

IDEAS ALLIANCE

Right Here, Right Now - A self-directed Photo Walk

Activity Description

Sometimes we don't really see what is right in front of our eyes. Sometimes looking at things we see every day from a different perspective, helps us to see things in a different light. Sometimes it is good to remind ourselves to take notice of what is around us.

This activity invites you to go on a short walk during the conference and look around your community - What are you seeing? How are you feeling? Through the medium of photography, the photo walk will ask you to look at where you live and/or work in a new light and through a different lens, capturing images that resonate with you. You may decide to walk a route you use regularly and look out for new things you've never seen before, or you may decide to take a new route and see what you discover. The choice will be yours and you don't need any prior photography skills to take part in this activity.

The activity should take between 15 and 45 minutes to complete with an optional 5-15 mins for post-activity reflection and sharing of your images.

What you will need:

- A digital camera, smartphone or tablet
- Means of sharing your images by email (optional)
- Photography Tips Tutorial Video (optional): <https://ideas-alliance.org.uk/health-conference-tutorial-video/>

What you need to do:

Before the activity starts –

1. Make sure the battery for your device is charged and you have enough memory on your device/memory card to take images for the activity
2. Watch the short 'Photography Tips' video (optional): This can be accessed here: <https://ideas-alliance.org.uk/health-conference-tutorial-video/>
1. Go out of the building you are in and take a short walk on a route of your choice. As you walk along, look carefully at details and the bigger picture of the environment around you.
2. Take pictures of any details, scenes or objects that catch your eye. What you're seeing may be interesting to you in a purely visual way, it may evoke a feeling or mood in itself or you may notice something that reflects how you are feeling at that moment.

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Please note: During the walk please be safe, watch your step and be aware of others around you while taking your photographs. Don't put yourself in danger to get your shots!

Photography Ideas

The list below is designed to help with ideas to get started – use as many (or few) of the suggestions as you'd like to. Alternatively, feel free to just 'go with the flow' and see where your camera takes you!

Photograph...

- Something that makes you smile
- Something that makes you feel calm
- Something unexpected
- Something no-one else would notice
- Something that tells a story
- Something that resonates with how you are feeling
- Something ordinary seen in a new way
- Beauty amongst the 'ordinary'

Sharing your images:

The Conference team would like to produce a gallery of images/collage that brings together different people's experiences on their Photo Walks. If you'd like to take part, please follow the instructions below.

1. Choose a few images from your collection that resonate with you most.
2. Think about a word or short caption for each image that describes how that image makes you feel or what you were trying to capture in it.
3. Save the image with that word/phrase as a title (if you can).
4. Send your images by email to ADPHConference@hullcc.gov.uk in one of the following ways:
 - If you have saved the images with titles, send them all on one email.
 - If you have not, send each image individually, with the word/phrase for each image either in the title or text field of your email.

By sending your images to the gallery you are giving permission for the Conference team to create a publicly available creative response/gallery. Images will remain anonymous unless an individual credit is requested by the photographer.