

WRITING. HAPPINESS AND NATURE.

There is a place on earth I always go back to; there, in the countryside, I have spent the best moments in my life, surrounded by nature and silence, only interrupted by the sweet song of birds and the roar of the wind, almost always present.

I can still feel as if I was still there, listening to my mother whispering an old lullaby in my ear, and the smell of freshly cut flowers from her hair, flooding my senses. Smell, with its wonderful, evocative power, takes me back to those eternal summers of my childhood in my favourite place in the world. Later, a salmon sky signaled the arrival of dusk while we carelessly surrendered to Morpheo's rocking arms, and to the deafening silence of the night filling everything.

And then the sun burst majestically into the sky, bringing us back to life after the lethargy of the night; engrossed, I gazed at the sunrise through my window while the wind swayed the branches of my old fig tree. There has always been a tree-hugger within me; under its generous shadow, I spent hours barefoot on the grass, living a thousand adventures in places I had never been to (never went).

There, I feel safe and at home, connected with nature and the simple pleasures of life; breathing the cool morning breeze, tasting the freshly cut fruit, or letting myself be carried away by the hypnotic power of the fire while staring at the crackling of the embers in the fireplace. There is a place on earth I always go back to.

Maria Jesús Reyes Fernández C.1.1 Presencial.

WRITING NATURE

We currently live in a crazy world. We are living in constant uncertainty because of climate change. The trees bloom earlier, summer comes and goes later, the migratory cycle of birds is changing too.

We live in a privileged zone. We are part of the migratory pass of birds which came from the north of Europe on their trip to Africa.

One of the indications or signs of those changes could be that many of these birds stay here throughout the winter.

It is a pleasure to take a stroll along the beach in certain times of the year, such as spring and autumn. You could gaze at millions of those migratory birds which draw your attention to the sky.

Firstly, you can consider that walking along the beach could be boring because we are convinced that the landscape is bare but nothing further from the truth, as dunes are an enormous ecosystem.

According to an article from the “Sociedad Gaditana de Historia Natural”, we can find 25 different species of plants in our typical fine golden sand. One of the most striking ones is called lion nail (*Carpobrotus edulis*), a type of plant which displays as a long pink carpet for all the dune surfaces. Another common one is the sea thistle, with its lovely purple’s flowers.

For all that, we can say, we live in an unknown paradise, and we should pay more attention to our closest environment.

Maria Eugenia Fernández López C1.1 Presencial

.....

Nature and leisure

I’ve been a nature-lover for as long as I can remember. As a child, I loved playing explorers with my best friend. We used to spend hours outside, where we would imagine ourselves hiking through breathtaking landscapes, misty rainforests and never-ending deserts, making the most of our small neighborhood park.

Also, we used to celebrate our birthdays on the beach. I remember how much we enjoyed playing under the warm rays of sunshine, feeling the touch of soft golden sand in our feet, and listening to the sound of waves as the only soundtrack.

As I grew up, I also had many nature-related experiences that led me to strengthen my relationship with it. I believe this is the main reason why nature and leisure have always been closely connected for me.

Nowadays, I go back to nature whenever I have some free time -not as often as I would like to-. I usually bike through the marsh, where I am always amazed by the bird variety, the salty smell and the colorful sunsets. Sometimes, I go on longer trips to the mountains. I have noticed this makes me happier, since I always feel refreshed afterwards, and I even sleep better at night.

Felisa Sánchez Aragón C1.1 Semipresencial

Happiness and Nature

February belongs to double linings, hot stews and the pleasant scent coming from the almonds blossom placed in one city that is relatively far but also relatively close, to be more specific. I am referring to the Almond Park of Valladolid, a place that has the power to let go of your anger and make room for a more optimistic and relaxed outlook.

Every year when the spring is still far away and you are forced to march energetically to keep what is left of the warmth of your body under several layers of clothes, the almond trees grow thousands of white flowers when they are still naked (of leaves) and the branches still mid-brown. A work of art does not need a large number of colours and this creation made by both, human and nature is essentially a gigantic barcode that is made up of big horizontal stripes of blue – white – brown – green, crossed by a large grey line road.

I have recently read that, in the near future, it will be possible to get to the top of the park using a public escalator, which will save you from getting sweaty and from panting your way up.

Attractive as this may seem in theory, the reality is that even the visual concept presented is simply hideous. The colours selected for the elevator are a slap on the face and, despite its obvious potential advantages, the escalator would definitely ruin the unspoilt beauty of this hidden gem.

If you are around Valladolid in February, make it a point to visit this wondrous place.

C1.1 Presencial. Marcos Miguelez

HAPPINESS AND NATURE

If I had to define myself, I would say I am a person who loves nature and flees from the big cities when given the chance. I am totally anti-urban.

I grew up surrounded by nature, and my father, who was a mountaineer and climber of great peaks, instilled in me the love for it. He taught me to uncover the hidden wild side that we all carry inside, to appreciate and enjoy the silence, to understand, listen and respect nature. Whenever I find myself in a natural setting, I feel peace, tranquility, happiness and that is probably the only place in the world where I feel absolutely free.

Every time I have the opportunity, I go hiking and I can boast of knowing every corner of the Three Natural Parks we have in the bay of Cádiz.

In the middle of nature, our most primal senses are sharpened, and this is a unique experience that connects us with our most animal side, although I have to admit that when I have been disconnected from it for a long time and have been more tuned in to the urban world, my first contact is strange, I feel fear, lack of protection, but little by little, I begin to experience that inner peace again

Is there anything more relaxing than the sound of birds singing, rain falling, wind whistling and tree branches moving? Is there anything more stunning than a sunset or a sunrise on the sea or the mountains? The magnificence of nature is unquestionable, it gives us the most absolute beauty, as well as a well-needed shelter from the hustle and bustle of our everyday life.

C1.1 Presencial. Lara Marín Suárez.