

SYLVIA RIMAT

IF YOU DECIDE TO STAY



TOURING 2013–2015

'If you decide to stay' is a playful and quirky live performance looking at decision-making through the neurons involved in the process, the difficulty we have in knowing what we really want and the complexity of the worlds around and within us. Using the image of a meadow and the stars above, performance maker Sylvia Rimat looks at the decisions that have shaped this very performance, retraces a lifetime of decision-making and celebrates the choice that each audience member made to join her.

'If you decide to stay' is informed by conversations with neuroscientists, mathematicians, experimental psychologists, psychotherapists and an astrologist, who all supported Sylvia in an attempt to find out more about what's going on in her brain, about early childhood incidents that may or may not be relevant and about the uncountable alternative routes that would have been possible.

Duration 60 mins
Touring until autumn 2015.

Commissioned and produced by In Between Time for IBT13 International Festival of Performance. Developed at The Basement through East by South East, and at Residence. Supported by Arts Council England, Bristol Old Vic Ferment and ICIA Bath.

VIDEO

A short trailer (5min) is available on: <http://vimeo.com/user3541446>

Full length video documentation: <https://vimeo.com/64017876>, password: whiterabbitcostume



QUOTES

RIMAT IS A VERY APPEALING PERFORMER. SHE HAS A WONDERFULLY DRY SENSE OF HUMOUR, AND ENGAGES WITH THE AUDIENCE WELL.

– **The Good Review**

WITTY, THOUGHT-PROVOKING AND BRUTALLY HONEST AND INCREDIBLY WELL-STRUCTURED.

– **Arts Ambassador Review, University of Bath**

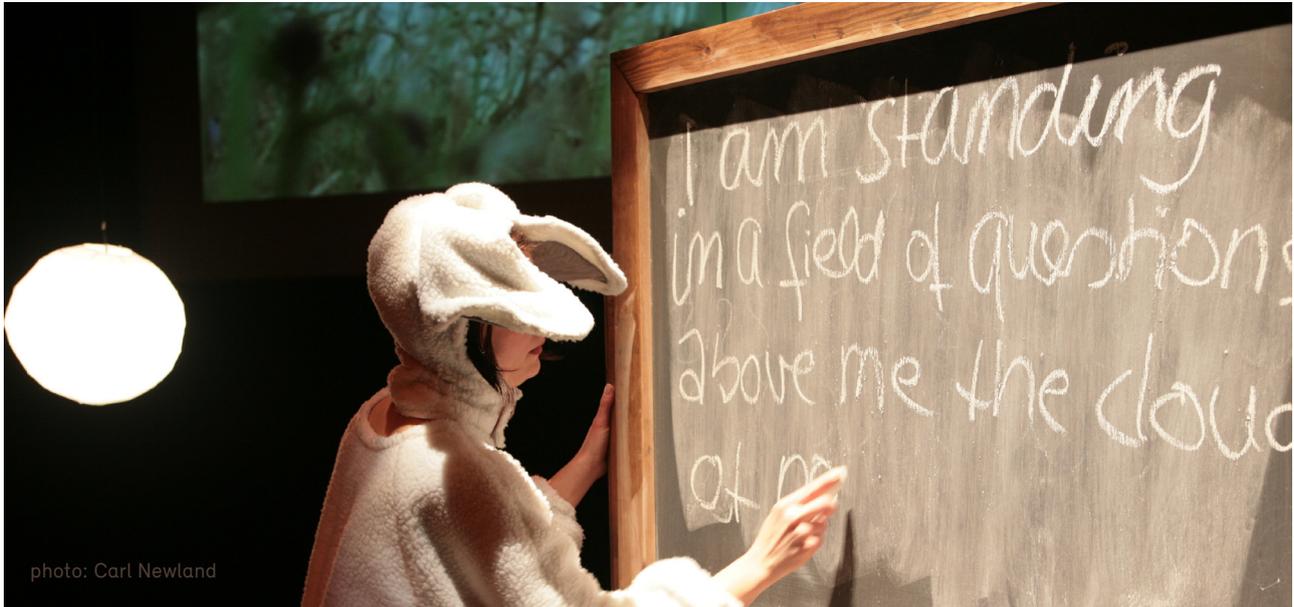
HER ARTWORK CONFRONTED THE QUESTION OF PERSONAL AGENCY AND CHOICE FACE ON, THROUGH A FRANK PERSONAL STORY OF THE ARTIST'S OWN CONFLICTED RELATIONSHIP WITH DECISION MAKING. THE PIECE WAS FAR MORE THAN THAT, AND REACHED INTO CONCEPTS OF TIME, IDENTITY, AND NOMENCLATURE – DEFINING ONE'S CHOICES IN THE WORLD AS DEFINING ONESELF.

– **Exeunt Magazine**

SYLVIA'S DISTINCTIVE PERFORMANCE STYLE HAS A GREAT OFF-BEAT COMEDY TO IT, WHICH MAKES THE PIECE NOT ONLY THOUGHT-PROVOKING, BUT VERY ENTERTAINING TOO.

– **Tanuja Amarasuriya, Executive Producer, Theatre Bristol**

TECH SPEC



STAGE

- 6m x 6m minimum
- end on seating

LIGHTING

- General wash: Frontstage: 5 x 1.2k Fresnels (or equivalent), Midstage: 5 x 1.2k Fresnels (or equivalent), Upstage: 5 x 1k Fresnels (or equivalent)
- Glow (midstage): 4 x 1k Fresnel (Lee filter 512)
- House lights: 4 x 1k floods (dimnable)
- Three specials: 3 x Source 4 profiles (or equivalent)
- Shins: 6 x 500w Minim PC's
- 4 practicals (domestic lighting with 15 Amp plugs, provided by artist) to be set up on lighting bars and operated via lighting desk

SOUND

- PA
- 2 minijack cables to connect to laptop and i-pod
- 2 mics and stands; one long mic cable to cover the stage area

AV

- a large projection screen (12 x 9ft minimum) or a white back wall to project on
- a video projector with VGA cable to connect to laptop (laptop and VGA adapter provided by artist), positioned in tech booth and also connected to PA via laptop

CREW

- 2 technicians for tech set-up and to run sound, lighting cues, powerpoint
- 1 volunteer to carry out simple tasks from off stage

TECH SET-UP TIME

- pre-rigged general wash, glow (midstage) and shins; video screen set up in advance
- 6 hours tech set up (focus specials, set up practicals, programme lighting, briefing, full run-through)
- briefing of volunteer (1/2 hour)

ARTIST BIOG

An owl tamer, a bear in red heels, a dancer from a bygone era: Sylvia Rimat creates original solo performances with a pinch of the surreal. Rimat deftly blends theatre and live art. She encourages her audience to interact playfully with elements of video, new technologies, animals (imagined and real) and fragments of dance. Consciousness, memory and the imagination are recurring themes, coupled with a process that begins with collaboration. Her research culminates in intelligent, humorous performances that are equally entertaining and thought-provoking.

Rimat's performances have been presented widely in the UK, including the British Council Showcase at Edinburgh Fringe Festival and in Europe.



BOOKING INFORMATION

PRODUCER

TANYA STEINHAUSER

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ARTIST WEBSITE

www.sylviarimat.com

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The skill of Rimat's performance lies in the way she marries the magic of the theatre with the fantasies of the virtual.

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– Mary Paterson a-n