



For immediate release

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Grow Your Good

Make a World of Difference as a National Tree Day Coordinator

Planet Ark is encouraging Australians to join the country's biggest nature care initiative and tree planting event by volunteering to be site coordinators for Schools Tree Day on Friday 29th July or National Tree Day on Sunday 31st July.

Research shows that spending time in nature is key to growing a healthy mind, body and planet*, and there's no better way to embrace these benefits than by taking part in Planet Ark's iconic twenty-one year environmental campaign.

National Tree Day is a fulfilling opportunity to do something good for the environment and give back to the local community in a meaningful way. Participants will unite with thousands of generous, green-minded individuals to reconnect with nature, enjoy and protect Australia's unique natural environment and benefit from positive health and wellbeing outcomes.

The site can be at a local park, school, office or workplace, a nearby sports field, Scout Hall or place of worship. Planting can even be in your own backyard, patio, balcony or street. Participants don't need to be planting professionals or even have a green thumb, as Planet Ark provides advice and ideas.

Debbie Agnew, National Tree Day Manager, says that joining the much-loved nature campaign is an important way to branch out to your local community and realise your potential.

"Our research shows that Australian children are at risk of growing into an unhappy generation by living an inside lifestyle and being disconnected from the natural world. For every hour of outdoor recreational activity that Australians engage in, we spend seven hours in front of a screen," she says.

"But the impacts of just adding nature are significant, including benefits to mental and physical health and wellbeing. This year's National Tree Day theme is *Grow More – Just Add Nature*, which looks at how we can use the power of nature to help us reach our full potential in all aspects of our lives. We all need nature to thrive!"

Last year nearly 300,000 people took part in National Tree Day at over 3,500 sites across the country. Over 1.2 million native trees, shrubs 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 a site coordinator 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 says.



When people register a site before May 31st they will have the chance to win a \$500 vertical garden provided by Garden Beet, transforming any indoor or outdoor wall, patio, rail or fence into a living, breathing work of art.

To register your site online and find out more visit 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.

– ENDS –

***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.**

For all enquiries about Planet Ark, National Tree Day, local case studies and site coordination please email pr@planetark.org or contact:

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