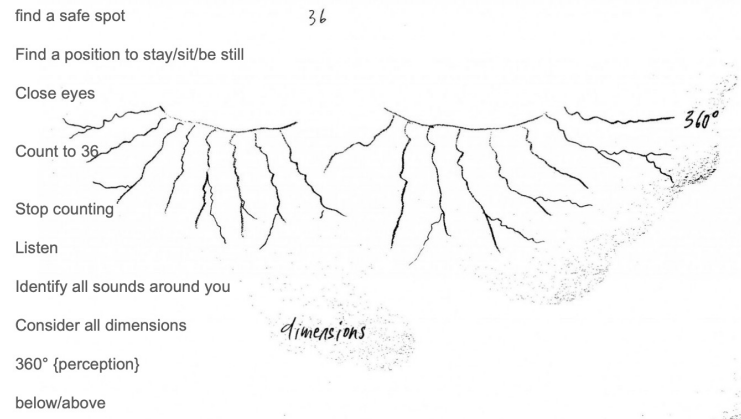


Listening–Sensing & Notating–Mapping Exercise

This **listening–sensing** exercise is designed to connect you with your non-visual senses as you explore different sites.

Its purpose is to deepen your relationship with each location and enable you to compare and understand them in relation to one another.



How to Approach the Exercise

Repeat the exercise at each site you visit. Choose different areas within the site, especially **border or liminal zones**—places of transition. For example:

- Where barren ground gradually gives way to vegetation
- Where a sudden increase in insect activity suggests a shift in the living ecosystem
- Where materials or vegetation types start to change

Spend at least **15 minutes** in each location. (Practice beforehand in your daily surroundings—before the field trip to Narva.)

Begin with **eyes closed** for at least **5 minutes**. Set a timer.

During the **sound inventory phase**, repeat the exercise from different body–ear positions: **standing upright, sitting, and lying flat on your back**.

Take notes and begin mapping your experience on-site. If time is limited, make initial notations and complete them from memory later.

Conclude each session by creating a **visual sketch or drawing** of the location—based on your embodied listening and attention.

Detailed Listening–Sensing & Mapping Exercise

1. Listening Exercise

Spend **at least 15 minutes** in your chosen location. Avoid distractions like phones or conversations.

a. Sound Inventory

- Close your eyes (if safe) and identify every sound: distant hums, nearby chatter, rustling leaves, machines, insects, HVAC systems, footsteps, etc.
- Note patterns: repetition, duration, rhythm, crescendos, and decrescendos.

b. Spatial Awareness

- Identify the direction and distance of each sound: left, right, above, below, near, far.
- Observe echoes or reverberations and how the space (architecture, landscape) shapes sound behavior.

c. Perception & Context

- Notice your body and mind's reactions: Which sounds are comforting, irritating, energizing, or soothing?
 - How do factors like time of day, social environment, or weather influence your listening?
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2. Documentation

You'll create two forms of notation: **textual** and **visual/graphic**.

a. Textual Notation

- Write a narrative or bullet-point log of each significant sound.
 - Include timing: e.g., "At 2 minutes: two sharp car horn honks."
 - Use descriptive language: e.g., "low, vibrating hum," "sharp metallic ping," "gentle rustle of dry grass."
 - Describe sound dynamics: changes, overlaps, fades, intensities.
- Include other sensed elements (especially with closed eyes): tactile, haptic, olfactory experiences.

b. Visual/Graphic Notation

- Translate your observations into a drawing or diagram.
 - Use lines, shapes, or symbols to indicate sound characteristics.
 - Spatial placement on the page can represent direction and distance.
 - Consider using color for volume, emotional tone, or time flow.
 - Be creative—there are no strict rules.
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3. Reflection & Memo

After each session, write a short memo (1–2 paragraphs):

a. Memo on Place

- What did you encounter, hear, and sense from the surroundings?

b. Listening Challenges

- What aspects were difficult or surprising?
- Did some sounds blend unexpectedly or prove hard to isolate?

c. Space & Context

- How did the environment (architecture, nature, human activity) influence what you heard?
- How might the sounds differ at another time of day or season?

d. Notation Choices

- What was it like to draw or diagram your listening?
- Which method (text or drawing) felt more intuitive or difficult—and why?

