



## 「植」想療癒你-園藝紓壓工作坊 “Plant” Wants to heal you Horticultural Workshop

Time : 2023-05-31

Location : B302A

This activity is divided into four stages: introduction of the activity purpose, sharing of plant knowledge, practical session, and creative bonsai design. The horticulturist will explain the plant species, growth environment requirements, and care techniques for the plants brought to the venue on the day of the event. After understanding the basic knowledge of plants, students will begin selecting their favorite plants to create their own small bonsai. During the creative process, the horticulturist will guide them on choosing appropriate soil and pots, as well as explaining important considerations for planting. Additionally, students can choose their preferred containers and decorations to create unique bonsai artworks.

This workshop on gardening and stress relief provides students with an opportunity to express their creativity and find enjoyment in their interaction with plants. The presence of green plants has a soothing effect and aids in stress reduction and relaxation for the students. Once they finish crafting their bonsai creations, students will have their own unique self-made small bonsai trees, which they can then exchange and discuss with other participants, fostering the sharing of creative ideas and works. Throughout the workshop, students actively engage with the horticulturist instructor and become fully immersed in the process of creating their bonsai artworks.

The "Plant" wants to heal you - Horticultural Workshop" received favorable feedback from the students, who expressed their satisfaction with how the activity was organized. The only suggestion put forth was to enhance the assortment of plant species available. The participants experienced a feeling of accomplishment in crafting their own bonsai trees and happily took their creations home to use as decorations at the conclusion of the event.

Number of participants: 1 teacher, 20 students

Overall satisfaction rating (out of 6): 6



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The instructor sharing some basic knowledge about plants.



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The students in the process of creating their own potted plants.





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Student Works



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