## Principles and sequence of creating a Forest Therapy Path

Linas DAUBARAS President, Lithuanian Association of Nature Therapy Zasady i kolejność tworzenia leśnej ścieżki terapeutycznej Forest Therapy is becoming very popular in the world (and in Lithuania too)

Demand for this kind of activity creates a desire for many *ordinary (?)* people to become a Forest Therapy Guide (Therapist)

Forest (Nature) Therapy Path is the main place where it takes place, so designing (creating) this path should be considered a question of highest importance for all present or future Forest Therapy Guides



- According to the methodology used, some parts or activities of Forest Therapy (FT) Path could differ slightly from each other, but the main principles always remain the same:
- FIRST OF ALL:
- anyone wishing to become a Forest Therapy Guide should have as much knowledge about nature and medicine as possible,
- that's why:
- In 2022 Lithuanian University of Health Sciences together with Kaunas Forestry and Environmental Engineering University of Applied Sciences launched a Post-Graduate study program called "Nature Therapy"
- 450 academic hours; 48 people graduated in 2023

## Designing a FT Path. Questions to be thought about:

- Safety (security): safe arriving, safe parking, safe environment, safe tasting, safe...
- Natural characteristics of the site for a path: landscape forms, soils, water bodies, diversity of grass and woody plants and their impact, animals, weather conditions, time of the year and of the day, etc
- Logistics, quietness, legal questions
- Disconnecting from ALL mobile devices (excluding FT Guide)
- Introducing main advantages of FT for the participants (customers)
- Awakening of all body senses
- Enough space and time for the activities and for everyone being alone

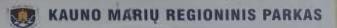




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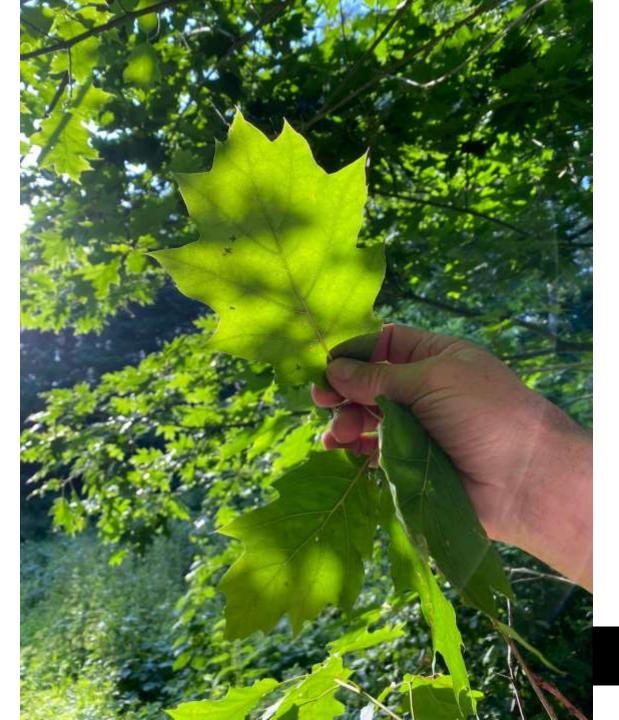








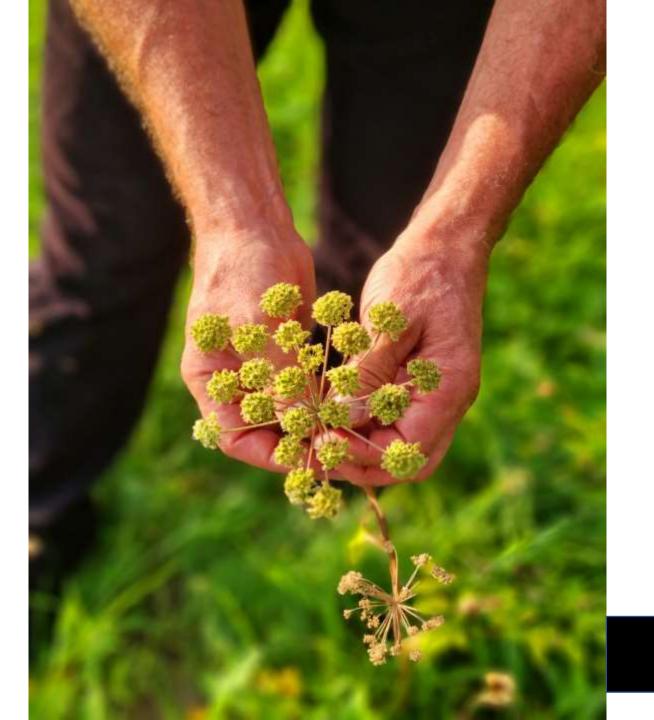




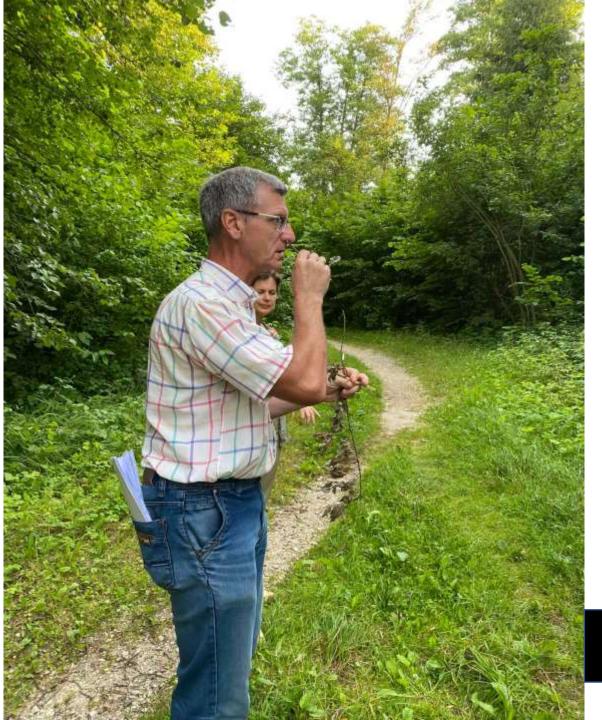
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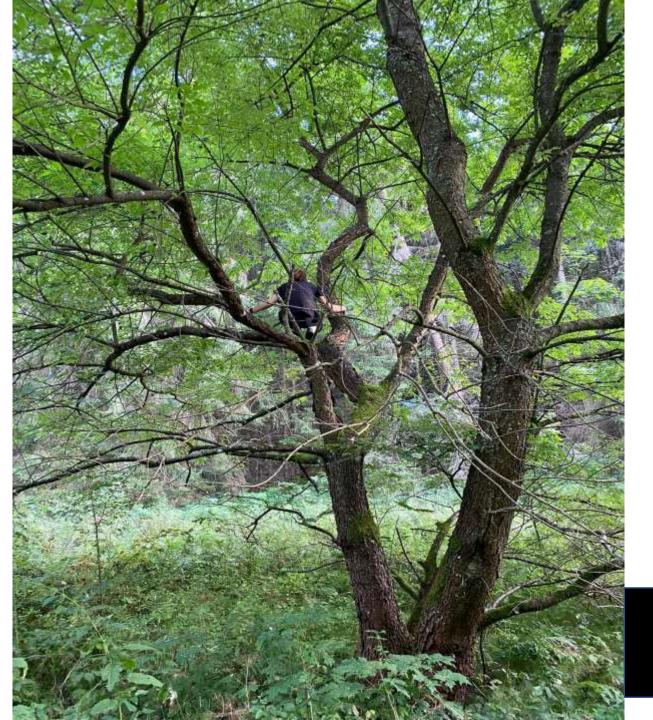
Hearing. Sound map



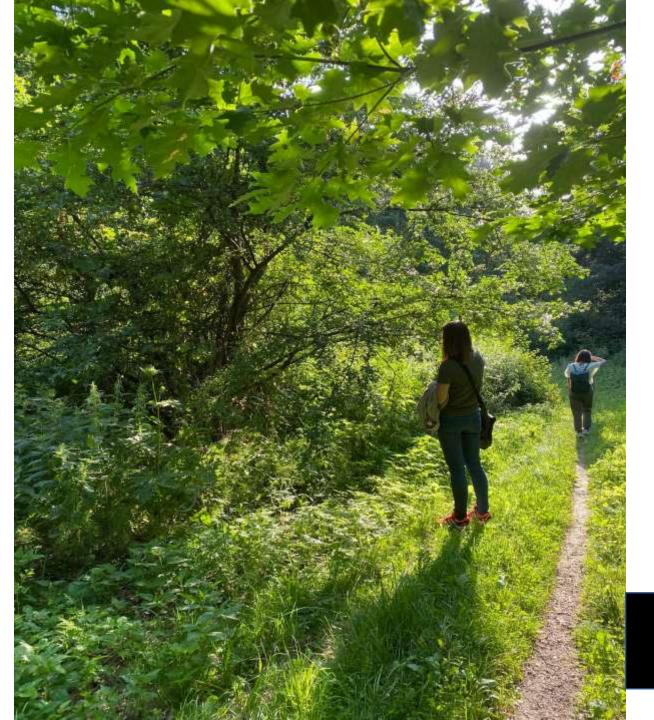
Tactile



Smell. It appears to be very important



## Make your connection with a tree 🙂



Deliberate observant walk





End of the Path – time for being alone ("doing nothing")





# Thank you for your attention