

**First Annual Living in the Anthropocene Forum  
Forest Medicine & Biophilia**

March 22<sup>nd</sup>-23<sup>rd</sup>, 2019

Parco Regionale Dell'Appia Antica

Via Appia Antica 42

Rome, Italy

Nature represents an essential element for human life with implications for physical and psychological well-being, child development, social inclusion and cohesion, crime and public safety, and economic development. This Forum explores how connection with nature in its various forms, from direct contact to virtual reality and the inclusion of nature in architecture and urban planning contributes to well-being and sustainable living. The Forum will present and discuss cutting edge research and practice as well as avenues for future development.

**Friday - March 22<sup>nd</sup>**

**Nature and Well-being: Individual and Collective Benefits**

9.00 *Registration Opens*

**9.30-10:00** **Welcome**

Dr. Vanja Stenius, Fondazione Appia Antica, Rome, Italy

**10.00-11:00** **Keynote Speech**

Dr. Qing Li, Nippon Medical School Hospital, Tokyo, Japan

11.00 – 11.30 Break

**11.30 - 13.00** **Impact of Forest Medicine on Physical and Psychological Well-being**

*Effects of Virtual Reality Forest Environment on Mental Health*

Dr. Chia-Pin Yu, National Taiwan University, Taipei, Taiwan

*Nature and mental health – recovery through interaction with nature*

Dr. Anna Maria Palsdottir, Swedish University of Agricultural Sciences, Uppsala, Sweden

*BlueHealth – Water and well-being*

Dr. Laura Mancini, Higher Institute of Health, Rome, Italy

13.00-14.00 *Lunch*

**14.00 – 14.30** **Forest Bathing and Forest Therapy Applied – Benefits for Individual and Social Well-being**

Mr. Alex Gesse, Instituto de Baños de Bosque (IBB), Barcelona, Spain and European Forest Therapy Institute (EFTI)



**14.30 – 15.00 *Urban Gardening: RU:URBAN Project***

Mr. Claudio Bordi, Risorse per Rome S.p.A., Rome, Italy

**15.00 – 15.30 *Child Development and Nature***

Dr. Maurilio Cipparone, ReteDNA/Consorzio Universitario CURSA, Italy

15.30 – 16.00 Break

**16.00 – 17.00 *Roundtable - The Future of Nature as Medicine in Urban Contexts***

Dr. Qing Li, Nippon Medical School Hospital, Tokyo, Japan

Mr. Alex Gesse, Instituto de Baños de Bosque (IBB), Barcelona, Spain and European Forest Therapy Institute (EFTI)

Dr. Maurilio Cipparone, ReteDNA and Consorzio Universitario CURSA, Italy

**17.00 – 17.30 *Formal and Informal learning - the R&D project "CART-D'ORT - The Identity Card of the Urban Garden***

Dr. Patrizia Garista, Università Telematica degli Studi, Rome, Italy

**Saturday, March 23<sup>rd</sup>**

**Biophilia and Sustainable Urban Development**

9.30 *Registration Opens*

**10.00 - 11.00 *Biophilic Design and Sustainable Architecture***

*Biophilia in WELL Building Standard*

Mr. Jooyoon Kim, WELL Faculty, University College London, London, UK

*Sustainable Architecture*

Prof. Ettore Maria Mazzola, University of Notre Dame, Rome Global Gateway, Rome, Italy

**11.00 – 11.30 *Country focus: Sweden***

Minister Counsellor Fredrik Alfer, Deputy Permanent Representative of Sweden to the Food and Agriculture Organization of the United Nations

11.30 – 11.45 *Break*

**11.45 – 12.30 *City Focus: Lessons in Sustainable Urban Development and Protection of Cultural Heritage***

Assessore of Transportation and Environment Marco Granelli, City of Milan

Mayor Milvia Monachesi, City of Castel Gandolfo

**12.30 – 13.00 *Business as a Force for Good: Private Enterprise in the Service of Environment and Society***

Ms. Julia Sherbakov, Fortitude Partners and B Corp Ambassador, Rome & London

13.00 - 14.00 *Lunch*



**14.00 – 15.00 *Transforming Communities: Lessons from Research and Practice***

*WELL Communities*

Ms. Patrizia Laplana Bigott, International WELL Building Institute/ASLA Green Solutions S.L., Madrid, Spain

*Smart Cities: The Life for Silver Coast Project*

Prof. Gian Piero Joime, University Guglielmo Marconi, Rome, Italy

**15.00 – 16.00 *Biophilic Cities***

*Biourbanism approach as a new epistemological perspective between science, design and nature*

Prof. Nikos Salingaros, University of Texas at San Antonio, USA

Dr. Antonio Caperna, International Society of Biourbanism, Rome, Italy

**16.00 – 16.15 *Break***

**16:15 - 17.30 *Roundtable – The Future of Sustainable Urban Development***

Dr. Anna Maria Palsdottir, Swedish University of Agricultural Sciences, Uppsala, Sweden

Mr. Claudio Bordi, Risorse per Rome S.p.A., Rome, Italy

Mr. Laurence Bannerman, European Parking Association and AIRPARK, Zagarolo, Italy

Prof. Gian Piero Joime, University Guglielmo Marconi, Rome, Italy

RSVP to reserve your place register at: [events@fondazioneappiaantica.org](mailto:events@fondazioneappiaantica.org)

**Your generous donation is greatly appreciated**

**Working language: English**

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# **Fondazione Appia Antica Inaugural Fundraiser**

**March 23rd, 2019, 8 p.m.**

**Società Cooperativa Florovivaistica del Lazio**

**Via Appia Antica 172**

**Rome**

## **Special Guests**

Dr. Qing Li, Nippon Medical School Hospital, Tokyo, Japan

Milvia Monachesi, Mayor of Castel Gandolfo

## **Expected Guests**

Antonio Tajani, President of the EU Parliament

Nicola Zingaretti, President of the Region of Lazio

Virginia Raggi, Mayor of the City of Rome

Carlo Colizza, Mayor of the City of Marino

Fabrizio Rita, Secretary General of the City of Ciampino

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**Your generous donation is greatly appreciated**

