

STN:ORT 2018 - Ad-hoc Walks

I

Walk, write, draw: walk inspired by Walter and Edit von Sanden

(Hannah Wadle, Christa David-Wadle)

Min. 30-60 min. / suitable for children and adults/

"Walking is writing with your feet. When we walk our footprints mark the soil like the crudest of hieroglyphs, and our minds take fanciful turns. Over long, solitary miles abstract or disconnected thoughts can often find purpose in words which then link to form cogent sentences. Writing and walking are co/dependent. Writing and wandering are both intuitive: even without a destination in mind you trust your inner compass to guide you, and when you arrive somewhere agreeable you stop, look around and take in." (Under the Rock, Benjamin Myers, London, 2018, S. 159)

Take a notebook, a piece of paper and a pencil, a fountain pen, or a set of travel water colours. Chose the time that you want to spend on the activity and set an alarm clock that alerts you 10 minutes before the end of the exercise. Start walking. Slow or fast, upright or on all fours, hopping or sneaking, whatever suits you. As you are moving (forwards or backwards) sharpen your senses and you aesthetic perception: be your eyes, nose, ears, skin. What surrounds you? How are you moving? Then focus on your emotions: What goes on inside you? What is out there? Is there correspondence between inside and outside? There is always more than what you can sense. Nobody is obliged to realism. Fiction can be liberating. So go a step further and take a risk. What is imaginable?

It is impossible to bring all that to the page. So, when you get overwhelmed, it is about making choices. Get lost in a detail and explore it. Stay no longer than 15 minutes, then move on - it is a walk, in the end, so movement is essential to the process of creation. Try to draw, to write as you are walking and see the results. This exercise is also about about letting go. What are the words and images that invite themselves into your consciousness most? Trust them, don't censor yourself. Follow your hands (yes, you can draw with both hands, if you want) as they are drawing. Don't correct, but adapt. Encourage your pen to continue the lines they are creating on the page. With every line you are creating a track through foreign territory, with every word a pathway that breaks a silence. Add layers, use different movements. Mix materials and languages, that you find on your way. Consider the map as a genre of drawing and telling space. Play with images and words.

When the alarm rings, take the last 10 minutes to wind down and close the creative walk. Take the time for a little reflection on what happened and on what you produced. Did you translate, record, or expand your walk through your drawing and writing? What is it that remains from the drawing-writing-walking exercise on the page? And what is it that remains within you?

Thank you for trying this experiment. Please tell us what you thought or even submit your art work to our website www.stnort.org: Email visit@stnort.org or go on our facebook page www.facebook.com/stnort2018 .

II

Walk in someone else's shoes

(Hannah Wadle)

15-30 min/ suitable for children from age 10 and adults/ Children stay in front of the palace

Streets of London

Ralph McTell, 1969, Album: Spiral Staircase

Have you seen the old man

In the closed-down market

Kicking up the paper

With his worn out shoes?

[...]

So how can you tell me you're lonely

And say for you that the sun don't shine?

Let me take you by the hand and

Lead you through the streets of London

Show you something to make you change your mind

What it's like

Everlast, Erik Schrody, 1998, Album: Whitey Ford Sings the Blues

[...]

God forbid you ever had to walk a mile in her shoes

'Cause then you really might know what it's like to have to choose

Then you really might know what it's like [...]

This is a walk is inspired by the lyrics of numerous pop and folk songs such as "Streets of London" (Ralph McTell), "What it's like" (Everlast) and others. It takes the idiom of "walking in somebody's shoes" very literally. Take off your shoes. Swap them against the shoes of your allocated partner. Now have a walk together. You can take each other's hand, if you would like to. We recommend you walk from the palace to the little chapel or to the tea house in the park. This should give you time to feel what it is like to walk in your companion's shoes. This is quite an intimate moment. Maybe have a conversation with the other person about each other's lives, challenges, moments of joy. About days with lighter steps, and those with heavier steps. Come back and exchange the shoes back. Have a short conversation with your partner and with other participants of the adhoc-walking group: what it was like for the both of you? What have you learned about yourself, about the other person? About shifting perspective in a walk?

Share your experiences via Email visit@stnort.org or go on our facebook page

www.facebook.com/stnort2018 .



Walks with an object

(Thea Luckcock & Karolina Haluszczak)

30-60 min./ suitable for children and adults/

Walking with an object can change our perspective on the world and our engagement with the environment. Let's test, how! For this walk, we create an object (eg in the workshop a flower, a doll, or alternatively: an animal from natural materials found in the forest). When the objects are finished, we will take them on a walk. How does the company of the object change our experience of walking, the choreography of our movements, the thoughts, feelings, and inner conversations we have? At the end of the walk, we can chose to place the object somewhere around the building.

Share your experiences with us! Email visit@stnort.org or go on our facebook page

www.facebook.com/stnort2018 .

IV

Hack your walk

30-60 min./ suitable for children from age 10 and adults/ (separate sessions for children & adults)

Situation 1: Think of an everyday situation of walking that stresses you out (or: Changing the purpose of the walk)

Examples: walking with heavy shopping bags/ walking alone at night/ walking to work

What next: Stage this situation with the help of a partner as a little sketch. Now get help from the audience (or help yourself) with how to change the situation of walking to make it more pleasant. You can use interactions, mental images, change of body position etc..

Situation 2: Think of an important issue that you need to address (or: Creating a walking space)

Examples: You and your (business, romantic) partner have to take an important decision; you want to confess something to someone; you have lost confidence in an important relationship or aspect of your life;

What next: With a partner, or by yourself, create a walking situation, during which you can raise the issue. Where would you go on a walk, who with, when? Find a partner, with whom you can practice the tone of the conversation, you wish to have. What is your role in this walking space, in the conversation? How can you alter your role through pace, body movement, breaks you take etc.?

Situation 3: Think of situations, in which you think one of those three: I am stuck! I am racing! I am bored! (or: Finding movement and the right pace)

Examples: You are trying to solve a problem at your desk; your thoughts are racing and you can't get to sleep; you and your team are stuck in a conversation, you are in a fight/ dispute with somebody.

What next: Get into the physical position and the mindset that you are in when you are in one of those situations. Use Then see, how the freedom and gentle movement of walking changes the way you think, feel, and relate to others.

Situation 4: Think of a situation, in which a simple walk may change you unexpected ways (or: Beyond the walk)

Suggestions: Somebody asks for help, somebody invites you into their home, you have a life-changing encounter or idea)

What next: Stage the situation in a group, surprising the person who acts as the walker with whatever will happen - the walker has to act spontaneously. After the scene was played for the first time, the group has the opportunity to discuss, re-consider and change the reactions of the walker.

How was it? Feedback via email visit@stnort.org or go on our facebook page www.facebook.com/stnort2018 .

V

(Barefoot) Mindfulness Walk

Text: Clare Donegan, www.claredonegan.com

Barefoot Path: Katja Andrea Hock

1.

Stand up STRAIGHT with your back upright but not stiff. Feel your feet touching the ground and let your weight distribute evenly.

2.

Curl the THUMB of your left hand in and wrap your fingers around it. Place it just above your belly button. Wrap your right hand around it, resting your right thumb in the crevice formed between your left thumb and index finger. (This creates some balance for you and keeps your swinging arms from being a distraction.)

3.

Drop your GAZE slightly. This helps you maintain focus.

4.

Step out with your left FOOT. Feel it swing, feel the heel hit the ground, now the ball, now the toes.

5.

FEEL the same as the right foot comes forward.

6.

Walk at a STEADY pace, slightly slower than in daily life but not funereal. When your attention wanders, bring it back to the sensations of your feet touching the ground.

ENJOY !

Share your experiences via email visit@stnort.org or go on our facebook page www.facebook.com/stnort2018 .