

RECORD BOOK

**JOHN
MUIR
AWARD**

wild places:
DISCOVER
EXPLORE
CONSERVE
SHARE

The John Muir Award challenges you to...

**Discover a
wild place**



Explore it



**Do something to
Conserve it**



**Share your
experiences**



Record your experiences
in words, pictures & sketches...

Name:

The main engagement initiative of the John Muir Trust

**JOHN
MUIR
TRUST**

Name:

Group:

Address:

Your John Muir Award Record Book

Use it to record your experiences – 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. Record Books are also available in Welsh and Gaelic.

A web-based Record eBook is available to anyone who has registered to participate in the John Muir Award. You can set up a Record eBook account via your Award key contact.

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.

**“There are no passengers
on Spaceship Earth.
We are all crew.”**

Marshall McLuhan



The John Muir Award is the main engagement initiative of the John Muir Trust. This publication is supported by National Lottery Heritage fund, Scottish Natural Heritage, Cairngorms, Lake District, Loch Lomond and The Trossachs National Parks and Natural Resources Wales.

What's the John Muir Award?

It's an environmental award scheme focused on wild places.

- It encourages you to enjoy the outdoors, get to know more about nature and wild places, do something to look after these places, and share what you do.
- It isn't a competition, or a set programme, and anyone can participate.

You participate in a range of activities that meet the following four Challenges:



Levels of the John Muir Award

These four Challenges are repeated for each level, with increased involvement in duration, activity and responsibility. They encourage a progressive involvement.

Discovery Award	Explorer Award	Conservers Award
4 days (equivalent) minimum time commitment	8 days (equivalent) minimum time commitment	20 days (equivalent) minimum time commitment, over at least 6 months

To achieve a John Muir Award:

- meet all four Challenges
- complete the required time commitment
- show enthusiasm and commitment
- have an awareness of John Muir

Achieving a John Muir Award

You can participate with an established group - with a leader who organises things for you - or you can get involved in the John Muir Award on your own.

To gain a John Muir Award you meet four Challenges

Discover a wild place

This can be school/centre grounds, local park, beach, woods, river, wildlife garden, mountain or national park...

What gives the place(s) its natural character?

What makes it special?

Why is it a suitable place for your Award activity?

Explore it

Increase your awareness and understanding. Experience, enjoy and find out more about your wild place(s).

You might:

- Visit at different times of day and night, in different seasons, alone or with others.
- Travel extensively – walk, camp, bike, canoe.
- Sit, look, listen - engage senses.
- Identify and find out more about landscapes, habitats and living things (biodiversity), and how they connect.
- Make maps. Take photographs. Research local geology, natural and cultural history.

Conserve it

Care for your wild place(s), take some personal responsibility, make a difference, put something back.

You might:

- Take practical action for nature - wildlife or pollution surveys, litter picks and audits, tree or shrub planting, grow plants for wildlife or clear invasive plants, create or monitor habitats...
- Campaign and educate to highlight an environmental issue or help protect a wild place.
- Apply minimum impact approaches to your activity.

Share your experiences

Tell others about what you've done – experiences, achievements, feelings, what's been learned. Celebrate!

Reflect, review and discuss your adventures and experiences in wild places – do this during as well as after, informally or more formally.

You might:

- Make a display of photos, drawings, stories, poems, artwork.
- Make a group diary – as a book, wall display or film.
- Organise a presentation.
- Lead a guided walk around your wild place(s).
- Use newsletters, websites and social media.

For more information visit www.johnmuiraward.org

Here you can:

- Watch a 10 minute introductory film
- Find Resource Guides with links and ideas
- Look at case studies and films of how others get involved with the John Muir Award

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 he campaigned successfully for the establishment of National Parks to safeguard vast tracts of wild lands, including Yosemite Valley in California.

Should he mean anything to me?

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.

“When we try to pick out anything by itself, we find it hitched to everything else in the universe.”



You can find out much more about John Muir at

www.discoverjohnmuir.com

(as well as **Muir-related activities, examples and events**), and see what young people think about Muir by searching for 'John Muir Back to the Future film'.



What's the John Muir Trust ?

The John Muir Trust is a membership based conservation charity located in the UK, working towards a vision of a world where wild places are respected and protected, where nature flourishes and where the value of wildness is shared for the benefit of everyone.

The Trust currently owns and looks after some of the finest wild areas in the UK including Ben Nevis, Schiehallion, Sandwood Bay, part of the Cuillin on Skye, Quinag in Assynt, 3,000 acres on the remote Knoydart peninsula, Glenlude in the Scottish Borders and Glenridding Common in the Lake District National Park.

The Trust works with others to inspire people to get close to wild nature; speak up for the benefits of wildness; prevent the loss of wild places; manage wild places in a responsible and exemplary fashion; and repair and rewild what has been damaged in the past.

The John Muir Award plays a key part by inspiring people to raise awareness of the value of wild places, and encouraging them to take responsibility and care for them.

Each year, participants have a huge positive impact on a wide variety of wild places across the UK, maintaining footpaths, clearing invasive species, and planting trees – activity valued at well over £1 million.

Over 25,000 people support the work of the John Muir Trust. If you love wild places please join us.

www.johnmuirtrust.org



Share what you do

By sharing your experiences you can show, inform, and inspire others about your wild places and your John Muir Award experiences.

John Muir shared his passion for wild places through speaking to people and writing books about wild places.

How you do this is up to you. Here are just a few ideas...

- Create an environmental sculpture or art from nature
- Make a display board
- Make a map of your place and what's there
- Make an information leaflet or poster
- Write a poem
- Take photographs
- Perform a play
- Create a website or blog
- Use social media, #JohnMuirAward
- Make music
- Paint or sketch
- Talk about the day around the campfire
- Do a 4 Challenge review
- Take friends on a nature trail or guided walk
- Host a school assembly

Use the Record eBook as part of your experiences of wild places, and for recording and sharing. Find out more at:

www.johnmuiraward.org/recordebook



John Muir Award
Record eBook -
experience, record &
share



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Chairman

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with the
DISCOVERY AWARD

in recognition of awareness and
responsibility for wild places

P. Pearson

Peter Pearson
Chairman, John Muir Trust

JOHN
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When we contemplate the whole Globe as one great dewdrop, striped and dotted with islands and continents, flying through space with all the other stars, all singing and shining together as one, the whole Universe appears as an infinite storm of beauty. This grand show is eternal. It is always sunrise somewhere. The dew is never all dried at once. A shower is forever falling; Vapour forever rising. Eternal sunrise, Eternal sunset, Eternal dawn and gloaming, on sea and continents and islands, each in its turn as the round Earth rolls. *John Muir*

Who to contact

If you'd like more information about the **John Muir Award**, see www.johnmuiraward.org or:

General Enquiries

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