

第一屆港台交流團感想

黃敏蓉

首先，需要感謝新生精神康復會行政總裁游秀慧姑娘的支持，讓我能有幸參與這次的港台園藝治療交流團，擴闊自己對園藝治療的認識。

我第一次接觸園藝治療是於去年 11 月，在機構的支持下，修讀了「園藝治療證書課程」，使我踏進了園藝治療這個花花世界。在這一路發展下來，我了解到園藝治療的廣闊，所包含的知識之多，亦明白到自己對園藝或園藝治療這個領域所認識的不足。這次是一個很難得的機會，讓我能實地了解到其他亞洲地方是如何推行園藝治療計劃，互相交流，汲取他人經驗。

四日三夜的交流團，行程緊湊。我們不單參觀了台北及台中進行園藝治療活動的單位，如馬偕醫院、八里療養院、南投啟智教養院等，亦有參觀一些花園及推廣園藝的地方，包括國立台灣大學實驗農場、國立臺北護理學院之癒花園等。

參觀了這麼多的地方，最令我印象深刻的是台灣參與園藝治療的朋友，他們未必拿了園藝治療師的資格、亦非專職於園藝治療，但他們卻是一群對園藝治療很重視、很有熱誠的服務提供者，談起園藝治療總是眉飛色舞。他們明白到園藝治療對服務使用者的好處，致力把園藝治療這個概念融入其服務當中，為服務使

用者帶來得益。看見那報告上一張張歡笑的臉孔，我相信這正正就是園藝治療帶來的改變！不過遺憾的是，由於行程緊湊，這次交流團未有太多的時間與台灣的朋友們好好交流。

最後，我在此再一次衷心感謝熱情招待我們的台灣朋友，謝謝他們無私的把所知道的，所擁有的經驗與我們一一分享。當然亦要感謝各位工作人員，使這次交流活動能順利完成。

Sharing of the 1st HK-Taiwan HT Study Tour

Wong Man Yung

First of all, I would like to express my sincerely thanks to Ms. Sania Yau, CEO of New Life Psychiatric Rehabilitation Association, for her great support of Horticultural Therapy. Without her support, I would not have the chance to participate in this valuable study tour.

November 2009, this is the first time I entered the world of Horticultural Therapy, which is so big and fascinating. As soon as I completed the HT certificate course in Canada that sponsored by our association as well, I designed and carried out HT group for my service users. Being the newcomer of HT, I understand how limited I know about Horticulture and HT. I keep updating my knowledge by reading books, attending conferences and workshops. And luckily I can attend this study tour which provides me a great opportunity to learn from people who actually practice HT.

We had a very tight schedule on this four-day study trip. We went to different settings that having horticultural therapy, like the Hospice

Centre of the Mackay Memorial Hospital, the Bali Psychiatric Centre in Taipei and the Hong-En Hospital, the Love Home, the Nantou Education and Nursing Institute in Taichung. Besides, we also visited some gardens and site that promoting horticultural therapy and horticulture, like the grief healing garden in National Taipei College of Nursing, the experimental farm managed by Faculty of Horticulture in National Taiwan University in Taipei.

During this trip, what impress me the most are our Taiwan' s HT friends. Taiwan does not have an official organization of HT practice, also, our Taiwan' s HT friends are not registered horticultural therapist or specified in providing HT service, but those who respect and devote the most to HT. They have great passion for HT, talking about it would make their faces become brighten. They would integrate HT along with other services to benefit their service users. From the presentation, I could see the smiling faces from staff and service users, I believe it is the power of HT. However, it is a pity that I did not have much time to share the feeling of practicing HT with our Taiwan' s HT friends during this tight schedule.

Last but not least, I would like to thank once again our Taiwan' s friends, especially their warm hospitality, kindness, selfless sharing, more and more..... Also, many thanks to working group of this study tour which organized such a memorable study trip.