

OUR AIMS ARE TO PROVIDE
UNDERSTANDING, PERSONAL
EXPERIENCE AND SKILLS,
NEEDED TO RESTORE
RESILIENCE BY CONNECTING
WITH NATURE AND ONESELF

OUR PARTNERS



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restoring resilience

connecting to nature and self



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What's "resilience"?

Resilience is the ability of an individual, a community or a country to cope, adapt and quickly recover from stress and shocks caused by a disaster, violence or conflict. It reduces vulnerabilities and contributes to build local capacities so that people can cope better with shocks.



Our strong conviction is that nature provides the fastest way to access our humanity, providing inspiration for sustainable and meaningful solutions that take into consideration the whole ecosystem.



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Objectives

- Build resilience to the crisis that affect the European Union at the present time
- Experience nature as a guide
- Create an individual and collective meaning, opening ourselves to the meaning of life today
- Help raise the self-awareness tapping into the deeper levels of our humanity

Target groups

- "Nature professionals" (e.g. environmental educators, nature conservationists, tourist/mountain guides)
- "Helping professionals" (e.g. coaches, psychologists, counsellors, trainers, social workers).



Output

The main output of the project is a blended (online and in-nature) course about re-connecting to nature and self in order to increase resilience in times of crisis.

The online course is created with



The in-nature course will be in Pécs (Hungary)

