

Accessibility information and content notes

‘WORK LIFE BALLET’

NORA WYSS & MIRIAM SEIFERT

Duration

60 minutes, no intermission

Language(s)

- Spoken language in German, Swiss German and English
- Some loud speaking, shouting or swearing

Content notes

- The piece deals with topics such as exhaustion, work and loss of control.
- It contains many improvised elements and unexpected transitions.
- At the beginning, a performer takes off her trousers (partial nudity/visible underwear).
- One performer initially wears a tight-fitting ‘superheroine’ costume and later a tight swimsuit with a tutu. The swimsuit features an image of a naked, muscular upper body.
- In several scenes, there are loud arguments between the performers. This involves shouting, swearing and strong gestures.
- In one scene, slow speech and uncontrolled hand movements are depicted.

Video / Projection

- There are video projections at the beginning and end (stage plan and sunset).

Light

- No direct light on the audience
- Spotlights on the stage, sometimes creating strong shadows
- There are sometimes rapid changes in lighting
- Flashing lights: a small toy vehicle (lorry) with flashing headlights is used in the performance

Sound

- Frequent and rapid changes in music and sounds
- Loud, pop music with strong bass
- Electronic beats and recurring knocking sounds
- High-pitched whistling and beeping sounds that may be perceived as unpleasant
- Longer periods of loud, muffled noise (similar to wind or an old television between two channels)
- Several loud noise moments lasting up to approx. 3 minutes
- Other noises are created by the following things:
 - o Grinding, shaking and knocking of clothes racks
 - o Rustling packing paper
 - o Loud stomping by the performers

Other sensory stimuli

- There are small building blocks made of hard foam on the stage
- After approx. 25-30 minutes: more building blocks fall from the ceiling on the left side of the stage. This happens without any acoustic warning. They can roll as far as the front row.

Audience and interaction

- The performers maintain intense eye contact with the audience at times
- The audience is addressed directly (sometimes with a raised voice)
- When a performer positions herself close to the audience and shouts loudly, no ball is thrown.
- Approx. min. 12–18: Question to the audience: ‘Which animal would you be?’, then the foam ball is thrown. The expectation is that someone from the audience will catch it and answer. This person can also hand the ball to someone else.
- Shortly afterwards: Specific questions are asked of individuals who do not have a driving licence. One of these individuals is asked to operate the remote control for the toy truck. It is possible to refuse the offer.
- Interaction is an integral part of the play.
- The staff can recommend seats where you do not have to interact.

Nele Gittermann will be present at the Access Info Point on Sunday, 1 February 2026. She knows the performance well and can help with any questions or uncertainties.