



Workshop Description

Mindfulness Exchange in Italy “GO Alive”

| Title | Sound Environment Analysis |
|--------------------------|---|
| Objectives | The improvement of our hearing about the environment's sounds |
| Duration | 30' |
| Materials | Notebook and pen |
| Step by step instruction | <p>1) <i>Theory Introduction</i> The sound has 2 characteristics 1) the level (dB) & 2) the frequency (Hz). The humans can hear sounds with level between 0-130 dB & with frequency between 20-20.000 Hz. The 130 dB is the limit that the ear's drum breaks. On frequency range, between 20-250 Hz are the bass sounds (for ex. the truck's engine, the bass instrument), between 250-5000 Hz are the middle sounds (for ex. the humans voice) and between 5000-20000 Hz are the high sounds (for ex. the bird singing).</p> <p>2) <i>Workshop - Sound Environment Analysis</i> - We go somewhere outside (ex. forest, city centre). - We stay focused for 10' to hear everything around us and we notice it in our notebook to share it with the others. - After that all together we write what we heard. We try to reach 30 sounds or more. - Finally, based on the theory, we analyze the sounds about the level & the frequency. We don't have to be too exact, just to describe if a sound has low or high level/frequency.</p> |
| Designed by : | Implemented by Dimitris Batsis |
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