

Practice of Forest Therapy in Beijing

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OUTLINE REVIEW

TREES PEOPLE AND THE BUILT ENVIRONMENT 3

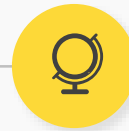
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1. Backgrounds



2. What is Forest Therapy



3. Forest Therapy:
Beijing's Practice





1. Backgrounds

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1.1 Where's Beijing?



Total area:16,410km²

Population:21.73 million(2016)





1. Backgrounds

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1.2 Forest Resources in Beijing



Fig: Forest Resources in Beijing

After 60 years' forestry construction, Beijing has made remarkable achievements (2015):

forest land : **1.0181** million ha

forest coverage : **41.6%**

urban green coverage rate : **48%**

per capita green : **16m²**

Main forest type:

Temperate deciduous broad-leaf forest, coniferous forest

Main secondary forest and plantation

Main species:

Quercus (8 species), *Populus davidiana* , *Tilia tuan*, *Betula*;

Pinus tabulaeformis, *Platycladus orientalis*, *Larix principis*





1. Backgrounds

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1.3 Transformation of Forest Management

- ❖ task of forest sector: from the **afforestation, reforestation** to **forest resource management**
- ❖ goal of forest management: **single function management** to **multi function management**
- ❖ from government-centered to public participation





1. Backgrounds

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1.4 Public Demand on Forest

- ◆ Meet increasing demands on **forest recreation, forest therapy** and **environmental education**
- ◆ From **provision** services (fodder, timber, firewood, forest food) to **ecological and cultural services**(reduce heating island effect, conserving water and soil, reduce air pollution, prevent sand storm...)
- ◆ **Satisfy the need of the reform of forest** : the construction of infrastructure facilities, the placement of surplus workers, the profitability of state-owned forest farm
- ◆ **Improve local people's livelihood:** create alternative incomes and jobs
- ◆ **A new opportunity to revive forest industry**



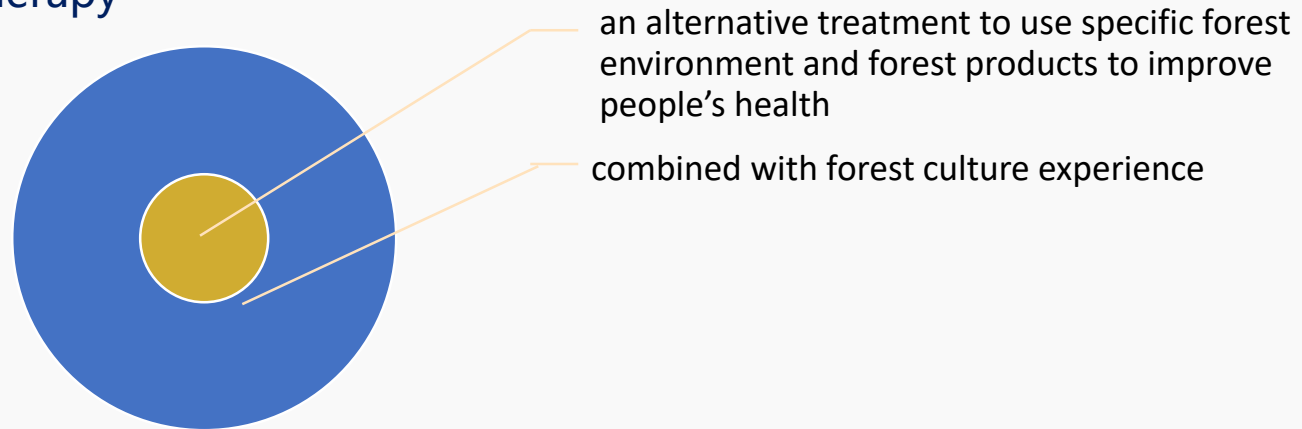


2. What is Forest Therapy?

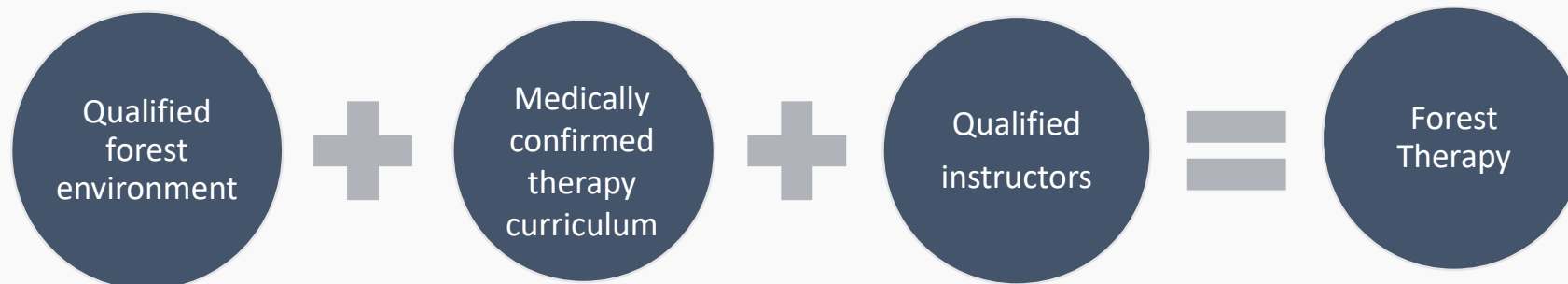
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2.1 Concept of Forest Therapy

◆ Connotation of Forest Therapy



◆ Elements of Forest Therapy



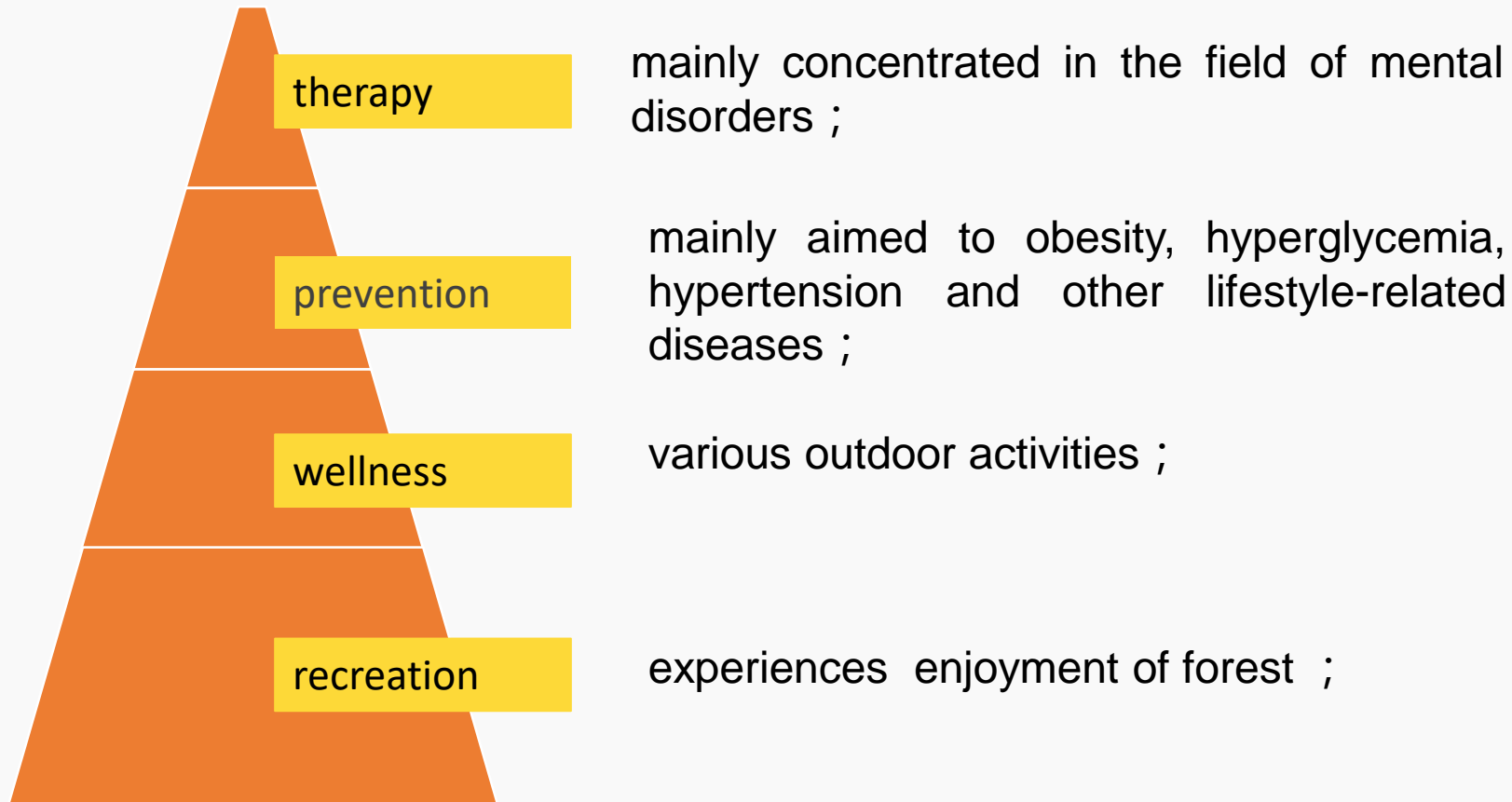


2. What is Forest Therapy?

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2.1 Concept of Forest Therapy

◆ Layers of Forest Therapy





2. What is Forest Therapy?

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2.2 Main Activities

- ◆ barefoot walking
- ◆ sniffing scents
- ◆ touching
- ◆ eating
- ◆ listening
- ◆ meditation
- ◆ yoga
- ◆ working
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2. What is Forest Therapy?

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2.3 Development of Forest Therapy





3. Forest Therapy: Beijing's Practice

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3.1 Public Awareness

- ◆ Translation and publication
- ◆ Workshops: Forest Therapy Forums
- ◆ Publicity
- ◆ Forest concert
- ◆ Mobile forest home
- ◆ Children's natural education





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3.2 Training

- ◆ Exchange knowledge with Japan and South Korea;
- ◆ Develop courses for different groups (menopausal females, stressed people, etc.);
- ◆ Training for nature interpreter;
- ◆ Training for forest therapy instructor;





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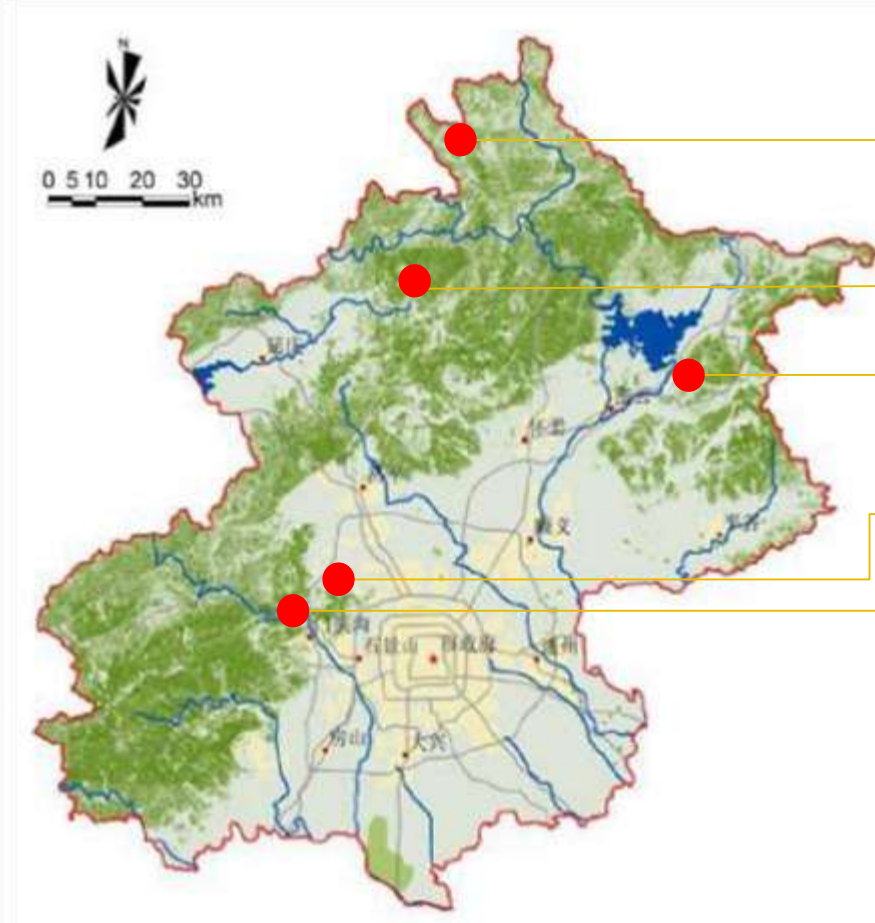
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3.3 Construction and Certification of Forest Therapy Center

- 5 forest therapy centers are being built
- The one under certification is Songshan Forest Therapy Center



Badaling Forest Center



Songshan forest therapy center

Badaling forest therapy center

Shichangyu forest therapy center

Baiwangshan forest therapy center

Xishan forest therapy center

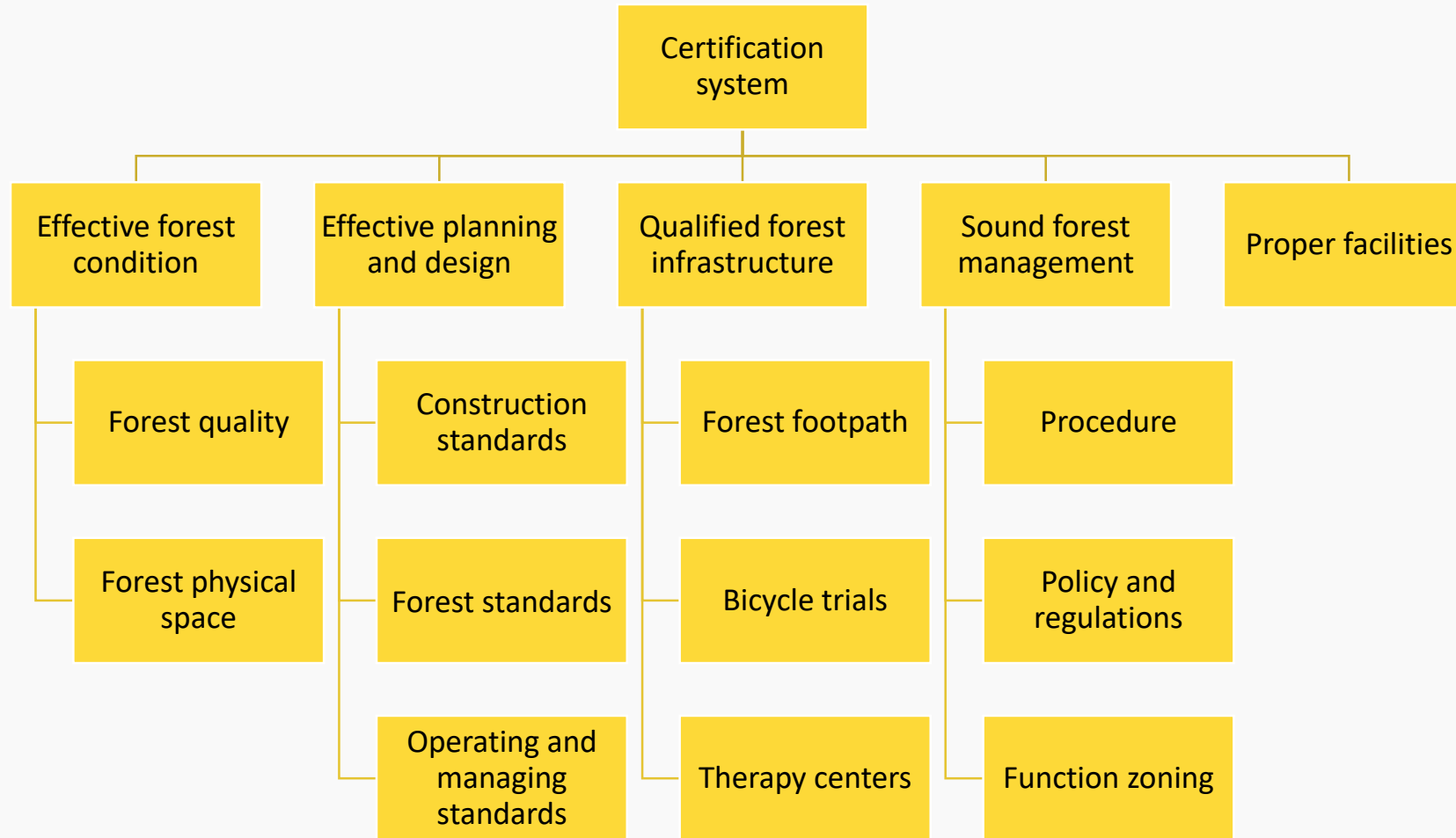




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3.4 Certification of Forest Therapy Center





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3.5 Research

- ◆ forest structure(species and density)
- ◆ health effect of forest therapy activity

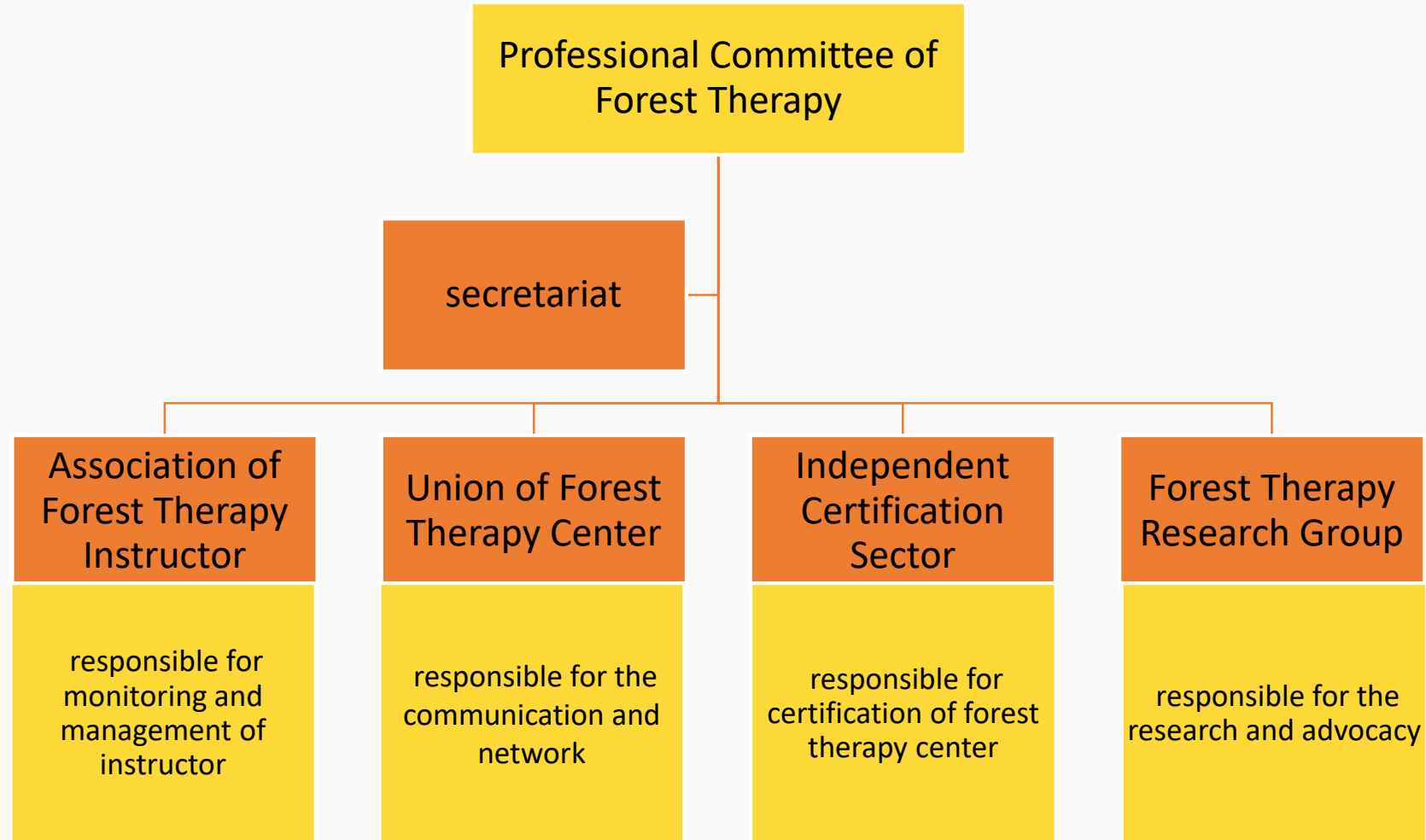




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3.6 Governance of Forest Therapy





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3.6 Governance of Forest Therapy

❖ Union of Forest Therapy Center was established in October, 2016.

❖ Others are undergoing





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3.7 Outreach

- The Technical Guidelines for Forest Cultural center Construction
- Technical Guidelines for Forest Therapy center construction
- Standards of Certification of Forest Therapy center





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3.7 Outreach

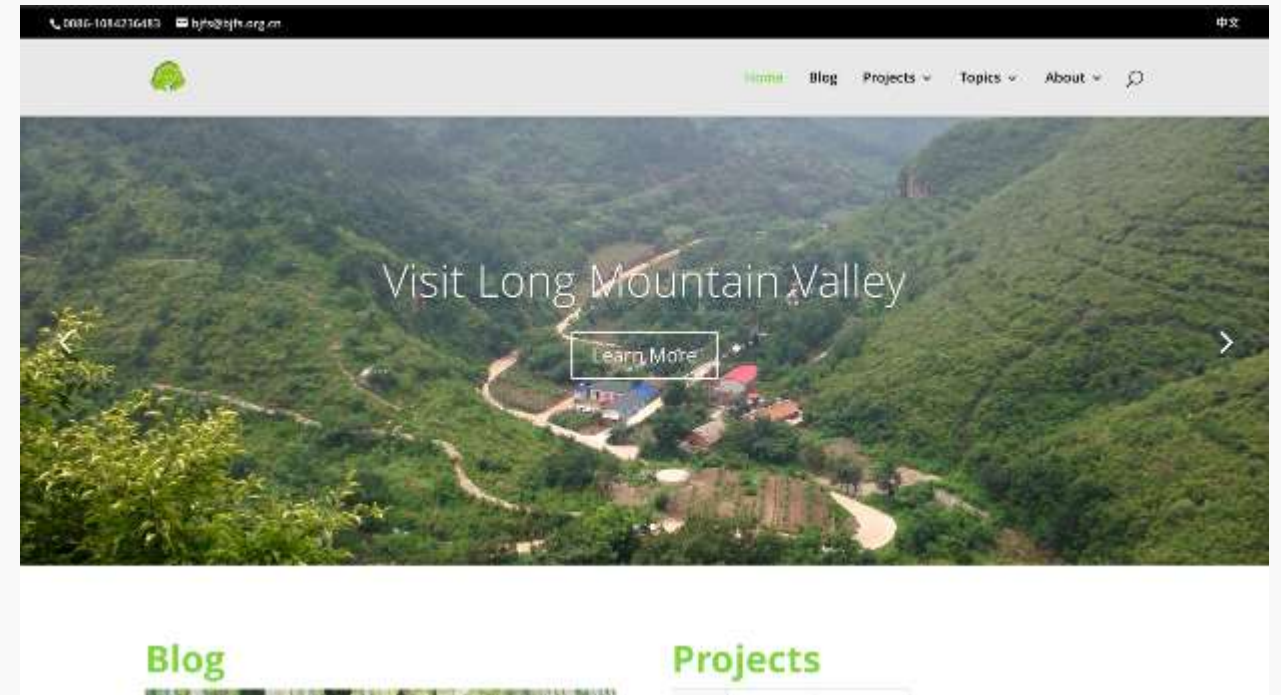
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Online applications of Forest Therapy Center Union.
Online training and courses developing

The knowledge hub will be built and connected to the BFS main page





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18

3.8 Next Steps

- /// Policy advocacy(as the social welfare of citizens make it applicable to health care and aging care)
- /// Establishing infrastructure and facility which support forest therapy
- /// Public private partnership
- /// Cooperating with existing institutions(forestry, tourism and health center)
- /// Coordinating with different government sectors(water, agriculture, tourism, social welfare, etc.)
- /// Training more qualified forest instructors
- ///

Forest Therapy is still in its infancy. However, it has potential to provide new and needed services to people. It's a nature solution to human's health.





THANK YOU