



Novel Engagement Methods

“Nature Vibes”

Natural History Museum of Crete-University of Crete (NHMC-UoC)

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TETTRIs

Transforming European Taxonomy through Training, Research, and Innovations

NATURE VIBES: NHMC-UOC WORKSHOP

28 March 2026, 10:00-14:30

Participants

The workshop involved 30 trainees 18–25 years old (26 female, 4 male) and 7 facilitators:

- 2 biologists (Dr Iasmi Stathi and Dr Emmanouela Karameta)
- 3 musicians (Yannis Harkoutsis, Dimitris Harkoutsis and Vasilis Stivaktakis)
- 1 pedagogist (Athanasia Margetousaki, M.Sc.)
- 1 facilitator (Dimitris Pagkalakis, M.Sc.)

Introduction at the Exhibition Halls of NHMC-UoC (1 hour)

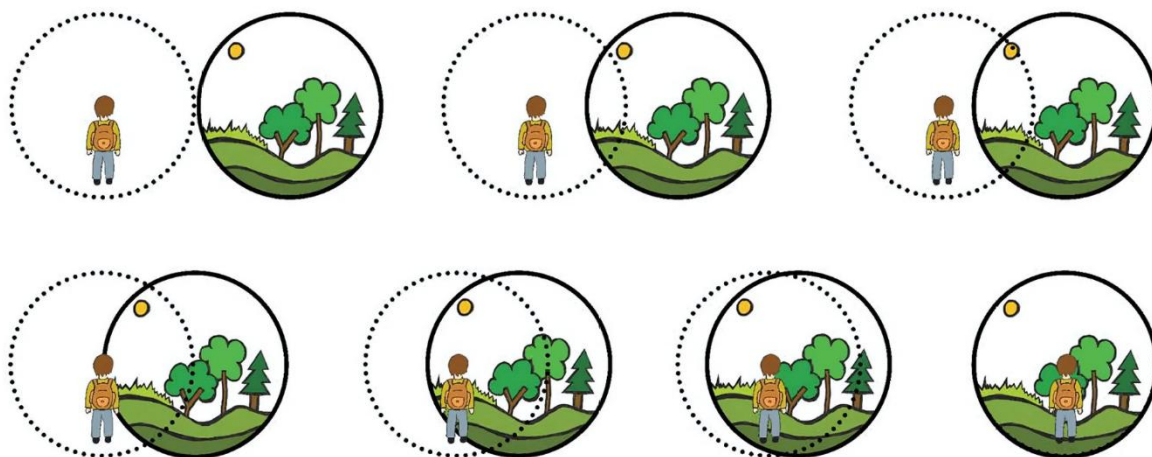
Participants assembled at the Exhibition Halls of NHMC-UoC, where they registered and received the workshop materials, including the program and the evaluation forms.

An introductory presentation was delivered by Dr. Iasmi Stathi, outlining the conceptual framework of the workshop, with particular emphasis on the interconnection between music and nature, as well as the Sounds Right initiative.



Participants were subsequently asked to self-assess their perceived level of connection to nature using a Likert-type scale (INS scale).

How connected to nature do you feel?
Choose the image that best matches your relationship with nature.



In addition, participants were introduced to the iNaturalist platform as a tool for biodiversity observation and species identification.

The introductory session concluded with a presentation by Yannis Harkoutsis on the connection of nature with music, featuring a composition inspired by natural ecosystems of Greece, with a thematic focus on Eleonora's falcon (*Falco eleonora*) and its migratory trip among the Aegean Archipelago and the Madagascar (<https://open.spotify.com/track/4LR2hFPJy9rWzNyUWgi1cQ?si=da1eff56183e435b>).

The Excursion (2 1/2 hours)

Participants were transported to the Fourni forest, on Yiouktas mt (Crete, Greece), located approximately 30 minutes from the city of Heraklion.



Nature Immersion and Reflection

Participants engaged in an individual exploratory walk lasting approximately 45 minutes, during which they were instructed to observe environmental features, attend to natural soundscapes, and document biodiversity elements.

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Two biologists were present to support participants in species identification, when necessary.

Following the activity, participants engaged in a guided reflection session, sharing observations and subjective experiences related to their interaction with the natural environment.

Species Discovery

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Observed species were collectively identified with the assistance of the biologists. A brief discussion followed, focusing on ecological characteristics and the significance of selected species.



Music-Based Experiential Activity

The music session included an introduction to rhythm and an overview of the influence of natural soundscapes on musical expression (<https://www.youtube.com/watch?v=VuPn3TyIkag>).

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A live improvisation was performed by three musicians using instruments designed to emulate natural sounds (e.g. birds, animals) (<https://www.youtube.com/watch?v=z3UZikQ4JCQ>).

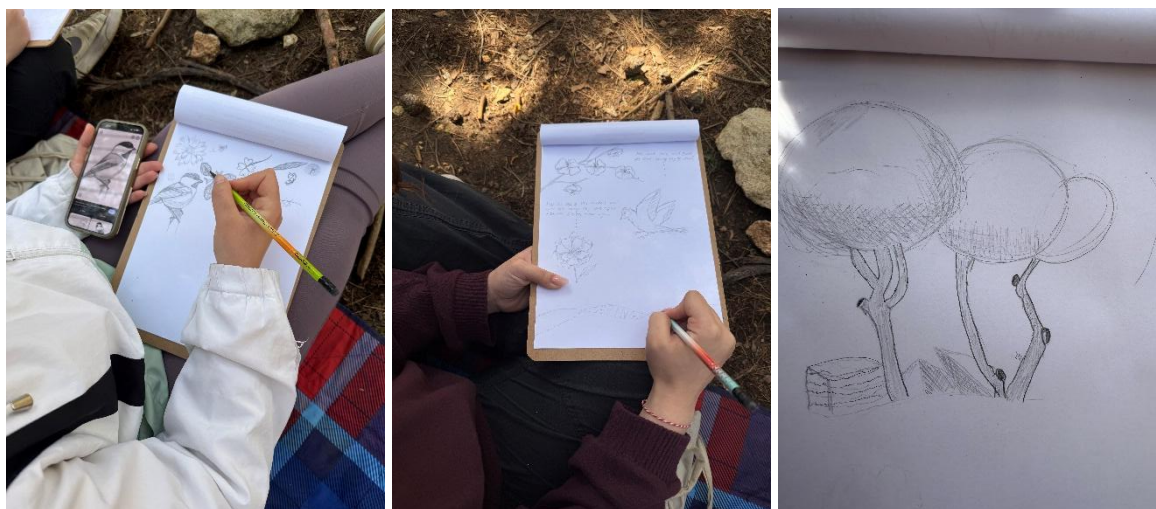


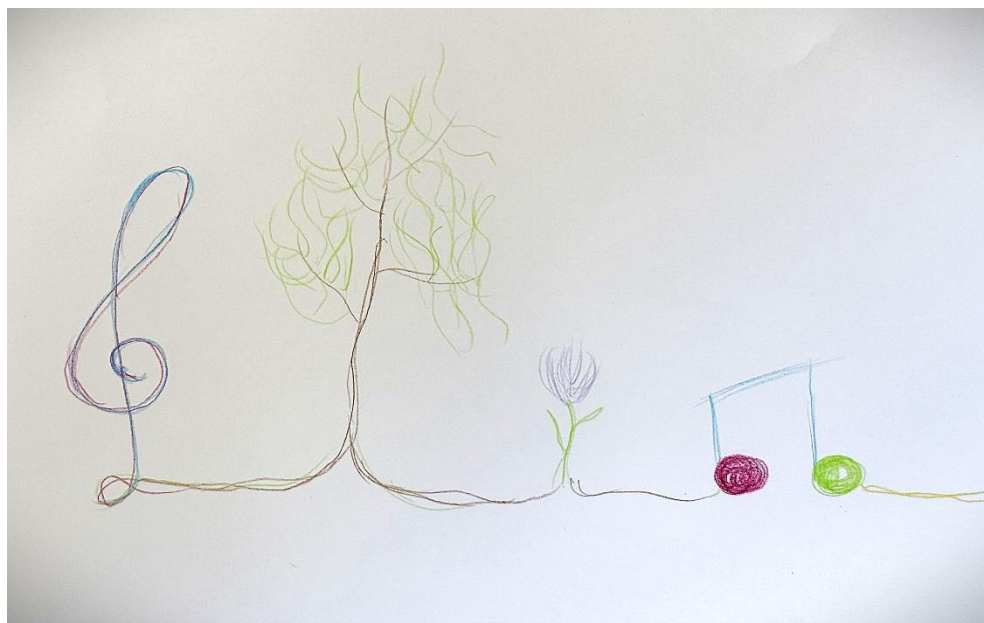


Participants were subsequently invited to actively engage in the improvisational process, utilizing simple instruments constructed from natural materials (e.g. wood, stones) (<https://www.youtube.com/watch?v=BoVhK4xDwml&t=3s>).

This participatory activity aimed to enhance sensory engagement and foster a deeper experiential connection with nature.

The session concluded with an artistic expression activity, during which participants visually represented their experience using drawing materials.





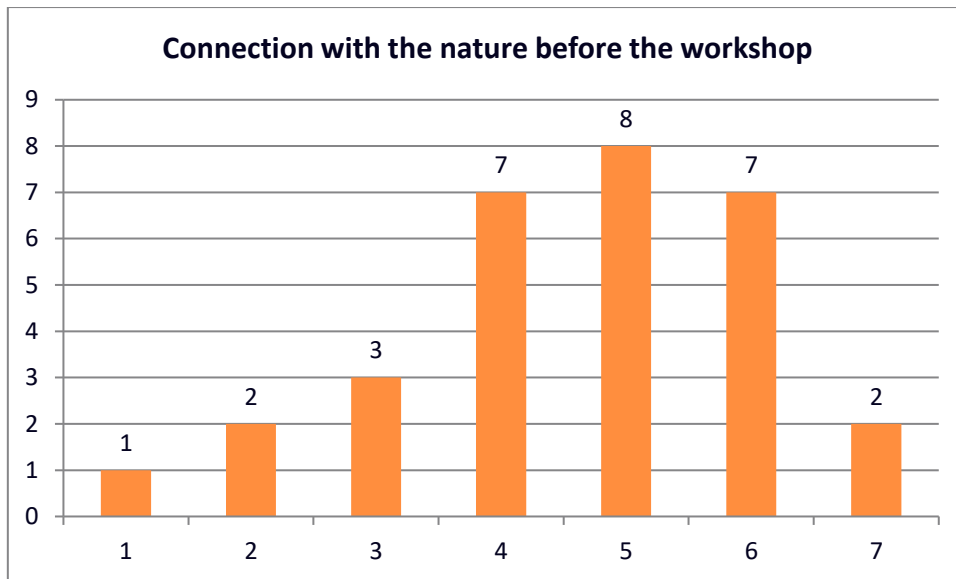
Post-Intervention Measurement

At the conclusion of the workshop, participants completed the INS scale for a second time, along with an evaluation questionnaire assessing their experience.

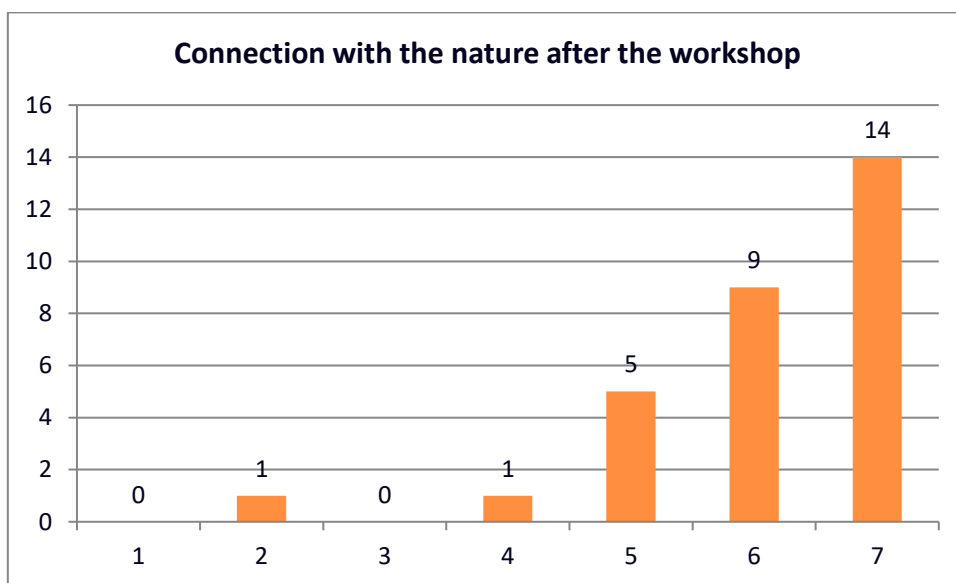
RESULTS

Perceived Connection to Nature

Baseline responses to the question “*How connected to nature do you feel?*” were distributed across the full range of the scale, indicating variability in initial perceptions.

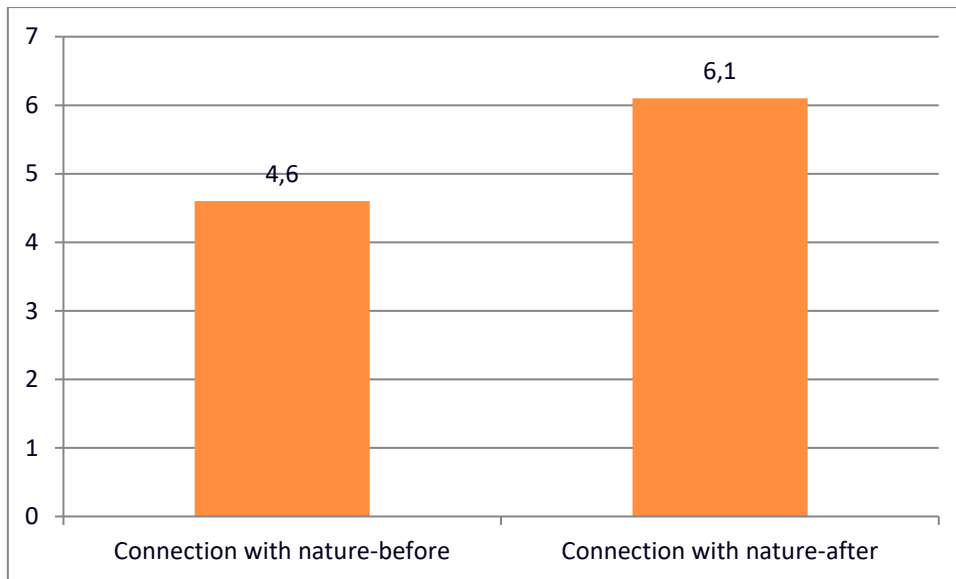


Post-intervention responses demonstrated a clear shift toward higher levels of perceived connection to nature.



- Mean score (pre-intervention): 4.6
- Mean score (post-intervention): 6.1

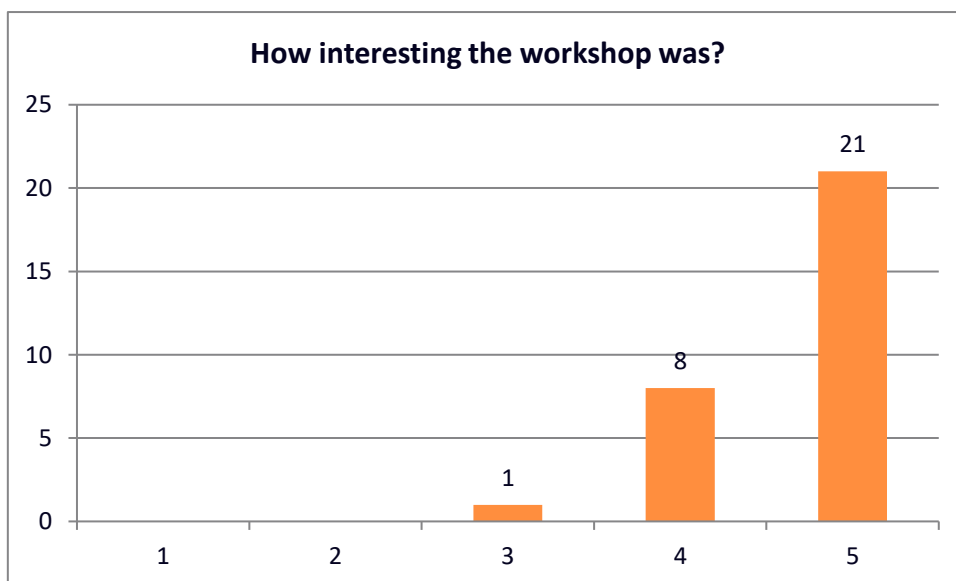
This increase suggests a positive effect of the workshop on participants' perceived connection to the natural environment.



Average of answers to the questions “How was your connection with nature before the workshop and after the workshop”

Perceived Interest

In response to the question “*How interesting the workshop was?*”, 29 out of 30 participants rated the workshop as *interesting* and *very interesting*, indicating a high level of engagement.



Perceived Value of Similar Actions

Most participants indicated that similar initiatives could contribute to raising awareness of the importance of nature and enhancing quality of life.



More photos and videos are here: <https://drive.google.com/drive/folders/1Y-Qjw5OfyGWTlyNOzSOd22H8DQKToG8S?usp=sharing>