



INFTA

International Nature and Forest Therapy Alliance



INFTA Accredited Training Provider

Train to be a Forest Therapy Guide in Australia - spots are limited!

If you've been thinking about becoming an **INFTA-Certified Forest Therapy Guide**, the time has never been better. Demand for guides is at an all-time high in Australia - and there are a few spots left in our last training workshop in Geelong for 2025.

The immersive workshop will be held on the breathtaking grounds of [Waurin Ponds Estate](#), adjacent to the [world's first campus-based Forest Therapy trail](#) at [Deakin University's](#) Waurin Ponds campus.

Waurin Ponds Estate offers state-of-the-art training facilities nestled in the serenity of the natural environment. Students will be immersed in the beauty of the Forest Therapy trail as they learn skills to guide others into a deep, restorative connection with nature. There are only a few spots left, so don't miss out!

Sign up now: [Geelong, Australia, 19-22 Nov 2025](#)



Tap into the rapidly expanding \$651 billion wellness tourism industry

With the global wellness tourism industry worth a staggering US\$651 billion in 2023 and projected to more than double between 2022 and 2027, INFTA recognised the need for a new training program to respond to the rising demand for Forest Therapy within the industry.

In September 2025, the first international training workshop to qualify [INFTA-Certified Forest Therapy Tourist Guides \(FTTGs\)](#) took place in Sri Lanka. With participants from Australia, Vietnam, Sri Lanka and South Africa, it was a resounding success.

The next workshop, supported by the Sri Lanka Tourism Development Authority, will take place at the [Riverston Grand](#) nature resort in the [Knuckles Conservation Forest](#), a pristine UNESCO World Heritage Site. Are you ready to take the plunge into wellness tourism?

Secure your spot: [Rattota, Sri Lanka, 5-9 Feb 2026](#)



Japan leads the way in Forest Therapy

INFTA President Susan Joachim visited the [Center for Environment, Health and Field Studies](#) at Tokyo's Chiba University in October, hosted by [INFTA Advisory Board member](#), Prof. Emeritus Yoshifumi Miyazaki, Associate Prof. Dr. Harumi Ikei and Research Fellow Dr Hyunju Jo. Susan learnt about the latest technologies measuring Forest Therapy's effectiveness and gained invaluable insights to inform INFTA's research and training programs.



Forest Therapy research and news from around the world

As little as 4 hours of Forest Therapy can significantly improve wellbeing

A groundbreaking joint research project between INFTA and [Charité Berlin](#) found that just four hours of Forest Therapy were enough to improve mood, vitality, stress, anxiety and physical symptoms.

The [randomized controlled trial](#) compared the effects of two versus three Forest Therapy sessions in German forests lasting two hours each. Both groups saw an improvement in physical and mental health outcomes with no significant differences between the two groups, leading the researchers to conclude that a low-dose approach is enough to reap benefits.

These findings represent an important milestone for integrating standardised Forest Therapy sessions into public health systems around the world.

Forest Therapy boosts mental health in people affected by natural disasters

[South Korean researchers](#) investigated the benefits of a two-day intensive Forest Therapy program incorporating mindfulness practices for people affected by natural disasters. The 110 participants had either experienced wildfires or floods or served as first responders.

After the intervention, participants' levels of depression, anxiety and stress were significantly reduced and those who showed greater improvements in mindfulness saw even better results.

Forest Therapy is a promising intervention for improving the mental health of disaster-affected populations.

Register for free Forest Therapy

Are you an international student based in Melbourne? [Register for a FREE Forest Therapy session](#) in Melbourne, Geelong or Ballarat and contribute to important INFTA research on how Forest Therapy may help overseas students adjust to the demands of daily life away from home.

It's your last chance before the study closes in November! The first results are expected to be presented before the end of 2025.

INFTA leads Forest Therapy congress

The [1st Wartenberg Forest Therapy Congress](#) was held in Munich, Germany on 24-25 October 2025. As keynote speaker, INFTA's Secretary & International Strategic Advisor, [Dr Dieter Kotte](#), spoke about the status quo of research in Forest Therapy as an evidence-based Public health practice. He also highlighted the importance of standardised training using the only evidence-based and expert-validated curricular framework, the [International Core Curriculum of Forest Therapy](#).

'I'm so glad I chose INFTA'

Cerae Mitchell, Queensland



"The online course was well-structured and easy to follow, and the self-directed pace allowed me to balance my studies with parenting and full-time work. The practice sessions gave me the skills and confidence to lead successful walks. Communication with my mentor was supportive and the ongoing guidance has been invaluable as I grow my practice."

'Thank you for the positive energy'

Siegrun Bischof, Spain



"I've learnt a lot, such as how different tree species have their unique sounds when they move in the wind and that birds have a rhythm to their singing. I've learnt about respect among living beings and reciprocity. The training gave me knowledge on one hand and a great deal of calm on the other."



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