



A Therapeutic park on Mont Subasio

A pilot project to improve the park and
an innovative facility for treating diseases





REGIONAL PARK OF MOUNT SUBASIO

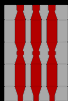
A park with an area of 7.169 Ha

The Subasio mountain links Assisi, Spello and Nocera Umbra as a unifying element where history, nature and culture blend.

The entire historic center of Assisi lies in the Park: the city is entirely built with the pink stone taken from its mount.

With its 1290 meters of height, it dominates the broad valley (Valle Umbra) surrounded by a hilly landscape.

Since the tenth century BC, the Mount Subasio has a sacred and mystic character to the umbrian inhabitants which has been strengthened with San Francesco and the presence of his monastic order. The Canticle of the Creatures is an extraordinary document of admiration and love for the nature and Subasio.





Due to economic crisis and the constant development pressures as well as recent issues related to the spread of renewable energy technologies, the park areas are highly threatened to be abandoned and damaged.

The project involves different actors within the public administration each one of whose has brought its experience to deal with the risks :

- Regional Office for State Properties
- Regional Office for protected areas, nature and landscape enhancement
- Regional office for welfare
- Comunità Montana Martani Serano and Subasio
- Experts in the field of mental and physical diseases

Main objectives to achieve:

- To give the areas quality functions
- To save on public spending
- To improve the welfare for families





A regional park is required to **protect** natural, cultural, and historic resources while providing for the enjoyment of visitors.

The development of a park must **never detract** from these resources.

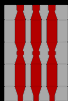
The Project "Therapy Park" proposes an innovative use of the parks in Umbria developing courses and activities of **eco-therapy**.

The "**horticultural therapy**" is based on the scientifically proven assumption, that contact with nature (even a simple vision of a green landscape) has benefic effects on the individual

The park itself becomes a therapeutic facility for treating diseases such as disability, mental health problems, physical and social rehabilitation.

The project wants to offer the sick and the elderlies an opportunity of a quality tourism. Their families can share it and also be supported in their commitment

The main purpose is to create a *park within a park* aimed at improving the wellness of all persons.





Presentation: *A THERAPEUTIC PARK IN UMBRIA*

Workshop
Social aspects 1

LUND, Sweden
13-14 june 2012

A Therapeutic Park is an innovative idea and unique on italian territory.

The project forseen:

- to supply three pre-existing buildings
- to make use of the green areas around the buildings and the park of Mount Subasio, promoting therapeutic activities, games and sporting to benefit from nature

SPECIFIC OBJECTIVES

- to give the Mount Subasio a therapeutic connotation
- to define touristic - therapeutic - recreational use of existing facilities in the Park
- to link the structures in the Park and the local health and social care facilities creating a network for treatments
- to establish local, national and international users networks



Regione Umbria

HYBRID PARKS



THERAPEUTIC STRUCTURES IN THE PARK

The complex will supply:

physical therapy, music therapy, drama therapy, hippo therapy and equestrian rehabilitation, aromatherapy

Recreational activities and sports:

biking and mountain biking, trekking / nordic walking, horse riding, educational workshops, exhibitions / events / markets

The structure of Torgiovannetti

located in Assisi,

will work as a day care centre

The structure of Madonna di Colpernieri

located in Spello, will work to supply therapeutic and educational activities on a farm

Villa Fabri located in the town of Trevi, will work as a multipurpose centre to supply both administration and promotion





Expected results:

- promoting the **welfare** of the person
- promoting **sustainable tourism** in the region Umbria
- extending **employment opportunities** for disadvantaged people
- creating an important therapeutic and rehabilitation centre for Italy
- strengthen **collaboration and interaction** between agencies working in the social field
- training personnel in the management of **non-conventional therapeutic activities**
- **linking activities** through a network of treatment sites
- expanding the **network of parks** bringing new opportunities

The second step:

other parks will be turned into special places for brief hospitality to support therapies for cardiovascular disease, diabetes, Alzheimer's and other disabilities.





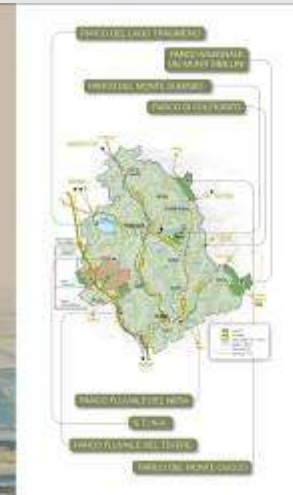
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Posters has been made with the most beautiful nature photographs of Umbria as part of the promotion and enhancement of natural protected areas and Natura 2000 sites in the region (ERDF fund: Regional operational programme of the European Regional Development Fund 2007- 2013).

The posters has been distributed to health facilities and hospitals in the region to make them more cozy





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THANK YOU FOR YOUR KIND ATTENTION!

Regione Umbria – Agricultural policies department.
General Administrative Management Resource Umbria.
Protected areas and zootechnics

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Pictures of the parks by Maurizio Biancarelli



Regione Umbria

HYBRID PARKS