### **URBAN GARDENING**

The Urban Gardening Role in Improving of Adults' Skills and Community Growth

> Krakowskie Centrum Zarzadzania i Administracji Sp. z o.o. HELLAS FOR US PRISM Iniciativi za grajdansko obshtestvo EPLEFPA Youth Eurasia ACD LA HOYA





Project number: 2017-1-PL01-KA204-038330

#### **URBAN GARDENING**

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# GOOD PRACTICES COLLECTION

## URBAN GARDENING

The Urban Gardening Role in Improving of Adults' Skills and Community Growth

ERASMUS+ KA2 Cooperation for Innovation and the exchange of Good Practices Strategic partnership for adult education

Project and agreement number - 2017-1-PL01-KA204-038330



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#### INTRODUCTION

In this Good Practices Collection there are gathered 39 examples of urban gardens that were collected by partners in the Urban Gardening project.

The examples collected present the gardens of different or multiple types of aims: economic, food supply, recreational, educational, health and social integration. The examples are grouped according to the countries where the gardens are located.

#### **PROJECT'S DESCRIPTION**

"The Urban Gardening Role in Improving of Adults' Skills and Community Growth" – (URBAN GARDENING) is a European Project developed in the framework of Erasmus+ programme which aims are activation and education of local community members, through the preparing urban gardens and working in common garden space. The strategic aims of the URBAN GARDENING Project are to elaborate an innovative educational method and to teach soft skills by the work in the garden, e.g. interpersonal communication, team work, management, planning, depending on the phase of arranging the garden.

## THE MAIN OBJECTIVES OF THE URBAN GARDENING PROJECT:

• To organize the desk research of the good practices of urban gardening and its use to develop soft skills, in EU and other countries

• To prepare the training method and materials for trainers.

• To organize the training for trainers from partner institutions in order to test the developed training method.

• To pilot the developed method of education through the gardening in the partner countries.

• To elaborate the Toolkit "Urban gardens as spaces of adults' education" – Intellectual Output.

#### THE RESEARCH AND DEVELOPMENT OF THE URBAN GARDENING PROJECT IS BEING CARRIED OUT BY:

I. KRAKOWSKIE CENTRUM ZARZADZANIA I ADMINISTRACJI SP. Z O.O. (Kraków /POLAND) - The coordinator;

- II. HELLAS FOR US (Kozani / GREECE);
- III. ACD la Hoya (La Hoya / SPAIN);

**IV**. Initiatives for Civil Society (Ruse / BULGARIA);

V. EPLEFPA (Toulouse / FRANCE);

**VI**. PRISM (Enna / ITALY);

VII. Youth Eurasia (Istanbul / TURKEY);







# THE GOOD PRACTICES COLLECTION



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This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



2. NAME OF THE ACTIVITY/ PROJECT:

#### 3. LOCATION OF THE GARDEN

-(BIG CITY WITH OVER 500.000 CITIZENS, SMALLER CITY, VILLAGE) -DESCRIPTION OF THE LOCATION

#### 4. WHO ESTABLISHED THE GARDEN

(A PERSON, AN ORGANIZATION, AN INFORMAL GROUP, ETC.)

#### 5. START DATE OF THE GARDEN / PROJECT:

#### 6. SOURCE OF FINANCING:

7. DESCRIPTION OF ESTABLISHING AND MAINTAINING THE GARDEN, RULES OF USING THE GARDEN, ANY OTHER USEFUL INFORMATION:

#### Poland

#### A pocket park (butterfly garden) named "Na rogu Dekerta"

Krakow - city over 500 000 citizens

A garden is on the corner of three streets. It is 554 sq. m big.

A group of university students, with support of public institution dealing with management of urban green areas

Opening of the garden: 2 September 2017 Start of the project: end of 2016.

Crowdfunding (in the project they raised 23,000 PLN, which is nearly 5,500 EUR) Grant from the city

The project won public attention as a project for positive change of the city's image (in the post-industrial part of the city). The pocket park is open to the public. There are flowers, bushes, little houses for butterflies, benches, pavement plays facilities. It is planned to install boards with information about butterflies and plants and solar lightning imitating fireflies in the grass, etc. The flowers are to attract butterflies. On the opening day, the butterflies were released from the basket into the garden. The initiative is an idea of the students from Jagiellonian University. The inspiration of pocket park comes from New York and the butterfly garden from Toronto.

The gardening works took around a month.













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#### Poland

A social garden "Poziomkowa Polana" (En. Wild Strawberry Glade)

#### Krakow - city over 500 000 citizens

A garden is on the corner of the streets. It is 1100 sq. m big.

Informal groups (including district's citizens) and NGOs City's ownership

2012

Local / regional projects Fundraising

In the beginning, a group of Krakow's citizens started to fight for remaining of a green area, which was to be sold to the housing developer. The initiative was started by the informal group of mothers. Many citizens joined. There were a lot of cleaning works.

Since then, there is a social garden, maintained by two organizations, as well as citizens, cultural institutions, artists, architects, craft instructors, social activists, etc. There were a lot of workshops, picnics, theatre pieces, dances and concerts organized, for example on vertical gardening, willow constructions, eco-furniture, handicrafts...

It is a place where families and individuals could come and spend their time. There are also planted herbs and vegetables.

From next year (2018), because of construction works and the agreements between the city and the developer, the garden will be re-designed by the developer. The citizens count on the public consultations about that.





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8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:	Social and civic responsibility Initiative taking Creativity Management Fundraising Promotion (eg. via press, e-media and social media) Public speaking and communication with stakeholders Cooperation with public institutions Team building and team work Events organization Storytelling Strategic and operational planning Dispute resolution Negotiation, persuading Motivating Networking, interpersonal relationships, friendliness Adaptability Enthusiasm Work-Life Balance Design and artistic sense
9. WEB PAGE. E-MAIL / OTHER CONTACT:	Facebook: http://www.facebook.com/poziomkowapolana
• • •	e-mail: poziomka@zywapracownia.pl
	blog: http://zywapracownia.pl/category/ogrody-spoleczne/poziomkowa-polana









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#### Poland

The Social Garden at Siemaszki Street

#### Krakow - city over 500 000 citizens

A garden is on between the block of flats. It is 1000 sq. m big.

Informal group (district's citizens)

2016 (the project succeeded in 2015)

City's grant in the citizens' project

The Social Garden was one of the projects that took part in the call for proposals of civic initiatives from the city budget. It got support from the citizens and won the competition.

The garden is in the area where former allotments were. It is open to the public. It is surrounded by a fence and the gate is closed at night.

It is divided into 4 parts: silent/relax part (with the benches and shelves with books to exchange), farming part (with the big wooden cases to grow vegetables and fruit and benches with boxes for tools), sport&recreation part (with wooden houses for children and other play facilities), meeting part (with tables and seats under the fruit trees).

In the garden there are organized meetings and parties, as well as common gardening works. The topics of the meetings: exchange of recipes, mural painting, picnics and plays for children, reading, etc.





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CONTACT:	blog: <u>https://ogrodosiedlowy.wordpress.com</u>
•	articles:
	http://krakow.eska.pl/newsy/oaza-zieleni-wsrod-blokow-przy-ulicy- siemaszki-w-krakowie-powstal-ogrod-spoleczny-audio-galeria-zdjec/297799 (with an audio material) http://krakow.pl/aktualnosci/204705,29,komunikat,powstaje_nowy_ogrod_ spoleczny.html







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#### Poland

The Krakow Social Garden in Krzemionki (in Krakow)

#### Krakow - city over 500 000 citizens

A garden is in the public park. It is 2200 sq. m big

Foundation Glos Serca

2015

Sponsoring, CSR grants of the local companies, own funds of the Foundation, collective funds

The garden's area is leased by the Foundation from the city

It is open to the public. It is surrounded by a fence and the gate is opened.

It is divided into several parts: relax part (area for yoga and similar activities), farming part (permaculture type of growing plants), orchard, chillout part (with hammocks), children's part, kitchen part (with a bread oven), a flower garden, beehives.

In the garden there are organized meetings, picnics, barbecues, exhibitions and parties, as well as common gardening works. There are organized classes for the pre-school children on simple agriculture works, like sowing beans, etc., trainings for adults of traditional agriculture practices, like mowing with the scythe, or meetings with the use of horticultural therapy.





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9. WEB PAGE. E-MAIL / OTHER CONTACT:	Facebook: https://www.facebook.com/pg/krakowskiogrodspolecznykrzemionki/ e-mail: krakowskiogrodspoleczny@gmail.com website: http://kos.krzemionki.edu.pl/ articles: http://www.radiokrakow.pl/audycje/przed-hejnalem/krakowski-ogrod- spoleczny-powstaje-na-krzemionkach/ (with an audio material)



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#### Poland

The Gardens of Nowa Huta District competition (in Krakow)

#### Krakow - city over 500 000 citizens The gardens are located between the blocks of flats or nearby the public buildings (schools, nursing houses, etc.) in the industrial district of Krakow.

Community Centre (Ośrodek Kultury im.C.K.Norwida) is the promoter of the competition. The gardens are projected and implemented by members of local community.

Yearly editions since 2011

Sponsor - ArcelorMittal Poland S.A.

The competition is based on the open call for the inhabitants of Nowa Huta district.

To apply, citizens form groups of at least 7 people, choose the terrain they want to establish the garden at, fill in the application with the description of the project.

Jury (representatives of the district's authorities, community centre, sponsor and municipality greenery management) awards two projects, based on the following criteria:

- open access to the garden for everybody,
- safety,
- dimensions of the garden,

- perspectives for the future use and maintaining of the garden.

The next step is public consultations with the inhabitants and analysis of their needs. The implementation of the awarded gardens is supported by the landscape architects and gardeners.





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After preparing the project, it is implemented (including clearing the terrain, if needed).

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9. WEB PAGE. E-MAIL / OTHER CONTACT:	Facebook: https://www.facebook.com/OgrodyNowejHuty/ e-mail: ogrodynh@gmail.com. website: http://ogrodynh.pl/









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#### Poland

Community Garden in Dolne Miasto (Gdansk) "Ogród Centrum Reduta"

Gdansk - city over 500 000 citizens A fenced terrain next to the community centre.

Informal group of the citizens and the community centre

2014

Grants from foundations supporting the community centre and Green Cross Poland foundation donating specifically the urban gardens.

In the beginning, the community centre gained the permissions from the city to use the terrain. Then, the terrain was cleared and the fence was fixed. After delivery of the soil, the planting works involved volunteers – the youth from the community centre and the local citizens. The grass was sown and the boxes with vegetables and flowers were installed. The tables and seats were made of wooden pallets. There is a wooden stage for concerts, theatre, and dances.

The Green Cross Poland foundation supports the garden with know-how and materials (tools, soil, boxes, other materials and boards to describe the plants). Within the next steps, they can provide the community with benches, tables and hammocks, and organize workshops.













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#### Poland

Community Garden in Wrzeszcz (Gdansk) "Ogród Społeczny Wrzeszcz"

Gdansk - city over 500 000 citizens The garden is in the backyard of the block of flats.

Foundation Fundacja Generacja

2016

Grant from the city Individual and school's in-kind-donations (eg. benches, water)

The Foundation got the permission to use the land and support from the city, district's council, social care institution.

The opening meeting was disseminated by the Foundation among the Gdansk citizens. In the beginning, there were workshops with the gardeners, planting spinach and tomatoes and sowing pumpkin and sunflowers in the pots, that people could take home. Then, all of the citizens who came to join opening works, could plant the hedge around the garden's space. Meanwhile, there was a picnic connected with the workshops of preparing food from wild plants, and different activities for children. Other works in the garden involved eg. preparing the vegetable quarters, sowing (radish, bean, tomatoes), planting the herbs, preparing the lawn, flower meadow and orchard (with pear, plum and apple trees).

The garden hosts meetings of local community, workshops (for adults, seniors, children and youth), meetings with guests, outdoor cinema, social actions.













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#### Spain

#### "HUERTOS URBANOS DE BENIMACLET"

This garden is located in a quarter of Valencia which is called Benimaclet. It is 4.513,14 m2 big. Adress: Plaça Num 26 Res Urb, 76, 46020 València

The URBAN GARDENS OF BENIMACLET is an initiative of the Association of Neighbors and Neighboring of Benimaclet, thanks to which, with the participation and effort of all the gardeners it has been able to recover some land for public park. The space was abandoned and it took more than fifteen years to create this community space. Thaks to the owner, to the City of Valencia for giving the permission to use it as a neighbourhood garden.

The very first steps has been made in the year 1992. Of course many things have changed since them but this year can be seen as the beginning of the history of the "huertos urbanos de Benimaclet"

The area was donated by the city to the neighbour-assembly. But for the farms every "farmer" has to pay 50% of the expenditures.

How to get your own small farm:

They can apply to be be selected from a group of people that demonstrate their relationship with the neighborhood, are members of the Association of Neighbors of Benimaclet and express the willingness to use the plots according to the rules that are specified here.

There are many rules in this garden you should know about if you think about getting a member. This is the website where you can find the rules as a pdf-download: http://www. huertosurbanosbenimaclet.com/documentos/internos/

Just to mention an example, you always have to take a document for the identification with you if you work on your "own little farm".







#### 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

We promote self-consumption of fresh products and food sovereignty,

The community work of the earth develops positive psychological. Therapeutic and social effects (feeling of well-being.

Social integration, feeling of community ...)

We promote cross-sectional relations between neighbors, especially between generations.

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

Telèfono: 96.351.56.25

Mail: <u>huerto.benimaclet@gmail.com</u>

https://avvbenimaclet.wordpress.com/proyecto-huertos







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#### Spain

Community garden "Huerto El Cruce"

Madrid, capital of spain with a population of 3,141,991 inhabitants situated in: Calle de las Violetas s/n The garden has 1100 square-meters

70 members (neighbours) who maintain the community garden, the following organisations are included in the activities of the garden:

Asociación Cultural El Cruce de Villaverde, Colegios del barrio, Uniendo Barrios, Aparece en Los Madriles, Villaverde Experimenta, Centro de Salud de San Cristobal, Parroquia

Start date: 01.08.13 opening of the garden: in December 2013

Grant of: Instituto de la Vivienda de Madrid

The garden opens every day (for everyone) of the week except Sundays. It is used for many different cultural and social activities, to mention some of them it is a place for public art and s outsidegym at one time.

Also education projects and artistic and /or ecologic workshops take place in these community garden which even ahs its own library





#### 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

Talking with others within and about the local natural environment, solving problems together, consulting people when making decisions, overcoming disagreements and working with people who have different agendas.

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

E-Mail: huertocruce@gmail.com

#### Webpages:

https://www.facebook.com/huerto.cruce

https://diario.madrid.es/huertos/huerto/huerto-el-cruce/#13/40.3241/-3.6750

http://www.naturalenda.com/2014/08/huerto-el-cruce-villaverde.html

http://huertoelcruce.blogspot.com.es/









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#### Spain

Urban community garden "Hort Comunitari de Carolines"

The place is situated in Alicante. The garden is 220 squaremeters big and you can find it between the streets of Julio Antonio and Jacinto Maltés in the neighborhood of Carolinas Bajas.

The place was an abandoned space for 20 years where a significant amount of garbage had accumulated. The neighbors decided to clean the area giving it a use with garden area, meeting area, gardening. Responsible for the garden is the neighbours assembly.

26.04.09

Neighbours assembly

It is a neighbourhood meeting point. It is also an action to combat the physical and psychological degradation of the neighborhood. It is the result of this idea but at the same time a fundamental pillar where these ideas are based.

What activities are carried out in it: summer cinema, birthdays,all kind of events for the neighboúrhood like concerts and workshops







#### 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

ecological agriculture teamwork curiosity flexibility open-mindedness Gardeninig Community activities

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

Facebook-Community: https://www.facebook.com/hortcarolines/

#### Webpages:

https://huertosurbanosbarcelona.wordpress.com/00\_huertos-urbanoscultivando-barcelona/huertos-urbanos-en-otras-ciudades/alicante/

https://redhuertosalicante.wordpress.com/2014/08/17/hort-comunitaricarolines/







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#### Spain

A green space in the neighborhoods of the Old Town called "Huerto del Rey Moro "

A large plot of almost 3,500 m2 in Seville (Population: 690,566): Calle Enladrillada 36 in the San Julian neighborhood (Casco Antiguo)

Self-managed organization of Neighbors of the Historic District (neighborhood)

In 2004, the Association of Friends of the Huerta del Rey Moro took action, opting formally for the economic interests that seemed to prevail and, in February 2004, inaugurated the occupation of space for the use and enjoyment of the neighborhood. Thus the neighbors, in favor of their conservation and with a self-managed organization, installed collective gardens with recycled materials. Since then, various groups have maintained them.

The space was abandoned until 2004, the self-managed organization of the neighbors is responsible for the maintenance

The Garden is open for all people, but it is closed when the sun goes down. Cooking, fire and amplified music is not desired. Of course, we hope that each one respects the gardens, that includes taking care of your animals or children.

Activities:environmental, horticultural, meetings, birthday of children, social group events, summer cinema, baking bread, training workshops, community meals and many others.











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#### Spain

Urban/ecological comununity garden "huerto de la alegria"

#### The garden is situated in Madrid in 'la calle Canal de Panama '' in the parc "La huella"

It has has a range of only 200 square-meters, compared to other community gardens it is quite small. But that is the thing in the big cities..

Asamblea Popular de la Concepción, an open assembly for the inhabitants to better the circumstances in the quarter "de la concepción"

The start-date of this garden is the october of 2011

Grant of "Asamblea Popular de la Concepción"

It is an open space for everyone who wants to participate, no matter how much he/she can offer. All kind of work is organised in working groups which are formed in the periodic assemblies.





#### 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

Working in groups has a good impact not just on the results which are often the best if they are created by the initiative of all group-members. It also enhance the ability of all members in terms of communication and finding a compromise. Also develop the creativity, and critical thinking

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

## E-Mail: <u>huertodelalegria@googlegroups.com</u>

#### Webpages:

http://huertodelalegria.blogspot.com.es/p/huerto-ecologico.html http://www.naturalenda.com/2014/10/huerto-de-la-alegria.html





2. NAME OF THE ACTIVITY/ PROJECT:

#### 3. LOCATION OF THE GARDEN

-(BIG CITY WITH OVER 500.000 CITIZENS, SMALLER CITY, VILLAGE) -DESCRIPTION OF THE LOCATION

#### 4. WHO ESTABLISHED THE GARDEN

(A PERSON, AN ORGANIZATION, AN INFORMAL GROUP, ETC.)

#### 5. START DATE OF THE GARDEN / PROJECT:

#### 6. SOURCE OF FINANCING:

7. DESCRIPTION OF ESTABLISHING AND MAINTAINING THE GARDEN, RULES OF USING THE GARDEN, ANY OTHER USEFUL INFORMATION: Spain

Huerto de la Cuerna

#### City of Elche, 260.000 Citizen

Area of the urban garden: Neighborhood Altabix 1,300 square meters of vegetables and greens. There are 20 plots of 50 square meters each for cultivation by the elderly in the neighborhood and two larger plots of 150 square meters for the public schools Víctor Pradera and Miguel Hernández and the University of Elche

Neighborhood Association of Altabix + Municipality of Elche

"Huerto en Altabix" el 29 de noviembre de 2007

Municipality of Elche provide the land + the water and the participants are paying for the rest of the things, materials, plants, tubes, etc also the school, university and Neighborhood Association of Altabix contribute with some amount of money each year.

It is a project that born from the initiative of the Neighborhood Association of Altabix, in collaboration with the City of Elche whose objectives are:

1.Provide a playful and productive activity to the school community and older people in the neighborhood, to improve their quality of life through physical and intellectual exercise that requires the recovery of associated crops.

2. Promote the recovery of identity

3.Provide direct experiences of knowledge of the natural environment and its interrelations with human activity

4. Encourage citizen participation

5. Promote organic farming, being prohibited the use of products that are not organic





Huerto de la Cuerna have important social values for people involved since they allow them to spend their time. Besides, they favor the creation of a network of new relationships and improve their quality of life through physical activity, which is very positive for their health. They also have a high environmental value to the city, since they become new public spaces.

Other highlights are their role in environmental education through activities aimed at schools, university, retail people which allow to know the agricultural world and the principles of organic farming. They also have a social function regarding coexistence between generations, since educational activities in urban gardens promote relationships between children, students and the elderly.

The program is developed following two aspects

Leisure Gardens:

Destined for people over 65 years residing in Elche, it is presented as an alternative to the existing leisure for this population group and has no commercial purpose and the products will be destined to the self-consumption of the users, they are committed to collaborate in the common tasks of the garden, to participate in the activities that are developed -courses, talks, excursions., to cultivate in the plots following the guidelines / recommendations and criteria indicated,

It is recommended to have a good state of health in order to avoid risks, you can only have one plot per family unit

School Gardens

Meeting point for students, parents and friends during school or after school hours in order to know the natural environment, respect the urban environment and develop values such as tolerance, solidarity and social commitment.

University garden:

The students of the university can choose the courses that the environment area of the University of Miguel Hernandez performs, after the course, during the period of 1 year they will have access to their plot to plant vegetables, fruits, following the garden rules and recommendations.

There are 20 plots of 50 square meters each for cultivation by the elderly in the neighborhood and two larger plots of 150 square meters for the public schools Víctor Pradera and Miguel Hernández and the university in which vegetables, herbs and seasonal flowers are grown. There are many tomatoes, green beans, potatoes, zucchinis, chards, cabbages, eggplants, garlics, onions, artichokes and lettuces.

Plots are decorated with plantations of species with seasonal blooms, and herbs and aromatic plants have an important role





In the Huerto de la Cuerna there is an annual crop rotation taking advantage of the change of cultivation from winter to summer. If a plot has 4 subdivisions (stations), in the two that were families that absorb nutrients now they will be the ones that fix them.

- 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:
- inspire the minds
- identify the different elements that make up an ecological garden.
- the tools of work, how to grow vegetables.
- prepare the land for cultivation and fight pests in an ecological way
- learn to grow vegetables
- work the land
- live with people with interests similar to yours and pick your own harvest.
- organizational skills
- Knowledge of permaculture and organic growing
- Wild plant identification
- Seed Saving
- Transplanting
- Team work
- Cultural

9. WEB PAGE. E-MAIL / OTHER CONTACT: https://aavvaltabix.wordpress.com/huertos-de-altabix/







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#### Turkey

Narköy Ecological and Educational Center

#### Kocaeli

Kocaeli is a city with over a million population located in the most crowded region of Turkey which is Marmara (southwest) and 2 hours far away from the Istanbul where the population is over 20 million.

Narköy is an educationally focused facility founded and providing service as a modern farm and hotel. The whole land is over 150 sqm with its 14 rooms, family and group lodging units, nomad tents, a restaurant featuring organic farm meals, indoor and outdoor classrooms, organic agricultural farming, and a magnificent forest abundant with nature's delights, Narköy makes it possible to take part in a variety of trainings, activities and workshops, enjoy a holiday with your loved ones in the heart of nature, or to work and move projects forward with colleagues, far from the tumult of the city.

"Nar Education" is the creator organization of "Narköy Ecological Center". "Nar Education" is an education center which gives personal and enterprise trainings with the focus of sustainable life style. <u>http://www.naregitim.com/anasayfa</u>

Establishment and start of the project year of Narkoy is 2007.

Private financing by Nar Education





7. DESCRIPTION OF ESTABLISHING AND MAINTAINING THE GARDEN, RULES OF USING THE GARDEN, ANY OTHER USEFUL INFORMATION: Narköy is a homegrown, contemporary center for life and learning which is respectful of its geography, given shape in accordance with nature's standards and possibilities. With an architectural ethic that embodies the "think global, act local" philosophy, Narköy has been designed on the basis of lessons learned from, making use of, and contributing to nature. Narköy's architectural sense is based on one of sustainable energy, its structures built from a low carbon-footprint, cold steel system, using recycled and natural materials at every step of the way. Its edible landscaping is an important part of this system.

The Nar Training Center provides training and consultancy services to corporate firms, universities, individuals. In addition, Narköy conducts a wide variety of workshops, ranging from cheese- and bread-making, to mindful ways of being present in nature.

The day's pleasures at Narköy begin with breakfast, followed by your choice of farm activities, nature walks, or swimming in Kerpe. From the forest, you may choose to continue to the Bird Fountain (Kuşlar Pınarı) and walk to the shore, take in some horseback riding, have a picnic, meditate or try your hand at a little music improvisation amid nature, watch movies outdoors, chat by a campfire, or go on an expedition to oldtime Kerpe.

"Narkoy" gives the following free activities to public: Horse care, Cow Milking, Feeding the chickens, Gathering eggs from the chicken coop,

Gathering other produce from off the farm,

Gathering and preparing aromatic herbs and teas,

Gathering nuts, chestnuts, linden blossoms and blackberries (depending on the season),

Harvest wheat, onions and potatoes







1341




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Mini M

In university campus of Toulouse : Université Toulouse III - Paul Sabatier,

Garden of 4000m2 with trees close to the students residences - This public area is shared with students, a kindergarten « Upsimom » and neighbourhood residents

CROUS (National Center for University and School Works), helped by the organisation « partageons les jardins ». and the town of Toulouse, by DCVRU (direction of the city contract and urban renewal)

01/03/16

collective funds : CROUS and grant of the city of Toulouse (service DCVRU (direction of the city contract and urban renewal) Infos: allotment of plots of land with a membership fee of at least 10 euros, participation in meetings (once a quarter) on the 1st Thursday of the month and in garden activity.

Plots of land to be cultivated together, green spaces to meet during workshops of do-it-yourself and gardening

A permanent presence in the garden every Tuesday evening : civic service animators inform students.

Workshops facilitated by the animators of the shared garden. Collective gardening each tuesday, shared meals, gardening workshops, DIY, organic farming advice.











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#### France

#### Graine de Monlong

In the Mirail a quarter of Toulouse, this site belongs to the Toulouse town hall and covers an area of 3.5 ha. The specificity of Parc Monlong is due to the quality of its environment, particularly remarkable in urban areas: a wooded area, a canal and a small lake, a great biodiversity (fauna, flora...).

Some plots of land are dedicated to collective activities and make up the "Graines de Monlong" shared garden, managed by a collective that unites:

Resulting from a participative approach (steering committee with the 5 partners to define the main lines of the project, gardeners' committee for the elaboration of the garden activity program)

5 partners : social services Toulouse, /CAF de Bellefontaine et Reynerie, social center Alliance et Cultures, neighbourhood organizations Bellefontaine Services and Reynerie Services

2010

The city of Toulouse offers the garden and finances an animator Grant from Europe for the parc

There are about 70 family plots of land of 100 m<sup>2</sup>; some gardeners have been established for about ten years (it was noted that this part of the site has a certain difficulty in establishing a real policy of shared gardens);

Graines de Monlong is part of an ecological approach and proposes to the general public to garden in a collective way with the support of referent gardeners.

The Park is open to the public at the same times as all other gardens in the city, even if the keyed gardeners can access it at any time.

In terms of activity, vegetable crops can be found on individual







•	plots and ornamental crops on shared or collective gardens. Panels were made on an educational circuit in the wooded park. Many workshops take place in this garden Meetings once a week about topics like gardening, exchange of good practices one-off events eg : Spring is waking up
8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:	Social and civic responsibility Initiative taking Creativity Promotion (eg. via press, e-media and social media) Cooperation with public institutions Team building and team work Events organization Dispute resolution Motivating Networking, interpersonal relationships, friendliness Adaptability Enthusiasm Ecology attitude exchange of practices
9. WEB PAGE. E-MAIL / OTHER CONTACT:	http://www.association.arpe-mip.com/toulouse#MONLONG
	https://www.youtube.com/watch?v=1S5F5GoCGWo
•	http://www.dire-environnement.org/Monlong2pag.pdf
•	<u>http://3pa.over-blog.org/article-visite-des-jardins-partages-de-</u> monlong-123425907.html
•	https://www.ladepeche.fr/article/2001/02/26/120405-bienvenue-au-parc-de- monlong.html
•	moussa.diallo@mairie-toulouse.fr – 05.34.46.85.57









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#### France

Pousse cailloux (shooting stones)

Urban shared garden in Saint Cyprien : 200m2 in the middle of the city of Toulouse.

St Cyprien has become a popular district of Toulouse, cosmopolitan and appreciated, especially compared to its proximity to the city center.

At first, an informal group , neighborhood residents . Then it became an organization : Pousse Cailloux

The collective Pousse Cailloux was constituted during 2008, and was organized in an associative form on March 15th, 2009. Punctual, secret, impromptu actions of seed plantations on the fly on the district, on the quays Viguerie, launched the dynamics of research of a plot to garden. And looking for suitable areas ... to contact the elected officials and municipal services to convey their desire to see a collective garden born on the neighborhood

In December 2010, the Pousse Cailloux collective was invited to sign the first convention "shared garden" of the city. We adhere to the Toulouse Shared Gardens Charter

Membership : 30€/year to garden ou 15€ /year as member

The life of the garden is organized into small thematic groups over the seasons, energies and ideas of each. Spaces are mutual, shared, and build together. The harvests are consumed on the spot, cooked in the garden, or taken away while leaving to the other gardeners the pleasure to find in their turn the fruit of this collective work.

Monthly meetings usually on the second Sunday of the month to have a time around a theme of exchange of knowledge, or specific work in the garden to lead together. It is also an opportunity to





welcome the curious, the sympathizers, and spend a friendly moment in the garden and to organize events eg :bartering plants, evening soup, concert aperitif.

8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED: Communication with others creativity and good practices research gardening teamwork open mindedness friendly

9. WEB PAGE. E-MAIL / OTHER CONTACT: https://www.ladepeche.fr/article/2013/01/14/1535083-toulouse-un-jardinpartage.html

https://www.arpe-occitanie.fr/files/RT\_JARDINS\_071111/RT\_ Jardins\_071111\_2\_Pousse\_Cailloux.pdf

http://www.aua-toulouse.org/sites/www.aua-toulouse.org/IMG/pdf/4p\_jardinspartages\_light.pdf

contact@pousse-cailloux.net







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#### France

The vegetable garden on the roof of the clinic PASTEUR « Un potager sur le toit de la Clinique Pasteur »

Toulouse, 700 000 citizens On the roof of a clinic near the town center of Toulouse. Vegetable garden of 500m2.

The Clinic initiated the installation of the vegetable garden. She called on a start-up from Toulouse,"Macadam Garden" for technical support

2014

Clinic Pasteur

The aim was to create a link between the clinic's health care teams. A gardening club has been set up to bring together different trades around agricultural activities.

The Clinic wants to produce vegetables in a short circuit and eventually open the garden to certain patients.

Insect hotels and bat nesting boxes have been set up. The Clinic wishes to reduce its ecological impact by promoting urban biodiversity.

An ESAT (establishment of work assistance for disabled workers) is also responsible for the daily maintenance of the garden







•

8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:	Education Exchanges Wellness Biodiversity Communication Promotion Seasonality of vegetables Corporate social responsibility	
9. WEB PAGE. E-MAIL / OTHER CONTACT:	http://macadam-gardens.fr	
<b>URBAN</b>		Co-funded by the Erasmus+ Programme of the European Union



This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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#### France

#### Jardin Mandala / Mandala Garden

The Mandala garden takes place within the agricultural school of Toulouse EPLEFPA, cité des Sciences Vertes (City of Green sciences). It's a campus of about 2000 persons of the educational community (students, teachers, researchers...)

The Mandala garden is 150m2 (diam:14meters)

A teacher, Thierry POSER, decided to exploit the park of the school to create a place to meet and exchange. The initial idea is to create a garden in the movement of incredible edibles.

2015: presentation of the project September 2016 : starting the garden as teaching aid

Seeds donations School

The aim is to create a free abundance of food to share for all, in a process of local food self-reliance, healthy, sustainable, committed and inclusive. The volunteer of the educational community can cultivate in this place. It's a place of connection other than for the concerns of work. Everyone can collect garden products.

On this basis, it was chosen to create a Mandala garden because it meets permaculture criteria. This garden is aesthetic.

European volunteers and civic services participate in the maintenance of the garden with students, teachers...

There are meetings around this garden (eg shared meals) This garden is also an educational support for teachers.















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#### Italy

P'orto di Lampedusa

#### Lampedusa, smaller island Rural areas and street of Lampedusa's town

The project was established by the associar Terra! Onlus, in cooperation with the "Circolo Legambiente Lampedusa "Esther Ada".

Opening of the garden: Summer 2015 Start of the project: Summer 2014

Funded by the crowdfunding campaign "Porto l'orto a Lampedusa", <u>http://www.finanziamiiltuofuturo.it/lampedusa</u>

Born in 2014, the project "P'orto di Lampedusa", aims to realize community organic gardens in the island of Lampedusa and to enhance the wellbeing of the island through the creation of community places for common research, social aggregation and exchange. In 2015 the first field work of Terra was realized in the island, with volunteers from all over Italy and the Lampedusans themselves, to prepare the land on which the first community gardens of Lampedusa were born. Earth particles were assigned in September 2015 to the islanders who requested it and to the guests of a local day health center hosting people with physical and psycho-intellectual disabilities. Through the creation of community gardens, the project P'orto di Lampedusa aims also promote the social inclusion and development of disadvantaged people, offering a place for intercultural exchange, interaction and expression between people with disabilities, farmers, producers and citizens of the island of Lampedusa.















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#### Italy

"Roof vegetable-garden kitchen" - Farm Cultural Park

Favara, smaller city Cortile Bentivegna, 92026 Favara (AG)

Orto Capovolto is a social cooperative born in Palermo in 2015 with the aim to create a community vegetable garden, both through the raising awareness of issues such as urban agriculture, food and environmental matter, and through the creation of Urban Farms (urban and suburban vegetable gardens and farms), according to different scales. The team is composed by young architects, educators and youth workers, plan, develop and establish different type of urban gardens for individuals, families, children, schools and organisations. It has won the social innovation award "niQuea", assigned by Cluster Biomediterraneo Expo Milano 2015.

Opening of the garden: March 2015 Start of the project: March 2015

Established in the frame of "Winter Farm" – POP-UP Urbanism competition promoted by Farm Cultural Park at Favara. The garden is funded by private resources.

"Roof vegetable-garden kitchen" is a urban garden established at the Farm Cultural Park at Favara by Orto Capovolto. It is a rooftop garden dedicated to small-scale urban agriculture. Farm Cultural Park is an independent cultural centre, an enchanting and magic place in Favara, Sicily, that was founded in 2010 by Andrea Bartoli and Florinda Saieva as a challenge to the neglect and abandonment state of the town, it is now a cultural model and an ever changing laboratory for sustainable development and creative expression. FARM is a genuine workshop, a hothouse of





social innovation. It's a space in which a community of locals and creative talents personally work on problems and intervention strategies, seeking to make the most of their resources, to reuse, regenerate, reinterpret, revitalise and cultivate. "Roof vegetablegarden kitchen" is also dedicated to educational projects and workshops in cooperation with local schools and experts. Active participation 8. SOFT (AND Active citizenship **OTHER) SKILLS** Communication THAT CAN BE Community engagement LEARNED: Intercultural dialogue Creativity Artistic expression and artistic skills Positive attitude to change and innovation Healthy lifestyles in a non-formal setting Learning about environmentally friendly gardening practice Team work Self-management Web-site: www.ortocapovolto.com 9. WEB PAGE. E-MAIL / OTHER Facebook: https://www.facebook.com/ortocapovolto CONTACT: Press and video about "Roof vegetable-garden kitchen" at Farm Cultural Park: http://www.ortocapovolto.com/orti/roof-vegetable-garden-kitchen-farmcultural-park/ Farm Cultural Park web-site: https://www.farmculturalpark.com









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#### Italy

Sicilia Integra - Socio-Economic Integration of Migrants and Sicilian Youth Through Organic Products

#### Catania, city over 300.000 citizens Villa Santa Maria degli Angeli, in via Nuovalucello n. 21, Catania

Sicilia Integra is a community project developed by Gaia Education and the University of Catania in partnership with the Don Bosco 2000 and I Girasoli migrant welcome centres, organic farmers' cooperatives and European ethical organic food companies.

Opening of the garden: Autumn 2017 Start of the project: Summer 2016

Established in the frame of the project "Sicilia Integra - Socio-Economic Integration of Migrants and Sicilian Youth Through Organic Products", funded with the support of Gaia Education and the University of Catania.

Sicilia Integra aims to support the socio-economic integration of migrants arriving in Sicily through sustainable community and agroecology capacity-building activities with the view to creating an alternative trading platform for the commercialisation of Sicilian organic products in European markets. Furthermore the project aims to foster the professionalisation of migrants and unemployed youth, create new job opportunities in regenerative agriculture, while contributing to the development of a circular economy in Sicily.

Migrant youth and unemployed Sicilians embarked on a twomonth learning journey "Rehabilitation of abandoned urban gardens in Catania" led by Gaia Education, the University of Catania and II Nodo, with a five-week Design for Sustainability and Organic Food Systems course and a three-week field implementation. The programme took place at the II Nodo Migrant Welcome Centre where both theoretical lessons and field activities were carried out, leading to the design and rehabilitation of an urban garden that had been abandoned for







Learning how to develop an organic garden, how to plant, use biological techniques and organic compost Garden management Sense of initiative and entrepreneurship Team work Self-management Active participation Active citizenship Communication Intercultural dialogue Appreciating differences, developing positive relationship, empathy

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

8. SOFT (AND

THAT CAN BE

LEARNED:

**OTHER) SKILLS** 

Web-site:

https://gaiaeducation.org/project-based-learning/siciliaintegra/

#### Facebook:

https://www.facebook.com/groups/968968159807185/

#### Press and video about the project: https://gaiaeducationblog.wordpress.com/







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**Street Factory Eclettica** 

Caltanissetta, smaller city Via Rochester, co / the public swimming pool.

A group of young people who established Eclettica, a non-profit organization running a skate park, a urban garden and a street art gallery in Caltanissetta, the heart of Sicily.

Opening of the garden: June 2016 Start of the project: June 2016

Funded in the frame of the call for proposal "Boom – Polmoni Urbani". Granted by the political party "Cinque Stelle".

Eclettica is a skate park, a urban garden and a street art gallery in Caltanissetta, in the heart of Sicily. In order to give their own contribution and contribute to urban regeneration in their hometown, five young people developed a project for the regeneration of a skate rink – a long neglected public space. In May 2015 the project idea was submitted and awarded in the frame of a private call for proposal called "Boom – Polmoni Urbani".

It took eight months and the massive help of many volunteers to clean up the place and bring it back to the community. The skate rink was officially opened in June 2016 and the locals' response was huge. In a town that barely counts 60.000 inhabitants, Street Factory Eclettica has already nearly a thousand members. Main goal of the project is to create a place for people of all ages where to practice street sports in a safe way, socialize and create bonds between the community of Caltanissetta and its surroundings. The project sustainability also relies on an urban garden where vegetables are harvested seasonally and sold to





8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

9. WEB PAGE. E-MAIL / OTHER CONTACT: the nearby restaurants and pubs, with a positive impact on the way the garden caregivers think about the care of the environment or how to maintain an healthy and balanced diet. In the near future, Eclettica team aims to harvest further nearby spots, seized to the criminal organisations. Much is done on the artistic level, as well: the skate rink walls and fences were painted by international street artists, such as Rosk&Loste, Gue, CrazyOne and many others. Restoring the skate rink and its facilities on an area as wide as 3000 square metres has been a huge opportunity for kids and families to practice sports and arts while enjoying a pleasant and green environment: it seems like even a small town in the middle of Sicily can be a happy place to live.

Active participation Active citizenship Communication Intercultural dialogue Respect and valorization of differences and diversities Creativity Artistic expression, artistic skills (street arts, music, workshops) Healthy lifestyles in a non-formal setting Developing an own initiative Physical development and sport skills (skateboard, basketball, other street sports) Team work Conflict management Self-management

Web-site:

www.streetfactory.it/

Facebook: <a href="https://www.facebook.com/streetfactoryeclettica/">https://www.facebook.com/streetfactoryeclettica/</a>

Press and video about Eclettica: <a href="http://www.streetfactory.it/web/#!/press">http://www.streetfactory.it/web/#!/press</a>







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#### Italy

#### Urban garden in Palermo

#### Palermo Via PV 46 co/Velodrome, Zen district, Palermo

The project was established by Codifas, (Consortium of Defense of Sicilian Agriculture / Consorzio di difesa dell'agricoltura siciliana).

Opening of the garden: Summer 2015 Start of the project: Summer 2014

Funded by the crowdfunding campaign "Porto l'orto a Lampedusa", <u>http://www.finanziamiiltuofuturo.it/lampedusa</u>

The community garden "Codifas" is located in the Zen district of Palermo, Behind the Velodrome, in via PV 46, in an agricultural green area that was abandoned for years. The gardern is created with the purpose to encourage sustainable lifestyles, providing fresh products and plants as well as satisfying labor, neighborhood improvement, sense of community and connection to the environment. All productions are natural. In fact, according to the provisions of the Consortium regulations, the use of plant protection products or chemical synthesis fertilizers is not allowed. In addition, vegetables are monitored by the Experimental Zooprophylactic Institute of Sicily through free laboratory analyzes that will attest to their healthiness. An expert tutoring, guaranteed 7 days a week from 8:30 am to dusk, and paid through the monthly rental fee for individual parcels, ensures constant technical assistance and the organization of irrigation interventions. A sort of open-air condominium where people meet and exchange opinions, in which everyone learns from others and from themselves, and above all plunges into a







natural existential rhythm that dictates its own times. The urban garden is also a system capable of transforming these citizens into conscious and critical consumers

# Learning how to develop an organic garden 8. SOFT (AND Garden management **OTHER) SKILLS** Recycling THAT CAN BE Sense of initiative and entrepreneurship LEARNED: Critical thinking and consuption Empathy Team work Self-management Active participation Active citizenship Communication Intercultural dialogue Web-site: 9. WEB PAGE. http://www.codifas.it/ E-MAIL / OTHER CONTACT: Facebook: https://www.facebook.com/CODIFAS/ Press and video about the project: http://socialstreetpalermo.it/social-experience-orto-urbano/ https://melaniamessina.photoshelter.com/gallery/Lorto-urbano-condiviso/ G0000BopS2n1O PM







This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



#### 3. LOCATION OF THE GARDEN

-(BIG CITY WITH OVER 500.000 CITIZENS, SMALLER CITY, VILLAGE) -DESCRIPTION OF THE LOCATION

# 4. WHO ESTABLISHED THE GARDEN

(A PERSON, AN ORGANIZATION, AN INFORMAL GROUP, ETC.)

# 5. START DATE OF THE GARDEN / PROJECT:

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#### Greece

Periastikos Kalliergeion (PERKA)

Thessaloniki- 2nd biggest city in Greece with population ~ 800.000

Part of the former Karatsoy military base, located in Pavlos Melas district in the north of the city

Residents of the city with the support of the local Cultural Club

Begging of 2011

Contribution of the residents and volunteers

At the moment, PERKA's activiites are the most active volunteer action in the former military encampment since, two years after the first effort, there are now four new PERKA teams, which operate based on the same principles of respecting natural and human resources. The daily presence of the volunteers in the camp has reduced instances of robberies, ransacking of the buildings and tree cutting, making the area a safer place for visitors.





# 8. SOFT (AND **OTHER) SKILLS** THAT CAN BE LEARNED:

Through the principles of communicality, self-management, egalitarianism, continued education and outside any political party lines, the cultivation becomes a research "lab" which helps bridge the gap between urban dwellers and farmers and which brings city folk closer to nature. With our positive attitude and actions, we try to understand the natural cycles, learn from them, and find a cooperative way for escaping the crisis, especially the social one.

The group PERKA created the first self-organized Communal Garden in Central Macedonia, based only on personal work and expenses of its members, comprise. In addition to this, in a very short time period they obtained, human substance, a sense of collectiveness and - the most important - they realized with optimism that they can, after all, cooperate, and enjoy their common existence, in stark contrast to the pessimism and apathy of their times. The creation of PERKA Karatasou was quickly spread within Greece, but also in other countries, and formed an example to be mimicked for the creation of similar projects/ventures/efforts.

9. WEB PAGE. E-MAIL / OTHER CONTACT:

http://perka.org/node/226







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2. NAME OF THE ACTIVITY/ PROJECT:

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-(BIG CITY WITH OVER 500.000 CITIZENS, SMALLER CITY, VILLAGE) -DESCRIPTION OF THE LOCATION

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#### Greece

Elliniko community garden

#### -Athens capital of Greece

-The Elliniko community garden is located on the 2,500-square-meter (27,000-square-foot) expanse of an old airport that was abandoned in 2001.

Activist group Agros

2012

The farmer cover this amount

When grassroots activist group Agros took over the plot, it was buried under mounds of detritus from the neighboring American base.

After clearing the land, volunteers at planted a variety of fruit and vegetables to help the growing number of Athenians who are struggling to feed their families.

Around 11,000 families are now registered with Athens' food banks - compared to 6,000 in 2014. The organization that runs them says 5,000 of the newly registered are children.

In addition to feeding the community, the green-fingered Agros activists are trying to influence the way their city manages its land.





# 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

"Half of Greeks live in Athens,"

"This is really an opportunity for Athens to develop in another direction and to have better air."

Hope for the next generation

The garden also plays an educational role for the children of Athens, who are lacking contact with the land.

"Children need to see how long you need to cultivate vegetables - how tiring it is to cultivate - and is this way they can understand what the soil can give us," she says.

The Elliniko community garden is a relatively small project. But with dozens of similar initiatives emerging over recent years, it's part of a groundswell of people fighting hopelessness and taking matters into their own hands.

Beyond coping with the immediate impacts of the depression, they aim to and promote sustainable, local food production - and change the way people think about their cities.

# 9. WEB PAGE. E-MAIL / OTHER CONTACT:

http://www.dw.com/en/environment-urban-agriculture-community-gardensgreece-urban-heat-island-effect-sustainability/a-39277047









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#### Greece

#### **Botanical Garden of Petroupoli**

Athens- Capital of Greece Botanical Garden of Petroupoli

The residents of Petroupoli created a group to clean the botanical garden from drugs and criminals.

2012

Financed by the residents of the area

According to unproven allegations huge amounts of many were eaten by individuals and because the garden was built to the standards of Copenhagen botanical garden without taking into account the cimatic conditions prevailing in Greece, the project did not work and was abandoned...!

Because of the wrong design, its maintenance costs were enormous and unprofitable. It is worth mentioning that the whole project was funded by the EU and cost  $2.000.000,00 \in !$ 

The botanic was transformed into an outbreak of infections, drug addiction and dump ...

Within a short time of abandonment, the glass building greenhouse was vandalized. The equipment was stolen, the windows were broken, and the building facilities were in danger of collapsing.

The citizens of the city reacted ...

The city's citizens, seeing this image, reacted. At their own

- expense, a group of active people, renovated the area, gave it
- life and from a dump it was, transformed it into an ornament, an





alternative place for the exchange of ideas, coffee shop, meeting place, cultural events etc ...

#### 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

Indicatively, the following free of charge actions are taking place, due to volunteerism and a sense of social responsibility of the citizens.

- Plant / vegetable garden
- -Seminars of cultivation
- -Theatrical group (courses and performances)
- -Concerts
- -Photographic projections
- -Lending library
- -Language lessons
- -Drawing classes
- -Memory and dance lessons

-Seminars of the home economy. Laboratories for the manufacture of soap, pasta, beer, tomato sauce, bread etc.

- -Pad workshop
- -First Aid Seminars, etc

The capture of the botanical garden by citizens, although is described as illegal, nevertheless proves that the citizens want to react.

9. WEB PAGE. E-MAIL / OTHER CONTACT: http://votanikoskipos.blogspot.gr/







# **GOOD PRACTICE NO. 28 – GREECE**

# 1. COUNTRY

2. NAME OF THE ACTIVITY/ PROJECT:

#### 3. LOCATION OF THE GARDEN

-(BIG CITY WITH OVER 500.000 CITIZENS, SMALLER CITY, VILLAGE) -DESCRIPTION OF THE LOCATION

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#### Greece

#### The real life project

-Athens -Marousi

The Municipality of Marousi

2015

Self- financed by the farmers

Marousi is the first municipality in Athens to introduce an official urban gardening scheme. The idea is simple: take a disused, vacant piece of land and divide it into sections. Then let local residents apply for a section on a first-come, first-served basis. The successful applicants can then use their section (about 20 square meters) to produce organic vegetables. They keep 80% of the produce and give 20% to a common foodbank which is divided amongst needy families in the area.





# 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

The project has been a huge success in so many ways – since the plots were assigned to people from the neighbouring blocks (the idea is to have one community garden per neighbourhood), it has created a great sense of community and brought the neighbours closer together, which is not a very easy thing in a city as big as Athens. And probably the most important thing is the way it has brought city people in contact with the land – it is amazing to see little city kids hang out and help out in the garden, decorate their little patch and watch in fascination as their seedlings grow.

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

http://www.thereallifeproject.com/urban-gardening-in-athens/







2. NAME OF THE ACTIVITY/ PROJECT:

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#### Greece

Urban allotment garden

#### -Alexandroupoli ( smaller city) Public space given by the municipality of Alexandroupoli

The Municipality of Alexandroupoli (Kipis)

2011

Self- financed by the farmers

In the context of its social policy, the Municipality of Alexandroupolis signed the project contract "Construction of Infrastructure Project for Bioculture" for the establishment of municipal vegetable gardens. The project includes the creation of 270 vegetable gardens, 50 square meters. - 100 sq. M., In a plot owned by the Municipality of Alexandroupolis, totaling about 28 acres.

These vegetable gardens are allocated free of charge for cultivation to a corresponding number of beneficiaries, which are selected on the basis of economic criteria. In the area, the construction of perimeter fencing, drainage network, irrigation network, corridors, greenhouse, canteen, agronomic office, wc and warehouse is taken place. The products produced are intended to meet the needs of the beneficiaries in food, while 10% of the production is available to the municipal grocery in order to help the economically weaker municipalities.





# 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

The main interest in the vegetable garden was the intense desire to produce fresh, organic, healthy and relatively lowcost vegetables, as well as to alleviate the family budget in food expenditure, especially in the current economic crisis. This confirms the general concern of consumers about the quality and safety of food, how it is produced and processed, as well as its place of origin, as food often travels long distances to our plate without knowing its origin and while a number of "intermediaries" have been added to the course of this movement.

Secondarily, beyond the provision of food, research confirms the dynamics of the social demand for (re) ownership of public space and the need for reconnection with nature, agricultural land and rural values. Urban farmhouses seem to offer many functions, revitalizing neighborhoods and creating green spaces, recreation, mental health, social gathering and social responsibility.

9. WEB PAGE. E-MAIL / OTHER CONTACT: http://www.aftodioikisi.gr/ota/dimoi/dimotikoi-laxanokipoi-kontra-stin-krisi/







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#### Bulgaria

**University Botanic Garden of Sofia** 

Sofia, big city, over 500,000 people

In the very center of Sofia, in. "Moskovska" 49

It was founded by the first professor in botany Dr. Stefan Georgiev

In 1892

Sofia University Saint Kliment Ohridski, Bulgarian State and E.U

#### AT THE BOTANIC GARDEN SOFIA YOU CAN SEE:

**Greenhouses:** revealing the beauty and unique diversity of tropical species of orchids, bromeliads, aroids, as well as collections of palms, cycads, cacti and other suculents, ferns, bulbous plants and many tree and shrub species

**Mediterranean garden:** represents typical subtropical plants, including different citruses, olive, myrtle, bay laurel, etc.

**Rose garden:** a display of more than forty varieties of roses.

Rock garden: represents the flora of rocky mountain habitats

**Water garden:** water and wetland plants - water lilies, water hyacinth, floating watermoss, ferns, cattail, sedges, etc.

**A** '**Kitchen garden**' was designed to represent a miniature country house with a vegetable garden. There are herb and flower beds.

Children can observe and grow fruits and vegetables that their parents buy from supermarkets.

Information and shopping center offers information about







the garden activities, guided tours as well as exotic bouquets, plants, seeds, seedlings of different plant varieties.

# 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

Their primary task is to expand the knowledge about the plant kingdom and to carry out activities on ex situ conservation of rare and endangered plant species.

The University Botanic Gardens have a scientific, educational, social and cultural mission which we promote and develop.

#### 9. WEB PAGE. E-MAIL / OTHER CONTACT:

Address 49 Moskovska Str, PO Box 157 1000 Sofia, Bulgaria Phone: + 359 2 9881797 Open: Weekdays: 9.00 - 17.00 Weekends: 9.00 - 18.00

http://www.ubg-bg.com/en-info-ubg-sofia.html







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#### Bulgaria

ECOPARK (a different reading of the word Arboretum)

Varna, smaller city, 357,198 It is in St. St. Constantine and Helena Resort, outside of Varna, in the almost seaside part of Bulgaria.

Sofia University "Saint Kliment Ohridski"

Established 1977

The Bulgarian State and the E.U.

The University Botanic Garden in the city of Varna is the first Eco-park in this country and combines in itself both man-made and natural ecosystems. The park lies on an area of 36,0 ha. The Arboretum includes more than 300 species of exotic trees and shrubs, the grass plants it hosts are more than 100 species, and the collection of irises counts more than 250 varieties. It is truly a place where one gets acquainted with interesting plant and animal species, a place for walks and outdoor recreation. It symbolizes Nature the way we want to preserve it for the future.

#### IN THE GARDEN YOU CAN SEE:

**The irises collection** – over 250 varieties along with other members of the Irises family

**The Rosarium** situated on an area of approximately an acre where there bloom and shed their aroma more than 70 varieties of decorative roses

The day-lily garden where every day open their perishable yet

charming blossoms more than 25 varieties of hybrid and other





types of day-lilies, as well as other representatives of the Lily family The University Botanic Garden-Eco-Park of the city of Varna 8. SOFT (AND offers a venue for green schools, garden parties, weddings, **OTHER) SKILLS** family pick-nicks, barbecues, fun rides in horse carriages, horse THAT CAN BE riding lessons. LEARNED: Address St. St. Constantine and Helena Resort 9. WEB PAGE. 9006 Varna, Bulgaria E-MAIL / OTHER Phone: +359 879 140 533 CONTACT: Open from April to November: April: 8.00 - 17.30 May - June: 8.00 - 19.00 July - August: 8.00 - 20.00 September - October: 8.00 - 19.00







# 3. LOCATION OF THE GARDEN

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#### Bulgaria

**University Botanic Garden in Balchik** 

Balchik, vilage (12,196 people) It stretches on an area of 19.4 ha and has botanical collections containing more than 4 600 species that constantly grow richer.

The University Botanic Garden in Balchik was created in 1955 by academician professor Daki Yordanov, rector of the Sofia University Saint Kliment Ohridski during the 1956-1962 period.

1955

Bulgarian State and E.U.

The University Botanic Garden is divided in three different parts, historically and functionally:

A landscape park already shaped at the time of Queen Marie of Romania that is now an ensemble cultural heritage – a monument of garden and park art.

A garden adapted for the people with limited abilities. Spreading on an area of 1.1 ha, it shows visitors the beauty of seasonal flower compositions, Alpine spots, water areas, cacti and succulents in typical stone beds cut in Balchik rocks. The network of alleys is built in compliance with the requirements for accessible environment for all. In special spot visually impaired visitors can touch different botanic species described with Braille.

Protected area: In 2005 the territory of the Botanic Garden was declared Protected Area – 'an idiosyncratic landscape created in harmonious co-existence of man and nature.' Here professionals and amateurs can observe natural ecosystems and appreciate the rich biodiversity of the region.

The biggest attraction in the Botanic Garden is the outdoor





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for both experts and tourists to see the successfully introduced in the garden exotic species - the ancient Ginkgo, the meta-sequoia (a tree with such dimensions and age outside of its natural aerial can be seen only in the Royal Botanic Gardens Kew in London), the Japanese raisin tree (Hovenia dulcis) and the rubber tree, the holm oak, the evergreen magnolia Grandiflora etc. Beautifully arranged terraces and spots of the garden present annual spring and summer flowers, Alpine and aquatic vegetation, ferns, protected and rare species, lianas, flowering and evergreen shrubs. Besides being a beauty spot of Bulgaria, the University Botanic 8. SOFT (AND Garden in Balchik is a place for research and scientific activity, **OTHER) SKILLS** student stages, ecological training and art initiatives. A Balkan THAT CAN BE Ecology Center operates under the Botanic Garden. LEARNED: 1 Acad. Daki Yordanov Str. PO Box 56 9. WEB PAGE. 9600 Balchik E-MAIL / OTHER Bulgaria CONTACT: Winter period: 8.30 - 17.00 Summer period: 8.00 - 20.00 Phone: +359 579 72338 Fax: +359 579 76197 Email: <u>ubg\_balchik@admin.uni-sofia.bg</u>

exposition of large-size cacti and succulents. It is also interesting




2. NAME OF THE ACTIVITY/ PROJECT:

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## **United States of America**

Three Part Harmony Farm

Washington D.C.-big city over 500.000 Three Part Harmony Farm is located on a 2-acre parcel in northeast Washington, DC.

A person who name is Gail Taylor.

2011

Crowdfunding, Donations.

They grow mostly vegetables as well as fruit, herbs, cut-flowers and have a greenhouse nursery operation that supplies local community and school gardens as well as two locally owned hardware stores. They are using sustainable practices, without chemical pesticides or herbicides.





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8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:	Training Knowledge Management Innovation Self Assessment Adaptability Selling Diversity Awareness Inspiring Networking Interpersonal Relationships
9. WEB PAGE. E-MAIL / OTHER CONTACT:	Web Page: http://threepartharmonyfarm.org Facebook: https://www.facebook.com/threepartharmony/ Twitter: https://twitter.com/3PHarmony Instagram: https://www.instagram.com/3phfarm/



Co-funded by the Erasmus+ Programme

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## United States of America

## **Homeless Garden Project**

Santa Cruz,CA-small city, population about 65.000 3 acre parcel Organic Farm

The Citizens Committee for the Homeless, a Santa Cruz County non-profit organization

May,1990

The City of Santa Cruz, Donations, Sponsors

The Homeless Garden Project provides job training, transitional employment and support services to people who are experiencing homelessness. The Homeless Garden Project's vibrant education and volunteer program for the broad community blends formal, experiential and service-learning.





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8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:	Diversity Awareness Friendly Willingness to Learn Empathetic Selling Experience Dealing with Difficult Personalities Intercultural Competence Respectful
9. WEB PAGE. E-MAIL / OTHER CONTACT:	Web Page: http://www.homelessgardenproject.org E Mail: info@homelessgardenproject.org Blog: http://homelessgardenproject.org/blog/





2. NAME OF THE ACTIVITY/ PROJECT:

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## Australia

**Canberra City Farm** 

Canberra-city over 500.000 citizens Canberra City Farm is on 2,000m2 , and seeking a permit for up to 5,000m2.

Local not-for-profit incorporated volunteer group.

September 2011

Sponsors Collaborators

Canberra City Farms is dedicated to establishing learning hubs where people can collaborate and share their knowledge of sustainable and environmentally responsible food production.

They are developing a hub where they creatively share knowledge and experience of living in harmony with a viable and healthy local environment through:

- Engaging and linking with the community
- Strengthening existing activities and groups
- Nurturing healthy soil to grow healthy food
- Demonstrating options for sustainable living
- Providing opportunities for learning by doing
- Fostering caring communities





# Selling 8. SOFT (AND Inspiring OTHER) SKILLS Networking THAT CAN BE Interpersonal Relationships LEARNED: **Diversity Awareness Emotional Intelligence** Friendly Willingness to Learn Team Player Social Web Page : 9. WEB PAGE. http://www.urbanagriculture.org.au E-MAIL / OTHER CONTACT: E-Mail: urbanagricultureaustralia@gmail.com canberracityfarm@gmail.com Facebook: https://www.facebook.com/CanberraCityFarm Twitter: https://twitter.com/CanberraCtyFarm



Co-funded by the Erasmus+ Programme

of the European Union



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## Canada

People's Potato Community Garden

## Montreal- city over 500.000 Citizens A Community garden in Loyola Campus of Concordia University

Started by a group of university students as a project then has grown from a small volunteer-run collective to a workers' collective employing over 10 people.

1999

University Student Union, University facilities Management, Other Organizations Like Sustainability Action Fund.

The People's Potato is a neighborhood collective providing garden and greenhouse space for community members. Volunteers grow and distribute organic produce to the surrounding community and distribute vegan meals through a food bank. The People's Potato maintains an educational program in the form of monthly workshops and an affordable Good Food Box program.





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8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:	Problem Solving Organization Planning Selling Networking Interpersonal Relationships Motivating Inspiring
9. WEB PAGE. E-MAIL / OTHER CONTACT:	Web Page : https://www.peoplespotato.com Email: peoplespotato@gmail.com Facebook: https://www.facebook.com/peoplespotato Twitter: https://twitter.com/peoplespotato Instagram: https://www.instagram.com/peoples.potato/







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## England

The Chelsea Physic Garden

London (big city more than 500,000 people) The Chelsea Physic Garden is the oldest botanical garden in London,

First established by the Apothecaries in order to grow medicinal plants, this extraordinary garden in London has had wide reaching impact around the world.

It was founded in 1673

Donates and State.

Covering 4 acres the Garden has more than 5000 different plants. It also has one of the earliest rock gardens made with basaltic lava from Iceland.

A vast array of knowledge and discovery is contained within its walls: learn about different cultures in the Garden of World Medicine, see rare plants from Crete and the Atlantic islands of Madeira and the Canary Islands along the warm Island Endemic Flora wall, and smell the Perfumery and Aromatherapy borders. The Chelsea Physic Garden is well worth a visit.

New - Garden of Edible and Useful Plants, highlighting the invaluable role that plants still play in our everyday lives.





# 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

Community projects, resources, school visits, Education for Home Schooled Groups.

9. WEB PAGE. E-MAIL / OTHER CONTACT:

Street: 66 Royal Hospital Road Postcode: SW3 4HS City: London Country: United Kingdom Telephone: 020 7352 5646 E-Mail: enquiries@chelseaphysicgarden.co.uk







# **GOOD PRACTICE NO. 38 – ENGLAND**

# 1. COUNTRY

2. NAME OF THE ACTIVITY/ PROJECT:

# 3. LOCATION OF THE GARDEN

-(BIG CITY WITH OVER 500.000 CITIZENS, SMALLER CITY, VILLAGE) -DESCRIPTION OF THE LOCATION

# 4. WHO ESTABLISHED THE GARDEN

(A PERSON, AN ORGANIZATION, AN INFORMAL GROUP, ETC.)

# 5. START DATE OF THE GARDEN / PROJECT:

# 6. SOURCE OF FINANCING:

7. DESCRIPTION OF ESTABLISHING AND MAINTAINING THE GARDEN, RULES OF USING THE GARDEN, ANY OTHER USEFUL INFORMATION:

### Wales

St Fagans planted terraces

## Cardiff (smaller city, 341,000 people) This garden at St Fagans is situated at the Museum of Welsh Life.

The Museum of Welsh in Cardiff

1766

State and donates

At St Fagans planted terraces lead up to the castle and more formal gardens, from the small lakes known as the fishponds which date from before 1766.

The recently restored Italian Garden has an unusual raised pond and the whole is enclosed by tall walls which mirror the light. Lovely plantings.

The Rosery is stunning in season and the arbour is circled by a small canal. Plenty more to see including colourful borders.

The museum which creates historic Welsh life is also making gardens for the many old re-erected buildings.

St Fagans is a great day out.





# 8. SOFT (AND OTHER) SKILLS THAT CAN BE LEARNED:

Education, visit, research.

9. WEB PAGE. E-MAIL / OTHER CONTACT:

Address Street: Museum of Welsh Life, St Fagans Postcode: CF5 6XB City: Cardiff Country: United Kingdom

Contact Telephone: 029 20573500

#### Website:

http://www.museumwales.ac.uk/en/stfagans/









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## Ireland

Mount Stewart House and Gardens, Northern Ireland

Newtownards (smaller city, 28,039 people) Countytown

Built for Marquess of Londonderry by George Dance

1820

Projects, donates and State of Ireland

The garden reflects a rich tapestry of design and great planting artistry that was the hallmark of Edith, Lady Londonderry. The mild climate of Strangford Lough allows astonishing levels of planting experimentation. The formal areas exude a strong Mediterranean feel and resemble an Italian villa landscape; the wooded areas support a range of plants from all corners of the world, ensuring something to see whatever the season.

The house has now re-opened after our 3 year long restoration project. We've brought back the elegance and charm of the house when it was home of the 7th Marchioness Edith, Lady Londonderry and her family in the early 20th century and we look forward to welcoming you to enjoy in all its splendour.





# Children's activities, tourism activities, education, research, 8. SOFT (AND decoration. OTHER) SKILLS THAT CAN BE LEARNED: Street: Greyabbey 9. WEB PAGE. Postcode: BT22 2AD E-MAIL / OTHER **City: Newtownards** CONTACT: County: County Down Country: United Kingdom Contact Telephone: 02842 788387 / 788487 E-Mail: <u>mountstewart@nationaltrust.org.uk</u> Website: Mount Stewart House and Gardens, Northern Ireland





