

*"Innovative health solutions  
for thermal spa regions"*



# NEWSLETTER 3

April 2021

## Study Visit in Centru Region...



Csiszar Bath

... a virtual journey within the balneary areas and balneary resorts of Centru Region Romania, a region located in the center of the country, partially overlapping the historical province of [Transylvania](#).

The virtual stops of this journey were at the balneary resorts of **Sovata**, **Borsec**, **Băile Tușnad**, **Covasna**, **Bazna**, **Ocna Sibiului**, and the traditional **Csiszar Bath** and **Praid Salt Cave**.

## Study Visit in Warmia and Mazury Region...

... a virtual journey in the region called "[the green lungs of Poland](#)" and "[the land of a thousand lakes](#)", one of the cleanest regions in Poland.

The virtual tour of the region followed the health resort protection areas of **Lidzbark Warmiński**, **Frombork**, **Miłomłyn** and **Górowo Iławeckie** and the health resort of **Goldap**.



## In this edition of our newsletter



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# Study Visit in Centru Region, RO

The 5th Study Visit of [InnovaSPA](#) project was hosted in Centru Region, Romania, by the Regional Development Agency Centru as part of the interregional learning process. Virtually organized at the end of **October 2020** the two-day event took the participants through the most popular balneary areas of the Region.

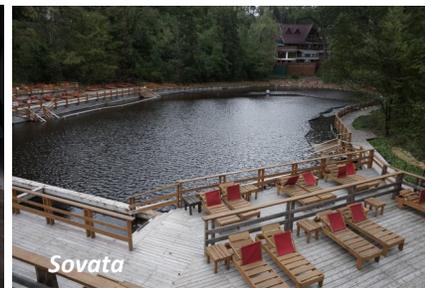
The event aimed at facilitating exchange of **experience and good practices** between the project partners and their stakeholders, by discovering the **balneary ecosystem** «spa resources, stakeholders, policy context» of Centru Region and by identifying aspects or Good Practices that can contribute to policies development in their regions.



*Sovata Balneary Resort*



*Treatment Center in Băile Tușnad*



*Sovata*



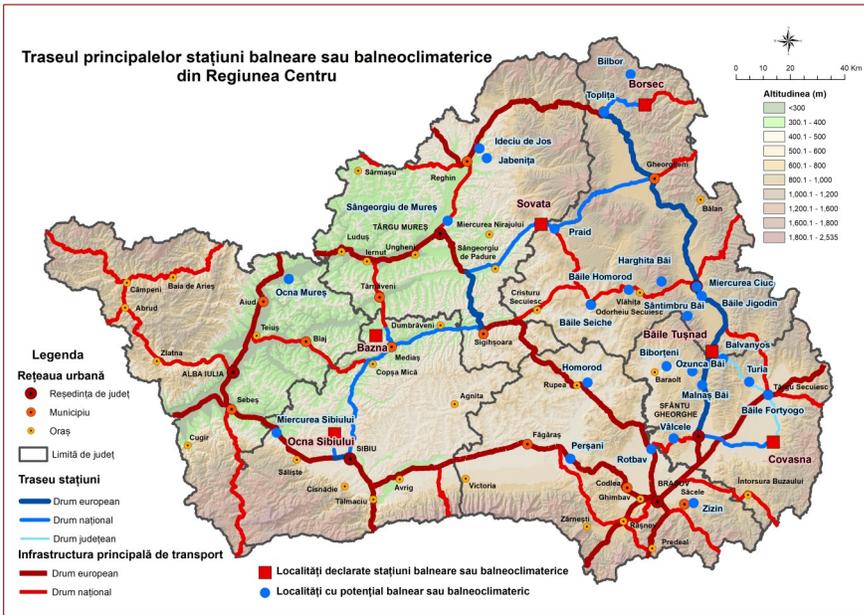
*Wellness Center in Praid*



*Jasmine Balneary Complex, Ocna Sibiului*

As it was highlighted, on the territory of the six counties (Alba, Braşov, Covasna, Harghita, Mureş, Sibiu) of Centru Region there are **37 areas** (cities, villages) rich in natural cure factors, **6** of them holding the status of balneary resort.

The most important natural resources (**mineral waters, thermal waters, salt waters, salty air, therapeutic mud, mofetta, microclimate**) of Centru Region, were presented during the event. The focus was also on the ways these resources are valorised through balneary treatments and therapies and the good practices and policies that support the development and innovation in the balneary areas (**Regional Development Plan of Centru Region, Smart Specialization Strategy of Centru Region, Regional Development Programme**).



The virtual journey through the region included stops at the balneary resorts of [Sovata](#), [Borsec](#), [Băile Tușnad](#), [Covasna](#), [Blvanyos - Turia](#), [Bazna](#) and [Ocna Sibiului](#) and [Praid](#) salt cave, where detailed information about the resources, facilities, treatments and therapies were provided.

Policy makers and balneary resort representatives presented the richness of these areas in terms of spa resources, the importance of these resources for the people health and economic development of the areas and of the Region and their future development plans.

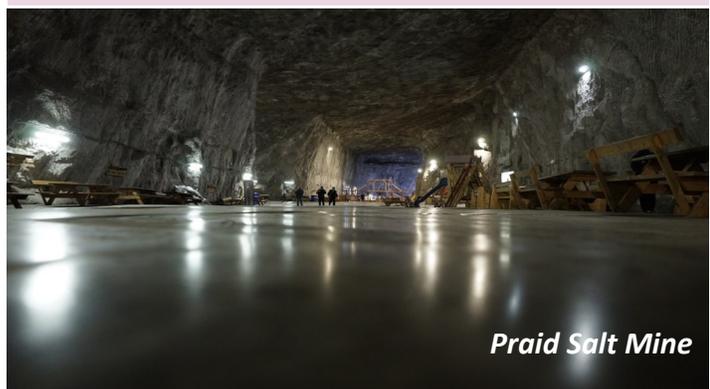
In Turia Village at the [Csiszar Bath](#), a traditional balneary resort developed right in the middle of the forest, we have seen a very unique way of valorising the balneary resources the nature offers us.

In Covasna, specific treatments, therapies and rehabilitation programmes, based on natural resources from the area, as the therapeutic gas (moffeta), are provided for the patients at the **Dr. Benedek Geza Hospital of Rehabilitation in Cardiovascular Diseases in Covasna**, where not even a virtual visit was possible, give the pandemic situation.



As we traveled along the spa resorts we have learned that important quantities of therapeutic natural resources as **mineral waters** (carbonated mineral waters, ferruginous mineral waters, iodized mineral waters, chlorinated-sodium mineral waters, sulphurous mineral waters, etc.), **therapeutic gas** (mofetta), **salt waters, salty air, bio climate, therapeutic mud, etc.**, are used for treatments and therapies in the hospitals, private or public balneary treatment centers, salty caves and hotels.

The regional balneology and balneary tourism were constantly evolving and the projects implemented under the Regional Operational Programs (2007/2013, 2014/2020) contributed very much at the development of these sectors, by supporting infrastructures investments, both in the balneary resorts and in the areas with great potential in terms of spa resources.



Given the fact that the Smart Specialization Strategies sets the directions for the economic development of the regions, balneology and balneary sector were included in one way or another in the Smart Specialisation Strategy of Centru Region (RIS3).

# Study Visit in

# Warmia and Mazury Region, PL



The 6th Study Visit of [InnovaSPA](#) project virtually took place at the end of March 2021 in **Poland**, in the north-eastern **Region of Warmia and Mazury**. Organised as part of the interregional learning process the event highlighted how the region uses the natural resources and what are the directions taken in order to become a healthy region. The event was hosted by the Warmia and Mazury Regional Development Agency between 30-31 of March 2021 and benefited from the presence of several mayors in the Region, tourism representatives as well as representatives of the medical sector.



The development of the areas with spa potential was supported by the funds provided under the 2007-2013 & 2014-2020 Regional Operational Programs.

In the next programming period these sectors will continue to be financed through the Eastern Poland 2021-2027 Programme.

In terms of spa potential, Warmia and Mazury is rich in **natural deposits of peloids**, has favorable climate, clean air, beautiful glacial landscapes, biodiversity, forests and **thermal water** as well.



The natural resources available in the Region are used for treating **respiratory diseases, cardiovascular diseases, hypertension, orthopedic and traumatic diseases, peripheral arterials disease and diseases of the nervous system.**

The Strategy of Social and Economic Development of Warmia and Mazury, defines three smart specializations sectors of the region: **high-quality food, wood and furniture industry and water economy.**

As highlighted, the region has great potential in terms of tourism and natural resources and a favourable future policy context.

The development of the health tourism in the region, as it was foreseen in the Strategy of Social and Economic Development 2030, of Warmia and Mazury focuses on three main directions: **INFRASTRUCTURE** (investments in infrastructure and development of new innovative products as well as preserving the natural assets), **COOPERATION** (between the organisations and specific thematic areas) and **SPECIALISATION** (smart specialisation sector - water economy).

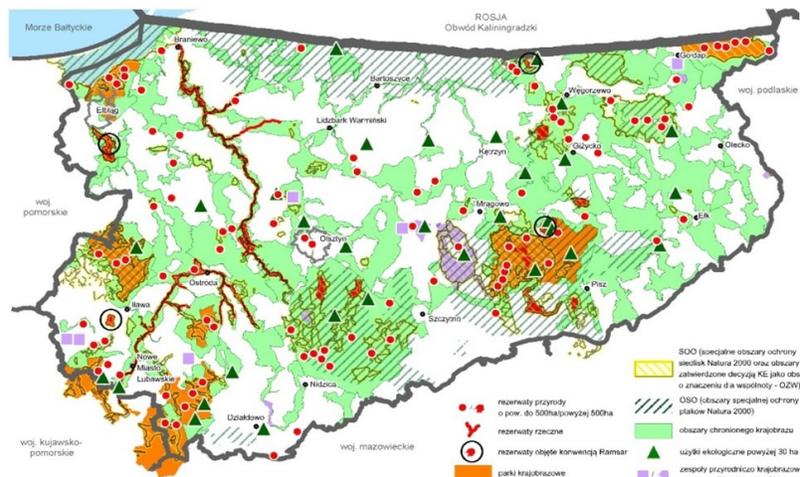
Currently, Warmia and Mazury Regional Development Agency in collaboration with the stakeholders of the medical sector are working on establishing “**healthy life**” as the next Smart Specialisation of the Region, which is a significant result of the InnovaSPA project.



Goldap spa district

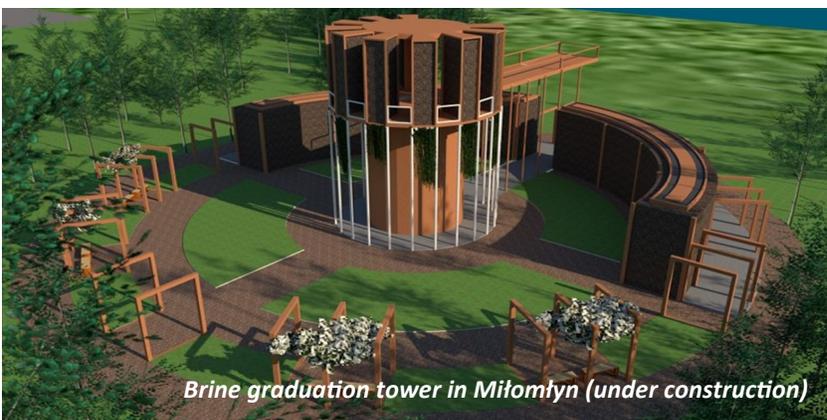


Therapeutic peat (mud)



The virtual tour of the region took place in the health protection areas of **Lidzbark Warmiński, Frombork, Miłomłyn** and **Górowo Iławeckie** and the health resort of **Goldap**.

Warmia and Mazury would become a destination for **medical tourism** due to competitive factors such as natural and unpolluted environment, natural healing resources, a well-known tourist brand and spa investments made in recent years.



Brine graduation tower in Miłomłyn (under construction)



Graduation Tower, Lidzbark Warmiński

## Upcoming events & activities

- \* *Monitoring the implementation of the Regional Action Plans*
- \* *Publication of the 4th e-Newsletter*
- \* *Elaboration of the final publication of the project, a document highlighting the result of cooperation between the InnovaSPA partners*
- \* *Additional activities implemented in order to better support the recovery of the thermal sector, very affected by the COVID-19 Pandemic*



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