

JOIN THE PROJECT



WHAT: International project on the impact of forests and forest therapy on human health and well-being

WHO: adults interested in nature

WHEN: 6 weeks (spring/autumn 2026–2027)

WHERE: Mariborsko Pohorje, Rozkina gozdna učna pot

APPLY via QR code



MORE INFORMATION

Join forest therapy program and enjoy guided time in nature while helping international research on how nature supports health and wellbeing.

What to expect:

- Small group (25 people) led by certified forest therapists
- Gentle nature-connection activities, group discussions & forest relaxation
- Duration 6 weeks – therapies will take place on Friday mornings (you can attend one set of therapies in spring or autumn 2026 or 2027)

Who can join? Adults interested in nature, personal wellbeing and contributing to science. No experience needed.

As part of the research, we will monitor your well-being using self-reflective questionnaires, and also perform some simple measurements of physiological parameters.

You will be notified of your selection to participate in the research using your contact details.

Start of the first set: May 8, 2026