

ICE Project:

Informal Civic Education

ERASMUS+

N. 2021-1-IT02-KA220-ADU-000033716

**OPEN EDUCATIONAL RESOURCE
PROJECT RESULT**

BY: AUSTRIAN ASSOCIATION OF INCLUSIVE SOCIETY (AIS)

TOPIC: ENVIRONMENT

TITLE: INFORMAL CIVIC ENGAGEMENT – SUSTAINABILITY & ENVIRONMENT

www.informalciviceducation.eu



Co-funded by the
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of the European Union



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Informal Civic Engagement

Sustainability & Environment



AGENDA

- 1 ERASMUS+, AIS & ICE
- 2 **Sustainable development goals**
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 - Attachment of people to their neighborhood
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ERASMUS+

Erasmus+ is a European Union (EU) program that provides **funding opportunities** for individuals and organizations involved in **education, training, and youth activities**.

The program aims to **support activities that promote learning and personal development**, as well as **enhance intercultural understanding and cooperation within the EU** and beyond.



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ERASMUS+

Inter alia Erasmus+ offers funding for a wide range of activities, including **study abroad programs, internships, teaching and training exchanges, youth exchanges, and strategic partnerships between institutions.**

OUR PROJECT> Key Action 2: Cooperation among organisations and institutions



ERASMUS+

Through Erasmus+, the EU aims to **improve the quality and relevance of education and training systems**, as well as to support the **modernization of education and training policies and practices**.

The program also aims to **promote social inclusion, active citizenship**, and the development of key competences among young people.

Main goal: supporting the EU's broader goals of building a more united, inclusive, and prosperous European community.



AIS

The Austrian Association of Inclusive Society (AIS) is a non-profit organization based in Vienna, Austria. The organization's main goal is to **promote social inclusion and equality** in Austria.

AIS works to raise awareness about the issues on inequality, and promotes the development of policies and practices that promote **inclusion in all aspects of society**.

The organization works with a wide range of stakeholders, including government agencies, businesses, and civil society groups, to achieve its goals.



Justice

Economy

Environment

Health



ICE



ICE

'ICE' is an Erasmus+ project that emerged from the need to **recreate “learning communities for adults”** on Civic practices and themes.

The project aims to enhance the learning centres for adults by **promoting new activities**, in the contents and methods to be used, starting from civic and participatory themes with informal, innovative and inclusive activities.

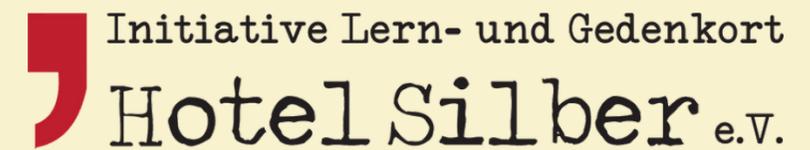
It is proposed to:

- 1- develop a **learning MODEL** for adults on Civic Education issues.
- 2-use **INFORMAL and interactive learning methodologies** with and for the community.
- 3-create **OERs multilingual civic education online training modules** on basic skills of the macro themes of Justice, Environment, Health and Economy.

PARTNERS



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Do you know the 17 SDGs?

Watch video: https://youtu.be/0XTBYMfZyrM?si=FcKum_DrrX5CoywI



https://commons.wikimedia.org/wiki/File:Sustainable_Development_Goals.jpg

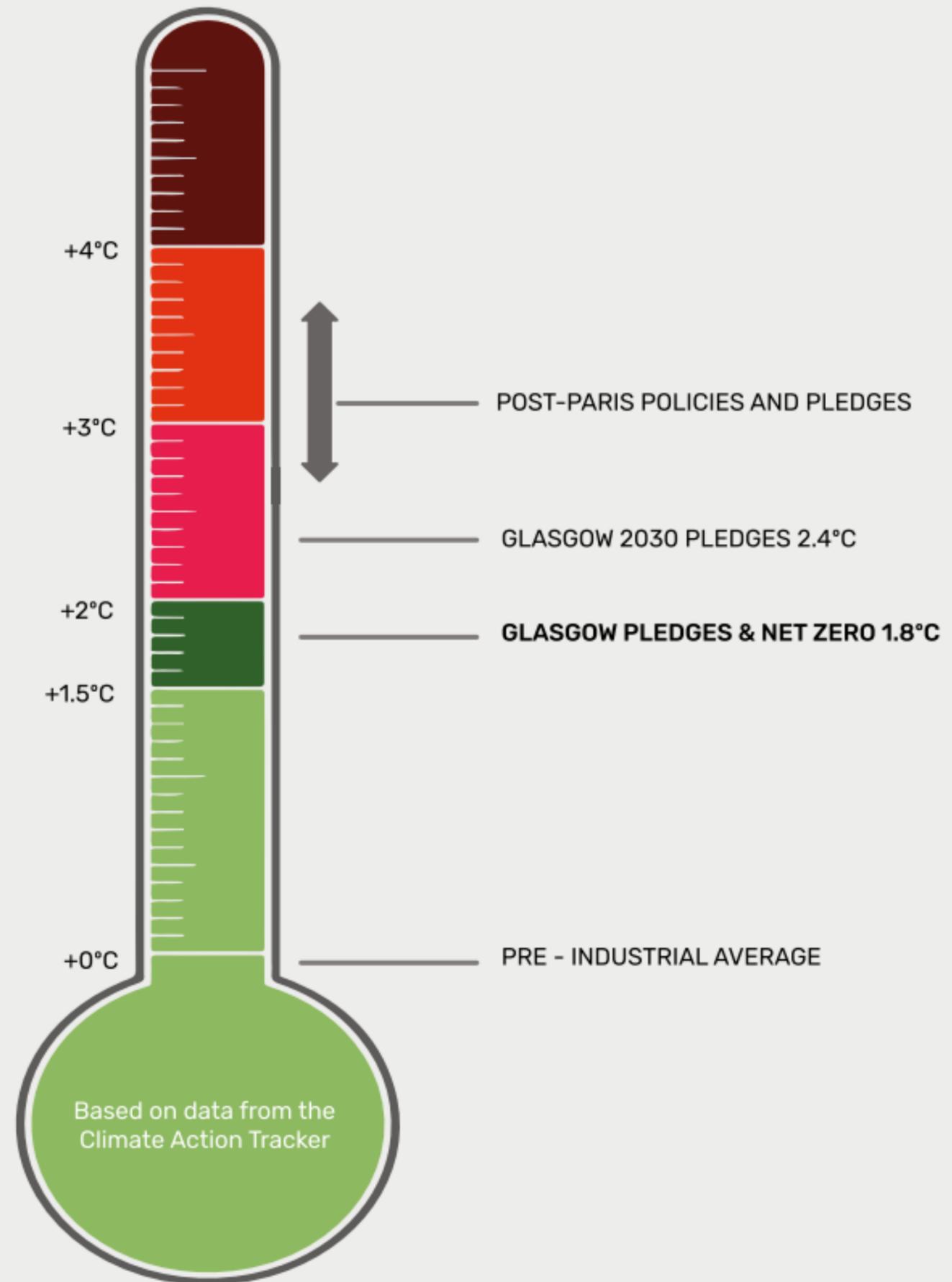
COP 26 (Glasgow) and COP27 (Sharm El-Sheikh)

- Warming in many regions has already exceeded 1.5°C above pre-industrial levels
- Tipping point: 2°C
- The difference between 1.5°C and 2°C also results in twice the amount of lost habitat for plants and three times the amount for insects

Where will the next COP Meeting take place?

COP28 (Dubai, United Arab Emirates (UAE))

2023

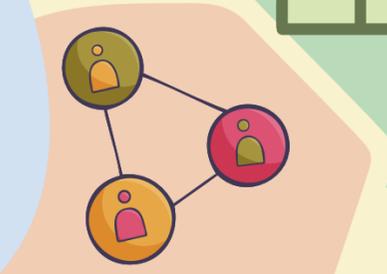
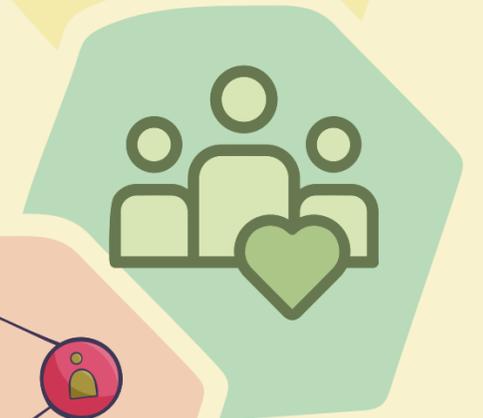
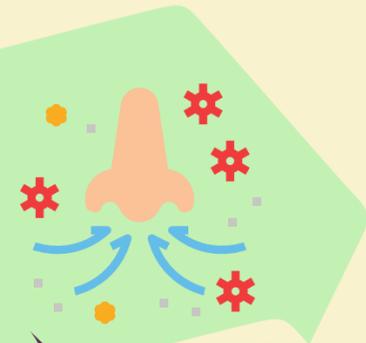


HOW TO CONTRIBUTE TO THE SUSTAINABLE DEVELOPMENT GOALS OF THE UNITED NATIONS

SDG 3: Ensure healthy lives and promote well-being for all at all ages

Gardening..

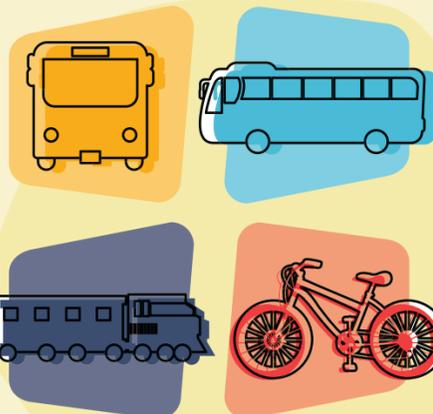
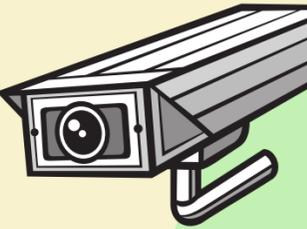
- 1- Increases access to fresh produce (Urban gardening)
- 2- Promotes physical activity (it can prevent chronic diseases)
- 3- Improves mental health: reduces stress, anxiety, and depression
- 4- Enhances social connections: social activity, bringing people together
- 5- Improve air quality: Plants absorb pollutants and release oxygen, which reduce the risk of respiratory diseases
- 6- Increase biodiversity by providing habitat for wildlife and supporting pollinators



HOW TO CONTRIBUTE TO THE SUSTAINABLE DEVELOPMENT GOALS OF THE UNITED NATIONS

SDG 11: Make cities and human settlements inclusive, safe, resilient and sustainable

- 1- Ensure equal access to basic infrastructure, such as housing, water, sanitation, and transportation
- 2- Implement measures to reduce crime, as the use of surveillance technology, to make cities and settlements safer for all
- 3- Develop sustainable urban plan and design, including the promotion of public transportation, bike lanes, and green spaces
- 4- Use renewable energy sources, promote energy-efficient buildings
- 5- Create more green spaces, such as parks, playgrounds, and urban gardens, to improve the physical and mental health
- 6-...



HOW TO CONTRIBUTE TO THE SUSTAINABLE DEVELOPMENT GOALS OF THE UNITED NATIONS

SDG 13: Take urgent action to combat climate change and its impacts

- 1- Promote renewable energy sources, such as solar and wind power
- 2- Encourage sustainable transportation options, such as public transit, cycling, and electric vehicles, to reduce the use of personal vehicles
- 3- Develop sustainable urban planning practices that prioritize green spaces and the needs of pedestrians and cyclists over cars
- 4- Promote sustainable tourism practices that minimize the environmental impact of tourism.
- 5- Increase public awareness and education on the impacts of climate change and the actions that can be taken to address it
- 6-...



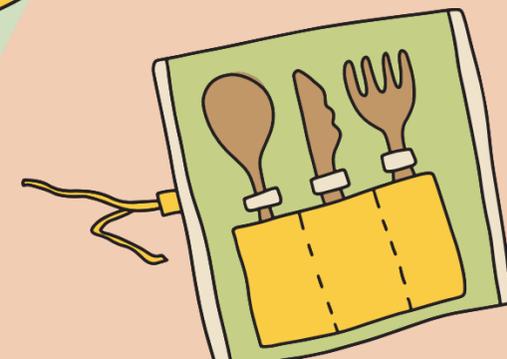
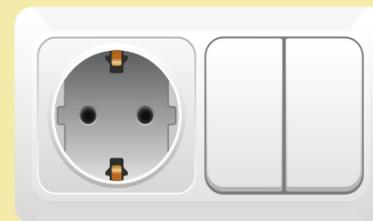
HOW TO RAISE AWARENESS TOWARDS ENVIRONMENT

- **Educating** people about environmental issues, their causes and consequences, providing information, motivate people to take action
- **Advocating** for environmental causes and campaigns through grassroots activism, social media campaigns, or partnering with environmental organizations to promote their messages
- **Encouraging community involvement** in environmental initiatives: organizing clean-up events, promoting sustainable living practices, supporting local environmental initiatives,..
- **Pushing for policy change** at the local, state, or national level by supporting legislation that promotes renewable energy, reduces carbon emissions, or protects natural resources.



HOW TO CONTRIBUTE TO ENVIRONMENT

- carpooling, biking, or taking public transit instead of driving a car alone
- stop using single-use plastics, such as plastic water bottles, straws, bags
- conserving energy by turning off lights and appliances when not in use
- eating a plant-based diet or reducing meat consumption, to reduce greenhouse gas emissions from animal agriculture
- Recycling and composting to divert waste from landfills
- Using eco-friendly household cleaners and personal care products, or making your own with natural ingredients.





VIDEO: RiverBlue

<https://www.youtube.com/watch?v=747kbvLHM0Y>



ENVIRONMENTAL CITIZENSHIP



- is taking responsibility to protect the environment
- involves reducing personal impact on the planet and advocating for environmental policies..

CIVIL SOCIETY

1. NGOs
2. Cooperatives (Genossenschaften) like consumer cooperatives, producer cooperatives, worker cooperatives, housing cooperatives etc.

Cooperatives in Austria are:

Wohnungsgenossenschaft, **Energiengenossenschaften**, **Landwirtschaftliche Genossenschaften** etc.

Goal: improve economic situation and share expertise, **promoting sustainable agriculture and rural development**

How? by adopting more efficient and environmentally friendly methods

ENVIRONMENTAL CITIZENSHIP

Attachment of people to their neighborhood

It is often related to the environmental features and characteristics of the area. **Environmental factors** such as natural landscapes, green spaces, and clean air and water can **contribute to a sense of place and foster positive feelings** of attachment among residents.



ENVIRONMENTAL CITIZENSHIP

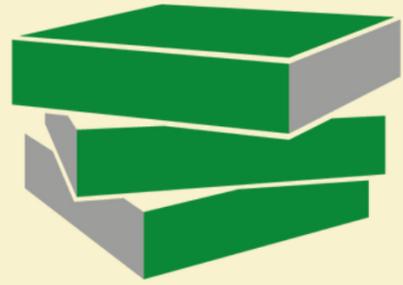
Sense of community

This refers to the **feeling of belonging and connection** that individuals experience with their **local community**.

A **positive environment** can contribute to a **sense of shared identity** and purpose, while a **negative environment** can create **feelings of isolation and detachment**.

Access to green spaces can promote **social interactions** and create opportunities for community building among residents. Furthermore, green spaces improve mental health and well-being, which can in turn contribute to a greater sense of community.





GRÜN
STATT
GRAU

VIENNA URBAN GARDENING

GrünStattGrau

- an initiative promoting the use of green infrastructure in urban planning in Austria
- aims to increase the amount of green space in cities and counteract negative effects of urbanization
- **Green infrastructure** includes green roofs, walls, parks, and community gardens
- it involves a range of stakeholders, including urban planners, architects, policymakers, and citizens
- Example of implementation of green infrastructure:
 - "St. Anna" Children's Hospital and Musikhaus
- "Grün statt Grau" is part of a larger movement towards sustainable urban development

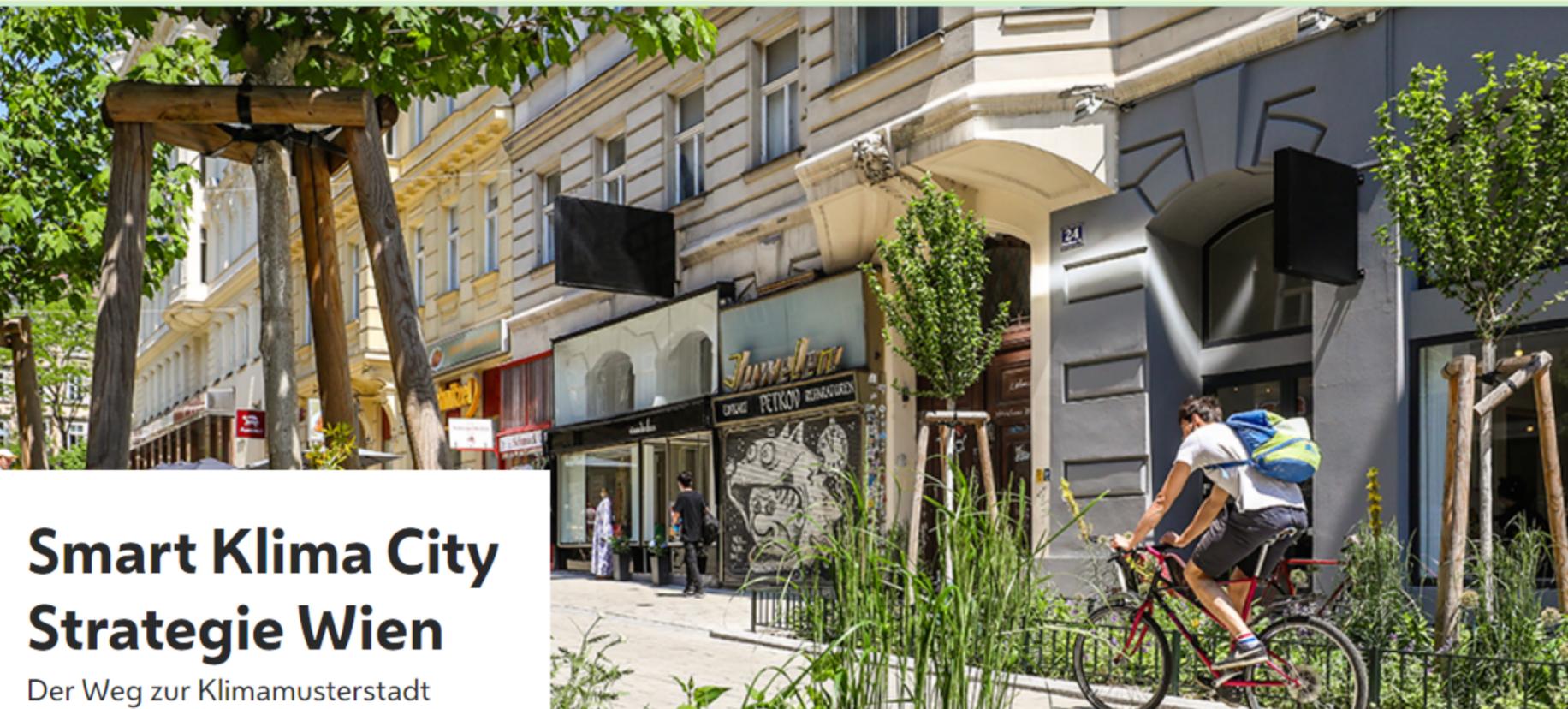


VIENNA AND URBAN GARDENING

SmartCity Vienna

Through the use of innovative technologies and data-driven urban planning, the initiative supports the development of urban gardening and other forms of sustainable urban agriculture in Vienna.

- promotion of green roofs and walls as part of sustainable building design to improve the city's microclimate, reduce energy consumption, and provide space for urban gardening and farming.
- development of public green spaces to enhance biodiversity and provide residents with opportunities for recreation, relaxation, and urban gardening.
- support of urban agriculture projects that promote sustainable food production in the city.



**Smart Klima City
Strategie Wien**

Der Weg zur Klimamusterstadt

VIENNA AND URBAN GARDENING

Augarten

Augarten Park in Vienna has a community garden area where residents can cultivate their own produce, and a commitment to sustainability. It promotes community building, fresh produce, and exercise, demonstrating how urban gardening can be integrated into public spaces.



VIENNA AND URBAN GARDENING

Gasometer Building and Donaukanal



VIENNA AND URBAN GARDENING



The "Gemeinschaftsgärten und Nachbarschaftsgärten"

Vienna supports neighborhood and community gardens that promote social cohesion, homegrown produce, and intercultural gardening. Participants of all ages and backgrounds can get involved, with some involving schools and kindergartens. The city supports these gardens financially and with advice.

The goal of such initiatives is to

- make use of areas within the city and reclaim public space.
- help shape their living environment and better identify with their immediate surroundings.
- promote communication and togetherness in the district and connect generations and people of different origins.

Link to all gardens: <https://www.garteln-in-wien.at/gemeinschaftsgaerten-und-nachbarschaftsgaerten/>

HOW TO URBAN GARDENING

I. Determine the type of garden you want to create:

- Consider space available and where to grow plants (containers, raised beds, or vertically)
- Think about what type of plants to grow and which method works best

II. Choose the right plants for your garden based on the amount of sunlight and space available

- Choose plants well-suited to the amount of sunlight, whether your garden gets full sun or shade
- Consider whether you have enough space to grow large or small plants.

III. Prepare the soil and use appropriate fertilizers:

- planting in containers or raised beds need high-quality soil mix
- if planting directly in the ground, test soil to see if it needs to be amended with additional nutrients

IV. Water your plants regularly:

- Consider using a rain barrel or other water-saving methods
- be careful to not overwater or underwater them

V. Harvest your crops when they are ripe:

- Store your harvested crops in a cool, dry place until you are ready to use them



HOW TO URBAN GARDENING

What to consider

- Space limitations in urban areas
- Exposure to pollutants and toxins in soil and air
- Sun and shade conditions
- Water availability and quality
- Local regulations and permits



What to avoid

- Planting invasive species that can spread and harm local ecosystems
- Using pesticides or fertilizers that can harm wildlife or water sources
- Overwatering or underwatering your plants
- Ignoring local regulations and permits
- Planting in contaminated soil or air
-



Get your free soil at every Mistplatz:

<https://www.wien.gv.at/umwelt/ma48/entsorgung/mistplatz/adressen.html>



VIDEO OF URBAN GARDENING

<https://www.youtube.com/watch?v=84-aZj0S1Mc>



BENEFITS OF PROTECTING PLANTS

- **native wild plants** can handle hot and dry weather and are easy to take care of
- **Deciduous trees (Laubbäume)** help with climate change by reducing the amount of carbon dioxide in the air and filtering out dust, providing shade and releasing water into the air through their leaves
- **facade greening, green roofs and planted inner courtyards** can prevent strong heating of buildings, ensure clean air and a cool microclimate
- **peatlands (Moore)** are important, because they are enormous carbon reservoirs and help mitigating the impacts of climat



TYPES OF URBAN GARDENING

- **Container gardening:** growing plants in containers such as pots, buckets, or even bags, made for small spaces such as balconies or terraces
- **Community gardening:** growing plants in shared spaces such as community gardens, school gardens, rooftop gardens or allotment gardens. It promotes social interaction
- **Rooftop gardening:** on buildings provide insulation, reduce urban heat island effect, and also promote biodiversity
- **Vertical gardening:** planting on walls or fences, provide aesthetic value to buildings, is space saving and contributes to environment
- **Aquaponics:** growing plants in water instead of soil, and using fish to provide nutrients to the plants. It is a sustainable and space-efficient way of growing food in urban areas.



IMPORTANCE OF URBAN GARDENING

POSITIVE IMPACT OF URBAN GARDENING ON MENTAL HEALTH

- **Reducing stress and anxiety:** reduces levels of cortisol, a hormone associated with stress and provides a sense of calm and relaxation
- **Increasing physical activity:** a form of exercise and can promote physical health
- **Improving mood:** Spending time in nature and engaging in activities that give a sense of accomplishment can improve mood.
- **Providing a sense of community:** it can be a social activity and can provide a sense of belonging and connection to others.



IMPORTANCE OF CHOOSING PLANTS

- **Aesthetics:** add color, texture, and dimension to your space, making it more inviting and attractive
- **Environmental benefits:** providing oxygen, absorbing carbon dioxide, and supporting biodiversity. Native plants support local ecosystems and reduce the risk of invasive species.
- **Maintenance:** choosing plants that are well-suited to your climate and soil conditions make maintenance easier and more efficient
- **Functionality:** plants that serve a specific purpose, such as providing shade or privacy, attracting pollinators, or producing food
- **Health benefits:** reducing stress, improving air quality
- **Insect repellent:** herbs like **citronella, lavender, and basil** can help repel insects





TIPS AND TRICKS

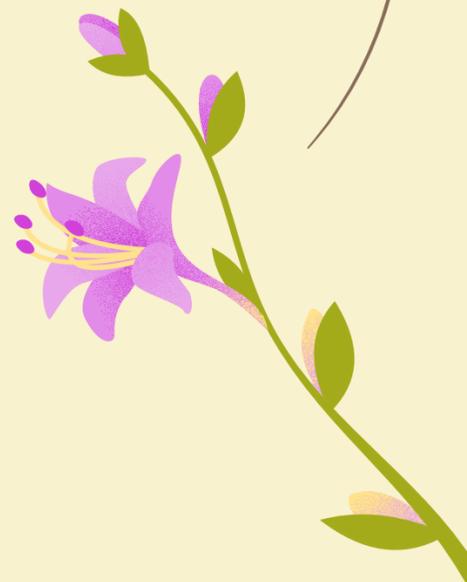
PLANT IN A POT

1. Change the existing soil and choose the right one
2. Choose the right substrate for your plant and water it before adding to the ground, never put it in the dry soil
3. Never work in the wet soil
4. Watering plant should take place according to the plants needs
5. Research where your plant comes from, where does it grow?
6. When your balcony is in the south side: Mediterranean plants like Rosmarien, Basil, also fruits like apples, plumps and vegetables like cucumber are suitable



CHOOSING PLANTS FOR YOUR GARDEN/BALCONY

- **Lavender:** soothing scent, reduces stress and promotes relaxation.
- **Sunflowers:** attract pollinators, such as bees and butterflies
- **Tomatoes:** high in Vitamin C and antioxidants, besides from yummy
- **Hostas:** easy to care for, has a variety of textures and colors
- **Herbs:** easy to grow (in containers), does not require a lot of space or maintenance, aromatic scent helps freshen the air, improves air quality and cognitive function, culinary uses like **basil, parsley, thyme, and rosemary**



FACADE GREENING

- cools walls in summer and has a heat insulating effect in winter, which makes them similar to a "**natural air-conditioning systems**" and therefore also effective "climate protectors".
- shaded facades do not heat up much
- have a noise-insulating effect
- filter air
- produce oxygen
- bind dust and carbon dioxide.
- facade plants evaporate water, which is good for the microclimate
- provide habitat for animals in the city.

consultation at Stadt Wien: "Fassadenbegrünung Wien"

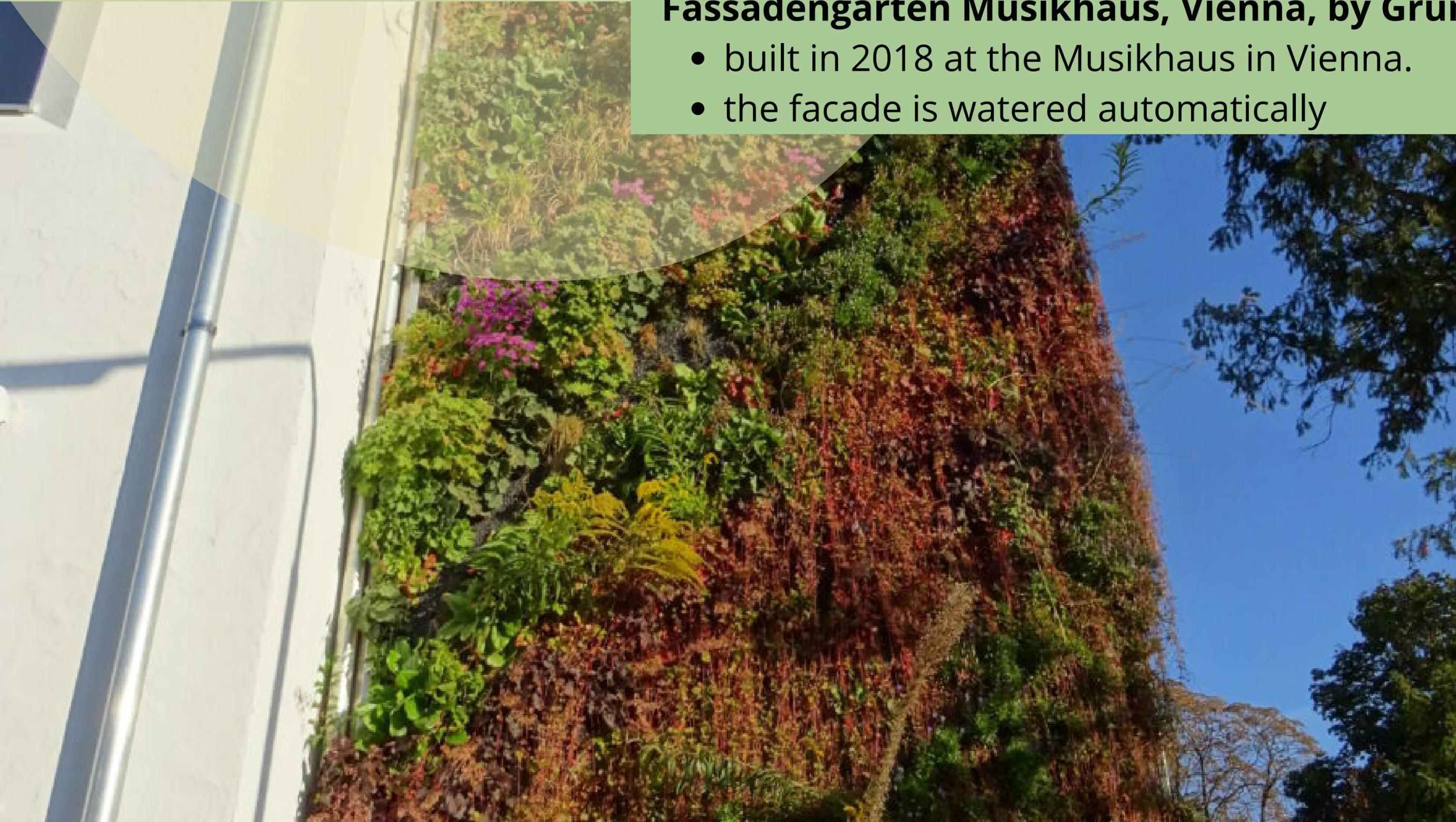


According to Austria Info, Vienna captured first place in the ranking of "The World's 10 Greenest Cities 2020".

BEST PRACTICE

Fassadengarten Musikhaus, Vienna, by GrünstattGrau

- built in 2018 at the Musikhaus in Vienna.
- the facade is watered automatically



BEST PRACTICE

Hotel Gilbert at MQ, Vienna, by Green4cities

- with its green facades on each facade and green roof it is a pioneer project



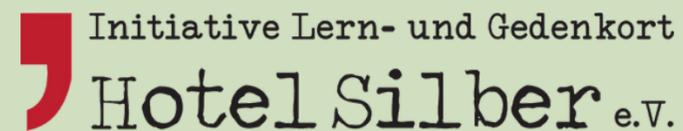


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THANK YOU



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QUIZ

1. Where will the next COP Meeting take place? (COP28)
2. How can Cooperatives (Genossenschaften) in farming contribute to sustainability?
3. What are the goals of the community gardens initiatives?
4. What is the importance of urban gardening?

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