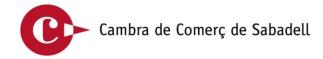
<u>BDBO</u>

How we are working?

- using gamification methods to discover the passions of the people
- plants and gardens as a way to take care of yourself, and if you take care of yourself you get the fruits and vegetables
- community work; take care of the garden to provide fruits and vegetables to the community









BREAKOUT 🐴

What?

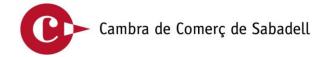
In March 2015 began, as a pilot project, an integrated project to encourage the transition unemployed – employed of people participating in different actions performed to improve employability, in Fundació Barberà Promoció



Why?

doing a learning strategy to empowerment the students in order to become active in training and job search

in April, this project is part of the project
"Break down or Break out" of the European
program Erasmus +
from collaboration of Barberà Promoció
and Cambra de Comerç of Sabadell











How?

It was decided than the common theme will be: "Plants for cooking and curing"

"Plants" is a good topic because of:

- ✓ infrastructure, resources and environment of Barberà Promoció
- ✓ the parallelism between learning to look after for a plant and to look after of yourself

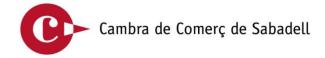
March 1 2015, each group starts the project separately with this indication:

We have chosen a plant: The Thyme

We plant it in a pot

We will study it and we will know how we have to look after it and its properties

We will look after it and see how it grows and the results obtained if we take good care









Why we start the project?

Many of the unemployed people we serve in Barbera Promoció, have special difficulties in:

- ✓ low educational level
- ✓ they don't know how to prepare themselves to find a job
- they don't know which resources are available in their community
- ✓ they need to work their competences
- ✓ They need to participate in actions in the community to empower them for:
- trust in themselves
- reinforce their self-confidence and self stimmed
- they can bring something positive to the community
 And if they are empowered and motivated they keep looking for a job









BREAKDOWN



we want to promote

PASSION

what interest you, what amuse you

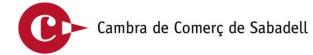


what makes you go into action

MOTIV...ACTION

Most are people who have difficulty in starting an activity because they are quite disillusioned because of the long term unemployed or due to a training program disorganized and failure:

they need reorientation and motivation to activate themselves











PASSION→

To make an activity which like me, feel useful myself and with positive results that I can bring another person and the community



Project "Break down or Break out"

MOTIV...

.ACTION

I like doing the activity and I discover the potential I have when I do something I like

I am able to achieve what I set my mind, I active myself and I am more creative and active to achieve my aims









And now, what we are doing?

- Exchange methodology with the participants of the project "Break down or Break out"
- ✓ **Apply the methodology** to the group of people who are in the project and extend it to other people who need strategies to empower
- ✓ Assess the results and improve the methodology
- ✓ Create a body which promotes the improvement of people in transition unemployment employment







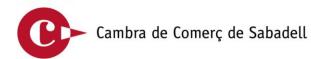


And now, the garden is a reality

On April 22th 2016 we inaugurated the FBP GARDEN, a community garden which will be used as a tool to empower the long term unemployed of Barberà del

Vallès











What will the garden promote?

- Develop new knowledge and abilities.
- Empower the long term unemployed people.
- Create community.
- Discover the horticulture.
- Ensure healthy eating habits.

