

Instructions

Wear light coloured clothes - no black please!

Feel free to be creative when filming but always keep the phone landscape.

Only film when you feel safe.

If you're comfortable to, feel free to talk as you walk and record your impressions while filming or as a voice note.

Walk!

1. Get a friend to film you walking through the streets from behind. Make sure you have the whole figure on the video.

Take one video where they walk with you, one where they stand still. Each video should last 60 seconds.

You may choose the location and time for this exercise.

2. Get them to walk ahead 100 metres, and stand still, filming you as you walk towards them. Film the whole walk.

3. Hug them, thank them. Share a moment with them. Then send them home while you continue alone (if you feel safe! If not perhaps continue together. Do the exercises alone or in turns.)

4. Film your feet walking for around 30 seconds, trying to capture the sound.

5. Walk for 10 minutes without filming, without thinking too much about the direction, just the act of walking (safety permitting). Feel the city, feel the streets.

See things!

6. Go down a street you always go down. Film for up to 60 seconds.

7. Go down a street you never go through. Film for up to 60 seconds.

8. Film several sequences of around 30 seconds from your own point of view. Choose whatever locations you like, so long as they have meaning to you

- Is this somewhere you come at night but not in the day or vice versa?
- Do you pick out different routes for different purposes?
- Are there any people/places/signs that you look for to give you comfort?
- Any you always try to avoid?

Notice things!

Extra options to help view the city in a different way - do as many or as few as you like and film each for around 10 seconds or take a photo.

9. Find a cool clock and film it.
10. Find a shop/ bar/ place with a name that sounds curious to you that you've never noticed before.
11. Is there an animal in the street with you? Film it!
12. What's the moon doing? Find a good place for checking her out.
13. Show us your favourite fonts.
14. What graffiti catches your attention and what does it tell you about the neighbourhood?
15. What's the best/most ridiculous/weirdest window display lit up at night?
16. Rainbow quest - see if you can find signs/objects in every colour of the rainbow.

Tell us about it!

17. We would love to hear about your experiences, thoughts and impressions.

Record what you felt when you get home, while it's still fresh in your mind. This can be stream of consciousness, stories or just a string of words or random impressions.

18. Make a cup of tea and relax. Well done.