



Looking for participants!

Help us discover how forests and cities influence human biology

Our team studies how the environments in which humans evolved have shaped *Homo sapiens* biology and how modern 21st-century settings affect key biological functions including stress, the immune system and physical performance;

and we want you to be a part of our research!

What are we doing this summer?

In Summer 2026, we're running a unique experimental study exploring how living in different environments influences human health and biology.

You will spend **5 consecutive days** taking part in guided activities in one of two environments:

- Züriberg forest
- Zürich City Centre



What will participants do?

You will take part in:

- Guided walks and light physical activities
- Physiological and psychological measurements
- Group meals and discussions

What you get in return:

- Lunch and dinner provided each day
- Learn how your body responds to the environment
- The chance to contribute to cutting edge research on how our environment affects our health



Get involved! Scan the QR code to learn more and sign up!

If you want to earn credits for your participation (BIO 548) contact: colin.shaw@iea.uzh.ch

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