

PAPERBARK WRITER'S

Nature Journaling workshops for 2018



Sand dollar

What is Nature journaling?

It's the practice of drawing or writing in response to nature.

Nature Journaling is fun and relaxing, it helps you to connect with nature, and the result is your own unique nature journal.

The practice calms your mind, and increases your attention to detail and appreciation of beauty.

Worried that you can't draw or write? No problems! I'll introduce you to some simple exercises that will help allay your fears and get those creative juices flowing.

A journal allows you to capture the moment, and be in the moment. Your nature journal can be as artistic or as scientific as you like. It can be entirely objective and factual, or very reflective and personal. Or a combination of all of these things.

Nature journaling can be enjoyed by people of all levels of fitness and mobility, so it's another way of enjoying the great outdoors when you're not inclined to climb that mountain. Alternatively, you can take your nature journal with you on the next big hike, and sketch the view from the top!



About your tutor: Dr Paula Peeters

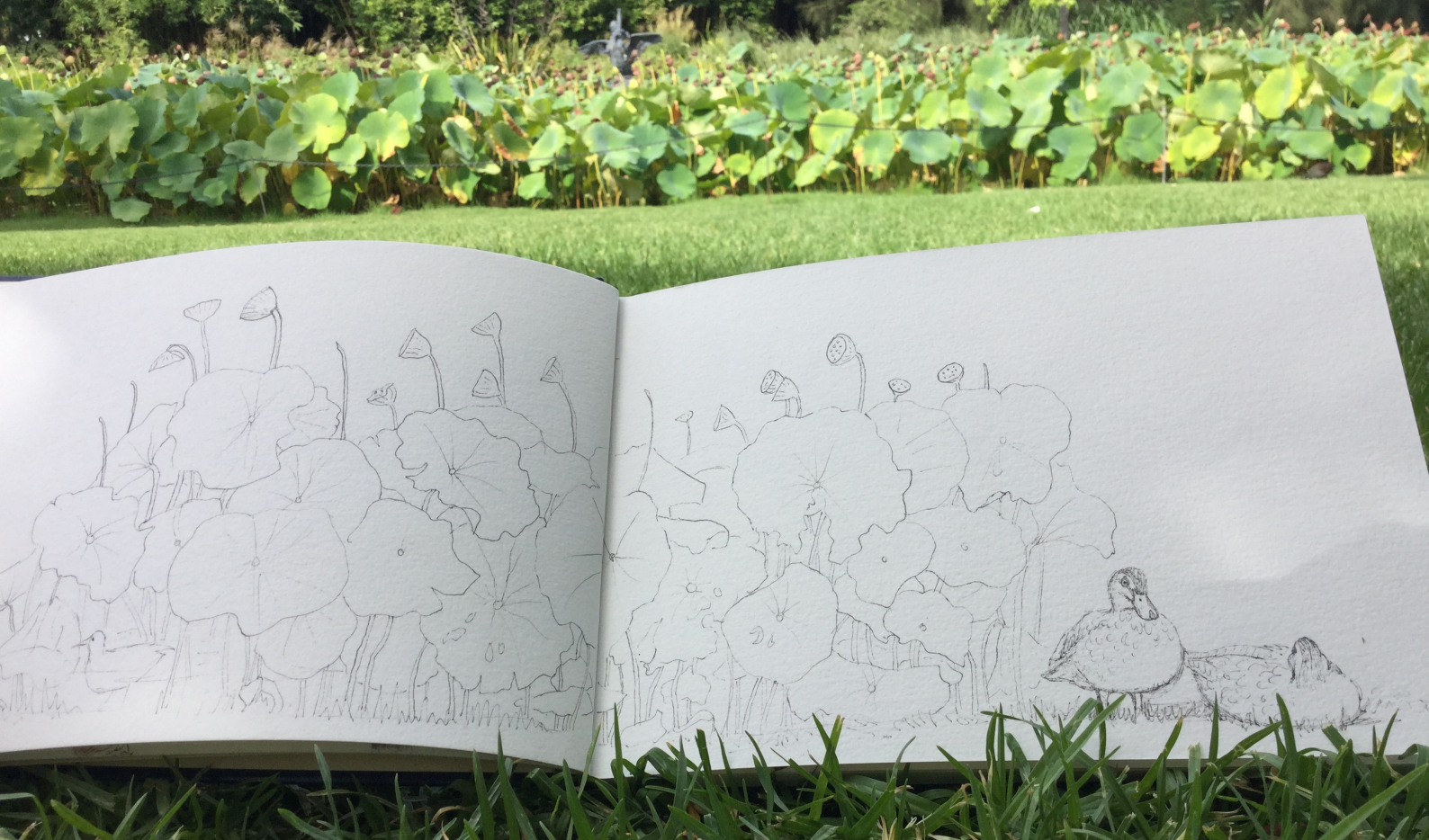
Paula has been an animal-lover for as long as she can remember. She discovered plants in her teens, while helping to design her parent's new garden, thanks to the classic book 'Birdscaping your garden'.

At about the same time, Paula became passionate about conserving the environment. Although interested in art, she chose the science path to delve deeper into the natural world, and studied zoology, botany and ecology at university.

She then worked in wildlife conservation for 13 years before realising that facts alone don't change hearts and minds. Paula now blends writing, science and art to celebrate the wonders of Australian nature, and teaches people to observe closely, draw and write in response to nature (nature journaling).



Araucaria heterophylla
Norfolk Island Pine



About the workshops

Since 2016 I have worked with a wide range of groups to deliver a basic level 'Introduction to Nature Journaling' workshop. This has been warmly received, and the thirst for nature journaling just seems to keep on growing. So in 2018 I am delighted to offer both basic level and more advanced workshops.

'Introduction to Nature Journaling' and 'Nature Journaling for Gardeners' are basic level workshops, while 'Further Adventures in Nature Journaling' workshops are more advanced sessions that explore drawing birds and trees, making maps and transects, and the use of colour. See details below.

Each workshop runs for 2 hours and is aimed at adults and older children (10 years and older). Kids under 15 years need to be accompanied by an adult. The fee charged to each participant for a 2 hour workshop is generally around \$20. If an organisation sponsors a workshop it may be offered as a free activity for participants. Subscribe to my blog www.paperbarkwriter.com or facebook page Paperbark Writer to hear about upcoming events as they are announced.

Participants are required to bring their own basic materials (unlined sketchbook, 2B pencil and permanent ink fineliner pen), and for the 'Further Adventures in Nature Journaling' workshops they can also bring colour materials if they wish. Participants can also purchase a basic nature journaling kit from me (which includes a quality Strathmore 5.5 x 8 inch mixed media sketchbook, 2B pencil and a Pigma Micron permanent ink fineliner pen, plus a copy of my book *Make a Date with Nature: An introduction to nature journaling*) for \$20. (The retail cost of this kit is approximately \$30.)

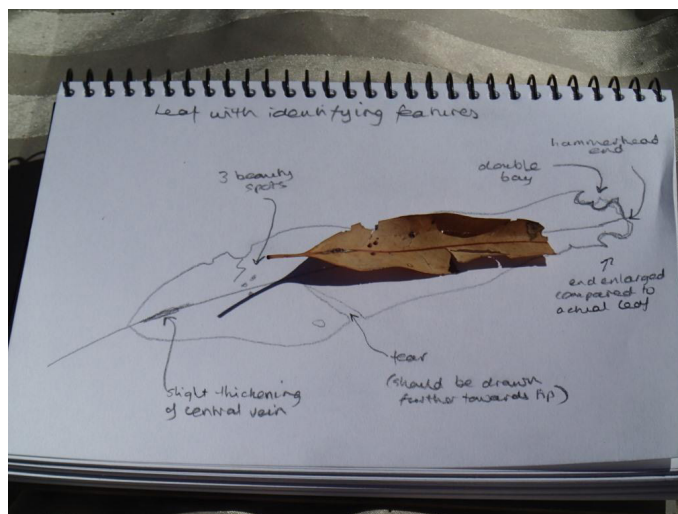
Maximum number of participants is 20 people. This is to ensure I can give everyone personal attention during the session.



Basic level workshops

Introduction to Nature Journaling

This is the basic, beginner-level workshop that's designed to demonstrate to each participant that they can draw and write, even if they have no prior skills in these areas. Along the way, I explain aspects of ecology relevant to the workshop venue, and introduce basic materials for nature journaling. I use my own journals and other books to provide ideas and examples of different approaches to nature journaling.



Nature Journaling for Gardeners

This workshop is like 'Introduction to Nature Journaling' since it is designed to demonstrate to each participant that they can draw and write, even if they have no prior skills in these areas. But 'Nature Journaling for Gardeners' is intended to take place in a garden, and includes journaling activities that can be applied to people who like gardening or gardens, such as creating a garden plan, following the growth and changes of a garden through the seasons, and finding inspiration in garden animals (friends and foes!). Tips about how to create a wildlife-friendly garden are also included along the way.



Advanced workshops

Further adventures in Nature Journaling – Making maps and transects

Take your journal for a walk and discover new ways of seeing and documenting the world by making maps and drawing what you find on a transect (a transect is a straight line). Create maps and transects big and small, and bring them to life with your own observations in words and sketches. No experience in drawing or writing is required, but participants will benefit from attending either 'Introduction to Nature Journaling' or 'Nature Journaling for Gardeners' prior to this workshop.

Further adventures in Nature Journaling – Using colour*

Learn how to use a range of colour materials for nature journaling. This workshop will explore the use of colour pencils, watercolour pencils, watercolours and gouache for creating nature journal entries in the field. Participants can bring their own materials or use the materials provided. No experience in drawing or writing is required, but participants will benefit from attending either 'Introduction to Nature Journaling' or 'Nature Journaling for Gardeners' prior to this workshop. *I charge a small additional fee to cover the colour materials used during this workshop.

Further adventures in Nature Journaling – Drawing birds

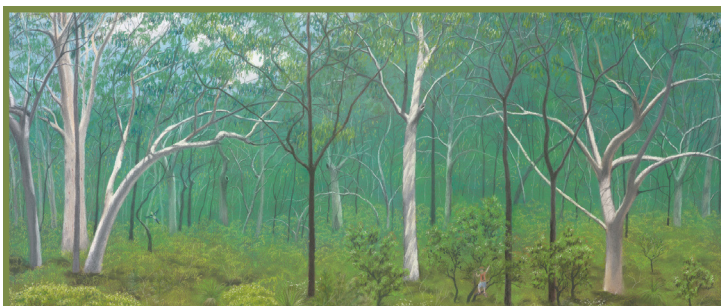


white-browed
siskin
gules leaves
with its bill



Trees are wonderful subjects for nature journaling, and not only because they don't move! But how do you fit such a large subject on the page? How can you represent the distinctive foliage of a particular tree without drawing every leaf? And is it true that drawing a tree can be a meditative experience? These and other questions will be answered in this fun workshop led by a self-professed tree addict (who studies, writes about, draws and plants trees). You'll learn lots about trees and create your own unique tree-filled nature journal entries. No experience in drawing or writing is required, but participants will benefit from attending either 'Introduction to Nature Journaling' or 'Nature Journaling for Gardeners' prior to this workshop.

Thank you to all of the groups and organisations who supported nature journaling workshops and events in 2016-2017: Gympie Regional Gallery, Bimblebox 153 Birds, Bulimba Creek Catchment Coordinating Committee, Downfall Creek Bushland Centre & Brisbane City Council, Indigiscapes & Redland City Council, Logan City Council, Brisbane Bushwalking Club, Corinda State High School, Cubberla-Witton Catchments Network, Ecological Society of Australia, Gold Coast Regional Botanic Gardens, Nature Play Queensland, Parks and Wildlife Commission of the Northern Territory, Paten Park Native Nursery, Woodford Folk Festival, HOPE Inc. (Australia), Friends of the Escarpment Parks, U3A Redlands, University of the Sunshine Coast and Yoga Made to Measure.



Australian nature meets science and art. By Paula Peeters

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