

Synopsis (Festival Program Style)

My Journey Back to ChihSang is a heartfelt and humourous solo show about growing up between cultures, racism, chasing expectations, and slowly rediscovering the person underneath it all.

Through storytelling, comedy, and moments of honest reflection, ChihSang shares his experiences as a first-generation Chinese Trinidadian who eventually discovers that fitting in and truly belonging are not always the same thing.

As life becomes louder, faster, and more overwhelming, an unexpected symbol begins to guide him back to himself: bubbles. Fragile, playful, and temporary, bubbles become a metaphor for joy, mindfulness, and the small moments we often forget to notice.

Funny, thoughtful, and deeply human, *My Journey Back to ChihSang* invites audiences to slow down, laugh, reflect, and reconnect with the quieter parts of themselves.

Short Synopsis

A funny and reflective solo Fringe show about culture shock, identity, mental health and burnout, and learning how to slow down long enough to hear yourself think. Through stories of growing up Chinese in Trinidad, USA and finding unexpected peace in Canada, ChihSang explores the beauty of life's fleeting moments — symbolized throughout the show by bubbles.

Single-line Synopsis

- A warm, funny, and visually inventive solo show about burnout, belonging, and rediscovering joy.
- Playful bubbles. Deeply human storytelling.
- A visually playful solo show that quietly sneaks up on your heart.
- Funny, intimate, and unexpectedly moving.
- A heartfelt solo show about identity, burnout, and finding joy again.
- Audiences can expect a warm, funny, visually playful journey filled with humour, reflection, and moments of wonder.