



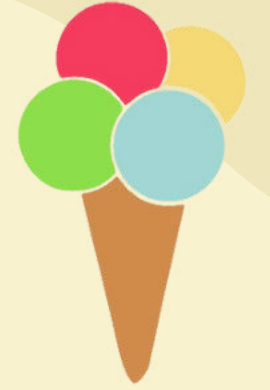
Erasmus+

Neue Perspektiven, Neue Horizonte.

Presented by AIS

# Informal Civic Engagement

## Course Environment



ICE



# ERASMUS+



Co-funded by the  
Erasmus+ Programme  
of the European Union

Erasmus+ is a European Union (EU) program that provides **funding opportunities** for individuals and organizations involved in **education, training, and youth activities**, including study abroad programs, internships, teaching and training exchanges, youth exchanges, and strategic partnerships between institutions

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.

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

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**.

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

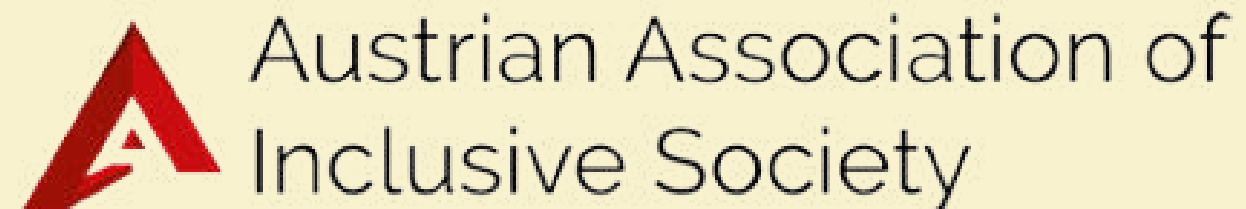


# AIS

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.





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.

# GREEN MINDS



# FIELD EXCURSION

**Review: of March 24th by MA42**

**Baumschule Mauerbach** is a plant nursery in Vienna, that

- produces and sells plants for gardens, parks, streets
- provides advice and planning services for public green spaces
- works with the city to maintain and expand these areas
- creates new plant species that survive in the city's climate
- helps the city to become more sustainable and pleasant for its residents
- caring for and expanding public green spaces in Vienna.

**Green Excursion in Vienna City**

- Austria Guides for Future
- Naturrallye durch Wien
- BeerenPflück Ausflug



# FUTURE EVENTS

## Field excursion on 31st of March

**Bio Forschung Austria** is a non-profit, non-university research institute and educational institution in the field of organic agriculture and biodiversity in Vienna that focuses on

- soil health and humus,
- organic farming and organic pest management,
- circular economy and compost,
- sustainable nutrition,
- beneficial insect promotion,
- climate and nature protection.

**bioforschung**  
austria



Jun 25

## Kräuterwanderung Wien: Wanderung zu den Sonnenkräutern



Bio Forschung Austria > Events > Bio-Gartel Kurs 2023-1

## Bio-Gartel Kurs 2023-1

## GROSSER PFLANZENVERKAUF WIEN

Vom 6. bis 8. April

CAPE 10

Reserviere deinen kostenlosen Platz !





# SUSTAINABLE DEVELOPMENT GOALS



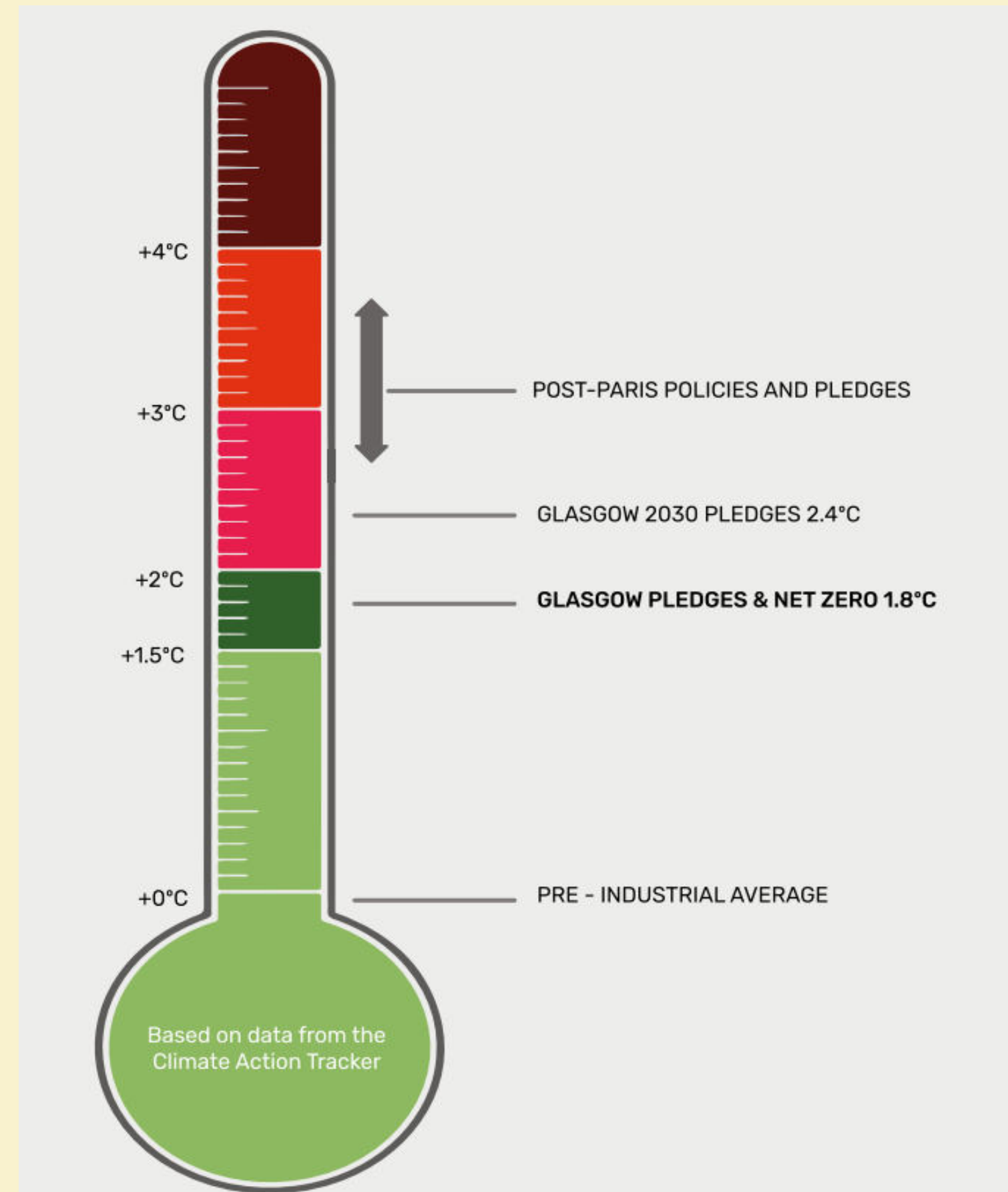


# COP 26 (Glasgow) and COP27 (Sharm El-Sheikh)

- 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?

Dubai

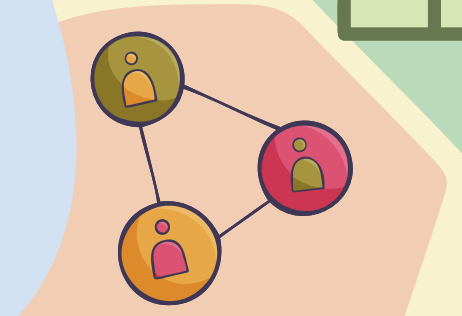
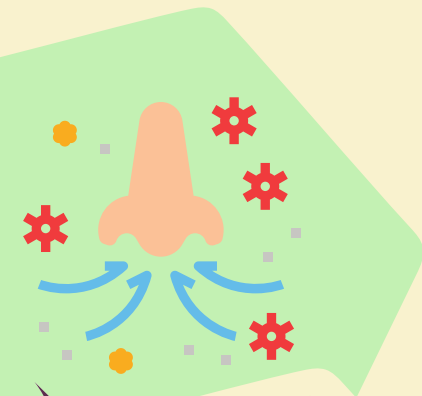


# HOW TO CONTRIBUTE TO THE SUSTAINABLE DEVELOPMENT GOALS OF THE UNITED NATIONS

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

Gardening..

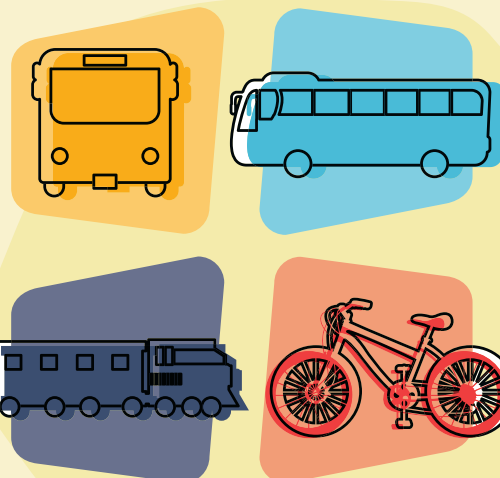
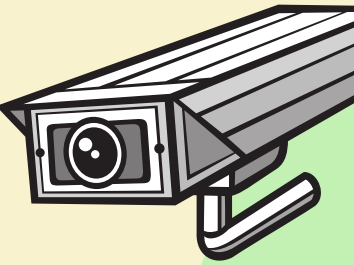
- 1- Increases access to fresh produce (Urban gardening)
- 2- Promotes physical activity (it can prevent chronic diseases)
- 3- Improves mental health: reduces stress, anxiety, and depression
- 4- Enhances social connections: social activity, bringing people together
- 5- Improve air quality: Plants 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-...



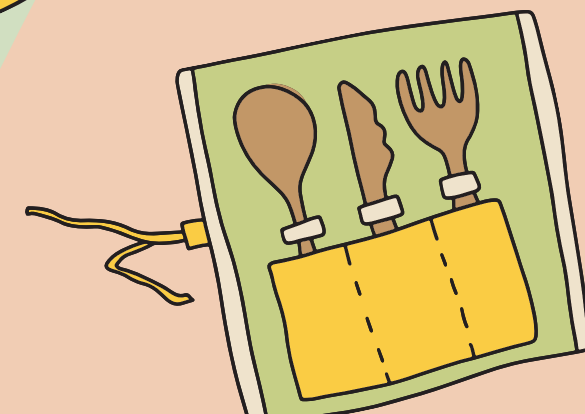
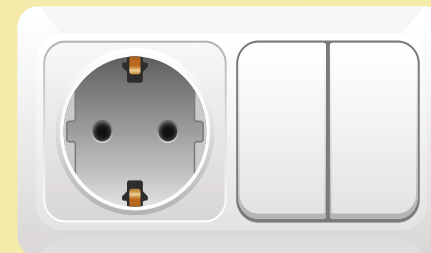
# HOW TO RAISE AWARENESS TOWARDS ENVIRONMENT

- **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.



# 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, **Energiiegenossenschaften**, **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

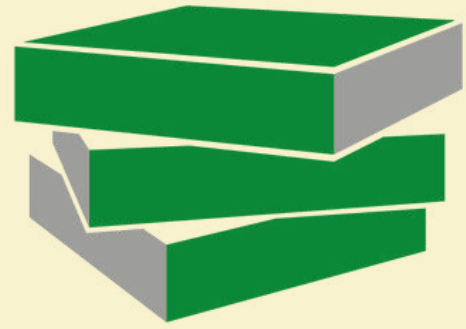
## Sense of community

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>



# BENEFITS OF PROTECTING PLANTS

- **native wild plants** can handle hot and dry weather, are easy to take care of and support local ecosystems and reduce the risk of invasive species.
- **Deciduous trees** 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** are important, because they are enormous carbon reservoirs and help mitigating the impacts of climate



# 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.



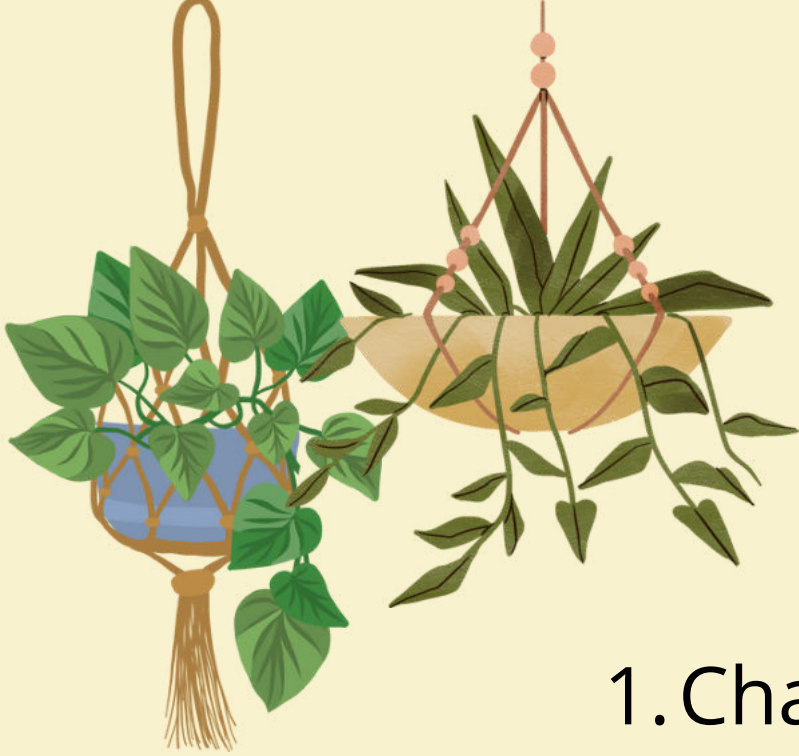
# IMPORTANCE OF CHOOSING PLANTS

- **Aesthetics:** color, texture, dimension to your space, inviting and attractive
- **Environmental benefits:** providing oxygen, absorbing carbon dioxide supporting biodiversity, improving air quality
- **Maintenance:** well-suited to your climate and soil conditions
- **Functionality:** providing shade or privacy, attracting pollinators, or producing food
- **Health benefits:** reducing stress
- **Insect repellent:** herbs like **citronella, lavender, and basil** can help repel insects

## Plants for garden/balcony

- **Lavender:** soothing scent, reduces stress
- **Sunflowers:** attract pollinators, such as bees and butterflies
- **Tomatoes:** high in Vitamin C and antioxidants
- **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, improve air quality and cognitive function, culinary uses like **basil, parsley, thyme, and rosemary**





# 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



**consultation: Pflanzenschutzdienst für Wien**  
pflanzenschutz@ma42.wien.gv.at or +43 1 4000-42483



# 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"**

<https://www.wien.gv.at/umweltschutz/raum/gruene-waende.html>

raum@ma22.wien.gv.at or +43 1 4000-73440



# BEST PRACTICE

## Fassadengarten Musikhaus, Vienna, by GrünstattGrau

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

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



## Hotel Gilbert at MQ, Vienna, by Green4cities

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

### Videos

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

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



# ICE Project

Given by:  
Anastasija, Denitsa, Dana

Date:  
March 25th 2023

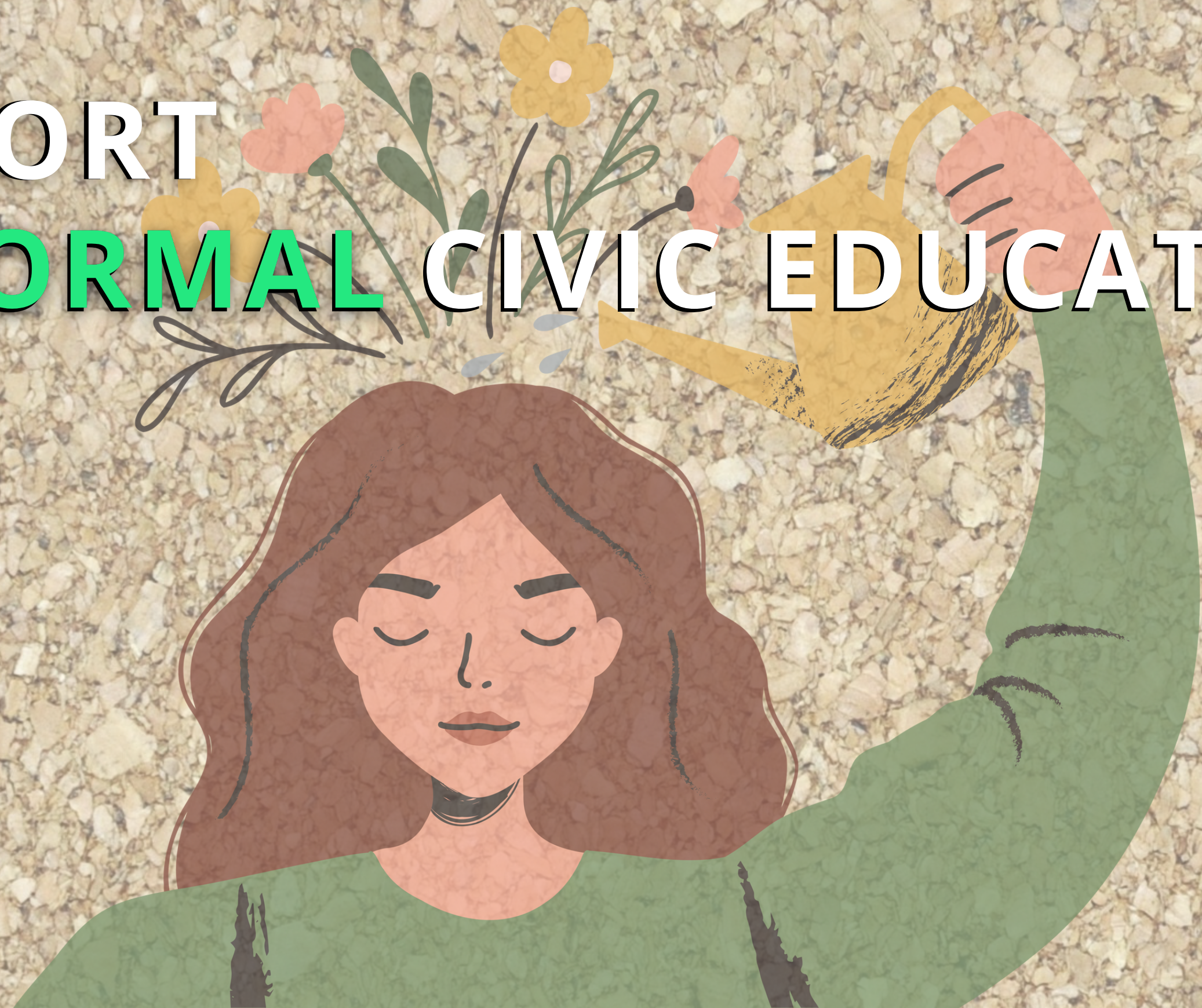




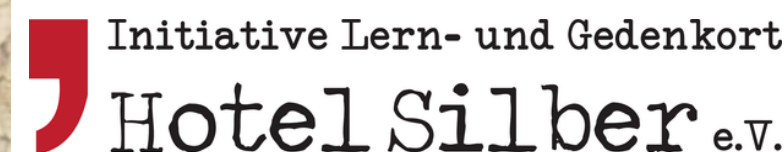


Co-funded by the  
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# REPORT INFORMAL CIVIC EDUCATION



CAMPUS  
ARNAU  
D'ESCALA  
Innovació i Recerca  
Social i Sociosanitària





ICE





# Statistic of Participants

In total a number of **33** had participated in all three events.

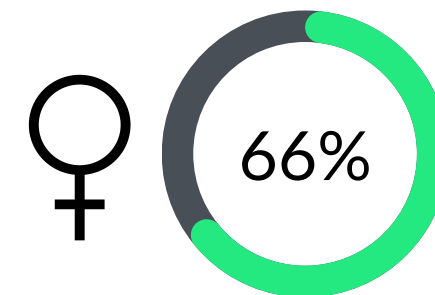
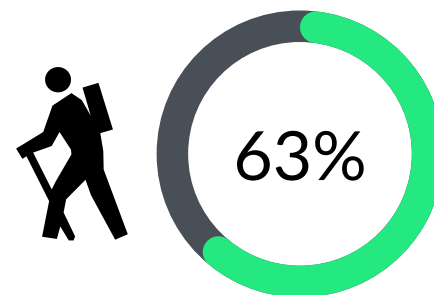
In the event on the 24th, there were **8 migrants** out of 14 people. Among them, 10 were female, which represents approximately **70%** of the total number.

In the event on the 25th, there were 8 migrants out of 13 people. Among them, 8 were female, which represents approximately 60% of the total number.

In the last event of the 30th, only female migrants participated, except for one individual who was male.

## Total

63 % of the total number of participants were female, 66% were migrants.





# Urban Gardening By Magistrat 42

Austrian Association of Inclusive Society (AIS) has successfully organised a guided tour with a field expert from the Austrian municipality MA42 on basic urban gardening that took place on the 24th of March 2023.

The location where it took place is the Baumschule in Eßling, which is located in district 22. During our visit, we were provided with explanations on various aspects of plants, such as their identification, planting techniques, watering requirements, toxic and fertile varieties, as well as practical tips for gardening at home. We learned about the importance of soil quality, using the right soil or replacing it when necessary, and received valuable insights and tricks for successful gardening.

# COURSE

## By AIS

On the 25th of March, AIS organized an event to raise awareness regarding informal civic education.

We adapted the information we learned the previous day at the Baumschule into the presentation, and invited Austria's UNFCCC Youth Delegate for COP27, who is also a climate activist at FFF Austria and works with Renewable Energy Communities (RECs), to deliver a lecture on climate change and mitigation. The presentation provided crucial facts and emphasized the significance of his field.



### Table of Content

- Environmental citizenship
- Attachment of people to their neighborhood
- Sense of community
- Location to urban gardening
- How to urban gardening
- Benefits of protecting plants
- Types of urban gardening
- Importance of urban gardening
- Importance of choosing plants
- Choosing plants for your garden/balcony
- Facade Greening
- Climate change and mitigation

# bioforschung austria

In collaboration with Bioforschung Austria, we have launched an additional course called "Garteln in Wien," where participants had another opportunity to delve into various topics, that partly have already been taught in a previous field excursion, like discovering what plants require for nourishment, exploring the depth of root growth in the soil, understanding the meaning of "organic" and exploring the diverse creatures that inhabit a biodynamic garden.

