

INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

Last Training Opportunity in 2024: Forest Therapy Guide Training at Pallotti College, Victoria, Australia

Plan ahead for the new year and start your training as **INFTA-Certified Forest Therapy Guide** now. There are only a few spots left for the last training cohort which begins its training with the exclusive workshop at the ideally located Pallotti College – including the unique opportunity to conduct your first [Public Forest Therapy session on 23 November 2024](#). Find more info here:

● [Pallotti College, Victoria/Australia, 21-24 November 2024](#)



Please apply soon! (only a few slots left)

Testimonial of a Professional about the INFTA Forest Therapy Guide Training

“The INFTA training program was a terrific opportunity for personal and professional growth. The learning platform was easy to follow and the mentor guidance throughout the course invaluable. I entered the program as a keen outdoor enthusiast and a long time physiotherapist. Both these pursuits have been challenged and ultimately enhanced through the program and the personal reflection it has provoked. The personal impact for me has been huge and I’m excited to see where it will take me professionally.”

Matt Lancaster

Certified Nature & Forest
Therapy Guide, International
Nature & Forest Therapy
Alliance,

Specialist Sports & Exercise
Physiotherapist,

Fellow of the Australian
College of Physiotherapists



see also [Nature Moves Me](#)

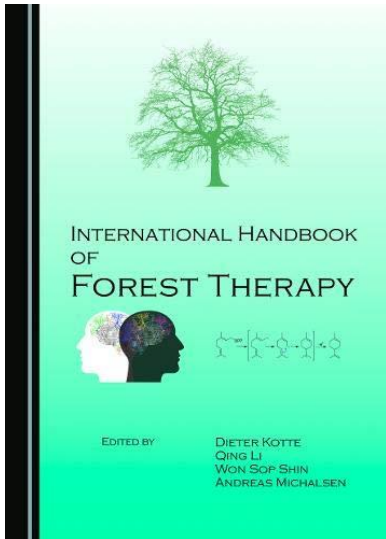
INFTA presents the latest research on the benefits of Forest Therapy

In a workshop to be held at [Study Melbourne](#) in November 2024 INFTA will present the findings from a research project conducted with a grant from the Australian [Department of Jobs, Skills, Industry and Regions](#). More than 350 international students registered for this study which [measured the suitability and effectiveness of Forest Therapy](#). Between August and October 2024, international students took part in [free two-hour Forest Therapy sessions conducted at the Royal Botanic Gardens Melbourne](#). The findings underscore the high stress levels among students which, in turn, not only affect their general health & wellbeing, but, more specifically, their mental health.



However, more than 95% of international students, who took part in the Forest Therapy sessions, valued this opportunity greatly and stated they were either “very satisfied” or “satisfied”. Most students requested that Forest Therapy sessions ought to be offered regularly as an evidence-based, effective and affordable means to destress and maintain their mental health.

The International Handbook of Forest Therapy – the world’s baseline in Forest Therapy research – has got the facts of this public health practice



Spanning 585-pages, the [International Handbook of Forest Therapy](#) sets the world’s scientific standard and baseline when it comes to research in Forest Therapy. The handbook is available as hardcover, paperback or even digitally online and in bookstores around the world.

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 \(German\)](#)



Salome Fernando – Promoting Family Forest Therapy



My name is Salome Fernando, and I am thrilled to have recently completed my Forest Therapy Guide Training, becoming an INFTA-Certified Forest Therapy Guide. As part of my training, I led four guided walks, which not only built my confidence but also prepared me to offer walks to families and school groups. Currently, I guide walks for children ages 3 to 12, accompanied by parents or teachers.

Each walk has been a shared learning experience. The children are naturally curious, and I see them light up as they connect with nature in new ways. Simple encounters, like discovering the life between trees and insects, become eye-opening moments—both for the children and the adults, who often seem to be seeing these wonders for the first time. Colors in nature, even during fall, captivate everyone and reveal a world far beyond "just green."

One of the highlights has been nature journaling, a favorite activity among older children. They eagerly follow prompts, recording their observations, reflecting on the seasons and weather, and expressing themselves through words and sketches. This hands-on approach to learning sparks genuine curiosity, especially for children with anxiety, who leave each session feeling refreshed and re-centered.

My goal is to bring these experiences into school curricula across the country. Field trips into nature offer a form of learning that extends beyond books, allowing children to engage in experiential learning that fuels their curiosity and connects them deeply with the world around them.

Every walk I've enjoyed with families, kids, and school groups has been a source of inspiration! I can't wait to create even more chances for exploration and help build those special connections with nature. The thought of engaging with more children and families truly excites me!

Visit [Salome's Family Forest Therapy Facebook page](#) and learn more about this important application of Forest Therapy.



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