

## Why was this project set up?

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INE is the acronym for Inclusive Nature Experience. It is a project as part of the Erasmus+ programme, which is funded by the European Union.

The climate crisis and the decline in biodiversity affect everyone in society.

In addition to knowledge about environmental protection, it is also necessary to be emotionally involved: experiencing and connecting with nature strengthens the willingness to protect it.

On the other hand, our everyday life is getting faster and the associated stress leads to mental strain and illness. Nature is becoming increasingly alien to us and we do not get enough exercise.

Consciously experiencing nature again and reconnecting with it is an important step for the quality of life of all people.

People with intellectual disabilities, people with learning difficulties and people with fewer opportunities often have limited access to nature. They are hardly aware of the health benefits of nature and hardly experience nature in their everyday lives.

## Website

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[ine-project.eu](http://ine-project.eu)



## Contact

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How can I get involved?  
[projects@lebensgross.at](mailto:projects@lebensgross.at)

Project number:  
2024-1-AT01-KA220-ADU-000255007  
Programme: Erasmus+  
coordination: LebensGroß, AT  
[lebensgross.at](http://lebensgross.at)  
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# INE

## Inclusive Nature Experience

LOGO



**Co-funded by  
the European Union**

## Project information

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### TARGET GROUPS

- Adults with and without disabilities, especially intellectual disabilities (focus on young adults)
- People with learning difficulties
- Marginalised people
- People with fewer opportunities
- Youth workers
- Social workers
- Nature mediators
- Carers for people with disabilities

### PARTNERS

The INE project involves four partners from Austria, Slovenia, Romania and France.



LebensGroß

LES APPRIMEURS



## What do we want to find out?

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1. What is the connection between health, well-being and experiencing nature?
2. How can you do something for your health and at the same time learn something about nature, biodiversity and climate protection?
3. What do people with disabilities need to be able to use this knowledge for themselves?

## Results

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The **INE Curriculum** supports facilitators and nature educators in facilitating inclusive nature activities.

INE promotes health and environmental awareness among people with disabilities and learning difficulties through the **INE E-book** and the **INE Inspiration Cards**.

INE promotes networking between relevant organisations and raises awareness through the **INE Guide** and Regional Conferences.

## Project aims

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### WHAT DO WE WANT TO ACHIEVE?

The aim is to improve opportunities for people with intellectual disabilities, learning difficulties or fewer opportunities to benefit from and learn about nature.

The benefits include health, well-being and informal learning of ecological skills.

We believe that our perception of nature depends on our personal attitude.

Experiencing nature helps to develop new perspectives and behaviours.

INE aims to pave the way for an individual approach to nature through multisensory, informal education.

The aim of the project is to use a participatory process to jointly develop practical materials and tools that promote an environmentally friendly and healthy lifestyle.