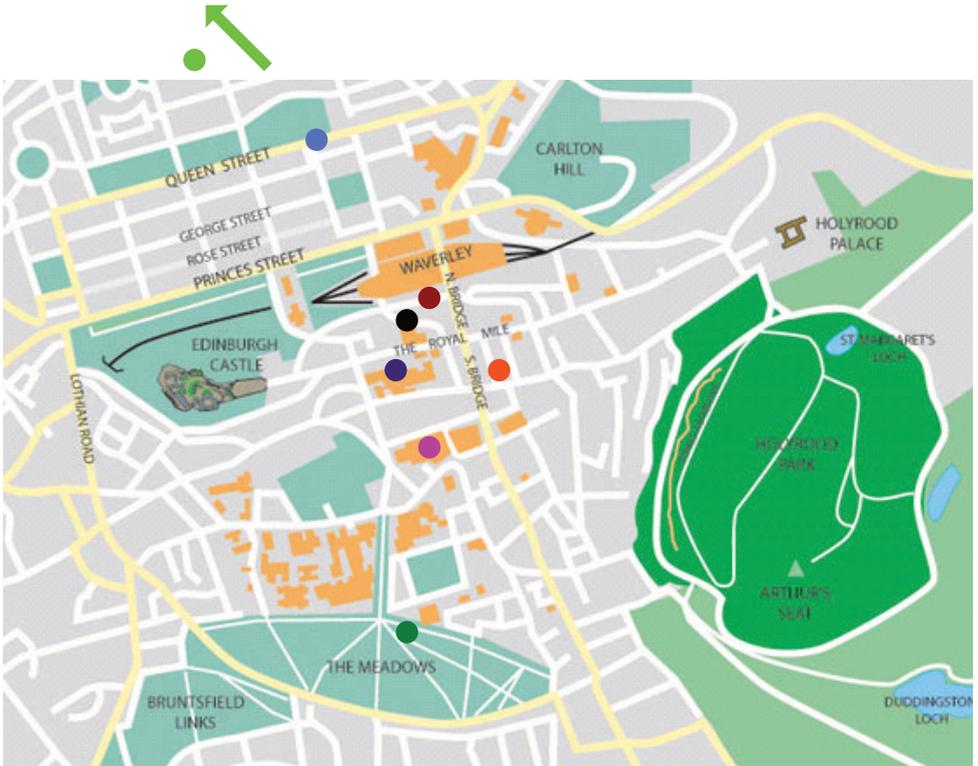


# Take 30





- City Art Centre
- Scottish National Portrait Gallery
- National Museum of Scotland
- Royal Botanic Gardens of Edinburgh
- St Cecilia's Hall and Music Museum
- St Giles Cathedral
- Stills Gallery
- The Meadows

# Take 30 Venues



City Art Centre page 4  
[www.edinburghmuseums.org.uk/venue/city-art-centre](http://www.edinburghmuseums.org.uk/venue/city-art-centre)



Scottish National Portrait Gallery page 7  
[www.nationalgalleries.org/visit/scottish-national-portrait-gallery](http://www.nationalgalleries.org/visit/scottish-national-portrait-gallery)



National Museum of Scotland page 22  
[www.nms.ac.uk](http://www.nms.ac.uk)



Royal Botanic Gardens of Edinburgh page 10  
[www.rbge.org.uk](http://www.rbge.org.uk)



Scottish Poetry Library page 13  
[www.scottishpoetrylibrary.org.uk](http://www.scottishpoetrylibrary.org.uk)



St Cecilia's Hall and Music Museum page 15  
[www.stcecilias.ed.ac.uk](http://www.stcecilias.ed.ac.uk)



St Giles Cathedral page 17  
[stgilescathedral.org.uk](http://stgilescathedral.org.uk)



Stills Gallery page 22  
[www.stills.org](http://www.stills.org)



The Meadows page 19  
[www.archaeologyscotland.org.uk](http://www.archaeologyscotland.org.uk)

# City Art Centre

## Italian Connection

Creative links between Scotland and Italy have existed for hundreds of years. This exhibition showcases a wide variety of media from oil painting and drawing, to printmaking and sculpture.

### Activity 1: Serpent's Breath by Alan Davie

Davie's visit to the Venice Biennale was his first encounter with the work of American Abstract Expressionists. He wrote, of this experience: 'Only at the Venice Biennale did I wake up. That started the whole thing off. From then on I painted non-stop'

Look at this painting from a distance – is there a particular colour that is grabbing your attention? Is there a specific shape in the painting that is jumping out at you?

Thinking about your own hobbies and interests, did you have an experience that 'awakened you' to a particular interest or passion? Take a moment here to write a card from the 'younger you' to 'current you' that reminds you what that experience was, how it made you feel, do you still practice that activity, if not, why not?

Dear Me,

Do you remember...

You felt so...

Why do you still...

You stopped doing that because...

ACTIVITY 1

## Activity 2: Sir James Stirling, Lord Provost 1790 – 1800 by Sir Henry Raeburn

The Raeburn portrait of Sir James Stirling shows the Bridewell prison in the background, which was a new prison designed by Robert Adam and built during Stirling's term as Lord Provost in the early 1790s.

Consider buildings that have significance to you. Think across the range of buildings that are a feature of your life regularly (where you live, study, work, relax, etc.), then the buildings you have visited at home or abroad and finally consider any building/s you would wish to visit.

Now list some of these in the mind bubbles below



If you were to sit for a portrait and had to select a building that reflected approaches to changing society to be captured in the piece of art with you, which building would you select and why?

### Activity 3: Laughter and Forgetting by Stuart Duffin

This composition juxtaposes seemingly disparate symbolic elements. The text along the top of the plate derives from song lyrics by David Sylvian, vocalist in the pop band Japan.

Consider the title of this work. How does the title affect you? Do you feel it works for the subject matter?

Now make your way to the following art works and, after standing back and admiring, allow your mind open up into your internal songs or poetry library and see if these works of art prompt any particular lyrical lines for you.

The **Bridge at Verona** by William Wilson

**Synthesis of the Supper Room at an Arts Club Reception** by Stanley Cursiter

**San Giovanni alla Vena** by Tim Cockburn.

# Scottish National Portrait Gallery

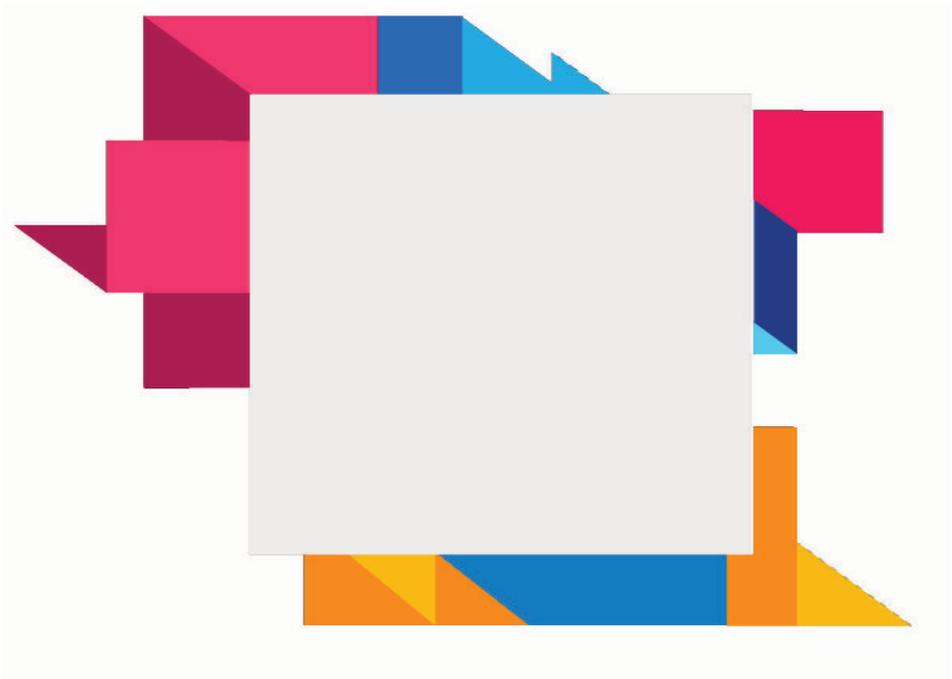
When you arrive, make your way to Level 1, Gallery 11 for Modern Portraiture for some slow looking at 4 objects that are quite different in subject, scope and scale. Take time to settle in front of the paintings. Spend at least 5 minutes in front of each. Look up-close. Step back and look from a distance. If another person is looking then perhaps mention something that is particularly striking to you. This is about you and the art and about you making discoveries and connections.

## Activity 1: Enter the gallery and head towards the back where you will see Alan Cumming by Christian Hook.

In this painting, the actor Alan Cumming, looks at the viewer. The image has drama, the actor laid bare and surrounded by objects that symbolise his personal and professional life. It is a picture of a successful person showing his vulnerability

What do you think of this painting?

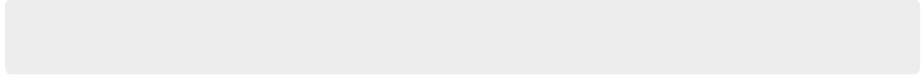
What objects would you gather around you as symbols of your life? Sketch one or two of them.



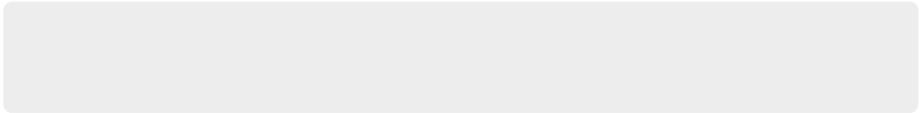
**Activity 2: Continue around the left to find Alison Watt, Self Portrait.**

Alison Watt has painted herself. She holds her hand to her forehead and stares straight out of the painting.

How does this make you feel? Consider the palette, her expression, the play of light and shadow.



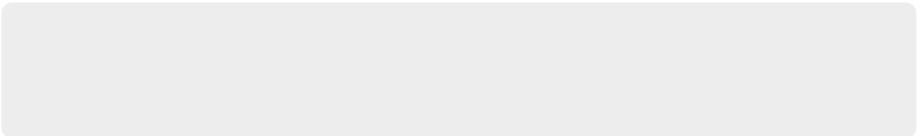
Why do you think she holds her hand to her forehead?



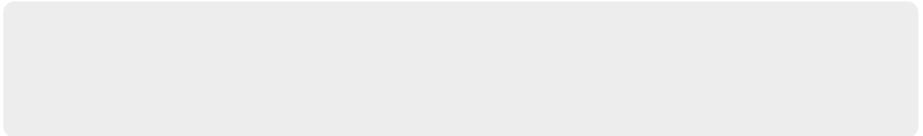
**Activity 3: To the left of this portrait you will discover Jackie Kay Bronze bust by Michael Snowden.**

Jackie Kay is a Scottish poet and novelist. Since 2016 she has been the leading national poet laureate of Scotland, The Scots Makar. She writes about identity, gender, race and belonging.

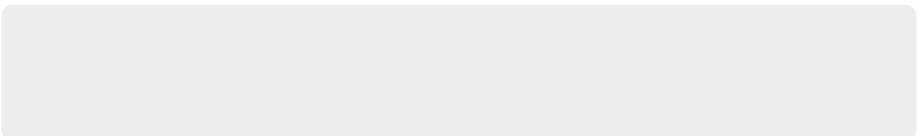
What assumptions do you make when you study this Bronze head?



Imagine how it would feel to touch, write a description:



After she sat for the sculptor, Jackie Kay wrote a series of poems called Life Mask exploring ideas around the masks we wear and hide behind. Consider why she may have needed to write out her response to this experience.



Activity 4: Head back the way you came and just beyond the first painting is Three Oncologists by Ken Currie

How does this painting make you feel? Is it hard to look at? Unnerving?

What feelings do you think the artist wanted to elicit from the viewer?

Is there hope in this painting?

# Royal Botanic Gardens of Edinburgh

Enter the garden via the east gate on Inverleith Row.

## Head to the Scottish Heath Garden

Immerse yourself in this wild, secluded bit of Scottish natural heritage where all the plants are adapted to live in Scotland. What do you notice about the temperature?

The light?

What shapes and patterns do you see in the leaves?

Look at the traditional building (taigh in Gaelic) think about how people adapted to their environment. How might it have felt to live in such a house?

Move on west to the Upper Woodland garden and the giant sequoia grove.

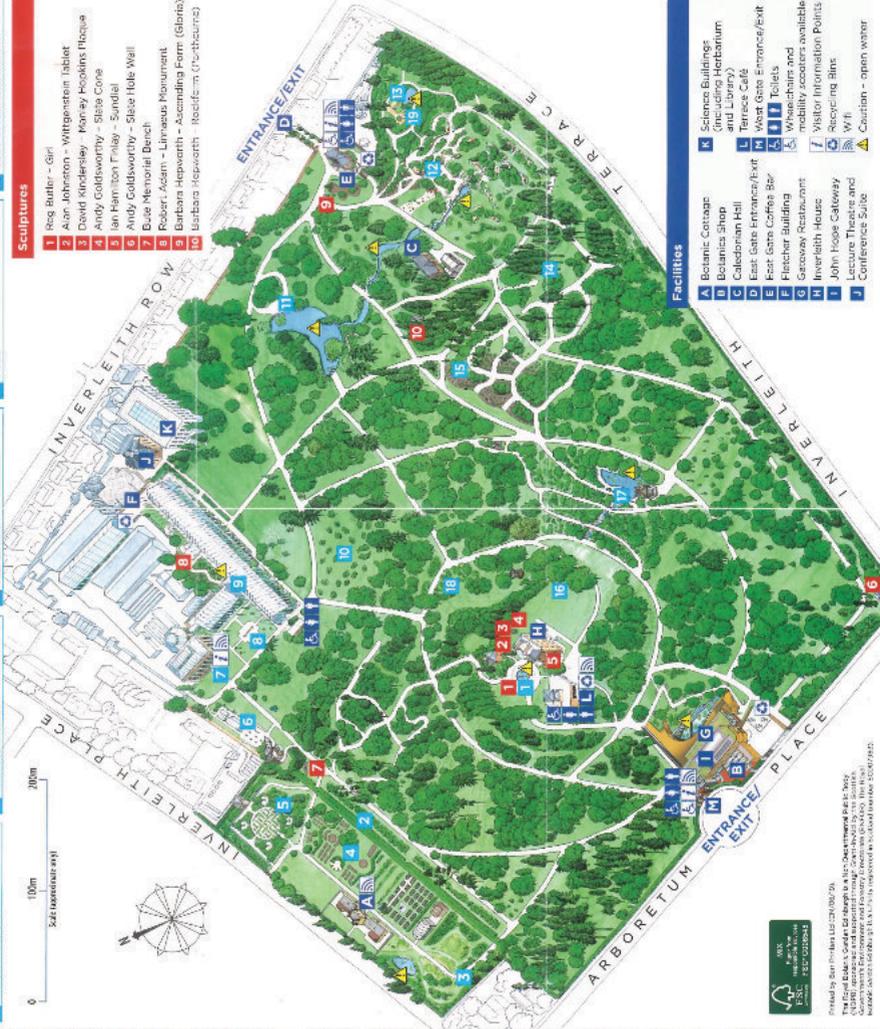
Stand beneath one of the giant sequoias, the seeds of which came from America.

Touch the bark, what does the texture feel like?

What does it feel like under foot?

Look up into the branches, what do you see?

These trees are around 150 years old and can live to 1000. What do you think they have seen over the years?



**Sculptures**

- 1 Ring Bulbar - Gini
- 2 Aon Johnston - Wittgenstein Tablet
- 3 David Kirkcaldy - Moray Hopkins Plaque
- 4 Andy Goldsworthy - Stone Cone
- 5 Ian Hamilton Finlay - Sundial
- 6 Andy Goldsworthy - Stone Hole Wall
- 7 Gude Memorial Bench
- 8 Robert Adam - Linnaeus Monument
- 9 Barbara Hepworth - Ascending Form (Sleibò)
- 10 Barbara Hepworth - Resciform (The Bourne)

**Facilities**

- A Botanic Cottage: Gift Shop, Herbium
- B Botanic Shop
- C Callaghan Hall
- D East Gate Entrance/Exit
- E West Gate Entrance/Exit
- F Fitcher Building
- G Glasgow Restaurant
- H Inverleith House
- I John Hope Gateway
- J Lecture Theatre and Conference Suite
- K Science Buildings
- L Terrace Café
- M Toilets
- N Wheelchairs and mobility scooters available
- O Visitor Information Points
- P Recycling Bins
- Q Wi-Fi
- R Cuckoo - open water

© 2018  
 P.S.C. 152/0208/14  
 Prepared by Sir Thomas LLP (2018)2/14  
 All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage and retrieval system, without prior written permission from Sir Thomas LLP (2018)2/14.

## Head to the lawn at Inverleith house going through the Chinese Hillside

Ponder on the bridge for a few minutes

Watch the water making its way through the stones, think about your own journey through the garden.

At the east side of the lawn take in the Andy Goldsworthy sculpture, the Slate Cone. Look at how he has placed the slate to create the effect of an opening cone.

What else does it remind you of?

Go through the small arch beyond and into the courtyard with the pond.

Turn right and go into the **Silent Space** on the right.

Sit on the bench.

Look around, how many shades of green can you count?

Are there any other colours?

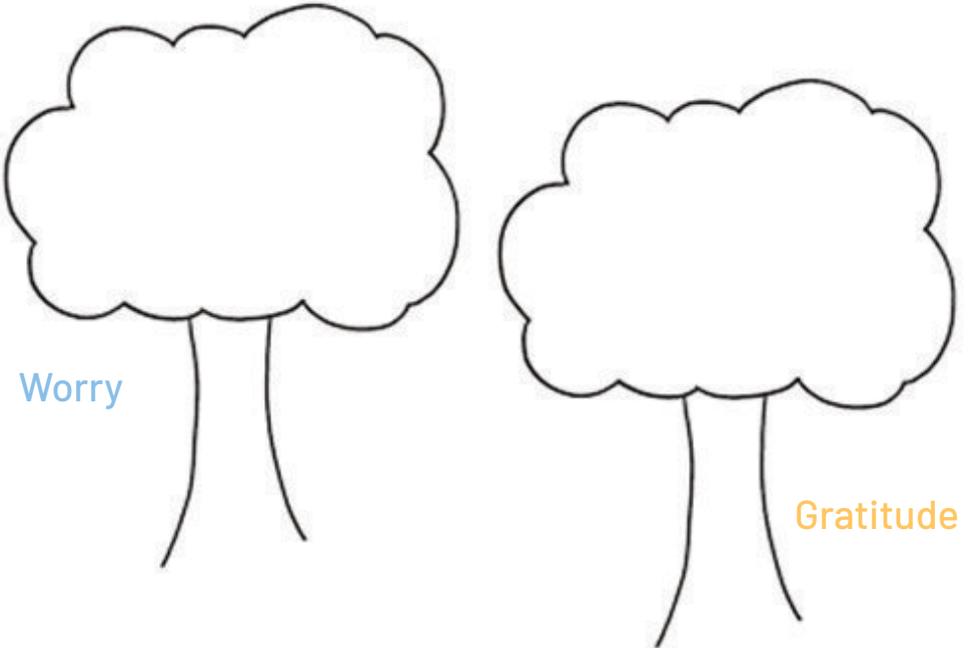
Reflect on your experience of being in greenspace.

# Scottish Poetry Library

Poetry and Wellbeing Exhibition (30th October- 4th December)

## Activity 1: Worry of Gratitude Tree

Write a Worry or something you feel Grateful for on a parcel tag and tie up on the Worry Tree or Gratitude Tree, or both.



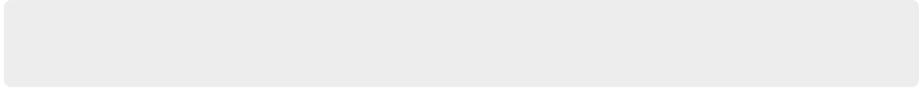
You can also share your worry / gratitude on the mini trees in situ at the Library. Tags will be available at the Poetry Library.

## Activity 2: Pause in the Poem

Having made your way around the exhibition, make your way back to two poems that prompted the strongest response in you. Allow yourself to really dwell within these two poems.

Now, listing just four words, describe how each poem made you feel.

Poem 1

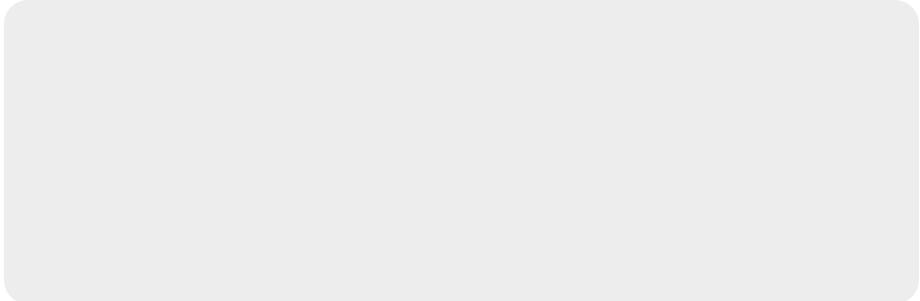


Poem 2

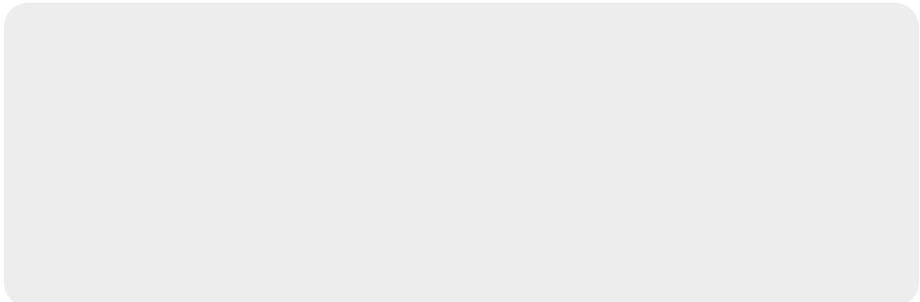


Using one sentence, explain why you believe these particular poems called you to pause in them.

Poem 1



Poem 2



# St Cecilia's Hall and Music Museum

## Activity 1: Pedal Harp:

Make your way to the outside of the Wolfson Gallery and find the Pedal Harp. Look at the figurines at the top of the harp.

What are these to you? Angels? Mermaids?

Take some time to look closely at the part of the instrument and then write a short postcard to a friend explaining what you believe they are for you:



## Activity 2: Highland Bagpipes::

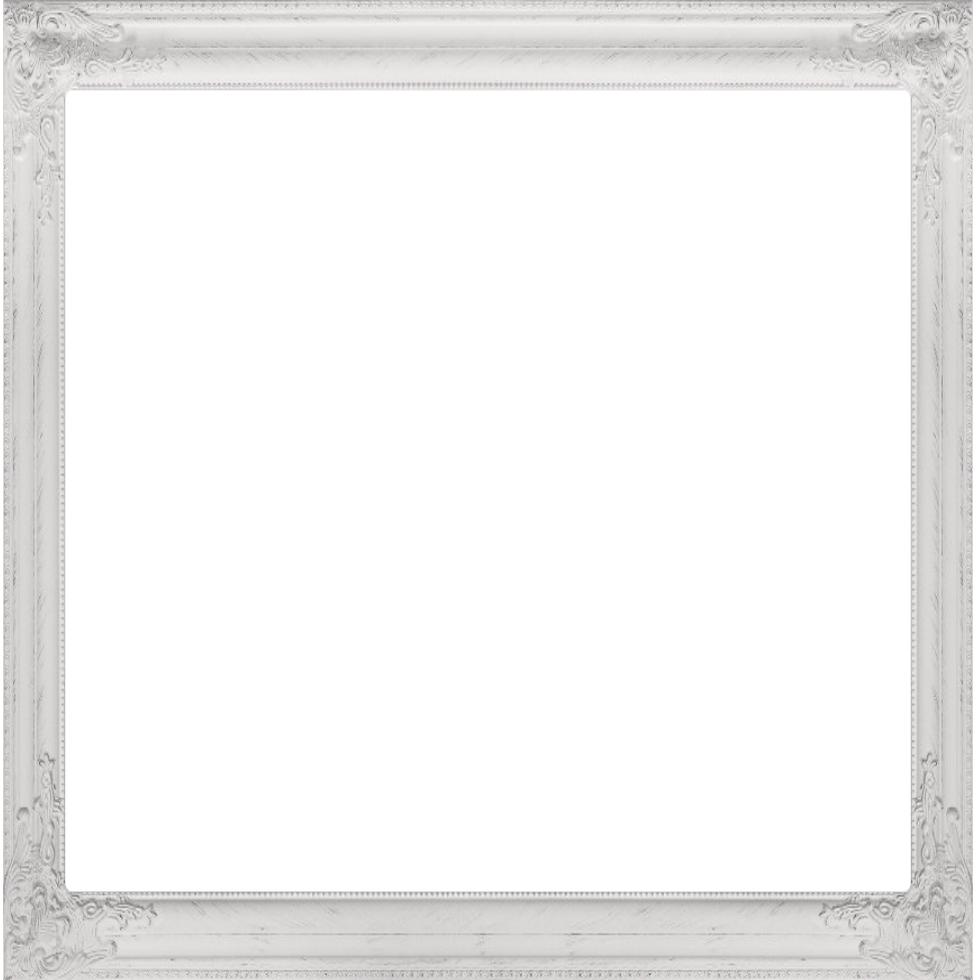
Enter the Wolfson Gallery and find the Highland Bagpipes.

Take some time to really look at this historic instrument. For 1 minute each, consider the feeling of playing it (weight, cold or warm against the skin, etc.), the taste of the mouthpiece, the sound you hear in your imagination, the smell of the different materials.

### **Activity 3: The Serpent:**

Enter the Wolfson Gallery and find the Highland Bagpipes.

Next, find the Serpent in its glass case. Enjoy the marvel of the design and uniqueness of this wonderful instrument. After reading a little of the history behind this serpent, simply sit and, when you are ready, do a short sketch of it in your Take 30 pack.



# St Giles Cathedral

## Activity 1: Monk carving on the exterior entrance

As you entered St Giles Cathedral you may have noted a little stonework of a monk who appears to be keeping watch. Why do you think such a carving is incorporated into the fabric of the cathedral?

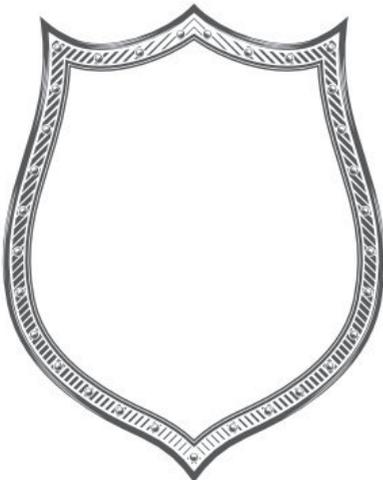
You can discuss with others at the 'Cuppa Culture' drop-in

## Activity 2: The Coats of Arms Window

Look at the coats of arms in the window above. These are the families that supported the Marquees of Argyll in the War of the Three Kingdoms.

A Coat of Arms is a visual design that represents a person, family, or company and is often a colourful representation of things that are important to the owner.

Inspired by this stained glass window, design your own Coat of Arms below, representing what is important to you.



### Activity 3: Robert Louis Stevenson Bronze Memorial

Near the reception / volunteer guide's desk in the cathedral you will find a large bronze memorial to the well-known Scottish writer, Robert Louis Stevenson.

There is an inscription running along the top of the memorial. Remembering that in old language the letter 'v' represents a 'u' in modern writing, simply write out the inscription below and consider how you feel about this message.

Quote here:

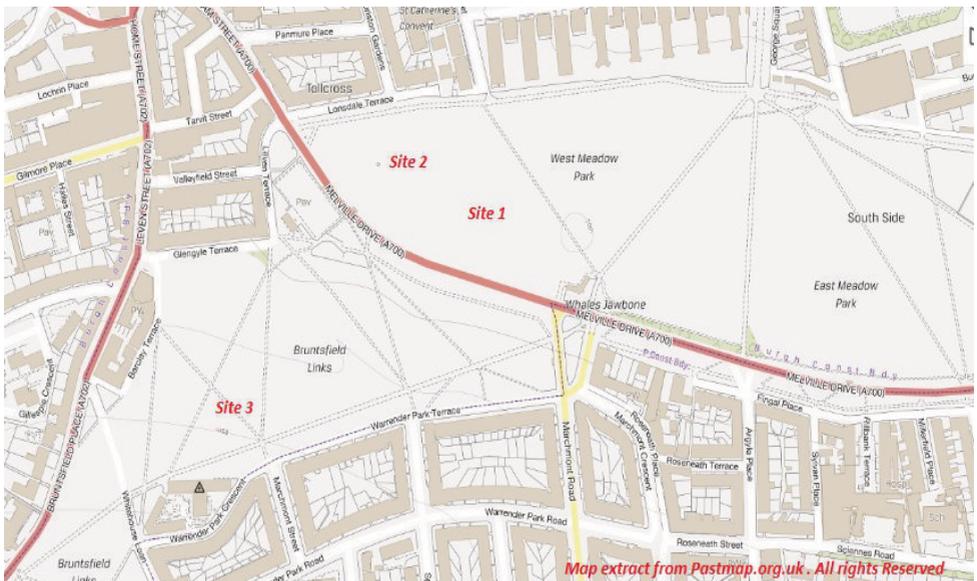


# The Meadows

Take 30 minutes to wander around the Meadows and learn about its archaeological and historical past!

How do you engage with The Meadows? Summer meet ups? Fresh Autumn walks? Or even just a way to get from A to B? Today it is a valuable urban greenspace but it has a diverse history which is easy to walk straight past during our everyday lives.

Take 30 minutes to explore different aspects of The Meadows and learn about its past.



## Site 1 - Edinburgh International Exhibition 1886

What do you see? Grass? Trees? A Path? 133 years ago, this was the site of Edinburgh's International Exhibition of Industry, Science & Art. The colossal structure which housed the exhibition stretched over half of the Meadows and housed over 20,000 exhibits celebrating international innovations from across the world. The structure itself was so large that it could house a life size model or replica of a traditional 17th Century Edinburgh street.

The building itself was open for only six months. After the exhibition finished, it was hoped that the structure would stay, however an Act of Parliament from 1827 prohibited permanent structures on The Meadows and so the building was dismantled. Traces of the exhibits still survive; the famous Whale Jawbone Arch (temporarily removed for conservation work) originally housed the Shetland and Fair Isles Knitters' Stall for the exhibition!

Scan the QR code below to see a drawing of the main pavilion and the replica Edinburgh Street.



## Site 2 – The Sundial Pillar

This is another site that you could easily walk past – what is so remarkable about a stone pillar with metal sphere placed at the top? It is a sundial, erected in commemoration of the opening of the International Exhibition (Site 1) by the Prince of Wales in 1886. The pillar is made from 11 courses of stone, each engraved with the name of the quarry from which the stone came from. The base of the pillar is engraved with mottoes and homilies on the subject of time. The pillar is a Category B Listed structure and was designed by Sir James Gowans. The son of a quarry master and builder, his life's work was much associated with railway schemes. Knighted by Queen Victoria during her visit to the International Exhibition for his work overseeing the construction of the Exhibition. However this work resulted in the neglect of other aspects of his business he was declared bankrupt two years before his death in 1890.

What is your favourite time quote? Can you spot the mason marks?

### Site 3 – The Bruntsfield Links Golf course

It is well known that Bruntsfield Links is a golf course, but did you know that people have been playing golf here since the 17th Century? Council records show that since 1695, the rights of golfers to use this land for the sport, has been defended against those who wanted to exploit the land for other purposes such as animal stock management and quarrying. These rights possibly helped preserve the links as the urban greenspace we enjoy today.

Bruntsfield Links is the location of the first record of women playing golf in Scotland. Newspaper reports from 1738 record a contest between two women (with their husbands as caddies) which was ultimately won by 'Charming Sally'.

Now a pub, the Golf Tavern acted as clubhouse for the Bruntsfield Links Golfing club, although it was used by several golfing clubs throughout the 19th century. The building is believed to be the oldest golf club house in the world. While the building claims to have been established 1456, it is likely this building dates to the early 18th century. The 1456 date possibly refers to an earlier structure at the same site.

Golf isn't the only sport played on the meadows - an Archery range is depicted on mid-19th Century maps!

#### Go further!

There is a wealth of further knowledge of your local heritage available to explore online, much of which has informed this guided tour! Check out the sites below to learn more!

[www.pastmap.org.uk](http://www.pastmap.org.uk)

[maps.nls.uk/](http://maps.nls.uk/)

[www.scottishgolfhistory.org](http://www.scottishgolfhistory.org)

This tour was created by Archaeology Scotland – check out our website if you would like to get in touch or find out about the work we do.

[www.archaeologyscotland.org.uk](http://www.archaeologyscotland.org.uk)

## **Stills Gallery**

Stills Gallery Winter exhibition will open on 15th November and the Take 30 prompt activities will be available from the Stills Gallery Reception.

Please just present your Prescribe Culture Take 30 booklet on arrival to receive the Stills relax and respond prompt sheet.

## **National Museum of Scotland**

On arrival please request a Mindfulness Tour Trail from the reception desks (anytime) or the Museum library (Monday – Friday).

# Notes & Reflections

A large, empty, light gray rounded rectangle with rounded corners, occupying most of the page below the title. It is intended for the user to write their notes and reflections.

[PrescribeCulture@ed.ac.uk](mailto:PrescribeCulture@ed.ac.uk)

