

Presentation Overview

- Choosing the type of farming
- Identifying the mission and values
- Designing activities: agriculture, animal care, horticulture, etc.
- Roles and professional skills needed
- Infrastructure and accessibility



Planning and Designing farm

- **Planning and designing farm layout and infrastructure is crucial for farmers**
- **A well-designed layout improves efficiency, productivity, and profitability.**
- It also supports the **long-term sustainability** of the farm.
- The design process is **complex** and involves many considerations, including:
 - **Technical factors** such as soil quality, water management, crop rotation or animal husbandry, infrastructure, machineries etc
 - **Social context** such as human resources, community, partnerships with cooperatives, public health services, or local authorities



Farm's potential and capabilities

Soil Quality

Importance: Crucial for crop selection and soil management

Variability: texture, structure, organic matter, and pH

Actions:

- *Test soil through a certified lab to guide improvements*
- *Improvement strategies (adding organic matter, adjusting pH, using fertilizers)*

Topography /Water availability

Components: slope, elevation, and drainage

Impacts: water management and soil erosion risk

Actions:

- Important for selecting irrigation/drainage systems and erosion control methods
- Conduct a topographical survey to map slopes and drainage accurately

Use natural land features to design infrastructure that boosts yield and minimizes environment



Farm's priorities and objectives

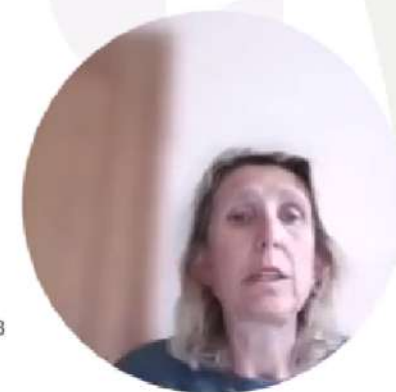
Clearly state both your **social and economic goals**

Personal Values and Motivations

Reflect on what matters most to you:

- Do you want to practice **sustainable or regenerative agriculture**?
- Are you committed to **organic farming**?
- Do you prefer to **sell locally or nationally**?
- Should the product generate income or is it primarily a tool for engagement?

These choices shape your farm's **identity and purpose**.





Creating a Roadmap

Establishing clear **priorities and targets** helps:

- Use land and resources wisely.
- Make informed choices throughout your farming journey.
- Ensure your farm is **viable and aligned with your vision**, whether you're a beginner or experienced.



Type of farming

Choosing crops and livestock is crucial for planning farm layout.

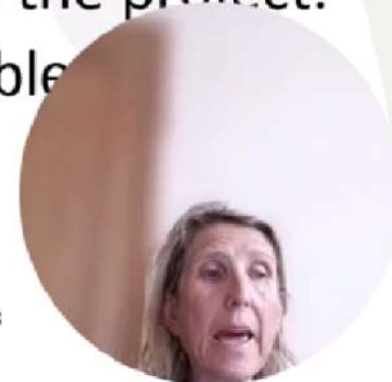
Key influencing factors: location, soil quality, climate, water availability, personal goals and preferences

Aligning choices with farm conditions improves productivity and profitability.



Choosing the right **production focus** in a **social farm** means striking a balance between **economic viability** and the **social goals** of the project.

The production activities must, therefore, be technically feasible, meaningful, and economically sustainable.





Analyze the Social Needs and Target Groups

Start by identifying the specific needs of the people involved:

- Are you working with people with disabilities, mental health challenges, recovering addicts, ex-offenders, NEETs, long-term unemployed, young people experiencing challenges in life, refugees, migrants, and people experiencing homelessness?
- What types of tasks are suitable and meaningful for them, considering the level of autonomy, cognitive engagement, and physical effort required?

Social farming is based on the idea that agricultural environments can foster **inclusion, well-being, autonomy, and integration** for vulnerable groups.



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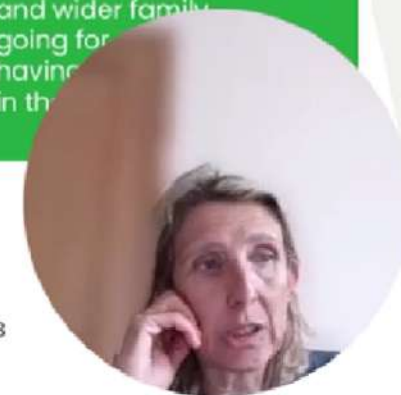
Target Groups

Different groups have different needs, abilities, and risks. Common target groups in social farming include:

- **People with physical or intellectual disabilities**
→ Need structured, accessible, and repetitive tasks
- **People with mental health issues**
→ Benefit from calm environments, predictable routines, and therapeutic contact with nature
- **Young people at risk or NEETs** (Not in Education, Employment, or Training)
→ Need engagement, responsibility, and job-training opportunities
- **Migrants or refugees**
→ May seek integration, language practice, and practical skills
- **Former prisoners or recovering addicts**
→ Need meaningful activities, reintegration paths, and routine
- **Elderly people**
→ May benefit from light physical activity, memory stimulation, and social interaction

Example of activity

- ...checking the stock
- feeding and bedding animals
- sowing seeds
- weeding or watering plants
- walking the land
- doing a new project like a raised bed
- power-hosing
- sweeping the yard
- chopping wood
- making jam
- meeting the neighbours and wider family
- going for a walk
- having a meal in the kitchen



Assess Abilities and Limitations

Not all agricultural tasks are suitable for everyone.

Evaluate:

- **Physical ability** (strength, mobility, stamina)
- **Cognitive ability** (understanding instructions, memory, concentration)
- **Emotional and social readiness** (working in teams, handling stress or frustration)

Adapt tasks to each person's level.

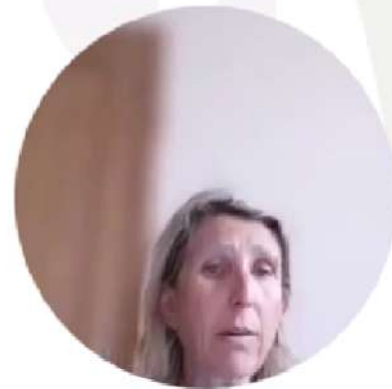


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Social and therapeutic needs

- What kind of support do individuals need (educational, psychological, medical)?
- Is the goal inclusive, therapeutic, rehabilitative, educational, or employment-oriented?
- Do participants require supervision or are they relatively autonomous?
- This helps determine the **intensity and type of professional support** needed on the farm (e.g., presence of educators, therapists, or tutor).





Define the Role of Participants on the Farm

Clarify whether participants will:

- Be involved in **work-related activities** (as trainees, volunteers, employees)
- Take part in **therapeutic programs** (with no productivity goals)
- Attend **educational or social programs** (linked to schools, community centers)

Understanding the role influences how the farm is structured, staffed, and financed.



Traineeship

While the European Union does **not have a single binding law** regulating traineeships, it has established **important policy instruments and recommendations** aimed at promoting **quality, fairness, and transparency** in traineeship experiences.

EU quality frameworks (Council Recommendation on a Quality Framework for Traineeships -2014) includes recommendations on:

- **Written traineeship agreement** before the start of the internship
- Clear **learning objectives**, tasks, duration, and working conditions
- Assignment of a **mentor or supervisor**
- **Transparency** on whether the internship is paid or unpaid
- Compliance with **labour laws and health and safety standards**
- Encouragement to offer **financial compensation**, especially for long-term or full-time traineeships
- Provision of a **certificate or evaluation** at the end of the traineeship

Health and safety regulations

EU Charter of Fundamental Rights: Protects rights such as fair working conditions and non-discrimination.

European Pillar of Social Rights: Emphasizes access to training and fair working environments, including for i



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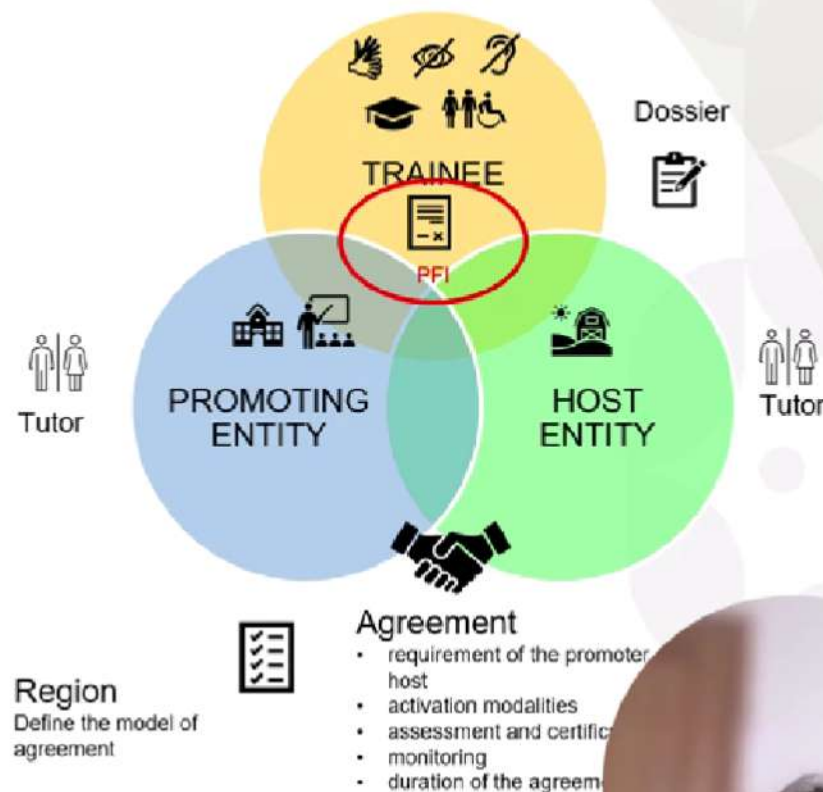


Italian Traineeship

It is an active policy training measure, aimed at facilitating work orientation, knowledge enrichment, acquisition of professional skills and job placement or reintegration. (*National Guidelines on extracurricular traineeships of 25 May 2017*)

Curricular traineeship: experience provided within a formal education/training pathway with the aim of integrating learning with work experience

Extra-curricular traineeship: experience aimed at facilitating career choices through a period of training in a productive environment



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Human resources

- **Agricultural technician:**

Oversees daily operations, ensures alignment with social goals; provide training and technical support in farming practices.

- **Social/educational staff:**

Support vulnerable individuals; ensure well-being and development.

- **Volunteers / Community Members**

Help with activities, create inclusive environments.

Provide Training Programs: Train staff and participants in both agricultural and social care practices.





Identify suitable agricultural activities

Prefer **labor-intensive, low-mechanization** activities that are repetitive and adaptable, such as:

- Organic horticulture
- Aromatic and medicinal herbs
- Beekeeping
- Small-scale livestock (e.g., chickens, rabbits)
- Fruit harvesting and maintenance of orchards

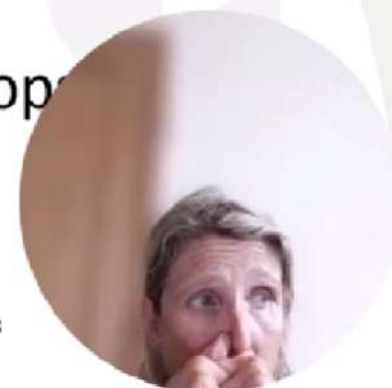
These activities promote manual skills, responsibility, teamwork, and growth.





Examples of production focuses in SF

- **Organic vegetable gardens:** versatile, inclusive, educational
- **Beekeeping:** calm environment, fosters responsibility
- **Animal-assisted activities:** great for therapeutic work
- **Food processing labs:** making jam, bread, or preserves — ideal for training
- **Gardening and green space maintenance:** can lead to community service or employment
- **Educational or agritourism activities:** school visits, workshops, farm tours





The role of farmer

The farm is an active, working farm.



- The farm can offer a variety of activities for people.
- It is a safe environment with safe farming practices.
- There is time and space to offer social farming as part of the overall farm operation.
- The farm is broadly accessible, both within its own environment and geographically.

The farmer has the kind of personal qualities and characteristics that make them a good social farmer, such as patience and empathy.



Evaluate the Market Potential

Even in a social context, the product should have **market value**:

- Is there local demand for fresh, ethical, or organic products?
- Can you sell through farmers' markets, solidarity purchasing groups (GAS), schools, or community kitchens?
- Can the story behind the product add emotional value and attract consumers?



Economic sustainability





Structure

Accessible farming is the adaptation of **farming environments and practices** to:

- Eliminate physical and social barriers
- Promote equal participation
- Support inclusive employment, therapy, or education in agriculture

The premises used for carrying out social farming activities must be habitable, in accordance with the regulations in force. In the absence of specific state and regional technical regulations for the specific social farming activities to be implemented, the minimum requirements for the premises of dwellings apply





Structure

Social farming usually involves a combination of **indoor and outdoor** environments, including:

- **Fields and open land:** for horticulture, orchards, vineyards, and extensive farming
- **Greenhouses:** for protected cultivation, training in a controlled environment
- **Animal shelters or barns:** for small-scale livestock care
- **Tool sheds and storage rooms:** for safe access to materials and equipment
- **Processing labs:** kitchens or small factories for food transformation (jams, bread, preserves)
- **Multipurpose indoor rooms:** for group meetings, training, therapy sessions
- **Accessible bathrooms and rest areas**





Structure

Physical Accessibility

- Raised garden beds for wheelchair users
- Wide, flat pathways for easy navigation
- Ergonomic and lightweight tools
- Accessible greenhouses and workspaces
- Automatic irrigation to reduce manual labor

Cognitive and Sensory Accessibility

- Clear signage with pictograms and simple language
- Structured routines and visual schedules
- Reduced noise and sensory overload in work areas
- Use of color-coded systems for organization

Social Accessibility

- Inclusive work teams
- Support staff or tutors
- Flexible work rhythms
- Opportunities for social interaction
community building



Conclusion

Choosing a production focus in social farming is **not just a technical decision** — it's a strategic, ethical, and human-centered process.

The goal is to **create a meaningful, inclusive, and economically sound environment** where people and nature thrive together.

It is important that the farm remain an ordinary working farm where the normal business of the farm continues.

Develop an inclusive activity plan

Design farming tasks tailored to various ability levels, ensuring participation and safety.

