

JOHN  
MUIR  
AWARD

*wild* places:  
DISCOVER  
EXPLORE  
CONSERVE  
SHARE

# The John Muir Explore Award

By The Living Project  
For RGS

16th-23rd July 2023

THE LIVING  
PROJECT

# The John Muir Award

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The John Muir Award encourages people of all backgrounds to connect with, enjoy and care for wild places. The Trust's John Muir Award is an environmental award scheme focused on wild places. It is inclusive, accessible and non-competitive, though should challenge each participant.

The Award encourages awareness and responsibility for the natural environment through a structured yet adaptable scheme, in a spirit of fun, adventure and exploration.

## About The Living Project

We're passionate about working with young people, and providing a supportive space for healthy exploration of self, other and the natural world. We do this through providing mindful adventures in wild places, focusing on the journey. On all our wild adventures, we focus on the journey itself - taking the time to move mindfully through and connect meaningfully with the environment we're in.

As a team of heart led leaders, we have extensive experience providing safe and meaningful adventures in the wild with young people. We know that human and whole-planet health and wellbeing benefits from being outside. And that this is more important now than ever. Providing young people with access to The John Muir Award is part of our purpose - to help us all truly live; people, creatures, plants and places.

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# The John Muir Explore Award

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## Why the John Muir Award?

- To help appreciate and value nature, urban green-space and wild landscapes
- To encourage awareness, understanding and responsibility for wild places
- To promote personal development and healthy living through outdoor experiences
- To encourage an environmental agenda – for individuals and organisations.
- To recognise and celebrate achievements of each individual that meets Award Criteria

## To achieve a John Muir Award, each participant must:

- Meet four Challenges – Discover, Explore, Conserve, Share
  - Complete the required minimum time commitment
  - Show enthusiasm and commitment towards their involvement
  - Have an awareness of John Muir
  - Understand what the John Muir Award is and why they are participating
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# The John Muir Explore Award

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## Benefits to Students:

- Challenge and adventure from being in wild places.
- Environmental awareness from exploring such areas.
- Knowledge and skills gained from experience in the outdoors and involvement in conservation activities.
- Shared experiences with friends and role models.
- Opportunities to take responsibility for change at a local and national level.
- Strengthens character values of cooperation, achievement, challenge, self-esteem...
- Opportunities for active learning.
- Strengthens values relating to care, respect, nature connection, belonging, sense of place, curiosity, responsibility...
- Teamwork skills, from planning, decision-making and completing adventures, conservation projects etc.
- Confidence and communication skills from sharing experiences and knowledge with a wider audience.
- Material to include in CVs, learner profiles and portfolios of work.
- A nationally-recognised certificate for each John Muir Award level attained.
- Helps promote healthy living, physical activity and relaxation.

For more information on The John Muir Award please check out:

<https://www.johnmuirtrust.org/john-muir-award>

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## The Living Project - Safety and Leadership

Comprehensive insurance with Activities Industry Mutual, robust risk assessment and management, and AALA licensing, together with our experienced leaders enables us to provide space for magic to unfold.

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Our co-founders have more than 25 years experience working with young people through adventurous activity.

This means that safety is a hygiene factor which runs through everything we do as standard.

Through our experience in the outdoor industry we also understand the power of the human journey through adventure.

As such, our approach to adventure centres around mindfulness, coaching, teamwork, self-development and communication.

So while our leaders are all technically qualified when it comes to safety, they are also experienced, trained, resourced and committed to delivering meaningful adventures for students.

As well as our core team of leaders, we also partner with experts in fields such as foraging, re-wilding, conservation and sustainability, so that we can provide genuine breadth and depth to our adventures.

All of this enables us provide safe, current and credible programmes centred around exploration, curiosity, personal development, and wellbeing.

It's this unique combination of safety, experience and leadership which allows magic to unfold.



# About the adventure "Live wild"

## The Knoydart Peninsula

### An overview

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An overnight train from London – Fort William (via Edinburgh) takes us to our base in the stunning and remote Knoydart Peninsula, Scotland. Also known as the UK's "last true wilderness".

This is a wild adventure of exploration and self-sufficiency. We also visit an inspiring re-wilding project by The John Muir Trust. While our first night is based at Inverie Long Beach Campsite (reached by ferry from the mainland), after that we'll be wild camping, possibly making use of a mountain bothy (hut) on route.

Our final night will see us back in Inverie. We'll celebrate our return from the wild with a celebratory meal and time around the fire reflecting on the adventure we've shared.

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# About the adventure "Live wild"

## The Knoydart Peninsula

### Indicative itinerary

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#### DAY 1:

Overnight Train to FW – A Living Project leader will meet you at London Euston and travel up to Fort William with you overnight

#### DAY 2:

Onward Travel to Inverie on the Knoydart Peninsula (local transport, inflatable RIB, trekking).  
Preparation for living Wild/ Landing Exercise / Group Cooking/ Camping at Long Beach Inverie

#### DAY 3:

Yoga & Mindfulness / Cold Water Immersion / Break Camp/Trekking / Journaling / Lunch / WILD CAMPING (Tents & / or Bothy)

#### DAY 4:

Yoga + Mindfulness / Cold Water Immersion / Breakfast / Break Camp/Trekking / Rewilding Project / Summit / WILD CAMPING

#### DAY 5:

Yoga & Mindfulness / Cold Water Immersion / Breakfast / Rewilding Project / Journaling / WILD CAMPING (Tents & / or Bothy) / Sunset & Star Gazing

#### DAY 6:

Yoga & Mindfulness / Cold Water Immersion / Breakfast / Break Camp/Trekking / WILD CAMPING

#### DAY 7:

Yoga & Mindfulness / Cold Water Immersion / Breakfast / Break Camp/ Arrive back in Inverie lunch time / Camping at Long Beach Campsite/ Rest / Celebration

#### Day 8:

Depart Knoydart by Ferry and head for Fort William & Onward travel

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# Inclusions:

- 2 Qualified + Experienced The Living Project Leaders
- The Living Project comprehensive insurance
- 2 School Staff to accompany the team
- The John Muir Explore Award including all administration and support as required.
- Pre-Adventure workshop (at school) including beginning The John Muir Award
- Post-Adventure Review (at school) to support "share" challenge of John Muir Award
- Transport from school to Fort William + return (including Caledonian Sleeper)
- All Local transport
- All group kit required, including The Living Project Tents
- Personal kit loan service provided by school if required
- All food, snacks & drinks (Healthy & Wholesome), communally cooked by the team.
- All Local camping fees
- Personal Journals
- Eco Happy Pencils for writing



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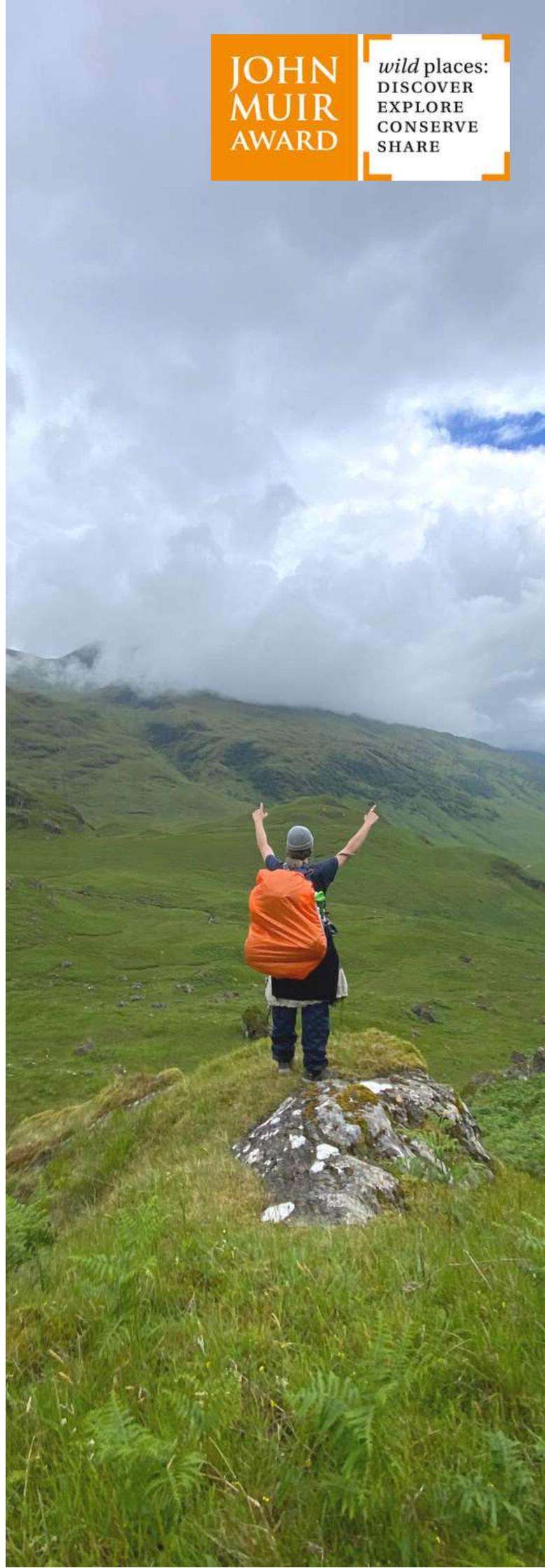
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## Exclusions:

- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional snacks + Food during travel to and from Fort William
- Personal medications
- Personal spending money

## Price:

£829 per person



# Live Wild - The Knoydart Peninsula

## Meeting the four challenges:

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Here's how Live Wild on the Knoydart Peninsula, Scotland , helps students meet the Four Challenges, and in turn satisfy the remaining criteria.

- **Discover** - this involves identifying and spending time (8 days) in a Wild Place. We'll be spending time in The Knoydart Peninsula, commonly regarded as the last true wilderness in the UK, and home to a significant John Muir Trust project.
  - **Explore** - this involves immersing yourself in a wild environment at different times of the day, through different modes of transport and developing deeper understanding. Students access the wilds of the Knoydart Peninsula by train, vehicle, and finally boat across the loch. Once arrived the adventure consists of living wild on their feet, carrying all they need to live wild and exploring the magic of the mountains, glens and lochs.
  - **Conserve** - During the adventure students will visit, learn about and contribute to the John Muir Trust's re-wilding project on the Knoydart Peninsula.
  - **Share** - Throughout the adventure students will engage in journalling and discussion in order to provide reflective opportunities on their experience. The Living Project will also provide a follow-up session at the school to consider deeper reflections and support students in sharing their experience with others, and taking action in the future.
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The adventure starts here...

The Living Project  
[www.thelivingproject.life](http://www.thelivingproject.life)  
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