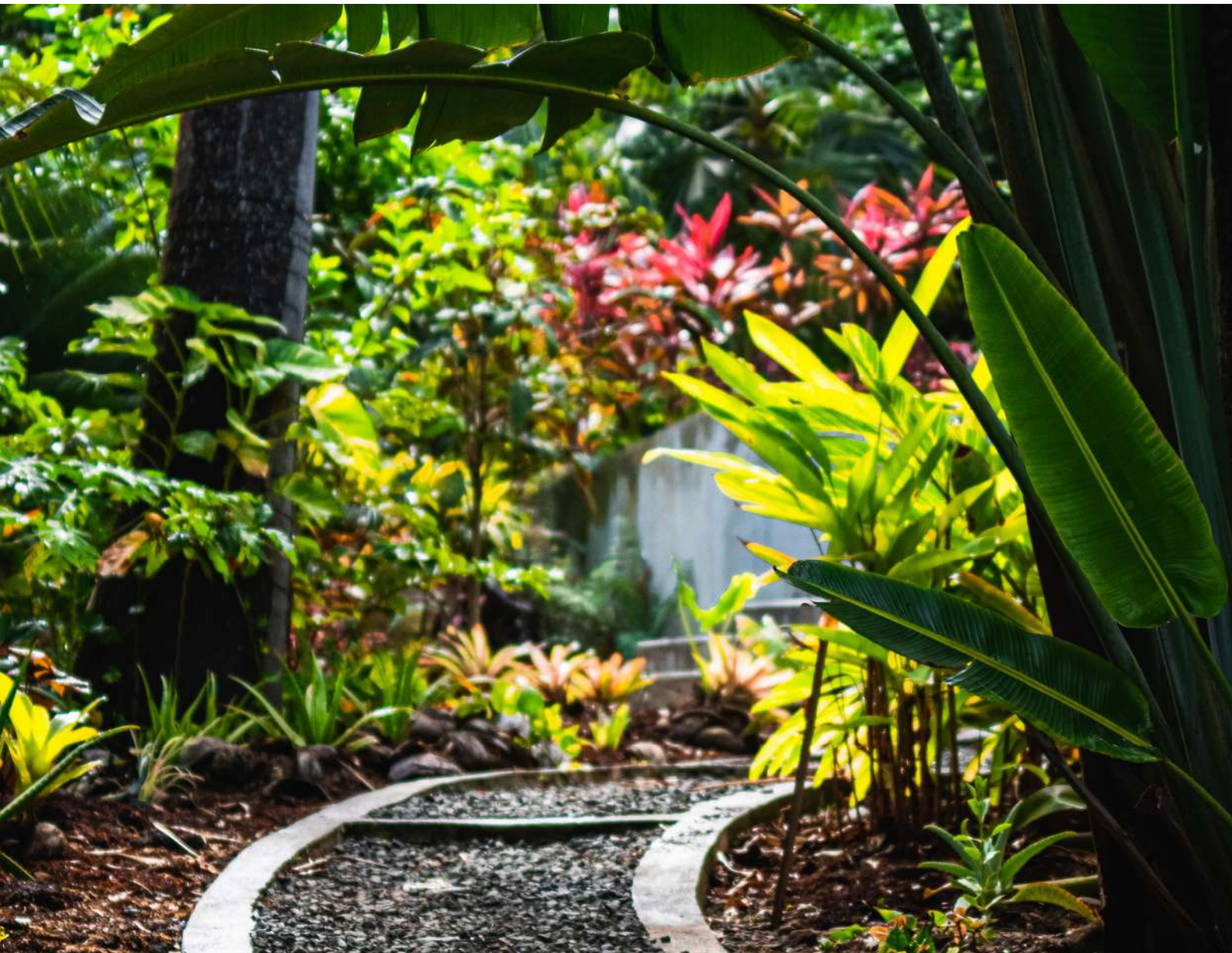


ISSUE NO. 4

HEALING gardener®



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The Tour Guide Manual, recently developed as part of the Healing Gardener project, equips trainers, students, and interested individuals with comprehensive guidance on leading tours of therapeutic gardens.

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We have recently inaugurated our Healing Gardens in Germany, Greece and Spain

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THE BEGINNING GARDENER QUIZ #3

A quiz that will help you assess your knowledge of gardening.



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THE HEALING GARDENER TOUR GUIDE MANUAL

We have recently finalized the development of the Tour Guide Manual, a tool to train the participants to become tour guides of the therapeutic gardens created during the project. The manual is intended for trainers implementing the Healing Gardener program, students participating in the program, as well as trainers and students interested in guiding garden visits, irrespective of their involvement in the Healing Gardener program.

The Tour Guide Manual covers essential aspects related to guiding visitors through the Healing Garden. It provides instructions on organizing and leading group visits efficiently. It delves into the role of guides in creating a welcoming and enjoyable environment for visitors, highlighting professionalism, kindness, and responsibility. A significant focus lies on effective communication, emphasizing the importance of expressing oneself clearly, listening and understanding visitors' queries. It stresses the need for preparedness, encouraging guides to seek assistance from supervisors for unexpected questions. The content further explores the concept of therapeutic gardens and their elements, and the significance of sustainable gardening practices and environmental responsibility. Finally, the manual educates guides about identifying potential hazards in the garden, preparing to minimize incidents, and effectively managing risks to ensure visitors' safety and enhance their experience.

Structured into modules, the Tour Guide Manual offers a balanced approach to learning, encompassing conceptual information, practical guidelines, case scenarios, hands-on exercises, and self-assessment tests. This approach ensures a comprehensive learning experience for aspiring tour guides.



LOCAL HEALING GARDENS INAUGURATED

We have recently inaugurated Healing Gardens in Germany, Greece and Spain designed with the methodology developed by Jardines Terapéuticas Palmlof as a foundation. We have already started to actively use the gardens with service users, students and local communities. The possibilities of each garden are immense and adapt perfectly to the needs of each group of users and intervention objectives.

VALLADOLID, SPAIN

The garden is located at the headquarters of the INTRAS Foundation. It is a spacious area of more than 300 m² where sensory stimulation, horticulture, cognitive stimulation, physical activity, and relaxation areas have been differentiated. It is presided over by a glass greenhouse where an area is reserved for working with plants and another for social and cognitive stimulation activities. Our garden will be a community meeting space not only for the clients and employees of the Foundation but also for the residents of the neighborhood.



PALENCIA, SPAIN

The INTRAS Foundation has developed another garden on the campus of the University of Valladolid in Palencia. The campus garden project is based on the creation of two distinct but equally functional spaces. The design has been adapted to the needs and capabilities of the space. On the one hand, we have an area designed as an open classroom, providing a natural and stimulating environment to facilitate learning and creativity. On the other hand, we have created a sensory garden intended to awaken the senses, promote relaxation, and connect with nature. Additionally, the garden serves an important function as a meeting and gathering area, offering a welcoming environment conducive to social interaction within the university community.





MOSBACH, GERMANY

The project has enabled Johannes Diakonie Mosbach to redesign and expand an existing garden area, incorporating therapeutic garden design principles. Additional vegetable beds have been created, encouraging active engagement in horticultural activities for patients. Plant beds have been expanded, incorporating new plant varieties for sensory stimulation. A comfortable social area has been established, enclosed by a sturdy pergola, and a lawn area with comfortable sunbeds has been added for tranquility and relaxation. The healing garden at Johannes Diakonie Mosbach now offers patients of our psychiatric clinic a nurturing and therapeutic environment.



ATHENS, GREECE

The healing garden journey for the staff and learners at Theotokos Foundation has been a challenging but rewarding experience. All the participants have learned many things about designing and creating a healing garden. Soil, plants, paving, furniture and much more! Our garden has many special areas. It has a sensory area, a social area, a physical activity area, a remembrance area and of course a gardening area. For the learners, a “healing garden” in their words, is: “A place with a nice environment for people with disabilities and other special needs to be able to walk or move around.” “A place to use all the senses.” “A place for relaxation, renewal and mentally feeling happy.”





THE BEGINNING GARDENER QUIZ

Take our Gardening Quiz to see how much you already know about gardening:

1. What is the primary function of a trellis in gardening?
 - A. Providing support for climbing plants
 - B. Protecting plants from pests
 - C. Collecting rainwater for irrigation
2. Which of the following is a biennial plant?
 - A. Cabbage
 - B. Basil
 - C. Cucumber
3. What is the purpose of companion planting in gardening?
 - A. Improving soil drainage
 - B. Repelling pests and attracting beneficial insects
 - C. Increasing sunlight exposure for plants
4. Which gardening technique involves layering organic materials to create nutrient-rich soil?
 - A. Trench composting
 - B. Double-digging
 - C. Sheet mulching
5. What is the optimal pH range for most garden soils?
 - A. pH 5.5-6.5
 - B. pH 7-8
 - C. pH 9-10
6. Which of the following is a warm-season flower?
 - A. Snapdragon
 - B. Pansy
 - C. Marigold
7. What does the term "hardiness zone" indicate in gardening?
 - A. The level of resistance to pests and diseases
 - B. The geographic region where certain plants can thrive based on climate conditions
 - C. The maturity stage of a plant
8. Which of the following gardening practices helps conserve water and suppress weed growth?
 - A. Deep watering
 - B. Drip irrigation
 - C. Overwatering
9. What is the main benefit of using raised beds in gardening?
 - A. Improved soil drainage
 - B. Reduced sunlight exposure
 - C. Enhanced pest control
10. Which type of vegetable plant is typically harvested for its edible stems?
 - A. Tomato
 - B. Carrot
 - C. Asparagus

Answers: 1A 2A 3B 4C 5A 6C 7B 8B 9A 10C

**If you scored correct on 6 or more questions, you are on the right track to becoming a gardener.*

**If you scored below 6, you need to learn some more about plants and gardening tools*

DO YOU WANT TO LEARN MORE?

Send an email to
dsm@intras.es