



DON'T STAND UP

A New
Show for
2026!



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

 **Essex Cultural
Diversity Project**



**Norwich
Arts
Centre.**



DON'T STAND UP



About The Show

'Don't Stand Up' - a brilliantly chaotic exploration of everything that can go wrong during a stand-up comedy performance.

An absurd and extremely funny comedy, blending physical theatre and stand-up. It's a show about a woman trying to do Stand up comedy for the first time. Falling down, getting back up and the courage it takes to keep trying - even when everything goes wrong.

This absurd comedy weaves together physical theatre with experimental and innovative sound design - where everyday objects onstage become active participants.

Duration: 60min

Recommended Audience:
From 12 years

Text possible in: English, French, Spanish, Portuguese, Italian.

Disciplines: Physical theatre, object manipulation, theatre/stand up

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[click to view promo video](#)

'Don't Stand Up' is a thought-provoking indoor solo (and participation) show paired with exhibition - when possible and available - addressing themes of migration, social responsibility and our tendency to become indifferent to issues that don't personally impact us.

Created from work with migrant communities delving into the challenges of living in areas resistant to change and inclusion. I work very closely with my partners, Out There Arts, Seagull Theatre, Witham town council & Essex Cultural Diversity project.

Artistic Team

By Dulce Duca

Text: Joe Mackintosh

Creation process guidance: Thomas Monckton & Paul Currie

Direction: Ursula Martinez

Dance Choreography: Anjali

Lighting Design/Tech : Tom Clutterbuck

Music: Hugo Branco

Costumes: Sarah Munro

Stage technician: Mathew Herman

On tour: 3 to 4 people (1 artist, 1 technician, 1 stage technician and 1 producer).

Production: Arts Council England, Dulce Duca

Co-produced by Essex Cultural Diversity project (UK), Seagull Theatre (UK), Norwich Arts Centre

Residency support by Out There Arts National Centre for Street Arts and Circus (UK), Seagull Theatre (UK), Norwich Arts Centre (UK)



“Very good show. Very different from what I normally see. My favourite part was the mix of Portuguese and English language. There’s funny words that only Portuguese speaking understand”

“I’ve been an entertainer for 50 years, I am very hard to please, and she was absolutely brilliant.”

“It contained every type of humour I could think of, probably - apart from sarcasm. Very impressed.”

“Incredibly surreal and fun. Emotionally relatable, which I wasn’t expecting”.

Audience Feedback

> [click here for audience feedback](#) <



About Dulce Duca

**Dulce Duca is
the greatest
living juggler in
Geldeston...**

Dulce Duca conceives comic, absurd and surreal shows that will make you laugh or run away.

She's never won any awards, but her first solo show 'Um Belo Dia' was nominated for 'best street show' at the 2013 Zircolika Awards.

Duca has since performed in more than 10 countries, including China, Mexico, Brazil and Cape Verde.

She runs Drillaz Circus School (UK); creates stories for radio, has broadcasted on BBC; collaborated on several projects such as Gandini Juggling (UK), Collective Protocole (FR), Pistacatro (ES); and has created events with and for local communities and city councils - provoking connections between the population, with the aim of raising awareness about emigration through music, gastronomy and circus.



Stage Requirements

Lighting Design:

In construction - we can discuss needs and try to adapt to the equipment available.

We Provide:

- We hang 20 fake microphones. Total weight: 700g. Even if no structure is in place we can create possibilities to discuss.
- White tulle backdrop

Set up time:

4 to 6 hours (depending on how much of the lighting design has been set up in advance)

The show can be performed twice a day max, with a 2 hour break in between

Venue to Provide:

- Loading access and parking for a vehicle - please advise prior to arrival
- Need backstage and side wings.
- 1 Technician to assist with setup
- Lights
- Wireless microphone
- Green room

Contact

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