



HELP US CONNECT OLDER ADULTS WITH NATURE

Research shows that connecting with Nature significantly improves the quality of life for people over 65. However, access to Nature is not always easy for this age group. Help us test whether watching virtual reality videos of Nature can provide similar benefits.

To do this, we want you to watch a short 3-5 minute video on a headset. You will be asked to complete a survey both before and after viewing the video. The two surveys will take only 10-15 minutes each. The whole session should take less than 45 minutes and, by way of thanks, you will go into a draw to win \$200 in supermarket vouchers.

The project is conducted by Dr Wiebke Finkler, Professor Yolanda van Heezik, Professor Debra Waters and Dr Lara Vlietstra from the University of Otago.

To find out more information please email **Dr Wiebke Finkler**, University of Otago, wiebke.finkler@otago.ac.nz or phone **021 181 220**

IMMERSIVE NATURE VIDEO PROJECT

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