



REGION
Sjælland



lollandkommune

GULDBORGSUND



EUROPARC
Atlantic Isles



Naturpark
Maribosøerne



Friluftsrådet
THE DANISH OUTDOOR COUNCIL



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Seminar of the EUROPARC Nordic-Baltic Section

Public Health and Experience of Nature – the Role of Protected Areas

Denmark, Naturpark Maribosøerne

May 27 – 30, 2008

Post-seminar site-visiting tours, May 30 – June 1

Seminar programme (updated 210508)

TUESDAY, MAY 27

Opening Evening

Afternoon: Arrival at Maribo Youth Hostel (or other place of accommodation)

18:00 Opening evening at the Lolland Public Health Centre, Søndre Boulevard 84, Maribo

19:00 Introduction to Naturpark Maribosøerne and its history. *Lars Malmberg, biologist, Nykøbing Falster Environment Centre, the Danish Ministry of Environment*

19:45 Official welcome to the seminar:
President of EUROPARC Nordic-Baltic Section, Rolands Auzins
Chairman of the Environment Committee, Henning Kamper, Guldborgsund Municipality
Chairman of the Committee of Health Klaus Pedersen, Lolland Municipality
Chairman of the Regional Council Kristian Ebbensgaard, Region Zealand
Director Hans Henrik Christensen, the Danish Nature and Forestry Agency

20:00 Buffet dinner.

WEDNESDAY, MAY 28

Session I - Public Health and Experience of Nature At Lolland Public Health Centre

The fact that activities in nature can improve our physical and mental health is recognised widely nowadays and is based on different kinds of research and experiences built up by the public health sector. In many countries, this knowledge is used to change the state of public health.

08:30-10.30 Presentations, and discussions

- The public health sector realises nature is important! *Finn Berggren, Director, Gerlev P.E. and Sports Academy, former advisor to World Health Organization*
- Nature for Health: On the benefits of the outdoors for developing and industrialized communities, *Sarah Pilgrim, Senior Researcher and IJAS Editorial Assistant at Centre for Environment and Society, Department of Biological Sciences University of Essex*
- Therapeutic Landscape – The Greenspace Rescue Remedy, *Terry Robinson, Natural England*

10:30 Coffee/tea break

Session II - Working Together with the Health Care Sector At Maribo Health Care Centre, Sdr. Boulevard 84, Maribo

The public health sector has increased interest in working together with managers and other staff from protected areas to get people outside, exercising and enjoying nature. This offers new opportunities for cooperation between protected areas and the health sector.

11:00 Presentations and discussion

- The Focus Areas on Public Health in Lolland Municipality and a special presentation of the concept of Walking Together in Nature”, *Jytte Møller, Head of Lolland Public Health Centre*
- "The Challenges of Working with the Health Sector”, *James Parkin, Health & Recreation Policy Officer, Countryside Council for Wales*
- Working together with the public health sector, *John van den Berg, Staatsbosbeheer, The Netherlands*
- How to engage Health Professionals - experience from the Natural England Health Campaign, *Huw Davies, Health Campaign Manager of the Natural England*

13:00 Lunch

Opening of nature trail, health care activities, and guided tour Departure by bus from the Public Health Care Centre

14:00 Hejrede Lake, visit at the bird observation hide

14.30 Formal opening of new nature trails in semi natural, broad-leafed forest. Celebration of the largest agreement on protection private forest in Denmark, *Frederik Lüttichau, owner of Engestofte Estate, and others*

14.45 Healthy walk in semi-natural, broad-leafed forest. *Susanne Rosenild, ranger, the Danish Agency for Nature and Forestry, and Forester H.C. Gravesen, the Danish Agency for Nature and Forestry*

- 16.15 Søholt: baroque garden, and manor house with farm buildings, view of the bird sanctuary of Søholt, the defense work from the Iron Age,
- 17:30 Guided tour in Maribo Doom, meeting at the entrance of the doom
- 18:00 Free time
- 19:30 Diner at Restaurant Bangs Have.

THURSDAY, MAY 29

Session III - What do the protected areas offer? At Old Town Hall

Protected areas provide living space for many species of animals and plants and are also important for raising the public awareness of nature as well as for outdoor recreation. Many protected areas can offer good opportunities for prevention and treatment of sickness.

8:30-10.30 Presentations and discussion

- Nature – prevention and treatment! *Claus Jespersen, Head of Regional Office of Danish Agency of Nature and Forestry, Storstrøm,*
- Challenges for intersectorial cooperation on nature and health: The call for evidence versus lay knowledge and the search for new health promotion windows. *Jesper Holm, Associate Professor, Roskilde University*
- 3.000 steps a day - in nature. Healthy opportunities in Müritz National Park. *Jens Brüggemann, Assistant Director of Müritz National Park, Germany*

10:30 Coffee/tea break

Session IV - Who are going to be attracted? At Old Town Hall, Torvet (the main square), next to the Tourist Bureau

Protected areas provide environments for healthy living and leisure activities. Various kinds of campaigns and destination development are being organized to encourage us all to spend some time outdoors. Protected areas can attract people who want to develop their businesses on basis of the active life around and in these areas.

11:00-13.00 Presentations, and discussion

- Product development as part of destination management. *Matti Tapaninen Metsähallitus, Finland*
- How do we increase the heartbeat of Nature Lovers? *Henning Enemark, Head of Department, the Danish Outdoor Council*
- Discussion, and conclusions from the seminar

13:00 Lunch

14.00 Free time

**Guided tour in [Nature Park Maribosøerne](#)
Departure from the “harbour” at the Doom**

- 15:00 [Sailing tour on the Maribo Lakes](#), including visit at Borgø (the castle island).
Departure from the Doom. *Uffe Nielsen, ranger, Naturpark Maribosøerne*
- 16:30 Visit to the Nature School with coffee, and tea
- 17:00 Walk at the Nature Trail to Kidnakken (3 km), visit at the bird observation hide
- 18:00 Guided tour at the [Open Air Museum](#). *Leif Plith Lauritsen, Head of Department, Lolland-Falster Stiftsmuseum*
- 19:00 Barbecue at the Forest Pavilion (The old Dairy). *Thorlin Farm Shop.*
- 20:00 Traditional, local music, and dance. *Højreby Spillemandene.*

FRIDAY, MAY 30

EUROPARC – and its work!

At Lolland Public Health Centre, Sdr. Boulevard 84, Maribo

9:00 – 11:30 What is [EUROPARC](#) all about? *Morwenna Parkyn, Communication Officer, EUROPARC*

What has the [Nordic-Baltic Section](#) achieved during the last years? *Rolands Auzins, President of the Nordic-Baltic Section, Latvia*

Project activities and future cooperation! *Laura Jukame, Section Coordinator, and Peter Westman, coming President of section, Sweden*

The Danish perspective! *Jacob Harrekilde, the Danish Forestry and Nature Agency, and Jan Woollhead, Nature & Environment, Region Zealand, Denmark*

Some experience of other EUROPARC Sections – work of EUROPARC Spain, *José Vicente de Lucio, Director of the EUROPARC Spain*

Discussions

11:30 Lunch and departure.

FRIDAY, MAY 30 - Post-seminar site-visiting tours

Site-visiting tour to Fuglsang at Guldborgsund, and [Nature Park Maribosøerne](#)

- 12:00 Fuglsang Manor House, an old park, and [historical landscape at Guldborgsund Strait](#) (Ramsar Site), with salt marshes, birds, and wild plants. *Cathrina Oksen, archeologist, Guldborgsund Municipality*
- 15:00 Coffee/tea at Fuglsang

- 15:30 Visit to the new art museum: [Fuglsang Kunstmuseum](#) with special exhibition on “health and nature” and paintings from the golden age of nature painting in Denmark. *Guide from the museum*
- 16:30 Naturpark Maribosøerne, visit to [Hejrede Friluftsgård](#), the bird observation platform, Søholt Bay, and Røgbølle Lake. Historic landscapes and high numbers of breeding birds, including white-tailed eagle, bittern, redheaded duck. *Ranger Uffe Nielsen*
- 19:00 Evening meal in Maribo and accommodation at the Nature School.

SATURDAY, MAY 31

Site-visit tour to [Nakskov Fjord](#) (Ramsar Site) ([here is some information in English](#))

- 9:00 Sailing with the old post boat, passing the many islands in the fjord and landing on the island of Enehøje. The fjord is shallow and highly productive, with many breeding swans, ducks, cormorants, terns, gulls, etc. It is also a cultural landscape with interesting sites and stories. *Klaus Beck Nielsen, ranger, Nakskov Fjord*
- 12:00 Lunch at the old Pilot House at Lollands Albue. Today the house is a mixture of museum and nature centre, on an isolated site on the long peninsula at the entrance of the fjord. Many flowers are now in bloom. *Klaus Beck Nielsen, ranger*
- 13:30 Walk on the narrow peninsula Albuen to Ydø (7 km) passing the site of the medieval herring market, once a major income for the Danish Kingdom. *Morten Rolsted, forester, Danish Agency of Nature and Forestry*
- 16:00 Coffee, and tea at the Ydø Camp Site and cycling at the dike from Ydø till Nakskov (15 km) between the fjord at one site and farmland, passing the fishing harbor at Langø and the forests at Vejlø. Introduction to the new “cycling ring” around the town of Nakskov, and the newly planted forest for recreation. *Morten Rolsted, forester, the Danish Agency of Nature and Forestry, and Magnus Klammer-Jørgensen, Lolland Public Health Care Centre*
- 18:00 Dinner at Hestehoved Camp and Recreation site, at Nakskov Fjord
- 21:00 Arrival at the Nature School – evening around the fire

SUNDAY, JUNE 1

- 8:00 Breakfast
- 9:00 Packing and cleaning up!
- 10:00 Farewell, and transport to the train station (arrival in Copenhagen 12.25)!

