



DÉRIVE (DRIFTING, WANDERING) (Paradigm-breaking methods)

Drifting, or *dérive*, is a method developed by the French Situationist movement (1950s–1970s) where the environment is explored and experienced through spontaneous wandering. The method encourages critical thinking, creativity and the examination of the different dimensions of the living or working environment.

In the context of the green transition, the method can be used to strengthen the relationship with nature. This involves free and aimless movement. The direction and rhythm of movement are guided by detailed observations of nature. This way, health and care participants break free from familiar routes and movement goals and gain a reason and impulse to observe nature and move in new ways. The method also allows for a broader planetary perspective.

What is required:

- Openness to unplanned movement and observation
- Readiness, time and a natural environment or park, as well as the willingness to break away from familiar routes and practices
- Ability to record observations (e.g., notes, photographs, recordings)

Level of difficulty: 2, does not require special skills but requires an open and experimental attitude

Time required: 30 minutes to several hours, depending on the group's goals and the time available

Materials:

- Note-taking tools or recording equipment
- Map (optional; if you want to analyse the exercise afterwards)
- Camera or drawing tools (optional)

Participants: Individuals or groups (1–10 people), can also be conducted as a collective experiment

How to use:

1. Starting point: Choose a natural environment or park where the *dérive* will take place.
2. Wandering: In small groups, without a predetermined direction, wander, observing the details of nature and stop to discuss them. The discussion can be associative, it is not led, and it drifts organically without guidance.
3. Observation: Observe the structures, people, sounds, obstacles and attractions of the environment and imagine what messages are present in the natural surroundings.
4. Documentation: Record, draw or photograph experiences and observations.
5. Reflection: Discuss the findings and consider how the natural environment affects each participant.



When to use:

- At the beginning: As an introduction to the natural environment and its personal physical and mental impact
- During the process: To find new perspectives and question routines
- At the end: As part of reflecting on environmental awareness

Why to use:

- Breaks familiar thinking and action patterns
- Increases awareness of impacts of the environment
- Encourages experimentation and strengthens environmental awareness
- Promotes a relationship with nature

How to document:

- Photographs or sketches from the wandering
- Written notes or diary-like entries
- Audio recordings or reflective discussions among participants
- A subjective map depicting the route and observations

The roots of the method can be found here: The *dérive* method was developed by Guy Debord and other members of the Situationist International (SI) in the 1950s. It is based on psychogeography, which studies how physical space affects emotions and behaviour (Debord, 1955). The method is also related to Lefebvre's (1974) theory of the production of space, and the diverse impacts of modern urban planning and architecture. In the context of the green transition, the *dérive* method connects to nature-based methods, such as the use of health forests as part of promotion of environmental awareness and wellbeing.