

## Volunteering Opportunity with Plantlife

Project title: Building Resilience in South West Woodlands

### Task summary:

Being in the woods on Dartmoor brings health and wellbeing benefits to ramblers, dog walkers, riders and mountain bikers. But did you know that just looking at images of nature can bring you similar health benefits?

We need volunteers to help us to create a resource of 'virtual' woodland walks and soundscapes that can be viewed and listened to by people who can't so easily get out into woodlands.

We are looking for people who can use a smart phone to take simple videos of their walk in the woods and/or take sound clips or static videos to record sounds. We will share these sound clips and videos online with details of where/when they were created and we will be promoting them to local communities.

This activity is part of the Building Resilience in South West Woodlands project which is a collaboration between Plantlife, Dartmoor National Park, Natural England and the Woodland Trust (and others). The project is working to conserve some of the region's most vulnerable Atlantic woodland sites, and the rare lichens, mosses and liverworts that grow in them. Partners also want to share knowledge of these woodlands and their plants more widely.

### Timescale and location:

Ongoing - Woodlands change throughout the year and so we'd like videos/soundscapes from all seasons.

The project runs between Nov 2018 and March 2022.

### Skills and experience:

You need to be able to use and have access to a smart phone or other video/sounds recording device. You will also need to be able to send us your files digitally. You are not expected to be a whizz at editing videos or making films. You may or may not want to narrate your woodland walks; either is fine.

### Suitable for:

Anyone who enjoys woodlands and wants to share with other people some of the places on Dartmoor that they love the best. They will have the satisfaction of knowing that they are bringing a bit of the outside inside for people who are not able to walk in the woods themselves. They will receive credit for videos/sound clips on the Plantlife website.

### Equipment required:

Your usual clothing and equipment for a walk in the woods plus equipment for taking video/sound recordings.

### Training and induction:

No training is needed for this activity.

### Contact details:

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Please note that this volunteering opportunity is not with Dartmoor National Park Authority. Plantlife is a delivery partner of Dartmoor National Park Authority.