

ANGELA ALVES

ACCESS RIDER

This document has been created to help project partners, venues and team members understand how they can support me in relation to my accessibility needs (hereinafter: Access).

This is a living document and part of an ongoing process.

Please do not share this document with third parties without my consent.

April 2026

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About this ACCESS RIDER

To ensure equal working conditions within the joint project, I require Access. This document is intended to outline what I need in order to participate safely in artistic projects and complete the agreed work.

General

I live with a chronic inflammatory disease of the central nervous system (multiple sclerosis). To stay healthy, I recognise, respect and communicate my limits. Please bear this in mind.

My condition fluctuates and is exacerbated by overexertion and/or stress, so I am very mindful of how I manage my energy and time. This limits me.

I am unable to meet many of the expectations placed on artists and their work – for example, attending numerous cultural and social events or being overly accommodating with my availability. So please do not take it amiss if I do not spend as much time with you, do not know your festival programme off by heart, and refrain from name-dropping. My cautious approach to attending events is purely a matter of self-care and has nothing to do with you.

If I am currently going through a critical phase in terms of my health, I will look after myself until it is over; please bear with me during these times.

Please go over this document briefly with me, and let me know if you come across any points in this document that make you feel uncertain.

Travel

- When travelling for work outside Berlin, I may need a taxi to and from the station on the day of arrival and departure, and I would ask the contracting party to cover these costs.
- Depending on the symptoms and the urgency of my physical presence, I may also occasionally require a taxi for travel within the city, and I would ask that a small amount be budgeted for this eventuality.
- I am not always able to travel by plane. Mostly I prefer traveling by train or bus within the EU. Please check-in with me before you book a travel. In case we decide on plane travel: Please book flights based on the shortest flight duration.
- Arrival and departure days should be scheduled one day before and after the working days respectively (including for guest performances).
- For journeys outside EU: please arrange arrival 2 days before work begins.

Accommodation

- A quiet single room in a hotel or a one-bedroom flat
- No accommodation with friends or acquaintances
- Private toilet/bathroom with shower or bath in the room
- I need a room that's big enough to practice on a yoga mat. This is very important, as it helps me to prepare for the working day ahead.

Working hours

- Clear agreement on a schedule (working hours and breaks) **and adherence to it**
- Resting Room: On working days of 6–8 hours: a nearby resting room with a place to lie down
- No overtime
- No weekend work/work on public holidays
- Working hours (excluding performances): 10am–6pm
- Digital work (Zoom or similar): max. 90 minutes, longer digital work meetings by arrangement only

I know that these points also apply to other (healthier) people, and I also know that overtime, weekend work and overwork are not healthy for anyone. The only difference is that by avoiding overwork etc., I keep my nervous system safe. Conversely, if I fail to respect my boundaries, I risk triggering inflammation in my brain and spinal cord. I have the choice of retiring from working life altogether or finding a safer way to navigate it. At the moment I am trying the latter. For this to succeed, I am also dependent on your political will.

Working in a team

What you should know:

- I am not equally alert, clear-headed and sharp every day.
- As well as physical difficulties, I also have cognitive difficulties, meaning that at times I speak and think slowly, and I am disoriented and forgetful.
- Sometimes I am overcome by a sudden and deep exhaustion. When that happens, I have to stop immediately. In those moments, I find it very difficult to communicate this, because I don't want to come across as unreliable or lazy.
- I cannot multitask, such as listening, thinking and writing at the same time: **I am therefore unfortunately unable to offer minute-taking services.**
- If a meeting goes on too long and/or is packed with too much information and tasks, I need several hours afterwards to recover. I then feel sick, get headaches and aching limbs, and have to go to bed.

Guest performances

- Set-up, technical rehearsal and dress rehearsal: maximum 8 hours per day
- Regular breaks
- A private changing room with sleeping facilities (bed or mattress), blankets and pillows
- A dressing room that serves only as a dressing room (no storage area, no catering room, no office)
- 3 hours before the performance begins: quiet in the dressing room
- Non-alcoholic drinks during breaks/rehearsals and in the dressing rooms
- A contact person available on site to resolve any issues
- (sometimes) help with carrying heavy items (e.g. during technical rehearsals and set-ups)
- If there are more than 2 floors: possibly access to a lift (please check with me beforehand)

Communication

- Emails will be replied to within 1–8 days
- Messenger groups by arrangement only
- The preferred method of communication is email; please only make unscheduled calls in an emergency or by prior appointment
- A friendly, appreciative and respectful atmosphere in the workplace

Contractual matters

Please include the following additional clause in all agreements and contracts:

Additional clause:

.....has read the Access Rider provided and undertakes to take the necessary measures to ensure that this engagement is accessible to the contractor. [Please enter the name and contact details of the contact person from the venue or the cooperation partner here]

.....

will be the contact person throughout the engagement.

Accessibility tools & event marketing

I expect a high level of accessibility and participation from events in general, but particularly from those whose content deals with accessibility. Please let me know before signing the contract which of the following accessibility tools apply to your event:

Sign Language

Audio Description

Resting Room

Easy-to-read-Language

Alternative Seating

Accessibility for wheelchair users

Other:

Wherever my name appears on your website or in marketing materials, the accessibility information for the event/building should also be provided.

Emergency Contacts

Name	Philippe Krüger
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Name	
Phone	
Email	