

Visual Story for

Hegnimwaal – Based off the Enclosed Assembly Manual of the Same Name



Wednesday Sept 8 - 8:30pm

Thursday Sept 9 - 6:00pm

Friday Sept 10 - 8:30pm

Saturday Sept 11 - 6:00pm

Sunday Sept 12 - 8:30pm

Metro Studio
1411 Quadra St. Victoria BC

Download the venue visual story [on our website](#)

VICTORIA
FRINGE
FESTIVAL

About Hegnimwaal – Based off the Enclosed Assembly Manual of the Same Name

Performance time

- The performance will aim to start at **8:30pm** on September 8, 10, & 12.
- The performance will aim to start at **6:00pm** on September 9 & 11.
- The September 9 6:00pm performance will have an ASL interpreter. Her name is Emily and she will stand on one side of the stage.
- The performance is approximately 35 minutes long.
- It will finish around 9:05pm on September 8, 10, & 12.
- It will finish around 6:35pm on September 9 & 11.

What to expect

- The lights above you will always stay on a little bit.
- It is ok to move
- It is ok to make noise
- It is ok to react
- It is not ok to take pictures or make phone calls
- A front of house manager will make an announcement when the show is about to start

The Set and the Performers

Here is a picture of the set
and performer



Hegnimwaal is a one person show with no set. The only props are a protein bar (which is eaten on stage), a small toolkit, and a hat. The play makes use of mime work (which means acting with body motions and movement, and pretending to interact with items that aren't actually there) as the character builds an imaginary bed.

Here are pictures of the performer:



Nicholas Atkinson plays PERSON

Nicholas is the only performer in the show.

The picture above on the right shows Nicholas in costume for the show.

About the Story

Short synopsis:

Hegnimwaal is a one-person show set in Victoria, BC in 2019. It follows a man trying to build an IKEA bed alone in his bedroom, with the building portrayed entirely through mimework.

As he builds the bed, he reflects on various aspects of his life, such as his recent breakup, his distant relationship with his father, and his feelings of isolation.

As setbacks and annoyances mount, he becomes increasingly agitated with the bed and his desperation to complete it grows to unhealthy levels.

Intense scenes or experiences:

- There are moments in the play where the actor gets upset, kicks items across the stage, speaks loudly, cries, speaks directly to the audience, and has an awkward conversation with his ex. The play is funny and the audience will laugh, but there are also moments of anger or sadness that are treated seriously (mainly in the second half).

Sounds and Lights

- Flashing lights or fireworks
 - None
- Lighting effects and their intensity
 - There is one lighting state for the entire play.
- Sound effects and their intensity
 - Sound of a lamp falling over and glass breaking around 2 minutes 45 seconds into the show
 - Sound of a phone ringing around 22 minutes 30 seconds into the show
 - PERSON loudly exclaims they are building a bed around 25 minutes into the show
 - Sound of wood breaking and falling to the ground around 27 minutes into the show
 - Sound of a phone ringing around 31 minutes into the show
 - Elevator music at the end of the play

These are the times that you may find intense:

- Section 7, around 22 minutes into the show
- Section 7, around 25 minutes during phone conversation into the show
- Section 8, PERSON breaks down and cries around 28 minutes into the show
- Section 9, the mood shifts sad and somber at the end of the play

Maybe you will like the play, and maybe not, that is ok. It's alright to feel happy or sad or scared or angry after seeing a show.

At the end of the play, people will clap. That is a way to say thank you to the people who made the show. It is also a way to say you like the show.

It's ok to cover your ears if that is too loud. You can also wave your hands instead of clapping.

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SPOILER ALERT :

The visual story tells you everything that happens in the show.

Section 1:

The lights come up on an empty stage. PERSON enters from offstage and begins to speak. They gesture to an imaginary box, then walk downstage to address the audience. PERSON walks over to the imaginary box.

Section 2:

PERSON picks up the invisible box with a struggle. PERSON puts down the box, unlocks and opens the door, and brings it inside. They walk downstage and speak directly to the audience. They back up and hear something behind them. PERSON knocks over an imaginary lamp. There is a sound effect of breaking glass. They look behind themselves. PERSON struggles to move the box through a doorway. PERSON moves the box to another part of the stage and puts it down. PERSON exits. They return and exit in another location. PERSON returns and removes their hat.

Section 3:

PERSON pulls out a Swiss Army Knife and begins cutting at the invisible box. They pull the box open and take out the contents. PERSON pulls the cardboard out from underneath and sets it aside. PERSON grabs an invisible booklet and holds it up in triumph. PERSON opens the booklet. PERSON grabs a toolkit and starts taking tools out. They look at one of the screwdriver, look at the booklet, look at the screwdriver again.

Section 4:

PERSON starts pounding imaginary pegs into boards using a hammer. PERSON checks the booklet. They start pounding pegs again. PERSON refers to the instructions, rotate the piece they're working on 180 degrees, and resume. PERSON examines their work, then turn the page of the booklet.

Section 5:

PERSON steps away from the building area. PERSON grabs a protein bar, unwraps it, and eats it. They walk downstage and address the audience, then pull out their phone. PERSON wraps up the rest of the bar, and returns to the building area. PERSON kicks over the hat.

PERSON kneels down to search for screws. PERSON examines one screw. PERSON gets up and returns to the building area. They return the screws to the hat. PERSON gathers more imaginary bed pieces and beings to build again.

Section 6:

PERSON pulls out their phone to play music. PERSON fiddles with their phone. No sound comes out. They fiddle with it some more. PERSON fiddles with their phone a bit more before giving up. PERSON argues with themselves. PERSON grabs a handful of screws from the hat. They wince and release their hand. PERSON resumes assembling the bed. They pick up the hat, then put it back down. PERSON takes a series of deep breaths. They give themselves a pep talk while walking around the stage and addressing the audience. PERSON picks up their phone. They talk on the phone. PERSON puts down their phone. They resume assembling the imaginary bed.

Section 7:

PERSON rolls up their sleeves and grabs hold of the frame. Their phone starts to ring. Holding onto the frame with one hand, they fish the phone out of their pocket and look at the screen. A long pause. They put it on speaker and place it on the floor, and return to the frame. A woman's voice comes through. PERSON and the woman on the phone have an awkward conversation. The sound of a phone call disconnecting.

Section 8:

PERSON hoists the bed frame onto its side and struggles to lift it. The frame collapses apart in their hands. There is a sound effect of wood breaking and falling to the ground. PERSON freezes. PERSON drops the last plank they're holding. They start to tear up. PERSON sits in the middle of the broken bed and cries. PERSON chuckles and cries even harder. Eventually they stop crying.

Section 9:

PERSON reaches under their butt and grabs a screw, dropping it beside themselves. PERSON leans over to grab the wrapped protein bar; they cannot reach it. They get up, step over the wrecked bed, kick over the hat again as they walk by. PERSON kicks the hat away in anger. PERSON picks up the wrapped protein bar and starts to unwrap it, then stops. They set the protein bar on the ground far away from the bed. PERSON gets out their phone, starts to set it on the ground when it starts to ring. They reduce the volume on the phone to zero. The ringing peters out. PERSON sets the phone on the ground next to the protein bar. They retrieve the hat they kicked across the room. PERSON steps back into the middle of their wrecked bed and lies down. PERSON decisively places the hat over their face to block out light. The lights go down as elevator music begins to play.