



International Society of Nature and Forest Medicine

The power of the forest heals the mind and the body.

The 4th INFOM International Seminar & Workshop 2024 in Japan

INFOM will hold its 4th international seminar in English in October 2024. This is an original workshop targeted to qualified clinicians to become a certified physician of forest medicine. The INFOM international certificate of completion will be handed to the doctors who complete this course.

This seminar is not just for doctors, but any participants who are interested in Shinrin-Yoku. The INFOM Seminar certificate of completion for non-physician participants is also available on a chargeable basis. Non-physician participants can receive an international shinrin-yoku instructor certificate.

Participants who have obtained a certificate at this seminar can conditionally apply to establish an INFOM chapter in their own country.

Dates	October 25 (Fri), 26 (Sat), 27 (Sun), 2024
Maximum number of participants	50 people Doctors, Ayurveda Physicians and Chinese medicine doctors who would like to be qualified as INFOM-certified doctors. Participants who are not doctors will be issued a certificate of completion as well.
Locations	Hotel on Friday (October 25): Hotel Metropolitan Edmont Tokyo https://edmont.metropolitan.jp/ 10-8, Iidabashi-3chome, Chiyoda-ku, Tokyo, 102-8130, Japan TEL:03-3237-1111 Seminar on Saturday (October 26): Nippon Medical School Forest Therapy Practice: Forest therapy bases in Yamanashi prefecture Hotel on October 26 in Yamanashi (https://kaiji.co.jp) Raki House Kaiji 1607-40 Kawanakajima, Isawa-cho, Fuefuki-shi, Fuefuki, Yamanashi, Japan, 406-0024
Participation fees	¥ 180,000 (Japanese Yen) (Tax included) This is the price for a twin room. A single room or one person staying in a twin room will be ¥180,000 + 18,500 (Japanese Yen) (Tax included). The fee includes the followings:

1. Accommodation, transportation expenses, travel insurance and meals for participants.
2. Conference room fees
3. Seminar and Shinrin-yoku practice participate fees
4. The membership fee of INFOM (6,000 Japanese Yen)
For those who have already paid the membership fee (6,000 Japanese Yen) for this year, the annual membership fee will be subtracted.
5. INFOM international forest medicine doctor certificate issuance fee 30,000 yen

Forest bathing tour fees after the seminar Information on forest bathing tours will be announced in May.

Start of application April 15, 2024

Deadline September 25, 2024

Application and further more information, please contact the secretary.
shinrinyoku2024@gmail.com

Schedule overview (subject to change)

Day 1- October 25 (Fri), 2024

15:00 – Check-in at " Hotel Metropolitan Edmont Tokyo " (Hotel in Tokyo)
Free time, no dinner

Day 2- October 26 (Sat), 2024

Location: Nippon Medical School, 1-1-5 Sendagi, Bunkyo-ku, Tokyo 113-0023

Timetable

7: 00 ~ breakfast

08:20 Check out and take a bus to **Nippon Medical School Alumni Hall (about 15 min)**

09:00-15:30 Academic workshop at **Nippon Medical School Alumni Hall**

Academic Seminar Program (09:00-15:30)

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

1. **Introduction of INFOM**
Michiko Imai, MD, PhD (President of INFOM)
2. **Video: introduction of research project conducted by INFOM**

Michiko Imai, MD, PhD (President of INFOM)

3. **The effects of forest therapy (forest bathing/shinrin-yoku) on the human immune system**
Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)
 4. **The effects of forest therapy (forest bathing/shinrin-yoku) on the human endocrine system**
Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)
 5. **The effects of forest therapy (forest bathing/shinrin-yoku) on the human autonomic nervous system**
Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)
- < Lunch break at Nippon Medical School >
6. **The effects of forest therapy (forest bathing/shinrin-yoku) on the human mental health**
Norimasa, Takayama, Ph.D. (Forestry and Forest Products Research Institute)
 7. **The current situation of forest therapy bases and forest therapists in Japan**
Qing Li, MD, PhD (Nippon Medical School, Vice-President of INFOM)

Oral presentations 14:00-15:30

Participants can apply for oral presentations on the topic of forest bathing/shinrin-yoku/forest therapy as follows:

1. Research on forest bathing/shinrin-yoku/forest therapy
2. Introduction of forest bathing/shinrin-yoku/forest therapy activities in your country
3. Proposals in forest bathing/shinrin-yoku/forest therapy

Each oral presentation is 8 minutes.

16:00 Departure from **Nippon Medical School to a hotel at Yamanashi** (About 2h)

18:00 Arrival at the hotel: **Raki House Kaiji** (<https://kaiji.co.jp>)

1607-40 Kawanakajima, Isawa-cho, Fuefuki-shi, Fuefuki, Yamanashi, Japan, 406-0024

19:00-21:00 Welcome dinner party at the hotel

Day 3- October 27 (Sun), 2023

Dr. Michiko Imai, Dr. Qing Li
And other staff will be in charge.

Time table

08:30 Check out from the hotel in Yamanashi (https://kaiji.co.jp/guest_room.html) and depart by private bus (travel time about 30 min)

9:00-15:20 On-site workshop (forest therapy practice) at forest therapy base in Yamanashi (lunch included)

15:20-15:50 Presentation of certificates of completion and closing ceremony

16:00-18:00 Take a private bus to Shinjuku Station and finish the program

Schedule for forest bathing tour after the seminar and workshop (October 28 - 30)

16:00- Take a private bus to Nagano prefecture and arrive at a hotel in Nagano prefecture
Planned forest therapy bases: Natural Recreation Forest, Nagano Prefecture (the birthplace of forest bathing in Japan: <https://www.japan.travel/en/japans-local-treasures/akasawa-natural-recreation-forest/>), Achi Village, Nagano Prefecture

The detailed information on forest bathing tours will be announced in May.

Application deadline: September 25, 2024

Cancellation policy

After the contract for the seminar & workshop, if the contract is canceled, the following cancellation fee will be charged.

Participation for seminar & workshop will start on October 25th.

Cancellation time (Japan time)	Details of the fee charged
Cancellation before 30 days from the start date of the seminar or optional tour	Full refund (no charge)
Cancellation after 29 days from the start date of the seminar or optional tour	Cancellation fee equivalent to 20% of the participation fee
Cancellation after 14 days from the start date of the seminar or optional tour	Cancellation fee equivalent to 50% of the participation fee
Previous day cancellation	Cancellation fee equivalent to 80% of the participation fee
Cancellation on the day, after the start of the seminar or optional tour, or non-participation	Cancellation fee equivalent to 100% of the participation fee

You can find the information of the previous INFOM International Seminar & Workshop in Japan from the following websites.

The 1st seminar & workshop in 2018: https://www.infom.org/symposiums/symposium_2018.html
We certified 17 international forest therapists and forest medicine doctors from around the world.



The 2nd seminar & workshop in 2019: https://www.infom.org/symposiums/workshop_2019.html

We certified 38 international forest therapists and forest medicine doctors from around the world.



The 3rd seminar & workshop in 2023: <https://www.infom.org/news/2024/01/19.html>
We certified 26 international Shinrin-yoku instructors and forest medicine doctors from around the world.

