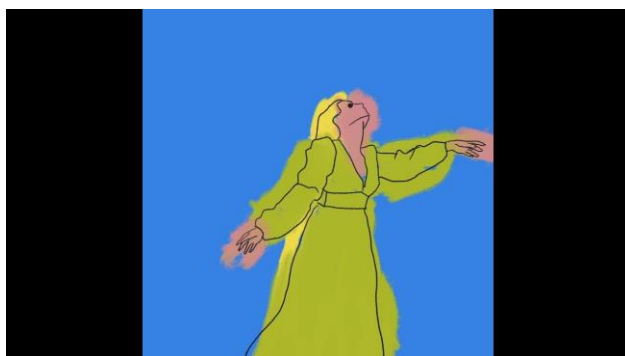




My Nature walk



Peom

Come with me

Come look, see

All I see

Come with me

Come look, see

All that I see

Purple petals kiss my face

Birds singing me sweet songs

Dogs of all sizes and colours tell me hi with a jump and a wag of the tail

Come with me

Come look, see

All the beautiful views I see

Lay in a meadow with your fellow friends

Enjoy the sun because we do not know what tomorrow will be

Come with me

Come look see

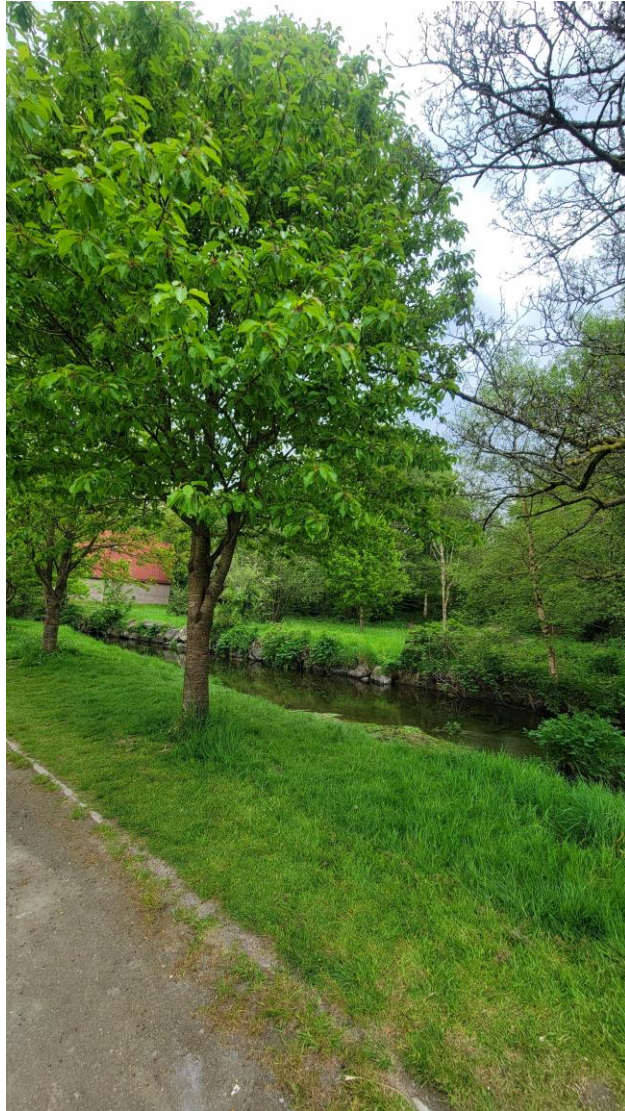
All the things see.



1 - Beautiful weather and amazing views Wales





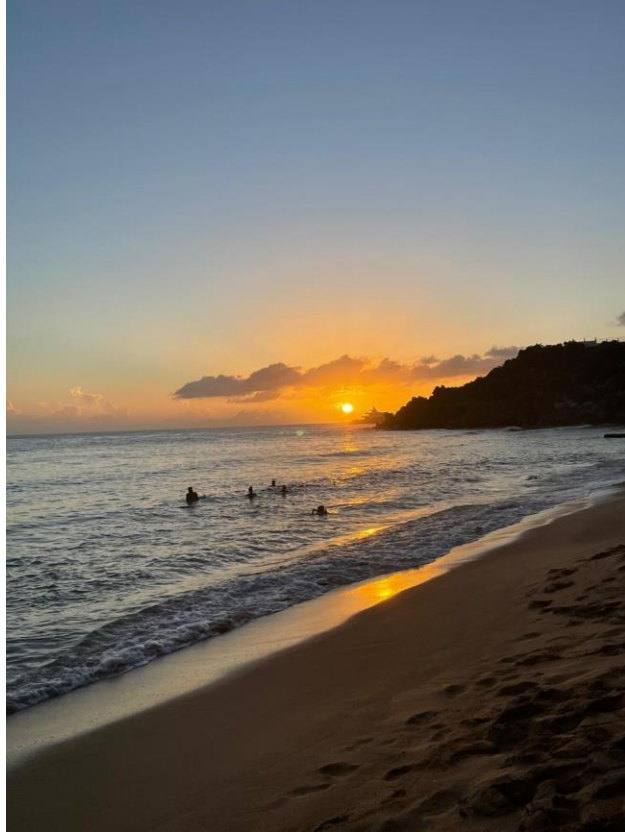


2 - This spot brings back great memories from my childhood, days when i will go to the river to hang out with friends and family and have a good soak.



3 - A breathtaking view all the way from Sweet Paradise (St. Vincent and the Grenadines)





4 - Come , sit with me, and enjoy the sunset.





Discover



During the John Muir Award, I chose to explore the UWSTD Lampeter campus, which has been my home for the past three years. During my tenure here, this campus has held many fond memories for me. Looking back while I was exploring, I think every spot on campus holds a memory, like my own treasure box, so I guess this nature walk is my treasure map. Coming aboard from Caribbean has been difficult, adjusting to the weather and season has been challenging but I am still grateful that I got to experience this, seeing flowers bloom where there were none, seeing trees shed leaves, and being able to make a snowman, all these experiences and more were mind-blowing. This award has allowed me to reflect upon my time here and to reconnect with nature.

Explore



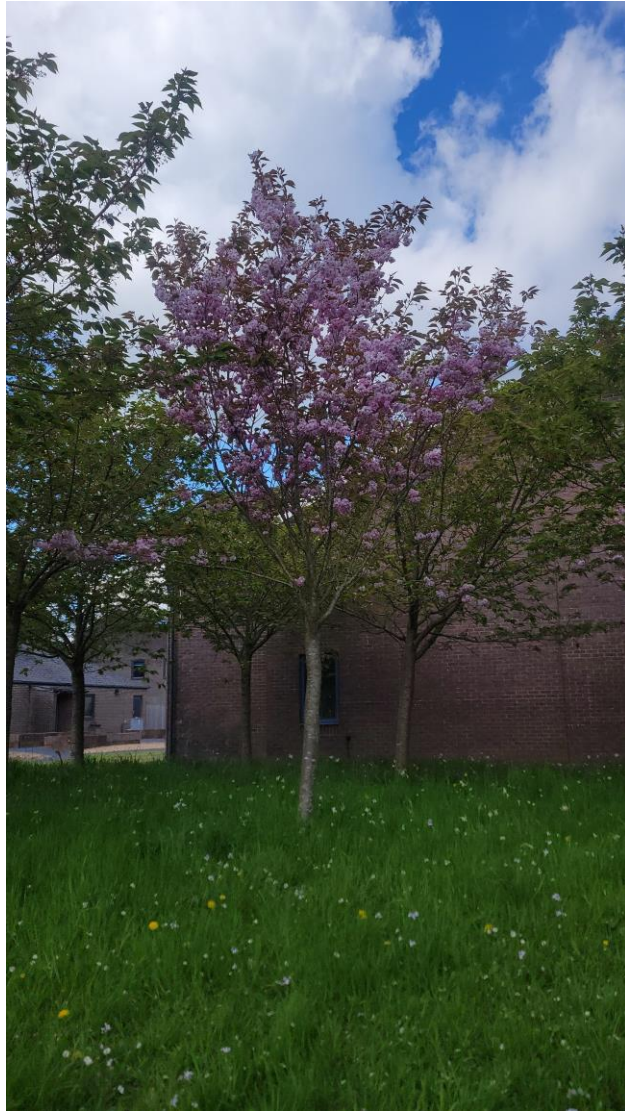
Whilst exploring my campus I realised how beautiful, safe and tidy it was for me, other students and members of the community to enjoy. The campus was designed with with intention for humans and non-humans , praving way for the future without destroying the past. The campus was filled with a wide array of flowers to explore, i was fascinated by the cherry blossom trees and what our campus is currently doing to increase honey production.

Flowers

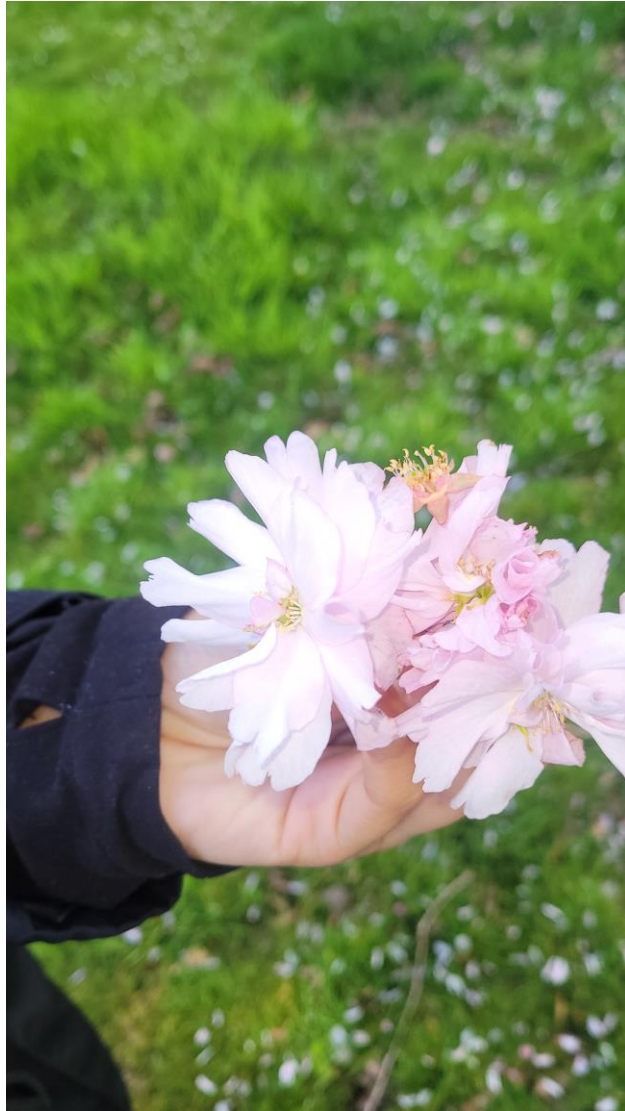




5 - Cherry Blossom



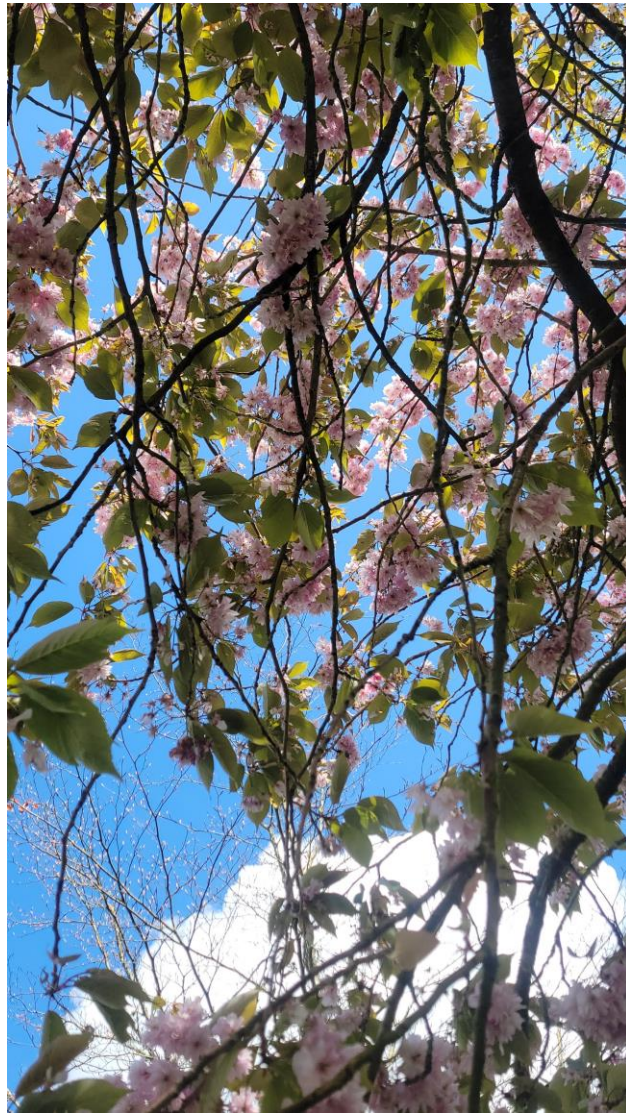




6 - Five facts about Cherry Blossoms

1. **Symbol of Renewal and Transience:** Cherry blossom trees, particularly in Japan, symbolize the beauty of life and its fleeting nature. The blossoms' brief period of bloom represents the transient nature of life and beauty, reminding us to appreciate the present moment.
2. **Cultural Significance:** Cherry blossoms, or sakura, hold deep cultural significance in Japan. They are celebrated during the annual Hanami festival, where people gather to view and enjoy the blooming flowers, engaging in picnics and socializing under the trees.
3. **Wide Distribution:** While closely associated with Japan, cherry blossom trees are also found in many other countries, including South Korea, China, and the United States. The National Cherry Blossom Festival in Washington, D.C., commemorates the 1912 gift of 3,000 cherry trees from Tokyo to the U.S. capital.
4. **Variety of Species:** There are numerous species and cultivars of cherry blossom trees, each with unique characteristics. Some of the most famous varieties include the Yoshino cherry (*Prunus × yedoensis*) and the weeping cherry (*Prunus subhirtella*).

5. *Ecological Role: Cherry blossom trees provide important ecological benefits. They offer habitat and food for various species of birds, insects, and other wildlife. The flowers also attract pollinators such as bees, contributing to the health of local ecosystems.*



Cherry Blossom Dream

Cherry blossoms soft and light,
Blushing pink in morning light,
Petals dance on gentle breeze,
Whispering through the cherry trees.
Springtime's kiss upon the land,
Nature's beauty, sweet and grand,
Brief and bright, they bloom and fade,

In their shade, sweet memories made.

Underneath their blooms we stand,

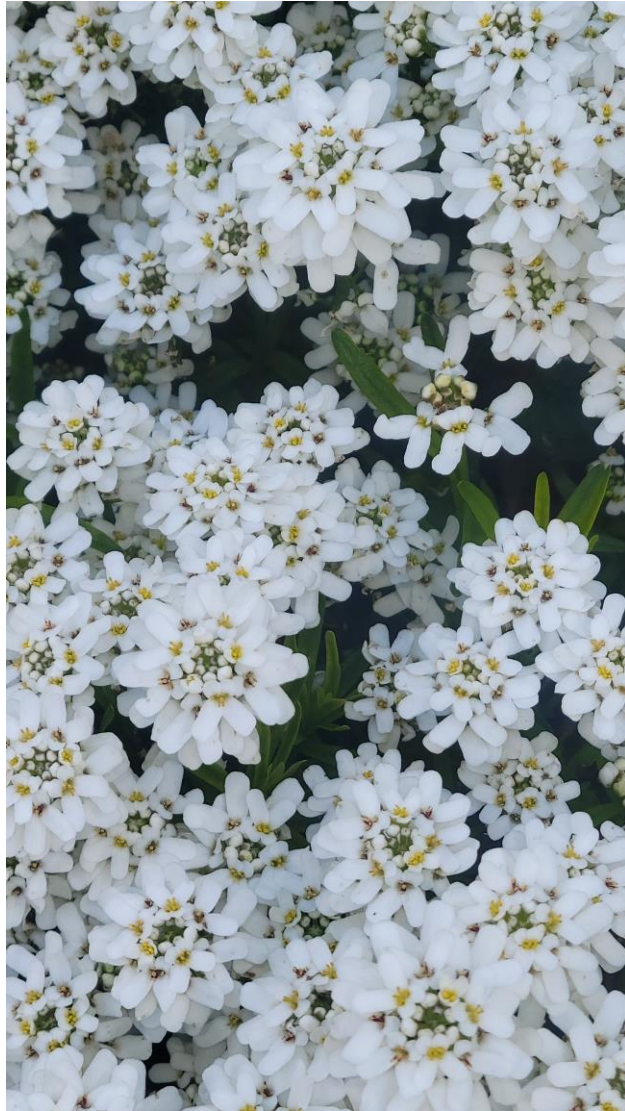
Hand in hand, heart to hand,

Cherry blossoms in the air,

Moments precious, pure and rare.



7 - Blue Bells



8 - Candytuft

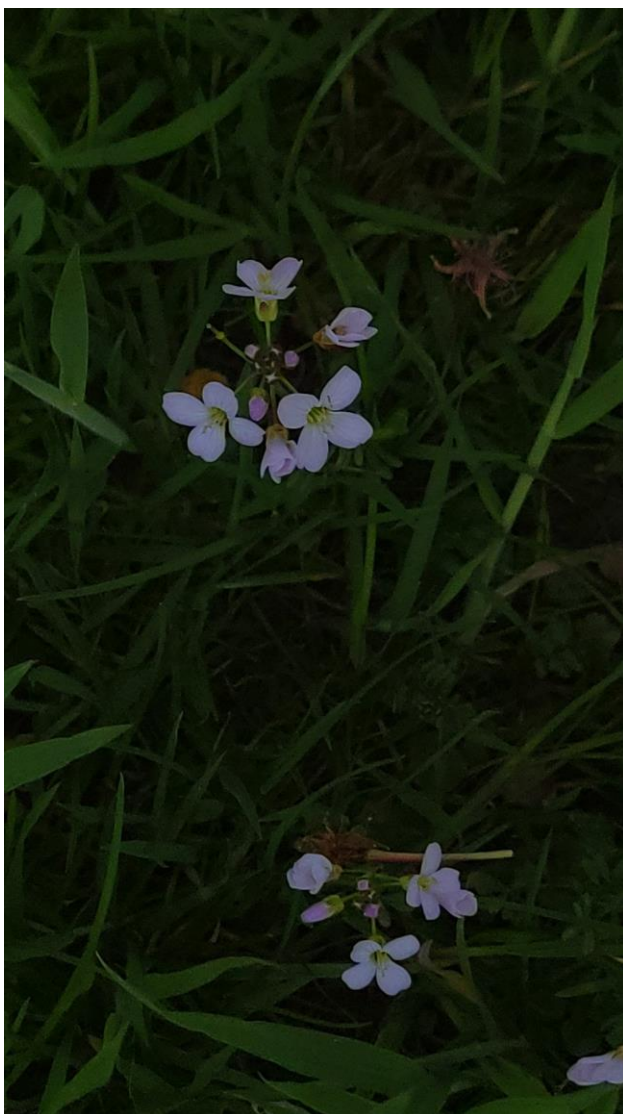


9 - Yellow Pansy



10 - Purple Pansy



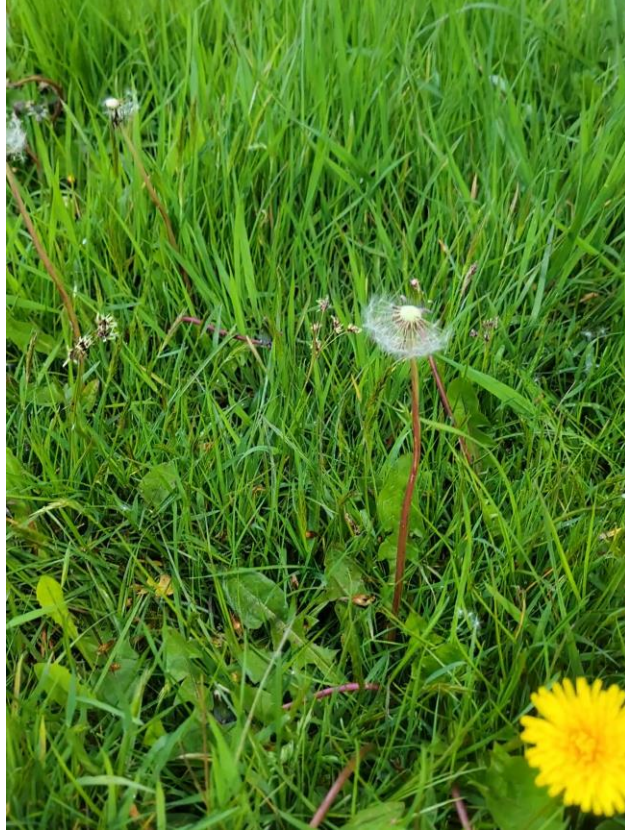




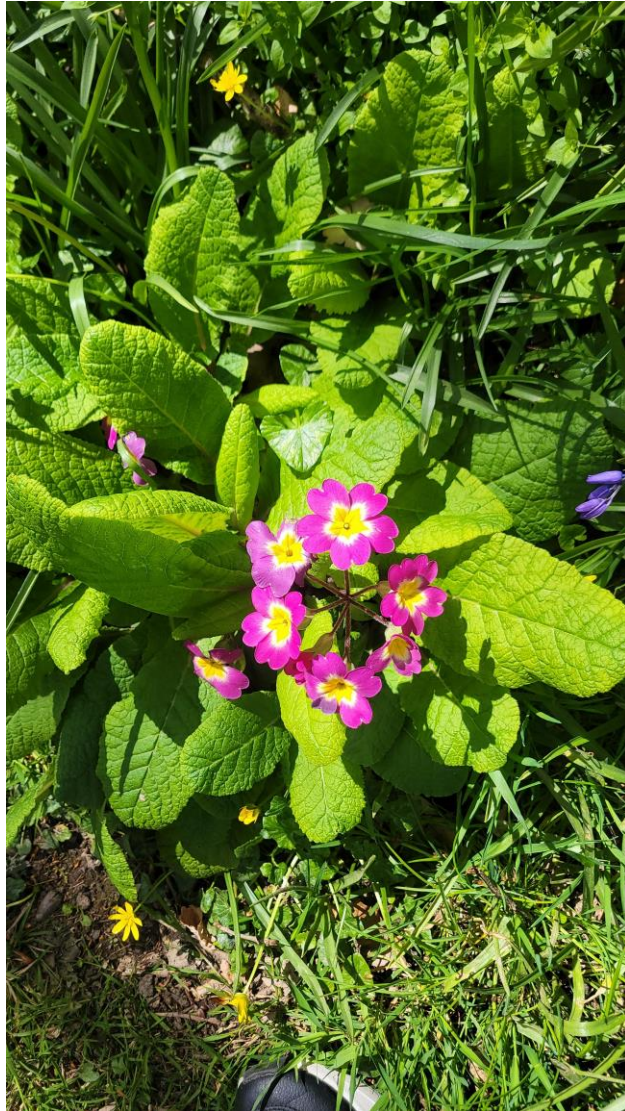
11 - Dandelions



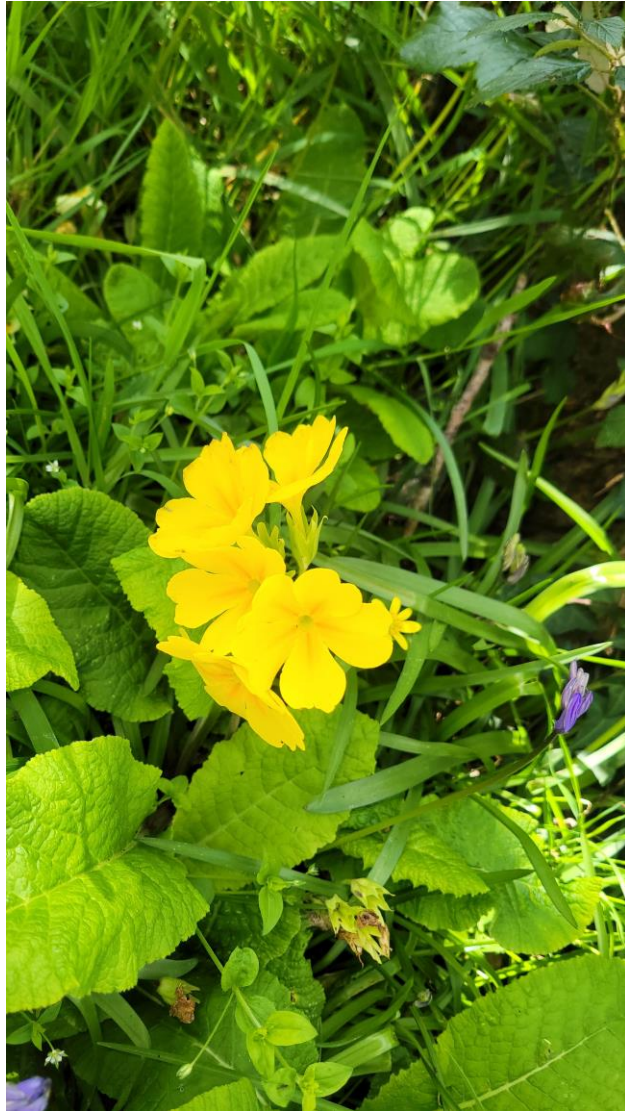
12 - Creeping buttercup



<https://sway.cloud.microsoft/vrKOe8450piE65Gz#content=kBTSls7qWH0KWw>



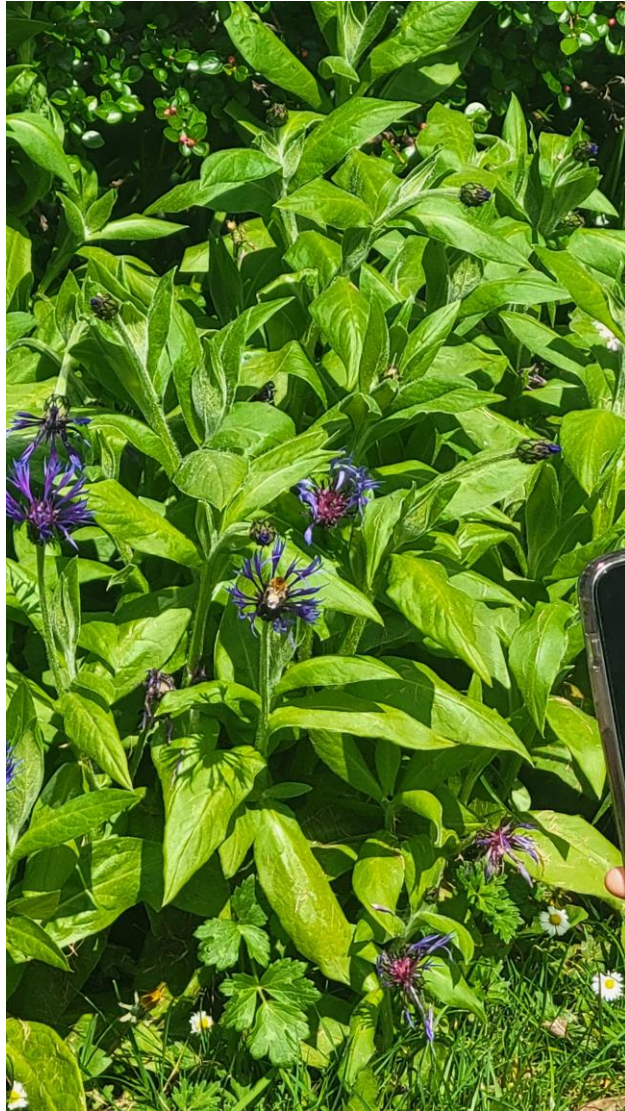
13 - Primrose



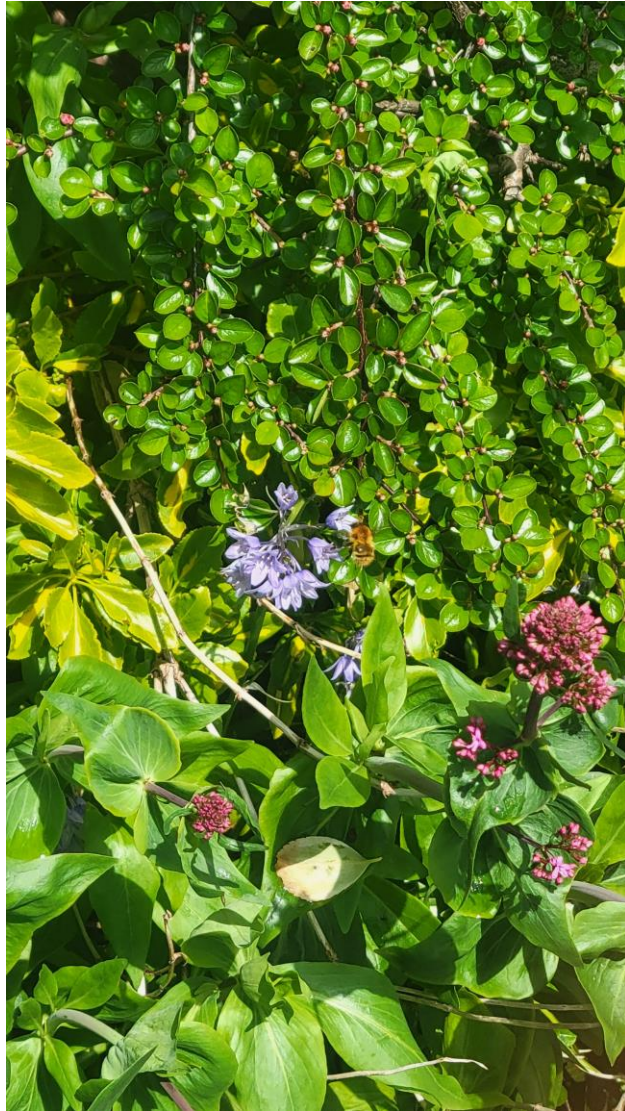
14 - Cowslip



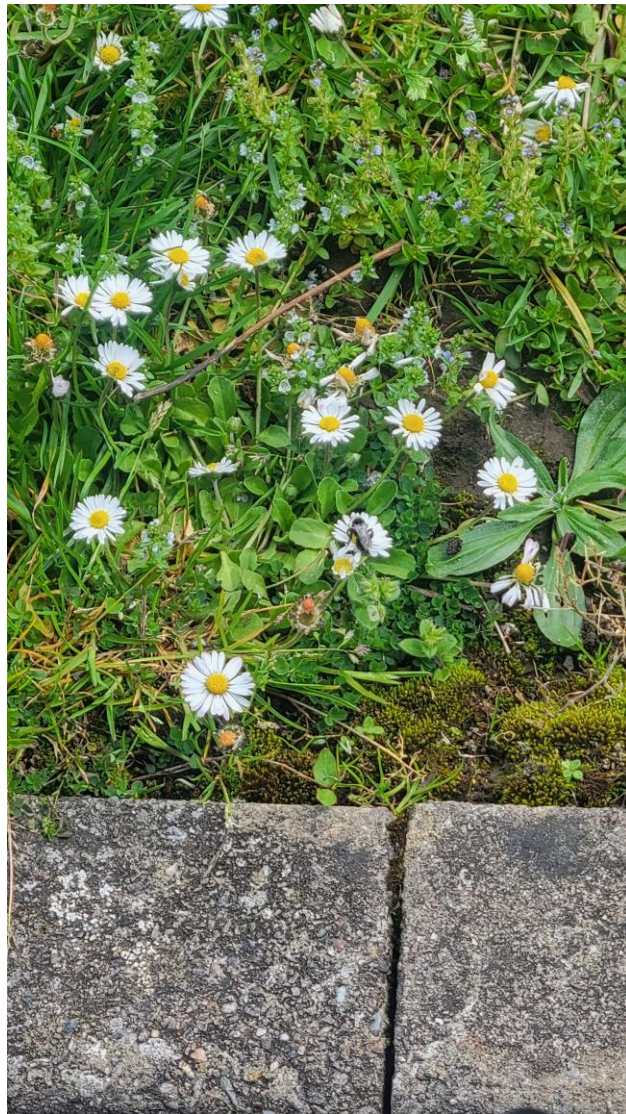
15 - Japanese Camellia



16 - Perennial cornflower



17 - Red valerian

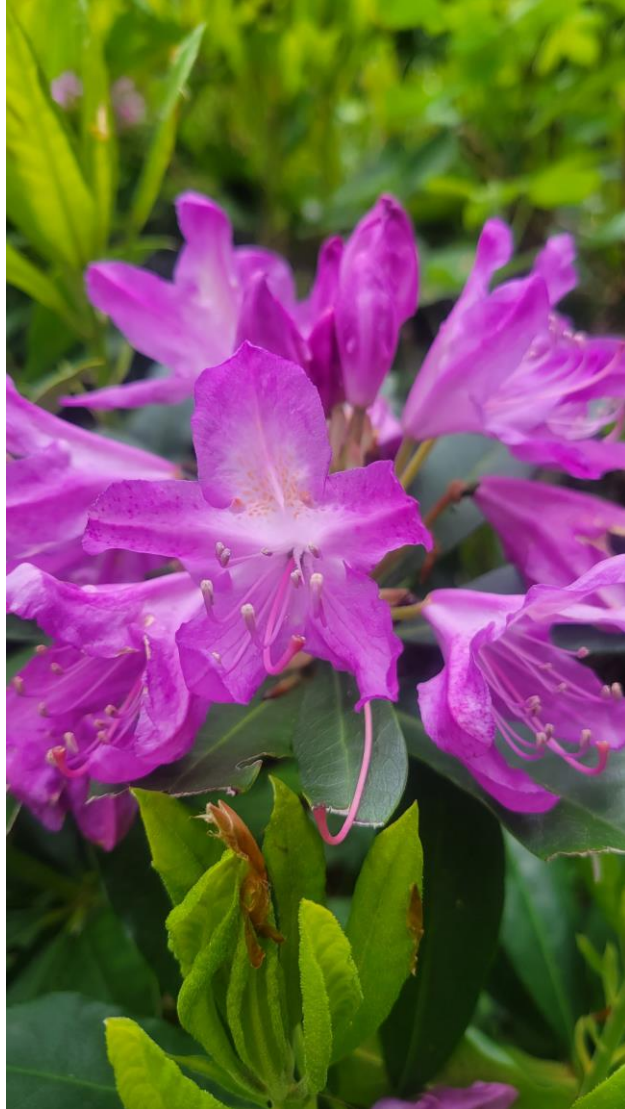


18 - Daisy

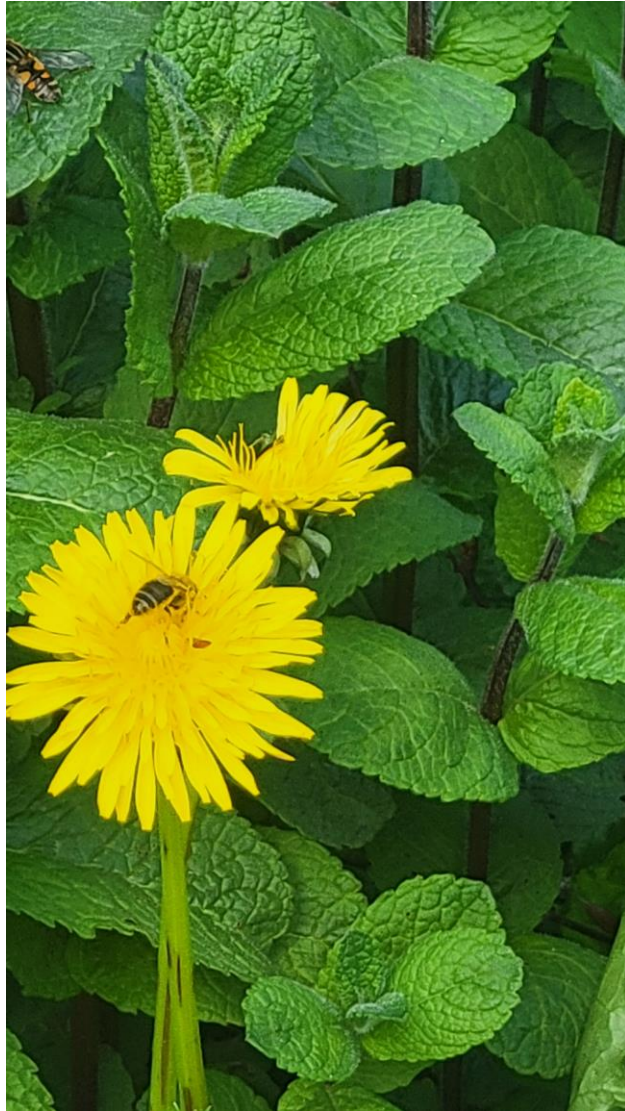


19 - Herb Robert





20 - *Rhododendron*



21 - Dandelion,

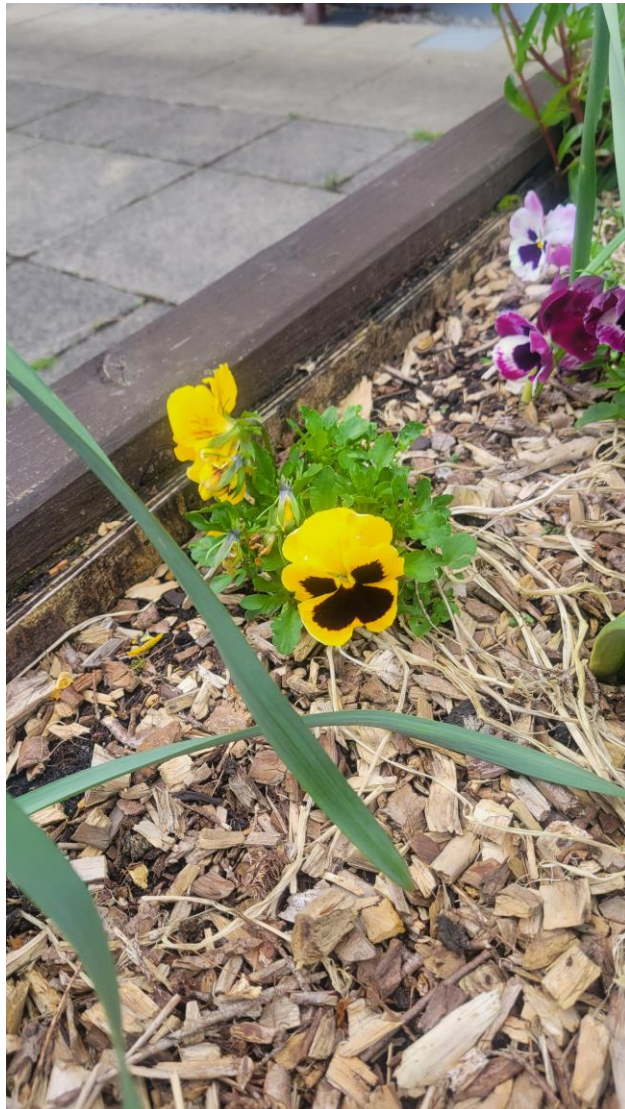
but if you look closely , what can you see?



22 - Cowslip or fairy cup



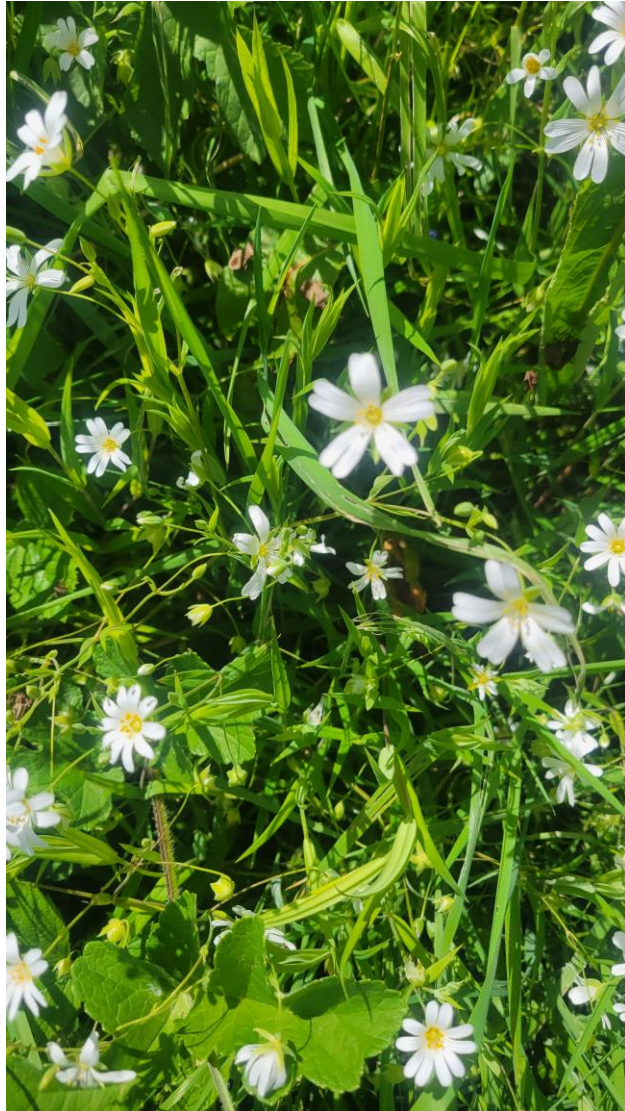
23 - African marigold



24 - Pansy



25 - African daisy



26 - Greater stitchwort



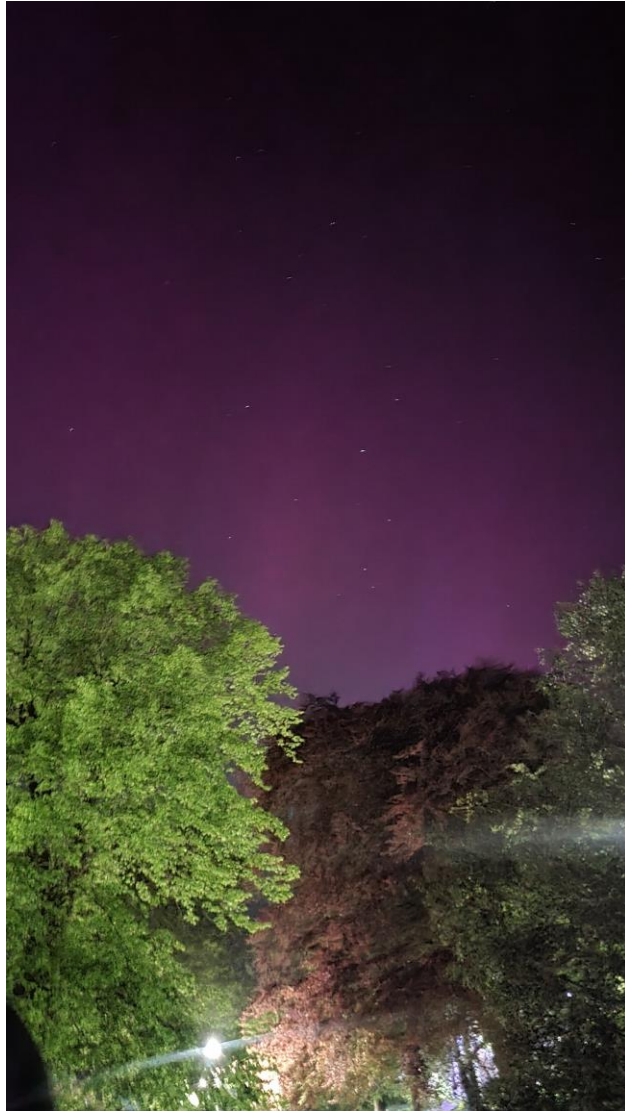
27 - Cow parsley



The Northern lights , a magical night







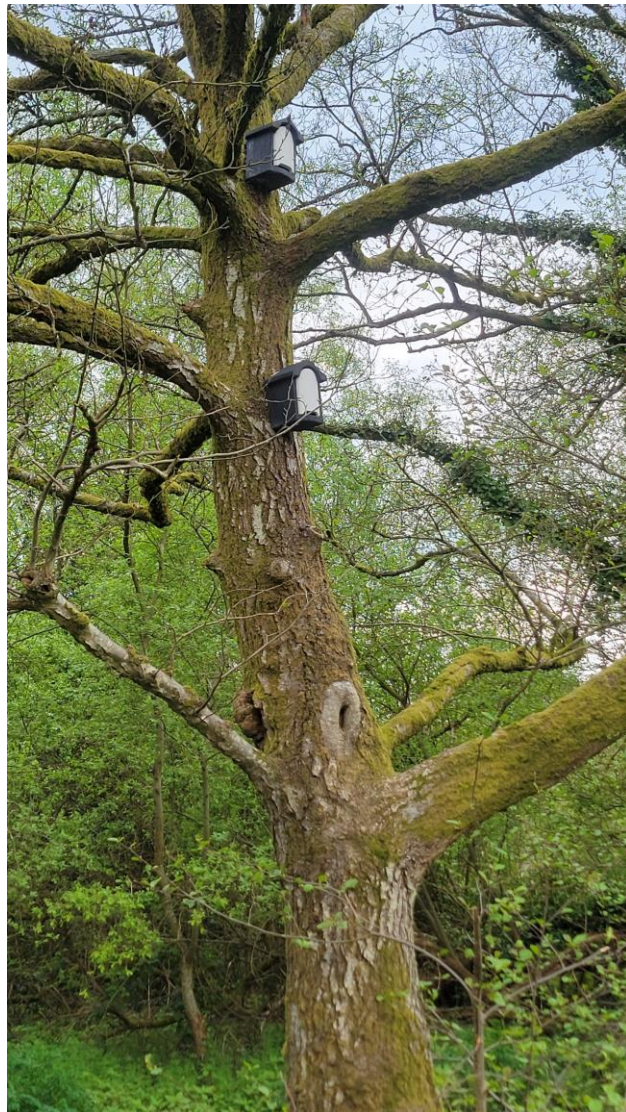
Conserve



28 - As part of the John Muir award, for the conservation aspect, i chose to build a bird feeder, because there are many wild birds in the area.



29 - I use recyclable materials to make the bird feeder, materials such as: apple, sunflower seed, toilet paper roll. this activity can be done with young children ,during this activity thet can learn different types of bird and waht thwy eat and etc.





Blast from the past





Lampeter Town Heritage Trail

Taith Daeptadaeth Tref Llanbedu Pont Steffan

Castle Site

The mound in front of you was once the 'mote' of the castle, first built in 1093 by a Norman knight, Stephen, but destroyed in 1136 by the local Welsh community. The mote originally had a wooden tower and palisade on top with, below it, a defensive bailey containing the main buildings (picture 1). The earthwork remains of this were shown on an early map of Lampeter made before the University was built (picture 2).



Safle'r Castell

Rhwng y nannuath a'r blaen yn 'Pwll' y castell a adeiladwyd yntaf yn 1093 gan farfog Normanaidd Steffan, ond adeddiwyd yn 1136 gan y Cymry lleol. Rhodd (gan y mwnt yn wreiddiol) o'u perm a phalisd ar ei ben, gyda, oddi isaf, 'fellt' a cerdd ym canrwy y pŵl adeiladau (darlun 1). Cafodd o'ion gwaith pridd y bwl eu dangos ar fap cynnar o Lanbedu a Llanbedu Pont Steffan (darlun 2).



Lampeter Town Heritage Trail
Taith Daeptadaeth Tref Llanbedu Pont Steffan
Lampeter Town Heritage Trail
Taith Daeptadaeth Tref Llanbedu Pont Steffan







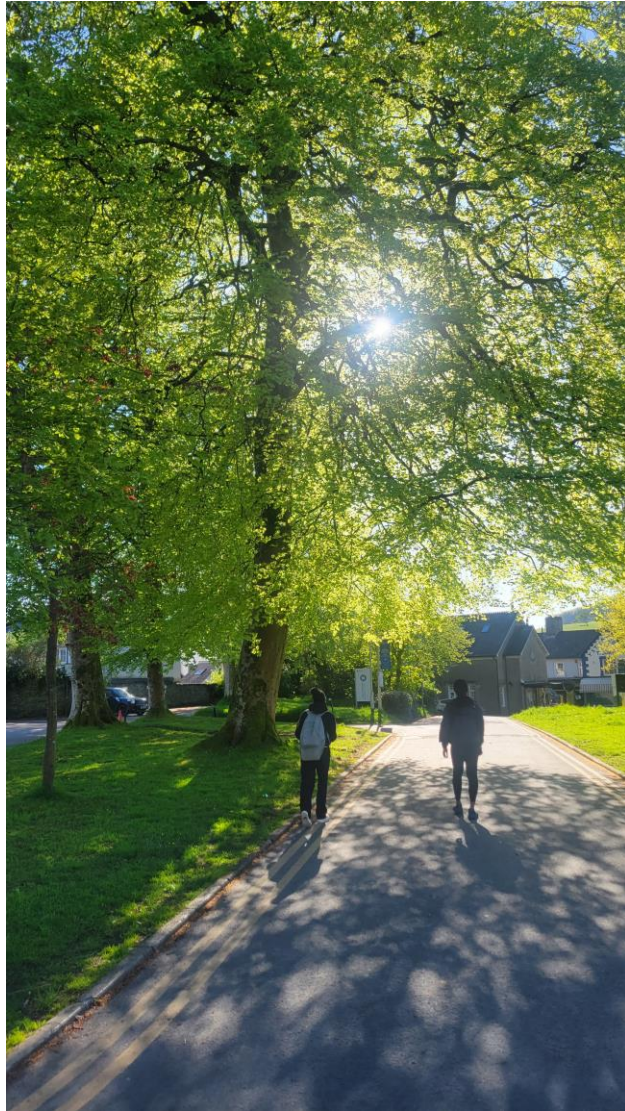


Share





30 - After a day of exploring, my friend made this mini bouquet from all the flowers, then gifted it to our flatmate.



31 - My friends are joining for another day of exploring. I have shared every aspect of the scrapbook with them.



32 - Thanks for your time.