

Nature is a source of well-being

After visiting *Butterflies Go Free*, leave a message telling others about your favourite “nature moment.” Take a look at all the memories left by other visitors in the centre of the greenhouse — you’re bound to be inspired!



alive  375

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Nature's Balm

Butterflies Go Free



100%

Nature is good for us!

What role does nature play in your life? Do you love to head outdoors to clear your mind? Does the scent of apple blossoms make you happy? Are your walls or computer screen decorated with images of landscapes to dream by?

Humans have an innate need for contact with nature. It's an irresistible call, the result of thousands of years of evolution in an environment that gives us shelter, food and safety. Nature sends out signals that we perceive without even realizing it. It satisfies an appetite hidden deep inside each of us: we are all biophilic creatures!

Rediscover your own inner nature and enjoy this glorious greenhouse filled with colourful butterflies. You'll see — it will do you good!

Missing nature?

The concrete jungle, the hectic pace of our lives, the long hours spent sitting in front of a computer... they all cut us off from nature, and affect our physical, mental and emotional health, leaving us with what is known as “nature deficit disorder.” Research has shown the benefits of access to the outdoors — a window with a view of a tree, or a walk in the woods, for instance. Contact with nature can reduce stress, help patients heal faster and even eliminate the need for drugs for children with attention deficit hyperactivity disorder (ADHD).

Add some greenery to your surroundings, go for a stroll in a park, take a holiday in the country, visit *Butterflies Go Free* — they're all great ways to get your dose of nature!



Papilio lowi
Lowi swallowtail



Papilio palinurus
Banded peacock



Papilio rumanzovia
Rumanzovia swallowtail



Papilio polytes
Common mormon



Graphium agamemnon
Tailed jay



Siproeta stelenes
Malachite



Pachliopta kotzebuea
Pink rose



Hypolimnys bolina
Great eggfly bolina



Troides rhadamantus
Golden birdwing



Greta oto
Costa Rica clearwing



Danaus plexippus
Monarch



Danaus chrysippus
African monarch



Idea leuconoe
Rice paper



Morpho helenor
Blue morpho



Heliconius hecale
Golden helicon



Heliconius melpomene
Postman



Morpho polyphemus
White morpho



Phoebis philea
Orange-barred sulphur



Dryas iulia
Julia



Dryadula phaetusa
Banded orange



Caligo sp.
Owl butterfly



Attacus atlas
Cobra moth



Cethosia biblis
Red lacewing



Papilio thoas
Thoas swallowtail