



III International Congress
**FOREST AND
ITS POTENTIAL
FOR HEALTH**

ENG

Programme

7 - 10 October 2019

Girona - La Garrotxa (Catalonia/Spain)

The organisation reserves the right to modify the congress programme as appropriate.

MONDAY 7 Oct: RECEPTION 17:00 a 19:30 (Auditori de la Mercè - Girona)

17:00 - 18:00 Reception, badge and congress materials pick-up

18:00 - 19:30 Official welcome and opening of the III International Congress on Forest and its Potential for Health
Albert Bosch. Adventurer and entrepreneur

TUESDAY 8 Oct: FOREST FIELD TRIP 07:30 a 19:00 (la Garrotxa)

The morning will be spent visiting therapeutic and back-to-nature forest pilot schemes, in and around the Garrotxa Volcanic Area Natural Park. After lunch all together, there will be a group activity to share the morning's experiences and thus obtain some initial applied findings.

Guided groups of about 20 people will visit several projects (one project per group) and experience a peaceful guided forest bathing session lasting 3-4 hours.

The congress will encourage the creation of synergies at least in the following fields:

- Scientific research on forests and health
- The integration of forest therapy into public health and welfare systems
- Forest bathing as a new ecotourism product
- Working on synergies at a Mediterranean level

WEDNESDAY 9 Oct: PRESENTATIONS (Palau de Congressos of Girona)

Guiding thread by: **Rosa Maria Galindo Solé**, actress and president of the Fundació Miranda

MODULE 1 - RESEARCH UPDATE ON FOREST AND ITS POTENTIAL FOR HEALTH

MORNING Wednesday 9 Oct - Block 1. Presentations of 15 minutes each, plus 5 minutes wrap-up/questions.

8:30 Opening of doors

9:00 - 9:20 Opening speech: Forest and humans

Dr. Martí Boada. Institute of Environmental Science and Technology, Universitat Autònoma de Barcelona (ICTA-UAB). Scientific adviser to UNESCO - Catalonia/Spain

9:20 - 9:30 Moderator: **Dra. Roser Maneja Zaragoza.** Institute of Environmental Science and Technology, Universitat Autònoma de Barcelona (ICTA-UAB) - Catalonia

9:30 - 9:50 Healing and spa forests: translation of scientific knowledge into practice

Prof. Dr. med. Karin Kraft. Department of Complementary Medicine, Universitätsmedizin Rostock - Mecklenburg-Vorpommern - Germany

9:50 - 10:10 Forest climate as important health facilitator

Gisela Immich, M. Sc - Ludwig-Maximilians-Universität München - Germany

10:10 - 10:30 Weather conditions can determinate the concentration of terpene in the forest atmosphere.

Dr. Domingo Sancho-Knapik. Forest Resources Unit. Agrifood Research and Technology Centre of Aragón (CITA) - Aragón/Spain

10:30 - 10:50 Forests and Human Health: an experimental and cross-sectional study in the Montseny Natural Park

Albert Bach. Institute of Environmental Science and Technology, Universitat Autònoma de Barcelona (ICTA-UAB) - Catalonia

10:50 - 11:00 Round table and discussion

11:00 - 11:30 Coffee break

Organised by:



All information at: www.selvans.org/congress2019

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MORNING Wednesday 9 Oct - Block 2

Presentations of 15 minutes each, plus 5 minutes wrap-up/questions.

- 11:30 - 11:40 **Moderator: Michael Lüdtke.** *BioCon Valley*
Mecklenburg-Vorpommern - Germany
- 11:40 - 12:00 **International developments and efforts of standardization in Forest Therapy**
Dr. Dieter Kotte. *International Nature and Forest Therapy Alliance (INFTA)* - Australia
- 12:00 - 12:20 **Observation of benefits arising from Forest Medicine, Japanese research**
Dr. Hiroko Ochiai. *National Hospital Organization Tokyo Medical Center / International Society of Nature and Forest Medicine (INFOM)* - Japan

- 12:20 - 12:40 **Forest Therapy Research in the Republic of Korea**
Dr. Bum-Jin Park. *Chungbuk National University* - Republic of Korea
- 12:40 - 13:00 **Psychological wellbeing and stress assessment in communities living near forests**
Pending confirmation
- 13:00 - 13:30 **Round table and discussion**
- 13:30 - 15:00 **LUNCH**

MODULE 2 - CREATING OUR RECONNECTION WITH NATURE

AFTERNOON Wednesday 9 Oct

Presentations by speakers of 15 minutes each, plus 5 minutes wrap-up/questions.

- 15:00 - 15:10 **Moderator: Miquel Rafa.** *Fundació Catalunya La Pedrera* - Catalonia
- 15:10 - 15:30 **Present extension of forest therapy in European natural parks**
Carles Castell i Puig. *Diputació de Barcelona / EUROPARC Federation*
- Catalonia
- 15:30 - 15:50 **Links between mature forests and spiritual health**
Josep Maria Mallarach. *Associació Silene, and member of the IUCN World Commission on Protected Areas* - Catalonia
- 15:50 - 16:10 **Health and well-being in the context of international conservation efforts.**
Jo Hopkins. *IUCN WCPA Health and Well-being Specialist Group / Parks Victoria*
- Australia
- 16:10 - 16:30 **Catalan network of therapeutic forests**
Jaume Hidalgo i Colomé. *Associació Sèlvans* - Catalonia
- 16:30 - 16:50 **Projection of concerted arrangement of services in the public health system**
Dr. Frederic Cofan Pujol. *Hospital Clínic de Barcelona* - Catalonia
Albert Serra. *Old people's residency of Creu de Palau (Girona)* - Catalonia
- 16:50 - 17:00 **Round table and discussion**
- 17:00 - 17:40 **Coffee break**

- 17:40 - 18:00 **A new instrument for rural sustainable development**
3 representatives of municipalities working with Sèlvans
- 18:00 - 18:20 **Territorial diagnosis of health potential of forests, and legal framework, in Mecklenburg-Vorpommern**
Ulf Tielking. *Head of Unit Forestry Policy; Affairs of the Supreme Forestry and Hunting Authority. Ministry of Agriculture and the Environment of the State of Mecklenburg-Vorpommern* - Germany
- 18:20 - 19:00 **Progress in international cooperation on forest therapy**
Professor Dr. med. Dr. h. c. (mult.) Horst Klinkmann. *Senior Consultant and Ambassador Health Economy of Mecklenburg-Vorpommern* - Germany
Prof.(FH) Priv.Do. Mag. Dr. Gerhard Tucek. *Institute Therapeutic Sciences of the University of Applied Sciences Krems* - Austria
- 19:00 - 20:00 **“Proclamation of the III Congress in favour of the value of natural forests for societies' health and wellbeing”.**
Official commitments

THURSDAY 10 Oct: PRESENTATIONS (*Palau de Congressos of Girona*)

Guiding thread by: **Rosa Maria Galindo Solé**, actress and president of the *Fundació Miranda*

MODULE 3 - APPLIED HEALTH AND WELLNESS SERVICES IN THE FOREST. EXPERIENCES FROM AROUND THE GLOBE

MORNING Thursday 10 Oct - Block 1

Presentations by speakers of 15 minutes each, plus 5 minutes wrap-up/questions.

- 8:30 **Opening of doors**
- 9:00 - 9:20 **The experience of the German federated state of Mecklenburg-Vorpommern, from a political perspective**
Dr. Stefan Rudolph, *State Secretary. Ministry of Economics, Labour and Health Mecklenburg-Vorpommern - Germany*
- 9:20 - 9:30 **Moderator: Marc Vilahur**, *Nature Conservation Networka - Catalonia*
- 9:30 - 9:50 **LET'S GET OUT! 1st children's health & curative forest as therapeutic environment in the seaside resort of Heringsdorf.**
Dr. Karin Lehmann, *Kaiserbäder Usedom - Mecklenburg Vorpommern - Germany*
- 9:50 - 10:10 **Human health and sustainable forest management**
Igor Vizslai, *Forest Europe. Liaison Unit Bratislava - Slovakia*
- 10:10 - 10:30 **Forest bathing as a tool for the stewardship of high ecological value forests**
Silvia Gili i Olmeda / Montserrat Moya i Cardona, *Cooperativa Sèlvans - Catalonia*
- 10:30 - 10:50 **Implementation of therapeutic forest itineraries in the network of natural parks of Catalonia. Example of the *Paratge Natural d'Interès Nacional de Poblet*.**
Xavi Buqueras, *Ministry of Territory and Sustainability, Generalitat de Catalunya (Government of Catalonia) - Catalonia*
- 10:50 - 11:00 **Round table and discussion**
- 11:00 - 11:30 **Coffee break**

MORNING Thursday 10 Oct - Block 2

Presentations by speakers of 15 minutes each, plus 5 minutes wrap-up/questions.

- 11:30 - 11:40 **Moderator: Susan V. Joachim**, *International Nature and Forest Therapy Alliance (INF-TA) - Australia*
- 11:40 - 12:00 **The strategy and network of therapeutic forests in Republic of Korea**
Prof. Dr. Won Sop Shin, *Chungbuk National University - Republic of Korea*
- 12:00 - 12:20 **"Forest atmosphere bathing" in the region of Mühlviertel - From theory to practice.**
Christian Naderer, *Tourismusverband Mühlviertler Kernland (tourism board) - Austria*
- 12:20 - 12:40 **Ecotourism and wellbeing in the integral forest property of "El Edén de los Rafeles" in Honduras**
Moisés Hernández, *"El Edén de los Rafeles" - Honduras*
- 12:40 - 13:00 **Preservation and restoration of the forest area in Sandié, Burkina Faso**
Eugène Bamouni, *Club CPN « les Amis de la Nature » - Burkina Faso*
- 13:00 - 13:20 **Can Forest Therapy help transform consciousness in response to global climate catastrophe?**
Amos Clifford, *Association of Nature and Forest Therapy Guides and Programs (ANFT) - USA*
- 13:20 - 13:30 **Round table and discussion**
- 13:30 - 15:00 **LUNCH**

MODULE 4 - THE VALUE OF FORESTS AS A RESOURCE FOR SOCIETY'S HEALTH AND WELLBEING

AFTERNOON Thursday 10 Oct

- 15:00 - 17:00 **Group-work and networking session in support of the "Proclamation of the III Congress in favour of the value of natural forests for societies' health and wellbeing".**
- 17:00 - 17:30 **Coffee break**
- 17:30 - 17:50 **Dancing with the trees**
Heike Freire, *Director of the Higher Degree of Green Pedagogy. Florida Universitaria - Valencian Community*
- 17:50 - 18:10 **A new resource for forest owners**
3 representatives of forest owners working with Sèlvans
- 18:10 - 18:30 **Conclusions of the III Congress**
- 18:30 **See you at the IV International Congress on Forest and its Potential for Health**