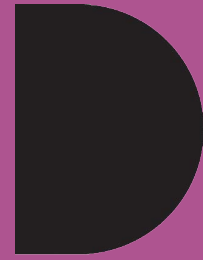




**The Ark**



Dublin  
Dance  
Festival

**Relaxed Pack**  
created by Sara Gannon



# Cometa

Roser López Espinosa & Vorpommern tanzt an  
(Spain/Germany)

DANCE

6+

AGES

# Welcome

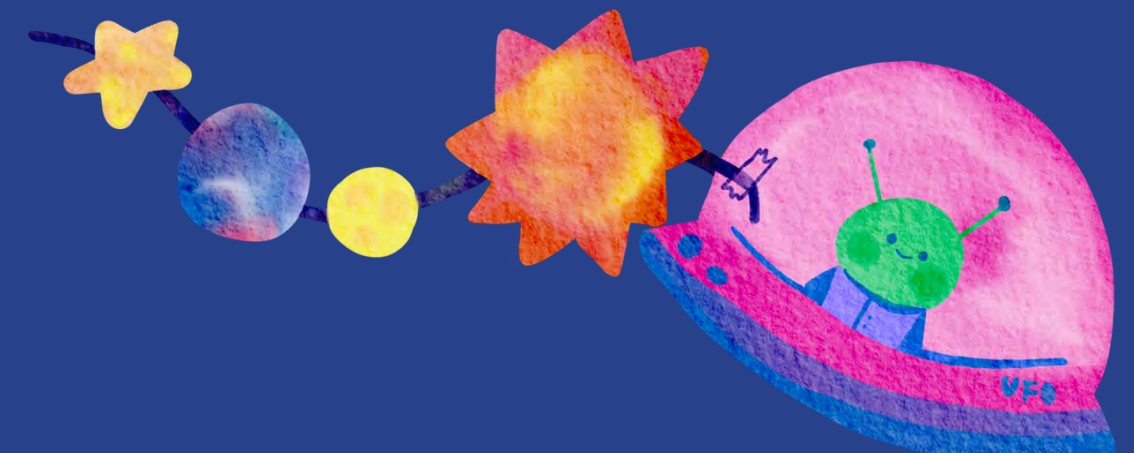
The Ark is so excited to welcome you for the relaxed performance of Cometa!

A relaxed performance is just how it sounds: it is a more chilled out way to experience the show. The lights in the theatre will be a little brighter, the sound will be a little lower, and you will be able to come in and out of the theatre as you need.

We have put together some information that you might find useful during your visit to The Ark. You will see and experience many new and interesting things while you are here. We have put together some pictures to help you understand where you are going and what you will see, as well as a brief synopsis of the play so you know what to expect during the performance.

If you have any questions that are not answered by this pack, please feel free to contact our friendly Box Office team at [boxoffice@ark.ie](mailto:boxoffice@ark.ie).

We hope you enjoy Cometa!

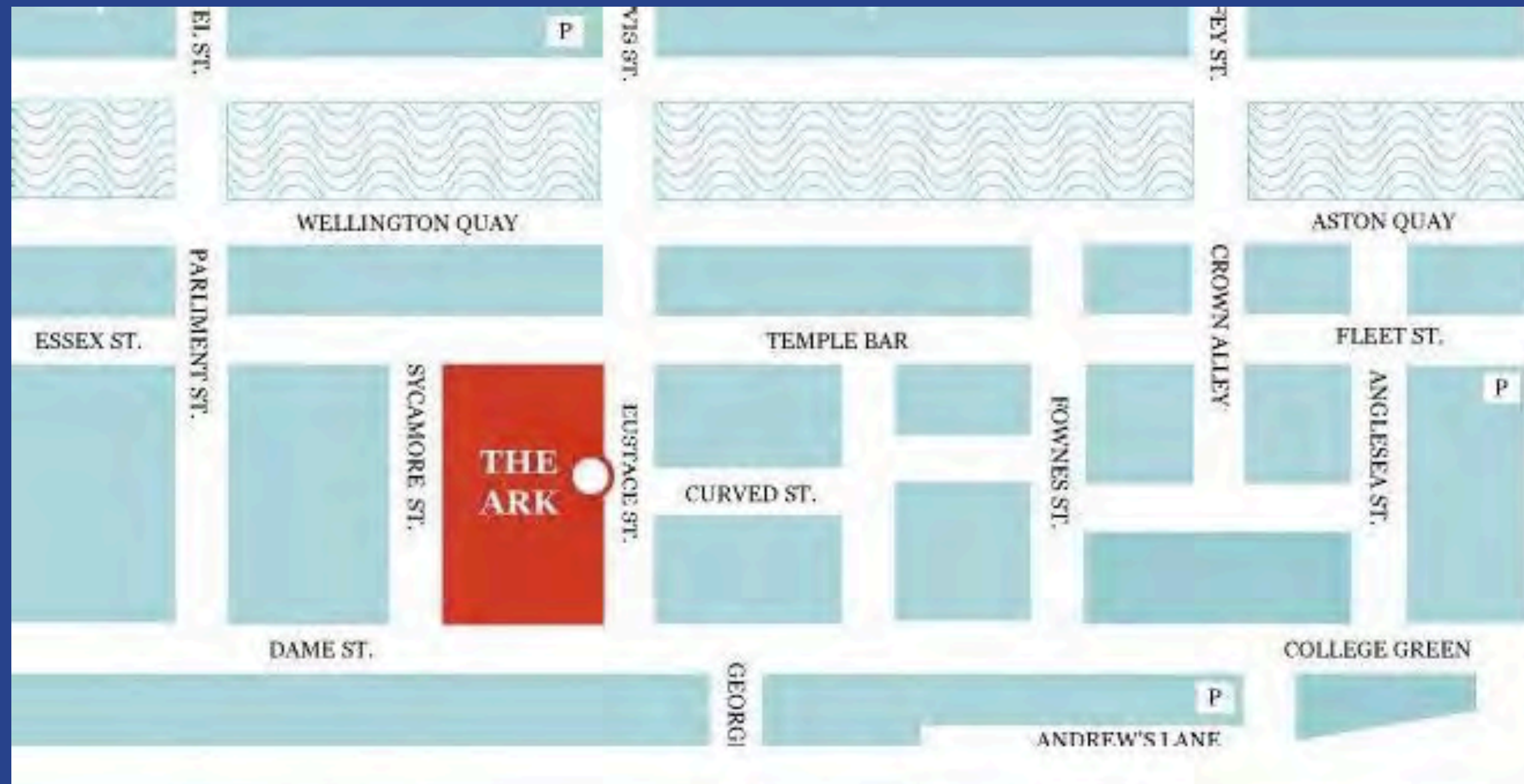


# Directions

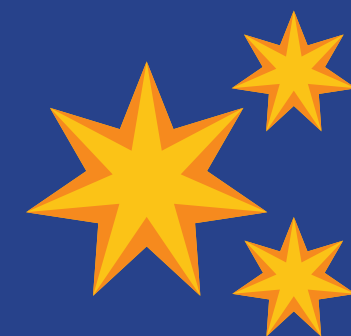
The Ark is on 11a Eustace Street, in Temple Bar. The entrance to the building is fully accessible and has step free access. Please note that Eustace St. is a cobbled street.

There is a lift in the building that can take you to each level of the building. Accessible toilets and baby changing are available on the ground floor.

If you have any access requirements, please let us know at [boxoffice@ark.ie](mailto:boxoffice@ark.ie) and we will do our best to help.

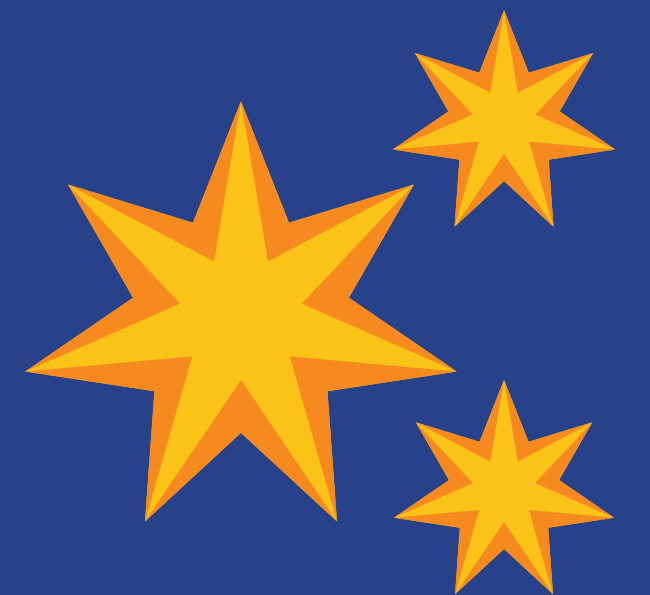


**Here are some  
things you will  
see on the day**





This building is called The Ark. You will come here to see the show.



# The Main Door

You will go through here  
to get inside.



# Box Office

This is where we collect our tickets. Our friendly Visitor Services Team will give you your tickets and tell you where to go.



# The Basement

This is where we wait for the show.

Other children will be waiting here also.



# Toilets

We can find toilets in the basement through the red doors.



The girls' toilets are on the left.



The boys' toilets are on the right.



You can use whatever toilet you feel most comfortable in.



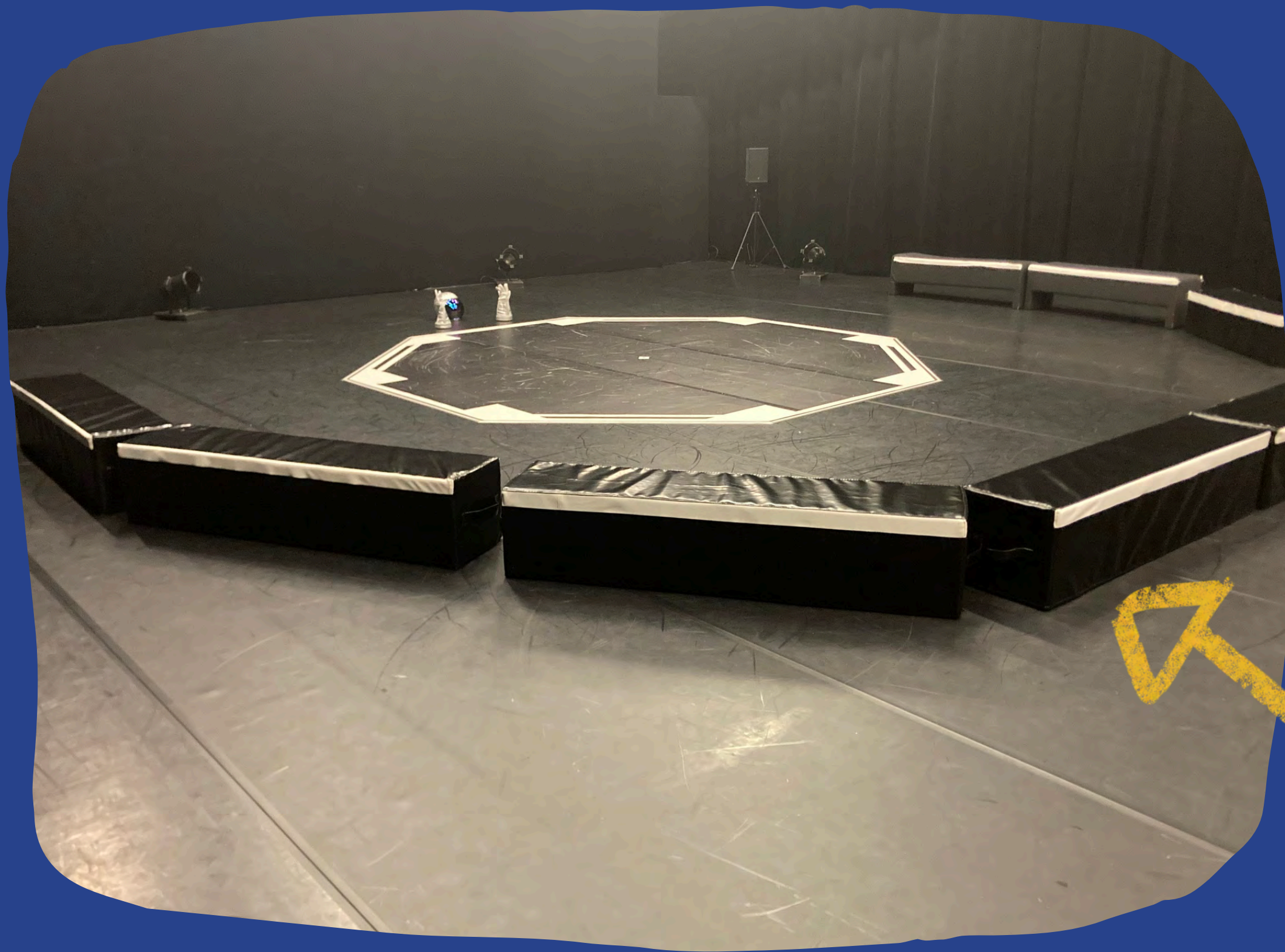
When we are in the  
theatre there is a toilet  
nearby.



# The Door to the Theatre

We go through this door  
when it is time for the  
event.





**Where will  
you sit?**



We all sit on  
the benches in  
the theatre.

If you want a break at any time, we can go back to the relaxation space in the basement.





# About the Show



- Cometa is 60 mins long.
- There are three performers. They dance and act in the show.
- There is no right or wrong way to watch the show- we want you to have a good time! If you want to make a noise, or have a wriggle in your seat, that is okay.
- If you need to take a break from the theatre at any point, you can step out and come back in when you are ready.
- You will know The Ark's Front of House staff by their blue jumpers. If you need to leave the theatre during the performance, they can help you. If you have any questions or worries about the show, they are friendly faces to talk to!

Sometimes there will be background music and sound effects.



Some of the sounds you will hear will be intense and loud. We will let you know when these sounds are about to happen.

If you have headphones that you like to wear in noisy spaces you can bring them.

We will provide ear plugs if you would like to use them instead.

The lights in the theatre will dim during the performance so it will be a little bit darker but you will always be able to see your way out.



# The Cast



This is Roser. She plays one of The Scientists.



This is Sergio. He plays one of The Scientists.



This is Marissa. She plays one of The Scientists.



This is Dörte. She plays one of The Scientists. You will see her if you are at the Saturday performance.



This is Maria. Maria will play  
The Astronaut during the  
Friday performance.

# The Cast



This is Nora. Nora will play  
The Astronaut during the  
Saturday performance.

# Content Awareness



# Sounds



During the show, you will hear lots of music and sounds. Some of these sounds are sudden or a bit loud.

- After The Scientists ask you how people travel through space (approx. five minutes into the show), you will hear a noise that sounds a bit like a plane flying overhead that gets louder and louder. A sound like an alarm will then play. There will be three “boom” sounds. This will all last for approximately one minute. We know that these noises have finished when we see smoke.
- The Astronaut will drop their gloves three times (approx. 20 minutes into the show). When the gloves drop for the third time, the music will change suddenly and get a little louder. There are sometimes high pitched noises in this music.
- Towards the end of the show, The Astronaut will punch the air and clap. When this happens, a drum beat will begin and The Astronaut will encourage everyone to clap and dance. It feels a bit like a disco! The music will gradually get louder.

# Lights

# 1

When we hear the sound like a plane overheard, the lights will start to pulse slightly. This is like a flashing light, but more gentle. With each of the three “boom” sounds, the lights will dim and then get brighter.

# 2

There are lights along the edge of the platform. These change colour during the show.

# 3

When The Astronaut is encouraging everyone to dance towards the end of the show, the lights will change colours and sometimes pulse slightly.

# Other



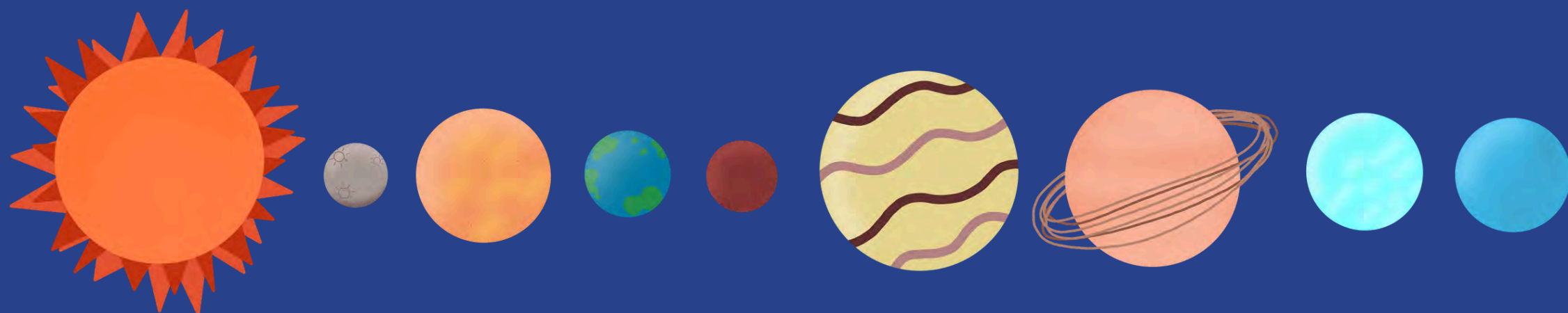
Smoke is used onstage twice in the show. The first time this happens is after we hear the three “boom”s at the start of the show.

The second time this happens is when we hear the sound of the spaceship, near the end of the show.



# The Story of Cometa

**The following pages contain  
a more detailed synopsis of  
the play. If you do not wish  
to know what happens in  
the play, stop reading now.**

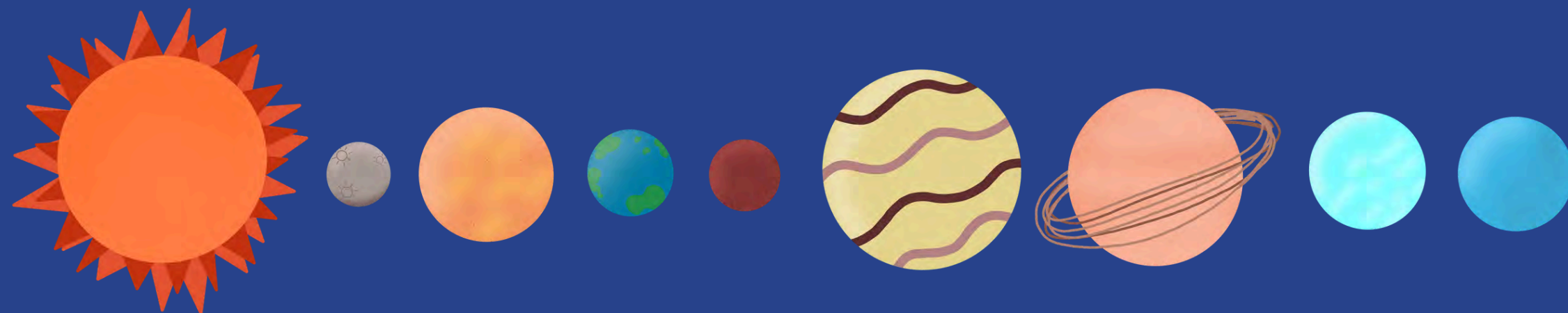


When you enter the auditorium, this is what the set on stage will look like. There is a platform with 8 sides in the middle of the stage. The edges of the platform are white. On each of the corners, there is a white triangle. There are stage lights on the floor behind the platform.



Two people in orange arrive onstage. They are Roser and Sergio. If you are attending the Saturday performance, Dörte will be there too. They welcome you to their astrophysics laboratory. They are scientists. When everyone has arrived, they ask you questions about space and the solar system. They will ask for volunteers to answer, so don't worry if you would rather not speak up. If you would like to answer their questions, you can put your hand up.

After they ask how people travel through space, you will hear a sound a bit like a plane flying overhead, that gets closer and closer. The Scientists look a little worried, and one of them runs to check something. The light overhead pulses (this is like a flashing light but not as harsh). The second Scientist follows her colleague. We hear what seems like a warning alarm. The lights dip and brighten as The Scientists try to work out what is happening.

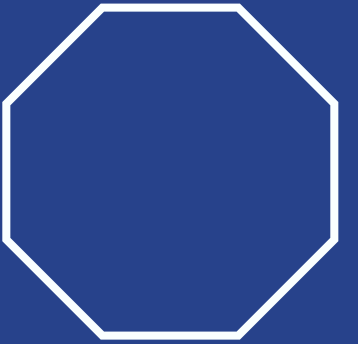


Smoke appears from the side of the stage and an astronaut falls in! The lights get darker. The Astronaut seems to be looking at a map or diagram. She rolls around the floor while she looks at it. She begins climbing through the audience! She is trying to find something that matches her diagram. After looking through the audience for a while, she realised that the platform on the stage is a perfect match! She rests the diagram on the head of someone in the front row while she approaches the platform. As soon as she touches it, the edges of the platform light up! She slowly begins to dance and move around.

After a while, The Astronaut takes off her helmet and looks around, taking deep breaths. She seems to properly notice the audience for the first time. She is frightened. She places her helmet on the ground and takes off her gloves.

After she places her gloves on top of her helmet, the lights at the back of the stage turn on and shine a warm orange colour. The music develops a steadier beat. The Astronaut has become curious about the audience. She sits at the edge of the platform, watching. Sometimes she copies how people are sitting.

The Astronaut moves her gloves and helmet to the back of the stage. She still has her gloves in her hands when she turns around. She starts to wave to people in the audience. You can wave back, if you would like to. As she waves to people, she drops her gloves and they fall to the ground. The music changes. The Astronaut has realised there is gravity on this planet! She picks up the gloves and lets them fall in different parts of the stage to check if they always drop. After she does this for the third time, the music and lights change and The Astronaut falls sideways. She begins to dance.



The Astronaut pulls a square piece of paper out of her pocket. She holds it up and it unfolds- it is like a little book! There are four pictures on different squares. At the top is a picture of the platform. Underneath that, there is a picture of space boots. Below that, there is a picture of music notes. At the very bottom, there is a picture of a rainbow.



The Astronaut decides to focus on the first picture. She decides to try to measure the edges of the platform with her body.

After a while, The Astronaut is tired and decides to take her boots off. She dances.

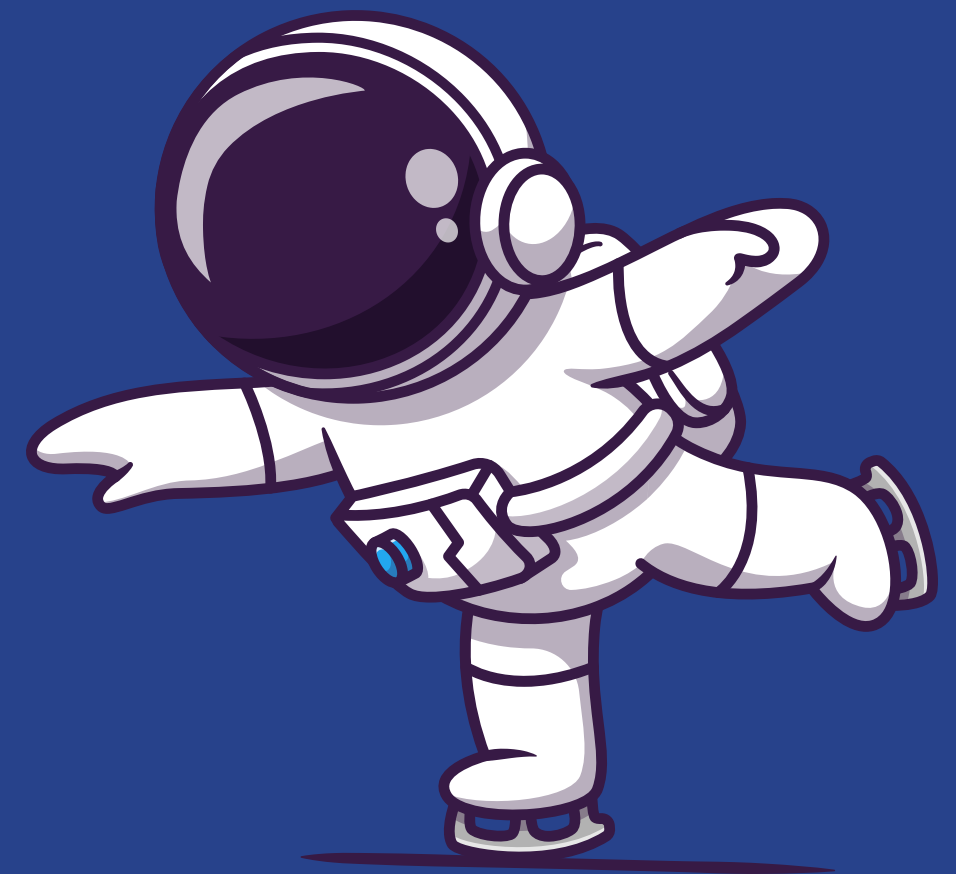
She returns to the little book and unfolds it. This time she looks at the second picture- the boots! She decides she should put them back on.

Do you remember what came next? The music note! The Astronaut looks around. What does this picture mean? She notices that there is a little white square in the middle of the platform that has a music note that matches the picture. She jumps on it! The edges of the platform light up and a short tune plays. She is surprised! She jumps on the music note again and the same thing happens.

The Astronaut walks towards the edge of the platform. When she steps on one of the corners, a music note plays and the stage lights up in a colour! She tries another corner. The same thing happens! This time, the note and colour are different to the first one. She steps on each of the corners in turn. They all play different notes and light up in different colours!

The Astronaut realises that she can play a tune by stepping on the corners. She tries to recreate the melody that she made by stepping on the music note. It is very difficult to do by herself. She takes out the little book again. She looks at the next picture- the rainbow.

The Astronaut decides she needs help. She will look for someone wearing red in the audience and ask them to come up on stage with her. You do not need to go onstage if you don't want to. A short melody plays when the volunteer steps on the stage. The Astronaut will ask this person to step on the corner that makes the stage light up in red.



The Astronaut looks to the audience again. This time, she tries to find someone wearing blue. She will ask them to step on the corner that makes the stage light up in blue.

The Astronaut does this for each of the colours of her rainbow: yellow, purple, pink, dark blue (or indigo), green, orange.

A different noise plays when each person steps on the stage. Sometimes it is the melody that played for the person in red, sometimes it is more surprising!

After she has the first three colours, she will practise the song so far. She will give each person a number and hold that number up with her fingers when she wants them to jump on their corner. She does another practice round after the purple and pink corners are full. Once she has someone on each corner, they try to play the tune together. The Astronaut will then try to play it faster. When this happens, she punches the air in delight and claps. A drum beat kicks in and she begins to dance. The tune begins to play on its own, and the lights along the edge of the stage change colour with each note.

The Astronaut will start a clap. You can join in, if you would like to. She invites everyone to stand up. The music plays faster. She encourages everyone to jump and clap. She will show you different dance moves, and you can copy her (if you would like to)! It feels a bit like a disco!

When the dance is finished, The Astronaut will fall to the floor and the music will change. We will hear the sound of the spaceship again, and smoke will appear. It will get darker onstage. The music returns, as do the lights, and The Astronaut starts to dance again as she puts on her gloves and her helmet. Once her helmet is on, she starts giving out high fives. The Astronaut leaves and the lights dim again.

The lights get brighter, and The Scientists from earlier are back! They will encourage you to clap again as The Astronaut comes out to take a bow. The show is now over.





**When the show finishes, there will be clapping. People clap at the end of a play to show the performers that we enjoyed the play. You can join in if you want to.**

**After the clapping we can leave the theatre and go back to school or go home.**





**Thank you! We look forward to welcoming you to The Ark.**

**We hope you enjoy the show!**



An Roinn Oideachais  
Department of Education



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council