

HISTORY

UNDRESSED – THE HISTORY OF NUDITY

2 × 45' (ENG, GER)

The history of nudity is always a reflection of the times. How did it all begin?

One hundred fifty years ago, nudism first emerged in Germany. Since then, nudism has spread far beyond Germany's borders. Our tendency to act and dress more permissively and the way society handles naked body parts has also significantly evolved over the centuries, shaping art, media, and politics in the process. The culture of nudity acts as a mirror of our society, revealing how we deal with our bodies, genders and role models, customs and conventions. What are the origins of being collectively naked out in the open? We take you on an entertaining and informative journey into the history of nudity in Europe, observing how global crises and current trends such as body awareness affect today's nudist culture.

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1. The Origins of Nudism

The history of nudity is a mirror of our time. The way nudity is treated tells us a lot about social conventions and norms. The origins of nudism lie in the naturism movement. Then as now, adherents were concerned with more than just being close to nature. Is nudism also political? What influence does it have today on lifestyles and body ideals?

2. The Evolution of Permissiveness

The history of nudity as an instrument of power and resistance goes back a long way. As early as antiquity, the naked body played a significant role in art and science. It is also the vulnerability that can make nudity a powerful weapon to this day. But are we really freer when we are naked? What role do shame and violence play?