

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

Name of the community garden		Contact person	
AMICI DELLA TERRA-MONTEVERDE		Name and surname	Telephone 3384610496 - 0658202363
Possible short title for the tool (to be filled in at the end of the editing process)		ANNA PUGNI	E-mail anna.pugni@libero.it
Dances dedicated to the seeds, to the growth and the energy of the trees, flowers and plants			Facebook
			Skype
It can be addressed to...		It deals with the following themes... Please, put one or more X	
All	<input checked="" type="checkbox"/> School	<input checked="" type="checkbox"/> Intercultural dialogue	<input checked="" type="checkbox"/> Intergenerational dialogue
Children	<input type="checkbox"/> Institution	<input checked="" type="checkbox"/> Gender Equality	<input checked="" type="checkbox"/> Fight against poverty
Youngsters	<input type="checkbox"/> Social service	<input type="checkbox"/> Sustainable Consumption	<input checked="" type="checkbox"/> Environmental education
Adults	<input type="checkbox"/> Job service	<input type="checkbox"/> Sustainable Urbanisation	<input type="checkbox"/> Socio-professional training
Women	<input type="checkbox"/> Migrants service	<input checked="" type="checkbox"/> Health promotion	<input checked="" type="checkbox"/> Social cohesion
Elderly	<input type="checkbox"/> Health service	<input checked="" type="checkbox"/> Horticultural therapy	<input checked="" type="checkbox"/> Leisure activity
Other (specify) :		Other (specify) :	
BACKGROUND A good practice is a concrete action, successfully experienced at local level with a defined target group, leading to effective results. Please describe the practice you have developed.			
<p>The practice was born with the initiative of saving from a state of degrade little urban areas and transforming them in educational gardens with the involvement of elder people, youngsters, children and people with social difficulties.</p> <p>Our method consists in associating the art and creativity to a manual work, accompanying the planting with dances dedicated to the energies of the plants and of the trees. You also do basket weave from the little branches cut from the trees.</p> <p>The earth is very generous, it can offer us fruits and flowers, it only needs care. It is important to transmit the love for the earth, the respect for nature and the old knowledge. We can do this through music and dances creating tuning and harmony between the man and the vegetal world. The music helps the plants to grow. There is always a magical aura that every garden sets free.</p> <p>Through dancing in a circle the esoteric language of the nature can be perceived, making visible relations, sympathies and antipathies between the plants.</p>			
MISSION Which is the main mission of the practice you have developed? Please, put one or more X.			
<input type="checkbox"/> Inform	<input checked="" type="checkbox"/> Raise awareness	<input checked="" type="checkbox"/> Involve	<input checked="" type="checkbox"/> Train
<input type="checkbox"/> Increase quality	<input checked="" type="checkbox"/> Increase impact	<input type="checkbox"/> Enlarge/differentiate target group	
AIM Why do you consider it a good practice? Which is the main purpose tackled in a community garden?			
<ul style="list-style-type: none"> - Gardening together with discovering the esoteric language of the garden - Teaching about the nature and its importance through experiencing the specific dances of the plants - Creating a friendly context to social exchanges and intergenerational or intercultural interactions - Support therapy through dances and the direct contact with the nature 			
OUTCOMES Which are the concrete results that can be considered transferable out of the context where the tool has been developed and experimented?			
<ul style="list-style-type: none"> - Learning the specific dances and the characteristics of the plants that they refer to - Development of a sense of responsibility and connection with the nature - Good intergenerational and intercultural dialogue - Enhancing social cohesion 			



- Dance and nature therapy
- Saving a land in a state of degrade

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

Defined moments of the workshop:

- **Telling the story of the dance, showing and explaining the meaning of its movements.** Some dances mime the different phases of the seed and plant growth having the role of transmitting energy to the plants. There simpler dances, adapted to the children (“The cabbage and the caterpillar”) and there are more complex dances with a higher spiritual and meditative character.
- **Explaining the basic steps of the dance and repeating them for a couple of times:** the group starts to harmonize
- **Performing the dance:** the flow of energy that the plants absorb is generated and transmitted

Notes:

The participants need to let themselves be taken by the flow, experiencing the energy of the plants through the dances. They do not need to have dancing skills; everybody can learn to perform these dances. The movements are usually simple to learn. What it is important is to follow the rhythm of the music and the energy created by the circle.

The music and the dance are universal and so there are no problems of their transferability in other contexts or countries.

The dances dedicated to the flowers and to the trees are many. It is a matter of choice in base of the plants existing in a determinate place.

Little time dedicated to teach the dances to children it is not enough for them to learn and understand the dance, causing confusion especially if they are many in the group.

Materials and other elements needed: a CD reader, an open wide space(because most of the dances are performed in a circle)

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

☺	☹	☹
<ul style="list-style-type: none"> ▪ Analysis of participants’ emotions that normally pass from initial tensions to a state of calm and joy: the participants feel the connection with the nature. ▪ The participants learn particularities about plants and their lifecycle through the dances. ▪ The responsibility towards the environment is enhanced. ▪ Good communication and exchanges in the group 		<p>Little time at disposal to teach the dances to children: sometimes it is difficult to teach a dance to children in little time and confusion can be created if they are many.</p>

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

- Previous knowledge and experience of the dances that characterize the specific plants



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

