Landscape sensorial perception experiment

EDUSCAPE

Name:
Nationality:
Location:
Date:
Daytime:
Duration of the walking:

waterscapes
- ◯ rivershore
- ◯ seashore
- ◯ lake
- ◯ marshland
- ◯ other: _____

woods
- ◯ montain/hill
- ◯ montain/hill
- ◯ natural protected area
- ◯ forest
- ◯ other: _____

rural landscape
- ◯ field, crop
- ◯ meadow
- ◯ orchard
- ◯ residential
- ◯ other: _____

urban landscape
- ◯ garden
- ◯ park
- ◯ cemetery
- ◯ public space
- ◯ urban river

- ◯ residential
- ◯ comercial
- ◯ mixed area
- ◯ industrial
- ◯ other: _____

natural landscape — semi-natural landscape — urban

INSTRUCTIONS

Let´s have a walk. Let´s put the body out there. Not just the body but all of our senses involved on it. Choose a place of your preference near by or maybe you would like to discover a new one a bit further.

1 Choose your path

Please look if the place you chose is clasified on the list of landscapes above and mark it, if not please write it down. Have you been there before?

◯ yes ◯ no

2 Practice awareness

By walking, the idea is to be aware about what you perceive with each of your senses. What particular sounds you find? which textures are you attracted to? Which colors or forms are special for you? Are there some stimulating smells on your way?

3 Take some notes

sing the spaces on table below write down some words related to your findings, assossiations, emotions, sensations for each sense along your walking.

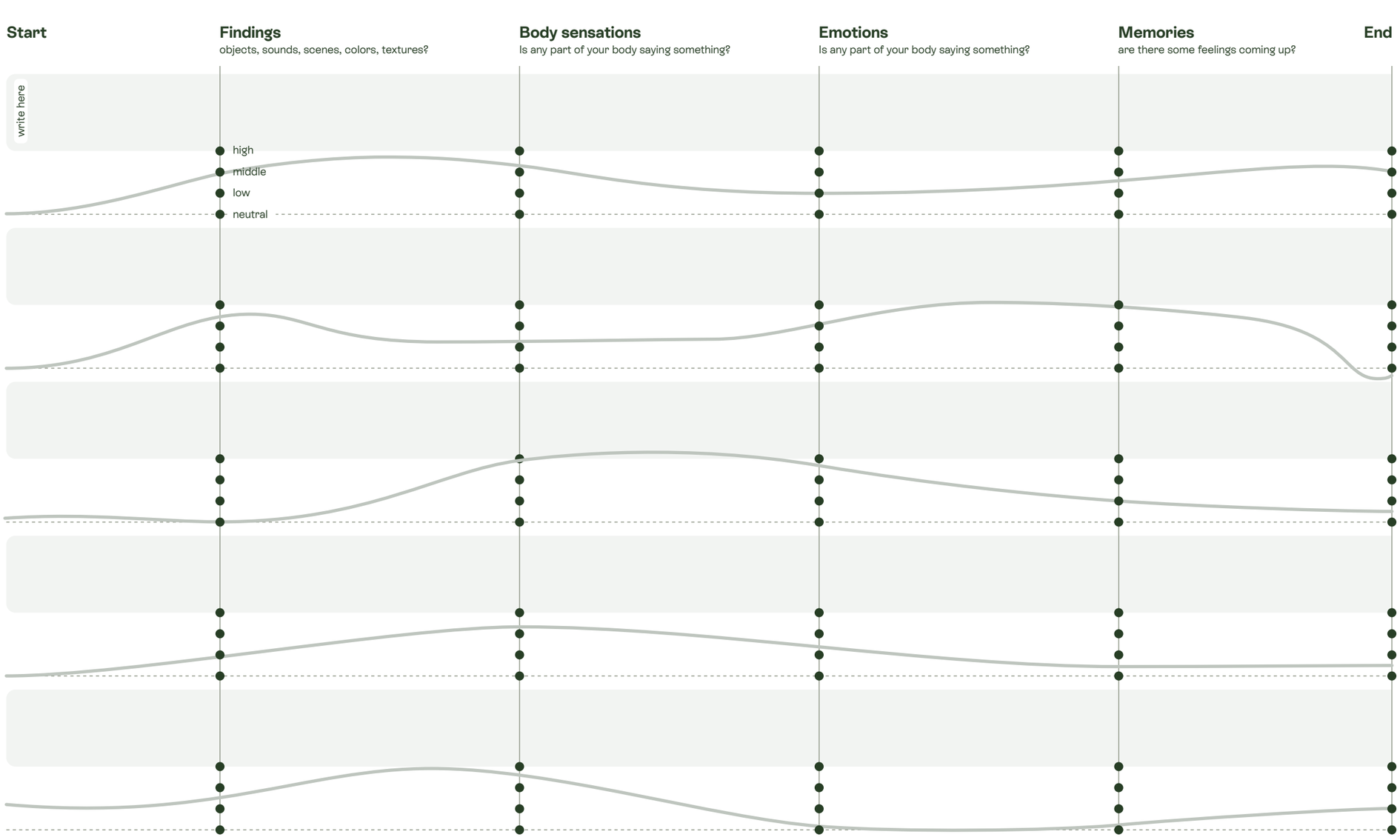
4 Valuation

With the same table below you can evaluate how strong was you landscape experience along your walking. You can use the the curved lines as an example.

5 Mapping spots

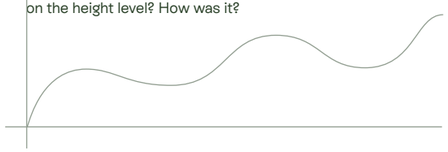
Along your walking choose 3-5 spots to stop. Feel free to perceive the space in another rythm. Use all of your senses. What do you find? Why are you attracted to this place? Is there any element, sound, smell? How is it? What´s happening around and inside of you?

Use the table to write some words and this space to draw your path as a little map or any special



6 Altitude diagram

Did you perceive some change on the height level? How was it?



7 Self-reflection

- How was this experience for you? Are there some diferences between before and after walking?
- What would you improve along the way? Is there something missing? What could look different?
- What would you like to add on this experiment?

8 Share your impressions

Feel free to attached some drawings or photos of your landscape experience.
Thank you :)