



Newsletter of the Hong Kong Association of Therapeutic Horticulture
香港園藝治療協會專刊

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編者的話 Message from the Editor

過去半年，香港園藝治療協會發展可以說是一日千里，既多姿多彩，又非常艱辛繁忙。短短六個月間，協會已舉行了多場大型活動，除了「第一屆香港園藝治療及治療性園景設計與健康」國際會議外，還有於深圳、東莞、廣州及澳門等地區舉辦的多期園藝治療課程，讓有志認識園藝治療的朋友，省卻舟車勞頓之苦，不用千里迢迢到港學習。此外，為了讓園藝治療於大中華更加普及，並集合一眾有志人士，促進交流的機會，我們於粵港澳地區，主辦或與地區社福機構合辦了多場工作坊，主題為《兩個不一樣的草頭娃娃》、《花葉拓染工作坊》、《“花枝招展”廣東省園藝治療同學會研修工作坊》和《“香味飄飄”－園藝治療體驗工作坊》，讓有興趣初探園藝治療的人士，可以一同感受與學習，更重要是認識園藝治療的獨特性及與一般園藝活動之分別。本期會訊就有多篇由國內夥伴和同學，包括倩瑩、小麥和健恒所撰專文，為活動記下吉光片羽和分享心聲。此外更有於園藝治療領域上有著極豐富經驗，來自美國的萊詩麗·費林明女士分享園藝實務貼士，和南韓建國大學傑出學者 Sin-Ae Park 博士的合著論文，從中可窺見園藝治療嚴謹實證的一面，及為長者選擇園藝活動提供有用的參考資訊。協會在有限的人力及資源下，能踏出一個又一個重要的里程碑，全賴會友上下一心，有力出力，在此再向委員及會友們致以無限感激！新一年，謹祝大家萬事勝意如「花枝招展」，工作步步高昇！

HKATH has seen a rapid progress in the last six months! Developments in many areas are sprouting, making my life even more colorful yet extremely busy. We have organized many large-scale events, including the 1st International Conference on Horticultural Therapy & Therapeutic Landscaping, and many training courses in Shenzhen, Dongguan, Guangzhou and Macau, to let more people learn about HT without the trouble and expense of coming to Hong Kong. We have also held workshops like *Grass Heads in Two Designs*, *Flower & Leaf Pounding*, etc. to promote HT and build connections between interested parties and individuals in the Greater China. Many participants gained their first and firsthand experience of HT, and were informed of the uniqueness of HT and its difference from ordinary gardening. I have invited some of our partners and students from mainland China to share their experience and thoughts in this Newsletter. Ms. Lesley Fleming, HTR, my friend from AHTA has also kindly shared with us 10 great tips to make gardening easier. Dr Sin-Ae Park, a distinguished scholar from Konkuk University, South Korea, has let us reprint a research thesis that she co-authored, which provides us a glimpse into the science related to HT and some useful information for choosing gardening activities for elderly people. Despite the limited resources, HKATH has marked many new milestones. This is only possible with members like you, who contribute their time and efforts selflessly. Once again I would like to express my sincerest gratitude to the committee members and to you all. THANK YOU VERY MUCH! And I wish everyone the year of 2015 to be like blooming flowers and trees, a year that is filled with happiness and abundance!



馮婉儀
註冊園藝治療師
香港園藝治療協會 會長

Fung Yuen Yee, Connie
HTR (AHTA, HKATH)
HKATH President

第四屆會員大會簡記：

專題講座 - 精神病診斷與統計手冊第五版(DSM-V)概覽暨園藝治療認證典禮

劉潔明 註冊園藝治療師(香港園藝治療協會)

第四屆會員大會已於2015年1月16日在灣仔聖雅各福群會持續教育中心圓滿舉行。當日，超過100名會員及對園藝治療有興趣的人士聚首一堂。我們很高興見到5位來自廣州及7位來自澳門的會員來參加。大會首先由馮婉儀會長報告會務，介紹本會在過去一年的園藝治療實習和研究進展，及未來的發展方向。本會在中國內地及澳門的園藝治療培訓及推廣工作也發展迅速，如在2014年12月，本會在廣州舉辦了兩場大型的園藝治療工作坊，有接近200人參加，反應熱烈。接著是本會財政黃惠娟女士報告財務狀況、來自廣州的劉夢華先生分享他如何踏上園藝治療的專業之路，還有廣州和澳門的同學介紹園藝治療在當地的發展。



陳穩誠博士 Dr. Raymond Chan

其後是大會另一重頭戲，由協會邀請的嘉賓講者，資深臨床心理學家陳穩誠博士為大家講述「精神病診斷與統計手冊第五版(DSM-V)概覽」(編按：該手冊由美國精神醫學學會出版，乃美國及許多國家最常使用來診斷精神疾病的指導手冊)，內容精要，深入淺出，加深了我們對精神病的認識，對應用園藝治療在精神健康治療上，很有幫助。壓軸戲當然就是一眾會員熱切期待的一園藝治療認證典禮。本年度認證共有2位會員成為註冊園藝治療師(RHT)、5位成為助理園藝治療師(AHT)、14位成為園藝治療服務員(HTF)；最後必不可少的是愉快的拍攝大合照，第四屆會員大會在一片歡樂聲中圓滿結束。

A Memorable Evening - The 4th Annual General Meeting

Lau Kit Ming, RHT (HKATH)

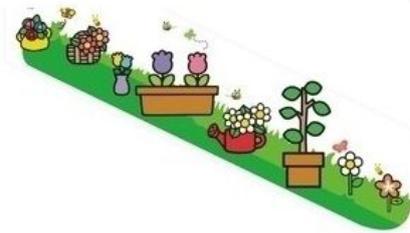
The 4th Annual General Meeting was held on 16th January, 2015 at St. James Settlement S.M.I.L.E. at Wan Chai. More than 100 members and people interested in horticultural therapy attended this meeting. We were glad to meet 12 members who had come a long distance from Guangzhou and Macau. The event began with our President, Ms. Connie Fung Yuen Yee's report on the work done by HKATH in the past year including HT internship and research, and the future development in Hong Kong and the Greater China. We were delighted to hear that HKATH has rapid development in the promotion of HT and related training programs in mainland China and Macau. Prominent examples include 2 large HT workshops that HKATH held in Guangzhou in December 2014. There were around 200 participants and the feedback was very encouraging. Afterwards, Ms. Bonnie Wong, our Treasurer, reported the Association's financial situation. Then Mr. Liu Menghua who came from Guangzhou shared his journey on HT professional development. Other members from Guangzhou and Macau also spoke about the development of HT in their local areas.

After these brief speeches, our guest speaker, Dr. Raymond Chan, Senior Clinical Psychologist, gave his presentation on the "Overview on Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)". He presented a concise explanation of the essential points of DSM-5, deepening our understanding of mental disorders, and it would be surely very helpful when we have opportunities in the future to apply HT to mental health rehabilitation. At last it was the highly anticipated Certification Ceremony. This year, we have 2 Registered Horticultural Therapists (RHT), 5 Assistant Horticultural Therapists (AHT) and 14 Horticultural Therapy Facilitators (HTF). The 21 members received the recognitions from our President, and of course we took photos with all the members at the end. The meeting was finished in a joyful atmosphere and has left another memorable mark in the history of HKATH.



協會搬遷啟示 REMOVAL NOTICE

25/F



17/F

新會址：香港荃灣沙咀道 362 號全發商業大廈 **17 樓 1715 室**

New Address : **Rm 1715, 17/F.**, Fortune Commercial Building, No. 362 Sha Tsui Road, Tsuen Wan, Hong Kong.

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2014 年社區投資共享基金論壇暨社會資本動力獎頒獎禮
The Community Investment and Inclusion Fund (CIIF) Forum cum
Social Capital Builder (SCB) Award Presentation Ceremony 2014



2014 年 12 月 9 日於香港會議展覽中心舉行的 2014 年社會資本動力獎頒獎禮
SCB Award Presentation Ceremony 2014, held on December 9, 2014 at HK Convention & Exhibition Centre

本會榮獲勞工及福利局及社區投資共享基金頒發「社會資本動力標誌」，對協會作為建立社會資本先鋒的身份予以肯定。本會特別鳴謝博愛醫院陳平紀念長者鄰舍中心作為實習機構上所提供的重要支持。

HKATH is granted the Social Capital Builder (SCB) Logo by Labour & Welfare Bureau and Community Investment & Inclusion Fund to recognise our status as a pioneer in building social capital. Thanks for the support from our internship site -- Pok Oi Hospital Chan Ping Memorial Neighbourhood Elderly Centre.

(編按 Editor's Note：社會資本是指凝聚個人及跨界別力量連結成凹凸互補的社群網絡，從而建立互信互助、互相欣賞、團結及充滿人情味的和諧社會，讓個人、家庭及組織互相支持，社區能力得以持續提升。Building social capital means pooling the resources of individuals and cross-sectoral collaborations to form a social network of reciprocity, thereby creating a harmonious society with mutual trust and help, appreciation, solidarity and human touch. This will enable individuals, families and organisations to support each other and help enhance and sustain community capacity.)



園藝治療專題文章

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Determining Exercise Intensities of Gardening Tasks as a Physical Activity Using Metabolic Equivalents in Older Adults

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Additional index words. metabolic cost, energy expenditure, Cosmed K4b², human issues in horticulture, horticultural therapy

Abstract. The objective of this study was to determine the exercise intensities of 15 gardening tasks in older adults using a portable indirect calorimeter. Twenty older Korean adults (16 females, four males) older than 65 years of age (average 67.3 ± 2.7 years) were recruited from the community of Gwangjin-gu, Seoul, South Korea. The subjects visited a garden created for the study at Konkuk University, Seoul, South Korea, three times and performed a total 15 gardening tasks. Subjects wore a portable calorimetric monitoring system (Cosmed K4b²) with telemetry that allowed measurement of oxygen consumption as they conducted each gardening task over a 5-min period and during a subsequent 5-min rest period while seated on a chair between each task. Their heart rate was also continuously measured using radiotelemetry (Polar T 31) during the test. The gardening tasks performed were of low to moderate intensity physical activities [1.7–4.5 metabolic equivalents (METs)]. Tasks using both upper and lower body (e.g., digging, fertilizing, weeding, raking, tying plants to stakes) required moderate-intensity physical activity (3–4.5 METs); those using the upper body while standing or squatting (e.g., pruning, mixing soil, planting seedlings, sowing, watering using a watering can or hose, harvesting) were low-intensity physical activities (1.7–2.9 METs); and tasks requiring limited use of the upper body while standing (e.g., filling containers with soil, washing harvested produce) were the least demanding physical activities of the gardening tasks tested. The results will allow more precise tailoring of gardening activities of older individuals to achieve appropriate levels of activity for good health.

Physical activity is any bodily movement produced by the contraction of skeletal muscle that results in energy expenditure and includes a broad range of daily activities such as housework and walking for transportation (Caspersen et al., 1985). The health benefits of physical activities in older adults are significant and have been reported to prevent or reduce chronic diseases such as hypertension,

coronary heart disease, Type 2 diabetes, osteoporosis, ischemic stroke, cancers, anxiety, and depression [American College of Sports Medicine (ACSM), 1993, 1998, 2004; Galloway and Jokl, 2000; Hui and Rubenstein, 2006; Lee et al., 1991; Powell et al., 1987]. Physical activity also contributes to the ability of older adults live independently by increasing or maintaining their fitness level, muscle strength, aerobic capacity, balance, and bone mineral density (ACSM, 1998; DiPietro, 2001; U.S. Department of Health and Human Services, 1996). The Centers for Disease Control and Prevention and the ACSM recommend a program for maintaining the health of older adults that involves at least 30 min of moderate-intensity physical activity during most days of the week (Nelson et al., 2007; Pate et al., 1995).

The term MET is a physiological measure for expressing the energy expenditure

of physical activities in relation to the resting metabolic rate (Ainsworth et al., 2000). METs are expressed in terms of oxygen consumption per unit body mass (1 MET equals to 3.5 ml O₂/kg/min) and a resting metabolic rate such as when lying down or sitting quietly represents 1 MET (Norton et al., 2010). Physical activities are categorized as light (less than 3 METs), moderate (3 to 6 METs), and vigorous (greater than 6 METs) in intensity (Pate et al., 1995). For example, Ainsworth et al. (2011) classified walking for pleasure as a moderate-intensity physical activity (3.5 METs) and tennis as a vigorous-intensity physical activity (7.3 METs) in adults. Fifty-three common lawn and garden tasks were found to be low- to moderate-intensity physical activities in adults ranging in age from 25 to 65 years based on published sources or estimates by experts on physical activity (Ainsworth et al., 2011). The compendium of physical activities by Ainsworth et al. (2011), however, does not include a number of common gardening tasks and is limited to adults 65 years of age or younger.

Park et al. (2008b) determined that nine gardening tasks were low- to moderate-intensity physical activity (1.6–3.6 METs) in older American adults older than 65 years in age (mean age, 77 years). Gardening tasks that used both the upper and lower body such as digging were moderate-intensity physical activities (3.6 ± 0.8 METs), whereas tasks that primarily used the upper body such as mixing soil were found to be low-intensity physical activities (2.2 ± 0.6 METs).

To determine the METs values of a physical activity, the amount of oxygen (VO₂) used during the activity is measured. Either direct or indirect calorimetry can be used to measure oxygen intake, although indirect calorimetry is more commonly used in that it is simpler and less expensive (McArdle et al., 2007). The “Douglas bag method” is generally considered to be the most accurate means of indirect calorimetry; however, it is impractical outside a clinical or research laboratory setting. Therefore, a multistep approach was used to determine the exercise intensities of gardening tasks in previous studies (Park et al., 2008a, 2008b, 2008c). The Cosmed K4b² (COSMED, Rome, Italy) is a portable system used to measure the energy cost of free movements that is convenient to use outdoors for measuring gardening tasks and it has the validity and accuracy equal to the Douglas bag method (Kawakami et al., 1992). Doyon et al. (2001) and McLaughlin et al. (2001) demonstrated that the Cosmed K4b² was acceptable for measuring oxygen uptake over a fairly wide range of exercise intensities.

The objective of this study was to determine the exercise intensities of adults (65 years of age or older) doing 15 common gardening tasks by using a portable system (Cosmed K4b²) to measure the energy cost that has high validity and accuracy. The results will facilitate tailoring garden activities of older Koreans to achieve appropriate levels of physical activity for good health.

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Materials and Methods

Subjects. Koreans older than 65 years of age were recruited from the community of Gwangjin-gu in Seoul, South Korea, using a flyer with a description of the study and registration forms that were distributed at senior centers and directly to individuals. Criteria for participation were older than 65 years in age, the absence of an uncontrolled chronic disease, heart, or lung diseases and a pacemaker, and they did not smoke. A total of 20 adults older than 65 years in age were selected based on the inclusion criteria. During orientation, a written informed consent form was obtained after the experimental procedures and schedules were provided. Subjects were required to not consume caffeine or alcohol, eat a heavy meal, and do physical activity at least 12 h before the test. The subjects were also required to wear clothes and shoes appropriate for gardening. At the completion of the study, each subject received U.S. \$60 as an incentive.

The following descriptive information was obtained for each of the subjects: height, weight, body composition [body mass index, fat (g), lean (g), and percent fat (%)], resting metabolic rate, resting heart rate, and age-

adjusted maximum heart rate. Height and weight were measured using an electronic instrument (Model GL-150; G-Tech International, Uijeongbu-si, Gyeonggi-do, South Korea) and body mass index was calculated as: $\text{body mass index} = \text{weight (kg)} / [\text{height (m)}]^2$. Fat (g), lean (g), and percent fat (%) were measured using dual-energy x-ray absorptiometry (Model Discovery-W; Hologic, Bedford, MA) by a trained specialist at Konkuk University Medical Center. Resting metabolic rate and resting heart rate were measured after the subjects sat in a chair for 5 min before starting the first of 15 gardening tasks.

Procedures. Forty garden plots (each 1 m × 1.8 m) at Konkuk University, Seoul, South Korea, were created for the study with two plots for each subject. A 5 m × 9 m garden plot with ripe vegetables was also prepared. In addition, a grassy area with weeds for weeding and shrubs for pruning were located near the garden plots.

Fifteen gardening tasks were performed by the subjects during June 2011. The mean outside temperature was $30 \pm 4^\circ\text{C}$ during the test determined using a temperature probe (HR-TEMP) that is part of the Cosmed K4b² instrument. Descriptions of the 15 gardening tasks performed by the subjects are in Table 1.

The subjects visited the garden three times to complete the study and performed five gardening tasks for each time (Fig. 1). During the first visit, the tasks were hand weeding, digging, pruning, mixing soil, and filling containers with soil. Tasks during the second visit tasks were fertilizing, raking, planting transplants, tying plants to stakes, and watering (using a watering can) and for the third visit, sowing, mulching, watering (using a hose), harvesting, and washing the harvested produce.

Subjects did each gardening task for 5 min followed by a 5-min rest period sitting in a chair between each task. In our preliminary study, 5 min was found to be sufficient for determining the exercise intensity of gardening tasks and a subsequent 5 min for the heart to return to its resting rate between tasks. The garden plots were the appropriate size to allow completion of each task within 5 min. During the 5-min rest period between tasks, the subjects were asked to not speak or move and the researcher demonstrated the next task. The order of the tasks was the same for all subjects and was designed to reflect typical home gardening activities and to combine moderate- and low-intensity gardening tasks based on preliminary research (Park et al., 2008b).

Table 1. Descriptions of gardening tasks performed to determine the exercise intensities for each older Korean adult.

Gardening tasks	Description
Hand weeding	Bending or squatting in a grassy area and weeding using a hand fork (0.3 kg); some movement required when they finished an area
Digging	Digging a 1 m × 1.8 m garden plot with a shovel (1.3 kg)
Pruning	Pruning shrubs with hand pruning shears (0.2 kg); some movement required when they finished a shrub
Mixing soil	Mixing soil in a bucket (diameter 66 cm, height 20 cm) by hand with water added from a watering can (3 kg), performed while the bucket was standing on a 1.8 m × 0.6 m × 0.8 m table
Filling containers with soil	Filling 10-cm pots with soil from a bucket (diameter 66 cm, height 20 cm) by hand, performed while the bucket was standing on a 1.8 m × 0.6 m × 0.8 m table
Fertilizing	Spreading fertilizer from a bucket with a shovel (1.3 kg) on a 1 m × 1.8 m garden plot and mixing it into the soil using a shovel
Raking	Raking a 1 m × 1.8 m garden plot with a hand rake (0.9 kg)
Planting transplants	Transplanting tomato and lettuce plants into a 1 m × 1.8 m garden plot using a hand trowel (0.1 kg)
Tying plants to stakes	Tying tomato plants to stakes (0.5 kg) for support
Sowing seed	Digging a row with a hand trowel (0.1 kg), sowing seed and covering them with soil
Mulching	Applying mulch around tomato and lettuce plants in a 1 m × 1.8 m garden plot
Watering (watering can)	Watering garden plots (4 m × 7.2 m) using a watering can with 6 kg of water
Watering (hose)	Watering the garden plots (4 m × 7.2 m) using a hose
Harvesting produce	Harvesting produce (lettuce, tomatoes, peppers, and eggplants) from a garden plot (5 m × 9 m)
Washing produce	Squatting near the garden and washing harvested produce using a small bucket (diameter 30 cm, height 15 cm) and a water hose.

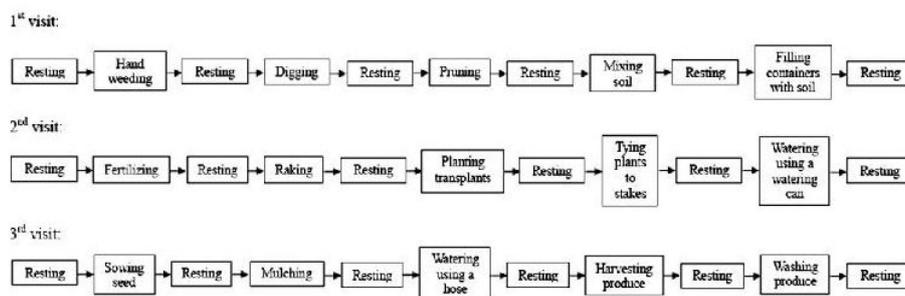


Fig. 1. Sequence of gardening tasks performed by older Korean adults to determine the exercise intensity required. Subjects did each task for 5 min and then spent 5 min resting while sitting in a chair between tasks. The order of the gardening tasks was the same for all subjects. Based on preliminary work (Park et al., 2008b), the sequence combined moderate and low intensity tasks.

Metabolic measurement. Each subject wore a portable Cosmed K4b² during the gardening tasks that included a portable telemetric transmitter, facemask, flow meter, gas analyzer, receiver, and temperature probe (HR-TEMP). The instrument weighed 1.5 kg with the battery and specially designed harness. Each subject continuously respired into the facemask, which allowed measuring their VO₂ during the active and rest periods.

Before starting the tests, oxygen and carbon dioxide analyzers were calibrated with room air and with a reference gas containing 15.93% oxygen and 4.92% carbon dioxide. The flow turbine was then calibrated using a 3.0-L syringe followed by a delay calibration to adjust for the lag time between the expiratory flow measurement and the gas analysis.

The subject's heart rate was continuously monitored throughout their test period using a monitor on the skin under the breast and registered in the Cosmed K4b² using radio-telemetry (Polar T 31; FitMed, Kempele, Finland).

Data analysis. Descriptive information was handled using Excel (Microsoft Office 2002; Microsoft Corp., Redmond, WA). Each subject's physiological data were collected continually using the Cosmed K4b² with individual points representing averaged 3-s intervals. For each gardening task, data for the first and last 10 s were deleted to compensate for the time required to walk to their garden plot before starting a task or returned to the chair for the rest period. Duncan's multiple range test at $P < 0.05$ was used to compare means of metabolic rates for the 15 gardening tasks calculated using the Statistical Analysis System (SAS Version 9 for Windows; SAS Institute Inc., Cary, NC).

Results

Characteristics of the subjects. The descriptive characteristics of the subjects participating in the study are presented in Table 2. The mean age of the 20 subjects (16 female, four male) was 67.3 ± 2.7 years. The average body mass index of the subjects was normal

to overweight (body mass index 26.4 ± 3.6 kg/m²).

Exercise intensity of gardening tasks. Subjects' heart rate and VO₂ were significantly increased during the each garden task (Table 3). The garden tasks also induced energy expenditure of older participants.

The 15 gardening tasks performed by the participants represented low- to moderate-intensity physical activities (Table 3). Digging (mean 4.5 ± 1.2), fertilizing (4.0 ± 0.9), raking (3.4 ± 0.8), weeding (3.4 ± 0.6), mulching (3.3 ± 0.8), and tying plants to stakes (3.0 ± 1.0) were moderate-intensity physical activity (i.e., 3–4.5 METs). Planting seedlings (mean 2.9 ± 0.9), watering using a watering can (2.8 ± 0.9), sowing (2.7 ± 0.6), harvesting (2.7 ± 0.6), mixing soil (2.4 ± 0.7), pruning (2.5 ± 0.7), watering using a hose (2.4 ± 0.8), and washing harvested produce (mean 1.7 ± 0.4) were low-intensity physical activities (i.e., 1.7–2.9 METs). Digging and fertilizing were more intense than the other gardening tasks ($P < 0.05$). Filling containers with soil and washing harvested produce were lower intensity tasks than the 15 gardening tasks ($P < 0.05$).

Discussion

The 15 gardening tasks performed by adults older than 65 years in age (mean age, 67.3 ± 2.7 years; mean body mass index, 26.4 ± 3.6 kg/m²) were determined to be low- to moderate-intensity physical activities (1.7 to 4.5 METs).

The gardening tasks that used both upper and lower body such as digging, fertilizing, weeding, raking, and tying plants to stakes were moderate-intensity physical activity (3–4.5 METs). The gardening tasks that used actively upper body while standing (sometimes slight walking for moving when they finished an area) or squatting such as pruning, mixing soil, planting seedlings, sowing, watering (by watering can or hose), and harvesting were low-intensity physical activity (1.7–2.9 METs). Meanwhile, the tasks such as filling a container with soil and washing harvests slightly used the

Table 3. Metabolic assessment of older Korean adults (n = 20) while performing 15 gardening tasks to determine the exercise intensity involved.

Gardening tasks	Mean ^a	SD
Weeding		
METs	3.4 ^{bc}	0.6
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	11.8 ^{bc}	2.2
kj·kg ⁻¹ ·h ⁻¹	9.0 ^{abc}	2.5
HR (beats/min)	104.7 ^b	13.9
Digging		
METs	4.5 ^a	1.2
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	15.6 ^a	4.0
kj·kg ⁻¹ ·h ⁻¹	10.7 ^a	3.6
HR (beats/min)	120.3 ^a	18.3
Pruning		
METs	2.5 ^{ef}	0.7
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	8.7 ^{ef}	2.3
kj·kg ⁻¹ ·h ⁻¹	7.2 ^{de}	2.4
HR (beats/min)	99.9 ^{bc}	13.8
Mixing soil		
METs	2.4 ^f	0.7
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	8.4 ^f	2.3
kj·kg ⁻¹ ·h ⁻¹	6.7 ^{def}	2.3
HR (beats/min)	103.3 ^b	16.6
Filling containers with soil		
METs	1.8 ^g	0.5
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	6.1 ^g	1.8
kj·kg ⁻¹ ·h ⁻¹	5.4 ^f	1.7
HR (beats/min)	94.6 ^{bcd}	13.9
Fertilizing		
METs	4.0 ^a	0.9
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	14.1 ^a	3.3
kj·kg ⁻¹ ·h ⁻¹	7.2 ^a	2.4
HR (beats/min)	104.8 ^b	15.1
Raking		
METs	3.4 ^b	0.8
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	12.0 ^b	2.9
kj·kg ⁻¹ ·h ⁻¹	9.8 ^{ab}	3.6
HR (beats/min)	99.6 ^{bc}	16.4
Planting transplants		
METs	2.9 ^{cdef}	0.9
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	10.0 ^{cdef}	3.3
kj·kg ⁻¹ ·h ⁻¹	8.1 ^{bcd}	2.3
HR (beats/min)	96.9 ^{bc}	14.8
Tying plants to stakes		
METs	3.0 ^{bcde}	1.0
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	10.5 ^{bcde}	3.4
kj·kg ⁻¹ ·h ⁻¹	8.3 ^{bcd}	2.2
HR (beats/min)	97.9 ^{bc}	13.6
Sowing seed		
METs	2.7 ^{ef}	0.6
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	9.4 ^{ef}	2.1
kj·kg ⁻¹ ·h ⁻¹	8.1 ^{bcd}	1.9
HR (beats/min)	99.1 ^{cde}	12.5
Mulching		
METs	3.3 ^{bcd}	0.8
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	11.5 ^{bcd}	2.8
kj·kg ⁻¹ ·h ⁻¹	9.4 ^{abc}	2.2
HR (beats/min)	95.7 ^{bcd}	9.3
Watering using a watering can		
METs	2.8 ^{def}	0.9
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	9.8 ^{def}	3.3
kj·kg ⁻¹ ·h ⁻¹	7.9 ^{cd}	2.3
HR (beats/min)	99.1 ^{bc}	12.5
Watering using a hose		
METs	2.4 ^f	0.8
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	8.4 ^f	2.8
kj·kg ⁻¹ ·h ⁻¹	7.7 ^{cd}	2.3
HR (beats/min)	86.5 ^{de}	11.1
Harvesting produce		
METs	2.7 ^{ef}	0.6
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	9.3 ^{ef}	1.9
kj·kg ⁻¹ ·h ⁻¹	8.1 ^{bcd}	1.7
HR (beats/min)	90.8 ^{cde}	10.6

(Continued on next page)

Table 2. Descriptive information for older Koreans (n = 20) participating in the study to determine the exercise intensity of gardening tasks.

Variable	Mean	SD
Age (years)	67.3	2.7
Height (cm)	154.2	6.4
Body weight (kg)	62.9	9.9
Body composition		
Body mass index (kg·m ⁻²)	26.4	3.6
Fat (g) ^a	19,739.5	7,621.6
Lean (g) ^a	37,939.2	9,855.1
Percent fat (%) ^a	32.2	7.4
Resting metabolic rate^b		
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	3.8	0.9
kj·kg ⁻¹ ·h ⁻¹	4.1	1.5
Resting metabolic equivalents (METs)	1.1	0.3
Resting HR (beats/min)	79.6	9.8
Age-adjusted HRmax (beats/min) ^c	152.7	2.7

^aMeasured by dual-energy x-ray absorptionmetry.

^bMeasured when the subjects were sitting in a chair for a 5-min.

^cAge-adjusted maximum heart rate: HRmax = 220 – age in years. VO₂ = oxygen consumption; HR = heart rate.

Table 3. (Continued) Metabolic assessment of older Korean adults (n = 20) while performing 15 gardening tasks to determine the exercise intensity involved.

Gardening tasks	Mean ^a	SD
Washing produce		
METs	1.7 ^a	0.4
VO ₂ (mL·kg ⁻¹ ·min ⁻¹)	6.0 ^{ab}	1.5
kJ·kg ⁻¹ ·h ⁻¹	5.8 ^{ab}	1.3
HR (beats/min)	82.8 ^c	8.7

^aMeans of metabolic rates for the 15 gardening tasks sharing a common letter are not significantly different by Duncan's multiple range test at $P < 0.05$. METs = metabolic equivalents; VO₂ = oxygen consumption; HR = heart rate.

upper body while standing and had lower intensity than the other gardening tasks.

The MET values for some of the gardening tasks in this study corresponded to those previously reported for Americans (Park et al., 2008b) and the MET values for some gardening tasks performed by the older Korean adults were determined. Park et al. (2008b) determined that the exercise intensities of nine gardening tasks such as digging, turning compost, raking, transplanting plants, mulching, hand weeding, mixing soil, filling containers with soil, and transplanting seedlings for American adults (mean age, 77.4 ± 4.1 years; mean body mass index, 29.2 ± 5.4 kg/m²) were low- to moderate-intensity physical activity (1.6–3.6 METs).

Most of the exercise intensities for various gardening tasks in this and the previous study were similar, although tasks such as raking (2.7 ± 1.0 METs), mulching (2.5 ± 0.5 METs), and hand weeding (2.3 ± 0.9 METs) by older Americans (mean age, 77.4 ± 4.1 years) displayed a lower intensity than the same tasks performed by older Koreans (mean age, 67.3 ± 2.7 years) in this study (Table 3). A gardening task can be performed with different tools (e.g., type, weight), methods, or under different conditions (e.g., compactness of soil, garden size). The variables for gardening methods, environment, and subject characteristics (e.g., age, subject physical fitness) can affect to the exercise intensities of gardening tasks (Gunn et al., 2004, 2005).

Measuring heart rate during steady-state conditions is an indirect way to estimate exercise intensity (Åstrand and Rodahl, 1986). The indirect method is based on a linear relationship between heart rate and VO₂ during daily activities, work, or sports. The relationships between the heart rate and VO₂ may be different for exercises that engage a large muscle mass compared with exercises using smaller muscle masses (Eston and Brodie, 1986; Vokac et al., 1975) and the kind of exercise (Bhambhani et al., 1997; Collins et al., 1991; Kilbom and Persson, 1981). Many studies have shown that the heart rate and VO₂ relationship was modified when using different muscle masses or different modes of exercise (Maas et al., 1989; Rayson et al., 1995; Vokac et al., 1975).

Moderate-intensity gardening tasks included weightbearing motions and used both the upper and lower body. For example,

spreading fertilizer on the garden plot (1 m × 1.8 m) from a bucket using a shovel followed by mixing it into the soil with a shovel (1.3 kg) (Table 1) used weightbearing motions and required upper and lower body muscle strength (Restuccia, 1992). A garden exercise program can be developed for physical health benefits that improves muscle strength, flexibility, balance, physical function ability, or bone mineral density. Park et al. (2009) found that active gardeners older than 65 years (mean age, 73 years) who worked in their home garden using moderate-intensity activities for more than 150 min per week had better self-reported physical health than those who were also active but did less gardening. Moreover, daily gardening by Americans (mean age, 72 years) involved moderate-intensity physical activities (3.8 ± 1.4 METs), which they performed for an average of 33 h during a typical week in May and ≈15 h a week in June and July (Park et al., 2008c). The older gardeners met the physical activity recommendation of at least 30 min of moderate-intensity physical activity on most days of the week through gardening. Thus, gardening may offer the same physical and psychological benefits (e.g., lower total cholesterol, lower blood pressure, lower mortality, hand function ability, bone mineral density, psychological well-being, and social integration) as non-gardening forms of physical activities (Armstrong, 2000; Park et al., 2009; Reynolds, 1999, 2002; Turner et al., 2002; Walsh et al., 2001).

In conclusion, the MET values of gardening tasks measured in a practical setting should be invaluable when designing garden exercise programs that meet the physical activity requirements for improving or maintaining physical health conditions of older adults. Furthermore, a horticultural therapy program for improving physical functional health conditions in such adults with low levels of physical ability can be designed using gardening tasks of low to moderate intensity.

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10 Tips to Make Gardening Easier

Lesley Fleming, HTR

1. **Think about it...**what gardening activities give you pleasure- growing vegetables, smelling fragrant flowers, pruning? What tasks are physically challenging...and do you really need to do all of them? Can you purchase compost, hire someone to trim the 10 ft. hedge or forgo the 15 flats of geraniums for 5?
2. **Raise your plants higher...**gardening at ground level is one of the most challenging aspects of gardening for many people. Options exist. Consider containers that can be placed at a comfortable height; window boxes, raised beds, hanging baskets, vertical walls of living plants.
3. **Try out many tools...**visit a store with garden tools and try them all! Handle the handles and find the one that has the most comfortable grip, diameter, and weight...for you. Same for pruners and loppers- look for composite materials, ratcheted, geared mechanisms. Keep your cutting tools sharp.
4. **What is your comfortable reach....** For deeper garden beds than you can easily reach, plant low maintenance plants at the back, place stepping stones to access those deeper areas, and buy long handled telescoping rake/pruner/weeder to make your arms (and back) go the distance without strain.
5. **Don't repeat yourself...**repetition of movement can cause strain on muscles and joints, taking the pleasure out of gardening. Consider breaking the task into smaller units over a period of days, practice using tools in either hand or better yet, use both hands.
6. **Sit around.....**both active and passive gardening can be fun; listen to the birds, use the bench you built, share lemonade with a friend in the shade of your tree. Take time to smell the roses.
7. **To carry or drag...**that is the question. Dragging branches, leaves, or mulch on a tarp or using the newer garden carts -- lighter and smaller with 4 wheel stability -- can make moving garden materials less physically demanding than carrying the items.
8. **Keep walkways clear**for safety and accessibility. Especially for those with balance or mobility issues, keep paths and walkways level and clear of clutter. This includes toys, hoses, and deteriorating surfaces. Consider railings, seating platforms or garden beds closer to accessible paths. Bring the plants to you.
9. **High maintenance....**who needs it. With so many plants to choose from nowadays, consider plants that are perennials, dwarf varieties, colorful but compact, sterile and unable to invade. Read labels and select plants based on their maximum heights, reducing the need to prune as often. Use one high maintenance plant as a focal point.



10. **Green is good**...connecting with nature through gardening eases stress, lowers blood pressure and encourages more physical activity. Even going for walks, especially in forests contributes to a healthier lifestyle.

About the author: Lesley Fleming, registered horticultural therapist has worked with people of varying physical abilities, all of whom want to enjoy a garden. She is the former Editor in Chief of the American Horticultural Therapy Association News Magazine.

10 個小貼士 園藝更容易 文：萊詩麗·費林明 翻譯：琛

1. **想一想** ... 哪些園藝活動會帶給你樂趣 — 是種菜、聞聞花香、還是修剪呢？ 哪些園藝任務對你的體能會有挑戰性...而你又是是否真的要全部都做？ 你會否打算購買堆肥，或者聘人修剪 10 呎長的樹籬，又或者從 15 個穴盤天竺葵當中篩選剩其中 5 個？
2. **把植物升高** ... 對許多人來說，要在地面的高度幹活，是園藝活動最具挑戰性的其中一面。然而，仍有其他選擇的 — 例如考慮把容器放到舒適的高度、使用可以放在窗台上的花槽、吊籃，甚至設置高架花床、垂直綠化牆等。
3. **工具逐一試** ... 造訪園藝用品店，把各種工具拿在手上試試，看看哪一款讓你感覺最舒適、大小和重量最適中。對於長、短修枝剪也要這般嘗試，並且最好找一些由複合材料製造、有棘輪或齒輪的。買回來後，記得好好保養，令各式修剪工具保持鋒利。
4. **操作要舒適** ... 對於花床中你不易觸及的位置，種植一些只需低度照顧的植物，或者考慮鋪設石板讓你可以到達這些位置，又或者添置有伸縮長手柄的泥耙/修枝剪/除草器等，幫助你輕鬆幹活，避免手和背部勞損。
5. **盡量少重複** ... 若不斷重複運用身體某部分肌肉，會使有關肌肉和關節勞損，這樣就會大大減低園藝的樂趣。不妨考慮把任務分拆成較細小的步驟，分幾天來做，並且運用工具時交替使用兩手，更好則是同時運用雙手。
6. **靜靜坐下來** ... 被動和靜態的園藝活動同樣有趣，例如聞聞四處的玫瑰花香、在樹蔭下和好友分享可口的飲品、又或者在你親手建造的木凳上坐下來，傾聽鳥兒歌唱。
7. **手提不如拖** ... 把剪下來的樹枝、樹葉放在大塊的防水帆布上拖動，或者使用輕便小巧又穩定的新式園藝用四輪手推車來運載園藝物資，會比用手提著來得輕鬆省力。
8. **道路要暢通** ... 既為安全也為容易通行。特別對於那些在身體平衡或行動上有困難的人士，更應盡量保持道路平坦及無障礙物，諸如水喉、玩具、失修的地面等。不妨考慮在通道近處加設扶手、坐椅和花床，讓植物伸手可及。
9. **照顧要容易** ... 現今市場上有林林總總的植物可供選擇，不妨考慮多年生、矮小、顏色多樣且健壯、無菌兼不易受侵害的品種。宜細看標籤上的資料，根據所列植物的生長高度上限來選購，這樣就可以避免要經常修剪。只選擇一種要經常照料的植物為地標就足夠了。
10. **多見綠就好** ... 通過園藝與大自然連結，可以讓人舒緩壓力和降低血壓，過程中又可以提供體能運動機會。即使只是漫步庭園或郊野，都對健康有種種好處。

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“香味飄飄”，園藝治療“飄”進廣州

謝倩瑩 廣州市家康社會工作服務中心

花草樹木能夠治病，大概每個人都認同，尤其是來源於花草樹木的中草藥，至今仍是人們治病的重要藥品。但要說活的花草樹木也能治病，你知道嗎？這正是“園藝治療”這一種近年新興的治療方式的基礎。2014 年 12 月 20 日，由香港園藝治療協會、廣州市家康社會工作服務中心、大中華園藝治療聯盟主辦；廣州市越秀區殘疾人聯合會、廣東園藝治療同學會協辦的“香味飄飄”園藝治療體驗工作坊在廣州市越秀區殘疾人康復中心舉行，帶我們走進園藝治療的世界。

中心邀請到香港園藝治療協會會長、香港首位美國園藝治療協會註冊園藝治療師及資深香港註冊社工馮婉儀女士前來為大家介紹園藝治療及其在國內外的現狀和發展趨勢，並帶領活動參加者親身體驗製作香草包，並學習其在園藝治療中的應用。

本次活動反應熱烈，吸引了約 100 名社工、園藝花藝師、培訓導師、教育工作者等等來自各界的，對園藝治療有興趣的人士前來參與。



馮婉儀女士講授園藝治療

除了可以聽講座、體驗活動之外，參加者還參觀了廣州的首個香港園藝治療協會實習基地—愛心家園天臺農場，實地瞭解精神康復者園藝治療項目計畫與實行情況。綠意盎然的種植體驗區和芳香撲鼻的園藝休閒區，贏得了參觀者們的讚歎，並就園藝治療和精神康復開展了熱烈的交流和討論。真期望植物的療癒力量，可以被更多人感受到呢！



參加者對親手製作的香草包愛不釋手



參觀愛心家園天臺農場

Horticultural Therapy Sprouts in Guangzhou, China

Xie Qianying, Guangzhou Jiakang Social Work Service Center

Probably everyone agrees that flowers and trees can heal, as the majority of herbal medicine comes from dried herbs. But do you know that living plants—can heal too? Yes, there is in fact an emerging therapy based on the use of living plants - horticultural therapy.

On December 20, 2014, the "Fragrance Everywhere" Horticultural Therapy Workshop was held in Guangzhou Rehabilitation Center for Disabled, Yuexiu District, to show us the world of horticultural therapy. It was organized by Hong Kong Association of Therapeutic Horticulture (HKATH), Guang-zhou Jiakang Social Work Service Center and Greater China Horticultural Therapy Network, and co-organized by Guangzhou Federation of the Disabled, Yuexiu District and Guangdong Horticultural Therapy Alumni.

Ms. Fung Yuen Yee, Connie, President of HKATH, the first American Horticultural Therapy Association registered horticultural therapist practising in Hong Kong and also an experienced social worker, was invited to the center to give an introduction to horticultural therapy and its development in different countries, including China. After the talk, she led the participants to make herbal bags and shared its applications in horticultural therapy.

The workshop had attracted about 100 people from all sectors who are interested in horticultural therapy, including social workers, gardening florists, trainers and educators, etc.



Connie's introduction to horticultural therapy

Participants then joined a guided visit to the roof farm in Benevolent Home of Guangzhou Federation of the Disabled, to learn about the planning and implementation of horticultural therapy projects for ex-mentally ill persons. It is the first practicum site of HKATH in Guangzhou. The lush Planting Experience Area and the Relaxation Area that is abundant in herbal fragrance, had won our visitors' praise and sparked enthusiastic discussions on the application of horticultural therapy to mental rehabilitation. Indeed, the entire event was very successful and we anticipate that the healing power of plants can be known by more and more people in the future.



Participants love their handmade herbal bags



Visiting the roof farm in Benevolent Home

我與園藝治療結緣小記

麥舜欣 長者領域一線社工

第一次接觸-“園藝治療-”一詞，是在 2013 年十月，與臺灣社工督導談到農村長者服務時，督導介紹到臺灣有利用園藝為服務對象開展治療性質的活動，從此我在網上尋找關於園藝治療的書籍，也在工作中，為農村的長者開展園藝活動。過程當中，我深深感受到植物對長者的正面影響；更透過植物，傾聽長者的故事，令我萌生了學習園藝治療的念頭。有緣找到香港園藝治療協會的系列課程，我便報讀了基礎班。

經驗需要一步一腳印積累，事業需要更多人聯繫起來一起構築。我透過香港園藝治療協會會長馮婉儀女士，結識了國內園藝治療界的朋友，開啟共同成長之旅。2014 年 12 月 20 日，我和廣東園藝治療同學會的一些成員，一起參與協助園藝治療的推廣活動—“香味飄飄”園藝治療體驗工作坊，希望讓更多人認識它，與它結伴，找到契合心靈和工作的方法。在工作坊上，我見到同學們根據自己的感受創作香草包，造出不同形狀、不同香味的作品，不只樂在其中，更從過程中發現到自己的另一面。在他們的身上，我發現植物總能給我們源源不斷的話題，我也學到了多元和共融的美麗。

現在，我常常不自覺地選擇到家中陽臺的小花園，與家人聊天、打理花草，透過植物放鬆心情；就在自己的日常生活裏，感受植物的療癒力量。

My Encounter with Horticultural Therapy

Lynn Mak, front-line social worker in elderly services in Guangzhou

(Translated by Sum)

The first time I heard of “horticultural therapy” was in October, 2013, during a conversation with a social work supervisor in Taiwan on the topic of social services for the rural elderly. He mentioned that horticulture has been used in services with therapeutic goals to the local clients. I was interested in the idea and so I looked for information and books about horticultural therapy on the Internet. Since then I have also organized horticulture activities for elderly persons living in rural areas in Guangzhou. I can see clearly the positive impact of plants on elderly persons. The plants also let me hear more of their stories. These experience prompted me to study horticultural therapy. I was so happy to find the courses offered by Hong Kong Association of Therapeutic Horticulture (HKATH) and I have finished their Elementary Certificate Course not long ago.

It takes time to accumulate experience step-by-step, and needs connection with other people to build our careers. Through Ms. Connie Fung Yuen Yee, president of HKATH, I have made many friends in mainland China who are interested in horticulture therapy. A new journey has indeed begun. One memorable episode of this journey happened on December 20, 2014, when some members of Guangdong Horticultural Therapy Alumni and I joined together to help in the “Fragrance Everywhere” Horticultural Therapy Workshop, an event hosted by HKATH and some social welfare organisations in Guangzhou to promote horticultural therapy. We hope the workshop can let more people know about horticultural therapy and even help building a career with a heart. In the workshop, I saw participants creating herb bags of different shapes and fragrances, reflecting their unique personalities and likings. They were so happy and some even discovered another side of themselves during the process. Their enthusiastic responses revealed to me that the world of plants always offers us endless things to explore and talk about, and I also learnt the beauty of diversity and inclusion among different people.

Now I often like to go to my home balcony to have a chat with my family, or to take care of the plants, which lets me relax. I can really feel the healing power of plants in my everyday life!

“香味飄飄”—華南農業大學園藝學院園藝治療體驗工作坊紀實

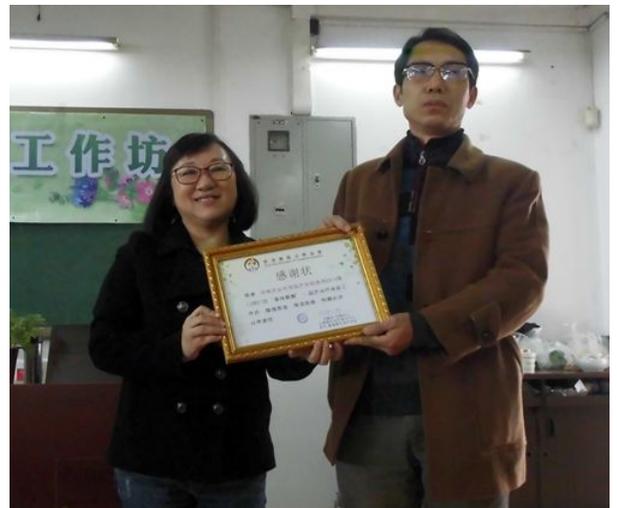
梁健恒 園藝治療服務員(香港園藝治療協會)

園藝治療，這種在歐美、日本等發達國家已經頗為流行的輔助療法，在號稱“世界園林之母”的中國大陸卻仍不為許多人所瞭解。然而所幸的是，香港園藝治療協會一直致力於園藝治療在大中華地區的推廣與普及，期望越來越多人知道它、應用它。

2014 年 12 月 21 日，由香港園藝治療協會與華南農業大學園藝學院、大中華園藝治療聯盟聯合主辦，廣州市家康社會工作服務中心與廣東園藝治療同學會協辦的“香味飄飄”園藝治療體驗工作坊，在華南農業大學園藝學院隆重舉行。當天，有近百多名該學院的本科生與研究生參加了工作坊。

當天上午十點正，該學院劉海濤教授友善熱情的開場致辭為工作坊拉開了序幕。在主持人的介紹下，香港園藝治療協會會長馮婉儀老師分別為各主辦單位和協辦單位頒發感謝狀。這個環節讓同學們對以上單位及相關的園藝治療組織及代表有了充分的認識。

接著，工作坊進入正題，馮婉儀會長為同學們介紹園藝治療的相關知識。馮會長的講解深入淺出、圖文並茂、緊密聯繫實際，時常跟同學們進行輕鬆有趣的互動，讓大家都聽得津津有味。馮會長還跟大家介紹了園藝治療在中國大陸的發展概況以及在香港的認證制度，進一步激發起大家對園藝治療的興趣。



馮婉儀會長與劉海濤教授



馮會長介紹園藝治療的知識



同學們都聽得興致勃勃

體驗和實踐是領悟和驗證理論最直接的方法。在馮會長的演講完畢後，香港註冊園藝治療師黃達洋老師馬上帶領大家進入工作坊的體驗環節—香草包的製作。在前一天佈置場地時，工作人員就已經在每位同學的桌面上準備好了製作香草包所需要用到的各種香草、絲帶、卡片等物料。所以，這天教室裡瀰漫著陣陣清香，真是名符其實的“香味飄飄”。儘管同學們學的是園藝專業，對植物並不陌生，但從一進教室起他們還是對桌面上擺放著的各種香草表現出好奇。黃老師在介紹了香草的效用之後，詳細為大家示範了整個香草包的製作過程。同學們看著老師的示範，很是投入，恨不得馬上自己動手實踐。當示範結束，到大家親自操作的時候，教室裡頓時熱鬧起來，大家之前憋著的那股躍躍欲試的勁頭立刻釋放開來。



黃達洋老師講解香草包的製作

同學們看著老師的示範，很是投入，恨不得馬上自己動手實踐。當示範結束，到大家親自操作的時候，教室裡頓時熱鬧起來，大家之前憋著的那股躍躍欲試的勁頭立刻釋放開來。



同學們聚精會神製作獨一無二的香草包



大家臉上都顯露歡快的情緒

伴隨著歡聲笑語，經過二十多分鐘的精心製作，一個個既漂亮又有創意的香草包陸續產生了。其後由香港註冊園藝治療師譚秀嫻老師主持感受分享環節，幾位同學紛紛道出了自己製作香草包的心得體會，贏得了大家的陣陣掌聲。同學們的感受雖然各有不同，但有一點是共通的，那就是輕鬆和愉悅。是的，一個小小的香草包，傳遞的不僅僅是陣陣怡人的清香，還帶來了輕鬆愉悅的心情，同時也蘊含著大家無限的創意與祝福。



同學在譚秀嫻老師的鼓勵下，分享感受。

最後，工作坊在大家對各位老師及工作人員的致謝掌聲中圓滿結束。同學們捧著自己親手製作的香草包，帶著這份新奇的體驗，滿意地離開了教室。有不少同學在工作坊結束後仍把握機會與各位老師交流，取閱相關資料，希望瞭解更多園藝治療的資訊。

此次工作坊進一步把園藝治療帶進了國內高校，讓修習園藝技術的學子們親身體會到了植物與人的連接，感受到了園藝對人身心的調節效用，增進了同學對園藝治療的認識與興趣，讓園藝治療在國內的推廣與普及又向前推進了一步。

Reporting from the “Fragrance Everywhere ” Horticultural Therapy Workshop held in South China Agricultural University College of Horticulture

Liang Jianheng, HTF (HKATH)

Horticultural Therapy, as a complementary therapy is very popular in developed countries and regions such as Europe, North America and Japan. However, it is relatively unknown in our country, even though China is called by some botanists the “Mother of Gardens”. Fortunately, Hong Kong Association of Therapeutic Horticulture (HKATH) has been doing her best to spread Horticulture Therapy to the Greater China.

On December 21, 2014, “Fragrance Everywhere” Horticultural Therapy Workshop was held in South China Agricultural University (SCAU) in Guangzhou. It was jointly organised by HKATH, SCAU College of Horticulture and the Greater China Horticultural Therapy Network, and co-organised by Guangzhou Jiakang Social Work Service Center and Guangdong Horticultural Therapy Alumni. About a hundred under-graduate and postgraduate students of the college attended.

The workshop started at 10 am when Professor Liu Haitao made a heartwarming welcome speech. Then Ms. Connie Fung Yuen Yee, President of HKATH, presented certificates of appreciation to the organisers and the co-organisers. This brief ceremony let students have an idea of the major forces and some of the institutions involved in the promotion of HT in China.

Afterwards, the workshop got into the topic. Ms. Fung gave a concise introduction of HT to the students and illustrated it with many photos of firsthand examples of therapy groups. Her lively and interactive presentation had captured everyone’s attention. She also spoke about the prospects and development of HT in mainland China and the professional registration system in Hong Kong, which certainly stimulated the interest of the students further.



Ms. Connie Fung Yuen Yee and Professor Liu Haitao from SCAU College of Horticulture

Practice is the best way to learn and verify a theory. So a hands-on practice session immediately followed Ms. Fung's lecture. Mr. Neville Wong (RHT) of HKATH, led the students to make herb bags. The workshop is called "Fragrance Everywhere"- fragrance indeed pervaded the classroom as many kinds of herbs had already been placed on the desks on the day before. Although the students, being horticulture majors, are familiar with many plants, they still showed a great curiosity in the herbs on their desks upon entering the classroom. Mr. Wong first explained the health benefits of these herbs and then demonstrated the making of the herb bag. Everyone listened attentively and looked very eager to start. When the demonstration was over and it was their turn, the classroom was filled with bustle and excitement. After about twenty minutes, many beautiful and creative herb bags were produced one after one after amidst cheerful chats and laughters. Ms. Maia Tam (RHT) led a sharing session and invited participants to tell their feelings and thoughts about making the herb bags. Their frankness and sincerity earned applause from their fellow students. Though the students might have very different thoughts and ideas about the herb bags they made, they had one thing in common: everyone was so happy and relaxed during the process. That's right! A tiny herb bag not only emanates a pleasing scent, but also brings forth a joyful mood. Each bag also embodies the best wishes to the creator or anyone receiving it as a gift.

The workshop ended in heartfelt applause as students expressed their thanks to the teachers, staff and helpers. Each left the classroom satisfactorily with a unique herb bag and a novel experience. Many students grasped the chance to talk with the teachers and asked for more information about horticultural therapy.

This workshop has introduced horticultural therapy to the universities in mainland China, and let horticulture majors see better the connection between plants and human, and feel the healing power of plants. It has certainly stimulated further interest in horticulture therapy, thus making one step further in the promotion and popularisation of this unique therapy in China.



Mr. Neville Wong leading the practice



Everyone was occupied with his or her creation and looked so happy.



Ms. Maia Tam leading the sharing session

2014 年 7 至 12 月活動剪影 Activity Snapshots

9 月 24 日：《兩個不一樣的草頭娃娃》工作坊

此次活動因參加人數眾多，分為兩班舉行，分別由註冊園藝治療師袁寶儀女士和劉潔明女士帶領，每位參加者製作一個絲襪草頭娃娃和一個花盆草頭娃娃，各草頭娃娃都帶著不同的創意與不同的性格。

September 24 : “Grass Heads in Two Designs” Workshop

The workshop was very popular and 2 big classrooms were required. Each person made 2 grass heads, one using a pot and the other a stocking, both reflecting the creativity and a hint of personality of their creator.



製作絲襪娃娃，既有趣又有挑戰性
Making a stocking grass head is fun and challenging

不一樣的草頭娃娃，不一樣的趣致漂亮
Different designs but equally cute and pretty

12月16日：2015 園藝治療實習簡介會暨聖誕飾物 DIY 示範會員活動
December 16 : 2015 Horticultural Therapy Internship Member Program and
Christmas Decoration DIY Demonstration Membership Program

有志於園藝治療專業發展的會員，這晚聚首一起，聽取馮婉儀會長講解如何成為一位專業的園藝治療師，認證制度的細節，還有計劃書範例分享和實習生及實習助理注意事項等。其後由註冊園藝治療師劉潔明女士示範「聖誕飾物 DIY」，教大家怎樣利用價錢實惠的乾松果和其他精緻裝飾，組合成嬌小可愛的迷你聖誕樹，既適用於園藝治療小組的活動，又可以為自己家居創作應節擺設。

HKATH has arranged a Internship Member Program successfully on December 16, 2014 for members wanting to have HT professional development in the future. This evening members gathered at St. James' Settlement to listen to how to become a professional horticultural therapist. Our President, Ms. Connie Fung, explained the professional qualification system, shared examples of proposals for HT groups and briefed members about the guidelines for interns and helpers. After the sharing session, registered horticultural therapist Ms. Lau Kit Ming demonstrated the making of Pinecone Christmas Tree -- a mini Christmas tree made by gluing together inexpensive natural pinecones and adding other attractive decorations. It is a nice DIY project to celebrate Christmas and can be adapted into activities for HT groups.



參加者濟濟一堂 Full House !



排隊取講義、飲品和小食，當然不忘交會費啊
Members queuing for the handout and snack, and paying the membership fee.



會長和當晚部分工作人員
Connie and some of the helpers for the event

如有意就園藝治療資訊投稿或提供意見，歡迎電郵至 info@hkath.org 與吳小姐聯絡。
(投稿人交來圖文必須持有版權，不可轉載，並註明投稿人真實姓名、電話及電郵地址。)