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# be inspired

Another way of appreciating the world is to enjoy art inspired by the environment or art as it occurs in the environment. Most cities regularly have outdoor art shows – Sculpture by the Sea in Sydney and Perth is the best known – and most towns have public artworks in parks and main streets. Do you have a favourite public artwork? Do you have an idea for a piece of art you would like to see in your environment – a sculpture, a mural, a graffiti wall? All councils have funds available for outdoor art, particularly if it draws attention to how we need to change the way we live to save the planet.

- *enjoy the art of the great outdoors*



Tom Millner & Adam Proctor 'Cultivating Crabs', recycled farm parts. Photo: Jack Bett, Sculpture by the Sea, Bondi, 2004

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# enjoy your world

Even if you don't have a dog to walk, you can still enjoy the great outdoors. The world keeps changing – so keep an eye on your favourite places and watch how they change with the different seasons. Are the trees evergreens, or do they lose their leaves in winter and burst into flower in spring? Many parts of Australia have only two seasons – hot and cold, or dry and wet – but if you look closely you will notice subtle changes throughout the year. Most people living in the city have access to parks, so wherever you live, find a place that makes you feel good, and enjoy your world.

- *appreciate the natural world on your doorstep*



Photo: Corbis Australia

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## embrace the seasons

One of the earliest – and still most efficient – forms of insulation invented was clothing. Long before becoming a fashion statement, clothes helped people survive in a world without artificial air-conditioning to control temperatures. When you feel the winter chill, snuggle up in a jumper and thick socks or try jumping up and down for a minute instead of turning on the heater. To cool down in summer, wear lightweight cotton fabrics. Temperature variations are a natural part of life, and a fit and healthy body should be comfortable without excessive artificial heating or cooling. Every one degree you avoid in external heating will cut about 3 per cent of your heating bill.

- *dress for the seasons and avoid artificial heating and cooling*

Illustration: Marian Kyle

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# appreciate the wild

The original inhabitants of Australia lived in harmony with the land for thousands of years. Many of them still do. It is a privilege to be allowed to experience this great country with them. Australia has over 500 national parks. Over 28 million hectares of land is designated as national parkland – almost 4 per cent of Australia's land area. In addition, a further 6 per cent of Australia is protected, including state forests, nature parks and conservation reserves. If you visit a national park, take great care not to pollute or damage the land.

- *explore your national parks – discover the fragility of our environment*

Photo: Marian Kyle



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