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Framework for evaluating the contribution of Nature-based Solutions to the sustainability and the resilience of natural sites and population

João Nuno Fernandes¹, Maria Adriana Cardoso¹, Ana Estela Barbosa¹, António José Santos¹, Sónia Antunes¹, Margarida Rebelo¹

¹ National Laboratory for Civil Engineering, Lisbon, Portugal
jnfernandes@lnec.pt

Abstract. Implementing a holistic approach is vital for promoting health, well-being, and natural site resilience. This study explores the interconnectedness of these factors with Nature-based Solutions (NbS), assessing their role in addressing global challenges like climate change. It focuses on forests, urban parks, and gardening spaces, which regulate water flow and temperature and offer sustainable solutions. Green and blue spaces contribute to mental health by reducing stress and anxiety. The study proposes indicators for site sustainability and resilience, covering climate, geophysical context, air quality, and environmental sounds. It aims to develop an understanding of NbS impact and provide guidelines for urban planners to promote sustainability and community well-being.

Keywords: Nature-based solutions, environmental sustainability, climate change adaptation, water management