

Hope Takes Flight

Call sign: HTF1

Designed 2025 by
Joe Russell for NHS
Blood and Transplant

Paper: A4 rectangle

This is an intermediate level
model, not a simple one. If
you do not have duo paper,
colour one side or just
colour the heart in step 34.

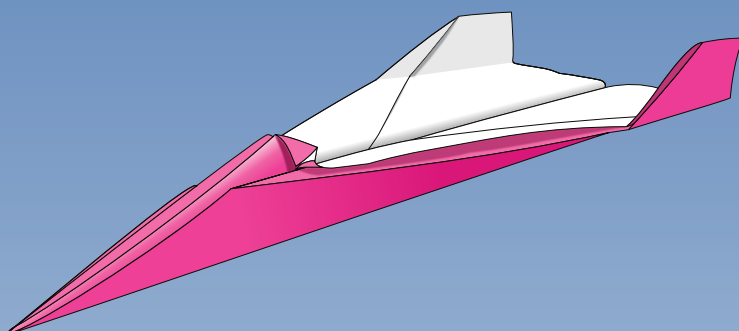
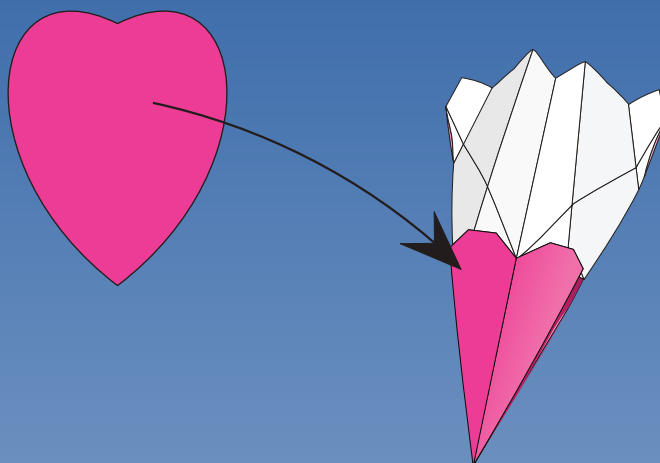
Key:

mountain fold

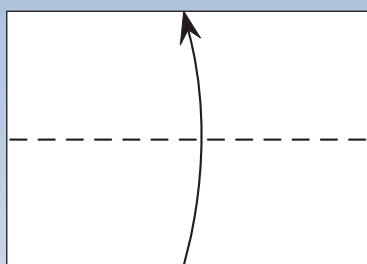
valley fold

URL:

<https://www.britishorigami.org/cp-blog-item/hope-takes-flight-origami-with-the-nhs/>



1



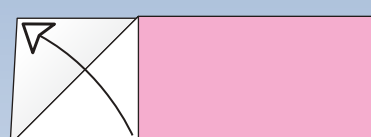
Valley fold.

2



Valley fold the front layer.

3



Unfold.

4



Turn over
side to side.

5



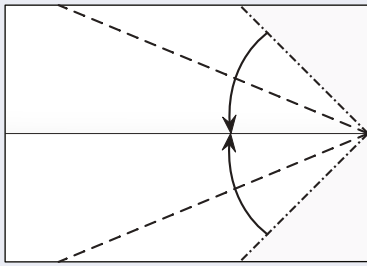
Fold and unfold the front layer.

6



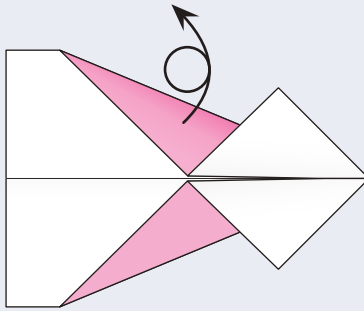
Unfold.

7



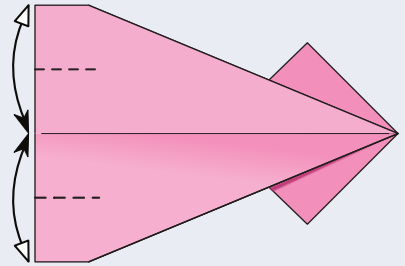
Pleat the corners
(shaded) to the
midline crease.

8



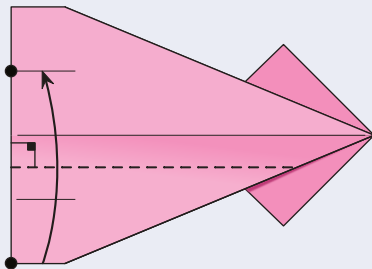
Turn over
top to bottom.

9



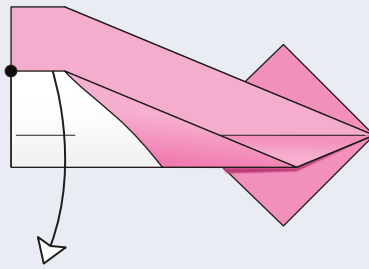
Valley fold and unfold to create
creases on the paper edge.

10



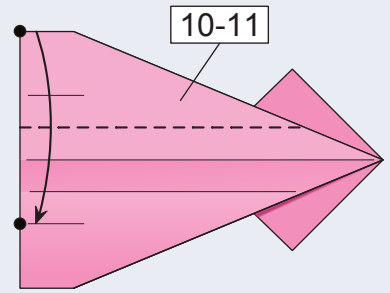
Valley fold the bottom edge
to the top crease of step 9
by first aligning the dots.

11



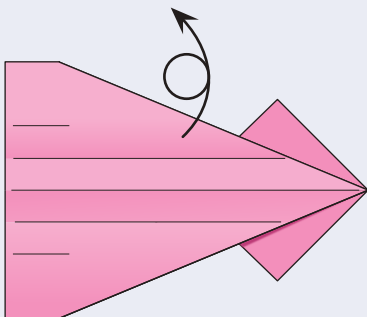
Unfold.

12



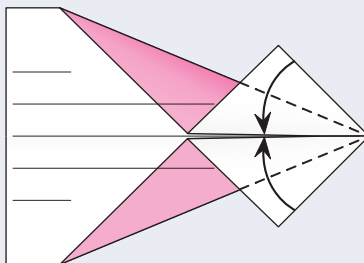
Repeat steps 10 and 11
at the top edge.

13



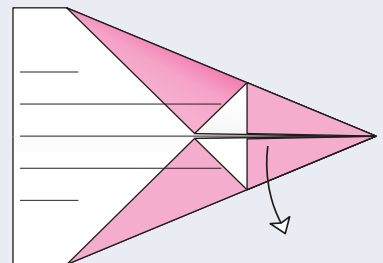
Turn over
top to bottom.

14



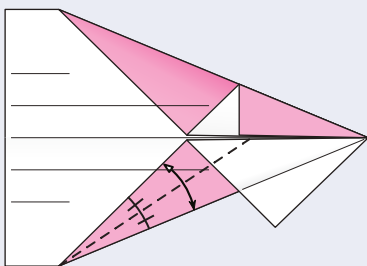
Valley fold.

15



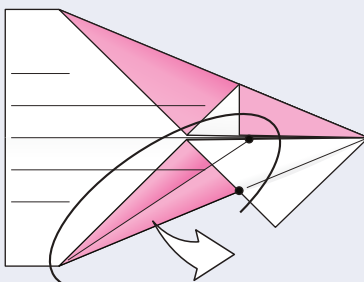
Unfold a raw corner.

16

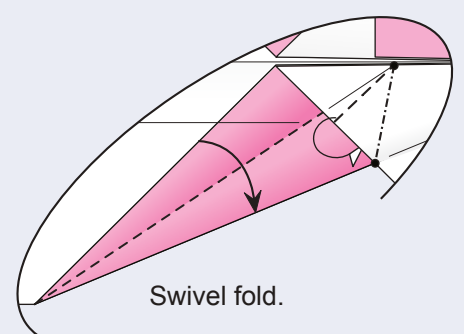


Valley fold and unfold
an angle bisector.

17



Black dots mark the
ends of creases made
in steps 14 and 16.

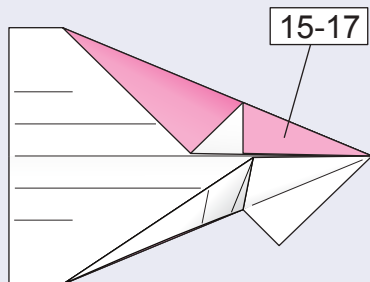


Swivel fold.

Place a mountain fold
exactly between the black dots.
If it helps, mark the lower dot with a pencil.

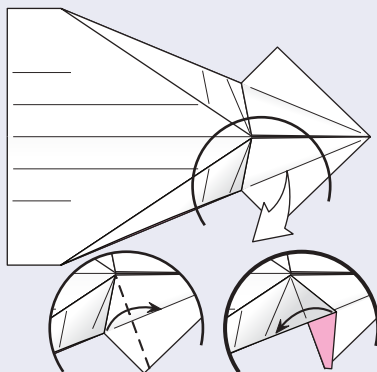
Tuck the paper edge under the
mountain fold as step 16 is refolded.

18



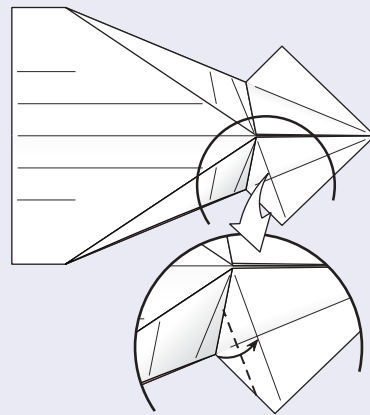
Repeat steps 15 to 17
on the top half of the plane.

19



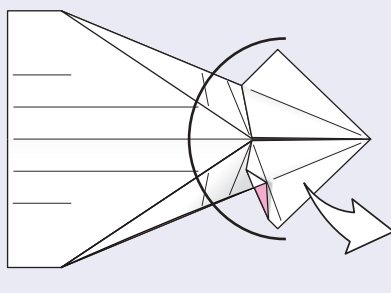
Fold and unfold a flap on its hinge.

20



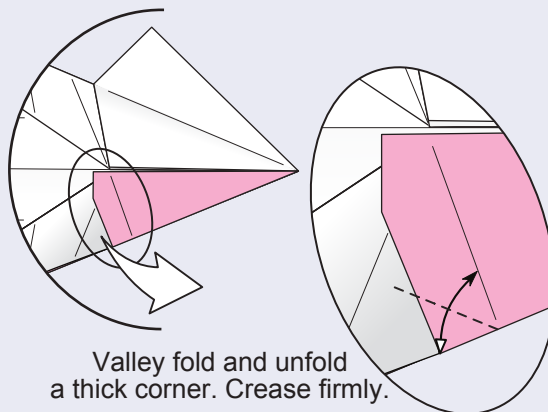
Valley fold a flap edge
to the crease of the last step.

21



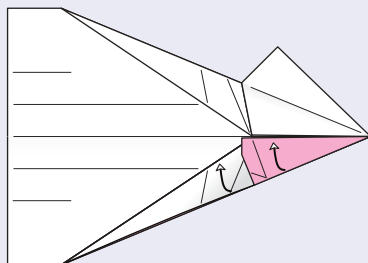
Valley fold on
the crease of step 14.

22



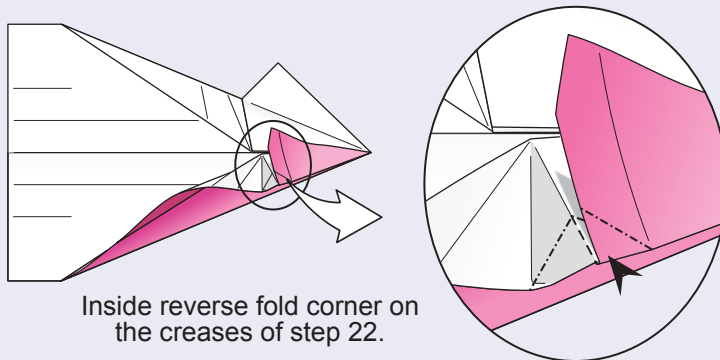
Valley fold and unfold
a thick corner. Crease firmly.

23



Lift up the top surface
of the bottom edge.

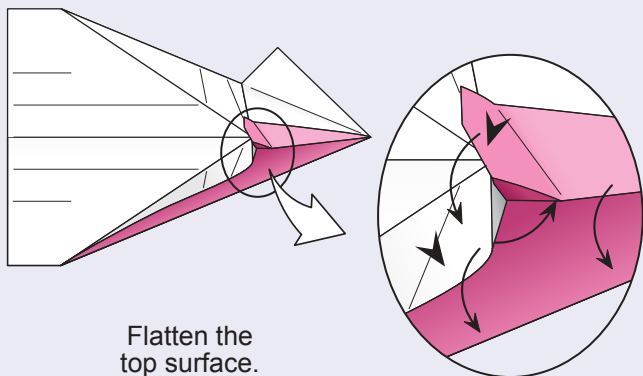
24



Inside reverse fold corner on
the creases of step 22.

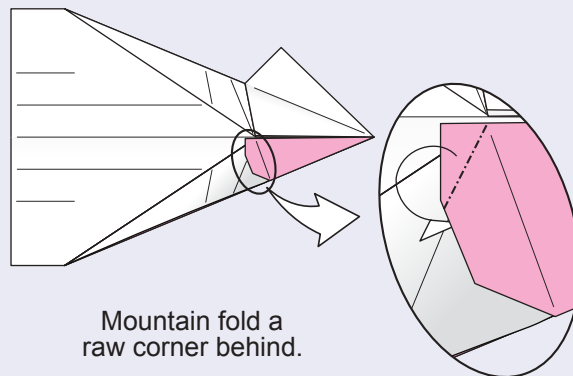
This will stretch the paper in the oval
of the last step into a 3D structure.

25



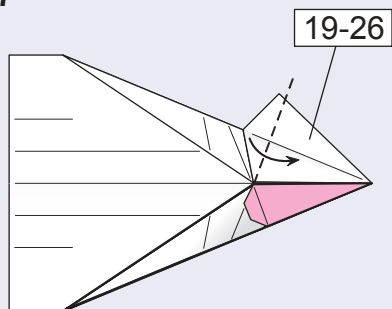
Flatten the
top surface.

26



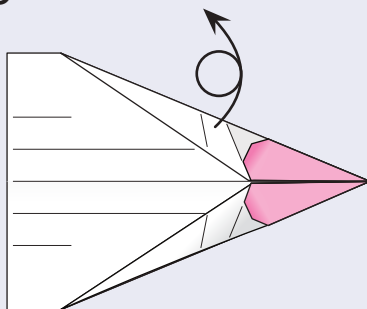
Mountain fold a
raw corner behind.

27



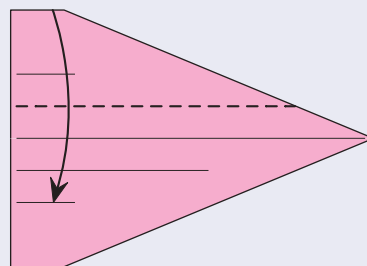
Repeat steps 19 to 26
on the top half of the plane.

28



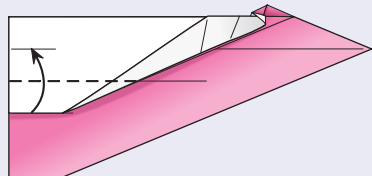
Finished heart shape.
Turn over top to bottom.

29



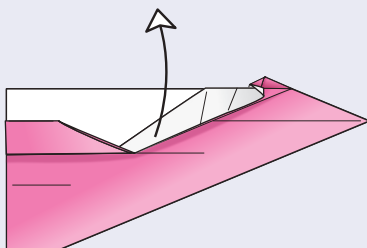
Valley fold the crease of step 12.

30



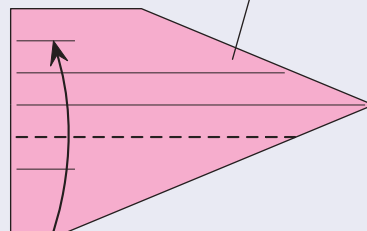
Valley fold a wing tip
to the crease of step 9.

31



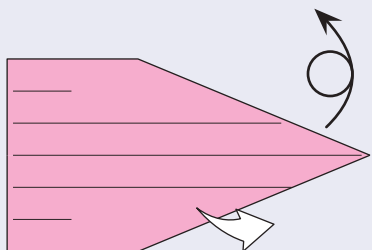
Unfold the wing.

32



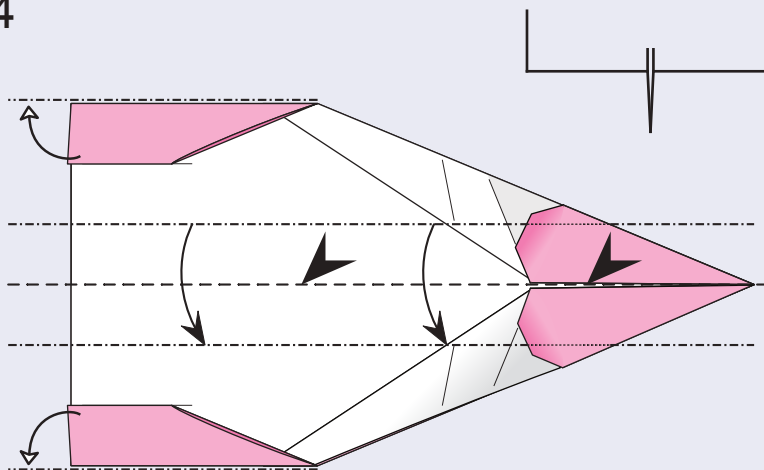
Repeat steps 29 to 31
on the other wing.

33

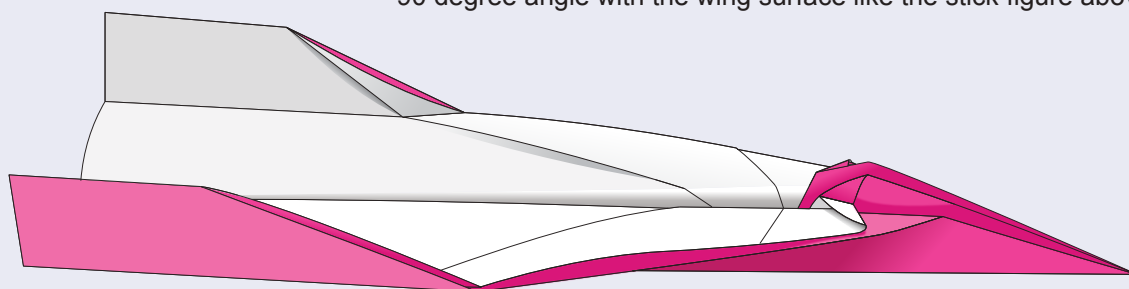


Turn over
top to bottom.

34



Pleat fold the centre of the plane. The long mountain folds run
under the heart, not through it. Bend the wing flaps to form a
90 degree angle with the wing surface like the stick figure above.



Finished HTF1.

Experiment with different sized wing flaps for optimal flight.