

FIVE EXERCISES IN SMELLING

Take a set of cardboard cards.

Do not look at them.

Walk around.

As soon as you feel like it: look at the first card and follow the instructions.

As soon as you have completed the instructions, take the next card.

When you have completed all five instructions, please return the stack of cards to where you picked them up.

1. CLOSE-UP

Stop where you are right now, reading this card.

Try to carefully, slowly, cautiously approach one of the other participants in this exercise:

but please stop immediately, when you think you can smell their perfume, body smell, an odour of their accessories, their clothes or requisites they hold.

Stay in this distance for as long as you wish or feel comfortable with.

2. BACK OFF

Now, that you are standing too close to another participant in this exercise:

please try to carefully, slowly, cautiously move away from them:

but please stop immediately, when you think you cannot smell anylonger their perfume, body smell, an odour of their accessories, their clothes or requisites they hold.

Stay in this distance for as long as you wish or feel comfortable with.

3. FETCH!

In this room we have hidden one particular object with a very strong smell.

We won't tell you what it is.

Please try to find it - and tell one of our team members present.

You can take as much time for this as you wish or feel comfortable with.

4. DIFFERENCES

This rooms have very particular smells.

What are they?

Maybe you can find out, when you briefly go outside, try to get an idea off the smells there - and go back in.

You can take as much time for this as you wish or feel comfortable with.

5. SMELL-SELF

How do you smell yourself?

Please try to smell at least three places on your own body, clothing, accessories or requisites you carry.

How are these smells that you are now different from the smells that you smelled here earlier?

You can now share your findings with any other participant in this place.

You can take as much time for this as you wish or feel comfortable with.