



Forest Therapy in Korea: Policy and Practice

Won Sop Shin

Professor, Chungbuk National University,
Korea

President, Korea Forest Therapy Forum

I. Korea and My University

1. About the Republic of Korea

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- ▶ Capital: Seoul
- ▶ Area: 99,720km²
- ▶ Language: Korean
- ▶ Population: appx. 51,714,935
- ▶ Climate: continental climate, four distinct seasons

1. University Location

- Republic of Korea - Cheongju City in North Chungcheong Province



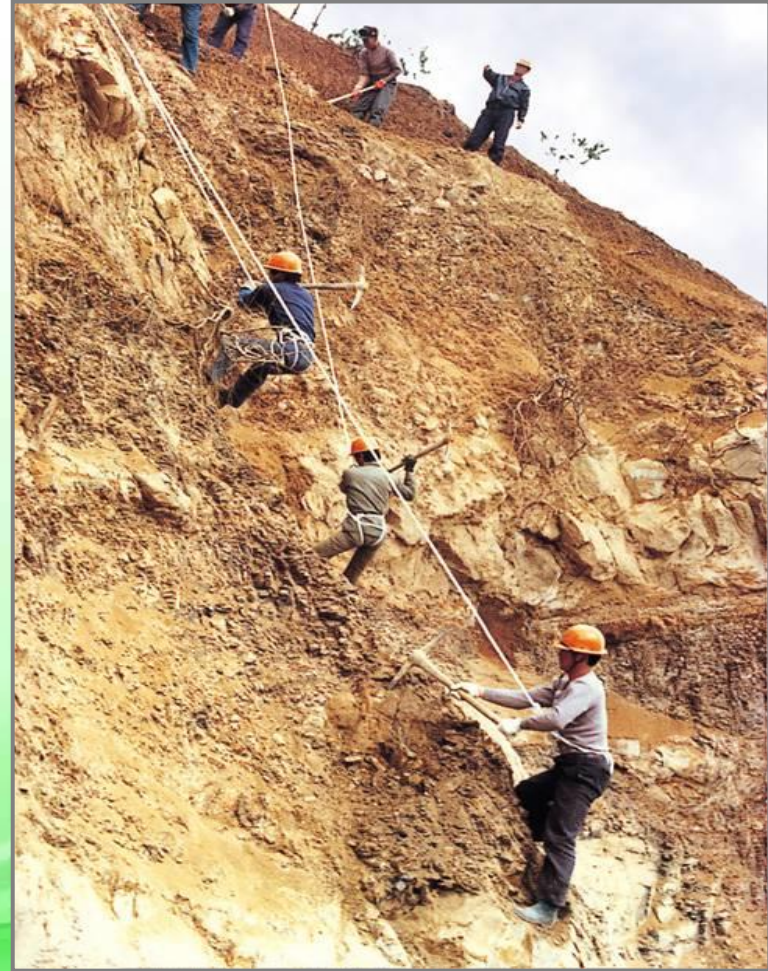
National (land granted) University



2. Collaborative Department (faculties and students)

A collaborative department		number of professor	
Forest science, Economics, Physical education, Education Psychology, medicine, Food Engineering, Special plant science, Horticultural Science, Agriculture and Economy, Biology and Child Welfare		30	
Student sortation	number of students		
	master	doctor	Tot.
graduation	32	4	36
Current students	66	69	135

I. Forests in Korea





1950s Seongbuk-dong, Seoul



Seongbuk-dong, Seoul



2. History of Forest in Korea

12

D. International Recognition for Forest Rehabilitation



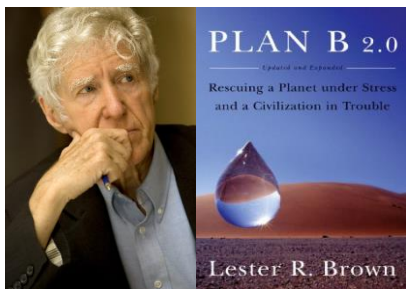
“The special nation that successfully accomplished forestation after the Second World War”

(FAO, 1982)



“Successful reforestation is the proud of Korea”

(Achim Steiner, 2008)

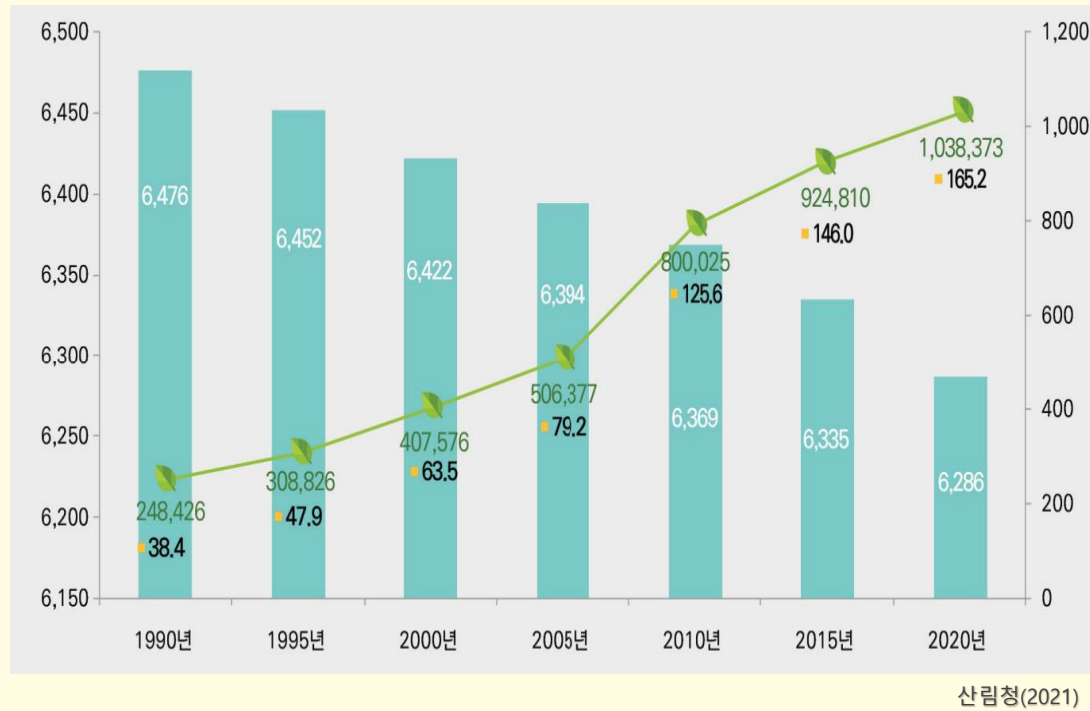


“Korea is representing model of forestation in the world”

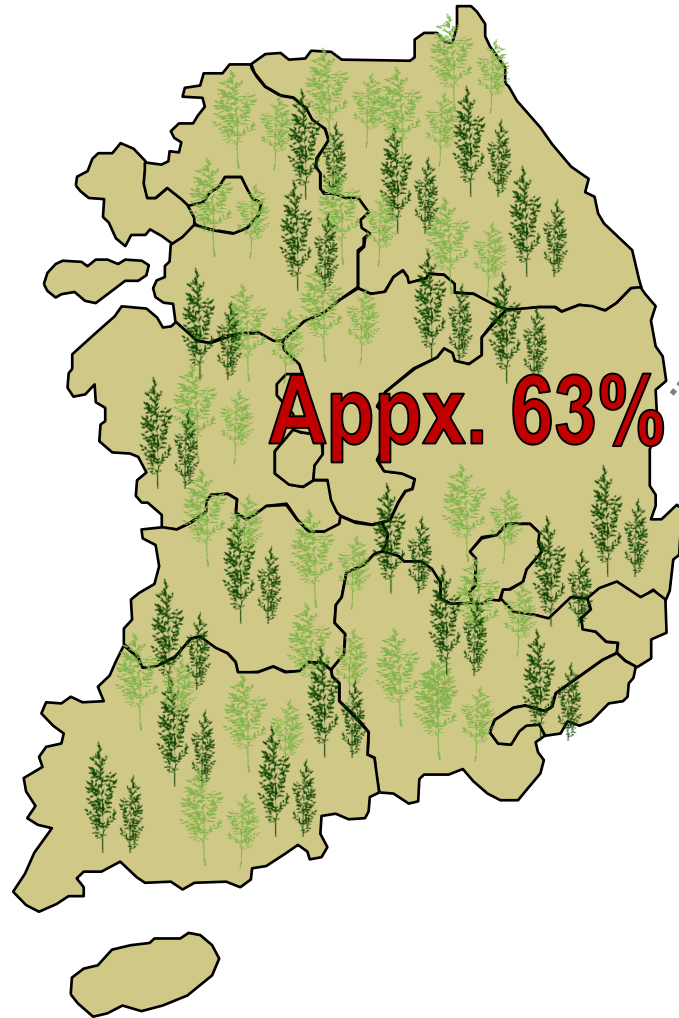
(Lester Brown, 2006)

01 Forest Resources in Korea

Growing Stock



A. Korea's Forests



- Total land mass 10,030,000ha
- Forest cover 6,335,000ha

67%

Private

25%

National

8%

Public

Brief History of Korea's Forest Policy

“Beyond the Success of Reforestation, To the Forest Welfare Era”



1960

- **KFS Est.(1967)**
- **Forest Restoration**

1970~198

- **Nationwide Tree Plant Movement**

1990

- **Multi-use of Forest Resources**
- **Wood, Recreation, etc.**

2000

- **Sustainable Forest Management**
- **Green Growth, Climate change**

2010

- **Forest Welfare**
- **Forest Education, Healing, etc.**

Why Does Forest Therapy Need in Korea

☞ **Abundant Forest Resources**

☞ **Korea's Forest Culture**

☞ **Korea' Rapid Growth and its Dark Side:
A Yearning for Forest Therapy**

☞ **High Urbanization Rate, High Density of
Population, Super Aging Society**

IV. Main Accomplishments

What is the Forest Welfare in Korea?

Forest Welfare

Economic, social and emotional supports based on forest and its resources in order to promote people's health and welfare

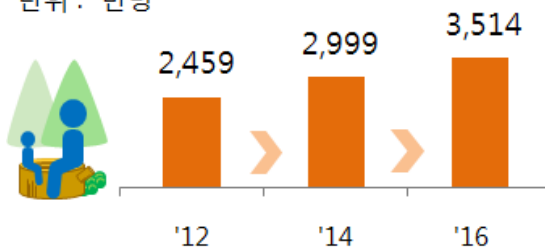
Forest Welfare Services

Cultural, recreational, educational and therapeutic services based on forest and its resources

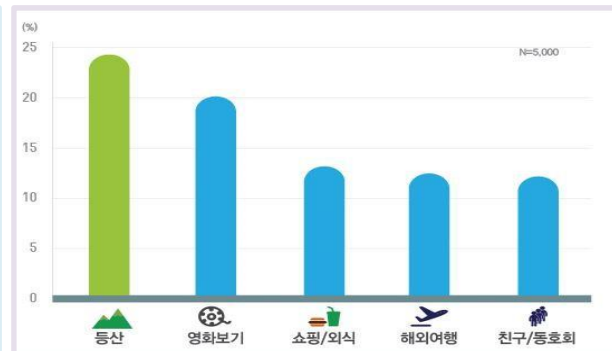
Forest Welfare Facilities

Recreational forest, forest campground, healing forest, forest kindergarten, forest education center, forest bathing facilities, forest leports, burial forest, etc.

(Unit : ten thousand)
단위 : 만명



<Forest Welfare Population>



<Leisure Activity Ranks>

Introducing Forest Welfare with People's Life Cycle

Provides tailored forest welfare services according to the life cycle

Birth

Prenatal Education Program



Pre-School

Forest Kindergarten



Youth

Forest Education



Adolescence

Wild Activities



Middle Aged

Recreation/Leisure



Senescence

Forest Therapy



Death

Tree Burials



New Legislation on the Forest Welfare



Forest Welfare Promotion Act in effect (March in 2016)

: To contribute to improve people's health and happiness through various forest welfare services

☞ The world's first case of legislation to specify 'forest welfare'



5-year Plan



Forest Welfare
Services



Forest Welfare
Complex



Committee



Specialized
Agency

Establishment of Specialized Agency



Korea Forest Welfare Institute (April in 2016)

To promote forest welfare and to make contribution to the improvement of health and quality of life and the pursuit of happiness by providing diverse and well-organized forest welfare services.



Forest Welfare
Facilities



Tailored Services



Professionals
Education



Programme
Development

Service for Vulnerable Social Group



FWS* Providers

Forest welfare
voucher for
the vulnerable



Forest Welfare Voucher

A voucher worth 90 USD can be
used at forest welfare facilities

- Who would be qualified for the voucher?
: The low income, disabled, etc.

** 9,100 persons('16) → 15,000 persons('17)

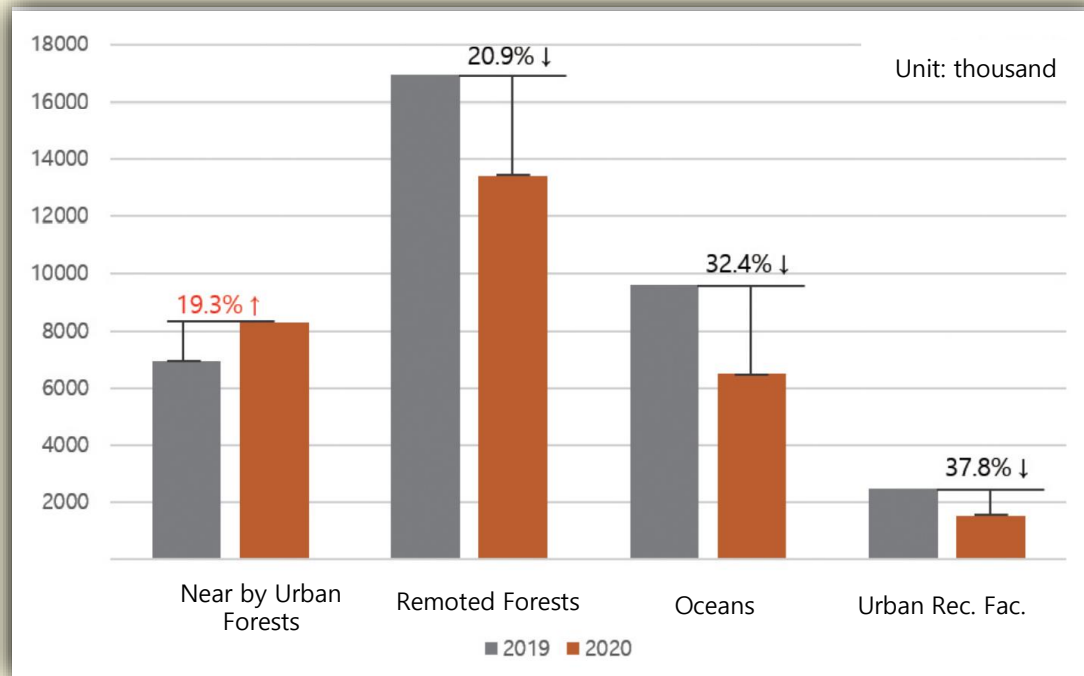
Forest welfare facilities at which People can use the voucher

* Forest Welfare Service

** 31 facilities('16) → 66 facilities('17)

01 Forest use Pattern During COVID-19 Pandemic

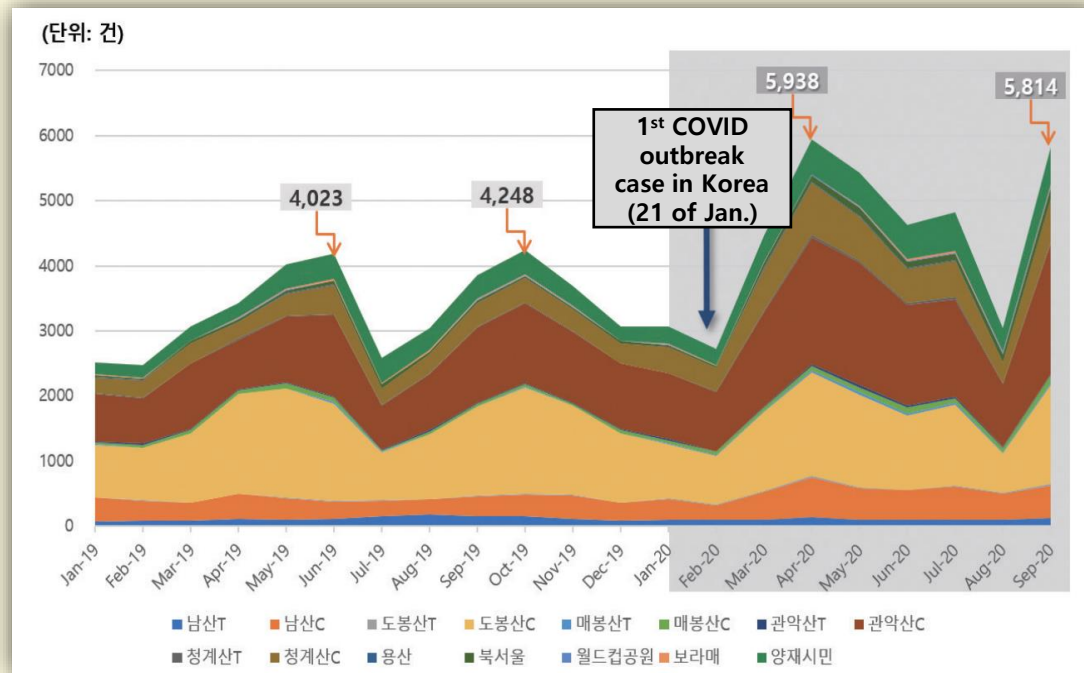
Increasing No. of Visitation to Nearby Forests



Korea Forest Research Institute(2021)

01 Forest use Pattern During COVID-19 Pandemic

Trends of Nearby Forest Visitations Before/After Pandemic



Korea Forest Research Institute(2021)

01 Forest use Pattern During COVID-19 Pandemic

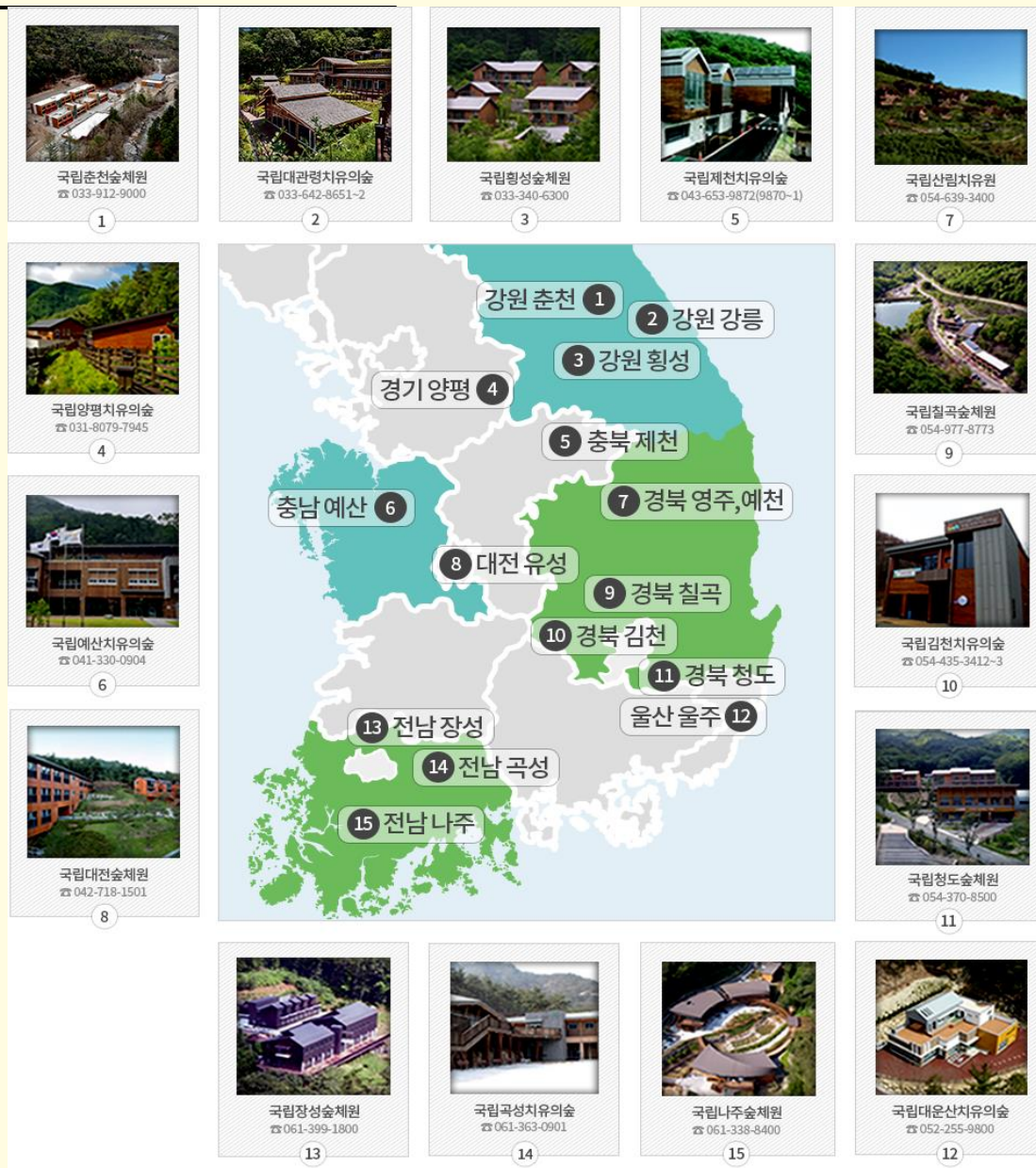
Why do people perceive “forests are the safe places”

(Unit: %)

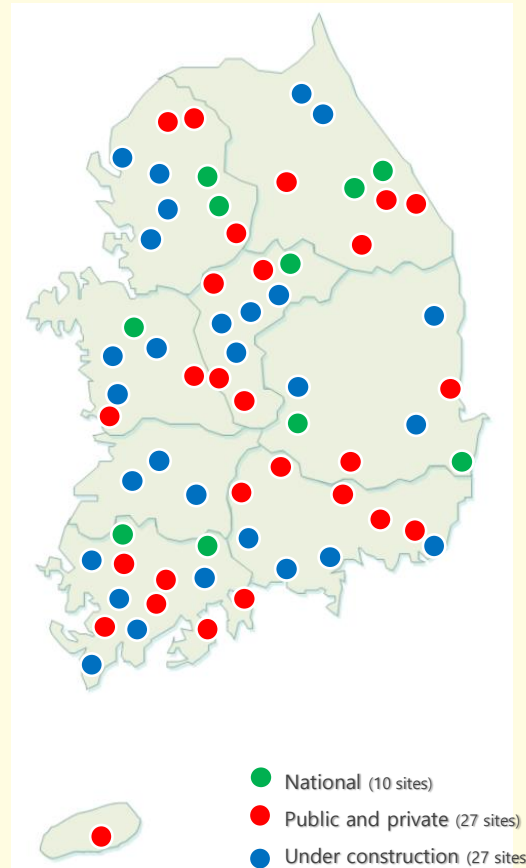
Reasons	Response
Forests are clean and pleasure places	30.5
Forests provide opportunities for being away from others	21.9
Forests support activities to improve immune system	19.7
Forests are places to avoid crowding	17.3
Well prepared facilities to combat pandemic	5.2
Well prepared manuals to combat pandemic	5.2

Korea Forest Research Institute (2021)

01 Forest use Pattern During COVID-19 Pandemic

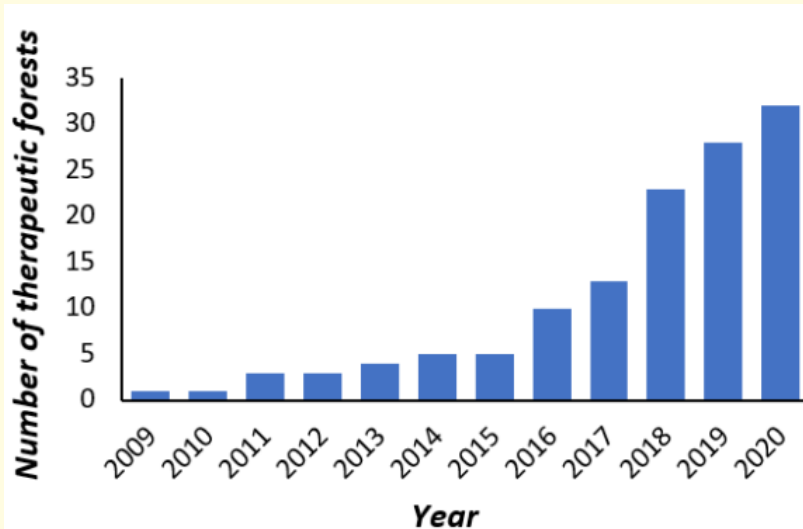


01 Forest use Pattern During COVID-19 Pandemic

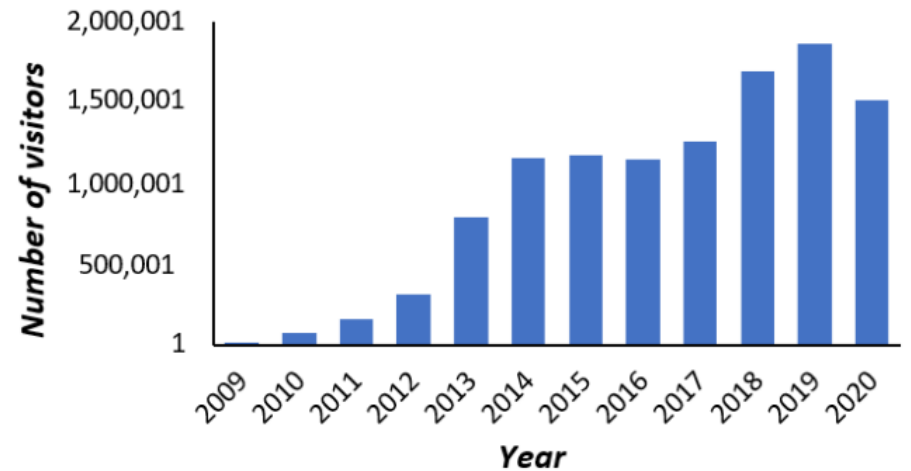


Current status of healing forests in Korea
(37 sites in operation; 32 under construction)

01 Forest use Pattern During COVID-19 Pandemic



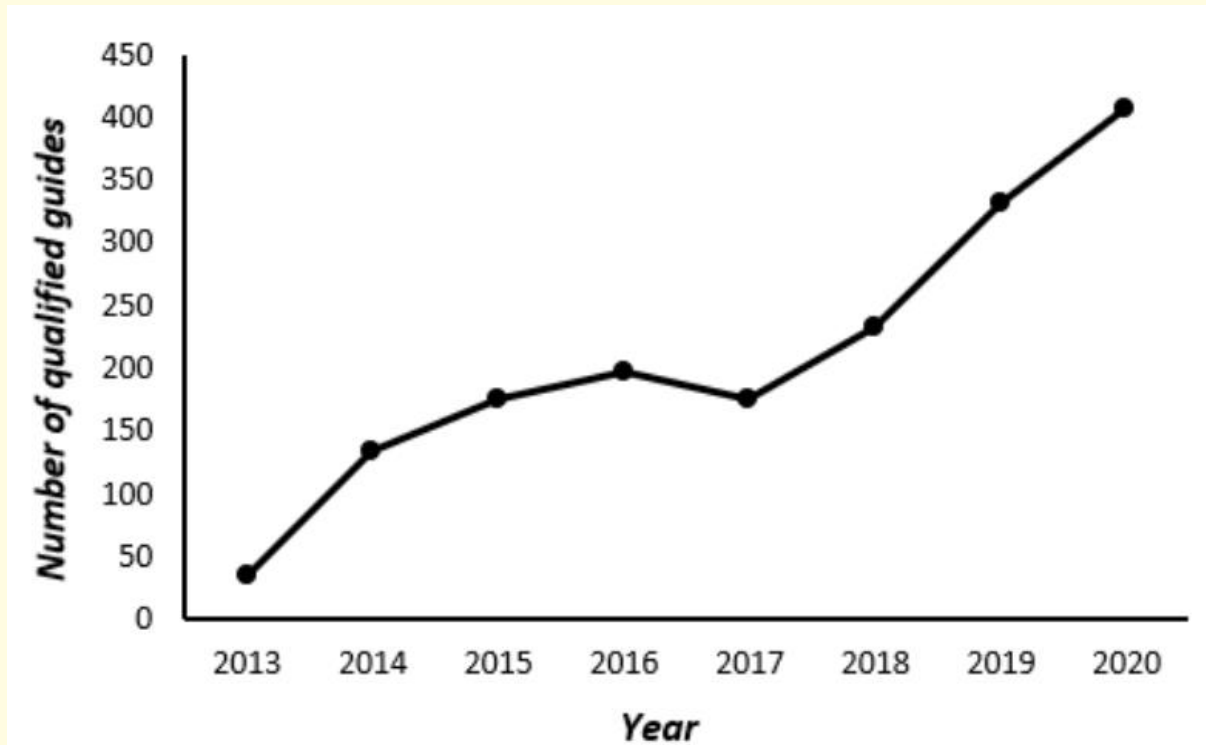
The number of therapeutic forests



The number of visitors to therapeutic forests

Ref. Park et al. (2021)

01 Forest use Pattern During COVID-19 Pandemic



The number of new forest therapy instructors' licenses (Level 1 and 2)

Ref. Park et al. (2021)

01 Forest use Pattern During COVID-19 Pandemic

☐ **No. of People using Forest Therapy**

18 thousands people (in 2021) → 26 thousands people (in 2022)

☐ **No. of Days using Forest Therapy/person**

6 days (in 2021) → 8 days (in 2022)

☐ **No. of Forest Welfare Facilities**

2 thousands 135 places (in 2021) → 3 thousands 683 places (in 2022)

☐ **No. of People using Forest Welfare Vouchers**

1 million 40 thousands people (in 2021) → 2 million 80 thousands people (in 2022)

Some Challenges to Overcome

① Mainstreaming
of
forest welfare fa
cilities and servic
e
(leading by state
s)

② Evidence-Based
Forest Therapy
Programs (weak)
and Research

③ Setting reasonable
price of the forest
welfare service
- Operating by
Public vs. Private







장성 치유의 숲 산소숲길
산소 숲 길: 1.9km (약 14-20 분 소요)
자연의 숨겨진 아름다움과 힐링의 기회를 제공하는 산책로입니다.
그 길에서 다양한 나무와 자연의 소리를 만나요.

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산소숲길에서 휴식할 때는 쓰레기를 버리지 않습니다.
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숲에서 배우는 행복한 녹색 감성 '청소년 숲교육'



자연에서 즐기는 색다른 짜릿함 '산악레포츠'



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자연으로 되돌아가는 영혼의 푸른 쉼터 '수목장림'



