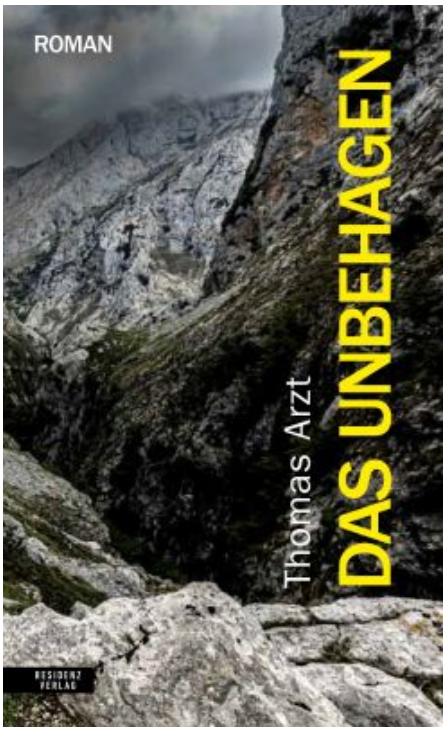

Thomas Arzt

DISCOMFORT

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Discomfort takes us on a journey under the thin skin of civilisation—and into the overwhelming power of the natural world.

Lorenz Urbach, a teacher, is increasingly troubled by a vague discomfort: a political dissatisfaction, a sense of being overwhelmed and world-weary. Suddenly he has an outburst of aggression—he gets into a fight and his life is turned upside down. When reports start to appear of a blood-thirsty animal causing trouble in the Alps, it triggers deep-seated memories in Lorenz. The media is speculating wildly—could it be a wolf? or perhaps a human being?—and Lorenz thinks of his childhood friend Theresa, the perennial outsider, the social dropout, forever primed for violence … He sets off on a solitary hike into the mountains, grappling with the forces of nature, searching both for the 'monster' out in the wilds and for the origins of the violence in himself.

THOMAS ARZT

Born in Schlierbach (Austria) in 1983, lives in Vienna, studied theatre, film and media. Since the staging of his play "Grillenparz" at the Schauspielhaus Wien in 2011, Arzt has counted among Austria's most frequently performed contemporary dramatists. His plays include the popular successes "Alpenvorland" (2013, transl. into Engl. as "Alpine Blues"), "Johnny Breitwieser" (2014) and "Die Österreicherinnen" (2019). His work has featured at festivals in New York, Buenos Aires and Kiev and has been staged in Vienna, Graz, Heidelberg, Berlin and other cities. His short stories have been published in literary magazines and on the blog "Nazis & Goldmund". His debut novel "Die Gegenstimme" (2021) was shortlisted for the Harbourfront Festival's debut prize. "Das Unbehagen" was published in 2025.

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