

## RECETAS

Re-imagining Environments for Connection and Engagement:  
Testing Actions for Social Prescribing in Natural Spaces.

### Coordinator:

Barcelona Institute for Global Health (ISGlobal, Spain)

### Partners:

- Agence des Villes et Territoires Méditerranéens Durables (AViTeM, France)
- Agència de Salut Pública de Catalunya (ASPCAT, Spain)
- Aketh Investments Services (AIS, Spain)
- Assistance Publique Hôpitaux de Marseille (AP-HM, France)
- Charles University (CU, Czech Republic)
- Fundació Salut i Envel·liment UAB (FSIE-UAB, Spain)
- Private University for Health Sciences, Medical Informatics and Technology (UMIT, Austria)
- RMIT University (RMIT, Australia)
- University of Cuenca (UC, Ecuador)
- University of Helsinki (UH, Finland)
- University of the West of England (UWE, United Kingdom)
- Visible Network Labs (VNL, USA)



Duration: 5 years  
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**RECETAS**  
TESTING ACTIONS FOR SOCIAL  
PRESCRIBING IN NATURAL SPACES



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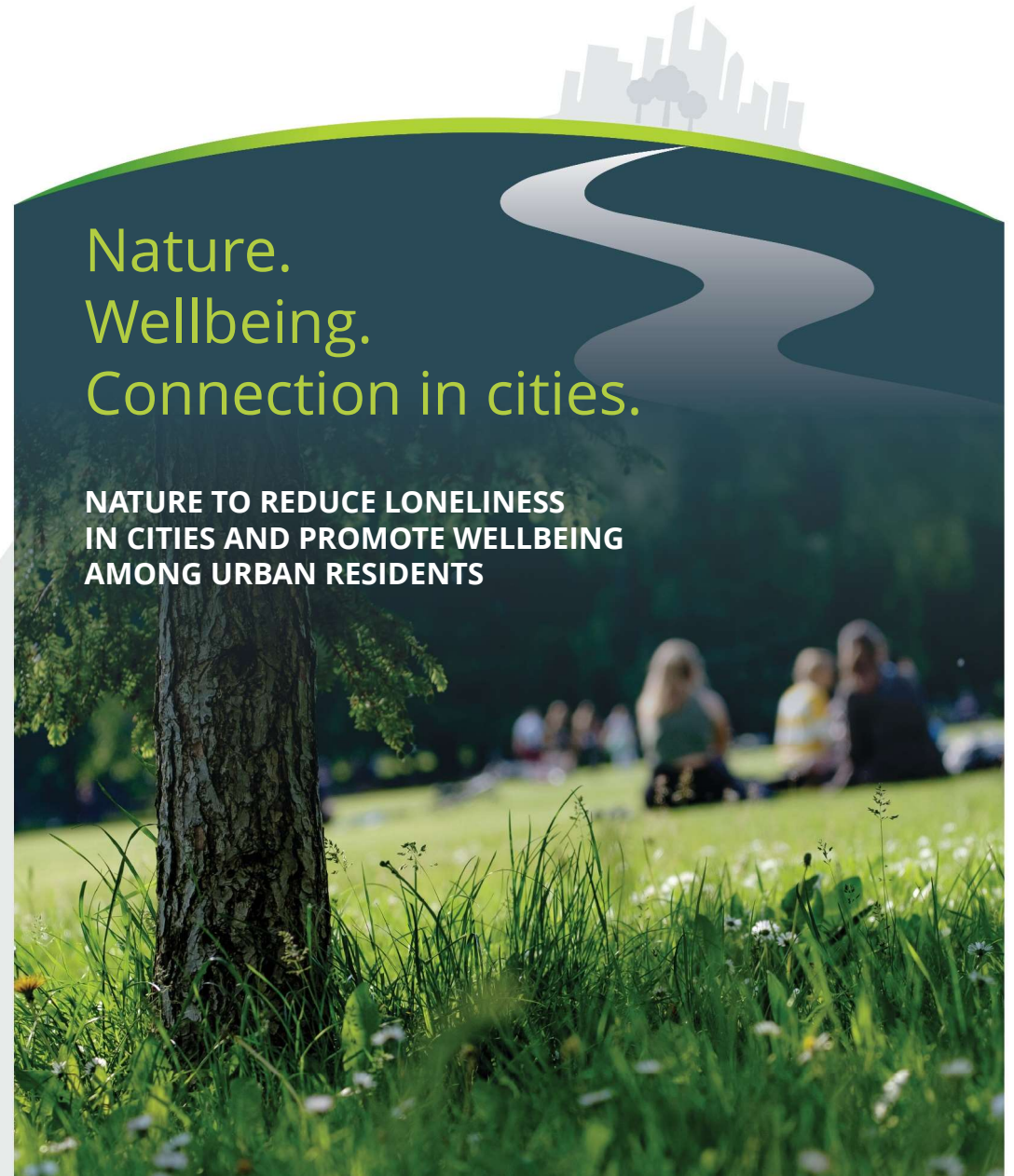


**RECETAS**

TESTING ACTIONS FOR SOCIAL  
PRESCRIBING IN NATURAL SPACES

Nature.  
Wellbeing.  
Connection in cities.

**NATURE TO REDUCE LONELINESS  
IN CITIES AND PROMOTE WELLBEING  
AMONG URBAN RESIDENTS**



# THE PROJECT

**RECETAS aims** at testing and evaluating **nature-based social prescribing across Europe, Latin America and Australia.**

RECETAS responds to the current global context, where cities are at the forefront of the environmental and social transformations needed to address challenges such as climate change, biodiversity loss, aging populations and mental health.

Funded by the European Union, the project aims to **fight feeling of loneliness and improve the quality of life of city dwellers by integrating nature** into everyday activities and into therapeutic or wellness programmes. Through an interdisciplinary approach, **RECETAS will test and evaluate nature-based social prescriptions with various audiences in six cities : Marseille (France), Barcelona (Spain), Prague (Czech Republic), Helsinki (Finland), Cuenca (Ecuador) and Melbourne (Australia).**

## WHAT IS NATURE BASED SOCIAL PRESCRIBING (NBSP)?

Walking in a park or along the water, growing food, cultivating flowers, exercising in a natural setting... these activities and many others can be included in Nature Based Social Prescribing (NBSP). The activities require active participation, be nature-based, and be socially organized.

They serve to improve the lives of city dwellers by helping them to **reconnect with nature and with each other.** They can also be integrated into care and well-being programmes for people who are isolated, depressed or suffering from mental illness.

## WHAT DOES RECETAS INCLUDE ?

- ✓ **Identify** relevant actors and initiatives in each territory
- ✓ **Design, test and evaluate** new nature-based social prescriptions
- ✓ **Promote and exploit** the results of the project

