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WORK EXPERIENCE

- **19.05.2025 - CURRENT**

Tampere - Finland

Gamification Group
GL! HF! . . . GG!

TAMPERE UNIVERSITY, FINLAND - POSTDOCTORAL RESEARCHER, GAMIFICATION GROUP (GG)

The Gamification Group, led by Professor Juho Hamari, is a globally recognized interdisciplinary research unit at Tampere University that specializes in gamification, gameful systems, and the psychological and behavioral effects of play. Bringing together expertise from human-computer interaction, behavioral science, and information systems, the group explores how game elements can be used to promote engagement, learning, sustainable behavior, and digital well-being. Known as one of the most cited research units in the field of gamification and game studies, the group has contributed extensively to high-impact academic publications and has led or participated in numerous major projects funded by the European Union and the Academy of Finland. Its research has had a tangible impact on the design of public services, educational technologies, and digital health tools, shaping how gamification is applied in both academic and real-world contexts.

Current Project – Decision-Making and Climate Attitudes in Game-Based VR Environments

At the Gamification Group, my current project explores the role of immersive game design in shaping environmental attitudes and behavior. The core elements of the study include:

- *Focus Area: Investigating how decision-making processes in video games relate to climate change awareness, forest conservation, and pro-environmental behavior.*
- *Game Design: Developing a custom-built, interactive VR game that simulates environmental challenges such as deforestation, ecosystem degradation, and resource scarcity.*
- *Mechanics: Incorporating meaningful gameplay elements such as trade-offs, long-term consequences, moral dilemmas, and ecological feedback loops to reflect real-world sustainability decisions.*
- *Immersion: Allowing participants to interact with forest environments and climate-related scenarios in VR to evoke emotional and cognitive engagement.*
- *Eye-Tracking: Using integrated eye-tracking technology to measure visual attention during gameplay and analyze how players engage with key environmental cues and decision points.*
- *Research Goals:*
  -To understand how specific game mechanics influence environmental decision-making.
  -To examine how immersive gameplay affects players' attitudes toward climate issues.
  -To identify visual attention patterns linked to deeper engagement with ecological content.
- *Wider Impact: The project contributes to the development of VR-based interventions for climate education, and provides empirical insights into how game-based systems can foster environmental awareness and attitude change.*

- **01.11.2024 - 15.05.2025**

Rome - Italy

Consiglio Nazionale delle Ricerche

CONSIGLIO NAZIONALE DELLE RICERCHE, CNR, ITALY - RESEARCH ASSISTANT, LABORATORY OF AGENT BASED SOCIAL SIMULATION (LABSS)

The Laboratory of Agent-Based Social Simulation (LABSS) is a part of the National Research Council (CNR) of Italy and specializes in understanding social systems and behaviors through interdisciplinary research. The lab employs methodologies such as agent-based modeling, experimental social science, and neuroscience to study the dynamics of cooperation, communication, and collective decision-making in human and non-human subjects. LABSS combines computational tools, behavioral experiments, and neurophysiological data to gain insights into complex social phenomena.

My roles at LABBS:

- *I'm currently working on the project named "COBRA-Cooperation and Brain-Synchrony in human and non-human subjects: a multiscale and translable study". In this project, the focus is on investigating the relationship between cooperation and brain synchrony using neurophysiological and behavioral data collected from human and non-human participants.*
- *Game Design and Integration: Designed and integrated a casual stag game for two participants to investigate cooperative behavior and brain synchrony. The game facilitates real-time interactions, creating scenarios to study cooperative decision-making and neural alignment.*
- *Data Collection: Actively participated in collecting neurophysiological data, including EEG (electroencephalogram) and GSR (galvanic skin response), while participants played the stag game. Coordinated experimental setups to ensure accurate and synchronized data recording.*
- Modelling: I contribute to developing agent-based models that simulate cooperative behavior based on experimental findings. These models help interpret human and non-human interaction dynamics by mimicking decision-making processes observed in the lab. By calibrating agents' behaviors with empirical data, we aim to explore emergent patterns of synchrony and cooperation across different levels of complexity.
- *System Development – WAFER-ET (Eye-Tracking Module): Together with my team, I was responsible for the development and integration of the eye-tracking module of the WAFER-ET (Web-agile Facial Emotion Recognition and Eye-Tracking system) for use in the COBRA project.*

- **01.09.2021 - 15.05.2025**

Florence - Italy

VIRTHULAB

UNIVERSITY OF FLORENCE, ITALY - RESEARCH ASSISTANT, VIRTUAL HUMAN DYNAMICS LABORATORY (VIRTHULAB)

VirtHuLab is part of the Department of Social Sciences at the University of Florence, focusing on studying and simulating human dynamics using cutting-edge technologies such as Virtual Reality (VR), Augmented Reality (AR), Artificial Intelligence (AI), and bioengineering tools. The lab encompasses interdisciplinary research integrating psychology, computer science, and engineering to understand and enhance human-computer interaction and behavior modeling (Supervisor: Andrea Guazzini).

My roles at VirtHuLab:

- *Research Design and Implementation: Designed and executed interdisciplinary research studies to investigate human emotional and physiological responses in virtual environments, specifically focusing on gaming.*
- *AI Development and Integration: Developed and implemented facial emotion recognition models, eye-tracking models, and multimodal systems by integrating AI with physiological data.*
- *Data Analysis and Visualization: Conducted data preprocessing, statistical analysis, and visualization using Python libraries to derive insights from complex datasets and optimize model performance.*
- *Cross-Disciplinary Collaboration: Worked with experts across psychology, computer science, and engineering to create innovative research approaches and solutions.*
- *Publications and Reporting: Authored scientific papers, prepared research proposals, and presented findings at conferences and academic seminars.*
- *Lab Management and Coordination: Managed lab schedules, equipment, and project timelines while mentoring junior researchers and interns.*
- *Organized and Delivered Courses: AI and machine learning courses for lab members and students from the department interested in joining the lab.*

- **01.09.2021 - 15.05.2025**

Florence - Italy

UNIVERSITY OF FLORENCE, ITALY - RESEARCH ASSISTANT, COMPUTATIONAL PHYSIOLOGY AND BIOMEDICAL SYSTEMS (COMPBIOS)

ComPBioS Lab is part of the Department of Information Engineering at the University of Florence, specializing in the intersection of computational techniques and psychobiological research. The lab focuses on developing systems and tools that integrate biofeedback, AI, and advanced computing to study human behavior, cognition, and emotion. By leveraging interdisciplinary approaches, ComPBioS addresses real-world challenges, such as promoting sustainability, improving cognitive health, and enhancing human-computer interaction (Supervisor: Prof. Antonio Lanata).

My roles at ComPBioS Lab:

- *Data Collection: Organized data collection processes to ensure high-quality, comprehensive datasets for psychophysiological studies.*
- *Interdisciplinary Research and Biofeedback Integration: Designed and conducted interdisciplinary research and experiments to investigate the integration of biofeedback into interactive systems with video games.*
- *Gamification Techniques in Intervention Programs: Applied gamification techniques in intervention programs aimed at addressing issues such as climate change awareness, cognitive improvement for older adults, and mild cognitive impairment.*
- *AI and Machine Learning for Data Analysis and System Performance: Developed and implemented various AI and machine learning models to analyze data, enhance system performance, and support research findings.*

- **01.07.2023 - 30.10.2023**

Kyoto - Japan

RITSUMEIKAN UNIVERSITY, JAPAN - VISITING RESEARCH ASSISTANT, INTELLIGENT COMPUTER ENTERTAINMENT LAB (ICE)

The Intelligent Computer Entertainment Lab (ICE) at Ritsumeikan University is a state-of-the-art research in the field of games, artificial intelligence, and interactive technologies. The lab's research areas include serious games, game AI, large language models (LLMs), and virtual environments, with a particular focus on enhancing user experience and developing innovative AI-driven solutions. ICE is recognized for its interdisciplinary approach and collaborative environment, bringing together different perspectives to tackle complex problems in games and AI (Supervisor: Prof. Ruck Thawonmas).

My roles at ICE Lab:

- *Game Analytics and User Engagement: Designed and implemented in-game analytics to track player behaviors, generating insights on user engagement, learning outcomes, and emotional responses.*
- *Facial Emotion Detection and AI Models: Conducted advanced research on facial emotion detection using convolutional neural networks, integrating biosignals to analyze emotional and physiological responses during gameplay.*
- *Large Language Model Studies: Investigated the application of LLMs for story creation, exploring their potential to generate engaging and context-aware narratives for games.*
- *Cross-Cultural Studies: Conducted extensive data collection and analysis as part of a multicultural study, focusing on variations in user behaviors, emotional responses, and engagement across diverse cultural groups.*

- **01.04.2023 - 30.06.2023**

Seoul - South Korea

CHUNG-ANG UNIVERSITY, SOUTH KOREA - VISITING RESEARCH ASSISTANT, EMBODIMENT ARTIFICIAL INTELLIGENCE LAB (EAI)

The Embodiment Artificial Intelligence Laboratory (EAI Lab) at Chung-Ang University in South Korea is dedicated to advancing research in AI and its integration with embodied experiences in VR. The lab focuses on developing AI-driven systems that enhance interactivity and realism in virtual environments, exploring areas such as embodied cognition, human-computer interaction, and immersive technologies (Supervisor: Prof. Kyoungju Park).

My roles at EAI Lab:

- *Game Analytics and Facial Emotion Detection: Focused on data collection and analysis to study user engagement, learning outcomes, and emotion detection. Applied convolutional neural networks to analyze biosignals for identifying emotional responses in gaming.*
- *Cloud-Based Real-Time Systems: Deployed cloud-based systems to support real-time data collection and processing, ensuring efficient and scalable research workflows.*
- *AI and VR Integration: Explored the integration of AI technologies with VR environments to enhance interactivity and realism, focusing on user-centered design.*

- **01.02.2020 - 01.07.2020**

Tampere - Finland

TAMPERE UNIVERSITY, FINLAND - RESEARCH ASSISTANT, EMERGING TECHNOLOGIES LAB - ERASMUS STAGE

The Emerging Technologies Lab at Tampere University is a multidisciplinary research center investigating the interactions between technology, individuals, and society. The lab focuses on understanding the effects of technologies such as social media, robotics, and online platforms on human behavior, social dynamics, and organizational processes. Combining insights from psychology, social sciences, and technology studies, the lab aims to provide an evidence-based understanding of how emerging tools influence various aspects of daily life and professional settings (Supervisor: Atte Oksanen).

- *Social Media and Work Engagement among Young Adults: Investigated how social media use influenced work engagement and well-being, particularly during the pandemic when remote work and digital interactions became more prominent.*
- *COVID-19 Study: Research on the speed of the spread of COVID-19 and the actions taken by countries, the early stages of COVID-19*
- *Social Robots and Elderly Caring: I contributed to a systematic review of the role of social robots in elderly care, focusing on their applications for improving quality of life, facilitating social interaction, and providing assistance with daily tasks.*

EDUCATION

- **01.10.2021 - 06.05.2025**

Florence - Italy

UNIVERSITY OF FLORENCE, ITALY - MULTIDISCIPLINARY PH.D. IN INFORMATION ENGINEERING

My PhD research investigated the effects of video games on the human body and psychology using a multimodal and multi-method approach. By conducting a PRISMA analysis of gaming motivation scales and creating new measurements for the video gaming motivation scale, I identified 12 key dimensions, such as escapism, competition, and social interaction, addressing gaps like the lack of standardized tools for diverse game genres. The study involved data collection from participants in Korea, Japan, and Italy to analyze emotional and physiological responses to casual video games, using facial emotion recognition and ECG analysis. I improved a lightweight convolutional neural network for efficient facial emotion recognition data collection, enabling real-time emotion detection during gameplay. The research uncovered cross-cultural differences in emotional expression and intensity, providing insights into the relationship between demographics, motivations, and gaming experiences.

- Cycle XXXVII, M-PSI/05 and ING-INF/06. Topic: "A Cross-Cultural Multimodal Emotion Recognition in Video Gaming: Exploring Gaming Motivation". Advisors: Prof. A. Guazzini, Prof. A. Lanata, Prof. F. Bagnoli.

- **01.09.2018 - 28.09.2020**

Bergamo - Italy

UNIVERSITY OF BERGAMO, ITALY - MASTER'S DEGREE IN CLINICAL PSYCHOLOGY FOR INDIVIDUALS FAMILIES, AND ORGANIZATIONS

During my Master's degree in Clinical Psychology at the University of Bergamo, my thesis, titled “The Effect of Mobile Battle-Royale Games on Anxiety Levels: Pre-Covid-19 Pandemic Period and Current Covid-19 Pandemic Period”, explored the psychological impact of mobile gaming on anxiety. I examined how mobile battle-royale games influenced anxiety levels across two distinct periods: before and during the COVID-19 pandemic. The study highlighted the potential of mobile games as coping mechanisms during periods of heightened stress, offering valuable insights into their psychological effects in both routine and crisis contexts. Advisor: Prof. P. Barbetta

- **10.09.2011 - 20.09.2016**

Istanbul - Turkey

OKAN UNIVERSITY, TURKEY - BACHELOR'S DEGREE IN PSYCHOLOGY

Completed a comprehensive education in psychology, covering foundational theories and practical applications. The department's research areas included migration, discrimination, leadership, perfectionism, parental attitudes, psychometrics, and trauma, providing a multidisciplinary perspective on psychological science and its real-world implications. Additionally, I was responsible for organizing psychology-related events, such as club meetings and workshops, fostering academic and social engagement among peers. Outside of academics, I actively participated in the university's American football team for four years, honing teamwork, discipline, and leadership skills.

TRAINING AND CONTINUING EDUCATION ACTIVITIES

- **11.07.2022 - 15.07.2022**

Utrecht - Netherlands

UNIVERSITY OF APPLIED SCIENCES UTRECHT, NETHERLANDS, SUMMER SCHOOL: INTRODUCTION TO ARTIFICIAL INTELLIGENCE, MACHINE LEARNING, AND NEURAL NETWORKS

I completed an intensive program led by Sieuwert van Otterloo, PhD, introducing fundamental principles of AI, machine learning, and neural networks. The course covered key topics such as supervised and unsupervised learning, neural network architectures, and their applications in real-world scenarios. Participants engaged in hands-on exercises and case studies, gaining both theoretical knowledge and practical skills in AI and machine learning.

- **04.06.2020 - 06.06.2020**

Helsinki - Finland

COGNITIVE THERAPY FOR POST-TRAUMATIC STRESS DISORDER

I attended a comprehensive course and workshop focusing on evidence-based cognitive therapy techniques for the treatment of PTSD. The program combined theoretical instruction with practical, hands-on exercises, allowing me to develop skills in identifying and addressing trauma-related thoughts, restructuring maladaptive beliefs, and promoting recovery. Topics included effective strategies for managing trauma symptoms, enhancing coping mechanisms, and improving therapeutic outcomes in diverse populations. Course Tutor: Anke Ehlers.

PROFESSIONAL, LANGUAGE, AND SCIENTIFIC SKILLS

DIDACTICS SKILLS Programming languages such as: HTML, Python, JavaScript

STATISTICAL SKILLS Use of statistical software such as: SPSS and MatLab

LANGUAGE SKILLS Turkish: Native Speaker, English: C1 ,Italian: B2

ACADEMIC AND SCIENTIFIC ACTIVITIES

TEACHING ACTIVITIES

- **11.09.2023**

Kyoto - Japan

UNLOCKING THE FUN FACTOR: EXPLORING CASUAL VIDEO GAMES, GAMING MOTIVATION, AI-POWERED FACIAL EMOTION RECOGNITION, AND EYE TRACKING - 4 HOURS WORKSHOP

I conducted a 4-hour workshop at the Ritsumeikan Center for Game Studies, focusing on multimodal and multi-method approaches to studying video games. The workshop explored the intricate relationship between casual video games, gaming motivation, emotional facial expressions, and eye-tracking analysis. Casual games such as Snake and Card Memory Game were examined for their effects on players' moods and motivation, with AI used to monitor emotional facial expressions during gameplay. The session also included insights into how eye-tracking techniques reveal players' focus points and interactions with game elements, alongside discussions on related psychological variables.

- **01.11.2023 - 02.15.2024**

Florence - Italy

INTRODUCTION TO ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING FOR VIRTHULAB STUDENTS 14-HOUR COURSE

I delivered a 14-hour short course focused on teaching the fundamentals of AI and machine learning. The course covered core concepts, including AI principles and basic machine learning algorithms, along with techniques for data visualization and organization to enhance understanding and practical application.

SUPERVISION AND MENTORING

- **30.09.2024 - CURRENT**

Istanbul - Turkey

CCPHOS STUDIOS, SERVE THE CUPS VIDEOGAME - MENTOR

I mentor CCPhos Studios, a newly established game studies initiative founded by game design students. My role includes providing guidance on game mechanics, gameplay elements, and overall design for their project, Serve the Cups. Beyond technical support, I assist in organizing the group structure, streamlining collaboration among team members, and fostering a productive working environment. My contributions aim to ensure both the creative and organizational aspects of the project align with the team's vision and goals.

- **01.07.2023 - 30.10.2023**

Kyoto - Japan

RITSUMEIKAN UNIVERSITY

DUNGEONS, DRAGONS, AND EMOTIONS: A PRELIMINARY STUDY OF PLAYER SENTIMENT IN LLM-DRIVEN TTRPGS - YOU XIAO - SUPERVISOR

During my time in Japan, I served as the supervisor for You Xiao, a master's degree student in Computer Science, focusing on the adaptation of large language models for tabletop games in the role of a Dungeon Master. Under my guidance, the research culminated in a successful master's thesis, and we co-authored and published a paper based on the findings.

- **01.09.2022 - 01.10.2023**

Florence - Italy

VIRTHULAB

GAMING MOTIVATION: DEVELOPING A NEW TOOL TO MEASURE PSYCHOLOGICAL MOTIVATIONS TO PLAY VIDEO GAMES - ALESSIA MARTUCCI - SUPERVISOR

I supervised Alessia Martucci in her research on developing a new video game motivation scale applicable to both online and offline games. This collaboration involved designing and implementing the scale, analyzing its effectiveness, and refining it based on the findings. The research resulted in the publication of two journal articles.

CONFERENCE RESPONSABILITIES

- **05.06.2024 - 07.06.2024**

Turin- Italy

GEM 2024

TRACK CHAIR - TRACK CHAIR IEEE GAME AND ENTERTAINMENT (GEM 2024), TURIN, ITALY

I contributed as a reviewer and track chair for the Entertainment and Games section of GEM 2024, where I evaluated paper submissions, providing constructive feedback and ensuring the quality and relevance of the research. My role involved reviewing a diverse range of topics within the field, helping to maintain the integrity of the conference proceedings.

- **05.06.2024 - 07.06.2024**

Turin- Italy

METRO IND4.0&IoT

SPECIAL SESSION CO-EDITOR - IEEE METROIND4.0&IOT 2024 WORKSHOP, FLORENCE, ITALY

As Special Session Co-Editor for IEEE MetroInd 2024, I contributed to a session examining the impact of AI, IoT, and virtual worlds on modern gaming interaction and immersive experiences. My role involved managing the submission process, coordinating with reviewers to ensure a thorough and balanced evaluation of the papers, and maintaining the academic quality of the session. I worked closely with contributors and reviewers to promote discussions around the evolving role of technology in enhancing human experiences within gaming environments.

- **03.09.2023 - 05.09.2023**

Berlin - Germany

IEEE

TRACK CHAIR - IEEE 13TH INTERNATIONAL CONFERENCE ON CONSUMER ELECTRONICS BERLIN (ICCE 2023) BERLIN, GERMANY

I served as Track Chair for the Entertainment and Games section, overseeing the organization and management of paper submissions. My responsibilities included coordinating the review process, ensuring timely and constructive feedback from reviewers, and maintaining the quality and relevance of the accepted contributions.

REVIEWER ROLE

IEEE

- Consumer Electronics Magazine
- Transactions on Consumer Electronics
- Transactions on Affective Computing

TAYLOR AND FRANCIS

- International Journal of Human-Computer
- Behaviour & Information Technology

SAGE

- New Media & Society
- Psychological Reports

WILEY

- Human Behavior and Emerging Technologies
- International Journal of Computer Games Technology
- Journal of Addiction

FRONTIERS

- Frontiers Psychology
- Frontiers Psychiatry
- Frontiers Artificial Intelligence

RECOGNITIONS AND AWARDS

- **02.02.2024**

Florence - Italy

TRAVEL AWARD FOR YOUNG RESEARCHERS FROM APPLIED SCIENCES FOR CONFERENCE TRAVEL AND REGISTRATION COSTS

I received the prestigious Travel Award from the Applied Sciences journal, which supports early-career researchers in advancing their academic study through participation in international conferences. This award provided funding for my attendance at the Conference on Games 2024, where I presented my research and engaged with leading experts in the field.

COMMUNITY AFFILIATIONS

- **05.05.2022 - CURRENT**

Florence - Italy

MEMBERSHIP - IEEE ENTERTAINMENT AND GAMING TECHNICAL COMMITTEE

The IEEE Entertainment and Gaming Technical Committee supports the IEEE mission by advancing entertainment, gaming, and consumer technology through conferences, publications, standards, education, and emerging technologies. As a member, I contribute to these efforts by participating in initiatives that promote innovation and research in the field.

SCIENTIFIC PROJECTS

- **05.10.2024 - CURRENT**

Florence - Italy

G.A.M.E.S. – "GAMING ADDICTION AND MOTİVATION EVALUATION SYSTEM"

The G.A.M.E.S. project (Gaming Addiction and Motivation Evaluation System) explores the psychological motivations behind video game use and their relationship to problematic gaming behaviors, particularly in-game purchases. The project aims to develop a dynamic risk indicator that evolves, based on players' psychological needs and provides a longitudinal measure of gaming behaviors. The research involves parallel data collection in Japan, Turkey, and Finland, using a validated 12-dimensional motivation model. The goal is to understand the interaction between psychological factors and gaming, contributing to better prevention and intervention strategies for gaming addiction.
My role in this project:

- *Manage international collaborations and validate the scales in different countries, specifically in Turkey, Finland, Austria, and Japan.*
- *I ensure the successful adaptation of the models to these cultural contexts and contribute to cross-country data analysis.*

- **01.12.2024 - CURRENT**

Florence - Italy

SENSORY-COGNITIVE INTERACTIONS IN SERIOUS GAMES: THE ROLE OF COLOR, SOUND, AND BIOFEEDBACK ON MEMORY (IEEE SHORT PROJECT AWARD)

This project investigates how serious games can enhance memory performance in healthy individuals by examining the cognitive effects of color and sound. It explores how these sensory elements influence attention, recall, and overall cognitive engagement. Physiological and behavioral responses will be monitored using biofeedback data, including Galvanic Skin Response, Electrocardiography, and eye tracking, to capture visual attention and emotional arousal during gameplay.

- *This project was supported by the IEEE Consumer Technology Society (CTSoc) Committee for 9 months. As a principal investigator, I had to organize the experiences, data analysis, and progress of the short project.*

- **16.03.2021 - CURRENT**

Florence - Italy

WAFER – WEB-AGILE AFFECTIVE EXPERIENCE RECOGNITION

The software is based on AI modules based on state-of-the-art neural networks for detecting signals from eye activity eye and facial expressions capable of modeling and recognizing facial expressions associated with different emotions (neutrality, surprise, anger, happiness, sadness, fear, and disgust). Ability to easily implement such a versatile and agile tool (e.g., leveraging the smartphone or PC camera), integrating it into other existing services. It is possible to use it in multiple situations, such as online distance learning, working sessions and experimentation at a distance, and game performance monitoring. The tool can also be useful for self-monitoring and management of activities in telepresence, providing users with the feedback they need to have the best experience.
My Role in this project:

- *Developing and Optimizing Neural Networks: I designed and optimized convolutional neural networks and integrated them with the experimental platform. This included running specific experiments to validate the models.*
- *Eye-Tracking Integration: I was responsible for implementing and calibrating eye-tracking systems to capture participants' focus and attention during gameplay.*
- *Cloud-Based Data Collection System: I developed a cloud infrastructure to facilitate the real-time collection and analysis of physiological and behavioral data.*

- **05.06.2022 - 05.07.2023**

Florence - Italy



GREENATHLON - GREENING THE COMMUNITIES: A CROWDSOURCED SOLUTION FOR CLIMATE CHANGE RESILIENCE AND A GREENER WORLD

The main objective is to study, model, understand, and plan interventions in complex communities in order to change attitudes (implicit and explicit), beliefs, knowledge, readiness to change, and behaviors. These indicators will be used to promote community resilience in relevant and impactful contexts in Italian society.

My Role in this project:

- *Crafting gameplay mechanics to encourage sustainable behaviors.*
- *Designing gameful interactions to make green initiatives more appealing and accessible.*
- *Planning intervention programs tailored to community needs, promoting practical and meaningful environmental actions.*