

SABBATICAL PROPOSAL

1. Title of Sabbatical

JAPANESE GARDENS AND THEIR POSITIVE IMPACT ON WELLNESS (Wellness Gardening)

2. Goals and/or Purpose

- To assess the impact on wellness of Japanese people from their perception about gardening and its role in Japanese culture
- To research specific elements of Japanese garden on overall wellness in social, cultural and religious aspects in Japan
- To identify the impact recommendations for wellness in the US through gardening (Wellness Gardening), based upon findings of Japanese garden’s impact on wellness in Japan

3. Describe the specific objectives you wish to achieve that will support the goals and purpose of your sabbatical.

- 1) To assess the historical role and aspects of Japanese Garden in Japanese culture

Historically Japanese gardens reflect Japan’s belief (several forms of religions) and culture embracing the nature. As a result of this positive and respectful attitude towards the nature, Japanese people, in general, live longer than most other countries. This result may co-relate to overall wellness from a garden loving culture.

To learn about the historic role of Japanese gardens in Japanese culture, and, to learn about how they have been incorporated into their approach to overall wellness, both physically and mentally. These findings may be valuable for our own wellness strategies in the US.

- 2) ~~To research wellness aspects in specific Japanese gardens in Tokyo, Kyoto and other locations in Japan (Case Study)~~ **To research virtually wellness aspects of Japanese gardens in various locations in Japan**

There are many gardens in Japan with strong historical roots serving many different owners, including temples, shrines, castles and daimyos (local rulers). There are more than 1,600 temples and 400 shrines, and, their gardens just in Kyoto, signifying the importance of garden in Japanese culture. This nature loving culture has been fundamental for bonding among common people in villages, giving a **“Sense of Place (Genius Loci)”**, **“Sense of Ownership”** and **“Sense of Belonging”**. These gardens play specific roles in their unique surroundings. It will be valuable to study a specific garden, how it is created and contributed to wellness of owners and users.

Understanding the role of gardens in Japan may be the surest way to understand their respect and love toward nature and their surrounding environment. By researching more

details about specific gardens, hopefully it will lead to clear a conclusion of gardening as the primary element in pursuing their wellness.

- 3) To develop recommendations for impacting wellness in the US through gardening (Wellness Gardening)

With fast changes in our living environment and nature, pursuing and maintaining our wellness is more critical than ever. Identifying wellness functions in Japanese gardens and applying them to gardens in the US is surely beneficial to our own wellness. Through wellness gardening, recommendations from Japanese gardens and their positive impact on Japanese life style will be recognized in the US.

4. Describe in detail the types of activities you propose to include and/or undertake during your project. Include at least a monthly **timeline of activities**.

~~January 2021~~ ~~Data collection~~ ~~List of Japanese gardens for the case study. Historical background and important aspects of each garden. Identify and research specific aspects of wellness from each garden.~~

January 2022 Research Hypothesis / Assumption – Identify and define the aspects on wellness from Japanese gardens, and, hypothesize its positive impacts on the life style in the US

~~February–April 2021~~ ~~Visit gardens identified in Japan (Kyoto, Tokyo and other locations)– Create traveling photo journal. Data research and collection. Interview with local communities, if available.~~

February-April 2022 Data Collection – List of Japanese gardens for the research. Historical background and important aspects of findings. Identify and research specific aspects of wellness from gardens

May-June 2022 Data Review / Assessment – Review data collected and compiled. Assess fact-findings and compare with hypothesis and assumptions set at the beginning of the research

~~May 2021~~ ~~Review research data and findings. Identify recommendations applicable to the US. Prepare the final report and presentation slideshow.~~

July-October 2022 Prepare the final report with recommendations applicable to the US life style

~~Note: For detailed schedule information with milestones, refer to Timeline and Scope of Work Chart attached at the end of Abstract.~~

5. Describe how these activities relate to your goals and objectives.

The vision of Department of Horticulture and Landscape Design is pursuing sustainability and wellness through horticulture and landscape design. This effort is essential for our students' future, both personally and professionally, to meet current and future trends of protecting fragile environment as well as maintaining human well-being. To make our vision and efforts more relevant to these trends, we have created two new certificates, Urban Farming and Wellness Gardening.

By being able to ~~visit and~~ research Japanese gardens identified for the positive impacts on Japanese wellness, the goals and objectives identified above will be met by more practical terms than theoretical ones. In turn, these practical findings can be easily applicable as actionable recommendation that we can pursue wellness in the US through relevant course offerings and local community ~~presentation and~~ education.

Tangible measurement for positive outcome from these activities may not be easy to be identified and implemented as “well-being” is fundamentally holistic and unmeasurable in many ways. However, all findings from this research will have specific positive impact on several aspects in (sustainable) horticulture and landscape design. For example:

- Certain landscape design elements, such as, spatial layouts and inter-relation among space, texture, color, height, organic pattern, etc. will be identified through this research for the positive impact from Japanese gardens.
 - The specific plant palette is different between Japan and Southern California. The positive impact from certain plants (such as, Cherry blossom, Plum blossom, Azalea, Pine trees and others commonly used in Japanese gardens) will be assessed through this research. And, the result of the research will be interpolated and implemented into a plant palette in Southern California.
 - A specific plant palette in Southern California identified from this research would be used in (sustainable) landscape design, in conjunction with other design elements, such as, water, rock, decomposed granite, crushed stone, etc. in conjunction with balanced spatial layout in garden, focusing on positive reflection on garden users.
 - Some positive aspects of Japanese gardens for wellness may specifically rely on perception and acceptance of surrounding its users with nature. For example, *Shinrin-yoku* (Forest Bathing) is all about being a part of nature by simply walking around inside the forest. One proverb in Japan may summarize it well: “*Never work against Nature. Find a way to embrace it.*” This is a very important statement as cultural acceptance of nature (and gardening) as the lifestyle in Japan. My objective from this research is to find a way to implement this philosophy in the US.
 - Understanding fundamental difference between Therapeutic Gardens (reactive medical function) and Wellness Gardens (proactive lifestyle improvement) is essential for this research. Through this research, holistic approach of wellness through gardening will be identified, and, implemented on specific garden design applications in the US.
6. Describe the measurable outcomes of your project, such as curriculum, materials, scientific specimens, manuscripts, audio-visuals, etc. Demonstrate how you will ensure accessibility and compliance with Sections 504 and 508 of the Rehabilitation Act of 1973.

As a new certificate program of Wellness Gardening is offered, the outcome of this research will have the direct impact on its curriculum and course learning contents. And, research findings will support practical implementation of wellness gardening in the US, modeling from the long historical success of Japanese gardens providing wellness to their users. ~~A traveling photo journals will be valuable visual asset to students taking the relevant courses in Wellness Gardening~~

certificate program. Besides the visual asset, personal experience by the instructor visiting these gardens will reinforce the importance of learning from the historical examples, well balanced with garden design theories, for Horticulture and Landscape Design as a CTE program. ~~The final report, containing findings with relevant images, will be valuable asset to students taking courses in Wellness Gardening certificate program. Also, research process performed by the instructor will reinforce the importance of learning from the historical examples, well balanced with garden design theories, for Horticulture and Landscape Design as a CTE program.~~

Compiled and categorized data from this research will be used for demonstrating practical application on pursuing well-being in the classroom as the historical examples to consider. For landscape design, learning from the past examples and precedents is one of the best ways to apply the creative process in current environment. ~~Visual expression, such as, photos, videos, sketches or other image formats, is a convincing way to transfer knowledge acquired through the research project to students pursuing sustainable landscape design as their careers.~~

~~This visual presentation materials will be used as a part of class lecture contents in conjunction with specific lecture topics. And, they will be used as good examples for students' design studio projects.~~

List of Measurable Outcome:

- Historical data research report on Japanese gardens and their role on wellness in Japan
 - Supplementary lecture contents as a part of sustainability and wellness of gardening
- ~~Case study report on exemplary Japanese gardens in Kyoto, Tokyo and other locations in Japan~~
 - ~~— Supplementary lecture contents as a part of learning from the historical implementation~~
- **Examples of wellness gardens in Japan**
 - **Supplementary lecture contents from the “real world” fact-findings**
- ~~Traveling photo journal~~
 - ~~— Graphical (Visual) presentation for supporting sustainable landscape design studio projects~~
- ~~Transcript of local interview, if available~~
 - ~~— Graphical (Audio) presentation for supporting sustainable landscape design studio projects~~
- Recommendations for wellness gardening in the US
 - Excellent discussion topic during the lecture, encouraging proactive student's thought sharing with others
- ~~Presentation slideshow~~
 - ~~— Summarized visual presentation for emphasizing the importance of sustainable horticulture and landscape design pursuing holistic well-being, which will be used for classes as well as the local communities, such as, garden clubs, design firms, or general public gathering~~

- Final report
 - Emphasizing the importance of sustainable horticulture and landscape design pursuing holistic well-being, which will be used for classes as well as the local communities, such as, garden clubs, design firms or other public gathering

Note: *This informational report will be used in classes focusing on well-being and sustainability, such as, HORT 7, 109, 138, 145C, 238 and 239.*

7. Describe the projected impact your project will have on teaching and learning.

By being able to research and study of gardens in Japan, it will reinforce personal belief in teaching from professional experience and knowledge, as well as academic theories. This is important for Sustainable Horticulture and Landscape Design program (and any other Career Technical Education (CTE) programs) by combining the practicality into the theory. And, this research provides the opportunity to do that.

Learning from the history and actual implementation, I believe, is one of the best ways to acquire the knowledge. In turn, allows a teacher to deliver that knowledge to the students with more relevant terms through actual examples and demonstrations. This should be the back-bone of teaching in CTE programs, such as, (Sustainable) Horticulture and Landscape Design.

8. Describe how you intend to apply the results of your sabbatical to your professional assignment and development plan.

In general, being sustainable in horticulture and landscape design has a critical role for our wellness. Besides the direct positive impact on our curriculum and program, it will have significant improvements on our students' overall well-being. It is our professional responsibility to seek out the evidence from various aspects in horticulture and landscape design how being sustainable is no longer an option, rather "*must do*" for our future generation and their survival. It is critical to teach our students to be more responsible with the sustainability in mind, and, learning from the historical findings is the best way. Professionally, this research opportunity will allow me to learn from the historical examples and to come up with practical recommendations to teach students. This opportunity will reflect the value for CTE programs like Horticulture and Landscape Design.

9. Describe your plan for dissemination of the results of your sabbatical proposal to your students, colleagues, college, District and/or community.

All research findings will be incorporated into the relevant course learning materials, such as, HORT 238, *Introduction to Wellness Gardening*, or HORT145C, *Landscape Design – Wellness Garden*.

Besides improving our program curriculum contents, this project experience will be instrumental for the inter-department collaboration (such as, Culinary Arts, Health Science, Human Services and Gerontology) in relevant courses and students' activities. I have been promoting and implementing inter-department program collaboration with success. And, I would like to continue this effort on course and program level collaboration among other departments through the

sharing passion in pursuing well-being. Below are successful examples of inter-department collaboration so far:

- Sustainable Horticulture Urban Farming low-unit certificate (stackable on Culinary Arts Farm-to-Table full certificate)
- Course level collaboration between Sustainable Landscape Design edible garden design and implementation and Culinary Arts Cooking Studio
- Program level collaboration with Gerontology Department (in progress)
- Program level collaboration with Business Department (in progress)
- Program level collaboration with Computer Information Management Department (in progress)

~~Presentation slideshow will be used for the local community, various college events, professional associations and other opportunities promoting wellness gardening in the US.~~

This research project will be another effort on inter-department collaboration under the umbrella of *"Pursuing Wellness"*, and, its findings will be shared by relevant departments that may find it beneficial to their students. With *"Pursuing Wellness and Being Sustainable"*, this study may be instrumental for educating other Saddleback College members as well as local community members to pursue the fundamental change on their daily lives and lifestyles to obtain healthy mind and body.

ABSTRACT

NAME		Ken Lee			
DEPARTMENT/DIVISION/SCHOOL		Horticulture & Landscape Design / ATAS			
COLLEGE		Saddleback College			
	Fall 2021	X	Spring 2022		Academic Year 2021 - 2022
TITLE OF SABBATICAL PROJECT		JAPANESE GARDENS AND THEIR POSITIVE IMPACT ON WELLNESS			

GOALS and OBJECTIVES:

1. To assess the impact on wellness of Japanese people from their perception about gardening and its role in Japanese culture
2. To research specific elements of Japanese gardens on wellness in the social, cultural and religious aspects in Japan
3. To identify practical recommendations for well-being in the US through wellness gardening, based upon findings of the Japanese gardens and their positive impact on wellness

ACTIVITIES:

1. To research historical aspects of the positive impact on wellness from Japanese gardens
2. To collect and record researched data
3. To identify exemplary Japanese gardens ~~for the case study~~
4. ~~To visit exemplary Japanese gardens for site evaluation~~
5. ~~To develop a photo journal, and, to interview local participants, if available~~
4. To compile and assess data collected for Japanese gardens' positive impact on wellness
5. To identify practical recommendations for wellness gardening in the US
6. To prepare the final report ~~and presentation slides~~

PRODUCTS:

1. Historical data research report on Japanese gardens and their role on wellness in Japan
2. ~~Case study report on exemplary Japanese gardens in Kyoto, Tokyo and other locations in Japan~~
3. ~~Traveling photo journal~~
4. ~~Transcript of local interview, if available~~
2. **Examples of gardens in Japan**
3. Practical recommendations for wellness gardening in the US
5. ~~Presentation slideshow~~
4. **Final research report**