






# Consortium



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## Nature based interventions for improving health and well-being

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# Project Overview

NATURELAB aims to increase the recognition and promotion of natural spaces emphasising their importance for public health, environmental sustainability and resilience to extreme climate events. It will investigate the benefits of nature-based therapies (NBT) for people with different health needs in various geographical contexts. NBT are therapeutic interventions (i.e. programmes) led by a trained therapist that uses exposure to, and interaction with nature to improve a person's health and well-being.

Nature-based therapeutic programmes are being designed, implemented, and tested on 15 Experimental Sites located in five countries, including Peru, Portugal, Greece, Germany, and the Netherlands. These sites and countries vary in terms of climate, geography, culture, population density, and health and social care systems, which allow for a broad and holistic perspective.

The project will provide NBT to participants of all ages, distinct socio-economic backgrounds and health and well-being care needs, including prevention and support for physical (e.g. hypertension) and for mental health conditions (e.g. depression).

NATURELAB consortium comprises 14 partners, covering academic and research institutions, environmental NGOs, SME, and public bodies, and is coordinated by the Laboratório Nacional de Engenharia Civil (LNEC) in Portugal.



14 partners from 6 countries across Europe and Latin America



A budget of 5,9 million Euros



54 months (June 2023 - November 2027)

# Work Packages



Assessment and selection of green spaces with potential for improving health and well-being (Leader: UG, Co-leader: LNEC)



Design, implementation and validation of nature-based therapies (Leader: FTHub, Co-leader: APHTS)



Establish causal relationships between nature-based therapies and health and well-being (Leader: LNEC, Co-leader: APHTS)



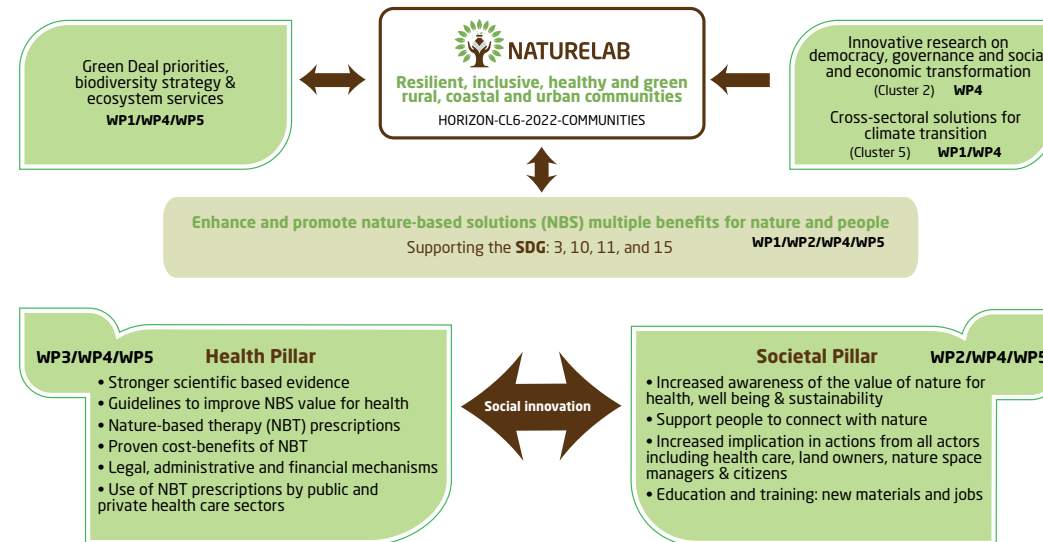
Governance, social innovation and uptake of nature-based therapies (Leader: KMOP, Co-leader: SPI)



Communication, dissemination & exploitation (Leader: SPI, Co-leader: LNEC)



Coordination and management (Leader: LNEC)



# Outcomes

The expected outcomes of this study are:



NBT programmes adjusted to different population needs.



Portfolio to classify nature's healing potential and specific Guidelines to analyse the health benefits provided by green and blue areas.



Guidelines for the development and maintenance of private and public healing gardens, horticulture/gardening spaces that can provide climate resilience and environmental sustainability.



Programme Guide for financing strategies to support NBT in the health sector.



Guidelines to promote the integration of NBT care in the public health sector.

By the end, close to 600 health professionals worldwide will receive the NATURELAB guidelines and scientific evidence. Around 8,000-10,000 innovative educational and training materials will be delivered. NATURELAB will also foment new jobs, such as nature therapists, horticulturists & jobs in the gardening industries.

