

”Luonto liikuttamaan”

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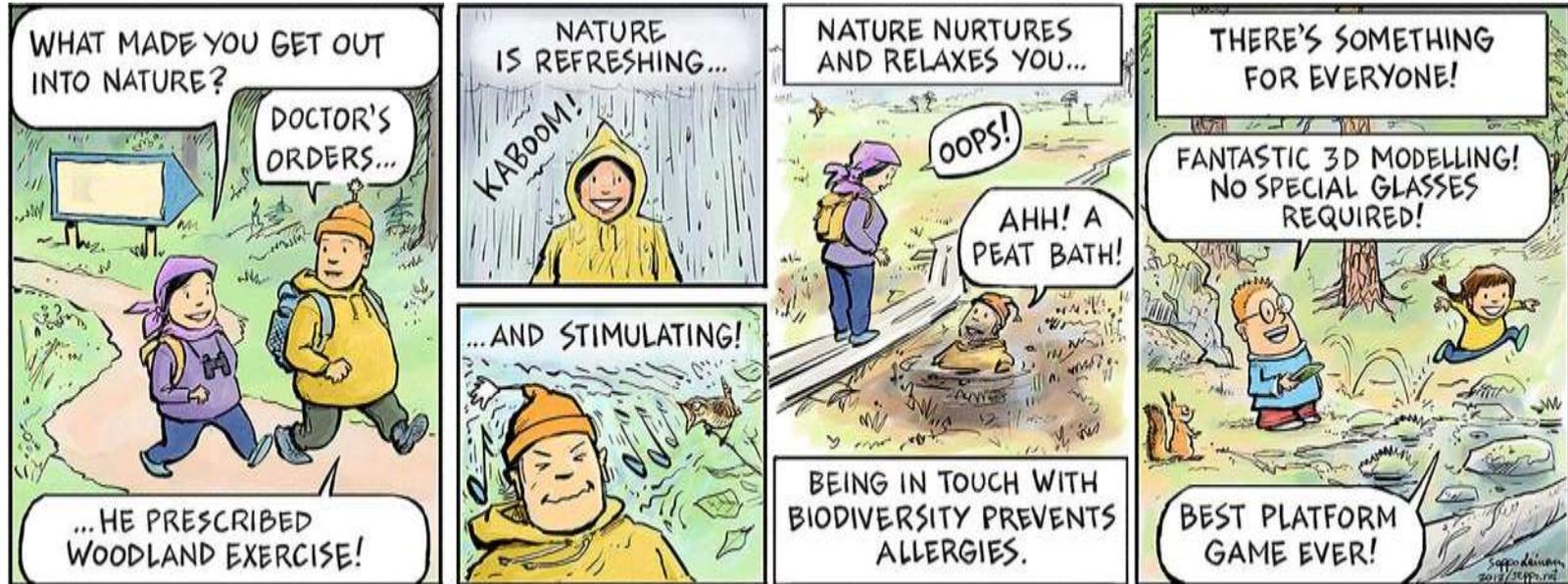
ORIGIN workshop 5.10.2016

Parks & Wildlife Finland

- Parks & Wildlife Finland (P&WF) is a Metsähallitus unit responsible for public administration duties and services in the fields of:
 - nature conservation
 - outdoor recreation
 - sustainable game and fisheries
- Parks & Wildlife Finland:
 - manages protected areas
 - maintains outdoor recreation facilities free for public
 - guarantees sustainable hunting and fishing including permit sales



Inspiring experiences and well-being outdoors! - for everyone



NATURE THERAPY

AIR - Activation, Interaction, Recreation

2012-2014

- Outdoor activities as a part of **Mental well-being rehabilitation** and preventing social exclusion
 - young people in danger of social exclusion
 - Immigrants that have faced acts of torture
- *Orienteering, snow shoe walking, enjoying the fresh sea air, mushroom picking, learning recreation skills, nature walks, food in nature, nature restoration*



Positive experiences!

- Activity without pressure, social skills, courage for social situations, experiences of the calming and recovering effects of nature
- new skills and knowledge, good feeling after physical exercise, being inspired to go outdoors independently afterwards

"Syöte National Park calms me", "It made me feel better to go out and see nature", "I got to know other people and relieved from stress", "It refreshes me to go outdoors", "It helped me with the problems that prevent me to go out from my home, because I stress too much"





Luonto liikuttamaan 2013-2015

- Outdoor activities as a part of improving health and well-being - to **activate** people
 - young people in danger of social exclusion
 - long-term unemployed
 - overweight men
 - immigrants
- Main targets for immigrant groups:
 - To help integration to a new country
 - To enhance mental and physical health
 - To develop social work services of municipalities



"It's been a pleasure to join the immigrant groups during the outdoor trips. They are filled with joy and have an open-minded attitude towards the new nature activities. The activity days have clearly shown me that there is a need to introduce the immigrants to the Finnish nature. Especially in a "wilderness city" that Lieksa is, to know how to go outdoors is an important part of integration and well-being."

ESIKOTO 2016-2018

- Outdoor activities as a part of pre-integration process for asylum seekers (P&W)
- The importance of the **voluntary sector** in pre-integration process
 - Essential to make contacts and establish relationships
 - Voluntary sector organizations offer a wide range of activities **already**, as well as opportunities to meet Finns during joint activities - two way integration! Sustainability!
 - Benefit also for voluntary organizations:
 - customers and users of services, new volunteers, employees



Action!

- Planning and implementation of **nature-based activities** together with asylum seekers, professionals and voluntary (outdoors) organisations
- Best practices will be collected into a **tool** to be used by professionals and others who work with asylum seekers (and foreign migrants in general)
- **Include locals** in all activities to enhance social integration of asylum seekers
- Produce an **information package** about Finnish nature and nature-based activities to be used by asylum seekers (and other immigrants)
- **Raise awareness** about benefits of nature on Health and Well-being among immigrants, professionals and volunteers



