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## Partnerships for a Healthier Future

# LUNEX University and Université dans la Nature join forces

**In a world where we're constantly bombarded with information, it's astonishing how some of the most crucial knowledge often remains hidden in plain sight. For more than 40 years, thousands of international studies have consistently revealed the profound impact of nature on our mental and physical health. Yet, the public remains largely unaware, and the institutions that generate this knowledge often fail to integrate it into medical and health education programmes.**

However, with the rising physical and, especially, mental health challenges we face today, the need for change has never been more pressing. And that change begins with interdisciplinary partnerships aimed at applying and implementing this research to create a healthier future.

Today, we're thrilled to announce a significant step towards this change - a groundbreaking partnership between LUNEX University and Université dans la Nature (UdN). LUNEX University, the International University of Health, Exercise, and Sport, has made the bold move to expand its educational and research offerings while prioritising staff and student well-being.

To do so, it has decided to join forces with Université dans la Nature, a non-profit organisation which has been sharing the positive impacts of nature with the public through science-based programmes that seek to reconnect humans and nature in a positive and experiential way. An approach that resonates perfectly with the ethos of LUNEX University, making it an ideal partner in their quest to integrate nature's benefits into education, research, and internal HR policies.

In the spirit of collaboration, UdN will conduct workshops for LUNEX University staff and management, focusing on team development through nature connections. These ideas will also be seamlessly integrated into relevant courses, enriching the personal development of students. Additionally, the partners will jointly pursue

transdisciplinary research studies, creating innovative, best practice models that embrace new technology and problem-solving techniques.

The official announcement of this partnership took place on Thursday, September 21, 2023, during Healthcare Week Luxembourg. Assoc. Prof. Dr. Roberto Meroni, Associate Professor in Physiotherapy at LUNEX University, alongside Raymond Schadeck and Julie Schadeck, President of the Board of Directors and General Coordinator of Université dans la Nature, respectively, unveiled this new alliance.

"We talk so much about the need to heal nature, but what if we started to focus on how nature can heal us, with positive benefits for individuals and a demand for health care?" asked Raymond Schadeck during the conference. Julie Schadeck added, "Governments, organisations, research institutes, and others are failing to benefit from how connecting with nature enhances mental and physical health. Our partnership with LUNEX University is an important step towards correcting this imbalance."

Assoc. Prof. Dr. Roberto Meroni expressed his enthusiasm for the partnership, saying, "Innovation is all about implementing new ideas to improve work processes, boost efficiency, and increase the well-being of our societies. Working with the Université dans la Nature is providing us with a deeper understanding and greater knowledge to offer a truly holistic approach to these questions. Our bachelor's and master's students, as well as our staff, are benefiting. Everyone is."

### **About LUNEX University**

LUNEX University, the International University of Health, Exercise, and Sport, offers training, qualifications, and research opportunities in health, sport, and management to around 1000 students from more than 40 countries. From its campus in Differdange, it provides bachelor's and master's degree courses in physiotherapy; sport and exercise science; and sport management, with bachelor's degrees in nutrition, fitness & health; and corporate health management & well-being. It is a privately-owned specialised higher education institution accredited by the Luxembourg Ministry of Higher Education and Research. Visit [www.lunex-university.net](http://www.lunex-university.net) for more information.

### **About L'Université dans la Nature**

L'Université dans la Nature (UdN) offers programmes that reconnect people to nature in a positive, educational and experiential ways. These scientifically tested programmes are based on UdN's study of more than 4,000 research papers about the impact of nature on human physical and mental well-being. By experiencing the positive effects of nature, people understand its importance in their personal, professional and social lives. The programmes are open and adapted to the public - including groups of children and teenagers - as well as decision makers in business, public sectors and civil society organisations. UdN is based in Luxembourg and Canada. Learn more at [www.unature.org](http://www.unature.org).