

Name of the place:			
Therapeutic forest			
Basic information			
Cadastral zone	Supraśl county, Podlaskie voivodeship, north-eastern Poland		
Land register reference	200209_5.0007.186		
Owner	Polish State Forests		
Contact	biuro@mocpodlasia.pl		
Latitude GPS	53.201485, 23.379491		
Area	29,995 ha		
Altitude	123,8 m above sea level		
Description of wider relations			
Growing culture	Mixed coniferous forest.		
The nature of the land	Coniferous forest, mostly pine, wet terrain.		
Current use	Valuable, protected therapeutic state forests	Comm.:	
Water or water source	High groundwater level; Supraśl river and few streams very close by.		
Territorial relations	State forest		
Forest management plan (FMP)	Yes	Valid through	2016-2025
Age: in %	spruce (<i>Picea</i>), birch (<i>Betula</i>)	25-50	20%
	pine (<i>Pinus</i>), spruce (<i>Picea</i>), oak (<i>Quercus</i>), birch (<i>Betula</i>), hornbeam (<i>Carpinus</i>), small-leaved linden (<i>Tilia cordata</i>)	50 and more	80%

Biota – forest cover and its inhabitants

Vegetation as from resources			state
Phytocenology	Fresh mixed coniferous forest, dominated by pine		
Original natural vegetation	Original natural vegetation is related to north, wetland forest		
Potential natural vegetation	birch (<i>Betula</i>), spruce (<i>Picea</i>), pine (<i>Pinus</i>), hornbeam (<i>Carpinus</i>)		
Forest stand: in %	Tree layer:	pine (<i>Pinus</i>), spruce	

		(<i>Picea</i>), oak (<i>Quercus</i>), birch (<i>Betula</i>), hornbeam (<i>Carpinus</i>), small-leaved linden (<i>Tilia cordata</i>)	
	Shrub layer:	rowan (<i>Sorbus</i>), hazel (<i>Corylus</i>), maple (<i>Acer</i>), oak (<i>Quercus</i>), spruce (<i>Picea</i>)	
	Herb layer (description):	ferns, grasses	
Fauna – remarkable, known-but-not-seen			state
Vertebrates	moose (<i>Alces alces</i>), wood grouse (<i>Tetrao urogallus</i>), woodpeckers (<i>Picoides tridactylus</i>), beaver (<i>Castor fiber</i>), red deer (<i>Cervus elaphus</i>), wild boar (<i>Sus scrofa</i>), roe deer (<i>Capreolus capreolus</i>)		
Insects	ticks (<i>Ixodida</i>), ants (<i>Formicidae</i>), wasps (<i>Vespula vulgaris</i>), ladybugs (<i>Coccinella septempunctata</i>), <i>Anoplotrupes stercorosus</i> and <i>Geotrupes stercorarius</i>		

Forest as a cultural aspect of the landscape

PAST

Culture

What has influenced the forest so far, is it somehow connected with the culture of the surrounding environment, is it part of the cultural development of the landscape?	The forest has always been associated with great magical power. It was not without reason that it was treated as a place of worship, home to magical beings that had an impact on people's health and lives. Many forest plants have been used in rituals and during festivals. The Podlasie Voivodeship is one of the most forested areas in Poland. People who lived close to the forest used the herbs, shrubs and trees for food, timber and medicine.	
--	--	--

Civilization

What is the relationship between the forest and civilization now, how does the civilization reflect on its state and development?	Herbalists were once forest experts, and their practices were one of the few ways in earlier times to help people with their ailing health. Herbalist knowledge often saved people's lives. Therefore the forest was, and still is, an important part of people lives.	
---	--	--

Story

Origin of the relation	In the past, the forest was not only a source of food and shelter but could also be considered a "pharmacy" that protected our ancestors against various diseases and ailments. It is very likely that the forests were the source of today's field of medicine, by providing natural cures.	
PRESENT		
		Notes and questions
Natural side of present development		
	Nowadays, people don't pay as much attention to the forest like they used to in the old days. For the most part, many people spend their time primarily working in their offices and homes. The days of modern people are full of overstimulation and stress, and their mental health is getting worse and worse. Therapists discovered that spending time in the forest can calm people down, help them find mental balance, and all of that completely for free. As such, it was deemed a good idea for this forest plot to be occasionally used for forest therapy.	
Threats and limits		
	Lack of space, lack of people interested in forest therapy, lack of sufficient funds, not enough therapists well-versed in forest therapy, not enough paths	
FUTURE		
		Notes and questions
Natural side of future development		
	Paths and signs will be created to help people enjoy the therapeutic aspects of the forest on their own.	
Threats and limits		
	Insufficient funds, vandalism.	
Intention of the forest activities		

Expectations	Recognition of forest therapy as an effective support for both mental and physical health, creating paths and signs	
What will my forest provide to people	Forest therapy can help people as an adjunctive therapy, for example to calm them down when they are stressed or suffer from anxiety, depression or other issues	
Plan – in 10 years	Creating paths and signs	
Plan – in 50 years	The planting and protection of forests which, being special places in terms of nature, can be places of therapy for people, management of the signs and paths, monitoring of the forest	
Who do we need to reach the goal?	local forester, local community, forest therapists	

Proposals and steps

What	Legend	Who
Consulting with the local forester and a forest therapist	Looking for as many positive factors as possible and presenting therapy as beneficial to people. Consulting with the forester and therapists where the paths should be located and what signs should be placed where.	Forester, forest therapists
Creating paths and signs	Crating paths, placing the signs for people.	Forest owner
Education and Promotion	Promoting and spreading awareness about the therapeutic qualities of the forest among the local communities.	Forest owner, forest therapists
Monitoring	Checking the facilities, adjustment, restoration and repairing if deemed necessary.	Forest owner

Monitoring the development

Time		

Inspiration

Literature		what
	https://www.forest-therapy.pl/	

Enclaves of Life (Enklávy života), 2020-1-CZ01-KA205-077463

Heard around	<i>www.mocpodlasia.pl</i>	
Meetings		
Discussions within the project team		