

BENEFITS OF VOLUNTEERING IN NATURE CONSERVATION AND RESTORATION



BENEFITS FOR VOLUNTEERS

Understanding nature restoration and biodiversity

A valuable experience at little cost

Gaining practical field skills (mowing, raking and removing biomass)

Support for mental resilience and personal wellbeing

More time in nature and in the fresh air

Active relaxation and new friendships

A sense of purpose

Discovering new places and natural sites

Strengthening the connection with nature and the local landscape

An experience that shapes personality

Meeting people with similar values

A visible contribution to nature conservation and restoration

Experience useful in personal, study or working life (CV)

BENEFITS FOR YOUTH LEADERS

Development of teamwork and the ability to motivate a group

Development of organisational and communication skills

Strengthening the ability to deal with unexpected situations

Experience in planning and leading voluntary activities

Increased self-confidence when organising activities

Building new contacts and gaining new experience

Strengthening personal expertise in nature restoration