

# Biodiversity

Promoting biodiversity  
using nature-based solutions



Environment, Green Structure, Climate and Energy



More information at:  
[www.europarc.org/greening-plans](http://www.europarc.org/greening-plans)

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Those who are not in contact with nature are more often subject to sort of mental problems: depression, various emotional imbalances,...

Internationally, this type of diagnosis is called NDD – Nature Deficit Disorder.

Being in contact with nature allows us to learn from it. Many of the natural processes can be extrapolated to human societies: functioning in cycles, the relationships between different living beings, the metabolism of living beings and that of the human species and cities, the struggle for survival, basic needs,...

Being in natural ecosystems drives us to relax, unwind, wake to all the senses in a process that counteracts the stress we are usually submitted to.

Understanding the natural landuse allows us to manage our territory under the same concerns. This turns out to be more efficient, more resistant to imbalances, more sustainable,...

A trail in the Monsanto Park



Iberian red partridges in the riverfront of Parque das Nações – nov. 2022



Promoting biodiversity is promoting the quality of the environment and the quality of life for all. If the wild living beings have quality of life, human beings will also have it. Biodiversity is not only a parameter for evaluating the quality of the environment, but also an indicator of the quality of life for human beings.



The soil belongs to the community. The responsibility for human decisions on spatial planning is also shared. Appropriation must be collective and the responsibility for conservation must be shared.



### To promote biodiversity

Planning the landuse and reinforcing the plans for:

- Safeguard relict spaces where wild nature still exists
- Ensuring ratios of green / permeable spaces per inhabitant
- Promoting the existence of green corridors to buffer the built area, to ensure ecological continuity into the city cores and to provide a nesting refuge for existing wild species.

Council of students of the Environmental Club in Francisco Arruda school



In order to survive, living beings have physiological needs such as water and food, but they also have ethological needs, such as shelter or tranquility. Studying the ecosystems will allow us to identify the limiting factors that affect the existence of each species. The intervention of each one of us involves the suppression of the deficits detected in each of these factors:

- Increase the area of naturalized, permeable areas, or even to plant walls and roofs
- Clean the banks of watersheds and maintain the riverside forest
- Allow for the existence of shelters and hiding spots for fauna or install them, for example nesting boxes
- Install drinking fountains and ponds to increase the available surface water
- Install feeders
- Ensure the tranquility of spaces
- Introduce plants that can provide fruits, honey, nectar,...

Nature suggests and teaches us the solutions to promote biodiversity: Nature-based solutions (NBS).

Where to carry out nature-based interventions?

- In the city
- At school
- In the company
- At home

Some examples of nature-based interventions:

- Build ponds
- Build an insect hotel in your backyard
- Build shelters for foxes and other mammals
- ...



A hotel for bugs and other insects



1



2



3



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Shelter for mammals

Pond in the Biodiversity Space in Monsanto Park

