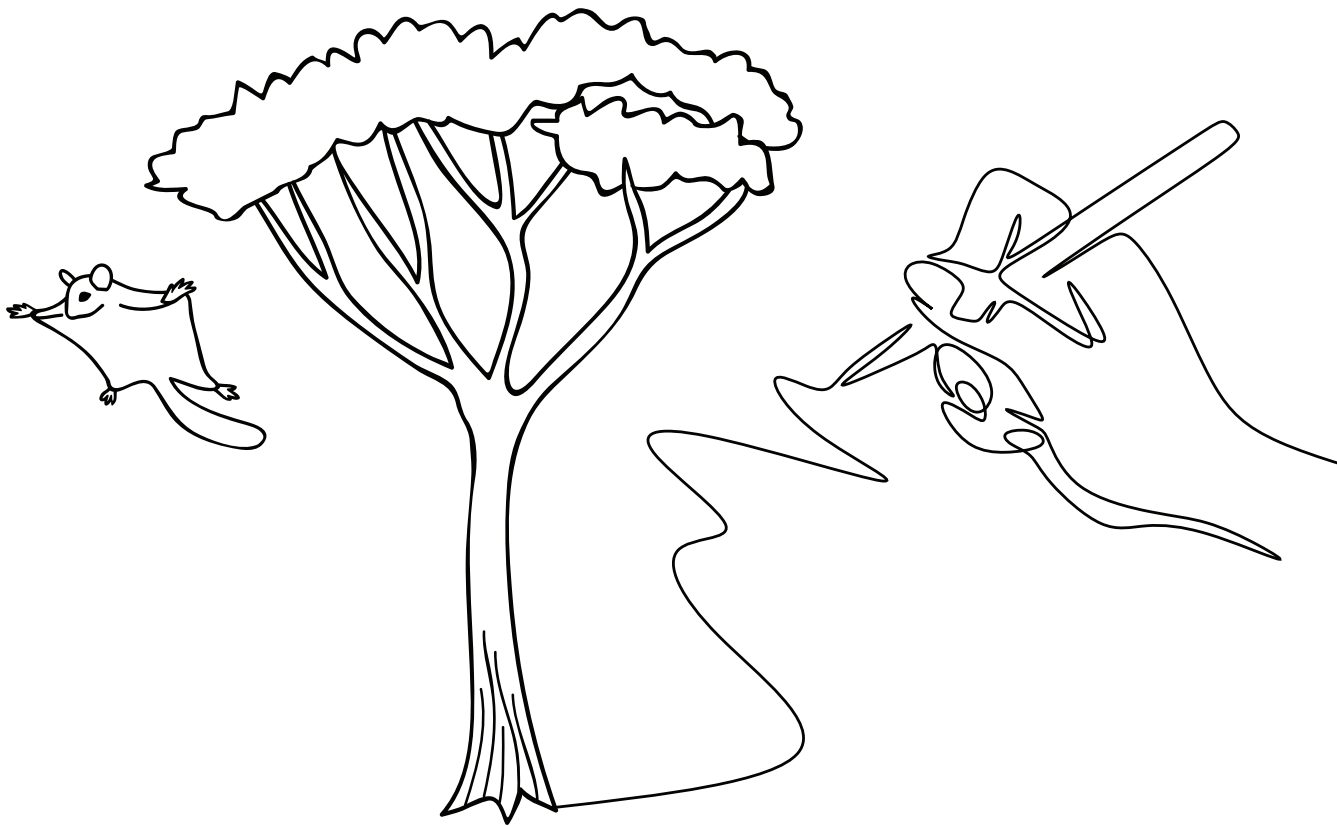


*Intrepid  
Landcare*



**DO STUFF THAT**

**MATTERS JOURNAL**



TURN YOUR IDEAS INTO ACTION  
FOR THE ENVIRONMENT

## ACKNOWLEDGEMENTS

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF ALL THE LANDS ON WHICH WE WORK, MEET AND CARE FOR THE ENVIRONMENT. WE PAY OUR RESPECTS TO THEIR ANCESTORS, AND ELDERS PAST, PRESENT AND FUTURE, AND ACKNOWLEDGE THEIR DEEP AND CONTINUING CONNECTIONS TO LAND, WATER, SEA AND SKY.

THE INTENTION OF THE DO STUFF THAT MATTERS JOURNAL IS TO PROVIDE YOUNG PEOPLE WHO ARE PASSIONATE ABOUT THE ENVIRONMENT, WITH INFORMATION, TIPS AND IDEAS TO HELP THEM TURN THEIR CONCERNS, PASSIONS AND IDEAS INTO MEANINGFUL ACTION FOR THE ENVIRONMENT. HELPING YOUNG PEOPLE TO DO STUFF THAT MATTERS.

THIS JOURNAL HAS BEEN CO-CREATED BY YOUNG PEOPLE FOR YOUNG PEOPLE AROUND AUSTRALIA.

SPECIAL ACKNOWLEDGEMENT GOES TO: DHANI GILBERT, ANNETTE CAVANAGH, JAYDEN GUNN, CHRISTOPHER JOHNSON, BETH HAMILTON AND MEGAN LEE.

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FOR MORE INFORMATION VISIT  
[WWW.INTREPIDLANDCARE.ORG](http://WWW.INTREPIDLANDCARE.ORG)  
[WWW.LANDCAREAUSTRALIA.ORG.AU/YOUTHPROGRAM](http://WWW.LANDCAREAUSTRALIA.ORG.AU/YOUTHPROGRAM)

"STUFF THAT MATTERS CAN BE A CAUSE,  
PROJECT OR INTEREST THAT  
IS IMPORTANT AND MAKES A DIFFERENCE"

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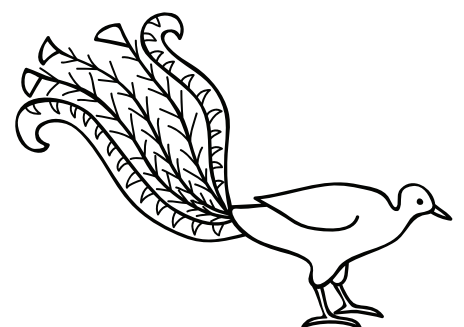
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# *Intrepid Landcare*

## ABOUT INTREPID LANDCARE

Intrepid Landcare is an adventurous organisation that empowers young people aged late teens to early thirties to lead on stuff that matters. We provide a common space to inspire, connect and empower young people to act and lead with Landcare. We do this by delivering a range of leadership and personal development programs, and community engagement services. Intrepid Landcare has supported hundreds of young people and communities all over Australia to develop and drive their own local environmental initiatives. These initiatives have then gone on to engage thousands of young people around the country. Intrepid Landcare also supports a national community of practice of young leaders who connect and learn together through free online gatherings and events.

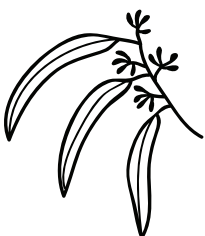
More info at [www.intrepidlandcare.org](http://www.intrepidlandcare.org)

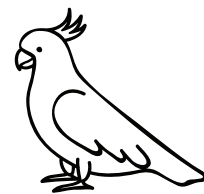


## ABOUT LANDCARE AUSTRALIA

Landcare Australia is a national not-for-profit organisation established more than 30 years ago, that supports the landcare community with funding, capacity-building, on-ground projects, information, networking and promotion of landcare achievements. Across Australia, our partnerships support thousands of people involved in landcare who are working to protect local ecosystems that contribute to the sustainability and productivity of our land and water assets. Together with the landcare community, our efforts improve biodiversity, build resilience in Australia's food and farming systems, and create stronger communities. Landcare Australia is also a service provider for government programs, and delivers major land restoration projects. Landcare enables people to actively care for the natural environment in their community through sustainable land management and conservation activities. Landcare Australia is a passionate supporter of programs that empower young people, including the successful Junior Landcare Program and the development of a Landcare Youth Program.

More info at [www.landcareaustralia.org.au](http://www.landcareaustralia.org.au)





## ABOUT THIS JOURNAL

Hello,

If you have picked up this journal or downloaded it off the web, you are probably a young person (or person supporting young people) passionate about the environment.

This journal has been designed to support young people like you to gain clarity on how you can make a difference for the environment in your own life, with your friends, your community or beyond!

Below you will find a series of sections and questions to explore that will help you to discover what is most important to you right now, your priorities for action, ways you can make a difference and who can possibly help you on your journey.

We have found in the many years of supporting young people to do stuff that matters, that getting your ideas onto paper, discussing them with your peers and then asking for the support of your community (whether they be landcare or other important groups and individuals), is a sure way to get stuff done!

Know that making a difference does not have to occur on an epic global scale to be meaningful, it can be as simple as taking small steps in your own life or community. How you make a difference is up to you and will be as unique as you are.

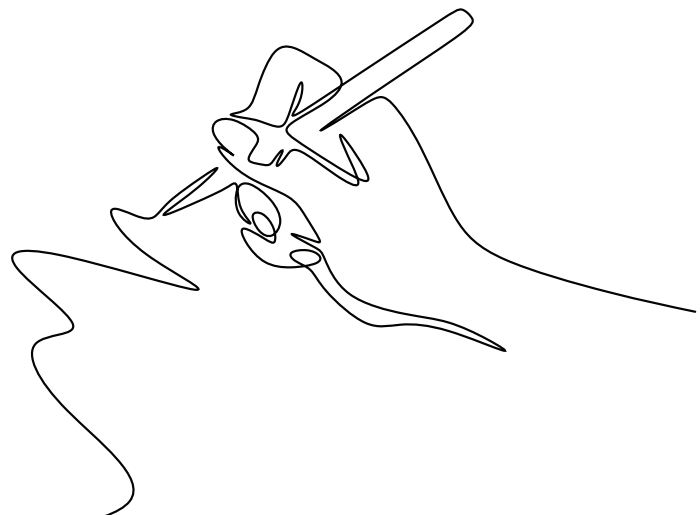
So whether you are starting with something in your personal life, running a project in your school or local community, driving a campaign online, sharing inspiring stories to educate others, or seeking to volunteer, there is no right or wrong in what you choose to do. Just know that whatever you do choose, the environment will be a better place because you did!

# Scribbles & Notes

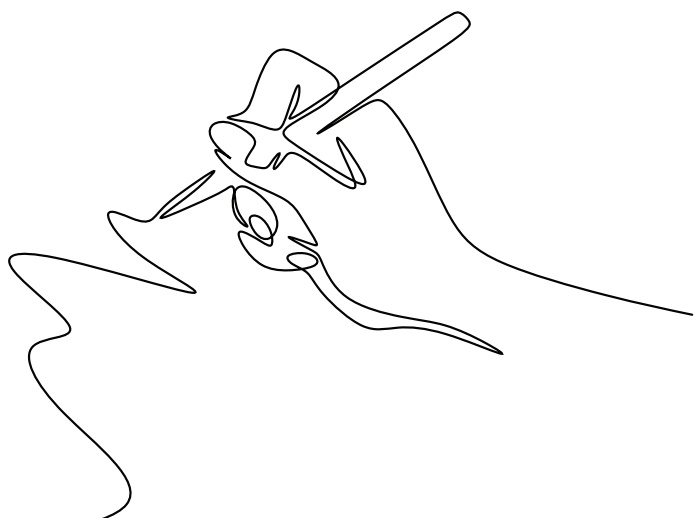
Use this section to write down or map out any random ideas, people and projects you are inspired by, stories you've come across and loved, and anything else!

You never know, these might be the very spark that ignites a new project or way you would like to make a difference!

**Tip:** Struggling to find some inspiration? Landcarer is a great place to visit to seek ideas and support, and to find a range of talks and case studies of other youth projects happening in Landcare. Visit [www.landcarer.com.au](http://www.landcarer.com.au)



# Scribbles & Notes



## GETTING STARTED

### Let's set some goals!

We know how overwhelming it can be to take your first step towards doing something meaningful for the environment. After all, the environment is big and you are one person. There are many issues that need addressing and knowing where to start is half of the challenge!

Getting clear on where you want to end up is a great way to start the process. When we know where we are heading, we can start to put the right steps in place to achieve those goals.

Here are some questions to help guide you:

**What sort of future do you want to create?**

**What do you want to see, feel, and experience in the long term?**

**For yourself?**

**For your friends and the community?**

**For the environment?**

**For more young people?**



"A DREAM WRITTEN DOWN WITH  
A DATE BECOMES A GOAL.  
A GOAL BROKEN DOWN INTO STEPS  
BECOMES A PLAN.

A PLAN BACKED BY ACTION MAKES  
YOUR DREAMS COME TRUE"

GREG S REID



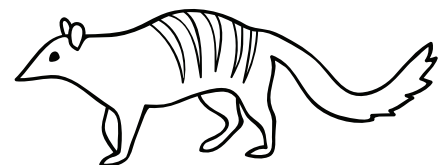
## WHAT MATTERS MOST TO YOU?

There are many environmental issues the planet is facing, from the impacts of climate change, biodiversity loss and species extinction, to environmental pollution, unsustainable development, natural disasters and more! It can be overwhelming knowing what to focus on, but by knowing what matters most to you right now, can help you find that focus.

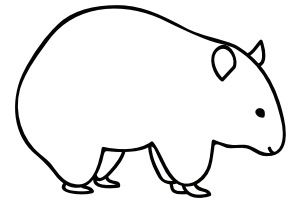
Take some time to reflect on this. Bear in mind that your interests and priorities may change over time, and that's ok! This is just to help get you started.

**What are the issues that you feel most concerned about right now?**

**Of all of the issues you just listed, what are the top 3 that you think about the most?**



# CONNECTING WITH WHERE YOU ARE



## Getting to know your community and the environment

Before we take any action for the environment, it helps to learn as much as possible about the landscape and community we want to get involved in. This helps us to make informed decisions about how to take care of it.

The following questions are designed to help you to connect with where you are. You may also find it helpful to draw a map of the place where you are - this will help you to visualise your local area and the variety of environments, people, and issues in it.

### Whose Country are you on?

**Tip:** If you don't know whose Country you are on, you can find out at:  
[www.aiatsis.gov.au/explore/map-indigenous-australia](http://www.aiatsis.gov.au/explore/map-indigenous-australia)

### How can you engage with Country and the First Nations communities around you?

**Tip:** If you're unsure of where to start, visit the Junior Landcare Educator Hub: First Nations Perspectives  
[www.juniorlandcare.org.au/educator-hub/first-nations-perspectives/](http://www.juniorlandcare.org.au/educator-hub/first-nations-perspectives/)

What are the native plants, animals and ecosystems local to your area?

What do you love about your local environment?

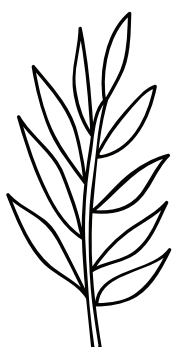
How do you interact and connect with nature in your area?

How do other people in the community interact and connect with nature in your area?

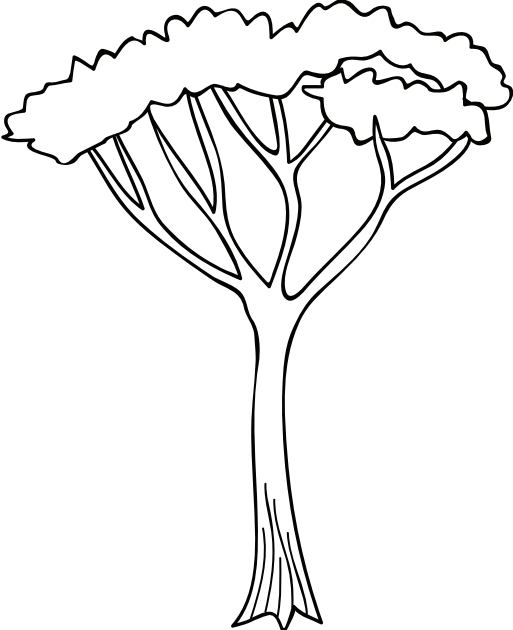
What are some of the local environmental issues in your area?

How do these issues align with the things that matter most to you?

*Tip: Think back to the 'What matters most to you?' section.*



**MAP YOUR LOCAL AREA HERE...**





## LOCAL ACTION FOR GLOBAL CHANGE

Taking local action is a powerful way to contribute to environmental issues. When we all take action collectively as a society, we can achieve change on a global scale.

Here in Australia, there are many groups and individuals working to address many of the environmental issues we face, and these people have a lot of experience and knowledge on how to look after the environment. These may include Aboriginal and Torres Strait Islander groups, landcare or other 'friends of' groups, research organisations, citizen science groups, agricultural and other environmental organisations. They could be youth climate action networks, university groups, local councils, other local schools or inspiring individuals that are leading the way in your local area.

Now that you know more about the issues you want to focus on, spend some time exploring the individuals, groups and organisations that you might like to learn from, possibly work with, or even seek support from to make change or do your own projects.

Your focus may be bigger than your local area, and that's ok too. Here are some questions to help get you started.

**Who are the groups, organisations and individuals in your local area already working on the issues you're most interested in (if any)?**

*Tip: If you are not aware of any groups or organisations in your local area, you can contact your local Landcare group, local council or do a search online to see what you find.*

**What are some of the projects that these groups are doing?**

"WHAT YOU DO MAKES  
A DIFFERENCE, AND YOU  
HAVE TO DECIDE WHAT  
KIND OF DIFFERENCE YOU  
WANT TO MAKE"

JANE GOODALL

# DOING STUFF THAT MATTERS

Now you know a bit more about what you want to focus on and what is already happening, you can start putting some ideas into action.

## WHERE TO START

Looking at your brainstorming and notes above, choose one issue to start with and explore how you would like to take action.

*Tip: Action can be anything from changing your own behaviour, getting involved in things happening locally already, or starting a project of your own! How you want to take action is completely up to you.*

## STARTING WITH YOU

**As an individual, is there anything you can change in your life that will help make a difference to the issues that are most important to you?**

**What are the actions you will take?**

## IN YOUR COMMUNITY

**What are some of the projects happening near you right now that you want to get involved in?**

**How can you involve more of your friends and other young people in these projects?**

**What is a project that you would like to make happen, that is not already happening in your local area?**

**Who are the people you look up to that you could ask for help or get ideas from for this project?**

**What First Nations perspectives are important to consider in this project?**

**What is the positive change you want to see from this project?**

## TAKING ACTION

When will your project happen?

Where will it happen?

Who do you want to be involved in your project?

What will you do?

How will you do it?

What do you need to make it happen?

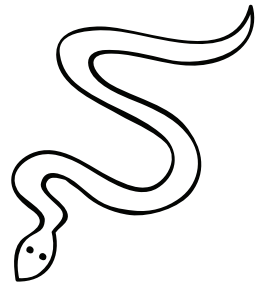
*Tip: Think permissions, resources, materials, other help etc.*

## MEASURING YOUR IMPACT

How will you know your project has been successful? What do you need to measure to make sure you know it has been successful?

## NEXT STEPS

List the next steps you now need to take to make your project happen and the dates you need to achieve this by. By staying in action, we make change happen. What happens next is up to you :)



## SELF CARE, COMMUNITY CARE

It is not uncommon to feel overwhelmed at times; it's part of being human.

Looking after ourselves and our community is a great way to overcome any fears or anxiety that might come up when we are taking action for the environment.

Here are some ways young people have helped to look after themselves and each other when things have gotten challenging\*.

Take time out  
for me

Yoga and  
mindfulness

Exercise

Deep breathing

Don't compare  
myself to others

Ask for help

Journal my  
thoughts

Try not to judge,  
you never know  
what someone is  
going through

Spend time in  
nature

Do things that  
are fun and  
make me smile

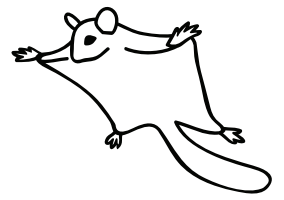
Check in with my  
friends/team, make  
sure they are ok

Take a break  
from social  
media



\*These are some of the ideas shared by young people participating in Intrepid Landcare Leadership Retreats





**What are some of the ways you can look after yourself?**

**What are some ways you can look after your friends and community?**

*Tip: You might like to do this as a group and ask each other what would be most helpful.*

**Practicing gratitude**

By reflecting on the things that we are grateful for in our lives, we bring ourselves back to the present, and we can also celebrate what we do have, and have to look forward to. Take a moment to reflect on your journey with us to do stuff that matters.

**What are three things you are grateful for right now?**

*Tip: These three things can be separated into yourself, your friends and community, and the environment.*

**What are you most excited about for the future of the environment?**

"TO BETTER LOOK AFTER THE ENVIRONMENT,  
WE NEED TO LOOK AFTER OURSELVES"

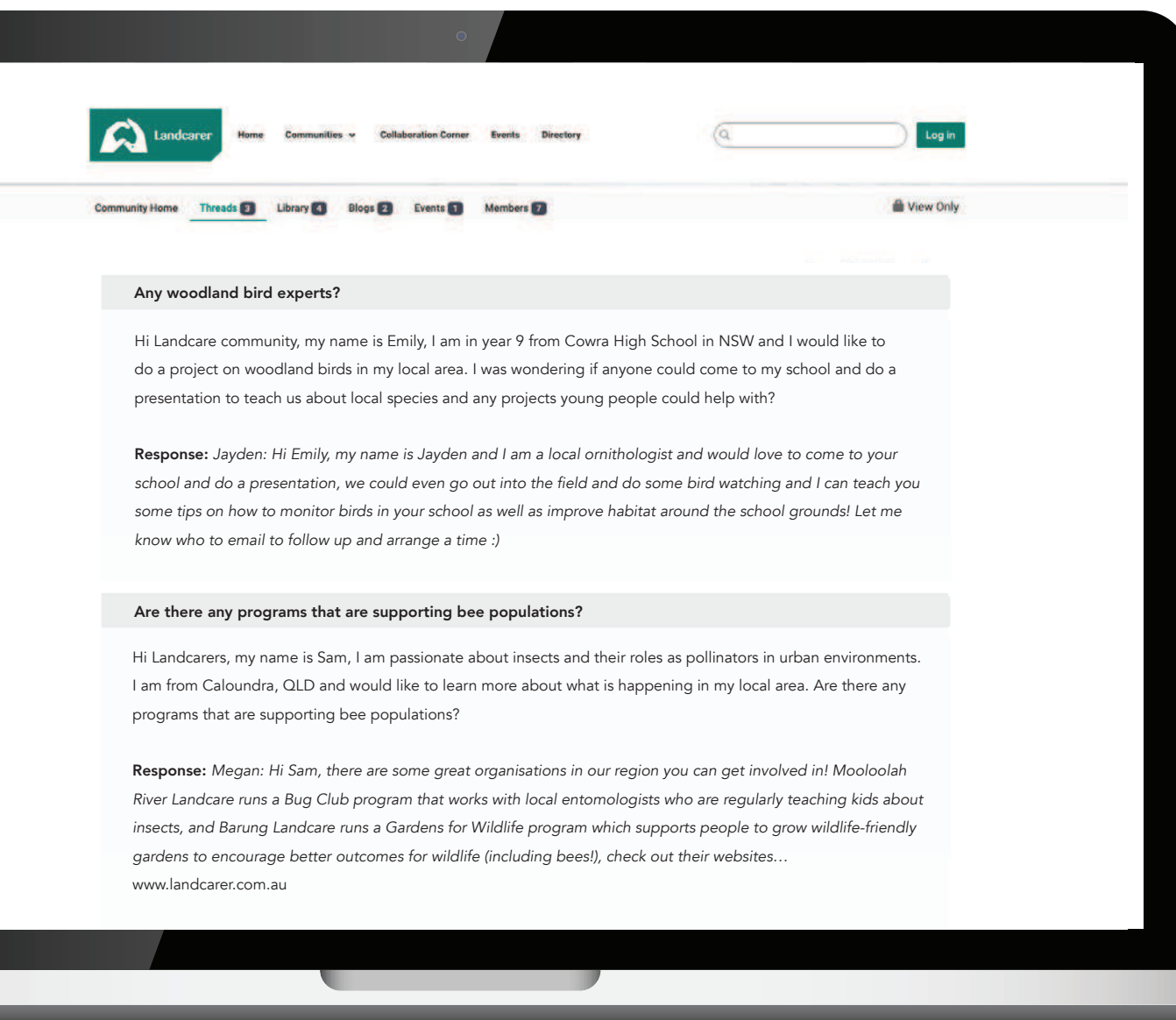
# FURTHER SUPPORT

## Post your ideas on Landcarer

Landcarer is a great purpose-built social platform for people passionate about caring for the Australian environment! On Landcarer, you will find many people who have a wealth of knowledge and experience in carrying out environmental and caring-for-country projects all over Australia, who are well connected and willing to support you with your ideas.

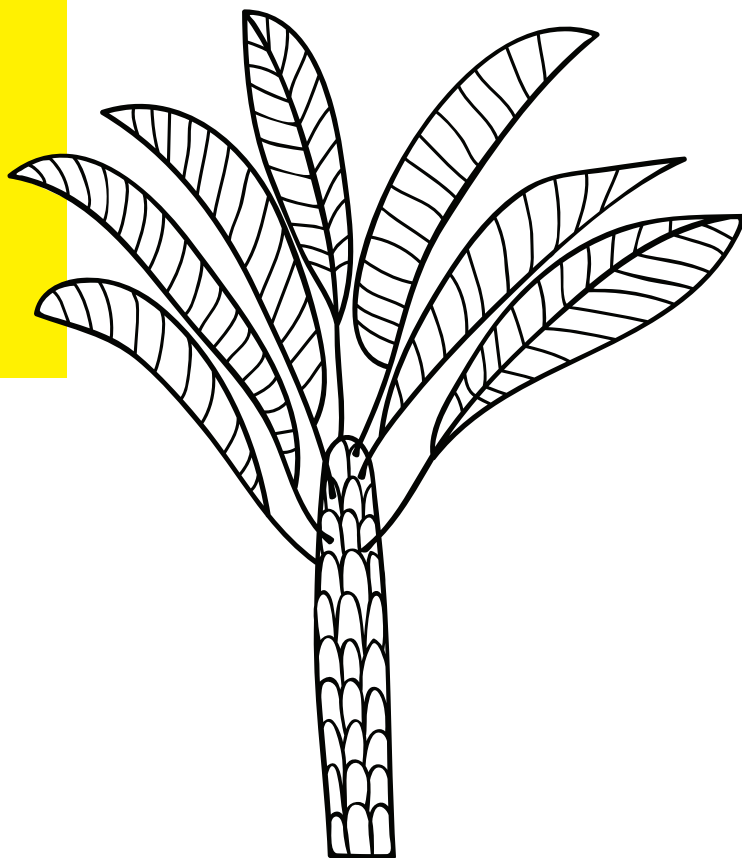
Posting questions as well as your project ideas, and inviting people to contribute to them, is a great way to instantly gain access to a whole network of experienced people passionate about the environment.

**Tip:** Post where you are from, what your idea or question is, and how you'd like support



"NEVER DOUBT THAT  
A SMALL GROUP OF THOUGHTFUL,  
COMMITTED CITIZENS CAN  
CHANGE THE WORLD:  
INDEED, IT'S THE ONLY THING  
THAT EVER HAS"

MARGARET MEAD



## HELPFUL LINKS

Landcare Australia  
[www.landcareaustralia.org.au](http://www.landcareaustralia.org.au)

National Landcare Online Community  
Landcarer [www.landcarer.com.au](http://www.landcarer.com.au)

### FINDING GROUPS NEAR YOU

National Landcare Directory  
[www.landcareaustralia.org.au/landcare-get-involved/findagroup/](http://www.landcareaustralia.org.au/landcare-get-involved/findagroup/)

Intrepid Landcare  
[www.intrepidlandcare.org/get-involved](http://www.intrepidlandcare.org/get-involved)

### FINDING PEOPLE IN YOUR STATE TO HELP YOU

#### NSW

Landcare NSW | [www.landcarensw.org.au](http://www.landcarensw.org.au)  
NSW Landcare Gateway | [www.landcare.nsw.gov.au](http://www.landcare.nsw.gov.au)

#### QLD

Queensland Water and Land Carers | [www.qwalc.org.au](http://www.qwalc.org.au)  
Healthy Land and Water | [www.hlw.org.au](http://www.hlw.org.au)

#### ACT

Landcare ACT | [www.landcareact.org.au](http://www.landcareact.org.au)

#### VIC

Landcare Victoria | [www.landcarevictoria.org.au](http://www.landcarevictoria.org.au)  
Victorian Landcare Gateway | [www.landcarevic.org.au](http://www.landcarevic.org.au)

#### SA

Landcare Association of SA | [www.landcaresa.asn.au](http://www.landcaresa.asn.au)

#### NT

Landcare NT | [www.landcarent.org.au](http://www.landcarent.org.au)

#### WA

WA Landcare Network | [www.landcarewa.org.au](http://www.landcarewa.org.au)

#### TAS

Landcare Tasmania | [www.landcaretas.org.au](http://www.landcaretas.org.au)

### YOUTH SUPPORT

Intrepid Landcare  
[www.intrepidlandcare.org](http://www.intrepidlandcare.org)

Landcare Youth Program  
[www.landcareaustralia.org.au/youthprogram](http://www.landcareaustralia.org.au/youthprogram)

Junior Landcare  
[www.juniorlandcare.org.au](http://www.juniorlandcare.org.au)

"THANK YOU"

