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## Task 1 Guidance: Creating Walking Routes / Map-making

Many people have enjoyed regular walking as a way of exercising and exploring their local area during the pandemic. This task invites you to create walking routes and maps in and around Woolwich including spaces and places that you care about.

### Here are some starting points for creating your walk(s) and map(s):

Create a route of places you care about.

Create a route for a first-time visitor.

Create a 15 minute stroll for some fresh air

Create a longer wander, maybe 1-2 hours

Are there places to pause and sit for a while?

Refer to the prompts on Page 1 of the journal.



Lizzie is not a professional map maker or photographer and takes a 'homemade' approach to her maps and photos. Be as creative as you like with how you record and share yours.

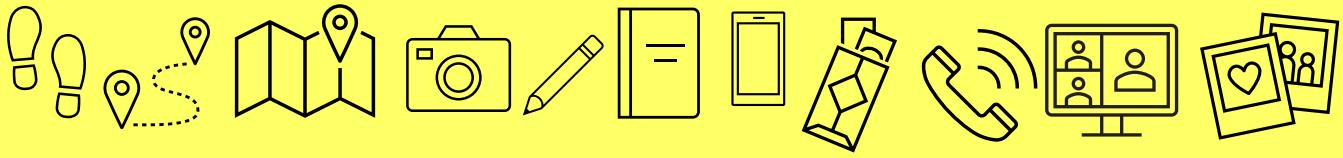
### **Ideas for recording your route:**

- Step out of your front door and voice-record an audio description of your walk, stating the road names and significant places along the way.
- Draw a map of the route on a big sheet of paper. Don't worry if it is not to scale! Create your own symbols to mark special places.
- Highlight a walking route on a printed map with symbols and notes.
- Create your walk and phone the researcher to talk/walk her through it as its happening.
- Walk and take photos on your journey. Create a photo story of your walk.

### **Safe walking**

- Tell someone where you are going and when to expect you to be home.
- Carry a charged phone, water and a snack.
- Wear and face mask (if you are happy to).
- Ideally, walk in daylight.
- Stay 2 metres away from other people.

*Let's get wandering!*



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## Task 2 Guidance: Seven-day Photo Journal

Whether you are experienced at journaling or a complete beginner, there are many ways to complete a photo journal that fit around your day-to-day commitments. It should be fun and not too time consuming. Some people find journaling a helpful activity for wellbeing.

The purpose of this journal is to capture a week of everyday life and experiences.

### What to include?

- The journal can be as simple as 1 photo a day for 7 days. Or several photos a day with notes, captions, doodles or other items.
- You could include the ordinary, everyday happenings as well as the more surprising or extraordinary experiences.
- Don't worry if you don't have photos for everything. You can describe something in a few words instead. If you are adding printed photos to a notebook, leave a blank space add a photo later.
- Remember that you will be sharing your journal with Lizzie so only include things you are happy for her to see.



## **Ways to start your journal**

- List things that you have planned for the day.
- List things that you care about and want to include.
- List things that you are interested in capturing with photos – this might be connected to things you might see, feel, smell or hear as you go about your day.
- Refer to the prompts on Page 1 of the journal.
- Wing it! Improvise as you go...

## **A photo journal can take many forms:**

- **Handmade** - You have been provided with a notebook, glue, pencil and pen. Use stationary from home too.
  - You can use your mobile device, camera or disposable camera (provided on request) to take the photos. Pre agreed photo printing costs will be covered.
- **Digital** - make your journal digitally using your mobile device and share photos, notes and any other relevant things with Lizzie via WhatsApp or email.

## **Presentation: Up to you!**

It doesn't have to be neat and tidy...you can make a creative mess on the page if you like. Whatever feels useful and relevant for that day.

## **When to complete it?**

Complete your journal at different moments in the day as you take the photos. Or save it all to the end of the day and do it in one sitting. Whatever works for your schedule.