

Pathways to Nature – Testimonials



1. I think that this project had made a big change in me.

For the first time, I felt that I could be myself without being judged, and I felt that I was a part of something bigger than myself.

This project had helped ^{me} to feel connected with nature, and to learn a lot of things about it. I've done some things that I have never done before, and I feel so grateful for it. I loved every single activity that we have done.

It also helped me to change some of my habits, and it helped me to be more conscious of the problems that are in nature, how we can solve them, and how it can impact in our daily life.

I love being part of this project, and ^{now} I feel that I can ~~say~~ share with others what I learned here.

Thank you for all, Pathways to Nature ♡.

So I personally want to talk first about the feeling being part of a group and nature. And I'm so grateful for that feeling which I felt due to our group and this project. A lot of things have ~~the~~ changed from the day that I started this project. I start to feel different about nature, see different and why not act differently. And if anyone will ask me about this project and what it did to me the only answer is going to be like this - it was perfect, I really needed it, and I will recommend everyone to take part in this kind of projects.

1. During the project, I felt more involved than ever.
2. I completely felt like an important part of nature. ♡
3. People can throw their trash into nature for a long time, but over time their worldview changes and they begin to value what is important for living.
4. It is very important to properly disseminate data to people, and this program was ideal for that...

THANK YOU ♡

In my case there was a ripple effect because my mom came with me to settle bird boxes and she learnt new things and enjoyed them.

Also I changed some of my habits because I was not paying attention to our planet. I thought that if I throw rubbish it ~~would~~ wouldn't change anything, but now I collect rubbish on the streets because I felt bad.

my experience with
this project was life
changing. It changed
with the way I look
at nature and made
me appreciate it
more. It made me
value nature more
than I ever did and
the project opened my
eyes to nature and
that there is more to
nature than the naked
Eye

Tom was the
Best!



The NBis
made me
appreciate
nature more.
Made me feel
included.



Inclusion

When they did the circle
Dance and Elena was
Scared to Join In
At the end she asked
and they welcomed
her into the group
like Family It
Reminded me of
being shy before I
Joined this
~~Product~~
Project

~~HAZEL~~ Inclusion + Belonging

Being a Part of the group made me feel more included and made me feel more comfortable. I feel a feeling of accomplishment being in the group. I also feel a lot more respect for nature. I do feel that a lot more people should get involved as it has helped my mental. H

helped me see a different
side of people and also
myself, helped me build
connections with people
and also nature, helped
me to understand other
cultures and not be
ignorant of them

“It made me feel **happy**. Like whatever was on my mind just got pushed to the side and I was really present that week we were in Woodstown.” (P2 G/F 16 Ireland)

“The project has helped me a lot to get back to that feeling of **childhood**. When you have the opportunity to explore, to feel everything around you... ..Basically, I got in touch with nature in a very deep way after many years, and it was beautiful.” (P19 G/F 23 Finland)

“There were also moments of tranquillity... I want to say that, because I'm depressed, the feeling of emotion is kind of missing. And this trip, it was just so very vivid. It's been quite a long time since I've felt, or experienced such pure emotions...**It was probably the only week where I felt really happy.**” (Participant 24 16 G/F Finland)

“I felt very **comfortable**. Especially with strangers. I've never felt like that. And being outside and going on walks helped us all get along...Seeing that nature can bring people together and **connect us.**” (P2 G/F 16 Ireland).

This project gave me some hope. It seems to me that not everything is lost, and I have a million opportunities to see the world and the main thing is not to lose hope. Also, the **people** who are involved in the project showed me that I am not a bad person and maybe even interesting and it was an eye-opener for me. It was probably the first time that people gave me positive feedback about me as a person which had a significant impact on me” (F 21, Finland)

“By being close to nature through this project, each of us received exactly what we needed in that moment. We all took away something different...I felt genuinely **happy** during those days” (P4 G/F 19 Armenia).

“This was one of the **best programs** I participated in...I met amazing people, and our connection continues to this day.” (P7 23 B/M)

“I felt in a team. Like a sense of **belonging**. We all kind of looked out for each other.” (P3 16 G/F Ireland)

“Being an international student is really hard to be honest. You feel lonely at times... this project has helped me to express my emotions...now when I feel that life is going down, I remind myself of the project. There were really diverse backgrounds of participants. We were all from different countries and participants had an **equal opportunity to enjoy nature**... It really brought **unity**. I believe that it has brought me very close as an outsider from a different country—to be part of this community.”

“I’ve become less judgmental toward myself. Not just in nature, but overall, especially after this programme. **I can say I’m more me now.**” (P9 19 G/F Armenia)

“The most fundamental realisation was that I can always change the quality of my life...and as much as our surroundings can influence us, ultimately *we* decide...It gave me the sense that **I have a choice**, and I can choose what I want in life.” (P6 22 G/F Armenia)

“I can say that the project definitely had a positive impact. It was probably one of the first times I went to a kind of camp with other people, where I enjoyed it. Where I was able to be open and socialise with people... And this project gave me some **hope**. It seems to me that not everything is lost, and I have a million opportunities to see the world and the main thing is not to lose hope. The *people* who are involved in the project, they showed me that I am not a bad person and maybe even interesting and it was an eye-

opener for me. It was probably the first time that people gave me positive feedback about me as a person.” (P19 23 G/F Finland)

“I now believe that I’m **part of nature**. And I should be empathetic towards it. And be more mindful and conscious about how it’s going to affect me. And the impact I’m having on nature which I have to be aware of. We should not consider ourselves separate from nature.” (P21 27 G/F Finland)

“Through this programme, I didn’t just learn to love nature but I learned how people can **love in completely different ways**. And not only people who share our culture or nationality; there were people from different countries, and I saw their ways of connecting...It created such a beautiful mix—one that allows you to take a little from here and there, and find your own way of loving nature too.” (P6 22 G/F Armenia)

“Now, I think more about the **consequences of my actions**. If I see something dirty in nature, I try to clean it up.” (P12 15 G/F Spain)

“That sense of **responsibility has expanded**. It’s no longer just about protecting your immediate surroundings—it’s more **global** now. For example, I used to think only in terms of my home, then I started thinking about all of Armenia, and now it’s the entire planet...So yes, my thinking has become more global.” (P8 20 G/F Armenia)

- 1 Felt included and like I belonged to the group
- 2 I've always felt connected to nature and pathways to nature improved that connection
- 3 Cut down on littering
- 4 I want to continue helping the community and making the world a better place