



Inner Currents

A Psychogeographic Map of My Daily Journey

Project 2
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Introduction

“The study of the effects of the physical environment on people’s feelings and behavior.”

Keywords: Emotion, Space, Memory, Behavior

How does this relate to my project?

My daily route is more than a path, it's an **emotional journey**

My map visualizes the emotional currents of familiar spaces



Research & Methodology

How did I collect data?

Daily observations

noting emotions along my route



Photographs & field notes

capturing moments and places



Emotional journaling

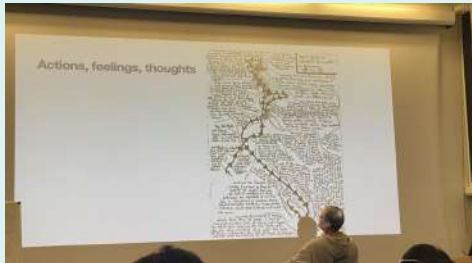
how spaces affect feelings



What sources influenced my work?

Guy Debord's Theory of Dérive (Drifting) <https://teaching.ellenmueller.com/walking/2021/10/10/guy-debord-drifting-derive-1958/>

Kevin Lynch's "The Image of the City" (1960) https://www.miguelangelmartinez.net/IMG/pdf/1960_Kevin_Lynch_The_Image_of_The_City_book.pdf



Inspirational project (In Lecture)



Inspirational project (In Lecture)



Fig 1, Inspiration research, Lia Perjovschi; Mental maps



Fig 2, Inspiration research, Moscow X



Fig 3, Inspiration research, Leicestershire

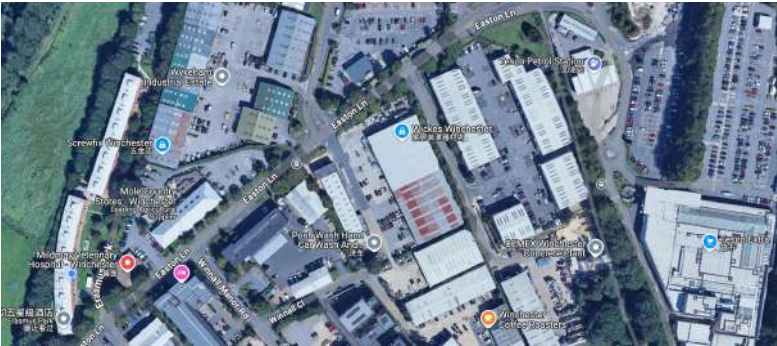


Fig 4, Inspiration research, Popeye No.794

Route Overview & Emotional Mapping

Why this route?

This is a path I take daily, making it a space of both routine and emotional variation.

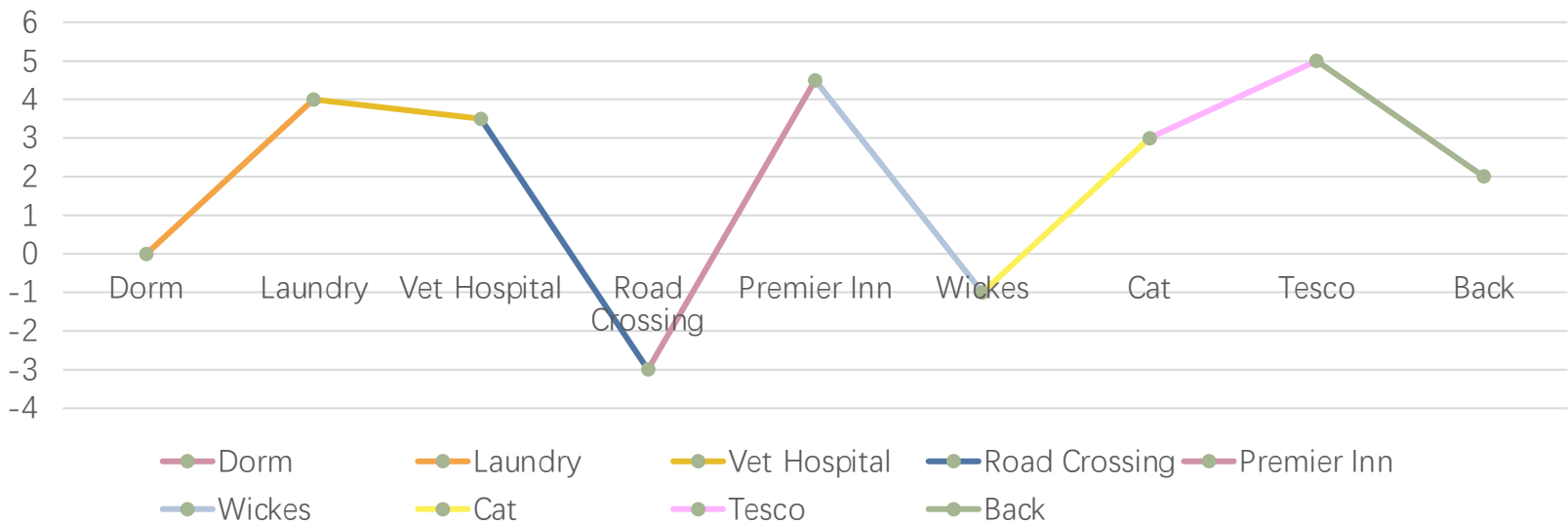


Key locations & emotional responses:

Erasmus Park (Dorm) → Laundry → Vet Hospital → Road Crossing → Premier Inn → Wickes → Cat → Tesco → Erasmus Park (Dorm)

Emotional patterns along the way (expectation, anxiety, nostalgia, comfort, apathy, contentment)

My Emotional Level Curve



The Data I Collected



*Video, The
starry night
above the
dormitory*

Erasmus Park (Dorm)

The starting point of the Map is also where I live. I usually go to Tesco in the afternoon or evening. I'll wash my clothes in the laundry room before I go. If the weather is good, the stars are beautiful at night.



*Audio,
Enter the
laundry
room*

Laundry

The smell of laundry detergent in the laundry room makes me look forward to getting fresh clothes. The sound of washing machines and drying boxes at work fills the laundry room.



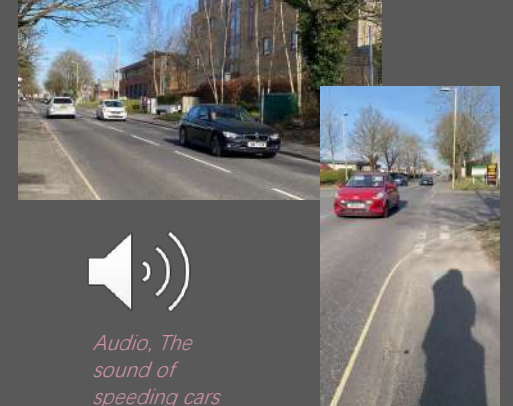
*Screenshot 1,
Mildmay vet
hospital in
google map*



*Screenshot 2,
Mildmay vet hospital
in google map*

Vet Hospital (Mildmay)

Passing this pet hospital reminds me of my pet Bichon Frise dog, Tangyuan. I always took her to the pet hospital to get her shots. It brings back a lot of memories of Tangyuan and I miss her very much.



*Audio, The
sound of
speeding cars*

Video, Cross the road

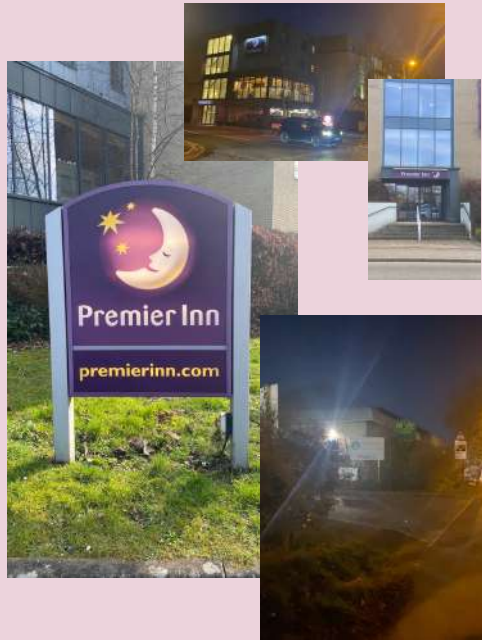


Video, Traffic on the road

Road Crossing

From the dormitory to Tesco, I need to cross the road. There is no traffic light on the road here, and there is a constant flow of vehicles on the road. It is very inconvenient to cross the road.

The Data I Collected



Video, Premier Inn & Mildmay

Premier Inn

Passing Premier Inn reminds me of my mother. She stayed with me when I arrived in the UK, and we traveled together. Those warm days still make me happy. At this moment, I really miss her.



Wickes

The stores around Wickes leave no impression on me. I have never visited them. I always go straight to Tesco and barely remember their names, only discovering them through this record.

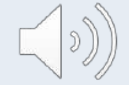
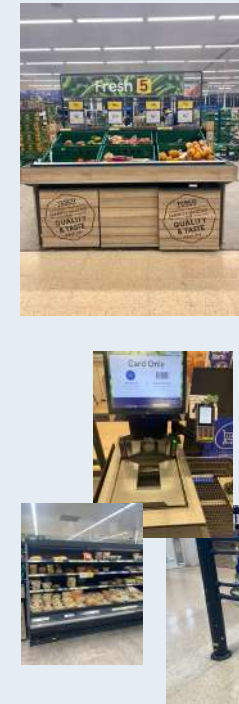


Video, I'm petting the cat 1

Video, I'm petting the cat 2

Cat

This orange cat often shows up around Tesco. Every time I see it, I will go and pet it. It is very well-behaved and won't bite. But it is a bit aloof.



Audio, The birds in the trees outside Tesco



Audio, Take the cart



Audio, In the checkout line



Audio, My checkout process



Audio, Tesco BGM

Tesco

At Tesco, I felt happiest. I could buy what I liked and needed. The music and fresh vegetables made the experience even more enjoyable.

The Data I Collected

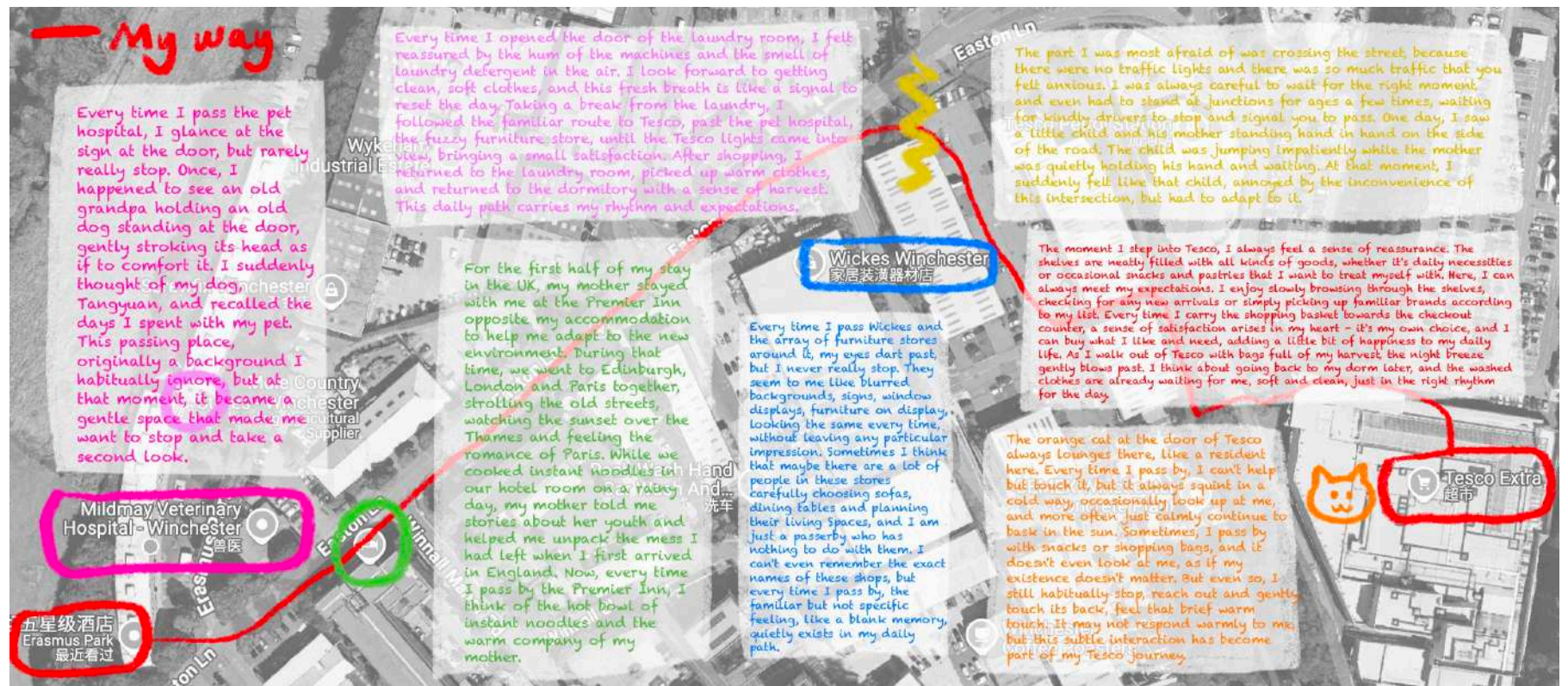
On the Way

When I set off for Tesco on a sunny evening, if I'm lucky, I can see very beautiful pink sunset clouds along the way. These lovely clouds can instantly brighten my mood up.



Route Overview

My feelings and stories at each key location during the journey



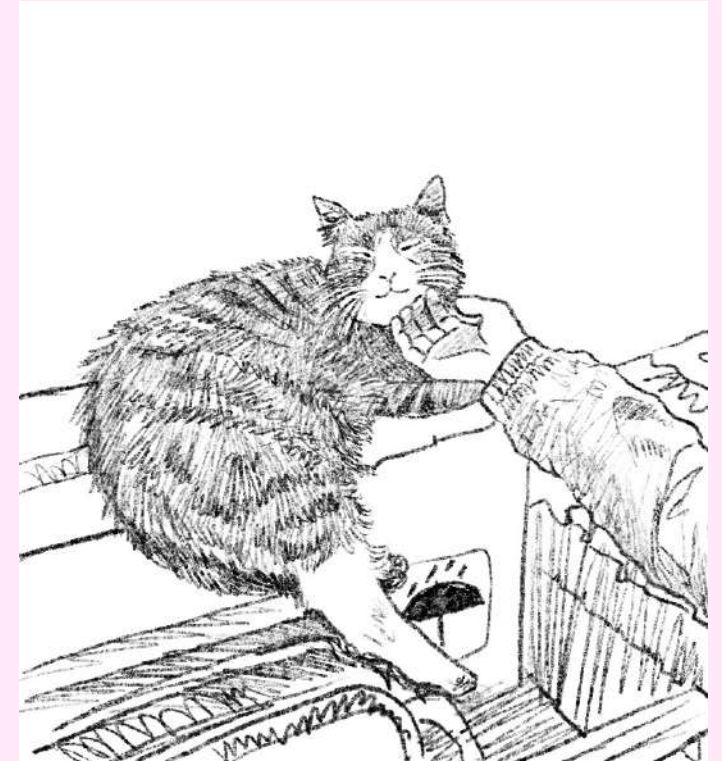
Some Sketches from the Journey



Near Mildmay Vet Hospital



In Tesco



The cat around Tesco

Emotional Stories for Each Location

Laundry (Anticipation & Comfort)

Why is Laundry significant?

- The smell of detergent, the sound of washing machines create a sense of comfort
- Expectation of clean, fresh clothes = a reset for the day

How it feels:

"Each time I push open the door, the humming machines and the fresh scent of detergent bring a sense of peace. It's a signal that something clean and new awaits."

Vet Hospital (Fleeting Memories)

Why does this place matter?

- Passing by the vet hospital reminds you of your pet, Tanguan
- Though you don't stop, there's a moment of nostalgia

How it feels:

"This place is always in my peripheral vision, a silent reminder of something dear but distant."



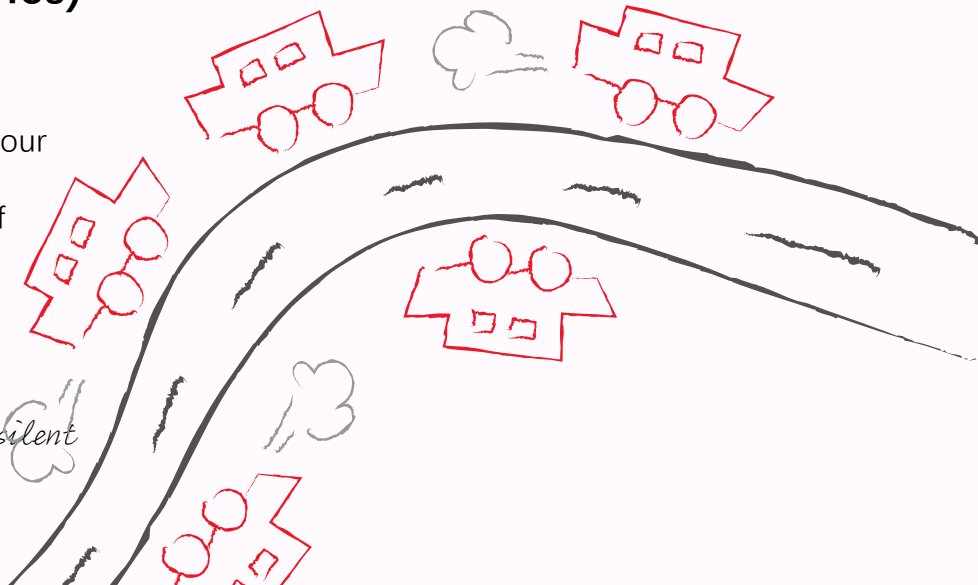
Road Crossing (Anxiety & Discomfort)

Why is this place stressful?

- No traffic lights → crossing is unpredictable and uneasy
- Often have to wait long for a safe moment

How it feels:

"Standing at the roadside, I feel like I am caught in an in-between space—neither moving forward nor staying still."



Emotional Stories for Each Location



Wickes & Furniture Stores (Indifference & Overlooked Spaces)

Why does this place matter?

- Passing by the vet hospital reminds you of your pet, Tangyuan
- Though you don't stop, there's a moment of nostalgia

How it feels:

"This place is always in my peripheral vision, a silent reminder of something dear but distant."

Premier Inn (Warmth & Nostalgia)

Why is Premier Inn important?

- It reminds me of my first days in the UK, when my mom stayed with me
- Memories of traveling to Edinburgh, London, and Paris together

How it feels:

"Each time I see Premier Inn, I remember those early days—eating instant noodles in the room while my mom told me stories from her youth."



Cat (Curiosity & Detached Presence)

Why does this place stand out?

- The Tesco cat is always there, but it is aloof and detached
- You always stop to pet it, even though it never reacts much

How it feels:

"The cat is always there, indifferent yet familiar. It is a silent observer of my journey, a presence that neither welcomes nor rejects me."

Tesco (Satisfaction & Small Happiness)

Why does this place stand out?

- A place where you can choose what you like and need
- The feeling of freedom and comfort in buying small joys

How it feels:

"Walking into Tesco, I know I can find something I enjoy. It's a small yet fulfilling moment of agency and comfort."

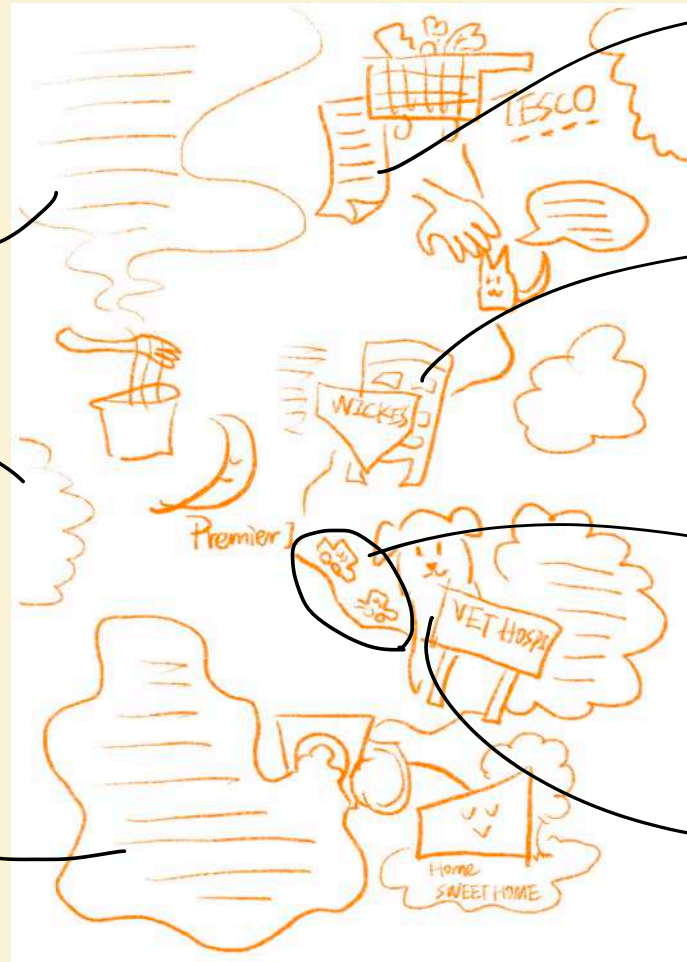


Design Process – Draft (Version 1)

According to my memories and stories, cup noodles served as an important memory point for me and my mother at the Premier Inn. The area formed by the heat of the cup noodles is used to write my mental activity.

The clouds in the background represent a beautiful sunset on a fine day.

The foam of the washing machine symbolizes my expectation and the fresh smell. Using foam design to fill in my mental activity.



receipt became a carrier design for my mental activities.

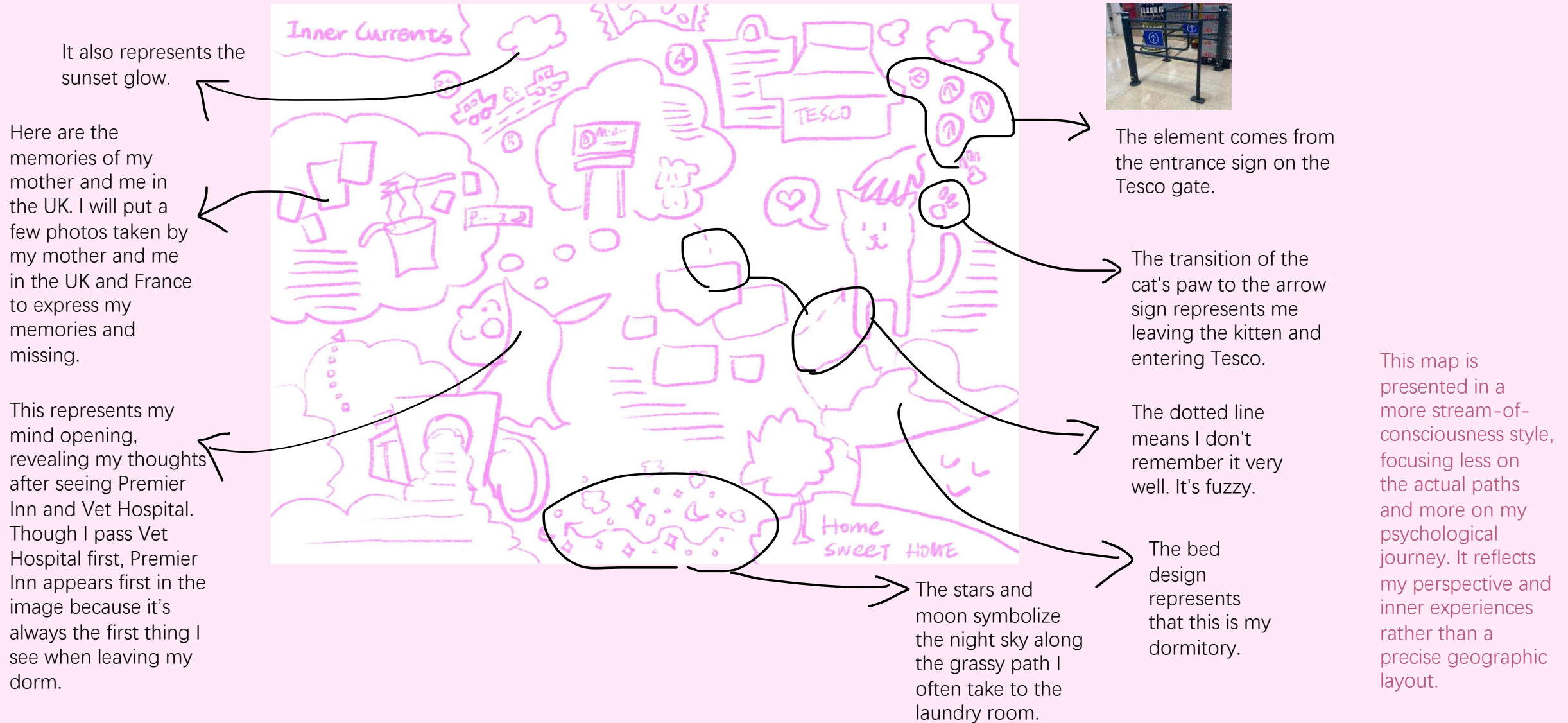
I will use vague design for the part of Wickes, which symbolizes that this place is not a very important part in my memory, so I am relatively indifferent to the psychological activities of this place.

There is a road to cross from the Vet Hospital to the Premier Inn, and I will draw the vehicles to represent the traffic flow here.

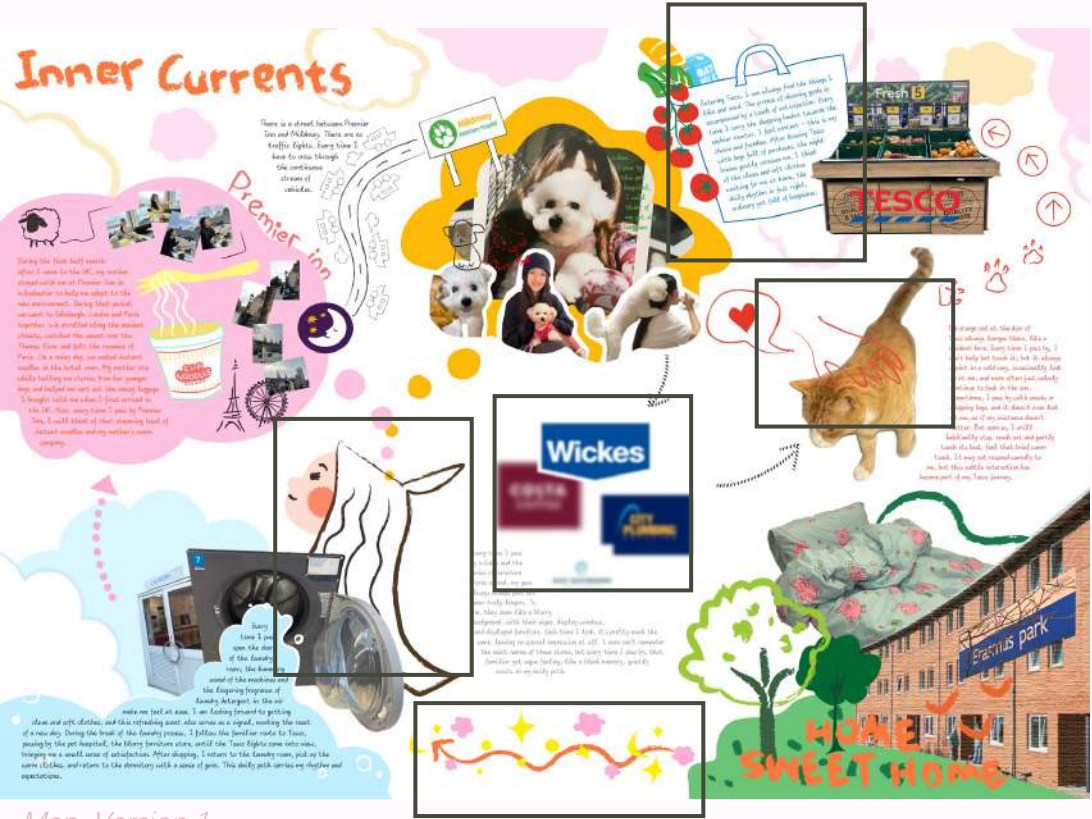
Because Vet Hospital reminds me of my dog, I wanted to include a picture of my dog as a design element in this part.

This map is inspired by the real route but shaped by my inner journey. It reflects my emotions rather than geographical accuracy. Through collage and hand painting, I express how these places exist in my mind.

Design Process – Draft (Version 2)



Design Process – Iterations



Map, Version 1



Map, Version 2



Fig 11

For version 2 I added the Tesco icon, which comes from the web.

I chose the second draft for further map design and named it Inner Currents. Each location is marked with arrows, starting from Erasmus Park. In the first version, some icons were sourced from the internet, but in the second version, I replaced them with my own photos. I believe this change better captures my emotions and enhances authenticity. I also revised my self-representation. The first version lacked aesthetic appeal and didn't fully capture an illustrative feel. The updated version better aligns with the artistic style I aim for.

Design Process – Iterations



Map, Version 3

In Version 3, I added a background color and adjusted the colors of the Premier Inn and Vet Hospital signs, making them brighter and more saturated to better align with the overall visual style of the map. For the Wickes and other furniture store sections, I made subtle refinements. The brand overview sign at the bottom layer was given a radial blur effect to create a sense of motion, simulating the experience of passing by quickly. From Wickes onward, the Gaussian blur gradually increases, symbolizing how my memory of these brands fades over time.



Map, Version 4

In Version 4, I applied a grayscale effect to the Wickes section, further reducing its presence in my memory. Additionally, I processed some photos with a duotone effect, ensuring they blend seamlessly with their respective sections. This helps maintain visual cohesion and enhances the emotional expression of each color block. At the same time, the duotone treatment can also make the photo look more reminiscent. I changed the cars to red to visually express my feelings of anxiety and unease. The bold color choice enhances the emotional tension in this part of the map, making my experience more palpable.

Design Process – Iterations



Map, Version 4



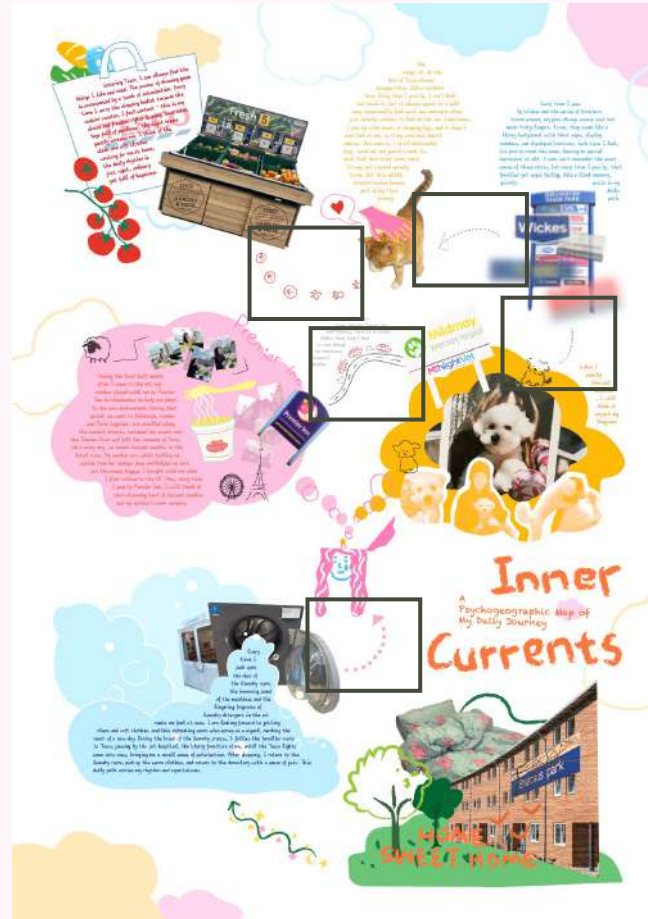
Map, Version 5

I think Version 5 is better because the background color has a significant impact on the overall composition. Compared to Version 4, the lighter background in Version 5 provides more spatial depth to the design, making it look fresher and visually lighter. It makes each element stand out more without overwhelming the viewer. The colors and details appear more harmonious, and the overall atmosphere better aligns with the emotional journey I want to convey. Sometimes, a simple change like the background can make everything look more unified and purposeful, which is why Version 5 feels like the right choice.

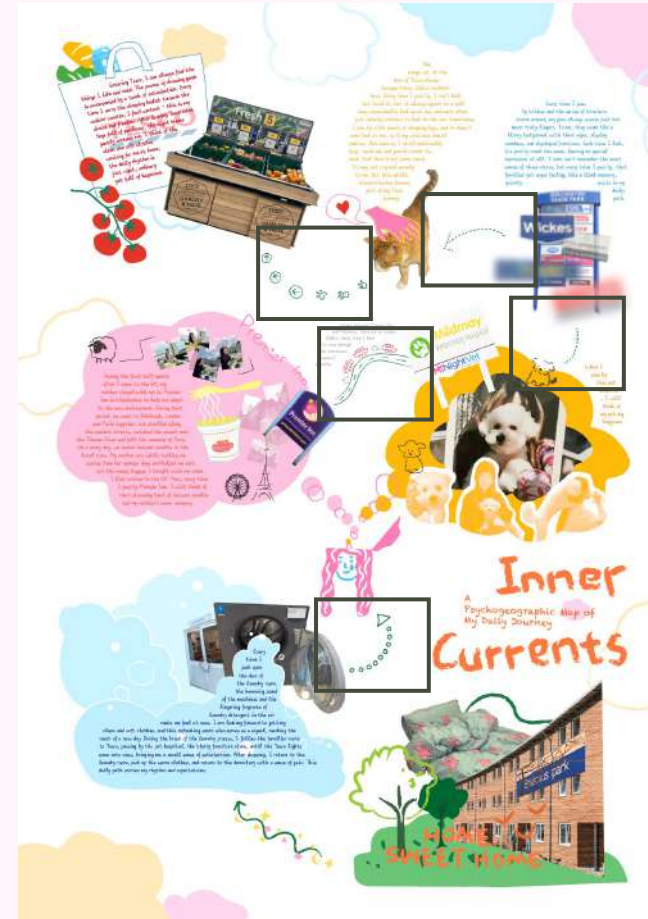
Design Process – Iterations



Map, Version 6



Map, Version 7



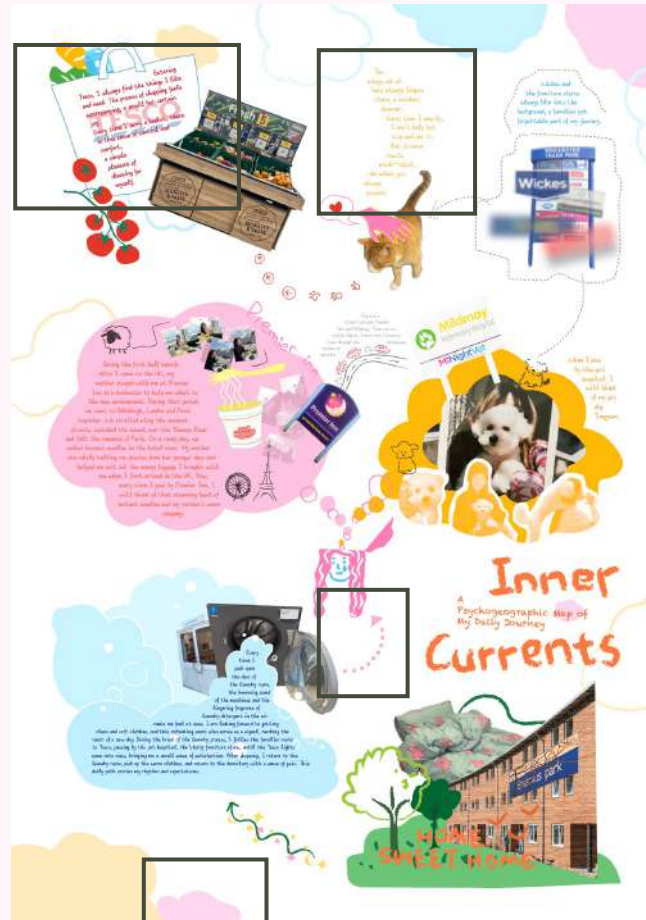
Map, Version 8

After the tutorial, I realized that the map needed to be printed in A1 size, so I adjusted the layout accordingly. One key piece of feedback I received was that Version 5 felt dense with information, and the Wickes section visually stood out from the rest in a way that disrupted the overall style. In Version 6, I shifted the entire layout to a vertical format, rearranging the locations to create a better flow. However, it still felt somewhat crowded, and the visual direction wasn't very clear. To improve readability, Version 7 introduces a fixed margin around the edges, ensuring that no elements extend into that space. This small change makes the layout feel more structured and visually organized, enhancing its overall clarity. The difference between Version 7 and Version 8 is the path color—in Version 8, I opted for a consistent green tone, which helps unify the composition and create a more seamless visual flow.

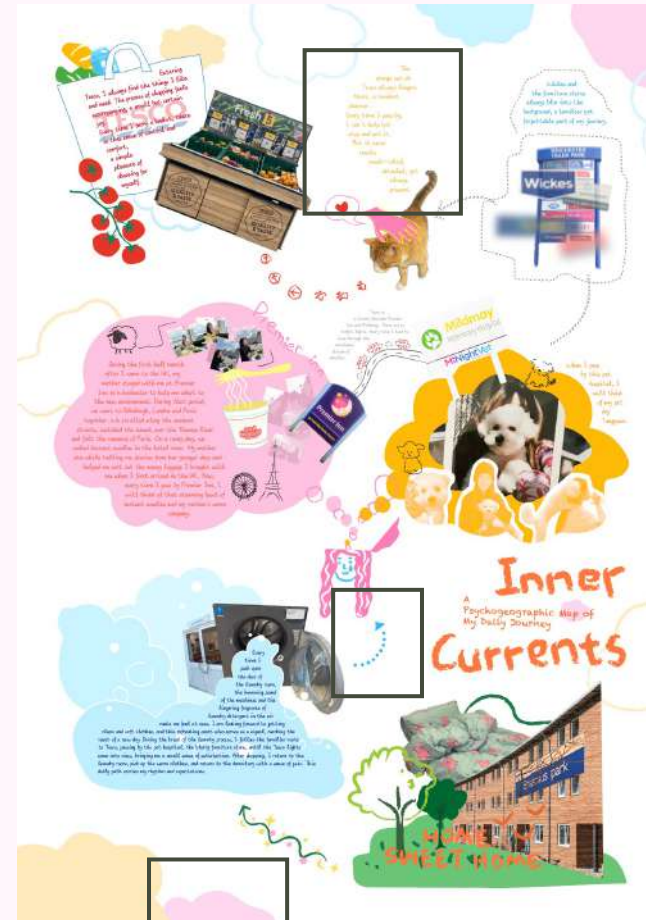
Design Process – Iterations



Map, Version 9



Map, Version 10



Map, Version 11

Starting from Version 9, I refined the emotional text, reducing redundancy while keeping enough detail to maintain depth. This shift allows the visuals to take focus, making the composition feel more balanced. One key change from Version 8 is the Wickes section. I added a dashed outline to prevent it from fading completely into the background while keeping it distinct from clearer areas. This makes it feel like a subtly outlined memory rather than an accidental blur. In Version 11, I mirrored the cat section's text direction to better fit the composition. I also changed the path color from the laundry room to Premier Inn and Mildmay Vet Hospital from pink to blue. Since the laundry room gives me a sense of comfort, I associate it with blue, so the journey towards Premier Inn should carry that same feeling. Each section's color reflects my emotions, making the map more intuitive and expressive.

Final Outcome



Reflection & Conclusion

What did you learn from this project?

My awareness of **everyday spaces and emotions** has changed

Some places, though seemingly ordinary, carry **strong personal meanings**

Future possibilities:

Could this map be interactive?

Could I expand it to include more perspectives or time-based changes?

"This is not just a map,
but an emotional journey through
my daily life."

List of Illustrations

Fig 1, source: <https://ieii.blogspot.com/2010/02/lia-perjovschi-mental-maps.html> (Accessed 10/03/25)

Fig 2, source: <https://www.behance.net/gallery/9683091/Moscow-X> (Accessed 10/03/25)

Fig 3, source: <https://www.halfadonkey.co.uk/listing/597052753/leicestershire-the-heart-of-rural> (Accessed 10/03/25)

Fig 4, source: <https://magazineworld.jp/popeye/popeye-794/> (Accessed 10/03/25)

Screenshot 1, source: <https://maps.app.goo.gl/HuLymurYFRVHjw5E6> (Accessed 10/03/25)

Screenshot 2, source: <https://maps.app.goo.gl/HuLymurYFRVHjw5E6> (Accessed 10/03/25)

Fig 5, source: <https://www.oceanplazaleisure.com/premier-inn-logo/> (Accessed 12/03/25)

Fig 6, source: <https://www.vetcollection.co.uk/south-east/mildmay-veterinary-hospital-winchester/> (Accessed 12/03/25)

Fig 7, source: <https://www.wickes.co.uk/store-finder> (Accessed 12/03/25)

Fig 8, source: <https://www.allthingsgreenwich.co.uk/business/overview.php?BusinessID=1500> (Accessed 12/03/25)

Fig 9, source: <https://www.newhamtruro.co.uk/business/37/city-plumbing-supplies-holdings> (Accessed 12/03/25)

Fig 10, source: <https://uk.trustpilot.com/review/easybathrooms.com?page=41> (Accessed 12/03/25)