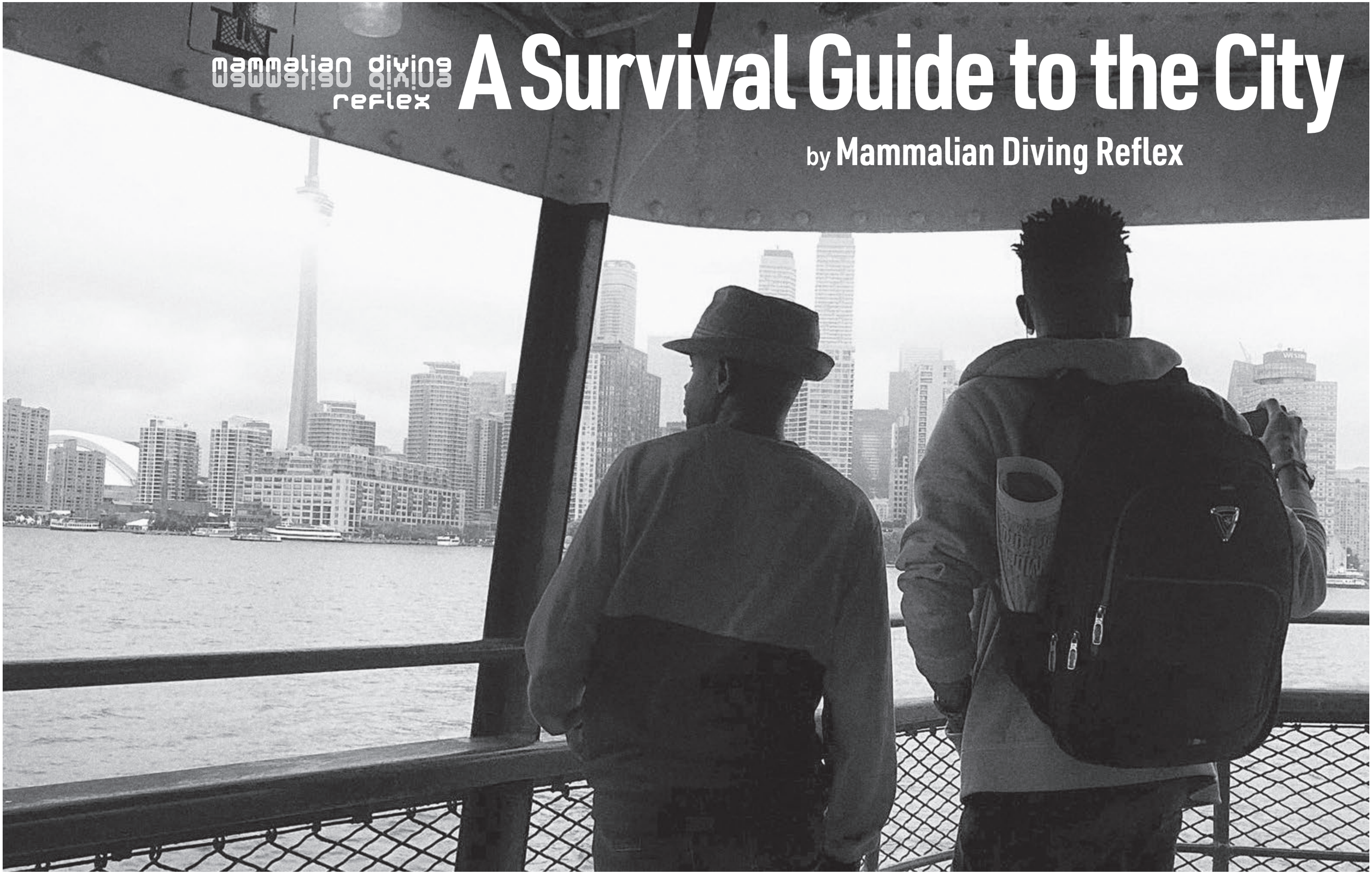
mammalian diving reflex

A Survival Guide to the City

by Mammalian Diving Reflex



A Survival Guide to the City

A Survival Guide to the City is a neighbourhood intervention and integration project created in collaboration with youth from Sojourn House, home to young people who are seeking protection in Canada, many of whom have arrived in Toronto alone without family or social supports. Over the course of six months, Sojourn's youth, Mammalian, the Young Mammals and friends toured GTA neighbourhoods together to get to know the lay of the land, the inhabitants, cuisine, and cultural institutions, documenting our experiences along the way.

Mammalian reached out to arts organizations, asking them to offer an experience to welcome the Sojourn youth to Toronto. So many responded generously, and we would like to thank: Aga Khan Museum, Art Gallery of Mississauga, Art Gallery of Ontario, Cedar Ridge Creative Centre, Jumblies Theatre, MABELLEarts, Making Room, North York Arts, SKETCH, Theatre Smith Gilmour, The Theatre Centre, The Power Plant and YYZ Artists' Outlet. We'd also like to thank the Young Mammals and friends of Mammalian who joined us on this adventure.

Mammalian Diving Reflex views innovative artistic interventions as a way to trigger generosity and equity across the universe. Mammalian investigates the social sphere, always on the lookout for contradictions to whip into aesthetically scintillating experiences. Mammalian creates site and social-specific performances, theatre productions, participatory gallery installations, videos, art objects and theoretical texts that recognize the social responsibility of art, foster dialogue, and dismantle barriers between individuals of all ages, cultural, economic and social backgrounds. It is Mammalian's mission to bring people together in new and unusual ways in Toronto, Canada, and around the world.

www.mammalian.ca

SURVIVAL GUIDE TRIP #1

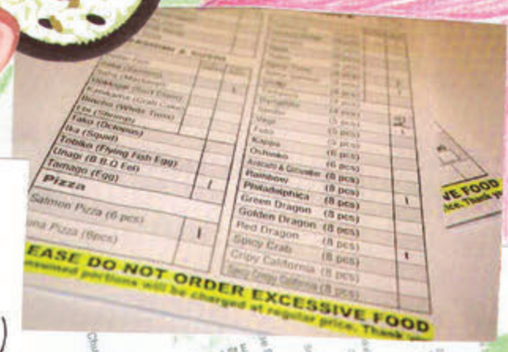
How to eat with chopsticks:

1. "USE THEM TO JUST STAB THE FOOD!"
2. USE TRAINING CHOPSTICKS!
3. IMAGINE HOLDING THE TOP CHOPSTICK LIKE A PEN!
4. IF ALL ELSE FAILS, ASK FOR A FORK...

PRACTICE

How to order:

1) YOU GET A SHEET THAT LOOKS LIKE A GRID.
2) PUT DOWN: NUMBER OF ORDERS OF EACH FOOD YOU WANT
3) ASK: HOW MANY *ITEMS* ARE IN EACH *ORDER*
(EX: 1 ORDER OF - SPRING ROLLS COMES WITH 2 SPRING ROLLS)
4) ASK: ARE THE ORDERS- ON ONE PLATE, OR SEPARATE PLATES.
5) IT'LL STILL BE CONFUSING, BUT YOU CAN DO IT!



Don't like sushi? Other options:

1. CHICKEN DUMPLINGS (YUM)
2. BEEF SHORT RIBS
3. EDAMAME BEANS
4. FUN ICE CREAM FLAVORS (GREEN TEA, MANGO, RED BEAN)

What is all-you-can-eat?

YOU PAY A FIXED PRICE (WE PAID $20 EACH) FOR AS MUCH FOOD AS YOU WANT TO EAT, AND YOU CAN KEEP EATING FOR AS LONG AS YOU WANT. (BUT IF YOU DON'T EAT IT ALL, YOU HAVE TO PAY MORE, SO CAREFUL)

... and when you take yourself to the movies for a nap!

SURVIVAL GUIDE TRIP #2

WHAT IS SMUDGING?

BURNING PLANTS TO PURIFY A SPACE AND BRING GOOD ENERGY. IN NORTH AMERICAN INDIGENOUS CULTURES, SMUDGING IS PART OF A TRADITIONAL CEREMONY FOR CLEANSING THE SOUL OF NEGATIVE ENERGY.

TKARONTO WAS TORONTO'S FIRST NAME: IT IS A WORD IN IROQUOI LANGUAGES. IT MEANS A PLACE WHERE TREES ARE IN THE WATER.

FOUR ELEMENTS IN A SMUDGE:

EACH CULTURE HAS ITS OWN MEANINGS AND HERBS. SCENTED SMOKE (EX: INCENSE) IS COMMON IN MANY PLACES AROUND THE WORLD. DOES YOUR CULTURE USE SCENTED SMOKE?

WHO ARE THE ORIGINAL PEOPLE OF TORONTO (TKARONTO):

- WE ARE ON THE TRADITIONAL LANDS OF THE MISSISSAUGAS OF THE NEW CREDIT FIRST NATION, THE HAUDENOSAUNEE, THE ANISHNAABE AND THE HURON-WENDAT.
- TORONTO AND ITS PEOPLE ARE COVERED BY THE DISH WITH ONE SPOON WAMPUM BELT COVENANT.
  - IT MEANS WE ALL EAT OUT OF THE DISH, ALL OF US THAT SHARE THIS LAND, WITH ONLY ONE SPOON. THAT MEANS WE HAVE TO SHARE THE RESPONSIBILITY OF ENSURING THE DISH IS NEVER EMPTY, WHICH INCLUDES TAKING CARE OF THE LAND AND THE CREATURES WE SHARE IT WITH. IMPORTANTLY, THERE ARE NO KNIVES AT THE TABLE, REPRESENTING THAT WE KEEP THE PEACE.

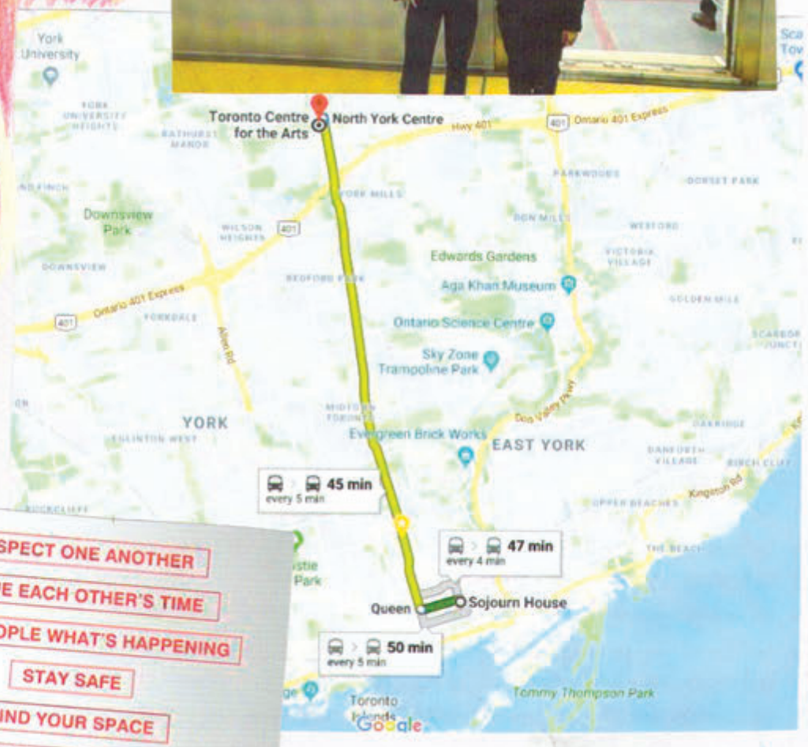
GOTTA SHARE.

NORTH YORK ARTS

NorthYorkArts.org

History of Hip Hop

- First there was the Drum, and hip Hop Beats grew out of those different Rhythms
- Started in the Bronx, New York
- DJ Kool Herc & Grandmaster Flash were the first Big DJs
- Many Other DJs came after as Hip Hop became more and More popular
- Some of our Favourite Hip Hop Artists: Nas, Kanye West, Tupac, K'Naan
- Manifesto is a group that organizes a Hip Hop Festival every summer (http://mnfsto.com)
- There's Intersessions- Workshops for women by women to learn How to Dj
- If You want to Know More about Hip Hop-Watch the Get Down



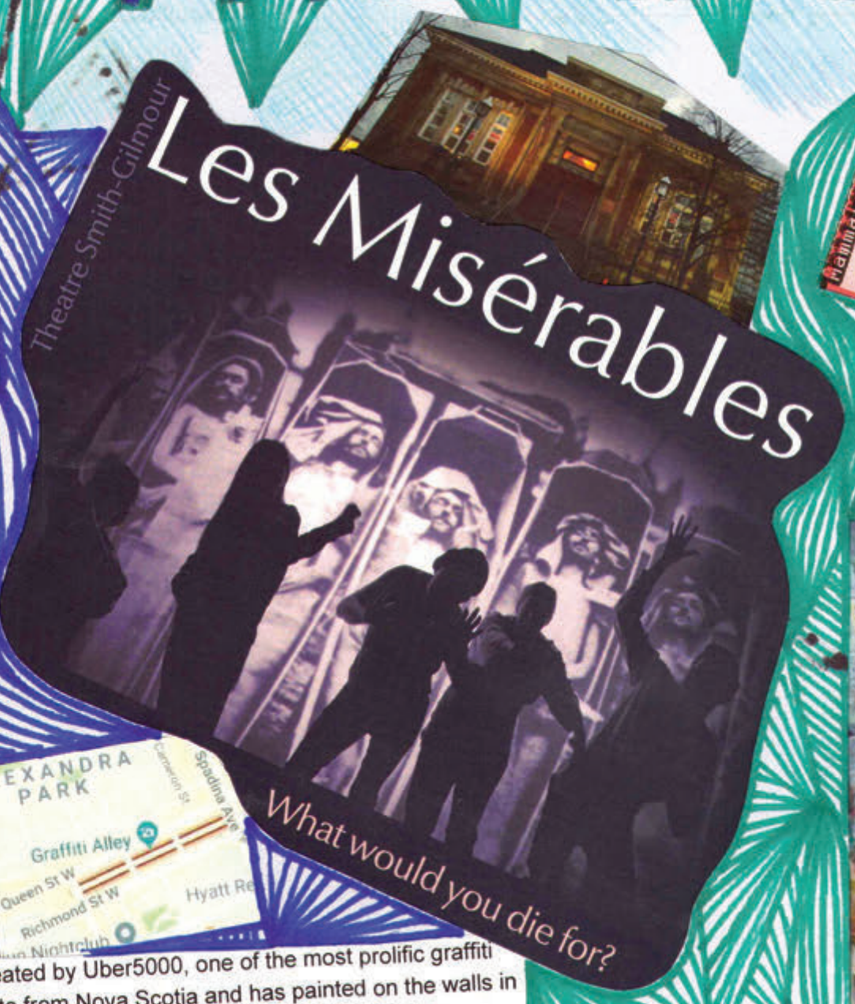
TTC ETIQUETTE:

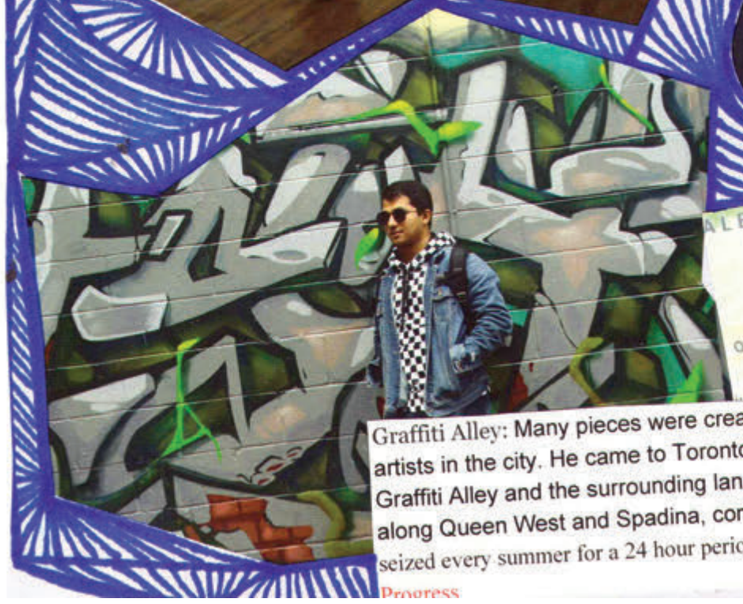
1. Don't block the doors!
2. Take off your backpack and hold it in front when the bus/train/streetcar is packed.
3. Don't put your feet on the seat - it's not a foot rest!
4. Always give your seat to an elderly or pregnant person.
5. Please don't clip your nails....
6. Don't forget to cover your mouth when sneezing & coughing.

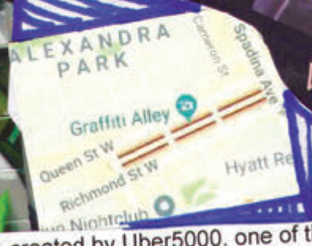
THE TTC WAY

- RESPECT ONE ANOTHER
- VALUE EACH OTHER'S TIME
- TELL PEOPLE WHAT'S HAPPENING
- STAY SAFE
- MIND YOUR SPACE
- HELP OTHERS OUT

SURVIVAL GUIDE TRIP #3







Graffiti Alley: Many pieces were created by Uber5000, one of the most prolific graffiti artists in the city. He came to Toronto from Nova Scotia and has painted on the walls in Graffiti Alley and the surrounding laneways, as well as in Kensington Market, as well as along Queen West and Spadina, commissioned by the owners of the shops. The alley is seized every summer for a 24 hour period of legal painting by a group of artists called Style in Progress

Darién Gap

The **Darién Gap** is a break in the Pan-American Highway consisting of a large swath of undeveloped swampland and forest between Panama in Central America and Colombia in South America. The gap begins in Yaviza, Panama and ends in Turbo, Colombia, and is 106 km (66 miles) long.[1] a 10,000-square-mile rectangle of swamp, mountains, and rainforest that spans both sides of the border between Colombia and Panama. Plenty of things here can kill you, from venomous snakes to outlaws who want your money and equipment. As traditional pathways to the U.S. become more difficult, Cubans, Somalis, Syrians, Bangladeshis, Nepalis, and many more have been heading to South American countries and traveling north, moving overland up the Central American isthmus. The worst part of this journey is through the Gap. The entire expanse, a roadless maze that travelers usually negotiate on foot and in boats. hundreds of migrants enter each year; many never emerge.

FOUR LANDS

LOST LAND

GOOD LAND

TRIP 4

Drawings
by Victor

BAD LAND

DREAM LAND

TRANSPORTATION

The Yellow Line (Line 1) goes North (to North York) and South (to Downtown)

1

- Ontario has 3 driving steps to get a full license for a car:
  - G1 (written, theory test) -if you pass you can drive with a more exp friend
  - G2 (road test) - if you pass you can drive by yourself with certain rules
  - G --Once you get your G, by passing a final driving test you're a fully licensed driver
  - *There are different license types for: motorcycles, buses, trucks, etc

2

The Green Line (Line 2) goes East (to Scarborough) or West (to Etobicoke)

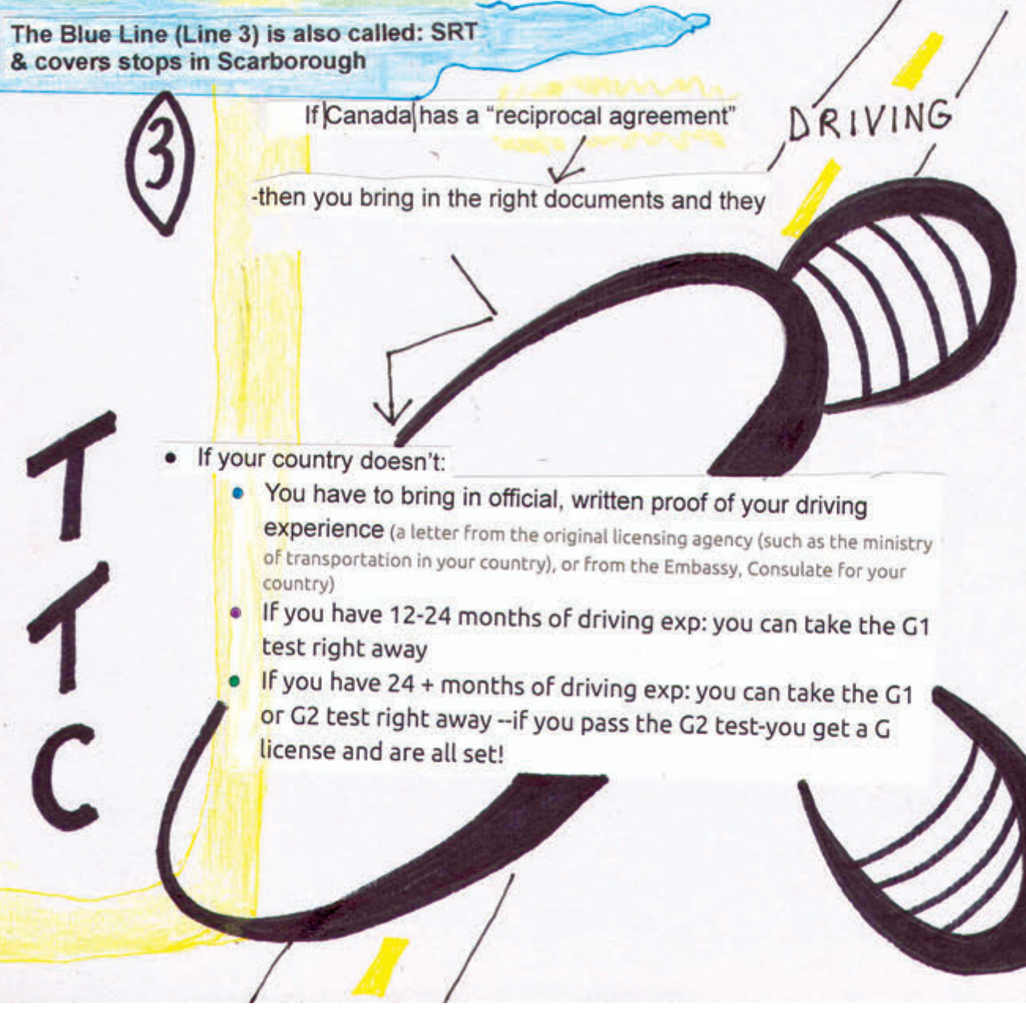
How Metropasses Work - It's a card you buy each month
It lets you ride the whole month,unlimited, without needing to pay again.
There are: Adult, Senior, Student/youth & post secondary passes
Senior, Student & Post-secondary passes are cheaper
If you get those you need ID from the TTC proving you're a student, etc
(but sometimes TTC staff don't ask for that extra piece of ID)

3

The Blue Line (Line 3) is also called: SRT & covers stops in Scarborough

If Canada has a "reciprocal agreement"

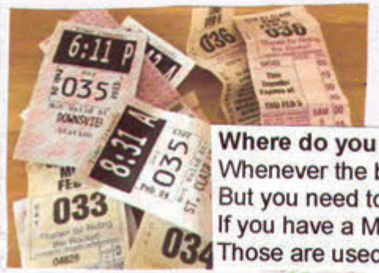
-then you bring in the right documents and they



- If your country doesn't:
  - You have to bring in official, written proof of your driving experience (a letter from the original licensing agency (such as the ministry of transportation in your country), or from the Embassy, Consulate for your country)
  - If you have 12-24 months of driving exp: you can take the G1 test right away
  - If you have 24 + months of driving exp: you can take the G1 or G2 test right away --if you pass the G2 test-you get a G license and are all set!

4

Purple Line (Line 4) goes along Sheppard



Where do you need a transfer:
Whenever the bus or streetcar doesn't enter a subway station
But you need to get off and switch directions/type of transport
If you have a Metropass or Presto Card
Those are used as transfers.

How Presto Works:
-Presto is kind of new in Toronto
(it took the TTC a long time to update things)
-It's a card that you can fill up at the Presto machines
And you can choose how much to put on there
-You can also have the card automatically reload
When you get below a specific amount
-You can load an adult metropass on there
(& soon hopefully a student or post-secondary student one)
If you add a metropass-you have unlimited travel that month
-You can buy the card at Shoppers or in some machines
-it costs $20 the First Time
($6 for the card, and then the rest is money you can start using right away)
- As soon as you get it: Register it! --that means if it gets lost, you get all your money moved to your new Presto card.
-You can use your Presto card not Just in Toronto but all over Ontario:
In Mississauga, on the GO Bus & Even in Ottawa!

SURVIVAL GUIDE TRIP #5

THE NIGHTINGALE AND OTHER SHORT FABLES

BY IGOR STRAVINSKY

New opera dazzles with puppets and water-filled orchestra pit

0

The Canadian Press
Published Sunday, October 18, 2009 12:53PM EDT

TORONTO - Quebec director Robert Lepage celebrated the world premiere of his new opera over the weekend, an awe-inspiring production that features shadow puppets performing to the music of Igor Stravinsky and intricate characters sailing miniature boats across an orchestra pit filled with 67,000 litres of water.

Many who took in the Canadian Opera Company's world premiere of "The Nightingale and Other Short Fables" at the Four Seasons Centre on Saturday afternoon went away dazzled.

"I was enchanted by it, absolutely," 72-year-old Burlington, Ont., resident Janet Brown said of the production, which was sung in Russian with English subtitles.

CHEAP EATS

There are many places to get food in Toronto! In 2016, it was estimated that there are 16649 restaurants in this city… more places than you could visit in a lifetime.
But which are the best cheap spots, you ask?

RASTA PASTA: 61 Kensington (Caribbean)

KABUL EXPRESS: 126 Dundas St. East

LASA by Lamesa: 634 St. Clair Ave. West (Filipino)

The Danforth - Greek food
The Annex - Hungarian food and others
High Park - Ukrainian food

SOUFI'S: 676 Queen West at Euclid (Syrian Maneesh)

OTTO'S BERLIN DONER: 256 Augusta Ave.

MONA'S ROTI: 4810 Sheppard Ave. East, Scarborough

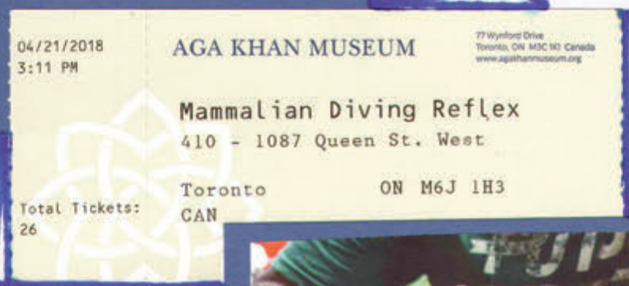
Little Italy & Corso Italia - Italian food
Gerrard India Bazaar & Rexdale - Indian, Punjabi, Pakistani
Agincourt - Chinese, Korean, Japanese, Sri Lankan, others
Koreatown - Korean food
Little Portugal - Portuguese food

SUGO: 1281 Bloor Street West.

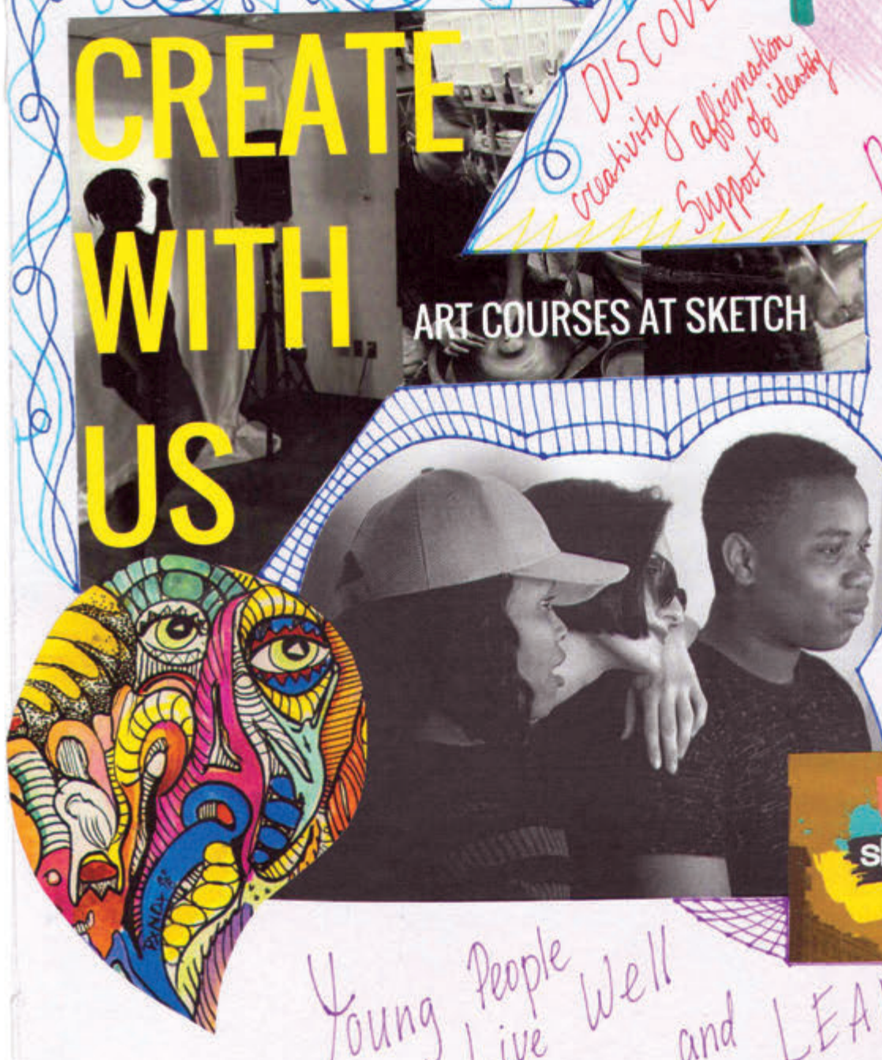
Ethnic food by Toronto neighbourhood:
Eglinton West - Caribbean food
Roncesvalles - Polish food
Chinatown - Chinese and Vietnamese food
Kensington Market - Latin American and many others

SURVIVAL GUIDE TRIP #6

eat with your hands



SURVIVAL GUIDE TRIP #7

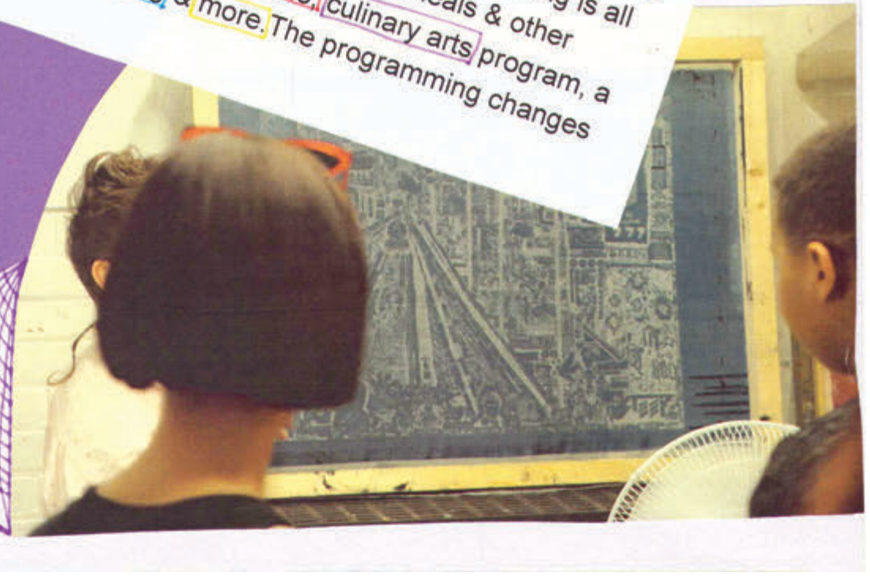


DISCOVER
creativity
affirmation
support of identity

DEVELOP
Self
SKILLS
IDEAS
Community

LAUNCH
education
Enterprise
Leadership
Activism

We see a movement where young people are celebrated and engaged as culture makers, perception changers and collaborators in building creative community. SKETCH is a community arts enterprise in Toronto. For young people, ages 16-29, who are navigating poverty, living homeless or otherwise on the margins. The programming is all free, there are drop-ins, registered programs, free meals & other services. There is music, a recording studio, culinary arts program, a big painting studio, soap making & more. The programming changes every few months.



Young People Live Well and LEAD Social Change

MORE ART SPACES

Other Places to do Art

These Places do All Kinds of Art: & Other Programs too!

Community Centres ---Toronto has lots and lots of Community Centres where all kinds of programs are free: from Swimming, to dance, acting, music, visual art, cooking, chess, & more.
Click the list below to the addresses of all the places that offer fully free programming
https://www.toronto.ca/explore-enjoy/recreation/free-lower-cost-recreation-options/
Libraries--also offer lots of programming & english lessons. At the Parkdale Library: you can borrow instruments

Run BY The city

Specific Organizations

Arts4All- Daveport/Perth area, Performing, and all kids of visual/outdoor art
https://www.arts4all.ca/get-involved/, info@arts4all.ca
Artstarts- lots and lots of programs: Big paintings (murals), designing, clay, dance, music etc
416-656-9994, info@artstartsto.com, julian@artstartsto.com
Urban Arts- North York area, Programs in: dance, food, yoga, music/dj, gardening, fashion, film/photography, spoken word/poetry. **Email:** info@urbanartstoronto.org, **Phone:** 416.241.5124
Arts Etobicoke - Free art programs in visual art, Coding, & more
http://www.artsetobicoke.com/Art/Saturday-Art-Classes/Current-Classes.aspx

Making Room- Queen & Dufferin Area: art about ritual, fabric art, puppets, stories
https://making-room.org/, michael@making-room.org

Jumblies Theatre- Jumblies makes art in different places with, for and about the people and stories found there. All kinds of visual art, music, performance, and storytelling for everybody.
ruth@jumbliestheatre.org, http://www.jumbliestheatre.org (Bathurst & Fort York)

Mabelle Arts- Etobicoke Area: outdoor arts,fabric art, building, singing, acting, dancing
P: 416 239 4900, info@mabellearts.ca

Contact Info For Places we Visted on our TriPS

Music
Gather Round Singers- all-ages/all levels, The choir meets weekly. **E:** shifra@mabellearts.ca
P: 416 239 4900 x 2 http://www.mabellearts.ca/events/gatherroundsingers
AlphaRhythmRoots- Guinean Drumming, http://www.alpharhythmroots.com/AboutUs.html
Aqua Music- Indigenous Drumming www.aquamusic.ca, aqua@aquamusic.ca
Intersessions- Learn To Dj- Free lessons for women
https://www.facebook.com/intersessionsinfo/

Dance: Lessons
Unity Charity Hip Hop Dance: http://unitycharity.com/, contact: catherine.t@unitycharity.com

Places To Dance For FUN

1. Dance Cave -popular/current music
2. Dovercourt House (classes & social latin dancing-like Merengue)
3. Clinton's -retro 70s80s/90s
4. Lula Lounge -Live music from around the world, lots of Jazz

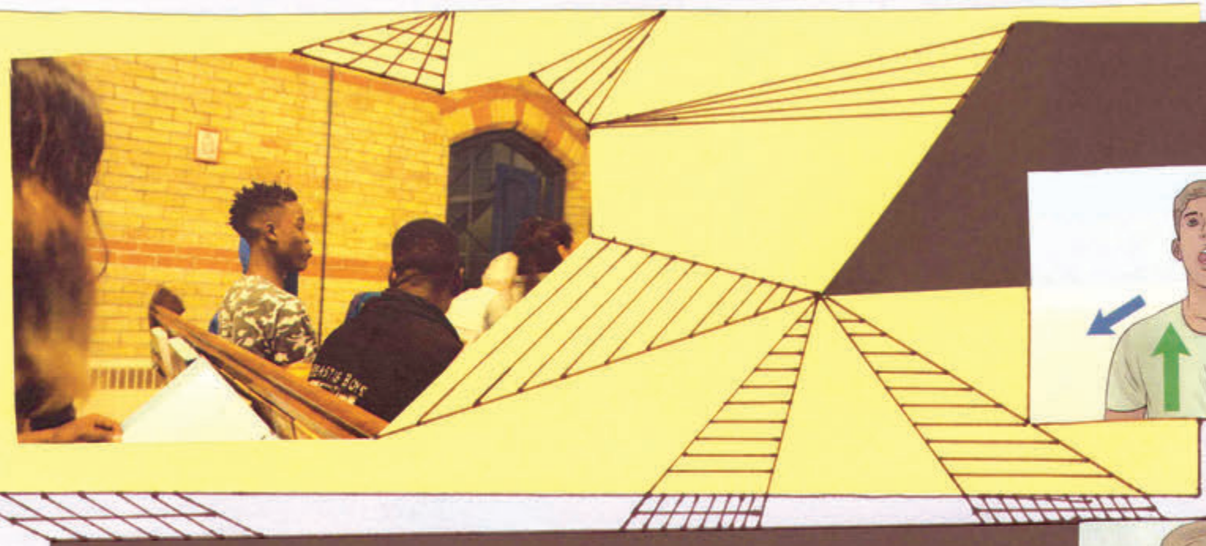
OR:

Contact Tijana: 647 831 4509, I'll find you some art

SURVIVAL GUIDE TRIP #8

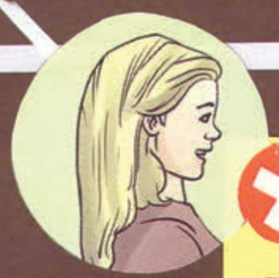
What is a Momo:
Momo is a type of South Asian dumpling.
It's common in Tibet, and In Parkdale
because there are lots of Tibetans living there.
It can be filled with veggies or filled with meat,
It can be steamed or fried
Just remember: suck out the juices
when you bite in,
it's hot! & Delicious!

Parkdale:
From Queen & Dufferin
To Roncesvalles & King
Lots Of: Vintage Stores
Good Eats
Some Cheap Housing
& The Mammalian Office!!



Top Tips to Sing/Speak out:

1) Take a big deep breath (try to make your stomach grow full of breath)
2) Stand up or Sit tall and straight
3) Relax your shoulders, and let them feel loose beside you
4) Sing softly at first, try to fit your voice into the other voices around you
5) Wrong and Strong, don't be afraid of your own voice!



What "Seeing" Someone Means (Instead of Dating):

It means you are looking into that person. They interest you
And you want to spend more time with them
But maybe you're not dating quite yet
It's still kind of a relaxed relationship
Or Maybe There's No Difference Between "Seeing" and Dating

What Song Do You Love To Sing:

SURVIVAL GUIDE TRIP #9

How To make a Lantern:

Get: White Glue, Water, tissue paper, small candle, glass jar, paintbrush

- Mix glue & water 50/50
- Tear or cut tissue paper into shapes you like
- Put thin layer of glue mix on the jar, and put tissue paper piece on top
- Keep going and cover the entire jar for the best look
- Give it 1 hour to dry
- Put candle in the jar & enjoy the lantern light

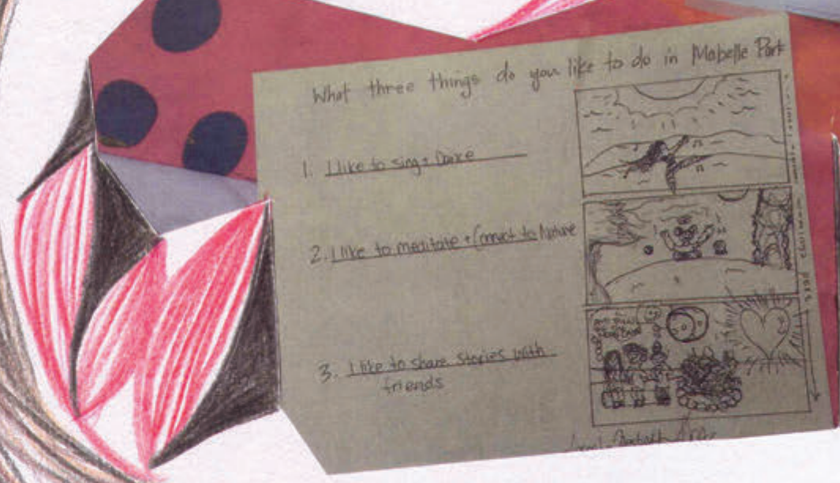
Iftar Nights

What is Iftar

the meal to break the fast after sunset during Ramadan.

typically, people enjoy dates, and is often done as a community,

dried apricots and Ramadan juices,



Iftar Nights

Ramadan (Arabic: رمضان also known as Ramazan is the ninth month of the Islamic calendar. The month lasts 29–30 days based on the visual sightings of the crescent moon, and the dates change based on the lunar calendar. The word Ramadan comes from the Arabic root ***ramiḍa*** or ***ar-ramaḍ***, which means scorching heat or dryness. Muslims are instructed to refrain from sinful behavior that may negate the reward of fasting, such as false speech and fighting except in self-defense.Pre-fast meals before dawn are referred to as ***Suhoor***. Fasting during Ramadan typically includes the increased offering of ***salat*** (prayers), recitation of the Quran and an increase of doing good deeds and charity.

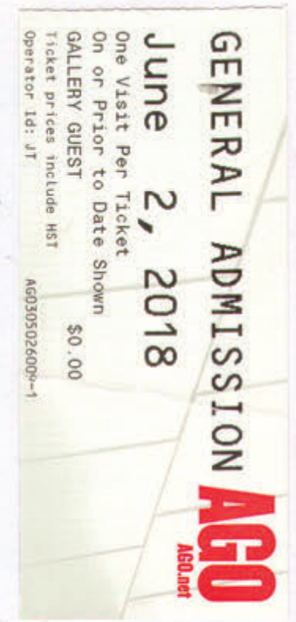
Lantern Song:

Sun is Setting, Lanterns light
Sun is Setting, Lanterns light
Magic Moment, Magic Night
Here we break our fast tonight
Here we break our fast tonight

SURVIVAL GUIDE #10

TRIP

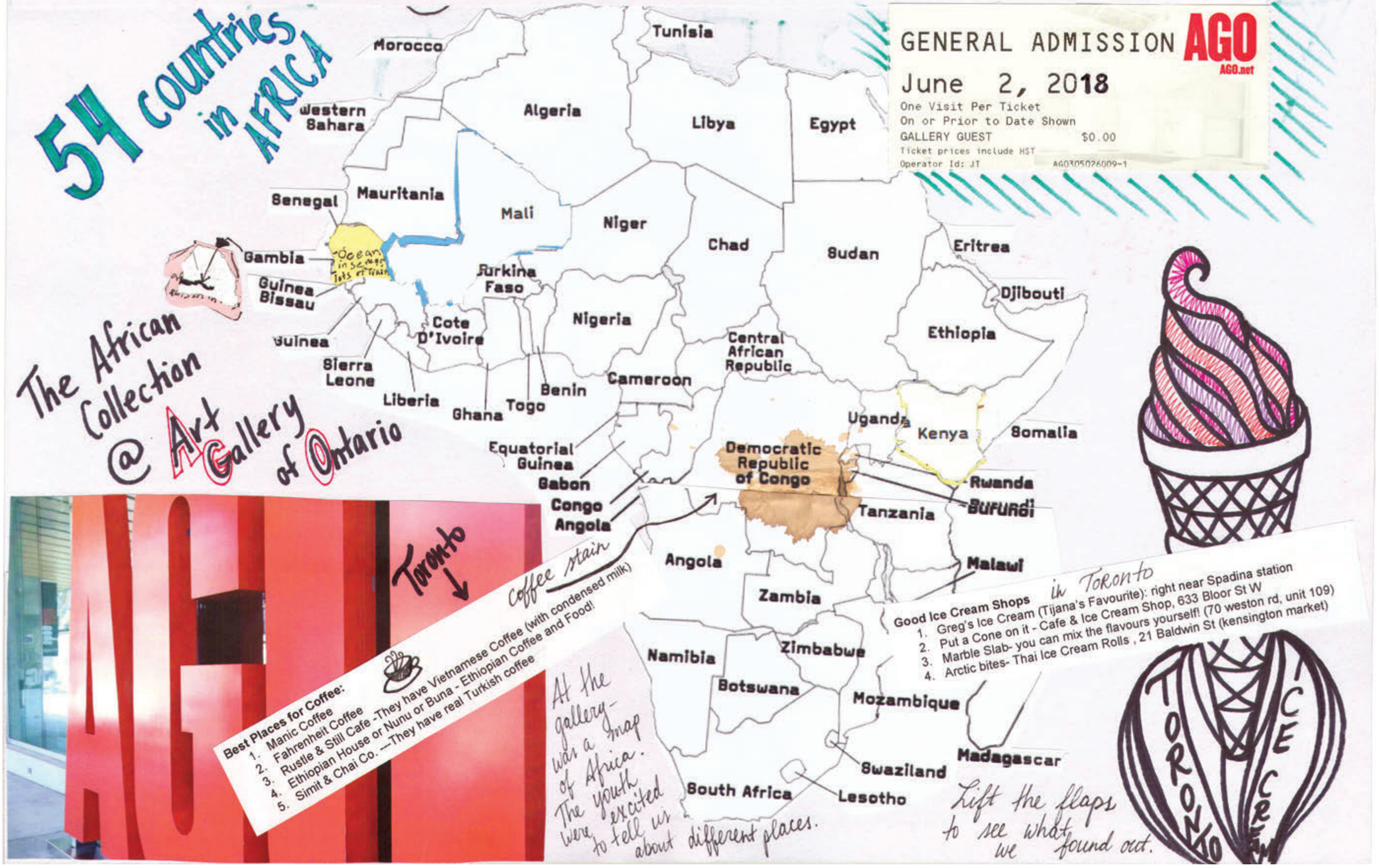
AGO



Art @ AGO: The Art Gallery of Ontario has over 90 000 works of visual ART! A lot of it is religious art from different cultures (we really enjoyed some of those pieces when we visited) The gallery has both collections: art that is permanently at the AGO and Exhibitions: art that is displayed on a temporary basis. You can see the collections anytime you pay a general ticket price, to see a temporary exhibition: you have to pay a special price. BUT: The gallery is FREE Wednesday Night! & Mammalian has membership card: so if you want to borrow it, just ask us.

AFRICAN INFO

54 countries in AFRICA



GENERAL ADMISSION AGO
AGO.net
June 2, 2018
One Visit Per Ticket
On or Prior to Date Shown
GALLERY GUEST $0.00
Ticket prices include HST
Operator Id: JT AG0305026009-1

The African Collection @ Art Gallery of Ontario

Best Places for Coffee:
1. Manic Coffee
2. Fahrenheit Coffee
3. Rustle & Still Cafe - They have Vietnamese Coffee (with condensed milk)
4. Ethiopian House or Nunu or Buna - Ethiopian Coffee and Food!
5. Simit & Chai Co. —They have real Turkish coffee

Coffee stain

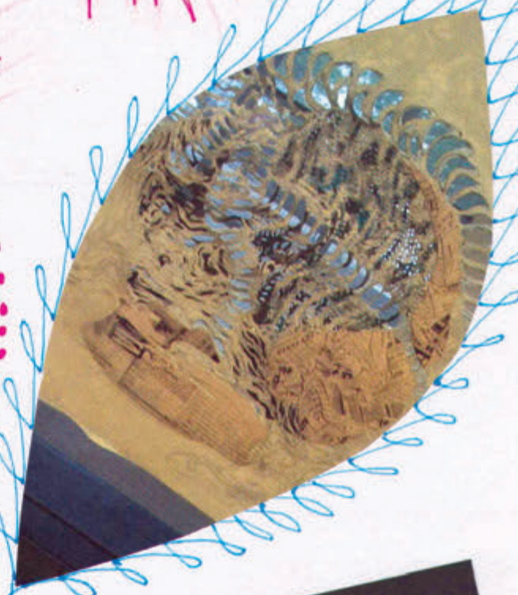
Good Ice Cream Shops in Toronto
1. Greg's Ice Cream (Tijana's Favourite): right near Spadina station
2. Put a Cone on it - Cafe & Ice Cream Shop, 633 Bloor St W
3. Marble Slab- you can mix the flavours yourself! (70 weston rd, unit 109)
4. Arctic bites- Thai Ice Cream Rolls , 21 Baldwin St (kensington market)

At the gallery- was a map of Africa. The youth were excited to tell us about different places.

Lift the flaps to see what we found out.

SURVIVAL GUIDE TRIP #11

Toronto Islands



Sometimes it rains
when you go to the Islands
but as long
as you have an umbrella
and some buddies,
it can still be a good picnic!
Sojourn Youth showed us that.

Things to do on the Islands:

- Visit Centre Island and ride on the rides there
- Rent a bike and go biking
- Go see the Fire Parade they have every year in August (and help build puppets in July)
- Build a fire and roast marshmallows & sausages

Tips to De-stress/Have more Fun:

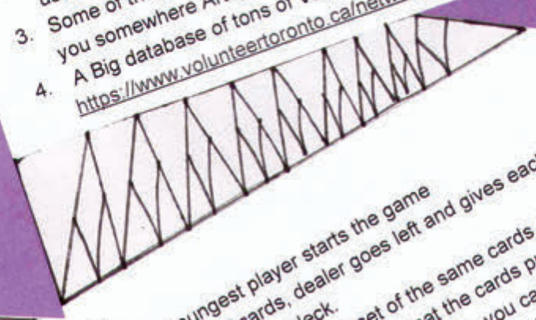
- Go somewhere green, even if it's only for a few minutes
- Close your eyes, Focus on your breath, feel your feet on the floor
- If you're going to study/work for a long time, make sure you take short breaks every few hours, it actually makes you more productive
- https://stellasplace.ca/ --a place with lots of peer support groups (young people chatting with other young people) and free counselling,

TiPs

VoLUNTeeR

Places to Volunteer:

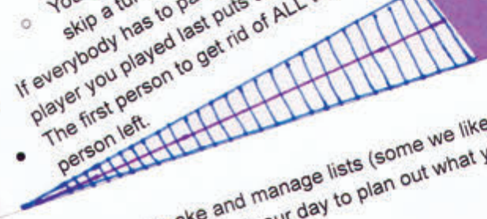
1. Festivals!-They Love Volunteers (Some that are coming up: Summerworks, TIFF, CNE, Fire Parade Ward's Island)
2. A smaller organization-just reach out to somebody that works there and ask if they could use a volunteer, explain that you're trying to learn about the work.
3. Some of the Arts orgs we met could use some Volunteers, talk to Tijana and she can find you somewhere Artsy)
4. A Big database of tons of Volunteer Opportunities: https://www.volunteertoronto.ca/networking/opening_search.asp



Ask Tijana, the mermaid

Rules For President:

- For 3-5 players, the youngest player starts the game
- Deal out the whole deck of cards, dealer goes left and gives each person one card at a time until no more are left in the deck.
- The first player puts down a card, or a set of the same cards (i.e: 3 fives)
- The next player then has to either Pass or beat the cards put down with higher cards
  - (ex: if the previous player played two sixes you can beat this with two kings, or two sevens, but not with a single king, and not with three sevens)
  - You can always choose to pass, even if you have the cards, it doesn't mean you skip a turn
- If everybody has to pass, and can't play any card--the card pile is put aside and the player you played last puts down a new card(s) and so on until the last
- The first person to get rid of ALL their cards becomes President, and so on until the last person left.



WORK

Places to look for work/Tips:

1. YES - youth employment services: they have a paid training program, and after that they set you up with a placement at a job, you can tell them what interests you and they'll try to match you with the right place
2. Canada Summer Jobs: for Students that are going back to school next fall
3. Go talk to smaller shops/restaurants in person, or email people in careers you're interested in, to see if they have internships available or might be willing chat with you about how to get into the field.

How to Organize Yo Self:

1. Download an app that helps you make and manage lists (some we like:
2. Take some time at the end or beginning of your day to plan out what you want to do that day
3. Start with small goals/tasks then build up to a bigger picture

Rules for Connect 4

- There are 21 black pieces & 21 red pieces, it's a game for two players
- The goal is to get 4 tokens in a row of the same colour
- Players take turns, they can drop 1 token of their colour in each turn
- The first player with 4 in a row has to call out: Connect 4 to win!

SURVIVAL GUIDE TRIP #12

Where and When to see Fireworks:

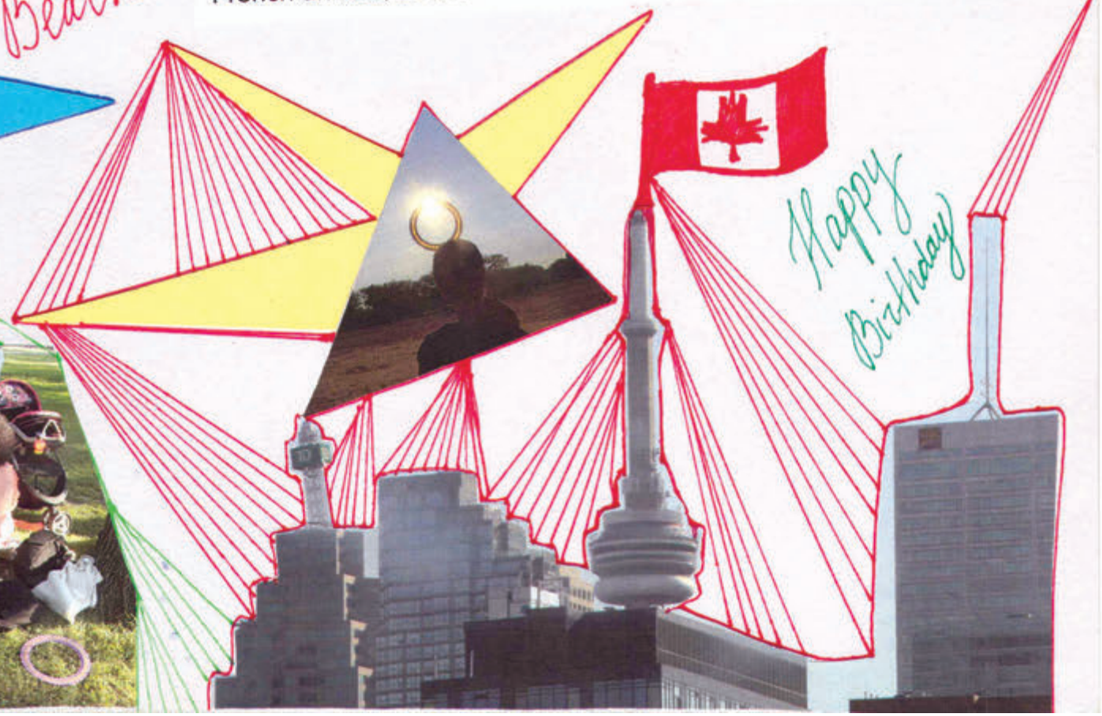
- Victoria Day (May 20)/ last Monday before May 25th
- Canada Day (July 1st)
- New Year's (January 31st)

Where to watch:

- Toronto Islands (downtown)
- Ashbridges Bay (East End, near Woodbine station)
- Ontario Place (downtown, its a longish walk)
- Harbourfront Centre (downtown)
- Boardwalk Place or Stan Wadlow Park -East End *but less busy
- Mel Lastman Square (North York) or Downsview Park (North York)
- Nathan Phillips Square (downtown)

We watched fireworks at Woodbine Beach

What is Canada Day: A federal holiday, it celebrates the anniversary of July 1, 1867, the date of the Constitution Act, 1867 which united the three separate colonies of the Province of Canada, Nova Scotia and New Brunswick into a single Dominion within the British Empire called Canada. **But: First Nations** people existed on this land long before the British and French arrived, so there's also a complexity to the celebration of this date.



SKETCH, taken by Wendell Williams, 2018

AMC Yonge and Dundas, Taken by Mohit Rai, 2018

Aga Khan Museum, taken by Mohit Rai, 2018

Art Gallery of Ontario, taken by Wendell Williams, 2018

Art Gallery of Mississauga, Jumblies Theatre Workshop, taken by Tijana Spasic, 2018

Canada Day, Woodbine Beach, 2018
Photo credits clockwise from top-left:
Wendell Williams, Olga Kolotylo, Wendell Williams,
Tijana Spasic

Art Gallery of Mississauga, Jumblies Theatre Workshop, taken by Tijana Spasic, 2018

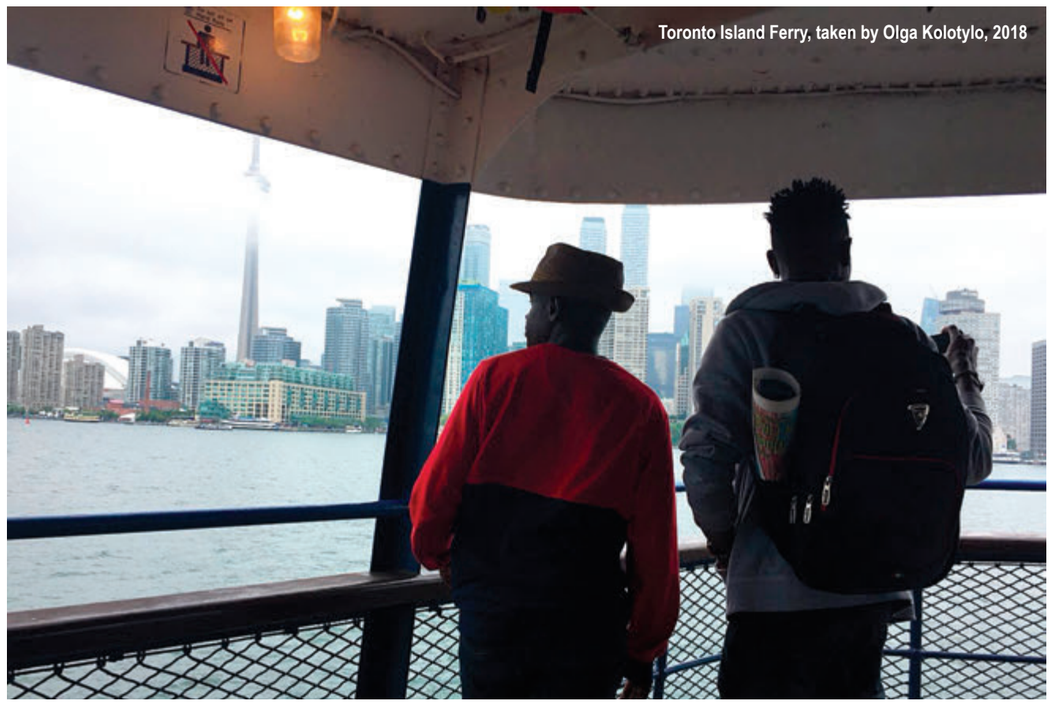
Art Gallery of Ontario, taken by Tijana Spasic, 2018

Graffitti Alley, taken by Wendell Williams, 2018

SKETCH, taken by Olga Kolotylo, 2018

North York Arts, Myseum Intersections: Drum to Dj Workshop.
All photos taken by Mohit Rai, 2018

Toronto Islands, taken by Olga Kolotylo, 2018



Toronto Island Ferry, taken by Olga Kolotylo, 2018

Four Seasons Centre for the Performing Arts, taken by Muhammad Faysal, 2018

A Survival Guide to the City would not have been possible without the support of the dedicated staff of Sojourn House, Stephen Conroy and Jinow Dualeh, and the rest of the Mammalian team:

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