

SUMMER

CAMP 2023



Looking after your health through nature

Explore the wonders of sylvotherapy, delve into the secrets of beneficial plants, and let yourself be enveloped by the invigorating benefits of a forest bath.



Caring for your well-being

"Look deep into nature and then you will understand everything much better". Such were the words of wisdom from Albert Einstein, and their significance has never been as pertinent as today.

In our increasingly urbanised, digital and connected world, our relationship with nature is becoming increasingly distant. This distance has consequences for both our physical and mental health. But nature is here! All around us. And it offers us opportunities to reconnect with our natural environment.

When was the last time you went for a walk in the woods to breathe in the fresh air? When was the last time you paused to listen to birdsong, the rustle of leaves in the trees or the melody of trickling water?

These brief moments, whether alone or with others, connect us to the fabric of nature, giving us with the opportunity to recharge and enjoy the many psychological and physiological benefits that nature has to offer.

Through this content selection, immerse yourself in the countless health benefits of nature and familiarise yourself with the concept of 'Shinrin Yoku' or Japanese forest bathing. You will also learn how to identify the plants that are your daily allies, thanks to their remarkable properties.

In conclusion, as we enter a peaceful summer, let's remember that nature is responsible for our well-being, and it's our duty to take care of it in return.

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Multiple-choice questionnaire

Select the correct answer(s).

1 .

What does "Shirin Yoku" mean?

- ☐ Personal development
- ☐ Forest bath
- ☐ Country Immersion

2 .

What are the benefits of nature?

- ☐ Nature soothes stress
- ☐ Nature rebalances our cardiovascular system
- ☐ Nature soothes itching

3 .

What is the name of medicinal products?

- ☐ Phytotherapy
- ☐ Homeopathy
- ☐ Allopathy

4 .

Being close to nature reduces...

- ☐ Cardiovascular risks
- ☐ Animal phobia
- ☐ Risk of mosquito bites

5 .

Which plant improves sleep quality?

- ☐ Ficus
- ☐ Aloe vera
- ☐ Jasmine

Question 1: Forest bathing; Question 2: Nature soothes stress and rebalances our cardiovascular system; Question 3: Allopathy; Question 4: Cardiovascular and animal phobia; Question 5: Jasmine.

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Nature is the source of all true knowledge

In a nutshell...

Get closer to nature for better health!

Sometimes, the demands of daily life can make it difficult to find time to connect with nature, even though nature is a crucial ally in maintaining our physical and mental well-being.

Take advantage of the serenity of the summer respite to reconnect with the outside world; your body and soul will resonate with gratitude!

Did someone mention "well-being"?

Science informs us that nature acts in many ways like a soothing balm for our well-being. It leads us to tranquillity, revives our immunological defences, restores harmony to our cardiovascular system, controls blood pressure, and even keeps chronic illnesses at bay...

What is the reason behind all these benefits?

Nature is a fundamental aspect of our biology, deeply ingrained in our being. For 300,000 years, our predecessors coexisted peacefully with the natural environment prior to the advent of urbanization. It is a timeless aspect of our identity.

What can be done to reconnect with nature?

Take a walk in the woods and enjoy the sensation of your senses! Take in the fresh scent of the leaves and listen to them rustle. Create a comfortable spot surrounded by plants you enjoy. Rather than avoiding nature, embrace it with a big, happy hug!