

Part 2

Read the article on 'Forest Bathing' in the Insert Booklet, Part 2, Pages 4-5 and answer Questions 11 - 25.

A Walk in a Woodland a Day Keeps Doctors Away

UK's largest woodland conservation charity, The Woodland Trust, says the Japanese practice of "forest bathing" should be prescribed on the National Health Service or NHS to tackle stress and other mental health problems. Hugging trees, listening to bird songs and kicking through leaves are all activities that can boost mental health. The Trust is urging doctors to prescribe forest bathing for mental health conditions and direct patients to their nearest woodland.

According to Stuart Dainton, head of innovation at the Woodland Trust, one in four of British people are likely to suffer from mental health problems and getting outside to enjoy nature can help the nation destress. He suggests that all family doctors should encourage patients towards the nearest suitable woodland where they can absorb nature, informally or as part of a structured program. He is appealing to general practitioners to make use of the more than 1,000 sites covered by the Trust in the UK. Participants are encouraged to immerse themselves in the environment and take in the sights, sounds, touch and smells of the forest. "It's about invigorating the senses by walking in the woods, smelling, listening to the sounds of the woods, touching the ground." said Stuart Dainton.

Stemming from the Japanese art Shinrin-yoku, the practice was devised 40 years ago by the Japanese Ministry of Agriculture, Forestry, and Fisheries as part of an initiative to tackle stress among men. It is simply being in nature, connecting with it through our senses. By breathing deeply and absorbing the atmosphere of the forest, it brings calming, rejuvenating and restorative effects.

Forest bathing should also be encouraged for children to help fight the "always on" culture prompted by social media. BBC presenter Kate Humble is also calling for schools to conduct lessons outside, referring to how difficult she found education whilst surrounded by four walls. She sees that conducting classes can be done outside the classrooms and it would benefit students more.

Forest bathing is now practiced by more than five million Japanese people and has quietly been gaining popularity in the UK. The therapy, which has become a cornerstone of preventative health care in Japanese medicine, has prompted a number of scientific studies that seem to prove its beneficial effects. The Japanese government decided to introduce shinrin-yoku as a national health programme and now forest therapy is an established practice throughout the world.

An increasing number of companies in England are now also offering structured forest bathing programs that last anything from between a couple of days through to week-long residential stays. The Forestry Commission, which is the largest proprietor of wooded land, has also announced that it plans to launch nationwide programs. In addition, it provides printable recommendations on how to practice the activity, including tips on how to breathe correctly.

Being surrounded by nature is scientifically proven to provide many positive impacts on health. People who practice forest bathing find themselves sleep better and their moods are improved. They also find that it helps increase their energy and has a calming effect which reduces stress. Children with ADHD, a disorder which involves hyperactivity and inability to focus, are found to concentrate better when embraced by nature. Studies have also found that trees release substances called phytoncides, which have anti-microbial properties and can boost the immune system. Forest bathing is also referred to as social prescribing which doctors see as non-medical intervention to help boost overall wellbeing of patients.

Dr. Qing Li who has published a book on forest bathing mentions that this therapeutic solution does not require any skills or tools. What you need to do is to find the right spot for yourself. The perfect place to relax differs from person to person. It is important to find a place that suits you. A place with the smell of damp soil or sound of water flowing is as good as a place in the countryside which reminds you of your childhood.

Forest bathing is not complicated. People are suggested to walk slowly and aimlessly. What is important is that they savour the beauty of nature surrounding them. There is also a trained forest therapist who can help the experiences more comfortable and help find the right environment for each particular person. Some places also offer a forest-therapy programme which includes guided walks and doctors to offer general health assessments. However, people can always forest-bathe without a guide as the key to this healing solution is to connect with nature which can be done anywhere - wherever there are trees.

adjusted from 'Doctors urged to prescribe woodland walks for mental health problems' by Sally Robertson and 'Forest Bathing' Is Great for Your Health. Here's How to Do It' by Qing Li

Part 2

Read the article on 'Forest Bathing' in the Insert Booklet, Part 2, Pages 4-5 and answer Questions 11 - 25.

Questions 11 - 20

Answer the following questions. For each question write no more than **THREE** words that must be taken from one point in the text. **DO NOT** write full sentences.

11 What kind of organisation is the Woodland Trust?

.....(1)

12 According to Stuart Dainton, what is the figure of British people who tend to have mental health problems?

.....(1)

13 When did Shinrin-yoku become known in Japan ?

.....(1)

14 What brings about the "always on" culture?

.....(1)

15 At present, what kind of practice has forest therapy become globally?

.....(1)

16 What is the longest period that companies in England offer to their employees who want to join a forest bathing programme?

.....(1)

17 Who will provide recommendations on how to forest bathe for people to print out?

.....(1)

18 When do children with ADHD find they can focus better ?

.....(1)

19 What do people need to have if they want to practice forest bathing?

.....(1)

20 Who will help people find a suitable environment for each person to forest-bahte?

.....(1)

(Total for Questions 11 - 20 = 10 marks)

Questions 21 -25

Indicate your answers to the questions below by marking a cross for the correct answer . If you change your mind about an answer, put a line through the box- and then indicate your new answer with a cross .

21 Participants in forest bathing are normally found to... (1)

- A appreciate the woods through walking and smelling
- B get in the fresh air for some period of time
- C walk with a map in their hands
- D go out in a trail

22 According to the passage, Kate Humble... (1)

- A was a problem child at school
- B believes student can benefit from taking lessons outside the classrooms.
- C fights for schools to have a forest bathing programme for students.
- D has been practicing forest bathing by herself.

23 Which of the following is true about forest bathing in the UK? (1)

- A More than five millions British people are practicing it.
- B It requires Japanese medicine.
- C The practice is limited among certain people.
- D its popularity is not obvious but constantly grows.

24 What do many doctors agree on when prescribing forest bathing to patients? (1)

- A** It can intervene their medical prescription.
- B** It helps to boost their patients' social skills.
- C** It can improve patients' overall health.
- D** It can make their patients worried about their medication.

25 What is important for people to do while forest-bathing? (1)

- A** Having no goal while walking
- B** Hiring a guide to ensure their experiences
- C** Visiting a doctor for general health assessments
- D** Finding a place which offers a forest-therapy programme

(Total for Questions 21 - 25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS