

Case Study

Nordsjælland National Park

Denmark

Module 2

Narodni park Royal North Sealand

Traditional royal forest immersion based on our folklore and revitalizing the therapeutic nature culture strengthen the connection to our own roots. They help us better understand who we are, where we come from and what is valuable and worth preserving in our culture. Through traditional Danish royal forests, even the foreigners who are our guests can better understand us Danes. My goal is to help you find something valuable for your own life in this time, from nature and our forest tradition, our root connection.

Location

Center for Fokus – Skovterapi operates in North Zealand (Nordsjælland), Denmark, with its primary activities centered in and around Dyrehaven (The Deer Park) — a historic, UNESCO-listed royal deer park just 15 km north of Copenhagen.





Linking economies and stakeholders for commercial partnership

Commercial Model & Activities

Center for Fokus believes this forest-therapy model provides a blueprint for workplace wellness across Scandinavia, marrying certified guides with companies, municipalities, and health authorities to reduce burnout while enhancing access to Denmark's natural heritage.

A

Activities & Commercial Model

- 1–2 Day Skovbad Workshops (DKK 1,500–3,000/group) with guided sensory sequences for stress relief.
- Introduction to Forest Therapy sessions combining eco-social work and mindfulness.
- The Sensory Trail Network — mapped paths in Dyrehaven for corporate team resets.
- Welcome pavilion with reflection spaces, herbal infusions, and rest areas.
- Pay-to-participate contracts with tech firms and public sector for employee programs.
- A range of forest recreation activities in Frederiksborg Castle grounds.
- Caravan and Camping Park and car parking for over 100 vehicles.

Training for Traditional Forest-host
Events & Groups



Trees and Plants



Reducing emissions



Wellbeing



Sustainability and Trees



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Trees and Plants

Trees and Plants To allow the flora and fauna to live and breathe, they leave certain areas to grow naturally without being “manicured”. And to make sure trees continue to flourish for generations to come, they replant every one that falls or needs to be knocked. The fallen trees are put to good use: their bark is used for mulch to keep the cycle of life rotating.

Reducing emissions

Energy They endeavour to be as energy-efficient as possible by using solar-charged audio guides and electric shuttles to trailheads. Their rechargeable batteries power session tools where possible.

Waste They follow the mantra of “Reduce, Reuse, Recycle.” — meaning very little gets thrown away. Recycling and compost bins are in place and all their takeaway materials are eco-friendly.

Wellbeing

Healthy and Enjoyable Activities Promote Healthy and Enjoyable Activities Their outdoor activities are designed to be a positive choice for both body and mind. Their park provides opportunities for both forest-based activities, including Denmark’s certified skovbad experiences. Whether visitors come to the forest for an exhilarating group awakening or a thoughtful solo immersion, they are confident they will leave feeling all the better for it. They also make nature and wellbeing accessible to all so that everyone can enjoy the benefits of nature and natural landscapes.

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