

Gardening as Occupational Therapy Model

in working with people in mixed migration flows

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WVI in BiH & GIZ tested
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Background

Within the realm of 2-year project "Enhancing identification and resilience of (potential) victims of trafficking in persons in the Western Balkans", supported by Deutsche Gesellschaft für Internationale Zusammenarbeit, World Vision International in Bosnia and Herzegovina undertook a set of comprehensive mental health and psychosocial support (MHPSS) interventions aimed at improving mental health of persons on the move, in two temporary reception centers (TRC) – Blazuj and Usivak. The integrative approach to MHPSS comprised of sports/recreational, arts/creative, educational and occupational activities provided to over 25000 individuals, in both individual and group settings. As part of the approach, WVI in BiH was entrusted with testing gardening as occupational therapy approach in enhancing mental health and psycho-social support to migrants, as well as documenting the key elements, lessons learned and recommendations related to this new, innovative model which proved beneficial for beneficiaries and potentially the host community and is considered relatively easily replicable in various working contexts.

Mental health preservation through occupational therapy

World Health Organization defines mental health as a state of well-being in which an individual realizes his or her potential, is able to cope with stressors of everyday life, can work productively and fruitfully, and is able to contribute to his or her community. Mental health and mental health disorders¹ are determined by multiple and interactive factors, such as: social, psychological, biological, and general health factors. The growth and consistency of socio-economic barriers such as low educational levels, poor housing and low wages are amongst the risk factors for mental health. The highest sensitivity is found in people who are at a disadvantage, affected by insecurity and hopelessness, sudden changes in society/ social surroundings and at are the risk of violence and physical illness. The contexts of increasing and complex mass migration with all their intricate implications for individual and groups on the move as well their communities/ societies along the source-transit-destination route bring mental health into new perspective and call for innovative support interventions.

- **Mental health and mixed migration flows**

Migration is a complex process that affects people differently. It is most often associated with stressful events, obstacles and challenges due to which psycho-social issues and other health problems are common among migrants.

Refugees, asylum seekers and migrants are vulnerable groups of persons at intensified risk for mental health problems, including post-traumatic stress, depression and psychosis. Since 2018, over 130,000 migrants have arrived to Bosnia and Herzegovina via the Western Balkans Route. The numbers

¹ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6181118/National_Library_of_Medicine

continue to grow, with people fleeing conflict experiencing gross human rights violations and poverty. While on the move and in overcrowded reception centers, migrants' lives are characterized by uncertainty, instability and inadequate even most basic living conditions. In host countries, they are often received with prejudice and hostility of the local population, which further aggravates their mental health issues and disorders. Prolonged hardship, insecurity and uncertainty against their continued pursuit of safety, better life and opportunities for growth results in increased trend of mental disorders including post-traumatic stress disorder, depression and (self)destructive behaviors such as substance abuse, self-harm, even attempted suicide, all in need of apt and undelayed assistance.

In their persistent attempts to reach the EU, migrants are repeatedly returned from Croatia or Slovenia, yet, determined to succeed, they rarely give up. These efforts create additional pressure for most migrants and only those with strong self-confidence remain adequately focused on continuing the journey. Of course, staying outdoors, in makeshift camps, forests or ruins without any hygienic conditions, without health care, provided food and clothing, significantly affects the health of migrants, including their mental health. All these shortcomings represent a huge risk to the overall psychophysical condition of these people, which is shown through an increased level of anxiety, but also aggression. Irritability can often be noticed in both children and adult migrants, and it happens that they react violently to any or seemingly no reasons, with excessive outbursts of anger or have panic attacks. Some conditions require psychotherapy and most people with such problems have the support of a psychotherapist.

- **Occupational therapy in MHPPS support to migrants**

WVI BiH experience in working with migrants shows that access to occupational engagement and occupational therapy has multifaceted beneficial effects on beneficiaries' mental health, in terms of prevention and alleviation of mental health problems.

Occupational therapy is just one but invaluable component of a comprehensive MHPSS approaches mobilized by WVI in BiH in working with persons on the move. Tested through two activities – sewing and gardening - occupational therapy activities proved exceptionally popular amongst the beneficiaries who were through these activities enable to learn new useful skills and purposefully (re)engage into a meaningful task/occupation. Occupational activities provide opportunities and platforms for participation, peer-to-peer teaching/ learning and support, sense of purposefulness through volunteering. They reduce stress and anxiety, curb disruptive behavior, enhance and shape day-to day routine, enhance coping skills and sense of usefulness and 'giving back' to community through providing service to peers in need. They also foster connectedness with tradition and nature.

While occupational therapy is chosen based on individual needs and preferences, experience shows that more and more migrants are ready to accept and engage in various ventures and tasks that meaningfully occupy them ranging from cleaning, helping in the kitchen to giving a haircut and shaving, sewing, agriculture and horticulture. In addition to usefully spent time, such activities affect the creation of a positive image of self and the feeling that they are useful to others.

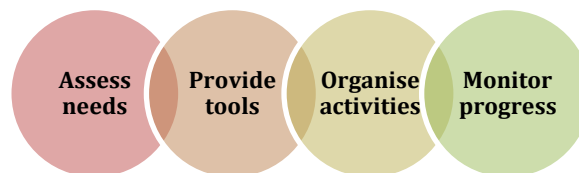
- **Organized occupational therapy approach**

In working with persons on the move, temporary reception centers provide a good space for designing and mobilizing different occupational approaches. With all challenges including fluctuating influx of

migrants, their short stay in camps, experiences are positive and need to be learned from, upgraded and broader utilized.

Main steps in organizing occupational therapy for the migrant population

- ✓ Assessment of the needs and willingness of migrants to engage
- ✓ Provision of tools and materials for occupational therapy
- ✓ Organizing activities on daily/regular basis considering that beneficiaries should enjoy and obtain best possible benefit during their limited stay and to the extent possible, see the fruits of their engagement
- ✓ Ensure continued space for feedback from beneficiaries, monitor progress and adjust approach along the way where possible.



Gardening as occupational therapy approach in working with migrants – WV BiH experience

Gardening² is widely used in promoting recovery and wellness. The use of gardening as a medium within therapy has a long history. Gardening is an authentic common activity that is easily adapted to all contexts and situations, from indoors in a nursing home, to community gardens. It is a resourceful therapeutic method, aspects of which can be graded and adapted to meet the needs of a wide range, profiles and capacities of clients. Evidence from occupational therapy gardening research supports its use in stress reduction. It can be done in the open on large or small land plots, in greenhouses on limited plots and/ or different adjustable pots both outdoors and indoors.

While gardening is relatively easily utilized approach that brings wide variety of benefits, certain skills and knowledge are need in starring the activity, preparing for planting and caring for plants and produce are considered.

Evaluations³ of the effectiveness of gardening in occupational therapy conclude that it increases motivation to participate, provides enjoyment, and creates a profound and intimate connection to the nature and sense of hope and purpose through caring for new life and nurturing it, from seed to final produce.

Expected Benefits of Gardening include improved physical condition and fitness as it promotes movement, coordination, improves balance, builds endurance; fosters social engagement, sharing, team work and joint actions, trust that the other person involved will do their part of the job; improves cognition and builds skills, discipline and sense of stability through following a routine; enables connectedness with nature and great outdoors (fresh air, sunlight), reduces isolation; offers sense of

² <https://rh.org.za/2022/01/05/gardening-an-activity-based-intervention-towards-recovery-and-wellness>

³ Gardening: An Occupation for Recovery and Wellness, Tania Wiseman and Gaynor Sadlo

rewards and accomplishment as it brings concrete result/ product (fruits, vegetables, herbs) and potentially income-generating benefits which can improve one's socio-economic status – all positively impacting and contributing to preservation of mental health. Caring for the garden is the essence of its therapeutic effect, as a garden is not only a space for gardening, but also for rest and peace. Both, in the broadest and most precise sense, gardening provides comfort in someone's suffering.

Due to contextual considerations, the gardening MHPPS approach piloted by WVI in BiH comprised of two modalities – greenhouse gardening and pot gardening and its utilization involved several steps, starting with:

The meadow intended for cultivation was quite neglected and wild, requiring first destruction of weeds and cleaning of garbage. Migrants originally from Pakistan, Afghanistan and Africa were the first to start clearing and manually digging the land. These first activities were organized with high security measures, bearing in mind that the migrants were using agricultural tools that could be used as weapons. However, it soon became clear that there was no cause for concern. In that first phase of preparing the land for the installation of the greenhouse, the exceptional energy and joint initiative of the beneficiaries was noticed, regardless of their national and ethnic differences.

✓ **Preparatory works**

✓ **Obtaining necessary approvals**

Given that the gardening approach was to be piloted in a reception center, necessary negotiations and approval needed to be acquired from the reception center's management. The process assumed discussions on the proposed intervention and its benefits, determination on the value and potential risks envisaged, assessment of the terrain and location where the greenhouse (proximity of water source, access to sunlight, distance from other activities/facilities, etc).

After initial discussions on the intervention intent, with approval for the purchase of a greenhouse by the donor (GIZ), an agreement was reached with the camp management and the Service for Affairs with Foreigners, to go with procurement and construction of a greenhouse in the Migrant Reception Center Blažuj for the purpose of occupational therapy, including immediate stress release benefits, long term skills building benefits, as well as the production of vegetables for the needs of migrants in the Center.

The original idea was that through this form of inclusion of migrants in agricultural work, they would interact with the environment and feel useful, productive, and for the purpose of socializing and better adapting to living conditions in the camp.

✓ **Consultations with beneficiaries**

The first consultations with beneficiaries took place six months before implementation and unfortunately those who were eagerly waited for greenhouse were not there to participate in activities, but they set the foundation for many migrants to come.

Initial consultations done in groups through which WVI in BiH MHPSS interventions are realized, opened the discussion on the need, interest and willingness of migrants to engage, value they see in

the whole intervention. The process was explained and consultations on the vegetables to be planned held.

The idea was very positively assessed and welcome by the beneficiaries from the start. This excitement and dedication remained a strong and continued feature of the migrants' perception and experience of the approach throughout the venture. Regular feedback was sought from the beneficiaries during the approach testing.

✓ **Preparation of the land**

After the management of the Blažuj camp approved this activity, preparation and cultivation of the land started. The designated plot required cleaning and de-weeding first, which was the first activity in which the beneficiaries were included. Cleaning of the land was the first interaction of the beneficiaries of different backgrounds in this activity and was planned and conducted under heightened security measures, due to the fact that tools (that could be used as weapons, were placed into beneficiaries' hands. Once the land was cleaned and ready for next step, tools for manual tillage was acquired. In preparation of the land for erection of the greenhouse, two approaches can be used – manual tillage and motor tillage, all depending on the size of the land to be cultivated, characteristics of the soil, number of beneficiaries, their skills, etc. It is important to point out that manual tillage was chosen even though it was relatively cheap to get a small motor cultivator for tillage. By manually tilling the land, we aimed at physical engagement, spending energy and fostering team effort effort, knowing that joint work will be required.

Some of the beneficiaries, it was observed, had previous experience of agriculture acquired in the country of origin, while others learned from them and participated in such an activity for the first time. It was noticed that migrants from different countries cultivate the land in different ways and use different tools. This diversity was not a stumbling block but rather added to richness of exchange and sense of unity in action despite individual and cultural differences, which was sought after value added to the whole process.



At the end of the day, when the soil was prepared, no difference could be observed in the tillage method, leading to the conclusion that all the different tillage methods and tools were equally effective, have resulted in unique end result and contributed to shared sense of achievement and satisfaction which was on admirable level.

✓ **Procuring a greenhouse**

After the decision was made and approvals to go ahead obtained, process of procuring a greenhouse was initiated, and followed all standing WV/GIZ procurement procedures. The size of the greenhouse was determined by the size of the land plot on which it will be erected. All required equipment (irrigation) was procured too. Under the contract, supplier had responsibility to assemble the greenhouse and provide seeds of the vegetables opted for. Decision on which vegetables will be cultivated was based on discussions with beneficiaries and made based on seasonal, climate and soil considerations.

After preparing the land, a 16 x 10 m greenhouse and accompanying equipment were installed by supplier: water barrels and irrigation hoses.



✓ **Assembling greenhouse and education**

During the installation of the greenhouse, the WV staff was educated by supplier on land preparation (fertilizer use and soil conditioning), bringing water and irrigating the greenhouse, preparing the greenhouse for the season, how to maintain the microclimate of the greenhouse and perform ventilation, how to organize the production of vegetables in summer and winter conditions. The project staff were trained to become a consistent and readily available source of information and guidance for the fast transiting beneficiaries.

Immediately after the installation of the greenhouse, the beneficiaries eagerly went inside and asked for a tool for pulverizing the soil, making a mold and installing an irrigation system. The space inside the greenhouse very quickly got its final form for planting different vegetables, and in this stage a total of about 80 beneficiaries of different nations and ages (Pakistan, Afghanistan, Burundi, Cameroon, Gambia, and Bangladesh) took part.

✓ **Planting and maintaining the greenhouse**

Vegetables planted in the greenhouse were decided based on the season, availability of seeds, utilization of produce. Land ready for planting, cleaned and fertilized, with a ready irrigation system, is planted with vegetables that the migrants wanted to plant and are suitable for the Bosnian climate. This is how tomatoes, onions, cucumbers, peppers and herbs were planted. It was noticed that migrants from Pakistan and Afghanistan participated more in the planting process because they had previous experience and knowledge of agriculture, while beneficiaries from African countries participated more in daily maintenance, watering, weeding, lifting, tying, airing the greenhouse, etc. Maintaining the greenhouse and nurturing the plans is a daily work that requires skills, discipline and regular engagement. Given the fluctuation of the beneficiaries, most would continue their engagement until it was time to move on along their journey to the Western Europe, but newly arriving beneficiaries always got involved and gave results very quickly. They were learning hands on

absorbing all information and skills they could obtain 'on the flow' as the fluctuation of migrants led to some discontinuity in the works and knowledge transfer.



✓ **Developing a Protocol for the use of the greenhouse**

To ease the access to this activity and enhance its benefits for the beneficiaries and their surroundings, the Protocol on the use of the greenhouse (attached to this document) was developed and shared with the management of the Blažuj camp. The Protocol regulates roles and mutual relations, as well as the fact that migrants cannot stay in the greenhouse without the supervision of WV or a partner organization.



Greenhouse%20Prot
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Protocol is basic and reflects situation and stakeholders relevant for this camp. It is a useful tool that can and should be adjusted to specific contexts.

✓ **Harvesting and consumption of produce**

Seeing first produce was truly rewarding and overall beneficial moment for the beneficiaries. Harvesting took place once or twice a week, and during each harvest, the happiness and satisfaction of the migrants was noticed, as they socialized and sang together during the harvest.

Each phase of the process brought specific engagement, socialization and empowerment benefits for the beneficiaries who could benefit from the gardening approach regardless of the length of their stay, background, prior skills, physical capacities, etc.

Bearing in mind that the greenhouse was installed very late - at the end of April, it can be said that the process of growing vegetables in the greenhouse resulted in a solid harvest of app 180 kg of tomatoes, 150 kg of onions, 80 kg of peppers, 50 kg of cucumbers and a considerable amount of herbs, and in about 500 migrants participated in agricultural work. Most of them stayed only one or two days in the camp, and in that short time they participated in activities. There is one beneficiary who witnessed and took part in the whole process from the beginning. He is originally from Pakistan and participated in all activities from the first cultivation of the land to the harvest He says: This is almost like being at home. I wake up in the morning and have my breakfast. Then I take my tools and I go to the greenhouse to see my plants. I am so happy when I see them growing every day.”. He says that the greenhouse is part of his daily routine and that it would be difficult for him if he could not do this.

Measuring Impact

The intervention was expected to have short and long term benefits for the beneficiaries, with impact being assessed based on:

- The level of maintained interest in the activity
- Self-reported positive change in one's wellbeing
- Feedback from beneficiaries, partners and camp management

Beneficiaries were coming every morning to collect tools and water buckets and immediately after breakfast going to the greenhouse. When asked why they do it, they answered that it calms them down. After two months of weeding and careful maintenance, the first produce appeared. In agreement with the beneficiaries who participated in the activities, it was decided that the harvested, ripe fruits would be donated to the kitchen in the camp, and that the migrants would eat the harvested vegetables with their friends in the camp after harvesting.

Beneficiaries who participated in growing vegetables stated that this activity helped them a lot to feel useful and important again after a long period of wandering and trying to get to a better place, and to see themselves ready for further life endeavors. They said that they felt that everything was 'normal' again in their lives. They knew they were not at home, but in the greenhouse, they had a sense of peace and belonging.

Impact of the gardening approach on the well-being and integration of migrant population residing in reception centers had proven impact. It provides a unique opportunity for individuals to engage in a meaningful and therapeutic activity while connecting with nature and their fellow residents.

Measuring the impact of gardening in reception centers requires consideration of several factors:

- ✦ **Physical Health:** Gardening involves physical activity, which can contribute to improved physical health among migrants. Regular gardening tasks such as digging, planting, and weeding help individuals build strength, increase flexibility, and improve cardiovascular fitness. Assessing physical health indicators and overall fitness levels can provide insights into the impact of gardening activities.
- ✦ **Mental Well-being:** Gardening has recognized positive effects on mental health by reducing stress, anxiety, and symptoms of depression. It provides a therapeutic outlet for individuals to focus their attention, find relief in nature, and experience a sense of accomplishment through nurturing plants. Measuring mental well-being involves self-reports or statements, interviews, and observations to measure changes in mood, emotional well-being, and overall psychological state.
- ✦ **Social Integration:** Gardening fosters social interactions and create a sense of community among migrants in reception center. Collaborative approach encourages teamwork, communication, and the development of social connections. Measuring social integration involves assessing changes in social networks, the establishment of friendships, and levels of social support reported by individuals involved in gardening activities.
- ✦ **Skill Development:** Gardening equips migrants with valuable skills and knowledge that can enhance their future prospects. It offers opportunities to learn about plant care, cultivation techniques, and sustainable gardening practices. Measuring skill development can include evaluating individuals' knowledge gain through pre and post-assessments, tracking the

acquisition of gardening-related skills, and exploring the transferability of these skills to other domains.

- ✦ **Cultural Expression:** Gardening also provides a platform for migrants to express their cultural identities through the cultivation of plants that are significant to their heritage if the climate and conditions allow. That way they maintain connections with their home countries and traditions while adapting to the new environment. Measuring cultural expression involves documenting the types of plants grown, their cultural significance, and the sharing of gardening practices across different communities within the reception center.

To effectively measure the impact of gardening on the migrant population in a reception center, a comprehensive evaluation framework should be developed, considering both quantitative and qualitative measures. Combining objective indicators with subjective self-assessments and statements from participants can provide a holistic understanding of the benefits and outcomes associated with gardening initiatives. Such evaluations may inform the design and implementation of future gardening programs and contribute to the overall well-being of migrants in reception centers.

Pot Cultivation

Depending on the local conditions, gardening can be utilized even if space for constructing a larger greenhouse is not available, but rather simpler, more improvised approach needs to be opted for. Pots may be put anywhere and that is benefit, but at the same time it is challenge as pots need to be monitored all the time

In the reception center Ušivak, due to the lack of conditions for setting up a greenhouse, flowers, medicinal and herbs, and even a few apple trees were planted on several occasions and in different locations. Everything that was planted disappeared during the weekends when there were not many employees in the camp, except for the pots that were located in the immediate vicinity of the WV service for the UASC, which is operational 24 hours a day. Pots near this service are still there and unaccompanied children with their guardians take care of these plants.

Challenges

External challenges

Changes in the camp management and approval process - In the period from January to April, IOM - the organization that managed the camp had three consecutive changes of management and with each management the activity of agricultural production had to be communicated as well as obtaining approval. All this slowed down the start of activity.

Rise in prices due to the Ukraine crisis - In April, after the start of the war in Ukraine, there was a sudden increase in the price of all products, including greenhouses. Although the greenhouses were previously contracted, the supplier canceled the contract, so WV had to repeat the procedure of selecting the supplier and only then procure the greenhouses.

Fluctuation of beneficiaries and fast beneficiary turnover was a great challenge in the sense that it was not possible to predict the number and consequently it was not possible to predict their interest nor willingness to participate to gardening. We relied on the fact that among 1000 – 1500 persons that were coming to the reception center on weekly basis, there were some who were interested.

Gender sensitivity and gender representation - The camp where the greenhouse was set up is a camp intended for adult men, so there was no need to organize activities for women. The only women who entered the greenhouse were the staff, and for safety reasons, they did not stay in the greenhouse without the presence of male colleagues. Bearing in mind cultural differences, in camps where both women and men stay, activities for women should be organized separately from men, and such activities should also be led by female staff.

Internal challenges

Staff turnover - Given that other international organizations offer their employees' salaries that are much higher than in WV, and at the same time the price of fuel and all foodstuffs has risen, the psychologist who was a member of the WV team decided to leave WV at the end of June and move to another organization. This required WV to initiate a recruitment procedure that lasted just over a month after which a new psychologist was selected. New employees, if they have no previous experience in the migrant crisis, usually have a certain period of adaptation to work with migrants in the camp, so that was also an aggravating circumstance.

Capacity building

In case that staff is not educated in basics of greenhouse gardening it is important to provide capacity building. WV staff was provided with basic education by greenhouse supplier during mounting of greenhouse.

Recommendations and lessons learned concern:

1. Limited space and area of land for planting in the migrant center

Greenhouse production requires an area of at least 100 m² of flat or slightly sloping land, proximity to water sources, availability of sun and shade. In reception centers for migrants, it is difficult to meet the minimum requirements for setting up greenhouses, taking into account all other security aspects. In reception centers where it is not possible to provide conditions for a greenhouse, pot cultivation can be done. In doing so, care should be taken that the flower pots must be in the area of the camp which is under surveillance 24 hours a day. Otherwise, migrants passing through the camp uproot the plants.

2. Fast movement and short retention of beneficiaries

It is very important that people who participate in greenhouse production understand that they have a certain benefit through occupational therapy, even if it is only about socializing with other migrants. In situations where migrants come to the reception center in a state of physical exhaustion and stay only long enough to recover, it is impossible to include them in this type of activity.

3. Seasonal work model that depends on weather conditions and climate

Regardless of the wishes and ideas of the migrants and/or the camp management, it is necessary to be guided by the climatic conditions and the climate in which the greenhouse is located, and to choose agricultural crops that are suitable for the climate and geographical area. In this way, healthier growth and better yields of agricultural crops are ensured, and thus the satisfaction of all involved.

4. Gender aspect

Bearing in mind the structure of the migrant population, which consists of about 90% of adult men, while the rest are unaccompanied minors, children in families and women. Women can be involved in gardening even together with children. However, when organizing activities with women, care should be taken that adult men do not attend the same activity and that the team that facilitates the activities includes women.

5. Training and capacity building

In order to ensure the success and sustainability of greenhouse production in migrant centers, it is crucial to provide training and capacity building for the beneficiaries. This includes educating them about basic gardening techniques, plant care, pest management, and harvesting. Training programs can be organized in collaboration with local agricultural experts, non-governmental organizations, or even volunteers from the host community who have experience in gardening. By providing comprehensive training, the beneficiaries can acquire valuable skills that can be used not only during their stay in the center but also in their future lives.

6. Integration and social cohesion

Greenhouse production can serve as a platform for promoting integration and social cohesion between migrants and the host community. By engaging local suppliers and municipal agricultural bodies in setting up and supporting the greenhouse project, there can be an exchange of knowledge, resources, and experiences. This collaboration can foster positive relationships and understanding between the migrants and the local community. Additionally, the produce grown in the greenhouse can be shared with local social care institutions such as children's homes, elderly homes, and schools, further strengthening the bond between the migrants and the host community.

7. Environmental stewardship

In the context of greenhouse production, it is essential to consider environmental stewardship. Migrant centers can implement eco-friendly practices such as composting organic waste, using sustainable irrigation methods, and employing natural pest control techniques. Furthermore, the use of renewable energy sources, such as solar power, can be explored to minimize the greenhouse's carbon footprint. By incorporating sustainable practices, the project not only contributes to the well-being of the beneficiaries but also demonstrates a commitment to environmental responsibility.

8. Monitoring and evaluation

Regular monitoring and evaluation of the greenhouse project are crucial to assess its impact and identify areas for improvement. This can be done through data collection, surveys, and feedback from the beneficiaries and the host community. By analyzing the results, adjustments can be made to optimize the productivity and efficiency of the greenhouse. Monitoring and evaluation also provide an opportunity to celebrate achievements and share success stories, which can further motivate the beneficiaries and encourage their participation.

9. Long-term planning and sustainability

While greenhouse production provides immediate benefits in terms of occupational therapy, and integration, it is important to consider its long-term sustainability. This involves developing a comprehensive plan for the maintenance and management of the greenhouse beyond the initial phase. This may include establishing partnerships with local organizations or training beneficiaries to take on leadership roles in greenhouse operations. By ensuring the long-term sustainability of the project, its impact can be maximized, and the benefits can continue to be realized even after the beneficiaries leave the migrant center.

Overall, incorporating these recommendations and lessons learned can contribute to the success of greenhouse production in migrant centers. By addressing the challenges, promoting integration, and considering sustainability, the project can provide not only immediate support but also empower the beneficiaries with valuable skills and connections for their future endeavors.

The model is context adaptable and replicable.

