



WHEN THE WORLD IS LOUD

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

#WTWIL

SIMPLE HOW TO GUIDE

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. 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.

1. Listen on headphones on your phone or computer via Spotify, Apple, Podbean or our website
2. Listen either:
 - Outdoors in your local neighbourhood (press play before you leave the house)
 - At home
 - Somewhere away from your local neighbourhood (be sure to get yourself there first before you press play!)
3. Take appropriate safety precautions when moving around - you may not be able to hear other sounds and hazards in your environment while you are listening
4. You will hear instructions to play different tracks and move to different spots in your location
5. It will last at least 60 minutes, plus the time it takes for you to move around
6. To listen as a pair or a group, start in the same location and pause the tracks when instructed to decide where to go next.



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FREE TO LISTEN — DONATIONS WELCOME

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

IF YOU WANT TO READ MORE DETAILED INSTRUCTIONS, HEAD TO OUR WEBSITE TO DOWNLOAD TO FULL HOW-TO BOOKLET