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Time with nature is always time well spent.

Our #NaturePact campaign for 2021 has officially kicked off! Join us and bring your family and friends along as we explore different themes and ways to really connect with nature.

Each week we'll offer a different theme to inspire and maybe challenge you to connect with nature in different ways. Our #NaturePact theme for week 1 is **Acknowledging Country**.

Join us as we recognise the Traditional Custodians of our land and waters, and respect and learn from their wisdom about our intrinsic connection with nature. Many Traditional Owner stories remind us that we are not distinct from the natural world, that we are in fact a part of nature, not separate from it.

Traditional Owners worldwide speak about '**connection to Country**'. This is something we can all do when we acknowledge – and take the time to tune in to – Country. This week, we accept the invitation that Traditional Owners have long extended, to connect with Country. How? Find a nature-space nearby, sit quietly, look and listen, and feel how everything on Country is always connected: the land, the air, the water, all the animals and plants, and the people. Feel how this includes you.

Take a photo or draw where you felt a connection with Country. Try writing about how you felt like part of Country. Share your experience with us, naming the First Nation's Country you're on. **Share before 7**

September on [Instagram](#), [Facebook](#) or [LinkedIn](#), adding the hashtag **#NaturePact** and tagging [@PeopleParks](#) for your chance to win one of our campaign partner's nature-inspired gifts.

It's not too late for people to sign up! The #NaturePact campaign is open throughout the month of September. If you haven't signed up yet to make your #NaturePact, you can sign up [here](#). Take a moment to schedule time outside connecting with nature every day.



WIN

Here are some of the fantastic nature-themed prizes you can win:





Download #NaturePact Guides

Already signed up for your **#NaturePact**? Download your **#NaturePact** Instagram tiles and stories and let others know you're participating on your social channels. Make sure you tag **@peopleparks** and use the **#NaturePact** hashtag!



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Love nature? Check out our partner project – [the **BACK TO NATURE** documentary series](#), screening nationally 8pm Tuesday evenings on the ABC this August and September (catch up on iView). This is a visually stunning 8-part series executive produced by Aaron Pederson, and co-hosted by Aaron and Holly Ringland. Holly and Aaron invite us to slow down and follow them on their journey through Australian nature, exploring the interconnectedness between humans and the landscape, exploring unfamiliar stories involving mystery, geology, history, traditional Indigenous knowledge and natural science.

We have been inspired by BACK TO NATURE for this year's #NaturePact themes. This week's theme, **Acknowledging Country**, links to the 'connect and share' for episode 4 of BACK TO NATURE – **Timeless Macedon**. Take the time to watch it and be moved by the invitation for each of us to connect with Country.

Stay up to date and receive regular prompts as well as interesting facts and articles about the many benefits of connecting with nature by following us on social media.

Remember, each one of us is a part of nature, and time with nature is always time well spent.

Kind regards
Alison Hill
Managing Director
The People and Parks Foundation

"Nature – where we come to life!"

Have you made your
#NaturePact?

info@peopleandparks.org



We respectfully acknowledge the Traditional Owners of the country throughout Australia and acknowledge the ongoing living culture of Aboriginal people.

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