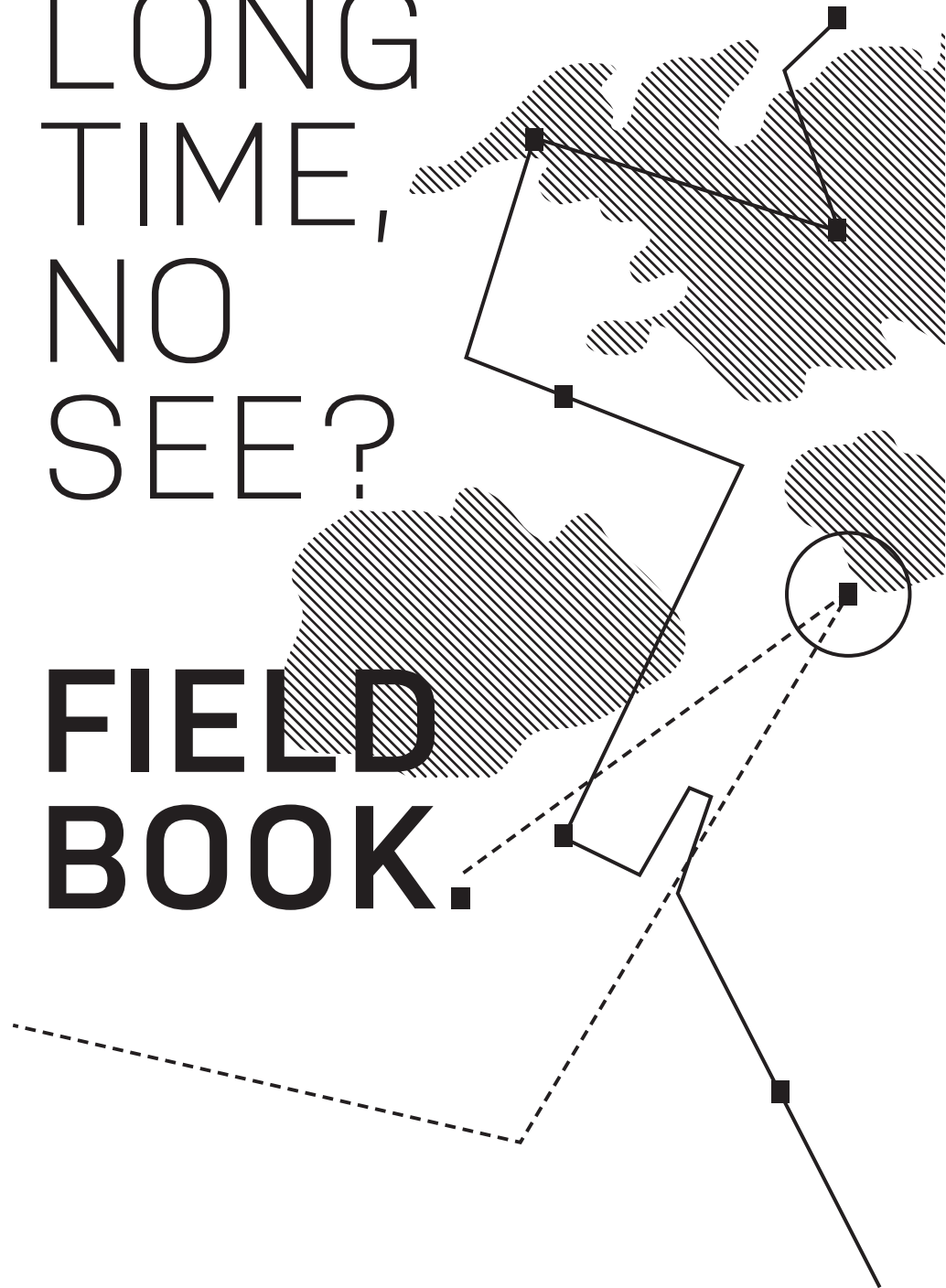


LONG
TIME,
NO
SEE?

**FIELD
BOOK.**



HOPEFUL ADVENTURES

Don't be satisfied with the stories that
come before you, unfold your own myth.

-Rumi

WELCOME

Thank you for participating in the *Long Time, No See?* project. As a pathmaker in a place you may know reasonably well, you have the opportunity to experience and explore this locality in a way that considers sustainability and *making time*.

The history of the Earth is long and the Earth is very old, billions of years since those first specs of matter and gas formed the solar system comprised of our sun and the surrounding planets. Since its initial searing volcanic activity, Earth has experienced significant geological, biological and meteorological transformation. Our present era, often referred to as the Anthropocene, is dominated by human actions that are significantly impacting on that geological, biological and meteorological envelop. The world is also of our making. Our social and cultural forms—the way we live, the things we create—are also at play in our activity and the ecologies in which we are enmeshed.

PATHMAKING

You will have arrived at this point in the project via one of several paths such as participation in a community-based workshop, involvement as a community catalyst, social and peer networks, or the website. You will have received some initial instruction either in a workshop or via the web based toolkit. These instructions were for orienting you towards different ways of thinking about the future and considering how we might live together. It is an invitation into new ecological thinking and the mesh of interconnectedness. The negotiations involved in such thinking are challenging yet rewarding, especially when we realise that positive change is both desirable and possible.

As a pathmaker, you will be asked to follow a series of prompts that guide a walk around your locality and invite you to explore different aspects of that locality and your relationships to it in the present and into the future. As you walk you are part of the landscape, you create a space of inquiry and discussion. Walking is a spatial and embodied practice and as such evokes a particular way of being part of the world, not just looking at it from a distance. However, you may undertake your walking over days or weeks; you may drive, cycle or move by mixed mode.

During the walk you will be making field notes that will be added to a map and the path you make will be written into the *Long Time, No See?* web-based

artwork. Each prompt will invite you to contribute to *Long Time, No See?* Your individual movements and notes will join with others in a shared space of *futuring*. In total there are nine stopping points where you are prompted to respond to a location with a photograph, sound recording and/or written statement. Some of the writing is intended as a personal note for yourself and some is intended for uploading to the portal. Using the Fieldbook, you can keep a more personal diary of your walk or walks.

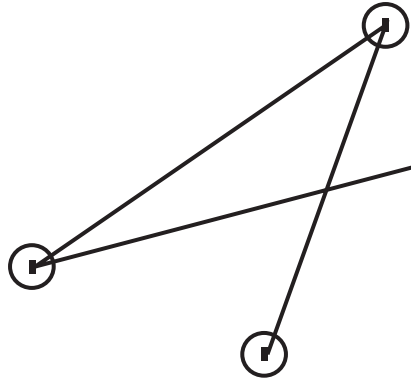
ABOUT LONG TIME, NO SEE?

The online aspect of *Long Time, No See?* is comprised of several elements including a map like form and audio. It is both generative and participatory. As a generative work, it is drawing on large environmental and social data sets to generate image and sound. This map is in a constant state of flux, and at times will not look like any map you have ever seen. It may be difficult to find your way through this terrain, and as a pathmaker you will be helping to chart new directions and connections founded on the assertion of care and shaping a community of change. This is an artwork engaged with social relations and shared experiences. It contends that we can understand more of our world and ourselves—and engender care—through poetic and aesthetic engagement.

The project does not ask for lofty visions of the future or to lay out a program of action, but rather to consider what is around us today in a way that looks to the future. The question for all of us is whether we really believe that ‘the future will take care of itself’ or ‘time will tell’, or whether we are impelled to give careful consideration to our prospects for the future, both long term and short term, in the present. If we do believe we need to take care of the future just as we do (or better) for the present then we need to come to a social practice of *futuring* or ‘everyday *futuring*’.

The path ahead is yours to make. It is not about straight lines, but connections. There is gentle guidance here rather than direction. The instructions here guide you to moments and possibilities where you can consciously consider your mindset and configure that path so that others might share your experience.

PREPARATION



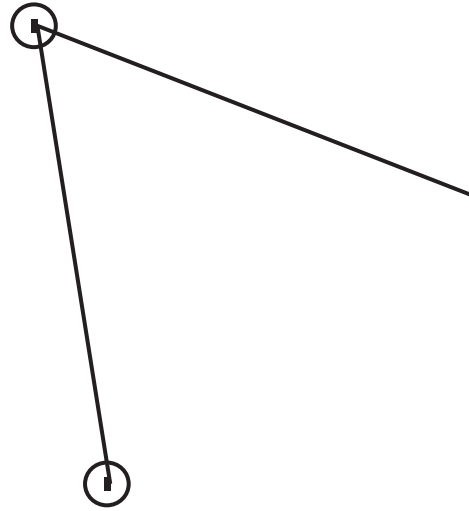
SAFE WALKING

1. You participate in this project at your own risk. The project team, funders and partners of *Long Time, No See?* accept no responsibility for any loss, damage or injury.
2. Do not exert yourself beyond your current levels of fitness and ability
3. Ensure phone use does not distract you from traffic or other hazards.
4. Avoid extreme heat and/or cold and ensure you are appropriately protected from climatic conditions.
5. Wear comfortable shoes and where required bring a hat, sunscreen and insect repellent.
6. Bring and drink water and something to eat.
7. Take a break if you are tired.
8. Children and minors should be accompanied by an adult.
9. Obey road rules and road safety protocols.
10. Be aware of personal security and consider walking with another person or choosing familiar routes.
11. Think twice about revealing too much personal information online such as your address, names and images of your children or children in your care, or your real name. Only share personal information if you choose to.



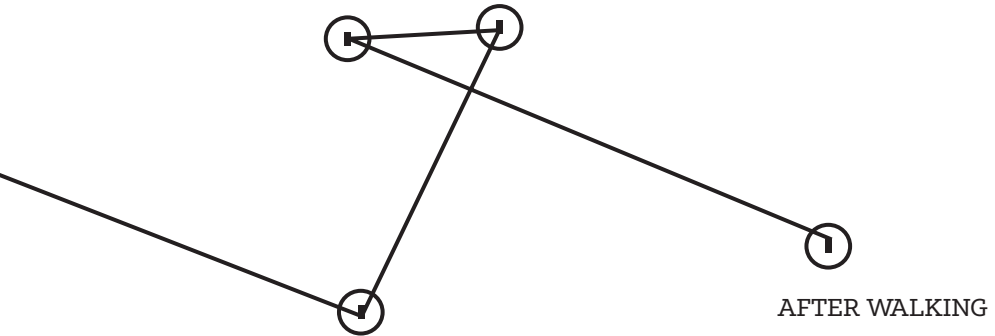
BEFORE WALKING

1. You ~~will~~ need a map of your locality and a well charged Smartphone—either an iPhone (3,4 or 5) with the latest version *Long Time, No See?* App from the iTunes Store, or another recent model Android Smartphone and the related *Long Time, No See?* Web App available from the website. www.long-time-no-see.org
2. Read through the Fieldbook and some of the online resources. You might like to pre-plan your walk and plot your pathway.
3. Identify a starting point of your choice. Ideally this starting point will be a large open space, such as a park, schoolyard or car park, where you can move in any direction.
4. Pack a bag or backpack with water, something to eat, sunscreen, insect repellent and things you believe you might need for your comfort and safety during this walk. Also include a piece of chalk if you have some.
5. You require some genuine concern for environmental and social change
6. You might like to bring someone to walk with if you would like a more social and communicative experience.
7. Your phone is used to record your walk as a series of GPS points. In some cases you may be asked to turn on location services, position tracking or something similar on your phone. You must do this (See the website for more details of setting up your device).
8. Before you can use the APP you must register for an account using your own chosen unique username and password. This will allow you access to all of your recorded data for editing and review purposes and a personalised version of the collective online visualisation where you can view your walk pictured in relation to those of many others.
 - a. Use the *Long Time, No See?* App to enter image, text and sound
 - b. optionally this Field Book to record other notes and to avoid reading instructions off screen (available for download from the website).
9. Participation in the project requires a fair bit of reading while you are in the field so remember to bring your reading glasses if needed and a copy of the Fieldbook if you prefer to read from paper.



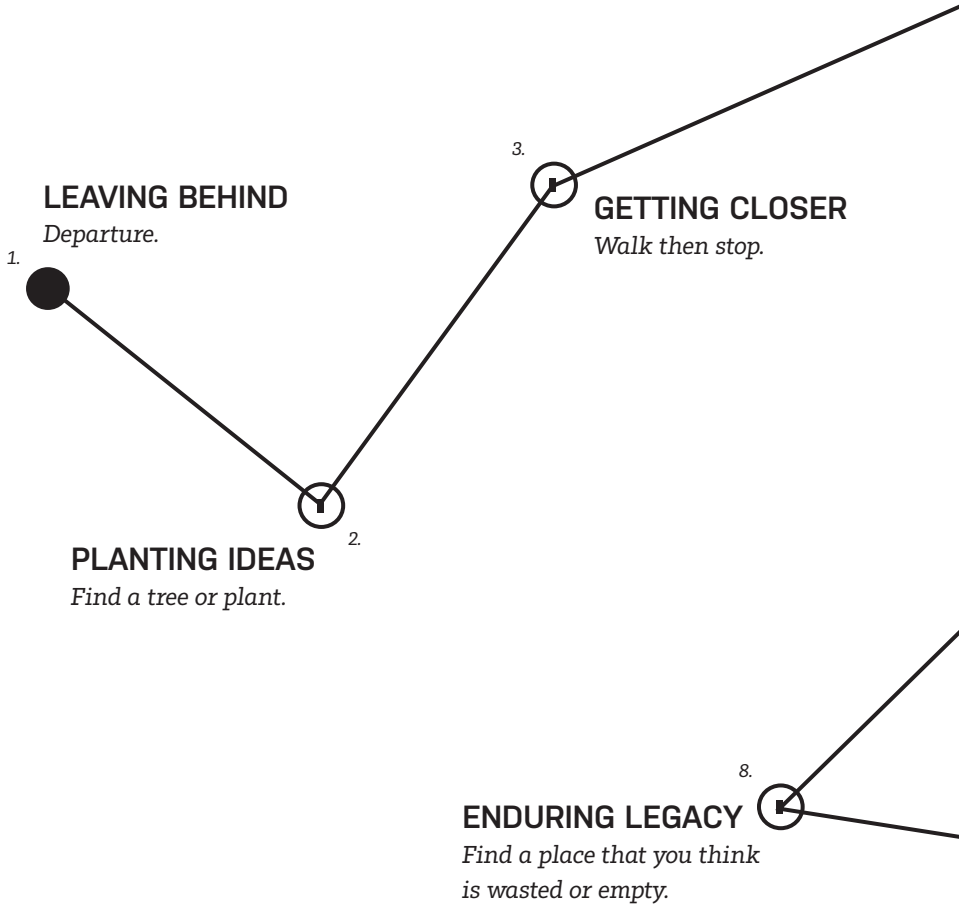
WHILE WALKING

1. Do not feel you should only walk in open spaces but please only walk in public spaces and buildings or buildings and spaces that are open to the public.
2. When walking remember to take your time and enjoy the experience of walking and being outdoors. This is not a race.
3. At each of the stopping points you will be prompted for specific contributions—a text, image and/or sound. However, you can add as much content as you like at each point.
4. Remember to tag your contributions as this is an essential part of collating and sharing data. You must select from the tags provided and have the option of contributing your own. If using the app, you will not be able to proceed unless you nominate at least one tag.
5. Please try to follow the instructions even if they seem a bit silly. The intention is to reflect on our attitudes and values.
6. Even though you are following the instructions please remember the responses are yours to create. You are welcome to improvise and adapt your responses as long as you make entries wherever requested.
7. Have fun



1. Once you have completed all nine stages your walk, notes and sound will be available on the *Long Time, No See?* visualisation, for you and others to view and compare—within 24 hours or less (approximately).
2. If you have used the Fieldbook and app together, you will need to transfer your extra images, sounds and texts to the *Long Time, No See?* App on your phone, or alternatively edit it via the website. Our website reference section or social network on Facebook may be able to assist you with this process if you are having difficulty. You can then return to your walk entries after they are posted to the website to edit and alter them.
3. Your walk, notes and related sound will be available pictured anonymously for other people to view when they access the website
4. If you walked with another person or other people, take some time to debrief about the walk. Perhaps reflect on and compare notes about learnings or other aspects of the experience.
5. You are encouraged to do multiple walks, taking different routes, as part of *Long Time, No See?*
6. If you have any reflections about this experience that you would like to share, then please contact info@long-time-no-see.org. You are also welcome to share your reflections via facebook, twitter and blog at www.long-time-no-see.org/community.
7. If you believe others in your community may enjoy or learn from this, then please consider becoming a Community Catalyst. See www.long-time-no-see.org/community for more information.

THE PATH AHEAD



TAKING CARE

Find a place to sit.



GIVING MORE

Find a place where there are other people.



BREAKING SILENCE

Listen and find a sound or sounds.



TALKING POINT

Walk to a spot you haven't been before or rarely go.



WELCOMING EMBRACE

Walk for three minutes or more.



LEAVING BEHIND



T



commit | perspective | strange | awareness | future | trace

When you arrive at your chosen departure point, mark the ground in some way. Use chalk or something handy that you can drop on the ground, such as a stone.

Face the direction in which you intend to walk, then take one step forward and two steps backward.
Then do it again. Take one step forward and two steps backward. And again. Take one step forward and two steps backward.

You have taken nine steps. Yet you are three steps behind where you intended to start making your path.

Of course, forward momentum isn't the whole story and often our progress is attained in unexpected ways by unlikely means. We know when we take one step forward and two steps backward, we are generally on a futile path and that we are regressing rather than progressing. Yet, the idea of progress that has shaped human societies for centuries is doing exactly that. As we consume more and overload the systems which support life, we are effectively going backwards despite the perception of progress.

As a pathmaker, you are looking for a way ahead, rather than supporting and engaging efforts that will be a drag on us or lead us nowhere. You are charting a better way for yourself, your community or your family.



Photograph the distance between where you are standing now and where you intended to start, where the ground is marked.



Please reflect on how this exercise made you feel and how this activity can help how you think about the relationship between now and the future.



Choose a theme that relates to your reflection, and add one or more of your own.

PLANTING IDEAS



T



living | care | place | awareness | common | legacy

Face in the direction in which you intend to walk, identify a tree or plant in your field of vision or recall a tree or plant you know. If there are no trees or plants in your field of vision or immediate environment, then face a different direction. If, after repeated changes in direction, there are still no trees or plants, then walk in any direction for a while and follow the relevant instructions.

Walk towards the tree or plant. As you approach the tree, study and speculate about the tree's properties such as species, height, age and general appearance. Walk around it and touch it. Also note the context in which the tree stands and its relation to its surroundings and other living things—perhaps it is a habitat or food source. Perhaps it is the oldest living thing in your immediate locality, having endured despite urban development and land clearing. Perhaps it is flowering and fragrant.

When we see a tree as 'just a tree', we are perhaps not appreciating what a tree does and its place in the world and rootedness in the ecosystem. In fact, we sometimes don't pay much attention to trees and plants at all and take them for granted. We tend to focus on or notice the things we care about, are meaningful to us in some way, or somehow interest us.



Photograph the tree. In appreciating the tree, it may become more meaningful for you. You might care for it differently.



Describe what initially attracted you to this tree and what this tree has come to mean for you as you have studied it.

OR



If there are no trees or plants, then identify a site where a tree or plant should be planted. Photograph the site.



Describe what kind of tree or plant it should be and what it would contribute to the location.



Choose a theme that relates to your reflection, and add one or more of your own.

GETTING CLOSER



T



thoughtful | habit | awareness | strange | movement | change

As you walk away from the tree in any direction, listen to the sound of your feet. We often do things habitually, unthinking. We just do them. Then, we continue to do them because that's what we've always done and everyone else does it like that too. Our desire to be like everyone else or to fit in is strong. Sometimes it takes more effort to do things the way we've always done them rather than find new or alternative ways. Changing is difficult. Yet, it can sometimes just take a small effort to make a change—even temporarily—that stimulates other changes.

Alter the pace and rhythm of walking. It may seem a little strange. Adjust the rhythm of your steps to become even and then uneven. Perhaps you can take irregular steps—long then short, or you might bounce, pause, leap or dance. Walk fast, then walk slow. Make some changes quickly and some changes slowly—just focus on the walking and movement. Try to walk with ease. In walking, each step and movement matters.

Perhaps you recall as a child playing walking games like only stepping on the lines of footpaths or seeing how far you can hop without falling, or taking your biggest possible steps, or walking along the edge of the footpath as though it was a tightrope. So try to turn your walking into a game if it helps.

As shifts in your body occur, feel the distribution of your weight; heavy in some places, light in others. Perhaps it feels unnatural and awkward and perhaps you just want to restore the balance of walking normally and evenly. As you do this, pay attention to your footsteps. In focusing on the sounds of the footsteps and the changing carriage of your body, you might find that your mind is less busy and anxious. Perhaps random memories and thoughts come to mind.

After a few minutes stop to reflect on the walking that you have just done. Reflect on the movement of your body, the sound of your footsteps and what it means to you to be more aware of your body and your actions in the present moment.



Write about something you will do differently tomorrow.



Choose a theme that relates to your reflection, and add one or more of your own.

TAKING CARE



T



awareness | care | place | thoughtful | senses | common

Find a place to sit, where you can be at ease and at rest, and be seated. Have a long look around you. Much of the world we live in is of our own making. The world is full of things we have made. Humans are adept at changing our environment to meet our present wants, often with little consideration of future requirements. In the things we create and use, we are sometimes expressing our care for others or trying to make our world a better place.

Identify something in your field of perception which is human-made. Perhaps, like a road or large building, it obliterates and dominates the natural environment, yet has a specific use. Or like a piece of litter it was used momentarily then discarded, being blown around in the wind until the rain washes it into the stormwater system or someone throws it in the bin from where it will be transported to landfill. Perhaps this human-made thing is not visible, like some forms of pollution which can make us sick, or music or perfume which can uplift and attract us. Perhaps much of what is going on, much of what we use and make, is habitual or ingrained rather than thoughtful and purposeful.

Care is not the same as worry or concern: it means understanding that our wellbeing is connected to the wellbeing of other lifeforms. In caring for our world, we are also caring for ourselves.



Now stand. Take a photo of the spot where you were sitting.



Choose a theme that relates to your reflection, and add one or more of your own.

GIVING MORE



T _____



strangers | place | care | connection | common | trace

Find a place where there are other people, or where you might expect other people to be. In general we are quite adept at sharing spaces with people we don't know or don't know well even though they may be part of the same community. If this is a place you come to regularly, there may be some familiar faces—a shopkeeper, barista or a passerby—the people you see around may even greet you from time to time. Over time, after seeing people around, you come to recognise them and understand their relationship to the place and to others. After seeing someone around for some time, you might begin to speak with them. Or, for whatever reason, you spontaneously chat to someone.

.....

Study the social interaction in this place. Does the place encourage you to get to know or talk with other people? Do you get a sense of community from being in this place? An important part of care, in the sense that was described earlier, is that we care for others in our family, social and community networks. We cultivate and create social and family relationships. We provide for our families, we contribute to society in various ways and we participate in community gatherings and events. These are everyday expressions of the ways we might care for each other.

.....



What do you have in common or share with others in this community.

.....



Choose a theme that relates to your reflection, and add one or more of your own.

.....

BREAKING SILENCE



T



strangers | place | care | connection | common | trace

Listen carefully to and think about the sounds around you. Close your eyes if it helps. And think about any sounds you have heard before or may hear in nearby locations but not here. Now go somewhere where you think you will hear diverse sounds.

If possible, follow your ear to find this location: perhaps you can hear something in the distance. When you have found the sounds or reached the site, listen carefully. Sound is often an indicator of health, diversity and change in our environment. Yet, we can often choose to block out or filter sound. By paying attention to sound, you can develop an ear for subtlety and diversity. You can get a better sense of the world around you and your place in the world. Perhaps the sound of the world has changed a lot over your lifetime, depending on where you've lived.



Please make a 30 second recording of the sounds around you.

Think about the place in which you are hearing these sounds. Would you describe it as healthy, diverse, strange, normal or complex? Perhaps the sound is unpleasant and you just want to get away from it. Some sound can just be noise. Perhaps some sounds drown out others. The key here is to make your mind quiet, listen and notice—keep your eyes closed if it helps—using your senses.



Write about the sounds you are hearing and how they interact with each other. You could write about how they make you feel, what happens in the space or just describe the sounds. Perhaps address whether these sounds belong together and whether removing or changing some sounds might alter your experience.



Choose a theme that relates to your reflection, and add one or more of your own.

TALKING POINT



T



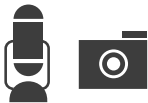
change | thoughtful | waste | common | trace | commit

Walk to a spot you haven't been before or rarely go.

Many people don't like change or the unfamiliar, particularly if it disrupts what is perceived as being the order of things. It's just not something that people naturally embrace. Yet, change is constant. Nothing is ever stable.

Our world, comprised of natural and built environments, is being constantly reinvented through our interactions with it. We build, we use, we cultivate, we create, we destroy, we consume, we waste, we defend, we conserve. Our lives are bound to those around us and the world in which we live. Perhaps you would like things to be the same as they always have been. What if that's not possible anymore?

Consider the things you use from the world to support yourself and others. How much is enough? How much just gets thrown away? Take some notes if you like (*not for publication*).



Think of a word or short phrase that describes the way you act towards your world and/or others. Record yourself saying this word or phrase out loud

OR

write it in chalk on any surface then photograph it

OR

enter it into the text field



Choose a theme that relates to your reflection, and add one or more of your own.

ENDURING LEGACY



T



legacy | vision | future | change | care | waste

Think about your locality and identify a site, place or area that you think is wasted or a practice or activity that you think is wasteful. This site might be empty, abandoned, destroyed, damaged, dangerous, desolate or just unused. Perhaps there is no or little activity there. Perhaps you avoid it because it isn't a good place. Perhaps it is cut off from other places. Perhaps it is a building that uses space, resources and materials poorly. Perhaps there is no sense of place. For some reason, you see it as wasted.

Likewise, the practice might generate lots of waste or it might not really contribute anything to our world or our lives. Perhaps it is something that could just be done better.



Take a photograph of this site, place or area. Or somehow capture the practice or activity that you think is wasteful.

When something is wasted—even thrown away—it is lost to us and is devalued. This could mean that there is a need to somehow reclaim this site, place or area and create some value. Or perhaps there is a need to change the way things are done so they are not so wasteful. Without some kind of care places continue to decline due to poor planning decisions and urban design, inadequate community education and poor local decision making. Much of what happens in our localities gives us more of the same. However, something different—change—is needed.

We can seize opportunities to do something now to make that future more possible. Reclaiming this site and bringing it back into our care can play a role in realising that vision. Or changing that practice or activity that is wasteful into something more enduring might also play a role in realising that vision. There are many ways to make the world (your community, your family, your workplace etc) better, more supportive, more useful, more usable and more sustaining.



Consider the future, at least beyond your lifetime, and make some notes, a couple of words or phrases that capture your thoughts about your legacy.



Choose a theme that relates to your reflection, and add one or more of your own.

WELCOMING EMBRACE



T



trace | future | awareness | care | legacy | connection

Walk for three minutes or more in any direction, stop, then have a drink of water.

Using a small amount of water, wet your palm then press it onto a flat surface to make a handprint. If you prefer you can take a mouthful of water and blow it across your hand. If there are other ways of making handprints more to your liking then you can do that: use your chalk to trace your hand, or photograph your hand, or press your palm into soft ground.



Take a photograph of the handprint/s.

For Aboriginal people, handprints bear many meanings, often marking an association with place. They can sometimes mean welcome or greeting, an embrace from ancestors who anticipated our arrival. They are like a wave, where people meet, or where the water greets the shore or riverbank.

In making a handprint, you have extended your hand to others; to those who will follow. You have anticipated the future.



Choose a theme that relates to your reflection, and add one or more of your own.

THANK YOU

You have reached the end of your walk for *Long Time, No See?* Thank you for participating in this project.

If you have used the App then please make sure you have completed all of the 9 stages—this is critical to the project's success!

Your reply will be checked by a moderator then made live—please allow 24 hours

As different places will encourage very different responses, you are very welcome to complete more walks and contribute them to the *Long Time, No See?* project.

CREATIVE TEAM

Dr Keith Armstrong | *Artistic Director*

Dr Gavin Sade | *Artist, Interaction Designer*

Prof. Roger Dean | *Sound Artist, Scientist*

Linda Carroli | *Writer, Urban Practitioner*

Robert Henderson | *Designer*

Petros Nyfantis | *Software Developer*

Johnson Page | *Assistant Front-end Programmer*

Eric Lin | *Intern, Research Assistant*

INFO

The Long Time, No See? project team respectfully acknowledges the past and present traditional owners of this land on which we are working, meeting, talking and walking.



(cc) 2013

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www.long-time-no-see.org

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