

## Virtual nature experiences together with others



**Objective:** The goal of this activity is to promote fellowship and create a meaningful experience by virtually experiencing nature.

### Preparations:

- A computer, tablet, or TV with internet connection and a large screen.
- Speakers or sound system to enhance audio quality.
- Comfortable seating in a joint room where several participants can gather

### Instruction:

- Gather a group of elderly in the joint environment.
- Choose a virtual nature experience that suits the group's taste and preferences. It could be a forest walk, a seaside view, a waterfall, or any other setting that participants prefer.
- Start the virtual nature experience on the large screen and ensure a suitable volume level.
- Participants can sit together and enjoy the experience, to relax and focus on the sounds and images of virtual nature
- Give the participants the opportunity to discuss and share their impressions and memories during and after the experience.

**Time: Short or long**



**Activity: Calming**



**Fellowship: Together**



The virtual nature experience can vary from a few minutes to 20-30 minutes or more. This is a group activity.

### Examples of videos to use for virtual nature experiences:

- [Walk in forest in spring](#)
- [Walk in forest in summer](#)
- [Walk in forest in autumn](#)
- [Walk in forest in winter](#)
- Walk in a Wheat Field: [https://www.youtube.com/watch?v=Bnl7lvc\\_RYU](https://www.youtube.com/watch?v=Bnl7lvc_RYU)
- Picking Raspberries: [https://www.youtube.com/watch?v=Bnl7lvc\\_RYU](https://www.youtube.com/watch?v=Bnl7lvc_RYU)

- Picking Blueberries: <https://youtu.be/xxM8EpZhLRQ?si=M6vdJVqZHRTaBa5I>

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal