



EUROPEAN DAY OF PARKS

24 May
2020



This year, let us **virtually** come together, connect and showcase how **healthy parks are fundamental for the health of millions of European citizens!**

Guidelines for Parks



[EUROPARC.ORG/EUROPEAN-DAY-OF-PARKS](https://europarc.org/european-day-of-parks)

Guidelines for Parks

European Day of Parks | 24th of May



When the EUROPARC Federation came up with the theme '**Healthy Parks - Healthy People**' last year, we could have never guessed how relevant it would be. We want to highlight the importance of positive contact with nature for human health. However, with people (self)-quarantined at home, organising events on site this year will prove difficult. Nevertheless, we can still **excite, inform and remind** people of the value of their Parks **ONLINE!**

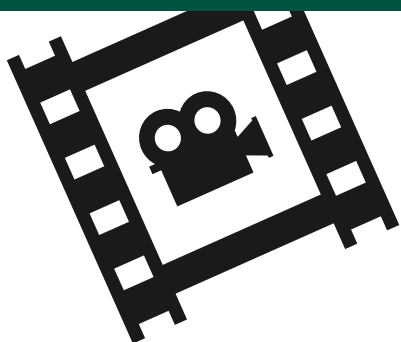
Here the EUROPARC Federation gives you an overview of how we can still celebrate our European Day of Parks. Let us showcase **how important our natural heritage is for our health AND the health of our planet.**

#ParksForHealth

Get the word out through social media channels and your park's homepage how essential healthy parks are. In the next pages you will find some ideas. Use all social media platforms you have - Facebook, Instagram, Twitter, Youtube... and add **#ParksforHealth** in all your posts! Start today! The EUROPARC Federation will then make a compilation of all posts with **#ParksforHealth** to send a message to the world on the 24th of May.

**Join the
celebration!**

The EUROPARC Federation will create a video with **images, sounds and pictures** from all parks throughout Europe, highlighting Europe's amazing natural heritage. Europe's Parks are still "working" for our communities even in these times of closure; **generating fresh air, clean water, a refuge for nature** and will be there for people again to **recover and restore** after the confinement. This European Day of Parks we need more than ever to show the real value of our parks across Europe, for **people and for nature**. For this, **we need your help!** Send us footage from your park, from birdcalls to wildlife pictures and videos that showcase just how special these places are. The video will be released on the 24th of May.



**To join, send your picture, video or audio
with the park name and credit info to
communications@europarc.org**

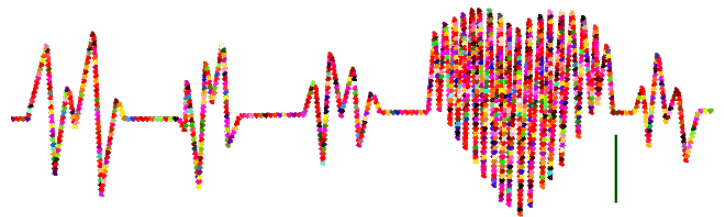
Key messages

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Here are some key messages surrounding Protected Areas and Health that you can use in your communication materials and your press releases to the local and national media.

- 1) Access to **nature is essential** for good mental and physical health.
- 2) There are many **services** that parks provide that human health benefits from, ranging from carbon sequestration, air filtering, provisioning and ecosystem services.
- 3) Positive contact with nature is proved to **create well-being and promote active lifestyles**.
- 4) Parks and contact to nature promote **mental tranquility** and reduces stress.
- 5) Contact to nature **reduces social isolation** and **strengthens community cohesion**.
- 6) In regards to the current crisis, it is important to **emphasize that contact to nature is only possible when the lockdown restrictions are lifted**.



Useful resources

[EUROPARC Toolkit - Health Benefits from Parks IIEP, Friends of the Earth Europe: Nature for Health and Equity](#)
[EUROPARC Case Study - Health and Protected Areas](#)
[FILM - A Sustainable Journey](#)

[VIDEO - The role of Nature on mental health & well-being by Dr William Bird](#)
[VIDEO - Webinar - Natural Benefits: Nature, Health and Protected Areas](#)
[VIDEO - Webinar - Healthy Parks, Healthy People Europe](#)

About the European Day of Parks

The European Day of Parks (EDoP) aims to bring people closer to nature by offering a diversity of activities and events in protected areas across the EUROPARC Network. This year however, due to the special situation Europeans are living in, the European Day of Parks goes **ONLINE!**

The European Day of Parks was created in 1999 as a celebration of the first National Parks in Europe (Sweden, 24th of May 1909).

In addition to the the social media campaign **#ParksForHealth**, you can also organise virtual events in and around the 24th of May. If you do, please register them on our website. That way our voice will be stronger and louder across Europe and indeed in your own country.

Register your activities here

Suggested activities

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Showcase

Organise guided walking tours online, webinars or online workshops to show the **importance of healthy parks**. Highlight how your park is contributing to the health of its users. Feel free to use EUROPARC resources like [case studies](#) and [webinars](#).

- 1) Explain park programs that stimulate a healthier lifestyle.
- 2) Show which provisioning services the park offers. *Like food or fresh water.*
- 3) Familiarize people with cultural services that are offered and how they contribute to physical and mental well-being.
- 4) Explain how people are profiting from your park.
- 5) Explain how the park is contributing to the health of people and how people can incorporate this in their everyday life.
- 6) Explain how to manage a park to ensure health benefits. *Q&A with a ranger or a behind the scenes video.*
- 7) Highlight how your park captures carbon or supports noise regulation.



Engage

Get people excited about making use of the Park once the crisis is over and **promote nature**. Show how Parks can counterbalance the stress of everyday life and help create a healthy lifestyle and offer help on how to make a garden or even a living room greener and healthier!

- 1) What activities can be done in your park? *Maybe organise an online yoga-class filmed in the park, or a manual on birdwatching.*
- 2) Engage with people on how they can incorporate and stay in touch with nature in their life now. *I.e. through gardening, birdwatching, etc.*
- 3) Let people get in touch with Park Rangers. *For example through live Q&A's on social media.*
- 4) Bring nature in people's livingrooms. *For example through livecams, online guided tours or how to's to do at home.*



To partake in the video, send your picture, video or audio with the park name and credit info to communications@europarc.org

The European Day of Parks is promoted by:



EUROPARC
F E D E R A T I O N

www.europarc.org/european-day-of-parks/

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