

# Rencontres scientifiques Institut de géographie Printemps 2023

**6 avril 2023**

12h15 – 14h, B.1.42

## **Cities, nature and mental health**

A biosocial approach to the positive effects of green spaces on mental health

**Aurora Ruggeri**

Assistante doctorante

Institut de géographie, unine

There are growing evidences of the benefits of nature on human health, especially in cities. By decreasing levels of stress, favouring physical activity and social interactions, green spaces are particularly important for the health of urban dwellers. However, the mechanisms of such positive effects have mainly been studied so far in disciplines of the life sciences. Through a biosocial approach and based on the geography of health, I discuss the role of green spaces in the process of recovery for people with a diagnosis of psychosis and how these positive effects could be maximized within an urban environment.

Critical studies on migration, borders, and mobility have increasingly resorted to regime approaches, which conceptualize cross-border movements and their regulation as contested politics. Drawing on my ongoing research in the nccr - on the move, I introduce several regime approaches, discuss their ontological and epistemological differences, and show how they might be further refined to capture how regimes of (im)mobility evolve in times of crisis.

**11 mai 2023**

12h15 – 14h, B.1.42

## **Evolving regimes of (im)mobility in times of crisis**

**Simon Noori**

Maître-assistant, Institut de géographie  
et nccr - on the move, unine

**25 mai 2023**

12h15 – 14h, B.1.42

## **Migration as an adaptation strategy to climate and environmental stress factors**

A case study of three coastal zones inhabitants' practices in the province of Havana, Cuba

**Chiara Bernasconi**

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In the last decades the discourse on “climate refugees” shifted. From a victimizing rhetoric the debate evolved towards a more neo-liberal. Climate and environmental-change related migration is now increasingly seen as a possible strategy to cope with and adapt to changing livelihood situations. Using a three-level conceptual framework that links migration to adaptation processes, I discuss theoretical and empirical knowledge on the topic in the light of qualitative empirical data gathered in Havana Province in January 2023.