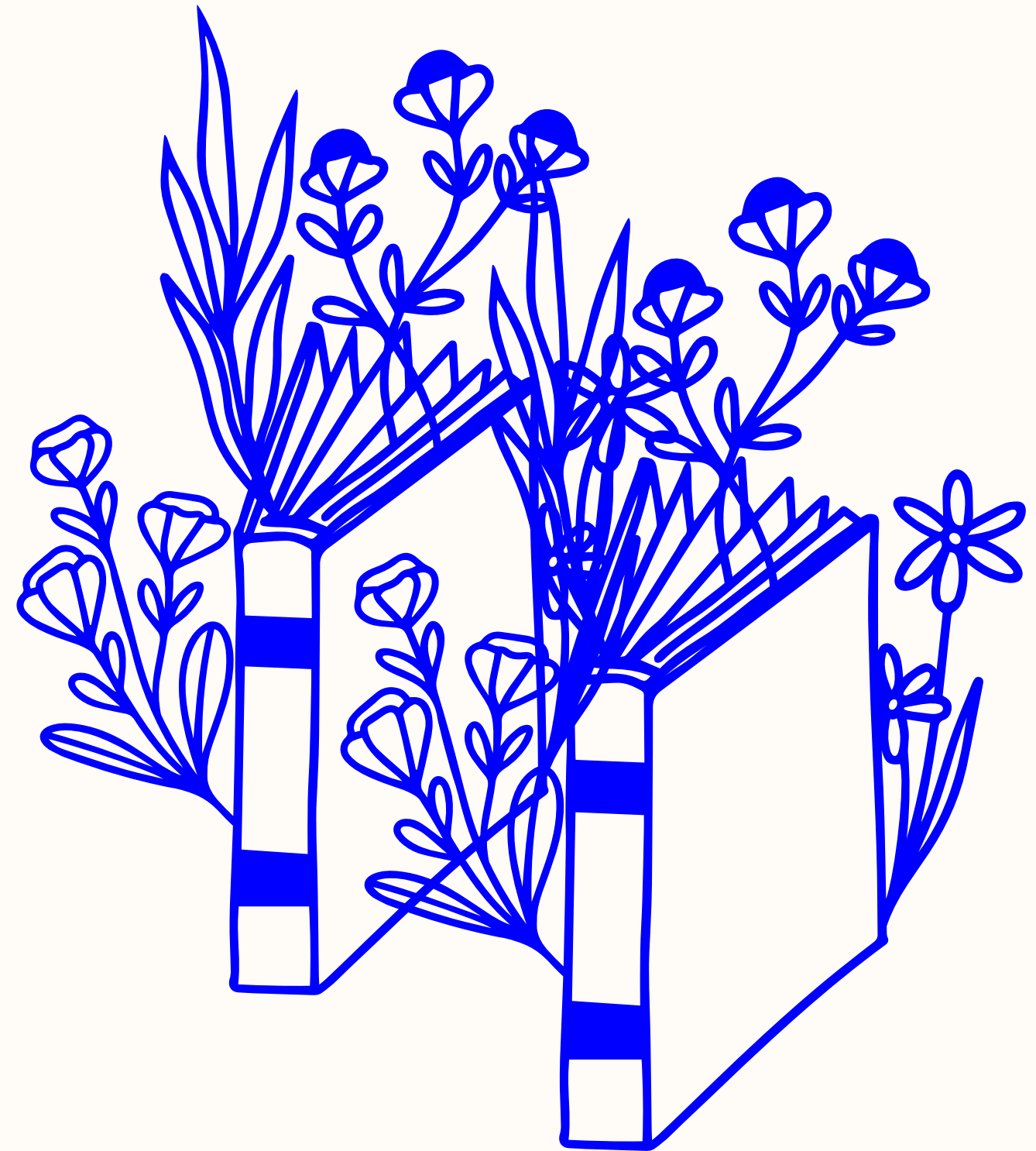




Listen, Smell And Touch The Land – Creating a Sensory Notebook

Interdisciplinary Cultural Mediation Model

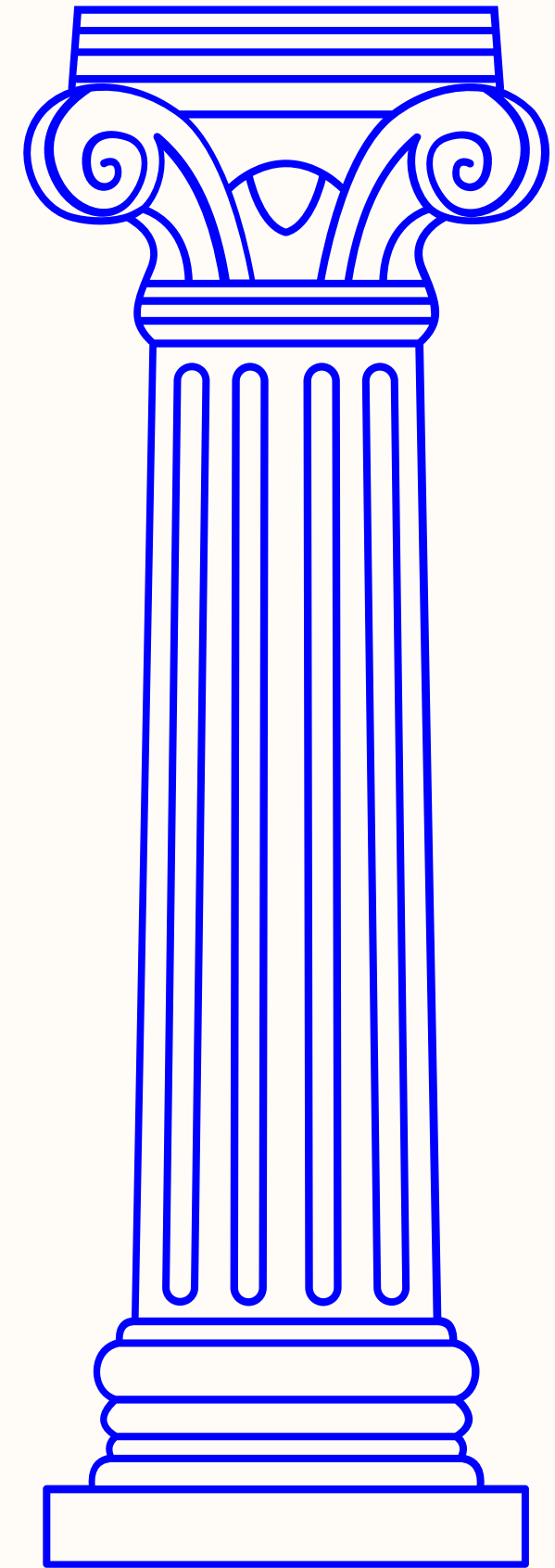


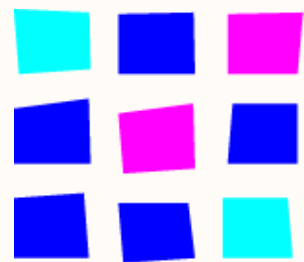


History of the cultural subject linked to a specific element of European heritage

This workshop draws on the intangible and natural heritage of the Brière marshlands, a unique ecosystem in western France. Historically shaped by human interaction—through thatching, reed harvesting, and oral transmission—the Brière landscape is both a living environment and a cultural marker of the region. The workshop pays tribute to vernacular knowledge, sensory perception, and poetic interpretation as alternative ways of exploring heritage.

The cyanotype, a 19th-century photographic process, is used not as an artistic end in itself, but as a sensorial and reflective tool to observe, transform, and reimagine natural materials from the marshes (leaves, stones, wood, fabric...). The notebook becomes a portable memory of place and a medium of transmission.

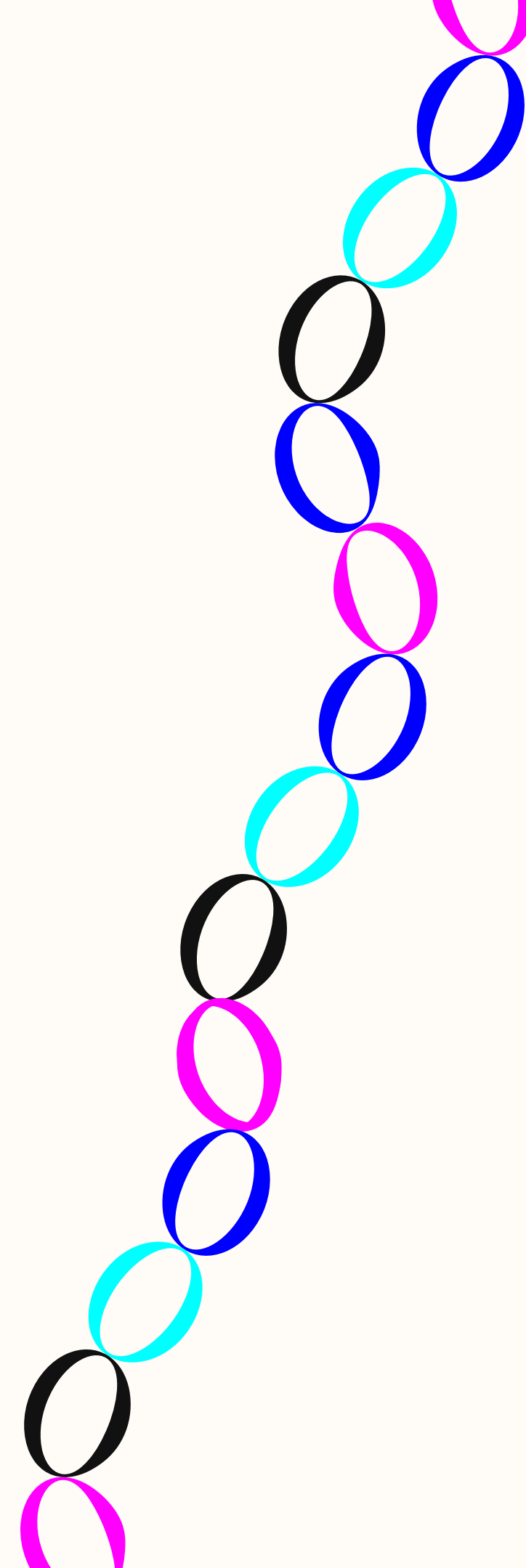




Link to active citizenship

Participants develop a deep ecological and civic sensitivity through multisensory exploration of the local environment. By collecting, touching, listening, and transforming elements of their landscape, they reconnect with their territory and reflect on themes such as care, sustainability, and collective memory.

The final restitution is conceived as a moment of intergenerational mediation, where the notebook serves not only as a personal creation but also as a gift to the community. This act of sharing fosters dialogue, empowerment, and cultural citizenship.

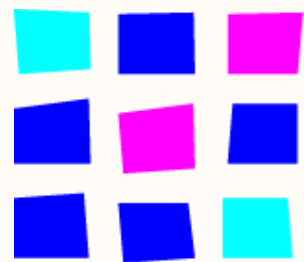




Innovative aspect of the activity

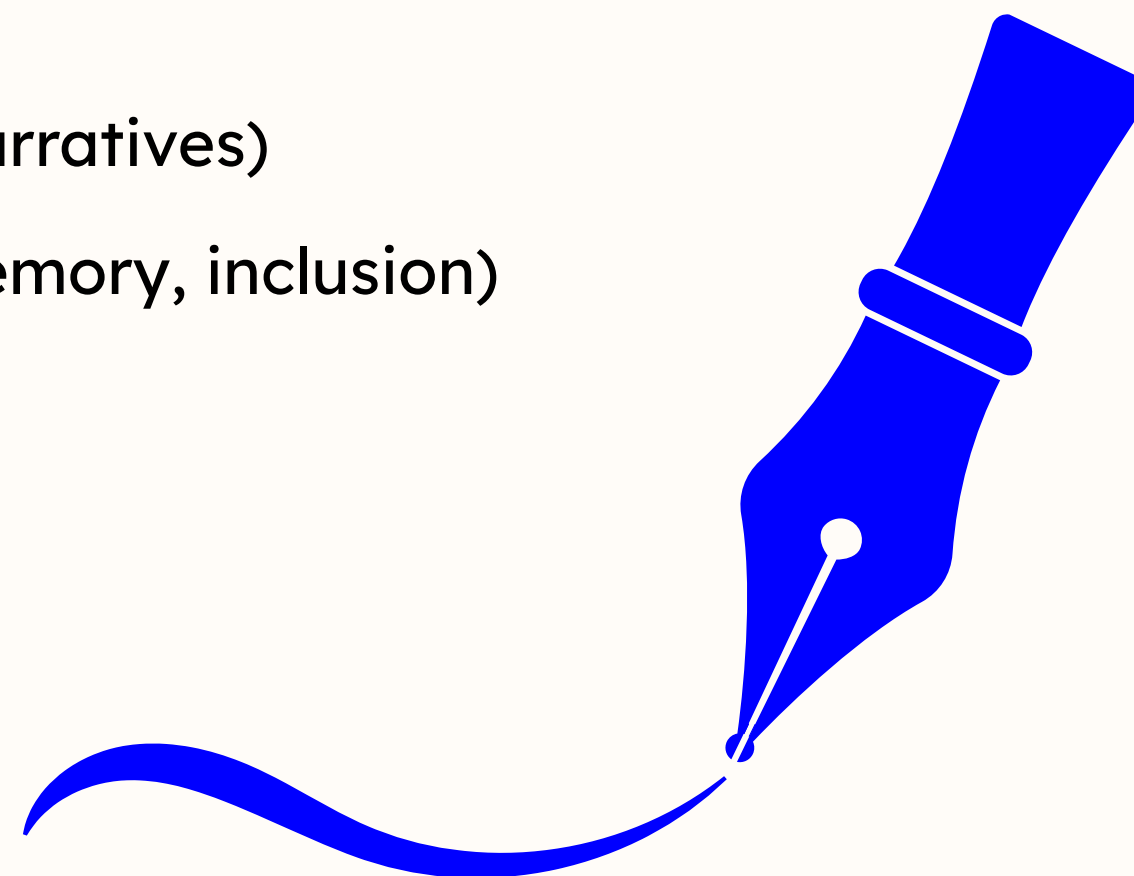
1. The notebook is not just an outcome—it is a processual object, evolving through individual contributions and collective interpretation.
2. The use of low-tech, accessible, and poetic techniques (cyanotype, field recording, tactile exploration) democratizes artistic and cultural creation.
3. The workshop redefines heritage as sensory, personal and dynamic, encouraging each participant to become both observer and transmitter.





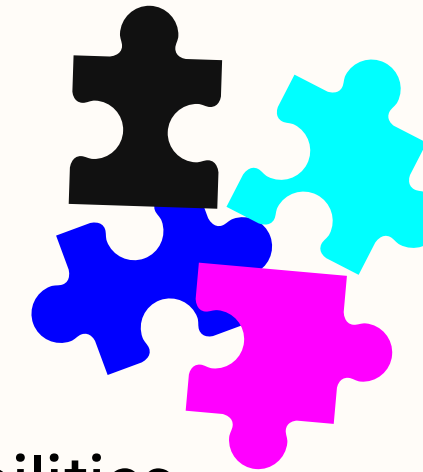
Specific subjects developed

- Environmental education (observation of ecosystems, biodiversity, plant identification)
- Arts & crafts (cyanotype, collage, layout)
- Literature & creative writing (poetic descriptions, personal narratives)
- Civic education (values of care, respect for nature, shared memory, inclusion)

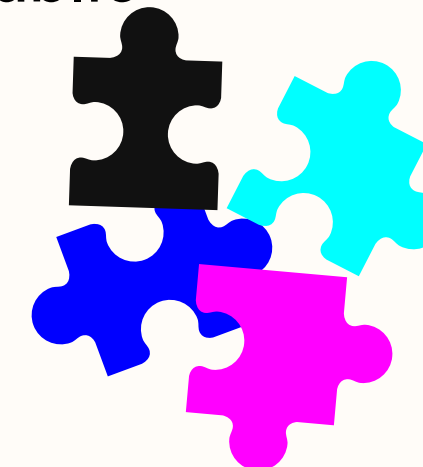
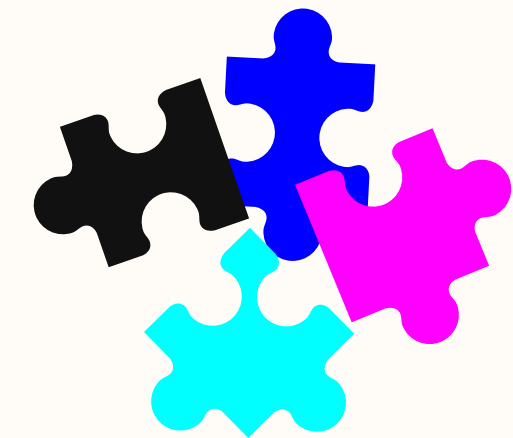


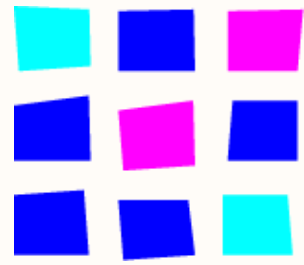


Accessibility



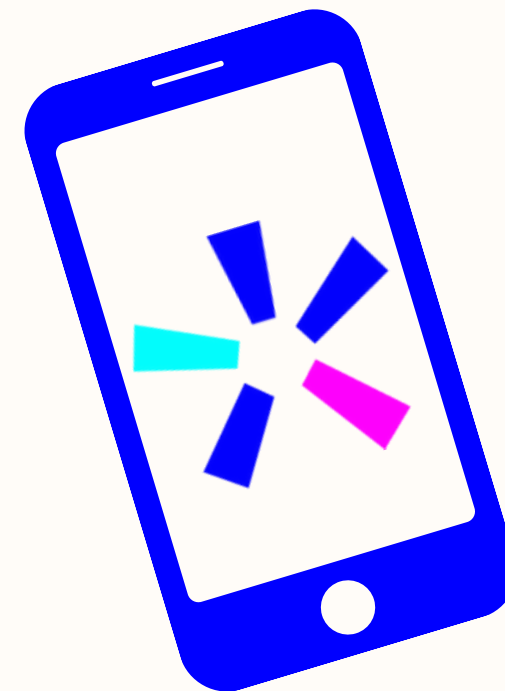
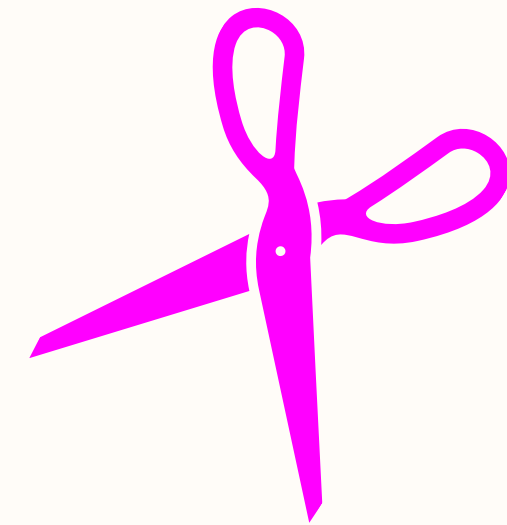
1. Suitable for all ages and abilities, including people with cognitive disabilities or limited literacy.
2. Emphasis on non-verbal expression (visual, tactile, auditory).
3. No prior technical skills required; the process is guided, open-ended and inclusive.
4. Adaptable to different contexts: schools, libraries, natural parks, urban public spaces.





Materials required

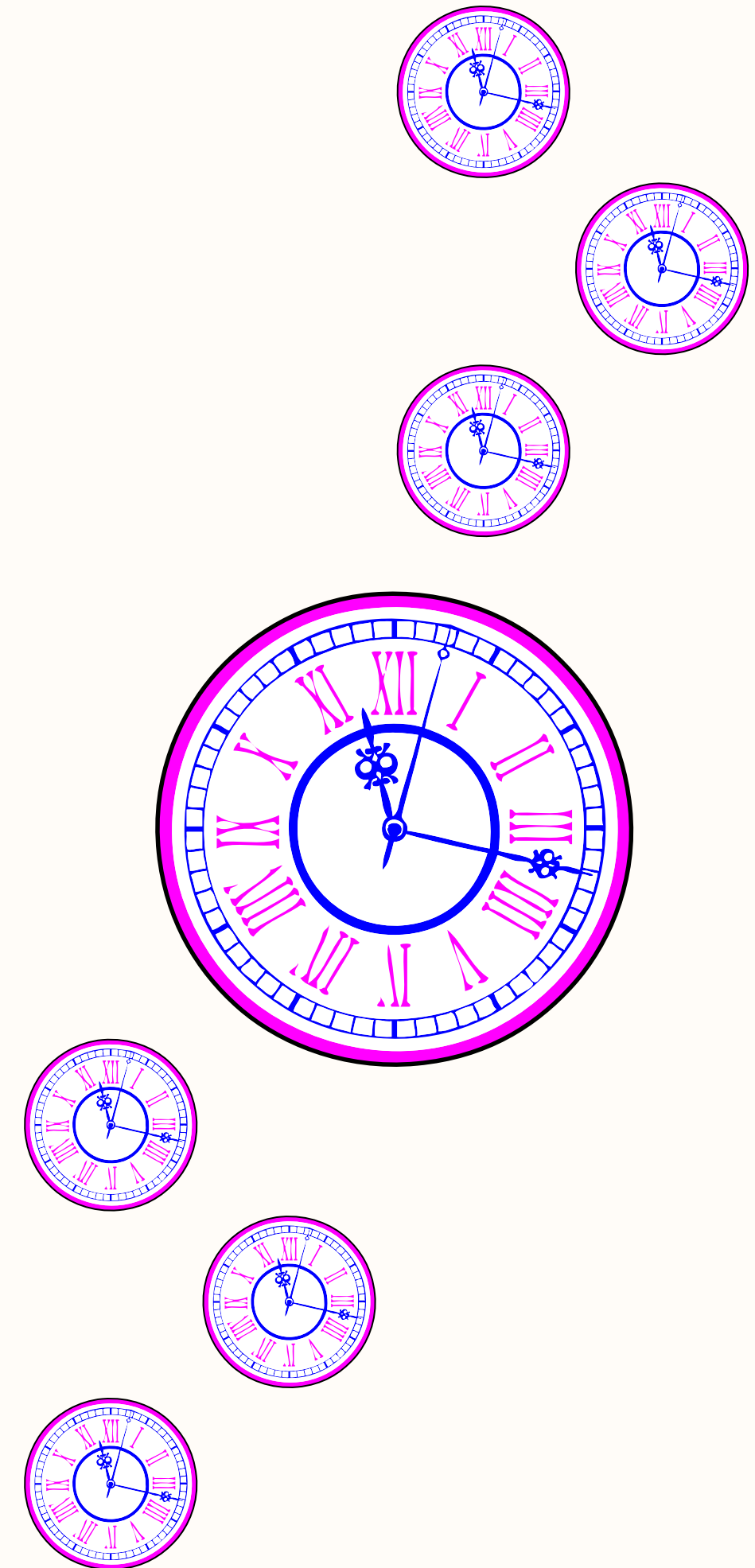
- Cyanotype kits or sensitized paper/fabric
- Natural materials (collected during the walk: plants, bark, feathers...)
- Notebooks or loose sheets
- Sound recorders (basic smartphone function is enough)
- Scissors, glue, string, basic layout materials
- (Optional) Access to a dark room or UV light exposure zone

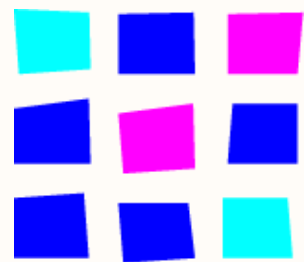




Duration of the activity

- Standard format: 2 hours in the field + 2 hours in the workshop)
- Extended format: 2 to 3 sessions including restitution/preparation for a public event
- Modular: adaptable to school timetables, community events or family workshops

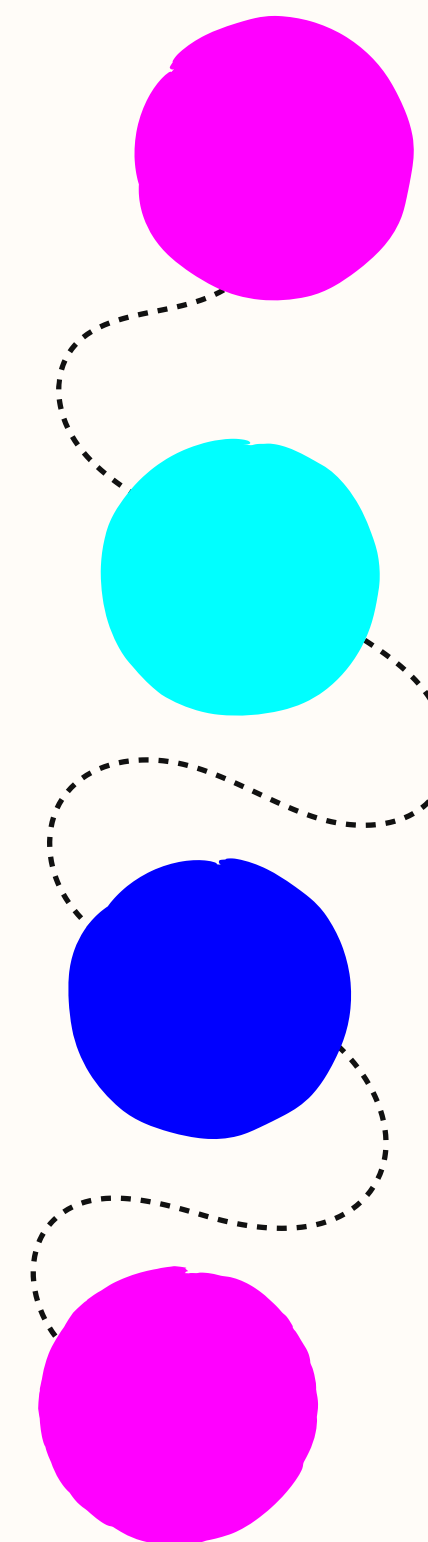




Description of the activity

1. Sensory walk and/or presentation of the plant
Participants explore the natural landscape with all five senses. They are invited to collect materials, take notes, and record sounds or impressions that resonate with them. The focus is on slowing down, listening and observing with curiosity and care.

Variation: participants bring their own plants



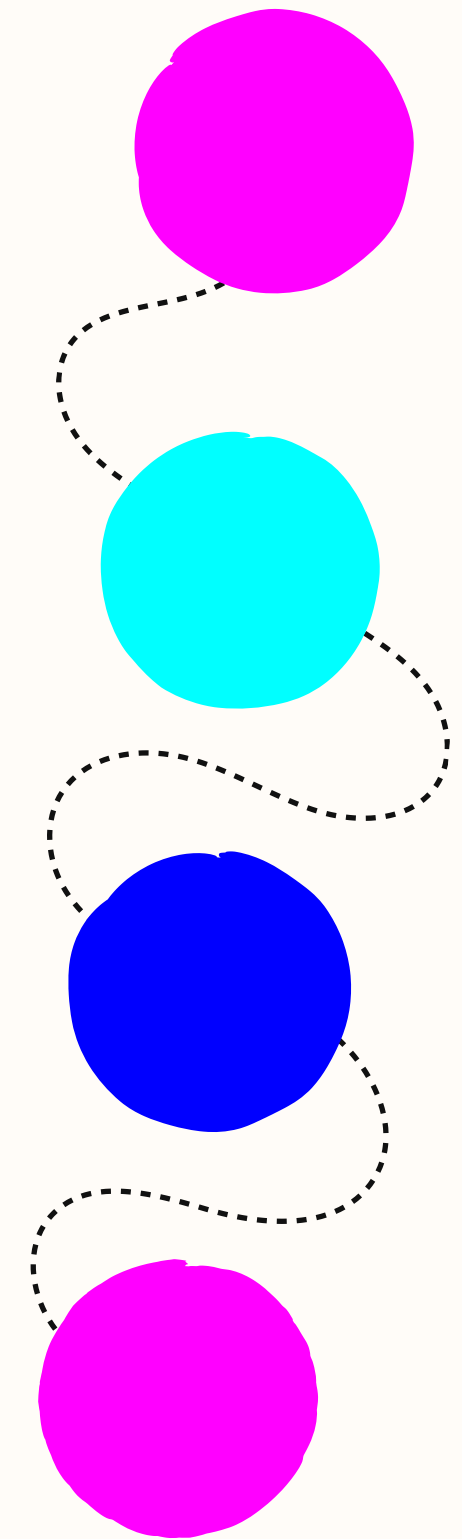
2. Cyanotype creation

Back in the workshop, collected objects are placed on sensitized surfaces and exposed to sunlight. Participants discover the magic of cyanotype, where natural forms leave blue imprints. Each print becomes a trace of the encounter with the land.



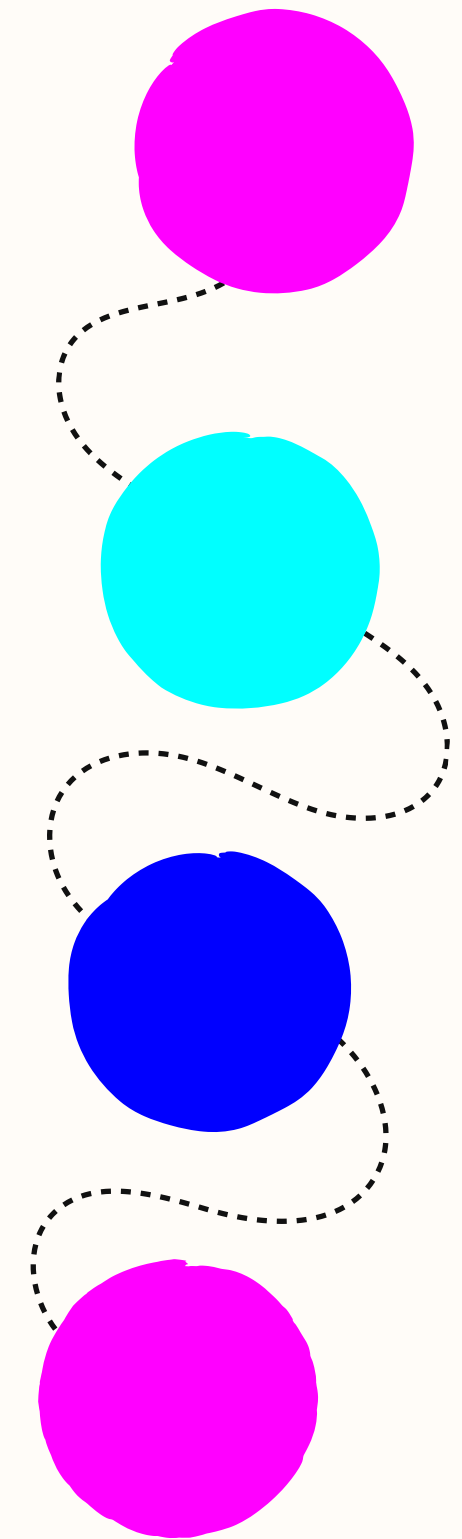
3. Assembling the sensory notebook

Participants combine images, texts, natural elements, and sound notations into personal notebooks. These are both artworks and memory aids, documenting their relationship to place and their reflections.



4. Public restitution and intergenerational sharing

In a final event (open to families, elders, or younger children), participants present their notebooks, share their stories, and pass on their creations. The act of transmission becomes a form of shared heritage-making.



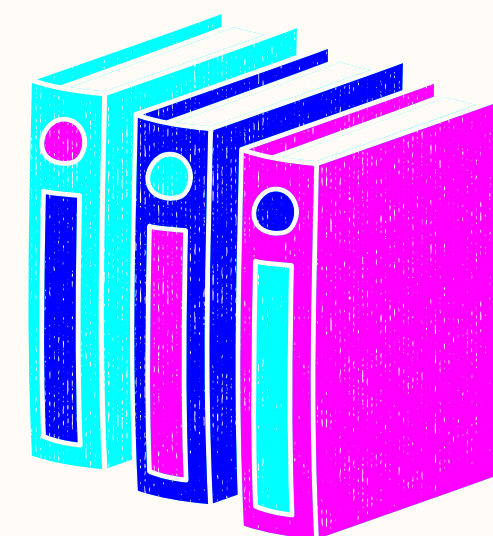
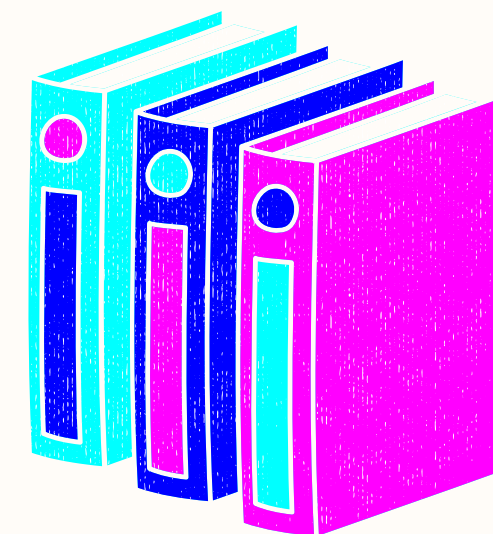


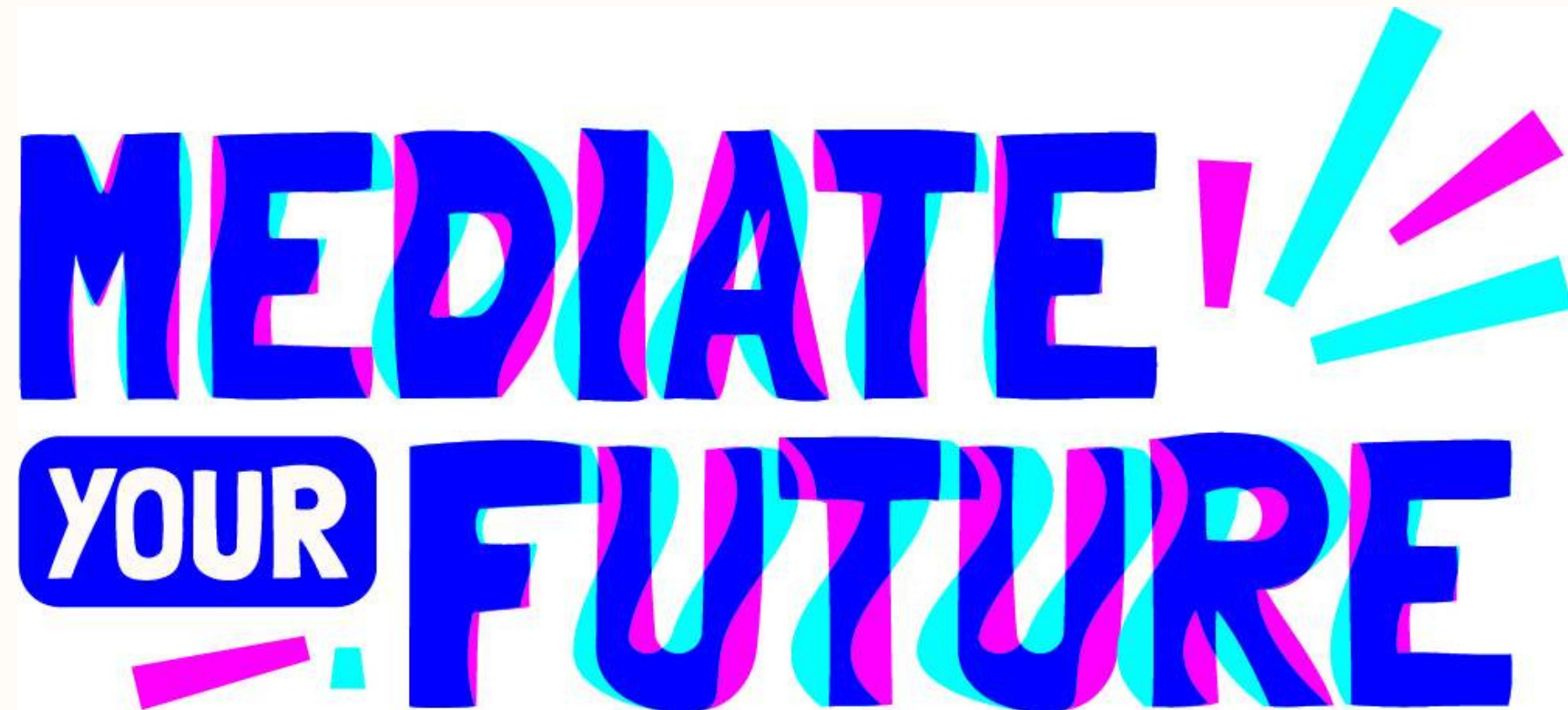
To go further & Resources

This model can be extended to:

- School programs, linking natural sciences with arts and civic education.
- Public library workshops, with local writers, gardeners, or craftspeople invited to co-lead.
- Museum partnerships, using their collections to anchor new sensory mediations.
- Public health settings, as a gentle form of re-connection for isolated or vulnerable individuals.

A collective exhibition of notebooks can also be planned in local community spaces, fostering place-based dialogue and recognition of everyday heritage.





Check out more project resources at mediateyourfuture.eu



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