

To book your place:

Email graham@walkeast.org

Call Graham Barker on
0791 922 1806

Or complete the booking form
below and post it to:
Walk East, The Old Bakery,
4 Stepney Green, London
E1 3JU



"I've lived in Bow for many years but have never taken the time to look closely... I've learned to see the area in a different way."

Course participant, October 2010



Photos from the Footpath Bringing Bow and the Olympics into Focus

BOOKING FORM

Please tick your preferred course, or tick both if you're happy to be on either one or the other. Both courses run from Saturday 7th May to Saturday 4th June.

- 'Around and About High Street 2012' (Saturdays 10 am – 1 pm)
 'From Mile End to the Olympics' (Saturdays 2 pm – 5 pm)

Name
Address
Telephone
Email

Do you own a digital camera to use on this course? Yes No

If you know it, please tell us your camera's make and model

Signed	Date
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We will confirm your place as soon as possible, and send you further details before the first course date. Priority will be given to applicants living in Bow.

Thanks to our sponsor:  Action for Bow

www.walkeast.org



Sign up now for a free photo-walk course
Starting on Saturday 7th May 2011





What are these courses about?

When dashing about by bus, tube or car, it's easy to miss the many interesting sights close to home. On a five-week 'Photos from the Footpath' course, you'll get a chance to slow down and take a closer look at what's around, using photography as a focus. Each week there's something new to photograph, whether it's wildlife in Mile End Park or Tower Hamlets Cemetery Park, architecture and local history in the Bow streets, or the latest Olympics developments.

There are two courses on offer:

- 'Around and About High Street 2012' (Saturdays 10am – 1pm)
- 'From Mile End to the Olympics' (Saturdays 2pm – 5pm)

Both courses follow the same format and include similar tuition in camera skills. Over the first four sessions, you'll explore different walking routes around Bow. There's group tuition and individual guidance to help you capture the local area in photographs. And along the way you'll hear stories about the parks, waterways and buildings that we visit. In the fifth session, we work together to create a group photo-book, as a lasting record of the walks.

Who is it for?

These courses are especially pitched at those who have limited or no experience of digital photography. But you're very welcome if you simply want to learn how to use your digital camera more effectively. If you own a digital camera, please bring that along – but if not, cameras can be provided each week.

Priority will be given to Bow residents – thanks to funding from 'Action for Bow' – but there are limited places available for people living elsewhere.

When and where?

Each course runs over five consecutive Saturdays, starting on Saturday 7th May and ending on Saturday 4th June. Please only apply if you can attend all five sessions. When you sign up, you'll receive full details of the five weeks, including meeting-up points.



Photos from the Footpath

- Learn how to compose, take and review digital photographs
- Make the most of your camera settings and functions
- Take a closer look at the plants and wildlife in Bow's parks and along the canals
- Get a fresh view on local history, architecture and street art
- Find out more about the Olympic Park over a coffee at the View Tube
- Create a photo-book and receive your own printed copy, free of charge

Sound interesting? Then join us on one of the 'Photos from the Footpath' courses.

Free course

Course leaders

Graham Barker is a journalist and walk guide. He writes 'Walk of the Month' for East End Life and his articles have appeared in *Country Walking*, *Psychologies* and *Time Out*.

Natalie Clarke runs photography training and events to help novice, casual and keen amateur photographers to develop their photography skills and experience.

