



1. CROATIAN CONGRESS ON FOREST THERAPY

Zagreb, Sljeme – Tomislavov dom, September 12 and 13, 2022

Forest wellness - an instrument of health improvement and innovative
tourist offer

September 12, 2022

9:00 – 10:00 registration of participants

Congress moderator: Lidija Hanell, PhD environmental science

10:00 Opening ceremony and welcome speeches:

representative of organizer of the Congress

representative of Croatian National Tourist Board

representative of the Ministry of Agriculture and Forestry

representative of the Ministry of Tourism and Sports

Plenary presentations:

10:30 – 11:00 Dr. Qing Li (MD. PhD) Professor at the Nippon Medical School, Tokyo, Japan
President of the Japanese Society of Forest Medicine, Director of the Society of Forest Therapy,
Vice President and Secretary General of INFOM/International Society of Natural and Forest
Medicine:

The effects of forest bathing on human health - an introduction to forest medicine

11:00 – 11:20 Dr. Prof. Krešimir Rotim, Dean of the University of Applied **Health Sciences in Zagreb, Challengers of medicine in 21st century**

11:20 – 11:40 Amos Clifford – founder of ANFT/USA (Association of Forest and Nature
Therapy Program Guides):

Way of the Guide and Relation Forest Therapy: Implications for Research

11:40 - 12:00 Prof. Won Sop Shin – Professor at Chungbuk National University, Department
of Forestry, President of the Korea Forum on Forest Therapy, former Minister of the Korean
Ministry of Forestry:

The Korean experience of forest therapy

12:00 – 12:20 Dr. M.H. Adamek, INFOM-certified Forest Health Expert/International Society
of Nature and Forest Medicine

Vice Chairperson of the specialty Committee of Forest Health Maintenance Research of
WFCMS/World Federation of Chinese Medicine Societies

Head of IM-WALD-SEIN Institute for Forest Medicine and Forest Therapy

Being in the Forest. The natural response to psychological stress and lifestyle diseases

12:20 - 12:40 Dr. Dijana Vuletić, scientific advisor at the Institute for International Scientific
Cooperation of Southeast Europe /EFISEE/ of the Croatian Forestry Institute:

How forest ecosystem services contribute to human well-being

12:40 – 13:00 Prof. Dr. Mûfit Zeki Karagülle – Professor of Medicine, Medical Ecology and
Hydroclimatology, President of Turkish Association of Thermal Medicine and Balneology:

Why and how forests affect human health

13:00 – 14:00 lunch

Panel discussion

14.00–15.30

Forest wellness as a component of the tourist offer

Moderator: Ernest Svažić, CEO , founder and director of Ernest Solutions d.o.o.

14:00 – 14:20 introduction to the panel discussion: Dr. Romana Lekić - Assistant Dean of Edward Bernays University College: The combination of dendrotherapy and phytotherapy through transformative tourism for the new age

panellists: Marcel Medak, CEO and health tourism specialist, representative of the Republic of Croatia in European Spa Association ESPA, director of the Tourist Board of Bjelovar-Bilogora County,

Dr. Jelena Farkić - Tourism research, Forest, Therapy South Eastern Europe – Forest Magic: Inward journeys and simplicity of being, Mara Doljak mag.pharm., Dr. Anne Rabes, Project Managers- BioCon Valley, Germany

15:30 - 15:45 Coffee break

15.45 – 18.15

Health improvement trough the power of the forest

Moderator: Prof. Dr. M.Z. Karagülle

15:45 – 16:05 introduction to the panel discussion by Prim.Dr. Gorana Isailović: Prescribing nature – an individual approach

Panelists: Dr. A. Racz, University of Applied Health Sciences in Zagreb: Hugging trees from the aspect of medical science; MSc. Martina Zorić, Institute for Lowland Forestry, University of Novi Sad: Specific forest attributes that influence forest therapy; Prof. Iwao Uehara, Forest Science Departement of Tokyo University of Agriculter: Effects and Case Studies of Forest Therapy in Japan and Possibilities in the World; Dr. Gisela Immich, Department of Public Health and Health Services Research, Ludwig-Maximilian University of Munich: Healing and Medicinal Forests in a Rehabilitation/Spa Environment.

20:00 Formal dinner with a performance by Lana Škrgatić

September 13, 2022

Presentation of the Croatian edition of the book "Your Guide for the Forest Bathing" by Amos Clifford

10:00 -10:30 Introductory presentation – Prim.Dr. Gorana Isailović

10:30 - 11:00 Amos Clifford - presentation of the book

11:00 – 11:30 coffee break

11:30 – 13:00 workshops:

1. Immersions: Dr. M.H.Adamek, Amos Clifford, Dr, Gisela Immich

2. Art Therapy: Tara Beata Racz

13:00 - 14:00 Lunch