



John Muir Award in the Peak District National Park

This guide will aid the planning and delivery of your John Muir Award in the Peak District. You can use it to help tailor your award to focus on exploring and discovering the Peak District National Park. It includes information on how to complete and submit a proposal form which is tailored to the Peak District and the resources of the National Park. Please refer to information at johnmuiraward.org.uk 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.

John Muir was an explorer, adventurer and mountain climber who was born in Scotland over 100 years ago. He lived most of his life in America studying and exploring the natural world. He loved nature and wild places and was instrumental in the creation of the first National Park.

Getting advice and support from the Peak District National Park Team

First, once you have decided to participate contact us via email. A member of the team will call you to discuss your Award.

If you would like any guidance and advice from us about completing your John Muir Award proposal form, please bear in mind that a completed proposal form must be submitted to the Peak District National Park Team **at least three 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 Peak District National Park. This will allow you to request a special Peak District National Park branded certificate.

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

How to link your John Muir Award to the Peak District National Park:

Through participating in a John Muir Award we are encouraging everyone to connect with, enjoy and care for wild places in a spirit of fun, adventure and exploration. The Peak District National Park is an ideal place to complete your Award. It was the first UK national park, founded in 1951, and provides so many opportunities to discover, explore and conserve wild places and to share that experience.

<p>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 Peak District National Park.</p> <p>Discover a wild place – Where have you chosen for your wild place? This could be in the Peak District or in your local setting. Why is it a suitable place(s) for you to do your John Muir Award? What is the link to the Peak District?</p> <p>You might: All National Parks have special qualities, so why not learn more about these special qualities Parks - National Parks . Then have a go at identifying the special qualities of your wild place. Plan a visit to the National Park using our website to learn more about the wildlife, habitats & heritage. Follow one of our downloadable walks or look at maps to learn more. Planning Your Visit: Peak District National Park</p>	<p>Explore it – How you will increase your awareness and understanding of the Peak District National Park/ your own wild place?</p> <p>You might: Use the planning a visit section of our website to plan a fun day out. Use the ideas in the free resource section to plan your activity. Find out about the Peak District by visiting one of the Visitors Centres. Attend an event within the National Park. Plan some fun activities such as bird watching, taking photos or drawing to record your experiences. Spend time exploring John Muir’s connection with National Parks.</p> <p>Peak District National Park Free Resources Peak District Connect John Muir – Mission Explore</p>
<p>Conserve it – How will you care for your wild place(s), take some personal responsibility, make a difference and put something back?</p> <p>You might: There are many ways that you can help care for wild places. Perhaps you could learn about the countryside code or create your own code of care for your local green space. Or maybe you could volunteer in your local area or in the National Park (link to volunteering offer). Identify a need and take action in your local area (litter picks, bird boxes, wildlife garden etc.). Help with an existing wildlife campaign or take part in a citizen science project. Or find some ideas of how to help wildlife such as the RSPB give nature a home. Think about how you travel to your site and spend time there – is it the most sustainable option?</p>	<p>Share your experiences – How will you tell others about what you’ve done – experiences, achievements, feelings, what’s been learned? Celebrate!</p> <p>You might: Help celebrate our wild places and share how we can care for them. 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. Showcase any local action that you have taken, by perhaps having an open day at your local wild place. Attend or arrange an event in the National Park to showcase your experience.</p> <p>Share what you do through social media: videos, presentations, photos, games, leaflets and tag the Peak District National Park: @peakdistrict #PeakDistrict #PeakDistrictProud #johnmuiraward</p>