



*Healthy Parks
Healthy People®*



Engaging Youth in Parks:

**Examples of successful programs from
Parks Victoria and Korean National Parks Service**

Libby Jude

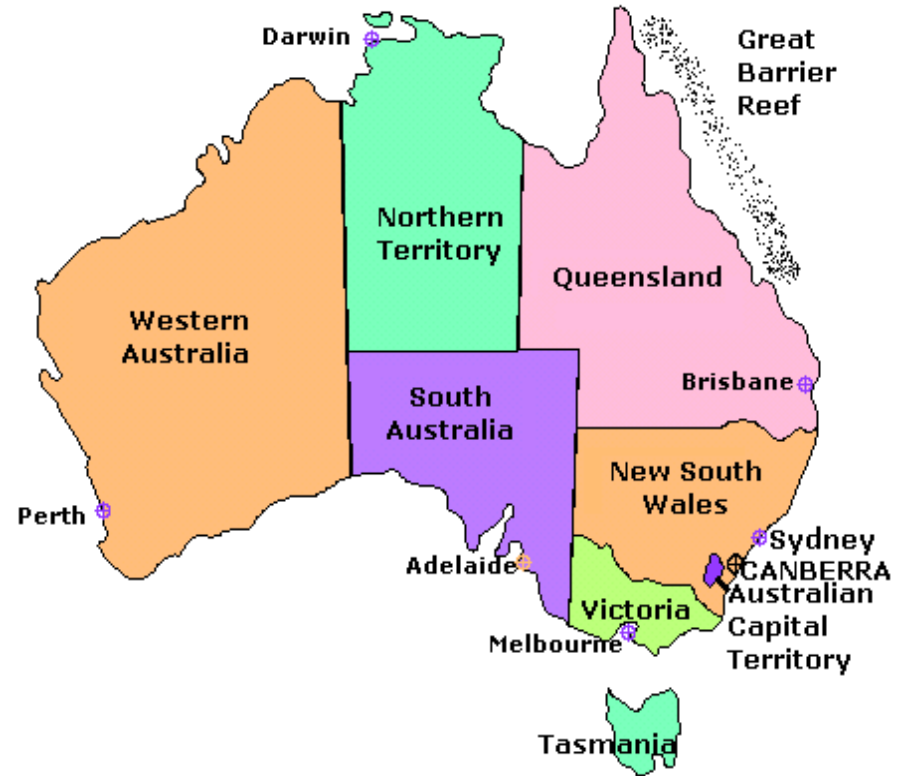
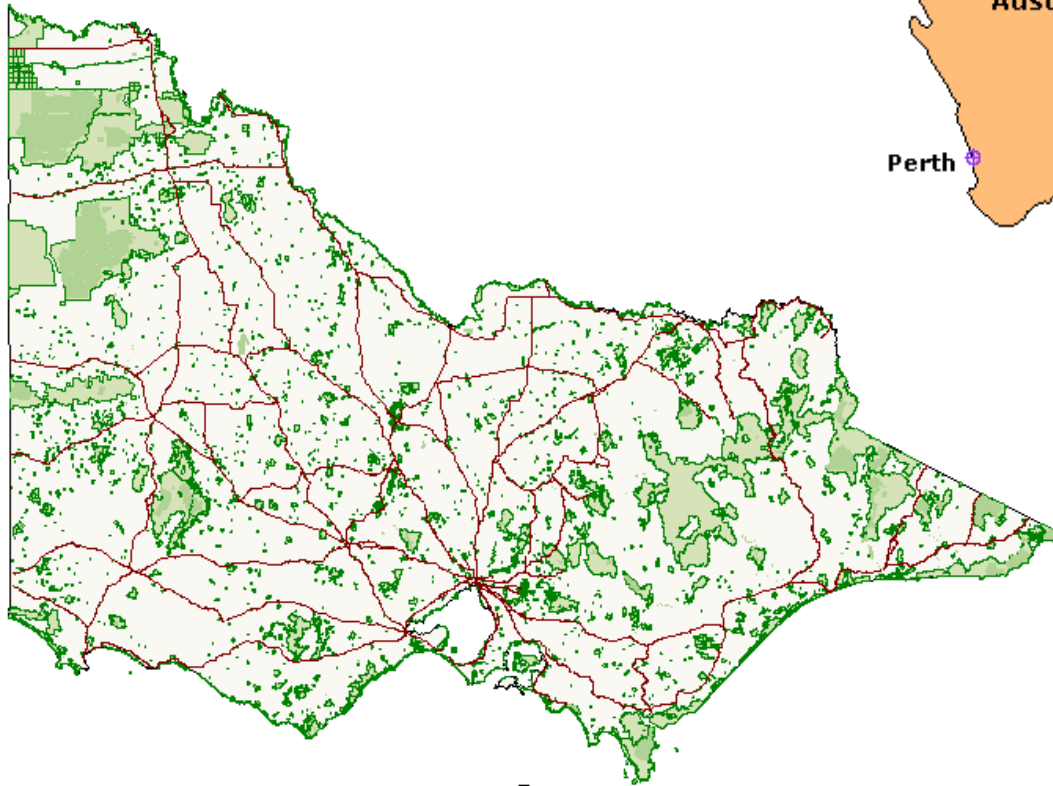
**Director Regional Operations, Parks Victoria
Asia Parks Congress 2013**





Engaging Youth in Parks

Parks Victoria



- 4 million hectares
- 17% of the state
- National, State and urban parks
- Marine Protected Areas
- 90 million visits per year

Healthy Parks Healthy People

Principles:

- The wellbeing of society depends on healthy ecosystems
- Parks conserve healthy ecosystems
- Contact with nature is essential for improving emotional, physical and spiritual health and wellbeing
- Parks are fundamental to economic growth and to vibrant and healthy communities



Why engage youth in parks?

World Health Organisation (2011) data:

- 1800 million young people globally are between the ages of 10 and 24
- Opportunity to shape the world's social, economic and health futures
- Importance of promoting healthy lifestyles for young people
- Majority of populations live in **urban areas**
 - Australia 89%
 - Republic of Korea 83%



Youth Health Challenges



- **20% of adolescents will experience a mental health problem in any given year, most commonly depression or anxiety**

(World Health Organisation, 2011)



“Promoting healthy practices during adolescence, and taking steps to better protect young people from health risks is critical to the future of countries’ health and social infrastructure and to the prevention of health problems in adulthood.”

Youth Health Data on Obesity

Obesity Australia

	Males 		Female 	
Year	1995	2025	1995	2025
Age Group 15-19	25.80%	41%	19.70%	30.20%
Age Group 20-24	38.40%	63%	26.80%	53.50%

Obesity Republic of Korea

	Males 		Female 	
Year	1998	2011	1998	2011
Age Group 12-18	-	14.6%	-	11.3%
Age Group 19-29	19.3%	26.2%	11.6%	16.9%

Case Study 1: Parks Victoria and Youth Affairs Council of Victoria

- Parks Victoria engaged a Youth Social work specialist from the Youth Affairs Council of Victoria (leading youth agency)
- Benefits to Parks Victoria:
 - Development of programs connecting young people to parks
 - Better understanding of youth issues
 - Improved advocacy for parks in youth sector
 - Improved connection to local communities
 - Low cost programs



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MIND Australia:

- 32 young people
- Adventure based activities



Dandenong Youth Services:

- 95 young people
- Bushwalking/, photography & tree planting exercises



Maribyrnong Valley community:

- 24 young people
- Canoeing & education activities



Castlemaine District Community Health:

- 6 'high needs' boys
- Mountain bike program

Case Study 2: Korean National Parks Service – Univerranger Program

Korean National Parks Service coordinates Education for Sustainable Development education programs for youth in 2 streams:

- Univerranger = University student + Park ranger
- Junior Ranger Program – for high school and middle school students

산양, 월악산으로 돌아오다

- 내용 : 월악산국립공원 산양복원사업 소개를 중심으로 국립공원 야생동물 현황 및 복원에 대한 교육



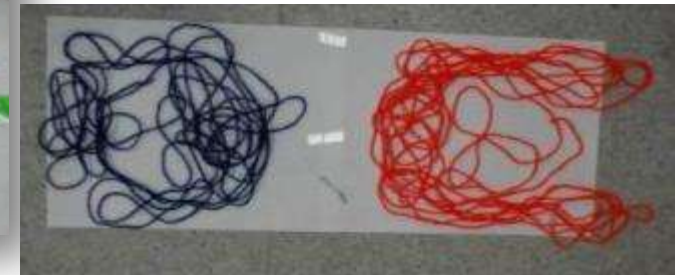
자연자원 모니터링기법

- 내용 : 국립공원 자원조사 기법,
멸종위기종 보전 및 복원사업현장 답사 및 실습



그린디자인과 희망

- 내용 : 그린디자인에 대한 개념 설명, 생활 속 그린디자인을 통한 자연을 보전하는 실천 중요성 소개



국립공원 자연·역사해설



명품마을 프로그램



공원현장관리체험

- 국립공원 직원인 레인저의 직업체험을 하며 자원봉사를 하는 현장 관리과정. 농촌일손돕기, 시설물 관리(도색), 캠페인 운영 등



강의모습

기타 프로그램 운영사항

참가등록확인, 기념품(모자) 배부, 운영후 만족도 설문조사, 언론사 인터뷰, 수료증 전달 및 우수학생 선발



Case Study 3: Parks Victoria and Rosebud Secondary College



Summary:

- Benefits of agencies working in partnership:
Parks Victoria and Korean National Parks Service





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SYDNEY 2014

12 – 19 November 2014 Sydney, Australia



Program Areas:

- **Biodiversity Conservation**
- **Sustainable Development**
- **Nature-based Solutions**

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Over 160 nations

Workshops/Exhibition

Field Trips / Public Festival



Thank you

Libby Jude
Director Regional Operations
Parks Victoria



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