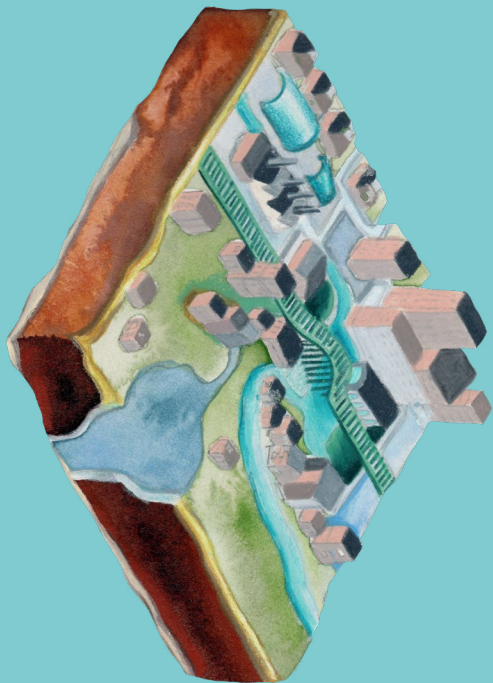


SARS TO SEE



The city

Concrete is the outermost layer of the city, grey and dusty. The asphalt is your underground, your feet are touching it. In heat, it melts, and many things will stick to it. Imagine that your tread gets sticky, too, until you're coming to a halt. Lights flashing, horns honking, the noise of the street is rushing and hissing past you.

Can you hear the pulse of the city – the beat, the rhythm and the melody of sounds surrounding you? Let them resound in you as a song, the song of the city. If you like, you can record it with your mobile phone or a recorder.

EARS TO SEE



The seeing ears

With your ears, you perceive the world around you. They are also responsible for your balance and your spatial orientation. The outer ear (pinna), the middle ear (eardrum and tympanic cavity) and the inner ear (cochlea and organ of balance) are connected through the auditory canal and together making up the ear.

Touch your earlobes and massage them gently to activate your ears. Let them guide you through the space that surrounds you.

EARS TO SEE



The soil

Touch the ground below you with your fingertips. Take a bit of earth in your hands. How does it feel? How does it smell? What kind of soil is it – topsoil, sandy or clay soil, compost, plant or potting soil? What other beings can you find in it? Leaves, wood, stones, branches, dust or even rubbish?

Dig your hands deep into the earth. You might meet other living creatures.



EARS TO SEE

The birds

Blackbirds, great spotted woodpeckers, jackdaws, magpies, hummingbirds, owls, eagles, crows... All these birds communicate through vocalization. Oftentimes, they emit just short calls, for example, to draw attention to themselves or to defend their territory. In case of danger, short alarm calls, difficult to locate for any predators, warn the other birds. The bird language is very diverse and impressive, with birds chirping and warbling internationally.

Purse your lips and place the tip of your tongue against your lower incisors. Then let the air out with a little force until you hear a whistling sound. Move your tongue and lower jaw slightly, producing different sounds. Maybe a melody appears?

SARS TO SEE

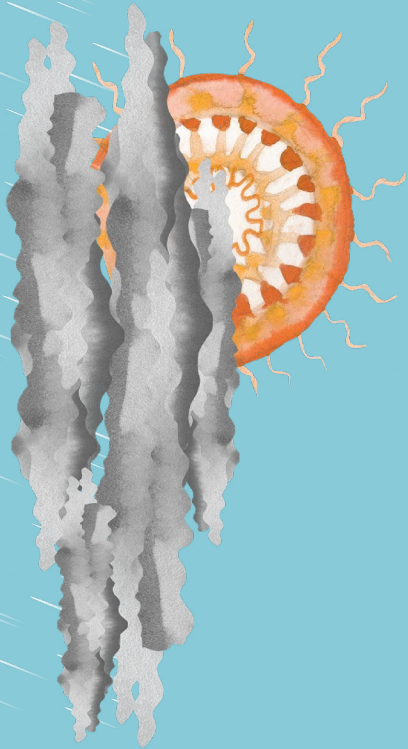


The water

Rain, streams, rivers, lakes, oceans: They all carry water in and with them. Two thirds of the earth's surface are covered by water. The atoms making up our water are older than the earth itself. There are countless types of water, for example, freshwater and saltwater, seawater and groundwater, surface water and drinking water.

Fill a glass with water. Take one, two, three sips. Imagine that through your movements, you can control which way the water flows, into and through your body.

EARS TO SEE



The weather

Find a place where you can perceive the weather and how it is always changing. Where the sky opens wide above you, you feel the sharpness of the wind, some warming sunbeams on your skin, and raindrops sticking on to you.

Close your eyes, feel the weather: How warm or cold is it? Is something moving through the air? You can move with it.

SARS TO SEE



The snake

I move through the grass and stones, in the trees, among the leaves and in the water. The biggest and most beautiful spring in the mountain forest was once my home. It's the place where it all began, where the purest and clearest water rises. One day I set out and wiggled down the valley. There I got to know the city. Behind me, always water, flowing.

Take a sip of water, let it flow through your body. Remember: Water gives you life, protects you and nourishes you. Kiss it and it will slake your thirst.

EARS TO SEE

The clouds

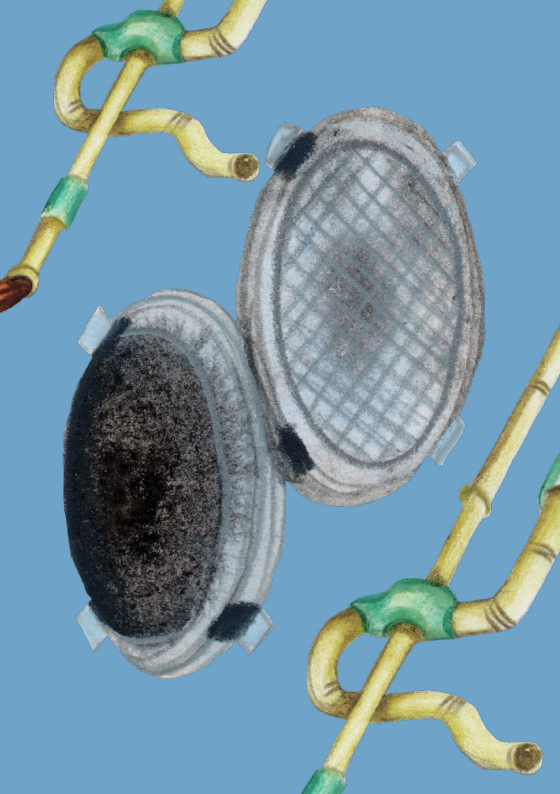
Lie down on the ground and notice the clouds above you. Let your body become soft and fluffy, just like them. You, too, expand in all directions, moving faster and faster. Along all of the other clouds, you're floating to a place that seems to be just made for you.

SEEDS TO SEE



The seeds

Find a seed from a flower, a grain, a legume, maybe an apple or a pear seed. Dig a small hole into the ground and put the seed in it. Gently cover it with soil and dance on it. Imagine what will grow from here!



SEARS TO SEE

The sewer & the drain

Constantly under pressure, that is me. The sewage from the houses rushes through my pipes. But I also carry chemicals from the factories, the rainwater running down the streets, and all the rubbish washing down the drains. That is my job: to carry all the dirt.

What's the last thing that you flushed down the toilet? Or would you like to get rid of something right now? Perhaps something annoying, simply flush it down?