

18-19
NOV
2019



Forests feel good

- TO PEOPLE
AND THE CITY

1ST BERLINER STADT WALD CONGRESS 2019

PARTICIPANT DOCUMENTS

Senatsverwaltung
für Umwelt, Verkehr
und Klimaschutz



Forests feel good

– FOR PEOPLE AND CITY.

NOT JUST A TRENDING SUBJECT BUT SCIENTIFIC FACT.

Especially in constantly growing conurbations, forest and nature gain an increasing significance for the urban population as a space for recreation and experience and thus serves an important social function. The Berliner Forsten puts the positive effect of the forest on humans at the center of its first Stadt-Wald-Congress.

Forestry and forest science meet urban and public space development, social science and health science, but also politics and economy – as well as national and international high-ranking experts. During two days of the congress we want to debate the effect and the use of the forest for and by people and urban societies in impulse lectures, interviews and with best practice examples. Practical offerings in the field of forest therapy and workshops with renowned experts complete the program of the congress.

Your experience in dealing with forest and nature in or outside of a city are important to us. Have a conversation with our experts about your/ their ideas. Discussion forums provide the perfect atmosphere for a mutual exchange.

Therefore, we cordially invite you to our 1st Berliner StadtWaldCongress.

Greetings from the woody metropolis Berlin



Elmar Lakenberg, Head of Berliner Forsten

ON OUR CONGRESS YOU GET TO KNOW AND DISCUSS

- How the forest effects the health and well-being of the people
- the role the forest and the nature have to play in urban development
- the effects of regeneration in a forest on the different groups of the population
- how offerings in the forest and the public space can work out for each side

YOUR EXTRA

- you receive information about the current state of knowledge of the forest and its effects on the health and well-being of inhabitants of metropole regions
- you are able to develop visions and create the city forest of 2050
- you get to know the News on the subject of Forest Bathing on prescription, as an idea for the future
- you can take part in practical seminars and workshops on Forest Therapy such as Forest Bathing, Health walks and Mindfulness Stress Reduction Training
- you get the chance to network
- you get an insight into the work of the Berliner Forsten and are cordially invited to an evening get-together in one of our Forest offices on the first day of the congress



PROGRAM // MONDAY, 18TH OF NOVEMBER 2019

OUTDOOR SEMINARS* | 07:30 – 10:00 am

Wild Herbs Walking Tour with Stephan Engelhardt , Founder of the NatureSchool and teacher for wild herbs	Forest Health Walk with Michaela Tiedt-Quandt , Forest Manager and Guide for Health Walks	Shinrin Yoku with Tea Ceremony with Lia Braun , Master in Psychology and Certified Forest Therapy Guide	The forest and I - mindful & connecting experiencing nature with the Berlin Forest Schools
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PALAIS

09:00	Accreditation of participants	
10:00	Opening 1. Berlin Stadt Wald Congress Regine Günther , Senator of Berlin for the Environment, Transport und Climate Protection Elmar Lakenberg , Head of Berliner Forsten Moderation: Anni Dunkelmann	14:30 Impuls Lecture Forest – a Green Delight for Humans (Forest, Health and Actors) – a Performance Prof. Dr. Michael Suda, Dr. Annika Gaggermeier Head of the Chair of Forest and Environment Policies of the Technical University of Munich
		15:15 <i>Coffee Break</i>
10:25	Keynote: What do we Need Nature for? Nature as a Space for Perception and Instance of Senses Prof. Dr. Ulrich Gebhard , University of Hamburg	15:30 Panel discussion Forest and Health for the Metropolis Berlin: Impulses and Recommendations Dr. Qing Li, Prof. Liisa Tyrväinen, Matthias Herbert and Prof. Michael Suda
11:15	<i>Coffee Break</i>	
11:30	Impuls lecture The Effects of the Forest on Human Health Research Professor Liisa Tyrväinen , Finland, Natural Resources Institut Finland (Luke)	17:00 Interview Forest Feel Good, but why? A Conversation with the Practitioners Lia Braun, Stephan Engelhardt und Michaela Tiedt-Quandt Moderation: Anni Dunkelmann
12:15	<i>Lunch Break</i>	
13:00	Impuls lecture The Beneficial Power of the Forest: About Forest Bathing/Shinrin-Yoku and Forest Medicine in Japan Dr. Qing Li , Nippon Medical School Tokyo, Japan	17:15 End of Day 1 – First résumé of Elmar Lakenberg, Head of Berliner Forsten
13:45	Impuls lecture Urban Forest and Urban Green Infrastructure - integrative approaches in the urban development Matthias Herbert , Head of Department „Nature and Landscape in Planning and Projects“ BfN Leipzig Field Office	18:00 Sow Refreshment* at the Forest Office in Berlin Tegel

PROGRAM // TUESDAY, 19TH OF NOVEMBER 2019

PALAIS Moderation: Anni Dunkelmann		HUMBOLDTSAAL Moderation: Marc Franusch, Berliner Forsten	
8:30	Accreditation of participants		
9:00	Welcome und Introduction to the program		
9:30	Impulse Healthy Life through Slowing Down and Mindfulness: Mindfulness Stress Reduction Training and Forest Therapy as University Certificate Prof. Dr. Ahmed Karim , Associate Professor for Health Psychology and Neurorehabilitation, SRH Fernhochschule Riedlingen	9:30	Impulse Challenges and Chances in the Utilization of Forests for the Purpose of Recreation and Free Time Prof. Dr. Ulrich Schraml , Forestal Laboratory and Research Institute Baden-Württemberg, Department Forest and Society
9:55	Interview Forests Feel Good, but why? A Conversation with the Practitioners Dr. Rita Lüder , Gabriele Skrock and Dr. Joanna Küchler-Krischun Moderation: Anni Dunkelmann	9:55	Interview An Urban Forest and many Requirements: How can a Forest be of Possible Use to Everybody? With Elmar Lakenberg , Head of Berliner Forsten and Jürgen Kircher (tbc) , Head of Forestry Administration of Augsburg Moderation: Prof. Dr. Ulrich Schraml
10:20	<i>Coffee Break</i>		
10:45	Impulse Healing with the Power of Nature: Experience from Practice and Research by the Charité – What Does Really Help Prof. Dr. Andreas Michalsen , Immanuel Hospital/ Charité Berlin	10:45	Workshop Proposals for Health Preservation in the Forest – Proposals for Public Space. How does that Work out for Everybody? Prof. Dr. Ulrich Schraml , Forest Research Institute Baden-Württemberg Department Forest and Society
11:15	Report on Experience About the Pilot Project “Forest and Health“ by the Dr. Becker Clinic Möhnese and the Civil Service Wald und Holz North Rhine-Westphalia Dr. Christiane Ihlow , Dr. Becker Clinic Möhnese		
11.45	<i>Coffee Break with Small Snacks</i>		

KONFERENZRAUM I – WORKSHOP

11:00 – 12:40	“City Forest 2050” – Requirements of the Future Urban Forest with Prof. Dr. Stephan Pauleit und Dr. Gerd Lupp , School of Life Sciences Weihenstephan, Technical University of Munich, Germany
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PROGRAM // TUESDAY, 19TH OF NOVEMBER 2019

PALAIS Moderation: Anni Dunkelmann		HUMBOLDTSAAL Moderation: Marc Franusch, Berliner Forsten	
12:00	Panel Discussion Staying Healthy and Getting Well in the Forest Prof. Dr. Andreas Michalsen , Immanuel Hospital/Charité Berlin, Jörg Meier , 1. Chairman of German Federal Association for Forest Bathing, Franz van Elsbergen , (tbc) Civil Service Wald und Holz North Rhine-Westphalia Moderation: Anni Dunkelmann	12:00	Impulse How do Trees Get on Roofs and Forests into Cities? Perspectives for Metropolises. Conrad Amber , Austria, Author
		12:30	Impulse Innovations for the Green City – Chances, Potentials and Best Practice Susanne Formanek , Austria, GRÜNSTATTGRAU
13:00	Workshop Forest Bathing on Prescription – just a Vision of the Future? with Prof. Dr. Andreas Michalsen , Immanuel Hospital/Charité Berlin	13:00	Interview Forest and the City mit Conrad Amber , Susanne Formanek , Klaus Wichert , SenUVK, Prof. Dr. Ferdinand Ludwig , (tbc) Technische Universität München (TUM) Moderation: Matthias Herbert , Head of Department „Nature and Landscape in Planning and Projects“ BfN Leipzig Field Office
14.00	Résumé by Stefan Tidow , State Secretary for Environment and Climate Protection, Senate Office for Environment, Transport und Climate Protection of the Federal State of Berlin and Elmar Lakenberg , Head of Berliner Forsten		
14.20	Lunch break		

OUTDOOR SEMINARS* | 15:00 – 16:30 PM

Fascination Mushrooms with Dr. Rita Lüder , Vice President of the German Mycological Society	Shinrin Yoku Forest Bathing in the Nature with Dr. Jonna Küchler Krischun , Expert for Green Meditation and Nature-Related Techniques of Mindfulness	Introduction to the Holistic Forest Therapy with Gabriele Skrock , Alternative Practitioner of Psychotherapy, Holistic Health Advisor	Forst splashing – fun, moving, educational with the Berlin Forest Schools	Forest Health Walk with Michaela Tiedt-Quandt , Forest Manager and Guide for Health Walks
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*OUTDOOR SEMINARS

Participants are limited to 20 people. Please register in advance. Participation will not be charged. Moreover, please bring adequate clothing and suitable footwear.

SOCIAL PROGRAM SOW REFRESHMENT

The evening snack is going to be solid and savory. The Berlin Forestry Administration Berliner Forsten invites every participant of the congress to the very popular “Sow Refreshment”. Please make sure to bring adequate clothing and suitable footwear.

VENUE: Forstamt Tegel, Ruppiner Chaussee 78, 13503 Berlin

YOUR PARTICIPATION

Please register online:

https://compactteam.yve-tool.de/public_registration/9393

TICKETS

Day pass	50 EUR*
2-Day pass	80 EUR*

The participation fee includes your participation in the congress, the outdoor seminars and the catering on the selected day/s.

SOCIAL PROGRAM**

Sow Refreshment

Please register in advance.

OUTDOOR SEMINARS**

Day 1

- Wild Herbs-Walking Tour, Stephan Engelhardt
- Forest Health Walk, Michaela Tiedt-Quandt
- Shinrin Yoku with Tea Teremony, Lia Braun
- The forest an I – mindful & connecting experiencing nature, Berlin Forest Schools

Day 2

- Fascination Mushrooms, Dr. Rita Lüder
- Shinrin Yoku Forest Bathing in the Nature, Dr. Jonna Kuchler-Krischun
- Introduction to the Holistic Forest Therapy, Gabriele Skrock
- Forst splashing – fun, moving, educational, Berlin Forest Schools
- Forest Health Walk, Michaea Tiedt-Quandt

Please register in advance. The number of participants is limited to 20 persons.

*All prices are gross prices.

**no additional costs

TERMS OF PARTICIPATION

The registration in written form is your ticket to the congress. Please carry a printed version of it with you at all times.

After the receipt of the invoice, please remit the full amount no later than 8th of November 2019 to the account of the Compact Team GmbH.

Account holder	Compact Team
IBAN	DE69 1001 0010 0916 9761 03
BIC	PBNKDEFF
Reason for transfer:	Rechnungsnummer (siehe individuelle Rechnung)

If you have questions regarding registration or the congress, please contact:

berliner-forsten@compact-team.de

Rules of cancellation are defined as follows:

In case of a cancellation two weeks before the congress an extra handling fee of 15,00 EUR (VAT not yet included) will be charged. From 10 days before the congress the entire ticket be will be charged.

Your written cancellation must be sent to Compact Team GmbH, Mendelssohnstraße 27 in 10405 Berlin. In case the participant does not attend all selected workshops or seminars as well as the offered impulse lectures and panel discussions, etc., you will not be entitled to refund.

These rules of cancellation also apply in case of illness.

The organizer reserves the right to alter the program and room layout. The organizer is not liable for damages to persons or property.

Data Protection

The organizer processes the personal data stated in the registration, in particular name, address, telephone number, Email address, which will only be necessary for the purpose of the contractual relationship. By handing in your written registration, you accept the processing of personal data according to data protection regulation.

With your online registration, you consent to the Data Protection Regulations. On the behalf of the organizer, the Berliner Forsten, the Compact Team GmbH is entitled to save personal data for the purpose of the realization and organization of the 1st Berliner Stadt-Wald-Congress and eventually will publish photos and videos, on which you might be recognized, online or in print media for the purpose of documentation.

According to the GDPR (German Abbrv.: DSGVO) you have the right at any time

- to obtain information about your personal data.
- to rectify or delete them.
- to revoke this consent.
- to complain with the supervisory authority
- to transfer data.

EVENT LOCATION

TEGELER SEETERRASSEN

WILKESTR. 1 | 13507

[HTTP://WWW.TEGELER-SEETERRASSEN.DE](http://www.tegeler-seeterrassen.de)



ARRIVAL

<http://www.tegeler-seeterrassen.de/anfahrt.htm>.

Arriving by car

There are about 200 parking lots at an additional cost close to the venue.

Arriving by public transport

Bus 124, 125, 133 & 222 | Station U Alt Tegel

Station U Alt Tegel / 8 Minutes of walk to reach the venue

U-Bahn U6 | Station U Alt Tegel

8 Minutes of walk to reach the venue

S-Bahn S25 | Station Tegel

15 Minutes of walk to reach the venue

From Airport Tegel to the venue

Duration: ca. 40 Minutes

Take the **Bus 128** (to U Osloer Str.) and change at stop **U Kurt-Schumacher-Platz** into **U-Bahn U6** (to U Alt Tegel). Please go all the way to the last station **U Alt Tegel**. From there it will take you about 8 minutes of walk to the venue.

From Airport Schönefeld to the venue

Duration: ca. 90 Minutes

Option 1

Take either train **RE7** (to Dessau Hbf.) or **RB14** (to Nauen Bhf.) as well as **S-Bahn S9** (to S Spandau Bhf.). Please change at **S+U Friedrichstr. Bhf.** into **U-Bahn U6** (to U Alt Tegel) and go all the way to the last station **U Alt Tegel**. From there it will take you about 8 minutes of walk to the venue.

Option 2

Take the S-Bahn **S45** (to S Südkreuz Bhf.) and change at stop **S+U Tempelhof** into U-Bahn **U6** (to U Alt Tegel). Please go all the way to the last station U Alt Tegel. From there it will take you about 8 minutes of walk to the venue.

From Berlin Central Station to the venue

Duration: ca. 40 Minuten

Leave the **central station via Europaplatz** and proceed to the tram stop nearby. Please take the tram **M10** (to S+U Warschauer Str.) until you reach the **stop U Naturkundemuseum** and change into the U-Bahn **U6** (to U Alt Tegel). Please go all the way to the last station **U Alt Tegel**. From there it will take you about 8 minutes of walk to the venue.



Location Plan of the U-Bahn station U Alt Tegel



Location Plan of the S-Bahn station S Tegel

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ACCOMMODATION

Hotel

Our partner hotel is the **Hotel am Borsigturm**,
Am Borsigturm 01,
13507 Berlin.

Tel. 030. 430 360 00
Fax 030. 430 360 01
Mail info@hab.berlin.de

Tipp:

The early booking discount is possible until 18th of August 2019
109,00 Euro (single room) and 119 € (double room).

All rates are including breakfast.
After the 18th of August, room rates
must be negotiated individually.

Please reserve the hotel room on your own.
See above for contact details of the hotel.

**Please mention the key word
„Stadt-Wald-Kongress“ for the early booking
discount.**



ANMELDUNG ZUM 1. BERLINER STADT-WALD-KONGRESS



Hiermit melde ich mich verbindlich zum Kongress an:

Herr Frau Titel _____

Name _____ Vorname _____

Straße _____ PLZ _____

Ort _____

Rechnungsadresse (falls abweichend)

Firma / Institution / Verein _____

Herr Frau Titel _____

Name _____ Vorname _____

Straße _____ PLZ _____

Ort _____

Email-Adresse _____

Ich melde mich an: Tag 1 Tag 2 Rahmenprogramm

Mir ist bewusst, dass nur mit erfolgter Zahlung die Teilnahme am Kongress rechtswirksam wird.

Ich erkenne die Teilnahmebedingungen der Compact Team GmbH an und habe die Datenschutzbestimmungen gelesen und verstanden.

Ort, Datum _____ Unterschrift _____