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SUSTAINABLE NOOKS: UNVEILING THE POTENTIAL OF POCKET ECOSYSTEMS

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“a gift to a despairing world, a way to change the Earth in practical, restorative, and substantive ways, a simple act that creates beauty and enchantment: a mini-forest”

Paul Hawken
in the foreword Lewis, H., 2022, p.xi



Introduction

Akira Miyawaki was a Japanese botanist who specialized in natural vegetation restoration of degraded land.

Miyawaki forest



Miyawaki Forest

This method focuses on planting a variety of native **plant species closely together** in a specific pattern to accelerate growth and mimic the structure of natural forests.

One of the reasons for the popularity of this method is that the space for planting new forests is sometimes very limited.

But even though small, these forest are visually appealing. However, they also have other benefits."



Sustainable Nooks

Contribute significantly to

- ♣ mitigating climate change
- ♣ improving air quality
- ♣ regulating local climates
- ♣ reducing ambient temperatures
- ♣ mitigating the urban heat island effect



Sustainable Nooks



Benefits for public health and well-being:

- provide serene and natural environments
- promote positive emotions and cognitive functioning
- reduce stress, anxiety, and depression



**These were the reasons that led us
to plant one sustainable nook in our
school!**



Sustainable Nook

Adjacent to Lisbon's bustling 2nd Circular Road

In addition to the previously mentioned advantages, this green corridor also aims to reduce noise pollution.

- 50m²
- 150 trees and shrubs
- 24 species





Initially, their growth will primarily focus on expanding

Video player controls including a play button, a progress bar, a volume icon, and a timestamp of 00:46.01.



NOW ?!



Growing Sustainable Nook



- providing opportunities for environmental awareness
- community connection with nature
- serving as an important educational tool



During the planting

We had the chance to engage the community in participation ...

We engaged with a company that organized a team building event.



During the planting

included various children



During the planting

with some as young as 2 years old, thus creating a transgenerational educational opportunity!



The participants' viewpoint



PEDRO

It was interesting to see how this method unfolded, starting with soil preparation and culminating in the placement of a layer of wood chips infused with mushroom spores. The mushrooms aid in soil recovery and can decompose certain toxic substances. Given that our micro-forest is right in front of the 2nd circular road, this characteristic makes them very important. Mushrooms have already begun to sprout, and some friends, teachers, and I have already picked some and taken them home. This is the first example of what may happen in the future when the plants start to grow, and the school community can benefit from them. Whether through consuming fruits and edible plants, improving air quality, or simply creating this new space that connects us with nature right next to the school.



The participants' viewpoint

I always loved plants and trees. When I heard about this initiative, I wanted to participate right away. It was a very interesting experience, and the interaction with teachers and other classmates created a bond that I wasn't expecting.

...once in a while I go there to take a look!

RITA





The participants' viewpoint

I've always cared about sustainability and try to participate in all Eco-Schools initiatives. One of my passions is photography, so I was thrilled to be responsible for the photographic documentation that day.

It's very important to capture the memories of this day! ... Photographs are also a way to motivate and raise awareness among others about these issues.

LARA



THANK YOU

SUORTED BY:

