



Forest walk

As part of the Forest Day celebrations, you are invited for a forest walk. If you have any doubts about whether this activity will be worth it, we've got you covered! In this leaflet, we want to outline the basic rules of forest bathing to help you get the most out of it but also remind you to stay attentive and respectful.



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Find the Right Spot

Choose a forest or wooded area where you can spend time without distractions. Look for a place that feels inviting and safe – if you can choose a nearby area or a place you visited before; check out this information before heading out: map of designated paths, shelters, weather conditions. Stick to one route



Practice Deep Breathing

Take slow, deep breaths to help you relax and connect with the forest.



Disconnect from Technology

Turn off your phone or put it on silent mode. The goal is to be fully present in the natural environment without interruptions.



Sit and Reflect

Find a comfortable spot to sit and take in the surroundings and reflect on your thoughts and feelings without judgment.



Move Slowly and Mindfully

Walk slowly and aimlessly. The purpose is not to reach a destination but to immerse yourself in the environment. Pay attention to each step and how your body feels as you move.



Wear comfortable clothing and shoes suitable for walking in the forest



Remember to match clothes based on temperature and try to be prepared for sudden weather changes.



Pack some essentials such as flashlight, first aid kit, extra piece of clothing, food, water, pocket knife, insect repellent, sun protection.



Keep track of your location – use compass or GPS, you can also have a physical map.



Be mindful – don't litter, don't destroy plants, don't scare animals.

Safety tips



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