

Forest Restoration at Lincoln Park

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BACKGROUND

Invasive species like invasive blackberry and ivy are currently spreading quickly and threatening local species



Forest restoration will make great effort on global conservation about carbon removal and biodiversity conservation



FLiP organizations have been dedicated to restoring forests in Lincoln park in west Seattle since 2005. Planning to restore 2500 acres by 2025



Various literatures suggest that being in and volunteering in nature can be helpful for one's mental health and make people feel relaxed.

RESEARCH QUESTION

- Do volunteers feel better mentally after the forest restoration work in Lincoln Park?
- Can a park system and volunteer work make people positive about their community? Are they willing to participate again?

INTERNSHIP & METHOD

My work is about removing invasive species (mostly blackberries) and plant local species in order to finish the restoration process, by the time we finished, we have accomplished:

- 1000 square feet area restored
- Cedar, dogwood, snowberry and other local species have been planted
- A public volunteer event

Before:



After:



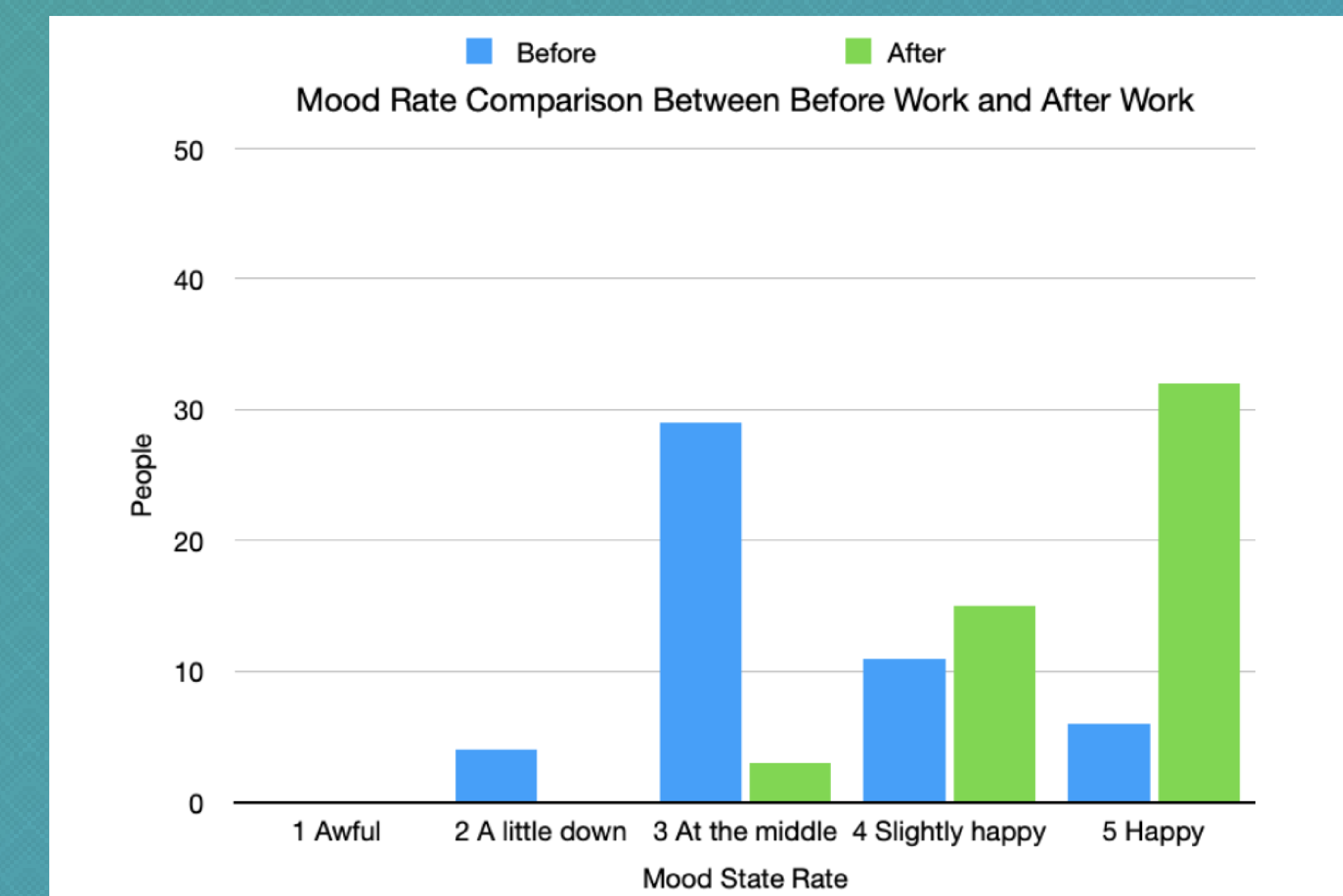
Research Method:

Use of Google survey to ask volunteers about their forest restoration experiences.

RESULTS

50 participants answered this survey

- Most volunteers feel connected to nature while they were doing work
- 94% of the participants enjoy the experience of forest restoration which includes 24% of 4 points (I enjoy it) and 70% of 5 points (I totally enjoy it). 6% of participants feel good (3 points) of this experience.
- All of the participants are willing to do the forest restoration again.



SIGNIFICANCE

- Let more people be in nature and help forest restoration
- People recognizing better about their community environment.