



# John Muir Award and South Downs National Park Authority

Resources, support and ideas  
to help you participate in the John Muir Award in the South Downs



This is a guide to aid your planning and delivery of a John Muir Award in the South Downs National Park.

You can use it to help complete and submit a **Proposal Form** which is tailored to the South Downs and the resources of the National Park.

Please refer to the Resources page at **[johnmuiraward.org](http://johnmuiraward.org)** to download an Information Handbook and find out more about Award Criteria. Further information regarding the John Muir Award in the South Downs can be found at **<http://learning.southdowns.gov.uk>**. This information, and the guidance notes below, should give you all you need to complete a Proposal Form.

Once completed, please send a copy of your Proposal Form (this can be a draft for further discussion) to the South Downs National Park Education Officer at least **2 weeks** before starting your Award: **[JohnMuirAward@Southdowns.gov.uk](mailto:JohnMuirAward@Southdowns.gov.uk)** or by post to Education Officer, South Downs National Park, Hatton House, Bepton Road, Midhurst, GU29 9LU. The Proposal Form will enable South Downs National Park Authority Staff, in connection with the John Muir Award team, to offer you support and advice, and helps ensure that your Proposal will lead to successful completion of your John Muir Awards.

Responsibility for ensuring adequate health & safety, legal and insurance arrangements lies with the group/organisation (or individual/family) that is setting up activity towards achieving John Muir Awards. The South Downs National Park Education Officer can assist with this.

You may wish to consider how you will introduce John Muir into your Award activity - some useful ideas can be found on the Information and Activity pages at **[www.discoverjohnmuir.com](http://www.discoverjohnmuir.com)**.

Discover a wild place		Explore it	
<p><b>Where/what is your wild place (or places)?</b> This can be school grounds, local park, beach, woods, river, mountain or national park... Briefly: Tell us what gives the place(s) its natural character. What makes it special? Why is it a suitable place for your Award activity?</p>	<p><b>Where have you chosen in the South Downs National Park? Why is it a suitable place(s) for you to do your John Muir Award?</b></p> <p><b>You might:</b> Consider what makes your wild place in the South Downs special to you? Find out about South Downs <a href="#">landscape character</a> and <a href="#">historical character</a> types in your wild place.</p> <p><b>Useful maps:</b> <a href="#">Learning Map</a> Sense of place toolkit <a href="#">interactive map</a> <a href="#">Boundary Map</a> and General overview <a href="#">maps</a> Maps in the State of the Park <a href="#">Report</a></p>	<p><b>Increase your awareness and understanding of the South Downs National Park.</b></p> <p><b>You might:</b> Visit our <a href="#">website</a> and <a href="#">Learning Zone</a> Find out about the South Downs National Park's <a href="#">special qualities</a> Pick up some walking and riding <a href="#">leaflets</a> or use the trail guides for the <a href="#">South Downs Way</a> and <a href="#">Serpent Trail</a>. Discover some of the special <a href="#">habitats</a> and the creatures that live in the South Downs. Uncover hidden culture and history in your special place.</p>	<p><b>Tell us what you'll do to increase your awareness and understanding. How will you experience, enjoy and find out more about your wild place(s)?</b> You might: Visit it 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.</p>
Conserve it		Share your experiences	
<p><b>How will you care for your wild place(s), take some personal responsibility, make a difference, put something back?</b> 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.</p>	<p><b>Care for your wild place in the South Downs National Park.</b></p> <p><b>You might:</b> <a href="#">Get involved</a> with existing conservation activities and volunteer activities in the National Park. Consider how your Conserve activity links to National Park purposes and <a href="#">plans</a> and other initiatives like <a href="#">Local Biodiversity Action Plans</a>. Help with an existing <a href="#">campaign</a> or ask about starting a new one. Think about how you <a href="#">travel</a> to your site and spend time there – is it the most sustainable option?</p>	<p><b>Share how you have experienced the South Downs and what you think is special about your wild place.</b></p> <p><b>You might:</b> Share what you do on the <a href="#">John Muir Page</a> of the Learning Zone: videos, presentations, photos, games, leaflets... all are welcome. Take someone who has not been before to your wild place to discover it, making sure they are comfortable and enjoy it. Attend one of the <a href="#">events</a> to showcase your experience; suggest an event and we'll work with you to arrange the details.</p>	<p><b>Tell others about what you've done – experiences, achievements, feelings, what's been learned. Celebrate!</b> 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.</p>