1.请问最近的无障碍厕所在哪里？

Be Seen

出门前忘了上厕所，一个稀松平常的尿点。所以，找个厕所有这么难吗？一个出门前忘记上厕所的女孩被邀请前往参加一场演出，唯一的不同是，她就像那个永远把标准微笑挂在脸上的芭比一样坐在一台轮椅上。这就是一个“找厕所”的故事，但它也不只是一个“找厕所”的故事。它真正关乎的是这些“两脚兽”们，是否真的把女孩看作一个完整的个体，还是只是想要她代表些什么。

Not remembering to use the toilet at home before going out is not a big deal when it’ s easy to find a public toilet in the city. A girl who is on her way to be in a stage play forgot to use the toilet. Guess what? Yes, this is a story about her looking for a toilet, but in a wheelchair. And with her alter ego, a Barbie doll, they tell a story beyond toilets. Our story Be Seen wants to ask all the able-bodied people whether they really care about those individuals sitting in a wheelchair, or if they are only an honorable symbol.

2.请问最近的无障碍厕所在哪里”戏剧幕后纪实

I see you.

这是国内第一步改编自残障人士真实经历的话剧，一部由轮椅女孩大程子本色出演的独角戏。这部幕后纪实短片记录了大程子和剧组一路走来，如何把一个轮椅人的世界搬上舞台的故事。它关乎残障，更关乎我们该如何“看到”“残障”，每个人都有的和最爱的人之间的“残障”。

This is the first play in China that is adapted from the real experiences of people with disabilities. It is a one-woman play starring a wheelchair girl, Dachengzi, in her own right. This behind-the-scenes short documentary chronicles the journey of Dachengzi and the cast as they bring the world of a wheelchair user to the stage. It is about disability and how we should "see" the "disability" that we all have with the people we love the most.

主创人员介绍 Staff

王士名，影像创作者，同时关注于剧场、肢体等领域。现任职于界面新闻箭厂视频，担任导演、制片人。曾执导多部短片作品，《当我在谈论死亡时我在谈些什么》、《烟》（VR 作品）、《葬礼设计师》、《人到中年去考研》等。

Shiming Wang is a filmmaker and content creator，with interest in theatre and body movement art. They are now working at Arrow Factory Doc as a director and producer. Shiming has directed a number of short films, including "What Do I Talk About When I Talk about Death", "Smoke"（VR project），“Funeral Director” and "Middle-aged Graduate Candidates”.

薛号琳，影像作者，关注性别、平权和心理健康。纪录短片 Are You Staring?入围 2020 Grierson Awards、入选 2020 Doc Feed Film Festival，剧情短片 I Toast 入选 2020 Mobile Film Festival，剧情短片 Last Night 入选第 13 届 San Jose International Short Film Festival。曾任箭厂视频导演、制片、剪辑师，执导多部短篇作品，《脑机接口治疗抑郁症》、《元宇宙里有什么》等。

Holly Xue is a filmmaker with their focuses on genders, equalities, and mental health issues. Their short doc “Are You Staring?” was shortlisted for Grierson Awards and was officially selected by the 2020 Doc Feed film festival. Mini drama “I Toast” was selected by the 2020 Mobile Film Festival. Short thriller “Last Night” was selected by the 13th San Jose International Short Film Festival. Holly was also a director, producer, and editor at Arrow Factory Doc, with works including “Brain-Computer Interface for Depression” and “What’s Inside the Metaverse”.

杜雅婷，Columbus Studio 首席执行官，独立电影制片人，与周全导演合作《西小河的夏天》，与张荣吉导演合作《极限 17 扣杀》，与郭容非导演合作《红姐》，与汤晓婷导演合作《娜思》等。

Yating Du, CEO of Columbus Studio. She is a writer, director and film producer holds a master and doctoral degree in Applied Psychology from the Department of Psychology, Renmin University of China. She graduated from Tianjin Normal University with a bachelor's degree in Advertising. She has co-produced End of Summer with director Quan Zhou, Never Stand Still with director Jung-chi Chang, Dear Red with director Rongfei Guo and so forth.

3. People in A Case 套中人

姓名 Name：

蔡子鋆 Zijun

邮箱 Email

caizijun6@yeah.net

自我介绍 Self-introduction

双相躁郁世界多栖志愿者、专栏作者，本科毕业于北京大学生命科学学院。

Volunteer and columnist in the bipolar world, graduated from school of Life Sciences, Peking University

作品介绍 Work introduction

对于双相情感障碍的抑郁发作，医学语境里有很多对应的症状描述，如情绪低落、意志减退、兴趣降低等，但这些专业化的词条显得有些抽象，对没有患病的人来说，很难直观理解那是怎样一种感受。公众号 bipolar_world 在 2022 年 10 月 27 日发表了一篇推文，作者用第一视角记录了一次抑郁发作的体验。作者描述抑郁发作时自己仿佛“套中人”，躺床多日，没力气洗漱，与外界断绝联系。视频的创作建立在这篇推文之上，创作者在理解这篇推文的基础上，添加了许多个人想要传达的细节，并用图像化的语言表达出来。这段视频是用 ppt 制作的，通篇没有对话，但是创作者在简单画面背后的所付出的巧思超乎想象，每张幻灯片的转场都代表着视角的切换，同时带来一种感受上的变化。每个图像的选取都不是随意的，大部分时候，这些图像包含着不止一重含义。希望这个作品能让观看者对抑郁有更多理解。

For depressive episodes of bipolar disorder, there are many descriptions of symptoms in a medical context, such as low mood, reduced will, reduced interest and so on. But these specialized terms are a little abstract, and for people who don't have the disease, it's hard to intuitively understand what it feels like. The public account bipolar_world published a tweet on October 27, 2022, in which the author documented the experience of a depressive episode from a first perspective. The author describes the depression as "people in a case", a great metaphor for how she felt when she was depressed. In the tweet, the author lay in bed for many days, have no energy to wash, and cut off contact with the outside world. The creation of the video is based on this tweet, and on the basis of understanding this tweet, the creator adds many details that the she wants to convey, and expresses them in graphic language. This video is made with power, there is no dialogue throughout, but the creator's ingenuity behind the simple image is beyond imagination. The transition of each slide represents a shift in perspective and a change in feeling. The selection of each image is not random, and most of the time, these images contain more than one meaning. It is hoped that this work will give participants a greater understanding of depression.

推文原文和翻译

“躺上几天，就好了。”

上一次刷牙洗脸，好像是四天前。那还能再撑撑。

窗帘缝里有阳光透进来。

外面的天气好好啊，而我只想也只愿躺在床上。

不记得这是躺在床上的第几天了，每天都是昼夜颠倒。

前一晚刷剧到凌晨三四点。最新的热门剧已经刷完了，接下来该看什么呢？

打开抖音，开始耗时间，刷些悬疑剧分集讲解片段。

刷到倦意袭来，在无意义的手机声音里闭上眼睛。

第二天再睁眼，下午三四点了。

稍微坐起来些，躺在靠垫上。

肚子已经咕咕叫了，但又觉得离开床都很辛苦。

不断刷着外卖 APP，这也想吃，那也想吃。

刷了快一小时后，终于决定了这顿不知道该叫午餐还是下午茶的饭吃什么。

然后，继续刷手机。

我不断地刷剧，让图像信息去侵占我的大脑，这样它就没有机会去想其他的事情了。

比如担心工作、担心身体……我对这些想法感到害怕。

肚子好饿。

我不断刷新着外卖软件，骑手终于一点点靠近。

手机发出“嗡嗡”声，外卖电话终于来了。我跟师傅说，挂在门把手就好。

接完外卖电话，我把手机调到了“飞行模式”。

我不想接到任何骚扰电话。

我想要完全躲起来，不想见任何人，不想让任何人找到我。

我不敢打开微信，我知道肯定会有人找我。

我只敢偶尔登录一下，然后快速退出账号。

有不少未接语音。先不管是什么事了，以后再说吧。

做什么都缺乏兴趣，感觉什么都没啥意思，但是我也不想死。

我只是想这样平躺着，躲在我的世界里，什么都不管，任时间昼夜颠倒。

躲上几天，就好了。

准备下床，去取外卖。

躺了太长时间，我的脚触地时居然有一瞬间的虚软。

我连忙稳住身体，然后冲到门口。

从猫眼里看了下，外面没人。取外卖，关门，躲回房间里的床上吃。

每次吃完，最难处理的是剩余垃圾，不能一直堆在家里。

积累了三四顿后，只能鼓起勇气，趁着晚上六点人最少的时候，到楼下扔完垃圾就上来。

感觉再多走一步都会榨干我的体力。

回到床上，继续刷抖音。

我现在越来越不能静下心来看东西，一部剧会被我**快进**掉很多。

一下子，一部剧又刷完了。

于是我又陷入巨大的虚空，仿佛那最大的依赖也结束了。

一旦脑子里的想法上来，就会阻扰我做任何事情。有时候，脑子里什么都没想，反而把事做了。

比如到了某个点，我突然站起来，去洗漱了。

摸了摸自己的脸，四天没好好洗过，果然长小颗粒了，之前的医美又白搭了。

我决定去洗个澡，像是某个重获新生的仪式一样。

这次洗得很认真，洗到每一根头发、每一寸肌肤。
脸上该祛痘的祛痘，该去黑头的去黑头。
我的行动力开始一点点回升，精气神好像一点点回到了身体里。
我知道，这次的“套子期”要结束了。
我又要开始，重新见人了。

Just lie down for a few days, and everything will be fine.

Last time I brushed my teeth and washed my face was, like, four days ago. It looks like the status quo would hold for a while.

There was sunlight coming through the cracks in the curtains.

It's a beautiful day outside, and I just wanted to stay in bed.

I couldn’ t remember how many days I had been lying in bed, every day was day and night reversed.

I binge-watched till 3:00 or 4:00 in the morning the night before. Now that I've finished watching the latest hit shows, what can I watch next?

I turned on Tiktok, started wasting time, scrolled through some suspense TV series clips summarized by episode.

Till the feeling of sleepiness coming, I closed my eyes in the meaningless sound of my phone.

I opened my eyes the next day, three or four in the afternoon.

I sat up a little, lay down on the cushions.

My stomach was growling, but I found it hard to get out of bed.

I constantly scrolled through the food delivery APP. I wanted to eat this, I wanted to eat that.

After scrolling for almost an hour, I finally decided what to eat for, no matter what this meal is called, lunch or afternoon tea.

Then, I kept scrolling.

I binge-watched and let the image information keep my brain occupied, so it would not have a chance to think about anything else.

Such as worrying about work, worrying about health... I am frightened by these thoughts.

I was starving.

I kept refreshing the delivery software, and the delivery guy finally got closer.

The phone buzzed and the delivery call finally arrived. I told the delivery guy to hang my takeout on the doorknob.

After the delivery call, I put my phone on "airplane mode."

I didn't want any harassing phone calls.

I wanted to hide from the world, did not want to see anyone, did not want anyone to find me.

I dared not to open Wechat, I knew that someone wanted to find me.

I only dared to log in occasionally and then quickly log out of the account.

There were a lot of missed calls. Whoever they were from, I would deal with them later.

I didn't have any interest in what I did, I found everything was boring, but I didn't want to die either.

I just wanted to lie down like this, hide in my world, don’ t care about anything, let the day and night reverse.

Just hide for a few days, and everything will be fine.

I was ready to get out of bed and get my takeout.

After lying down for so long, my feet went limp for a moment when they touched the ground.

I quickly steadied myself and rushed to the door.

I looked through the peephole. no one's out there. I got the takeout, closed the door, hid in my room and

ate on my bed.

After each meal, the most difficult thing to dispose of is the remaining garbage, which cannot be piled at home.

After three or four meals, I could only pluck up my courage to go downstairs and threw away the garbage at six o 'clock in the evening, when there are least people outside, and then came up immediately.

It felt like another step would drain me.

I went back to bed and kept scrolling through Tiktok.

I was more and more unable to calm down to watch things, a show would be fast-forward by me a lot.

Soon, a show finished.

Then I felt into the great void again, as if the greatest dependence had ended.

Once the thoughts in my head come up, they stop me from doing anything. Sometimes, thinking about nothing helps me get things done.

Like at a certain point, I suddenly got up and went to wash.

I touched my face. I had not washed it clearly for four days. There were little bumps on my face. The medical beauty before had been in vain.

I decided to take a shower, like some kind of rebirth ritual.

This time, I washed carefully. I washed every hair, every inch of my skin.

It' s time to remove the acne and blackhole that should be removed.

My mobility began to pick up little by little, and the spirit seemed to return to the body little by little.

I knew that this "case period" is coming to an end.

I think, I'm going to start meeting people again.

4.佐匹克隆 Zopiclone

自我介绍：李雨瑄，视觉艺术创作者、设计师。创作作品包括架上油画、装置、影像、跨媒介艺术、行为艺术等。她的作品母题集中在东亚语境下女性主义实践及精神多样性。她的艺术探索了人类心灵最隐蔽、最羞耻、且最私密的一面——创伤。自她与双相情感障碍的斗争中，她致力于让大众看到那些被噤声、被软禁、被折磨和被物化的群体困境。在将创伤转化为有形物的过程中，她的艺术不仅是一种宣泄，更是对根深蒂固的污名化以及其带来的破坏性约束的有力反抗。她目前就读于罗德岛设计学院。

Yuxuan Li is a Chinese contemporary artist and designer. Her work includes oil painting, installation, video, mix-media art, and performance. Motifs of her work focus on feminist practice in the context of East Asia and neurodiversity. Her art explores trauma, the most ulterior, shameful, and intimate aspect of the human mind. From her struggle with bipolar disorder, she seeks to make visible the plight of the silenced, the imprisoned, the tormented, and the objectified. While transforming trauma into tangible forms, her art not only acts as catharsis but also pose as a powerful rebellion against deeply-ingrained stigma and toxic constraints they propose. She's currently studying at Rhode Island School of Design.

作品阐述：

《佐匹克隆》是我第一次创作纯手绘动画短片作品。它是我三年来与睡眠障碍共存亡的见证。自蒂姆波顿发现定格和哥特式恐怖的天然结缘后，越来越多的创造者重新定义了定格动画的恐怖本质，它在帧率上创造的跟真实世界的距离是恐怖谷触发的核心。24 帧一秒，而一秒往往需要创作者在现实世界绘制至少一小时。我在这时间不等的奇妙寓言中酝酿出一些哲思：我们像夸父逐日（你也可以说是钓鱼竿挂的香肠后的狗）般企图补全时间，孜孜不倦地砸入自己的生命给予自己幻想诞生的造物以生命。让它们看起来更流畅，更真实。更像是活的。

这何尝不是我与精神疾痛挣扎的隐喻？

究极一生，我以一遍遍从头开始逐帧绘画一张分镜的兢兢业业扮演"正常"，一面对抗精神疾病污名化的内化及"健康"的霸权，一面抵御自己脑海中的惊悸、玫瑰色幻象的肆虐、及死亡如同牛虻般的刺咬诱惑。

佐匹克隆对我来说有里程碑式的意义，它救我于与睡眠障碍的孤军奋战，我第一次将身心交付给环环相扣的化学键、而非盲从于自由意志。确诊三年以来，"试药、换药"的循环中，我毫无阻力地接受了终身服药的可能。疾病带来最大的恐惧是"失控"，逐渐失去对自己情绪、身体、思想、精神、记忆、以致智力的控制，而药物带来的是一种协助，我无法控制药物的效用，但"是否服药"的主动权以一种奇怪的方式给予了我对人生的控制：每夜，不存在的墨菲斯向我摊手给我两个选择，平静而痛苦的现实——药，和亢奋而痛苦的幻象——一只空手。

我将生理托付给药物，心灵托付给艺术。我笃信人与人之间的灵魂桥梁依靠表达与创造得以链接和共鸣。当你接受治疗后生活依旧下沉，当你开始凭自己的感觉服用药物，我希望你知道：我也经历过，我们再试试吧。所以我不停地创作，表达，因为我始终相信艺术不仅可以渡己，还可以渡人。

"Zopiclone" is my first purely hand-drawn animated short work. It is a testament to my three years of living and dying with sleep disorder.

Since Tim Burton discovered the natural bond between stop-motion and gothic horror, more and more creators have redefined the nature of horror in stop-motion animation. The distance it creates from the real world in terms of frame rate is at the heart of the Valley of Terror trigger. 24 frames a second, and one second often takes the creator at least an hour to draw in the real world. I brewed some philosophical thoughts in this wonderful parable of unequal time: we are like the dog behind the sausage hanging from the fishing rod in an attempt to make up for time, tirelessly smashing into our own lives to give life to the creations born of our own fantasies. To make them seem more fluid,

more real. More like alive.

Is this not a metaphor for my struggle with mental ailments?

All my life, I have been playing the role of "normal" with the same effort of drawing a single shot frame by frame from scratch over and over again, fighting against the internalization of the stigma of mental illness and the hegemony of "health" on the one hand, and resisting the panic in my mind, the rampant rose-colored visions, and the temptation of death on the other.

Taking Zopiclone was a milestone for me, saving me from a lonely battle with my sleep disorder. For the first time I gave my body and mind to the interlocking chemical bonds rather than to free will. In the three years since my diagnosis, I have accepted the possibility of lifelong medication without resistance. The greatest fear that comes with illness is "losing control", gradually losing control of my emotions, body, mind, spirit, memory, and even my intellect, while the medication provides a kind of assistance. I had no control over the effects of the drug, but the initiative to "take the drug or not" gave me control over my life in a strange way: every night, the non-existent Morpheus showed me his hand and gave me two options, the calm and painful reality of the drug, and the exhilarating and agonizing illusion of an empty hand.

I entrusted my body to medicine and my mind to art. I firmly believe that the bridge between souls relies on expression and creation to link and resonate. When you receive treatment and your life continues to sink, when you start taking medication based on your feelings, I want you to know: I've been there, let's try again. That's why I keep creating and expressing, because I always believe that art can not only help myself, but also help others.

5. 嚱 3331 Xi 3331

Self-introduction:

午庚。艺术工作者，央美艺术史博士，环游生活的斜杠青年。关注具身体验、声音与写作的关系、自然舞动和包容性设计。通过触觉/行为互动、声音、视频等媒介实践，积极探索“体感”作为研究工具。

WU GENG, PhD in Art History, is a contemporary artist and slasher moving from town to town. Her research and art works mainly focus on tactile and interactive performance, especiallyrelationship between somatic movement, sound and writing. She explores whether "somatosensory" can be a research method and sometimes works with a visually impaired partner.

徐少为。自由艺术家。消解社会性尝试和探索者，毕业于法国不知名公立美术学院。

Shaowei XU is an independent Artist try to explorer and experiment counteracting socialization. He graduated from the unknown French public Academy of Fine Arts.

About Xi 3331

我们没有剧本，每个人只“讲述”自己的生命故事。留在中国交响乐团宿舍里的回忆，丈夫自己不离开，也认为妻子不愿离开。是什么在阻碍你离开或前行？是什么让你徘徊不明方向？“我们不是拥有灵性经验的人类，而是拥有人类经验的灵性存在”。如果回到呼吸，回到生命本身，我们每个人都是完美无缺的，不是无缺陷，而是不缺乏。人与人的相互触碰、能量交换并不受时空拘束。

We don't have a script, everyone just "tells" their own life story. Memories left in the dormitory of the China Symphony Orchestra, the husband didn't leave, and thought his deceased wife as well. What hold you back from leaving or moving forward? What make you wander without direction?" We are not human beings with spiritual experience, but spiritual beings with human experience." If we back to breathing, to life itself, each of us is perfect, not without defect, but without lack. The mutual touch and energy exchange between people are not bound by time and space.

Thinking About Disability

费登奎斯身体练习里强调对“弱”的重视。比如人通常两边鼻孔呼吸不一致，反而弱的一边会调动起头、胸、腹腔来合作支持。中文的“障碍”听起来容易想到不便、受限、弱点，但如果我们相信生命“存在”本身，是否就能看到“障碍”有什么价值？“障碍”提醒我们注意到什么？也能在行为层面上更倾向于改善过程质量而不必动摇别人的个人特质。

Feldenkrais Method emphasizes the importance of “weakness". For example, we usually breathe unbalanced on both sides of the nostrils, but the weaker side mobilizes the head, chest, and abdominal cavity to support. The Chinese word “cán zhàng” sounds easy to think of inconvenience, limitation and weakness, but if we trust in the being of life itself, can we see what value "disability" has ？What "disability" remind us to notice? We can also be more inclined to improve the quality of the action process without having to compromise someone's personal trait.