



Householders' Options to Protect the Environment Inc.

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Think Globally. Act Locally!

MEDIA RELEASE

Saturday, 11 March 2017

Registrations now open for Nature Journaling workshops

Want to learn more about our natural environment?

If your answer is yes and you are a secondary school aged youth, then why not register for one of two free Nature Journaling workshops being held on Saturday 8 April 2017.

What is Nature Journaling? It is the process of drawing, writing, or creating a poem or song in response to nature. You get a chance to slow down, take in your beautiful surroundings and create your very own creative nature journal and art piece.



Dr Paula Peters (PhD in Ecology and Evolutionary Biology) will be coming to Redwood Park and running two workshops on Saturday April 8.

The workshops are being hosted by Householders' Options to Protect the Environment (HOPE) Inc. as part of the larger "Open Day at Redwood Park" event being hosted by Friends of the Escarpment Parks (FEP) Toowoomba.

This event is part of 2017 National Youth Week activities; and "this project is supported by Condamine Alliance, through funding from the Australian Government's National Landcare Programme."

Places are available for 15-20 secondary students at each of the workshops.

To be one of the lucky attendees simply answer in 25 words or less, why you love nature, and send through your response along with your contact details to HOPE Inc. via email at office@hopeaustralia.org.au.

For enquiries and registrations for the Nature Journaling workshops, please contact the HOPE office by phoning 4639 2135 or emailing office@hopeaustralia.org.au.

Frank Ondrus, President – HOPE Inc., ph 07 4639 2135

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Background information



Photo & bio of Dr Paula Peeters

Paula Peeters is an ecologist, artist and writer based in Brisbane. After completing her PhD in Ecology and Evolutionary Biology at Monash University, Paula worked in Wildlife Conservation for 13 years, mostly for State Government environmental agencies in South Australia and Queensland. In recent years, Paula has become interested in combining art and science to celebrate nature, and promoting Nature Journaling as a way of improving the connection between people and nature. Paula's illustrations have appeared in the colouring books *Bimblebox Wonderland* and *Riverina Grassland Ramblings*, and *Ruth* magazine, and have been commissioned by the University of Otago,

Pollinator Link, the New South Wales Office of Environment and Heritage, Murray Local Land Services, Land for Wildlife South East Queensland and the Ecological Society of Australia. Her writing has appeared in *Australian Birdlife*, *Zoomorphic*, *Tasmanian Geographic* and her blog *Paperbark Writer*. In 2016 Paula wrote, illustrated and self-published *Make a Date with Nature: An introduction to nature journaling*, and led nature journaling workshops for the Bulimba Creek Catchment Committee, Downfall Creek Bushland Centre, the Gympie Regional Gallery and the Woodford Folk Festival. Paula is currently working on a range of projects including a children's picture book, and a work of fantasy fiction for young adults, with an ecological bent. You can see more of her work at www.paperbarkwriter.com

Introduction to Nature Journaling - 2 hour workshop with Dr Paula Peeters

Nature journaling is the practice of drawing or writing in response to nature. This fun, relaxing practice helps you to connect more closely with nature, and results in the creation of your own unique nature journal. Both the practice and the end product are important.

The practice improves your recognition of different animal and plant species, and your understanding of where and how they live. Nature journaling calms your mind, and increases your attention to detail and appreciation of beauty. With time, it also improves your ability to observe, to draw and to write.

A journal allows you to capture the moment (a sunset, a view, a critter, a flower, a fungus...), and recall observations which would otherwise be forgotten. Nature journaling can be used to compile species sightings and other scientific observations that are of great value to citizen science projects. Your journal can also give you inspiration for other creative projects, such as writing, painting, textiles, music, other crafts... the opportunities are endless.

Nature-based learning is known to have great benefits for learning outcomes and personal wellbeing. Nature journaling has immediate relevance for subjects such as Biology, Geography, Art and English, but can also be used as a springboard to explore many other subjects. Lessons learnt in context, and in the outdoors, tend to be understood more thoroughly by the learners, and this understanding stays with the pupil long after the lesson.

I'm an ecologist, artist and writer who enjoys combining art and science to explore Australian nature. In this workshop, I'll introduce the practice of nature journaling, and teach you some simple exercises to get you drawing and writing. I'll introduce you to the ecology of the area, and talk about some of the plants and animals we're likely to encounter. At the end of the session you will have started your very own nature journal, and have plenty of ideas to keep you inspired.

Each participant receives a print copy of my book *Make a Date with Nature: An introduction to nature journaling*. Electronic copies of this book are also available as a free download from my [website](http://www.paperbarkwriter.com/want-to-get-started-with-nature-journaling-this-little-guidebook-will-show-you-how/) - <http://www.paperbarkwriter.com/want-to-get-started-with-nature-journaling-this-little-guidebook-will-show-you-how/> .

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