



School of Ecosystem and Forest
Sciences x MSPACE

NATURE CONNECTIONS FOR WELLBEING

An immersive short course to better understand and create nature experiences for health and wellbeing

People living in cities face increasing disconnection from the natural world and in this year, perhaps more than any other, we have become more aware of the importance of nature in our lives. *Nature connections for wellbeing* explores the role of natural environments in supporting health and wellbeing. It will feature leading research setting the state of knowledge and hands on activities to experience nature connections. Learnings can inform decisions and designs of natural places, linking to professional practice. This unique Australian offering is based in the beautiful, heritage-listed Burnley gardens near inner Melbourne, itself an inspiring venue for exploring interactions between people, nature, and wellbeing.

Delivery: 27-29th June, Burnley Campus

Who is this course for?

- Urban policy-makers, urban planners, urban designers
- Architects and landscape architects
- Landscape designers and managers
- Allied health professionals
- Anyone interested in nature connections in city life

Participants will learn through a range of activities, including lectures and discussions with scholars and practitioners that focus on aspects of nature and wellbeing connections, designs and therapies. The course also includes guided experiences in nature to build learnings and a field trip visiting projects that connect people and nature.



MEET OUR TEAM



Dr Kate Lee: An environmental psychology research fellow, Kate's expertise covers nature in, on, and around buildings and why this might matter for wellbeing and workplace productivity.

Dr Sara Barron: A landscape architect and lecturer in urban forestry, Sara's expertise covers large-scale sustainable community planning and climate change projects and the effectiveness of green design interventions for micro doses of nature.

A/Prof John Rayner: A co-leader of the University of Melbourne's green infrastructure research group, John's expertise includes the design and management of urban plantings, including children's and therapeutic landscapes.

COURSE OUTCOMES

- Learn with leading Australian and International scholars and practitioners all exploring nature and wellbeing across different fields.
- Bring theory to life by experiencing nature activities firsthand, with a guided process to connect back with your own practice and interests
- Apply the learnings to your professional practice to develop evidence-informed solutions and recommendations
- Opportunities for discussion and networking with diverse group of professionals, including an optional networking dinner.

HOW TO ENROL

Enrolments open 14th May, 2021. Until then you can submit an expression of interest to Dr Kate Lee at the details below.

PRICE

\$1,320 (INC GST)

<i>Overview</i>	
Sunday 27th 15.30-20.30	Defining and connecting with nature Registration, introductions, & networking There's a plant on my roof and a tree at my door! Small but powerful ways of connecting with nature in daily life Nature art therapy session
Monday 28th 9.00-17.00	What does it mean to connect with nature? How can we design for this? The big picture: Different views on people, nature and wellbeing through history Field trip to immerse in standout nature settings and programs
Tuesday 29th 9.00-17.00	How do we encourage connecting with nature? How do we as professionals encourage people to connect with nature? Nature prescriptions, healthy design, and connecting at all ages Guided urban forest walk Horticultural therapy activity on the heritage Burnley gardens
<i>There will be an opportunity to join a networking dinner event on Monday evening.</i>	

ENTRY REQUIREMENTS

None

For further information please contact:

Dr Kate Lee

Email: kate.lee@unimelb.edu.au

Enrol at: <https://www.unimelb.edu.au/cpd/natureconnectionsforwellbeing>