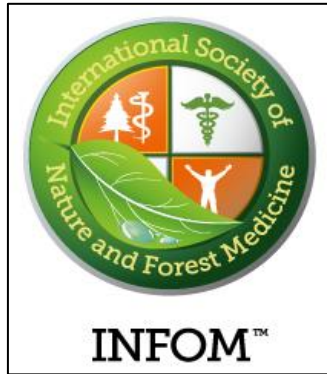
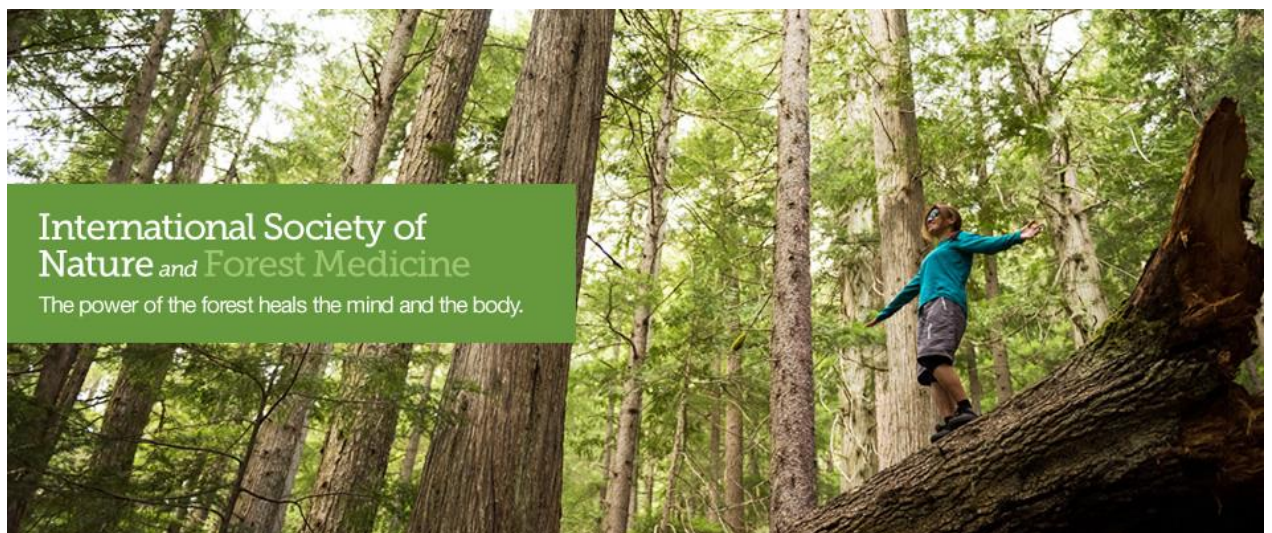


INFOM News on 5th INFOM International Symposium and Workshop on Forest Medicine during September 26-28, 2025



International Society of Nature and Forest Medicine



2025 INFOM International Seminar and Workshop

The 5th INFOM International Forest Medicine Seminar and Workshop was held on September 26-28, 2025 at **Akasawa Natural Recreational Forest** in Nagano prefecture, the birthplace of **Forest Bathing** in Japan.

Twenty-eight participants from 6 nations participated in the Academic Forest Medicine Seminar and Forest Bathing Workshop.

https://www.infom.org/symposiums/workshop_2025.html

On the first day (September 27), the participants received the following intensive scientific forest medicine lectures at Techno Plaza Okaya in Nagano prefecture.

Academic Seminar Program (September 27, 2025)

09:00-17:00

Program in the morning (9:00-12:30)

Chairperson

Prof. Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)

1. Introduction of INFOM

Michiko Imai, MD, PhD, President of INFOM, 9:00-9:20

2. The effects of forest therapy (forest bathing/shinrin-yoku) on the human psycho-neuro-endocrino-immune network

Qing Li, MD, PhD, Prof of Nippon Medical School, Vice-President of INFOM, 9:20-10:20

3. The latest research findings on the health promotion and disease prevention effects of forest therapy (forest bathing/shinrin-yoku) using a randomized crossover study design

Qing Li, MD, PhD, Prof of Nippon Medical School, Vice-President of INFOM, 10:20-11:10

4. The effects of forest therapy (forest bathing/shinrin-yoku) on the human mental health

Norimasa, Takayama, Ph.D., Forestry and Forest Products Research Institute, 11:20-11:40

5. The activities of forest therapy (forest bathing/shinrin-yoku) in the birthplace of forest bathing in Japan (Akasawa Forests)

Shigeyoshi Kumeda, MD, Ph.D., Kiso Hospital, 11:40-12:10

6. Green space and health benefits for Chinese population: Evidence from epidemiological studies

Bo-Yi Yang, MD/PhD/ Prof., Sun Yat-Sen University, China, 12:10-12:30

Program in the afternoon (13:30-17:30)

Chairperson

Dr. Michiko Imai (President of INFOM)

1. Randomized Controlled Trial on the Efficacy of Forest Walking Compared to Urban Walking in Enhancing Mucosal Immunity

Dr. Hiroko Ochiai, Medical Specialist in Forest Medicine Certificated by INFOM, 13:30
~14:30

2. Research on the Differences Between Urban-Related and Forest-Related Stimuli (Indoor Experiments)

~ Review of research by the Miyazaki Laboratory at Chiba University from 2016 to 2018~

Dr. Hiroshi Takayama, Medical Specialist in Forest Medicine Certificated by INFOM,
14:30~15:20

3. Practical Lecture on 「Shinrin Therapy® with Doctors」 by INFOM Forest Medicine Doctor

Dr. Mayumi Watanabe, Medical Specialist in Forest Medicine Certificated by INFOM,
15:20~15:40

4. Practical Lecture on 「Shinrin Therapy® with Doctors」 by INFOM Forest Medicine Doctor

Dr. Yoshinari Taniuchi, Medical Specialist in Forest Medicine Certificated by INFOM,
15:40~16:00

5. Shinrin-yoku (forest bathing) in world natural heritage island Yakushima

Dr. Jun Fukuda, Medical Specialist in Forest Medicine Certificated by INFOM
16:00~16:30

6. Shibi Bamboo Forest: A Community-based Forest Therapy Model for Sustainability

Hung Chinyuan, 16:30~16:50

Q&A 16:50~17:10



On the second day (September 28), the participants received an intensive shinrin-yoku practice at a forest therapy base, **Akasawa Natural Recreational Forest** in Nagano prefecture, the birthplace of **Forest Bathing** in Japan (https://www.rinya.maff.go.jp/j/kokuyu_rinya/kokumin_mori/katuyo/reku/rekumori/akasawa.html) and were trained by Forest Medicine specialists and certified Forest Therapists.

Before and after shinrin-yoku practice, blood pressure, pulse rate, body temperature and SPO₂ were the measured and a questionnaire was taken.

At the closing ceremony, Dr. Imai and Dr. Li presented the certificates to the participants.

Medical doctor (MD) participants received a Certificate of Medical Specialist in Forest Medicine.

Non-MD participants received a Certificate of international Shinrin-Yoku instructor.

The certificates were double-signed by President of INFOM, Dr. Michiko Imai and Vice President and Secretary General of INFOM, Dr. Qing Li.



After the seminar and workshop, a forest bathing tour was conducted to enjoy the forest therapy bases in Japan.

On behalf of INFOM, I would like to express my deepest gratitude to the participants and all staff.

Thank you very much for your participation!

Prof. Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)