

John Muir Award in the South Downs National Park



SOUTH DOWNS NATIONAL PARK

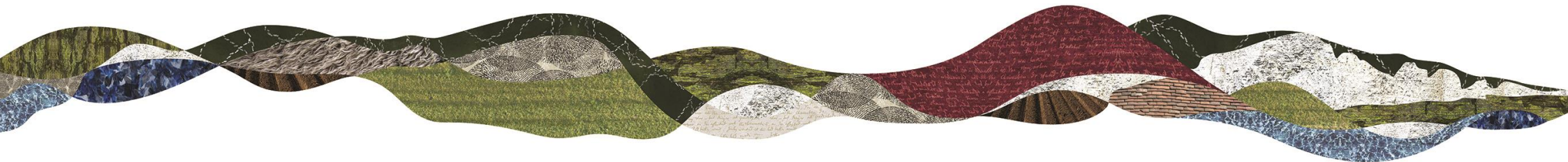
This 2-page guide will aid your planning and delivery of a John Muir Award in the South Downs National Park. You can use it to help complete and submit a proposal form which is tailored to the South Downs and the resources of the National Park. Please refer to information at johnmuiraward.org to download the key documents and find out more about the award criteria. Use the ideas on page 2 of this document to link your Award activity with the National Park.

Getting advice and support from the South Downs Team

If you would like any guidance and advice from us about completing your proposal form, please bear in mind that a completed proposal form must be submitted directly to the John Muir Award Team **at least two weeks** before starting any Award activity. Support and advice from us helps ensure that your proposal form will lead to the successful completion of your John Muir Award linked to the South Downs National Park and will allow you to request a National Park-branded certificate.

We run training events to help potential group leaders understand more about the John Muir Award, the process, ethos and practical activity ideas* for participants. Please see our website for more details, www.southdowns.gov.uk.

*Responsibility for ensuring adequate health & safety, legal and insurance arrangements lies with the group/organisation (or individual/family) that is planning activity towards achieving a John Muir Award.



Four Challenges are at the heart of each John Muir Award. Participants should show enthusiasm and commitment, and have an awareness about John Muir. To achieve an Award each participant must: Discover a wild place, Explore its wildness, Conserve – take personal responsibility and Share experiences. The ideas below can be used to help you think about how to link your Award activity with the South Downs National Park. The list is not exhaustive and we would be happy to support you with developing ideas specific to your planned activities.

Discover a wild place - Where have you chosen in the South Downs National Park? And why it is a suitable place(s) for you to do your John Muir Award.?

You might:

Consider what makes your wild place in the South Downs special to you? Use the Discover the Park section of our website to find out landscape character, culture & heritage, or wildlife & habitats of the National Park.

Useful maps:

There are lots of maps on our website. The Authority section of our website links to lots of publications, the Planning section also has maps in policy documents and reports, the Discovery Map covers attractions across the whole park, and the ViewRanger App can be used to discover our recommended recreational routes.

Explore it - How you will increase your awareness and understanding of the South Downs National Park?

You might:

Attend some of the events listed in the What's On section of our website. Use the ideas in our Things to Do section to plan some fun days out. Find out about the South Downs National Park by visiting the South Downs Centre in Midhurst and while you're there, pick up some walking and riding leaflets or use the trail guides for the South Downs Way and Serpent Trail.

Conserve it - How you will care for your wild place(s), take some personal responsibility, make a difference and put something back?

You might:

Find out more about volunteering opportunities from the information on our website, including local opportunities listed on our volunteer map. Consider how your Conserve activity links to National Park purposes and plans and other initiatives like local biodiversity action plans. Help with an existing campaign or ask about starting a new one. Think about how you travel to your site and spend time there – is it the most sustainable option?

Share your experiences – How will you tell others about what you've done – experiences, achievements, feelings, what's been learned? Celebrate!

You might:

Share what you do through social media: videos, presentations, photos, games, leaflets and tag the South Downs National Park. Take someone who has not been to your wild place before and help them to discover it, making sure they are comfortable and enjoy it. Attend or arrange an event in the National Park to showcase your experience; suggest an event and we'll work with you to arrange the details.