

Making more of the good practice from across Europe – key lessons from emerging practice –

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- Short presentation of current experiences: national/regional strategies and case studies
- Group discussion to identify other interesting initiatives and to highlight the most useful contents for future documents

National / Regional Experiences

- Scotland – national overview
- Estonia – national overview
- Finland – national overview
- Barcelona – regional overview

Health and Protected Areas



Scotland – national overview

- **Robust policy framework:**

Objectives at the highest level (National Performance Framework):
Healthier and Greener Scotland.

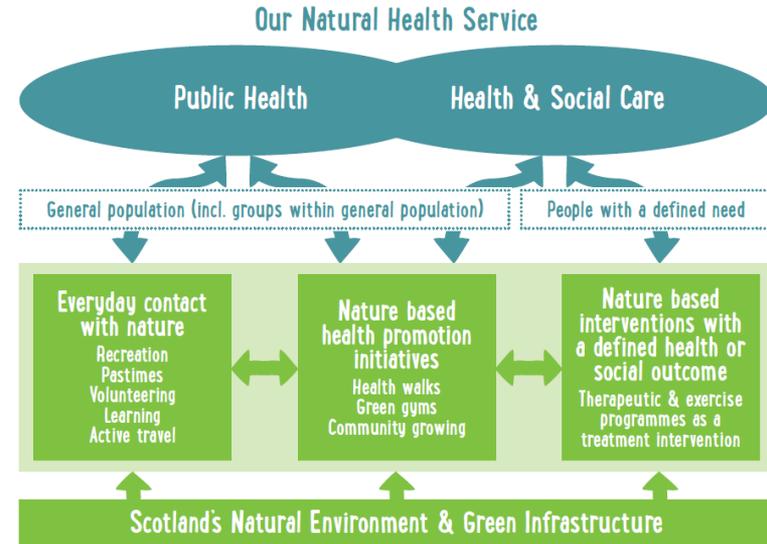
Implication of National and Local Gov.'s, Gov. Agencies and NGO's in policies and strategies.

- **Our Natural Health Service Initiative:**

Cross-sector partnership involving planning, transport, education, sport, health and environment, led by SNH .

- Focus on **areas with low levels of physical activity** and health inequalities:

Local partnerships co-ordinate activity and co-produce outputs that contribute directly to local health and social care priorities.



Estonia— national overview

- **Health Board:**

Policy of shaping life and learning environment that improves and supports health.

- **Environmental Board :**

Offering practical and accessible environmental education for all.

- **Environmental education:**

Non-formal nature centres offer environmental education for students.

Formal- topics such as environment and environment & sustainable development are cross-cutting themes in national curriculum.

Informal- nature trails provide opportunities for health and well-being.

- Need of **more cross-sector cooperation**

**Practical and Accessible Environmental Education for All:
 a National Priority in Estonia**

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**ESTONIAN NATIONAL STRATEGY ON SUSTAINABLE DEVELOPMENT
 SUSTAINABLE ESTONIA 21**

ECOLOGICAL BALANCE COHESIVE SOCIETY QUALITY OF LIFE ECONOMIC GROWTH EQUALITY OF OPPORTUNITIES

ENVIRONMENTAL EDUCATION NETWORK IN ESTONIA

Nature centres in Estonia (non-formal education)

- 200 different programmes
- 27% of students participate

Nature centres
 Continue based environmental education programmes for students

Schools, Kindergartens (formal education)

- 214 kindergartens (60% of total)
- 216 general education schools (100% of total)
- 47 vocational schools (25 200 students)
- 12 colleges and universities of higher education (100 000 students)
- 200 000 students formally enrolled in 2015
- 2015 students: 17% of the population (1,24 million people)

Environmental Investment Centres
 Support learning centres for schools

Nature trails
 State Forest Management Centres of Estonia provide opportunities for trails in the nature

- 200 national length routes
- 274 nature trails
- 16 nature trails
- 100 forest trails

Did you know that?

- In Estonia 7% of area forest per capita
- In Estonia 51% of natural habitats are in favourable condition, in Europe this indicator is 19%
- In Estonia 54% of species are in favourable condition, in Europe this indicator is 21%
- There is enough space for wolves, bears and lynx
- The highest "footprint" is 10,16 in green area
- There are about 2000 islands in Estonia

TIMELINE - IMPORTANT WAYPOINTS TO THE SUSTAINABLE ESTONIA

2000: National Strategy on Sustainable Development adopted
 2002: Environmental Education Strategy adopted
 2003: Environmental Education Act adopted
 2004: Environmental Education Strategy implemented
 2005: Environmental Education Strategy implemented
 2006: Environmental Education Strategy implemented
 2007: Environmental Education Strategy implemented
 2008: Environmental Education Strategy implemented
 2009: Environmental Education Strategy implemented
 2010: Environmental Education Strategy implemented
 2011: Environmental Education Strategy implemented
 2012: Environmental Education Strategy implemented
 2013: Environmental Education Strategy implemented
 2014: Environmental Education Strategy implemented
 2015: Environmental Education Strategy implemented
 2016: Environmental Education Strategy implemented
 2017: Environmental Education Strategy implemented

Finland— national overview

- **Policy framework:**

Several Ministries implied with no clear guiding body responsible.

Increasing cross-governmental cooperation and development between various sectors of the state administration and experts.

- **Healthy Parks Healthy People Finland 2025 Programme:**

Under Parks & Wildlife Finland in collaboration with public and private partners, specially from tourism sector.

Goal: to improve social, physical and mental well-being of the Finnish population through green space and contact with nature

- **Case studies:**

Many inspiring projects related mainly to improve access to nature.



Barcelona— regional overview

- **General approach:**

Maximising ecosystem services through natural parks network and land planning at regional and local scale.

Cross-cutting working group with experts on public health, urban planning, public space, housing, sport, roads, environment and natural areas.

- **Multiple initiatives:**

Trails of universal accessibility; specific trail for handicapped people; management works in parks done by disfavoured collectives; healthy menus in park facilities.

- **Health and Natural Areas Programme:**

Under preparation: key aspects of land planning and management, communication and dissemination, in close cooperation with other departments



Case Studies

- **Wandering the woods. Various locations around UK.**

Report “Living with dementia and connecting with nature – looking back and stepping forwards, exploring the benefits of green exercise for people living with dementia”.

VisitWoods pilot project: evidence of significant potential physical, social and emotional benefits for people living with dementia in care settings.

- **Fitness, Nature & Well-being. Regional Nature Parks of North of France.**

Collaborative project in the field of outdoor sport and health (together with the Regional Institute for Well-being, Medicine and Sport (IRBMS), the Mutualité Française (Health Insurance Fund) and Gîtes de France), to bring nature and sport together to counter sedentary lifestyles.



Case Studies

- **Active Senior Tourism. Alentejo, Portugal & Extremadura, Spain.**

Active ageing linked to health and rural development networks.

Training tourism sector, and the sectors that indirectly work with it, in the creation of services and products aimed specifically at travellers over the age of 55.



- **Following the Healing Bonanza. Kemer National Park, Latvia.**

Tour linking unique gifts of nature to health: sulphurous mineral waters and curative mud forming under the area's virgin raised bogs.

Project by which local stakeholders joined forces to create an educational tour featuring health issues.



Case Studies

- **The Health Benefits Experienced by Visitors to Protected Areas. Finland.**
- **Encouraging the use of outdoors. Finland.**
- **A Path Accessible to All. Natural Parks in Castilla. Spain.**
- **Walkability Project. Pembrokeshire Coast National Park, Wales.**
- **Promoting “Green Health” in Scotland. Across all of Scotland.**

Several initiatives devoted to increase contact with nature and physical activity in green environments:

- Carefully planned and led by protected areas managers.
- Protection and use of natural heritage for health benefits.
- Collaboration with many public and private stakeholders.
- Research and monitoring to increase and strength evidences about the importance of nature for human health, following HPHP principles.



Suggested questions for the debate

- Do people have knowledge of other good practice they want to share/discuss?
- Are there other description/ case studies we should develop?
- What sort of contents and presentation would people find most useful?