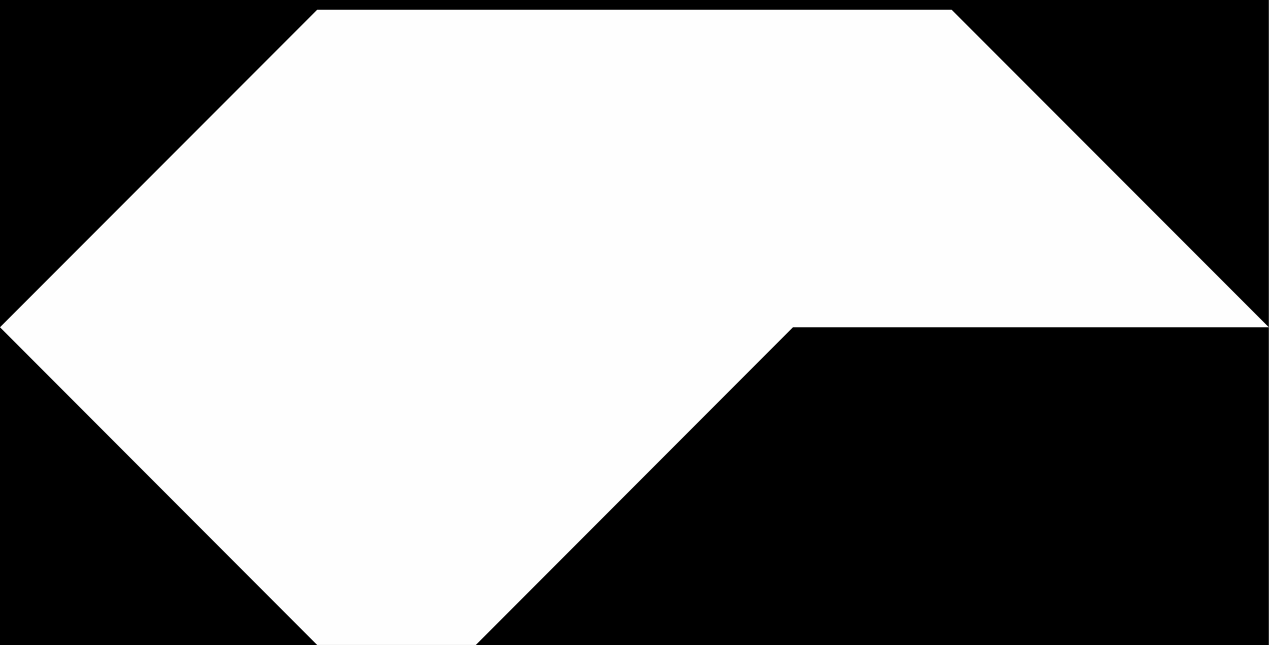
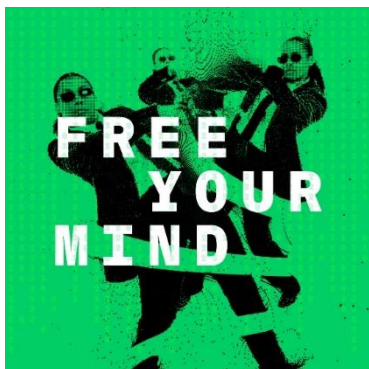


factory  
international

**WHAT TO EXPECT  
FREE YOUR MIND**





## What is the event?

*Free Your Mind* is a live show based on the 1999 film *The Matrix*. The show is mainly dance-based, with hip-hop choreography. There will be some recordings of speeches played, and lots of music which has been composed especially for *Free Your Mind*.

## When is the event?

*Free Your Mind* is on at Aviva Studios in Manchester from **13<sup>th</sup> October 2023** until **5<sup>th</sup> November 2023**.

## How long is it?

If you are coming to an evening performance, the show starts at **7.30pm** (Tuesday to Saturday)

If you are coming to an afternoon performance, the show starts at **2.30pm**

There will be pre-show performances happening outside the building and in the Social from about **one hour** before the show begins.

The show itself lasts for approximately 90 minutes

There is an interval after about 45 minutes.

The interval will last for **30 minutes**.



## Arriving at Aviva Studios

This is what Aviva Studios looks like.

You can come into the building through the City doors, or the River doors.

Whichever entrance you use, you will arrive into the same place – the **Social**.



## In the Social at *Free Your Mind*

The Social can be a busy, noisy place – especially just before a show.

At *Free Your Mind*, there will be some people performing outside the building and in the Social before the show begins.

There will be announcements telling the audience what to do, and music playing.

There will be some machinery being used by performers in the archway opposite the City entrance.

The digital screens in the Social will be playing some fast-moving images.

It's okay to arrive early for your show to get used to the Social space before it gets too busy. The Social is open from **10am**.

There are ear defenders and earplugs available to borrow – ask a Host for these.



## People who can help

If you need some help when you arrive, you can go to the bright orange information point that is close to the City entrance.

Here, you will find people from our Ticketing team who can help if you need a ticket for an event. They can also answer any other questions you might have about *Free Your Mind*.



Our Hosts can also help you if you need anything during your visit.

They wear black t-shirts with white writing on them, like this.

There will be Hosts all around the Social when you come in, and in the performance spaces when you go into the show.

## This is what your ticket will look like



It will show the time and date of your show.

It will show your seat number.

Your ticket will be scanned when you are ready to go into the performance, at the entrance door to the Hall.





When your ticket has been scanned, you'll be given a red or blue wristband like this. Depending which show you come to, the band will be red/blue with black writing or white with red/blue writing.

If you'll need to sit down in Act 2, you can also get an access wristband so you can use the access seating in the Warehouse.

If you can't wear a wristband you'll be able to fasten it onto your clothes.



## About *Free Your Mind*

This show is about a world where humans are enslaved by algorithms – it explores how our lives are being affected by things like social media and artificial intelligence.

Some of the performers will appear to be trapped at times, and they will fight one another (in a dance, not a real fight).

There will be moments that feel quite threatening, and also moments of release and fun.

## Audience behaviour

The people watching the show with you will behave in different ways as they will think and feel different things about the show. Parts might make them happy or laugh. Parts might surprise them. Parts might make them sad.

The energy and volume of the show will rise and fall. Some parts will get louder and faster, then other parts might be slow and quiet.

People may clap and cheer at certain points. You can join in with this, but you don't have to.





## What to expect in Act One

You'll watch Act One (the first section of the show) in the Hall. This is what the stage in the Hall looks like.

In Act One, most of the performers will be on the stage, but there will be performers in the audience at some points – they might be close to you, but they won't talk to you or ask you to do anything.

There will be an aerial performer swinging above the stage in the last 15 minutes or so of Act One.

The last 15 minutes or so of Act One uses flares and smoke machines. There will also be a bright light, made up of many small circular lights, shining on the audience at this point.

At the end of the Act, confetti will fall on the audience (except at the relaxed performances).

If you need to step outside, there will be Hosts at all the exits to help you.



## During the interval

Usually, the interval is a complete break from the show.

At *Free Your Mind*, when you come back out into the Social, there will be performers that you can watch – but it's also fine to step outside and take a breather instead!

There will be coloured lighting and music playing in the Social and the Hall Foyer bars, as well as screens showing different installations with fast-moving images during the interval.

At the end of the interval, performers and tannoy announcements will lead the audience back into the show.





## What to expect in Act Two

Act Two takes place in a different space – the Warehouse.

This is what the space looks like. It is very different from the Hall.

In Act Two, the audience will be standing and sitting around a long stage, in a big white space. It is okay to move around if you need to.

At some points, performers will move through the audience, and interact with people – but you don't have to join in if you don't want to.

## Advice about content

As part of the story, the dancers will depict death, killing and using guns through their movements – but there will not be any real guns.

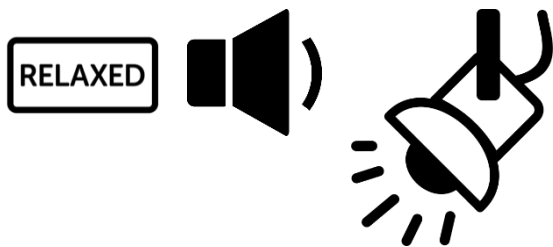
There is loud music, loud sound effects, flashing and bright lights used throughout the show.

In Act One, there are smoke flares, smoke machines and spark flares used, and the Hall will be smoky by the end of the Act.

In Act Two, there are lasers used – but these are not directed at the audience.

Also in Act Two, there are bright flashing lights throughout, and fast-moving, bright images on the large screen above the stage.

**The story will stay the same for the Relaxed shows, but the lighting, sound, video and special effects will be adjusted – see below for details.**



## Housekeeping information

### If you are coming to the **Relaxed performance:**

- the volume of the show will be turned down
- the bright lighting will be turned down (we have removed strobes and other fast/flashing lights)
- we won't use any smoke flares.
- We have removed some fast-moving and glitching video content from Act Two.
- in Act One, the lights will stay on in the seating area
- in Act Two, the lighting levels have been changed to make sure the audience can see in the Warehouse
- you will be welcome to move, wriggle or make noise if you need to.
- you can leave the performance space and come back at the Relaxed shows.
- There will be space to take a break outside the space, or you can return to the Social if you would like.

If you have any access needs, you can choose to sit in the access seating area of the Warehouse for Act Two at any performance – ask for an access wristband when you get your ticket scanned.

The access seating area has a mix of bench seats without arms and backs and chairs with arms and backs.

The Social and the Hall Foyer bars have a mix of seating, including chairs with



arms and backs.

There is lift and escalator access to the Hall (the escalator will be going up before the show, and down when you're leaving the Hall).

There is lift access to the Warehouse.



## Toilets



There are toilets, including accessible toilets, in the brick arches of the Social through the big silver doors.

Our Changing Place is also located here, at the back of the middle arch.

These toilets are gender neutral so you can use whichever arch you want.

The accessible cubicles are in the same room as the standard cubicles. They have washbasins inside. The other handwashing facilities are shared by everyone.

There are single-sex toilets in the Hall Foyers upstairs, with separate single-room accessible toilets.





## Food and drink

If you would like some food or drink there is a bar in the Social that also serves food, and bars in each of the Hall Foyers for drinks.

There are menus you can take from the Bar to look at if you'd like to decide before you queue up.

All our bars have lowered accessible service points.

## Need some more information?

If you would like to know more about what will be happening before the show or in the show, we can always give you more details.

Email our Access team on:

[access@factoryinternational.org](mailto:access@factoryinternational.org)

Or give us a call on:

0161 817 4531 (Monday to Friday, 10am-5pm)