



4<sup>th</sup> World Conference on  
**Forests & Parks  
for Public Health**

21-24 May 2025

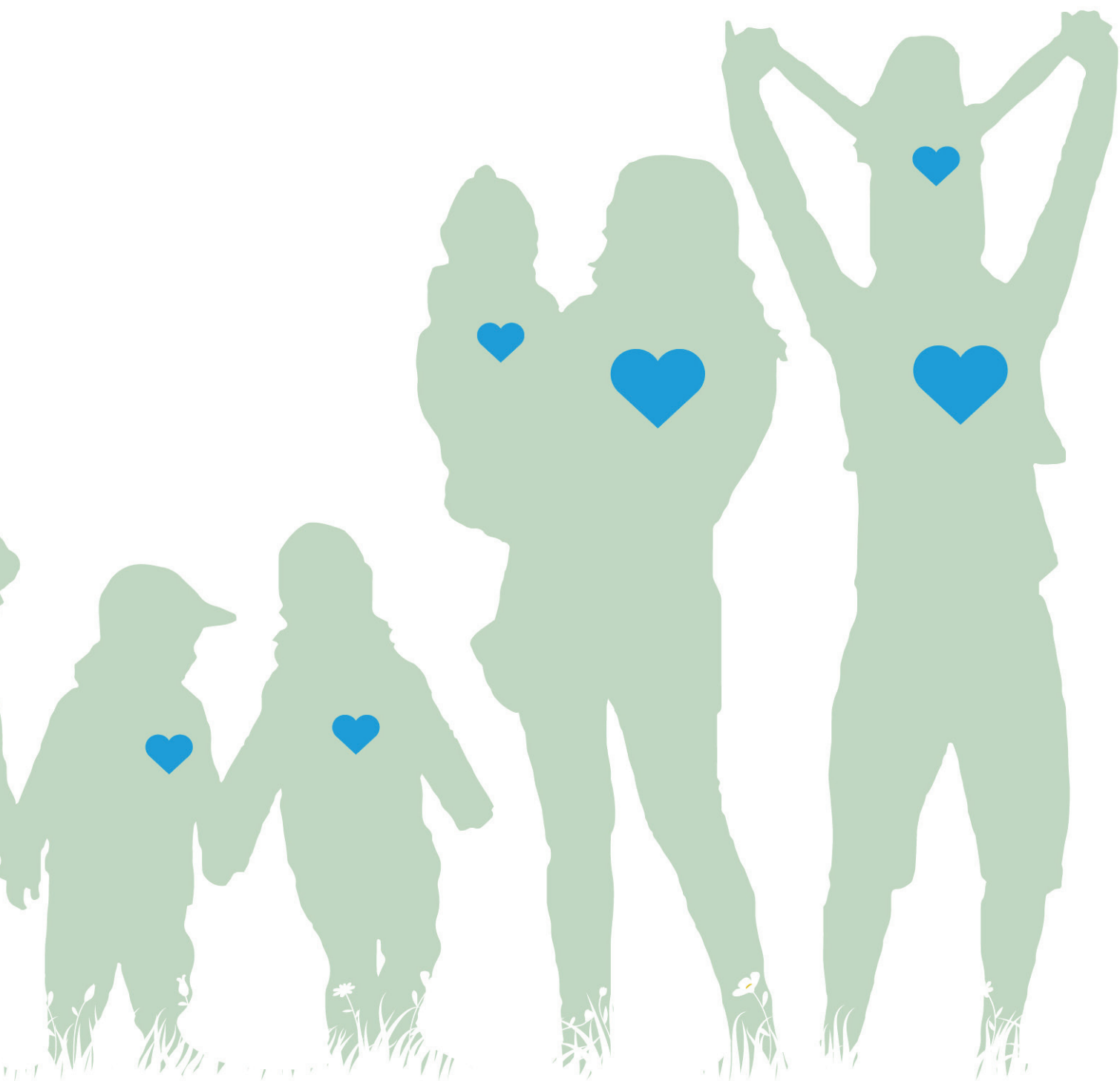
Luxembourg,  
City of Luxembourg

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**PROGRAMME**

4<sup>th</sup> World Conference on  
**Forests & Parks for Public Health**



## WELCOME ADDRESS

Half of the world's population does not have access to proper medical care. The recent pandemic has put significant pressure on the delivery of healthcare in virtually all other countries. Furthermore, modern lifestyle, exemplified by sedentary lives, urban living and work practices, low physical activity, stress, noise, heat stress, and air pollution, is behind the growing prevalence of cardiovascular disease, stress, depression, psychological diseases, and immune disruption among others. This contributes not only to Public Health problems but also to increased healthcare expenditures.

An accumulating multidisciplinary, global body of evidence has documented the strong potential of natural environments including trees, forests, urban and peri-urban forests, parks, gardens and other green spaces to promote and enhance mental and physical health, and the well-being of populations.

We must continue to study the multidimensional interactions and relationships between forests and green spaces on one side and human health on the other through an interdisciplinary scientific approach. As an integral part of such efforts, the multidisciplinary World Conference on Forests & Parks for Public Health is organized biannually to encourage and promote, globally, the sharing of knowledge on the latest research trends.

The 4<sup>th</sup> World Conference on Forests and Parks for Public Health, 21-24 May 2025, in Luxembourg, City of Luxembourg, will continue our efforts to find a sustainable direction for the multidisciplinary field of forest, green spaces, and human health. We will emphasize the global message of this Conference: forests, city forests, parks and other green spaces should be incorporated into International Organizations policies and goals, and into National Public Health systems, policies, and practices for a Healthy and Sustainable society.

We warmly thank the organizers of this important conference for their support and guidance. We have the privilege to invite scientists from all over the world to participate and attend the Conference, to present their research results and share their knowledge in this new multidisciplinary area. Interested citizens and colleagues are also welcome.



**Dr. Christos Th. Gallis**

*President of the World Society for Forests and Parks for Public Health,  
Luxembourg, Europe*

# 4<sup>th</sup> World Conference on Forests & Parks for Public Health

## KEYNOTE SPEAKERS



**Prof. Catharine Ward Thompson**

*Professor of Landscape Architecture and Co-Director, OPENspace research centre, Edinburgh School of Architecture and Landscape Architecture, University of Edinburgh, UK*

**KEYNOTE LECTURE:**

Ecological Public Health: the future of Salutogenic Landscapes



**Prof. Xiaoqi Feng**

*Professor of Urban Health and Environment, School of Population Health, University of New South Wales (UNSW), Sydney, Australia  
Chair of Equity, Diversity and Inclusion, UNSW Faculty of Medicine and Health, Sydney, Australia*

**KEYNOTE LECTURE:**

Green Space and Health Across the Lifecourse



**Prof. Qing Li**

*Clinical Professor, MD, PhD, Nippon Medical School Hospital, Tokyo, Japan  
The president of the Japanese Society of Forest Medicine, and the vice-president and secretary-general of the International Society of Nature and Forest Medicine, Tokyo, Japan*

**KEYNOTE LECTURE:**

From a feeling to a science-Effects of Forest Bathing/Shinrin-Yoku on human health



**As. Prof. Arne Arnberger, PhD**

*Institute of Landscape Development, Recreation and Conservation Planning, Department of Spatial, Landscape, and Infrastructure-Sciences, University of Natural Resources and Life Sciences, Vienna, Austria*

**KEYNOTE LECTURE:**

Linking outdoor recreation parameters to human health benefits



**Sjerp de Vries, PhD**

*Senior Social Scientist, Environmental psychologist, Wageningen Environmental Research/ Cultural Geography, Wageningen University and Research, The Netherlands*

**KEYNOTE LECTURE:**

The importance of type and characteristics of green space for mental health and well-being



**Prof. Jill Litt**

*Professor of Environmental Health, University of Colorado at Boulder, USA, and Senior researcher at the Barcelona Institute of Global Health (ISGlobal), Spain*

**KEYNOTE LECTURE:**

Nature Connect: A Framework for Translating Scientific Evidence for Policy Action

## CONFERENCE PROGRAMME

LUXEXPO THE BOX - Sigma Room

### Wednesday, 21 May 2025

16:00-17:50	<b>Public Pre - Opening Ceremony:</b> Impact of Nature on Youth Mental Health <i>Minister of Healthcare</i>
18:30-19:00	<b>Conference Opening Ceremony</b>
18:30-18:35	Welcome Address
18:35-18:40	Welcome Address
18:40-18:45	Welcome Address
18:45-18:50	Welcome Address
18:50-19:00	Cultural Event
19:00-20:30	<b>Keynote Lectures 1 &amp; 2</b> Chair: <b>Christos Gallis</b>
19:00-19:40	<b>Ecological Public Health: the future of Salutogenic Landscapes</b> <b>Prof. Catharine Ward Thompson</b>
19:40-20:30	<b>Green Space and Health Across the Lifecourse</b> <b>Prof. Xiaoqi Feng</b>
20:30	Welcome Reception



# 4<sup>th</sup> World Conference on Forests & Parks for Public Health

**Thursday, 22 May 2025**

- 08:00-08:40** | **Keynote Lecture 3**  
Chair: **Howard Frumkin**
- 08:00-08:40 | From a feeling to a science-Effects of Forest Bathing/Shinrin-Yoku on human health  
**Prof. Qing Li**
- 08:40-10:30** | **Oral Presentations 1.1**  
**Environmental epidemiology, health geography, forest medicine, Global health, and other disciplines are involved in documenting the associations that forests, parks and green spaces have with public health outcomes**  
Chair: **Howard Frumkin**
- 08:40-08:50 | Association between neighbourhood greenness and biological stress in Hong Kong  
**Ka Yan Lai**
- 08:50-09:00 | Distinguishing forest bathing and forest therapy: A systematic review of key differences between nature-based interventions in forest environments  
**Anna Herod**
- 09:00-09:10 | Green areas and mortality: A health impact assessment in the Florentine plain  
**Giorgia Burbui**
- 09:10-09:20 | Creation of an environmental exercise-friendliness index in the Oriscav-Lux study: Going beyond walkability  
**Juliette Van Beek**
- 09:20-09:30 | Investigating the dose-response effect of walking in virtual urban environments with green features on stress modulation  
**Reza Aghanejad**
- 09:30-09:40 | The potential of the life satisfaction approach to economically value benefits of forest and green space visits in Italy  
**Aisling Sealy Phelan**
- 09:40-09:50 | People's preferences and willingness to pay for site and stand characteristics related to forest bathing activity: An application in the Italian context  
**Alessandro Paletto**
- 09:50-10:00 | Forest bathing - A useful intervention in cancer rehabilitation?  
**Hanna Anundi**
- 10:00-10:10 | Living archives: Culturally modified trees as a pathway to heritage valuation, biocultural diversity and well-being  
**Agnieszka Pawłowska-Mainville**
- 10:10-10:20 | Discussion and closing remarks
- 10:20-11:00 | *Coffee Break*

- 11:00-11:45** **Keynote Lecture 4**  
Chair: **Liisa Tyrvaïnen**
- 11:00-11:45 **Linking outdoor recreation parameters to human health benefits**  
**Prof. Arne Arnberger**
- 11:45-13:00** **Oral Presentations 1.2**  
**Planning physical activities and access, health promotion, recreation planning, nature-based tourism, and other disciplines involved in designing programs and settings in which individuals, small groups, and general public can visit and experience forests, parks, and green spaces**  
Chair: **Liisa Tyrvaïnen**
- 11:45-11:55 Estimating the economic importance of health impacts of nature environment in Finland  
**Liisa Tyrvaïnen**
- 11:55-12:05 Public access to forests for wellbeing in England for under-represented groups: Barriers and enablers  
**Liz O'Brien**
- 12:05-12:15 Study on EEG Characteristics Induced by Visual Elements in Promotional Videos of Protected Areas by Ecosystem Type  
**Junghun Yeum**
- 12:15-12:25 Study on EEG Characteristics Based on Urban Park Location and Sound Types  
**Hanseop Kim**
- 12:25 - 12:35 Development of health campuses for pediatric patients affected by chronic respiratory disease in Italian Apennines  
**Francesco Meneguzzo**
- 12:35-12:45 Analysis of Stress-Relief Characteristics through EEG Analysis of Essential Oils from Herbs  
**Hyunvin Lee**
- 12:45-12:55 Internationalization and Adaption of the German Healing Forest Concept Using an Internationally Certified Healing Forest in Austria as a Model  
**Stefanie Frech**
- 12:55-13:00 Discussion
- 13:00-14:00 *Lunch Break*



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Thursday, 22 May 2025

## 14:00-15:30 **Oral Presentations 1.3**

**Planning physical activities and access, health promotion, recreation planning, nature-based tourism, and other disciplines involved in designing programs and settings in which individuals, small groups, and general public can visit and experience forests, parks, and green spaces - Forest therapy**

Chair: **Francesco Meneguzzo**

14:00-14:10 More greentime less screentime: Exploring motivations for nature contact and associations with health and behaviour

**Thomas Astell-burt**

14:10-14:20 Bridging Outdoor Education and Promotion of Well-being; Development of bachelor degree curriculum in outdoor education equipping community educators with skills to promote well-being of young people

**Kim Lindblad**

14:20-14:30 Resilience hubs as social innovation actions to promote nature-based therapies: Insights from Resonate Horizon Europe Project

**Giorgia Bottaro**

14:30-14:40 Forest Happiness: Socio-cultural values associated with forests in Finland

**Syamili Manoj Santhi**

14:40-14:50 Pilot case study: A Model for planning physical activities and access for Human Forest Recreation and 'Experience led' Tourism

**Sue Thomas**

14:50-15:00 Observing the integration of nature-based health initiatives into conventional health systems from a governance perspective: Lessons from Italy

**Alessandra Rigo**

15:00-15:10 Using the framework "Five Ways to Wellbeing" to explore a nature-based vocational training programme

**Anna Maria Palsdottir**

15:10-15:20 Learning from global leaders: governance of Green Prescriptions for Italy and Bangladesh

**Deborah Vedovetto**

15:20-16:00 Discussion and closing remarks

16:00-16:30 *Coffee Break*



16:30-17:10

**Oral Presentations 1.4**  
**Forest Therapy & Urban Planning**  
Chair: **Anna Maria Palsdottir**

16:30-16:40

Community Forests and Public Health: A Systematic Literature Review and Research Agenda  
**Pooja Tandon**

16:40-16:50

Co-creation in regions of structural change: A participatory approach to urban transformation for health & Ecology  
**Nora Huxmann**

16:50-17:00

General preferences of visual forest attributes and its relationship to Connectedness to Nature – A national Swedish survey study  
**Victor Goransson**

17:00-17:10

Impact of proximity to green areas and public health: Socioeconomic and environmental analysis in visitors of three parks  
**Teresa Cristina Margo Lindenkamp**

18:15-19:00

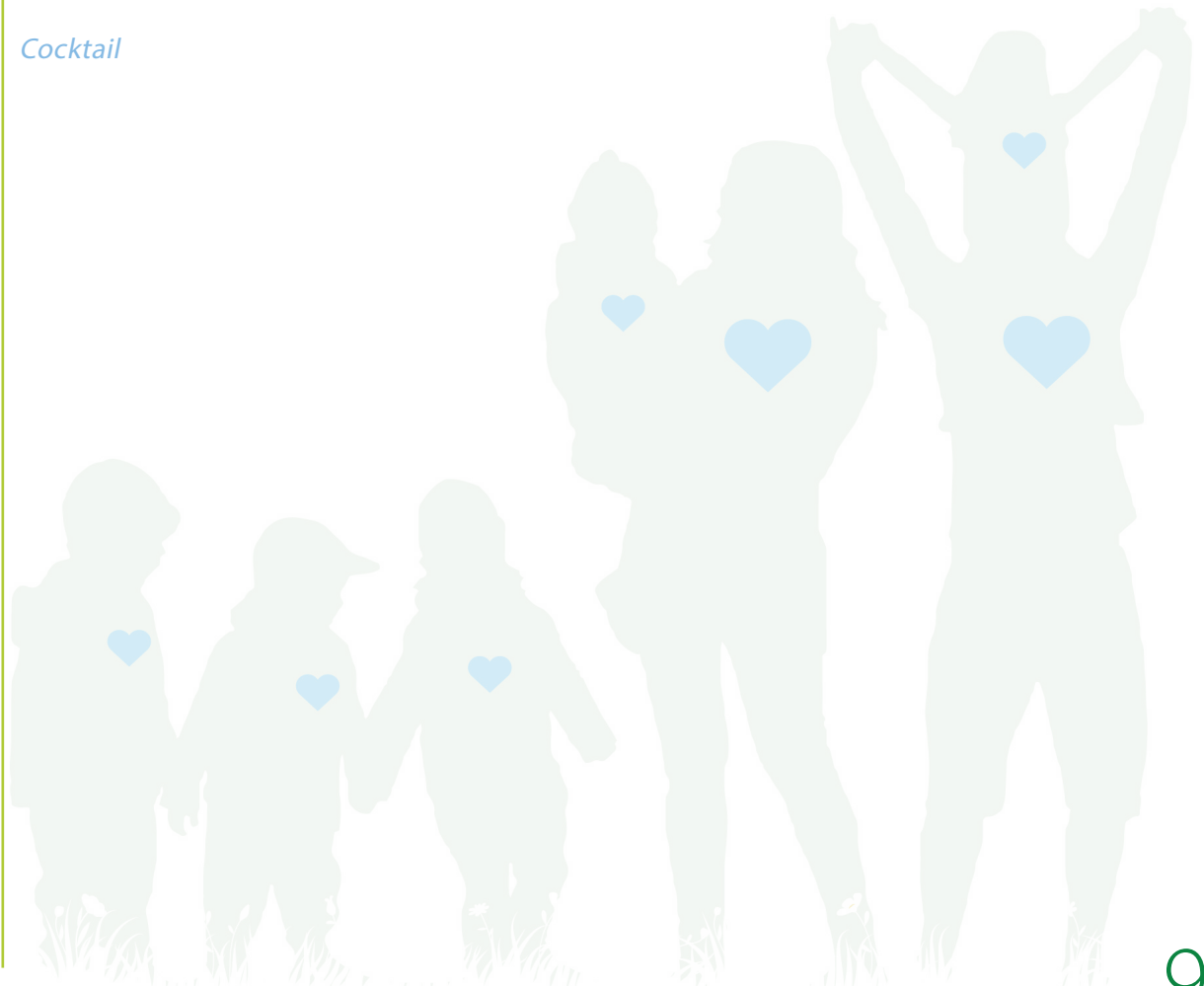
**Public Event: Enviromental Education**

19:00-19:30

**Panel Discussion**

19:30

*Cocktail*



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**Friday, 23 May 2025**

**08:00-08:40** | **Keynote Lecture 5**

Chair: **Tery Hartig**

08:00-08:40 | The importance of type and characteristics of green space for mental health and well-being

**Dr. Sjerp de Vries**

**08:40-10:30** | **Oral Presentations 1.5**

Chair: **Tery Hartig**

08:40-08:50 | A pathway domain framework for the study of nature-health relations: Development and complementary theorizing

**Terry Hartig**

08:50-09:00 | Aging Naturally: Examining the Effects of Real and Virtual Nature on Stress Physiology and Executive Functioning in Older and Younger Adults

**Sara LoTempio**

09:00-09:10 | Exploring The Restorative Effects Of Urban Parks: A Virtual Reality Study Of Psychological And Physiological Stress Responses

**Reza Aghanejad**

09:10-09:20 | Designing for health and biodiversity: Interdisciplinary concepts and citizen insights for a resilient future at "ZUKUNFTSDORF WALDHOF"

**Nora Huxmann**

09:20-09:30 | An exploratory study of nature-based practices in higher education to promote student mental health in Quebec

**Marie-Eve Langelier**

09:30-09:40 | The impact of open habitats in forests on the psychological human well-being

**Emilia Janeczko**

09:40-09:50 | Comparing the Impact of Short-term Exposure to Indoor real and two Types of artificial Biophilic Environments on Psycho-physiological Health

**Li Xiaotong**

09:50-10:00 | Fostering Adolescent Place Attachment, Nature Connectedness, and Optimism Through a Two-Year Nature-Based Intervention

**Monica Bolognesi**

10:00-10:10 | The impact of short forest stays on youth with mental health issues

**Marine Rezette and François-Xavier Polis**

10:10-10:20 | Harnessing human factors to uncover how forests enhance human health, performance, and societal wellbeing

**Brionny Hooper**

- 10:20-10:30 Nature's impact on child development: insights from two studies on typically developing children and children with autism spectrum disorder  
**Angelia Sia**
- 10:30-11:00 *Coffee Break*
- 11:00-11:45 Keynote Talk 6**  
Chair: **Marie-Ève Langelier**
- 11:00-11:45 **Nature Connect: A Framework for Translating Scientific Evidence for Policy Action**  
**Prof. Jill Litt**
- 11:45-13:00 Oral Presentations 1.6**  
**Environmental psychology and other disciplines are involved in formulating and testing theories in mental and physical health benefits of exposure to natural settings**  
Chair: **Marie-Ève Langelier**
- 11:45-11:55 Can a mindful walking intervention enhance the physiological and psychological outcomes of a 30-minute forest walk?  
**Nicole Bauer**
- 11:55-12:05 Walking the Walk: Distinguishing the Effects of Urban vs Nature Based Environments and Actual vs Virtual Exposure on Hedonic Wellbeing  
**James Harris**
- 12:05-12:15 What makes nature-based intervention works according to the participants  
**Marie-Eve Langelier**
- 12:15-12:25 How guided walks in forests near Swiss urban areas can promote resilience and creativity  
**Karin Hilfiker**
- 12:25-12:35 Forests and well-being: exploring the impact of forest characteristics on human psycho-physiological health  
**Sandro Sacchelli**
- 12:35-12:45 Live-streamed from a national park vs. Artificially synthesized: the source-attribution effects of restorative natural sound  
**Yasushi Suko**
- 12:45-12:55 Sharing the italian forest therapy dataset with the scientific community  
**Rosa Riviaccio**
- 12:55-13:00 *Discussion*
- 13:00-14:00 *Lunch Break*
- 14:00-15:30 Oral Presentations 1.7**  
**Urban forestry and green spaces planning and design for Human Health activities, availability, and accessibility**  
Chair: **Marie-Ève Langelier**

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Friday, 23 May 2025

- 14:00-14:10 | Designing for connection with nature in stroke rehabilitation settings  
**Belinda Seale**
- 14:10-14:20 | Urban forests for human health activities. Nature park Ogres Zilie Kalni  
**Ieva Kraukle**
- 14:20-14:30 | The potential of Warsaw urban parks to mitigate thermal stress – insights from Climpark project  
**Anna Kowalska**
- 14:30-14:40 | Understanding people's landscape values and development preferences: implications for spatial planning  
**Vita Žlender**
- 14:40 - 14:50 | Well-being and Green Infrastructure in Saudi Arabia - the resident's perspective  
**Fawaz Alwohaib**
- 14:50-15:00 | Strengthening urban green spaces for physical activity and public health: linking spatial planning and public health objectives in Slovenia  
**Ina Šuklje Erjavec**
- 15:00-15:10 | Study on Visual EEG Characteristics Based on Planting Structures in Urban Parks  
**Hyeongkyun Ihm**
- 15:10-15:20 | Discussion and closing remarks
- 15:20-16:00 | *Coffee Break*
- 16:00-17:10 | Oral Presentations 1.8**  
**Urban forestry and green spaces planning and design for Human Health activities, availability, and accessibility**  
Chair: **Christos Gallis**
- 16:00-16:10 | The contribution of 3-30-300 rule to green areas accessibility and health benefits: a case study in twelve small and medium size cities in Italy  
**Serena Sofia**
- 16:10-16:20 | Mapping and understanding the green space of the Milan Metropolitan area. A qualitative-quantitative indicators analysis  
**Corinna Patetta**
- 16:20-16:30 | Resilience paths as a preventive tool: mindfulness in nature in a fast-paced, post-pandemic world  
**Katriina Kilpi**
- 16:30-16:40 | Nature experience, awe perceptions, and wellbeing of visitors attending the Soul Places in the Sauerland area  
**Arndt Bussing**

- 16:40-16:50 About the PA ratio for urban footprint and natural areas  
**Fabri Leandre**
- 16:50-17:00 Walking through virtual reality: evidence-based insights into how neighborhood design shapes perceptions and affective responses while walking  
**Marzieh Ghanbari**
- 17:00-17:15 Conference Closing
- 18:30-19:15 Public Event: Nature-Based Urban Planning
- 19:15-19:45 Panel Discussion
- 19:45-20:15 Cocktail
- 20:15 Farewell Dinner

## Saturday, 24 May 2025

- 10:00-14:00 Children & Science Day



## LIST OF ePOSTERS

- P12 Bacterial communities are poorer at urban park entrances in Finland than Russian Tatarstan – testing the core presumption of the Biodiversity hypotheses  
**Juulia Manninen**
- P19 Study On Rational Data Acquisition Methods And Consensus Building With Citizens For Sustainable Use Of Urban Forests  
**Yoriyuki Yamada**
- P24 Urban Forests And Their Impact On Residents' Health: Ecosystem Services In Urban Areas  
**Snežana Štrbac**
- P40 Healing Forests – Certification Process And Characteristics Of Use  
**Stefanie Frech**
- P44 Validation Of Therapeutic Landscapes  
**Martina Föhn**
- P46 Forest therapy: reviving medieval healing practices for contemporary wellbeing  
**Jelena Farkic**
- P49 How do forests within the range of traffic noise affect the relaxation of recreationists?  
**Małgorzata Woźnicka**
- P59 Stakeholder perspectives on forest bathing: a Q Methodology approach to identifying different views  
**Sofia Baldessari**
- P76 What are the changes in the human body caused by recreation in the forest? Evidence Based on Mass Spectrometry Analysis of Exhaled Breath  
**Yingli Huang**
- P77 Impacts of citizen science on well-being among older adults: Insights from a small-scale study  
**Teresa Cristina Magro Lindenkamp**
- P8 Impact Of The Environment Type And Season On Phytoncides Content In Common Conifer Tree Species: Implications For Human Health And Well-Being  
**Sasa Orlovic**
- P89 Training Of The Friends In Nature Methodology At A Primary Care Center  
**Jill Litt**
- P9 Biodiversity Garden Alters And Diversifies Urban Bacterial Communities  
**Mika Saarenpää**
- P91 A City In Bloom, But For Whom? Older Adults And Access To Prague's Nature  
**Blanka Novotná**

P95 Existence and accessibility of trees and green spaces on five Portuguese cities

**Leónia Nunes**

P98 Effects of Active Rest Using Sauna in the Great Outdoors

**Tamami Takahashi**







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