

# Visual Story

Cool Out Sun

Relaxed Performance

Access resources developed in partnership with Scope Australia

**MELBOURNE  
RECITAL CENTRE**

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# 1. The Venue



This event will be held at Melbourne Recital Centre. It is the building on the corner of Sturt Street and Southbank Boulevard in Southbank. Many people say it looks like a beehive.



Are you coming to Melbourne by train?  
Get off the train at Flinders Street Station. Go across St Kilda Road to the tram stop. Take a number 1 tram (going to South Melbourne Beach).

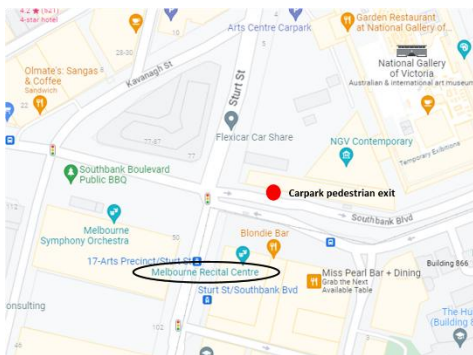


Get off the tram at accessible stop 17, right next to Melbourne Recital Centre (corner Sturt Street and Southbank Boulevard).

# MELBOURNE RECITAL CENTRE



Are you coming to Melbourne by car? The best place to park is at the Arts Centre Melbourne Car Park at the top of Sturt Street. For more information about parking costs [click here](#).



Once you have found a park, exit the underground carpark at Southbank Blvd and cross the road to Melbourne Recital Centre.

# MELBOURNE RECITAL CENTRE

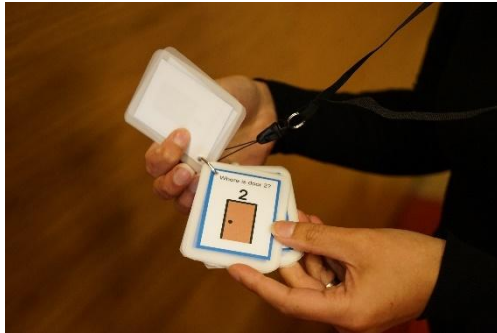


There is a main entrance to Melbourne Recital Centre on Southbank Boulevard.



Inside, the ground level foyer is partly carpeted, which makes it quieter. There is often music playing in the foyer through a speaker system.

Sometimes the foyer can be a busy and loud place depending on the number of people attending a concert.



If you have any questions whilst in the foyer, our Ushers carry picture cards with them. You can look through the picture cards and select the question you may want to ask. You can also print off the picture cards you want at home and bring them along with you. [Click here to see the picture cards.](#)



An important place in the foyer is the Box Office. Here you can collect or buy your ticket. The Box Office is open two hours before each performance. If you have access needs, please let us know when you're booking your tickets.



If you need help with asking questions at the Box Office, point to the sign in the photo.



Staff will show you a communication board to help. You can also [view](#) [or print out](#) this communication board before you arrive.

# MELBOURNE RECITAL CENTRE



This Relaxed Performance will be held in the Primrose Potter Salon, on the ground floor level of Melbourne Recital Centre.



There is just one door which leads into the Primrose Potter Salon from the foyer. You can sit anywhere you like in this venue.



To get into the Primrose Potter Salon, you have to go through a small room called the Sound Lock. This room is dark and keeps noise out of the concert venue.

# MELBOURNE RECITAL CENTRE



Before you enter the Sound Lock an usher will scan your ticket. The scanning machine will beep.



Please bring along the things that help to keep you comfortable and calm. You can bring ear plugs, earmuffs, visors or a stimming toy.



Should you need them, you will find accessible toilets on each level of Melbourne Recital Centre. There are hand dryers in the accessible toilets that may make a loud noise.

## 2. The Musicians

This Relaxed Performance features Cool Out Sun, and includes:



- vocals (singing and rapping)
- keyboard
- drums
- percussion





Cool Out Sun are a cross-cultural project spearheaded by N'fa Jones & Sensible J, blending Traditional HipHop, Afro Beat and Afro soul. The beats provocative, the lyrics powerfully imaginative; the music lets the spirit move you with cultural connection shared in song.

Since their conception, Cool Out Sun have been turning heads all over the country from their 2018 debut single "Fire For (Fire Four)" to their sophomore release A LION IS A LION voted #10 on Double J radio's top 50 albums of 2024. Their live shows have had living rooms and venues turn into dance floors.

## 3. The Repertoire



Cool Out Sun performing *Ah ha* at the PBS Studio

The first song in this concert is called *Ah ha* and was written by Cool Out Sun. This song starts with a funky keyboard groove and gentle percussion. As the drums kick in and the bass line starts, N'fa, the lead MC, will begin the introduction that leads to the chorus. Much of the song stays in this groove, with a gentle percussion solo around 2 minutes in.



Wolof is the most widely spoken language in Senegal

The next piece is called *Plabba* and is a song about Family. It is another very gentle and melodic number. There is a repeated word *Ke-lele* which means greetings in the Wolof language of Senegal and Gambia, which N'fa may ask the crowd to get involved in singing with him during the song.



Cool Out Sun performing African Hustle at Chapel off Chapel

The third piece in the concert is called *African Hustle*. This song has a long moody intro with keyboards and percussion, Eventually the bass line and drums join, as well as N'fa singing the chorus in Wolof language once again. This song also includes a percussion solo over the groove.



A lion with its young

*Lions* is the next song in the concert and it opens with a drum roll into a powerful keyboard line. Over this N'fa will rhyme some heartfelt lyrics about his youth. This piece is consistently powerful and emotive, with the second verse including a rap section.



A group of aunties

The fifth piece in the concert is called *Aunty Modu*. This song is about the importance of Aunty's in our lives. This could be a neighbour, a canteen lady at school, a friend's mother, or one's own actual aunty. This song is very pretty and groovy with some soft percussion and keyboard, and gentle solos.



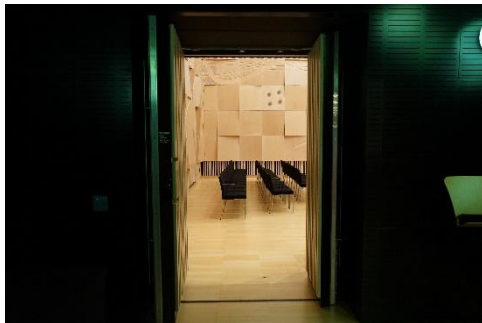
Album cover for Fire For (Fire Four)

The last piece in the concert is called Fire Four (Fire For). This song is a lot of fun and is in the time signature of 5/4, rather than 4/4 like most modern music. You'll hear the language of Wolof again. The groove is drum and percussion heavy with some exciting but spooky keyboard effects. The percussion builds up towards the end of this song finishing with a final strong drum hit to complete the song and the set.

## 4. The Performance



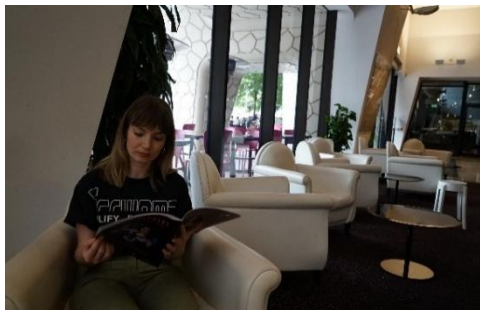
This Relaxed Performance will run for 45 minutes. There will be no interval. The house lights will remain on in the Primrose Potter Salon.



Doors to the Primrose Potter Salon will remain open for the duration of the performance.



The seating plan will include clear exit paths, more aisles and cushions on the floor.



A quiet space will be created in the ground level foyer for those who need a break.



The staff at Melbourne Recital Centre are looking forward to sharing music with you. We want you to enjoy every moment of your time with us. Please ask us if you need help or any other information.