



It's Time.

To give nature  
a voice!

A guide for youth  
who wish to find  
ways to engage  
with nature.

Photo: Aron Tanti



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# Table of contents

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Introduction	2
What's in this guide?	3
Learn about nature	4
Connect with nature - indoor	6
Connect with nature - outdoor	7
Take action for nature - locally	8
Take action for nature - internationally	9
Notes	10
Conclusion	11

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# Introduction

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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.

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..

**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!**

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" 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."

R. Louv

Photo: Aron Tanti



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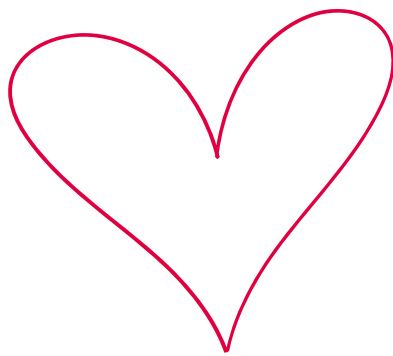
# What's in this guide?

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With this guide, we would like to suggest to you activities and resources to:



**Learn about nature**



**Connect with nature**



**Take action for nature**

Photo: Aron Tanti



# Learn about nature

## Read books about environmental

**topics**, such as climate change, biodiversity, and sustainable living. Some recommended books include:

"[Silent Spring](#)" by R. Carson

"[Last chance to see](#)" by D. Adams & M. Carwardine

"[The invention of Nature](#)" by A. Wulf

"[The Secret network of Nature](#)" by P. Wohlleben.

"The Sixth Extinction" by E. Kolbert "The Nature Fix" by Florence Williams

**Listen to environmental podcasts** that discuss various topics related to nature, conservation, sustainability, and climate change. See [link](#) for ideas.

**Read nature-themed blogs** such as:

[Beetles in the Bush](#)

[Nature in Mind](#)

[Birding World](#)

[Bird Girl](#)

[Nature mentoring](#)

**Explore websites** like:

National Geographic

Greenpeace

WWF

The United Nations Environment Programme (UNEP) for educational material and information on environmental issues



**Read articles from reputable journals**,

such as:

[Frontiers](#),

[BirdSpot](#)

Read [this article](#) on how to assess the legitimacy of a journal!



Photo: Aron Tanti

**Follow YouTube channels** for nature documentaries and videos:

[BBC Earth](#)

[National Geographic](#)

**Play educational games** that simulate environmental scenarios and promote sustainable decision-making like:

[The Plant Forest](#)

[Eco](#)

[Fate of the World](#)

[BBC Climate Challenge](#)

**Explore documentaries and films** that highlight environmental issues and conservation efforts. Examples include:

[Planet Earth](#)

[Blue Planet](#)

[An Inconvenient Truth](#)

[Chasing Ice](#)

[The Cove](#)

**Follow reputable environmental organizations** (e.g., BirdLife

International, Woodland Trust) and scientists on social media platforms to stay updated on the latest research and news

**Enrol in online environmental courses or webinars** offered by reputable

organizations or universities to deepen your knowledge on environmental protection. Find courses in:

[conservationtraining](#)

[edX](#)

[FutureLearn](#)

[OpenLearn](#)

[Coursera](#)

[UNICEF free courses](#)

[UNEP free courses](#)



Photo: Murat Can Gelir

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

# Connect with nature

## Seek immersive nature experiences

through virtual reality (VR) apps and platforms that allow yourself to virtually visit diverse ecosystems and 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](#)

[Walking in the Woods](#)

[Virtual hike in the wonderful forest.](#)

**Explore 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.

**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 nature sounds** that can only be fully appreciated in the absence of man-made noise.



Photo: Cinzia Mintoff

# INDOOR



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# Connect with nature

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**Spend time in local parks, nature reserves, or botanical gardens** to observe and appreciate the natural world around you. You can use the app [Alltrails](#) which includes the largest collection of hand-curated trail guides

**Have a zero-waste picnic.** Picnic dates with family and friends help us immerse ourselves in nature while taking some time away from our fast-paced lives

**Meditate outside in natural surroundings.** Focus your awareness on the experience of nature -- sight, sound, touch, smell (and perhaps even taste). [Try it!](#)

**Start a nature photography project** and capture images of plants, animals, and landscapes to raise awareness about the beauty and importance of nature. For some tips visit this [website](#).



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

**Engage in birdwatching or stargazing activities,** learning about different species or constellations. Use apps like [iNaturalist](#) to identify plants and animals, or [eBird](#) and [Ecosia](#), a search engine that plants trees with its revenue.

**Organize treasure hunts or scavenger hunts** in nature parks or your local area. Try geocaching using the [Geocaching](#) app to discover hidden treasures in outdoor locations.

**Create a small garden or grow plants indoors** to develop a deeper connection with nature.



# OUTDOOR



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# Take action for nature

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**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!

**Organize local clean-up events** in your neighbourhood or participate in existing community initiatives.

**Participate in online environmental campaigns** by signing petitions, sharing awareness-raising posts on social media, or joining virtual events that address international environmental issues, such as climate action, deforestation, or plastic pollution. See [CMS campaigns](#)

**Participate to initiatives** aiming at [planting trees](#).

**Create a wildlife garden in your yard**, planting native plants that will attract pollinators.

**Advocate for sustainable practices** in your school or community, such as promoting recycling programs or reducing plastic usage. Have a look [here](#) for handy action set for everyday sustainable living.

**Volunteer with local environmental organizations** or participate in citizen science projects that contribute to scientific research.

**Get involved in local environmental advocacy and lobbying efforts** by [writing letters to policymakers](#), attending public consultations, or participating in local government meetings.

**Collaborate with schools and universities:** collaborate with schools or universities to conduct workshops, presentations, or interactive sessions on environmental awareness and sustainability.

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# Take action for nature

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**Participate in international volunteering programs** focused on environmental conservation and sustainability, which involve traveling to different countries to contribute to projects like wildlife conservation, sustainable agriculture, or marine protection. Have a look at the [Opportunities for European Solidarity Corps](#)

**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](#).

**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.

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




Photo: Alessandra Loria

**INTERNATIONALLY**



# Notes



Tell us about your journey  
&  
give us your feedback!

Photo: Dominic  
Frendo

## 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!

## Meanwhile, follow us on Social Media!





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# Conclusions

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

## **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.

### ***Got questions?***

Get in touch with us by sending an email to ***education@birdlifemalta.org***

  
  
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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.

**Words and design:** Alessandra Loria

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