



PROJECTE SELECCIONAT
CONVOCATÒRIA PALAU MACAYA

HEALTH AND NATURE
8 OCTOBER 2018

Organize:



With the support of:





NATURE CONSERVATION TO BENEFIT HUMAN HEALTH

08/10/2018. 09:00 to 17:30

The main goal of the opening day is to introduce the discussion series and start it with open conferences to the citizenship. The first part will be focused on several talks of international experts, relative to the different aspects how nature contributes to human well-being: physical, psychological, social and even spiritual aspects.

Following health's definition given by World Health Organization –as a complete physical, mental and social well-being-, this series wants to empathize the positive impact nature has to human health, not only as a response to diseases but also as a necessary element to prevent illnesses and necessary to human well-being.

The second part will be based on the public presentation of the thematic work topics of the discussion series through 3 different roundtables. Those roundtables will be the introduction of the 3 different workshops taking place after the opening day during November and December:

- How do we create healthy and sustainable territories?
 - How do we build healthy cities?
 - How do we guarantee equitable access to nature?
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NATURE CONSERVATION TO BENEFIT HUMAN HEALTH

08/10/2018. 09:00 to 17:30

09:00h - Reception

09:15 - 09:30h - Inauguration

09:30 - 10:15h – Opening conference

Dr. Qing Li. *International expert on Forest Therapy and Forest Medicine and Physician of Nippon Medical School Hospital in Tokyo. President of Japanese Society of Forest Medicine and vice-president and general secretary of International Society of Nature and Forest Medicine.*

10:15h - 11:30: Health and Nature Roundtable discussion:

Mark Nieuwenhuijsen. *Coordinator of PHENOTYPE project. Director of Urban Planification, Environment and Health section of ISGlobal.*

José Antonio Corraliza. *Professor of Environmental Psychology at the Autonomous University of Madrid.*

Josep Maria Mallarach. *Director of postgraduate course Spiritual Values of Nature.*

Moderator: Jordi Pigem. PhD in philosophy from the University of Barcelona, specialist in science philosophy and ecological thinking.

11:30h - 12:00h: Coffee break

12:00h - 13:15h: Work topic I: How do we create healthy and sustainable territories?

Albert Bach. *ICTA researcher. Healty Forests for a healthy society project (Institute of Environmental Science and Technology (ICTA) - CREAM).*

Cristina Vert. *ISGlobal researcher, Blue Health project.*

Jaume Hidalgo. *Coordinator of Sèlvans, network of ancient forest with therapeutic functionality.*

Carles Castell. *Technical on Natural Spaces. Diputació de Barcelona.*



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13:15h - 14:30h: Work topic II: How do we build healthy cities?

Pénélope Komitès. Deputy Mayor of Paris in charge of green spaces, nature and biodiversity, urban agriculture and funeral services.

Carolyn Daher. Coordinator of Urban Planification, Environment and Health section of ISGlobal.

Frederic Ximeno. Ecology Area, Barcelona City Council.

14:30h - 15:30h: Informal lunch

15:30h - 16:45h: Work topic III: How do we guarantee equitable access to nature?

Helen Cole. BCN Lab for Urban Environmental Justice (BCNUEJ) researcher.

Heike Freire. Expert on educational innovation, journalist and writer. Author of the book *Educating in Green*.

Carmen Cabezas. Deputy Director General of Health Promotion. Generalitat de Catalunya.

16:45 - 17:30 - Closing conference

Richard Louv. Co-founder and emeritus president of Children & Nature Network and author of the book *Last Child in the Woods, The Nature Principle i Vitamina N*.

17:30h - Closing

Marc Vilahur, president Land Stewardship Network of Catalonia (XCT) and **Josep Ollé,** director of Palau Macaya.

The discussion series will continue with 3 workshops based on the 3 working topics. Those workshops are going to be closed to citizens and the aim is to put together the main Catalan stakeholders (together with international experts): administrations, social and environmental associations, research groups, companies... in order to discuss the main challenges and solutions on this topic in Catalonia.

1ST WORKSHOP: HOW DO WE CREATE HEALTHY AND SUSTAINABLE TERRITORIES?

15/11/2018. FROM 10:00 TO 13:00

2ND WORKSHOP: HOW DO WE BUILD HEALTHY CITIES?

22/11/2018. FROM 10:00 TO 13:00

3RD WORKSHOP: HOW DO WE GUARANTEE EQUITABLE ACCESS TO NATURE?

13/12/2018. FROM 15:00 TO 17:30



CLOSING DAY

30/01/2019. 19:00

The Nature and Health discussion series will end with the **public presentation of the Catalan Strategy Program on Nature and Health**, as the conclusion of the 3 workshops taking place.

In charge of:

Marc Vilahur. *President of the Land Stewardship Network of Catalonia (XCT).*

Josep Ollé. *Director of Palau Macaya.*

Spokesmen of every workshop.

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