



Nature and Well-being of Society

Monday 24th June

Is-Salina Nature Park

9.00-13.00

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 Well-being 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 |
| 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 with Nature' |
| 11.05 | Benefits of spending time in nature on mental health |
| 11.25 | One World Learning |
| 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_t3nHg1qALwQ4N7Rv-qj9paB9uhbfEFhY/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.

We look forward to seeing you all there!