



Project “Conservation of the Natural and Cultural Heritage in Wetlands”
Ramsar Culture Network Development in the Carpathian Region
Questionnaire

I.	Name of the wetland site with cultural aspect(s) In case of the designated Ramsar site or World Heritage Site (or part of it) please add its reference number from the relevant database
Water springs and resorts of Ukraine Carpathians (mineral, drinking and medical springs and linked resorts)	
II.	Location details (country, general location, administrative region, municipality, geographical coordinates)
<p>On the territory of the Ukrainian Carpathians there are located ca. 470 mineral water springs, these are located over all Carpathians.</p> <p>Zakarpattia (Transcarpathian) Province From ancient times, sources attracted people not only to their therapeutic properties but also to the spiritual component, because life depends on water. The most popular among tourists of holidaymakers and pilgrims are the following sources: In the Transcarpathian region (about 360 sources): Kelechinskoe, Soiminskaya - Mizhgirskaya (resort Verkhovyna), Girskotitsenskaya and Rakhivske (with other Kvassi, Chickens, Gornaya Tysa, and also from Kobyletskaya Polyana), Shayanske, Dragovska, Svalyava group of resorts (mines of water "Svalyava"): Polyansky (chickens "Sunny Transcarpathia", water "Polyana-Kvasova"), Ploskivske, Novopolyans'ke (chickens). "Polyana", the mine "Polyana-Kupel"), Golubinskoe ("Luzhanskaya", "Kvitka Poloniny" resort), Ber Egvarde (resort "Carpathians"), Sinyatskaya (sulfidnye), Ust-Chornovsky (Tyachiv), "Yavornitskaya" and others;</p> <p>Lviv Province More than 100 mineral springs are known in the Lviv region, but the most popular are: Morshinskoe. Miraculous properties are given to the water of the Morshyn source "God's Mother", similar to the consecrated Jordanian water. In Morshyn, diseases of the digestive system, urinary tract, metabolism, gynecological diseases, nervous disorders, Truskavets (more than 25 mineral springs of 10 varieties of mineral reserves, in particular sulfides, Truskavets, Naftusia) are treated for diseases of the digestive system, urinary tract, metabolism, gynaecological diseases. Therapeutic properties of mineral waters of Truskavets were described at the end of the XVI century by the royal physician Wojciech Ochko, and at the beginning of the XIX century. The petrochemical analysis of "Naftusy" was made by the Lviv pharmacist Torosevich, substantiating its preventive effect on the organism. It was from that time that the history of Truskavets-resort began. The main treasure of Truskavets is the weakly mineralized hydrocarbon-calcium-magnesium "Naftusya". In the picturesque Skhidnytsya there are 38 healing springs and about 20 drilling wells. The Carpathian healing Mecca owes its existence to the Ukrainian researcher O. Stotsky, who during the two decades, have been fighting for the recognition of the Oriental sources. In Skhidnytsia you will find everything you need for effective health and comfortable</p>	

relaxation, in addition to the queen of the steppe mineral water "Naftusia ", Skhidnitsy can boast of waters with high iron content, unique alkaline waters, etc. The water of three sources (Nos. 8, 9, 10) can be dialed in an equipped pump room, some sources are located in the forest zone.

Ivano-Frankivsk Province

On the territory of Ivano-Frankivsk region are famous: Osmolodivske Rozhnyatov district), Delyatinskaya (Nadvirna), Dolinskaya (saline), Transnistria, Zavadovsk (Kalush), minivo - Verkhovyna, Periganska, Roksolyana, and also the most famous "Burkut" (in the village of Burkut, Verkhovyna district; an analogue of the Syr-word "Narzan").

The phenomenal properties of the Burkut water were known from the beginning of the 17th century. This source with intense mineral natural gas was so important that even the settlement was called Burkut (in Hutsul burkut - a source that rumbles from below the ground). Back in the 17th century, rich Angular burghers came here to drink healing water and relax from the city. In the chronicles they write that every summer in Burkut people came to rest in the backgrounds. Here were built baths, pump rooms, sanatorium and boarding houses. Resort Burkut is famous for the celebrities of that time. At the beginning of the 19th century, the Polish writer Józef Kozhenowski, who was born in Lviv region, rested on Burkut's "carpets". Local loggers told him about the famous opryshka Anton Revizorchuk. On the basis of folk retellings, the writer wrote the play "Carpathian Highlanders", which later took the Hutsul theater of Hnat Khotkevych in the repertoire. In August 1901, Lesya Urainka with her friend Clement Kvitka arrived in Burkut for treatment. This was the 1st August 1901, when Ivan Franko arrived. Within five days he talked to a poet, caught her penguins, sang songs. Clement Kvitka then wrote from the voice of the poet 32 folk songs. Mountain air gave impetus to the work of Lesia Ukrainka - she wrote poems at night. The decade, when the resort was headed by Theophilus Lacusta, was the most interesting period in the life of Burkut. Here came writers, public figures, scientists, artists. The rest of the guests had hot baths, ice coolers, playground in the skit. In the documents it appears that officially Burkut, which means from the Hungarian "sour source", was opened in 1875 as the kupel's institution. No less interesting from the historical point of view is Maniavsky Skit (Ukrainian Athos, Cross-Vozdvizhensky Monastery), a convoy near the brilliant spring that runs from under the rock near which the believer appeared to be the mother of God, according to their healing properties, this water is compared with water from Lourdes (France) for believing the source found the monks.

Chernivtsi Province

The following mineral springs are known in Chernivechchina: in the village of Krasnoilsk and in the village Budynets, Storozhynets district; Important from a health-improving point of view are Salt lakes in the village Solotvyno, Tyachiv district of the Transcarpathian region. The lakes formed on the places of the former salt mines. Solotvin salt lakes are treated with mud and mud rich in useful trace elements. It is proved that the water of the Kolotvynsky lakes is similar in composition and therapeutic properties of the Dead Sea waters. The largest of the Holtwin lakes, Kunigunda, was formed on the site of a flooded mine, which was built still in Austrian times. In the lake you can swim even those who can not swim - the water is so salty, pushing swimmers to the surface, covering the body with crystals of salt. Treatment of the gifts of Solotvynsky lakes is effective in diseases of the cardiovascular, nervous systems, musculoskeletal system and skin.

Accumulation of several mineral water springs with large flow stimulates establishment of mineral water resorts (balneological).

Carpathian balneological resorts are a source of health and life energy. With balneotherapy (treatment with mineral waters) you can get rid of many chronic diseases and maintain the overall tone of the body. Drinking mineral waters, healing baths, therapeutic mud - a complex of balneological procedures relieves fatigue, removes slags and toxins from the body, rejuvenates the skin, normalizes pressure. It is no coincidence that the therapeutic properties of balneotherapy were appreciated by the ancient Greeks, but you can be sure of its effectiveness in one of the many Carpathian resorts, enjoying pure mountain air and amazing landscapes. We offer to get acquainted

with a number of popular balneological resorts of Lviv and Transcarpathia, most of which you can visit with "Visit".

Main balneological resorts of Transcarpathia province

Polyana (Svaliava)

Balneological resort Poliana is located 10 km from the district center of Svalyava in the charming area where the rivers Mala and Velyka Pinya merge. The ancient village drowns in the emerald valley between the Poloninsky and the Vygrolat-Gutinsky ridges. In the II floor XIX century During the reign of Schenborns in Polyana, prototypes of the spa began to appear - a room for the reception of mineral baths and workshops for the pouring of mineral water. At the beginning of the XX century the resort was already well known far beyond Transcarpathia. The basis of treatment at the resort are the renowned medicinal-table waters Polyana Kvasova and Polyana Kupel. The waters of Polyany are characterized by a high concentration of minerals and carbon dioxide and a specific taste. On the territory of the resort are two sanatoriums - 130-year-old "Polyana" and "Sunny Transcarpathia". You can choose a home for any taste outside of the sanatorium. Holidays in Polyana can be complemented by mountain terenour, admiring panoramas of the Borzhava valleys and Runa, an overview of the historical monuments of the village, and in winter - skiing entertainments (in the village there are 4 trails). The main specialty of Poliana's sanatoriums is the treatment of the digestive organs. Here without the use of medicines are treated ulcers, gastritis, erosion beyond the phase of exacerbation.



<https://goo.gl/images/PHVUnq>

Solotvyno

Salted lakes formed on the sites of former mines in the village Solotvino.

<https://goo.gl/images/PHVUnq>

Thermal sources of Zakarpattya are also attracted by its therapeutic properties, most of which are located in the eastern part of the region, the most popular in the mountainous part of the region is a complex with thermal waters in the village.

Velyatyn

Thermal waters Velyatino are hot springs, which are extracted from a well with a depth of 1000 meters, they are filled with medicinal pools with thermal mineral chloride-sodium, boro-bromine water with high iodine content with a temperature of 36-38 °C. Every year thousands of tourists come here for treatment and healing.

Thermal waters Velyatino <https://goo.gl/images/SDAGAA>

Kvasy

Low-mountain resort Kvasy is located in the valley of Black Tisza, 15 km from the district center of Rakhiv. The cove of the picturesque Kvasa is protected by the highest Carpathian peaks - Petros and Hoverla, nearby are such powerful attractions as the ski resort Drahobrat and the magnificent

waterfall Trufanets

Shayan

Balneological Resort Shayan is located 15 km from Khust. On three sides, the village is surrounded by mountains called Shayan, Shayanya and Shayancik, which arose from the legend in ancient times in the place of death from the enemies of the Shayan family. From that time, the healing mineral water flowed from the mountains, on the basis of which at the beginning of the XIX century was founded one of the oldest Maramoroshchina baths - "Castle Kupil". In the case of Austria-Hungary, Shayan water acquired a pan-European glory and even served on the chess table. Subsequently came the Soviet sanatorium and resort day, which left the villages in the heritage of the sanatorium "Shayan". You can stay for a rest in a modern complex on the shore of the lake "Siloam bath", mini-hotels or private farmsteads. The unchanging basis of treatment at the resort remains healing carbonate hydrocarbonate-sodium-silicon water "Shayansky". Two varieties of local waters "Shayanska-242" and "Shayanska-4" are characterized by high levels of calcium, magnesium and iron. For medicinal properties Shayansky waters are close to the known types of waters "Borjomi" and "Vichy-Seleston". Shayan waters are intended for the treatment of chronic gastritis and peptic ulcer, diseases of the gallbladder, urinary tract, diabetes mellitus, and the like.



Synyak

The Synyak Resort is located near Mukachevo, in the valley of the Sinyavka River, in the foothills of the Carpathian Volcanic Ridge, surrounded by ancient forests of the mountains. Here the pure mountain air is filled with the aromas of needles and rich varieties of grass, and the charming water of the Sinyatsky spring with an incredible blue tint heals from severe ailments. The history of healing water began with an interesting observation of the locals, whose cattle practically did not hurt after taking natural baths. People drove to the water, and eventually the same enterprising Shenborny joined the resort to build the resort, building an elegant building of the medical building, a swimming pool and a shower unit. Today the sanatorium "Syniak" receives 338 seats, recreation centers and private sector sanatorium of the resort. Ski resorts are available in the winter. Reception of baths with Sinyatskaya mineral water with admixtures of hydrogen sulfide is prescribed for diseases of the musculoskeletal system, musculoskeletal and nervous systems, skin, and the like.

Mizhhiria

A magical corner of Transcarpathia with its pristine nature, sweet air and a rich treasury of mineral springs. In the district there are about 50 sources with miraculous water. The most famous mineral springs of the area are Soymy, Kelechinsk, Vuchkivske, Kolochavske and Verkhniostrianske.

- *Soymy Resort is known since the XVIII century, at the end of the XIX century. At the resort was opened a hydropathic clinic, in the 1950s - a sanatorium "Verkhovyna" was built. Chloride-hydrocarbonate waters of Soiminsky deposit, saturated with calcium, iron, zinc, manganese, are intended for the prevention and treatment of diseases of the digestive system, with diabetes mellitus, insufficient level of calcium in the body, etc. Local waters have a beneficial effect on the development of the child's body.*

- *A small village of Kelechin is famous for three mineral springs. The most popular of them is on the roadside of Volovets-Mizhhirya. The water of the old spring quickly runs out of its own house, tinting its way in orange, due to the high content of iron.*



Truskavets

Truskavets is one of the most famous and oldest balneological resorts in Ukraine. An ancient town with a rich mineral water mineral deposit "Naftusya" is located in a picturesque place at the junction of the Carpathians and the Carpathian Mountains. Therapeutic properties of mineral waters of Truskavets were described at the end of the XVI century by the royal physician Wojciech Ochko, and at the beginning of the XIX century. The petrochemical analysis of "Naftusy" was made by the Lviv pharmacist Torosevich, substantiating its preventive effect on the organism. It was from that time that the history of Truskavets-resort began. The infrastructure of the resort, which originally consisted of a small hydrotherapy hospital and 4 guest houses, has grown to a large number of sanatoriums, boarding houses and entertainment facilities. The main treasure of Truskavets is the weakly mineralized hydrocarbon-calcium-magnesium "Naftusya". The specific taste of water adds substances of oil origin - in the area have long been extracting oil. In total, the Truskavets field has 25 sources (14 are used) with 10 varieties of water of various composition. There are 2 pump-rooms in the city. Treatment with mineral waters can be supplemented with ozokerite procedures. Truskavets1 With the help of Truskavets mineral waters, metabolic disorders, diseases of the kidneys, urinary tract, liver, stomach, gall bladder and other digestive organs are treated. To Truskavets together with "Visit" we invite you to visit Truskavets in interesting, wellness tours "SPA-tour in the Carpathians". The program of the tours includes the tasting of the famous "Naftusy" in the central pump room of Truskavets and the visit of the modern SPA-center of the hotel "Geneva".



Skhidnytsia Balneological Resort

Skhidnytsya is a wonderful, cozy place for family rest and treatment, located near Drohobych. Relatively young resort (the beginning of its functioning came in the 1970s) is known far beyond Ukraine with its unique mineral waters, analogues of which are absent in Europe. In the picturesque Skhidnytsya there are 38 healing springs and about 20 drilling wells. Carpathian recreation "Mecca" owes its existence to Ukrainian researcher O. Stotsky, who for two decades fought for the recognition of oriental sources. In Skhidnytsia you will find everything you need for effective health and comfortable rest. In addition to the Queen of the Northeastern mineral waters, Skhidnitsy can boast waters with high levels of iron, unique alkaline waters, and so on. Water of three sources (№ 8, 9, 10) can be recruited in an equipped pump room, some sources are located in the forest zone. In Skhidnitsy, diseases of the kidneys, liver, stomach, pancreas, and blood are treated. To Skhidnytsia together with "Visit" you have the opportunity to taste the miraculous Oriental mineral water during our journey "SPA-tour in the Carpathians".

Morshyn

Morshyn Known since the XV century. The town of Morshyn is 14 km from the district center of Stryi. Back in the days of Austria-Hungary, Morshyn turned into an elite resort for the bay and was named "Galician Spa". Located in a picturesque area, Morshyn offers comfortable sanatoria and hotels that are lounging in the forest park comfort, a developed network of cafes, restaurants, shops, and most importantly - integrated treatment of healing water from three sources, mineral conifers and iodine-bromine baths and mud. Wonderful qualities are given to the water of the Morshyn source of the "Mother of God", similar to the consecrated Jordanian water. Morshyn treats diseases of the digestive system, urinary tract, metabolism, gynecological diseases, neural disorders.



III.	Time period to which identified value or practice relates (historical dates/earliest known origins, date at which it ceased to be present, or specify that it is still of continuing relevance if this is the case)
Cultural and anthropic values: <ul style="list-style-type: none"> • <i>Balneological effect (health treatment), medical effect</i> • <i>High quality drinking resource</i> • <i>Monastery: combination of religious culture and water</i> 	

Typologies of cultural values and practices	
IV.	<p><i>Monastery: combination of religious culture and water</i></p> <p><i>Example on Manisvskyi Skyt, Ivano-Frankivsk Province</i></p> <p><i>According to folk legends, the Maniavsk Skete comes from this place. In the XIII century here, in the direction of the Carpathians, came two monks from the Kiev-Pechersk Lavra in search of miraculous water, which according to its properties was similar to water from the Lavra sources of St. Anthony and Theodosius. The Lord brought them to a stone with a cave, in which healed the source. Having built a dwelling in the cave, the monks, through prayers, water, gathered flowers and herbs, healed the sick and the weak, through love and in the name of Jesus Christ. This cave monastery gave the beginning of the Monastery of the Cross-Vozdvyzhensky founded in 1281. This, Blessed Stone, came to the blessing of the first Ukrainian king, Prince Danylo Halytsky, with the advice and prayer assistance to the elders, the hero of Tukholka, Zakhar Berkut, turned to the monastery. It is said that already in our time one woman in Maniava had a problem at home - her daughter was killed. The poor orphan mother had already become weakened by grief, eyesight deteriorated, perhaps from continuous tears</i></p>

formed on both eyes of the cataract, which doctors had to operate. Seeking solace in prayer, a woman repeatedly came to the temple in a hermitage. Once upon arriving there, in the morning, she laid down under the natural stone roof - the Blessed Stone, where the first monks prayed once, and so sat in the unusual calm and serenity until the very evening. Already going home, for a moment he stayed in the place where water from the stone ceiling dripped. One breath quenched her thirst. The water from the second palm washed his eyes. When he returned home, he was surprised to see that he had become better off. The next day, from the very morning, the woman collected a healing droplet and washed her eyes with a handful. When in five days he came to an ophthalmologist, who appointed an operation to remove cataracts, after a regular review "for order", he was surprised to state: "You do not already have cataract." ... People go to the Blessed Stone to improve their eyesight, girls and boys carry their amulets, icons, ribbons, notes to the Virgin and the Lord with a request for a happy marriage, childless couples - wake up a baby. Written evidence of the founding of the monastery of the Maniavsky Skete as a monastic community dates back to 1608. Pupils of Afon, Galichians Ivan Vyshensky and Yev Knyagynitsky began to build a monastery, turning it not only into a spiritual monastery, and to a fort in case of hostile attacks. A little upstream of the Manyava River is Maniavsky Falls, 20 meters high, with several thresholds of up to 2 meters.



<https://goo.gl/images/SmvLCW>

Maniavskij skit is a stone from which the healing source comes from.

Please select for each identified site

x The site provides a model of wetland wise use, demonstrating the application of traditional knowledge and methods of management and use that maintain the ecological character of the wetland.

X The site has exceptional cultural traditions or records of former civilisations that have influenced the ecological character of the wetland.

X The site where the ecological character of the wetland depends on the interaction with local communities.

X The site where relevant non-material values such as sacred sites are present and their existence is strongly linked with the maintenance of the ecological character of the wetland.

Please describe of what type is the site (Wetland related human activities)

1. Habitation

1.1 Cultural landscapes

1.2 Cultural heritage sites (including religious heritage – monasteries, sanctuaries, hermitages, chapels)

Near Manyava monastery – a large stone with a cave from which originates the healing power is an ascetic monastery of the Eastern rite, the outstanding center of spirituality, culture and art of Ukraine. When the Skit consisted of about 200 monks and dozens of subordinate monasteries in Galicia, Bukovina and Moldova it was one of the centers of cultural life in Galicia. Had a large library, was famous for the main iconostasis made by the Ukrainian painter job Kondzelevicha. Later, after the dissolution of the monastery in 1785, the iconostasis was in the Church in the village Bohorodchany, 1924 iconostasis is in the National Museum in Lviv im. Andrey Sheptytsky. The construction of temples, cells, utility rooms made of stone and is a classic example of Church architecture of the XVII – XVIII centuries. On the territory of the monastery are preserved: the monastery tower–Treasury, Church of St. Boris and Gleb, the underground Church orchestra Michael. In Manyava Holy cross exaltation monastery kept the miraculous icon of the Mother of God "Slabitelnye" written in 1788, on mount Athos passed and 2003 in Maniavskyi monastery Archimandrite Flarm (Kaminsky). In 1980 there was opened a historical-architectural Museum. On 28 May 1998, was renewed maniava Holy cross monastery. Manyava skete today is the home of the 8 monks, the oldest of whom father Paisii — 22. These young boys in monks' robes spend their days and nights in prayer, thinking about God, crafts and other Affairs of mercy, spiritual and corporal.



<https://goo.gl/images/LWkMSB>

Maniavsky Monastery is located next to the healing spring.

1.3 Settlements and structures

1.3.1 Ancient sites and structures (up to 1599)

Approximately in the second half of the XIII century from the mountains, from the Blessed Stone, the monks descended lower, to the river. One of the monks here was the appearance of the Mother of God, which showed where they should build the church. Nowadays a stone cross is built on this place, near which the visitors of the monastery stand for a long time, stretching out arms and feeling the vibrations of this blessed place. From under the ground, penetrating through concrete slabs, there is a pleasant heat, a slight rampart penetrates your fingers, fills the whole person. They say that many diseases can be healed, so staying in these vibrations. Now in this city people stop to pray.



http://www.zid.com.ua/ukr_creativework/voda-z-blazhennoho-kamenya-likue-ochi-a-molytvy-chentsiv-dushu

1.3.2 Traditional and modern settlements and structures

Linked to tradition houses, monasteries and churches

1.4 Wetland archaeology

1.5 Infrastructure

1.5.1 Terrestrial transportation networks

1.5.2 Water management and facilities and networks

2. Primary uses of wetland resources

2.1 Wetland related agriculture

2.2 Stock-breeding

2.3 Fishing and aquaculture

2.4 Management of forest wetland types

2.5 Hunting

2.6 Salt extraction, mineral extraction, mining

Salt in the village of Solotvyno of the Transcarpathian region - is a legacy of the prehistoric Carpathian Sea. Here, in the foothills of the Carpathians, on the banks of the Tisza salt was extracted from ancient times, for a long time there was a "salt path of Solotvyno" to Western Europe, and salt mines were built. Now salt is not produced, and salt lakes formed on the site of former mines, which perform recreational and recreational functions and attract thousands of tourists annually. It is

proved that the water of the Kolotvynsky Lakes is similar in composition and therapeutic properties of the Dead Sea Waters

2.7 Water use

2.7.1 Irrigation

2.7.2 Domestic use

2.7.3 Water transfer infrastructure

2.7.4 Energy production

2.7.5 Other water uses (water mills, saw mills etc.)

2.8 Use of other wetland natural resources

2.8.1 Biomass extraction

2.8.2 Sustainable use of medicinal plants

3. Secondary use of wetland resources

3.1 Food processing

3.1.1 Traditional methods of food preservation

3.1.2 Culinary heritage

3.2 Craftsmanship

3.2.1 Artefacts (of ancient origin – up to 1599 / traditional and modern artefacts)

3.2.2 Handicrafts and tools (of ancient origin / traditional and modern)

3.2.3 Transportation means (boats etc.) (ancient / traditional and modern)

3.3 Traditional building construction

3.3.1 Dwellings

3.3.2 Utilitarian buildings

3.3.3 Public buildings

3.4 Wetland-based traditional marketing

3.5 Tourism – eco-tourism and cultural tourism

Every year, tens of thousands of holidaymakers visit mineral springs in order to improve their physical health, not less grandiose is the pilgrimage of the laity in holy places, especially the most valuable sources.

3.6 Leisure and sports

3.6.1 Hiking, climbing

3.6.2 Rafting and kayaking

3.6.3 Sailing and boating

3.6.4 Diving

3.6.5 Speleology

3.7 Social practices and methods

3.8 Festivals, fairs, celebrations and events

Annually traditional events related to various religious or secular events, include:

The Epiphany, which is celebrated on January 19 of each year, is characterized by the immersion of the laity in a hole with cold water, before diving, to consecrate the water according to the Christian tradition.



<https://goo.gl/images/L8QcKv>



July 7, Ivan Kupala's holiday is essentially linked to the ancient Slavic faith and is magical in nature - ritual fire cleansing, divination, games.



<https://goo.gl/images/dZehNc>

Divination during Ivan Kupala



<https://goo.gl/images/VYWiQA>

Ritual purification by fire during Ivan Kupala on July 7.

- **Knowledge, belief systems and social practices**

- 3.9 Scientific research and education

- 3.10 Traditional knowledge

- 3.10.1 Oral traditions and expressions, sayings

On Ivan Kupala, people have long performed specific rituals of purification with the help of fire and water.

July 7 - the day when one of the most mysterious holidays is celebrated - Ivan Kupala. It is believed that on this day there is purification from the unclean with the help of fire and water. The night on Ivan Kupala is a time of unity with nature, unusual traditions and interesting rituals.

HISTORY OF THE HOLIDAY OF IVAN KUPALA

Earlier, the holiday of Ivan Kupala was celebrated in Russia on the day of the summer solstice, June 22. With the advent of Christianity, the holiday was timed to the birthday of the Prophet John the Baptist and began to celebrate June 24, and with the transition to the Gregorian calendar - July 7.

WATER ON IVAN KUPALA

Ancient Slavs believed that before the onset of the holiday of Ivan Kupala it was impossible to swim - the unclean power can be tightened to a depth. However, early in the morning, the water gets healing properties.

BECOME AWAY THROUGH THE MOST

On Ivan Kupala it is necessary to light a large fire, through which the girls and boys jump alone or in pairs. It is said that the Kupala fire has a great mythical force - they jump through it to pass a peculiar ritual of purification.

CHECK THE COLOR OF FERN

According to legend, fern blooms only one short moment - at night on Ivan Kupala. Finding this flower is difficult, because it protects from evil spirits. However, he who finds the color of the ferns can understand the language of any creature and see the treasures hidden in the earth.

WILD

Unmarried girls at night wove wreaths of grasses and flowers and threw them into the water. The wreath was to be woven according to a special technology, which includes 12 species of plants. By how the wreath floats, the girls determined their future for women's happiness.

- 3.10.2 Languages, dialects and special terms

- 3.10.3 Relevant place names and their etymologies

- 3.10.4 Practice of traditional medicine

- 3.11 Spirituality and belief systems (including processions, pilgrimages, nature rituals and ceremonies)

- 3.12 Sacred natural sites or landscapes (e.g. caves, islands, rivers, springs, mountains...)

- 3.13 Artistic expression

- 3.13.1 Dances and traditional rural games

During the celebration of Ivan Kupala on July 7, dances and jumps through fire are common, which usually symbolizes ritual cleansing.

3.13.2 Music and traditional songs

Singing traditional songs

3.13.3 Nature photography

3.13.4 Literature of wetlands nature, traditional legends and stories*

3.13.5 Movies and TV shows

Rituals on Kupala and Epithany are often used in films.

3.13.6 Painting landscapes and nature

Please provide details and comments if necessary.

* Please send the text of legend/story identified relevant to the aims of this project in English (Word format) to be published in the final publication.

How was the feast of Ivan Kupala formed.

It was a long time, even then, as soon as the world came. But people were living. Here in Podillia people suffered great evil from evil spirits - a terrible snake. She ate a cattle, young girls, sowed fear and tears. End of patience has come. The community decided to overcome impure force. And they chose the strongest son of the widow of Ivan. He made the community a two-sided and sharp sword, blessed, flowers and trees grew a path to him fortunately - for a righteous battle. Long sought Ivan's unclean power. Finally found. A terrible battle between them began. They fought two days and two nights. Strong was unclean power, and John was even stronger, because he fought for good people. And the power of righteousness brought forth evil power. Cut Ivan snake in half - and she died dead. Suddenly the night disappeared, it was morning, the sun was lit, jolly people came to Ivan. And Ivan stood thirsty and swamped from head to toe from that battle. He fell asleep and ran to the river to wash his body, to be cleansed of the bad ones. Joyful people and ran to the river after Ivan, with songs and exclamations: - To Ivan, to bathe. And everyone began to swim, pour water, tearing flowers. People believed that this day is happiest in the year, and different potions are rich in healing power. On this day all the magic comes true, everyone is looking for a charming flower of ferns. This was the feast of Ivan Kupala.

V.	The main exponents, practitioners or beneficiaries of the documented values and practices. Particular values may be held in common by a particular community of stakeholders or a social group who derive benefits (tangible or intangible) from the wetland systems (or stories) concerned. In the case of cultural practices, there may be details to record concerning roles played by particular members or groups in the community
VI.	Specialised or vernacular terms used locally (including in local languages) to refer to the values and practices concerned
VII.	Relative significance of the values and practices concerned (e.g. in terms of rarity, magnitude, degree of formal recognition, or diversity in combination with other

	values)
VIII.	Transcription of any pertinent officially-adopted descriptions of the values and practices concerned , specifying the source in each case
IX.	Conservation implications of the cultural values/practices for the wetland(s)
	<i>Important is to link a conservation measures to religious culture. For the places where it is linked a protection species and habitats are improved.</i>
X.	Status of the cultural values/practices Clarify whether the values or practices relate to a former period of history or whether they are continuing. If they relate to a former period of history, the time of their cessation and the reasons of it (if known) should be noted. If they are continuing, it should be clarified whether any changes have occurred, are occurring or are likely to occur in relation to the values or practices concerned.
	<i>Relatively well preserved</i>
XI.	Current touristic use and potential for sustainable tourism development in the area, tourism influence in the area
	<i>Each year is up to 1-2 million people getting balneological treatment in the Carpathians</i>
XII.	Suggestions for conservation actions (for example to address threats, restore or enhance values, improve integrated management or strengthen policy) – see 4.1 above
	<i>Improve ecological situation for some mineral springs like more forests, less erosion etc.</i>
XIII.	Ongoing management activities at the site (if any)
	<i>Business development using mineral water resources, resorts establishment etc.</i>
XIV.	Please include reference sources (and links to them where relevant), images, illustrations, maps, data tables, interview results, further detail on case examples, useful contacts and anything else deemed appropriate

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