



NATURELAB International Workshop I Brings Together Experts on Nature-Based Therapies and Nature-based Solutions in Amsterdam

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Following the 2nd Consortium Meeting, the NATURELAB International Workshop I took place on 9–10 October 2025 at Vrije Universiteit Amsterdam (VU Amsterdam) , bringing together researchers, practitioners, policymakers, and students to exchange knowledge and experiences on Nature-Based Therapies (NBTs) and Nature-Based Solutions (NBSs).

The workshop opened with presentations from NATURELAB partners, showcasing project progress and initial findings. During the morning, participants also had the opportunity to learn from sister projects — RESONATE and GreenMe — which shared insights and complementary approaches, strengthening collaboration within the wider NBS/NBT community.

The afternoon featured a panel session with three distinguished keynote speakers:

- Anne van Bergen (Healthy Cities),
- Lars Hein (Wageningen University), and
- Willem J.J. (Pim) Assendelft (Radboud University Medical Center).

Their interventions explored the intersections between health, urban sustainability, and evidence-based practices, providing valuable perspectives for the future of nature-based research and implementation.

The first day concluded with networking drinks and a social dinner at the main VU building restaurant, offering space for informal but meaningful dialogue, learning, and connection.

The second day offered a rich mix of parallel sessions, poster displays, and video presentations throughout the day. Participants also engaged in Nature-based Intervention sessions on both days, including horticultural therapy and forest bathing at the VU Botanical Gardens, fostering direct contact with the restorative power of nature.

The NATURELAB International Workshop I successfully created a space for interdisciplinary collaboration, reinforcing the project's mission to integrate nature, science, and well-being in innovative and transformative ways.

