

R³ 05 Storytelling

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London Field Journal

A Journalised Account of Attention and Movement



The journey began before London itself.

A digital ticket, a fixed route, and a scheduled departure framed the day in advance. Movement started before intention, and I entered the city already following a system.

Inside the underground, personal space dissolved.

Bodies, sounds, and screens overlapped, and attention scattered across faces, gestures, and passing stations. I was moving, but rarely choosing where to look. Observation became passive, shaped by proximity and speed rather than curiosity.



On the pavement, chalk messages interrupted the flow. They demanded attention in a way the city rarely allows. For the first time, I slowed down—not because the city paused, but because something resisted it.

At a crossing, the instruction LOOK LEFT was written directly onto the ground. A simple command, quietly reminding me how much movement here depends on constant awareness. Direction was no longer abstract—it was embedded in the street.





In a mirrored surface underground, I finally noticed myself within the system. The day was not defined by where I went, but by how my attention was guided, interrupted, and returned. This journal records a shift from moving through the city to recognising how the city moves me.

This journal adopts storytelling as a method of observation rather than documentation. Instead of recording events chronologically, I focused on how attention shifted across different urban conditions. Images and text were selected to highlight moments of accumulation, interruption, and reflection. Through this process, the city is framed not as a destination, but as an active system shaping perception and movement.

