

Content Notes for our relaxed performance of GenZ Don't Cry

About Relaxed Performances

Our format *Relaxed With ...* are relaxed performances that are aimed at anyone who benefits from a more relaxed atmosphere and barrier-free conditions. This document provides you with more information regarding the content of *Relaxed with... GenZ Don't Cry*.

The programme page for *GenZ Don't Cry* with further information can be found here:

<https://www.ruhrtriennale.de/en/programme/genz-dont-cry/180>

Room design:

For anyone who needs a more relaxed seating, the front rows of the stands have been removed and replaced with floor cushions. From row 4 onwards, there is normal seating again. Seating is unreserved, so you can leave your seat during the performance to find another seat or leave the hall. Please note that the performance can only be experienced through headphones, so you will need to remove your headphones and put on the headphones provided at your new seat. If you leave the hall, please place the headphones at the seat.

Furthermore, you are not allowed to take glasses or drinks into the auditorium, and we kindly ask you to leave rucksacks and bags in the free cloakroom.

NOTES ON THE PRODUCTION:

General information:

The performance includes a **live soundscape** that may contain **intense auditory stimuli**. These include very loud noises, such as banging on a pot or shouting, as well as whispering or eating sounds. Please note that the experience can only be enjoyed through headphones. Headphones are available at your seats. You may take off and put on the headphones at any time. If it becomes too much for you, you may leave the hall at any time. There is also a rest container next to the hall that you may visit at any time. If you wish, you are welcome to re-enter the hall. In this case, please take the headphones provided at your seat.

The lights in the auditorium will not be completely darkened so that audience members can still find their way around.

During the performance, **a light mist, known as 'haze'**, will be created. Although this will only be on the stage, very small amounts may drift into the auditorium.

The performance deals with the experiences and visions of the future of Generation Z, those born between 1995 and 2010. It repeatedly addresses topics such as **bullying, discrimination and racism, as well as experiences related to war.**

The production:

- After approx. 16 minutes, one of the performers puts on headphones and a short **strobe light** follows for approx. 3 seconds.
- After approx. 20 minutes, the light from the spotlights moves partially into the audience.
- After approx. 22 minutes, it becomes very dark on stage for a few seconds.
- After approx. 26 minutes, there is a phase lasting a total of 2 minutes in which **techno music alternates with strobe lighting**, followed by a blackout on stage. This change occurs three times.
- After approx. 42 minutes, the choir steps close to the edge of the stage and then calls out directly to the audience for approx. 30 seconds
- After approx. 47 minutes, there is a **very bright light** for approx. 3 seconds, which could be dazzling

If you have any questions, please contact: k.domke@ruhrtriennale.de

We also welcome feedback and further comments after the relaxed performance so that we can continue to tailor our programme to the needs of our audience. You can also send your feedback to the email address above.

Further information about our Relaxed With... series can be found here:

<https://www.ruhrtriennale.de/de/programm/relaxed-with/186>