



Clusters and Practical Experiences in Ecotourism, Forest and Outdoor Activities

Erasmus+ UniClaD Workshop

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Georg Wiesinger

Federal Institute of Agricultural Economics, Rural and Mountain Research - Vienna AT

Organisations involved



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Green Care WALD



Forests & Nature Reserve



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- Recreation and Tourisms, Adventure, Wilderness and Outdoor Activities
- Learning Spaces: gaining knowledge on environment and biodiversity, forest pedagogics
- Nature experience for people with special needs
- Therapeutic Spaces: psychic, mental health, physical rehabilitation and drug treatment, forest therapy, “forest bathing”



Recreation and Tourism

Legal Framework (Federal Austrian Forest Law, 1975)

4 Forest Functions

- Economy
- Protection: natural hazards
- Welfare: climate, water, fresh air
- Recreation: outdoor activities

Free Access into Forests except

- Protective forests
- Forest growth under 3 meters
- Forest works, hazards, hunting, wildfire

Picking Mushrooms and Berries

- max. 2 kg/person/day, no organized tours
- Special regulations for National Parks



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Recreation and Tourism



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Mountain Biking

only on official designated routes

Skiing, snowshoeing, lugging

only on marked slopes, ways or skiing trails
not in game zones

Motorbike driving

forbidden in all forests and National Parks!



RADROUTE



Learning Space Nature Experience



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- **Geschriebenstein-Írott kö Nature Park,
Burgenland-Hungary**
- **Barrier-free Forest and Bird Watching**

A bird aviary was built into a barrier-free tower. Here young and old visitors can get to know the diversity of our native songbirds - from a bird's eye view! During a 350 m walk around the huge aviary, the birds can be observed and overheard from a special angle. The aim is to get to know the diversity of our native bird life and the individual tree species. The aviary with a height of 22 m and a diameter of 15 m gives a home to birds that have no chance of survival in the wild. Various, well-kept domestic birds and offspring live here.



Learning Space Nature Experience



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- Nature Park Mürzer Oberland, Styria
- Barrier-free "Wald der Sinne" (Forest of the Senses)

This is a special place where you have time to recharge your batteries and do yourself good at 23 power places.

Children, adults and persons with special needs are addresses:

to relax
to perceive
to be creative



People with special needs



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- Gesäuse National Park, Styria
- Barrier-free nature experience for physically handicapped persons

Since 2013 the national park team has designed some paths for wheelchair users and people with walking disabilities.

The Gesäuse National Park owns a total of three Swiss-Tracs, tried and tested traction devices for wheelchairs, available for hire. These are coupled to wheelchairs with off-road tires. Most of the time, the towing equipment is reserved at short notice.



People with special needs



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- Nature Park Purkersdorf, Lower Austria
- Blind Date Themed Trail: The Nature Park began setting up a leading themed trail for people with impaired vision in 2015.



The theme path was is about 1 km long. 14 information boards in normal script and in Braille accompany the visitors and refer to special natural phenomena or peculiarities. In possible danger areas or inclines, handrails are installed or wooden pegs are driven in for better orientation. A special area with natural materials makes it possible to “experience barefoot” a part of the way, i.e. to see a piece of nature “with the soles of your feet”.

This holistic approach, the special grip that the visually impaired have in order to find their way in our almost exclusively optically oriented world, is the main theme of this themed trail.



People with special needs



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- Nature Park Heidenreichstein, Lower Austria
- Swamp Educational Trail
- Barrier-free hiking route suitable for prams and wheelchairs. The path is flat and does not offer any noteworthy incline, in some parts there are ramps.



People with special needs



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- Nature Park Rosalia-Kogelberg, Burgenland
- Barrier-free "owl trail"

A 75km long circular route through 13 municipalities connects beautiful landscapes and the nature park communities under the sign of the owl. The owl invites us to look at this beauty of landscape and nature. The owl is both a symbol and a signpost for all people to experience the nature park with all their senses: with an emphasis on EVERYTHING. All 11 adventure stations are barrier-free for hikers. People restricted in their mobility can use a wheelchair or rollator to explore these adventure stations just as easily as families with prams.

The overview panels provide information on the path underground and inclines. Specially adapted seating as well as height-adjustable and movable elements make it easier to stay at these stations. A tactile guidance system helps people with visual impairments to find their way on site, station boards with information in Braille provide useful information about nature and the landscape, and the barrier-free website also provides important information about the stations.



Forest Kindergartens



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- ~ 30 Forest kindergartens in Austria: regular kindergartens and integrative kindergartens

Cluster

Forest Pedagogics Association
Green Care Forest
BWF Federal Research and Training Centre for Forests,
Natural Hazards and Landscape

Forest kindergartens own a base but no classic kindergarten rooms, but forest locations and forest places available. Children and pedagogues are outdoors five days a week in almost any weather. Snow, rain, fog and cold are not considered adverse conditions. Just extreme and dangerous weather events such as thunderstorms, hail and storms keep them off to go into the forest.

Some forest kindergartens also cooperate with farms or have their headquarter on a farm.



Therapeutic Space



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Forest Therapy for Mental and Psychiatric Clients, Drug Addicts

Drug addicts have often lost link to themselves, to their own feelings, their fellow human beings, things that were once important to them.

Staying in forests and natural environment can serve as a healing means:

Nature can contribute to well-being and the prevention of diseases (Steg, van der Berg & de Grot 2013).

Being away plays an important role in recovering from attention fatigue and reduction of stress. Nature and beautiful landscapes lift the mood (Cervinka et al. 2014).

Staying in the forest leads to a decrease in adrenaline and noradrenaline in the urine and a decrease in blood pressure (Li 2016).

Nature experience promotes personality development and self-esteem (Lirsch 2015).





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Thank you for your attention

Дякую за увагу

Dr. Georg Wiesinger

Federal Institute of Agricultural Economics, Rural and
Mountain Research

Dietrichgasse 27, 4th floor, 1030 Vienna, AT

georg.wiesinger@bab.gv.at