

WELLBEING BIRD WATCHING



Bird watching – immerse yourself in nature

To be in nature, watching birds, fills you with emotions and experiences.

It teaches you the patience of waiting, feeling the excitement of discovering a new species for the first time, and feeling grateful for having the possibility to get a glance of the world of birds – from the shy camouflage-coloured birds hiding in the high grass to proud and colourful species dancing and singing for you.

Bird watching can strengthen your physical and mental health. The still waiting give your time for contemplation and introspection. Your body and mind must at the same time be prepared and ready to seize the moment when the bird you have been waiting for suddenly appears. This gives you training in quick reactions and mental alertness. When searching a spot to watch from or slowly strolling around to search for specific species, you may find yourself hiking long distances and enjoying a wonderful physical activity.

Bird watching is more than an enjoyable hobby – it gives you an immersion in nature, new experiences and learnings, and a possibility to find new friends. Bird watching is also easy. Once you have acquired the basic equipment such as binoculars and a bird book, it is high time to get started. The only way to get good at birds is to practice, on your own or preferably together with others.



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Take your time and embrace nature and the surroundings. Stop and stand still – use all your senses to experience the wild birdlife. Listen to the loud sounds of birds singing in the trees or the woodpecker hammer. Also, try to notice the more subtle sounds. Listen for the sounds of wingbeats, for birds landing in the bushes, or for birds looking for food among leaves and branches. Peek, scout, and look down low and up high, let the eye get adjusted to find the details in colour, shapes, and movements.

Breathe and let the spirit of birds and the beautiful landscapes, the stillness of forests, or the peaceful mountain treks and the splendour of the ocean fill you with energy.

Place: outdoor, or indoor watching out from a window.

Time: 1-3 hours.

Meet nature with care

Show great consideration to nature, people, birds, and other animals when you are out bird watching. Special rules apply in protected areas and in designated nature and wildlife conservation areas. Bird and seal sanctuaries aim to protect the wild animals when they are at their most vulnerable, i.e. during the birthing or hatching season. You are not permitted to visit these areas during certain times of the year. Inform yourself about the rules that might apply to your intended bird-watching place, even if you aren't visiting a sanctuary.

Good to know when you are visiting in nature

- Let the birds incubate in peace. Watch your steps many nests are completely unprotected.
- Do not destroy eggs or nests, do not split up a brood of youngsters out in the water.
- Keep your dog on the leash from March to August.

