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PRESS RELEASE

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HKYAF x WestK Performing Arts: AIA presents

Falling Awake

Finding your voice in a world of judgement

26–28.11.2026 | The Box, Freespace, WestK



High-resolution photos: [download here](#)

(29 September 2026, Hong Kong) – Growing up is a process of wrestling with self-identity and the judgement of others. Amidst the noise, a girl discovers that the most daring journey is the one within herself.

Falling Awake is an original youth musical that addresses the struggles of bullying, peer pressure and self-discovery. Written and directed by Hong Kong Youth Arts Foundation founder Lindsey McAlister, this production is co-presented by Hong Kong Youth Arts Foundation (HKYAF) and WestK Performing Arts, with AIA Hong Kong as Rethink Healthy Partner and support from the Hong Kong Arts Development Council. Following protagonist fifteen-year-old Sage from a world where she feels she doesn't belong to a mysterious inner realm, the flagship musical shares an important message: Believe in who you are and follow your heart. *Falling Awake* is performed by a cast of 74 young Hong Kong talents aged 10 to 24, and takes the stage for its premiere at The Box, Freespace, WestK this November.

The judgements outside, the strength within



Likes & Lies, 2025

Since 2020, HKYAF has been crafting original musicals that speak directly to the issues affecting young people today – from the pressure of social media and concerns about body image to climate anxiety and mental health. As the seventh production in this journey, Lindsey McAlister turns our attention to bullying and peer pressure, two issues that many of us have experienced first-hand. This production also marks the fourth consecutive year that HKYAF has co-presented its flagship musical with WestK Performing Arts. Together, HKYAF and WestK continue to support and nurture local performing talent, offering youngsters the chance

to take part in professional training and perform in an industry-standard stage production.

Lindsey shared, “As a young person, I was bullied myself. I know exactly how that feels to sit alone at lunch, or lie awake worrying about what someone said to you. I wrote this production from my personal experiences and feelings, and trusted that if it was true for me, it would be true for someone sitting in the audience too.”

Paul Tam, Executive Director, Performing Arts of West Kowloon Cultural District Authority, remarked, “WestK Performing Arts has once again partnered with HKYAF, for the new original production, *Falling Awake*, to offer young performers professional training and a platform to shine. This collaboration underscores our mission to nurture local talent and create original productions.”

In Hong Kong, academic pressure, social comparison and the fear of being different can weigh heavily on young people. *Falling Awake* shows the cost of these pressures, and the possibilities that can open up if you let things go. Much like Alice in *Alice in Wonderland*, the musical's protagonist Sage goes through a period of disorientation before learning to trust her own judgement and believe in herself. Through Sage's experiences, the musical explores not the cruelty of bullying, but the pain of not belonging, the exhaustion of being labelled, and her realisation that the place of safety and strength has been inside her all along – an Inniverse, where Sage meets her inner critic, inner child and inner wisdom.

The contrast between Sage's Inniverse and real world is reflected in the set design, costumes and music. A ceiling of shifting clouds that reflects the uncertainty of adolescence with a single shaft of light marking the threshold between the two worlds. The music in the real world is punchy and pop-driven, with lyrics that use the language of young people; in the Inniverse, songs are dreamy with lots of reverb and lyrics more poetic and emotional. As the differences become more apparent and Sage's inner clarity and determination grow, will she have the courage to stand true to her own voice?

A creative family forged under one spotlight

The production features original music by multi-disciplinary Musical Director Amuer Calderon, with dance direction led by Kelsey Ang and a team of choreographers. In the arc that mirrors Sage's own journey, Amuer Calderon and choreographers Saya Kawano, Rae Lee and Lauren Ho first appeared on HKYAF's stage not as creative leads, but as performers in the production of *Oliver!*. Their journey



Likes & Lies, 2025

from cast member to creative lead proves that listening to your heart can be a powerful first step toward a magical future!

Tickets for ***Falling Awake*** are now available via the official WestK website. For details and updates about the production, visit <https://westk.hk/event/falling-awake> and @hkyaf on [Facebook](#) and [Instagram](#).

Editor Notes

HKYAF x WestK Performing Arts: AIA presents – Falling Awake

Date & Time:	26 11 2026	7:30pm
	27 11 2026	7:30pm
	28 11 2026	2:30pm, 7:30pm
Venue:	The Box, Freespace, WestK	
Ticketing:	Official WestK website https://westk.hk/event/falling-awake \$300 (Concessions: \$260)	
Note	Running time approx. 90 minutes without intermission. Performed in English with Chinese and English surtitles. Suitable for ages 9 and above. Content advisory: This performance addresses real issues faced by young people, including bullying and peer pressure.	
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Hong Kong Youth Arts Foundation

Facebook: www.facebook.com/hkyaf
Instagram: www.instagram.com/hkyaf

WestK Performing Arts

Facebook: www.facebook.com/westkperformingarts/
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Hong Kong Youth Arts Foundation

Hong Kong Youth Arts Foundation (HKYAF) is a charity that provides access to high quality, noncompetitive free-of-charge arts experiences for young people aged 5 to 25. Established in 1993 by Lindsey McAlister OBE, JP, HKYAF organises inclusive and inspirational projects that reach out to youngsters of all cultures, backgrounds, languages and abilities, and actively creates opportunities for those who are disadvantaged and underprivileged. Each year, HKYAF reaches over 800,000 people through its projects, exhibitions and performances.

WestK Performing Arts

WestK Performing Arts strives to establish WestK as a leading performing arts destination in Asia and on the global stage, as well as a regional theatre hub that brings together diverse experiences from around the world. Led by the vision of amplifying Hong Kong's creative potential and transcending boundaries in the performing arts, WestK Performing Arts presents exciting and innovative programmes that span across dance, music, theatre, and Chinese opera in a range of artistic styles and traditions. In addition to presenting exciting programmes from around the world, WestK Performing Arts curates many major arts and music festivals each year, as well as nurturing artistic talent through presenting new, original commissions by local and international artists.

West Kowloon Cultural District (WestK) is home to a portfolio of world-class performing arts venues, including the Xiqu Centre and Freespace opened in 2019, and the WestK Performing Arts Centre, scheduled to be open in 2027, forming a holistic and diverse theatre ecosystem and attracting top artists and arts groups from Hong Kong and around the world for cross-cultural and interdisciplinary collaborations that fuel artistic advancements for the city and the region.

The views and opinions expressed in this project do not represent the stand of the Hong Kong Arts Development Council.

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