



Biomimicry is not a field of easy answers – there is no specific formula for biomimetic innovation that works every time. Rather, biomimicry is a more like yoga or meditation – it evolves, grows, deepens and widens over time with practice and thoughtful contemplation. As such, here is a list of ways you can begin your practice and journey in biomimicry. The first step of the journey, and the most important, is to go outside! Get to know the natural world which you strive to learn from by experiencing it first hand.

Good luck, and we look forward to hearing about your journey.

-The Biomimicry Guild and Biomimicry Institute

**1. GO OUTSIDE!**

2. Read these articles: [Places to Intervene in a System](#) and [Getting to Know Nature](#).
3. Get to know nature! – Find a quiet place in nature and draw on the observation tips described in the 'Get to Know Nature' article.
4. Build an artifact table from the inspiring, beautiful things you find when you are out getting to know nature (or display images of nature).
5. Watch Janine Benyus's [TED talk](#).
6. Visit our websites, [www.biomimicryguild.com](http://www.biomimicryguild.com) and [www.biomimicryinstitute.org](http://www.biomimicryinstitute.org)
7. Sign up for the quarterly [BioInspired! Newsletter](#) on the Institute website.
8. Set up a [Google Alert](#) for "Biomimicry" to stay current with innovations, events, media, and the general buzz.
9. Search the terms 'biomimicry,' 'bionics,' 'biomimetics,' and 'bioinspired' on Google to learn about the breadth and depth of the field.
10. Take a guide book on your walk outside. Recommendations:
  - o The Nature Handbook: A Guide to Observing the Great Outdoors. Ernest Williams. 2005.
  - o The Field Guide to Wildlife Habitats of the Eastern United States. Janine Benyus. 1989.
  - o The Field Guide to Wildlife Habitats of the Western United States. Janine Benyus. 1989.
  - o Northwoods Wildlife: A Watcher's Guide to Habitats. Janine Benyus. 1992.
  - o The Secret Language and Remarkable Behavior of Animals. Janine Benyus and Juan Carlos Barberis. 1998.
11. Read books from our [recommended reading](#) list and/or start a book club based on these (or related) books.
12. Start a local [Green Drinks](#) group and talk about biomimicry.
13. If you are a student, seek professors who are teaching biomimicry, or are familiar with it and formulate a focused project related to your field of study.
14. Find a local naturalist through a city, state, or national park near by and go for a guided hike with them.
15. Visit a natural history museum, botanical garden and/or zoo and have a "how does nature..." question in your mind as you read about the organisms on display.
16. Take a workshop with us! Please write to [workshops@biomimicryguild.com](mailto:workshops@biomimicryguild.com) for details.
17. When in doubt **GO OUT(side)!**