

Case Study

Skovly – Forest Wellness Retreat

Denmark

Module 1

Skovly - ved Ribe



Skovly was established to evolve, evaluate, and enhance the credibility of nature-based interventions and well-being practices in mental health, health promotion, and ecotourism.

Location

Skovly means 'forest light' in Danish. Skovly – Forest Wellness Retreat is a profit-for-purpose nature-based enterprise, with a strong social and environmental focus, driven by impact. We are leaders in our field, using business as a source of good. We are based in Silkeborg, Denmark but our reach is international. We adhere to the highest ethical principles in working with people and nature.





Why Forest Bathing and Nature?

Throughout the world, people of all age groups are spending less time outdoors. This has drastic implications for human and planetary health.

Nature contact is vital to mental health and well-being and, without a strong connection to the natural world, people will not fight to protect it.

Enhancing nature connectedness can reduce psychological distress, support mental health recovery, and inspire action to address the climate crisis. Belonging and life significance can be experienced through nature, by recognising our place in the interconnectedness of the natural world. With increasing inequality due to the global pandemic, we advocate for nature in all policies and 'epigenesis' (equal opportunities for access and exposure to nature for everyone). The rights of nature underpin everything we do.

Skovly are nature and wellness experts.

We develop cutting-edge nature-based interventions, underpinned by science, and train practitioners in the competencies necessary to deliver them.

Our aim is to instigate meaningful change by having societal, environmental, and economic impact and integrating nature-based solutions into the health system.

We resource community mental health initiatives, advocate for new green jobs, and create a diverse, ethical, and sustainable community of practitioners around the world. We challenge inequality, promote inclusion and diversity, and foster community.



Trees and Plants



Reducing emissions



Wellbeing



Sustainability and Trees



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Need for More Engagement with Nature
Less people are engaging in nature-based recreation (e.g. park visitation, fishing, camping, and outdoor play) (Clements, 2004; Frost, 2010; Pergams & Zaradic, 2008).

Both older people and younger people and people living in developed and developing countries have shown this pattern (Chopik, 2016; Sigmund et al., 2015).

Forest Bathing Guide Certificate This training covers the areas of nature-based health promotion, eco wellness, and disease prevention.

Integrative Forest Therapy Practitioner Certificate This practitioner level works with individuals experiencing psychological distress, mild, or moderate mental health difficulties.

Silkeborg Forest Wellness Eco Tourism Training Project, Denmark This joint initiative with Silkeborg Municipality, Jutland Health Region, and the Danish Nature Agency trains Forest Wellness Guides for ecotourism and business development.

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