

RECETAS

5 YEARS
MARCH 2021 TO MARCH 2026



5 403 367 €
(TOTAL BUDGET)

Re-imagining Environments for Connection and Engagement
Testing Actions for Social Prescribing in Natural places

What is RECETAS about?

Tour begins here

Did you know that more than 1/3 of people feel lonely worldwide*? Loneliness is a critical public health challenge!

Indeed, there are resources and organizations from outside the health sector that could help avoid expensive treatments and improve wellbeing for people who experience loneliness

Did you know that social prescribing of nature-based activities may be an antidote to loneliness in the population?

RECETAS is an EU-funded project that will test and evaluate **nature-based social prescribing (NBSP)** across Europe, Latin America and Australia

Scalability
Connectivity
Sustainability
Evidence

*Source: A report from the National Academies of Sciences, Engineering, and Medicine & a paper from the Journal of the American Academy of Child & Adolescent Psychiatry

How are we planning to test nature-based social prescribing?

Using scientific methods and evaluation:

Pilot cities:

Robust experimental studies

Network analysis

Economic analysis

Helsinki

Prague

Barcelona

Marseille

Melbourne

Cuenca

We aim to define the **ecosystem of stakeholders** working at the intersection of nature and wellbeing, with a particular interest in addressing loneliness using nature-based solutions (NBS). This will help:



Identify strengths and limitations for supporting NBSP in local areas.



Engage stakeholders to disseminate and use the findings.

Citizens and other stakeholders will contribute to the **co-design a menu for NBSP** and identify organizations and resources that could support the interventions.

The menu for social prescribing can include:

- Park and nature visits
- Walking clubs
- Gardening
- Botanical Gardens
- Farmer's markets
- Forest bathing
- Bird watching
- River walks
- Beach and coastal walks
- Pet meetings and animal watching
- Nature in museums and in art
- Virtual nature experiences
- Urban farming

