

RISING: ANYTHING & EVERYTHING

RELAXED

GUIDE

DATES FRI 3 – SUN 12 JUNE
VENUE ACMI, GANDEL LAB
DURATION 60 MINUTES

WARNING
THIS SHOW CONTAINS THEMES OF
DISCRIMINATION & STROBE LIGHTING EFFECTS



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RISING PHILOSOPHY

WHO THE SHOW IS FOR?

A Relaxed Performance is designed to meet the sensory needs of neurodivergent individuals, including autistic people, ADHD people, anxious and depressed people, traumatised people, or any other person with a diagnosed neurodivergence who needs a little bit extra care to ensure a smooth and considered experience at the theatre. However, this is by no means an exclusive event, and Relaxed Performances are suitable for all audiences. If you are someone with a young family, have an intense or emotional demanding job, feel uncomfortable in a more traditional theatre space, or just want to see a show that isn't quite so loud, Relaxed Performances are right for you too.

THE PRACTICAL

Practically speaking, these are the general changes we have made to this showing

- The Relaxed Performance is identical to other shows—all the same words, blocking, music and plot points are going to be performed.
- The lighting and sound have been relaxed, and the house lights, where relevant, will remain at a low level throughout the show.
- You will be given permission to move around the space, and to rock, stim, hum, and engage in other self-calming activities in the theatre space.
- If you become overwhelmed or need to step out, a designated quiet space will be available for you to go to rest in and you can come and go from the theatre as you need. The quiet space will also be available before and after the performance also.
- The doors will remain unlocked through the performance, and in some cases open.
- There will be extra staff on the day assigned to ensure the environment is welcome and safe for your needs.

GETTING TO THE VENUE

All Access Information for ACMI can be found at www.rising.melbourne/venues/acmi-lab

Here is the essential information you need to get to the venue.

PUBLIC TRANSPORT

ACMI is accessible via train, tram and bus.

The museum is located in Fed Square, which is opposite Flinders Street train station, and sits within Melbourne's Free Tram Zone.

If your journey starts or finishes outside the boundaries of the Free Tram Zone, you must touch on your myki at the reader to make sure you have a valid ticket.

BICYCLES

If you plan to cycle to ACMI, you can lock your bike to purpose-built bicycle racks installed around the perimeter of Fed Square, but you'll need to bring your own lock. You can't bring your bike into ACMI itself.

PARKING

Paid parking is available at the Fed Square carpark, located on the Russell Street Extension or via the second entrance off Batman Ave. It's a 2 minute (200m) walk from Fed Square car park to ACMI.

There is also a Wilson Parking at 172/192 Flinders Street, which is directly opposite the Flinders Street entrance.

GETTING TO THE VENUE CONTINUED...

Below is a photographic journey of how you can navigate to the venue, but you can also view our Venue Navigation Video at <https://youtu.be/LcO5rM6zll8>.

When you arrive at Flinders Street Station, you cross the road here



You then head up the slope here



There is a stair that leads up right next to it

GETTING TO THE VENUE CONTINUED...

At the top you will look out for this sign



This is the entrance to AMCI

GETTING AROUND THE VENUE

Below is a photographic journey of how you can navigate around the venue, but you can also view our Venue Navigation Video at <https://youtu.be/LcO5rM6zll8>.

Inside you will find the Box Office right in front of you



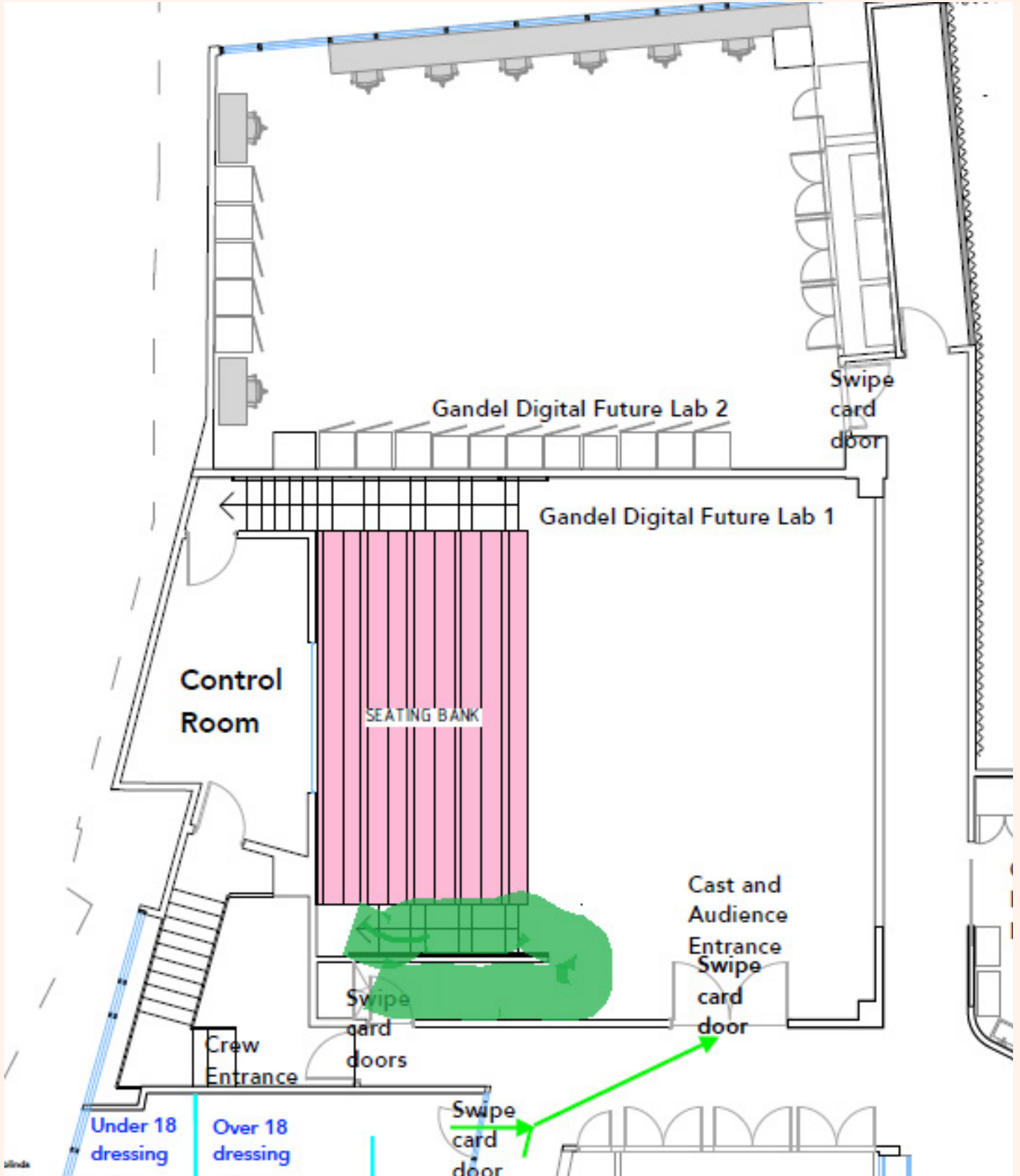
The Gandel Labs is off to the right



The Accessible Toilets can be found behind Box Office, to the right

MAP OF THE THEATRE

This is a map of the space, with the seats and stage labelled, exits highlighted, and spaces where you can pace are marked in Green.



CAST PHOTOS



CONTENT & SENSORY WARNINGS

As an audience member, you will need to make an informed decision about attending the work. We have gathered the following thematic content warnings which will tell you what type of content you will be required to process, without giving away the whole show. If you require more detailed content warnings, please contact the Customer Service team on 03 9662 4242 or at ticketing@rising.melbourne

AUDIENCE INTERACTION

- Mild – cameras will be faced towards the audience, and a performer will sit in the audience, but nothing will be asked of the audience to continue the show

ASSAULT, ABUSE OR HARASSMENT

- Sexual

DISCRIMINATION

- Sexual
- Age
- Ethnic
- Physical

TOPICS OF MENTAL HEALTH AND NEURODIVERSITY

- Asperger's/Autism

LGBTQIA+

- Questioning Sexuality
- Gender Dysphoria

LIGHTING

- Intermittent Strobe Lights (dimmed for show)
- Audience Facing Lights (dimmed)

RISING:

We at RISING are striving to improve our Relaxed Performance work.

Have you seen something you think we could improve on? Send feedback to our Access and Inclusion Coordinator at t.middleditch@rising.melbourne.

We will not be able to respond to all emails, but we will absolutely read them all.