



***For immediate release***

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## **Inspiration is in our nature**

*Make a world of difference as a National Tree Day Coordinator*

Planet Ark is inviting Australians to join the country's biggest nature care initiative and community tree planting event by volunteering to be site coordinators for Schools Tree Day on Friday 28<sup>th</sup> July or National Tree Day on Sunday 30<sup>th</sup> July.

Planet Ark's much-loved campaign, now in its 22<sup>nd</sup> year, continues to inspire the hearts and minds of ordinary people wanting to do extraordinary things. Tree Day engages the community in hands-on, fun, positive environmental action, in places where they live, work and play. It is based on the rationale that everyone thrives when we come together for the health and wellbeing of the planet and all its inhabitants.

Planet Ark is looking for coordinators who can host public events at local parks, Landcare or re-generation sites, sports fields, scout halls or an event for their community at a school or pre-school, place of worship or a workplace. Even backyards, patios, balconies or streets can be used. Coordinators don't need to be planting professionals as Planet Ark will provide information and ideas on how to organise an event.

Coordinators will help connect their communities with thousands of other generous, green-minded individuals around the country to enjoy and protect Australia's unique natural environment and benefit from positive health and wellbeing outcomes.

Debbie Agnew, National Tree Day Manager, says that joining the much-loved nature campaign is a great way to experience the many benefits of spending time in nature.

"Our research\* shows that we grow happier, smarter, calmer, and healthier when we connect with nature," says Agnew.

"Nature elevates the human spirit. It ignites passion, inspiration, creativity and purpose. Australia is a unique, beautiful and breathtaking country. It's critical that we conserve our natural heritage, as well as bring nature back to our urban areas – our homes, workplaces, schools, and cities. We need to cultivate healthy, enriching, life-enhancing environments in which to live."

Last year nearly 310,000 people took part in National Tree Day and Schools Tree Day at over 3,500 sites across the country. Over 1.1 million native trees, shrubs, grasses and edibles found a new home and helped to green otherwise grey areas.

Alison Wallace, who has been involved with National Tree Day for the past six years, encourages people to become site coordinators as it brings the local community together and is positive for the environment.

"It's also satisfying to look at the trees you plant in years to come and see them healthy and growing. This event really is beneficial to the world we all live in and share," she said.



To register your site online and find out more visit [treeday.planetark.org](http://treeday.planetark.org), call the hotline on 1300 88 5000 or visit your local participating Toyota Dealership.

National Tree Day is organised by Planet Ark in partnership with Toyota Australia and its Dealer Network, who provide on the ground support at tree planting sites across Australia.

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**\*A series of independent reports about the environmental, health, financial, social and community benefits of nature commissioned by Planet Ark can be found at [treeday.planetark.org/research](http://treeday.planetark.org/research).**

**For all media enquiries about Planet Ark, National Tree Day, local case studies and site coordination please email [pr@planetark.org](mailto:pr@planetark.org) or contact:**

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