



## Hush City Soundwalks for Sound Walk Sunday 2019

Dear Hush City Soundwalkers,

Sound Walk Sunday 2019 is approaching and I am thrilled to share with you this How-to, that provides practical advice and instruction in preparing and conducting Hush City Soundwalks. This also includes recommendations by the Sound Walk Sunday 2019's organizers.

- **Aim of the Hush City Soundwalks for SWS2019:** Celebrate the Sound Walk Sunday 2019, by soundwalking in search of quiet areas, and map & assess them with the Hush City app.
- **Number of participants:** 25/30 participants (max).
- **Duration:** 1/1,5 hour including the introduction and the final group discussion.
- **Length:** 1/1,5 Km.
- **Design of the soundwalk's route:** A route with stations at 3-5 quiet areas can be defined in advance by the soundwalk leader, or the route can be co-designed with the participants.
- **Structure of the soundwalk:** Start the soundwalk with an introduction to the activity on field, explain its purpose; then guide the participants along the route and stop at the quiet areas along the route. At the quiet areas, ask the participants to actively listen to the environment for 1-3 minute/s in silence, and afterwards invite them to use the Hush City app to map & assess the quiet areas. End the soundwalk with a group discussion to share your impressions when the experience is still vivid.
- **Data collected with the Hush City app during the soundwalk:** Data is linked in real time to the Hush City Map and is ready to be further explored and discussed with the participants. Surf the map [here](#).
- **HushCityApp-Tip #1:** Hush City is a free, citizen science mobile app to identify, map and evaluate quiet areas, available for iOS and Android smartphones since April 2017. Prior to the start of the activity, [download](#) and install on your smartphone the free Hush City app.
- **HushCityApp-Tip #2:** Make sure to not record your own and/or the participants' voice/s when using the app. Also, avoid headshots, when taking pictures with the app.
- **Sound-Tip #1:** During the soundwalk, if possible, walk & stay silent. This can be challenging and perceived as frustrating by the participants, especially if they are not used to meditative practice.
- **Sound-Tip #2:** It may happen that you and/or the participants find yourself/ves listening to your thoughts. To re-tune into the environment, focus on breathing and listen to a sound that you like.
- **Comfort-Tip:** Wear soft soled shoes for the soundwalk.
- **Media-Tip:** Share with us your experience! On Twitter, use: @HushCityapp @walk\_sound @museumofwalking #SWS19 #HushCitySoundwalks.
- **SWS2019-Tips:** Safety is of the utmost importance. Make sure the routes you have chosen are not hazardous, or that your soundwalk does not include defamatory content, or third-party content for which you have not got permission to use.

Do you have questions on the soundwalks and/or this How-to? Reach out at: [antonella.radicchi@tu-berlin.de](mailto:antonella.radicchi@tu-berlin.de)

Thank you again for your participation!

Quiet cheers from Berlin,  
Antonella