



15th European Forestpedagogics Congress Luxemburg - online, 2nd (3th) June 2021

**Forests for Human well-being –
more important than ever**

Summary & Conclusions

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Possible conclusions

Thesis A:

The restorative effects of forests are – of course – an important topic for forestpedagogs!

A lot of existing FP activities (games, demonstrations, field and research activities, other FP practices) are suitable for illustrating the importance of forests and forest ecosystem services for human health. Nevertheless, it is necessary that forest pedagogues are able to explain these benefits. Thus the activities should be adjusted and adapted to maximise their beneficial impact on health.



Possible conclusions

Thesis B:

Forestpedagogy can provide effective messages and communicate knowledge about forests by illustrating the positive impact of forests on human health.

Especially topics such as sports, recreation or health (human health, healthy way of living) are directly addressing many peoples' personal needs, wishes and expectations. The topic “Forests and Human Health” is suitable for communicating correlations between these personal demands and the multiple functions and services that sustainable forest management offers society. To communicate about this complex subject,



Possible conclusions

Thesis C:

Looking at the actual situation of forests worldwide its not only about me ... when bathing in the forest

Forests are under stress too (climate change, loss of biodiversity, ..) - so offers of Mindfulness, Health training or stress-reduction should focus on the forest in which we are guest – too!



Possible conclusions

Thesis D:

Forestpedagogy ≠ Forest bathing ≠ Forest mindfulness
≠ Forest health training ≠ Forest therapy

But: Each can include aspects of the others!

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Possible conclusions

Thesis E:

Offers in Forestpedagogy, Forest bathing, Forest mindfulness, Forest health training or Forest therapy afford special skills and competences of the guide.

This is a challenge to corporate!

A lush green forest scene featuring a stream with moss-covered rocks. A large, moss-covered tree trunk arches over the stream, creating a natural bridge. The water flows over the rocks, creating small rapids. The surrounding vegetation is dense and vibrant green.

Thank you !!