



Sinwah Lai

Andrew Stuck and **Sinwah Lai** have been in Psarades in north-western Greece attending the Walking Arts Encounter where the temperature hasn't dropped much below 40°C. What it means is that Andrew interviews walking artists, either in the shade or as late into the evening as possible. Fortunately, the days are long, but the heat is exhausting.

Both Sinwah and Andrew have been feeling the heat as they set out from her guesthouse on a short walk. Sinwah has been to Psarades before and has returned because she has fond memories. Sinwah is a Chinese artist from Hong Kong, but she's travelled quite a bit including to study in Taipei in Taiwan and to Utrecht in the Netherlands. She hadn't been back to Hong Kong, but now feels it's the time for her to do so, and to try to establish a community of Walking Artists there. 18'54" 8.9MB

Notes from the podcast interview by **Andrew Stuck**: Recorded at Psarades, Western Macedonia in July 2023 and published in October 2024. <http://www.talkingwalking.net>

Sinwah Lai's website: <https://sinwahlai.blogspot.com/>

Sinwah Lai came to the Walking Arts Encounter <https://walklistencreate.org/conference/walking-as-a-question/> in Psarades in 2021 in which she performed Walking Journal as part of the KIU Collective: <https://kiu-collective.myportfolio.com/bio-2>

In the 2023 Encounter Sinwah ran a Walkshop called in English "Healing Hours" - the literal translation from the Chinese is 'healing post numbness'. Participants walked to the cemetery in Psarades: https://www.tripadvisor.co.uk/Tourism-g12196370-Psarades_Florina_Region_West_Macedonia-Vacations.html

In 2014 Sinwah developed "The Things that We Ever Built Together II - Distance", a walking work about distance <https://sinwahlai.blogspot.com/2014/12/ii-things-that-we-ever-built-together.html>

Presently, her ongoing research is into seeking inner peace- artistic practices that become part of the everyday.

She studied for a Bachelor of Fine Art Taipei University of the arts in Taiwan <https://w3.tnua.edu.tw/?lang=en> - creating multimedia indoor installations. Sinwah began performing outdoors at the time of the protests about education, that were a prequel to The Umbrella Movement in Hong Kong: https://en.wikipedia.org/wiki/Umbrella_Movement

She went to Europe to study for a Masters in Utrecht, Netherlands <https://www.hku.nl/en/study-at-hku/fine-art/master-of-fine-art> in 2020 and latterly working in Amsterdam. Her plans for the future, now she is working in HK, includes wanting to work in public space and build a community of walking artists

Sinwah's suggested walks

1. Standing in front of a bridge- write something on the palm of your hand - something difficult for you- as you walk across the bridge rub out the word with your other hand
2. Walking meditation- one step at a time - one step at a piece