



METSÄHALLITUS

# Nature interpretation through projects

Nature's well-being impact materials

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# We manage one third of Finland's surface area

Metsähallitus manages

**9,179,000**

hectares of land areas and

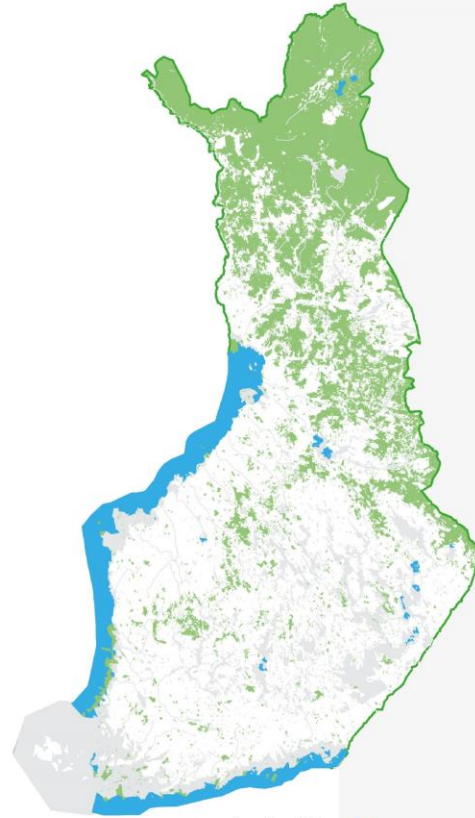
**3,414,000**

hectares of water areas,

hectares of water areas,

**12,593,000**

hectares.



0 50 100 km  
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Water areas  
Land areas

## Land areas

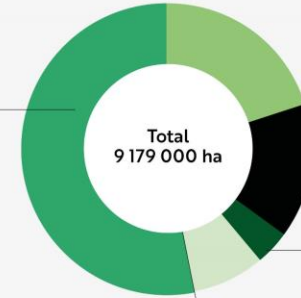
**53 %**

Multiple-use forests\*  
4 862 000 ha

Forest land in multiple-use forests\*\* 3 483 000 ha (71,5 %)  
Low-productivity land 705 000 ha (14,5 %)  
Non-productive land 674 000 ha (14 %)

\* Metsähallitus' forests are certified in compliance with the international PEFC system

\*\*Productive forestry land is classified on the basis of Nordic growth categories of forestry land: on forest land, the average annual growth of the tree stock is at least 1 m<sup>3</sup>/ha; on low-productivity land, it is 0,1-1 m<sup>3</sup>/ha, and on non-productive land less than 0,1 m<sup>3</sup>/ha.



**8 %**

Other areas of special value  
725 328 ha

**20 %**

Statutory protected areas 1 863 333 ha

**15 %**

Wilderness areas 1 378 000 ha

**4 %**

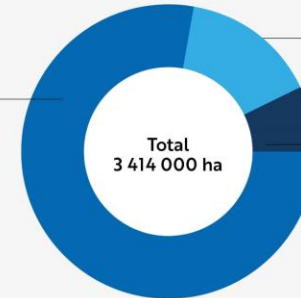
Areas covered by protection programmes 350 339 ha

## Water areas

**78 %**

Public water areas\*\*\*  
2 663 000 ha

of which 2 555 000 ha in marine areas of which 108 000 ha in lakes and rivers



**15 %**

Other water areas 509 000 ha

**7 %**

Statutory protected areas 242 000 ha

\*\*\*outside statutory protected areas



## National Parks Finland

Total number of visits  
(national parks, state-owned  
hiking areas, historical sites,  
visitor centres and other  
popular destinations), visits

**8.7 milj.**  
(8.4)

Customer satisfaction  
among users of  
visitor centres and  
hiking services  
(scale of 1 to 5)

**4.50**  
(4.43)

Impacts  
of visitors'  
spending in  
areas close to  
the destinations  
million EUR

**413.0**  
(391.8)

Habitat  
restoration and  
management  
in state-owned  
protected  
areas, ha

**5,580**

of which  
restored  
mires, ha

**5,733**

Total employment  
impact of visits,  
person-years

**3,342**  
(3,158)

Number of  
Saimaa ringed  
seal pups born

**103**  
(92)

Number of  
personnel  
31 Dec 2023

**455**  
(545)



## The Ministry of the Environment: Grants for Environmental Education

- Annually granted subsidies to projects that promote environmental education and awareness
- The funding is for sustainable development, preservation of cultural heritage, and other project-based initiatives that advance environmental education and awareness at both national and regional levels
- In 2023, a total of 412 000 € was distributed in grants. The grant sizes varied from 8500 € to 40 000 €



## **Finnish National Agency for Education: Grants for ESD and teacher training**

- Ended: Funding for sustainability education projects in basic education
  - A great number of projects carried out around Finland
- Funding for teachers professional development



## Foundation funding

- Several foundations are interested to give funding for nature interpretation or environmental education
  - Grants for nature trips of schools
  - Grants for planning and implementing nature interpretation and environmental education
- E.g. Kone Foundation: In the Woods
  - Grants for interdisciplinary projects that enhance understanding of the various meanings of forests and bring new perspectives and approaches to forest discourse



## EU: LIFE Programme

- EU's funding instrument for the environment and climate action
  - The Nature and Biodiversity sub-programme will aim at the protection and restoration of Europe's nature and halting and reversing biodiversity loss.
  - Life2Taiga, 1,1 million € (23,5 million €)
  - Flying Squirrel LIFE (8,9 million €)
  - Biodiversity LIFE (50 million €)





## Project: Towards an environmentally competent learning community

- Funded by the Finnish National Agency for Education
  - Funding for teachers professional development
- 9 partners, coordinated by WWF Finland.
- Aimed to enhance sustainable practices and environmental literacy in early childhood education, schools, high schools, and vocational institutions.
- Educators were empowered to integrate sustainability into their teaching practices, emphasizing current environmental knowledge, sustainable daily life, and the well-being benefits of nature.



Natur och Miljö



BMOL ry



Kierrätyskeskus



OULU





## **Project product: A training course about health and well-being benefits of nature for teachers**

- A brief introduction to the well-being effects of nature
- Practical exercises in nature
- The most popular topic for teachers' professional development courses by the Finnish Nature Centre Haltia
- Feedback: "Could you arrange this course for us every Thursday?"

# VÄLBEFINNANDE FRÅN NATUREN

HANDBOK FÖR HANDLEDARE



## Project materials: Well-being from Nature – Instructor's Guide

- The guide provides insights into the well-being benefits of nature and includes practical exercises that support psychological, physical, and social well-being.
- Available free of charge in Finnish and [in Swedish](#)

# Project materials: Reflection Cards about Impacts of Nature on Learning and Well-being

- These cards highlight the impact of natural environments on well-being and learning.
- You can use them as discussion aids with colleagues or for teaching the topic to your desired audience.
- The cards are specifically designed for education professionals or those studying related subjects.
- Available free of charge in Finnish and [in Swedish](#)
- Also available: A deck of cards for pupils about the well-being affects of nature in Finnish and [in Swedish](#)



HALTIA SYKKI



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The logo consists of two stylized triangles pointing towards each other, one green and one blue.

# METSÄHALLITUS

[www.metsa.fi](http://www.metsa.fi)



@metsahallitus\_forststyrelsen



@metsahallitus



## Nature wellbeing drill (short break)

- Go outside if you can
- Lean your back against a tree or a wall
- Close your eyes and take five deep breaths, in through your nose, out through your mouth
- Concentrate on one sense at a time: what do you feel, hear, smell and (finally) see?
- Come back inside