

A Guide has been designed for use in a research project that invites disabled participants to share a walk with sustainability practitioners.

A Guide works both as a means of focusing attention on the body within the immediate landscape and as a series of conversational prompts for the participants who are loaned a camera in order to record their walks.

We would like to invite you to use this Guide and share a walk. *A Guide* can either be used directly as it is using the camera on a mobile phone or it can be used simply as a series of foci of attention and sharing of experiences: as a series of moves made through the walking environment and a prompt to conversation and the sharing of experiences/perspectives.

Walk, talk and enjoy the world around you!

A Guide

'A Guide' for walking partners: a list of activities, instructions, foci of attention and suggestions for photo and film interpretation of the walk.

Think of the guide as a collection of 'moves' that you can work through at your leisure and enact at times in the walk to suit you both - in other words, please do not be restricted by the order in which they are written; just feel free to dip in and out of the list (with the exception of the very first, **beginning** of walk, and very last, **end** of walk, instructions).

Please don't worry about completing all the moves - if you give yourselves a target of over half the tasks (at least 14) and then do as many more as you want during the walk that would be great. This is 'a guide' (intended as a prompt to encourage interaction with/in your environment and foster discussion between partners focused on common tasks/location) rather than a must-do instruction manual!

At the **BEGINNING** of your walk :

Stand back from your partner and take a **photograph** of them at the start of the walk showing the background landscape/cityscape. Include all of them in the frame, do not cut any part of them off.

Move 1:

Take a deep breath - fill the body from toes to finger tips, from lungs to top of head

Move 2:

Created by Suze Adams

for AHRC funded Walking Interconnections, June 2013 <http://walkinginterconnections.com/>

Take a **photograph** of your feet; notice the ground by your feet, be aware of where you are

Move 3:

Changes in terrain; make a note of where ground surfaces change - eg edges between paving stones, grass and concrete, road and pavement, land and sky, where paths intersect and join - take **photographs** of these 'edges' as you proceed on your walk

Move 4:

Notice cracks in the path or on walls - can you see patterns, faces, other shapes or forms? Take **photographs** of these (your) alternative 'drawings'

Move 5:

Be aware of others: observe and consider how we share the environment - social (and anti-social) behaviour

Move 6:

Look for non-humans: dogs, birds, insects - as you walk, take **photographs** of others who share the environment

Move 7:

Bend down to take a **photograph** - have a look at the view from nearer the ground, imagine you are a child again

Move 8:

Find somewhere to sit and rest - simply observe the world moving around you as you are still - take a **short film clip** from your resting place and, when you leave, a **photograph** of the resting place

Move 9:

Be inquisitive - remember where you are, be conscious of your surroundings; look around you, up and down, left and right, take **photographs** from different angles

Move 10:

Words/signs/graffiti/posters - take **photographs** of texts in the landscape that capture your imagination, things you find interesting or funny; point these out to your partner (especially the ones you find amusing!)

Move 11:

Necessary deviations and wilful meanders: enforced and/or chosen changes of plan/route - detours and discoveries. Investigate something that interests you; be aware of times when you need or want to deviate from the path - what deters or attracts you? What do you want to avoid, what do you want to see? Take **photographs** of the focus of your attraction

Move 12:

Take a **photograph** of a spot you would not want to visit

Move 13:

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Reflections - in windows, puddles, car mirrors etc; take **photographs** of these reflections (+ include yourself in the reflection if/when you can) as well as a **short film clip** (movement within reflection, the world passing by ...)

Move 14:

Sustenance - take **photographs** of food/drinks consumed en route (and where they were bought if applicable) as well as where they were eaten

Move 15:

Disposal of rubbish - take **photographs** of you disposing of your rubbish (food wrappers, drinks cartons, bus/train tickets, tissues etc) as well as **photographs** of other rubbish (ironically, often especially obvious around bins!)

Move 16:

Stop and listen, just listen (even closing your eyes if you feel safe) ...

Move 17:

Signs of growth - wherever you are, be aware of growing things and take **photographs** of these (flowers, weeds, trees, gardens etc)

Move 18:

Take **3 photographs** of something orange - can be anything! Notice afterwards how you keep seeing orange things everywhere you look ...

Move 19:

Stop and turn around, slowly; see where you have come from, note how different it looks. Turn around again, more slowly, taking a **short film clip** as you turn

Move 20:

The unexpected; take **photographs** of any objects, shops, signs, buildings, animals, plants etc that you would not expect to see in this environment and discuss these things with your partner

Move 21:

As you walk, look around and take a **photograph** of 3 things that really annoy you

Move 22:

On the walk collect an object (or two) that will remind you of the day/your chosen location ... this could be a leaf, a discarded ticket, a stone or whatever - take a **photograph** of the object (and where you found it)

At the **END** of your shared walk :

Take a **photograph** of your walking partner at your destination (again include surrounding landscape and all of their body) and reflect on/discuss your shared experience and the various environments you have walked through en route.