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This week on Radio Nova we’re looking at how the Gaelic Woodland Project are working to increase the forest cover of Ireland.

**14 Reasons Why Forests Are Important**

1. **Forests provide essential resources**
2. **They are a haven of biodiversity**
3. **They support jobs**
4. **Forests sustain rural livelihoods**
5. **They provide food, security and nutrition**
6. **Forests fight climate change**
7. **They clean the air**
8. **They protect us from natural disasters**
9. **They are playgrounds for recreation**
10. **Forests produce life-saving medicines**
11. **They inspire and heal us**
12. **They help generate rainfall**
13. **They purify water**
14. **Forests hold spiritual and cultural value**

**Links for more information:**

[www.un.org/development/desa/en/news/forest/forests-a-lifeline-for-people-and-planet.html](http://www.un.org/development/desa/en/news/forest/forests-a-lifeline-for-people-and-planet.html)

[www.wwf.panda.org/discover/our\_focus/forests\_practice/importance\_forests/](http://www.wwf.panda.org/discover/our_focus/forests_practice/importance_forests/)

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