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O5: CREATIVE ACTIVITIES

POIANA CU SCHIT

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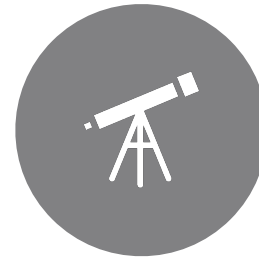
Real Experiences with ASIE in the Nature



Adventure



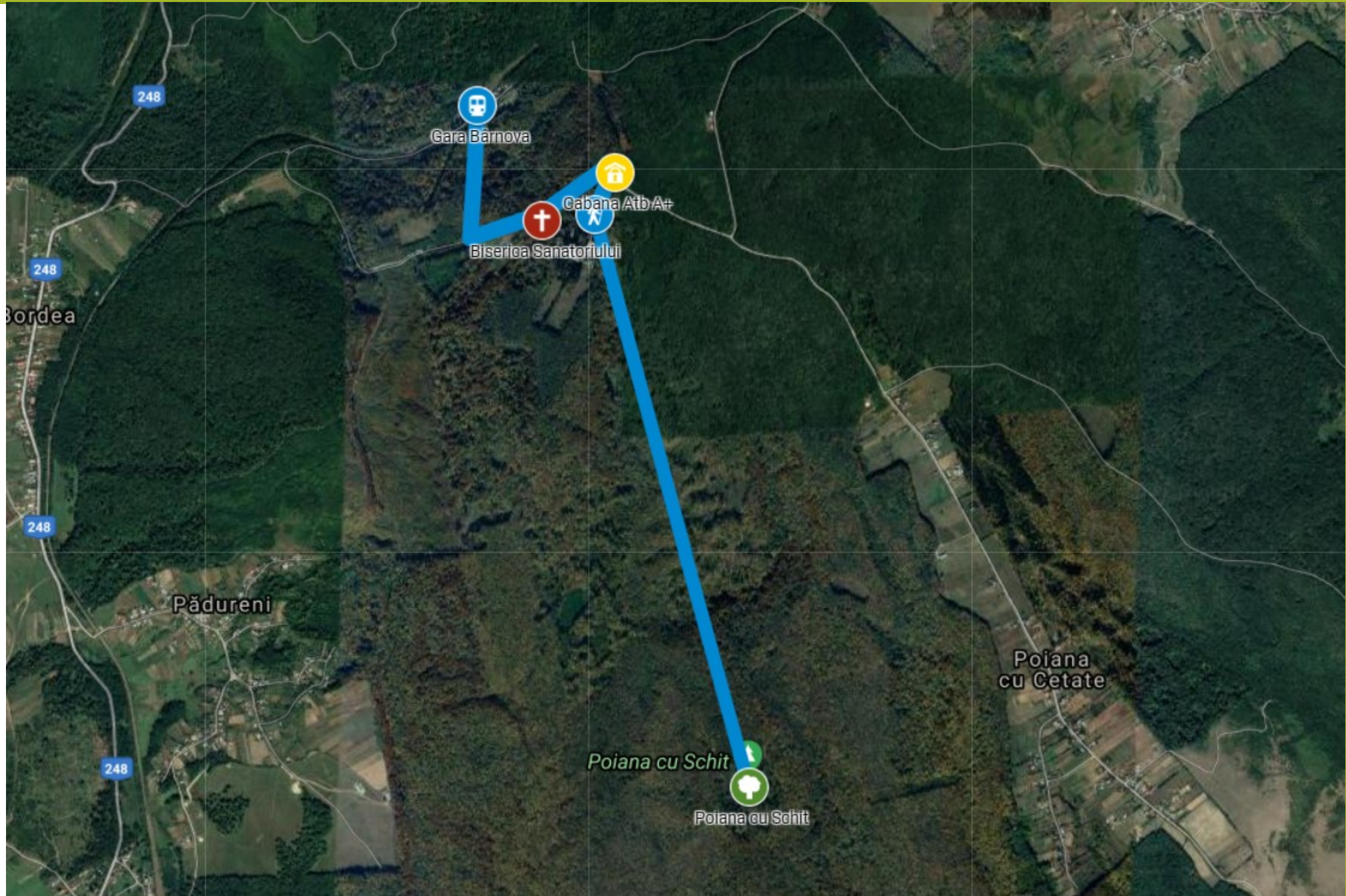
Enthusiasm



Discovery



Poiana cu Schit (en. Glade with Hermitage)



September 25th 2021

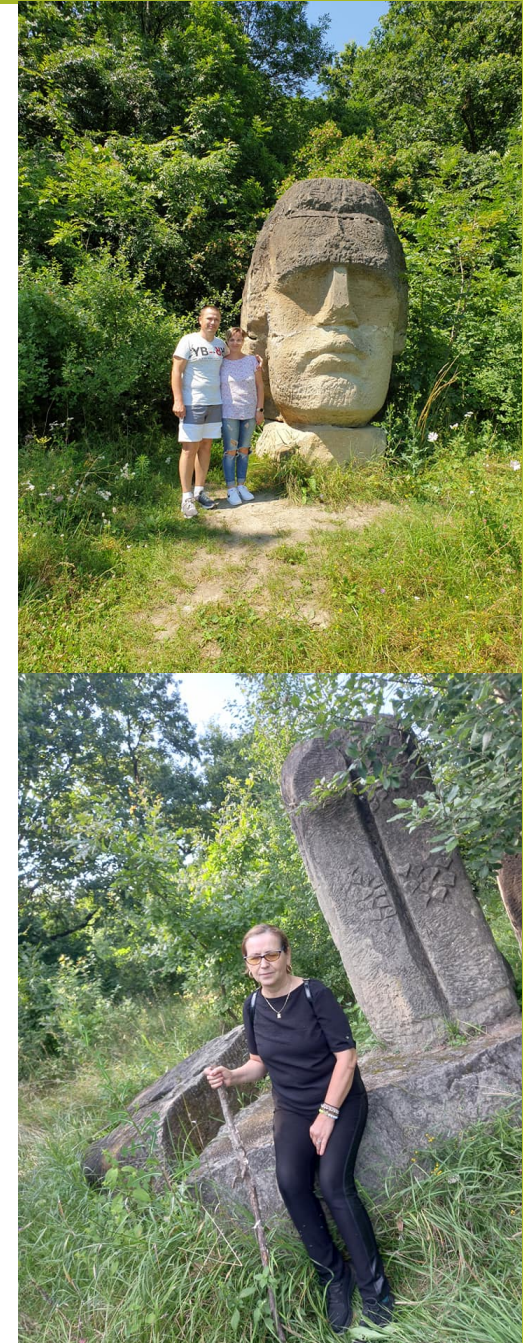
This walk took our guests 2 hours and a half, almost 6 km from the Barnova train Station, after a 30min ride by train from Iasi station. A wonderful morning with this lovely group of people who later told us that cleansing their lungs with this fresh morning air is the best reward they could receive for the walk.



Bathing in the forest, a therapeutic practice



Participants have learnt breathing techniques, about the harmful polluted air which may damage the brain and stress the body, how beneficial is the time spent in the nature, especially in the forests and that bathing in the forest has nothing to do with water, everyone took a bath of fresh air, sun and relaxing forest sounds.



Why is Poiana cu Schit a floristic reservation?



Participants found out about the unique plants which grow yearly in the Glade with Hermitage, plants specific just for silvostepe: *Teucrium chamaedrys*, *Cynosorus cristatus*, *Dorycnium herbaceum*, *Agrostis stolonifera* and herbs from the species *Festuca stricta*, *Festuca ruoicola* and *Festuca valesiaca*.



The participants shared their opinions:

“During pandemics my body cried for such a long and effective walk. I feel more energized now.”

“In good company, you feel no tiredness.”

“When do we repeat the walk?”

“Nature has always offered me a boost.”



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