



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



Presentation of partners: M.M. Gryshko National Botanical Garden of the National Academy of Ukraine

Olga Grygorieva, PhD
Project Coordinator, UA



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



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

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Garden and Bee Therapy
by
Alej na Prameni

M.M. Gryshko National Botanical Garden of the National Academy of Ukraine



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Main areas
of scientific
activity

breeding and
genetics

study of
medicinal
plants and
medical
botany

research in the field
of biotechnology of
tropical and
subtropical plants

basic studies of
allelopathy –
chemical interactions
between plants

Flower and
ornamental
crops

Fruit crops

Vegetable and
fodder crops

bioindication of the
state of the
environment with the
participation of plant
objects



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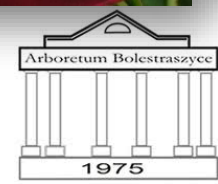


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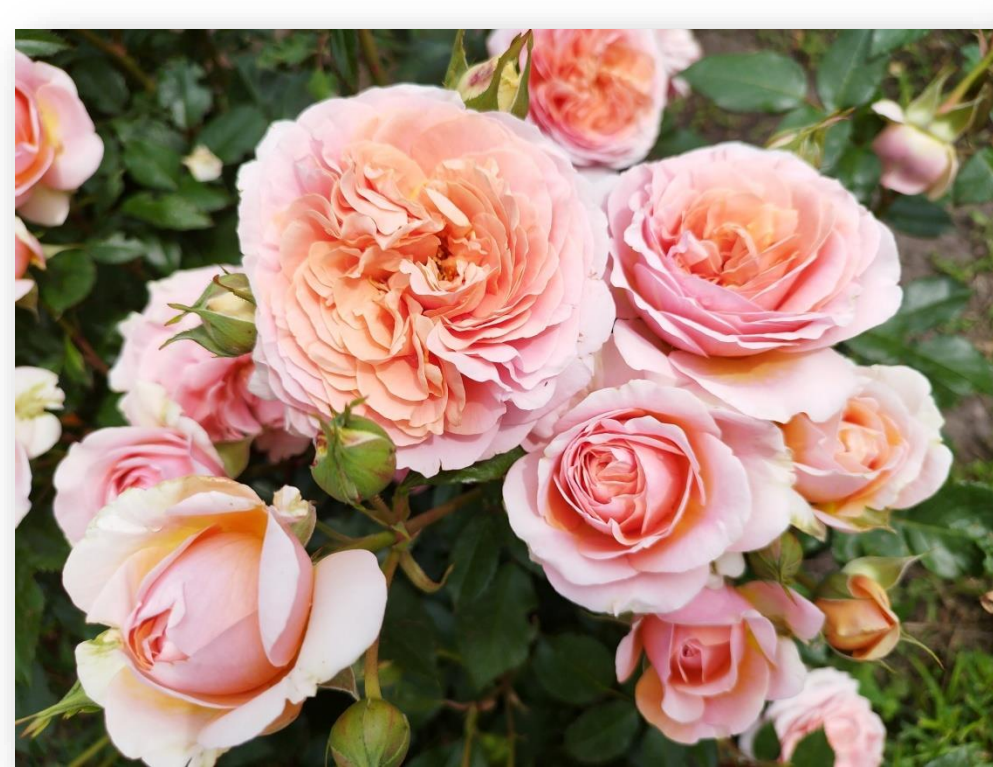


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Botanical therapy and international cooperation in the heart of Kyiv

The Botanical Garden actively participates in international initiatives to protect the plant world under the auspices of Botanic Gardens Conservation International (BGCI).

In particular, the **Department of Tropical and Subtropical Plants** not only preserves unique plant collections from different parts of the world, but also creates a space of beauty, warmth and inner balance for all visitors.

Plants are more than biodiversity. They are peace. They are comfort. They are emotional recovery.

That is why the greenhouse complex of the NBG has become a place of strength for many people. Excursions, **master classes, lectures and botanical therapy classes are regularly held here** – for those who have experienced stress and need emotional support.

Among the participants in such events are **children, women, internally displaced persons, as well as our military personnel** who defend Ukraine every day. They come to the garden to breathe deeply, feel harmony and restore strength next to living nature. Science, beauty and care are the values that our garden embodies every day, together with the international community.



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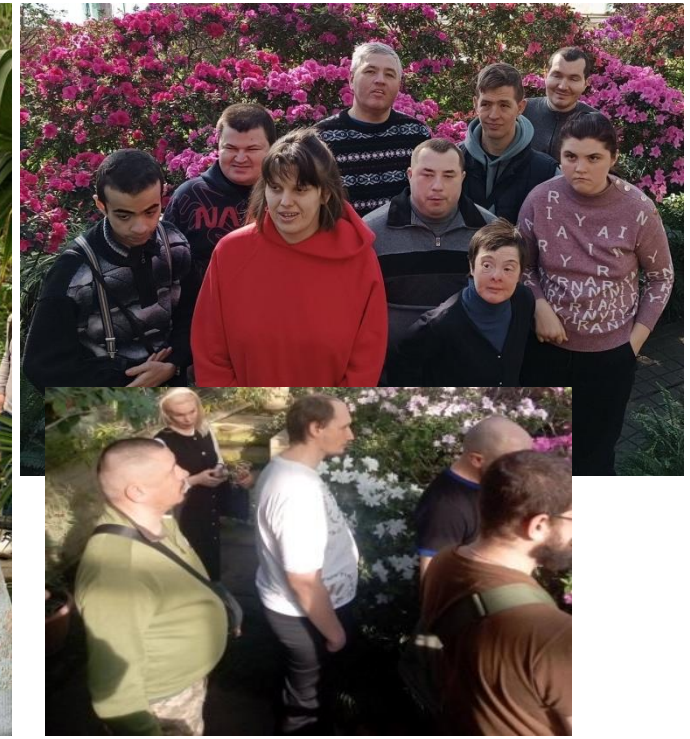


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M.M. Gryshko National Botanical Garden of the National Academy of Ukraine Botanical therapy in the heart of Kyiv



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Department of Fruit Plants Acclimatisation



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M.M. Gryshko National Botanical Garden of the National Academy of Ukraine

The Department of Fruit Plant Acclimatization is a key center of innovative horticulture, which combines fundamental science with practical activities. The department was established in 1945.

Main areas of research: introduction of fruit plants to enrich the plant resources of Ukraine, preservation of the biodiversity of fruit plants ex situ, selection of southern, new and local rare fruit crops.



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**



The breeders of the Department have created about **100 new cultivars** of introduced fruit crops, **52 cultivars** have been entered into the State Register of Plant Varieties of Ukraine, including: peach, apricot, cherry plum, quince, actinidia, cornelian cherry, grapes, magnolia vines, chaenomeles.

The new cultivars are distinguished by high winter hardiness, plant productivity and taste qualities of fruits, the use of which contributes to the preservation of health and increasing human performance in conditions of a polluted environment.



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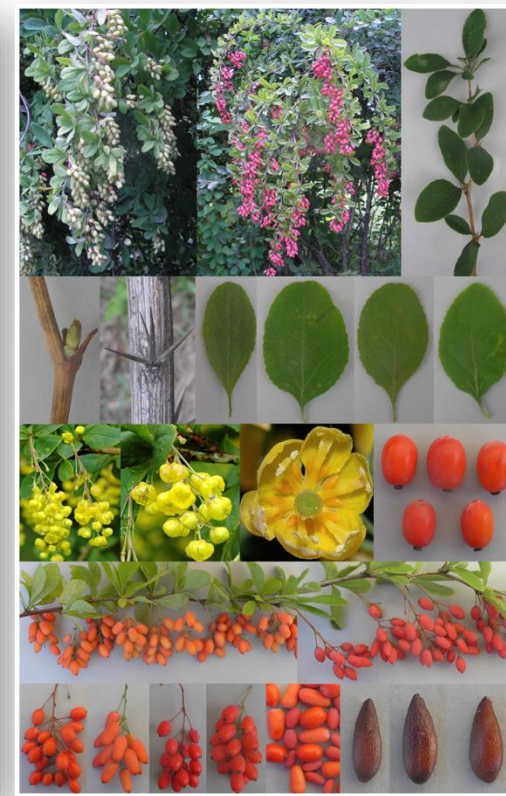
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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слив**



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**

In addition to significant scientific achievements, the department is actively involved in community initiatives

Since the beginning of the full-scale russian invasion of Ukraine, the department's staff has participated in more than **20 exhibitions-fairs**, where they not only presented the results of scientific research, but also sold their own products to help the Armed Forces of Ukraine.

These are **jams, juices, dried fruits** from non-traditional fruit plants, the study of which scientists have been working on for years: **paw paw, quince, akebia, actinidia, chokeberry, honeysuckle, cornelian cherry, sweet chestnut, medlar, blackberry, chaenomeles** and many others.

All funds raised - **532,434 UAH** - were directed to support the **Armed Forces of Ukraine**. This is a measurable and concrete contribution to the common cause of national resistance.

Such events have become not only a platform for **popularizing scientific work**, but also an important part of the **volunteer movement**, which **united scientists, NBG employees, volunteers and student youth**.



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слив**



*Виставка-ярмарок
«Осінній вернісаж
у Ботанічному саду»
8-9 жовтня 2022 р.*



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**

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«Осінній вернісаж
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14-15 жовтня 2023 р.*



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М.М. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**



*Виставка-ярмарок
«Весняний вернісаж у
Ботанічному саду»
6-7 квітня 2024 р.*



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**

The power of cooperation: together for Victory

A significant role in volunteer and scientific activities was played by the cooperation of the department with the public organization “Foundation of Women Beekeepers”. Within the framework of this interaction, about **10 charity fairs** were organized, the funds from which were directed to support the Armed Forces of Ukraine.

Beekeeping products from all regions of Ukraine were presented at the events – from honey and wax to natural cosmetics and medicinal products. This is not only a contribution to the common cause, but also **support for the women beekeepers themselves**, as well as small businesses that continue to function even in difficult war conditions.

Special attention in the Foundation’s activities is paid to women beekeepers who became internally displaced persons and lost their apiaries and sources of income due to the war. Support is organized for them, platforms for selling products, and new opportunities are created to resume their business.

Effective cooperation, solidarity and mutual support are what helps not only to survive, but also to move forward.



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**

The power of cooperation: together for Victory



БЛАГОДІЙНИЙ
медовий вікенд у Ботанічному саду
від Фондації жінок-пасічниць



Допомога ЗСУ



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization

3-4 червня 2023

БЛАГОДІЙНИЙ МЕДОВИЙ ПІКНІК

від Фондації Жінок Пасічниць

beewomen.com.ua

Приєднуйся усією сім'єю та донатом для ЗСУ



12-20 серпня 2023

БЛАГОДІЙНИЙ ТИЖДЕНЬ МЕДОВИЙ

від Фондації Жінок Пасічниць

beewomen.com.ua

Приєднуйся усією сім'єю та донатом для ЗСУ

10:00 - 18:00

Продукція бджільництва: мед (траншевий, ріпаківий, акацієвий, з весняного ріпаків'я, липовий, гречаний, мед Фраделівий, з гітського ріпаків'я, сочницький, гречаний, забрусний); бджолине обліваж, крем-мед, голубичний та інші; свічки з воску ручної роботи та з восци.

Смаколики: печиво з побажаннями, медовий десерт "Віталіка", медові розливи: печиво ручної роботи, джем з ягід, кава, напій мавої жолудий "Бджілля", набори з сухофруктами, квітковий чай з лікарських рослин, медова пастила, миски сирки з медом, медова випічка, масло прополіса

Медові напої: хреновица та медлина на медовому джелеві, холодний медовий глітвейн, медовий лимонад, медовий м'ягко, медовий томат, медові вишні, питий мед, медовий квас, медовий віскі.

Оздоровча косметика: воскові бальзами з ефірними оліями лікарських рослин, прополісний бальзам: медове мило ручної роботи; воскові свічі.

Апіпродукти: мастойка, вогнище, мастойка прополісу, прополісний екстракт, прополіс у шапці, галерія асферобовий, вогнище навія, ластовіт, ларикол, полікор, прополіс асферобовий, прополіс олія

Інтерактив: фотозона із живими бджолами (безпечно) та можливість одержати пасічний костюм;
42-20 серпня - асоціативні карти
Бджолиний Бракел «Дар Королеви»
Бджолева лабораторія
«Мед під мікроскопом»;
42-43, 49-20 серпня - Консультація із правильного користування Апіпродуктами
48-20 серпня - бджолина лотерея (безпрограшна)

Майстерки:
42-20 серпня - бджолині аплікації та старорека листівки
42-43, 49-20 серпня - плетіння віночків
46-47 серпня - розпис медового печива
49-20 серпня - виготовлення свічок з восцинами

У Національному ботанічному саду імені М. М. Гришка НАН України

від центрального входу, вниз по сходах біля 6 корпусу



Online Partners
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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**

The **Department of Fruit Plant Acclimatization** was a partner in a number of international initiatives implemented with the support of the **International Visegrad Fund**:

- ❑ **Biodiversity after the Chernobyl Accident** – study of the state of biodiversity after the Chernobyl disaster;
- ❑ **FarmersEduca** – educational project for sustainable agriculture;
- ❑ **BeeEduca** – dissemination of knowledge about the importance of beekeeping in the modern agro-environment;
- ❑ **InoEcoModel** – implementation of innovative ecological models of farming;
- ❑ **Creation of a Regional Database of Pollen Morphology for the Assessment of the Bee Products Quality** – creation of a regional database of pollen morphology for assessing the quality of bee products.

These initiatives not only contribute to the conservation of biodiversity and sustainable nature management, but also strengthen international scientific cooperation in the face of modern challenges.



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M.M. Gryshko National Botanical Garden Department of Fruit Plant Acclimatization **слин**



Mental health care through the power of nature

We sincerely thank **Alej na Prameni** under the leadership of **Jana Beníková Vernarcová** (Slovakia) and the **Foundation Women Beekeepers** under the leadership of **Leonora Adamchuk** (national coordinator from Ukraine) for their trust and invitation to participate in this important and relevant project.



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Presentation of partners: Arboretum and Institute of Physiography in Bolestraszyce (Poland)

Prof. Narcyz Piórecki
Project Coordinator, PL



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Arboretum and Institute of Physiography in Bolestraszyce

The **Arboretum in Bolestraszyce**, which operates under the auspices of the **Institute of Physiography** of the Carpathian Branch of the Polish Academy of Sciences, is an important scientific and environmental center in the Subcarpathian Voivodeship.



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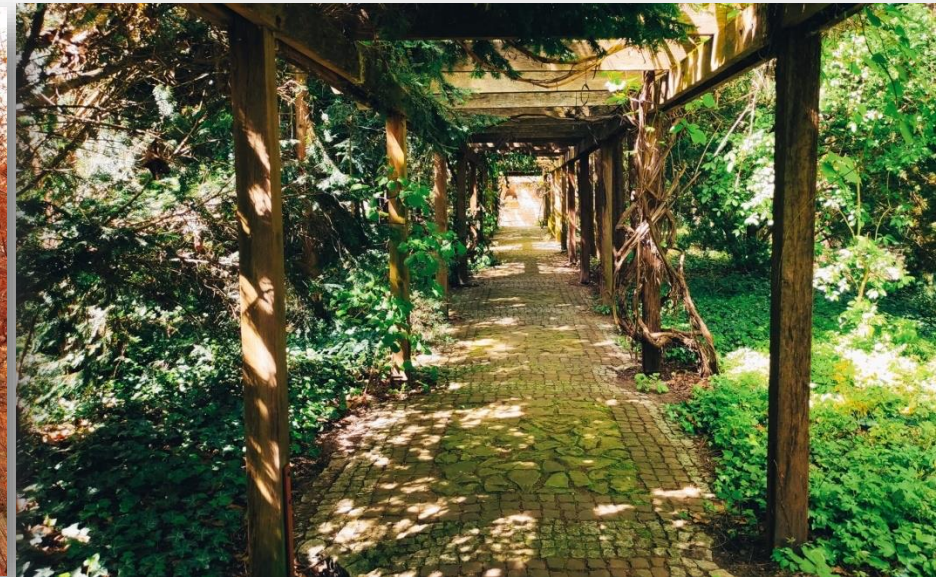
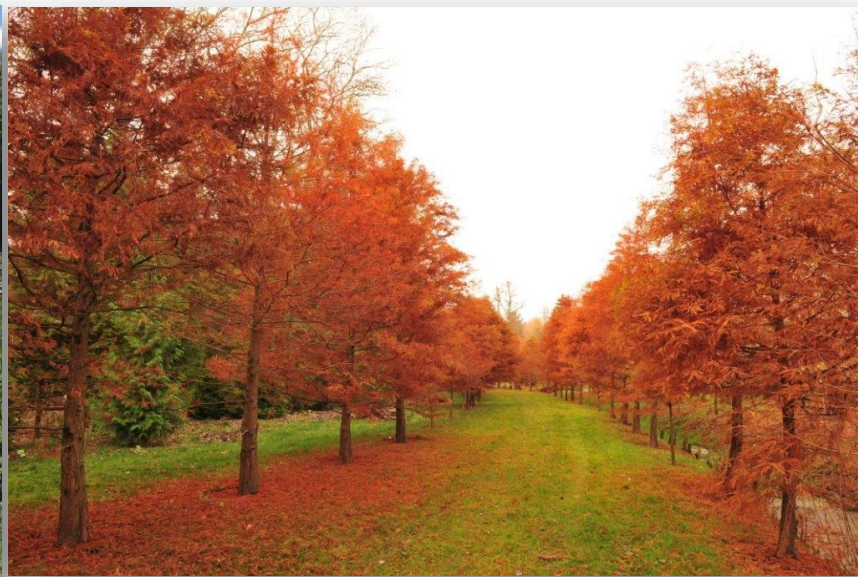
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Arboretum and Institute of Physiography in Bolestraszyce

This year, the Arboretum celebrates its **fiftieth anniversary** – half a century during which nature, culture and science have intertwined here in amazing harmony. Founded in 1975 on the territory of a former noble estate, the Arboretum preserves not only the natural but also the architectural heritage of the region.



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Arboretum and Institute of Physiography in Bolestraszyce

The Arboretum's activities include:

- introduction and acclimatization of rare and uncommon species of woody plants
- conservation of biodiversity
- environmental education
- conducting scientific research on the physiography, flora, fauna, and climate of the region.



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Arboretum and Institute of Physiography in Bolestraszyce

The Arboretum pays special attention to the genus *Cornus* (cornelian cherry) as promising for biodiversity, food and pharmacology.

Within this theme, the **Festival Cornelian Cherry** is held annually, which has become a unique event that combines science, culture, local gastronomy and traditions.



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During the festival, cornelian cherry cultivars and products made from it (juices, jams, tinctures) are demonstrated, lectures, tastings, and master classes are held, which helps to popularize the culture of growing this valuable plant.



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Arboretum and Institute of Physiography in Bolestraszyce

The Arboretum also plays an **important humanitarian and volunteer role**. Since the beginning of the full-scale invasion of Ukraine, the Arboretum has actively supported **Ukrainian scientists and displaced persons**, provided space for scientific work, assisted in the implementation of international environmental initiatives, and promoted ideas of solidarity and intercultural exchange.

The **Arboretum in Bolestraszyce** is an example of how a modern scientific institution can **combine research, conservation, education, and social responsibility** into a single sustainable development strategy.

The Arboretum is also a partner in the implementation of international initiatives, including projects of the Visegrad Fund:
Biodiversity after the Chernobyl Accident;
FarmersEduca;
BeeEduca;
Creation of a Regional Database of Pollen Morphology for the Assessment of the Bee Products Quality



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Thank you for attention!

Olga Grygorieva, PhD
Project Coordinator, UA

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