



Activity 2

Name of the activity	Collaborative Garden
Topic Covered	<ul style="list-style-type: none"> • Collaborative skills on a joint project • Gardening and nurturing skills • Responsibility and commitment
Learning Outcomes and Competences that can be acquired	<ul style="list-style-type: none"> • Develop effective collaborative skills in a garden-setting initiatives • Develop basic knowledge on gardening and plant biodiversity • Engage in a low-impact physical activity • Ability to work as a team and plan
Duration	Variable
Kind of Method	<ul style="list-style-type: none"> • Non-formal education • Practical Activity • Open debate
Required Materials	<ul style="list-style-type: none"> • Plant pots or raised beds • Seeds and/or seedlings • Garden diary • Soil • Gardening tools • Tags • Computer and internet access
Learning Setting and Activity Description	<p>This activity aims to promote collaborations within the older adults for a prolonged period of time.</p> <ol style="list-style-type: none"> 1. To start, the participants should develop a planting plan, with the help of the facilitator. The garden plan must adapt to the day centre facilities and the participants physical capacity. It can be a pot garden in a windowsill or a container garden in an outdoor space. Afterwards, the participants should discuss what kind of garden they want to plant: aromatics garden, flower garden, vegetable garden or a mix. In this section, the facilitator should promote research on gardening basic concepts (ex: composting, companion planting, etc) and plants life cycle (when to plant, how to do it, etc.). Some useful websites are listed below:





	<ul style="list-style-type: none"> a. Gardening for Beginners: Container Gardening BBC Gardeners World Magazine b. Vegetable Garden Planner Garden Planning Apps (almanac.com) <p>2. The following tasks should be split among the participants and a calendar tracking the garden activities should be kept:</p> <ul style="list-style-type: none"> a. Watering b. Fertilising c. Replanting d. Harvesting e. Pruning and trimming f. Others <p>This is a group activity where the participants are actively involved in the garden growth and maintenance.</p>
Activity Evaluation/ Reflection	The activity success will be measured by the growth of the garden and by the upkeep of the tasks previously distributed.
Materials needed	N/A

