

# COVID-19 and Environment: Citizens in Search of Proximity with Nature

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ABSTRACT

*The measures taken by governments to limit the spread of Covid-19, particularly lockdowns, have restricted the opportunities for people to access nature. The debate the role of the link to nature for mental and physical well-being. Beyond this, the pandemic and lockdowns have led to changes in the perceptions of relationship with its surroundings and its way of life. Memorandum 9 : overview of the studies and projects registered on the WPRN database.*

The measures taken by governments to limit the spread of Covid-19, particularly lockdowns, have restricted the opportunities for people to access nature. These restrictions have affected individuals and put at the heart of the debate the role of the link to nature for mental and physical well-being. Beyond this, the pandemic and lockdowns have led to changes in the perceptions of time and its relationship with its surroundings and its way of life. According to researcher [Anne Caroline Pr](#) nature. Are we heading towards major upheavals in terms of urban planning, food consumption and mobility? Will these changes profoundly transform the relationship between individuals and their environment in a more ecological and sustainable way? Several research works in the WPRN database offer interesting avenues for reflection and useful recommendations. Lockdowns have led part of the population to become aware of the benefits of the relationship with nature, showing a willingness to leave the city, raising fears about the risk of negative environmental impacts.

## The need for access and proximity to nature revealed by

### *Free access to nature called into question by health measures*

During the first lockdown in France and in several countries, the possibilities of access to nature (beaches, mountains, etc.). These restrictions caused a feeling of lack among part of the population because an increase in the expression of the need to connect with nature can be observed. According to a survey of 18 on 1000 respondents representative of the population, 67% of French people feel that they need to access nature and 67% that they intend to enjoy this nature during the summer. Major protests and petitions took place in several countries.

reopening of natural spaces, which shows that the ban was difficult to implement. In the United States, where the data is available on WPRN measured changes in outdoor activity practices at the height of the pandemic. People who were regular practitioners of outdoor activities. The study found a sharp decline in nature-related activities. Moreover, half of the respondents believe that the pandemic will change their leisure experiences in the future. One of the changes mentioned is a more frequent use of local natural areas.

Symmetrically, when access to nature was possible, it was strongly favored. In the Nordic countries, access to nature was encouraged. A [study](#) of the city of Oslo surveyed on WPRN measured the rate of use of nature based on location data. It shows that the use of nature has increased considerably during lockdowns. It has reached the average of the previous three years for the same period. People going out into nature every day. The more remote and in the wilderness trails were, the more people used them. For them, nature provides a refuge from the stress created by the crisis. They also hypothesize that the practice of allowing social distancing, played an important role in the fight against the spread of the virus, as summarized in this [study](#).

## *The proven beneficial role of contact with nature on mental and physical health*

As the previously mentioned [American study](#) reminds us, important eco-systemic recreational services provided by nature interaction with the natural world leads to reduced stress and improved well-being. In particular, contact with nature alleviating the psychological and physiological effects of crises. These benefits have been demonstrated in various studies and are summarized in detail in an American [study](#) and a WHO Europe [document](#).

Thus, the analyses all come to the same conclusion: public authorities must ensure better access to nature. In the short term, everything must be done to avoid a new ban on access to natural areas. The studies recommend creating green spaces instead of roads in the heart of cities. Urban parks could have extended time slots to allow for distance hiking and walking trails. Access to peri-urban natural spaces should be facilitated. In the long term, the protection of the heart of cities and the safeguarding of existing green infrastructure is recommended, particularly in times of crisis.

## The evolution of individual aspirations and its environmental impact

### *New representations of the ideal lifestyle*

Before the pandemic (in 2019) an IFOP [study](#) noted that 81% of French people consider country life as their ideal lifestyle, anchored in and echoes the dream of the single-family house with a garden. But until now few serious crises may have been a trigger to make this wish a reality. During the first lockdown, one in five Parisians was mainly going to the countryside close to nature. This renewed enthusiasm has led to an increase in the desire for country life. An OpinionWay [survey](#) in October reported that a quarter of Ile-de-France residents want to buy a house in the countryside. That the number of people looking to buy a home with a garden increased by 25% in 2020 compared to 2019. The reasons put forward are the search for peace and nature.

More broadly, this desire seems to be part of a change in perceptions of the relationship to time and a search for proximity and a link with the local environment is noted. A [study](#) registered on the government by YouGov illustrates this evolution. The study, with a rigorous methodology, is based on a representative population. Only 9% of the British people want everything to return to the way it was before the pandemic, while 38% consider that their relationship to food has changed and 38% believe that they cook more from raw ingredients and also consumed local products for the first time during the lockdown.

We can thus note a search for proximity in the food supply and a willingness to pay more attention to the environment. Perceiving one's environment also appears to be more contemplative: 27% of the people surveyed observe wildlife more often (a figure that can also be explained by the increase in wildlife due to the drop in human presence in the countryside, a [study](#) carried out by researchers affiliated with the CNRS and the Sorbonne, visible on YouTube). This theme will be followed closely. The study seeks to analyze the relationships of humans with other animals and how lockdowns lead to stronger care for other animals.

## *A temptation of urban exodus that is not without risk for the environment*

The expressed desire for a stronger connection with nature suggests a significant awareness among citizens. This awareness is a source of hope in the context of the major environmental problems that are looming.

However, as mentioned above, the pandemic has also been able to give concrete expression to the desire for a change of life. Urban exodus is becoming more and more accessible for part of the urban population with the development of teleworking. Urban exodus, thus encouraged and facilitated, should be carefully assessed. A [study](#) by Israeli academics shows that urban sprawl leads to a lifestyle that increases greenhouse gas emissions, promotes global warming, and reduces biodiversity. In addition, the study analyses 271 Israeli cities using population density factors and finds that population density is a factor in the spread of Covid-19. The study found no link between population density and the epidemic. It shows that it is primarily the quality of the public health policies implemented and the level of spread of the virus.

## Nature as a vector of resilience

Ultimately, these different analyses demonstrate the important role of contact with nature for the well-being of citizens. It has been a trigger for this awareness. As a Swedish [study](#) reminds us, access to nature is a major factor for resilience. Resilience, defined as the capacity to absorb an exogenous shock, is a crucial notion for dealing with crises. Resilience emphasizes that access to nature in the immediate environment of citizens must be facilitated and improved. For urban dwellers could limit the temptation for part of the population to leave the dense city to adopt a lifestyle that carries risks generating major negative externalities for the environment. Resilience is also a crucial notion for the future of our societies. Several ongoing studies of the WPRN database propose to reflect on the lessons to be learned from the climate challenge. A [study](#) from the University of Amsterdam seeks to understand why societies do not always adapt and rapidly change their behavior to fight the pandemic but are not able to do the same to fight climate change. The study seeks to find the ideal combination of public policies and changes in individual behaviour for a more resilient society.

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