

JOHN MUIR AWARD

wild places:
DISCOVER
EXPLORE
CONSERVE
SHARE

John Muir Award News Autumn 2012

The John Muir Award is the main educational initiative of the John Muir Trust. It encourages people to connect with, enjoy, and care for wild places.



WHETHER, AND HOW
CONSISTENTLY, WE BUY
'ETHICAL' PRODUCTS



OUR LEVELS OF SUPPORT
FOR ENVIRONMENTAL
POLICIES



HOW MUCH WE
WALK OR CYCLE



HOW MUCH WE
VOLUNTEER
TO HELP OTHERS



THE TYPE OF CAREER
WE CHOOSE



OUR INTERESTS



WHAT WE EAT



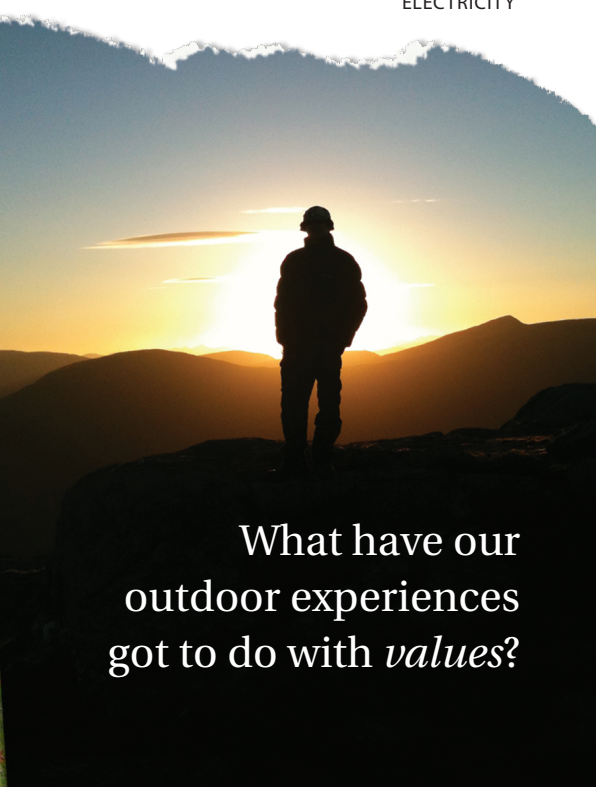
HOW MUCH WE
PICK UP OTHER
PEOPLE'S LITTER



OUR ECOLOGICAL
FOOTPRINTS



HOW MUCH WE
CONSERVE
ELECTRICITY



What have our
outdoor experiences
got to do with *values*?

Values, nature, the outdoors and the John Muir Award

Why do people do what they do?

Extensive research shows, categorically, that the determining factor is a person's values – 'the nest of beliefs and motivators, largely subconscious' - that underpin how we approach and respond to almost everything we encounter.

Values are our guiding principles – at the heart of how we form life goals, beliefs and viewpoints. They impact directly on our attitudes and behaviour – what we think and what we do. They are related more to our emotions than our rational faculties. And they are what so frequently make us choose something or perform an action before we have really thought about the consequences.

They can be activated, strengthened, changed, nurtured – they are malleable. Influencing factors include family/parents/peers, economics and education as well as media & advertising.

If we understand a person's values, then we understand better why they do what they do – and what can influence this.

Sources: Cultural Dynamics and Common Cause

Connections with Nature

Experts and research indicate that nature experiences can have significant impacts on values. Tim Kasser (see below) advocates 'getting into nature'

and 'disruptive experiences' – the kind typically offered within outdoor learning approaches – that provide opportunities for reflection and to consider a 'new narrative' for life.

Psychological scientists have found that the feeling of being in a complete and overwhelming sense of awe* – whether under a starlit night sky or witnessing an exhilarating view in a National Park – can make people more patient, less materialistic, and more willing to volunteer time to help others.

A wide variety of conservation and community groups have engaged with this area in recent months. Many have got involved with Common Cause (a coalition of organisations interested in working with cultural values) for a stimulating insight into how values underpin a concern for issues such as climate change, social justice, inclusion and democracy. Their handbook, workshops and website case studies (including a John Muir Award example) all explore the values that help create today's social norms and institutions, and what, in turn, shapes these values.

Membership & campaigning groups, National Parks and government departments are giving more thought to how and why their messages do and don't connect, particularly in relation to improving connections with nature. 'Looking through a values lens' – thinking about values that our own work relates to, and the prominent values of those we work with – is an important starting point.

A Role for the John Muir Award

We've started to ask people working with the John Muir Award across a range of sectors:

- What do you do in your work to engage with and nurture people's values?
- What's the role of nature and outdoor experiences in influencing values?
- How might the John Muir Award be a vehicle for this?

With others, we aim to help stimulate and monitor this discussion over the next six months in the following ways:

- We are participating in a 'Common Cause for Nature' piece of research along with 13 conservation groups
- We are encouraging colleagues and contacts to participate in national surveys (see below)
- We are seeking case studies of the John Muir Award in relation to values in a range of situations.

Let us know your thoughts!

*"Awe Expands People's Perception of Time, Alters Decision Making, and Enhances Well-Being"
Melanie Rudd and Jennifer Aaker, Stanford University Graduate School of Business and Kathleen Vohs, University of Minnesota Carlson School of Management

Values Information and Values Surveys

For information, and to participate in surveys, take a look at:

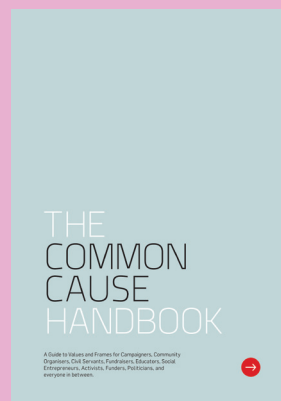
Cultural Dynamics cultdyn.co.uk – 'Values Modes' descriptions and reports. Take a questionnaire to discover your own values.



Common Cause

valuesandframes.org – a coalition of organisations promoting the case for working with values. Download the Common Cause Handbook for an excellent overview. See Case Studies on the John Muir Award, Eden Project, Fairtrade Foundation and others.

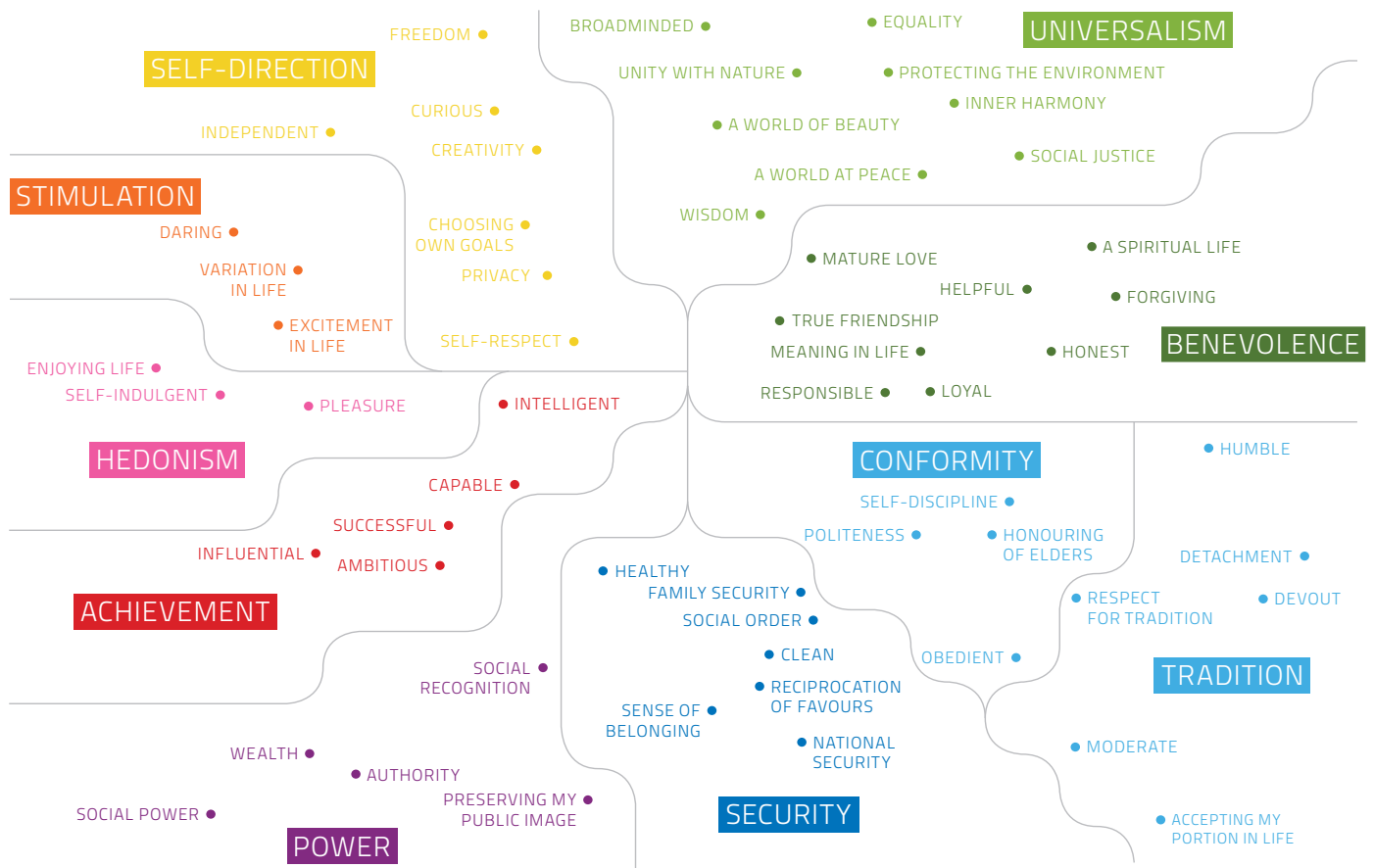
Common Cause Survey for Nature looks to the future of nature conservation. Take part at bit.ly/PW4vct



Tim Kasser, Professor and Chair of Psychology, Knox College, Illinois, author of *The High Price of Materialism* and consultant on Common Cause. Watch two short films explaining the 'universal' nature of values systems through a values 'circumplex'. Search online for *Tim Kasser values circumplex*

<< The Common Cause Handbook

Values



Early researchers into human motivations discovered a surprising consistency in the things people said they valued in life and put together a list of repeatedly occurring values. These values were found to be related to each other. Some were unlikely to be prioritised strongly at the same time by the same individual; others were often prioritised strongly at the same time.

The researchers mapped this relationship according to these associations (above). The closer any one value 'point' is to another, the more likely that both will be of similar importance to the same person. By contrast, the further a value is from another, the less likely that both will be seen as similarly important. This does not mean that people will not

value both cleanliness and freedom, for example – rather, they will in general tend to prioritise one over the other. Values can thus be said to have neighbours and opposites.

Source: Common Cause Handbook
Values map (above): research involved 64,271 people across 68 countries. See Common Cause Handbook for values definitions

The High Price of Materialism A 5 minute film showing how our contemporary culture of consumerism and materialism affects our everyday happiness and relates to our environmental and social values. Search for *The High Price of Materialism* on YouTube

Alex Gnanapragasam, St Andrews PhD study - 'A life history study into behaviours, values and the outdoors'. Leaders and participants (over 18) who have achieved their John Muir Award are invited to contact Alex ajg47@st-andrews.ac.uk if interested in participating in his study. First step is a 15 minute online questionnaire; second optional step is a 1:1 interview with Alex lasting approximately 1 hour.



2012 Gatherings – Values and the Outdoors

Since 2004, annual John Muir Award Provider Gatherings have offered the chance to network, share good practice, and explore new ways of getting involved. They are for all involved in delivering the John Muir Award.

Over 100 Provider representatives and supporters came together at three events in October to consider the connection between 'Values and the Outdoors', and how groups are using the John Muir Award to influence behaviour and attitude.

Providers – organisations that deliver the John Muir Award – came from a broad range of sectors that included schools, colleges, community learning, adult volunteering, outdoor centres, National Parks, youth work and countryside ranger services.

Activities

We introduced concepts covered on pages 2-3 (including the dot exercise below) and used discussion and outdoor activities to explore them further.

'Thought provoking – it's making me think about why we do what we do.'

'Practical ideas to translate the tricky landscape of values into something more concrete.'

'We will be thinking about how we use this in our Countryside Ranger Guided Walks programme.'

A National Park scenario was used to help think in practical ways about different audiences and their diverse motivations. *Who uses a National Park? Why? What do they do in the Park? How does that relate to other users?*

We applied these questions to:
Teachers leading a field trip - Farmers - Family day-trippers - Hill walkers - Jet skiers - Lads' weekend away - National Park Rangers - Ten Tors groups - Local businesses - Horse riders

How can outdoor activities stimulate and relate to certain values?

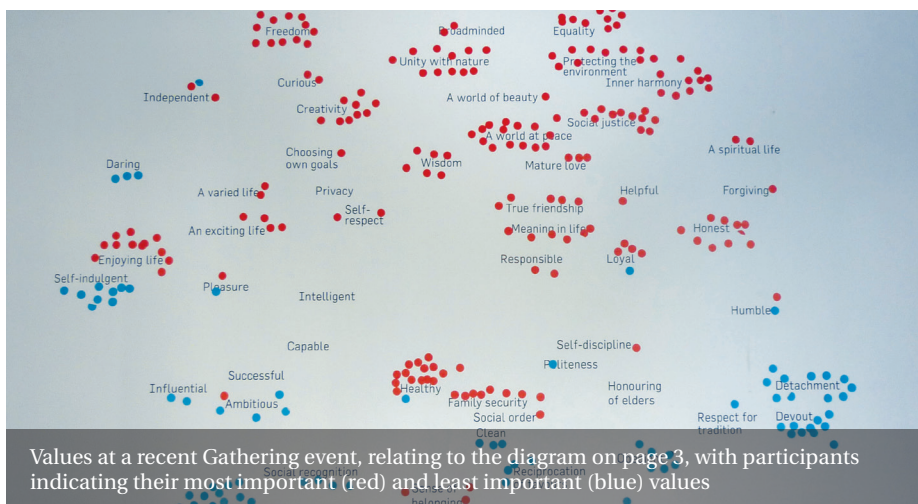
For one group venturing outside to explore this question, looking at the sky through branches of a Giant Redwood inspired awe and wonder (Spirituality). For other groups, focusing on seasons and creating art with fallen leaves excited a World of Beauty, a sense of Unity with Nature, Creativity and Curiosity, as well as a desire to Protect the Environment.

Outdoor experiences and nature connections we'd like to explore further, in a 'values' context:

- Residential experiences, expeditions
- Contact with positive role models
- Engaging with the seasons, food, natural systems and cycles
- Using phones, apps
- Going out in the dark
- Groups who prioritise different values to the organisations delivering their activities
- 'Unlikely partnerships' – shared activities between groups not normally associated
- Prolonging nature experiences
- Access and the importance of local opportunities



Some images from 2012 Gatherings



Values at a recent Gathering event, relating to the diagram on page 3, with participants indicating their most important (red) and least important (blue) values

To find out more about Gatherings, click on the button on our homepage johnmuiraward.org

We'd welcome your connections, stories or examples of how your work can relate to values thinking (including influencing behaviour and attitude).

Westminster Reception for Wild Places

The John Muir Trust hosted a parliamentary event in October to highlight the importance of wild places and the Trust's role in protecting and enhancing them. The reception was hosted by Lord Smith of Finsbury who introduced the Trust as one of the most important environmental organisations in the UK today.

Guest of honour Sir Chris Bonington spoke touchingly about the importance of wild places to people's lives. Guests heard about his first explorations in wild places in Devon and Cornwall close to where he grew up; of going up Snowdon for the first time after hitching there with his friend; and how much the wild places of Scotland mean to him. Sir Chris recalled the excitement he felt on his first ever approach to Rannoch Moor, his many adventures in the Cairngorms, his first ascent up Suilven in Assynt and of the annual camping adventures he had with his wife and children in the wilds of Sutherland.

The Trust's chairman John Hutchison talked about the legacy of a wee boy from Dunbar, John Muir, who went on to inspire millions of people to protect important areas of wilderness. He reiterated the Trust's message that, in the face of growing pressure, the UK's wild land needs more protection to ensure it continues to provide us with essential benefits for existing and future generations. John reflected on the importance of connecting people with nature and wild places, mentioning the role that the John Muir Award plays in helping people from all sorts of backgrounds get into the outdoors and play a role in conservation.

Guests included Secretary of State for Environment, Food and Rural Affairs, Owen Paterson, and MPs from across the political spectrum. The Trust was also joined by members and supporters, government officials and representatives from a range of organisations.

Sir Chris concluded: 'I'm delighted to highlight the exemplary work of the Trust in introducing people of all ages to the outdoors through the John Muir Award, and in managing wild land sensitively and enhancing its protection.'

England and Wales Developments

With support from the John Muir Trust and the Heritage Lottery Fund, the John Muir Award staff team is expanding to manage increased Award activity in England.

A John Muir Award England Manager will be joined by an England Education Manager and Award Administrator. A new office in Matlock, Derbyshire, hosted by YHA within their head office, gives us a well-supported base in a central location.

Consolidating and expanding the take up of the John Muir Award in England is a great opportunity to help new Providers introduce many new people to wild places and reach across the country.

2012 has seen some exciting developments for the John Muir Award in Wales, with many new organisations, schools, communities and projects getting involved. Following his appointment in March, Phil Stubbington, John Muir Award Manager for Wales is settled in and enjoying the position and being a part of the on-going achievements of John Muir Award participants in Wales.

See page 11 for John Muir Award training dates >>

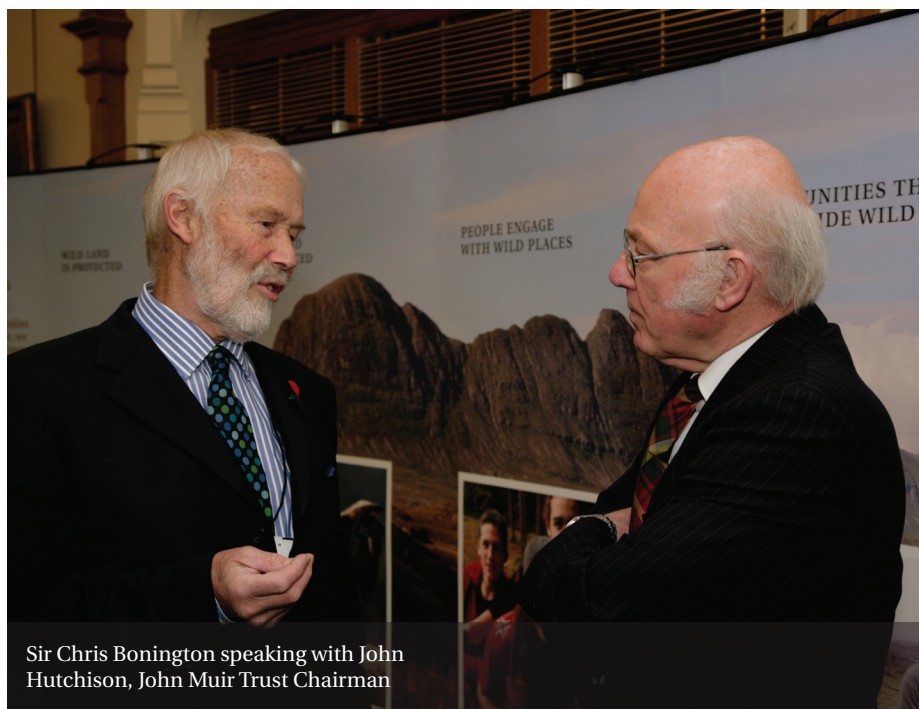
Supporting Change in North East England

The John Muir Award in North East England has secured extended funding from its core funder, Natural England. This *Access to Nature/Supporting Change* grant extends our presence until the end of March, giving an opportunity to explore longer term funding and partnerships.

It heralds a milestone in the successful partnership between the John Muir Trust and the Outdoor and Sustainable Education Service (OASES). In 3 years over 2000 people from the Tweed to the Tees have achieved a John Muir Award, with over half from socially excluded backgrounds, and over 200 wild places have been improved. Young people from all walks of life have been supported to gain new skills, confidence and a greater interest in spending time in the outdoors.

We are keen to maintain a dedicated management role in the North East beyond March, through funding or partnership placement – get in touch if you can help.

North East changes will also see a new Regional Manager join the OASES team. In November Amy Boud (previous England Manager) takes over from Sam Finn who is leaving the post to study.



Sir Chris Bonington speaking with John Hutchison, John Muir Trust Chairman

Image: Adam Swain

Funding for Young Cumbrians to Explore Lake District National Park

The John Muir Trust has received funding from the Institute for Outdoor Learning to support disadvantaged groups in Cumbria to create new opportunities for adventurous outdoor experiences.

The fund will help 10 groups of young people aged 12-21 to explore, connect with and enjoy their local countryside and in particular broaden their horizons within Cumbria. They will have the chance to achieve their own John Muir Award.

Support is offered to identify activities, plan a programme and submit a John Muir Award Proposal; for costs of equipment hire or instruction; for travel costs to visit the Lake District National Park.



Millom School has successfully applied for £300 for a day of activities in the Duddon Valley provided by Low Bank Ground OEC. Additional outdoor activities will include conservation work local to Millom. This will be linked to a classroom focus on the Lake District National Park and their perception of special qualities of the places they visit and their understanding of environmental issues.

'When I asked them what they had done over the summer holidays it emerged that not one of them had been out of Millom. I really want to take them into the National Park so that they can see for themselves what is special about it.' *Jan Taylor, Millom School*

This funding and support – tailored to your group – is limited so don't delay in contacting Graham Watson, John Muir Award Regional Manager for Cumbria, by phoning 01539 792653 or email cumbria@johnmuiraward.org



FREE – YHA Membership for Award Contacts

Yes, you read that correctly. The YHA (England and Wales) is offering one year's free membership to John Muir Trust members and John Muir Award participants/supporters. More details on YHA membership types can be found in the Members' area via [jmt.org](#) under *Current Members' Offers*. Simply phone the YHA contact centre on 01629 592700 quoting reference number JMMEM-612. Offer valid until 28 February 2013.



National Parks – new Resource Guide

Download John Muir Award Resource Guides for an overview of links with a range of topics and a list of useful websites for further information. These pdf guides can be found on our website johnmuiraward.org on the Resources and Links page.

Our newest guide will help you find out more about National Parks and where to go for information about them.

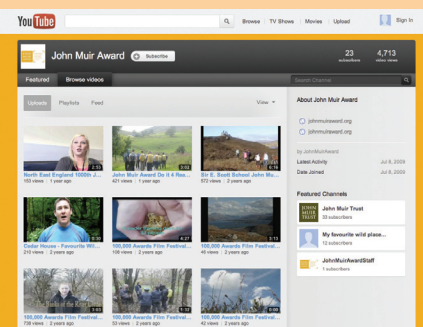


Case Studies

For ideas and inspiration visit the Case Studies page of our website. Read about John Muir Award activity from across the country and from a diverse range of Award Providers. Find out about how Bellahouston Academy, Glasgow, uses the Award as a framework to deliver Curriculum for Excellence outdoors, how the London Wildlife Trust are building confidence in young people who are preparing to leave care, and how a group of adults in the North East created an art exhibition based on their walking adventures along the coast. Click on the Case Studies button at johnmuiraward.org



Image: Keith Branne



YouTube Channel

The John Muir Award YouTube Channel has had a summer make-over. It's now easier to enjoy films from the wide ranging organisations that deliver the John Muir Award. You can view a 16 minute film introducing the John Muir Award, re-live our 100,000 Awards celebrations, or simply be inspired by partners' films.

Visit youtube.com/johnmuiraward and get in touch if you would like to share your experiences by contributing.

John Muir Award e-bulletin

We send out an e-bulletin around 5 times per year. If you'd like to receive up-to-date information on our training, events, funding and other relevant items, register via info@johnmuiraward.org Find recent e-bulletins on the News page.

Welsh Language Developments

Award participation in Welsh has been on the rise in recent years. There has long been a presence of Welsh language Award activity, with a full suite of bilingual resources since 2006. We have been delighted to welcome new Welsh Language Providers, including Urdd Gobiath Cymru and Gwynedd and Ynys Mon County Councils.

Brecon Beacons-based 'Call of the Wild' has been using the John Muir Award since 2004, helping over 2000 pupils achieve Welsh Language Discovery Awards. "The John Muir Award has been an invaluable framework for young people to get back to enjoying nature. It makes them look deeper into the world they see around them, fueling their imagination and creativity. The John Muir Award helps to develop their communication and extend their Welsh Language vocabulary, learning words that they would not come across in everyday life". *Dave Thomas, Head Facilitator at Call of the Wild.*

A Welsh Language Leader Training event has been proposed for 2013 for schools, clubs and organisations to further interact with the John Muir Award through the medium of Welsh.

To register interest contact Phil (details on the back page).

Gàidhlig John Muir Award

With funding secured from Bòrd na Gàidhlig the John Muir Trust has developed and launched Gaelic John Muir Award resources. Young people from Islay, Lochaber, Inverness and Skye successfully completed a Gaelic John Muir Award pilot, and this year will be joined by Glasgow pupils looking to enhance their Gaelic language skills through outdoor learning.

These new resources are freely available to anyone across Scotland and beyond wishing to participate in the John Muir Award through the medium of Gaelic.

The Scottish Government Minister for Learning Science and Scotland's Languages, Dr Alasdair Allan MSP, helped launch the new resources at an Eco-Schools partnership event on Skye. Dr Allan said: "Thousands of young people across Scotland have already got involved with the John Muir Award, which help pupils understand and further appreciate our environment. I am very pleased that access to their resources has been broadened to include young people who speak Gaelic. It is a popular programme in Scottish schools and provides great opportunities for young people to learn and develop skills in engaging ways, which is of course a key aim of Curriculum for Excellence. Offering these resources in Gaelic will widen opportunities and encourage more young people to get involved."

Colleges in Scotland

John Muir Award activity in Scotland's Colleges has been on the rise over the past 12 months. During the last academic year 22 out of the 41 Further Education Colleges across Scotland were involved, up from 10 Colleges during 2010-11. Award activity has been tailored to engage and challenge students at suitable levels.



Its adaptability means it can be relevant to a range of subject areas and levels, and encourages cross-curricular learning. This year the John Muir Award has been delivered in college courses ranging from HND Countryside Management and Intermediate 2 Childcare, to Citizenship and Prince's Trust Team programmes. "I think colleges are attracted by the clarity of the Award and the fact that it's free. It focuses on a range of skills and can easily be adapted to suit different environments and needs." *Karen Lawson, Scotland's Colleges*

Thirteen Further Education Colleges deliver the Award as part of access and transition courses to help young people into full time college courses or preparation for work. This links with the commitments made to young people in the 2012 Scotland's Youth Employment Strategy.

Briony Williamson delivers the Award with Enable Scotland at Reid Kerr College and has found it a useful tool to help build skills for employment: "It was hoped that not only would the students take part in new experiences and learn about nature and conservation, but they would also gain some valuable employability skills, and we received really good feedback from all of the students who took part... We at Enable Scotland and Reid Kerr College are always looking for new and exciting ways to teach employability skills and the John Muir Award has been fantastic."



John Muir Trust Chairman, John Hutchison, Eco-Schools Scotland Manager, Kate Campbell, and Dr Alasdair Allan MSP are joined by Gaelic learners at Scotland's Gaelic-medium college, Sabhal Mòr Ostaig, Isle of Skye

Cumbria Reflections

Barry Curley delivers outdoor learning courses on Orkney and works freelance in locations around the world. He took part in a Leader Training event in Cumbria last year and decided to undertake his own John Muir Award. Focused on an area close to his home in Ulverston on the edge of the Lake District National Park, he wanted to get an even better understanding of his locality.

"I could write a lot here but think that as a lot of my "exploration" was carried out alone, I shall keep a lot of my deeper, reflective thoughts for myself. I'll just say that by becoming involved in the John Muir Award, I have gained an awful lot. I certainly will not take any landscape/environment for granted again. I no longer journey 'on' a landscape but feel that I somehow become part of it and know for sure that whatever my actions, I will always leave some trace of my passing. Hopefully these will be positive and with time, with others buying into the ethos, more folk will come to enjoy their part of the world, will see the value in protecting it and in sharing it with others. I didn't realise just how much John Muir and the Trust would change the way that I interact with the wider world."



Ulverston from Birkkrigg Common by moonlight. Image: Barry Curley

Record Numbers in North East England

July 2012 saw the most John Muir Awards achieved in the North East in one month. 211 were achieved with almost 90% achieved by school children completing their Discovery Awards after spending a whole academic year taking learning outside the classroom.

St John's Chapel Primary in Weardale spent the year working on their 'Our Environment' topic. They planted over 100 trees within the North Pennines Area of Outstanding Natural Beauty, but not content with just a local challenge, the children and their teachers walked the 45 mile length of the John Muir Way in East Lothian. Their head teacher aimed to widen their horizons, contrasting the coast where John Muir grew up with the valleys of Weardale. The children walked further than they ever had in their lives, visiting the Scotland to learn more about John

Muir. Head teacher Kerry Evea has no doubt in her pupils' abilities:

"We knew we were taking on a challenge walking such a long way, but as we have never done the John Muir Award before

we wanted this year's residential to be special. The children have worked really hard on their environment topic, created some wonderful artwork and learned a lot about their local landscapes in school. It was an epic journey!"



Pupils and their teacher from St John's Chapel Primary School in Weardale on the John Muir Way in East Lothian

Image: St John's Chapel Primary School

Award Activity – Family Feature

In response to growing demand, we created a 'Family' category for John Muir Award involvement last year. Here are two examples of how this has been picked up.

Taking Nature Home in South Tyneside

Based at West Boldon Lodge in South Tyneside, a unique environmental education centre, twelve families met each month and with the help of Groundwork South Tyneside and Newcastle staff, worked in teams to meet the four challenges of the John Muir Award. West Boldon Lodge Coordinator Rebecca Maw undertook her Family Award with her oldest daughter. "Isabel has been so enthusiastic about working on our John Muir Award together. She particularly loved getting her hands dirty exploring for bugs, she has even given me some new ideas for teaching children that come here!"

Through games, structured activities and crafts the families learned about preserving local wildlife that surrounds the centre. They cleared the site of litter, built bird feeders, constructed insect piles, participated in a lichen survey and helped with site maintenance. The families shared their John Muir Award experiences with demonstrations around the campfire, inviting friends and other family members along to see what they had achieved. The Oxberry and Purvis family taught the group about lichens they had surveyed in

the reserve and how the lichen present on trees can indicate pollution levels. After learning how to make bird feeders, the Purvis family also built some in their garden at home. Dad Ian said "We hung the feeders on to a tree close to the boys' bedroom window; they can now identify the birds who come to feed there. It's great to see them looking outside rather than in at their computer screens!"

The benefits of the project have been far reaching; many of the families have shown more interest in exploring wild places in the region, making visits to local woodlands and the coast.

Sam Finn, North East England Regional Manager

Dartmoor Families

We have run the Award with cohorts from our Ranger Ralph Club which is run for families with children aged 5 – 12.

Whilst the individual children join the club, parents always accompany them and over the years our evaluations have demonstrated considerable increase in knowledge and change amongst parents.

The John Muir Award provides us with a really useful and usable format to help develop deeper 'family learning'. Our usual Ranger Ralph Club activities last for half a day to a whole day. What the John Muir Award does uniquely is to provide a clear, simple and attainable structure that incorporates a sense of 'standard

of achievement' for both children and parents, with a commitment over time leading to a far deeper engagement by all participants. Our evaluations clearly show that children respond specifically to opportunities to explore, have fun, learn about wildlife and contribute through conservation tasks. On the other hand parents value the opportunity for interpersonal learning, both with their children and other adults. They are often surprised at their own journeys both cognitively and emotionally.

Adult responses to the experience included:

- *I would now try to make more time to enjoy the moor on a different level, not just to fly kites and run around. I'd even consider volunteering to help conservation'*
- *I managed to move from a place of cynicism to a place of gratitude by sitting on a rock in the middle of the river.'*

Changes noticed by children included:

- *I look after things more*
- *I'm more interested in looking after Dartmoor*
- *I'm thinking more*
- *When you look close you can see more*

Orlando Rutter, Senior Learning & Outreach Officer, Dartmoor National Park Authority



Lichen sharing



Family achievement



Natural Childhood

All children should have chance to develop a personal connection with nature. That's the simple thinking behind a National Trust-led campaign – although 'campaign' is too limiting a term for something that ultimately aims to instil a culture shift in society.

Dame Fiona Reynolds, National Trust Chief Executive, wants it to be "not a campaign, but an inspiration. The challenge is society wide, so only a society wide solution will do. Getting outdoors and closer to nature is fun, energising, vital. Our efforts must reflect that. We want our children (and their families!) to explore and experience nature above all because they want to – not just because they should."

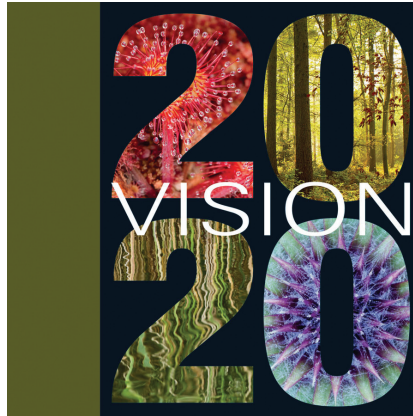
The Natural Childhood Inquiry began in Spring 2012, leading to a report and conference in September, *Reconnecting Children with Nature – Findings of the Natural Childhood Inquiry*.

It is working towards a large-scale collaborative effort to:

- make more of the curriculum and school grounds to connect children and nature
- grow, promote and better connect accessible nature spaces in every community
- support the need for adventure in children's lives
- promote nature and outdoor play as a fun part of a healthy, happy and enjoyable family life

See article in the John Muir Trust Journal No. 53, Autumn 2012 and web news item at jmt.org

Search online for *Reconnecting Children with Nature*, National Trust



2020VISION Book and Roadshow

2020VISION is an all-media enterprise about why wild nature really matters to everyone. It's also the biggest photography-based project ever staged in Britain.

The 2020VISION Flagship Book

Packed with wonderful photography charting the progress of the assignments, the book provides a compelling narrative of this unprecedented and valuable project.

The 2020VISION Roadshow

The images, film and sound gathered by the 2020VISION team form the basis of 2020VISION's main output, a major event which will take place at locations throughout the UK between 2012 and 2015. See it in Dundee until February, then Derbyshire until April.

See 2020v.org for more details.



Mission:Explore Food Book

Mission:Explore have created 'a revolutionary cookbook, guide, fieldbook and atlas to what we grow in the ground, chase around fields, put in our mouths, poo out of our bums and plant our seeds in. The book includes scores of both delicious and disgusting recipes, missions, games and wisdom on good ways to find, eat and dispose of food.'

Written by The Geography Collective (a team of teachers, academics, artists and explorers) in partnership with City Farmers and illustrated by Tom Morgan-Jones, Mission:Explore Food will go where no other family food-related book dares!

Find out more at missionexplore.net and buy it online by searching for *Mission:Explore Food*.



Image: Ian Logan

The Stevenson Way

The Stevenson Way is a unique wilderness walk across the heart of Scotland from the West Coast of Mull to Edinburgh. It's over 230 miles long and is based on the book *Kidnapped*, by Robert Louis Stevenson. Centred on real historical events, it's a great way to explore Scotland.

Stevenson Adventures is a charity that has been set up to work with agencies who support disadvantaged teenagers, providing qualified staff to run walks and expeditions for their own clients. It promotes the Stevenson Way as a long distance wilderness walk in Scotland to the benefit of the general public and offers guided walks on the Stevenson Way as a means to support work with disadvantaged teenagers. stevensonway.org.uk

Project Wild Thing

Project Wild Thing aims to persuade one million children to enjoy the benefits of nature. It challenges people in towns, cities and the countryside across the UK to leave behind the cosy indoors and get outside into the wild. 'Spending time outdoors is fun, it's good for you and it's free. Given the opportunity, kids love being outdoors.'

It offers:

- Website links to organisations and other campaigns that help get kids, and families, out into the wild. The website will become a central hub to find out how to leave the indoors behind, providing information, suggestions and opportunities for getting in touch with nature.
- The Wildtime app, to help parents and children who are looking for fun in the outdoors but aren't sure where to find it.



See projectwildthing.com for loads of great resources including videos, info and links to other campaigns & resources.



No More Heroes?

Who inspires you and those you work with? An article in the November 2012 BBC Wildlife Magazine asks 'Who are our modern conservation heroes?'

'When Sir David Attenborough appeared on Desert Island Discs earlier this year, he was breaking a barren streak that stretched back to 2005 – in the intervening seven years, no naturalist had been invited to retreat to a remote island with just their eight records, book and luxury item for company. In contrast, conservationists, wildlife film-makers and nature writers were cast away on a regular basis in previous decades, and with this in mind,

[BBC Wildlife Magazine] is carrying out a poll to see which wildlife expert you would most like to see on the show.'

You can vote for one of 10 of Britain's most important conservationists (by 19th November) at discoverwildlife.com/heroes

We thought this was a great prompt for discussion:

- Who is a modern day John Muir? Do we need one?
- Do we have local or national champions?
- Who inspires the people you work with? Why?

Why not include this as part of your own John Muir Award sharing?

John Muir Award Training dates 2013

Training isn't essential to deliver the John Muir Award – reading the Information Handbook and looking at examples online is often enough (see website Resources and Links page). However, two-day residential courses give a thorough introduction to the John Muir Award and opportunities to network and share thinking with others.

Visit johnmuiraward.org for dates, venues and booking details.

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|-----------------|---|
| 26-27 February | Northumberland National Park, YHA Once Brewed, Northumberland |
| 5-6 March | South West England – TBC |
| 23-24 March | Lake District National Park, Langdale Youth Hostel, Cumbria |
| 24-25 April | Wiston Lodge, Biggar, South Lanarkshire, Scotland |
| 27-28 April | Cairngorms National Park, Gulabin Lodge, Spittal of Glenshee, Scotland |
| 3-4 September | Lake District National Park, Patterdale Hall, Cumbria |
| 14-15 September | Loch Lomond & The Trossachs National Park, Callander, Stirlingshire, Scotland |
| 18-19 September | Wiston Lodge, Biggar, South Lanarkshire, Scotland |
| 24-25 September | FSC Rhyd-y-creuau, Snowdonia, North Wales |

Cost: £120 for two days, including food and accommodation (reduced rate of £80 for charity representatives and those attending in an individual capacity).

How to Book: email info@johnmuiraward.org with the date and venue to confirm that spaces are available. For more information on Leader Training visit the website.

Membership of the John Muir Trust

Beautiful. Exhilarating. Inspiring. Essential.

Do you love soaring mountains, remote beaches, ancient forests, tumbling waterfalls? The sight of snow-clad hillside, the feel of the wind on your face? If you do, why not join the John Muir Trust?

The Trust is the UK's biggest wild land conservation charity. We own and look after a number of beautiful properties, including Britain's highest mountain, Ben Nevis; one of Britain's most magnificent beaches, Sandwood Bay; and scenic wild land in Skye, Sutherland, Knoydart, Perthshire and the Scottish Borders.

We love wild places and 10,000 members support us in our work, which includes running the John Muir Award scheme; helping nature flourish on our properties; campaigning to keep wild land free from intrusive development; and encouraging people of all ages and backgrounds to value nature and wild places.

Membership costs just £15 a year for those involved in the John Muir Award, £30 a year for other individuals, £60 for a group/organisation and £42 for a family.

Join us

If you're passionate about wild places, please join us at johnmuirtrust.org or ask your Award Manager for more information.

Quinnag, purchased in 2005 by the John Muir Trust. Image: Keith Brame, brame.photoshelter.com

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