

INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

Upcoming Forest Therapy Guide Training in Geelong, Australia

Plan ahead for the new year and start your training as **INFTA-Certified Forest Therapy Guide** now. As our economies and job markets change rapidly, opt for a career which is future-, nature- and people-oriented. We can safely project that Forest Therapy Guides and will never be replaced by AI or robots.

There are only a few spots left for the training cohort in **March 2025** starting with the **exclusive in-person workshop** at Eastern Hub/Geelong Botanic Gardens. Find more info here:

[Eastern Hub/Geelong, Victoria/Australia, 18-22 March 2025](#)



Forest Therapy and greenspaces combat loneliness and strengthen mental health

As the recognized peak body in Forest Therapy globally, INFTA spearheads the dialogue with key government stakeholders to take the relevant steps to strengthen planetary mental health. INFTA conducts important research projects to demonstrate the effectiveness and affordability of Forest Therapy as an evidence-based Public health practice, most recently, in Germany and Australia. It also uses its social media channels and proposes to combat the increasing loneliness by connecting people with places and nature – and by qualifying more and more Forest Therapy Guides around the world so that they can help conducting Forest Therapy sessions wherever these are needed in and around our busiest metropolitan areas – be it Melbourne, Beijing, Tokyo, Singapore, Richmond, Hamburg or Tel Aviv.

Join us and become an [INFTA-Certified and Accredited Forest Therapy Guide](#). Make use of the growing evidence how effective Forest Therapy is in alleviating the most common lifestyle-related illnesses, like stress and anxiety. Establish your connection with nature – and your own business.

INFTA receives another grant for research in Forest Therapy

Following the successful conduct of a first clinical trial in Australia aimed at measuring the effectiveness of Forest Therapy for international students in 2024, INFTA is truly honored to have received a second grant from the Australian [Department of Jobs, Skills, Industry and Regions](#). This grant allows to conduct more Forest Therapy sessions for students in Victoria/Australia. The new clinical study will offer the opportunity to several hundred international students to register for a free, two-hour Forest Therapy session conducted at the Royal Botanic Gardens Melbourne, at the Waurn Ponds campus/ Deakin University in Geelong and at the



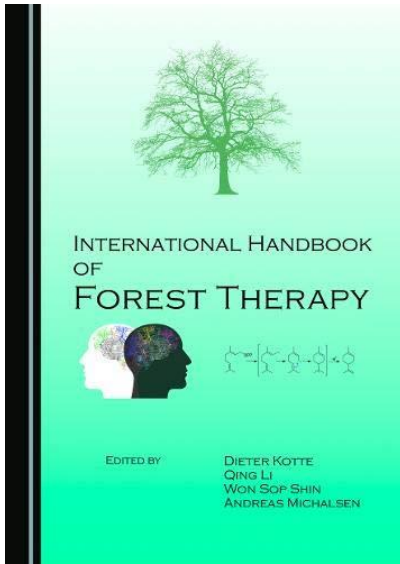
Botanic Gardens in Ballarat, in regional Victoria. Participating in either of these sessions, planned for later in 2025, is meant to reduce the high stress levels among international students which, in turn, not only affect their general health & wellbeing, but, more specifically, their mental health.



We thank all subscribers to this newsletter. You helped to increase our global reach by 120%!



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!

Join us and become qualified as an INFTA-Certified and Accredited Forest Therapy Guide:

● [Forest Therapy Guide Training \(English\)](#)

● [Forest Therapy Guide Training \(German\)](#)



You get:

- 24/7 online access, 365 days a year to the innovative INFTA Learning Management System
- a personal mentor
- a supportive Study Buddy program
- access to 200+ important research articles
- FREE six-months accreditation with INFTA

Vân Trần Minh – Promoting Forest Therapy in Vietnam



Participating in the INFTA Forest Therapy Guide Training was both a challenge and a profound learning experience for me. Despite limited English proficiency, especially with specialized terms in biology, chemistry, and medicine, I was inspired by the dedication and warmth of Mrs. Susan and Dr. Dieter during the initial workshop at Kyoto/Japan. Their guidance and trust gave me the confidence to overcome my limitations and commit fully to my studies.

Within six months, I prioritized my time and energy to improve my skills and knowledge. Upon returning from Kyoto, I collaborated with our *Fairyland team* to identify and develop a suitable Forest Therapy trail at Toc Tien Mountain. I selected a 1.2 km trail right at the Fairyland Retreat Centre, naming it the “*Open Forest Therapy Path*”. Support by our team, I successfully conducted four Forest Therapy sessions, each filled with positive energy and meaningful nature connections. These sessions were transformative—not only for the participants, who experienced the healing benefits of the forest, but also for me. Immersed in the forest’s antibacterial canopy, surrounded by silence and peace, I felt a deep resonance with nature and the people I guided. These moments of shared joy and understanding were truly nourishing.

I am deeply grateful for the knowledge and support I’ve received from INFTA. As the only Forest Therapy Guide and advocate in Vietnam, I am committed to expanding this practice and have already outlined plans for a Forest Therapy Program in 2025. I look forward to continuing this journey with INFTA’s guidance and sharing the transformative power of Forest Therapy with more people.

Visit [Van’s Retreat Center “Fairyland”](#) not far from Ho Chi Minh City and learn more about this important application of Forest Therapy.



© 2025 International Nature and Forest Therapy Alliance (INFTA)

infta.net

