**Female Speaker 1:** I really like the music. I like the way that the mics picks up sound as well, although I wish I'd understood a bit more which of the sounds were coming from outside and inside a bit earlier because once I did, it was really cool. I really liked the audio element of it a lot.

I didn't really feel I got to where I needed to get to for it to have the full impact within the time, but maybe that is just because of where we are. Well, it's just because it's quiet. There was no way to get in crowd really, and so it took me a little while to get to that bit because I was just trying to get to as many people as possible, which was still not very dense.

Then in order to get to something really old, I would have had to go further than I could really, I think. Well, so I just chose something that was oldish. I probably could have had a better experience of that bit if I could have gone a bit further and had something that was a bit more evocative to touch, that meant something a bit more to me that I might have known where it was.

It didn't really matter because the sound was so lovely, but I suppose in terms of that connection with the spaces, if I'd had a bit longer to get to the places because then on the way back, I then very quickly got back to the density bit. I feel maybe those times, I guess, would normally be the same. I don't think I was moving particularly differently, although maybe I was if the music was very different.

I just felt I was back in that spot for quite a long time and then I had even longer to get back there and didn't really need to. I feel some of the atmosphere of the music could have been better lent to the places I was if I'd had a bit longer at the beginning. It wasn't necessary at the end. Yes, overall it was lovely. Then some of the phrases I felt-- Yes, I love the shadowland one. The shadowlands? Is that what it was?

**Male Speaker:** Shadow time.

**Female Speaker 1:** Shadow time was really great, especially with the music.

**Female Speaker 2:** I really liked the mixing of the real world and the orchestration of the school. I liked that a lot. I liked how the mixing changed as well. I found that really interesting. [snaps fingers] I kept trying it out. Sometimes, I'd do that and it would echo, and sometimes I'd do that. The fact that that changed was quite nice. It brought a textural thing, I guess, to what was going on.

I think I've got similar feelings about the prompts. Some of them were not things I could do easily, like get high or find people, which is always just a bit frustrating. If you get an instruction and you can't fulfil it, it's just annoying.

It's really good, actually, for me to be on this side of it because normally I don't really care if people get annoyed unless it's something I've asked them to do and they can't do it. Actually, it is annoying and it doesn't need to be. It could be-- I don't know. Maybe if it's worded slightly differently, so it's not just get somewhere high but it's talking-- I liked the water coming in. I like narrative as well so I liked that that was really clear, like oh, there's water rising and stuff. Maybe I could imagine a bit more the water rising and then think about what would be happening around my feet. Am I low? Am I high? Rather than-- I don't know. Either more location-specific or vaguer, I guess, that's what I'm saying.

I had a feedback section. I think it was finding the old thing. It's like permanence. I was outside a bank at that point. I'd already started walking back. [laughs] I was quite looking forward to finding a building and putting my hand on it and feeling the age of it and all that, but then the feedback happened and I was like, "Oh God." That was quite a while. It was a couple of minutes of high-pitched-- Is that what the feedback was? It was high-pitched. It was a very, very high pitched tone, basically, and it didn't change.

Well, I was trying to work out if I'd missed a whole section. That's when I started walking back because I thought, well-- **[unintelligible 00:04:57].** Oh yes, density. I haven't really concentrated with the density one. I had to look back and I was like, "Oh density," because I remember being told to find people **[unintelligible 00:05:07]** density.

**Female Speaker 2:** That's just me being thick. It's not such a--

**Male Speaker:** No, no, it's good because, actually, what you focus on in the sentence, whether it's crowd or density, you'd be more likely to focus on the real thing.

**Female Speaker 2:** Yes, density can be many things, can't it, I guess? Then my favorite points were-- I was by the fountains for a while and I really liked the sound that that made through the headphone. I liked trying to control the sound with different things. The first time I noticed it was when some people walked past and they were chatting. That was really cool because it's like, "Oh, yes." I knew that this would happen but I didn't know you'd put the distortions and stuff on it. I really liked that, so then I was playing with it a bit as I went around. It was pre-permanence. Sorry, I'm going into too much detail. I'll stop.

**Male Speaker:** Maybe you can just give us your general and then let's go back to some of these details, actually.

**Female Speaker 1:** It's interesting. I really enjoyed having this instruction book but I actually missed loads of it because the first one only has one page. I never saw any of the other text.

**Male Speaker:** You wouldn't get the other texts.

**Female Speaker 1:** No, I never saw it. I never saw this.

**Female Speaker 2:** Oh, did you have a different book set maybe?

**Female Speaker 1:** Because that was like one and it was one page, and then this one, I just went straight to that, and then I just held it at that. Then the touching of an object in time was really nice, playing with the sounds that you could make whilst touching. I did find that just touching it didn't really make any sounds. I had touch it quite hard. Then I could hear sound coming through, which was quite nice. I didn't really get the sense of other people's sounds around me. I couldn't really hear that much. I mainly could hear the audio tracker thing rather than other sounds.

I got feedback or a really high-pitched-- It was too high to keep in my ears and that was on seven to retrace such as touch, and then I was walking back. To be honest, I didn't mind it that much because it was just a point of returning, so it was okay. I didn't feel I'd particularly missed anything. It spoke to me. I really enjoyed that it was really easy to be part of it. You didn’t feel like there was no right or wrong while you're partaking, which was quite nice.

**Female Speaker 2:** Do you think the right and wrong thing is dependent on your own inner voice? It's like, "Oh, you're doing it?" Some people really criticize themselves, don't they? Some people are not bothered.

**Female Speaker 1:** Yes. I think that's partially because I've done quite a lot. I know that you can just take your own leads but often, you also do get a bit of a brief beforehand to tell you how things work and what to do. I quite liked that we just did it. Having mix was a really nice entry point in to the work.

**Male Speaker:** You've actually covered a lot of detail already, which is great. I've got some specifics about thematics, I guess, in terms of what you found yourself reflecting on or things you were thinking about alongside the experience or within the experience.

**Female Speaker 2:** I popped in and out. It's weird because I've been in quite a deep reflective place for the last few days. There were points where-- You know if you're sat at a bus stop and you get fidgety and you want to get your phone out? I had that feeling of like, "Oh, what else could I be doing?" because there was lots of sound and it's interesting. I've done the thing and then it was sound stuff, and maybe there wasn't much feedback at that point. It's just a bit like, "Oh, what do I do?" and I had that.

It's weird because, normally, I'm pretty good at concentrating at this sort of thing, but, yes, it might have just been that I didn't eat enough for lunch or something. I'm not saying that that was because of something in the piece. I did have a moment of thinking about the rest of my life, of non-immersion, I guess.

**Male Speaker:** In those moments-- Sorry, I guess I probably didn't frame my question properly. What were the things that that piece led you to think about?

**Female Speaker 2:** Okay, well, so I had the prompting book that had the little extra bits, which I quite liked. Things like the Gobi desert or like really old trees. I liked those extra images that I was given. I think probably just because I'm a bit fractious today and having extra things to help prompt my imagination into different directions, it's quite nice. The water rising is really nice. I don’t know. It was interesting. I don't know what you were trying to achieve so I don't know how successful it was or wasn't. I think some of the words were a little bit not on point enough for me in terms of what it was trying to get me to do but I think I got there anyway. I think the extra little bits helped get there anyway. Like the chart with the temperature rising and all that. I felt I was being guided where to go and I quite liked that. I suppose if I'm going to sign up to do something like this, I would quite like to be guided to think in a certain way.

**Male Speaker:** Yes, okay.

**Female Speaker 1:** I think for me the bit that worked the most for me was the image of the island and the sounds that went back to give a bit of the narrative. It was quite a lot of empty space where my mind did start wandering away from perhaps what we've been asked to do or-

**Male Speaker:** Where did it wander to, I guess is the question?

**Female Speaker 1:** I suppose it's a similar feeling of like, "Oh, what do I need to sort out in my life?"

**Male Speaker:** Oh, right. Okay, right. Don't say another-- Okay.

**Female Speaker 1:** Yes, but only at those points. Exactly like what you were saying where you've done that bit that you've set to do and it's quite the sound was fairly empty. It was quite a neutral sound so that's the point where my brain went and then he brought me on to the next story or the next narrative and I went into it quite easily. It wasn’t I spent the whole time thinking that. It was more it would wander and then it would come back. It just depended on the section. It didn’t at all with the bit with the island and being above. Maybe it's often at those points where you're traveling somewhere as well. I can get a bit lost sometimes in my own thoughts but--

**Female Speaker 2:** The action of walking somewhere does put you into a kind of normal walking state, which is thinking of things.

**Female Speaker 1:** Yes.

**Female Speaker 2:** Yes. I know what you mean.

**Female Speaker 1:** I wouldn't say it took me out of the work as such. I think my brain just naturally fills itself when I'm in that process of transit.

**Male Speaker:** It seems okay now?

**Female Speaker 1:** Well, yes especially on the island one as well. For me, that went really well because again, I was in a really good spot. The water within the audio piece really worked from where I was so I had a appropriately reflective moment around the themes in the work at that moment. Yes, I think for me, it would have been good if the sounds were a little bit louder and more to keep me in the zone that you probably want me to be in to reflect on the theme to each section. In some cases, the text really worked so for the one that I mentioned, the shadow one. There was another one about digging around in the ashes. Those with the audio, those points took me to an imaginative place which gave me the room to reflect whereas some of-

**Male Speaker:** What did you reflect on?

**Female Speaker 1:** Well, with the first time, I just read the statement quite a few times. I was like, "Wow. That's fascinating." Actually, it did take me away from the audio a little. Well, actually, it didn't because the audio was quite different at that point and I also- I guess what you're saying about the process of walking. It was asking me to measure out the time with steps so then I was completely occupied. I was really interested in the statement. I was also really aware of the audio and that came to me probably at that point. I was also doing something specific that was tied in with that and that was quite a bit. The bit about the ashes, I suppose with some of the statements I was reflecting on them. I think I would agree that there was maybe a bit too much space for me to be thinking about other things. Actually, quite often, because I'm quite a reading based person and because these are quite interesting statements, I'm not at all interested in the graphs and stuff like that. It's probably good for other people but-

**Male Speaker:** If we start in five minutes of-- Yes.

**Female Speaker 1:** So yes, some of them **[unintelligible 00:15:08]**, a wondering how they fitted in with the themes. I'd say I got a lot out of certain sections of it and I would have probably needed more of the imaginative stuff, whether it's like audio needs. With the high ground, for instance, I knew what you wanted me to do and so rather than-- It felt a little bit like somewhere there might be an island seemed a bit leading. Actually, something that asked me to just imagine myself on an island or something that allowed me to use my imagination to transport myself given the resources that I had around me.

I would say for all of them that would work better for me. Or like what you said more specific knowledge of the location so you know it's somewhere really good or something that basically, is flexible and asks the person to learn their imagination because then you can really go with it. Whereas this slightly being told and it not quite working, it doesn't allow you to fully free yourself into your imagination, which essentially I probably-- The audio would have done that for me- what you were trying to get across for me, rather than having to say it might be an island although it could be because actually, that they couldn't. I was just like well I know what sort of environment will get the most out of this for me because I really like this spot and there's probably going to be water in this bit so I went to that spot. Yes, then I wasn’t very clever

**[00:16:37] [END OF AUDIO]**