



WHEN THE WORLD IS LOUD

AN AUDIO THEATRE EXPERIENCE
TO HELP YOU DROWN OUT THE
NOISE OF THE MODERN WORLD

HOW TO GUIDE

This document has everything you need to know to get you started on your audio theatre experience.



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SUPPORTED BY:



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GETTING STARTED



TO TAKE PART, YOU WILL NEED:

- A device to listen on – e.g. a phone or a computer (make sure it's charged)
- Headphones (make sure they are plugged in / connected properly and working OK)

Note: If you're listening indoors, you don't need headphones, but we'd recommend using them if you have some available.

WHERE TO FIND THE AUDIO EXPERIENCE:

There are a few different ways you can access When the World is Loud.

If you have a premium subscription for Spotify or Apple Podcasts, this is a really easy way to listen. Just search for "When the World is Loud" and listen directly from the app.

If you don't have a premium subscription, we recommend the following options:

1. On the Podbean app, which you can download from the app store on your phone
2. Through our website by visiting www.mortalfools.org.uk/when-the-world-is-loud

If you'd prefer, you can still listen on Spotify or Apple without a premium subscription, but this means your experience will be interrupted at times by adverts.

If you're listening on a phone and you don't want to use up your mobile data, you can download the tracks in advance over WiFi.



KEEPING SAFE

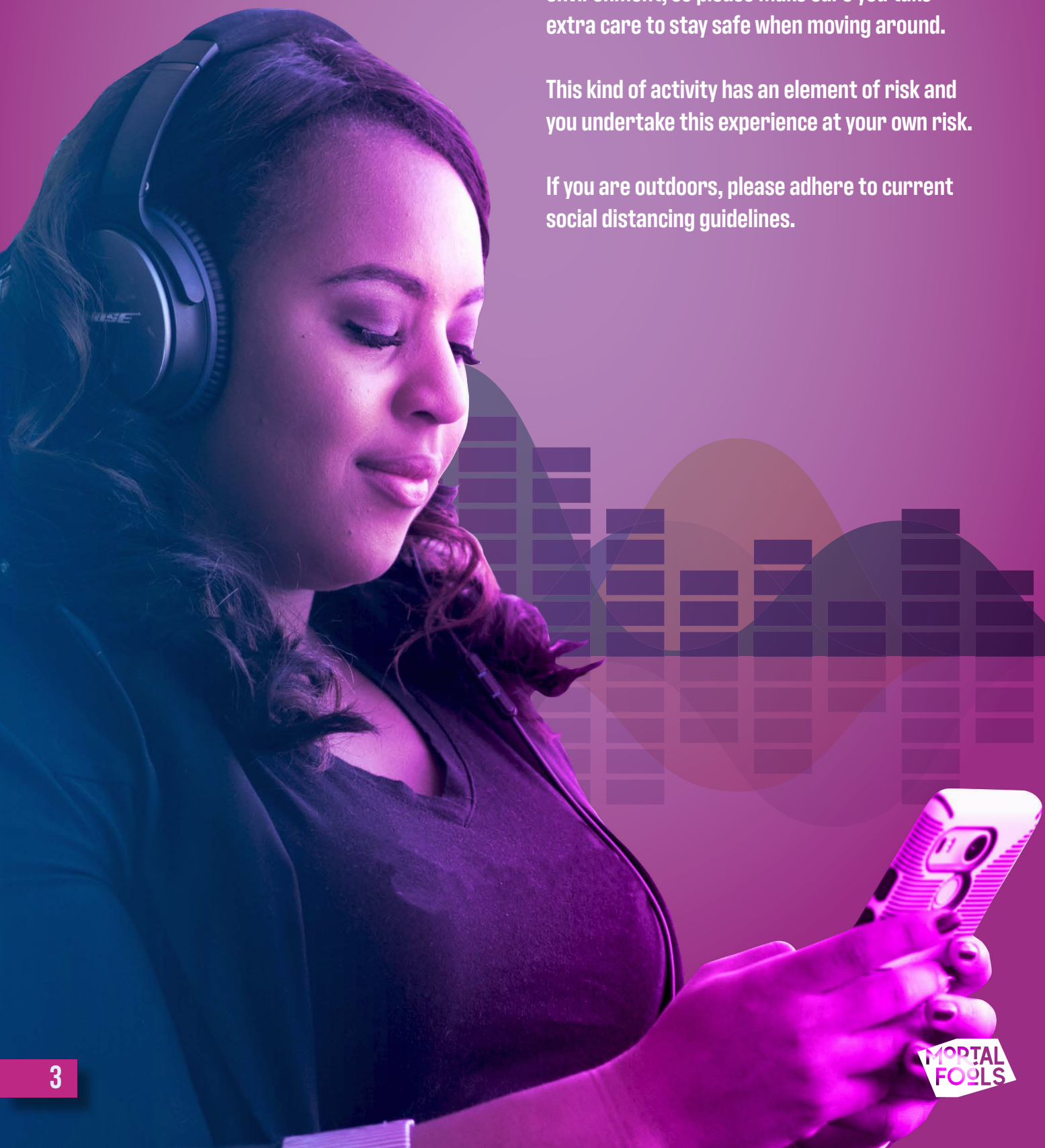
Remember to take appropriate safety precautions when moving around.

Stay alert to potential hazards such as steps, obstructions, roads, traffic, people and animals.

Please be aware that while you are listening to this audio theatre experience, you may not be able to hear other sounds and hazards in your environment, so please make sure you take extra care to stay safe when moving around.

This kind of activity has an element of risk and you undertake this experience at your own risk.

If you are outdoors, please adhere to current social distancing guidelines.



HOW IT WORKS

WHERE TO LISTEN...

Before starting the experience, you need to decide where to listen.

You can listen to in the following places:

- **Outside of the home in your local neighbourhood**
This could be somewhere you can move to without needing a car or public transport, like a local park.
- **Outside of the home in a place you are familiar with, but which you have to travel to**
If you've chosen to travel outside of your local neighbourhood, get yourself there first, and then start the first track once you've arrived. We'd recommend listening to the first track in your car, before you get out and start exploring!
- **Inside your home**
You don't need to leave the house, but you might move around the home while you're listening.

HOW LONG YOU'LL BE LISTENING...

This experience will last a minimum of approximately 60 minutes.

It will last at least this long plus the additional time you take to move around your chosen spots.

WHAT TO EXPECT...

This experience is broken up into 6 different tracks.

The narrators will tell you when to **press play**, when to press pause, and when to **move on to the next track**.

The narrators will give you instructions to move to **different spots** within your listening location.

When you reach each spot, we recommend you find somewhere to sit, perch or stand comfortably, because you'll be listening for a little while.

The narrators will also give you some things to think about when you're in between your different spots.

This experience is designed to support your wellbeing, but if at any point you need a break, just press pause or stop and resume when you're ready or at another time.

If you get stuck, don't worry, you can always return to the previous track and listen again.

WHERE YOU'LL GO...

The spots you'll be asked to move to are:

1. A spot you find **peaceful or relaxing**
2. A spot that reminds you of **being around people**
3. A spot where you have a wide view, either outside or through a window.

YOUR EXPERIENCE

This audio theatre experience is designed to support your wellbeing. Our hope is that by the end, you'll feel calmer, more relaxed, and hopeful for the future.

For the best listening experience, we recommend dedicating some time to solely listening and engaging with the experience. Avoid sticking it on whilst doing jobs around the house, running errands, or checking your emails.

When the world is loud, it's important to take a break and focus on doing something simply for your own enjoyment. This will help you feel more relaxed and enhance your experience.

EXTRA INFORMATION LISTENING AS A GROUP:

Everyone will need a device to listen on and a set of headphones.

When you are given an instruction to travel to a spot that you choose, you can either:

- a) Agree in advance where you are going to go (see page 4 for information about the different spots you'll need to choose)
- b) Pause the track and agree together where to go. Have a discussion, make a choice, and then press play again.

If you are listening with younger children, they might need help with pressing pause / play. Don't worry about this – just take your time. Even if you all press play at slightly different times, it doesn't matter - you will still be listening to the same story.

NOW YOU'RE READY

Hopefully, you're now feeling ready to start your audio theatre experience.

Soon, you'll hear lots of stories, characters, and adventures, all from your very own imagination. We hope you enjoy!

Before you listen, make sure that:

1. The device you are using is charged
2. Your headphones – if you're using them - are plugged in or connected properly, and both sides are working OK
3. If you are going to experience this outside of the home, you should be ready to go now with shoes on and anything else you need
4. If you are going to travel to somewhere outside of your local neighbourhood, get yourself there first, and start the first track once you've arrived.

FREE TO LISTEN – DONATIONS WELCOME

- WWW.MORTALFOOLS.ORG.UK/WHEN-THE-WORLD-IS-LOUD
- @MORTALFOOLSUK

AND FINALLY, DON'T FORGET TO SHARE YOUR
EXPERIENCE WITH US ON SOCIAL MEDIA,
USING THE HASHTAG #WTWIL