

FY 2016: Certification requirements for “Forest Therapy®Base” and “Therapy Road®”

1. Purpose

In recent years, while lifestyle disease and mental disorder have been recognized as a social issue, the scientific research of preventive medicine has been explored. The structure of study on Forest Medicine was formed as there has been rapidly growing science studies supporting enhancement effects on comfort and relaxation of the forest. With increased interest in “Forest Therapy®”, the expectation of its practical implications for health promotion and improvement, prevention of lifestyle disease and mental health care became higher.

Managing forest based on scientific evidence of the Forest Medicine and collaborating system with local regions providing quality maintained services are crucial for sustainability and expandability of the “Forest Therapy®”.

Due to this reason, we perform the physiological and psychological experiment at the forest(“Field Physiological Experiment”) . In addition, the field works examining the natural and social conditions such as related facilities are maintained to a certain standard are conducted here. Through these processes, we evaluate and approve the “Forest Therapy®Base” and “Therapy Road®”.

Also, by certifying “Forest Therapy®Base” and “Therapy Road®” utilizing local characteristics across Japan and developing a network system, we aim to deliver the further expansion of “Forest Therapy®” as well as a revival of the local economy.

2. Eligibility for “Forest Therapy®Base”and “Therapy Road®”

For “Forest Therapy®Base” and “Therapy Road®” certification, below are the requirements of roads, related facilities and human resources that need to be met. Also, “Forest Therapy®Base” and “Therapy Road®” with the implementation plan stage are eligible to apply.

(1)“Forest Therapy®Base” requirements

To be certified as“Forest Therapy®Base”, more than two “Therapy Road®” are required. The core zone(Therapy Field)area assisting facilities that provide health promotion and improvement related services needs to be implemented.

“Forest Therapy®Base” should have the sufficient forest space to archive its mission and Therapy Field, which provides services and activities.

“Forest Therapy®Base” needs to incorporate the area serving the propose of health evaluation along with therapy menu such as health promotion and improvement.

There are three types;

- ① Suburban type (target local resident user)
- ② Suburbs type (target one-day, short-term stay user)
- ③ Forest health resort type (target long-term stay user)

Apart from above mentioned types, other types which reflect regional nature and social condition highlighting their characteristics will also be accommodated.

《Reference》Types of “Forest Therapy®Base”

① Suburban type (target local resident user): There is “Therapy Road®” which is daily used mainly by local residents and the area where visitors can have a light meal or rest. There is also therapy menu that local residents can go regularly to work on health promotion and improvement.

② Suburbs type (target one-day, short-term stay user): There are multiple types of “Therapy Road®” and accommodation facility for visitors traveling from a distance. The therapists or instructors are in placed to offer various therapy menu and support health promotion and improvement activities.

③ Forest health resort type (target long-term stay user): The forest health resort type of accommodation is for mid-long stay and is provided for visitors traveling from a distance. There are multiple types of “Therapy Road®” including the middle long-distance trails and the facility to offer various therapy menu. The therapists or instructors are in placed to offer various health program including therapy menu. It is possible to receive health care with the collaboration of public health and medical care.

Various therapy menu such as exercise therapy, diet, hydrotherapy, ergotherapy, aromatherapy, qigong, autogenics and counseling utilizing local characteristics are provided. Visitors can also experience music and arts and crafts. Sometimes the facility is more like a resort facility, even offering a golf course.

*With the condition that the accommodation facility for visions is provided , the multiple independent "Forest Therapy®Base" style is accepted.

(2) "Therapy Road®" requirement

The basic unit (1 unit) is 20 minutes slow walking at a distance. Sufficient length of sidewalk or walking trail to archive the mission of "Therapy Road®" is required. Also, some other conditions are mild slope environment, sidewalks with a width of 1.2m which is wider than general sidewalk and barrier-free designed or equivalent.

The forest maintenance is carried out and information on the health promotion and improvement through the "Therapy Road®" activities are offered.

3. Eligible Applicants

Local governments, companies, organizations or collaborated groups possessing walking trails and forest are eligible to apply. In the certification process, "Field Physiological Experiment" will be conducted. Please be advised that this cost must be covered by the applicant.

*About cost and expected applicants role in "Field Physiological Experiment" process.

The cost varies according to transportation expenses. Please contact our office for full details by E-mail. (Indication of cost: 2.5 million yen for urban area , 3 million yen for rural area. This is for domestic applicants. For applicants from abroad, please contact our office by E-mail.)

oPlease arrange the person in charge conducting various preparations and adjustments for "Field Physiological Experiment".

oIt is the applicant's responsibility to prepare "Field Physiological Experiment" cost (physiology psychology experiment preparation fee, analysis commission fee, experiment machine transportation and lease fee, meeting room fee, subject fee and their travel expenses and experiment conductors fee and their travel and insurance expenses etc).

oPlease make transportation arrangement for the subjects, experiment conductor and assistants (more than 8 people for subjects instruction, experiment machine transportation and local arrangement) during "Field Physiological Experiment" period

(2-3 days).

○Please recruit and arrange subjects(12 students), per measurement area for forest and urban environment as well as subjects'waiting area.

*Please be advised that there will be additional cost such as preparation cost and certain cost which is not indicated in the contract. Please review the contract.

4. How to Apply

Please fill out the application along with relevant documentation and submit it to us.

Required documents	“Therapy Road®”	“Forest Therapy® Base”
① “Therapy Road®”application(Form 1)	○	-
② “Forest Therapy® Base”application (Form 2-1)	-	○
③ “Forest Therapy® Base”application (Form 2-2)	-	○
④ Physiology psychology experiment record (Form 3)	○	○
⑤ “Therapy Road®”topographic map(1:25,000)	○	○
⑥ “Forest Therapy® Base”topographic map(1:25,000)	-	○
⑦ “Therapy Road®”reference photographs, about 10~30	○	○
⑧ Introduction brochure and other related documents if any	○	○

(1) Please describe the nature environment and social conditions as much detail as possible when filling out the application. Once nominated after the primary examination as new road or base, we will make an announcement on our website based on provided information. Please fill in all the information requested.

(2) When applying for multiple “Therapy Road®”, please fill out one form per road.

(3) You can download the form ①~④ at our website (<http://fo-society.jp/>)

(4) To complete ⑤and⑥, please see “The topographical map guide”.

(5) For reference photographs of ⑦, please provide the title and explanations covering its characteristic. (There is no specific format to follow)

◀◀How to submit application▶▶

- (1) Please print the application document on an A4 size paper and submit two copies.
- (2) Please indicate your name in cover page.

◀◀Address to submit application▶▶

Specified nonprofit corporation, Forest Therapy Society

Kojimachi, Chiyoda-ku, Tokyo 1-6-9

DIK Kojimachi building, 3F Room E

〒102-0083

Tel: 03-3288-5591 Fax: 03-3288-5592

◀◀Application Deadline▶▶

Jan 31, 2016

5. Evaluation Criteria

- “Forest Therapy®Base” applications are evaluated based upon ① ~ ⑧ in below
- “Therapy Road®” applications are evaluated based upon ① ~ ④ in below

- ① Enhancement effects on comfort and relaxing effect of forest and the result of “Field Physiology Experiments”
- ② The five senses gratification of natural environment
- ③ Access and geographical condition
- ④ Whether there is management body of “Therapy Road®” and its current situation
- ⑤ Natural and social environment in local region and resources(Hard Infrastructure)
- ⑥ Support from local residents for promotion, information and system management(Soft Infrastructure)
- ⑦ Future vision, sustainability and expandability
- ⑧ Sales Point

6. Evaluation Methods and Schedule

2016	The end of Jan	Application deadline
	Feb to Mar	First screening (document review)
	Apr	Notification date for the first screening results
	Apr to May	Sign the contract for the“Field Physiological Experiment”.
	May to Jun	Field work (preliminary inspection of area)
	Jul to Oct	Conduct the “Field Physiological Experiment”.
2017	Feb to Mar	Notification date for the“Field Physiological Experiment”.results
	Feb to Mar	Second screening (selection based on the result of“Field Physiological Experiment”.)
	The end of Mar	Notification date for authorized location announcement

*The schedule is subject to change

(1)First screening (document review)

- The selection committee is responsible for assessing the documents and nominating the ones to proceed in the“Field Physiological Experiment” and to become the next possible “Forest Therapy®Base” or “Therapy Road®”.
- We will notify an applicant with their examination results and announce it in a press release and our website.

(2)The field work and preliminary inspection by the expert team

- The expert team will conduct the field work examining natural and social condition.
- The expert team will make the preliminary inspection for the “Field Physiological Experiment” covering actual base or road , target urban environment and accommodation that will be used during the experiments.

(At the preliminary inspection, we can held the local lecture about the forest therapy)

(3) Field physiology experiments by the expert team

- The expert team will conduct the “Field Physiological Experiment”.
- When experimenting, we accept interviews, so please notify the media in advance. We will request PR assistance from the local government.

(4) Second screening

Second screening (selection based on the results of the field physiological experiment)

- The expert team evaluates the findings of field work and the field physiological experiments “Field Physiological Experiment” based on “Evaluation Criteria” and submits the results to the selection committee.
- The selection committee examines the findings based on report provided by the expert team.

(5) Certification decision

- After evaluation process, “Forest Therapy®Base” and “Therapy Road®” will be certified.

7. Announcement of new certified “Forest Therapy®Base” and “Therapy Road®”

- Applicants will be notified the results and it will be announced in press release and on our website.
- We will provide the certificates for qualified “Forest Therapy®Base” and “Therapy Road®” applicants.
- We will publicize information about newly certified “Forest Therapy®Base” and “Therapy Road®” on our website.

8. Membership Registration and Enrollment Process

- After been certified, by becoming a member of Specified Nonprofit Corporation, Forest Therapy Society making payment for enrollment fee 50,000yen and annual membership fee of 50,000yen (for corporation, group member), you will be registered.
- If payment is not received, the right to use registered trademark term such as “Forest Therapy®Base” will be suspended.
- Membership registration renewal is done every 4 years. This is simply to check the activities and no additional fee is required.

9. Contact Information

<For Certification Process>

Specified nonprofit corporation, Forest Therapy Society

Kojimachi, Chiyoda-ku, Tokyo 1-6-9

DIK Kojimachi building, 3F Room E

〒102-0083

Tel: 03-3288-5591 Fax: 03-3288-5592

E-mail: info@fo-society.jp

URL: <http://www.fo-society.jp/>

<<Attachment>>

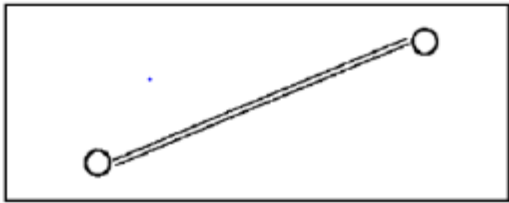
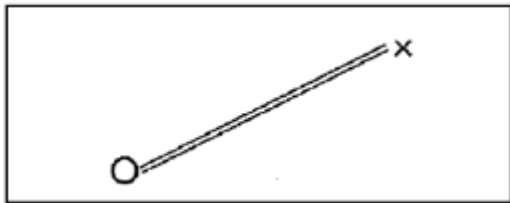
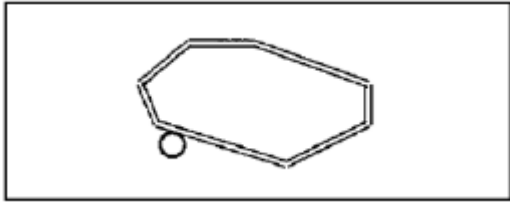

The topographical map guide for “Therapy Road®”

Please follow the instructions below on how to create the topographical map and fill out the required information for “Physiology Psychology Experiment Record (Form3)”.

1. For the purpose of emergency correspondence

(The topographical map)

- ① When there are multiple “Therapy Road®”, please indicate branch number such as (A-1、A-2etc)
- ② o is access point (the end of road that car can enter), x is dead-end road
- ③ Please indicate the total distance between o to o and o to x

Type A (Start and end point connecting to road type)	Type B (Dead-end road type)
	
Type C (Tour type)	Other types
	

(“Physiology Psychology Experiment Record (Form3)”

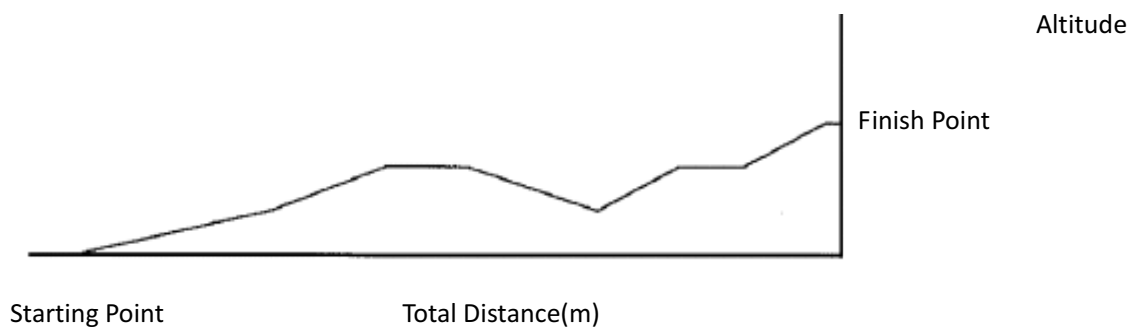
- ① Please indicate the total distance between o to o and o to x
- ② Please indicate the total walking distance and time (by foot) from deep in the woods to the access point
- ③ Please indicate the total distance and time (by car) from access point to the nearest

medical facility

※Please create one record per“Therapy Road®”when there are multiple

2. Please attach the vertical section which the change in slope of walking path is shown in consideration of elder and physically or medically challenged visitors.

※Please create one record per“Therapy Road®”when there are multiple



* Please indicate distance and altitude when changes occur in road

** scale-free

1. Conditions on “Field Physiological Experiment”

Please be advised that the applicant is expected to prepare the below items in order to conduct “Field Physiological Experiment”(more details are available at the briefing session as well as providing “Guidelines”. We can set the hearing session as necessary to discuss and blow required items. They do not need to be all prepared or scheduled in detail when submitting application).

Items	Conditions
Forest environment experiment area (“Therapy Road®”)	<p>[Viewpoint] The place where sitting and looking at view experiment can be conducted effectively (selection preference is closer to subject waiting area)</p> <p>[Road] Based on sitting and looking at view experiment area, there should be about 15-40 min walking trail to perform walking experiment which we would conduct in afternoon. A gentle slope and maintained environment are preferred</p>
Forest environment waiting area	Area where 6 subjects wait during performing sitting and looking at view experiment as well as walking experiment
Urban environment experiment area	<p>[Viewpoint] The place is selected from near by a national highway or busy urban area</p> <p>[Road]Based on sitting and looking at view experiment area, there should be about 15-40 min walking trail to perform walking which we would conduct in afternoon. A sidewalk should be provided and the first subject’s security performing in experiments should be ensured.</p> <p>※ Major city in region such as the seat of</p>

	prefectural capital is selected as urban environment (If it takes more than 2 hours from forest environment for transportation, please contact us by E-mail)
Urban environment waiting area	Area where 6 subjects wait during performing sitting and looking at the view experiment as well as walking experiment
Subjects (a part time)	12 university students who are available for the participation of all experiment (3 days) Healthy students from urban University, 20 years of age or older are preferred

2. Schedule for field work and preliminary inspection of area

The basic schedule is as follows. (schedule arrangement is required with an expert team)

[Day 1]

- o Conduct the field work for “Therapy Road®”and“Forest Therapy®Base”
- o Conduct preliminary inspection of “Therapy Road®” for the “Field Physiological Experiment”and subject waiting area

[Day 2]

- o Conduct preliminary inspection of urban environment area for the “Field Physiological Experiment”and subject waiting area

Explanation Document for the Field Physiological Experiment Expense Item

Name	Short Distance	Long Distance	
1. Preliminary inspection Travel expenses (transportation and accommodation)	84,000	164,000	
2. Field Physiological Experiment Physiology and psychology experiment measurement, experiment staff for 4, travel expenses for 6, result analysis	1,170,000	1,401,000	
3. Subjects expenses, a part time Daily allowance (12 people * 2.6 day), photograph model charges, transportation expenses (both ways from hometown), others	405,968	405,968	
4. Experiment equipment Drinks and foods, raincoats, magazines, ice, insect repellent, expendable supplies etc	284,000	284,000	
5. Others Meeting room, insurance and communications	187,000	213,064	
6. Office Administrative expenses	183,847	309,746	
	Pre-tax Total	2,314,815	2,777,778
	Consumption tax	185,185	222,222
	Total	¥2,500,000	¥3,000,000

Field Physiological Experiment Cost Categories

Category	Cost	Criteria
Short distance	2.5 million yen	15,000 yen one-way in range, from the Tsukuba Express "Tsukuba" station to the nearest station
Long distance	3 million yen	15,000 yen one-way out of range, from the Tsukuba Express "Tsukuba" station to the nearest station

* Please be advised that above mentioned quotation is for applicants from Japan. For oversea applicants, please contact the office by E-mail for quotation.