

# BUILDING A MEMORY PALACE

## Description

Building a Memory Palace is an ancient mnemonic technique that involves visualizing a familiar space and associating various pieces of information with specific locations within that space.

This activity helps improve spatial intelligence by enhancing memory and spatial visualization skills.

## Learning Objectives



- Enhance memory retention through spatial association
- Improve ability to visualize and manipulate spatial information
- Develop a structured method for organizing and recalling information

## Time Needed



Approximately 30 minutes per session.

## Learning Setting

Can be done individually or in a small group, in a quiet and comfortable environment.

## Materials Required

- Paper and pen/pencil for drawing and note-taking (optional)
- Comfortable seating
- Quiet environment to aid concentration



## Practical Tips

- Choose a familiar space, such as your home or a frequently visited location.
- Mentally walk through the chosen space, identifying key areas and objects.
- Assign each piece of information you want to remember to a specific location or object within the space.
- Visualize this journey repeatedly to strengthen the associations.

## Source

GROWTHCOOP



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## Step By Step Guidance

### 1. Choose Your Palace:

Select a familiar location. It could be your childhood home, the school where you studied, or the park where you played with your friends, or any place you can vividly visualize.

### 2. Identify Key Locations:

Within this space, identify distinct areas or objects that can serve as “memory slots.”

### 3. Assign Information:

Associate each piece of information you need to remember with one of the identified locations. Create vivid and exaggerated images or stories to make these associations more memorable.

### 4. Visualize the Journey:

Mentally walk through the space, visiting each location and recalling the associated information. Repeat this journey several times to reinforce the memory.

### 5. Practice Regularly:

Use this technique for different sets of information and practice regularly to enhance your spatial and memory skills.

## Expected Results

- Improved memory recall and retention
- Enhanced spatial visualization abilities
- Better organization of information in the mind

## Source

GROWTHCOOP. This activity draws on techniques suggested by mental and spatial intelligence resources MentalUP and ArchDaily.



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