



This form has been designed to guide community gardens' coordinators or practitioners to describe activities developed to inform, to raise awareness, to involve, to train, to increase quality, to increase impact, to enlarge or differentiate the target group of their community garden. EU'Go project considers all these practices as educational tools to be shared at international level.

| Name of the community garden | | Contact person | |
|--|--|---|--|
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| Possible short title for the tool (to be filled in at the end of the editing process) | | FRANCESCA DE MASI | E-mail demasifrancesca@libero.it |
| | | | Blog |
| | | | Facebook |
| | | | Skype |
| Ortotherapy: life long learning through gardening and images | | | |
| It can be addressed to... | | It deals with the following themes... Please, put one or more X | |
| All | School | Intercultural dialogue | Intergenerational dialogue <input checked="" type="checkbox"/> |
| Children | Institution | Gender Equality | <input checked="" type="checkbox"/> Fight against poverty |
| Youngsters | <input checked="" type="checkbox"/> Social service | <input checked="" type="checkbox"/> Sustainable Consumption | <input checked="" type="checkbox"/> Environmental education |
| Adults | <input checked="" type="checkbox"/> Job service | <input checked="" type="checkbox"/> Sustainable Urbanisation | <input checked="" type="checkbox"/> Socio-professional training |
| Women | Migrants service | Health promotion | <input checked="" type="checkbox"/> Social cohesion |
| Elderly | Health service | Horticultural therapy | <input checked="" type="checkbox"/> Leisure activity |
| Other (specify) : | | Other (specify) : | |
| BACKGROUND A good practice is a concrete action, successfully experienced at local level with a defined target group, leading to effective results. Please describe the practice you have developed. | | | |
| The possibility to work a little garden, following a clear and functional activity planning model as the creation of an album with images and thoughts, can offer a rich emotional experience to our disabled youngsters, especially if inserted in a sharing group, reducing frustration and helping them to grow personally. | | | |
| MISSION Which is the main mission of the practice you have developed? Please, put one or more X | | | |
| Inform | Raise awareness | <input checked="" type="checkbox"/> Involve | <input checked="" type="checkbox"/> Train |
| | | <input checked="" type="checkbox"/> Increase quality | <input checked="" type="checkbox"/> Increase impact |
| | | | <input checked="" type="checkbox"/> Enlarge/differentiate target group |
| AIM Why do you consider it a good practice? Which is the main purpose tackled in a community garden? | | | |
| We intend to provide our youngsters with the possibility to practice the 2 pillars on which the human society is based: the relationship between people and nature and the relationship between people and society. | | | |
| OUTCOMES Which are the concrete results that can be considered transferable out of the context where the tool has been developed and experimented? | | | |
| Offer a model of social integration and personal and relational growth promotion following an unstandardized way, included in the project, broader than a sustainable report with nature. | | | |
| STEP BY STEP Please, describe how to put in practice, guiding with clear instruction and materials needed someone that would like to experiment your tool in a local community garden around Europe | | | |
| Creation of reflection spaces on the current experience with the purpose of finding alternatives to the traditional learning therapy: through realization of an album with thoughts and images of the cultivated plants (to countervail the relapse into illiteracy, common for people with mental disabilities, with an intervention included in an experiential context, and thus motivating); story telling and reflection on the temporal fases (to reinforce the temporal and causal concept of succession, that is generally acquired and maintained with difficulty). | | | |
| The realization of the album: | | | |
| <ul style="list-style-type: none"> - To ask to the participants to bring with them a ring binder, blank papers and some transparent envelops; - To think about seasons and identify them by using images (Autumn red leaves, summer sea and sun, | | | |



etc..)

- To help participants to identify the seasonal plants to cultivate in the garden. It can be possible to use images to link to the name of the plants or let the participants write the names of the plants under dictate or in an autonomous way (it depends from the level of disability)
- To help them to find out the practical use of the plants in cooking
- For each plant, create a page in which there will be the image of the plant, the name and how we can use the plant (to cook, to eat, for making infusion, etc..)
- To plan together the planting in relation to the follow of the seasons by using images
- To choose the plants to cultivate

EVALUATION Which are the elements that you normally use to evaluate the outcomes of this tool?

| 😊 | 😐 | ☹️ |
|--|---|----|
| <ul style="list-style-type: none"> • Participation and enthusiasm • objective sharing • socialization | <ul style="list-style-type: none"> • social services involvement | |

COMPETENCES Which are the previous knowledge and skills required to put in practice this tool?

No specific competences needed.
You should be willing to do and to take on new challenges.

| DISCLAIMING AND DECLARATION OF HONOUR | yes | no |
|---|-----|----|
| I'm aware that this intellectual product will be used for the aims and objectives of EU'GO project, including sharing and free publication on internet. I authorize Pistes Solidaires and all its partners to consider this document free from rights and royalties. | X | |
| I authorize Pistes Solidaires and its partners participating to the EU'GO project to publish my contacts on the dedicated website, giving my availability for supporting with information people interested in experimenting an testing the tool that has been described in this document | X | |

Putting an X in the previous boxes means that you are agreeing with the cited statements

