



How to Lead a Jane's Walk in 5 Simple Steps

1. Decide on a topic, theme, or neighbourhood to explore.

Think of a place or idea you'd like to explore. Here are a few questions to get you thinking:

- What do you know that you want to share with your community?
- What do you not know that you want to learn about?
- What do you care about and wish others cared about, too?
- What do you love about your city?
- What would make your city better?

2. Plan your route and discussion.

Walks can happen anywhere, from bustling downtowns to suburban neighbourhoods. Plan your route with safety in mind. Pick stops where it's safe to gather a group. Arrange for guest hosts to join you at a stop or two, to introduce a part of the neighbourhood that means a lot to them.

Ninety minutes is the most popular duration for a walk, with anywhere from 6 to 10 stops along the way. Sixty-minute or two-hour walks are okay too, if that's what your theme/area needs.

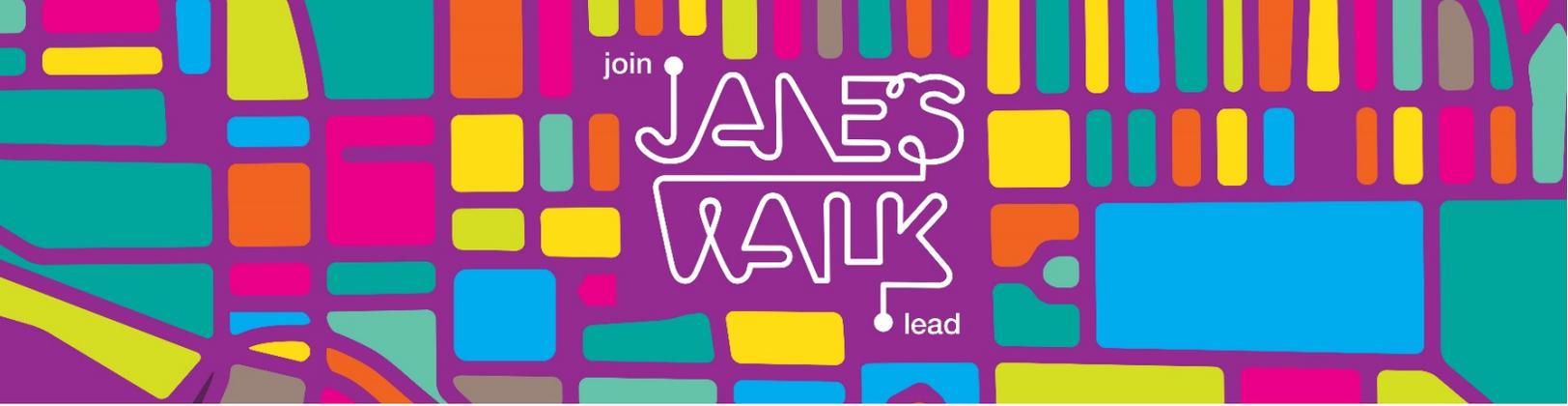
Decide what you'll say at each stop. This isn't a lecture, you don't need to know everything. A Jane's Walk is a unique story about how you see and experience a place or topic. Share what you know and ask people on your walk to share their thoughts and experiences too.

You only have to lead your walk once on the festival weekend. Pick a date and time that work for you. Choose a start and an end location near transit, parking, and public washrooms, if you can. If your end location is different than your start, be prepared to walk people back to the start so they don't get lost.

3. Consider accessibility.

Some routes will be more accessible than others. Even so, consider these factors when you plan your route:

- Strike a balance between talking, movement, and rest. This is a walk for exploration and conversation, not fitness.



- Try to find a few stops that have access to water fountains, restrooms, benches, and shaded areas. Even stops where there is something people can lean against, like a wall or a fence, can help.
- Find stops where there is limited background noise to ensure people hear you. Consider renting or borrowing a portable sound system. Practice projecting your voice. Wait until your group assembles at a stop before speaking. Always aim your voice to the person farthest away from you; that will help you speak loudly and be heard by everyone in your group.
- Consider terrain, curbs, staircases, gates, and other barriers that could hinder ease of movement. Avoid them if you can. Mention anything major in your walk listing.
- If you are speaking from particular professional expertise, avoid technical jargon.
- Think of how you can encourage people to participate. Questions like “What do you like about this park?” or “Anyone have a story about this place” will inspire more conversation than the standard “Any questions?”

4. Create your walk listing and get the word out.

Go to janeswalk.calgaryfoundation.org and set up a Leader Account. Then follow the template to create your walk listing. You can start, save, and go back to it later. The template requires certain bits of information you might not have thought about. It will help you set out all you need to set out to make a great walk. Contact us if you have any trouble and we'll help.

Once you finish your walk listing, the website system will guide you on how to submit it to Calgary Foundation. We'll review it and if we think it's ready, we'll make it public on the site. We'll let you know when it's public or we'll call you to discuss any concerns.

Once your walk is public on the site, let people know. We have poster templates you can use and email material too. We will promote the festival itself but we need every walk leader to help by promoting their own walk within their own circles and within the neighbourhood itself.

5. Lead your Walk!

Jane's Walks are free, non-registration, all-weather walks. Be at your starting location at least 15 minutes before your listed start time. We may have a volunteer assigned to your walk to introduce you to the crowd, and help if you need them. Bring a friend or two along; they can help you too.

Have questions? Give us a call at 403.802.7720 or jblack@calgaryfoundation.org

