Green Care FOREST -
Prescribe yourself a dose of forest. Jobs! Jobs. Jobs?

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Communication

Forest Europe Workshop

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Green jobs?
Green jobs in forestry

http://content.time.com/time/health/article/0,8599,1809506,00.html

http://www.erlebnis-lernstaette-wald.at/wald/info.html

http://www.shinrin-yoku.org/shinrin-yoku.html
Forest area in Austria
Farms in Austria

173,000 farms in Austria
145,000 mixed farms
Challenges in Society

• **1.5 mill.** Austrians are at risk of burnout, 2010

• **1 in 3** eleven-year-olds is overweight or obese

• Cost of psychological illnesses for the Austrian economy is **€ 7.16 bill.** annually (equivalent to 3% of GDP)

• **44.5%** of all employees declared unfit for work in Austria in 2010 left the workforce for psychological reasons.

• **2.6 mill.** working days are loss to stress and **1.6 mill.** to depression, 2010 Austria

• In 2011 **17.7%** of the population was over 65

Source: Statistik Austria 2008
Green Care FOREST

Agriculture & Forestry

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Education system
Healthcare system
Social security system
Economic system
Green Care Forest

Potent Benefits of Woodlands on Human Health and Well-being
Physical health
Health prevention

- **Pain therapy** for people with chronic pain
- **Sports, Exercise, Fun** for overweight children
Mental health
Stress decline

- Shinrin-yoku
  Forest bathing
Social health
Socially-integrative potential

• Forest pedagogics, Forest geragogics or Forest as a place to work

For
➢ children, teens, elderly people
➢ disabled people
➢ refugees
➢ unemployed people

Credit: Botka BFW
3rd International Conference: Forest, Parks and Green Care

- 17.-19. May 2017 Diplomatic Academy of Vienna
- 140 experts from 27 different countries
- Exchange of experiences and scientific findings
- Impacts of visits in green spaces & offers of Green Care on human health.
• New opportunities for closer collaborations:
Trend: **Blue spaces**

- Trend to urbanisation
- Nature in the city? Not only green spaces
- **Blue spaces** meet **green spaces**
- Blue urban spaces = urban superficial water bodies
- New research on health-enhancing effect
- Smart ideas for city planning of the future
- Revitalizing urban waterfronts
Future prospects

Personal benefits:
- creates awareness for health prevention
- Increase of personal welfare, better health through nature

Economic benefits:
- reduction of the costs for health care
- prescribed stays in green areas

Challenge: Prevention vs. prescribed medicine?
How to win social insurances for this idea?
How to bring them on board?
Less medicine - pharma company reactions?