

What is the connection between:

- health,
- well-being,
- and experiencing nature?

How can you improve your health and learn about:

- nature,
- biodiversity,
- and climate protection?



Find out how with INE project!

We believe that nature helps us live better every day.

INE project wants to help people with:

- learning difficulties,
 - intellectual disabilities,
 - or fewer opportunities
- to enjoy nature to improve their health and well-being.

Funded by the European Union (Erasmus+ program). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or OeAD-GmbH. Neither the European Union nor the granting authority can be held responsible for them.

Project number: 2024-1-AT01-KA220-ADU-000255007

Coordination: LebensGroß, AT, lebensgross.at / Oct. 2024 - Sept. 2026



LIVE BETTER WITH NATURE!

INCLUSIVE NATURE EXPERIENCE

[INE-PROJECT.EU](https://ine-project.eu)



Co-funded by
the European Union



CONNECT WITH NATURE, CONNECT WITH YOURSELF.

The climate crisis causes a lot of anxiety for everyone.

Many people are disconnected from nature because of:

- their disability
- their situation
- or their lifestyle.

**It is important to reconnect with nature
to reduce anxiety and improve well-being.**

Experiencing nature helps you:

- to relax
- to feel happier
- to understand why biodiversity is important
- to preserve nature.

INE involves:

4 organisations from Austria, Slovenia, Romania
and France.



What is INE?

INE helps people **enjoy nature** to **feel better**
and **be healthier**.

Who is INE for?

- People with disabilities, learning challenges,
or anyone who wants to enjoy nature.
- Youth and social workers, carers...

Results and activities



INE Curriculum to train educators
and carers to implement inclusive
nature activities



INE E-Book and INE Inspiration Cards
to share ideas about health
and nature with people who have
disabilities or learning challenges



**INE Regional Conferences and INE
Guide** to connect groups and share
knowledge



How to join?

Write us an email at: projects@lebensgross.at