This walk is about taking every opportunity to learn and to find ways to help each other learn. It is about building our curiosity about ourselves, each other and the world around us.

Learning is proven to be a key source of happiness and wellbeing.

Learning builds our self-esteem and confidence. It encourages us to take chances to develop our lives, and helps us build stronger relationships as we grow in understanding and curiosity about ourselves, each other, and the world around us. It helps us have a greater sense of purpose, value and hope. It can also help us set and achieve our goals.

Learning even in tiny, everyday ways, has a lasting effect on many positive parts of our lives.
Preparing for the walk

Choose the version of the walk you’d like to use.

Have some good examples ready yourself.

Decide how often you will encourage people to swap ‘learning buddies’ (e.g. every 10/15 minutes, every lap of the park etc).

If you have a regular walking group, you may want to tell people the plans the week before, so they can think about what learning they might want to share.

Introducing the walk

Introduce everyone to the Learning theme of the walk.

Outline the activity and how it works.

Encourage people to swap walking partners as they go.

The bite-sized version

Ask people individually or in pairs, to spot something on the walk to learn more about before next week, and share it with the group (the history of a street name, a type of tree or flower, the origins of a building…).
The walk & talk activity

**Learning Pick ‘n’ Mix**
(like learning speed dating, without strings!)

任何人都被邀请思考他们做过或做的事情，让他们感兴趣 -- 任何从他们去过的地方，到他们读过的话题，再到他们拥有的爱好...

- 您可以成对行走，并分享您认为最有趣的事情。
- 尽可能鼓励人们定期互换并分享他们的“学习”与他人。

**Alternative for regular or established groups…**

**Learning Relay**
(like a reading group without books and with walking!)

- 每周，小组中的某人提出在下一周分享他们的学习。
- 走路开始时，该人介绍话题，不超过3分钟。
- 所有人走路，分享他们对话题的想法和学习，如果他们不知道太多，可以思考他们对主题的好奇，提出问题。
- 走路后，该人“引领”学习话题，回答问题，并帮助小组进行简短的讨论。
If your group has a coffee or chat after the walk, you can use this time to ask walkers to share any learning they have most enjoyed during the walk.

Encourage people to look for something to learn during the week and to keep growing their curiosity as they walk around in everyday life.

Please send your feedback forms, plus any great ideas, wellbeing tips, questions or highlights from the walk or the conversations afterwards, to Happy City. They will help us improve the resources and we will share them with other walk leaders around the UK.