



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 Presentations: goal, intentions, time management, results and target groups

Jana Vernarcova, PhD

Main Project Coordinator, SK



Online Partners
Kick-off Meeting

July 20, 2025
Kyiv-Nitra



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Garden and Bee Therapy
by
Alej na Prameni

SHORT DESCRIPTION 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; will also **present example of good practice model** of social care infrastructure to tackle common public health challenges.



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INTENTIONS



- worsening children mental health conditions
- the need for professional psychological and psychiatric or psychotherapeutic assistance
- the natural environment has been shown to be an important place for minimizing psychological trauma, especially in the informal atmosphere of urban communities, such as a yard, garden or apiary



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TIME MANAGEMENT

- **Development of the project website and page (Product) 20/06/2025–10/07/2025**
- **Online partners kick-off meeting of project Health Tourism: Garden and Bee Therapy for Ukrainian Women and Children's Mental Health (Event–Public), Kyiv, UA20/07/2025–20/07/2025**
- **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, SK01/08/2025–09/08/2025**
- **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 Healthy Tourism Model (Event–Public), Nitra, SK28/02/2026–28/02/2026**



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ADDED VALUES



- practice of garden and bee therapy, which will:
- create the relaxation area offering garden therapy, environmental education, cultural events and community activities for wide public and UA of all ages
- better adaptation to the SK social environment and culture
- support for UA women and youth will extend their internal motivation, engagement and initiative in natural topics which helps overcome their mental problems; by providing garden and bee therapy
- we will enable UA children and their families to healthy spending of free time and their natural integration into society SK



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TARGET GROUP



- non-profit organization dealing with project
- Ukrainian women and children as war refugees in need of mental therapy
- Slovak beekeeper union
- children with special needs
- garden designers willing to learn garden therapy
- psychologists, school psychologists and educators for special needs willing to learn and spread garden therapy to educational institutions
- public with need to improve their own mental health



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OTHER PARTNERS FOR PROJECT



Zoborské včely, o.z. R.Kotrusz

ABIES M. Sebestyen

A.Kravárová

J.Pikusová

K.Vernarcová

S. Bondarenko

volunteers



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RESULTS

- the Project website
- pilot model of Health based on Nitra
- guide - the main sections of the guide will include recommendations for communicating and providing the best services to vulnerable groups of the population, creating an inclusive environment



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Thank you for attention!

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