

## my top 10 things to help the environment

March 2010

Here are 10 tips for enjoying the natural environment from the latest book *True Green Life*

	true green's top 10	done	my top 10	done
1	See the best of the world's cultural and natural heritage – Australia has 17 World Heritage Areas recognised by UNESCO.			
2	Get into cycling – it's cheap, eco-efficient, good for your health and fun too. Explore local cycling paths and commit to swapping your car for a bike at least once a week.			
3	Experience the natural wonders of the ocean. Whale- and dolphin-watching trips are a great way to start, or watch migrating whales on the east and west coasts from June to November.			
4	Be wise with kids' play equipment – use recycled materials such as old tyres for swings and recycled wood and furniture to create a sustainable playground for your children.			
5	Enjoy art inspired by the environment or as it occurs in the environment. Visit an outdoor art show or take time to appreciate the public artworks in your local parks and main streets.			
6	Support outdoor music events that inspire you to make a difference – many festivals are committed to becoming carbon neutral and allow you to appreciate the use of outdoor spaces			
7	Practice sustainable fishing. Check with local authorities for information on protected species, size and take and don't leave your rubbish behind.			
8	Make your next outing or picnic at the park sustainable. Pack a picnic instead of buying over-packaged food, fill your own water bottles and opt out of added extras such as paper napkins.			
9	Appreciate the wild – explore the national parks or take a walk in the local park. Watch how your favourite places change with different seasons.			
10	Reacquaint yourself with the night sky. Air pollution can make it harder to see the stars and planets. We are part of the universe and need to do all we can to care for – and enjoy – our own world.			

remember, when you're achieved your top 10, revisit **true green** and select another 10