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PANIC & OTHER ATTACKS

DE NIEUWE TONEELBIBLIOTHEEK

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*Stilte, zeer zwak licht op judomatten,
beeld van de Noordpool op de achterwand*

Dounia en Roos wandelen het landschap in en blijven staan

Sometimes I feel it coming
and I try to hide from it
I do camouflage to fit the room
hoping it wouldn't notice me
Hoping it attacks a door or a chair
But it doesn't

I feel it hanging over us
and surrounding us
ever since we're here
It's hanging over the water in particular
It's always waiting around the corner
and just out of sight
Canoeing over the water certainly did help
Talking to someone did help too

It stands as I stand
It keeps me company
I realize this clearly
because I miss it
It comforts me
and is home to me
in some way

Everything you can touch
and everything you work with
can become scary
Can become too much
Is too much

It's weird how you never really notice
your organs

until they hurt
Our uterus hurts for a few days now
without a clear explanation
We would have forgotten we had one
if it didn't start feeling like
a stone inside our body
we have to drag along
Just like the time I had kidney-stones
I know very well where they are inside the body
since that day

How did we end up here?
Should we try to escape?
Who are they?

Everything is different here
Even our names are different here
New place – new name
I always thought
I would only change these big
important
aspects of life
when I would have to hide

For example if I had killed someone
and had to go underground
and remain unknown
Or if I had robbed a bank
left a husband and a child
and ran away with a new lover

Or if I had gone mad
I can't recall any of these things happening

Why are we hiding, anyway?
Who are they?
Who is she?

Am I a stranger to the others?
Does this situation have a possibility of danger?
Is there a chance to escape?
Do we need to?
What if we poke their eyes?
Should I punch their noses?
I hope my arm is long enough
When should we start throwing?
How far can we throw? (how low can we go)
Is this real?

Should we get a dog for protection?
What shall we call him?

1 2 3 4
Can I jump?
How deep is the water?
Make mental notes

MAKE MENTAL NOTES

Great view over the water, though
The water is not even that scary
Just a bit cold
I think it's not even deep enough to drown in
Well, you could
but you should make some effort
It's not too wide
so you can easily swim to the shore
The shore is not that high
so it's no big deal to climb onto it
Too many canoes, boats and cheering people
Always a hero somewhere

Kevin tried to drown himself
by jumping off a bridge

but for some reason
a sea-lion would not allow him to sink
and kept bumping him up, you know
allowing him to breathe
till a boat came to his rescue

The water is not that dark
more blue-white coloured
It's actually a very nice colour
No, this is no scary water at all
It's just like the colourful sports hall on the left
unfortunately that's been demolished
by an avalanche

The only scary thing I can think of
might be the cracking of the ice
or our small amount of food

Maybe the neighbour who never speaks
but only nods
perhaps the barking dogs
The constant sound of polar winds
the wandering thieves in gangs
the lost madmen
men in general
storms
thunderstorms
the dark

The rolling sounds that flood us
from time to time
Bills
emails
unopened letters
tall vehicles
Expectations
the silence

the loneliness
the worries
lack of connection
lack of friends
lack of courage
height

I have been by myself all night long
hoping for the arms of my mother

But how could she ever find me
when I stay hiding?

I hope her arms are long enough

I am ready
I am ready
for the fall
what about you?

The point, however
is not to be free from fear
but to engage in it
To work with the meaningful part in it
It's a misleading idea
that we can be free from fear
Fabulously naive
Like it could only come from a Swedish company

DANGER
is very similar to
ANGER
It's the same,
only one letter difference
The D is missing

I'm not fearful

I have no fear
Fear is not near
Only I am
I'm not scared, not scary (nor Mary)
I should not fail
And certainly not
when it is not the right time for it
I should not fail
fall
faint
Auwth! Helen?
Yes Charlie?

I got kicked in the face
I got kicked so hard I just fell over
I fell over
I felt like I would fall
and poof!
I fell

Some time after the kicking
I fell over for no reason

That's when it really got scary

Once I kicked myself
To make the falling seem more or less
not for no reason
Well – Let's not talk about that

Parachutes are nice if they rescue you
I'd love to have one on my back –
you never know you know
I wouldn't fall on purpose
no
but I would like to be caught
when I fall by surprise

I like surprises
falling by surprise is not one of my favorites, but I like being caught by
surprise
when I fall
Do you like to be lucky?
I do
I like to be lucky
but sometimes I become very red for no reason
I don't like that
Funny things are so funny

Pretend
content
forever, out of hand
When I lose myself I lose it all
Therefore I spent my days running
Running away from it all
towards it all
in the midst of it all
I even used a running scheme to keep track
I updated time
and kept performance very high

*Roos en Dounia rennen nu allebei heel hard
Dounia valt en tuimelt. Roos ook. Video ook*

The time in between thinking
I might fall and smacking down
I am falling
The fall is the scariest thing
But the even scarier scariest thing
is the thought of falling
And worst is the fear of the final drop
the way I land

Mostly it is painful and disruptive
but so is the fear of it

Hamster-wheels are the worst:
Panicking
about panicking
about panicking...

I get trapped in hamster-wheels
Hamsters too *tuimelt*

1 2 3 4 5 6 7 8 9 left
10 11 12 right
13 14 15...

This may be our only chance to escape
Where is the line, have we passed it?
Would they mind?
Would I mind?
Yes I do
I think so

Can I still say no?
Work my way out of it?
Travel sideward
never lose focus
Hold positions

Am I a professional?
Shall I pretend?
Co-operate
be gentle?

The dark isn't really dark
It's just that the light can't reach that far

Maybe the fridge is broken
How much can I wear?
How much can I bear?

Are the windows too small?
The ceiling is too low
The doors are locked
and what can I make of these walls?

No place to hide

I can quickly change
I can change
change this situation

Never lose focus
Become their friend

judo-oefening met een kussen

Did you know penguins can attack people when they feel threatened?
Should they get a claw into your flesh
count on a nasty infection
They're standing in bird poop

If someone attacks you
they say you should blind your attacker
by gouging out the eyes
by thrusting your fingers in them

Or knock the wind out of your opponent
by hitting the throat with your fist

Or punch the nose

Or quickly clasp your hands
over both of your attacker's ears
at the same time

Or you can either kick or punch your attacker in the stomach

And if your attacker is a male
kick or punch his groin

Only fight back to escape
or protect yourself
If you can:
run!

Better is to draw attention or find help

HELP!

To find help do not call 'help'

People do not tend to help
when they hear 'help'

Instead of calling for help
by screaming 'help'
to draw attention shout:

FIRE
FREE FOOD
WOW
GREAT PARTY

Pretend someone famous is passing by:
Is that Beyoncé?

Or the Belgian option:
Is that King Filip?

Family drama's also work:
why did you do this
you...

Shout the name of a dog: come, come Lassie

Shout the name of another dog: Snoopy
Shout the name of a real dog: Scratch / Scar / ...

Call for security:

SECURITY

Or you can use the death whistle:

FWIET

If no one surrounds you
confuse your attacker:

LOOK THERE! A PENGUIN

Act very strange, weird
anything but normal:

GRMTCH

Give the attacker a mochi
ICE cream –
just give them food

OH YOU ARE BLEEDING

and

WATCH OUT
I HAVE VERY SEVERE
CONTAGIOUS FUNGUS

Nowadays coughing might be enough
Or punch the nose

When a shark attacks you

don't punch it in the nose
When panic attacks you:
don't punch
and don't panic

If one of you attacked someone once
and got poked in the eyes
you could kindly ask a dog to guide you
the company of a dog is handy in a lot of cases

like for example
if you bump into a polar bear

She met seven polar bears in nature
and is still alive thanks to her dog
If you encounter a polar bear
keep these tips in mind:

⊥ Good luck
Polar bears are the biggest bears on Earth
and they're much harder to scare
than other bears
The best strategy is
to avoid meeting them in the first place

⊥ Don't act like prey
This is good advice for any bear encounter
but polar bears are most likely to see you
as a meal
Running away will confirm their suspicions
Plus, they're faster
and much better at running on snow and ice

⊥ Do act like a threat
The bear may see through this tactic
especially if it's hungry
but it's still worth a shot

Don't draw attention if the bear doesn't see you
or seems uninterested
but if it approaches
stand up straight
speak loudly
and act like it should be scared of you

⊥ Use bear-spray
It's your best bet
since you can't count on
intimidating a polar bear
and their habitat doesn't offer many hiding-places
Be sure the spray is easy to reach
and learn how to use it before you go
(But don't let those gusty Arctic winds
blow away your protective cloud)

⊥ Don't give up
Unfortunately
neither playing dead nor fighting back
works as well against polar bears
as against their smaller relatives
They're often more interested in eating you
than in neutralizing you as a threat
so playing dead might just make their job easier
Fighting back is pretty useless, too
but if you find yourself rolling around the tundra
with a one-ton polar bear
you don't have much to lose
As with other bears
try to injure its nose or eyes
and steer clear of those big, swinging paws
A single strike can kill a person
In our case
being attacked by panic is more likely
than being attacked by a bear

That is a good thing I think
When you have a panic attack –
panic attacks you
There is nothing else attacking:
No bear
No angry person
No one
Except
if you are very very unlucky
you might be attacked
by a panic
and by a bear
at the same time
but that does not really happen a lot, I think

Or maybe that is because
those it happened to couldn't tell about it

Oh my

Anyway
In this case of panic-attacks
panic attacks
and that's pretty terrifying

We are all afraid of panic

In the case of being pushed away by humans
I don't think dogs know the solution

When she was twelve years old
she was kidnapped by four men
trying to force her into marriage
but she was saved by three lions

What to do –
if you –

are –
kidnapped?

Do as little as possible
if you resist
the kidnappers may become dangerous

However
if you are in a public place
this may be your only chance to escape

As impossible as it may seem
stay calm
and focus on what is happening around you

⊥ Make mental notes:
How many captors are there?
Do they seem well-prepared and professional?

⊥ Examine your surroundings:
Where are you being held?
An office?
A warehouse?
Describe the room, the car
the location of your temporary hosts

⊥ If in transit
you should count turns
and measure distance by counting as you travel:
1234
left
123
right
and so on

⊥ Try to work
try to work –

work out
why you are being kidnapped?

There are various motives
from basic financial kidnap
to political leverage
to sexual abuse

Once you establish what your role is
in the abductor's plan
you are in a better position to negotiate
your way out of it

You will almost always be worth more alive than dead

Unless you sense
that you are going to be made an example of
Try to put your captor at ease
It is never wise to become violent
or make threats

Don't beg or plead
remain calm
strong
and keep your dignity

Speak when spoken to
and if possible
build up a relationship with your captors

Be their friend
Remember
they are most likely under as much stress
as you are

Make their cause
your cause

Most experts insist that you should never attempt to escape
but if you are being held by people
who clearly intend to kill you
there isn't much to lose

It was about twelve o'clock in the evening
and I was lying in my bed
but I was not asleep yet

I suddenly heard a terrible scream on the street and after some doubt
I looked down from my window

It took a while before I found
where the screaming came from

It was a woman
with a small group of people around her
and a van standing next to them

Was it a quarrel that got out of hand?
Was the woman hurt

The scream was terrible
and I was in great doubt
Shouldn't I better go downstairs
so that I could see what was really going on?

I saw a cyclist pass
and a walker passed
they did not stand still

Did it look less threatening from closeby?
If the people who are so close
did not do anything
was help even needed?

After a few minutes of doubt
I decided to call the police

All of a sudden
the group led the woman into the van
and before I knew it
they were all gone

The van was out of sight
and a few minutes later I saw another car driving into the street
it was a police car –

Let's just talk about something else –
Nobody knows for sure if ivory-billed woodpeckers still exist

...

Tension between us like picket-fences
A mother
Saw her child hurting itself
The boy panicked
because he couldn't save his dying turtle
The turtle was poisoned by chemicals
that were sprayed nearby
The boy tried to force-feed him
during a week
gave him medicine
but finally found the animal dead
and was so upset
he wounded himself

It is not easy to forgive yourself sometimes
but when it's really not easy
because you regret it so much...
that means you should do it

If you can't:

I officially forgive you for those things right now

It is very relieving to forgive someone
A good one

THIN ICE
THIN ICE

Good persons
What does that even mean?
The whole North Pole sits on drifting ice

Maybe we all could have been good persons
if things hadn't been so complicated
In better circumstances
no
maybe some people are just not so nice
for no reason

I mean:
Sympathetic people...
Pathetic people...

Are you sympathetic?
Are you pathetic?
Are you a loser?
Do you like puppy's?

You become a loser one day or another
You lose something, or someone
You lose hope, yourself, control

We find ourselves losing

If you're lost: don't panic
If you lose: don't panic
If you panic: don't

If you think you're gonna choke
Just keep breathing
as slow and controlled as you can:
in – out
in – out

And maybe it will feel like
the only thing you can do is:

in
in
in
ou
tinou
t
in
in
in
o
uti
nou
ou
i
ou
i
ou
t
in
in
ou
t
t –

If in and out is too much
focus on the 'out':

Make a small air pocket to breathe from

If you can
think of it as a letting go

Stick to the things you recognise

Wood – Chair –
Bowl – Chair –
Table – Milk
Breathe
Milk – Bowl
Breathe
Salt – Bowl – Chair –
Table – Spoon
Breathe
Wood – Wall –
Wood – Wall – Carrots –
Chair – Bowl – Table –
Lemon – Spoon –
Milk – Wall – Floor –
Bird – Chair – Cat –
Book –
Rice –
Paper –
Banana – Orange
Yellow – Blue –
Breathe
Fly – Floor – Feet – Flower
Door – Spoon – Lemon –
Radio – Stamp – Bowl
Door
Door
Door
Door
Breathe
Fly – Floor –
Feet – Flower
Wood

Wood
Hold the wood

Another mother
Saw her child
Harming itself
She couldn't take her child's pain away
If the child could take away any pain today
It would be her mother's

How much can we bear?
How much can we handle?
How much can we take?
How many bears?
19 lemons
14 chairs
56 spoons
1 ladder

Sometimes an avalanche starts right beneath your feet

⊥ If this happens
try to jump up the slope
beyond the fracture line
An avalanche happens so quickly
that it's almost impossible to react fast enough
but it has been done

⊥ When the avalanche starts above you
or beneath you
let go of all your equipment
and move to the side of it

⊥ If you're unable to escape the avalanche
try to grab on to a boulder or sturdy tree
You may be able to hold on
until the flow of snow passes you

Keep in mind that a very powerful avalanche can carry away even large rocks and trees

⊥ You'll tend to sink as you get carried downhill
Try to stay afloat
by kicking your feet
and moving your arms
in a swimming motion

⊥ Swim on your back
This way your face is turned towards the surface
giving you a better chance
of getting oxygen
if you're buried

⊥ Swim uphill
Swimming up
will get you closer to the surface of the snow

What to do to survive when buried in snow:

⊥ Hold one arm straight above your head
It should be pointed in the direction
of the snow's surface
This will help you figure out
which way is up
since it's easy to get disoriented
once you're buried
It may also help rescuers locate you
⊥ Spitting out a small amount of your saliva
can also help
with figuring out which way is up
because the fluid will run down

⊥ Use your free hand to dig an air pocket
near your nose and mouth
when the avalanche slows down

With a small air pocket to breathe from
you should have enough air
to last at least 30 minutes

⊥ Right before the snow settles
inhale deeply
and hold your breath for a few seconds
This causes your chest to expand
which will give you some breathing-space
when the snow hardens around you
If you don't have this breathing-space
you may not even be able to expand your chest
to breathe while you're buried

⊥ If you're very near the surface
you may be able to dig your way out
but otherwise
you aren't going anywhere
Don't waste precious breath
by struggling against the snow
Remain calm
and wait to be rescued

⊥ If you hear people nearby
try to call them
but don't keep it up
if they don't seem to hear you

You can probably hear them better
than they can hear you
and shouting just wastes your limited air supply

⊥ Eating the snow is not an effective way
of removing snow

⊥ If you feel like urinating, do so
Although this might feel uncomfortable

rescue dogs strongly rely on smell
to locate a victim
thus urine can become very useful
in this kind of situation

⊥ If you get buried in a remote area
and know there's no one around to dig you out
if you can see any light
try to dig towards it
If you can see your breath
dig in the direction that it rises

...

Another mother

Panic in my pocket
Panic in a closet
Panic lying on the carpet
Panic under the bed

Panic in the bathtub
Panic in my cup
Panic in a vase
Panic under my chair

Panic panic panic is there
Panic panic panic in the air

Panic in the sink
Panic on the coatrack
Panic written on a paper
Panic on the tv

Panic panic panic is near

Panic panic panic is here

Panic caught by the cat
Panic in the doorway
Panic hanging on the wall

Panic panic panic takes it all
Panic panic we're ready for the fall

How to stop a goose attack:

⊥ Watch for warning signs:

At first

a goose will bend its head back slightly

This indicates aggression

If the goose then bends its neck out straight

this shows the aggression is increasing

⊥ If a goose is about to attack

it will pump its head up and down

like this:

...

⊥ Geese may hiss or honk as well

when they are aggressive

like this:

...

⊥ Leave

before a goose begins to chase you

⊥ Avoid turning away and do not run

Back away slowly
Stay faced towards the goose
and make sure to avoid anything
you may trip over

⊥ Remain calm
It's a good idea to maintain calm
when backing away from a goose
If you're struggling to remain calm
take a few deep breaths:
In and out
you've been doing it your whole life

⊥ Do not yell at the goose
It's better not to say anything
It will not understand you anyway

⊥ You should also not make any physical gestures towards the goose

And don't throw anything at the goose
No oranges
no wood
no chair
no spoons
lemons
No milk

In the event a mountain-lion attacks you
use rocks
sticks
oranges
spoons
lemons
your bare hands
or whatever tools are around
to fend off the animal

What kind of panic is your kind of panic?

In today's suggestions we have:

Red panic –

White panic –

Blue panic –

Orange panic –

Yellow panic –

Black panic –

Dark panic –

Deep panic –

Help panic –

Heavy panic –

Light panic –

Fight panic –

Milky panic –

Salty panic –

Sweet panic –

Spicy panic –

Crunchy panic –

Sticky panic –

Iced panic –

Boiling panic –

Rotten panic –

Fresh panic –

Fried panic –

Dried panic –

Light panic –

Greasy panic –

Poached panic –

Creamy panic –

Roasted panic –

Toasted panic

lawinepak uit

I had a weapon in my hand

and I did not shoot

Risking my life more than once

refusing to take a bear's life
Inuit told her to keep eye contact
move sideways
or slowly to the front
never backwards

To keep calm
never show fear
stand next to something to appear bigger
To shoot only if she had no choice
and never injure the bear
because it would get even more dangerous

Never
never run away

So with a full-grown hungry polar bear
heading towards me
I stood my ground
repeating to myself:
stay
calm
stay
calm

Her dog barking, roaring
ready to jump

Dry mouth
heavy heartbeats
trouble breathing
sweat
shaking hands and knees:

A natural reaction
when something life-threatening happens to you

An instinctive fear that might be of some use
in the case of
almost being shredded by a bear

But not in the cases I was in when I panicked Not in my case
No

If I react as helplessly and awkward as I tend to
when I panic in front of a bear
the only thing I can hope for is
that the bear feels sorry for me

I hope the bear feels sorry for me
Sometimes they do

Kevin was attacked by a mountain-lion
while watching three bears
a mother and two little ones

The mother bear came to his help
by fighting the mountain-lion
and saved his life
I think she felt sorry for him

If you see someone
You can be pretty sure
something happened to that person
Even if nothing happened

Maybe the one attacking
Is the one being attacked
By something

'For a split-second I believed her—I thought she was about to confess
a crime
maybe a murder
Then I realized that we all think

we might be terrible people
But we only reveal this
before we ask someone to love us
It is a kind of undressing'

The worst part is:
we might not have to worry
about being attacked by a polar bear anymore

George
the fourteen-year-old O'ahu tree-snail
and the last of his kind
died on New Year's Day of 2019
And Martha
the last passenger-pigeon
she died in a zoo
In...

Scary people
Maybe scary people are not scary at all
Maybe nobody is
Maybe the moods we are in are scary
Maybe the unpredictable threatening thundery pressing moods are
scary

Kevin once gave the Kiss of Life
to an unconscious wild tortoise
It woke up again

Someone said:
I haven't had an attack since our call
Someone said:
If I had to choose between the life of a dog
or a human
I'd save the dog

If a dog attacks

try to get on top of something
or throw food
If it bites
move your body part in the dog's mouth
rather than pulling it out

When a dog attacks you, do not:
Scream
Run
Panic

Make eye contact
Jump up and down

The best way to get away from killer bees
is to run in a straight line
and as fast as you possibly can
away from the chasing swarm

Use a blanket, sheet, pillow, curtain
or your shirt
or your hands
to cover your head and face

Please
please
please
position the sheet or blanket
making sure not to cover your eyes
so that you can still see

Don't think you can outrun a bear
Bears are fast

What to do when your zipper is stuck?

What to do when a crocodile attacks you?

⊥ Stay away from it

⊥ If you can see the crocodile from far away:
rather than bumping noses with him –
keep your distance
Get out of the water
Most crocodile attacks occur in water

⊥ If it sees you:
Back away slowly
no sudden movements

⊥ If it heads towards you:
run away in a straight line

⊥ If it attacks:
Run For Your Life
Fight If You Have No Choice

Black bears often bluff when attacking
So stand your ground and make lots of noise

Don't climb a tree
Black bears are excellent climbers

If it actually attacks
fight back
Use anything and everything as a weapon
rocks
sticks
lemons
fists
and your teeth

Aim your blows at the bear's face

When a black bear sees
that their victim is willing to fight to death
they'll usually just give up

If you're in a canoe
allow a hippopotamus plenty of space

Avoid rivers where numbers of them are concentrated

Tap the side of the boat
to signal your position
so hippos do not come up beneath you

When a grizzly bear attacks
hit the ground immediately
and curl into the fetal position
cover the back of your neck with your hands

A man you thought you knew
presses you against a wall
and won't let you go
what do you do?

Play dead
So they won't think you're threatening
Once the bear is done tossing you around
and leaves, continue to play dead

Grizzlies are known for waiting around
to see if their victim will get back up

No matter what
never:
Run from the gorilla
Show your teeth

Raise your arms
and try to make yourself look bigger
If in doubt
scream and shout

Thump your chest in return—not even as a joke

Slowly crouch down
and make yourself small

Look away
Attempt to look disinterested

Remember mountain-lions are most likely
to grab children first

What to do when you lose your child?
Make a small air pocket to breathe from
What to do when you lose yourself?
What to do when you lose your elbow?
What if you smell bad?
What if you smell bad intentions?
What to do when a guy caresses your back?
What if something's over?
What to do if we don't get attacked?
What to do if we get attacked?

What when attacked by a rapist – racist –
give them a compliment

What when attached to a rapist
What to do when floods occur
What when in a drought
What to do when earthquakes happen
What to do against forest fires
What to do with that woman from downstairs who, with her vicious

remarks

makes your day sour before it even starts?

What do you do in a crowd?

What do you do if your hair is messy?

What to do if you still want to impress that guy
you know will ruin your life eventually?

What to do with no money?

What to do when robbed?

What to do when left by everybody around you?

What to do without your mother?

What to do with your mother?

What to do if a duck flies into your window?

Duck

Drop – Cover – Hold on

Drop – Cover – Hold on

Make a small air pocket to breathe from

Be their friend

If you feel like urinating – do so

Do not waste precious breath

Poke their eyes

Jump up and down

Look away

Attempt to look disinterested

Do not throw anything at the goose

If in doubt scream and shout

Tap the side of a boat

Aim your blows at the bear's face

Make sure to avoid anything you may trip over

Keep your distance

Say free food

Say no

Say stop

Say don't touch me

Don't freeze

Say I said no

Say I said stop it

Show your teeth

Punch the nose

Hide

Run

Stear clear of those big swinging paws

Stay calm

Find shelter

Evacuate

Review your family disaster plan

Assemble supplies

Do not go after a victim

Do not return to disaster areas

Act quickly, save yourself, not your belongings

Speak loudly and firmly

Seek medical care

Drop to the ground

Cover and hold on

Cover yourself

Cover your head

Cover your vital organs

Stay away from glass
windows
anything that could fall
Stay there

Move away

Stay calm

Stay in bed
protect your head with a pillow

Do not use elevators

Do not light a match

Do not kick up or move around dust

Cover your mouth

Stay calm

We will stay calm

We will tap on a pipe or wall
so that rescuers find us

We will find shelter

We will fight back only if we have no choice

We will not try to escape

We will run for our life

Play dead
Try to appear as big as possible

Back away slowly

Stay calm

Move in a straight line

Find shelter

Find shelter

Get out of the water

Climb in a tree

Run

Act dead

Fight back

Stay calm

Stay calm

Breathe

panic & other attacks werd voor het eerst gespeeld op 19 september 2020 bij wpZimmer in Antwerpen.

Spel Roos Nieboer
Dounia Mahammed

Productie wpZimmer (Antwerpen)

www.wpzimmer.be
www.c-takt.be

Bronvermelding:

blz. 5 'It stands as (...) in some way' – uittreksel uit *Daybook: The Journal of an Artist* door Anne Truitt (1974-79)

blz. 24 'Tension between us like picket-fences' – zin uit Drake's lied *Passionfruit* (2017)

blz. 39 'For a split second (...) kind of undressing' – uittreksel uit *The First Bad Man* door Miranda July (2015)

Dounia Mahammed (Brussel, 1990) studeerde in 2015 af aan de afdeling Drama van het KASK in Gent. Tijdens haar studies maakte ze onder meer de voorstelling *Woudwachten* (2014) met de bezoekers van Villa Voortman (open huis voor mensen met dubbeldiagnose) in Gent. Eerder werkte ze samen met Silke Huysmans voor *Manger de l'O* (2013), met Mira Bryssinck voor *Usotroop* (2014) en met Anjana Dierckx en Lukas Smolders voor *Schaduw mensen* (2013). In augustus 2016 won Dounia Mahammed met haar afstudeerproject *Salut Copain* de SABAM Jongtheaterschrijfprijs 2016 op het festival Theater aan Zee in Oostende. Haar werk werd besproken in literair tijdschrift Terras (Theater-nummer najaar 2019).

Toneelwerk

panic & other attacks – 2020

w a t e r w a s w a s s e r – 2017

Salut Copain – 2015

Roos Nieboer (Vlissingen, 1995) studeerde in 2019 af aan de afdeling Vrije Kunsten van LUCA School of Arts in Gent. Tijdens haar studie maakte ze onder meer het participatieve theaterstuk *A life and a living*. Eerder werkte ze samen met Oonagh Haines voor de performances *Nothing better than not to be seen in a crowd* en *A firm and friendly handshake* en met Martí Madaula voor de performance *How to conquer space*. In september 2019 won Roos Nieboer met haar afstudeerproject *How do you throw a brick through the window of a bank*, uitgevoerd in de KBC Arteveldetoren te Gent, de juryprijs voor beste masterproef van LUCA School of Arts.

www.roosnieboer.com

Toneelwerk
panic & other attacks – 2020

Deze tekst wordt uitgegeven met steun van Literair Grensverkeer Nederland-Vlaanderen, Klein Verzet, De Nwe Tijd en de Leesclub van Voss. In het jaar 2020 kunnen op deze manier 10 bijzondere teksten van jonge, en soms niet meer zo jonge, Vlaamse schrijvers onder de aandacht gebracht worden binnen de collectie van De Nieuwe Toneelbibliotheek. Voor deze actie zijn speciaal in *limited edition* boekomslagen gemaakt door DNTB-vormgever Connie Nijman.