

CALL:
**Training opportunity on Relaxed Performance
for neurodivergent people**

We are looking for neurodivergent people based in Switzerland who would like to take part in the Relaxed Performance Lab from the 12th to the 20th of October 2024 and afterwards work as consultants for artistic projects and cultural institutions.

What are Relaxed Performances?

Relaxed Performance (for short: RP) is an accessibility framework that aims to welcome people for whom the usual conventions of performance events (such as sitting still for long periods in a confined space, unannounced strong sensory stimuli or interaction) are a barrier and who are often excluded by these rules and expectations. They are aimed in particular at neurodivergent people (e.g. autistic people, people with Tourette's or ADHD) and are significantly co-developed by them.

The Lab

During a 4-day lab, we will explore various aspects of RP through different exchange formats and inputs. The Lab will focus specifically on working with and communicating about sensory stimuli (e.g. light, sound, smells). In addition, we will look at how collaborating with artists and cultural institutions and communicating one's own access requirements can be structured and practised during consultations.

All Lab participants will then carry out their first consultations as part of the Swiss Performance Art Award, which will take place on the 20th of October 2024 at Gessnerallee. They will be accompanied by the Lab team as mentors.

You...

- ... self-identify as neurodivergent/neurodiverse/autistic/... or have lived experience of neurodivergence,
- ... are relying on accessibility frameworks that provide information about sensory stimuli and/or consciously design them,
- ... have an affinity for performance and/or work in a consulting or artistic capacity,
- ... are interested in offering consultations to artists and/or cultural institutions,
- ... work and live primarily in Switzerland.

Neither consulting experience nor an own artistic practice are necessary for the application.

A basic understanding of artistic production processes is helpful, but not required. Please note, however, that this format is aimed at people who will subsequently (also) work as consultants and not at people who only want to expand their own artistic practice.

We welcome applications from people with different positions and perspectives (e.g. BIPoC, disabled/chronically ill, queer, ...). The Lab team consists of three neurodivergent people with various intersectional perspectives (you can find more info about the team below).

Where?

Theaterhaus Gessnerallee, Gessnerallee 8, 8001 Zürich

When?

- Introductory meeting via Zoom in September
- 12th and 13th of October: Training Relaxed Performance, part 1
- 14th of October: rest day
- 15th and 16th of October: Training Relaxed Performance, part 2
- 17th to 19th of October: rehearsals/consultations Swiss Performance Art Award
- 20th of October: Swiss Performance Art Award 2024
- Follow-up meeting via Zoom in November

Accessibility

- All spaces used for the Lab are step-free accessible. There is an accessible toilet.
- The Lab takes places in German and/or English spoken language (as needed). Partial communication in German or English written language is possible.
- The Lab is taking places as a relaxed event. We will have several options for sitting and lying down as well as a chill-out space. Stimming, movements and tics are warmly welcome.

You are welcome to let us know your individual access requirements so that we can take them into account as much as possible when planning the Lab.

Conditions

- Participation in the training is free of charge for all participants.
- The consultations in the context of the Swiss Performance Art Award 2024, which are part of the training, will be compensated with a fee between 750 CHF and 1'000 CHF per person (depending on the parameters of the consultation).
- Travel and accommodation costs can be covered for participants who are not based in Zurich.
- Participation in all training days as well as the introductory and follow-up meetings is mandatory. Exceptions due to individual access requirements are possible after consultation with curators of the Lab.

Team

The Lab will be designed, organised and facilitated by three neurodivergent people with experience in the field of Relaxed Performance:

Lea Gockel

(Inclusive Practice Manager at Künstler*innenhaus Mousonturm; *white*, queer, disabled and chronically ill)

Noa Winter

(Dramaturg at Gessnerallee; *white*, queer, disabled and chronically ill)

Ramona Unterberg

(Agent for Diversity at Gessnerallee; Woman of Colour)

Application

You can apply in written form (max. 1 DIN-A4 page of text) or with a short video or audio message (max. 4 minutes). Please send us your application **by the 9th of June 2024** to Noa Winter: winter@gessnerallee.ch

The application should include:

- Short introduction:
Who are you?
Why do you want to participate in the training and work as a consultant?
- Do you have already some experiences in the field of Relaxed Performance (as an audience member, an artist or a consultant)?
- Do you have any access requirements we should take into consideration while planning the Lab?

Contact

For any questions about the Lab, please don't hesitate to contact Noa Winter (winter@gessnerallee.ch) via email. Communicating via phone or voice message is also possible, please ask Noa for their number. Possible languages are German and English (both spoken and written).

The Relaxed Performance Lab is organised and implemented by Gessnerallee Zürich, supported by the Swiss Performance Art Award/Fachstelle Kultur Kanton Zürich.