

*Forest Healing on Water Tourism Education  
in Gunung Leuser National Park for Reducing  
Urban Communities Stress Level*

**SUWARNADWIPA'S TEAM**



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# FOREST HEALING

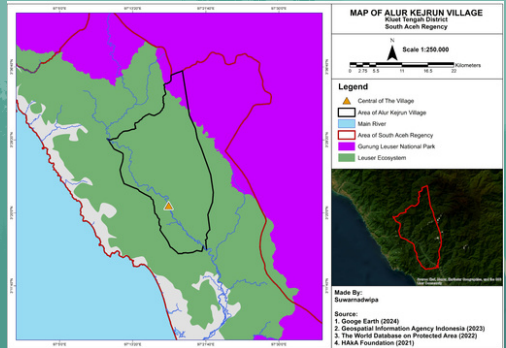
Based on the Journal of Positive Psychology & Wellbeing “Quarter Life Crisis Job Seeker Early Adulthood”, there has been an online survey conducted to 31 respondents across the United States, United Kingdom, India and Australia, there was five things that can trigger stress in people aged 18-25 years old such as career, mate, education, competition, and health. Therefore, the forest healing program aims to reduce stress levels for the community.



Gunung Leuser National Park (GLNP) is endangered due to deforestation and illegal mining. Therefore, we are representing GLNP to address this problem by educating the public about the importance of protecting forests. The habit of utilizing forest resources, if not done responsibly, is vulnerable to negative impacts on the forest itself because of its function in clean water management for the surrounding community. This education aims to reduce the community's stress level by encouraging a connection between the community and nature.

## Our Location Program

In this program, we have chosen GLNP as our project location. GLNP is situated in northern Sumatera, Indonesia, spanning across the borders of Aceh and North Sumatera Provinces. In order to achieve the success of our Forest Healing program, we have several main beneficiaries, including the following.



Picture 1. Gunung Leuser National Park Location

Forest Healing Program utilizes the ecotourism concept, where participants are guided to explore the forest around the village to understand the daily relationship between the community and their environment, especially the forest and water. To address our program to these problems, a range of methods and approaches can be used, including forest restoration and protection. In Gunung Leuser National Park, forest restoration is one of the main activities of the program to recover illegally degraded habitat, securing at least 1-10 hectares that are currently under threat.

In order to achieve the success of our Forest Healing Program, we have several main beneficiaries, including:

- Local communities: creating employment opportunities, increasing income, and positively impacting the preservation of GLNP and local culture from the aspects of water security and forestry.
- Visitors/ Targets (Urban Society) : With the ecotourism-based “Forest Healing” program, we hope that this program can help visitors/ targets in relieving stress. In addition, this program can also provide ecotourism education to urban communities through cultural aspects, empowerment in efforts to preserve a sustainable environment, preserve the natural environment and conservation with the age permitted is above 18 years old.
- Aceh's Government : creating economic growth, increasing local revenue from taxes, increasing promotion and marketing of ecotourism in nature conservation to maintain cultural integrity.



## Our Vision

*"Sustainable water and forests for sustainable lives of victorias"*

The vision of this program is "Sustainable water and forests for sustainable lives of victorias" with a measurable goals are :

- Assisting the community in improving the economy based on the potential of the environment around the community.
- Achieve below-average cortisol levels (<0,082) due to the stress on the body from forest healing activities (Ministry of Environment and Forestry 2020)
- Preventing deforestation and replanting at least 5% of the forest
- Introducing the role of water for nature as well as for the habits of the Kluet people in using water.

In this program, we need several digital aspects such as Instagram and personal website for program promotion and ticket purchase. The use of Instagram can also be used as a campaign for the participants later. Additionally, we also include the Whatsapp number of one of our members as a contact person. These links will later be combined in the Linktree that we created, allowing prospective participants to find information related to this program in just one link



Linktree\*



The following below is a map of stakeholders in our "Forest Healing" program.

No	Agency/ Institution	Form of Contribution
1	Government Ministry of Tourism and creative Economy	Carry out supervision, assessment, coordination, development, and evaluation of sustainability in the field of forest healing.
	Ministry of Environment and Forestry ; Directorate General of Natural Resources and Ecosystem Conservation	Formulation, sign posting, and supervisory function in the process of implementing forest healing
	Ministry of Youth and Sports	Assist in assessing, designing, developing, and managing the role of youth in the program
	Ministry of Education, Culture, Research and Technology	Support and assess the sustainability of forest healing and make further tests regarding the development of innovations that will be innovated in forest healing
	Local Government	Assist, supervise, provide basic protection by introducing forest healing to the community, and support cooperation with various parties in the implementation of forest healing
2	Academia Natural Research and Innovation Agency (BRIN)	Review, observe, and conduct research on the response of forest healing to society and the environment.
	University/ Higher Education	Pioneer the idea and drive the action to implement forest healing.
3	Private Parties Sababat Leuser Organizations	Accompanying, organizing channels, intermediaries with the Alue Keujurun community
	Non-Governmental Organization (NGOs)	Socialization of forest healing to the community
4	Media Print and Electronic Media	Channeling information about forest healing to the community
5	Community People of Kluet Tribe and surrounding areas	Recipients and beneficiaries of forest healing implementation results.

Table 1. Stakeholders Mapping

The following below is cost budget plan in our "Forest Healing" program.

No	Description	Amount 1	Amount 2	Unit 2	Number of Unit	Unit Fee	Total
1	Transportation costs from Bogor to Aceh (round-trip)	4	1	People	4	102.2	409
2	Boat fee to Alur Kejurun (round-trip)	4	3	People	12	9.58	115
3	Guest house	4	1	People	4	6.39	26
4	Survey fee	1	1	Day	1	61.37	61
5	Acomodation and consumption	4	3	People	12	12.77	153
6	First aid	1	1	Package	1	63.87	64
7	Local guide	3	2	Day	6	12.77	77
8	Promotion fee	1	1	Package	1	12.77	13
9	Educational props (loudspeaker, banner, mats, hoes/shovels, polybag, seedings)	1	1	Package	1	78.3	78
<b>Total</b>						<b>\$</b>	<b>995.49</b>



Cost Budget Plan

Table 2. Cost Budget Plan

The following below is our timeline in our “Forest Healing” program.



## Timeline

No	Type of Activity	March 2024				April 2024				
		1	2	3	4	1	2	3	4	
1	Coordination with stakeholder phase	█								
2	Promotion and community engagement phase		█							
3	Site observation and finalization of activity flow			█						
4	Socialization of activities and preparations to participants, along with carrying out a pre-test				█					
5	Implementation and evaluation phase					█				
6	Estimated time shift considering that there is a commemoration of the Eid al-Fitr holiday							█		
7	Evaluation								█	█

Table 3. Timeline

## Run-down



**Day 1 - Preparation phase :** (Tourism office: GLNP branch management office)  
Welcoming visitors, introductions etc.

### First destination (Kluet River to Alue Keujrun)



Opening ceremony → Breakfast → Post and place introduction

### Second Destination



Arriving the place of lodging → Learning Kluet culture and local wisdom of Alue Keujrun → Lunch

### Third Destination



Dinner → Story telling about Aceh story at night.



**Day 2**  
**Main Event**

### Fourth Destination



Breakfast → Morning meditation

### Fifth Destination



SBB (Strolling around By Boat) → Lunch

### Sixth Destination



Planting tree → Closing Ceremony