

# It's Time.

## Give Nature a Voice!

A guide for Maltese youth who wish to learn about nature, connect with it, and take action for its protection.





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## Hello! Welcome!

This guide is designed to empower and inspire you, to connect with nature in the Maltese Islands and take action towards protecting our environment.




In a world that is increasingly disconnected from the natural world, we must recognize the importance of nature and our responsibility to preserve it for future generations.

By becoming advocates for the environment, we can drive positive change, influence policies, and inspire others to join in our efforts.



This guide will provide you with a diverse range of activities, tools, and resources to support your journey.

Whether you prefer to start with small actions within your room or embark on larger initiatives, there is a path for every level of involvement and commitment.





Remember, your actions matter. Each step you take towards connecting with nature and protecting the environment is a step towards a more sustainable and thriving future.



Richard Louv, the author of “Last Child in the Woods” once said: **“We cannot protect something we do not love, we cannot love what we don’t know, and we cannot know what we do not see. Or hear. Or sense.”** These words resonate within us and this is why, with this guide, we would like to suggest to you activities and resources to:



**learn about nature;**



**connect with nature through indoor and outdoor experiences;**



**take action to protect nature at the local and international level.**



# Learn about Nature



# Learn about Nature



## Read books about environmental topics.

Some recommended books include "[Silent Spring](#)" by Rachel Carson, "[The Sixth Extinction](#)" by E. Kolbert, "[The Nature Fix](#)" by F. Williams, "[Last chance to see](#)" by D. Adams & M. Carwardine, "[The invention of Nature](#)" by A. Wulf, and "[The Secret network of Nature](#)" by P. Wohlleben.



Read articles from reputable journals, here is a list of the [EU publications](#). Read this [article](#) on how to assess the legitimacy of other scientific journals/articles



## Get familiar with Malta's flora and fauna.

Get the guide "[Malta's TOP10, A Guide to the Island's Wildlife](#)" by H. J. and A. F. Raine, and G. Saliba ([BirdLife Malta](#) has some copies to give away!). Other books: "[The Breeding Birds of Malta](#)" by J. Sultana, J. J Borg, C. Gauci, V. Falzon; "[Post għan-NATURA Siti Natura 2000 f'Malta](#)" by BirdLife Malta



Watch educational and interactive videos on Malta's flora and fauna. Watch these [videos](#) produced by BirdLife Malta on birds and insects and these other [ones](#) on bird migration, nests, habitats, and many other topics



Get to know local environmental NGOs and become a member or subscribe to their newsletters and social media: [BirdLife Malta](#), [Friends of the Earth](#), [SharkLab](#), [EcoMarine Malta](#), [Green Waves](#), [Green Hats](#), [Malta Ranger Unit](#), [Coast is Clear](#)



Enrol in online environmental courses offered by reputable organizations/universities to deepen your knowledge on environmental protection. Find courses in [Salto Youth](#), [edX](#), [Coursera](#), [conservationtraining](#), [FutureLearn](#), [OpenLearn](#), [UNICEF](#), [UNEP](#), and [University of Malta](#)



Listen to environmental podcasts that discuss various topics related to nature, conservation, sustainability, and climate change, such as [Ecopodcasts](#). See [link](#) for some ideas. These are some local podcasts: [ReThink](#), [SBS Maltese](#)



# Learn about Nature



Explore websites like [National Geographic](#), [Greenpeace](#), [WWF](#), and [the United Nations Environment Programme \(UNEP\)](#) for educational material and information on environmental issues



Follow YouTube channels like [BBC Earth](#) or [National Geographic](#) for nature documentaries and videos. Have a look at BirdLife Malta [Wildlife playlist](#) to admire the beauty of birds



## Observe!

Go outside and observe nature. You will be surprised by how much you can learn by just paying attention



Read nature-themed blogs such as the local ones [BirdLife Malta blog page](#) and [Friends of the Earth blog page](#). Other blog pages: [Beetles in the Bush](#), [Nature in Mind](#), [Birding World](#), [Bird Girl](#), and [Nature mentoring](#)



Play educational games like "The Plant Forest", "Eco", "Fate of the World," and "BBC Climate Challenge" that simulate environmental scenarios and promote sustainable decision-making. You can also train your memory while learning about birds playing [Birds of Malta - A memory Game](#)



Explore documentaries and films that highlight environmental issues and conservation efforts. Examples include [Planet Earth](#), [Blue Planet](#), [An Inconvenient Truth](#), [Chasing Ice](#), and [The Cove](#)



Learn about conservation projects in Malta such as the [LifePanpuffinus!](#) project aiming to improve the conservation status of the Yelkouan Shearwater and the Balearic Shearwater by tackling threats at land and sea through transboundary collaboration

# Connect with Nature



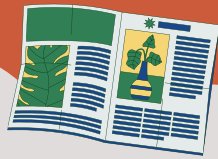


# Connect with Nature at home

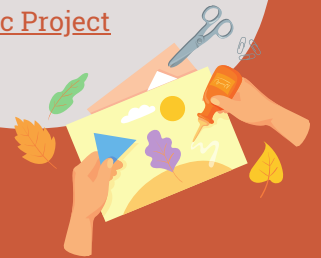


Explore immersive nature experiences through VR platforms that allow you to virtually visit diverse wildlife habitats like [YouTube](#), or use VR headsets like [Oculus Quest](#) to immerse yourself in virtual nature environments. Watch [Nature Walk in the Redwood National and State Parks](#), and [Walking in the Woods](#)

Try eco-friendly crafts and DIY projects using recycled materials, such as making seed bombs, upcycling old items, or creating reusable household items. Have a look at this [website](#) and [here](#) for more ideas. You could also make a nature-themed mosaic with [Msida Mosaic Project](#)



Practice nature journaling or sketching to document your observations and reflections during outdoor excursions



Engage in nature-themed writing exercises, such as writing nature poems or reasons to be grateful for what nature offers. [How to Write a Poem About Nature – WikiHow](#)



Try nature-themed meditation guides from [YouTube](#) or meditation apps like [Headspace](#) or [Calm](#)



Listen to rare nature sounds that can only be fully appreciated in the absence of manmade noise

Play nature-themed board games like [Cascadia](#), [Ecos - First Continent](#), [Living Forest](#), [Everdell](#)



# Connect with Nature outdoor



Have a **zero-waste picnic!** Picnics help us immerse ourselves in nature while taking some time away from our fast-paced lives. [Buskett Gardens](#), [Kennedy Grove](#), [Mizieb Woodland Public Reserve](#), [Selmun](#) are all great spots for enjoying a picnic in nature



**Start a nature photography project** and capture images of plants, animals, and landscapes to raise awareness about the importance of nature.

For some tips visit this [website](#). Get inspired by [local wildlife photographers](#) and get the book "[A hundred experiences of a bird photographer in Malta](#)" by A. Tanti

Spend time in [nature reserves](#), or [natural parks](#) to observe and appreciate the natural world around you. Use apps like [iNaturalist](#) to identify plants and animals



**Meditate outside, in natural surroundings.** Focus your awareness on the experience of nature: sight, sound, touch. [Try it!](#) Want to go to the next level with DIY ecotherapy? Try also this [guide](#) produced by BirdLife Malta in collaboration with [The Richmond Foundation](#)

**Create art** using natural items found in nature. Try to make a portrait of yourself or your loved ones



**Engage in birdwatching activities!** Use apps like [eBird](#) and [Ecosia](#). [Here](#) are some of the best spots to do birdwatching in Malta. To receive a copy of the book "[A Photographic Guide of the Birds in Malta](#)" by A.F. Raine contact BirdLife Malta. For info about birding and to join Malta's community of birders, visit [Birding in Malta](#)

**Organize treasure hunts or [nature scavenger hunts](#)** outdoor in your local area




# Take action for Nature



# Take action for Nature

## National level



Create a **wildlife garden** in your yard, planting native plants and attracting pollinators. Sustain bird populations by installing bird feeders during winter and have a nest box in your wildlife garden (read this document and watch this video to learn how to make one)



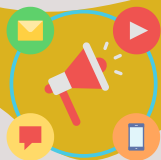
Participate to initiatives aiming at **planting trees**. Here are some guidelines on trees, shrubs and plants for planting and landscaping in the Maltese Islands by ERA and support local businesses (e.g., Mġarr Farms, Marsaxlokk fish market, Vincent's Eco Estate)



**ACT NOW!**



**Advocate for sustainable practices** in your community, such as promoting recycling programs or reducing plastic usage. Have a look here for handy action set for everyday sustainable living. Get involved in local environmental advocacy by writing letters to policymakers and attending public consultations



**Participate in online environmental campaigns** by signing petitions, sharing awareness-raising posts on social media, or joining virtual events that address international environmental issues. See CMS campaigns. Join Moviment Graffiti, an active Maltese NGO working against the exploitation of people, animals and the environment



**Participate to and/or organize local clean-ups** in your neighbourhood or participate in existing community initiatives. Zibel is an NGO aiming to reduce waste generated on the Maltese Islands and restore natural environments, join their clean-up mailing list. Save Our Blue organises educational trips and beach cleanups



**Reduce waste** by practicing recycling, composting, and adopting a minimalist lifestyle. There are some easy things we can adopt into our routines that, if we all do it, will make a big difference. No matter how lazy you are, in this document by UN you will find something to do



**Volunteer with local environmental organizations** (BirdLife Malta, Friends of the Earth, EcoMarine Malta, Nature Trust – FEE Malta, SharkLab, Moviment Graffiti) or participate in citizen science projects (ERA, Esplora, EcoMarine Malta) that contribute to scientific research



# Take action for Nature

## International level



**Participate in international volunteering programs** focused on environmental conservation, which involve traveling to different countries to contribute to projects like sustainable agriculture or marine protection. Have a look at [Opportunities for European Solidarity Corps](#), [United Nations Volunteer Platform](#), [HelpX](#), [workaway.info](#)



**Explore opportunities for international youth exchanges** and workshops focused on environmental topics, where you can learn from peers worldwide, share experiences, and collaborate on environmental projects. Have a look at the [Erasmus+ youth exchanges webpage](#) and [AIESEC](#).

**Attend international environmental conferences** to gain insights into global environmental challenges, learn about innovative solutions, and network with professionals from around the world. See this [link](#) for upcoming UNEP conferences.



**Engage in online collaborative projects** with international youth networks or environmental organizations, such as creating joint awareness campaigns, sharing best practices, or working on research initiatives



**Volunteer or seek a career in an international NGO** such as [BirdLife International](#), [Friends of the Earth International](#), [United Nations Environment Program](#), [World Wildlife Fund](#), [Client Earth](#)





# NOTES

Are you ticking all the boxes?

- Did you learn more about nature?
- Did you connect with nature?
- Did you take actions for nature?


Then you are officially a nature hero!

Tell us about your journey  
&  
give us your feedback!



## Congratulations on completing this guide!

By engaging in the activities and resources provided, you have taken an important step towards developing a stronger connection with nature and becoming an advocate for environmental protection.






You have become a force for positive change. Through your efforts, you have reduced waste, participated in clean-up initiatives, raised awareness, and advocated for sustainable practices.

Your dedication and passion for the environment have made a difference, both in your immediate surroundings and on a larger scale.



Continue to seek knowledge, engage with environmental organizations, and inspire others to join your cause.





Thank you for your commitment to nature and environmental protection. Your efforts are invaluable, and by working together, we can make a lasting impact.

Go forth, explore, learn, connect, and take action!



Want to connect? Get in touch with us by sending an email to [education@birdlifemalta.org](mailto:education@birdlifemalta.org)

Meanwhile, follow us on Social Media!







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**It's Time.** is an Erasmus+ funded project that aims to involve young people in the fight against the climate and biodiversity crises by providing them with tangible ways to take action. This project is led by BirdLife Malta in collaboration with BirdLife International, Romanian Ornithological Society (BirdLife Romania, SOR), the Polish Society for the Protection of Birds (BirdLife Poland, OTOP), and Station Europe.

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# It's Time. Give nature a voice!

**Words and design:** Alessandra Loria

**Activities:** Alessandra Loria and  
Leysan Sharafutdinova

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