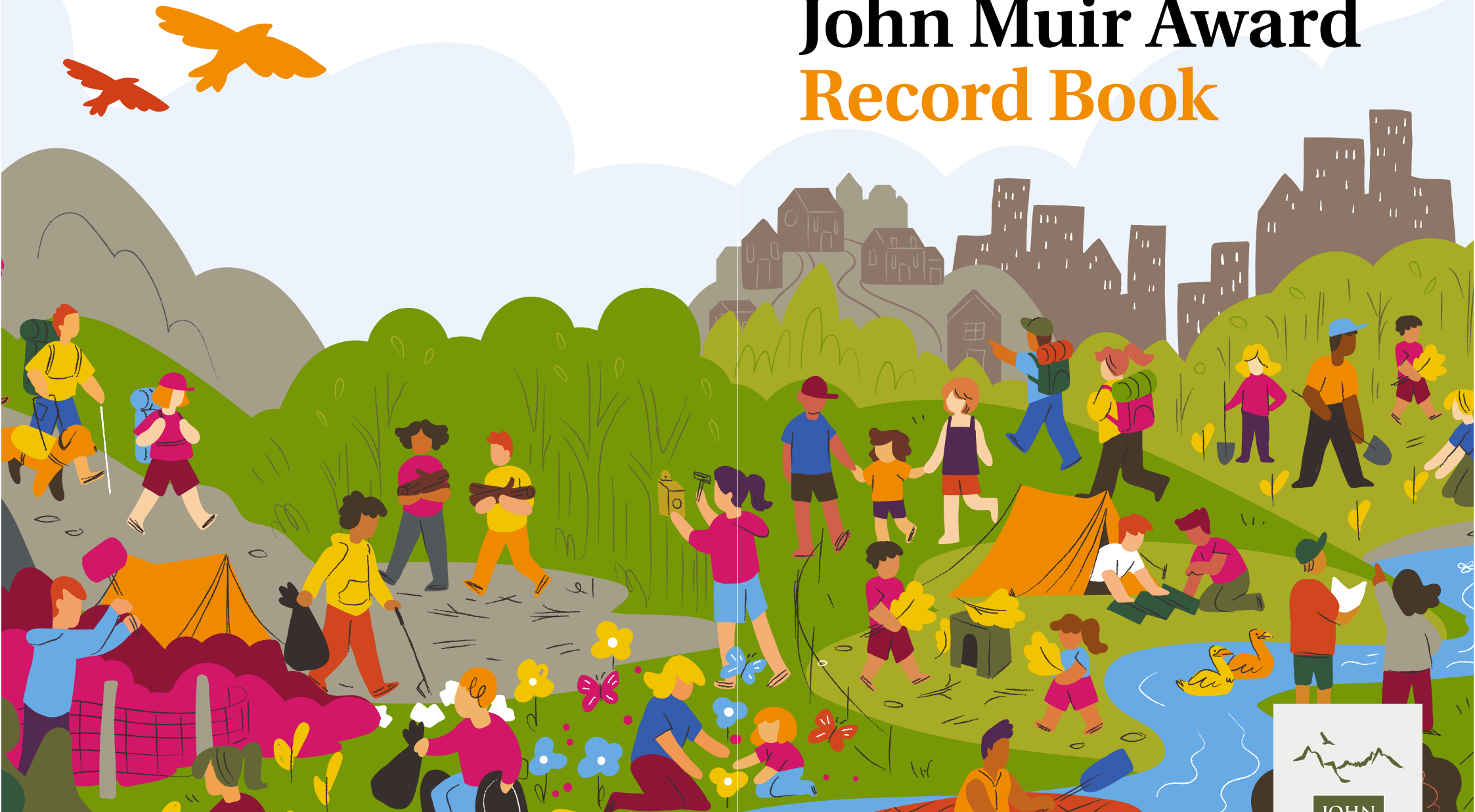


John Muir Award Record Book



Name:

Group:

If found please return to the above.

About your Record Book

Use this to record your experiences during your John Muir Award activity – what you do, see, sense, find out...

Draw, sketch or paint. Write quotes, stories, songs, names of things, poetry, or make rough notes to remind you of what you've done. Stick things in it. There's no set way for you to fill in your Record Book. No two are the same.

Your Record Book is a personal memento of what you've done. There's no need to send it to us when you complete your John Muir Award.



Illustrations: Calumna Design
Design: Inkcap Design

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(Charity No. SC002061 Company No. SC081620).
Registered office: Tower House, Station Road, Pitlochry, PH16 5AN

About the John Muir Award

Founded in 1983 the John Muir Trust is a leading voice for the UK's wild places.

We care for some of the finest wild places in Scotland, including Ben Nevis, Knoydart, Sandwood and areas on Skye. We also work in partnership to manage land in England near Helvellyn in the Lake District and Charterhouse in Coventry.

We define wild places as areas where natural processes are able to thrive, whether that's urban green spaces, national parks, rivers, mountain ranges or woodlands.

The John Muir Award is our environmental award scheme that encourages people to connect with, enjoy and care for wild places. Since its launch in 1997 over half a million people have completed an Award.

We believe that everyone should have the ability to access wild places and the chance to experience their numerous benefits. By completing a John Muir Award, you are making a real difference to the conservation, protection and restoration of wild places - thank you!

johnmuirtrust.org/award



What's involved?

The John Muir Award meets you where you are on your journey with wild places. Whether you are new to wild places, or already enjoy spending time in them and protecting them, the Award recognises your achievement towards the protection, restoration and conservation of wild places.

Becoming a Wild Places Guardian is the perfect way to learn about and protect your wild place. It focuses on gaining an awareness of how special they are and how you can help them.

To become a John Muir Award Wild Places Guardian, you will:

- a) Spend 25 hours or more completing your John Muir Award.
- b) Take part in the decisions and planning of your activities.
- c) Develop an awareness of an inspirational person. This should be an environmentalist, past or present, or someone making a difference to wild places locally.
- d) Complete the four challenges.

The John Muir Award challenges you to:



Discover a wild place through nature connection activities and consider what makes it wild, how wild it is and how it makes you feel. Why is it special? Could it be wilder? See a wild place through the lens of its attributes (e.g. natural processes, visual characteristics, soundscape, human influence, flora and fauna, connectivity / remoteness).

What ideas do you have?

- Identify what makes your place wild, what are its characteristics?
- Yoga and mindfulness activities, forest bathing
- Take a walk without purpose
- Experience the wild place through your five senses – what can you see, hear, smell, touch/feel, taste (with caution!)
- Walk barefoot
- Nature watching
- Notice daily or seasonal changes



Explore your wild place, deepen your knowledge and understand it better. Enjoy a variety of activities with a sense of adventure and curiosity. Learn more about your wild place – how is it good for nature, how is it good for humans, what might threaten keeping it wild? Consider what you can do to help protect or restore it.

What ideas do you have?

- Pond dipping / rock pooling
- Document / photograph changes throughout the day/night, season and/or year
- Experiencing all weathers – wind, rain, sun, snow. What do the clouds tell us? How is the weather changing (climate change)? Understand the water cycle
- Hike, bike, boat – experience your wild place from different perspectives
- Creative writing
- Name plants and animals that live in your wild place
- Art projects, such as bark rubbing, painting with mud
- Outdoor games – build a den, make mud pies
- Learn how to map read
- Learn about the challenges and issues your wild place faces – litter, tourist pressures, dirty camping, invasive species, imbalanced ecosystems





Conserve your wild place. Now it's time to take action to protect or restore your wild place. You can do practical conservation activities, raise awareness or take other actions to help protect wild places. Consider the longevity of your actions – how can you sustain the benefits beyond your Award activities? By engaging in the Conserve Challenge, you will help the John Muir Trust look after wild places across the whole of the UK.

What ideas do you have?

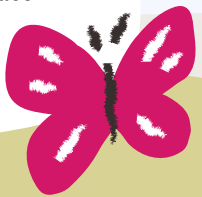
- Litter pick, request additional litter bins / posters to improve awareness about litter issues in your area
- Planting for wildlife – remember to use peat-free compost
- Path repair or creating new or wider pathways to improve access for everyone
- Build wildlife ponds
- Re-wet bogs
- Survey the plants/animals in your wild place
- Submit monitoring data to national database systems such as iNaturalist, Big Garden Bird Watch
- Leave an area to regenerate and restore natural processes – leave the weeds!
- Remove invasive species
- Grow your own food in harmony with nature – remember to use peat-free compost



Share what you have done to inspire others to care for wild places. Tell people why your wild place is important and special to you, and how they can help you look after it.

What ideas do you have?

- Talk about your day around a campfire
- Share a journal / nature diary and tag us #johnmuiraward @johnmuirtrust
- Art exhibition
- Create a film
- Hold a celebration event to showcase Award achievements
- Share information about a campaign you have been involved in
- Lead a guided walks around your wild place
- Presentations / assemblies



Who inspires you?

As part of your Award, you will develop an awareness of an inspirational person who has influenced the protection and restoration of wild places. This may be John Muir; or a contemporary figure such as David Attenborough, Haroon Mota, Jane Goodall; or someone else making a difference for wild places in your local area.

“In every walk with nature one receives far more than he seeks.” John Muir

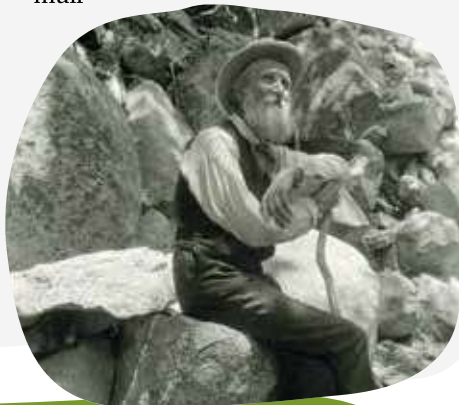
Who was John Muir?

We take our name from John Muir (1838-1914), the pioneering, influential Scots-born American conservationist who was passionate about the wild. Born in the Scottish fishing town of Dunbar, as a child he developed a deep love of the natural world.

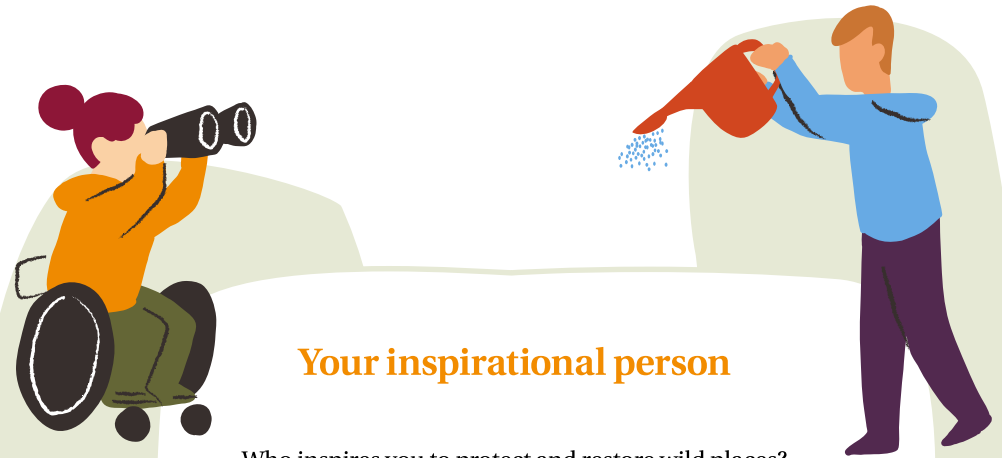
This grew into a lifelong journey of discovering, exploring and conserving wild places, and sharing his experiences with others. Muir dedicated his life to protecting wild places and campaigned successfully for the establishment of National Parks to safeguard vast tracts of wild places in the USA, including Yosemite Valley in California.

If John Muir himself seems a distant figure to some, his message – that we need to experience, enjoy, and care for wild places – is relevant to all our lives in the 21st century. It’s this message that is at the heart of the John Muir Award.

Find out more about John Muir at johnmuirtrust.org/about-us/about-john-muir



“Come to the woods, for here is rest.” John Muir



Your inspirational person

Who inspires you to protect and restore wild places?

What do you have in common with them?

What have you learned about them?



Outdoor access and the John Muir Award

The John Muir Award encourages the exploration of wild places, from city park to mountain top, and understanding your rights and responsibilities regarding access to certain areas is essential for fully enjoying the outdoors.

All land is owned by someone, even land that appears to be unused or completely wild. You should try to learn as much as you can about your wild place as part of the Explore challenge.

The law relating to outdoor access is different in Scotland compared with England, Wales and Northern Ireland and everyone has responsibility for understanding and abiding by the codes of conduct for your location.

Find out more

- **Scottish Outdoor Access Code:** outdooraccess-scotland.scot/
- **England and Wales The Countryside Code:** nationaltrail.co.uk/en_GB/countrysidecode/



What does this mean to you?

- Be safe – plan ahead, let someone know where you are going and follow any signs.
- Care for the environment – protect wildlife, take your litter home and have a positive impact on your wild place (this is key to the Conserve challenge).
- Be respectful and considerate of other people.
- Take responsibility for your own actions.

Use the next pages to record your activity, ideas and thoughts.



