



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



Detailed Time Management: Timely Implementation Within Project Calendar and Shared Accountability

Leonora Adamchuk, DSc.

National Project Coordinator from Ukraine



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



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Garden and Bee Therapy
by
Alej na Prameni

Key dates and events of the Project

20/07/2025 **Online partners kick-off meeting** of project Health Tourism: Garden and Bee Therapy for Ukrainian Women and Children's Mental Health

09/08/2025 – 17/08/2025 Nitra, Slovakia. 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

11/08/2025 – 20/12/2025 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**.

28/02/2026 – 28/02/2026, Nitra, Slovakia. **Final online International Conference** on the results of the Project implementation and presentation of the **Healthy Tourism Model**



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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

09-17/08/2025

The Program (Day and Activities):

0 Friday 8/08/25

Departure of a Ukrainian delegation of women-beekeepers to Uzhhorod

1 Saturday 9/08/25

Arrival of partners in Nitra

Coordinating Council of Partners

Hall, Pension u Krba, s.r. o.Gorazdova 56949 01 Nitra

Dinner



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09-17/08/2025

The Program (Day and Activities):

2 Sunday 10/08/25

PARTNER PRESENTATION DAY

8:30 Coffee break with snacks

9:00 **Networking at Alley**, *PhDr.Jana Vernarcová, PhD.*

12:00 Lunch-box

13:00 **Program from Czech partners**, *Ing. Anna Makovičková*

Presentation of Ukrainian partners, *Leonora Adamchuk, DSc*

18:00 Dinner



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09-17/08/2025

The Program (Day and Activities):

3 Monday 11/08/25
DAY OF FLOWERS AND RESTORATION FOR UKRAINIAN WOMEN

- 8:30 Coffee break with snacks
- 9:00 **Workshop with flowers**
- 12:00 Lunch-box
- 13:00 **Psychological practice with aromas**
- 15:00 **Yoga in the garden**
- 18:00 Dinner



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for women and children with post-traumatic at commune garden Alley in "Pramen" neighbourhood together with partners

09-17/08/2025

The Program (Day and Activities):

4 Tuesday 12/08/25
BIODIVERSITY OPEN DAY

8:30 Coffee break with snacks

9:00 **Lectures on the Alley**
 from Ukrainian women beekeepers

12:00 Lunch-box

13:00 **Practical activities:**
 tree and perennials planting

18:00 Dinner in the garden



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09-17/08/2025

The Program (Day and Activities):

5 Wednesday 13/08/25

APITHERAPY DAY

8:30 Coffee break with snacks

09:00 **Apitherapy: Sleeping on Bees for Ukrainian Women**

12:00 Lunch-box

13:00 **Experience sharing and presentations from Ukrainian women beekeepers at the training apiary in Nitra**

18:00 Dinner



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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

09-17/08/2025

The Program (Day and Activities):

6 Thursday 14/08/25
VISITS AND EMOTIONS DAY

9:00-16:00

- 1. Excursion to the Beekeeping Museum**
Lunch-box
- 2. Excursion to the observation apiary**



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for women and children with post-traumatic at commune garden Alley in "Pramen" neighbourhood together with partners

09-17/08/2025

The Program (Day and Activities):

7 Friday 15/08/25

GARDEN AND BEE THERAPY DAY FOR UKRAINIAN CHILDREN

8:30 Coffee break with snacks

9:00 **Workshops and activities for Ukrainian children in Nitra at Alley**

12:00 Lunch-box

13:00 **Workshops and activities for Ukrainian children in Nitra at Alley**

18:00 Dinner



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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

09-17/08/2025

The Program (Day and Activities):

8 Saturday 16/08/25
MENTAL HEALTH DAY
FOR UKRAINIAN WOMEN

8:30 Coffee break with snacks
 10:00 **Psychological practice on the Alley**
 13:00-14:00 Lunch-box
 14:00-16:00 **Psychological practice on the Alley**
 18:00 Dinner

9 Sunday 17/08/25 DEPARTURE OF PARTNERS



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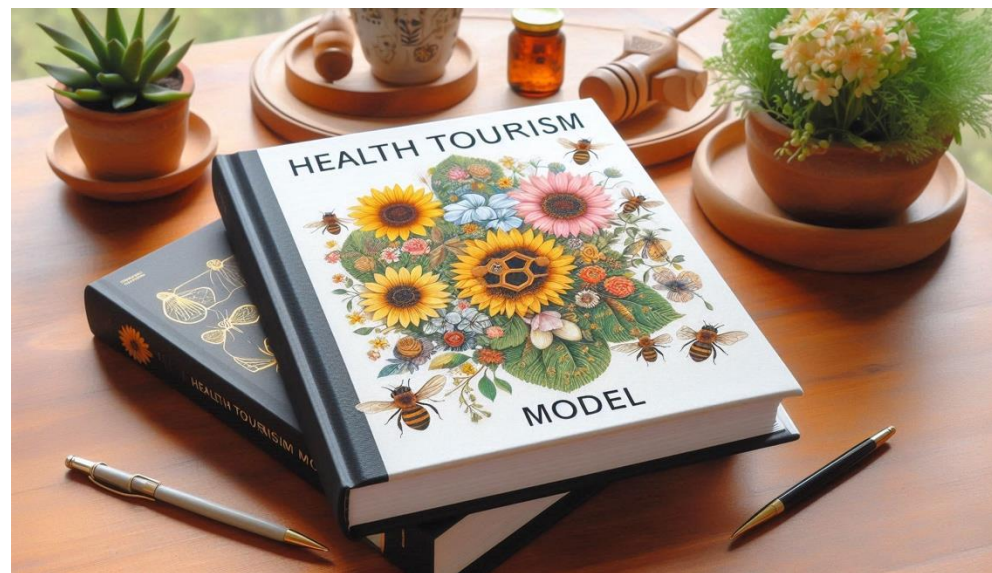
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Preparation of the concept for creating of Health Tourism Model of coping with war posttrauma using garden and bee therapy in the form of methodological E-Guide

11/08/2025 - 20/12/2025

4 months to create

- 08/25 – creating the table of contents
- 09/25 – developing the chapters
- 10/25 – inserting and editing the chapters
- 11/25 – reviewing and designing the E-Guide
- 20/12/25 – official publication of the E-Guide



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28/02/2026

Final online International Conference
 on the results of the Project implementation and
 presentation of the **Healthy Tourism Model**

- Results from partners
- Presentation of the Healthy Tourism Model using horticulture and apitherapy
- Lectures by invited experts
- Proposals for further cooperation and creation of a network of Wellness Centers using horticulture and apitherapy
- Proposal for further projects
- Completion of the current project



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Roles of Partners in the Project: Specific Tasks and Deadlines

Leonora Adamchuk, DSc.

National Project Coordinator from Ukraine



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Partner Roles

Date	Task	Who is involved?
09 –17 /08/2025	Presentation and practical cross-sectoral implementation of the Healthy Tourism Model	Slovak Republic, Czech Republic, Ukraine
11/08/2025 – 20/12/2025	Preparation of an E-Guide for all interested parties Health Tourism Model	Slovak Republic, Czech Republic, Poland, Ukraine
28/02/2026	International online conference and presentation of the Health Tourism Model	Slovak Republic, Czech Republic, Poland, Ukraine



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Partner Roles – Slovak Republic

- **General coordination and implementation** of all activities during the practical cross-sectoral implementation of the Healthy Tourism Model (**August, 2025, Nitra**)
- **Preparation of materials** for the Healthy Tourism Model Implementation Guide (**August-November, 2025, remotely**)
- **Organization and holding** of the final conference (**February, 2026, online**)
- **Further implementation** of the Model after the completion of the project on the Alley



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Partner Roles – Ukraine



- **Co-organization** of all activities during the practical cross-sectoral implementation of the Healthy Tourism Model (**August, 2025, Nitra**)
- **Exchange of experience** with apitherapy patrons in Ukraine (**August, 2025, Nitra**)
- **Preparation, compilation and editing** of materials for the manual on the implementation of the Healthy Tourism Model (**August-November, 2025, remotely**)
- **Co-organization** of the final conference (**February, 2026, online**)
- **Further implementation** of the Model after the completion of the project (Odesa, Kyiv region) **and consulting** those wishing to implement



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Partner Roles – Czech Republic

- **Preparation and implementation** of activities during the practical cross-sectoral implementation of the Healthy Tourism Model (**August, 2025, Nitra**)
- **Exchange** of experience with horticulture partners in the Czech Republic (**August, 2025, Nitra**)
- **Preparation of materials** for the manual on the implementation of the Healthy Tourism Model (**August-November, 2025, remotely**)
- **Participation** in the final conference (**February, 2026, online**)



KRAFFEROVA
ZAHRADA



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Partner Roles – Poland



- **Exchange of experience** with partners on horticulture in Poland (**August, 2025, online**)
- **Preparation of materials** for the manual on the implementation of the Wellness Tourism Model (**August-November, 2025, remotely**)
- **Preparation and provision** of photo materials for the manual from own locations (**August-November, 2025, remotely**)
- **Participation** in the final conference (**February, 2026, online**)



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Partner Roles – Ukraine 2



- **Exchange of experience** with horticultural patrens in Ukraine (**August, 2025, online**)
- **Consulting** on growing plants in horticultural settings and public gardens (**August-November, 2025, online**)
- **Preparation of materials** for a manual on the implementation of the Health Tourism Model (**August-November, 2025, remotely**)
- **Assistance in editing and reviewing** the manual (**November, 2025, remotely**)
- **Participation** in the final conference (**February, 2026, online**)



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Thank you for attention!

Leonora Adamchuk, DSc.

National Project Coordinator from Ukraine

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