



MARIE SKŁODOWSKA-CURIE POSTDOCTORAL FELLOWSHIPS 2021
EXPRESSION OF INTEREST FOR HOSTING MARIE CURIE FELLOWS

HOST INSTITUTION

NOVA University Lisbon | School of Social Sciences and Humanities

RESEARCH GROUP AND URL

Cities, Environment and Regional Development
<https://www.cics.nova.fcsh.unl.pt/research/research-groups/3-cities-environment-and-regional-development>

SUPERVISOR (NAME AND E-MAIL)

Iva Pires
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SHORT CV OF THE SUPERVISOR

Iva Miranda Pires is Associate Professor at NOVA School of Social Sciences and Humanities, Universidade NOVA de Lisboa; she holds a degree in Geography, from the University of Coimbra and a PhD in Human Geography, from the University of Lisbon. She is the coordinator of the Master and of the PhD programs in Human Ecology. She is a senior researcher at CICS.Nova, the Interdisciplinary Centre of Social Sciences. Since 2018 she is the elected President of the Society for Human Ecology (SHE). In Portugal, she is on the advisory board of the National Committee for the Struggle Against Food Waste. She was involved in the coordination or as team member of several research projects funded by the Portuguese Science Foundation (FCT) as well as international projects. She coordinated two projects funded by FCT (2006-2013) and the project Making Science work in Society (2010-13), Acções Integradas Luso-Britânicas Luso- financed by CRUP. She co-coordinated a project on food waste in Portugal, PERDA (Project on the Study and Reflection on Food Waste) a Green Ideas Award 2011 that calculated the first estimate on food loss and waste in Portugal. She was the scientific coordinator of FELOW Mundus (2013-2017), an Erasmus Mundus mobility program led by UNL, joining 17 Universities, 6 European and 11 Latin American universities. She was the coordinator of the Portuguese team in an Erasmus+ project With Nature to Mutual Understanding (2016-2019) and she is presently coordinating an EU KA2 Erasmus+ project Read4Succeed (2019-2022). Her main scientific areas of research are human ecology, sustainable development, food waste, social and economic geography. As regards her academic experience she has several publications on these topics, including books – XX as an editor/coordinator - book chapters and academic papers. She was visiting professor at Brazilian as well as European Universities. She organized and participated in seminars, symposia, conferences, and national and international congresses and workshops. She also supervises several master and PhD thesis.

5 SELECTED PUBLICATIONS

- Vizinho A., Cabral M.I., Nogueira C., Pires I., Bilotta P. (2021). Rural Renaissance, Multifunctional Landscapes, and Climate Adaptation: Trilogy Proposal from Grassroots Innovation and Participatory Action Research Projects. In: Leal Filho W., Luetz J., Ayal D. (eds) Handbook of Climate Change Management. Springer, Cham. https://doi.org/10.1007/978-3-030-22759-3_55-1
- Pires, I. (2019). Green Care”: The potentialities of the use of Nature Therapies in Iva Pires (org) With Nature to Common Understanding. Lisboa: CICS.NOVA - Centro Interdisciplinar de Ciências Sociais, pp5-9. ISBN: 978-989-99782-9-4
- Pires, I; Křivánková, D; Dvořáčková, J. (2019). Garden Therapy: The Health-Enabling Capacities of Nature Contact, in Proceedings of the Research Association for the Interdisciplinary Studies (RAIS) Conference, Princeton, pag 52-57. DOI:10.5281/zenodo.3549984

- Pires, I. (2019). "Green Care": As potencialidades do uso de Terapias da Natureza, in Daniela Rocha (coor) Atas da Conferência Geonatura sobre Destinos da Natureza e Estilos de Vida Saudável, 22-24 maio, pag 103-108, Associação Geopark Arouca.
- Bruckmeier, K; Pires, I. (2018). Innovation as transformation – integrating the socio-ecological perspectives of resilience and sustainability, in Pinto, H.; Noronha, T.; Vaz, E. (Ed.) Resilience and Regional Dynamics: an International Approach to a New Research Agenda (chapter 9, pp209-231). Regional Science Series. Switzerland: Springer International. ISBN 978-3-319-95134-8; ISBN 978-3-319-95135-5 (e-Book).

PROJECT TITLE AND SHORT DESCRIPTION

NATURE4HEALTH

We live in a world where information and knowledge technologies and increased mobility simplify everyday life. However, at the same time, contact with the natural environment is shrinking. More than half of the world's population live in urban areas with high population densities and, in many cases, with a little or no access to quality green spaces. Disconnection with nature is the result of several factors such as the scarcity of nearby green spaces, new sedentary and indoor leisure activities of the younger generations, lifestyles with long working hours and high stress levels. The consequences of losing the interactions with nature, especially in Western economies, include the degradation of the public health and overall well-being, the loss of emotional affinity with nature, and the reduction of pro-environmental attitudes and behaviours. These links need to be re-established and strengthened, particularly in the case of urban populations, contributing to healthier and more sustainable societies. The "healing" capacity of nature is being increasingly discussed as well as the therapeutic, spiritual, and psychological benefits from nature experience. Nature therapies include a wide range of interventions using nature and the natural environment as a framework for carrying out activities such as garden therapy or animal-assisted therapy with the aim of improving and promoting the (mental and physical) health and wellbeing of the participants. An interdisciplinary approach is needed to discuss concepts, benefits, potentialities, and the causal understanding of relationships between health, well-being and nature exposure that are not well understood to develop the necessary tools and guidelines for integration of nature-based care in the public health sector.

SCIENTIFIC AREA WHERE THE PROJECT FITS BEST*

Social Sciences and Humanities (SOC)