

An instructional sheet for conducting your own Tapping Into The City walk anywhere in the world

1. Anyone can get involved - gather together a group of people who would like to take part.
2. Select an urban area that you would like to explore. This could be a business district, shopping area, or perhaps somewhere that you know is privatised public space.
3. Stick pennies (or local equivalent – e.g. cents) to the soles of your shoes. Self-adhesive foam sticky pads work well for this. Don't worry if some of the pennies fall off during the walk - you will be leaving behind a trail of money!
4. Decide how long you would like to walk for – this could be 30 minutes or an hour.
5. Explain to the group -
You will move together as one through the city. Walk unhurriedly, silently, taking in and responding to your surroundings and to each other. There is no fixed route and no leader. Anyone can decide which direction to take in response to their feeling, but all must take it. Therefore, you must be very aware of everyone in the group and all around you. You are moving together, but as one form. It may be helpful to keep no more than an arm's length distance between each person. Be aware of traffic and any other hazards.
6. Start your walk!
7. Please do share your experience, either via email to nathaniah@gmail.com, by posting on the facebook page – www.facebook.com/tappedcity or on Twitter tagging @natteronyeah.