



Urban Walk

Discovery Journal

Name: _____

Group members: _____

Date: _____

As you complete your Urban Walk, use this journal to record your discoveries and reflections. You can record using writing, drawings, or photos or videos taken with your phone.

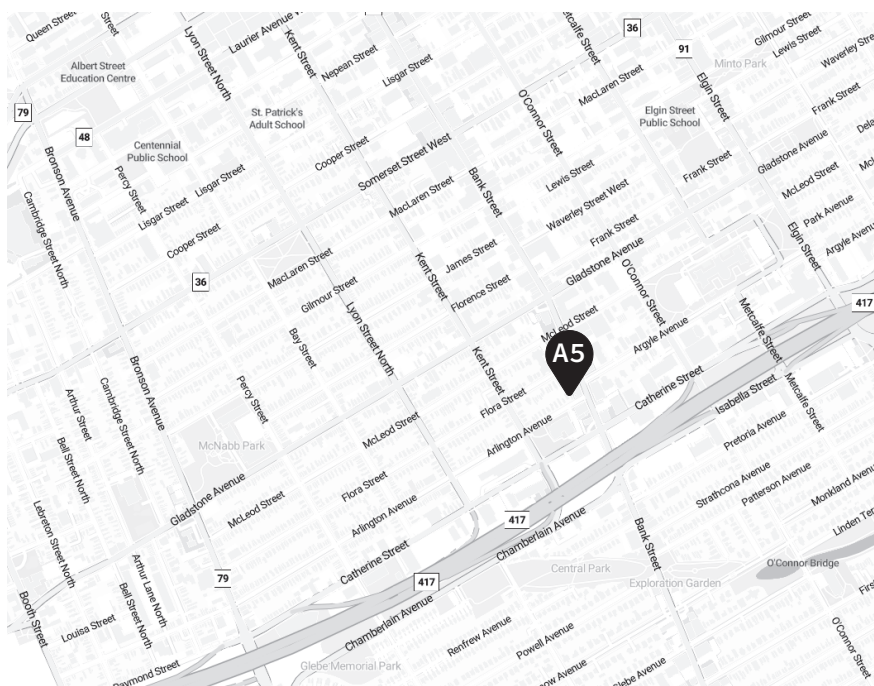
You may complete the Urban Walk individually or in a small group. If you are in a group, remember to discuss and share your personal discoveries with your group as you complete your Urban Walk.

Suggestions of what to bring on your walk:

- a pen or pencil to write with
- a clipboard or hard surface to write on
- ear plugs (optional)

Personal Map

1. Choose between 3 to 5 places to visit during your Urban Walk. One should be your favorite place, one your second favourite place, and one a place that you avoid. If you are in a group you can choose the places together.
2. Mark each place on the map. If you are performing your urban walk in another area, you can add your own map or simply write your places down.
3. Plan out the path you will follow between each destination. What is the best way to reach each place? Why? Reflect on this and share why you chose this path.



Favourite place: _____

2nd favourite place: _____

Avoided place: _____

Use this space to record any thoughts.

Place: _____

Describe this place in 3 words.

- Are these characteristics unique to this place?
- Are these the main characteristics of this place?

Create a frame with your fingers. Look through it.

- What can you fit in your frame?
- What would you like to fit in your frame?
- Can you find a person, object or a building to fit in it?
- What happens if you direct your frame upwards?

Draw, write, and take some notes here, or record photos on your phone!

Do you see any people?

- Who?
- Did you expect to see them?
- What are they doing?
- Are they usually there?
- What do you think?

Scan the place with your eyes. Look up and down, and left to right. Pay attention to the colours, movements (or lack of), contact between people (or absence of) that you see around you.

- List 3 things that you haven't noticed before.

Describe how this place makes you feel in 3 words.

- What in this place makes you feel this way?

Now take 10 minutes to wander - walk around the area following what your eyes see and where your mind takes you.

- Then come back and write 3 things that attracted your attention, 3 thoughts you had, and 3 things you want to remember.

How does this place sound? Pay attention, listen.

As you walk to your next destination, feel free to stop at a place that catches your interest. Fill out the exercise pages and record notes and reflections on any new places you come across.

While you walk to the next destination, put in the provided earplugs.

How did you feel without the sense of hearing as you were walking?

- Were you able to focus in on your other senses in the environment?
- What sense were you most focused on, and did it reveal anything about the environment?

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Once you visit all your chosen destinations,
take some time to reflect on your overall
experience.

What makes a place? What does what we see tell
us? What do you usually see and what are you
not seeing? Why? How does a place make you
feel and what informs that sensation? what are
existing and desired resources?

Please share your experience by using
#urbanimaginaries.

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