you all talk about what kind of snacks to buy for Alex. Make a list and try to agree. Ask the person who eats sweets, maybe they can answer how "people like you" like it?

When the alarm goes off: decide on the shopping list and leave the room.

### **Round (5 min)**

Tell the group that the larp is over. Have a round and let everyone tell:

How did it feel to play your role? What did it feel like? What did you feel?