

# BDBO

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



## 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 that 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 – stimulated
  - they can bring something positive to the community
  - And if they are empowered and motivated they keep looking for a job



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**



Cambra de Comerç de Sabadell



AJUNTAMENT DE  
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**Barberà**  
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Erasmus+

# 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 transition  
unemployment - employment ;  
“Plants for cooking and curing”



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



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## 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.



## Community work done by the unemployed during the inauguration



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