



University of
St Andrews

Get
Outdoors

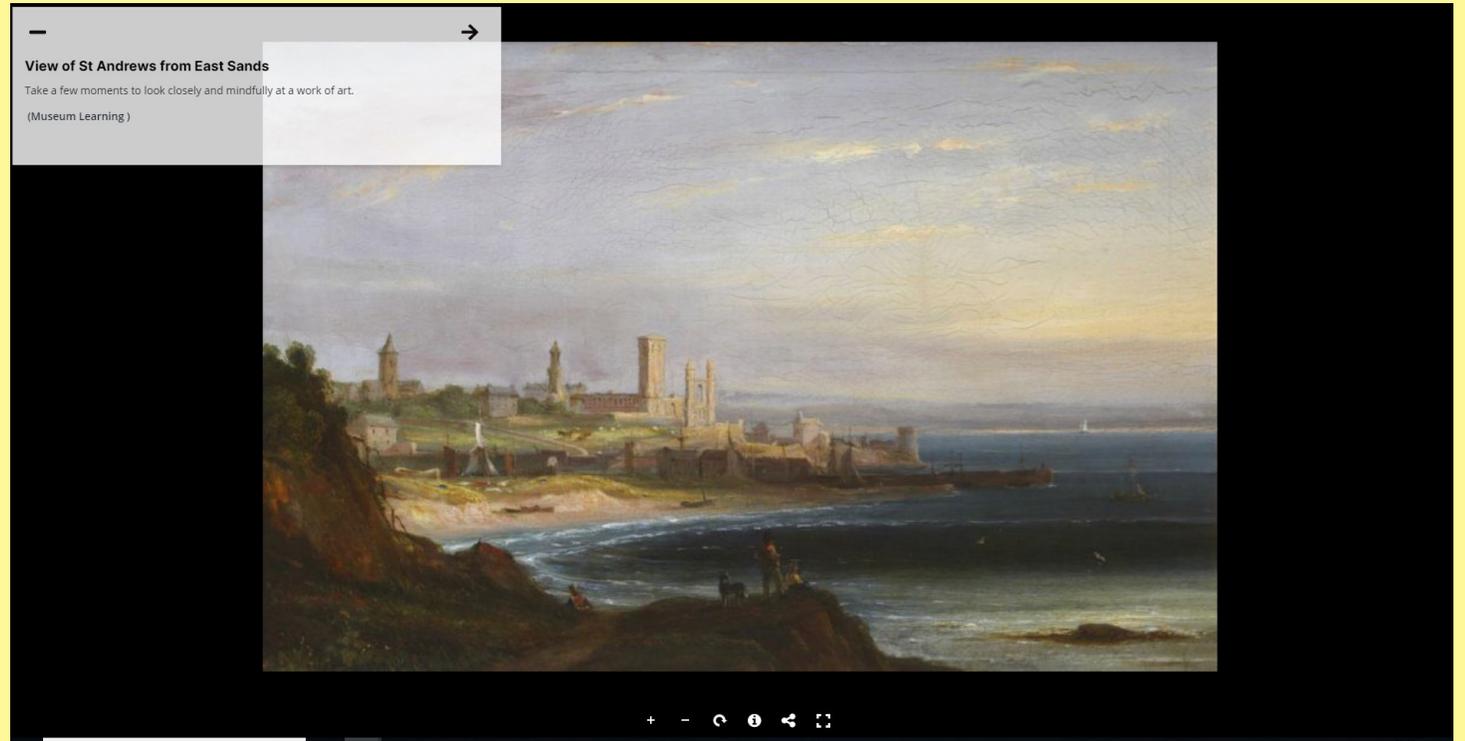


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Every week we'll be encouraging you to notice features of the landscape in an artwork using Exhibit, a tool which provides an engaging and interactive experience similar to what you would have with the original piece.

If you have not already, look at 'A view of St Andrews from East Sands', creator unknown, featured on Exhibit before going on your walk. You can find this here: <https://exhibit.so/exhibits/qkMmneYW0vSuNyN6LRfz>



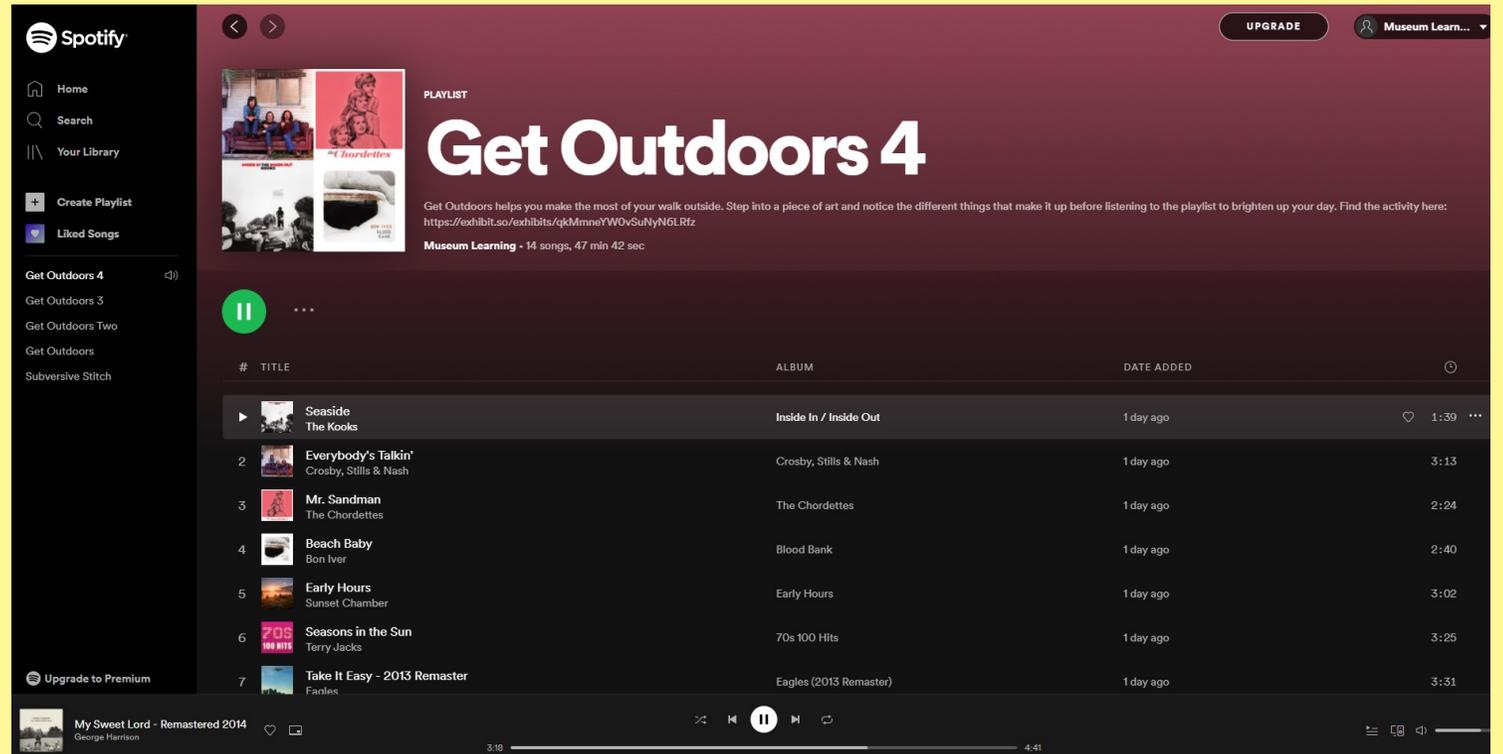
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We have also created a playlist you can listen to on your walk.

We'll suggest songs to listen to whilst looking out for certain features.

You can find our playlist on Spotify here:

<https://open.spotify.com/playlist/4weoTLm7zTUfnnLYu8Vgxi?si=98b2a84388824fdc>



The image shows a screenshot of a Spotify playlist titled "Get Outdoors 4". The playlist is currently paused. The interface includes a sidebar with navigation options like Home, Search, and Your Library. The main area displays the playlist title and a description: "Get Outdoors helps you make the most of your walk outside. Step into a piece of art and notice the different things that make it up before listening to the playlist to brighten up your day. Find the activity here: https://exhibit.so/exhibits/qkMmeYwOvSuNyNGLRfz". Below the description, there is a table of songs in the playlist.

#	TITLE	ALBUM	DATE ADDED	
1	Seaside The Kooks	Inside In / Inside Out	1 day ago	1:39
2	Everybody's Talkin' Crosby, Stills & Nash	Crosby, Stills & Nash	1 day ago	3:13
3	Mr. Sandman The Chordettes	The Chordettes	1 day ago	2:24
4	Beach Baby Bon Iver	Blood Bank	1 day ago	2:40
5	Early Hours Sunset Chamber	Early Hours	1 day ago	3:02
6	Seasons in the Sun Terry Jacks	70s 100 Hits	1 day ago	3:25
7	Take It Easy - 2013 Remaster Fleetwood	Eagles (2013 Remaster)	1 day ago	3:31

At the bottom of the screen, the current song "My Sweet Lord - Remastered 2014" by George Harrison is playing, with a progress bar showing 3:10 out of 4:41.

The painting depicts a view of St Andrews from the East Sands. There are many different features in the distance.

What different things can you see in the distance that your attention is immediately drawn to? Are there different buildings, wooded areas or the coast?

As you are walking, listen to the sounds you can hear. Are any leaves crunching under your feet, people chatting as you walk by or the breeze in the trees?



Image Courtesy of the University of St Andrews Library, ID HC928



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Why not listen to 'Three Little Birds' from the playlist whilst looking at these features?

The sea and the coast can be seen in the painting. Are you able to find any water on your walk, such as a puddle, canal or the sea?

What is the movement like, is it still or is it being moved around due the environment around it?



Think about your different senses on your walk.

Make a note of all the different things you can hear and smell at different stages of your wander.



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Why not listen to 'Earth and Water Song' from the playlist whilst looking at these features?

In the painting you can see different parts of Fife in the distance.

What is on your horizon? If you look closely, what is the furthest point you can see?



Is the sun out today?

How is the weather affecting the environment around you? Is it casting shadows, or making the colours on your walk seem brighter?

Why not listen to 'Mr Blue Sky' from the playlist whilst looking at these features?



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Do you think the time of day you have taken your walk has affected the environment around you? Are the colours around you different, can you hear different noises?

Enjoy the rest of your walk and have a think of what songs you would use if you were to put a playlist together that would describe your journey outside today.



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Why not listen to the rest of the playlist?