

50 WAYS TO BE PART OF ADELAIDE NATIONAL PARK CITY*

OUTDOORS

- * Explore parks, gardens, forests and wetlands you haven't visited before
- * Walk or cycle in a local park, national park, along a trail or around a reservoir
- * Relax with a picnic somewhere green and shady
- * Paddle a kayak on a reservoir, lake or the ocean
- * Discover the beautiful Botanic Gardens of South Australia at Mount Lofty, Wittunga or in Adelaide
- * Grow food and meet others doing the same in a community garden or within your neighbourhood
- * Volunteer with a group and care for nature near you
- * Swim, play, wander, beachcomb and build sandcastles at the beach
- * Camp under the stars and see the sun set and rise
- * Enjoy events and activities in our many festivals throughout the year
- * Walk at night and experience the world differently
- * Snorkel around reefs and in our marine sanctuaries
- * Get involved in outdoor sports and fitness activities

INDOORS

- * Enjoy watching nature documentaries and films
- * Read books, stories, poems, papers or magazines about the natural world or create your own
- * Learn some Kaurna words through the Kaurna Language Hub
- * Play games that encourage observation, critical thinking and new ideas
- * Make a nature journal with observations and findings about your life in nature
- * Draw or paint your local places, people, plants and animals

BRINGING PEOPLE AND NATURE TOGETHER
FOR EVERYONE, EVERYWHERE, EVERYDAY



AT HOME

- * Conserve energy by switching off lights and devices not in use, use LED lights and insulate your home
- * Refuse, reduce, reuse, repurpose, recycle and cut out plastics wherever possible
- * Support your local economy and reduce carbon emissions by purchasing local products and produce
- * Plant a garden in your yard, or add pot plants to your balcony, window sill or living areas
- * Compost green waste into your garden for healthier soil
- * Make a birdbath, pond, lizard lounge or insect hotel
- * Attract native birds, insects and other animals to your garden with local native plants
- * Provide habitat and shelter such as bird and bat boxes
- * Work with your local council to care for your verge
- * Remove and replace weedy plants in your garden
- * Share your garden produce and ideas with neighbours
- * Get involved with citizen science projects near you

AT SCHOOL

- * Learn about the plants and animals in your local area
- * Engage with the Kaurna Community and learn about culture, places, plants and animals in a different way
- * Write or tell stories about your experiences in nature
- * Read books about nature
- * Research the natural and cultural histories of your area
- * Create artwork, plays or music about people and nature
- * Inspect insects, leaves and other things in your school environment using a magnifying glass or microscope
- * Rewild your grounds for butterflies, birds and frogs
- * Form a student environment group to help reduce waste and energy, and create more natural spaces
- * Design a nature play space, sensory patch or food garden to share and enjoy
- * Celebrate and share your learning about the natural world with your local community

AT WORK

- * Discover the health and productivity benefits of working with natural outlooks and surroundings
- * Promote walking and outdoor meetings
- * Design buildings with access to nature for everyone
- * Grow plants on balconies, rooftops and walls
- * Engage in team building activities in nature
- * Share eco-friendly business ideas with your networks
- * Procure with care: reduce, reuse, repurpose, recycle
- * Celebrate special days such as World Wetlands Day (2nd February), World Environment Day (5th June), World Oceans Day (8th June), National Threatened Species Day (7th September), National Biodiversity Month (September), World Habitat Day (4th October)

JOIN THE MOVEMENT

Share your 'connecting with nature' photos, ideas and stories with each other and on social media with the hashtag [#AdelaideNationalParkCity](#). Pledge your support for Adelaide National Park City by signing the Charter at adelaidenationalparkcity.org

GREEN
ADELAIDE

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