



2nd CROATIAN CONGRESS ON FOREST THERAPY

FOREST BATHING GUIDE

The background of the entire slide is a close-up photograph of a large pile of cut logs. The logs are stacked in a somewhat haphazard manner, showing various cross-sections of tree trunks. The wood is light brown with visible grain patterns, and some bark is still attached to the edges. The lighting is natural, creating soft shadows and highlights on the wood surfaces.

**shinrin-
yoku**

**forest
bathing**

**šumska
kupka**

- ✓ Increases concentration and creativity
- ✓ Reduces blood pressure and relaxes
- ✓ Strengthens the immune system, protects from diseases
- ✓ Complete harmony of body and mind
- ✓ Combination of techniques that provide a unique experience





**WE GOT THE
WHEELS
ROLLING...**

1st CROATIAN
CONGRESS ON
FOREST THERAPY

WORKSHOPS -
IMMERSION

1st CROATIAN CONGRESS ON FOREST THERAPY

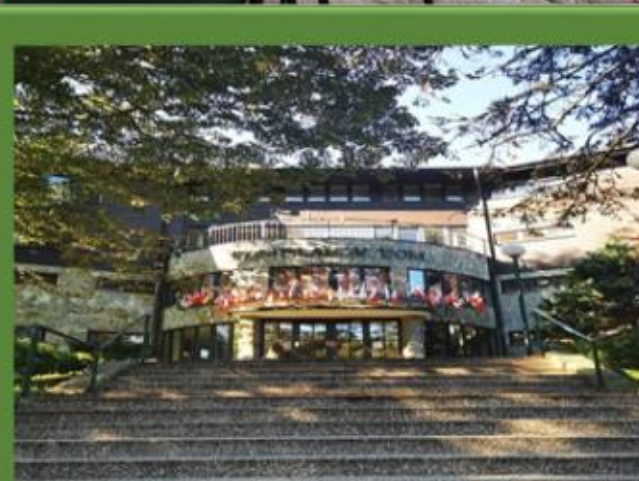
Tomislavov dom,
12-13 September,
2022

numerous visitors
from several
European countries

positive feedback

renowned
experts in the
field of forest
therapy

informative
lectures and
inspiring
workshops



RADIONICE - IMERCIJA

Sljeme, 11th
October, 2022

Maksimir, 25th
October, 2022

internationally
certified mediator
Darko Vukelić



A first-person perspective shot of a person's hands holding a smartphone to take a photo of an outdoor cafe patio. The patio is filled with people sitting at tables under large green umbrellas. The person taking the photo is wearing a light-colored, patterned shirt. The phone's screen shows the camera viewfinder with a grid overlay. The background is slightly blurred, emphasizing the hands and the phone.

... WHAT'S NEXT?

LOCATION???

OTOČKI VIROVI – the door to Spačva's basin

- ☐ unique area of natural heritage, tourism, agriculture, forestry, hunting and fishing
- ☐ top destination for eco-tourism
- ☐ educational trailways, cycling and rowing routes
- ☐ the project partially financed by the European Regional Development Fund

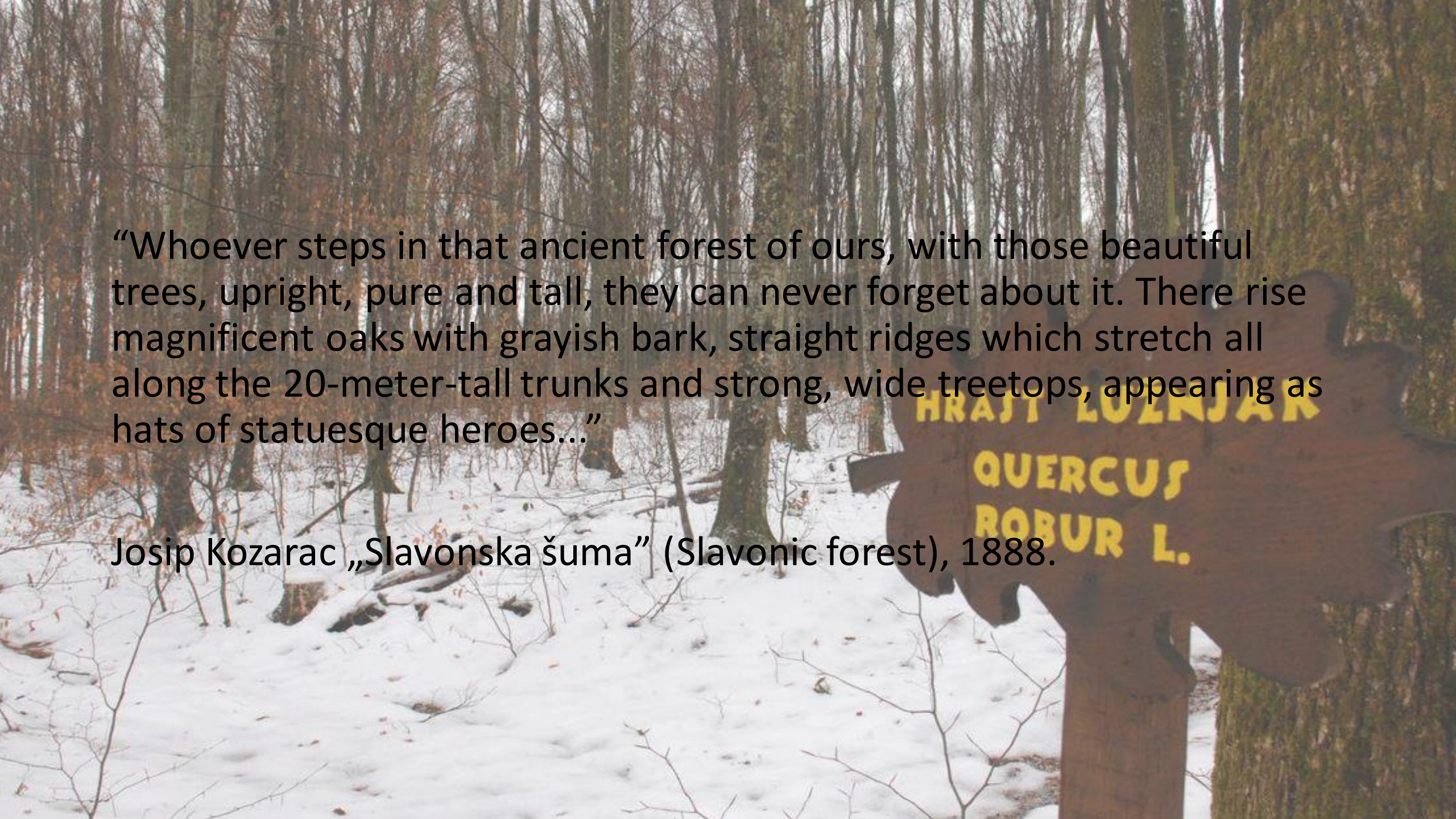


OTOČKI VIROVI
vrata spačvanskog bazena

SPAČVA'S BASIN

- lucerne oak – the most valued tree of the lowlands; giant - up to 50 m in height, trunk diameter 2.5 m
- Spačva – the largest lucerne oak forest in the Republic of Croatia
- „On forty thousand hectares, giant oaks create a huge natural habitat, where birdsong, bleating of the deer and other sounds of nature reign.”
- oak = a true small ecosystem, from top to root it provides a home for numerous animal species
- water wealth: Bosut and numerous other rivers and tributaries



A photograph of a winter forest scene. The ground is covered in a layer of snow, with some fallen branches and leaves visible. In the foreground on the right, there is a wooden signpost with yellow text. The background consists of many tall, thin, bare trees, likely oaks, standing in a dense forest. The lighting is soft, suggesting an overcast day.

“Whoever steps in that ancient forest of ours, with those beautiful trees, upright, pure and tall, they can never forget about it. There rise magnificent oaks with grayish bark, straight ridges which stretch all along the 20-meter-tall trunks and strong, wide treetops, appearing as hats of statuesque heroes...”

Josip Kozarac „Slavonska šuma” (Slavonic forest), 1888.

PANELISTS

- Prof. Won Sop Shin – Chungbuk National University of Forest Science, Korea
- Prof. M.Z.Karagülle - University Istanbul- spa and balneotherapy, Turkey
- Dr. Gisela Immich – Ludwig Maximilians University, München, Germany
- Prof. Iwao Uehara – University of Agriculture, Tokyo, Japan
- Dr. Darija Cviki – Vocational College of Hospitality, Wellness and Tourism Bled, Slovenia
- Dr. Gorana Isailović – MSPAAS/FTSEE; Belgrad, Serbia
- Dr. Jelena Farkić - Breda University of Applied Science, The Nederland
- Prof.dr. Melanie Kay Smith - Metropolitan University Budapest, Hungary
- Prof. Laura Secco - University TESAF-Padova, Italy
- Prof. dr. Aleksandar Racz – University of Applied Health Science, Zagreb, Croatia
- Dr. Tomislav Dubravec – Croatian Forestry Institute, Jasterbarsko, Croatia
- Dr. Dijana Vuletić – Croatian Forestry Institute, Jasterbarsko, Croatia
- dipl.ing. Darko Vukelić - Croatian Forest bathing guide and Forest Therapy practitioner
- Dr. Martina Zorić – Institute of Lowland Forestry and Environment, University of Novi Sad, Serbia
- Stefano Ravelli - principal CEO at Azienda per il Turismo Valsugana - Lagorai, Laghi , Italy
- Vaishnavi Viswanathan - Funder of Nature Connections India/Bangalore, India

A small, realistic-looking globe is suspended in the center of the frame. A lush green tree with a thick trunk and dense foliage grows out of the top of the globe. The globe itself shows some texture, with what appears to be soil or rocks visible at the base of the tree. The background is a soft-focus forest scene with sunlight filtering through the trees, creating a bokeh effect of light and dark spots.

**AND NOW, IT'S YOUR
TURN!!**

**SURRENDER TO THE FEELING OF EXISTING AND
BEING IN THE MAGIC OF THE FOREST.**