



grassroots
young entrepreneurs in eco-health tourism

Minimising Environmental Impact Health & Wellness Ideas

Includes Digital Tools!



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Health & Wellness Ideas



Idea 1

Design Mindful Walking Nature Routes

Design mindful walking routes, nature scavenger hunts, or wellness-focused tours with checkpoints highlighting natural landmarks. Participants can engage in self-guided meditations, learn about local flora and fauna, or complete wellness activities, enhancing both physical and mental health.

Idea 2

Develop Nature Therapy and Outdoor Wellness Programs

Develop nature-based wellness activities that offer mental and physical health benefits while promoting a deep connection to the natural environment.

Idea 3

Deliver Educational Wellness Tours

Encourage participants to observe and identify local plant and animal species during wellness walks, enabling a sense of calm and connection to nature. These tools allow users to share and learn about biodiversity, creating mindfulness opportunities as they engage with the environment.

Idea 4

Organise Wellness Meetups Online and In-person

Organise nature therapy and wellness meetups to build a supportive community around health and conservation. Meetup allows you to manage RSVPs, organise follow-up events, and build connections among participants with shared wellness goals.

Idea 5

Incorporate Tree Planting with Your Nature Therapy Sessions

Incorporate tree planting as part of nature therapy sessions, where participants contribute to reforestation efforts. Tree sponsorships create a sense of purpose and environmental responsibility while boosting wellbeing through giving back.

Now Let's Apply Some Digital Tools to our Ideas in the Next Section.





Health & Wellness Ideas Tools Make It Easier!

	<p>Actionbound is an app for playing digitally interactive scavenger hunts to lead the learner on a path of discovery. Called multimedia-based hunts 'Bounds'. An excellent tool for eco-entrepreneurs to create interactive and engaging wellness experiences for their eco-tourism initiatives. By using Actionbound, entrepreneurs can design digital scavenger hunts or guided tour routes that include checkpoints, quizzes, and educational content. https://en.actionbound.com/</p>
	<p>Meetup is a social media platform for hosting and organising in-person and virtual activities, gatherings, and events for people and communities of similar interests, hobbies, and professions. It can help eco-entrepreneurs connect with like-minded, eco-conscious audiences in their community or with guests. By using Meetup, entrepreneurs can organise online or in-person events and promote focused on sustainability, conservation, and eco-tourism, building a community around shared environmental value. www.meetup.com/</p>
	<p>iNaturalist is an online social network of people sharing biodiversity information to help each other learn about nature. It is a valuable app for eco-entrepreneurs to engage their audience in nature conservation and local biodiversity. During eco-tourism activities or nature walks, participants can use iNaturalist to identify local plant and animal species, making it an interactive way to connect with the environment. https://www.inaturalist.org/</p>
	<p>EcoTree is an online platform where people who care about trees come to support their sustainability across Europe. It is a valuable platform for eco-entrepreneurs looking to integrate digital conservation and climate action into their initiatives. It allows entrepreneurs to fund tree-planting projects across Europe, providing an opportunity for community involvement through sponsorships for conservation campaigns. https://ecotree.green/en/</p>
Combining Tools	<p>Set up a wellness walk using Actionbound with meditation checkpoints and eco-focused educational stops. Use iNaturalist for plant identification to make it interactive, and partner with EcoTree to allow participants to plant a tree at the end of the session, symbolizing their commitment to wellness and conservation.</p>

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Well Done!

Great job exploring these ideas! Now it's time to dive in, investigate the tools, and start putting them into action. Take the next step toward transforming your vision into a reality by making these tools work for you.

See All our Environmental Tools [here](#)

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