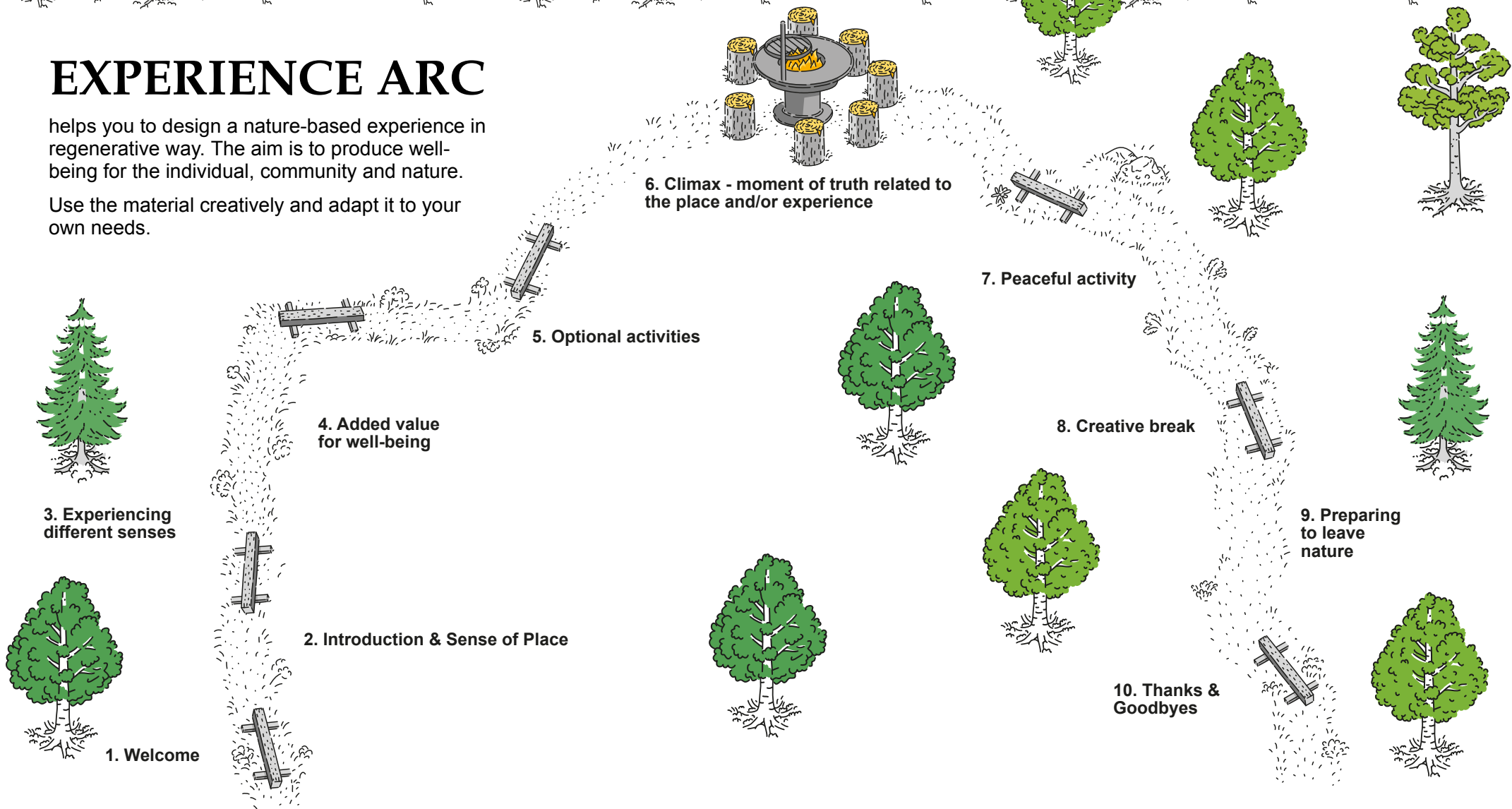




EXPERIENCE ARC

helps you to design a nature-based experience in regenerative way. The aim is to produce well-being for the individual, community and nature.

Use the material creatively and adapt it to your own needs.





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1. Welcome

- a. A short description of the experience:
- What can be expected?
 - Duration, stops, ending place
 - Possible snack breaks, meals and drinks
 - Possibility to go to the toilet
 - Common rules for e.g. mobile phone use, photography breaks
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2. Introduction & Sense of Place

- a. Where are we?
- b. What do the local people love the most in this place?
- c. Why this place is exceptional?
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3. Experiencing different senses

- a. Let's stop at places where one can feel nature with different senses
What we can see, hear, smell, taste and feel

4. Added value for well-being

- a. What are the factors that produce well-being for individuals in this place?
- b. Is there something in the place that needs to be repaired, restored or revived – how can well-being of nature be improved?
- c. How the experience produces well-being for local people (are they involved in services, are they compensated for the use of natural resources, etc.)



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5. Optional activities (such as collecting forest products)

- a. If the collection of natural products such as berries, mushrooms and wild herbs is allowed and they are used for food, for example, this activity can be included in the experience.

6. Climax – moment of truth related to the place and/or experience

- a. Are we in a holy place of great significance – what is the story behind it?
 - b. Regenerative activity such as tree planting or taking off alien species
 - c. Meditation in a special place and atmosphere
 - d. The most challenging part of the exercise has been completed
 - e. The most beautiful landscape can be seen
 - f. Cooking together
 - g. Gazing the stars
 - h. Admiring the natural light phenomena
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7. Peaceful activity

- a. Walking in silence
- b. Experiencing different senses
- c. Hugging the trees

8. Creative break

- a. Reflection of experience
- b. Writing, drawing, thinking



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9. Preparing to leave nature

- a. "Saying goodbye" to nature
- b. Consciously feel the achieved well-being effects

10. Thanks & Goodbyes

- a. Possibility to share own feelings
- b. Nature-based "souvenir" as a memory