

EU GO- EUROPEAN URBAN GARDENS OTESHA

IDENTIFICATION OF A GOOD EDUCATIONAL PRACTICE OR TOOL

Name of the community garden				Possible short title for the practice					
L'HORT D'ESBIOSFERA				School of organic horticulture					
Type of tool				Contact person	Name and role		GEMMA VELASCO, MANAGER-COORDINATOR		
Activity		Training			Phone		34 627333829		
Methodology	X	Document			E-mail		gemmavel@gmail.com		
Other (specify): COURSES					Other contacts		Mark (contact to speak in English)		
It can be addressed to...				It deals with the following topics...					
All		School		Intercultural dialogue		Intergenerational dialogue		x	
Children		Institution		Gender Equality		Fight against poverty			
Youngsters	x	Social service		Sustainable Consumption		x	Education to sustainable development		x
Adults	x	Job service		Sustainable Urbanisation		x	Socio-professional training		
Women	x	Migrants service		Health promotion		x	Social cohesion		x
Elderly	x	Neighbourhood	x	Horticultural therapy		x	Leisure activity		
Other (specify)				Other (specify)					
DESCRIPTION Please describe the practice you have developed.									
<p>The school has its own garden of 1500 square metres where beginners' courses in organic horticulture are carried out. The course participants (this year 9 people or familiar unit) are able to cultivate a 50m2 plot for one year (February 2012 to February 2013). We also have another group of 10 people doing the same course, who already have a garden at home, and therefore share one big plot for the practical sessions.</p>									
AIMS AND OUTCOMES Which are the main purposes tackled in a community garden with this tool? Which concrete results have been observed at short and long term?									
<p>Aims: By making use of understandings and techniques of organic horticulture, and by transmitting values of self-sufficiency we want to increase people's resilience, help them learn to appreciate food and the conservation and preservation of the land, and to share and cooperate with the rest of the group.</p> <p>Outcomes in the short-term: cultivate vegetables in a sustainable way; be more self-sufficient; connect with nature; share experiences with family, friends and other gardeners; get to know people of other generations and different social groups through a common interest, namely the land; feel at ease, and disconnect from things which do not satisfy (for example your job) and which merely leave you empty and stressed; get away from the city, and be calm and peaceful.</p> <p>Outcomes in the long-term: personal growth, personal empowerment and creativity; ethical consumption; an escape from the current socio-economic system; a return to appreciating the taste of food; the chance to reap the rewards of your efforts; rediscover yourself and spark the interest and curiosity of passers-by, and make visible the transformation of the space, and the work of the people.</p>									
WHAT MAKES IT A GOOD PRACTICE OR TOOL? Identify which elements make this action a good practice, for ex. Innovation, coherence, link with other projects or people, favours social mixing, simplify work, earn time or money, etc.									
<p>Preservation of an agricultural space in urban surroundings; connecting the people with the land and the natural surroundings; disconnecting from the daily routine and the stress of the city; igniting your children's interest; learning to appreciate agricultural work, organic food and local products; looking after physical and mental health; valuing ourselves and other people; creating and being responsible for a space that depends on you; and interconnecting with colleagues of other social and cultural backgrounds.</p>									



STEP BY STEP Please, describe how to put in practice, guiding with clear instruction and materials needed someone that would like to experiment your tool in a local community garden around Europe

Be a legal entity and, if possible, have done activities in the town
 Have access to an agricultural area of 700-1000 metres squared in a central and visible place in the town, and a classroom for giving courses.
 Divide the garden into plots; provide tools, organic fertiliser, water, seedlings, mulching materials etc.
 A specialised teacher in organic horticulture with experience and another person for technical support and course management.

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

Technical knowledge of organic horticulture; experience of working in a group; be communicative and open to all people and to enjoy being outdoors, doing physical work and getting your hands dirty. Enjoy people and being with people and motivating them!!

EVALUATION How do you normally evaluate the outcomes of this tool?

I have done interviews with each of the gardeners, and, despite being very early on in the process, the evaluation is satisfactory because people have found a space where they can find and be themselves, working the land and planting your food, and all are very motivated to carry on in this way.
 Indicators: Evaluation through personal interviews, spontaneous pictures of how the work is done, and how people respond in front of the teacher and their colleagues.

DISCLAIMING AND DECLARATION OF HONOUR	yes	no
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I authorize Pistes Solidaires and its partners participating to the EU'GO project to publish my contacts on the dedicated website, giving my availability for supporting with information people interested in experimenting an testing the tool that has been described in this document	X	

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

