

A group of ten young people, mostly women, are captured in mid-air, jumping joyfully on a sandy beach. They are dressed in casual outdoor clothing like jackets, scarves, and boots. The background shows a wide beach, the ocean with gentle waves, and a sky filled with large, white clouds. In the top right corner, there is a logo for John Muir Trust, consisting of a dark green rectangle with the text 'JOHN MUIR TRUST' in white, and a white rectangle with the text 'FOR wild LAND & wild PLACES' in black.

JOHN  
MUIR  
TRUST

FOR  
*wild* LAND &  
*wild* PLACES

# John Muir Trust: Green Jobs for all

- retaining our young people  
EUROPARC Conference 2018

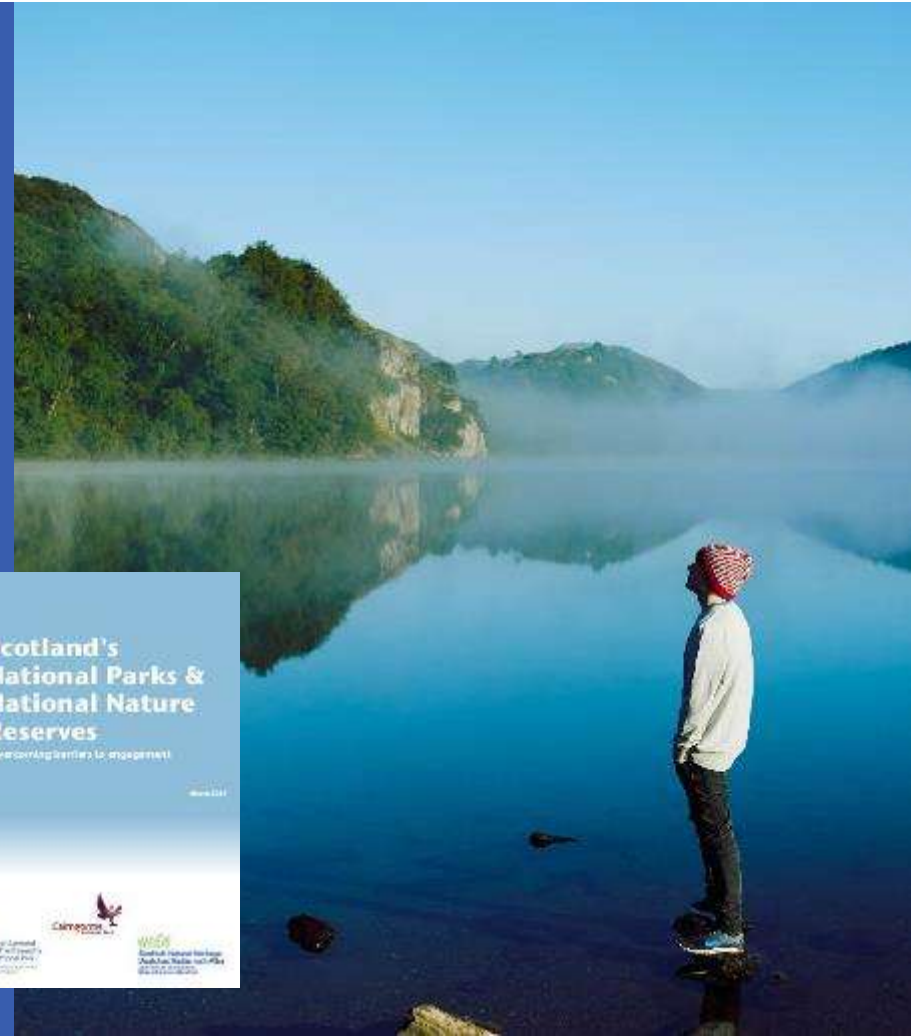
# Packaged experiences



The use of packaged experiences is considered an effective means of promoting engagement in the outdoors.

The John Muir Award... and others, all provide this kind of structure to support engagement, and importantly, recognise the efforts of those involved.

Scotland's National Parks & National Nature Reserves - overcoming barriers to engagement (March 2009)



A photograph of two young men in a forest setting. The man on the left, wearing a black t-shirt, is pointing at a large field guide held by the man on the right. The man on the right is wearing a white hoodie with a logo that includes 'DCYP' and 'WITH'. The field guide is open, showing various plant illustrations and text. The background is filled with trees and foliage.

JOHN  
MUIR  
AWARD

*wild places:*  
DISCOVER  
EXPLORE  
CONSERVE  
SHARE

Connect with,  
enjoy, and  
care for,  
the planet's wild places.

JOHN  
MUIR  
TRUST

Main engagement initiative of the John Muir Trust

Discover a  
wild place



Explore it



Do something to Conserve it



Share your experiences



# Turrif Youth Services



- Youth & Family Services Team identified key benefits gained:

- |   |                               |
|---|-------------------------------|
| • <u>Communication</u>                        | <u>Practical life skills</u>  |
| • <u>Working with peers</u>                   | Self esteem                   |
| • <u>Sense of achievement</u>                 | Self-worth                    |
| • Gained a recognised award (John Muir Award) | <u>Problem solving skills</u> |
| • Improved confidence                         | <u>Resilience</u>             |
| • <u>Social experience</u>                    | Peer learning                 |
| • Building friendships                        |                               |
| • Improved Health & Wellbeing                 |                               |



Search 'Employability and the John Muir Award'



# Employability



- Way to record achievement in the widest sense
- Developing skills for learning, life and work
- Soft skills- communication, numeracy, problem solving, information technology and working with others
- Experiences of world of work, enterprise, Citizenship



# The Mountains and The People



“Throughout the past four months I have gained skills, understanding, respect and appreciation for the incredibly immense landscapes of Scotland.

“I have learnt about environmental conservation and the importance of upland path work and I have undertaken practical work that has helped to enhance and protect the wild and special qualities of the mountains within Scotland’s National Parks.”

Ceara (participant)

[www.themountainsandthepeople.org.uk](http://www.themountainsandthepeople.org.uk)



# West Highland College



- Outdoor Adventure Further Education
- The course is designed to prepare people for a career in the outdoor industry
- Isle of Skye learning the skills to be safe in the environment covering the main disciplines of Paddle Sports, Mountain Sports and Mountain Biking
- John Muir Award helps students to care for wild places and appreciate the work required to maintain access to these special places



# Hill to the Grill



- Coigach & Assynt Living Landscape Partnership
- Pupils from Ullapool High School - 3 day programme that raises awareness about how food arrives on our plates
- Tracking/stalking techniques, foraging walks, butchery and cooking
- Barbeque celebration

Search 'Curriculum for Excellence and the John Muir Award'



# Raising attainment through wild places

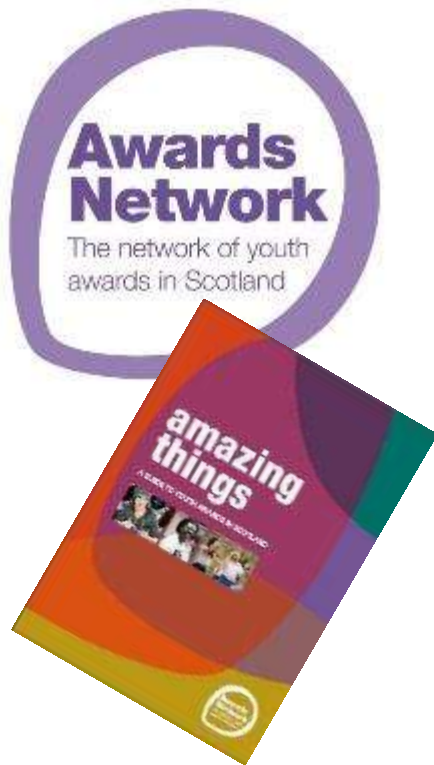


- Scottish Government priority to reduce poverty related attainment gap – equity in learning
- Skills for life, learning & work
- Literacy, numeracy, health & wellbeing
- The natural world offers inspiration and stimulation - it provides rich, multi-sensory experiences as a context for learning.



Search 'Attainment and the John Muir Award in Scotland'

# What's relevant...?



year of young people  
bliadhna na h-òigridh  
2018



[www.johnmuirtrust.org/initiatives/youngpeople](http://www.johnmuirtrust.org/initiatives/youngpeople)

# Summary - awards...



- Current state of play: packaged award schemes continue to be an effective way of engaging people and recognising efforts
- On the ground: people/organisations associated with protected areas are supporting / promoting awards
- Information gaps: Networks like the 'Awards Network' should be explored & shared
- Packaged award schemes should reflect locality & audience – meaningful & relevant (people & place)



# Summary – youth engagement (inspired by the next generation)



- Re-evaluate: *young people are disconnected with Nature*
- Reframe: *What can environmental organisations do to better connect with young people?*
- Listen to young people (recommendations)
  - actively engage young people with nature
  - improve job & volunteering opportunities
  - meet young people where they're at (communication channels, feedback, places...)
  - use young people to reach young people

[www.johnmuirtrust.org/initiatives/youngpeople](http://www.johnmuirtrust.org/initiatives/youngpeople)



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# Support Information



A screenshot of the John Muir Award website. The browser address bar shows the URL "https://www.johnmuirtrust.org/john-muir-award". The website header includes the John Muir Trust logo, a search bar, a "Donate" button, and a navigation menu with links: "Our work", "John Muir Award", "Trust land", "Support us", "Latest", and "About". Below the header is an orange bar with links: "Get involved", "Key documents", "In action", "Training", "Initiatives", "What's new?", and "Contact". The main content area features the title "John Muir Award" in a large, dark serif font. Below the title is a smaller version of the John Muir Award logo and tagline. To the right of the logo, a paragraph states: "Our engagement initiative encourages people to connect with, enjoy, and care for wild places." Below this paragraph, a sentence reads: "It's an environmental award scheme for people of all backgrounds – groups, families, individuals. It's non-competitive, inclusive and accessible." At the bottom, a list of five bullet points provides further information: "Read a brief introduction.", "Watch a 10-minute film.", "Download an Information Handbook for detailed guidance.", "View a wide range of resources and case studies.", and "Find out more about John Muir."

# Curriculum

JOHN  
MUIR  
AWARD

wild places:  
DISCOVER  
EXPLORE  
CONSERVE  
SHARE

## JOHN MUIR AWARD AND THE CURRICULUM FOR EXCELLENCE



### The John Muir Award is a UK-wide environmental award scheme, focused on wild places.

USE OF THE John Muir Award can support teachers to deliver learning outcomes through practical, creative and engaging approaches that are beneficial to all. In schools setting, it can be used to support experiential learning outside the classroom, and to help develop awareness and beyond formal education. Curriculum for Excellence places an emphasis on the development of children and young people's character, skills, and resilience, and on the development of a sense of responsibility to others and the environment. The John Muir Award can help support these aims by providing a framework for all to encourage an active, healthy and environmentally sustainable lifestyle and aims to support children and young people to learn beyond the classroom. It provides a framework for support in learning, such as the John Muir Award.

#### How can the John Muir Award contribute to learning in schools?

Use this document to find out more about the John Muir Award and how it can be used:

- to teaching concepts and contribute to learning
- to support school projects
- to help deliver Experiential and Character
- to help children to learn in all

"Every learner should receive their entitlement to Learning for Sustainability."  
Pupil 2020s Report: Coverdale Primary of the Learning for Sustainability National Implementation Group, 2019

## JOHN MUIR AWARD AND THE CURRICULUM



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"Giving children the opportunity to discover, learn about and experience the natural world is hugely important - it can help create a sense of belonging rooted in their local environment, enhancing their health, wellbeing and educational outcomes."

Bringing Outdoor Learning to Schools, Letter from the National Curriculum Project, 2019

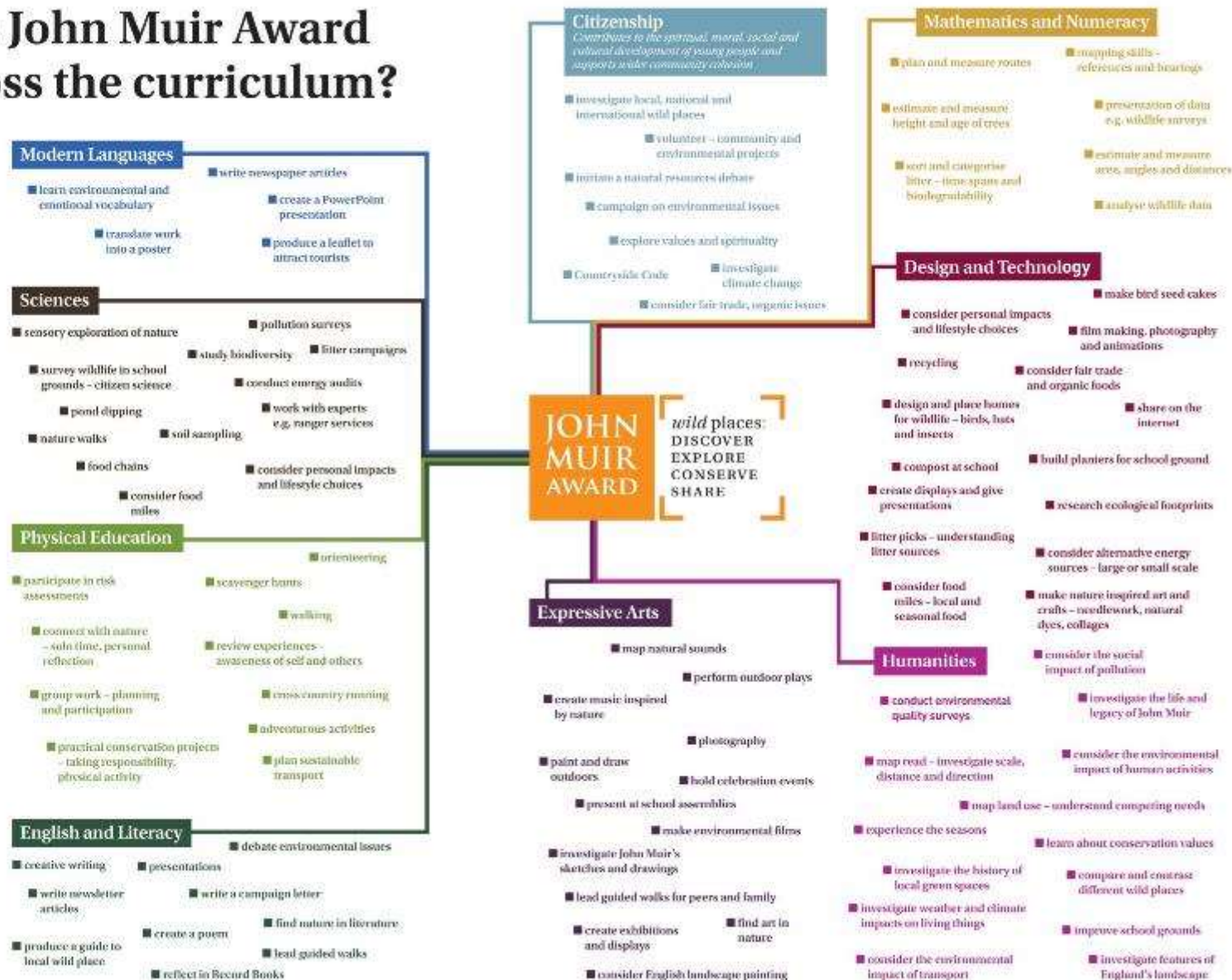
"Taking part in the John Muir Award has been a great success at the school and a hit with all of the pupils involved. They now have a feeling of ownership of their wild spaces as they have helped to create them!"  
Amy Matthews, Outdoor Learning Trust

# How can the John Muir Award be used across the curriculum?

EXAMPLES OF ACTIVITIES and topics that have contributed to meeting the John Muir Award Challenges of Discover, Explore, Conserve and Share.

## Activities can:

- take learning outdoors
- make connections across the Curriculum
- support whole school priorities such as core subject enrichment and strategies to close the attainment gap



# Five Ways to Wellbeing

Evidence suggests that a small improvement in wellbeing can help people to flourish. The centre for wellbeing at nef (the new economics foundation) has developed 'Five Ways to Wellbeing': a set of evidence-based actions to improve personal wellbeing. For more details search for 'Five Ways to Wellbeing' at [www.issuu.com/nef](http://www.issuu.com/nef).

We think there is lots of opportunity across all sectors to use this simple model.

We've outlined these 'Five Ways to Wellbeing' below, and illustrated how schools, mental health support groups, and outdoor centres have used the John Muir Award to help promote these themes.

## nef descriptions

### Connect...

Connect with the people around you. Think of these as the cornerstones of your life and invest time developing them. Building these connections will support and enrich you every day.

### Be Active...

Discover a physical activity you enjoy and one that suits your level of mobility and fitness.

### Take Notice...

Be aware of the world around you and what you are feeling. Reflect on your experiences and appreciate what matters to you.

### Keep Learning...

Try something new. Rediscover an old interest. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

### Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

## Schools

Participating in whole class (and whole year) projects to engage in peer learning. Engaging in collaborative work with teaching staff. Talking to parents/carers and family about experiences.

Exploring school grounds on a scavenger hunt. Rhododendron bashing – cutting, chopping, dragging. Orienteering.

Using Mission: Explore activities. Taking before-and-after and seasonal photos. Keeping a personal Award Record Book. Painting with mud, mapping sounds, and making smelly cocktails.

Producing a photo-journal – learning photography and creative writing skills. Presenting and public speaking. Learning about local biodiversity through nature study.

Creating and tending a wildlife garden. Adopting a beach, as part of a UK-wide initiative. Contributing to a citizen science survey. Presenting Award certificates and saying why they are deserved.

## Mental health support groups

Meeting new people and building a community of shared interests and shared purpose. Bonding through common experiences – walks, eating together, discussions.

Walking in new places, experiencing local pathways and nature spots. Woodland tai chi. Outdoor cooking.

Focusing on senses – walking in silence, picking out 5 different smells. Listing wildlife identified on a walk. Group reflective discussions on experiences and feelings that arise.

Building confidence through learning new skills and using tools – willow weaving and woodwork. Writing poems in new, creative formats eg haiku. Learning to work with others through conservation tasks.

Supporting and looking out for each other. Looking after a local wild place, active stewardship for it. Discussing our place in the world around us. Sharing opinions on values and lifestyle choices.

## Outdoor centres

Having shared experiences and tackling challenges together, in new and stimulating surroundings. Focusing on teamwork. Trusting each other, in consequential situations such as belaying. Spending time with instructors and seeing them as role models. Participating as equals with teachers. Living together in close quarters – dorms and tents. Sharing meals both inside and outdoors.

Participating in many and varied activities! Hiking and camping amongst mountains, forests, rivers and coasts. Climbing, at various grades. Canoeing, cycling, gorge walking. Working with a 'challenge by choice' ethos.

Weather watching, cloud spotting and stargazing. Finding quiet spots, taking solo time. Increasing awareness of the needs, contributions and achievements of self and others. All contributing to a Group diary. Discussing a communal 4 Challenge Review. Reflecting around the camp fire.

Meeting personal and group challenges – physical, social and emotional. Learning to (support others to) overcome fears. Managing risk, both real and perceived. Learning and improving skills associated with activities. Taking responsibilities for goal-setting, planning and decision-making.

Considering the context of the Conserve challenge and reasons to care for the environment whilst immersed in the outdoors. Actively applying minimum impact/leave no trace principles, considering access rights & responsibilities. Contributing to an in-grounds 'bio-blitz'. Giving (and receiving) personal feedback during and at the end of the week.

## What next?

Why not map your own John Muir Award experiences against the 'Five Ways to Wellbeing' (or SHANARRI)? Download the Five Ways to Wellbeing app from Google Play, set activities to help you improve your wellbeing, and track your progress.

'Five ways to wellbeing' is used by health boards across England. Its themes are comparable to those identified by the Scottish Government as essential for the wellbeing of children and young people: that every child should be Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included.

<https://www.scotland.gov.uk/Topics/People/Young-People/gettingright4well-being>

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# Recap



# Head, Heart and Hand

