
Connecting People to Nature

Applied Research Project (Jan – May 2017)

Researcher: Janet Ready, Recreation Studies Dept., Langara College – in partnership with the British Columbia Recreation and Parks Association (BCRPA).

SHARE YOUR NATURE STORIES

If you have a story about how you or your recreation organization is connecting people to nature – email it to Janet Ready, Recreation Studies Dept – Langara College.

jready@langara.bc.ca

Stories will be posted on the BCRPA Healthy in Nature website:

<http://hin.bcrpa.bc.ca/>



Purpose of the research Project

To explore what is currently happening in the BC recreation field to connect people and nature and share that information through stories -- with the intention of growing knowledge, understanding and momentum within community recreation in this area.

Connection to the National Recreation Framework

Connecting People and Nature is identified as one of the five goals in the National Recreation Framework. This is an area that is starting to grow within Community Recreation as this excerpt from the National Recreation Framework points out:

“People have an inherent need to connect with the natural world and the recreation field plays a vital role in meeting that need. Connecting with nature is associated with improved cognitive, mental, and physical health, enhanced creativity and positive social behaviours.

Traditionally, recreation has contributed to this goal through the provision and stewardship of outdoor places and spaces, and the development of enabling policies, programs and services related to natural environments. These activities continue to be essential components of recreation’s role.

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More recently, the need to increase appreciation of and exposure to nature through participation in the community design process has become increasingly important. Recreation contributes to creating walkable, safe, livable communities through the provision of parks, trails, waterways, community gardens and landscaped areas. Recreation supports policies, which ensure that neighbourhoods are designed to maximize opportunities for healthy, active living and exposure to nature.” ([National Recreation Framework](#) p. 24)

Description of the Research Project

- Using the BCRPA network, the researcher will collect stories and experiences from local government Parks and Recreation professionals that are involved in programs that connect people and nature
- These stories will be shared through the Healthy in Nature website <http://hin.bcrpa.bc.ca/>
- Research and collect stories and ideas of people and nature programs outside of local government (private and not-for-profit organizations) to offer new ideas and perspectives to community recreation practitioners in this area
- Provide connections to research that address challenges and barriers to programming people and nature programs
- Information will be shared on the BCRPA Collaboration site, provide live facilitation of collaboration site for this topic area for a specific time period
- Researcher will be presenting at the “snapshots” session, BCRPA Symposium, Kelowna April 6. 2017
- This project provides 75-100 hours of researcher work in this area

Timeline of the Research Project

January

- Prep for Research Project, Backgrounder written, identify contact list of people to start contacting

February and March

- Send out call for stories and research project information to BCRPA members
- Collect stories, research and interviews
- Post stories on Healthy in Nature Website

April

- Present update of research at BCRPA Symposium
- Code stories for barriers/challenges/successes
- Facilitation of Collaboration site – BCRPA
- Write final report



FOR MORE INFORMATION CONTACT:

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