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FOREST HEALING ON WATER TOURISM EDUCATION IN GUNUNG LUSER NATIONAL PARK FOR REDUCING URBAN COMMUNITIES STRESS LEVEL

Asal nanggroe bak rimba Tuhan, eteun beurateun, Hana manusia

By Suwarnadwipa's Team

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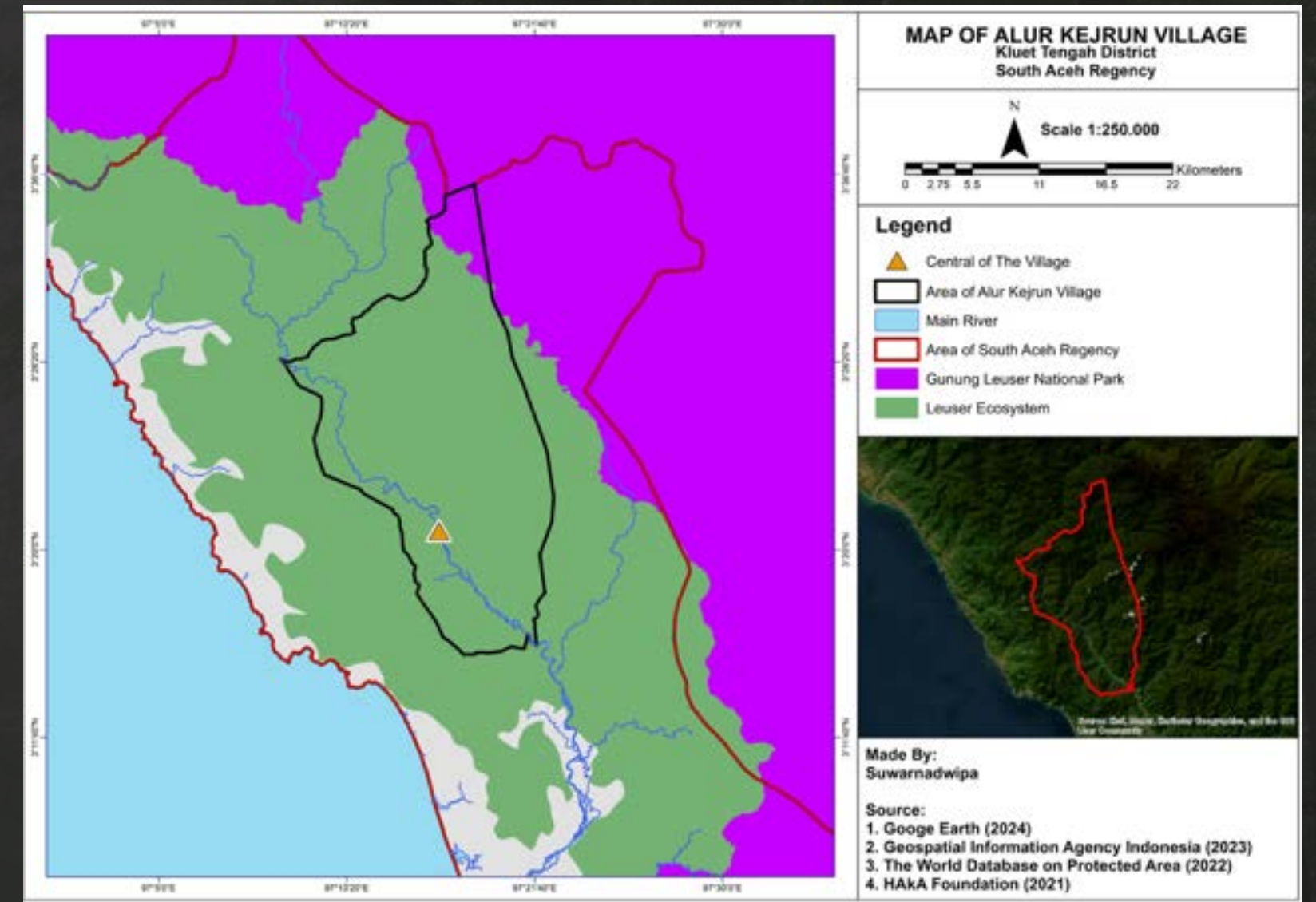
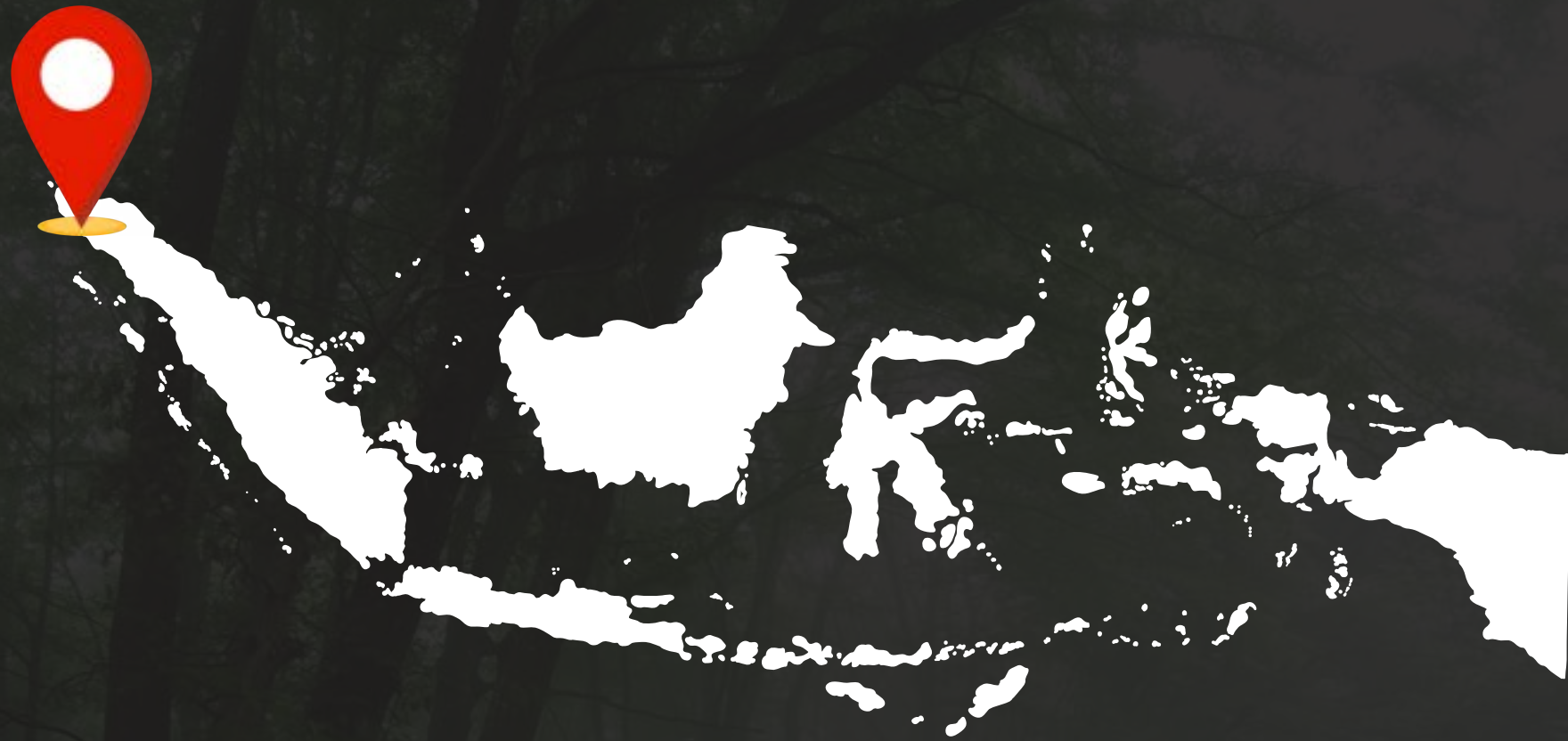


Team

A lush tropical forest scene with a rocky stream. The foreground shows large, mossy rocks in the water. The background is filled with dense green foliage, including palm trees and various tropical plants. The entire image has a semi-transparent overlay, and the text is centered in a bold, dark blue font.

**WHY SUWARNADWIPA?
WHAT IS SUWARNADWIPA?**

Gunung Leuser National Park



Gunung Leuser National Park is situated in Northern Sumatra, Indonesia, spanning across the borders of Aceh and North Sumatra Provinces.

INTRODUCTION

In 2022, Gunung Leuser National Park (GLNP) lost 4,676 hectares of land cover with South Aceh as one of the districts that experienced the largest land cover loss, namely 1,883 hectares.



this threatens the sustainability of water which is the heart of people's lives, especially the Alur Keujrun community.



INTRODUCTION



Stress level in society



Forest healing program



Reduce stress levels



Increase local community income



Educational tool

An aerial photograph of a river winding through a lush, green forest. The river is the central focus, curving from the upper left towards the lower right. The surrounding forest is dense and vibrant green, with some areas appearing slightly darker due to shadows. The sky is a pale, overcast grey, suggesting a cloudy day. The overall scene is serene and natural.

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comes as a solution that will bring sustainability to various aspects of life, especially the water ecosystem.



Our Vision

“Sustainable water and forests for sustainable lives of Victorias”

Our Main Beneficiary



Local Communities



Urban Society



Local Government

Project Impacts

<u>LONG-TERM</u>	<u>SHORT-TERM</u>
Contribute to the health and sustainability of the Gunung Leuser National Park	Increasing public awareness about the role of forest in water resilience
Increasing public awareness about the role of forest	50% participants can understand forest healing
Monitoring to ensure forest restorations are effective	Increasing local community economics by around 0-1% in 6 weeks
Increasing local community economics around 10% in 6 months	Recovery the degraded land in the location about 5.000 m ² in 6 weeks
Recovery the degraded land in the location about 1-2 ha in 6 months	

Digital Aspect



Instagram and personal website for program promotion and ticket purchase. Contact person and more details will be created with Linktree

Linktree*



A Campaign D-3 before the program starts in Instagram with some templates and questions

WELCOME TO YOUR TRIP



Aler Keujrun Village.



The Price is 47 USD

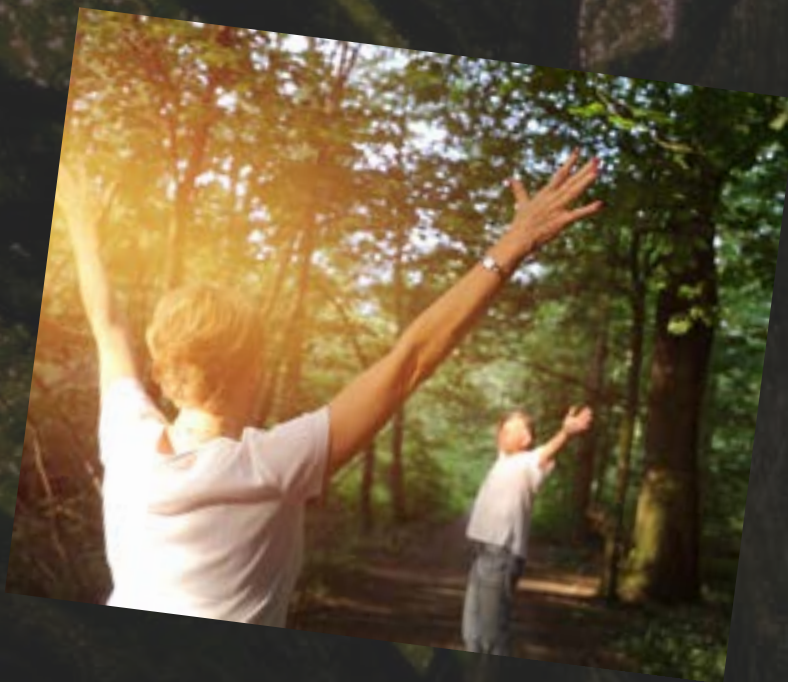
"Take care of your mentality, take care of your forest"



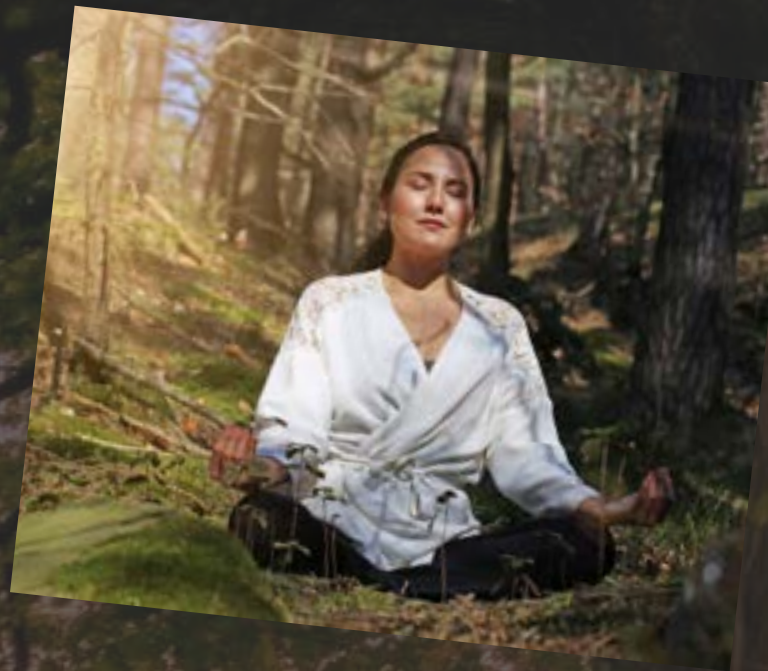
DETAIL OF BUDGET

- ***The Price is 47 USD = Rp 750.000***
 - **Food and Guest House : 19,07 USD**
 - **Transportation by Boat : 6,36 USD**
 - **Transportation by Car : 6,36 USD**
 - **Local Guide : 3,18 USD**
 - **Administration : 9,54 USD**





"SHIRIN YOKU"



shinrin-yoku. Forest bathing is a low-intensity physical activity performed in the forest, such as leisurely walking, yoga breathing, meditation, and other recreational activities, to achieve relaxation of the body. He suspects that aerosols from the forest, inhaled during walks, may influence the increase of natural killer (NK) cells that can fight tumors and infections (Miyazaki, 2018).



First day - Welcome to Aceh



GLNP Branch Management Office



Welcoming Ceremony



Rundown Explanation



Departure preparation



First Destination - Kluet River



“Introducing water use as a way of life for the Kluet people”



“Knowing the aquaculture practiced by the Kluet community and its relationship with the community”



“travel on the water with a view of all that is still beautiful and preserved”

Second Destination - Alue Keujrun Village

“Get to the inn with the traditional atmosphere of the Kluet people”



“Tasting the specialty food from Alue Keujrun, Aceh”



“Knowing local wisdom and cultural heritage”



Third Destination - Evening Program



“a night of intimacy with nature and a bonfire that will warm you up”



“Story of Aceh Heroes”



“Stories about the rise of Aceh after the tsunami”



***“DAY 2 OF YOUR
HEALING PROCESS”***



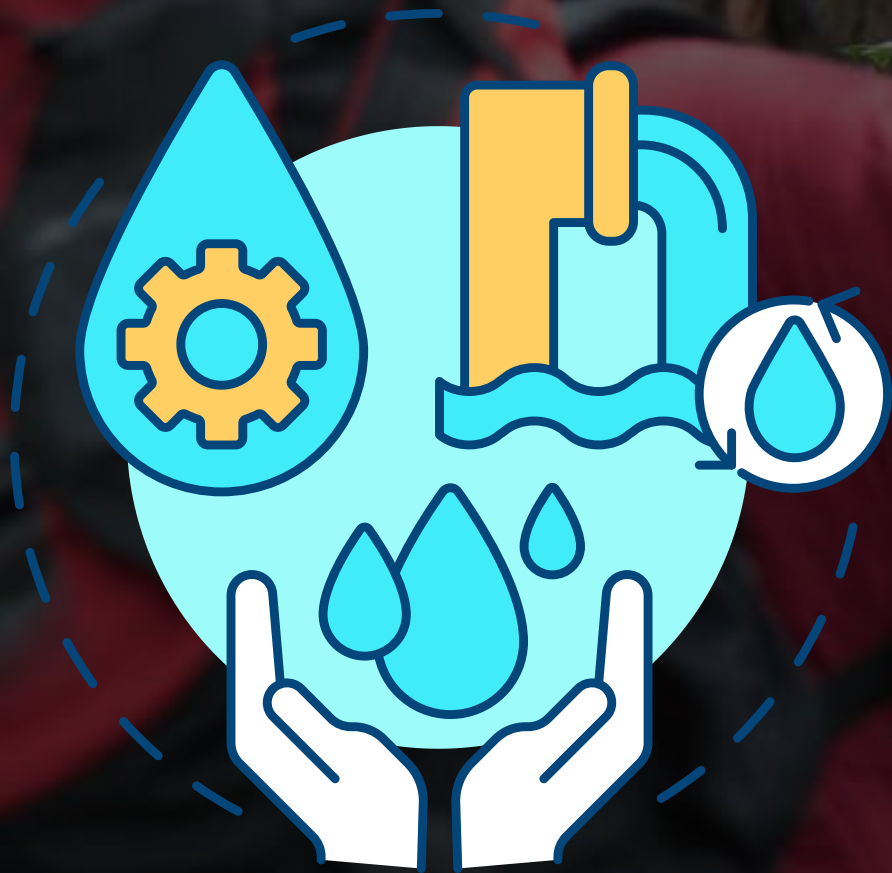
Fourth Destination - Heal Day

“Meditation”

Stress Release

Meditation will Achieve below-average cortisol levels (<0,082) due to the stress on the body from forest healing activities

Fifth Destination - Greening outbound



walk through the beauty of the forest while planting potential spots and learn water management in that site

Final Destination - Closing Ceremony



*symbolic tree planting as a prayer and gratitude to nature as
an endless practice for nature and the benefit of the alue
keujrun community.*

Flow of Implementation

Week 1: Coordination with stakeholder phase

Week 2: Promotion and Community Phase

Week 3: Site observation and Finalization of activity flow

Week 4: Socialization of activities, along with carrying out a pretest

Week 5 - 6: Implementation and evaluation

Estimated time shift considering that there is a commemoration of the Eid al-Fitr holiday in Aceh



Our Stakeholder



Government



Academia



Private Parties



Media



Community

Budget of Program

Cost Budget Plan

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 Kejrun (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	63.87	64
5	Accomodation 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	1	1	Package	1	63.87	64
Total							\$ 983.56



THANKYOU