

## Access notes for

With this body I remember, with this body I rewild

### WHAT TO EXPECT:

**This is a slow work.** We will move together at whatever pace is possible for the group; **no one will be left behind** for being too slow, we will embrace slowness.

It involves **moving through forested space** (including walking, or other ways of traversing space) as well as **abstract movement** (following gestures or actions). This is done to your own comfort level, and as a group. You will not be put on the spot to do action alone.

This work involves **listening**—not necessarily with your ears, but with **all of the parts of your body and sensory system that listen**. This work involves taking time with country—with the land, trees, birds, insects, rocks, wind, stories and ancestors.

We encourage that all encounter this ritual in the ways your body allows. This may be a different experience for each person.

The following pages will provide further access information.

### PLEASE CONTACT US TO SUIT YOUR INDIVIDUAL REQUIREMENTS:

If you wish to attend the live event, please let us know if you have access requirements, no matter how unique— we would really love to make any adjustments to best invite your full experience of the work.

Please email [alli@antifestival.com](mailto:alli@antifestival.com) in Finnish or English, or phone +358 44 726 0056

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For your information on whether this work suits you:

### LOCATION:

This is an **outdoor work** in **forested area**. The event will take place at **sunset and twilight** with **low light levels**. Appropriate **footwear and clothing** for your own comfort and safety needs is advised.

### FACILITIES:

There are **NO toilet facilities** on site.

### MOBILITY:

This site is **NOT fully wheelchair accessible** through all pathways of the forest. There are **NO wheelchair-accessible toilet facilities** on site.

There are **multiple pathways** through the site, however the main path of the site is **narrow, rough terrain**, and is **NOT accessible for many wheelchair types and wheeled walkers**. Please contact our team if your access requirements are not met by this terrain, and we can advise on **alternate accessible options for experiencing the work**.

This is an experience which contains **long periods of walking and standing**. If you are **unable to walk or stand for long periods**, please contact our team, and we can provide **alternate accessible options for experiencing the work**.

### MASKING:

**Please do not attend this event if you are experiencing symptoms of covid or other transmissible respiratory illness**, as performers will not be masked.

Masking will not be mandatory for public in this outdoor space, **however if you wish to mask** when in proximity to others, it is **welcomed**, and **we thank you for your consideration of safety** within this ongoing pandemic.

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### ALLERGENS AND OTHER BEINGS:

**We will be sharing this space with many other beings.** We advise bringing gentleness and care to how your body and these nature-collaborators interact.

This work contains skin contact with **allergens: organic coconut oil**. Audience with airborne or skin-contact allergies to this allergen, please take caution. Please contact us if you require further information on the use of this allergen.

**Wood and other plant matter** will be **burnt in open fire**, and some **smoke** from this will be present. If you have airborne sensitivity to the burning of specific plants, please advise our team, and we will see if this specific item/s **can be omitted** for the date of your visit.

Be aware, **many insects may call this forest their home**. Appropriate footwear and clothing to best protect from potential encounter with **mosquitoes** or **ticks** is advised.

**A beehive** has been noted in the area. If you have allergies to bee sting, please take precaution. We will not be traversing close to this area.

We suggest **participants with known anaphylaxis** to any of these allergens please **bring their own auto injector devices** (epipens or equivalent).

If you have any **airborne or skin-contact allergies or sensitivities**, please feel **free to contact our team**, and we will do our utmost to **adjust the work accordingly** where possible.

For the **health and safety of performers, participants and nature**, we encourage **avoidance of artificially fragranced products** when attending this event.

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### SENSORY:

**All sensory ways of experiencing this work are welcome**, including **heightened sensory** experience and **sensory impairment**. Though there will be various invitations imparted through multiple spoken languages (aural invitations) and through gestural and movement cues (visual invitations), these are supplementary to the main form of sensing/receiving invitation, which is by **tuning into the nature around you**, to receive its own language, **through your own individual configuration of senses**, and also through sensing the group of participants around you, like one larger being.

The majority of performed audio and visual elements are amplifications and physical translations of the natural elements of the site, and of the presence of the artists. Even if all these amplifications are not accessible for your sensory system, **however you naturally experience the site is a valid experience** of the work.

**However, the following may be of use, to help navigate how you wish to engage with the work.**

### SENSORY PROCESSING:

Though there are **layered audio elements**, and **occasional audio instruction**, within this work, if you prefer to use **ear-defenders** or otherwise **block out sound**, this is welcome.

Though you may be guided to "**look at**" or "**notice**" certain elements around you, **this does not have to be done using your eyes**, and if you prefer to **close your eyes** at moments for your own sensory experience, this is welcome.

Though there is **guided physical action** within this work, if you prefer to freely **stim** or find your **own physical movement response** which better suits your **sensory experience**, this is very welcome. One of the artists, Hanna (Synaesthete, Autistic), will be free stimulating through most of the work, also.

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### VISION:

The **terrain is uneven**. If B/blind/ish and sight impaired participants are confident traversing this terrain, or wish to have an accompanying guide with them to assist navigation, **the work is still able to be experienced**.

### SIGN INTERPRETATION:

There is **NO sign interpretation** for the live event.

### TRANSCRIPTS:

**PDF transcripts of spoken text** and **audio elements** within the work will be **available to be downloaded** from the ANTI website on the day of performance.

There is significant audio within the work, however it is a work that can still be experienced live without using ears to listen.

### LANGUAGE:

Parts of the work will be in multiple languages, including **lea faka-Tonga** (Tongan), **Davvisámegiella** (Northern Sámi), **English** and **Suomi** (Finnish). It is not necessary to understand all (or any) text spoken to experience the work during the ritual.

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