

Listen Up Festival – Program of Events



Human Maze – 12.15pm – 12.45pm

Made up of more than 50 human participants, the Human Maze will be assembled in the middle of the Federation Square Plaza. As participants make their way through the Human Maze, the pathways will divert and detour without warning, representing the twists and turns experienced by many young people. Young people's stories will be displayed throughout the maze.

SYN FM – All day

A live broadcast by SYN FM will ensure that the beats keep rolling throughout the Festival. SYN FM will be exploring the *Listen Up* themes through interviews, news, pre-recorded soundscapes, and great music all day. SYN FM will broadcast over the loudspeakers at Federation Square, and through specially designed, individual *Listen Up* fm receivers that will be provided to every person that attends the Festival.

Unique to this broadcast are the *Listen Up* Soundscapes. The soundscapes are audio recordings from young people, mental health consumers, carers and professionals. The soundscapes provide a unique and sometimes moving insight into the impact of youth mental health issues on individuals, families and the wider community.

Listen Up Snuff Puppet – Throughout the day

Snuff Puppets are not your usual puppet company. Famous for their weirdly wonderful puppet creations, their designs for the *Listen Up* Festival will be no exception. Puppeteers will include members of ORYGEN Youth Health's Platform Team, and beyondblue's ybblue crew.

Tai Chi – 7.30am – 8.30am

Tai Chi is a refreshing and energising form of gentle exercise that provides a balanced workout for both mind and body, and is the perfect way to maintain good mental health. At 7.30am the main plaza at Federation Square Tai Chi practitioners will be perfecting their art.

On the Big Screen: Youth Mental Health - On Rotation All Day

The Visual Feast is produced by ORYGEN Youth Health and The Victorian College of the Arts. This includes:

- ❖ 'Go Crazy', a series of short films providing a unique autobiographical account of the experience of mental illness. These short films explore the themes of perception, alienation, recovery and hope.
- ❖ Short works by Victorian College of the Arts filmmakers

Youth Arts Performers – See program of events for times

- ❖ **Hip Cat Circus – 1.30pm:** young circus performers combine incredible circus and acrobatic skills with their own personal experience
- ❖ **Theatre of the Oppressed – 10.30, 11.30, 2.30:** from Beechworth in Central Victoria, a group of young people use drama to explore the challenges young people face and how positive solutions can be found
- ❖ **Belly Up 11.00, 2.00:** young Hip Hop wordmeister's from rural Victoria performing smooth moves to original grooves

Interactive Stalls – All day

- ❖ Kids Helpline: will demonstrate through interview simulations, how Kids Helpline works, who answers the phone and what they can offer to young people needing assistance.
- ❖ Victorian Mental Illness Awareness Council (VMIAC): will get creative with free mask painting, highlighting the need for the unmasking of mental illness.
- ❖ The Butterfly Foundation: will be encouraging people to write about their experiences or send messages of hope to others affected by eating disorders and other mental

illnesses. These messages will be in the form of butterflies, highlighting the message of recovery and hope.

- ❖ Beyondblue: the national depression initiative will be tattooing young people with ybblue tattoos, and giving away a range of freebies while raising awareness of youth depression.
- ❖ Youth empowerment Against HIV/AIDS (YEAH): will be giving young people an opportunity to type in their own messages about young people and HIV/AIDS.

Program of Events

Please note this is a program of the major activities and performances throughout the day (subject to change). There will be interactive stalls, roving performances, and visual entertainment occurring for the duration of the day.

Time	Performances/Workshops	All Day
7.30am – 8.30am	• Tai chi (1hr)	SYN FM live broadcast Youth Mental Health - On rotation on the big screen Stilt walkers Winking statue Hula hooping Soapbox announcements Listen Up Snuff puppet Interactive Stalls Roving camera
8.30am – 10.00am	• Set Up	
10.00am	• Arab Social Services – Hip Hop Workshops (1hr)	
10.30am	• Theatre of the Oppressed (30mins) • Senegalese Music Workshops (30mins)	
11am	• Belly Up (30mins) • Flag display	
11.30am	• Theatre of the Oppressed (30mins) • Arab Social Services – Hip Hop Workshops (30mins)	
12.00pm	• Flag display • Senegalese Music Workshops (30mins)	
12.15pm	• Human Maze	
12.30pm	• Arab Social Services – Hip Hop Workshops (30mins)	
1pm	• Flag display • Formalities – launch of the campaign! • Welcome of celebrities	
1.30pm	• Hip Cat Circus (30mins) • Senegalese Music Workshops (30mins)	
2pm	• Theatre of the Oppressed (30mins) • Arab Social Services– Hip Hop Workshops (30mins) • Flag display	
2.30pm	• Belly Up (30mins) • Senegalese Music Workshops (30mins)	
3pm	• Flag display • Arab Social Services– Hip Hop Workshops (1hr)	
3.30pm	• DJ (1hr)	

