

International Forest Therapy Days

July 1 – 7, 2019



1.7. Monday - Arrival Day

Bus service to location from airport
18:00-20:00 Evening meal

2.7. Tuesday - Forest Therapy Days Seminar Day

08:30 – 09:30	Registration & setting up Forest Therapy Market
09:30 – 11:00	Katriina Kilpi & Heidi Korhonen - Opening of International Forest Therapy Days Dr Park Bum-Jin , Chungnam National University, Daejeon (KOR): <i>Forest Therapy & Therapeutic Environment of forest: fine dust concentration, thermal comfort & phytoncides.</i> Dr Liz O'Brien , Forest Research (UK): <i>Forests, nature and human health in Europe</i>
11:00 – 11:30	Coffee & refreshments
11:30 – 13:30	Dorthe Djernis , University of Copenhagen (DK): <i>Nature-based mindfulness</i> Dr Eva Sahlin , Institutet för stressmedicin (SE): <i>Using Nature Based Therapy for rehabilitation and prevention of stress-related disorders</i> Ed Lord , Swansea University (UK): <i>An ethnography of forest therapy in West Wales</i> Alex Gesse , European Forest Therapy Institute (SP): <i>Forest Bathing, the Link to Work With Specific Groups</i>
13:30 – 14:45	Lunch & coffee
14:45 – 16:00	Ina Westerlund , Nomali Landscape Architects (FI): <i>Kintterö Health Forest</i> Dr Erja Rappe , Age Institute (FI): <i>Forests and aging</i> Dr Rik De Vreese , European Forestry Institute (BE): <i>Urban Forests for Health and Well-being</i>
16:00 – 16:15	Refresher with Sini Malmivirta
16:15 – 17:45	Reetta Karhunkorva Lusto (FI) – <i>The Finnish Forest Museum and the human-forest relationship</i> Henrik Ohlsson , Södertörn University (SE): <i>Conversations with the forest</i> Nitin Das , Healing Forest (IN): <i>Setting up eco-sensitive models of tourism</i>
17:45 – 18:00	Discussion & conclusion
18:00 – 19:30	Dinner
20:00 – 22:00	Sauna
22:00 –	Campfire

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3.7. Wednesday - Workshop Day

Timetable	Theme 1	Theme 2
8:00-10:00	Breakfast & setting up workshops	
10:00-11:30	Forest based integration (Josefin Wilkins)	Nature connection & Natural mindfulness (Ian Banyard)
11:30-13:00	Primeval forest & forest therapy (Dr Katarzyna Simonienko & Barbara Bańka)	The effects & possibilities of forest therapy in Finland (Dr Iwao Uehara)
13:00-15:00	Lunch time & mingling	
15:00-16:30	Children & nature connection (Marina Robb)	Creative forest therapy (Kit Berry & Laura White)
16:30-18:00	Forest relationship clinic (Reetta Karhunkorva & Anna-Kaisa Koski)	The Nature of Leadership: Guiding from a Place of Deep Listening (Sky Maria Buitenhuis)
18:00-19:30	Dinner & mingling	
19:30-20:30	Forest Sound Walk with Sanni Orasmaa	

4.– 6.7. Thu, Fri, Sat - Immersion Days

	Thursday	Friday	Saturday
8:00-10:00	Glorious morning hours	Glorious morning hours	Glorious morning hours
10:00-13:00	Children of the forest (Metsämörriohjaajat ry.)	How to start forest therapy in Finnish forest? (Dr Iwao Uehara)	Forest Therapy walk (Geeta Stillwell, ANFT)
13:00-15:00	Lazy lunch time	Lazy lunch time	Lazy lunch time
15:00-19:00	Forest Therapy walk (Alex Gesse, EFTI) The Story of Finns, the story of Sauna (Maaria Alén)	Forest therapy experience with phytoncides (Dr Bum-Jin Park) Metsämieli/Forest Mind walk (Inu Pelli)	Open stage: share your craft Creative forest therapy (Nitin Das)
19:00-21:00	Dinner Sauna & campfire	Dinner Sauna & Campfire	Certificates of attendance & Dinner Sauna & Campfire

7.7. Sunday - Getting Back Home Day

Breakfast 8:00-10:00
Getting home