



INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

Once-in-a-lifetime opportunity: Forest Therapy Guide Training at the **Kyoto Botanical Gardens**

INFTA has been selected to showcase the health benefits of *Shinrin-yoku* (森林浴) as part of the celebrations for the 100th anniversary of the **Kyoto Botanical Gardens**, the oldest public botanical garden in Japan, founded in 1924. We celebrate this memorable event by conducting an exclusive training workshop. Find more info here:

[Kyoto/Japan, 12-16 June 2024](#)



This five-day, experiential workshop forms the start to the supervised and mentored six-months practicum which qualifies you as an [INFTA-Certified Forest Therapy Guide](#).

Please apply soon! (only very few slots left)

Forest Therapy Guide Training online: start anytime, anywhere!

Obtain your international qualification as an INFTA-Certified and Accredited Forest Therapy Guide and enrol right now online:

- [Forest Therapy Guide Training \(English\)](#)
- [Forest Therapy Guide Training \(German\)](#)

INTRODUCTION & OVERVIEW

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ASSIGNMENT 1

- ▶ Welcome to Assignment 1

If you are interested in evidence-based, comprehensive and affordable training in Forest Therapy look no further: begin your **INFTA-Certified Forest Therapy Guide** training anytime, anywhere!

With a down-payment of only **USD 1,600**, you can start and become qualified as an INFTA-Certified Forest Therapy Guide in **just six months**. Payment plans are available!

INFTA certifies the world's first, campus-based Forest Therapy trail

In May 2024, the world's first, campus-based Forest Therapy trail opened in Australia. It is located at the Waurn Ponds campus, [Deakin University](#), in Geelong/Victoria. Deakin University recognized the need to provide the health benefits of Forest Therapy for its students and staff. More so, opening the trail set the start for a [first pilot research project](#) to measure the effectiveness of Forest Therapy for students.



100 Years Kyoto Botanical Gardens - INFTA Forest Therapy Guide Training happens right at this pristine venue in June!

It will be a unique opportunity for all participants who join us at the **Kyoto Botanical Gardens**, Kyoto/Japan for the INFTA Forest Therapy Guide Training workshop, scheduled **12-16 June 2024**. Come and do not miss this once-in-a-life-time experience! INFTA has been invited to conduct several Public Forest Therapy sessions as part of the centennial celebrations of the Kyoto Botanical Garden.

Kyoto has been the old capital of Japan and this botanical garden is one of the most impressive of its kind in Japan. This workshop is not only ideal for Forest Therapy Guides who are already qualified and who wish to gain more practical, international experience. It is equally suited for new trainees who wish to be part of this exceptional opportunity to learn how to guide Public Forest Therapy sessions at the highest professional levels.

[Register your participation right here as there are limited places only.](#)



Forest Therapy is most beneficial in forests – not urban parks

Researchers from China found that **Forest Therapy has maximum health benefits in exurban forests** – not in downtown suburban parks or green spaces. While there is a lot of discussion how best to green our cities and metropolitan areas, simple ‘social prescribing’ (whatever that may be defined as ...) is not an effective answer. Visiting your local park and being outdoors, no doubt, is better than sitting on the couch or at your desk day in, day out. However, the question remains how effective different green spaces are when compared with each other.

The Chinese research team compared **exurban forest, suburban forest and downtown forest in Guangzhou**, a city with more than 15 million inhabitants in Guangdong province, China. The researchers measured the negative air ion concentration, the air oxygen content, and the human comfort index (HCI) for groups of participants in each of the three types of forests. They compared it with the measures taken from participants in an urban control group with no forests. Using the available data, an urban forest comprehensive healthcare index (UFCHI) was computed.

It was found that exurban and suburban forests have increased health benefits than downtown forests. Consequently, the researchers recommended that **urban residents should visit exurban and suburban forests for Forest Therapy** in spring, summer, and autumn.

What holds true for Guangzhou is likely to be the case for other megacities on our planet: we need real forests with proper canopies, tree density, undergrowth and biodiversity, not just parks and green spaces.

The full article is available here:

- [Zhu, S., He, S., Hu, F., Guo, Y., Su, Y., Cui, G., Li, J., Qiu, Q., & He, Q. \(2023\). Exurban and suburban forests have superior healthcare benefits beyond downtown forests \[Original Research\]. *Frontiers in Ecology and Evolution*, 11. <https://doi.org/10.3389/fecol.2023.10338>](https://doi.org/10.3389/fecol.2023.10338)

Forest Therapy = Klinische Waldtherapie

There is an increasing demand for professionally-trained INFTA-Certified Forest Therapy Guides (referred to as *Klinische Waldtherapeuten* in Germany) in Europe following the first major federally-funded research project in Germany in Forest Therapy conducted by [INFTA Germany](#) and Charité Medical University Berlin. The first publication of results in an international journal will be out soon. [Please contact us](#) if you are interested to become qualified as an INFTA-Certified Forest Therapy Guide. The next regional training is scheduled for October 2024 in [Wernigerode, Germany](#).



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