

Virtual workshop

## Empowering wellbeing and health through nature:

Inspiring good practices and initiatives across Europe

19<sup>th</sup> EUROPEAN WEEK of  
REGIONS and CITIES

12 October 2021  
14:30 - 16:00 (CET)

The COVID-19 pandemic crisis and the lockdown measures implemented to deal with it have highlighted society's growing appreciation of nature and urban green and blue spaces. Increasing the presence of nature in everyday life, improving relations between citizens and the ecosystems around us and ensuring environmental protection have proved to be beneficial for a better health, for instance. However, there are still many challenges ahead for cities and regions which, in line with the European objectives set out in the Green Deal or the EU Biodiversity Strategy 2030, must face initiatives, actions and policies that place nature as an ally and a provider of services that guarantee greater social wellbeing.

The aim of this session, organised as part of the EU Regions Week, is to inspire with best practices and tools on how to improve regional and municipal policies to protect nature and its services. We will also explain the importance of active political and societal actions for its protection as well as new initiatives that focus on the role of social innovation and entrepreneurs in bringing the benefits of nature to society.

Through the experience and knowledge gained by partners from four Interreg Europe projects related to nature conservation and the ERAMUS+ Green4Care project, the workshop will focus on providing some key insights into inspiring good practices at regional and municipal level, and lessons learned from the cooperation between various regions within Europe.

### SPEAKERS

**Dr Tahia Devisscher** – Researcher at The University of British Columbia

**Ms Jessie Fieth** - Projects and Policy Manager at Town & Country Planning Association

**Dr Aynur Mammadova** – Researcher at University of Padova

**Dr Enrique Doblaz** - Researcher at CREAM

**Dr Marcin Spyra** - Researcher at Martin-Luther University Halle-Wittenberg

**Ms Núria Pou Àlvarez** – Technician at Forest Sciences and Technology Centre of Catalonia

**Dr Rik De Vreese** – Senior researcher at European Forest Institute

### AGENDA

- **Introduction – by the moderator Gesche Schifferdecker (European Forest Institute)**
- **Part 1 – examples and learnings about the need to conserve nature for health, ecosystem services and human wellbeing, and how to do it**
- **Part 2 - it is time to act**
- **Debate between the speakers with the contributions of attendees (using SLIDO)**
- **Conclusions – by the moderator**

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