

HEILKRAFT DER ALPEN



im Biosphärenpark
Salzburger Lungau

Interreg
Italia – Österreich



Co-funded by
the European Union

Programme

Congress 29th to 31st May, Mauterndorf Castle / Lungau.
Free admission. Registration required.
Multilingual translation of programme items.



[www.biosphaerenpark.eu/
heilkraft-der-alpen-lungau](http://www.biosphaerenpark.eu/heilkraft-der-alpen-lungau)

FRIDAY

RECEPTION & OPENING

from 09:30

Reception & registration

Registration of participants

Market place Lungau: regional exhibitors and producers in the castle

10:30

Opening & welcome

Annemarie Weißenbacher, *Rector, Paracelsus Medical Private University Salzburg*

Markus Schaflechner, *managing director Regional Association Lungau*

Ulrike Schöllner, *platform HEALING POWER OF THE ALPS*

Arnulf Hartl, *Paracelsus Medical Private University Salzburg*

Greetings from the guests of honour

BIODIVERSITY AND HEALTH AS FIELDS OF TOURISM DEVELOPMENT IN ALPINE PROTECTED AREAS

MODERATION: Angelika Pehab, moderator, journalist and lecturer

11:00

KEYNOTE

National park tourist perspective

Barbara Pucker, *managing director Hohe Tauern National Park Carinthia*

11:45

PANEL DISCUSSION

From UNESCO Peaks to Healthy Minds: Tourism and Well-Being in the Belluno Dolomites National Park

Ennio Vigne, *Dolomiti Bellunesi National Park*

Sonia Anelli, *Dolomiti Bellunesi National Park*

Local resources for a healthy summer in the mountains – The Franz Fischer Hut's recipe for success in the Riedingtal Nature Park

Tom Burger, *Franz-Fischer hut*

Nature-based health services and regional effects – results from the Interreg project WiWa2

Michael Bischof, *Institute for Eco-Medicine, Paracelsus Medical Private University*

Natural environment quality as a locational advantage: Why intact alpine landscapes help guests relax, inspire them, and keep them coming back

Christina Pichler, *Paracelsus Medical Private University Salzburg*

More than just beautiful scenery: Can biodiversity be valuable for tourism? Examples from the Hohe Tauern National Park in Carinthia

Marco Schiefer, *Hohe Tauern National Park*

13:00 - 14:30

LUNCH BREAK

with regional cuisine & market place Lungau

FRIDAY

WHEN VARIETY HEALS – BIODIVERSITY, HEALTH AND THE ALPINE HABITAT

- 14:30 KEYNOTE**
The vital, bidirectional link between forest biodiversity and human health in the Alps
Laura Secco, *University of Padova, Department of Land, Environment, Agriculture and Forestry (TESAF)*
- 15:15 PANEL DISCUSSION**
- Biodiversity and Health: a clinical trial in the Lungau**
Barbara Fixl, *Paracelsus Medical Private University Salzburg*
- Biodiversity and local development in dialogue: natural heritage as a mean to increase social cohesion**
Roberto Deon, *LAG Prealpi e Dolomiti*
- Alpine forest ecosystems and biodiversity dynamics**
Thomas Compagnaro, *University of Padova, Department of Land, Environment, Agriculture and Forestry (TESAF)*
- Biodiversity in agriculture – seed production in alpine meadows**
Mathias Löcker, *Biohof „Sauschneider“*
- Small-scale alpine farming & biodiversity in the Riedingtal Nature Park**
Franz Gfrerer, *managing director Riedingtal Nature Park*
- ab 17:00 EVENING EVENT**
dinner with regional delicacies in the castle tavern or, depending on the weather, in the castle courtyard

SATURDAY

HUMANS AND NATURE IN DIALOGUE

MODERATION: Angelika Pehab, moderator, journalist and lecturer

- 09:15 Welcome by the organisers**
- 09:30 Rethinking health – the healing power of the Alps as a regulatory stimulus between matrix, microbiome and mitochondria**
Ulrike Schöller, *platform HEALING POWER OF THE ALPS*
- Impulses for 10 years of HEALING POWER OF THE ALPS**
Arnulf Hartl, *Paracelsus Medical Private University Salzburg*
- 10:00 KEYNOTE**
From Wild Flowers to Healing Landscapes: How Biodiversity Shapes a Sustainable Destination – The Bohinj Model
Clement Langush, *Bohinj Tourismus Slovenia*
- Human relationship with nature**
Aleš Zdešar, *Triglav Nationalpark Slovenia*
- 11:00 - 11:30 COFFEE BREAK**

SATURDAY

IMMUNE IMBALANCE AS THE KEY TO REGENERATION

11:30 KEYNOTE
Why are we not getting healthy? The role of the immune system in chronic fatigue and infections
Dietmar Rösler, *INUMED institute for für nutritional medicine*
Petja Piehler, *Specialist for internal medicine*

12:45 - 13:45 LUNCH BREAK
with regional cuisine & market place Lungau

HEALING DIVERSITY IN LUNGAU: NUTRITION, NATURE & PRACTICAL KNOWLEDGE

13:45 PRACTICAL IMPULSES

The art of fermentation and its health benefits
Carina Hinterberger, *Nutritional management essART*

Lungau medicinal herb knowledge: the association & background information
Iris Zitz, *association „Lungauer Heilkräuterwissen“*

The Lungau Apiorium: Alpine beehive air as complementary therapy for our respiratory tract
Bernhard Moser, *APIORIUM*

Gratzgut – wellbeing for body and soul
Manfred König, *Gratzgut*

Artisanal raw milk cheese production at the Hiasnhof farm in Göriach
Klara Naynar, *Hiasnhof*

15:45 FAREWELL & INFORMATION ABOUT SUNDAY'S EXCURSIONS

SUNDAY

EXCURSION: BIODIVERSITY IN PRACTICE – EFFECTS ON NATURE AND HUMANS

Maximum number of participants: 25 people. Free participation. Travel and meals not included.

10:00 Biodiversity in forests
mit Barbara Fixl, *Paracelsus Medical Private University Salzburg*

10:00 Biodiversity in wetlands
mit Verena Gruber, *Salzburger Lungau Biosphere Reserve*

MARKET PLACE LUNGAU

Fri & Sat – Information stands & regional products at Mauterndorf Castle

Verein Heilkräuterwissen - Traditional herbal products

Familie Schiefer OG - Everything for the beehive

Büchergewölbe - book table

Hiasnhof - Lungau organic cheese products

Sonnenhof - Healing properties from nature

APIORIUM - information stand
and much more



Subject to changes and errors.