

Traditions, Cultures and Nature

The relationship



Outdoor training guidelines – Traditions, Cultures and Nature



What is it about?

- **The objective:** contribution to building of competency in outdoor education and training to promote eco-literacy
- **The aim:** presentation of practical advices how to unify the visions for traditions, nature and culture, and implement them in behavior and education, integrating emotional, social, and ecological intelligence
- **The structure:** consequent presentation of the:
 - Basic concepts of culture, traditions, and nature
 - Relationships among them
 - Key bridges determining their relationships
 - Idea of nature culture
 - Importance of interactions and concerns for disconnections
 - Useful information resources
 - Conclusion remarks and perspectives

Traditions, Cultures and Nature – the essence



The traditions

- The word **tradition** comes from the Latin traditio, the noun from the verb tradere (to transmit, to hand over, to give for safekeeping)
- **Traditions** are beliefs, objects, customs, practices, rituals, attitudes to life, attitudes toward nature, and perceptions of life, performed or believed in the past, followed and transmitted by mankind for centuries, and performed or believed in the present
- **Traditions** are preserved by mankind for generations, since breaking traditions may have a negative impact and destroy the existing societal harmony
- **Traditions** have to be followed in a correct manner that is determined by the available knowledge, science and technology, literature, arts, philosophy, and value axioms.
- **Traditions** survive through culture



Traditions, Cultures and Nature – the essence



The culture

- The modern term "**culture**" is based on a name used by the Ancient Roman orator Cicero who wrote of a cultivation of the soul or "*cultura animi*"
- **Culture** is what people accumulate along the life of generations through individual and group striving
- **Culture** is a way of life of people - the behaviors, beliefs, values, and symbols that they accept and pass along by communication from one generation to the next




- **Culture** consists of patterns of and for behavior acquired and transmitted by symbols, constituting the human achievements
- **Culture** essential core consists of traditional ideas and their attached values
- **Culture** is the sum of the learned behavior, considered to be the tradition and transmitted from generation to generation
- **Culture** is a collective programming of mind

Traditions, Cultures and Nature – the essence



The nature

- The word **Nature** originates from the Latin word *natura*, or "essential qualities, innate disposition"; literally it means 'birth'
 - **Nature**, in the broadest sense, is the natural, physical, or material world or universe
 - **Nature** refers to the phenomena of the physical world, and also to life in general
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- **Nature's** scale encompasses the material world from subatomic to cosmic level
 - Generally, the term "**Nature**" refers to matter and energy, i.e. living organisms, geological processes, weather, etc.
 - **Nature** often refers to the "natural environment" or "wilderness", i.e. wild animals, rocks, forest, beaches, and other objects that have not been substantially altered by humans, or have been persisting despite human intrusion

Traditions, Cultures and Nature – the relationships



Nature & Culture: the two sides of the coin

- **Nature & culture** must survive and thrive together; understanding their relationship and interaction is crucial in ensuring this:

Protect the Nature with Culture!

- **Nature & culture** come together in many ways that link values, beliefs and standards to practices, livings, knowledge and languages:

Shift in one way is often leading to a change in the other!

- **EXAMPLE:** knowledge evolves with the ecosystems upon which it is based, and the language contains words describing the ecosystem components. If plants or animals are lost, then the words used to describe them are lost shortly afterwards; **this changes the way the natural environment is shaped by the practices of the human communities**



Traditions, Cultures and Nature – the relationships



Nature & Culture: the two sides of the coin

- **Culture** is rooted in a time and place. It determines the relationship of people to nature and their physical environment (the earth and the cosmos)
- **Culture** expresses people attitudes to and beliefs in other living organisms
- **Culture** shows tendency to root in and adapt to specific environment and geo-historical context
- **Natural and cultural diversities** are mutually dependent; humans and the environment have undergone mutual adaptation over time, and therefore they interact with and affect one another in complex ways in a sort of co-evolutionary process
- Due to the knowledge and the traditional and native practices developed over centuries of adaptation in the use of natural resources, the modern techniques are in general green 'by design'; they represent more sustainable pattern of land use, consumption and production, contributing also to food security and water access.

Natural and cultural diversity are intrinsically linked and paved the way to sustainable development!

Traditions, Cultures and Nature – the relationships



Nature, Culture & Sustainable Development

- **Nature** provides the scenery in which cultural processes, activities and belief systems develop
- **Culture** is at the heart of development.



Nature and Culture MUST be in the heart of sustainable development!

Traditions, Cultures and Nature – the relationships



Nature, Culture & Sustainable Development

- **Sustainable Development** means not only economic growth; it is a means to achieve a more adequate intellectual, emotional, moral and spiritual existence.
- **Sustainable Development** is attached to culture and culture contributes to sustainable development. We measure this interrelation through standards and demonstration tools like cultural statistics, inventories, regional and national mapping of cultural resources.
- The principles of **cultural diversity** and the values of cultural pluralism into all public policies, mechanisms and practices must be integrated.

Culture has to be incorporated into all development policies related to education, science, communication, health, environment and has to be supported by the development of the cultural sector through creative industries!

Key bridges linking Nature with Culture



Beliefs and worldviews

The worldview triangle



Diverse worldviews are central to the management of natural diversity

- **Worldviews**: the sets of beliefs and assumptions that express how culture interprets and explains their experience.
- **Worldviews** are essential for humans to make sense of their life; one must understand culture as systems by which one can interpret the world around

- **Feel free** to link the meanings and the interpretations to the natural world in the most diverse ways depending on your personal attitudes
- **Follow the rule**: the more resource-dependent is the community, the better eye-catching are the links
- Consider the climate change challenges and make efforts to support the transition of our industrialised livelihoods to more nature-oriented; **Support the amalgamation of nature and culture!**

Key bridges linking Nature with Culture



Beliefs and worldviews

The worldview triangle



Nature and culture for a sustainable future

<https://www.youtube.com/watch?v=fawN-ABRvxQ>

Key bridges linking Nature with Culture



Livelihoods and practices

- **Livelihood:** a set of activities essential to everyday life that are performed along one's live span
- **Culture**, as a set of practices, forms constantly rearranges the landscape because it selects and maintains living organisms

Culture shapes biodiversity!



Diverse cultural practices are central to the management of natural diversity!

- **Anthropogenic Nature:** the landscapes that reflect local cultures and are produced by human history
- Nature is a reflection of local culture and a product of human history!***
- The virgin, unspoiled habitats are in fact a result of resource-dependent livelihood practices

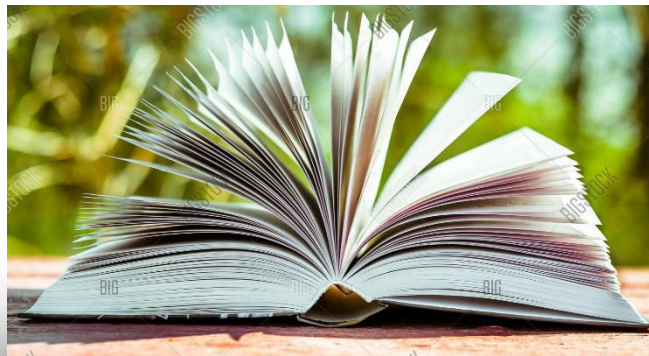
Landscapes are ecological profiles of cultural practices!

Key bridges linking Nature with Culture



Knowledge about Nature

- **Knowledge** is the key link between nature and culture
- **Knowledge about nature** is called traditional, indigenous, local or ecological
- **Knowledge about nature** is accumulated within a society and transferred through cultural tools for transmission (stories, narratives, etc.).
- **Cultural knowledge of nature** gives rise to sustainable management practices
- **Cultural knowledge of nature** contributes to knowledge of species requirements, ecosystem dynamics, sustainable harvesting and ecological interactions
- **Cultural knowledge of nature** enables people to live within the limits of their environment



Key bridges linking Nature with Culture



Regulations and institutions

- Knowledge about nature gives rise to **norms and regulations** that govern the society and the human interactions and behaviors towards the nature
- **The norms** and regulations are common property rules that govern the use of resources
- **The norms** and regulations define appropriate behaviors, and maintain the productivity and diversity of socio-ecological systems

Protect the nature while protecting the culture; conserve both biological and cultural diversity!

The role of institutions:

- To organize at local level recovery projects, revitalisation schemes, culturally appropriate education schemes, and language revitalisation
- To revive culturally appropriate healthcare systems, protect traditional food systems, and support the greening of businesses
- To implement strengthen mechanisms to favour social and environmental sustainability
- To take care the policy efforts to be internationally driven, geographically targeted, multi-level and inclusive
- To build solid platforms from which communities can play a central role in biodiversity conservation whilst retaining their own cultural distinctiveness

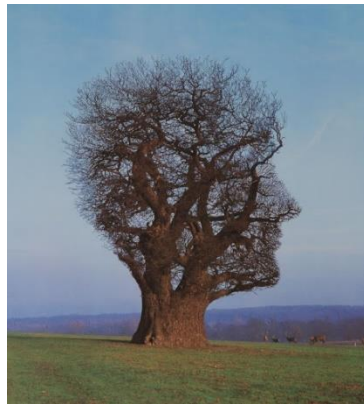
Nature Culture



The basic principles

- **Nature culture** is a collection of traditions grounded on a sustainable natural world
- **Nature** has benefits for humans

Make nature the basis of a culture to sustain the natural world over a long term!



- **Experience nature**: spend time in nature to establish a relationship that can form the basis of a culture
- **Create cultural traditions**; show motivation and willingness to express your experience
- **Share your experiences** to established them as a culture

Nature Culture



Sustain, experience, celebrate nature

- ***Sustain the natural world*** to enhance its value; learn how nature provides benefits on humans and how to provide those benefits to everyone
- ***Organize a cultural response***: provide places where people can spend time in the natural world
- ***Come to nature through cultural expression*** (art, science, music, dance, food, language, etc.)
- ***Getting to know nature and celebrate the natural world*** through walking, birdwatching, photographing, cycling, running, surfing, hiking, canoeing, gardening, or just spending time out of doors
- ***Become comfortable in nature and make the others so***: promote the nature culture approach into school curricula, clubs, and family trips.

Make celebrating nature a tradition showcasing experiences in nature!

Nature Culture



Your Nature Culture in five steps



- **Step 1 - Define your region:**
 - o Form a partnership to develop a common vision about your region
 - o Choose an area that has common ecological features
- **Step 2 – Choose what to celebrate:**
 - o Identify the major natural elements, like forests, lakes, seashore and marshes, the common animals, the sources of food, the places people can visit nature
 - o Decide which elements you want to become entry points for a nature culture
 - o Create a natural events calendar from which you can select elements to celebrate
 - o Think about when and why these events occur and what must be sustained for them to continue

Nature Culture



Your Nature Culture in five steps



- **Step 3 - Select your cultural events::**
 - o Choose some of the natural events that you might like to celebrate because they inspire a cultural response
- **Step 4 – Experience nature:**
 - o Get people to experience nature
 - o Organize events for people to join
 - o Engage Nature clubs to lead them,
 - o Choose a time and place to return to nature and make it tradition
- **Step 5 - Building the culture:**
 - o Start alone, make individual experiences with nature to give rise to new forms of expression
 - o Invite people to nature in a variety of ways: through science, music poetry and art, food
 - o Welcome everyone to join the celebration

Interactions & Disconnections



Cultural services

- **Cultural services:** The non-material benefits people obtain from ecosystems (aesthetic inspiration, cultural identity, sense of home, and spiritual experience related to the natural environment, opportunities for tourism and for recreation)
- **Cultural services** are among the most important values people associate with nature
- **Cultural services** are interconnected with each other and connected to provisioning and regulating services



Interactions & Disconnections



Cultural services

- **Recreation and mental and physical health** - nature-based opportunities for recreation (walking and playing sports in parks and urban green spaces)
- **Tourism** - enjoyment of nature worldwide
- **Aesthetic appreciation and inspiration** - ecosystems as a source of inspiration for arts, culture, and science
- **Spiritual experience and sense of place** - Natural heritage, spiritual sense of belonging, traditional knowledge, and associated customs are important for creating a sense of belonging



Interactions & Disconnections



Avoid disconnection with nature

- The nowadays shift to consumption patterns, the globalisation of food systems, and the commodification of natural resources rise damaging pressure that put in risk both cultural and ecosystems resilience.
- Restrict this shift spending more time in nature and avoid destructive health outcomes of the consumption way of life
- Spend more time directly experiencing nature to improve your psychological health and wellbeing, and increase your physical activity levels
- Disconnection leads to feelings of biophobia and a fear of the outdoors, perceiving it to be a wild and unfamiliar environment

Avoid turning into a new lost generation who are disconnected to any place and unable to feel innate relationships with nature!

Outdoor training guidelines – Traditions, Cultures and Nature



- ***Protect the Nature with Culture!***
- ***Put Culture and Nature in the heart of sustainable development!***
- ***Support the amalgamation of Nature and Culture!***
- ***Culture shapes biodiversity; conserve both biological and cultural diversity!***
- ***Nature is a reflection of Culture and a product of human history; protect the Nature while protecting the Culture!***
- ***Sustain, experience, celebrate Nature!***
- ***Avoid disconnection with Nature!***

CONCLUSIONS



Outdoor training guidelines – Traditions, Cultures and Nature



Useful links and visual resources:

- <https://www.resurgence.org/magazine/article2629-nature-and-culture.html>
- <http://www.unesco.org/new/en/culture/themes/culture-and-development/the-future-we-want-the-role-of-culture/the-two-sides-of-the-coin/>
- <https://www.iucn.org/theme/world-heritage/our-work/global-world-heritage-projects/connecting-nature-and-culture>
- <https://www.britannica.com/topic/history-of-Europe/The-relationship-between-nature-and-culture>
- <http://usicomos.org/nature-culture-an-idea-whose-time-has-come/>