

IRIS (Towards an Independent, Responsible, Inclusive and Sustainable future)

Programme: Erasmus+

Key Action: Partnerships for cooperation and
exchanges of practices

ActionType: Small-scale partnerships in vocational
education and training

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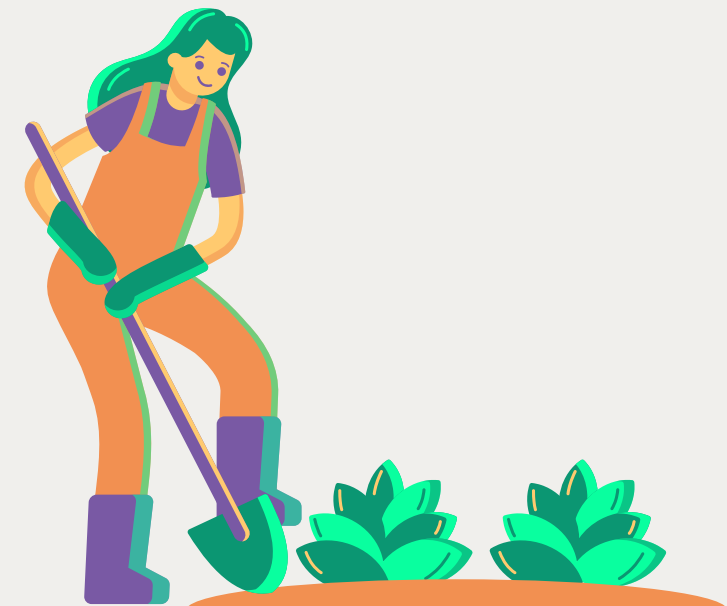
*Towards an Independent, Responsible,
Inclusive and Sustainable future.*

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Social Garden Lab: Cultivating Communities, Nurturing Hope

1. What is a Social Garden?
2. Benefits of Social Gardening
3. Activities in the Social Garden Lab
4. Impact on the Community



1. What is a Social Garden?

- A social garden is a space where people come together to cultivate plants, vegetables, and flowers.
- It is an inclusive environment, open to all, regardless of age, social status, or physical abilities.
- The main goal is to promote individual and collective well-being through agriculture, knowledge sharing, and social interaction.



2. Benefits of Social Gardening:



- **Physical and mental health:** Physical activity and connection with nature promote overall well-being and reduce stress.
- **Social inclusion:** Social gardening fosters the integration of people from diverse walks of life, creating a sense of belonging and breaking down social barriers.
- **Learning and knowledge sharing:** Participants can learn sustainable cultivation techniques, discover the value of food production, and exchange experiences and advice.
- **Environmental sustainability:** Growing food locally reduces dependence on transportation and promotes ecologically sustainable farming practices.

3. Activities in the Social Garden Lab

- Soil preparation and planting: Participants learn the basics of soil preparation, seed planting, and plant care.
- Garden maintenance: Irrigation, fertilization, weed removal, and plant disease prevention.
- Harvest and sharing: The joy of harvesting the fruits of one's labor and sharing them with the community, promoting generosity and solidarity.
- Creative activities: Using garden produce to create artwork, preserves, or culinary dishes, fostering creativity and individual expression.



4. Impact on the Community



- **Social cohesion:** The social garden creates opportunities for people to get to know each other, interact, and collaborate, building strong social bonds.

- **Inclusion and empowerment:** It provides engagement opportunities for disadvantaged or marginalized groups, strengthening self-esteem and autonomy.

- **Food security:** Local food production promotes access to fresh and healthy produce, reducing food insecurity.

- **Environmental awareness:** The social garden encourages environmental consciousness and sustainability practices, raising awareness about the importance of protecting our natural resources.