



## #TFOYO Research Project - CONSENT FORM

A project during the orchestra project in Bodo and the awesome concert at the Elbphilharmonie!

If you have completed the online form ( [Link](#) ), we also need your signatures to confirm your inputs regarding the research. If you are a minor, i.e., younger than 18 years old, a legal guardian (such as your father or mother) must also sign the form. **Return signed Email to: [oegfmm@gmx.at](mailto:oegfmm@gmx.at)**

**I confirm my input in the online form that I have submitted.**

Participants First & Last Name: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**As a legal guardian, I confirm that I am aware of the given consents, and I give my permission for his/her participation.**

Legal Guardian's First & Last Name: : \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Summarized Project Information that was topic in the online form and is presented in the YouTube Clip [youtu.be/mgOY1PBJJfo](https://youtu.be/mgOY1PBJJfo):**

[1] ONLINE SURVEYS: Online questionnaires about health, hearing, mental and physical well-being, stage fright, and practice habits. Takes about 45 minutes total and is super important for the project. Please make sure to fill out the confidential surveys before the event.

[2] WARMUP: During rehearsals, we'll show you how the pros do a warmup. There's also a follow-along video.

[3] SOUNDSCAPE DOCUMENTATION: Short audio recordings during rehearsals with a mic on each musician's ear and 360° photos to show how it sounds different for percussion, violins, cellos, or the conductor. You'll also see the varying noise levels at each spot.

[4] EAR CHECK: Get a personal hearing test to check your ears.

[5] MENTAL TRAINING GROUP: Coaching on efficient practice techniques and mental training for handling stage fright. This includes 3 afternoon sessions.

[6] BODY FIT GROUP: Coaching with simple exercises to boost physical well-being and prevent overuse injuries. This includes 3 afternoon sessions.

[7] STRESS MONITORING GROUP: For 15 people, we have a high-tech smartwatch that anonymously measures stress and relaxation through data like pulse, skin conductance, and activity. It shows how nervous you get during rehearsals and how well you sleep. This data stays strictly confidential.

[8] VR FOR WIND PLAYERS: Wind players can choose to join the VR training. Virtual reality training to combat stage fright with realistic performance scenarios and practice sessions on famous concert stages.

For questions, contact Dr. Matthias Bertsch at Tel.: +43 664 460 1151 (Call, WhatsApp, Signal, SMS) or via email at [bertsch@mdw.ac.at](mailto:bertsch@mdw.ac.at) Alternatively, you can contact ÖGfMM at [oegfmm@gmx.at](mailto:oegfmm@gmx.at)