



University of  
St Andrews | FOUNDED  
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# Take Notice

With activities from University of St Andrews: **Museums | Music Centre | Byre Theatre | Libraries**

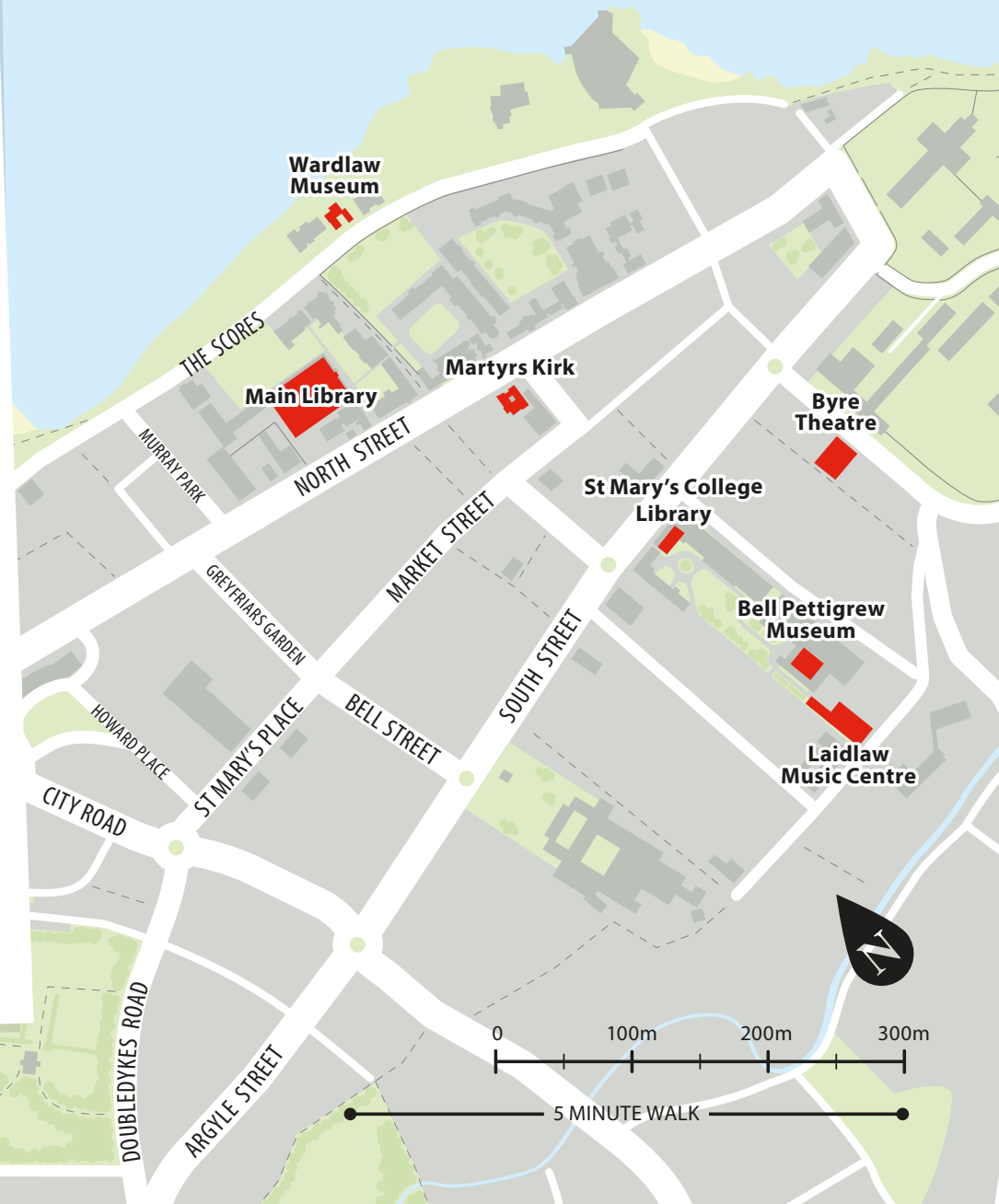
# Take Notice

The University **Museums, Libraries, Laidlaw Music Centre** and **Byre Theatre** have teamed up to bring you *Take Notice* – a resource to help support your wellbeing, which we hope you will use and love throughout the year. It is designed so that it can be used at home, out and about, or in our spaces when we're ready to welcome you back.

These activities are designed to help you take some time to focus on yourself. Whether you want to spend ten minutes or an hour on each activity, they're here to support your wellbeing.



Cultural  
Partnership



# Museums

Your University Museums are the perfect place to take some time out and reflect; to connect to our collections, to heritage, and yourself.

Whether you're in the Museums or at home, these activities will help you to take some time out of the day for yourself.

Keep an eye out for our other programmes to help support your wellbeing.

**[www.st-andrews.ac.uk/museums](http://www.st-andrews.ac.uk/museums)**

**[f](#) [t](#) [i](#) @MuseumsUniStA**



Libraries  
& Museums

# Capriccio View of St Andrews

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This view of St Andrews doesn't actually exist – it's a made-up scene featuring the Cathedral, Blackfriars Chapel and the Pends, that emphasises the importance and grandeur of the town.

Two students in the iconic red gown walk through the scene. The weather looks as though it might be about to turn.

✳ **Imagine yourself in the place** of one of the students in the painting, with the looming medieval structures like the Cathedral towering above you.

**What can you See? Hear? Smell? Feel?** Note down what you imagine being in the scene might be like.



*Capriccio View of St Andrews, Unknown Artist, 1660-1770, HC502.*

# Agate

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This piece of technicolour agate is from our geology collection. It shows how glorious the colours in the natural world can be.

There are many colours and shades in this agate, from milky white to a deep burnt umber.

✱ **Pick a colour that you can see in the agate**, and look at your surroundings.

Can you see that **colour in your surroundings?**

**Pick another colour**, and repeat until you have tried to find all the colours in the agate around you.

**Have you noticed any colours in your surroundings you hadn't before?**





# The Mace of St Salvator's College

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This is the mace of St Salvator's College. It was commissioned by the College founder, Bishop James Kennedy, and created in Paris in 1461.

The detail on the head of the mace is finely crafted – take a moment to imagine the hands of the medieval craftspeople working on such tiny, intricate details.

\* **Look at the mace head**, and then focus in on a detail.  
**Who, or what, can you see?**

**Sketch the detail** that your eye has focused on.



*The Mace of St Salvator's College, Johne Maiel, 1461, HC1179*



# Zoetrope

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This Zoetrope dates from 1867. If you look through the vertical slits on a Zoetrope, you can see the strips of images blur together to simulate motion. These pictures show the motion of a cartoon person bouncing a ball.

✱ **Think about the little movements you make every day** – whether that's how you move your hands, eyes, mouth, or perhaps a movement happening nearby in your surroundings. **Choose a movement** and try to pay close attention to it.

**Break down the movement into small parts**, like those you can see on the zoetrope film, and draw them.

**Had you realised how many little movements make up a bigger one?**



*Zoetrope and Strip, c.1867, PH322*



# Music Centre

The Music Centre allows you to study, practise, rehearse... or just listen. With numerous concerts, talks and activities in which all can participate, the spectacular new Laidlaw Music Centre is an ideal place in which to escape from the stresses of student life. Here are three relaxing sound and music activities you can engage with wherever and whenever you like!

For more information about the Music Centre, visit

**[www.st-andrews.ac.uk/music](http://www.st-andrews.ac.uk/music)**

**[f @UniversityofStAndrewsMusicCentre](https://www.facebook.com/UniversityofStAndrewsMusicCentre)**



Music  
Centre



# Sound Map

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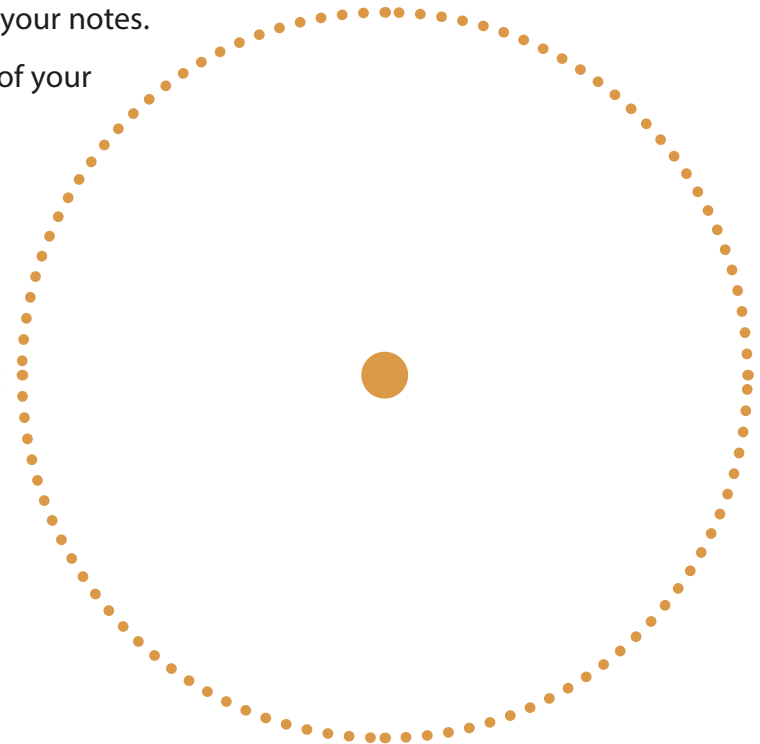
Spend some time in the outdoors and deepen your connection to different locations in St Andrews. By listening to and observing your surroundings, you can create a sound map of reactions to things you see or hear that you might not otherwise notice.



- 1. Find a spot in St Andrews to sit on your own quietly.** The central circle on the template represents your location. Use a bigger piece of paper if you need more space for your notes.
- 2. Take a moment to look at your surroundings** and make notes or draw features of your location.
- 3. Take a few deep breaths and enjoy this moment of calm.**
- 4. Set a timer on your phone for about five minutes (this is optional) and hit 'start'.**
- 5. Sit and listen carefully and with focus.** Make a note of **what you hear on your map** in relation to where you are sitting. You can draw a picture or write. Sometimes it helps to close your eyes. Here are some tips to guide your listening:
  - Who or what occupies the space? Can you see it?
  - Can you hear it?
  - Are the sounds you hear natural, or man-made?
  - Does the time of day or the weather affect the sounds today?
  - Is there a particular quality to the sound or any musical components, rhythm, melody, harmony?
  - How do the sounds make you feel?

Notice everything, particularly **your own feelings** and **make notes** around or on your map.

TOP TIP: You can also make an audio recording on your phone and listen again at a later time to add more detail. Did you miss anything the first time round? What was the experience like when listening to the recording in a different space?



# The Sound of My St Andrews

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\* If you have already made a sound map, you can start to build a collection by completing similar maps in different locations in the town and the surrounding area. Pick your **top eight locations in St Andrews** and mark them on the map at the front with a number, and write a list of the locations below. These could be nature spots, like the beach, the place where you feel at home or your favourite cafe or pub. **How does each recording make you feel**, and how does it connect you to St Andrews?

Have a think about why you have chosen each location, and what it is about the sound that you like? Does the location connect you to the beauty of St Andrews, or your studies? Or is the sound something comforting or related to something you take part in on a weekly basis like participating in a club, sport or music activity? What are the sounds of St Andrews that you think you will miss when you are no longer here?

**Record a short sound clip at each location** and make a folder containing all your favourite sounds.

Location 1

Location 2

Location 3

Location 4

Location 5

Location 6

Location 7

Location 8

Follow the same instructions from the Sound Map page if you want to make a more detailed sound map of each location. Why not do a drawing of each place, write a poem or do some creative writing to complete your collection of what you love about these special locations in St Andrews?

## **Ethics Note**

**Always ask for permission, or make others aware that you are making an audio recording in advance.**

# Underwater Rain

## (Farehau Humpback) – Alex South

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<https://bit.ly/underwaterrain>



**Imagine the sea by night:** waves from above the surface, a tropical rainstorm from below; somewhere a humpback whale begins to sing.

In the first half, focus on the natural sounds: the rhythms of the waves, the crackle of the rain. After the introductory bassline (drawn from the pitches and rhythms of the whale song) you are listening only to the whale: can you follow the pattern of the song, describe the transition from one theme to the next, hear it as music? Phrases last around 50 seconds and are separated by several seconds of silence. You may want to use this silence to move from one breath pattern to another.

In the second half of the piece the lowest sounds of the whale are accompanied by the sound of a bass clarinet. How do the sounds meld together, hold each other apart?

This humpback whale was recorded in October 2019, singing beyond the coral reef which surrounds the South Pacific island of Mo'orea (French Polynesia). 'Underwater Rain' and the recording it is based on forms part of Alex South's interdisciplinary doctoral research into the temporal aspects of whale song (for full information, please visit [alexsouth.org](http://alexsouth.org)).

**Headphones are recommended.**



# Byre Theatre

The Byre Theatre is part of the University of St Andrews. It hosts a varied and vibrant programme of University performances, events and activities, as well as conferences, exhibitions, social and engagement activities. It also presents professional touring productions of theatre, dance, musicals, music, opera and family performances, and popular local amateur productions.

The Byre and its programmes provides opportunities to escape everyday worries and tensions, to lose yourself in, and be inspired by, performance, film and discussion.

Making a mental space to step out of ourselves has never been more important, so here are six ways to Take Notice with The Byre.

## **Find us here:**

The Byre Theatre, Abbey Street, St Andrews, KY16 9LA

**[byretheatre.com](http://byretheatre.com)**

On social media:

**[f](#) [t](#) [i](#) @byretheatre**



| Byre  
Theatre

# Byre Theatre Activities

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## Take in a Show

While we can't be together in our theatres, you have access to a world of performance, free of charge and without leaving our rooms.

Find something to enjoy and become absorbed in the world created by the artists.

Or stay connected by finding a performance and pressing play at the same time as family and friends, local and international, watching simultaneously and discussing it with them afterwards.

## Performances watchlist

## Take in a Movie Films watchlist

## Take Time Out in a Secret Garden

St Andrews offers a wealth of wonderful outdoor spaces, often accompanied by a fresh blast of sea air, where you can clear your mind. Enjoy a bracing walk along the beach or find space for contemplation or a physically distanced conversation on a bench in the beautiful Byre Theatre front garden and enjoy a beautiful sculpture while you're there.

Or book an hour-long slot, for free, in Nora's Garden, a lesser known space at the Byre Theatre. Dress for the weather and enjoy some 'me' time. This is a no smoking space and is available from 10.00am to 12.30pm and then 2.00pm-4.30pm until the end of September 2020. Book your time in Nora's Garden.

## Take Time to Share

Held across the UK, Death Cafés are welcoming, safe and friendly meetings for people, often strangers, to openly discuss something that affects us all. There is no set agenda, topic, or designated expert, other than to share your experience, and to listen deeply.

Our very own Virtual Death Café, on Microsoft Teams, is hosted by Kally Lloyd-Jones alongside a guest host from within the University.

It is usually held on the third Wednesday of every month and you are welcome to join this safe and friendly meeting as long as you are over 18 years old. Search for Death Café at [byretheatre.com](https://byretheatre.com) to reserve your place.

## **Take a Walk**

### *Sea Path: Digital Arts Project*

Created by Dawn Hartley with composer Quee MacArthur, as well as a visual artist, photographer and videographer and dance practitioners, Sea Path is an exploration of the power of the sea on our imaginations.

It starts with a short performance video filmed on the Fife Coastal Path near Kingsbarns, not far from St Andrews, with a specially commissioned sound score.

Then you are invited to take Sea Path Walks by following downloadable walking routes around St Andrews. There are creative tasks along the routes and you are welcome to submit your creative responses to make an online exhibition, including audio, video, photography, drawing, painting, collage or writing.

This Project is being launched on Monday 21 September and runs until the end of October 2020.

For details, including a list of the artists involved, and to participate in an activity session via Microsoft Teams, please visit the website:

[https://byretheatre.com/  
events/sea-paths](https://byretheatre.com/events/sea-paths)



Crail



# Libraries

You may associate Libraries with studying, but they are also there to help you take time out, to let you lose yourself in fiction, photography, and art. Find an escape in the history of the town, pause and reflect on how poets conjure a new world of words, or occupy your mind with the shapes and patterns of illustrations from the collections.

## **Find us here:**

University of St Andrews Library, North Street, St Andrews, KY16 9TR

**[www.st-andrews.ac.uk/library](http://www.st-andrews.ac.uk/library)**

On social media:

** [@StAndrewsUniversityLibrary](https://www.facebook.com/StAndrewsUniversityLibrary)**

** [@StAndrewsUniLib](https://www.instagram.com/StAndrewsUniLib)**



Libraries  
& Museums

# Colour the Collections

Take notice of the shapes and designs of these illustrations from the Library's Special Collections. Trace the lines and colour the blocks of space.



**Click to download a printable version,**  
or upload to your device.



*St Salvator's from St Andrews Delineated by John Oliphant, ms38800*



*Plates by Giacomo Franco, r17 DG678.F7C10*



*Salamander from Michael Maier's Atalanta fugiens, AlC18MA.GO*

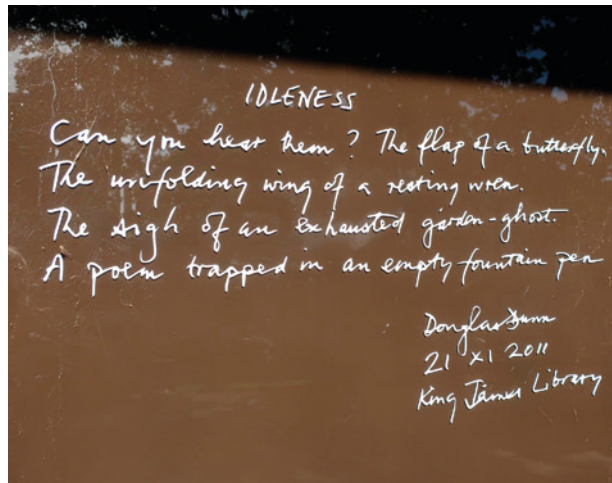


*The defence of Guenevere, and other poems, r PR5078.D4F04*



# Read the Building

The Main Library building on North Street is a blocky, distinctly 1970s structure which, it is rumoured, was designed to look like a lantern when lit up at night. The smoked glass windows which help to create this illusion have become the perfect space to host a changing gallery of works. From vibrant graphics to handwritten poetry, take notice each time you visit for new installations. At the moment you can read the words of University of St Andrews' poets. Reflect on the pictures and the mood they create.



## If Only

It was at a moment of Lambrettas  
 On Eastwoodmain's Road, where I stood  
 Under a taburnum, waiting for her.

Rich kids revved on their machines  
 And I'd just finished work in the library.  
 It was 8 p.m. and the suburb glowed with prosperity.

I'd my raincoat over my arm and felt stupid  
 Not to be motorized or in tennis whites;  
 Earning £5 a week and working the late shift.

Dust on the pavement mixed with  
 Dropped petals and litter. A bee buzzed  
 In my ear, a yellow interlude.

It was a moment of swallows and evening sunlight  
 On the Tennis Club roof, a moment  
 Populated by sports cars and resentment.

My mind was far gone in lyrical grudges  
 Drowning in leaf-music and panic –  
 'What shall I do? What's my future?'

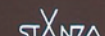
And she ran towards me, hot from tennis.  
 I couldn't believe it. I was so happy.  
 I'd expected to wait for ever

Or until a policeman ordered me away.  
 I think I'm still there, haunting a gutter.  
 If only I knew then what I still don't know.

Douglas Dunn

From *The Year's Afternoon* (Faber & Faber, 2000)

Exhibited at the University of St Andrews Library in association with  
 StAnza, Scotland's International Poetry Festival





# Old St Andrews

## Rephotography Journey

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St Andrews is filled with history, from the stones on the ground to the towers in the air. Follow this journey, detailed on the Special Collections blog, through the streets and recreate a then and now from the photographic archives.



[Link to Rephotography blog](#)



**We hope you've enjoyed *Take Notice***

Please let us know what you thought  
by clicking this link:

**[bit.ly/take-notice-feedback](https://bit.ly/take-notice-feedback)**



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