

Connection to nature, human well-being

Chairs

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Objectives

As an increasing number of (young) people in western societies encounter physical and mental health problems due to their lifestyle (burnout, obesity...), considering Biosphere reserves as potential resources for human health is an emergent topic (see workshop in Euromab Estonia).

In most Euromab countries, the societies' way of lives are mostly derived from the dominant western social paradigm (Kilbourne et al. 2002), in which human development is thought and promoted as being independent from nature dynamics.

Being in close contact and in relation to nature and biodiversity has been widely shown to impact positively individual well-being (Korpela et al. 2014), identity (Clayton 2012) and eventually individual choices and behaviors (Prévot et al. 2016a). Renewed relations to nature could also modify social relations towards nature, and eventually nature governance. However, individual and social relations to nature are very diverse: within a specific place, they still depend on cultures (Buijs et al. 2009), activities and stakeholder's identity (Prévot et al. 2016b), as well as on local contexts.

Make a link between wellbeing and health

In this workshop, we could discuss the following question: in what conditions can the biodiversity increase individual and social well-being, increase environmental identity and foster pro-environmental behaviors?

With three steps:

- 1) Identifying and surveying the ecosystem services provided in different BRs related to individual and social well-being
- 2) Surveying individual connections to nature and biodiversity conservation (identity, attitudes, behaviors), regarding personal (personality, gender, history, education etc.), contextual (livelihood, occupation etc.) and social (cultural, governance, country etc.) variables.
- 3) Exploring existing pro-environmental initiatives in different BR (e.g., education, landscape management, governance, business) as on-going experiments and test their impacts and consequences on individual and social connections to nature.

Outcomes

At the end of the workshop, two sets of outcomes could be achieved:

- 1) Research project at Euromab level:
 - Creation of a research consortium
 - Choice of potential funding resources
 - List of BRs interested in these surveys, and specific contact in each BR

- 2) Commitment of several BRs to reinforce their initiatives to reconnect individual people with nature, in collaboration with Euromab network
 - Twinning arrangements between similar BRs

Lima Action Plan

This workshop could help BRs and Euromab achieve the following items of the LAP

A1.2. Promote BRs as sites that actively contribute to implementing MEAs, including the Aichi Biodiversity Targets

(Target 1: By 2020, at the latest, people are aware of the values of biodiversity and the steps they can take to conserve and use it sustainably).

A1.6. Undertake research and ensure the long-term conservation of the socio-ecological systems of BRs including restoration and appropriate management of degraded ecosystems

A4.4. Identify, and disseminate good practices for sustainable development, and identify and eliminate unsustainable practices in BRs

A7.1. Identify ecosystems services and facilitate their long-term provision, including those contributing to health and wellbeing

A7.3. Implement programmes to preserve maintain and promote species and varieties of economic and/or cultural value and that underpin the provision of ecosystem services

B1.2. Organize regional education, capacity building and training programmes

B6.1. Create and implement twinning arrangements between BRs in different countries

Sustainable development Goals:

SD03: well-being and health

SD05: gender equity / A2.2

SD010: reduction of inequities

SD011: sustainable production and consumption