

# Healthy lifestyle



# 1. What do you think about when you think about nature and healthy lifestyle?

- It's good to do sports. You are surrounded by fresh air when you are in nature and it keeps your lungs clean.
- Healthy lifestyle is important to all of us. Keeping yourself healthy can lengthen your life, nobody wants to die young.
- Let's do it! - Let's clean the world together.



# 1. What do you think about when you think about nature and healthy lifestyle?

- Sustainable lifestyle/ tourism (work, village communities, non-profit organizations etc.)
- Activities and sport in nature.
- Organic food (Saaremaa water, using manure instead of fertilizers and chemicals in farming).
- Sorting and recycling the rubbish.
- Using sun energy and electric cars instead of using fossil fuels.



## 2. Do young people use the nature for healthy lifestyle in your country? And in what way?

- We should think more about the balance between the nature and healthy lifestyle.
- Adventure parks (Valgeranna Adventure park)
- Canoeing
- Bird and seal watching in spring
- winter sport (skiing, skating, sledging)
- Cycling



## 2. Do young people use the nature for healthy lifestyle in your country? And in what way?

- horse riding
- scuba-diving
- fishing
- swimming
- surfing
- activity tourism (e.g. Soomaa National Park - the 5th season in our climate)
- berries and mushrooms freshly picked from the forests



### 3. Is it easy to have access to unspoilt nature in your country and/or your region?

- **Estonia has 5 National Parks:**
- Lahemaa National Park
- Vilsandi National Park
- Karula National Park
- Soomaa National Park
- Matsalu National Park



### 3. Is it easy to have access to unspoilt nature in your country and/or your region?

- **The main Nature and Landscape Reserves in Estonia:**
- Alam-Pedja Nature Reserve
- Endla Nature Reserve
- Hiiumaa Reserves
- Puhtu-Laelatu-Nehatu Nature Reserve
- Nogula Nature Reserve
- Otepää Nature Reserve
- Silma Nature Reserve
- Viidumäe Nature Reserve
- Kabli bird station
- Naissaare Nature Park
- Kõrvemaa Landscape protection area
- Hiiumaa Islets Landscape protection area
- Haanja Nature Park



### 3. Is it easy to have access to unspoilt nature in your country and/or your region?

- In Saare County there are 48 nature preserves, protection areas all together.
  - Vilsandi National Park
  - Viidumäe Nature Reserve
  - Viieristi Nature Reserve
  - Abruca Nature Reserve
  - Koorunõmme-Abula Nature Reserve
  - Linnulahe Nature Reserve
  - Panga Landscape Reserve
  - Kaali Landscape Reserve
  - Kübarsaare Landscape Reserve
  - Üügu Landscape Reserve
  - Kaugatoma-Lõo Landscape Reserve
  - Järve Landscape Reserve
  - Odalätsi Landscape Reserve
  - Kessulaiu Landscape Reserve
  - Koigi Landscape Reserve
  - Loode Oak-wood Landscape Reserve
- RMK (<http://www.rmk.ee/et>)





# 4. What does possibly prevent people in your country from having access to nature?

- In bigger towns of Estonia (Tallinn, Tartu) it is harder to reach pure nature on foot. You need transport when you want to be in silent nature.
- National parks, nature reserves (e.g. Only 3,000 guests may visit Vilsandi National Park a year, the number of visitors is limited. Protection of flora and fauna: e.g. wild orchids, lichens, eagles).
- Hunting seasons (e.g. fishing, hunting, catching crayfish).



# 5. How do we create consciousness for the nature among young people?

More group events in woods ,like :

- Orientations
- Hikings
- Fishing trips
- Biology lessons at school
- Excursions and walking tours
- Let's Do it!
- Planting trees
- Organizing work for students and spending their spare time in summer
- Agenda 21 (e.g. Baltic Agenda 21, Kuressaare, Tartu, Pärnu Local Agenda 21 etc.).



Thank you for listening!

