

WITH NATURE TO MUTUAL UNDERSTANDING



Edited by Iva Pires

With Nature to Mutual Understanding (2016-2019) was funded by Key Action 2, Cooperation for Innovation and the Exchange of Good Practices, European Union.

Lipka (school facility for environmental education) was the project Coordinator of a consortium that joined:

- Faculdade de Ciências Sociais e Humanas, Universidade Nova de Lisboa, Portugal
- The Henry Doubleday Research Association, Great Britain
- SOSNA, Slovakia
- Co.M.P.A.S.S. Social Cooperative Society ONLUS, Italy
- Foundation Seiler, Switzerland
- Arboretum, Slovenia.

The project focused on possibilities of using the Garden Therapy to help and re-integrate three main user groups: refugees, minorities and socially excluded individuals (long-term unemployed, disabled people ...)

Activities consisted mainly in short-term join staff training events and visits to partner organizations to compare the systems of working with those target groups in the nature/gardens and share examples of good practice.

This e-book is a summary of the activities and institutions visited during the project.

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Cover: Photographer Giona Pretazzini Co.m.P.A.S.S

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“Green Care”: The potentialities of the use of Nature Therapies

We live in a world where everyday life is made easier by new information and knowledge technologies and increased mobility. Whereas, at the same time, the contact with the natural environment is decreasing. More than half of the world's population lives in urban areas with high population densities, low air quality and, in many cases, low or no access to quality green areas. We are increasingly discussing the “healing” role of nature, the need to regain the ties with it and the therapeutic, spiritual and psychological benefits that derive from its enjoyment.

1. Introduction

We live in a world where everyday life is made easier by new information and knowledge technologies and increased mobility. We are also hyper-stimulated by information. Whereas, at the same time, the contact with the natural environment is decreasing. More than half of the world's population lives in urban areas with high population densities, low air quality and, in many cases, low or no access to quality green areas. The urban population is susceptible to numerous diseases arising from lifestyle, diet, as well

as from pollution, thus imposing a burden on health systems. We are increasingly discussing the “healing” role of nature, the need to regain the ties with it and the therapeutic, spiritual and psychological benefits that derive from its enjoyment.

The transition from an industrial society to a post-industrial society has brought profound changes in the production and consumption patterns, in the labour market, in our mobility, it has brought about new forms of sociability and it has transformed the world into a small “village”. We are becoming increasingly urbanized. The world's population will continue to grow until the middle of the 21st century, primarily in cities. The world's urban population, which represented 54% in 2014, will grow to 66% by 2050 .

Many of the largest metropolis have high population densities, as well as high soil sealing rates, low biodiversity, pollution and low air quality. The World Health Organization identifies air pollution as the greatest environmental risk to health, that affects all regions, socio-economic groups and age groups and estimates the number of deaths

resulting from exposure to environmental pollution at 3 million (WHO, 2016).

On the other hand, large cities will be affected by climate change as heat waves and floods can destabilize the food supply and together will further aggravate the quality of life and the health of its inhabitants. In many of the world's largest cities, in which thousands of inhabitants live, the percentage of public green areas (parks and gardens) is very low: for example, 4.9% in Bogotá, 2.2% in Istanbul or 9.5% in Paris .

One of its consequences is that urban population is increasingly estranged from the contact with nature and its sensory stimuli. This estrangement is the result of several factors such as the scarcity of nearby green spaces, a decontextualized teaching of environmental subjects, the globalization of food chains (Richard & Zapata, 2013), new sedentary and indoor leisure activities of the younger generations, lifestyles with long working hours, high stress levels, and reduced walking distances (Deliens et al., 2015), thus severing the vital connection we had with nature in the past. Extensive scientific research shows the benefits of engaging with physical activity, especially if practised in contact with nature (Bowler et al., 2010).

The estrangement from nature and the urban ecosystems experience does not allow us to have an idea of the benefits of ecosystem services nor of the costs associated with the transformations that we are imposing on ecosystems, hence fostering the false idea that we can continuously ex-

plot a planet whose resources are finite. On the other hand, an increasing number of lifestyle-related diseases and the trend towards an ageing population imply increased costs for health systems (Ding et al., 2016). In order to improve the population's general health and to reduce health systems expenditure, new alternatives are needed. Increasing cities resilience to climate change, as well as their inclusiveness and providing better quality of life is a global goal stated in objectives 3 and 11 of the 2030 Agenda for Sustainable Development.

2. The welfare benefits associated with the fruition of green areas

It seems common sense that nature provides a range of key benefits to the human being, not only as raw materials (natural resources) but also as services, namely provisioning services (related to the ability of ecosystems to provide resources such as food, biochemical and genetic resources and water), regulating services (such as climate regulation or air purification), cultural services (such as recreational, educational, aesthetic and spiritual benefits) and finally supporting services (such as nutrient cycling, soil formation, primary production, pollination and seed dispersal). These services influence the health and well-being of human beings both directly (for example when it comes to their role in climate regulation or food production) and indirectly (through cultural services), and they are more efficient than man-made infrastructures created for the same purposes (Daily, 2009; Horta, 2018). However, the process of recognizing the value of the eco-

system services has been slow, partly because of their immaterial nature and partly because there is still no convincing way of attributing an economic value to them (Ruffo & Kareiva, 2009). In one of the 100 most influential texts on the environment, Robert Costanza (et al. 1997), awarded an economic value to a set of 17 ecosystem services in an attempt to show their relevance to the quality of life of human beings and to help us make more sustainable choices, by showing, for example, that a tree has much more value for the services it provides than for biomass alone.

Before we realize its importance, a process of destruction has begun which must be reversed urgently and which is well evidenced in the Millennium Ecosystem Assessment report (MEA, 2000), as a result of what Jackson named the "age of irresponsibility" (Jackson, 2013). A Eurobarometer survey on risk perception shows that 61% of European citizens, faced with a list of possible risks, first elected environmental degradation affecting their health as the factor that was most likely to affect them personally.

The consequences of the loss of a relationship with nature, particularly in Western economies, include degradation of public health and well-being, loss of emotional affinity with nature, and stifling of pro-environmental attitudes and behaviours. In this context, it is necessary to re-establish and strengthen these bonds, particularly when it comes to urban populations, which will contribute to healthier and more sustainable societies because the awareness of the benefits of this tie is heightened (Sempik, Hine & Wilcox, 2010; Cox & Gaston, 2018).

Wilson's biophilia hypothesis (1984) suggests that humans possess an innate tendency of connection with nature and of emotional contact with other living organisms. He further declares that this instinct is as powerful as the others and that it has been a driving force in our evolution as a species. Nature-based therapies take advantage of this innate instinct to benefit human health. This term includes a wide range of interventions that use nature and the natural environment as a framework for carrying out activities such as horticultural therapy or animal-assisted therapy with the aim of improving and promoting the (mental and physical) health of the participants (Sempik, Hine & Wilcox, 2010).

Even though a causal effect between nature-based therapies and improvements in health and well-being has not yet been demonstrated, there is already a wide literature showing that there are correlations between their use and well-being (Sempik, Hine & Wilcox, 2010).

3. The project With Nature to Mutual Understanding

The project With Nature to Mutual Understanding (2016-2019) is funded by Key Action 2, Cooperation for Innovation and the Exchange of Good Practices, of the European Union's Erasmus+ programme. Lipka (school facility for environmental education), from the Czech Republic, is the project coordinator and the consortium joins as partners the Faculty of Social and Human Sciences – Nova University of Lisbon, (Portugal), The Henry Doubleday Research Associa-

tion (United Kingdom), SOSNA (Slovakia) the Co. M. P. A. S. S. Social Cooperative Society (Italy), the Seiler Foundation (Switzerland) and the Arboretum (Slovenia).

The aim of the project is to share experiences and good working practices of organizations that use nature under different approaches: using, for example, gardens, vegetable gardens, parks and forests as a communication tool between and within target groups that are sometimes perceived as representing an economic burden on the social and health system. The project focused on the possibility and potential of using nature therapy (green care concept) to aid and reintegrate three main target groups:

- people with social and health disadvantages (e.g. the elderly, disabled people, unemployed, war veterans, victims of violence, people with burnout syndrome and young people struggling with addiction);
- minorities (e.g. Romani communities and ethnic minorities);
- migrants and refugees.

Another objective is to create a network of organisations that use these therapies in several European countries, in order to facilitate the mutual exchange of cultural, work and learning experiences. Each partner country can take a different approach when working with these target groups and it is intended to compare their results as well as assess the difficulties. The pro-

ject activities include visits and meetings with the participants to discuss and understand how these approaches work, what their perception of the benefits is, whether they have contributed to the development of communication, social and entrepreneurial skills and what challenges they have faced when using these therapies.

The project outputs and results include the publication of a book, with a summary of the results, the creation of a network of users of these therapies and the identification of convergent educational needs across all countries that can, eventually, lead to the creation of an educational domain dedicated to nature therapy, which can be directed to working with these target groups.

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1. Czech Republic



Program

Invitation to Lipka, Brno Czech Republic - 2 – 9 May, 2017

Date	1st day, Tuesday 2nd May 2017
17:00 hour	Welcoming of partners, Introduction of Lipka
	Dinner (workplace Kamenna)
Date	2nd day, Wednesday 3rd May 2017
09:00 hour	Introduction of the project, changes in the project, partnership agreements, finances, schedule for other meetings
12:00 hour	Lunch (workplace Kamenna)
13:00 hour	Visit of therapeutic gardens of the St. Elizabeth Hospice, the Retirement home of Peaceful old age, the Garden of Lipka - Kamenna, Kamenka District
17:00 hour	Dinner (workplace Kamenna)
18:00 hour	Introduction of partner's organizations
19:00 hour	Movie: Growing cities
Date	3rd day, Thursday 4th May 2017
09:00 hour	Strategy of fulfilling project goals, questionnaires, PR, vision, consultations, contacts
12:30 hour	Lunch (workplace Jezirko)
13:00 hour	Gardens of Lipka (Jezirko and Rozmarynek)
17:00 hour	Dinner (Brno)
18:00 hour	Brno sightseeing
Date	4th day, Friday 5th May 2017
08:00 hour	Visit of therapeutic gardens in Znojmo (70km from Brno) and Baliny (60km from Brno)
13:00 hour	Lunch (Velká Bíteš, near from Baliny)
14:00 hour	Visit of therapeutic garden by the Special school Velká Bíteš
18:00 hour	Dinner (Austerlitz – Brno)
	Free evening (shopping)
Date	5th day, Saturday 6th May 2017
08:00 hour	Herb garden Lednice (55km from Brno)
13:00hour	Lunch (Včelařský dvůr - Lednice)
	Visit of the Retirement home at the Nezamyslice Chateau (50km from Brno), Sluňákov - the house of nature (90km from Brno)
	Dinner (Jeseník, 180km from Brno)

Date	6th day, Sunday 7th May 2017
08:00 hour	Breakfast (Jeseník)
	Tour of the spa area Jeseníky
	Lunch (Jeseník)
	Visit of garden for the blind with the Rudka cave by Kunštát (45km from Brno)
	Dinner (Austerlitz - Brno)
Date	7th day, Monday 8th May 2017
09:00 hour	Pedagogical and therapeutic use of Hády quarry (Brno)
13:00 hour	Lunch (U Seminářů - Brno)
15:00 hour	Visit of therapeutic garden at the psychiatric clinic by the Faculty Hospital in Brno
17:00 hour	Starobrna brewery tour, dinner
Date	8th day, Tuesday 9th May 2017
09:00 hour	Evaluation
	Lunch

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Lipka/With Nature to Mutual Understanding

Herb garden of Lu and Tíree Chmelar

It is a unique garden with more than 300 herb species in the centre of the Lednice-Valtice area, registered in UNESCO. It has been the first sample garden using the nature principals of gardening in the Czech Republic. The garden includes ornamental flower beds which can be an inspiration for your own garden, a sandpit for kids as well as a possibility to water the plants. You can find an educational beds with the medicinal plants/herbs here, aphrodisiac herbs, herbs of myths and legends, dyeing plants or those herbs which can be used in aromatherapy or in the kitchen.

The history of herbal garden began in 2004. The main initiators of the project, were the couple Tíree and Lubomír Chmelar from the USA. They have been supporting and promoting the Lednice-Valtice area in the world and ensured the financial support of American foundations. Unfortunately, Tíree passed away before the garden was open. The garden is therefore dedicated to her memory. Since 2017 the garden bears the name of both, Tíree and Lubomír.

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St. Elizabeth Hospice

Hospice care provides a complex care and support for the people in an advanced or final phase of incurable disease. The support is also provided to the close relatives of the patients. "Hospice is a place, where you can live"

The idea of a hospice care is based on a respect to the human being as a unique and unrepeatable creature and his needs - biological, psychological, social and spiritual. It is strictly based on an individual needs and wishes of the patient and it emphasizes the irreplaceable role of the family and an amity of every person.

The hospice guaranties to the patient:

- to not suffer from an unbearable pain
- to not stay alone in the last moments of his/her life
- to respect his human dignity

In 1998 the first hospice was opened in Moravia; as the second one in the Czech Republic. The activity of hospice was held here - in the convent of the Elizabethan sisters – by Masaryk Cancer Institute (MOÚ). In September 2001, the hospice was closed by the decision of the MOÚ management. Since 2002, the civic association Gabriela has been trying to renew the hospice's activities and currently, 20 beds serve to the clients of the hospice. An integral part of the last-days care for the quality is the possibility to stay in the natural garden, where you can go with the beds and necessary devices. In 2018 the Hospice celebrated the 20th anniversary of its foundation.

Organisation/Project Location: City and Country
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Lipka/With Nature to Mutual Understanding Baliny

This barrier-free Eco-centrum is situated in a farmstead in the middle of the Baliny valley natural park in a small village Baliny close to Velké Meziříčí. Big part of the farmstead was costly refurbished. You can find a classroom here, a huge hall for different meetings and conferences and a large experiential garden, which reflects the specific needs of the people with a handicap. Eco-centrum offers a one-day programs for pre-school and elementary school classes including programs for the kids with a specific educational needs.

The seminars for teachers are organised here as well as free-time activities for kids and public (exhibitions, art and gardening workshops, lectures, seminars, discussions and excursions). Together with the Eco-centrum, a social service Lebeda club is located at the same building. The club is providing a garden-therapy activities and programs for adults and seniors.

Organisation/Project Location: City and Country
Baliny, Czech Republic
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Lipka/With Nature to Mutual Understanding



Therapeutic Garden by Special Primary School Velká Bíteš

The garden is situated on the east side and covers 1.415 m². In 2007, this area was substantially modified. Thanks to the projects and grants, a garden is now also available to pupils with specific educational needs (Autism, Mental Disability and Multiple Disabilities).

In 2014, it was certified as a "Natural Garden Showcase" and became a place for both education and relaxation where it is possible to recharge new energy, enjoy pleasant sounds, scents, colours and flavours. Part of the garden consists of a rainwater tank, a garden house with a shelter as a natural classroom and a small zoo with a guinea pig and a rabbit. There are insectshotels, a tactile trail, a mini arboretum, a small orchard of fruit trees and berry shrubs, a wild corner, a fence of shrubs, a herb spiral, dry walls, perennial beds, rocks and indispensable composters.

An integral part of the vegetable beds (including the round African flower bed) is use of grown vegetable in the Healthy Nutrition club. Staying in the garden is also appreciated by the immobile pupils thanks to a special raised bed. Custom-made elements provide sound, tactile and visual experience.

Organisation/Project Location: City and Country Velká Bíteš, Czech Republic

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Lipka/With Nature to Mutual Understanding



Retirement home at the Nezamyslice Chateau
The mission of the organization is to provide the necessary support for people with mental disabilities, on their way to the normal way of life, through the year-long residential service.

Emphasis is on maintaining and developing the self-sufficiency of the user with respect to the individual needs and possibilities of each individual. We offer the following basic services:

accommodation, food, personal hygiene assistance, assistance in handling common personal care, educational and activation activities, socio-therapeutic activities, mediating contact with the society, assistance with enforcing rights and obtaining personal affairs, basic social counselling, and health care according to the law.

We offer these therapies: ceramic workshop, basketry workshop, weaving workshop, leather workshop, garden therapy, lamatherapy, orthotherapy, canistherapy, artetherapy, music therapy, Snoezelen, Basal stimulation, Harmonization stimulation.

The organization is located in the grounds of a former castle from 1764 with a large garden.

Previously the garden was led as a fruit orchard. After several modifications, the garden has become a space for work therapies, for relaxation and relaxation for clients with mental disabilities. The garden is divided into three parts. One part is usable, the second is sport-relaxing, and the third is therapeutic.

Among the therapeutic elements of the garden there are triangular beds of roses, herb spirals, raised beds, aromatherapeutic elevated flower bed, coop for animals (lamas, goats, sheep).

In the utility part of the garden, clients with the support of staff grow fruits and vegetables, willow wicker and millet and sunflower for parrots.

Target group: persons with mental disabilities

Organisation/Project Location: City and Country
Nezamyslice, Czech Republic

Contacts
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Sensory Garden and Knights of Blaník cave

Rudka u Kunštátu is known especially due to the cave with the Knights of Blaník statues. During the last years the new unique attraction is being created in this area – a sensory garden. Blind and partially sighted people can by all their senses enjoy various interactive elements here. For example, a ceramic ball filled with pinecones.

However, the garden is here for everyone. It is a place to train and develop your senses - touch, hearing, smell and sight. One can touch the plants and herbs, play with the tools and elements mak-



ing sounds and noises. You can find a ponds connected by creeks and cascades with each other, ceramics vases with various items inside, a historical apiary with a beekeeping exhibition, everything with the boards and labels in braille.

Organisation/Project Location: City and Country - Rudka u Kunštátu, Czech Republic
Contacts

<http://www.rudka.cz/jeskyne/zahrada-smyslu-hmatova-stezka>
<http://www.rudka.cz/jeskyne/zahrada-smyslu-hmatova-stezk>



Lamacentrum in Hády Quarry

Lamacentrum Hády was founded as a project of Hády land association in 2011 on the south slope of Hády, in the area of a former quarry called Džungle. Lamacentrum Hády serves as an Eco-centrum, info-centrum and a facility for numerous visitors of the whole Hády area. It has become a pleasant place connecting nature, experiences and cognition.

During the week it offers an educational environmental programs for preschool, primary, secondary and high schools. The programs are linked by experience of a direct contact with animals from Lamacentrum.

During the weekend, the centrum is open to visitors from the general public, there are educational events with natural and environmental themes and excursions to the surrounding countryside. All this is linked to information about this unique area and its natural wealth and spiced with the presence of friendly animals.

Other activities of the Lamacentre includes, for example, summer suburban camps, animal visits to the houses for the elderly and people with disabilities, and a science club for children with autistic spectrum disorders.

Organisation/Project Location: City and Country
Brno, Czech Republic
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Psychiatric Clinic by the Faculty Hospital in Brno
Comprehensive treatment for people with mental disorders

Therapeutic garden is very important for clients and divided into three parts:

The small garden is mainly available to post-acute patients. Patients have access to the garden from the clinic building. This part of the garden allows different activities and relaxation and offers the possibility to be active in a gardening – growing vegetables, herbs and fruits. This garden includes new fruit trees and bushes with edible berries.

The garden for children is an interactive space with water and game elements. This area is divided into several parts offering privacy, relaxation and movement. One part of garden consist of plots for active gardening – planting flowers, herbs and vegetables.

The last part of the therapeutic garden is an open garden that serves patients from other clinics or units of the University Hospital. This garden includes a water element, raised bed for patients with different types of movement disabilities (patients with wheelchairs, walkers, sticks). There is a sensory trail,

herb spiral and private space for patients and their visitors. There are also many objects for observation: flower beds with perennial and annual plants, waterbaths for birds or insect hotels.

Organisation/Project Location: City and Country
Brno, Czech Republic

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which are corrected by compensatory aids, and also for people with a mild afflicted physical handicap of age between 16 to 40 years.

The mission of a social rehabilitation is an active support of people with mental disabilities while maintaining or developing their basic social and personal habits and working skills, supporting their autonomy that can help them to improve their social status.

This support is based on their individual needs, respects their fundamental human rights and freedom and at the same time it offers help and support in their integration into everyday life.

The aim of the service is a person motivated to education and work activities within his capabilities and abilities and is led to independence and self sufficiency – e.g. shopping, dealing with authorities, usage of public service, usage of public transport, cooking and cleaning, with the respect to their abilities and skills.

Therapeutic Garden Atelier Samuel

In the Atelier we are focused on people with mental disorders and multiple disabilities. We teach participants to practice different work activities, to take care of themselves, to get know their surroundings and to be able to spend their free time in a suitable way.

Social rehabilitation of Ateliér Samuel is intended for people with mild to moderate mental disabilities, or with associated sensory disorders,

Organisation/Project Location: City and Country
Znojmo, Czech Republic

Contacts

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2. Italy



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Invitation to CO.M.P.A.S.S., Massa Italy - 3 - 7 July, 2017

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Date	Activity
Lunedì - 3 luglio - 21/3/18	
14:00	Check into Ostello Palazzo Nizza
15:00	Welcoming of partners at Cooperativa Sociale CO.M.P.A.S.S. Headquarters
16:00	Visit the "Social Centre Comasca" Greenhouses and Therapeutic Garden; Visit the Garden of the Alzheimer daily care centre "P.Pelù"; Visit one of the Pietrasanta nursery school Garden ; Visit the Refugees Shelter Vegetable Garden at "Villa Serena"
18:00	Check into Ostello Palazzo Nizza (afternoon arrivals);
19:30	Open Air Meal with Grilled Meat and local vegetables at "Social Centre La Comasca".
Martedì - 4 luglio - 21/3/18	
8:30	Depart for "Il Pungiglione: the Acceptance Village", in Boceda, Mulazzo, MS;
13:00	Lunch at the "Montagna Verde Organic Farm" in Apella, Licciana Nardi, MS;
15:00	Visit the Montagna Verde BioPark "L'Abete Bianco"
18:30	Wine-tasting and dinner at the "Scurtarola Organic Farm" in Colline del Candia, MS
Mercoledì - 5 luglio - 21/3/18	
8:30	Visit the Psychiatric day centre vegetable garden "ORTOLO"
9:30	Guided Visit at the Monte Brugiana Therapeutic and Rehabilitation Village
17:00	Break Time for resting or going to the beach. Dinner with Pizza at Parco della Rinchiostra
Giovedì - 6 luglio - 21/3/18	
8:30	Depart for the Bio Colombini Organic Farm in Pisa
12:00	Lunch at "La Serra" Educational Farm
15:00	Guided Visit at "La Serra" Educational Farm
18:00	Visit the Pisa or Lucca City Centre. Lunch at Pisa or Lucca
Venerdì - 7 luglio - 21/3/18	
8:30	Visit the Calafata Organic Farm, Viareggio, LU
13:00	Lunch and departures

1. Introduction

Several of the activities targeting disadvantaged people (whether on a social, mental or physical level) in Italy, involve nature, gardening or farming regarded as valuable tools in order to improve one's own wellbeing; and several are the economic and non-economic sectors, that, focusing on different aspects, have nonetheless expressed their interest for such activities.

The range is broad, from some agricultural businesses that provide services for people with special needs, for instance people suffering from intellectual disabilities, to cooperatives that through agriculture employ individuals who underwent rehabilitation programs (detention, drug addiction and so forth), offering them real employment opportunities; likewise, some of these businesses provide useful support to people suffering from psychiatric conditions.

Therefore, different parties (agricultural businesses, social cooperatives, cultural associations, trade associations, environmental education centres) offer different activities: community gardens, gardening labs, universally-accessible nature trails, prison farm programs, hippotherapy and onotherapy programs.

During the study-stay in Italy, several were the operators joining from Northern Tuscany, particularly from territories such as Massa Carrara, Lucca and Pisa; what sets Tuscany apart from other Italian regions is its strong approach towards networking while placing value on singular realities and assimilating different offers.

National Law on Social Agriculture
Law No. 141, August 18th, 2015
Provisions on Social Agriculture

Regional Laws of Tuscany on Social Agriculture
Regional Law No. 24, February 26th, 2010
Provisions on Social Agriculture (Official Record No.13, first part, 5.03.2010)

Ortolo

This project comes from the cooperation between Local Health Authority 1 of Massa Carrara area and the Mental Health Department as an activity performed at the day-care centre "La Bottega". Jointly managed by two social cooperatives, Cooperativa Sociale Co.M.P.A.S.S. and Cooperativa Di Vittorio, this project addresses mental health service users.



Photographer Fazzi Laura Co.M.P.A.S.S

It is a project where mental health service users can experience horticultural activities on a piece of land made available by the City Council.

The activities, soil preparation, sowing, cultivation and so forth, are organized and carried on together with users of the centre who, at the end of the activity, are allowed to take home the products grown by themselves.

Ortolo and Schools

The aim of this project is twofold: developing horticultural activities in local schools, and enabling environmental training courses combined with socialization and integration activities between mental health service users and the territory. A sensory path was also realized for this activity.

Organisation/Project Location: City and Country
Coop. Co.M.P.A.S.S - Massa - Italy
Co.M.P.A.S.S. Società cooperativa Sociale
O.N.L.U.S.
Viale Stazione, 16 - 54100 Massa (MS) -
Tel.: +39 0585 41413/41974 - Fax: +39 0585/41728
info@coopcompass.it
www.coopcompass.it

La Comasca Socialization Centre

Located in Massa City, the centre is managed by the social cooperative Cooperativa Sociale Co.M.P.A.S.S. and provides a space for users with disabilities to engage in educational and training socialization activities. Among the offered activities, the green-areas management and farming organization, both carried either outdoor or in the greenhouse, seem to be among the most beneficial ones.

LA COMASCA - Horticulture

In the neighbouring piece of land, disadvantaged people can experience farm activities from beginning to end (starting with sowing) growing many types of vegetables and spices, particularly focusing on local varieties and chilli pepper. "Capperi Che pepperoncino" is an annual fair organised by the centre where hundreds of varieties of chilli pepper, personally grown by the users of the centre over the year, are presented.

The event provides an opportunity to foster inclusion and self-esteem.



Photographer Paolo Monti Co.M.P.A.S.S

LA COMASCA – Green Areas Management

Disadvantaged people who reside in the centre during the day, together with staff members of the centre, take care of the green spaces around the facility and of some City-owned small green areas. The project aims to strengthen integration and to improve the users' practical skills.

LA COMASCA – Our garden, your garden

This project focuses on the local primary schools and aims to nurture integration and to provide educational opportunities for future generations in order to promote a healthy diet and a new relation between nature and diversity.

Organisation/Project Location: City and Country
Coop. Co.M.P.A.S.S - Massa - Italy
Co.M.P.A.S.S. Società cooperativa Sociale
O.N.L.U.S.
Viale Stazione, 16 - 54100 Massa (MS) -
Tel.: +39 0585 41413/41974 - Fax: +39 0585/41728
info@coopcompass.it
www.coopcompass.it

Montagna Verde

Owners since 1995 of Montagna Verde Agritourism, Mario Maffei and his family have been devoting their effort to promote and protect the ancient and beautiful village of Apella and its Tower, home of the agritourism, located in Lunigiana (Northern Tuscany), and to develop sustainable tourism and organic farming, preserving the surrounding agricultural landscape



Photographer Giona Pretazzini Co.M.P.A.S.S

Biopark "L'Abete Bianco" – Educational Farm

Spreading for more than a hectare within a wider untouched ecological environment -where many local and wild endangered species, ancient plants and animals still live-, biological gardens, guided tours for schools, groups of children and adults: it is Apella's biopark "L'Abete Bianco", an agricultural land focused on nature conservation and environmental education, and where it is also possible to organize didactic gardening projects, laboratory activities, outdoor and indoor games.

The name, "Abete Bianco", refers to the silver fir tree, a symbol of biodiversity. Local historians believe that the name Apella came from "La Pela", as shown in old maps, which was the word used to indicate this plant in the Apennine jargon.

Trough educational, research, conservation and promotion-oriented activities visitors are provided with the basic information about natural biodiversity, agro-biodiversity and food safety; furthermore, sustainable development-oriented actions are promoted, stimulating visitors' reflection and behavior on food choice and the use of natural resources, with a particular focus on local varieties of cultivated wild species, whose survival is unfortunately at risk.

Organisation/Project Location: City and Country
Licciana Nardi (MS) - Italy
tel: (+39) 0187.421203 fax: (+39) 0187.471450
(+39)392.9963407 – (+39) 335.304121
info@montagnaverde.it www.montagnaverde.it

Comunità Monte Brugiana - Monte Brugiana Rehab Centre

It is a live-in rehab centre that addresses different forms of addiction (alcohol, drug use, pathological gambling). The centre first opened its doors in 1982 in Tirrenia (Pisa) as the material realization of the educational path pursued by a few Christians who wanted to live their faith radically. Relocated in Massa in 1984, eventually the centre was recognized and registered as "Ente Ausiliario" (Auxiliary Body) in 1987. In 1991, it participated in the foundation of CEART (Group of Auxiliary Bodies of Tuscany).

Today the centre resembles a small mountain village with its more than 100 "inhabitants"



La Brugiana – Ergotherapy

The 15 hectares of land surrounding the centre are used for the self-sustainment of the centre as well as botanical garden. The green areas are

taken care of by the users of the centre as part of their rehabilitation and educational program. Several ergotherapeutic activities are conducted inside the program: gardening, flower-growing, greenhouse cultivation, animal husbandry and related activities (oil mill, cheese factory, salami factory), agriculture, apiculture, masonry, carpentry, automotive repair, smithy, carpentry, hydro-thermo sanitary engineering and electrical engineering, pasta manufacturing, planning, bakery, laundry service, tailoring, cafeteria management; furthermore, there are art-related and recreational activities: pottery, glasswork, paper production, drawing, embroidery; publishing, graphic design, digital printing and photography, video shooting and editing, DIY, theatre workshops and musicotherapy, as well as a variety of sports activities.

Organisation/Project Location: City and Country
Massa - Italy
Tel. 0585 791408 Cell. 340 4520519
0584 1855343 brugiana@brugiana.it
http://www.brugiana.it

Il Pungiglione – Welcome Village

"Il Pungiglione – Welcome Village"'s roots can be found in the "Pope John XXIII Community" Association, founded by Father Oreste Benzi. Nowadays it is a place highly specialized in bee-keeping thanks to its complementary components: the mieleria (honey-making centre), the Chandler's laboratory and the carpenter's shop; however, it is, above all, an actual village which provides housing to disadvantaged people who

lived painful experiences: it is an opportunity to build a juster society.

Along with the Pope John XXIII Community, Il Pungiglione launched both the project Rinascere (a shelter centre for adults) and the Welcome Village. The Village focuses on ergotherapeutic laboratories where high-quality honey bee chain products are made. In this way, people who have lived through traumatic life experiences as detention or enslavement, as victims of the prostitution racket, can access job training opportunities.

Il Pungiglione Cooperativa Sociale – Social Cooperative

Mieleria - Honey-making Centre

It is a social cooperative that works the different bee products organically: honey, royal Jelly, beeswax and propolis. In 2004, Pungiglione was granted the PDO status regarding chestnut and acacia honey production in Lunigiana.



Photographer Giona Pretazzini Co.m.P.A.S.S

Falegnameria – Carpenter’s Laboratory

The laboratory produces products for bee-keeping: beehives, honeycombs, pollen traps, bee scapes and so forth.

The laboratory was conceived to provide disadvantaged people with training opportunities in order to improve their own skills and facilitate their reintegration into society.

For “Il Pungiglione”’s laboratory, quality is the key point of the entire project as they believe in the importance to teach quality to those who have often witnessed the darkest sides of life.

The production of bee-keeping items takes place within a project promoted by the association “Pope John XXIII Community”, founded by father Oreste Benzi, to whom the cooperative is part of, that aims to reintegrate into society people in need.

Progetto Rinascere - Correlated Social Reintegration Project for disadvantaged people in Lunigiana

The project RINASCERE consists of three half-way houses, non-profit organizations of the association Pope John XXIII Community, located in Mulazzo-City (Lunigiana/ Province of Massa-Carrara), diocese of Massa/Carrara/Pontremoli, and of the laboratories run by “Il Pungiglione” Cooperative, direct expression of the association. The project answers the need of Massa Carrara local area where two detention centres are actu-

ally located while lacking, nevertheless, the presence of any support or job centres to help upon release.

The project aims to become the platform of a wider network of services on a national scale that will help generate new possibilities and tools for those who are serving their time, following the institutional mandate of the competent bodies, thus activating the territory, citizenship, bodies and institutions.

Actively involved in the realization of the project are Caritas Diocesana, the Italian Surveillance Magistracy, the Department of Corrections (DAP), the Social Service Centres for Adults (C.S.S.A.) Massa, the Detention Centre in Massa, the Region of Tuscany, the Province of Massa-Carrara, the Local Authorities, the Lunigiana Mountain Municipalities, the Local Health Authority through its Service for drug addiction (Ser.T.) and other services.

The Project has received funding from the EU and through other channels and private sponsors, such as Caritas Italiana and some Bank Foundations. The project is coordinated by the National Detention Centres Service under the association Pope John XXIII Community.

Organisation/Project Location: City and Country
Boceda di Mulazzo (MS) - Italy
Loc. Boceda, Mulazzo, MS 54026
Tel: 0187 850022
info@ilpungiglione.org
<https://www.ilpungiglione.org>

Educational Farm La Serra

The Azienda Agricola La Serra is a family-run farm business that combines production (grain, wine, oil and honey), tourist services (agritourism and restaurant) and educational activities (solar field, educational farm, training, kindergarten in the wood).



Photographer Giona Pretazzini Co.m.P.A.S.S

“La Serra” provides schoolchildren with different activities to learn both about rural life and agriculture: honey workshop, planning, horticulture and natural herbs.

Kindergarten in the wood

“Le Piccole Lucciole” (Tiny Fireflies) is a cultural association born inside the farm.

The people behind the association have different stories, jobs and backgrounds; however, they put their heads together wanting to create a new educational approach, pictured from a child’s perspective.

The Projects has been inspired by different pedagogical theories: the Montessori method, the Steiner approach, also putting into practice the ideas that inspired the first kindergartens in the wood in Denmark.

Organisation/Project Location: City and Country
Ceppaiano
56040 Crespina PI
Tel: +39 339 4251698
info@fattoriadidatticalaserra.it
<https://www.fattoriadidatticalaserra.it>

SLOVENIA

<http://www.cartedumonde.net>



3. Slovenia



Program

Invitation to Arboretum, Volčji Potok Slovenia - 9 - 13 October, 2017

Date	1st day, 26 May 2017
	arrival of some participants to Kosice
Date	2nd day, 27 May 2017
Monday 9th October	14:00-15:00: Gathering of partners in Arboretum Volčji Potok (Volčji Potok 3, 1235 Radomlje)
	15:00: Welcoming of partners. Feast - coffe and some snacks.
	15:30: Walk around the park with Matjaž Mastnak, introducing activities of Arboretum Volčji Potok.
	17:30: Check in at Eco resort Velika planina.
	18.30: Dinner in Kamnik.
Date	3rd day, 28 May 2017
Tuesday 10th October	8:00 - 8.30: Breakfast.
	9:00: Celje - School for horticulture and visual arts.
	11:00: Departure for Goričko - Social Farm Šalehovci.
	13:30: Lunch at Social Farm Šalehovci.
	14.30: Guided tour at Social Farm Šalehovci.
	17.00: Maribor Botanical Garden
Date	18.30: Dinner.
	17.00: Maribor Botanical Garden
	8:00 - 8.30: Breakfast.
	9:00: Guided Visit at Education, Work and Care center Draga.
	13:00: Lunch in Ljubljana in a restaurant called Druga Violina (part of the project CUDV Draga.
Wednesday 11th October	14.30 - 17.00: Free time to visit Ljubljana.
	19.00: Dinner.

Date	5th day, 30 May 2017
Thursday 12th October	8:00 - 8.30: Breakfast.
	9.00: Visiting Farm Pr' Nebavec.
	13.00: Lunch at Pr' Nebavec.
	14.00: Guided tour on a Farm Pr' Nebavec.
	15.00: Geoss Adventure Park - Sleeping in the treetops.
Date	18.00: Dinner.
	18.00: Dinner.
	8:00 - 8.30: Breakfast.
	10.00: Visiting Cirius Kamnik, guided tour.
	13:00: Lunch and departures.
Friday 13th October	

Petra Juvan and Špela Novak
Arboretum - Voljčji Potok 3
1235 Radomlje; Slovenia
e-mail: spela.novak@arboretum.si
e-mail: petra.juvan@arboretum.si

of plants is event every year event where they prepare workshops for children and guided tours of their herbal garden. They also host a Festival of well being where you can find local organizations that their main concern is physical and mental health. They also have their own garden centre and they grow ecological products (fruit, oil, vinegar etc.)



Slovenia, Hoce
Contacts
University of Maribor Botanical Garden
Pivola 90a - SI-2311 Hoce, Slovenia
Tel.: +386 2 613 08 58
GSM: +386 31 310 330
<http://botanicivrt.um.si/pages/en/home.php>
<http://botanicivrt.um.si/pages/si/domov.php>

Mladinsko Klimatsko Zdravilišče Rakitna

Youth climate resort Rakitna is public health institution, known as a special institution surrounded by unique climate conditions and nature in general.

Their main concern is timely identification and early treatment of children and adolescents at risk of developing psychological problems. Due to the implementation of high quality health services in a pleasant natural environment, Youth Climatic Health Resort Rakitna is a unique institution in Slovenia. They have different programs called: school of healthy growing up, Program of reintegration and rehabilitation of adolescents with emotional disorders or eating disorders, school of peeling.

Their speciality is hipotherapy. Pedagogical and psychotherapeutic treatment using a horse is one of the more attractive internationally established therapeutic methods for individuals who have emotional problems and for those who have difficult life experiences, difficulties in social contacts, low self-esteem, or they want to change their behavior or well-being.



Slovenia, Rakitna
Contacts
Javni zdravstveni zavod
Mladinsko klimatsko zdravilišče Rakitna

Rakitna 96 - 1352 Preserje
Tel: +396 1 365 98 00
info@mkz-rakitna.si
<https://www.mkz-rakitna.si/>

Šola Za Hortikulturo In Vizualne Umetnosti Celje

School for horticulture and visual arts is public institution that contains of Secondary Vocational School, High School and Educational Centre.

They care for the professional and personal growth of all those who see their place in the field of horticulture and arranging, thus indirectly contributing to the development and regulation of urban environments and the countryside. We want to become a regional and state learning center for the field of horticulture, arrangement and design.

This goal is realized in cooperation with the economy, related schools at home and abroad, the local community and other institutions. Institution has their own school park with different ambients that become outdoor classroom. The park is designed to facilitate movement both blind and visually impaired.

Slovenia, Celje
Contacts
Šola za hortikulturo in vizualne umetnosti Celje,
Ljubljanska cesta 97, 3000 Celje
Tel: +386 3 428 59 00
stephanie.kos-zidar@hvu.si
<http://www.hvu.si/>

Botanični Vrt Univerze V Mariboru

Botanicni Vrt University of Maribor Botanical Garden was opened to the public in 2002. Today it plays an important role in plant diversity conservation and holds an important share of the state's gene bank of edible and useful plants. It serves as a research and education institution, and at the same time, provides a relaxing ambient and meeting place for its visitors.

Guided Tours For School Groups And Adults

Organization offers guided educational tours for different age groups of scholars and adults. Botanical Gardens is ideal place for interactive learning. Scholars can observe and get to know different plant species. They have collection of trees, scarf arrea, garden of therapeutic plants, collection of roses, fruit and vegetable garden, water biotop and shrubs.

Exhibitions And Events, Store With Local Products

Organization offers a lot of educational workshops during the year. They also have seasonal thematic exhibitions. In the relaxing environment of garden visitors can join gong therapy. May fair



Cšod Rakov Škocjan

CŠOD Rakov Škocjan is one of the educational outdoor centres in Slovenia. It's unique because is surrounded with typical karst phenomenas like caves, sowers, rivers, karst fields. It's basically a home for schollars who come for a 5 days school in nature as we call it in Slovenia.

So children have a week full of educational activities in nature – nature becomes their outdoor classroom.

The mission of CŠOD is to help schools implement the programs of the school in nature that create and promote a healthy lifestyle and a responsible attitude towards the natural environment, educate them for respect and cooperation, for accepting differences and tolerating each other.

Slovenia, Rakov Škocjan
Contacts - CŠOD Rakov Škocjan
Rakov Škocjan 2
1380 Cerknica - Tel: +386 1 709 34 61
rak@csod.si



Arboretum Volčji Potok

Volčji Potok Arboretum is the most visited horticultural facility in Slovenia. It was established in 1952 by University of Ljubljana which created a collection of woody plants for research and educative purposes. Later the Arboretum became independent. Today it manages the park, produces plants in its own nurseries, runs a garden centre, employs a group of landscape architects and does practical landscaping all over Slovenia.

In Arboretum, 80 hectare of ecologically very diversified grounds are occupied by about 2.500 taxa of trees and shrubs. The plant collection has been thoughtfully designed as a landscape park, including well-conserved rare natural biocoenosis. In peaceful and aesthetic scenery visitors are given an opportunity to experience various sensory stimulating activities when visiting scented garden, scented path, raised bed vegetable garden, flower gardens, natural forests, wetlands, playing instruments in the park, etc.

Kamnik, Slovenia
Contacts
Arboretum Volčji Potok
Volčji Potok 3
1235 Radomlje
Tel. + 386 1 831 23 45
<https://www.arboretum.si/en>



Cirius Kamnik

CIRIUS Kamnik, Centre for education, rehabilitation and training is a specialised centre for

education and rehabilitation of children and adolescents with motor impairments or chronic illnesses.

Habilitation in CIRIUS means primarily education; however, it also comprises medical therapy and rehabilitation and the development of other areas, which are important for life.

Their goals are to achieve a suitable educational level, positively influence the medical condition and achieve the highest possible level of independence and effectiveness in physical, intellectual and social functioning within the individual's capabilities.

Kamnik, Slovenia
Contacts
Cirius Kamnik, Centre for education, rehabilitation and training
Novi trg 43a - 1241 Kamnik
Tel. + 386 1 83 17 444
<https://www.cirius-kamnik.si/en>



Arboretum Volčji Potok

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Kamnik, Slovenia

Contacts

Arboretum Volčji Potok

Volčji Potok 3

1235 Radomlje

Tel. + 386 1 831 23 45

<https://www.arboretum.si/en>



CUDV Draga

Training, Education and Care Centre Dolfka Boštjančič, Draga (CUDV Draga) is a state-owned organisation, established in 1984. The organization provides comprehensive treatment for people with mental disorders. CUDV Draga operates within 22 different facilities. One of them is the Druga violina restaurant in Ljubljana, where people with disabilities are employed.

Among many other activities CUDV Draga carries out the "Green program" which teaches residents how to garden and take care of the environment. The organization also provides a therapeutic garden where users can walk on the sensory trail or observe the herb spiral, flower beds with perennial and annual plants, waterbaths for birds, insect hotels, etc. Users can also grow vegetables, herbs and fruits in the garden.

Ig, Škofljica, Ljubljana, Novo mesto, Grosuplje, Ribnica and Ankaran, Slovenia

Contacts

Center za usposabljanje, delo in varstvo

Dolfke Boštjančič - Draga 1, 1292 Ig

Tel. +386 1 420 26 00

<http://www.center-db.si/>

Eco Social Farm Korenika

Eko social farm Korenika was established by the Mosaic project in the Šalovci village in the heart of the Goričko Nature Park in Slovenia. Social farm trains, socialize and employ vulnerable social groups. It organizes different activities in the nature for the children and youth.

In the central part of the Eco Social Farm Korenika there is an Eco Herb Garden. Plants are grown in the various raised beds connected by pathways. Visitors can walk in the gardens, relax, and learn about the healing aspects of the herbs growing and usage.

The Eco Herb Garden is an interactive place for all generations connecting different elements from the surrounding nature. The vegetables, herbs and cereals from the garden are processed into quality products with ecological certificates.

Šalovci, Slovenia

Contacts

Eko social farm Korenika

Šalovci 86, 9204 Šalovci

Tel. +386 5 99 32 694

<http://www.korenika.si/>





4. United Kingdom



Invitation to Garden Organic, Coventry UK - 20 – 27 March, 2018

Date	Activity
Tuesday 20/3/18	Project meeting - Welcome/Intros
Various time	Guest travel to UK
4.00-5.00	Welcome & introduction to Garden Organic & the week ahead
	Evening Meal at accommodation
Wednesday 21/3/18	Project meeting - Ryton
8.30-9.00	Breakfast
9.00-9.15	Travel to Ryton - Garden Organic; Ryton Organic Gardens
9.30-11.30	Defining Social & Therapeutic horticulture (STH) - Jana
11.15-11.30	Break
11.30-12.00	Organisations and target groups - Jana
12.00-1.30	Lunch
1.30- 3.15	Tour of Ryton Organic Gardens
3.15-3.30	Introduction to Garden Organic's Social and therapeutic horticulture projects
3.30-5.00	Presentation/workshop - Growing Health - A research project to see how community food growing can be used by social and health care as a way of improving health and well being - Dr Margi Lennartsson
7.00-9.30	Evening meal
Thursday 22/3/18	Project meeting - Ryton
9.00 - 9.15	Travel to Ryton
9.30-12.00	Project details - budget/finance. Planning visit to Portugal
12.00-1.00	Visit Growth project - STH project for adults with autism and learning disabilities
1.00 - 2.00	Lunch
2.00-5.00	Presentation/workshop Dementia Adventure - an organisation that connects people living with dementia with the natural world - Kath Pyke
7.00-9.30	Evening meal
Friday 23/3/18	Learning activities - External Visits
8.30-9.00	Breakfast
9.00-5.00	Leicestershire Master Gardener projects in a variety of settings - A Place to grow Enderby, Kennedy House, Wigston Library, University of Loughborough
7.00 - 9.30	Evening Meal on route home

Date	Activity
Saturday 24/3/18	Learning activities - External Visits
10.00-1.30	Uplands Allotments are situated on the north western edge of Birmingham, adjacent to the Sandwell Valley Country Park.
1.00-2.00	Kushinga Gardens - cultivated by refugees and asylum seekers TBC
3.00-5.00	Martineau Gardens - a therapeutic community garden in the centre of Birmingham (City) TBC
Sunday 25/3/18	Free Day - Cultural Visits
ALL DAY	Transport to the town of Stratford upon Avon for those who wish to go -We will provide more information on things to do when you arrive. There are several National Trust Properties - Shakespeares Birthplace/Mary Arden's House plus a variety of cultural activities, gardens, shops etc people can choose how to spend the day. Please note that any activities you choose to do on this day will need to be paid for by you.
Monday 26/3/18	Learning activities - Rugby
9.15-11.30	HMP Rye Hill - therapeutic gardening project in a prison & School - a local special educational needs school with a school farm & whom Garden organic deliver STH session
12.00-1.00	Lunch
1.00-3.30	Brooke School - a local Special Educational Needs school whose students attend our Growing Enterprise project
3.30-4.00	Return to accommodation
4.00-5.00	Project evaluation at accommodation
7.00- 9.00	Evening meal- venue TBC
Tuesday 27/3/18	Learning activities - Final Day
9.15-10.15	Breakfast
10.00-11.00	Meeting close

Colette Bond and Frances Donnelly
Garden Organic
Ryton Organic Gardens, Coventry - CV8 3LG
e-mail: Education@gardenorganic.org.uk

Garden Organic: 'Growth' Horticultural therapy programme

We've had a therapy garden here at Ryton Organic Gardens since 1990, offering people with learning support needs and/or health and well-being issues, the opportunity to garden organically in a supportive and caring environment. Our clients work within the main gardens, with the aim of promoting self-esteem, confidence and independence.

The therapy group maintains two of our display gardens on site: The Memorial Garden and The Special Needs Garden, and also helps to support work carried out around the site. This includes tasks such as:

- Lawn maintenance
- General garden tasks
- Propagation
- Growing and harvesting vegetables
- Caring for tender plants in a greenhouse and polytunnel.

Organisation/Project Location: Coventry, UK

Contacts
Education Department
Garden Organic
Ryton Organic Gardens



Garden Organic: Growing Enterprise at Ryton Organic Gardens

The Growing Enterprise project was established in 2013 as a practical way to support learning about organic gardening and sustainability issues, whilst also developing an understanding of enterprise. All of the young people, from local schools, colleges and pupil referral units, have additional learning support needs, with conditions such as Autistic Spectrum Disorder (ASD), Asperger's Syndrome, Attention Deficit and Hyperactivity Disorder (ADHD), Social Emotional and Behavioural support needs (SEB), and/or a physical disability.

Students learn employability skills by producing items for sale to the public and contribute towards managing the budget, marketing and the sale of products. Students develop social skills, build self-esteem and learn about running a small business while enjoying the gardens and learning about organic food growing.

Organisation/Project Location: Coventry, UK

Contacts
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Garden Organic - Ryton Organic Gardens
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<https://www.gardenorganic.org.uk/>
<https://www.gardenorganic.org.uk/growing-enterprises-ryton-organic-gardens>
Colette Bond
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Garden Organic: 'Master Gardener' programme in Leicestershire

Master Gardeners is a UK-wide volunteer programme, supporting individuals to grow food in their gardens, allotments, windowsills, work-places and other community growing spaces. The programme promotes health and environmental benefits such as increased exercise, eating more fresh fruit and vegetables, and reduced food miles.

Toyota Car Company donated 500 pallet collars to the Leicestershire Master Gardeners programme. The coordinator in Leicestershire gave these collars a range of community gardens to be used as raised beds, planted up with different fruit, veg and flowers by the community. These community spaces included;

- A Place to grow Enderby: a free to use sustainable Community Garden with the purpose to support positive Health and Wellbeing.
- Kennedy House: Asylum Seekers' Garden Project
- Wigston Library garden.
- University of Loughborough Landscaping and Gardening Society.

Organisation/Project Location: Coventry, UK
Contacts
Education Department
Garden Organic
Ryton Organic Gardens
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Tel. 024 76 217747

<https://www.gardenorganic.org.uk/>
<https://www.gardenorganic.org.uk/leicestershire-master-gardeners>
<https://www.gardenorganic.org.uk/news/toyota-helps-get-leicestershire-growing>
<https://www.blaby.gov.uk/leisure-health-and-community/parks-and-green-spaces/a-place-to-grow/>
<https://www.lsu.co.uk/society/landscapingour-society/>
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- Kennedy House: Asylum Seekers' Garden Project
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Organisation/Project Location: Coventry, UK
 Contacts
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<https://www.gardenorganic.org.uk/>
<https://www.gardenorganic.org.uk/leicestershire-master-gardeners>
<https://www.gardenorganic.org.uk/news/toyota-helps-get-leicestershire-growing>
<https://www.blaby.gov.uk/leisure-health-and-community/parks-and-green-spaces/a-place-to-grow/>
<https://www.lsu.co.uk/society/landscapingour-society/>
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Garden Organic: Birmingham

Garden Organic have run several projects which promote and encourage growing more exotic crops. These projects include 'Sowing New Seeds' which has enabled gardeners, allotment holders, schools and community groups in the Midlands to grow exotic crops that are not traditionally grown in the UK.

Another project was 'Growing from your Roots', supported by the Heritage Lottery Fund. This involved capturing, preserving and sharing our diverse heritage of growing multicultural crops - a heritage that is in danger of being lost. Organisations which are involved in our work in the Midlands, include:

- Uplands Allotments - The largest allotment site in the UK - with 422 plots
- Kushinga Gardens - cultivated by refugees and asylum seekers
- Martineau Gardens - a therapeutic community garden in the centre of Birmingham

Organisation/Project Location: Coventry, UK
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Garden Organic: Martineau Gardens, Birmingham

Martineau Gardens is a beautiful therapeutic community garden and charity, located two miles from Birmingham city centre. An oasis for wildlife, a haven of tranquillity, a destination for an outdoor escape, there are two and a half acres of organically managed landscape.

They provide a unique therapeutic horticulture service, welcoming a wide range of volunteers with different support needs who work together, looking after the Gardens. Everyone is contributing to the best of their ability, learning about plants, the environment and each other. At the Gardens, volunteers are offered various opportunities, including:

- voluntary work
- physical exercise
- arts and crafts activities
- education, training and paid work

We believe that volunteering at the garden has a beneficial impact on social inclusion.

Organisation/Project Location: Birmingham, UK
 Contacts
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<https://www.gardenorganic.org.uk/>
 Colette Bond
 Education@gardenorganic.org.uk

Garden Organic

Our charity brings together thousands of people who share a common belief - that organic growing is essential for a healthy and sustainable world. Through campaigning, advice, community work and research, our aim is to get everyone growing 'the organic way'.

Part of our work includes social and therapeutic horticulture, we deliver a variety of projects which use growing organically as a therapeutic activity for a range of groups including; young people and adults with additional learning needs, people living with dementia, young carers, people who are primary carers for friends or family and more.

Organisation/Project Location: Coventry, UK

Contacts

Education Department

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5. Portugal



Invitation to FCSH-NOVA de Lisboa, Lisbon Portugal - 9 – 13 July, 2018

Date	Activity
Monday 09/7/2018	WITH NATURE TO MUTUAL UNDERSTANDING
Various time	Guest travel to Lisbon
12.00 19.00	Participation in the Conference
16.00-18.00	Symposium 2 Garden Therapy
Petra Juvan, Špela Novak, Zorica Zrim, Jana Cunder and Melita Miš Strgar	The examples of horticulture therapy and other horticulture activities with therapeutic effect in Slovenia
Dana Křivánková	Garden therapy at Lipka in Brno, the Czech Republic
Štefan Szabó	Let's go to the forest!
Jana Dvořáčková	With nature to mutual understanding - Erasmus+ and Garden therapy
Janka Horváth	Nature inspired Therapy – Preliminary results from a participatory re-search agenda setting in Hungary
Julian Seiler	With nature to mutual understanding - Erasmus+ and Garden therapy at Foundation Seiler, Switzerland
20.00	Conference Gala Dinner - Naval Association of Lisbon
Tuesday 10/07/18	WITH NATURE TO MUTUAL UNDERSTANDING
7.30-8.00	Breakfast at the hostel/Apartment
8.30-12.30	Conference
12.30-13.30	Lunch at the Faculty
13.30- 16.00	Conference
7.00-9.30	Evening meal
Wednesday 11/07/18	WITH NATURE TO MUTUAL UNDERSTANDING
7.30 - 8.00	Breakfast at the Hotel/Apartment
8.30	At the Door of the Faculty of Social Sciences and Humanities Collecting of tho group Travel to Quinta do Pisão
10.30	Reception at Casa da Cal, Quinta do Pisão
12.00	Travel to CERCICA Offices (Livramento)

14.30 -16:30	Visit to CERCICA - Professional Training in Gardening Operator, Cerjar-dins company / Plants production
17:00 - 18.00	Free time in Cascais - https://en.wikipedia.org/wiki/Cascais
18.00	Evening meal at Cascais
19.30	Return to Lisbon via the Marginal Avenue
Thursday 12/07/18	WITH NATURE TO MUTUAL UNDERSTANDING
9.00	Breakfast at the Hostel/Apartment
10.00	At the Door of the Faculty of Social Sciences and Humanities Collecting of tho group
10.15	Travel to Instituto Superior de Agronomia - Tapada da Ajuda - Lisbon
11.00	Welcome coffee SEMEAR ACADEMY
12.10	Visit to field activities
13.15	Lunch at SEMEAR
14.00	Travel to Adroana
14.30	Reception at Adroana Neighbourhood Office by Cascais Environment - Visit to the community garden and to the social gardens of the neighbourhood of Adroana
16.30	Conclusion of the visit
17.00 18.00	Free time at the beach
18.00	Evening Meal at Oeiras Municipality
19.30	Return to Lisbon via the Marginal Avenue
Friday 13/07/18	Project meeting - Lisbon
8.30-9.30	Breakfast at the Hostel/Apartment
10.00-12.30	Project evaluation - Meeting close
12.30	Free Afternoon - Cultural Visits

Igor D'Angelis and Jade Freire
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Petra Juvan, Špela Novak, Zorica Zrim, Jana Cunder e Melita Miš Strgar :

The examples of horticulture therapy and other horticulture activities with therapeutic effect in Slovenia

Dana Křivánková:

Garden therapy at Lipka in Brno, the Czech Republic

Štefan Szabó:

Let's go to the forest!

Jana Dvořáčková:

With nature to mutual understanding – Erasmus+ and Garden therapy

Janka Horváth:

Nature inspired therapy – Preliminary results from a participatory research agenda setting in Hungary

Julian Seiler :

With nature to mutual understanding – Erasmus+ and garden therapy at Foundation Seiler, Switzerland

Ajay Rastogi and Tanya Kim Grassley:

"Naturalness Orientation" as a pathway to better health and happiness

In the following days, visits were held to three projects/institutions within the garden therapy project. The first visits took place in Quinta do Pisão and the Community and social gardens

of the neighborhood of Adroana, supervised by Cascais Ambiente, a municipal enterprise that develops several projects for the promotion of urban agriculture in the city of Cascais.

The second visit was to CERCICA, also in Cascais, a cooperative focused on training and rehabilitating disabled citizens. Finally, we were introduced to the SEMEAR ACADEMY project, which aims to integrate young people and adults with intellectual and developmental difficulties in society, through socio-professional integration with a certified training in organic agricultural processing and production.

2. Municipality fo Cascais - Cascais Ambiente

Cascais Ambiente is a municipal enterprise with around 700 employees that aims to promote urban agriculture in the municipality of Cascais as a lever for sustainability, promoting social cohesion, economic development and the improvement of the environmental quality of the territory. To achieve this, this enterprise profits from the recreational and entrepreneurial dimensions of Cascais and benefits from the local production of fresh produce.

Within the recreational dimension, the strategy is much more developed, since it began in 2009, Cascais Ambiente has developed several projects that involve community gardens (480 plots), associative gardens (46 plots), vineyards (19 plots), community orchards (11 plots) and School Gardens (22 Schools).

Despite the lack of farmers and shortcomings in agricultural production, the municipality of Cascais has a great potential, as well as a promising consumer market with more than 200,000 inhabitants. Based on this potential, they began to develop some projects, such as the website Lands of Cascais: Electronic Portal (<https://bancodeterras.cascais.pt/>) which aims to facilitate the exchange between landowners and those interested in cultivating these lands, using the municipality's credibility to bring these lands to the market. In addition to the website, two other projects have carried out horticultural production itself: Horta do Brejo and Quinta do Pisão.

Visit to Quinta do Pisão

Horta do Brejo is an organic garden for the production of fresh vegetables, on the grounds of a prison establishment located in the county, the aim is to donate to the local food bank and at the same time sell part of the production to balance the project, financially (Total area 1,5 Ha) Quinta do Pisão has an organic garden in the "pick your own" style.



Quinta do Pisão vegetable garden, Cascais. Source: Cascais Ambiente

Garden Teraphy Iniciatives In Portugal

1. Introduction

The garden therapy meeting in Lisbon took place between the 9th and the 13th of July 2018 and it consisted of visits to the institutions that work with garden therapy and the participation of the project members in the XXIII International Conference of the Society for Human Ecology. This event was attended by researchers, professors, students and many others interested in the subject, coming from more than 30 different countries. Among the 33 thematic sessions held within the scope of Human Ecology, Jana Dvořáčková and Dana Křivánková hosted one of the sessions, dedicated to the dissemination of the garden therapy concept. This session took place on the 9th of July, with the presentation of seven papers:

Symposium 2 – Garden Therapy

July 9 - 16.00-18.00

Organizers: Jana Dvořáčková and Dana Křivánková

This garden is an example of a partnership between institutions with different functions that come together to protect valuable land by supporting long-term unemployed people in learning new professions. It receives visits from schools and organized groups, and provides the general public with a different experience in contact with the earth.

The municipality of Cascais acquired Quinta do Pisão in 2007 and horticultural production began in 2013, after the construction and installation of irrigation infrastructures on an agricultural parcel of about one hectare, which in 2018 managed to produce more than eight tons of fresh vegetables from 66 varieties. Besides vegetables, some aromatic and medicinal crops are cultivated, particularly those commonly used for infusions: lemon grass, lemon balm, lemon verbena, among others.



Figure 1: Quinta do Pisão vegetable garden, Cascais. Source: Cascais Ambiente

Visit to the Community garden and social gardens of the neighborhood of Adroana

Community Gardens are spaces for socializing, leisure and learning, with a strong socio-cultural potential and increasing the quality of life of its users. They are an integral part of the municipality's Ecological Structure, and are located in parks and green spaces for leisure, bringing a new use to the public space, where different generations can live together.



<https://ambiente.cascais.pt/pt/terrasdecascais/hortas-as-sociativas>

These gardens are managed by existing or purpose-built local associations, which can be set up from scratch or through the conversion of spontaneous gardens into municipal land. They are built by the urban farmers themselves with the support and guidance of the Terras de Cascais team who also provide training in organic horticulture. The Municipality provides water for irrigation, tool shelters and the sealing of the ground.



In Adroana Community Gardens, used by immigrant communities, in addition to vegetables, communities are cultivated. Cooperation among gardeners is essential for maintaining the common spaces and equipment of each garden.

The mutual help and sharing of knowledge that are generated throughout the process are the key to maintaining the quality and experience of these spaces. The production is for self-consumption but can also be sold allowing a supplement to the family budget.

3. Cercica, The Organization

CERCICA, the cooperative for the education and rehabilitation of disabled citizens of Cascais, was created in 1976 as a non-profit entity, under the juridical/legal form of a cooperative to provide diversified responses as solutions for social problems related to the educational needs of children and young people with intellectual disabilities or incapacities. Consequently, it positioned itself as a strategic and core partner for families, public entities, employers and other social actors (CERCICA, 2019; Sector 3, 2017).

Its activity intervenes in the framework of (re)habilitation, empowerment, education, quality of life improvement and inclusion of people with intellectual, mental and physical difficulties, constraints and disabilities by creating inclusive opportunities for the communities in general, the unemployed, the elderly, children, families, public authorities, employers and other social actors (CERCICA, 2015).

The main responsibilities are participating and answering questions in social actions, educational actions, professional training in the areas of gardening and therapeutic horticulture and services to the community.

Additionally, they tend to the people's needs through an early intervention and accompany them in their growth and development throughout their life. This is done by providing them with new challenges and activities that promote inclusion in the areas of education, assessment, training, monitoring, guidance and professional (re)placement, occupational, sports and recreational activities, home and residential support services (CERCICA, 2018).

CERCICA has a multidisciplinary team consisting of more than 275 experienced and competent professionals in the social inclusion, social service, therapy, psychology and clinical field, in addition to executive, auxiliary and administrative staff members. The coordination of the occupational activities workshop centre, in which garden therapy is integrated, is the responsibility of Dr Joana Bettencourt, who has a team in which Dr Luís Tomas actively organizes activities and shares information. In one of the workshops, Alzheimer's patients come from the partner Alzheimer Portugal Association, Casa do Alecrim, and approximately 20 young people work with them in garden therapy activities (Sector 3, 2017).

3.1. Activity centres

CERCICA has multiple centres and activity centres, namely the Early Intervention centre, the Inclusive Vocational Insertion Office, the Vocational Training centre, the Cascais Employment Centre, residential units, the Home Support Service, CERMOMVI, in addition to other special projects. Here we will focus on the workshop centre, in which

are carried out activities within the framework of garden therapy.

3.2. Workshop centre

The purpose of the workshop centre is to carry out actions and activities that promote self-determination and self-representation, personal and social and work-related independence skills, in a productive perspective that allies their inclusion and integration in society and the promotion of socially useful activities. In turn, these are combined with motor skill building activities, therapeutic and sociocultural activities for people with intellectual disability and/or inability.

- Garden therapy activities
- Workshop: from cultivation to packaging aromatic herbs
- Cooperation protocols with community associations
- Flavours and scents
- Defoliation

CERCICA has received several awards that attest the work it has done: it is certified by EQUASS (European Quality in Social Services), it is a certified training provider by DGERT (Directorate-General for Employment and Work Relationships) and it won the ECO-ESCOLA award.

3.3. Garden therapy integration centre

In 2006, an end-of-course assignment was completed in Landscape Architecture, Gardening as Therapeutic Occupation, and from then on, they

began their work in plant cultivation as a therapeutic and occupational tool. However, CERCICA realized that they could develop this even further and made a proposal to the Cascais City Council, related to the plant supply for public green areas, for which a plant supply protocol was signed. Currently, most of the plants harvested are sold to the City Council.

This protocol with the City Council has allowed the institution to create its own structure, to reunite a larger group of people and to organize activities with them. They have 3 main areas of intervention: professional training, from an educational point of view, that includes learning about the plants – their production and maintenance – and which gives the participants the opportunity to be trained to be, for example, a gardening assistant; secondly, an occupational sector, with about 20 participants; and lastly therapy.

The centre of occupational activities, under social security, has a work area that operates within a "protected work environment", which means that there is a reduced schedule, of approximately an hour and a half in the morning or in the afternoon during the week. Each person has a schedule with a set of activities according to the individual needs and wishes and the family's input.

These can be physical activities, sports, cognitive activities, leisure, dog therapy, sailing, hydrotherapy swimming, rugby, among others, adapted according to the physical, mental and

intellectual disability. There is an individual plan in which the objectives, activities and respective schedules are defined (Figure 1).

Knowing that plant cultivation is going to benefit their local community brings a personal satisfaction and gratification and these are important aspects of the therapeutic process. For example, twenty years ago, as young people they said they were going to school and currently this "work" model makes them feel important as adults. There are people who have mobility, but have very reduced cognitive capacities, sometimes they do not even have the ability to talk.

Those who have less difficulties can engage with an activity, which is gratifying for them, because within their therapy they are working, they receive a grant and are thus integrated in society through having a life purpose – they have a job just like other people.



Activity with clients in horticulture and occupational and therapeutic gardening

These structures allow people to be integrated into the normal labour market even if for a short period. There is a legal feature, the inclusion protocol, which works with 140 participants, 15 of which work a few hours a week in companies, kindergartens, workshops etc., developing skills in different areas.

Luís Tomas, who takes care of this area and has been in office for more than 15 years, speaks with emotion about how much he enjoys what he has done. For diligence and personal reasons, it is important that the activities are done seriously and responsibly, thus every client must make the best possible effort. He emphasizes, "it's a centre of occupational activities, where we really work during therapy."

In this space, participants are dynamic, some even autonomous, and usually already know their tasks, choose the tasks they want to do and even help other peers. They do so with great enthusiasm – with conversations, smiles, and sometimes even managing setbacks, deriving from romantic relationships, jealousy and mood swings, that are inherent to the human nature. The group is very used to receiving local and international volunteers, with variations in age and language, as well as visits and clients from other areas. Luís, Júlia e Paulo perform the tasks of pruning, cleaning, potting the plants, adding soil, etc. On the day of our visit, we witnessed 13 participants working at full capacity and Luís, even during our conversation, managing the others in order to ensure that everything was working in the best way possible. This activity allows people with a variety of disabilities to be included. The tasks range from the

simplest to the most complex ones, based on and respecting the wishes of every individual. In the end, the goal is achieved.

3.4. Garden therapy and social integration

Once a week these young workers with mental and physical disabilities welcome a group of elderly people with Alzheimer's to work together in potting plants. The group is monitored by one to two occupational therapists and the aim of this activity is to work on social relationships, coordination and memory through the activity of potting the plants.

Therapists reported that this group surprised them. In their home institution, they reported, the patients tend to have a more passive attitude and to be quieter, while during these activities, their mood improves, there are more social interactions and it even looked like a normal group of people who talk to each other, laugh and make jokes. This is possible because of garden therapy activities. These activities are rewarding as many of them have a past linked to the countryside and agriculture and therefore it brings these memories back. One participant says repeatedly "My parents were farmers".

The contact with the environment and with plants makes it possible for people to become more active and more communicative, which allows occupational therapists to work with other skills with patients. This activity has become so significant to them that it is now included as an annual activity (Mourão & Brito, 2013).

The plants used for the activities are purposefully chosen because of the meaning that they have to the group. Aromatic local herbs are preferred because, additionally to the tactile aspect of feeling the earth and the textures, interacting with the scents can help with memory (Figure 2).

The session begins by recalling someone else's name and date of birth (which is very difficult for them, since their memory is greatly impaired – only one or two could remember). Later, the plants are brought in and participants try to identify the plant by scent. Some recognize them, some try to guess, "is it this or that?", some taste them...



Local aromatic herbs used in garden therapy

The institution owns an organic greenhouse and more than half a hectare of aromatic herbs, used for drying and making tea infusions. For this, they are set on trays and when they have roots, they are replanted (pots), then they are harvested, dried and later packaged. The aromatic herbs are also used to make infusions together as a group.

The defoliation room (Figure 3) shows the process done after harvesting the herbs and before making the infusions. It has more than 70 people working with different intellectual and physical limitations. In this room, the activities consist of defoliating, removing the sticks and brown leaves to later packaging and selling. In a calm and relaxed environment, using the skills they have acquired, they handle the herbs, leaf by leaf, as if it were the last mission of their life.



Defoliation

The quality of life intervention model and the objectives that guide the institution are based on Sherlock's model, which covers all areas of the disabled person's life, from rehabilitation, integration, citizenship, autonomy in everyday life, among others.

4. SEMEAR project

The SEMEAR project, created by the BIPP Association – Inclusion for Disability, aims to include young people and adults with limited intellectual development in society, promoting employability and socio-professional integration through certified training and organic agricultural processing and production.

According to information from the organization itself, about 900,000 Portuguese people have some disability and/or inability. In 2016, according to the Disability and Human Rights Observatory, the highest level of unemployment was among people with disabilities aged between 16 and 24 years-old (69.8%) (Pinto & Pinto, 2017).

In this context, the activities of the BIPP Association, through the SEMEAR programme, play a key role in supporting this specific population group. The first step of the program was established in 2013 in schools of Cascais (Portugal), with the intent to educate the school community to include students with disabilities.

In the following year, they progressed to the training and inclusion of people with limited intellectual development in the labour market, col-

laborating with the Lisbon School of Agriculture. Since then, a farming business model has been developed with training and professional integration of dozens of people. In 2017, a local sale of fresh produce from the SEMEAR agricultural farm began.

The organization claims to contribute to three of the Sustainable Development Goals: quality education, decent work and economic growth and sustainable cities and communities.

Four principles are the basis for their action: (1) respect, through a responsible, cordial and trusting behaviour in the relationship with the stakeholders involved with the organization; (2) commitment, through dedication, competence and maximization of individual skills of all the members of the institution in order to meet the needs of the organization's clients; (3) innovation, being open to change, with the promotion and development of new ideas; (4) at last, sustainability, supporting the development of life projects, ensuring autonomy and an active role in society.



4.1. The project in practice

The project has three fronts of action that encompass the entire agricultural production chain, from the training and qualification of professionals (Semear Academy project), the cultivation of agricultural products (Semear na Terra project) to their commercialization for consumption (Semear Mercaria project).

Within the scope of training, the Semear Academy project acts on inclusion through certified training in the food industry, the development of personal and socio-professional skills, socio-professional integration in companies (support in active job search) and in BIPP's social businesses, in addition to coaching the young adult employees and companies.

So far, 37 young people and adults with limited intellectual development are in training in the food sector, while another 23 are active in the job market, of which 18 are employed in entities other than SEMEAR.

Trained professionals can be agricultural assistants, food industry assistants and distribution and logistics assistants.

The Semear na Terra project is an inclusive social business that aims to employ people with limited intellectual development and help them develop socio-professional skills through sustainable agricultural production. Among its main activities are practical trainings and the sale of baskets of organic vegetables, which are in the accreditation stage.

The involvement of forty university students in mentoring in the agricultural field is an added value that goes beyond the training of people with limited intellectual development. It allows the training of students to be expanded with a public with low inclusion, where there is a lack of competent professionals who are attentive to this reality. Still with the intention of raising the inclusion in a practical way, the project counts on 28 companies involved in the professional integration processes.



The field team has the support of two technicians trained in Agronomic Engineering and six other employees, who ensure daily agricultural tasks and, additionally, the maintenance of the project's green spaces.

One of the greatest challenges in training is determining the specific way in which each individual has to learn, considering that they have different cognitive levels and thus the importance of having a multidisciplinary team that can adapt the training to each individual. This team consists of psychomotor rehabilitation technicians, rehabilitation and social reintegration technicians, agricultural technicians, among others.



Horticulture practice. Source: SEMEAR



Source: SEMEAR

In the Semear Merceria project, young people and adults with limited intellectual development who benefit from the various SEMEAR projects prepare the products for sale to customers. The products can be found both in online stores or physically at the project headquarters and they are also intended to be sold in large stores and in local shops. SEMEAR can predict its financial sustainability through these product sales, which accounts for up to 45% of revenues.



Example of products sold online. Source: SEMEAR

In addition to the vegetables produced by the programme itself, the surplus production of farmers who are partners in the project is used to include more products into the range of items for sale, which also frames the project in the context of the fight against food waste.

Ultimately, the training achieved by the SEMEAR project goes beyond the professional training in gardening and agriculture, in the sense that it guarantees personal and social training for the people who participate, ensuring the construction and development of the participants' individual life projects.

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6. Switzerland



Invitation to Seiler Foundation, Ins Switzerland - 20 – 24 September, 2018

Date	Activity
20/9/18	
13.00 - 14.00	Arrival, accommodation in Schloessli; Address: Dorfstrasse 22, 3232 Ins; phone: 0041 (0) 32 535 57 17
14.00	Introduction in Fenissaal
14.30 - 17.00	Sightseeing of Schloessli, Rosenhofpark and Ueli's presentation
18.00	Dinner
21/9/18	
8.30	Breakfast
9.20 - 10:30	Visit of cheese manufacture in Ins Dorf
11.00 - 17.00	Visit of Herbs school of Dr. Eisenbart, Ins; includes preparing a small lunch together
17.15 - 18.30	Ueli's lecture - Our senses and sensory perception
22/9/18	
08.00	Breakfast and a lunch pack for on the way
08.30	1. Visit of Demeter hof Schuepfenried, Schaugarten von Michael Schulze
	2. Visit of Emmental, the biscuits factory Kambly; tasting, animation, possibility to buy some products
	3. Berghof Stärenegg; 1000m (Michel and Holle Seiler); eventually a walking tour to the bus.
19.00	Dinner in Ins prepared by a chef Hubi
23/9/18	
08.00	Breakfast
08.30	A whole day trip Ruetihubelbad, visit of a social-therapy community; biologically-dynamic agriculture
	Sensory exhibition - Sensorium
	A short visit of Bern and a leisure time in the city
19.00	Conclusion dinner in Ins
24/9/18	
8.30	Breakfast
	Workshop in the park; planting/sowing etc. (cca 1 hour)
	Evaluation
11.30	The end

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Garden therapy group on a visit of the Schlössli Ins in the Swiss Seeland

The international group was first guided through the approximately 20 properties of the "Stiftung seiler, Ins". Until 4 years ago a Waldorf school with boarding school was located here. After the closure of the school in 2014, a new center for alternative thinking families and projects was developed here. Today more than 150 people, many artists, social educators, art therapists, educators, etc. live here.

Website: www.schloessli-ins.ch



The group spent a day in the "Kräuterschule Ins" and learned about plants and their use as medicinal herbs, food, ointments and tinctures.

It also visited the nearby biodynamic farm "Schüpfenried" and saw the alternative and healthy cow husbandry, modern chicken farming, a wonderful unique shrub garden as well as the farm shop. An example of a successful anthroposophical initiative.

In the Emmental the group visited the factory shop of the internationally known biscuit factory "Kambly". It then experienced a mountain farm located at a thousand meters with animal husbandry and agriculture. The lush courtyard garden and the vault dug into the rock was admired.

Then the group drove to the anthroposophical education center "Rüttihubelbad". The center includes a retirement home, a socio-educational facility for the disabled and a restaurant. It also visited the biodynamic gardening as well as the cultures. At last, the Sensorium, an interactive sensory experience, was explored.







7. Slovakia



Invitation to Ecocenter SOSNA, Kosice Slovakia - 27 May – 3 June, 2019

Date	1st day, 26 May 2017
	arrival of some participants to Kosice
Date	2nd day, 27 May 2017
pm	Arrival of participants
	Project meeting : - short walk around Ecocenter and its garden - overview of project tasks and fulfilling - discussion on achieved results
Date	3rd day, 28 May 2017
am	Project meeting: - discussion on achieved results, - comparison of results with projekt goals
12:00 hour	Lunch
pm	Project meeting
	Overview of outputs on Google Drive
	Overall Project evaluation, sucesses and fauls
Date	4th day, 29 May 2017
am	Project meeting
	Planned activites of each partner on garden therapy
	Planes, ideas for future cooperation
12:00 hour	Lunch
pm	Project meeting
	Ideas for future projects
	Free evening (shopping)
Date	5th day, 30 May 2017
08:00	"Barlička, center for disabled people + therapeutical garden, therapy "
12:00	Lunch

Date	6th day, 31 May 2017
09:00	"Bothanic Garden - adress: Mánesova 23"
11:00	Your Chance, center for mentally handicaped young people
13:00	lunch
14:00	Facilitas, Center for psychical health, various types of therapy
16:00	Oáza - center for homeless people + garden therapy, Bernátovce
18:00	dinner
Date	6th day, 1 Apr 2017
09:00	"guided tour at Natural garden SOSNA, Spring festival, herbal workshop "
12:00	lunch
whole day	"Spring festival / workshops, presentations, concerts, etc."
Date	7th day, 2 Apr 2017
09:00	"AFRA Organic farm visit, processing of herbs"
12:00	lunch
13:00	"Guided tour around Afra organic farm, transport by horse wagoon"
16:00	Visit of Spiš castle and natural springs
18:00	dinner
17:00 hour	Starobrno brewery tour, dinner
Date	8th day, 3 Apr 2017
am	city walk
12:00	lunch
pm	departure of participants

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Facilitas non-profit organization

We focus on supporting people with health or social disadvantages in order to increase their chances of joining society, eliminating social isolation and improving access to different areas of social life. Specialized social counseling and expressive therapies: art therapy, music therapy, activity therapy.

Target groups:

- persons with specific mental disorders
- persons with social disadvantages
- persons with disabilities and their families
- citizens without sufficient basic living needs
- persons in a crisis situation

Address: Spišské námestie 4, 040 12 Košice, Slovakia

Contact: 0907933214, www.facilitas.sk <https://www.facebook.com/Facilitas-929630980417122/>

Year of establishment: 2002

Type of the organization: private NGO

Number of employees: 10

Number of clients: about 745 per year

Size of garden is 200 m², including herbal beds and fruit trees.

Possibility of internship - English

Is organization willing to join future project Erasmus+.

With each organization you should sign:

- Consent about future cooperation in the

field of landscape art therapy and music therapy

- Consent to the publication of the information mention above in the project outputs

Hare Krishna

Hare Krishna in Abranovce is providing services for children and families. It is a project of a temple and a rural community, and therefore there is a wide scope for applying a simple life that begins with growing vegetables, breeding cows. One member of community has big productive garden and he processes jams, juices, spreads, syrups, chutney for selling. Community try to be selfsufficient, they have own vegetarian restaurant.

If so, of which size and with what equipment: Size of the farm is about 4 hectares . Part of it is garden including beds used by members of community, herbal and flower beds, as well as natural part of garden dedicated to birds and wildlife as an object of watch. There is a number of cows, which are protected.

Protection does not only mean that they do not kill them, but also care for them. Not only while she gives milk, but all her life. Because it does not only give milk, it gives fertilizer, in many countries it is also used as a fuel, oxen pull a lot, after its death we can use the whole body, skin, meat, bones.

Possibility of internship - Slovak, English

Address: 3444, 082 52 Abranovce

Mobil : 0911 717 804

email: mahasankarsan@gmail.com

web: www.ekacakra.sk

Year of establishment:

Type of the organization: private farm

Number of employees: 4

Number of clients: 1 group of visitors per week in average

Target groups: adults, children, including handicap people

Oáza – nádej pre nový život / OASIS organization - hope for a new life

Activities of the organization (education, counselling, etc.; max. 1000 characters): In greenhouses and the fields there are working about 10 homeless people with one professional gardener. Several clients help with animal farming (chickens, sheep, goats, donkeys, heifers, cows). They also have a shelter for dogs, which are also part of their therapy (canis therapy). Does organization have a garden.

If so, of which size and with what equipment: About 4 hectares of agricultural land including large greenhouses (mostly heavily damaged), stables and pens for animals as well as administrative buildings of former agriculture cooperative.

The project focused on renovation and use of greenhouses started in 2012, and since this time OASIS is a registered farm. The project is under development and gradually improved.

AFRA

Providing services for children and families. Afra offers qualitative natural herbaceous extracts made of plants, which are grown according to principles of ecological agriculture, according to our strict shop norms to quality, which were approved by Board of Health of Slovak Republic as nutrition adjuncts and productid under the patrol of Board of Customs of Slovak Republic as alcoholic beverages. Except of that provide work therapy and garden therapy/nature therapy for various type of clients.

Does organization have a garden. If so, of which size and with what equipment: Size of the farm is about 4 hectares . Part of it is garden including beds used for ergo therapy, herbal and flower beds, as well as natural part of garden dedicated to birds and wildlife as an object of watch. There is a number of sheeps, horses, pigs and other domestic animals.

Address: Meteorová 3, Košice 040 12, Slovakia

Contact: Zuzana Homolová

Odorica 1025/4, 054 01 Levoča

mobil : 00421 905 580 141 00421 53 451 18 62

email: afra@afrabio.sk - web: www.afrabio.sk

Year of establishment: 1990 - Private farm

Number of clients: 1 group of visitors per week in average

Possibility of internship - Slovak, English
The organization willing to join future project Erasmus.

Address: Oáza, Bernátovce
Contact: Peter Gombita
mobil: + 421 905 202 783 + 421 948 006 297
E- mail: oaza-nadej@centrum.sk
web site: <http://new.oaza-nadej.org/>

Year of establishment: established in 2006
Christian charity, Social services provider
Number of employees: 6
Number of clients: In the OASIS facilities there has found a home about 200 clients.

Target groups: Homeless, alcoholics, clients with mental disorders, cancer patients and disabled people. A significant portion of clients are Roma people.

Občianske združenie Tvoja Šanca

Activities of the organization: providing social services for handicap, interconnection of families of handicap clients with healthy families – social inclusion of clients.

Type of the organization: private NGO, Social services provider.

Number of employees: 3

Number of clients: 5 clients - 8 hours per day

Target groups: mentally and physically handicap adults of age 18 - 50

If so, of which size and with what equipment:
Size of whole garden is 1200 m². Garden includes beds used for ergo therapy through garden works, herbal and flower beds, as well as natural part of garden dedicated to birds and wildlife as an object of watch.

Part of garden is dedicated to sport and game activities: like petangue, etc.

If not, how and where is garden therapy provided: In SOSNA Ecocenter once a week

Possibility of internship (in what language): Slovak

Address: Meteorová 3, Košice 040 12, Slovakia
Contact: Katarína Hermelyová – director
Phone: +421 903 643 433
Year of establishment: 2014

