



COME SIT WITH US

The Bench Project offers spaces for personal reflection and community connection.

We are building a global presence with public benches around the world, that anyone can access and find connection. The healing experience of sitting on the bench is both in sharing your story and reading the stories of the people that sat before you.

FIND A BENCH

Use the Find a Bench feature on the bench project. net. In the future, the Bench Project app will help you find benches on the go.

SIT DOWN

In a world of constant motion, when was the last time you just sat down? Our benches are a pause button for a busy life. Just being outside can reduce stress and improve your overall wellness. It helps that benches can be found in serene spots that are ready-made for quiet reflection.



ACCESS THE JOURNAL

Open the bag, find the journal or scan the Bench Tag QR code to connect to the bench's virtual journal.

READ AND WRITE

Whether you write something beautiful that will inspire the next reader or something heavy you need to stop carrying with you... either way, it feels good to leave it at the bench.

CONNECT WITH OTHERS

Share your Bench Moments by tagging us at @thebenchproj on Facebook and Instagram.











HOW IT WORKS

The parts of The Bench Project are really simple: it's a bag, a book and a tag.



THE BAG

Each weatherproof Bench Project bag contains a journal, 2 eco-friendly pens and colored pencils.

When you find a bag, sit down and do what it says: be open, read, write, find the joy and share the moment.



THE BOOK

The Bench Project creates connections through a shared experience. Everyone sits for a different reason. Read the stories of those who sat before you, share a beautiful experience that will inspire the next readers or leave behind some feelings that you've been carrying for too lona.

Before placing your journal at your bench, we encourage you to write the first entry. This is an opportunity to set your intention for this bench, talk about something you are grateful for, or to simply draw a picture for the next traveler who finds your book.



THE TAG

The weather-resistant aluminum Bench Tag is printed with a unique QR code. When you scan this code, you'll be taken to your bench's virtual journal page. Visitors will be able to comment and post photos or videos of their experiences at the bench.

When you purchase a Bench Tag, follow the instructions on the card enclosed in the packaging. This will show you how to register your bench and activate your QR code. Be sure to register before installing your bench tag.











HOW TO START A BENCH IN A PUBLIC SPACE

Congratulations! You've found the perfect spot to place your own Bench Project bench. Here are a few questions to consider before choosing a location.

OUESTION 1: IS THIS A SAFE PLACE?

Look for a secure, well-monitored space where the bag and tag will have a safe home.

OUESTION 2: WHO OWNS THE SPACE?

If it's a public-access park or walking trail, it belongs to the local government, state park service or the federal government (if it's on federal land). It also might belong to a private organization or individual who lets the public use it. Whichever it is, you want permission first.

NOTE: The Bench Project does not recommend attaching Bench Project gear on public benches without permission.



WHAT NEXT?

Once you know who owns the space or bench, and you feel confident it's a safe place to install your bench tag and journal kit, it's time to ask for permission. Here are some places to start:

MUNICIPAL PARK:

Reach out to city hall or your township office to speak with someone who has authority to make decisions about public recreation spaces.

STATE PARK, NATIONAL PARK OR HISTORIC SITE:

These locations have managers you can contact regarding your request to place a bench or attach a bench tag or journal kit.

PRIVATELY-OWNED:

You may need to do some digging in order to find the owner. The process will be less formal than at a government-owned public area, so put your best foot forward.











HOW TO ASK FOR PERMISSION

Use the template letter below to craft your request.

Dear [name of person you're addressing]:

I'm reaching out to inquire about bringing The Bench Project to [location name]. The Bench Project is a global presence that inspires the human spirit through a shared experience of "bench" moments.

The healing experience of sitting on a bench is both in sharing your story and reading the stories of the people who sat before you. Whether you write about something beautiful that inspires the next reader, or something heavy you need to stop carrying with you, it feels good to leave it at the bench.

To bring The Bench Project to **[name of park or location]**, I ask permission to install a [bench, bag and/or tag]. The bag will include a journal and pen and the bench tag will have a unique QR code, allowing visitors to access a virtual journal specific to that bench. Anyone can find the bench at thebenchproject.net

Learn more about The Bench Project here.

You can also reach me personally at [put your phone number here and make yourself accessible].

I look forward to speaking with you and bringing The Bench Project to [location].

Sincerely,

[Name]

Signature







