Attending a show at NICA

A Visual Story



National Institute of Circus Arts

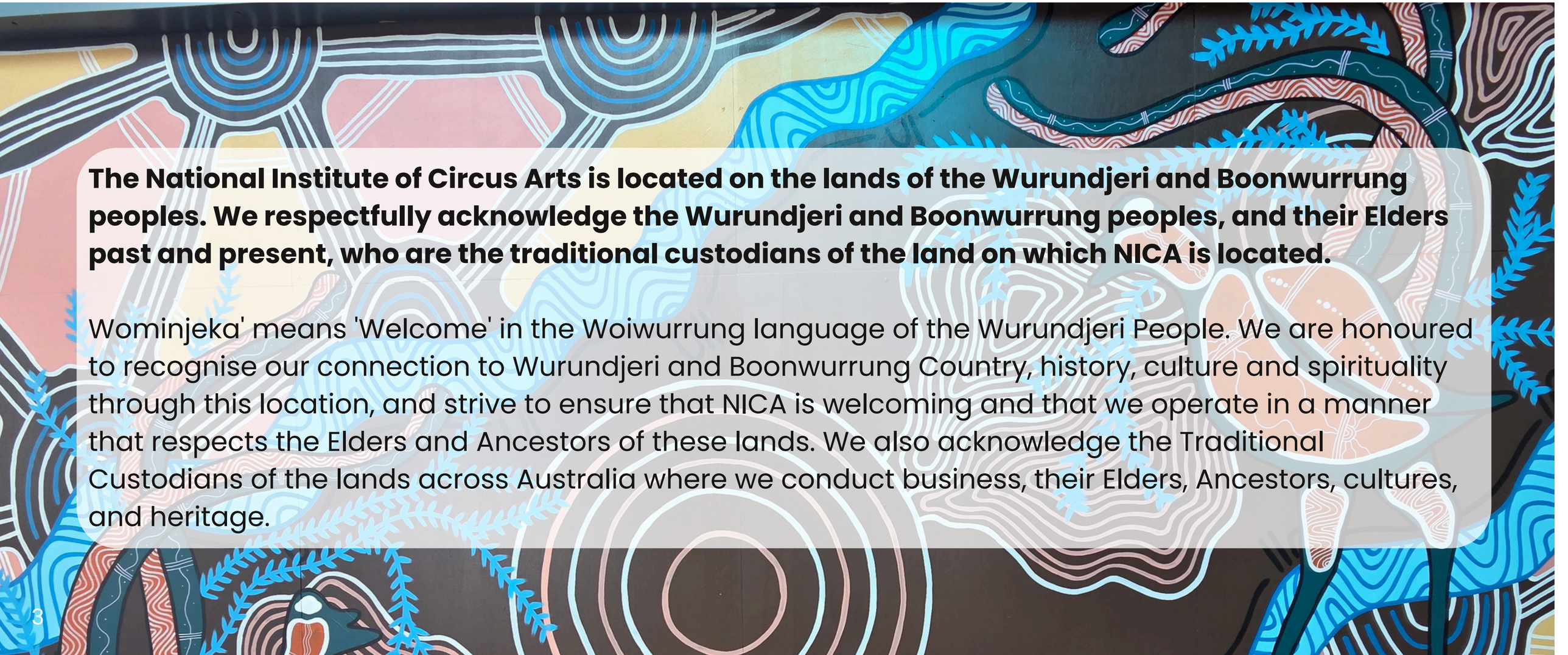
aspect
Autism Spectrum Australia

Contents

Acknowledgement of Country	3
Inclusion statement	4
About NICA	5-6
A Message to Our Audiences	7-8
Planning My Journey	9-10
• Location Maps	11-13
• Accessibility at NICA	14
Ticket Purchasing Guide	15-22
Before the Show	23
• What to Bring	24
• What to Wear	25
• Sensory Information	26
• Pre-Show Processes	27
About the Show	28-32
Meet the Performers & Creative Team	31-32
During the Show	33
Relaxed Performance	36
After the Show	38-39
Frequently asked questions	41-43
Thanks and providing feedback	44



Acknowledgement of Country



The National Institute of Circus Arts is located on the lands of the Wurundjeri and Boonwurrung peoples. We respectfully acknowledge the Wurundjeri and Boonwurrung peoples, and their Elders past and present, who are the traditional custodians of the land on which NICA is located.

Wominjeka' means 'Welcome' in the Woiwurrung language of the Wurundjeri People. We are honoured to recognise our connection to Wurundjeri and Boonwurrung Country, history, culture and spirituality through this location, and strive to ensure that NICA is welcoming and that we operate in a manner that respects the Elders and Ancestors of these lands. We also acknowledge the Traditional Custodians of the lands across Australia where we conduct business, their Elders, Ancestors, cultures, and heritage.

You are welcome here

We want you to feel it is OK to be your authentic self here without judgement.

Please let us know if there is anything we can do that would make you feel more comfortable and included. Is it okay to ask for help, we can assist here such as guiding you to a quieter area.

You are also welcome to use your own strategies to help you feel engaged and relaxed.



About the National Institute of Circus Arts



About NICA

National Institute of Circus Arts

The National Institute of Circus Arts (NICA) is a place to do circus arts that offers:

- Public classes and workshops.
- Tertiary education (a degree in circus arts).
- A place to watch circus being performed.

All these things happen at the NICA building at **39-59 Green Street, Prahran, Victoria.**

Find out more about NICA here:
www.nica.com.au



A Message to Our Audience

NICA Performs

THANK YOU for coming to see a show at NICA!

Each year, NICA creates and performs a season of circus shows for public audiences, and we are very excited to share them with you.

Circus is for everyone! You're welcome to come to the performance if you are:

- Interested in or curious about circus, dance, and physical theatre, movement-based performance.
- Our shows can have different age ratings from all ages to mature audiences. You can find the recommended audience when booking online.

All of our performers are current students studying NICA's Bachelors or Cert IV program. They are young, emerging artists who are just starting to build their careers in the circus industry.



A Message to Our Audience

Our shows are created by students during their school terms. This means that while we are creating this visual story, some elements of the show are still being decided - like choreography, music, running order, and possibly even some design elements.

We have written this visual story to be as accurate as possible, but some elements may change or be added as we get closer to the show.

Any sensory warnings for the show will be printed and pasted at the entrance to the theatre as will as advertised online when you book your tickets.



Planning My Journey



How do I get to NICA?

NICA is located at **39-59 Green Street, Prahran, Victoria.**

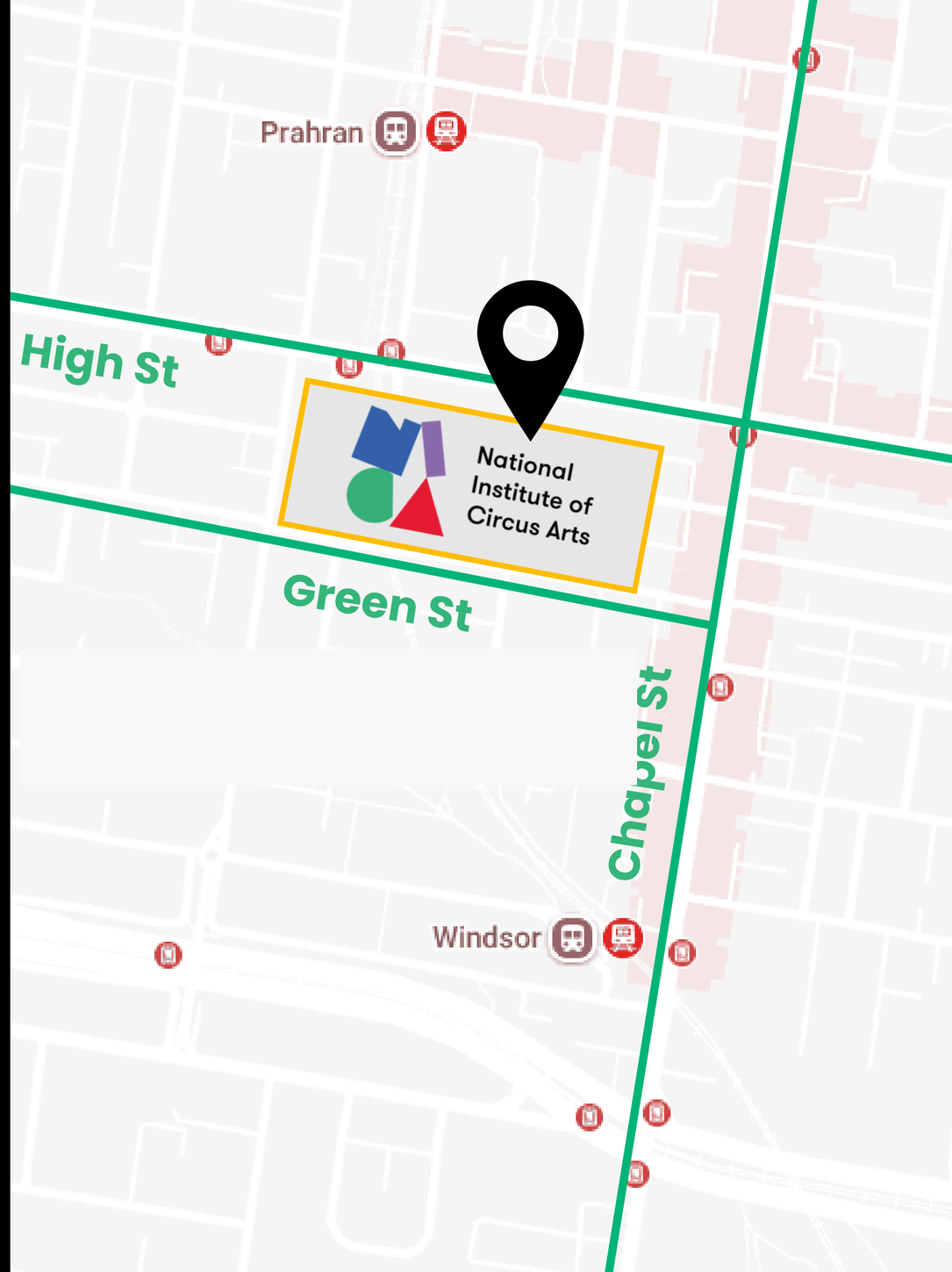
To get to NICA, I can take the:

Train
- board the Sandringham line to Windsor Station.

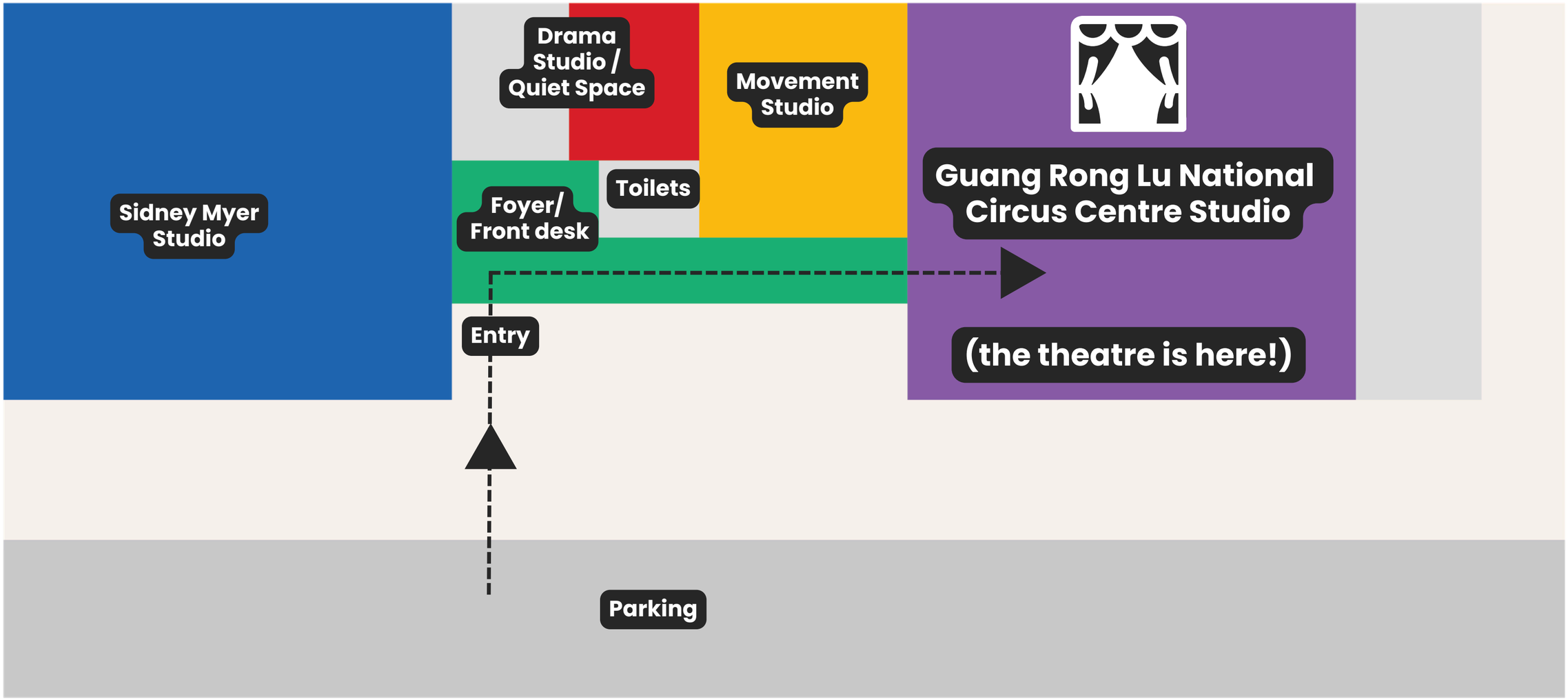
Tram
- Take routes 78, 6 or 72.

Visit www.transport.vic.gov.au/ for public transport timetables and fare information.

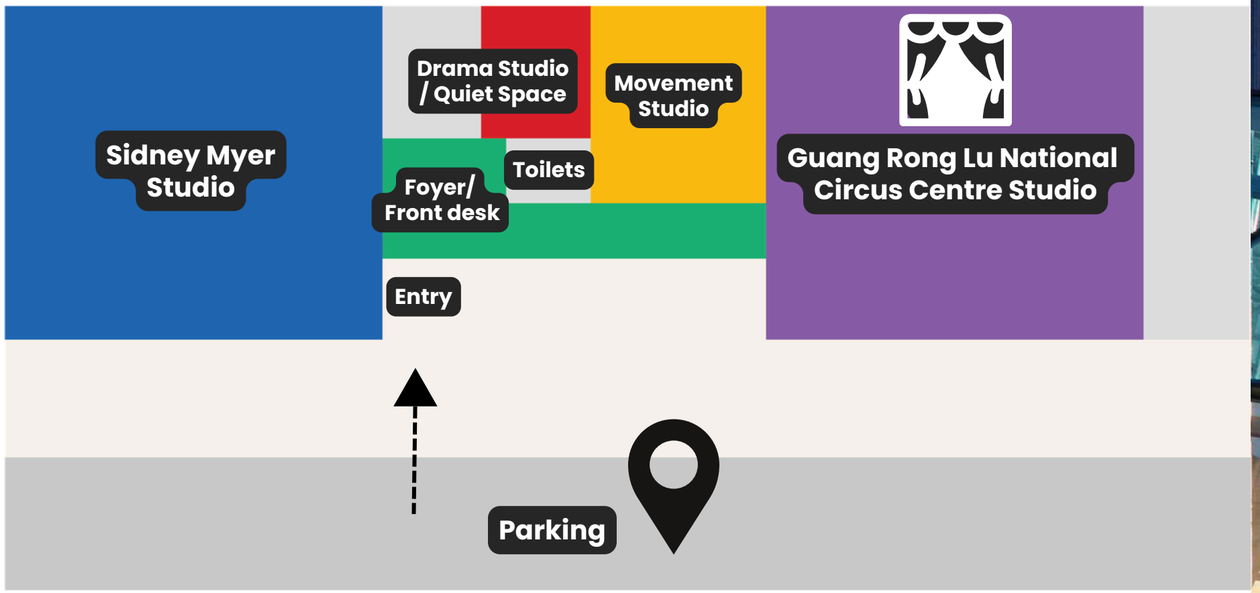
Driving
- The roads surrounding NICA have limited 1, 2 and 3 hour street parking.



NICA Map


Drama Studio / Quiet Space
Movement Studio
Sidney Myer Studio
Toilets
Foyer/ Front desk
Guang Rong Lu National Circus Centre Studio
Entry
(the theatre is here!)
Parking

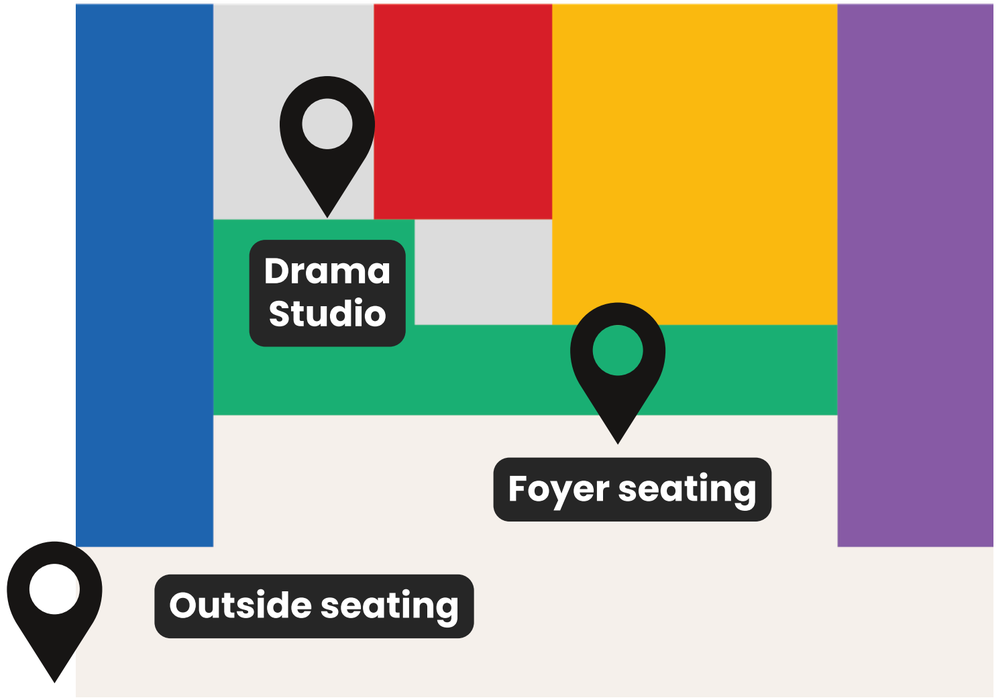
Parking at NICA



- 1, 2 and 3 hour street parking is available.
- On Green Street I will take care looking out for traffic heading toward and coming from Chapel St.
- I will be respectful of NICA's neighbours by avoiding permit zones or driveways.



Quiet spaces at NICA



- If I feel overwhelmed, I can leave the theatre and use the foyer seating, or head outside, at any time.
- I can ask for help from friendly NICA staff.
- I can use the quiet space in the **Drama Studio** (see the picture to the right) at any time before or during the show.



Accessibility at NICA

- **Wheelchair/mobility accessible**, all entrances are at ground level.
- **Toilets, change rooms** and **gender neutral** toilets are available in the NICA main entrance foyer.
- Hard, non-carpeted flooring throughout.
- **Support animals** are allowed.
- **Free drinking water** provided.
- Tiered seating with stairs is located in the theatre. Please let us know if you need ground level seating.
- **Carers and support people** can attend NICA shows for **free.**



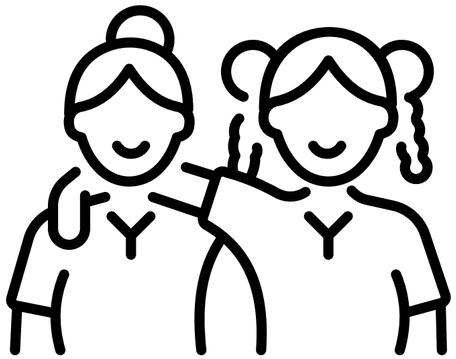
Ticket Purchasing Guide



How to Purchase a Ticket:

Our accessibility hot tips!

Companion Tickets

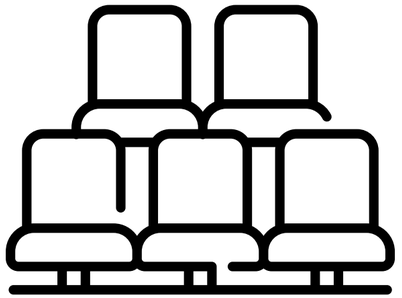


I may receive 1x free companion ticket if I require one.

I can speak to NICA about a companipon ticket by contacting them on phone or email:

- **Phone:** 1300 006 422
- **Email:** info@nica.com.au

Seating



All seats are **'General Seating.'** This means that I cannot select a specific seat.

If I need to sit in a specific area such as the front row, or on the aisle for easy access I can do by speaking with NICA directly by phone or email:

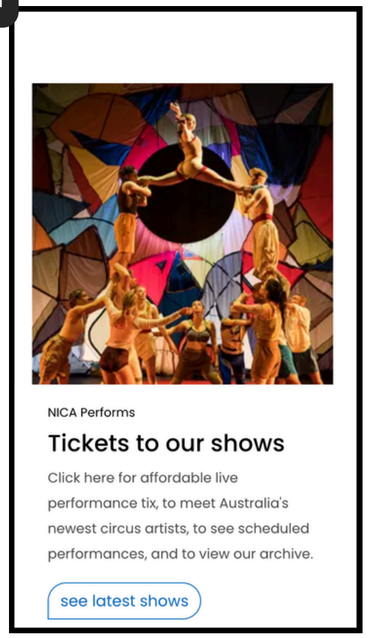
- **Phone:** 1300 006 422
- **Email:** info@nica.com.au

NICA will take my booking details, send me my ticket, and on the day of the show will have my preferred seat reserved for me. I will let NICA staff know when I arrive.

How to Purchase a Ticket:

Step By Step

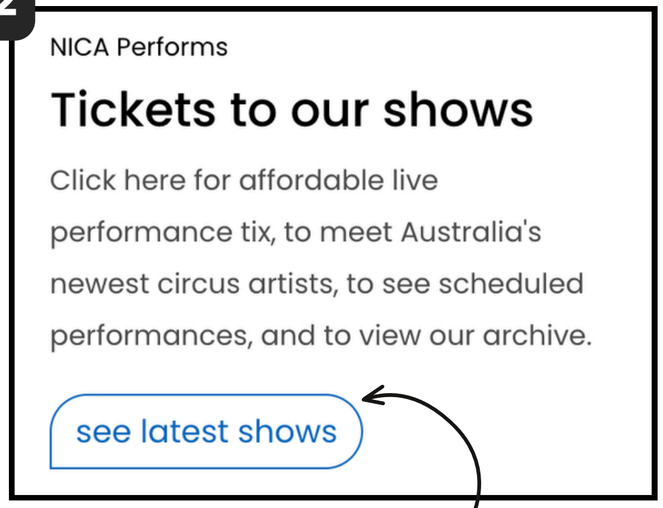
1



I will go to NICA's website, and scroll down to a section that reads "Tickets to our shows": **https://www.nica.com.au/**

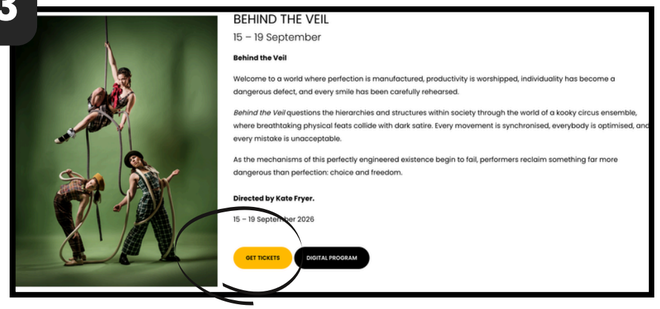
I can browse circus classes, read about studying circus, or purchase tickets for NICA shows.

2



I will click on "see latest shows."

3



I will scroll down until I see the show I would like to purchase tickets for.

How to Purchase a Ticket:

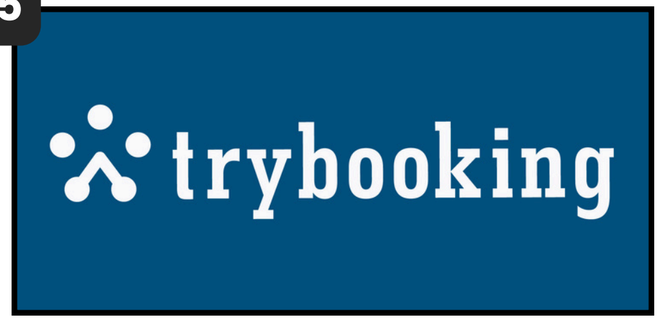
Step By Step

4



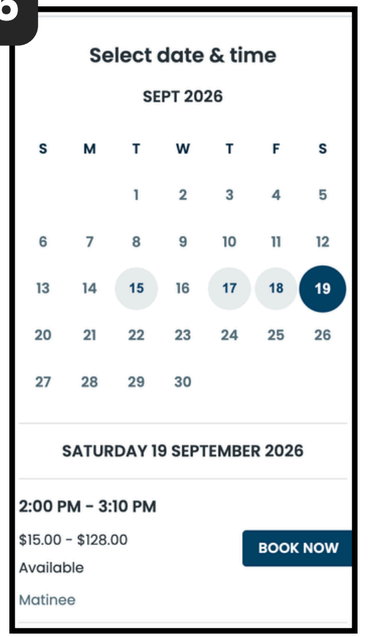
I will click on the bright yellow link that reads: **'Get Tickets'**.

5



I will be taken to an external site, TryBooking. This is the ticketing platform that NICA uses. It will open in a new window.

6



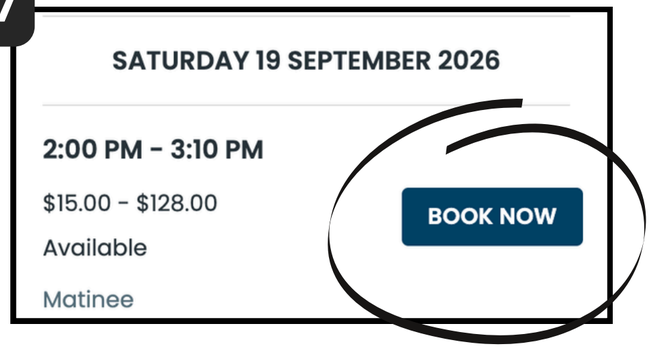
I will click on the date and time of the show I would like to see.

If I want to see the Relaxed Performance, I will click on: Saturday 19th September, 2:00PM - 3:10PM.

How to Purchase a Ticket:

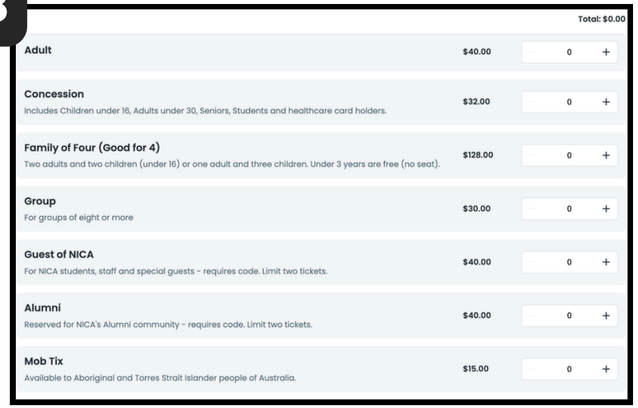
Step By Step

7



I will then click **BOOK NOW**.

8



I will select the ticket type and number of tickets I would like to purchase. I can choose from:

- Adult
- Concession
- Family of Four
- Group
- Guest of NICA
- Alumni
- Mob Tix

9



When I have selected my tickets, I will scroll to the bottom of the page, and click the blue button on the bottom right that says “Next”.

How to Purchase a Ticket:

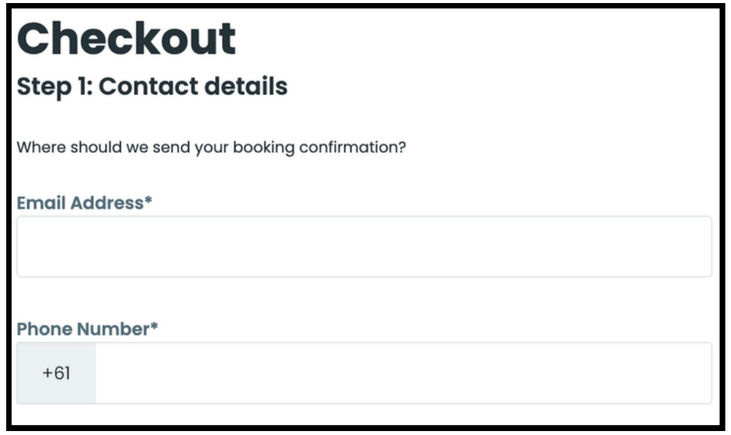
Step By Step

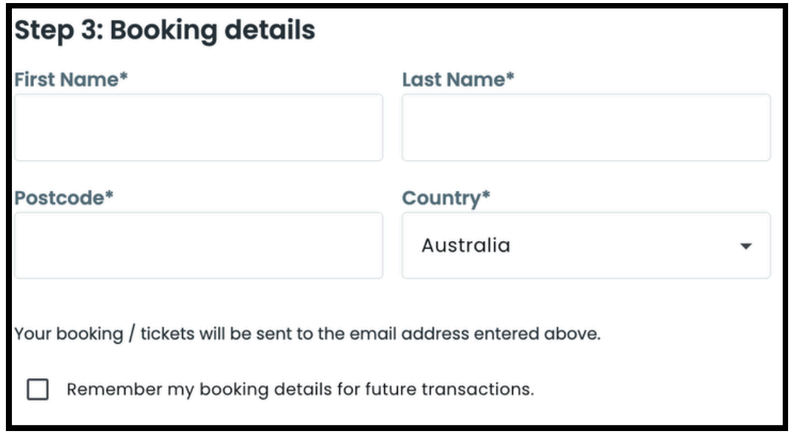
10

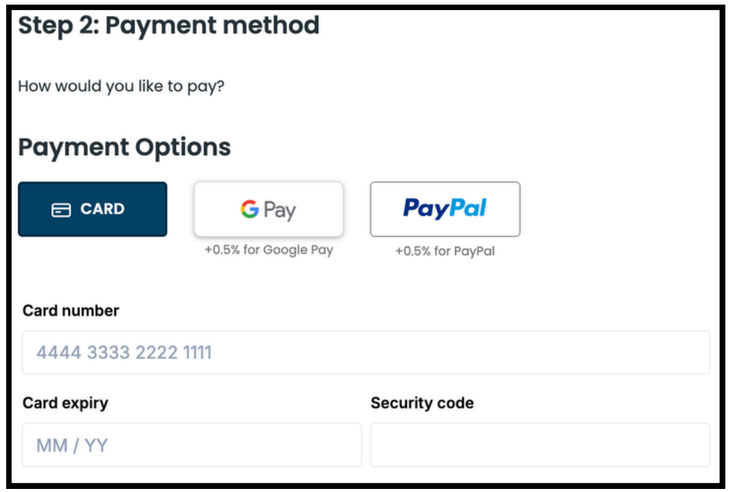
I will be taken to a Checkout page.

I will be asked for the following details in order:

- Email address
- Phone number
- Payment information
- First name
- Last name
- Postcode
- Country







How to Purchase a Ticket:

Step By Step

11

trybooking

Hi [redacted]

Your order has been confirmed, please find a copy of your ticket/s and receipt/s attached to this email.

Date booked: 4 August 2026 3:15 PM
Booking ID: [redacted]

Behind The Veil: NICA's Second year ensemble

16 September 2026 7:30 PM - 8:40 PM

National Institute of Circus Arts (NICA)
39-59 Green Street, Victoria, Prahran, 3181
Section: Section 1

My ticket order will be confirmed, and I will receive my ticket shortly to the email address I provided.



What happens if I can no longer attend?

If I am unwell, I can request that NICA refunds or transfers my tickets. I will need to request this at least **24-hours in advance of the show**, as refunds and transfers cannot be issued after the performance has occured.

I can speak to NICA about a refund or transfer by contacting them on phone or email:

- **Phone:** 1300 006 422
- **Email:** info@nica.com.au



Before the Show



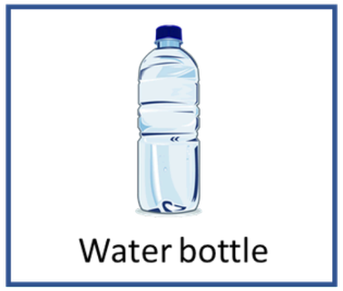
What to Bring

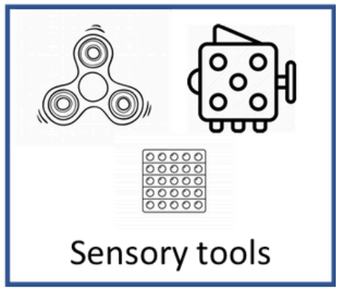
Sometimes it is busy, noisy, bright and loud at NICA.

I can bring things to help me enjoy the show. Things I might want to bring include:


Sunglasses and Hat


Headphones


Water bottle


Sensory tools

Food & Drink

If I need a snack, I can purchase something from the bar at NICA. They have popcorn and a selection of chocolate bars, bottled water, soft drinks, and wine.

Outside food and drinks can be eaten in the foyer entrance only. Inside the theatre I can only eat food and drink purchased from the bar, however water is allowed. NICA also asks that I not bring in any glass bottles, just in case they break.



What to Wear

I can wear clothing that makes me comfortable sitting indoors.

There is no specific dress code to see a show at NICA but **wearing layers** is highly encouraged such as bringing a jacket or coat.

The NICA theatre is climate controlled.

This means that sometimes the air conditioning is on to help the performers stay cool when tumbling!

It also means that on cold days the theatre will be heated and can get warm, especially if the show has a full house and has sold out tickets!



Things to Know – Sensory

NICA is a colourful place!

During my visit at NICA I might have different sensory experiences.



- Overlapping voices from different areas. There will be audience members arriving, and recreational classes happening in the Sidney Myer.
- Sounds from the bar.
- Soft music in background.
- Beeps from the ticket scanner.



- Ropes and rigging up high everywhere!
- Dark areas.
- Glare on windows.
- Bright lights up high - flourescents in the foyer, and both LEDs and flourescents in the theatre.



- Textures of the seats in the forecourt (metal), foyer (fake leather), and in the theatre (rough fabric).
- Textures of different walking surfaces in the forecourt (concrete), foyer (polished concrete), theatre (carpet tiles), and risers (carpet).



- When performers are on stage, it might smell sweaty!
- Theatre smoke or haze can also smell quite unusal!

What I can do if I feel overwhelmed:

- Step ouside of the theatre and have a break in the foyer or our designated quiet space in the Drama Studio.
- Have a drink of water.
- Put on my headphones.
- Wear sunglasses or a hat.
- Use a stim or fidget tool.

Things to Know – Pre-Show Processes

This is what will happen when I arrive at the NICA to see the show:

- If I am early I can wait and relax in the foyer enrance.
- Doors to the theatre will usually open 10-minutes prior to the show.
- Friendly NICA staff will call me to line up when doors are about to open.
- I will get my ticket ready to show on my phone to staff members.
- They will scan the QR code on my ticket. I can turn up the brightness on my phone to assist.
    - If I cannot find the ticket in my email, **that's okay!** NICA staff can alternatively look up my ticket on their guest list if I provide my full name.
- I will enter through the theatre doors and find a seat.

Sometimes, artists need a bit longer to get ready, so doors may open later. NICA staff present will keep me updated - and I can always ask them for an update too.

If I need extra time to find my seat, I can ask a friendly to let me in early. They will do so when they have received word from the show's stage manager that the venue is ready for audience.



Attending a class at NICA

I've seen the show and am curious about trying some circus myself. **NICA welcomes all ages, body types, skills and fitness levels in recreational circus classes.**

NICA
Rec

NICA Rec is **beginner-friendly**, so if I've never tried circus before this is a good place to start!

I can choose to attend a one-off class (Come & Try Circus program) or I can choose to book a longer course (Term Class program).

I can see all my options on the NICA Rec website:
www.nica.com.au/rec



Thank you from NICA

National Institute of Circus Arts

aspect
Autism Spectrum Australia

Thank you for taking the time to learn about NICA and our circus shows.

This document was made in partnership with **Aspect: Autism Spectrum Australia**.

We love feedback and are eager to know what helped or how we can improve your circus journey.

I can fill out an online form, contact NICA on 1300 006 422 or email info@nica.com.au.

All feedback is welcome.

