



Health Tourism

Garden and Bee Therapy for Ukrainian
Women and Children's Mental Health

Project ID #22510239 supported by Grant from Visegrad Fund V4
countries of European Union, 2025/26



PROJECT RESULT OVERVIEW

Jana Vernarcova, PhD

Main Project Coordinator, SK



Online Final | Feb 28, 2026
International Conference | Kyiv-Nitra



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Garden and Bee Therapy
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Alej na Prameni

BRIEF OVERVIEW OF THE PROJECT



Developing a **tourist route model** with special therapeutic activities in natural open locations using **garden and bee therapy**, informal education, and cross-sectoral knowledge exchange to improve the mental health of women and children from Ukraine traumatized by the war,
the project will also **present example of good practice model** of social care infrastructure to tackle common public health challenges.



Feb 28, 2026
Kyiv-Nitra



TIME MANAGEMENT – WHAT HAVE BEEN DONE

- **Development** of the project website www.alejnaprameni/en/visegrad-fund
- **Online partners kick-off meeting** of project Health Tourism: Garden and Bee Therapy for Ukrainian Women and Children's Mental Health (Event–Public), Kyiv, UA 20/07/2025
- **Presentation and practical crossfield implementation** of the Tourism Health Model for women and children with post-traumatic at commune garden Alley in "Pramen" neighbourhood together with partners. (Event–Public), Nitra, SK 09/08/2025–17/08/2025
- Preparation of the **concept for creating** of Health Tourism Model of coping with war posttrauma using garden and bee therapy in the form of methodological E-Guide. (Product) 11/08/2025–20/12/2025
- **Final online International Conference** on the results of the Project implementation and presentation of the Health Tourism Model (Event–Public), Nitra, SK 28/02/2026





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EVENT 9-17 august 2025



- Presentations and practical crossfield implementation of the Tourist Health Model for women and children with post-traumatic symptoms at Alej na Prameni together with partners (CZ, UA) together 25 participants
- 9 strong days of theoretical and practical knowledge and activities, discussions and feedbacks how Garden and Bee therapy can support different target groups



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STRUCTURED ACTIVITIES



focused on healing and recovery, included:

- Apitherapy
- Aromatherapy and flower workshop
- Biodiversity activities
- Yoga and mental health sessions



Online Partners
Kick-off Meeting | July 20, 2025
Kyiv-Nitra



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THE SPIRIT OF EVENT

What began as a structured implementation quickly grew into something deeper: a shared journey of healing, learning and connection between refugees, professionals, locals and volunteers.

What made this event exceptional was the genuine warmth and solidarity developed between people who had never met before.



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ADDITIONAL COLLABORATORS FOR THE PROJECT



Zoborské včely, o.z. R.Kotrusz - beekeeper
ABIES M. Sebestyen – garden designer
A.Kravárová – garden designer
J.Pikusová – overall organisation
K.Vernarcová - photograph
S. Bondarenko – literal workshop
volunteers



Online Partners
Kick-off Meeting | **July 20, 2025**
Kyiv-Nitra



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RESULTS

- participants gained knowledge in several key areas:

therapeutic gardening, apitherapy principles, nature-based mental health support, trauma-sensitive approaches, informal learning methodologies, cooperation across social, educational and health sectors



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RESULTS

alongside theoretical learning – participants acquired a substantial amount of practical experience through hands-on activities carried out in natural settings, collaborative workshops and the testing of therapeutic practices within the developed route model



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RESULTS

The project also resulted in the presentation of a good practice example of social care infrastructure designed to address shared public health challenges through community-based and nature-oriented solutions. This model demonstrates how therapeutic tourism and social support services can be effectively combined to create accessible and sustainable support systems.





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RESULTS

As a key outcome, participants are strongly motivated to initiate and further develop garden therapy activities in their own professional environments and local communities. The project strengthened their competencies, increased awareness of the benefits of nature-based therapeutic approaches and supported the creation of new opportunities for inclusive, resilient and health-promoting community initiatives.



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**Thank you for your attention and please let the
comment or question in chat :-)**

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