











# NATURELAB

**NATURELAB** is an EU-funded project that aims to go beyond the present knowledge of the positive impact nature-based solutions (NBS) offer to society. It proposes an integrative and innovative approach on nature-based therapies (NBT) usage to contribute to resilient communities with focus on health and care prevention.

## Objectives

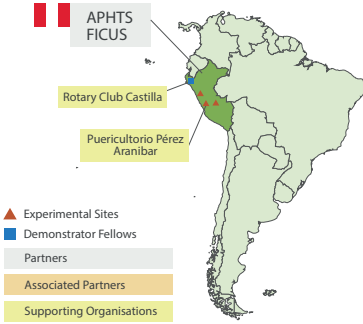
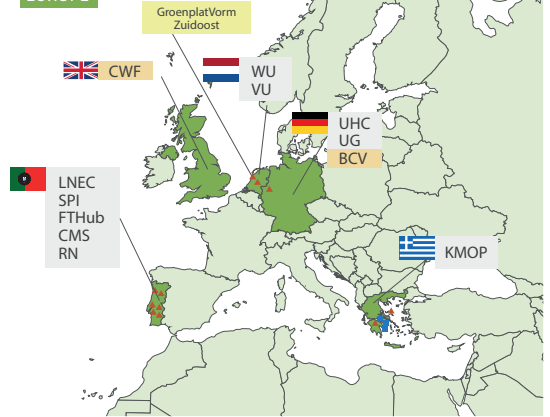
-  Study the connections between nature-based interventions and health and well-being.
-  Identify factors influencing the relationship between health and exposure to nature.
-  Formulate a comprehensive framework to assess natural environments like forests, urban parks, and healing gardens for their potential to enhance health and the development of guidelines for the design and exploitation of Healing Gardens.
-  Design and evaluate nature-based programmes using forests, urban parks, horticulture, and gardening, catering to diverse health and well-being needs across cultures, ages, genders, socio-economic backgrounds, and other factors.
-  Advocate for the development and preservation of natural spaces, ecosystem services, and biodiversity within urban areas, emphasising their importance for public health, environmental sustainability, climate change adaptation and mitigation.
-  Make available and disseminate innovative educational and training materials and guidelines, fostering employment opportunities in fields such as Green Therapy and horticulture.
-  Create and disseminate tailored guidelines for policymakers, authorities, urban planners, healthcare providers, social organisations, and educational institutions to encourage the adoption of NBT.
-  Establish tools and guidelines for integrating nature-based care into the public health sector.



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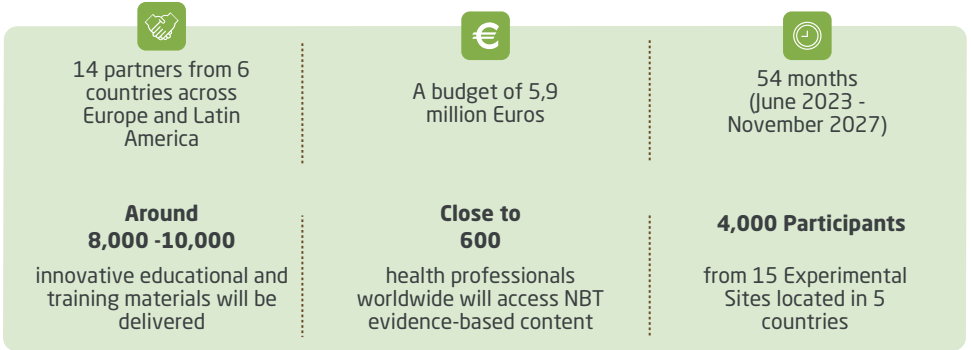


UK Research  
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As a means of developing collaborative and interdisciplinary research, the study development will count on several experts from different fields while analysing diverse geographic areas in order to pursue a consistent and representative perspective.

# NATURELAB in figures



Coordinator



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Learn more about the project here

