

**Look deep into nature and then you will understand
everything better
Albert Einstein**



Carol Ritchie
Executive Director EUROPARC Federation



EUROPARC

F E D E R A T I O N

**SUPPORTING PARKS
PROTECTING NATURE
BRINGING PEOPLE TOGETHER**



EUROPARC
 FEDERATION Years

Working for Nature
 Youth are the future – connect young people to your Protected Area!

**“When you teach your son,
 you teach your son's son.”**
 Talmud

www.europarc.org



Europe's Protected Areas

By numbers

Over 28,000 protected areas in Europe (N2000 network and other designations)

National/Regional designated Protected Areas covering almost 19% of EU = Italy + Spain surface

Protected Areas affect almost ¼ of the EU population (~87M)

10's of thousands of staff....



Game & timber

'Jewels of the crown'



Photo: Keystone/Getty Images

Nature, People
Multifunctional
Services
Network



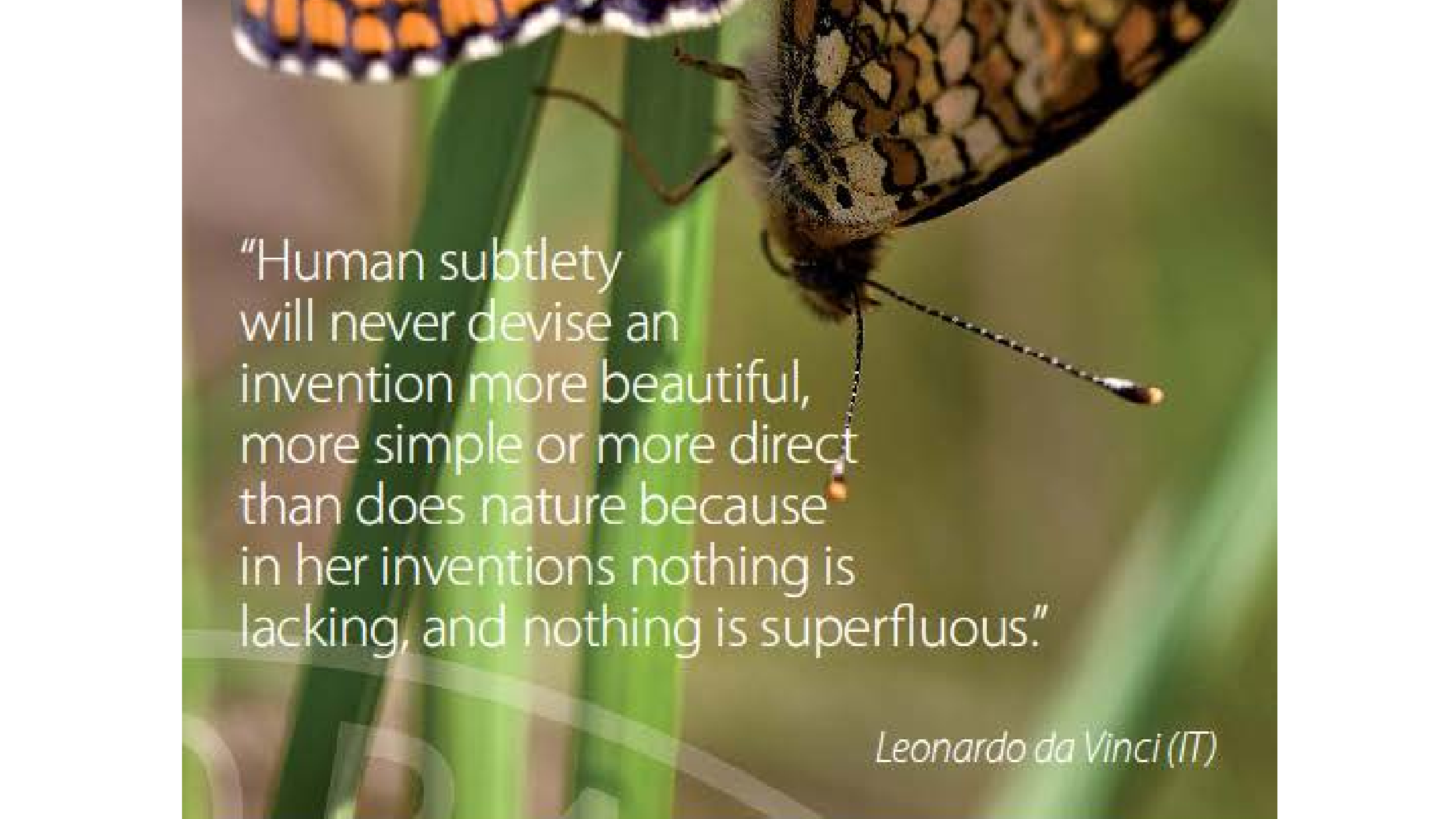
Photo: Gordon McInnes



Aesthetics
Natural beauty

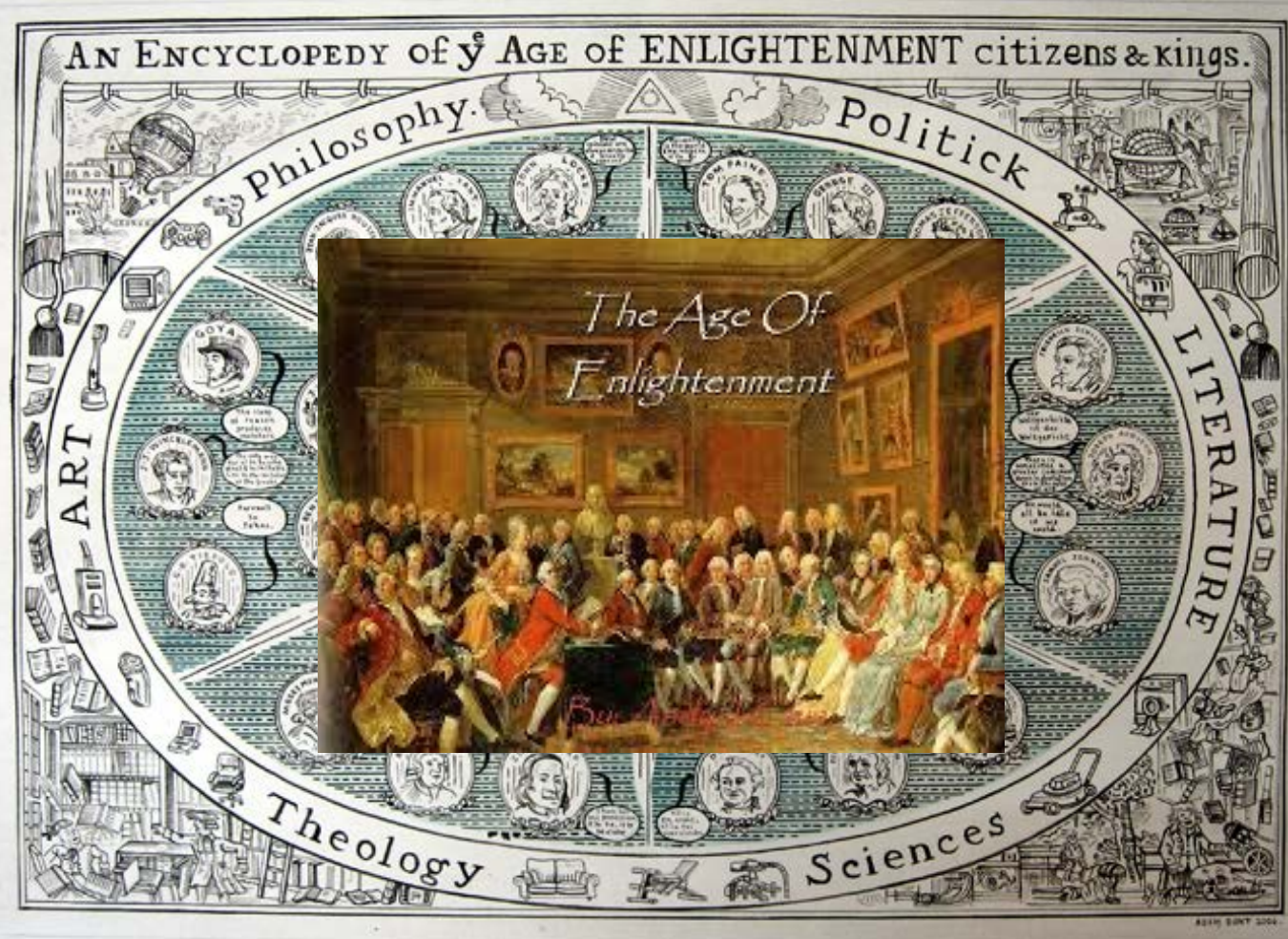
Caspar David Friedrich, *Wanderer above the Sea of Fog*, 1818





“Human subtlety
will never devise an
invention more beautiful,
more simple or more direct
than does nature because
in her inventions nothing is
lacking, and nothing is superfluous.”

Leonardo da Vinci (IT)



Enlightenment, siècle des lumières,, illuminismo , Aufklärung

Enlightenment - a "realm of communication marked by new arenas of debate, more open and accessible forms of urban public space and sociability, and an explosion of print culture

Garden Kingdom of Dessau-Wörlitz

UNESCO World Heritage inscription»The Garden Kingdom of Dessau-Wörlitz is an outstanding example of the application of the **philosophical principles of the Age of the Enlightenment to the design of a landscape that integrates art, education and economy in a harmonious whole.**

One of the earliest and probably most beautiful landscape parks is predominantly the work of Leopold III, Duke of Anhalt Dessau (1740-1817). As an adherent of the Enlightenment, the Duke used the art of **landscape gardening to give expression to political views**. It was to be an educational institution in architecture, gardening and agriculture, therefore large parts were open to the public from the beginning and was created following inspiration on his return from a Grand Tour to Italy, the Netherlands, England, France and Switzerland



Wanderer above the Sea of Fog

Caspar David Friedrich, 1818

A strong belief and interest in the **importance of nature**

Less to do with proving that man was capable of understanding nature (through his budding intellect) and therefore controlling it, and **more to do with the emotional appeal of connecting himself with nature and understanding it through a harmonious co-existence..** Sir Humphry Davy

In some ways a reaction to the industrial revolution

1833 the MP Richard Slaney, called for **“the best means of securing open spaces in the immediate vicinity of populous towns, as public walks calculated to promote the health and comfort of the inhabitants”**.

- Slaney’s concern was not solely for the welfare of the people. He reported that: **“want of recreation generated incipient disease, discontent; which in its turn led to attacks upon the Government”**.
- He concluded: **“public walks would not only promote the health and morality of the people, but would be beneficial to the mere wealth of the country”**.

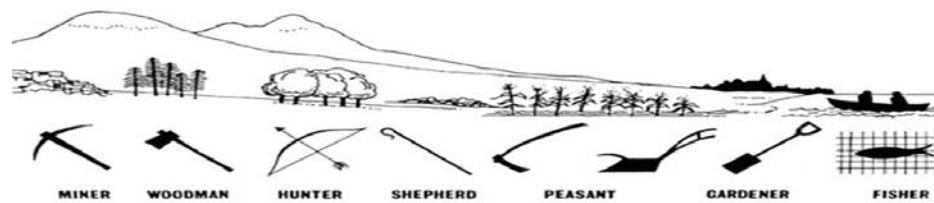
1838: The Poor Law Commission :

“the expenditures necessary to the adoption and maintenance of measures of prevention would ultimately amount to less than the cost of the disease now constantly engendered.”

Sir Patrick Geddes
 19th/20thC biologist, sociologist
 philosopher and town planner



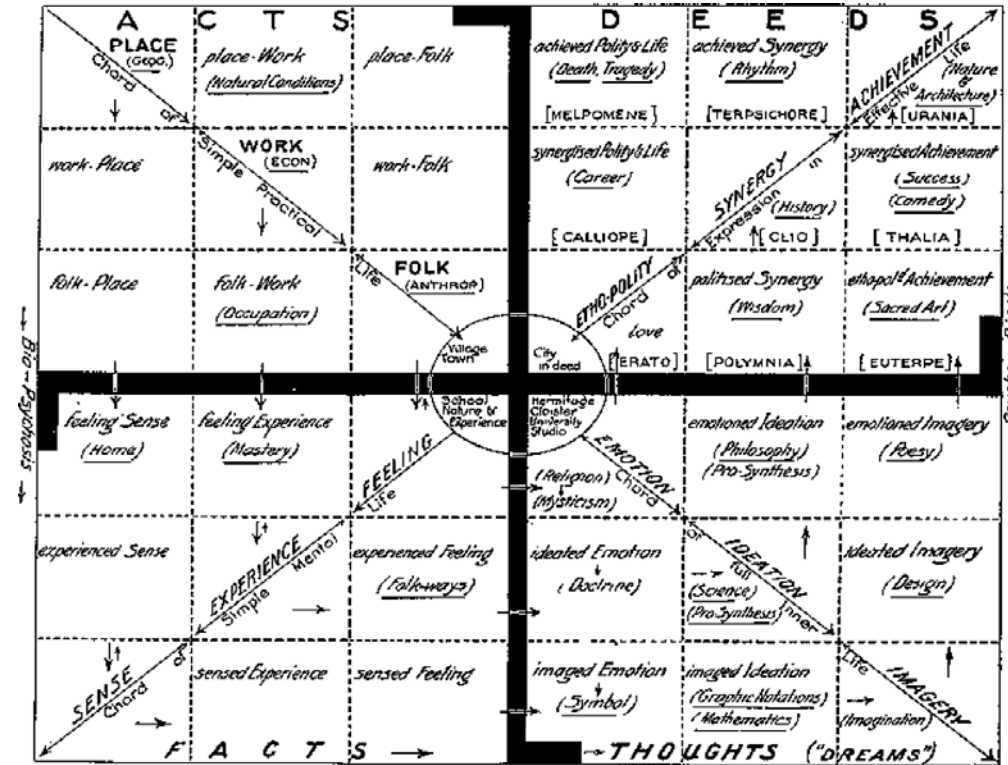
Linking economic activity to
 physical environment to
 economic activity. ..work
 may change over time...but
 interdependency doesn't



A Model for Planning


The city-region

Place Work Folk



“Each of the various specialists remains too closely
 concentrated upon his single specialism, too little awake to
 those of the others. Each sees clearly and seizes firmly upon
 one petal of the six-lobed flower of life and tears it apart from
 the whole.”



A misty, atmospheric landscape featuring a dark, winding path that leads towards two large, bare trees in the distance. The scene is shrouded in a soft, yellowish-green fog, creating a sense of mystery and tranquility. The overall tone is serene and contemplative.

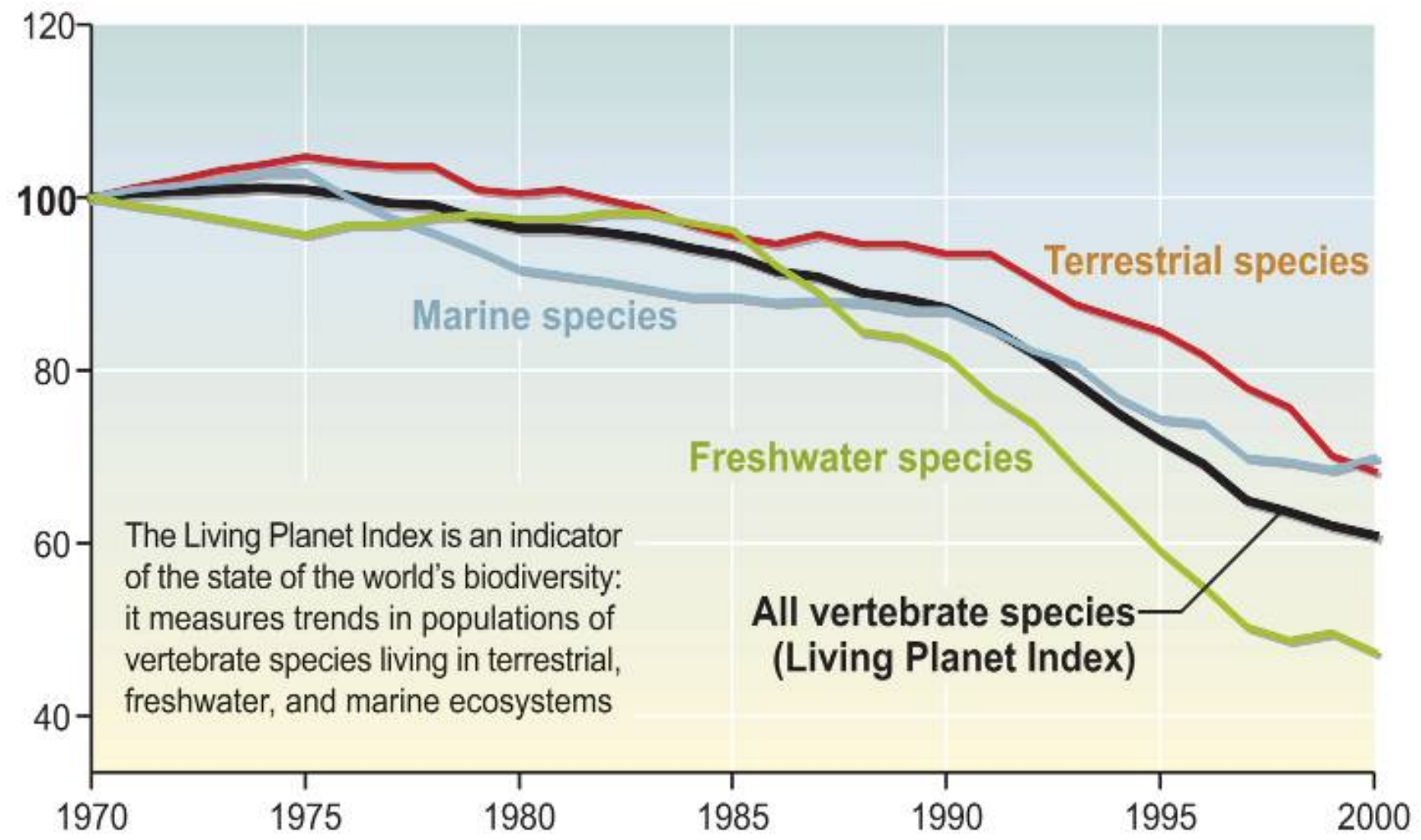
Appreciating the value of nature is
the first act towards creating a
sustainable world





The warnings about global warming have been extremely clear from some time. We are facing a global climate crisis [...] We are entering a period of consequences.


Al Gore (USA)



A large, ancient tree with thick, gnarled branches and a trunk covered in vibrant green moss stands in a sun-dappled forest. Sunlight filters through the dense canopy of green leaves, creating a bright, ethereal atmosphere. The ground is also covered in moss and fallen leaves.

**"Nature itself
is the best physician."**

-Hippocrates.

A scenic view of a mountain valley with a river and lakes, overlaid with a quote by John Muir. The image shows a wide valley with a river winding through it, surrounded by rugged mountains. In the foreground, there are several small lakes or ponds. The sky is clear and blue. The quote is written in white text over the middle of the image. There are also some dark, stylized leaves and berries in the top right corner.

"Climb the mountains
and get their good tidings.
Nature's peace will flow into you
as sunshine flows into trees..."

John Muir (UK/USA)



"Green is the prime colour of the world, and that from which its loveliness arises."

Pedro Calderón de la Barca (ES)

For most people health is the single most important aspect of their lives.

- Health studies have shown that contact with nature — with plants, with animals, with pleasing landscapes, and with wilderness — offers a range of benefits:
 - lower blood pressure and cholesterol levels
 - enhanced survival after a heart attack,
 - more rapid recovery from surgery
 - fewer minor medical complaints
 - lower self-reported stress.
- In children with attention disorders and in teens with behavioural disorders, contact with nature has resulted in significant improvement (Frumkin, 2001).
- Research suggests exercise is more beneficial (enhanced tranquillity, and more relief of anxiety and depression) — when it occurs in natural settings, like parks, rather than along urban streets (Bodin and Hartig, 2003). The degrees of “naturalness” is important
- The opportunity for so-called "green exercise" is an important asset that parks offer.

Human health relies on a healthy environment.



**Kids (People) need Nature.
It enhances all their development**

**Nature needs Kids (People)
A lack of nature experience can lead to an apathy towards
environmental concerns**

An Aging Population

- Health issues
- Dementia
- Social isolation

Increase of pensionable age
Fit for work and life!

Periurban Parks and Protected Areas

- In Europe, nearly **73%** of the population lives in **urban areas** ...

Urbanisation main problems

❖ EXCESS OF HEAT

✓ **Green areas can be up to 2° C – 4°C cooler** than urban areas

❖ AIR POLLUTION

✓ Average reduction of **PARTICULATE MATTER (PM)** near a tree is between **7% and 24%**.

❖ NOISE POLLUTION

✓ Trees abate **NOISE POLLUTION**

❖ SEDENTARISM

✓ **PARKS**, especially well managed periurban natural parks gives greater opportunities for **EXERCISE** on a **DAILY BASIS**

❖ STRESS

✓ **NATURE** can have a **RESTORATIVE EFFECT** on the mind

✓ **PARKS** are places that allow for social relations and cohesion



European Association
Periurban Parks



UN WTO figures for 2015



Europe fared best in 2015 (international tourism arrivals), 5% increase, with Northern and Eastern Europe showing more

Spanish islands of the Canarias recorded the highest number of nights spent in tourist accommodation establishments in 2014, at 94.3 million.

Current prediction visitation to Europe's National Parks 2 Billion Visitors: 14.5 Billion Euros

Mapping recreational visits and values of European National Parks by combining statistical modelling and unit value transfer

Jan Philipp Schägner, Luke Brander, Joachim Maes, Maria Luisa Paracchini, Volkmar Hartje. June 2016



Climate change
Biodiversity

Likely to intensify risks that are already present
Biodiversity change and loss
Invasive species
Fires
Flood

Mitigation and Adaption

Risk Management-management of the likelihood and consequences of threats
Water management- storm water absorption-regulate hydrology
Carbon storage
Sustain natural values and processes

Management Capacity
Parks – all things to all people!
Convergence of skills and institutions
Think out the Park. Parks are cultural landscapes
Parks not Arks





Health and Protected Areas Commission

HEALTH AND PROTECTED AREAS



Wandering in the Woods

Enabling people living with dementia to benefit from visiting woodlands



Outcomes

Raised awareness of the needs of people living with dementia

- Increased confidence of care home staff, carers and family members of the potential benefits of visits to the outdoors
- Connected local care home staff with environmental organisations
- Won a prize for the most innovative partnership at the 2013 Scottish Dementia Awards
- Some 4,000 copies of the advice booklet "Wood if we Could" report printed and distributed.

VARIOUS LOCATIONS AROUND THE UK

Summary

With the increase in human life spans, the demands of caring for large numbers of people with dementia have become more acute. It is important that people, and those who care for them, can live well with dementia. Anecdotal evidence of the therapeutic value of nature for people with this condition has been recognised, but several organisations have sought to gather evidence to give this credence.

In February 2011 Dementia Adventure published a report entitled "Living with dementia and connecting with nature – looking back and stepping forwards, exploring the benefits of green exercise for people living with dementia".

HEALTH AND PROTECTED AREAS



Promoting 'Green Health' in Scotland

Encouraging greater use of the natural environment for better health and quality of life in Scotland.



Summary

Scotland has a poor record when it comes to public health, but in recent years has developed a policy framework embracing the natural environment and the health sector in order to change the status quo.

The Green Exercise Partnership brings together a range of actors so

HEALTH AND PROTECTED AREAS



Following the Healing Bonanza



Outcomes

Cooperation with tourism businesses increased the number and effectiveness of interpretation measures normally used by the protected area's managing body when explaining natural values and the importance of their conservation. In addition to the existing interactive and exciting ways of communicating the purely biological aspects, it became possible to tell a more holistic story, including personal, and thus more convincing, experiences of "how this relates to me" (mud treatments, walking exercises etc.). For the first time tourism businesses became aware of protected area managers as stakeholders in health-related matters, which in turn increased their interest in nature-related matters.

KEMERI NATIONAL PARK

LATVIA

Summary

This project delivered a process by which local stakeholders (protected area managers in the Pieriga Regional Administration of the Nature Conservation Agency, the NGO Kemer National Park Foundation, and tourism businesses) joined forces to create an educational tour featuring health issues.

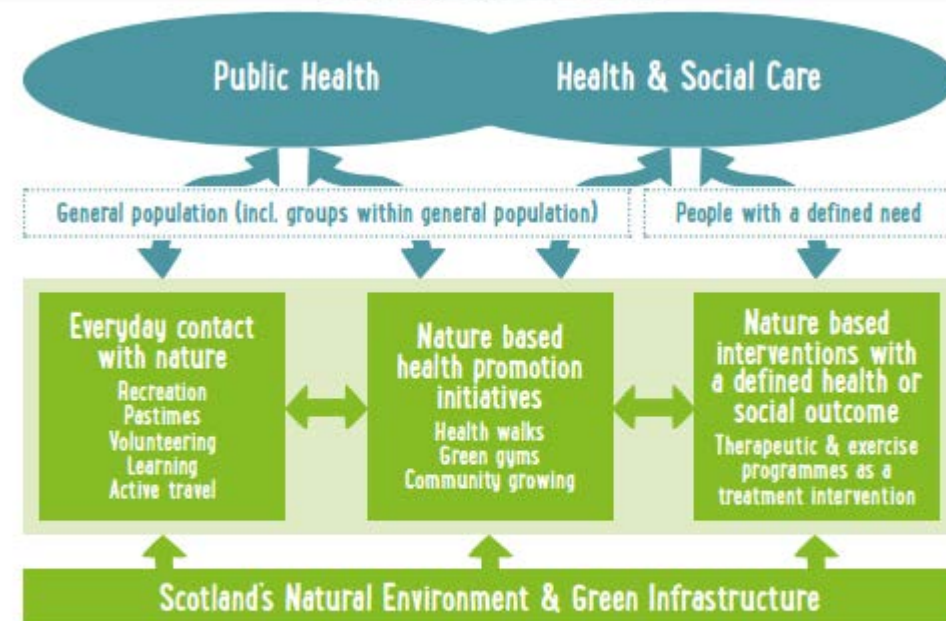
The tour highlighted Kemer National Park's unique values of sulphurous mineral waters and



Scottish Natural Heritage
All of nature for all of Scotland

Scotland's outdoors Our Natural Health Service

naturalhealthservice.scot



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Healthy Parks Healthy People explores the links between nature and human health

HPHP Central is a place to access and share the latest international research, innovations and programs that focus on the health benefits of human contact with the natural world.

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Recent Features



World Parks Congress Improving Health and Well-being: Healthy Parks Healthy People stream report

Article

The proceedings of the Improving Health and Well-being: Healthy Parks Healthy People stream at the IUCN World Parks Congress 2014 have been recorded and compiled in a comprehensive report of each stream session that offers an excellent overview.

Since the land is the parent, let the citizens take care of her more carefully than children do their mother.

Plato



Nature can often leave us with a sense of awe and a sense that its benefits are almost ethereal and intangible



Placing a true value on nature and measuring its benefits and worth to society poses particular challenges to the Natural Heritage community. **We need to showcase the economic and socio-economic potential of the natural heritage sector and improve our understanding of how economies, the natural environment, and well-being of societies are interlinked.**

Increasing pressures of tourism and the visitors' advanced knowledge of the environment create new challenges for protecting and managing national parks.

Steady erosion of the soils and deterioration of vegetation also disturb visitors and their peace of mind.



National Treasures or Natural
Treasures.....?

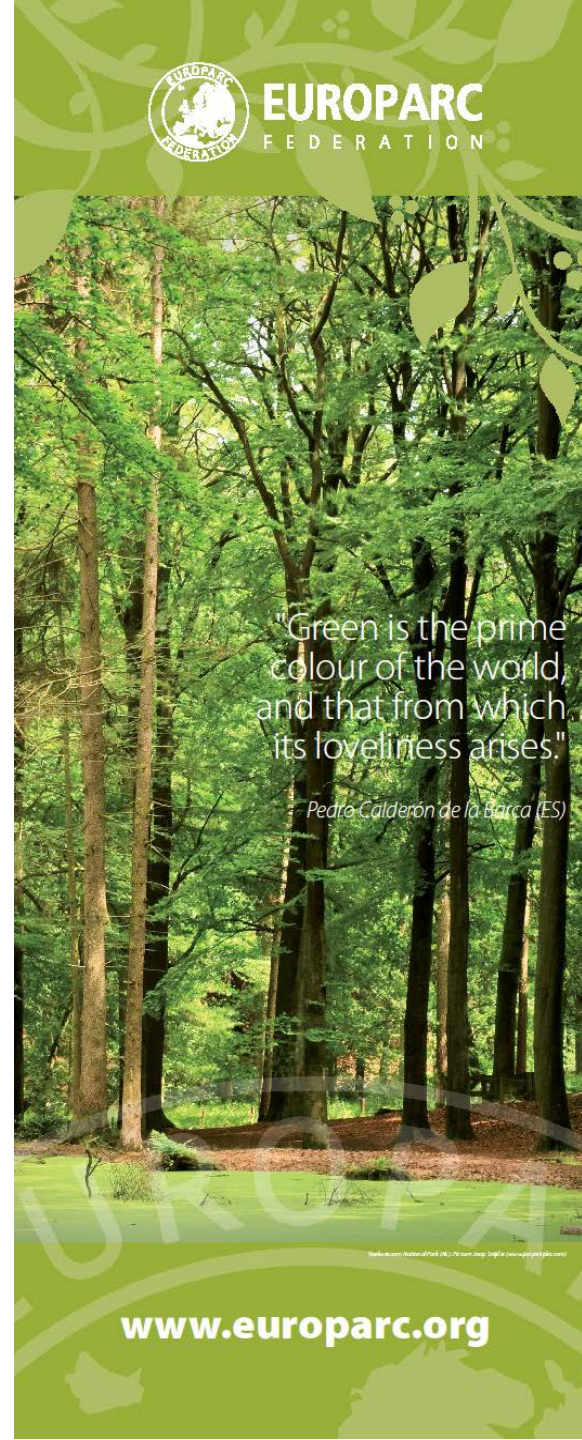
.. Europe's Protected Areas....are we in danger
of “neglecting them to Death “..



The (real) challenges for Protected Areas

The -----Tions

- **Implementation** – slow implementation of existing conventions and legislation
- **Integration** – inadequate across all policy areas. Close the Research – Policy-Management GAP
- **Restitution, Compensation** – insufficient funding
- **Education** – knowledge gaps, skills gaps, policy gaps
- **Communication** - institutional cultures, feel good factor?
- **Disconnection** – the human disconnect to nature
- **Certification-management effectiveness**
- **Perception** –no societal



The Challenges for Protected Areas

Remaining Relevant to multiple Political agendae

Climate change

Biodiversity loss

Development / Land Use Pressures

Governance

Sustainable finance

Communication



The challenges for Park Management For Biodiversity, climate change, health ...and everything

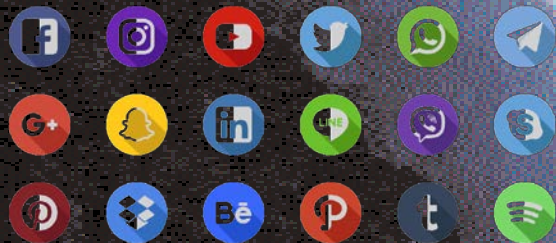
- Changing values in Society
- A shift in thinking and approach
- The landscape of the mind



Is this the real “Inconvenient Truth”?

Parks and Protected Areas of the Future

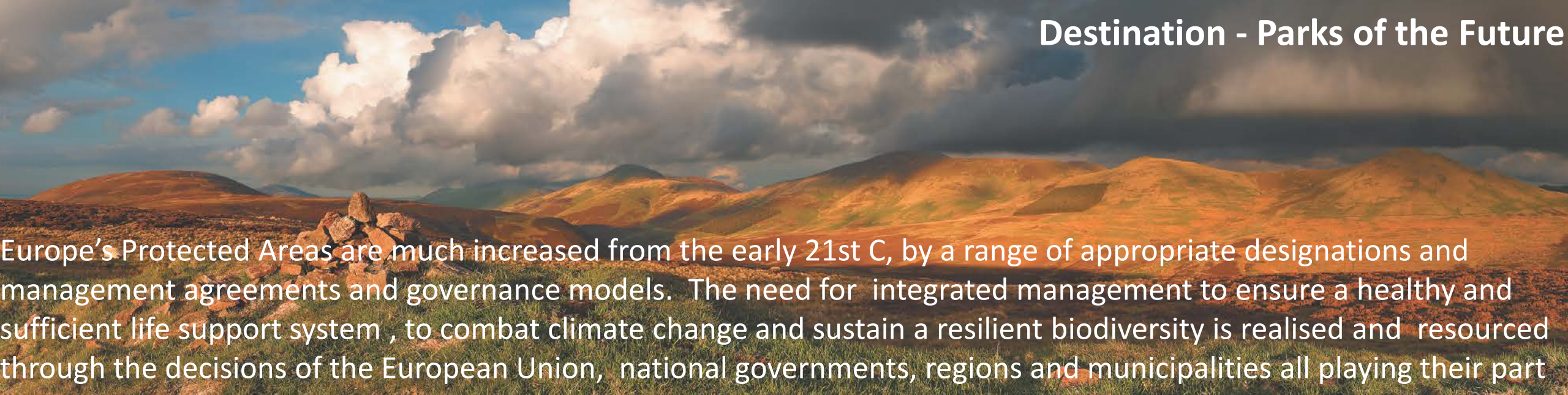
Leap of Faith?



SMART COMMUNICATIONS

- Convert **Aspirations into Action**
- Adopt innovative, forward thinking, outward looking inclusive approach— **partnership working** with communities, business, academia.
- Examine the Culture, **Remain Politically Relevant**
- Be the nature reserve, “banks” of biodiversity, health centre, spiritual retreat, sports facility, ecosystem services “factory”, cultural repository, iconic landscape, national identity. = protected area. **LIFE IS INTEGRATED**
- **Embrace Sustainability** - European protected areas need to be **models for nature conservation sustainable natural resource use benefiting society and maintaining Europe’s cultural heritage and traditional rural livelihoods**
- **The are the green and blue lines of defence for biodiversity and climate change.**
- Continue to engender sense of Protected Area community across , **Common Goals: Shared Vision**, encourage exchange of ideas, network.
- Make it **REAL! Policy into Practise. Management Capacity.**
- **Collaborate** and continue to build partnerships between protected areas and other sectors —**especially RESEARCH** concentrate on what they do, less on what they are...
- **Network** –Learn from others! Saves money!
- Show me the **Money..!!** What’s a park worth. 1:10





Europe's Protected Areas are much increased from the early 21st C, by a range of appropriate designations and management agreements and governance models. The need for integrated management to ensure a healthy and sufficient life support system, to combat climate change and sustain a resilient biodiversity is realised and resourced through the decisions of the European Union, national governments, regions and municipalities all playing their part

Responsible visitor and recreational use is appropriately managed, with well-trained staff, co-operating to commonly agreed goals, across national boundaries. Research evidence is quickly applied into real time, real space management. Across all Protected Area all levels and interests within local communities are proactively involved in the decision - making processes governing the Protected Area.

Protected Areas are valued further by society, not just intrinsically, but also for the many ecosystem services they deliver. Staying true to their core values they recognise additionally the added value they provide in terms of benefits to society such as protect and conserve biodiversity, deliver opportunities to improve health, contribute to a sustainable society and ensure citizens are informed and educated.

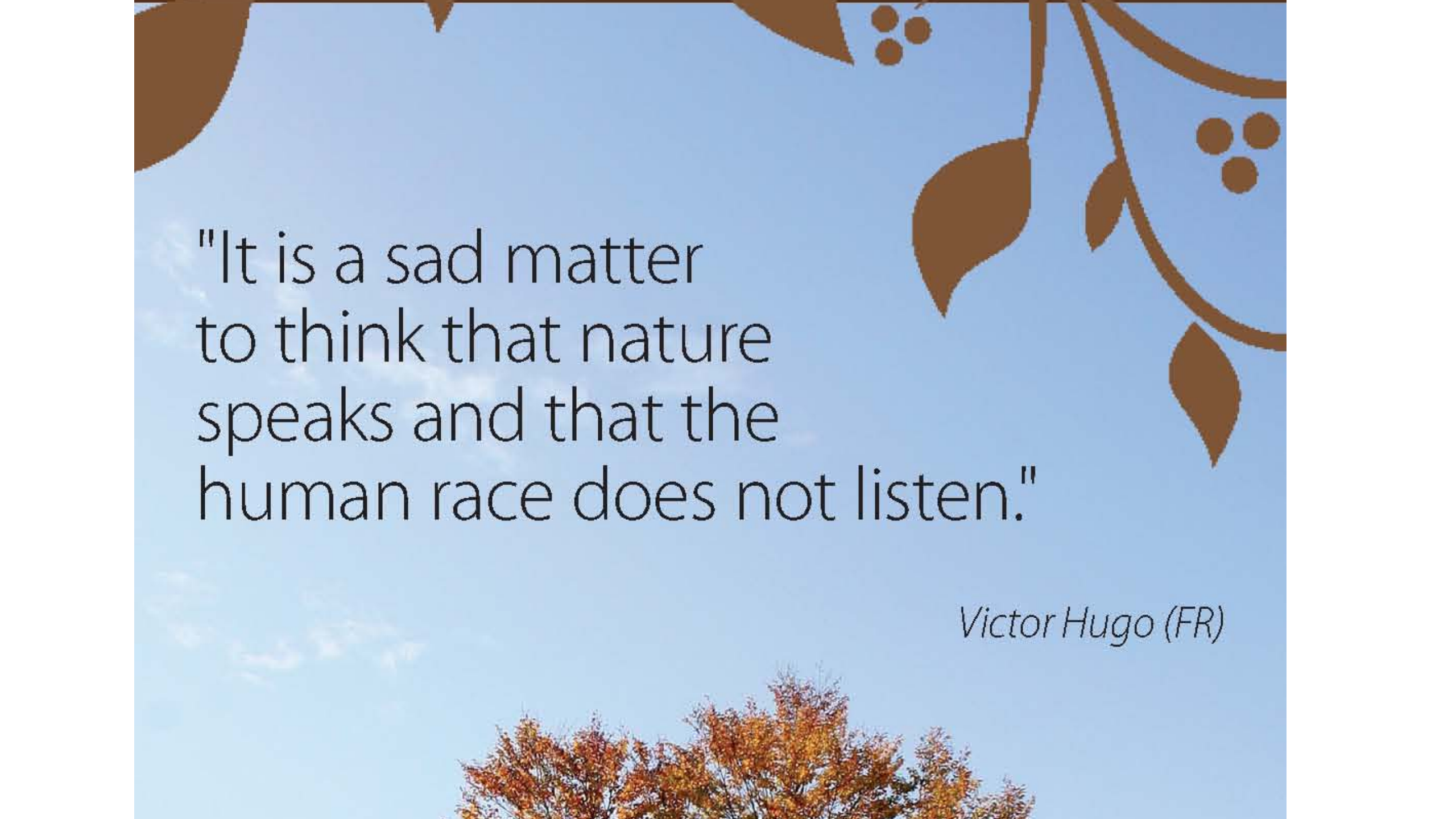
“Today it is clear
that protected
areas are
fundamental
necessities for
the livelihood
of the whole
of society.”

From Valuing Parks Forum Australia



We need a new age of Enlightenment





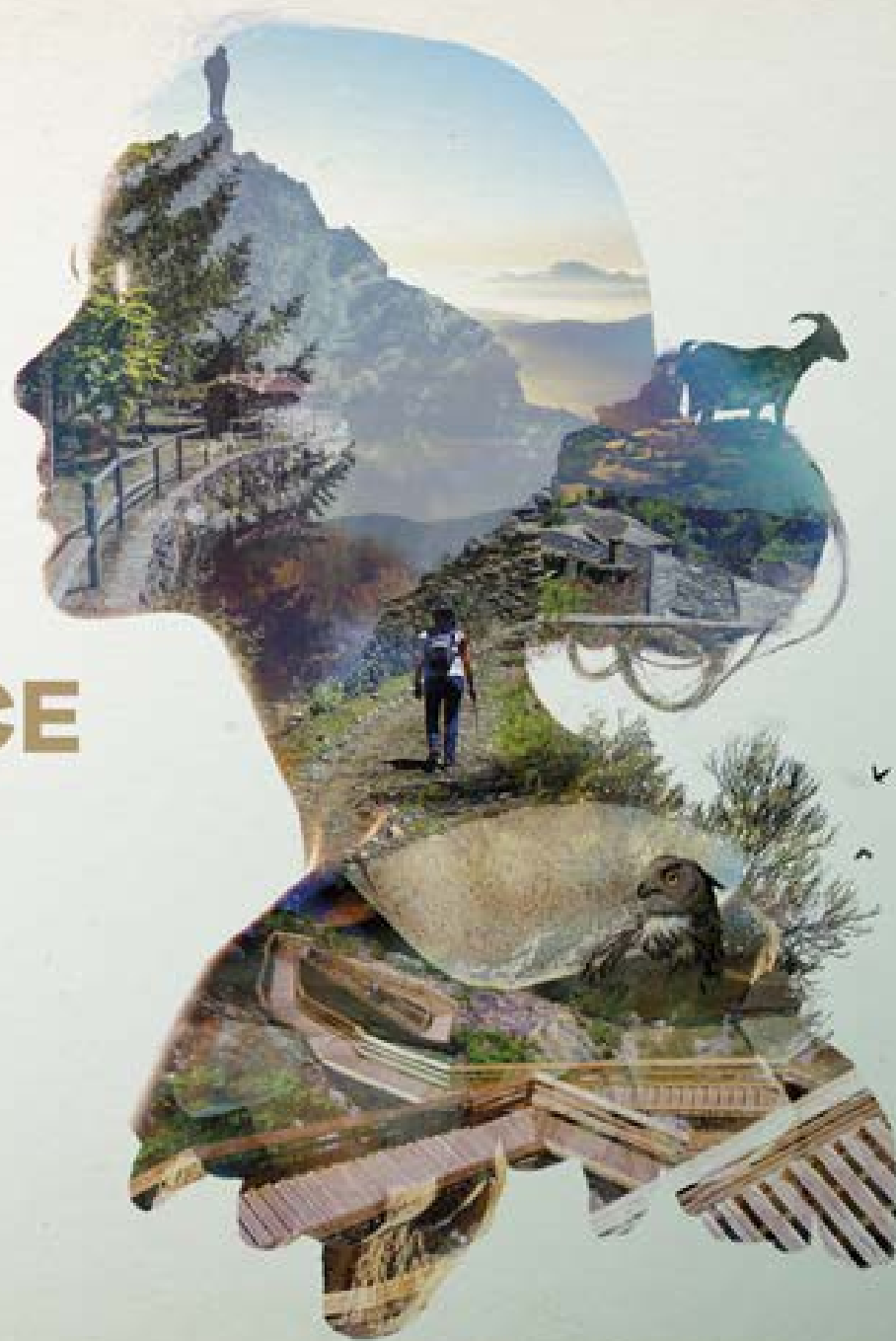
"It is a sad matter
to think that nature
speaks and that the
human race does not listen."

Victor Hugo (FR)



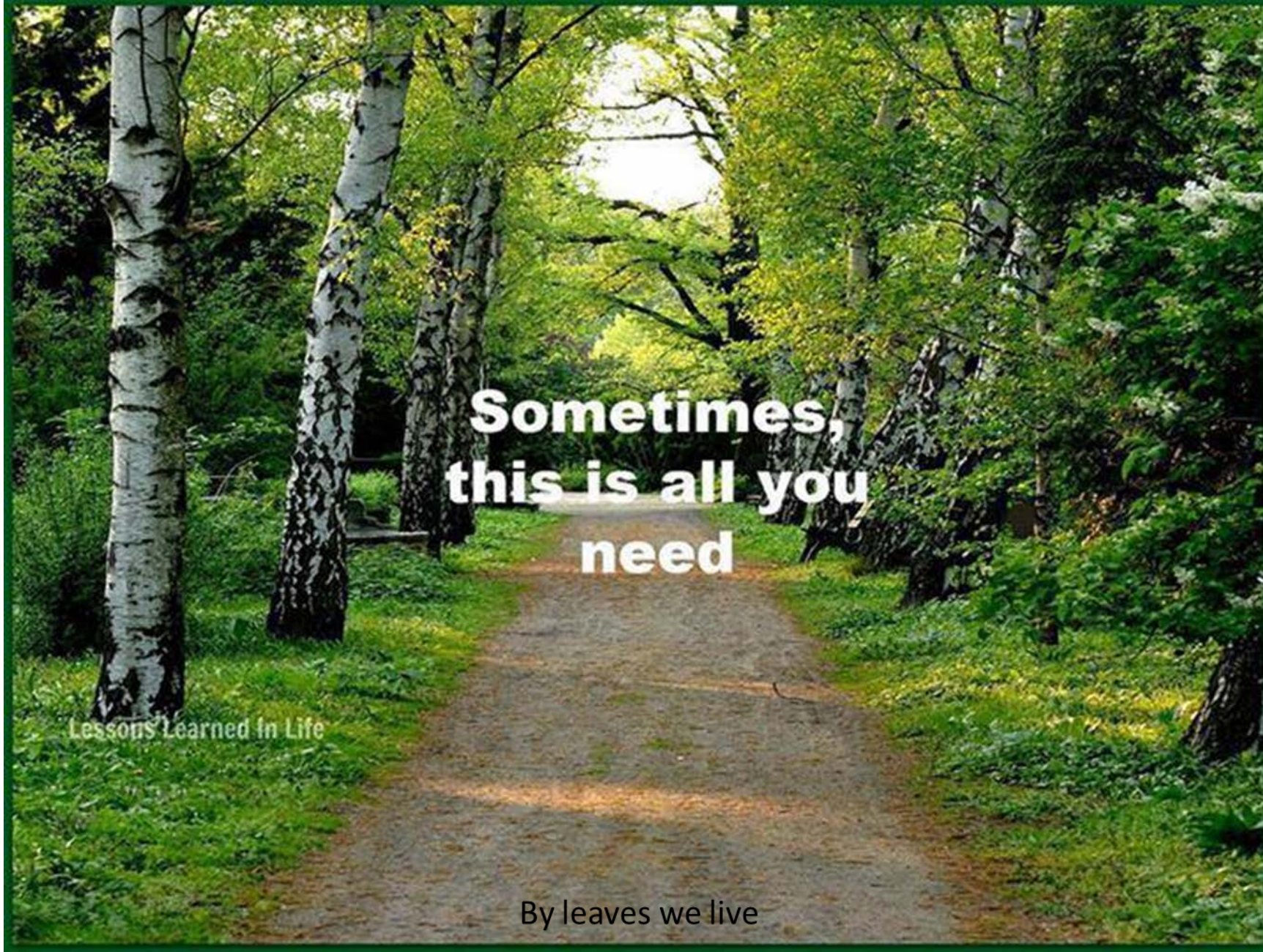
EUROPARC CONFERENCE

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**New Voices
New Visions
New Values**

*for People
and Nature
in Europe*



**Sometimes,
this is all you
need**

Lessons Learned In Life

By leaves we live

Thank You

