



## Nature and the Wellbeing of Society

Monday 3<sup>rd</sup> June

Is-Salina Nature Park

9.00-14.30

Did you know that spending time in nature can improve happiness, mental and physical wellbeing, encourage social inclusion and even make people friendlier?

We are delighted to invite you to attend the first conference on 'Nature and the Wellbeing of Society' hosted by BirdLife Malta. This conference is funded by Erasmus+ as part of a project called One World Learning which aims to create inquisitive, empowered, socially inclusive, and environmentally-responsible individuals and communities across Europe.

Through this conference we aim to start the conversation about how nature connection can benefit different sectors of society to inspire action amongst key stakeholders to encourage children, young people and adults to get outdoors and spend time in nature.

Time	Agenda
9.00	Coffee and Registration
9.30	Welcome and Introduction to One World Learning
9.35	Connection with Nature: What is it and how can it create significant changes in society?
10.05	Discussion Activity
10.45	Dr. Mark Mifsud, University of Malta: 'My Relationship
11.05	Richmond Foundation: Benefits of spending time in nature on mental health
11.25	Video: Prescribing Time in Nature to Patients
11.45	Ministry of Education and Employment: Nature Education in the Curriculum
11.55	Tour of Salina (weather permitting)
12.30	Networking Lunch

To confirm your attendance please fill in this form:

[https://docs.google.com/forms/d/1W9gsq31x9a\\_t3nHg1qALwQ4N7Rvqj9paB9uhbfEFhY/edit](https://docs.google.com/forms/d/1W9gsq31x9a_t3nHg1qALwQ4N7Rvqj9paB9uhbfEFhY/edit)



Salina Nature Park Visitor Centre

Parking (Please do not park inside the main visitor centre)

Thank you very much for your interest in this conference. If you have any questions please don't hesitate to contact us on [owleducation@birdlifemalta.org](mailto:owleducation@birdlifemalta.org).

We look forward to seeing you all there!