

Everyone who attends helps create this gathering and keep it moving. A host helps the room move through the activities, but what happens within them comes from the people taking part.

I. Arrive / Settling In (~10 min)

1. Please make sure you have at least:
 - 2–3 pieces of blank A5 paper per person
 - A pen or pencil per person
 - One additional sheet for the shared attendance list
 - Access to a phone with internet access for FreshFish — devices can be shared
 - A random object for inspiration during Creative Exchange (optional)
2. A shared attendance list is created as people arrive. Anyone can start it, and others simply add their names. One person keeps hold of it for the closing part of the event.
3. Welcome people as they arrive and help them settle into one or more groups of around 5–8. Adjust the groups as seems best for the room. Nobody should be left standing around wondering who to talk to.
4. Get to know the people in your group.

II. FreshFish (~1 hour)

1. Play FreshFish at **freshfish.one**, using one or more phones as needed. Move through each game together, talking freely and having fun.
2. Aim to play at least two games, time permitting.
3. If there is more than one group, announce when your group moves into a new stage. This helps the groups stay roughly in sync.
4. At the end of each game, if there is more than one group, reshuffle: the three highest-placed players in each group move to other groups, splitting up across them as evenly as possible while keeping the groups roughly the same size.
5. Play again.
6. After the final game, if there is more than one group, reshuffle in the same way so that everyone begins the next part with a different mix of people.

III. Creative Exchange (~1 hour)

1. Each person writes down a simple idea for something that could be made, done or shared by the end of the activity. The idea can be as basic as “take a photograph” or “write something.”
2. Pass the ideas around the group.
3. As each idea reaches you, you can add to it, change it, take it in a different direction or leave it as it is.
4. Keep passing the ideas until each one returns to the person who started it.
5. Read the returned ideas together and see what people are interested in doing.
6. Use the ideas as starting points. Work on one or more of them in whatever way seems best — together, in smaller groups or individually. Ideas can be combined, changed further, simplified, expanded or returned to an earlier version.
7. What you make or do might be a photograph, video, drawing, piece of writing, performance, recording, plan, invitation, social post or something else entirely.
8. Nothing has to be published or shared afterwards.

IV. Awards (~1 hour)

Awards Gathering (~45 min)

1. Each person writes their name at the top of a sheet of paper.
2. Move around the room and look at other people's sheets. Add an award suggestion if one comes to mind, add a tally mark to an award that is already there, or simply have a look at what others have written.
3. Awards can be sincere, ridiculous, affectionate, observant, York-related or anything else that seems fitting.
4. You can give an award to someone you know well, someone you have only just met, or someone you have not spoken to yet.
5. You can also add an award to your own sheet.
6. When it feels like the room is ready, return to your seats for the Awards Moment.

Awards Moment (~15 min)

7. Use the attendance list to call each person's name in turn.
8. When your name is called, choose one award from your sheet and share it with the room.
9. Keep the moment moving. Enjoy the reactions, then move on to the next person.
10. A quick acceptance speech is welcome if inspiration strikes.

V. Finish / Stay On

Once the Awards Moment finishes, the structured event is over.

You are free to say goodbye and leave, or stay and continue informally for as long as the venue or setting allows.

Leave the space as you found it, or better.

Sharing What Emerges

If something comes out of True York that you think is worth sharing more widely, you can send it to True York.

This could be a photograph, video, piece of writing, social-media link, artwork, project, idea or anything else you would like others to see.

Send it to:

share@trueyork.life

True York may include selected contributions on its website or in its newsletter, helping things people choose to share travel beyond the event itself.

Only send something if you are happy for True York to consider sharing it publicly.

Nothing has to be submitted or published.

Using These Instructions

These instructions are free to print, share and use to run a True York.

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If anything emerges that people would like to share, they can send it to **share@trueyork.life**.