

1st Hong Kong - Taiwan Horticultural Therapy Study Tour Report

Organized by
Hong Kong Association of Therapeutic Horticulture



I would like to take this opportunity to share my heartfelt thanks to our President, all Taiwan HT Professions, team leaders and members. This tour really enriches my minds and knowledge on horticultural therapy.

MY VISIT

Faculty of Horticulture, National Taiwan University, Mackay Memorial Hospital, Bali Psychiatric Centre, DOH, Nantou Education and Nursing Institute, Ministry of the Interior, Love Home, Taichung City, Hong-En Hospital, Grief Healing Garden, Taipei College of Nursing Institute of Life and Death Education and Counseling, and Workshop of a famous sculptor, Mr. Wang Hsiu-ch

The Grief Healing Garden, Roof Garden at Love Home and Garden at Nantou and Hong-En Hospital were visited and the Grief Healing Garden impressed me very much. The design of the garden was based on the Grief Gardening Model and was divided into 3 major zones. They were self care area, counseling area and reconciliation garden. The healing garden encouraged people to face their grief and accepted the fact of loss and the reconciliation area symbolized the new vision with energy after bereaved people go through long path of grief and got changed through horticultural and humanistic nourishment.

People obtain personal inspiration and deep feelings when they went through this garden and they would try to get change and to re-launch a new journey in their life.



I am glad to join the first Hong Kong – Taiwan Horticultural Therapy Study Tour organized by Hong Kong Association of Therapeutic Horticulture. We visited several medical and rehabilitation units in Taipei and Taichung.



HORTICULTURAL THERAPY PROGRAMME

We visited the garden managed by Faculty of Horticulture, National Taiwan University and we made pressed flowers and leaves handkerchief. Seed paper, a programme organized by Mackay Memorial Hospital was a meaningful activity for the clients and their relatives. All used the horticultural activities as a medium to make connections with people, plants and nature.



I do hope that the experience we obtained from this study tour will provide for the development of our future life and that the practical skills we have acquired will be helpful and worthwhile at some future time.

GARY WONG