

**Walking Creative™ participatory walkshops - an intriguing and popular addition to a museum or gallery Museum at Night or 'Late' event.**

We devise fun participatory walkshops (workshops on foot) that can be run either wholly within a museum or gallery venue, or when seasonal weather permits, that run part in the venue and part in the surrounding neighbourhood.

This year we developed **creative writing walkshops** that we have been delivering each month since February, under the banner of **First Thursday: haiku on foot**. Taking place in the early evening, limited to a maximum of 16, participants are encouraged to compose, write, recite and share haiku - short form poems of only 3 lines and 17 syllables. During a 90 minute walkshop with 5 stops, participants undertake a variety of creative techniques to prompt their thinking and trigger their imagination, to compose haiku and to share and read them aloud. They are then invited to submit haiku for publication in a zine that can be downloaded from the web. **Participants had requested whether, in the winter months, such walkshops could be offered indoors in museums or galleries.**

**Haiku on foot walkshops** have proved popular and participants have indicated that they offer them 'space to think and write' as well as, engendering fun and shared enjoyment in listening to those written by others. There is a clear desire of participants to prolong the walkshops and continue composing and sharing haiku into the night! The walkshops are aimed at adults but have included accompanied children of 12+. **We believe this could be an intriguing and popular addition to a Museum or Gallery 'Late' event.**

'**The Art of walking mindfully**' was a **Mindfulness through movement** walkshop that we devised for the National Gallery - all 25 (£20+) tickets sold out prior to the event. Beginning in the gallery with simple observation and rhythmic walking techniques, participants were drawn outside to use their senses and discover how they could incorporate mindfulness in their everyday activities.

We also want participants to have an experience of being part of something that they have created or devised - often we do not make this explicit and is only revealed through the duration of the event, for example, when we offered a discount to participants to a **Lost River walkshop**, if they came dressed in blue. They all obliged. We encouraged them to dowse for water, and listen in to hidden streams, and as they wove their way along the course, as a group 'dressed in blue', their movement emulated the that of the river.

These are just a few of the many **Walking Creative™** participatory walkshops that we have devised and delivered part in and part beyond a museum or gallery setting. We have more than ten year's track record in devising and delivering participatory walkshops bringing residents, visitors, lay and professional practitioners together in a non-confrontational gathering, that enables 'deep engagement' often on complicated issues or contentious topics. We encourage people to see things from different points of view, using all their senses to embody learning, and to combine this with using their hands to make things. In the last five years, we have been broadening our offer to include working with artists, performers and with cultural institutions, and since the start of 2015 have formalised this under the banner of **The Museum of Walking**. Increasingly various creative and cultural topics are being included within our participatory walkshops, and we firmly believe in our strap line that "the art is in taking part".

**Read more about:** [our philosophy](#), [previous walkshops](#) we've delivered, and [our pricing structure](#)

**Why we are so enthusiastic about highlighting connections between a museum / gallery venue and getting outdoors in the surrounding area**

Take people outside and a fresh perspective arises. The physical environment plays a role in supporting co-located creative collaborations, as does the movement of the body as we travel on foot. Take people outside as a group, they spontaneously begin chatting, social norms in a museum or gallery situation frequently fall away, and almost immediately new connections are made. Breaking old connections and creating new ones are key elements identified in creative learning<sup>1</sup> (Gordon 1972). Even before we have started to walk as a group the creative learning has begun.

We encourage people to walk together, often in twos or threes. This alignment is non-confrontational and as each participant walks forward they tread a shared path and observe and experience common encounters. Sharing experience in this way has been shown to be a remarkably effective way of breaking down social barriers, and self-imposed norms<sup>2</sup> (Clayton, Thomas & Smothers 2015) - whatever your background, you now have a shared experience, unfolding in front of you, as you walk together. When walking together we tend to walk at a similar rhythm - we are able to walk, talk and ponder simultaneously, with our brains, nerves and muscles maintaining our balance and overcoming trip hazards on our way.

As we walk participants share a journey, that contributes to a narrative: a story that can be told, shared, adapted, developed, photographed, sketched or written down. The narrative of the walk can be used as a metaphor and applied to personal and workplace problems. The journey narrative is a very powerful outcome of what appears to be something so simple. Sharing experiences in an intimate situation (walking side by side) accelerates the building of trust- the walkshop gives permission for people to think and behave differently. It offers a means by which a broader set of learning opportunities can be explored, appealing to a wider number of learners.

**Project costs and fees for walkshops - illustrative only**

(already devised walkshops are @£350, bespoke walkshops are costed at @£500-£775)

Description	£
Devise & deliver a participatory walkshop of between 60 - 90 minute duration	
Risk assess routes within 2 hours of the start	
Pre-event site visit	350
Walkshop A (already devised)	350
Walkshop B (bespoke)	500
additional walkshop facilitators (if required)	@125
working with an artist / performer - additional	250

NB Travel expenses beyond London Zone 6 will be charged as extra. We have specialist Professional Indemnity and Public Liability insurance cover for devising and delivering walks and walking events – details can be provided on request.

<sup>1</sup> Gordon, J (1972) On Being Explicit About Creative Process Journal of Creative Behavior 1972 6: 4 <http://eric.ed.gov/?id=EJ073520> Accessed 14 December, 2015

<sup>2</sup> Clayton, Thomas & Smothers (2015) How to do Walking Meetings Right Harvard Business Review 2015-8 <https://hbr.org/2015/08/how-to-do-walking-meetings-right> Accessed 14 December, 2015