

RULES FOR OPEN REHEARSALS AT THE AKADEMIA SZTUKI I KULTURY

Welcome to the Academy! As a guest of our open rehearsals and workshops, you are an important part of the creative experience. Here are some suggestions on how you can fully benefit from this opportunity while supporting our community:

1. **Register in advance** - To join an open rehearsal, send us an email with your first name, last name, your email address, and wait for confirmation. Remember, you can participate as an observer a maximum of two times.
2. **Limited spots available** - The maximum number of observers per rehearsal is eight people. We want everyone to have space and for participants to feel comfortable.
3. **Be mindful and respect the participants** - Remember, you are a guest. Participants may be shy or stressed by your presence. Observe quietly and do not disturb their work. Your support is important to them, but it's best expressed by being attentively present.
4. **Do not join the exercises without an invitation** - Please do not join the exercises unless the instructor asks you to. Take the seat that has been indicated to you.
5. **Communicate with acquaintances** - If you know any of the participants, make sure before registering that your presence will be comfortable for that person. Surprises are not always welcome.
6. **Arriving a bit early?** - You are invited to come 15 minutes before the rehearsal starts. You can prepare some tea or coffee and get into the atmosphere of the place.
7. **Need a break?** - If you need to step out for a moment, do so as discreetly as possible. You can drink water or use the bathroom at any time. You may also leave before the end of the rehearsal, but discreetly let the instructor know you are leaving.
8. **Turn off your phone** - To allow everyone to focus on the work, please turn off mobile phones before entering the rehearsal.
9. **Be open and curious** - Our workshops are a place for experiments and learning. Enjoy the opportunity to witness the creative process.

We want our workshops to be open and accessible to all interested. Thank you for adhering to these rules, which help us create a safe, open, and creative environment for everyone.