Interreg CENTRAL EUROPE
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HICAPS

WP-T2

TOOL DEVELOPMENT AND CONSENSUS BUILDING

D.T2.3.2 Handbook on landscape accessibility for all (HAFA)

Version 1.0

Table of Contents

History of the document

Version	Status	Date	Changes	Comment
0.1	First draft	15 June 2018		
1.0	Final	30 June 2018		

1. Introduction

This document presents the conclusion of the Activity A.T2.3 (History landscape accessible for all - HAFA) of the Thematic Work-package T2 (Tool development and consensus building), started in July 2017 and successfully completed in June 2018.

After having developed a Quality review report on accessibility tools (Deliverable D.T2.3.1), this final step wants to achieve the overall expected output of the activity, i.e. the development of a transnational methodology to improve designing process for the designers and planners in historical parks and gardens. It has been conceived to:

- provide some key example how the different partners of the HICAPS project have developed and are designing tools and models for improving accessibility of historical parks to people with special needs, as well as increasing their fruition in a broader sense to other categories of audience who are not currently used to visit these green areas
- present a collection of general technical information for main features and elements important to take into consideration when designing accessible outdoor areas.

In particular, when designing or improving existing access to historical parks, as well as to other buildings and natural heritage sites, we must be careful to enable independent and equal access to all. We have to take into consideration all types of disabilities from limited mobility to blind, partially sighted, deaf and hearing impairment as well as people with mental disorders.

The improvement of physical access for disabled people in the context of historical environment can be challenging: **building the space without boundaries** with **minimum alteration to the historic structure**s in reality often means careful balancing between new interventions on one side and conservation and preservation policies on the other. The design process should be conducted with relevant consultants, such as conservationists, heritage architects, access consultants as well as people with different disabilities and their organizations. Minimum interventions always take place before the complex structures. Sensitive historical and natural features should always be considered.

In the following chapters, the identified recommendations and tools are presented, organised according to the institutions that have proposed them. It must be underlined that, following the general objectives of the project, only some partners have already identified some tools addressed to people with disabilities, while some others reported tools targeting other categories of users with the general goal to increase fruition of historical parks and garden. All the partners have contributed to the development of the document:

- Municipality of Bedekovčina (Croatia)
- Municipality of Varaždin (Croatia)
- Municipality of Ferrara, Emilia-Romagna Region (Italy)
- Villa Ghigi Foundation, Bologna, Emilia-Romagna Region (Italy)
- Kujawsko-Pomorskie Voivodeship (Poland)
- Rzeszow Regional Development Agency (Poland)
- Scientific research centre Bistra Ptuj (Slovenia)
- Municipality of Velenje (Slovenia)
- the Faculty of Architecture of the University of Ljubljana (Slovenia), who also proposed the recommendations and guided the general reflection about the theme of accessibility within the HICAPS project.

2. Requirements for Landscape Accessibility For All

The general space requirements described below are set on basic technical information focused on people with different disabilities – from limited mobility to blind, deaf and hearing impairment. Those values are recommendations and should be applied in accordance with national rules and legislation for each specific country!

PARKING			
TECHNICAL INFORMATION	ELEMENTS	MATERIAL	COMMENTS
*Bay + accessibility zone (for driver or ramp / transfer hoist) 120 cm + 240 cm (+120 cm - width) x 550 cm – 600 cm (length)	*Bay *Upright sign – international symbol of accessibility *Graphic signs on the ground	*Firm, durable and slip-resistant *blind / visual impairment access: - corduroy-type tactile paving (hazard warning) between footpath and road	*walking distance: from parking bay to park entrance - max. 25m or: - located adjacent to the main site/park entrance - organized set down area - mini-bus *safe transfer: dished kerbs, level approach routes, adequate lighting, sound *clearly marked the accessible route to the park

SETTING POINTS (set down / pick up point)			
TECHNICAL INFORMATION	ELEMENTS	MATERIAL	COMMENTS
*Cover bay + benches *The same level as entrance of the park or no stepper then 1:12 Switch and socket outlets should clearly indicate whether they are on or off. *Tactile buttons - embossed - operational with the use of one hand - located min 50cm from a corner	*Bay *Cover *Benches *Sign *Tactile button	*Firm, durable and slip-resistant *blind / visual impairment access: - corduroy-type tactile paving (hazard warning) between footpath and road	*Set-down/pick up points: - should be positioned as close as possible to the main entrances and should be clearly identified - used for public transport for people with limited mobility - short transfer from park entrance to parking area *Online Accessibility guide for the historical park

ENTRANCES

TECHNICAL INFORMATION	ELEMENTS	MATERIAL	COMMENTS
*entry road: - min 120 cm (width) - clear signing *1 cm max 2 cm gap between floor surfaces *platform lifts *ramps (temporal) 150 cm (width) + 180 x180 cm landing on top and bottom min. 90 cm *steps 30 – 45 cm (depth) / 15cm (high) / 150 – 200 cm (length) (min. 120 cm) *handrails - 30 cm extending beyond the ramp or stairs - 70 – 90 cm bottom /100 – 130 cm top from the floor *entrance door: - min 100 - 120 cm - 150 cm for one wheelchair + person alongside - 180 x 180 cm of manoeuvring space before entrance with weather protection - automatic door-opening devices - door handle 90 - 100 cm from the floor	*Entry road *Platform *Lifts *Ramps *Steps *Handrails *Doors	*Firm, durable and slip-resistant *provide audible and visual notification of the floor level and notice of opening/closing doors and important points	*Well-designed ramps, steps and handrails should respect the existing ambience of the park / building and use existing ground slopes and planting *platform lifts incorporated within an existing structure *alternative entrance should be available for all, and not exclusive to visitors with limited mobility.

ACCESSIBILITY / CIRCULATION

TECHNICAL INFORMATION	ELEMENTS	MATERIAL	COMMENTS
*information map: - optional routes - pathway - surfacing - width - gradients	*Paths *Entrances *Stairs *Ramps *Lifts (platform	Clearly defined logical routes: *surface: - level, smooth and slip-resistant - no obstacles	*Accessible route: from the entry/car parking area to various locations and facilities should be clearly signposted at the appropriate levels

- cross slopes - locations of bench/picnic facilities and accessible toilets or events. * signs and walkways, with a clear headroom height of 230 cm	lift, passenger lift) *Signs *Vegetation	located within the circulation route. *tracking route: signing flush surface with no breaks or joins to pathways and ramps *Use of colour contrasts and textural changes *Planting defining routes or identifying hazards through scent and colour	*Provide tracking route independently used by a wheelchair user *Provide hearing and visual communication points *Provide enhancement system for people with a hearing/visual impairment: - Loop or infra-red hearing systems - Captioned performance and speech-to-text - Audio Described Events *Access to changes of level within a historic building or site must be managed sensitively and keeping the historic fabric *All of the major routes to the entertainment, food, and services areas, should be linked with a level *Alternative solutions: (impossible to provide access due to special historic features of site) - Audio visual presentation - Viewing points - Reconstructions - Virtual representative tours, mock-ups, etc.

PATHS

TECHNICAL INFORMATION	MATERIAL	COMMENTS
PASSING OF THE USERS: *120 cm for one wheelchair *150 cm for one wheelchair + person alongside *200 cm for two-wheel chair in opposite directions *1 cm max. 2 cm gap between floor surfaces	*Path surface: level, regular, smooth and slip-resistant, hard (brick, stone,) keeping with the colour and texture of the site *Tactile surface: (blind and visual impairment) - red blister-type (for controlled crossings) - buff, yellow or grey blister-type (for	*Provide seats for long and sloping *Circulation route must be kept clear with no obstacles located within – without any shop displays, bins, seats…

*7,5 cm kerb edge	uncontrolled crossings) - corduroy type (for hazard warning) *Kerb-edge: white *Colour not cause reflection or glare *Avoid large repeat floor patterns *Provide audible and visual notification of the floor level and notice of important points	

RAMPS

TECHNICAL INFORMATION	MATERIAL	COMMENTS
*150 cm (width) + 180 x 180 cm landing on top and bottom min. 90 cm *inclination: - 6m and more length: max 1:15 - max 6,5% - less then 6m length: 1:13 – 7% or 1.12 -9% (by reconstructions) *drainage 1:50 cross-fall *edge protection: 15cm (high) *handrail: - on both sides, - extending 30 cm beyond the ramp - high 90 – 100 cm *lighting - from the side - max 200 lux	*Non-slip *Tactile surface: (Vision impairment) The approach to the ramp should be highlighted by the use of colour contrast, tone and texture change *Provide audible notification of the floor level	*Alternative to ramp: - Elevator min 80 cm (width) + acoustic switchboard with sounds = <200 cm or - Special not-enclosed platform lift >200 cm 110x140 cm – door 90cm - Provide 1800 x 1800mm clear space in front of lift on each landing. - Lift call button should be between 900 –1100 mm. *Provide audible and visual notification of the floor level and notice of door opening/closing

STAIRS

TECHNICAL INFORMATION	MATERIAL
*30 – 45 cm (depth) / 15cm (high) / 150 – 200 cm (length) (min 120 cm) * 1 cm max. 2 cm gap between floor surfaces = < 5 stairs:	*Non-slip *Tactile surfaces: Corduroy tactile warning on top and at bottom of the staircase running across full width of steps.

- fence on side - landing 150 - 180 cm *Handrail: - on both sides - extending 30 cm beyond the ramp - fence in between when the stairs are 400cm length - high 90-100 cm *lighting - from the side - 200 lux	*Nosing - integral with the step - distinguishable in colour and tone. - used on the front face and the top of each step so as to be visible while ascending or descending. *Step edges - in contrast with the rest of the surface * Provide adequate lighting. Avoid confusing shadows.

HANDRAILS / FENCES

TECHNICAL INFORMATION	MATERIAL
*Guard rails: - 110 cm viewing points *Round or oval profile: - round handrails 32 – 45 mm - oval handrails 38 mm (depth) / 50 mm (width) *Wall-mounted handrail - 60 – 75 mm distance from the wall. - 12 m between the bars - 90 - 100 cm high	*Wood and nylon-sleeved handrail profile *steel tubing with smooth finish with no sharp edges.

INFORMATION POINTS

TECHNICAL INFORMATION	MATERIAL	COMMENTS
*The variety of formats: - all written documents - information on email or audiotape - accessible websites - audio description services - touch facilities - a facility for exchanging written notes - verbatim speech-to-text transcription service - induction loop systems, including portable loop systems - sign interpretation (on request) - information displayed on a computer screen - text phones - telephone amplifiers - minicom	*Use of colour contrasts *Braille *Large or clear print	An Accessibility Guide to the event: - printed version and - online version *Content - Pre-event ticket sales, including information on concessionary pricing - Choice of seating areas and tickets prices - Travelling to the event - Set-down and pick-up areas - Accessible entrances - Parking facilities - Services map - Accessible routes - Accessible toilets - Accessible services

- inductive couplers - lip speaking interpretation - fax machine - text facility *Pre-visit information: -online brochure, webpage, audio,..		- Departing from the event - Contact telephone numbers and emails for queries and for on-site support staff and services. *The information given should include specifics on the level of access provisions throughout the visiting experience and any areas where access is not possible for people with different impairments

BENCH, SEATING / RESTING AREAS		
TECHNICAL INFORMATION	MATERIAL	COMMENTS
*position of seats should be min. 60 cm from the line of movement *seats: - 45 - 48 cm (high) - back and arm rests min. 45,5 cm (high) - space between seats 90 cm width, 140 cm depth	*Firm and stable, durable, smooth and slip resistant (wood, steel) *Use of colour contrasts and textural changes	*25 m distance between them *indicating signage * Resting areas should be adjacent to accessible routes with access

PICNIC AREA		
TECHNICAL INFORMATION	MATERIAL	COMMENTS
*Seat/Bench: 45 - 48 cm (high) - back and arm rests min. 45,5 cm (high) *Tables: - 75 - 80 cm with 70 cm clearance beneath / 80 cm width / 48 cm depth Cantilevered table legs	*Firm and stable, durable, clear, smooth and slip-resistant	*180 cm accessibility zone of around all sides of the table/benches unit *Picnic benches should be adjacent to accessible routes with access

STORAGE LOCKERS		
TECHNICAL INFORMATION	MATERIAL	COMMENTS
*30 cm (width) x 60 cm (depth) *seated: - from the side 66,5-106 cm - from the front 75 cm bottom -125 cm	*use of colour contrasts and textural changes	*Provide seating adjacent to the lockers (people with restricted mobility)

- from the top of the floor + 90x140cm of clear area around *between the storage lines: - 180 cm - min.120 cm - corridor - frontal or side access		

PLAYGROUNDS			
TECHNICAL INFORMATION	ELEMENTS	MATERIAL	COMMENTS
*Availability in high: (seated in wheelchair) - 50 – 91 cm (3-4 year-olds) - 46 – 101 cm for (5-8 year-olds) - 40 – 111,5 cm (9-12 year-olds)	- Supported swing seats with harnesses - Circulation routs -labyrinths - Wide protected slides - Basket hoops, - Sand and water tables...	*Surfaces: - soft (to limit injury from falls), but - firm and stable (for a wheelchair user or person using a walking aid) - sand, water	*Min. access zone to move around any playground structure: 90 cm (width). *Various options of swinging, climbing, rocking, sliding and balancing as well as sensory activities. www.dessa.ie

STAGES		
TECHNICAL INFORMATION	MATERIAL	COMMENTS
*Access routes: min 120 cm (width) *Dimensions for a wheelchair space: 90 cm (width)	*Staggered seating *Acoustic and audio systems should be provided.	*Entry point to accessible seating should be located away from stairs / raked floor. * Wheelchair accessible seating on all levels and vantage points. *provided a seating space for the person with disability and limited mobility + at least one personal assistant *provided interrupted view

TOILETS		
TECHNICAL INFORMATION	ELEMENTS	MATERIAL
*ground floor 3,50 m2 (shorter side = <160 cm) *80 cm between basin and toilet	*Toilet *Wall hanger *Hanging basin *Tilting mirror	Durable, slip-resistant

* Hanging basin 80 - 85 cm (high) and 20 cm away from the wall	*Hanger for clothes *Emergency calling device	

3. Conclusive remarks

Lesson Learnt by the Partners

Three different levels of accessibility should be always taken into consideration:

- information (appropriate spatial design that makes it possible to receive information, develop wayfinding systems, information signs, websites, and so on);
- spatial accessibility;
- services and processes (educating and informing service providers about how they should communicate with people with vision and hearing impairments).

In providing accessibility, all three levels should be considered.

Accessibility should always be provided by consideringthe universal design, i.e. the design of environments, objects, and services to make them usable by everyone. Use must: be equitable, flexible, simple and intuitive; guarantee that information can be perceived and size and space are sufficient; provide adequate visual contrast and legibility of essential information; avoid physical effort.

Before arriving at a historical garden, visitors can obtain information by visiting websites, or by visiting tourist information centres. This information must minimise the probability of errors, and include:

- how the site can be accessed (public transport, adapted vehicles, funiculars, and so on);
- telephone numbers that people with functional limitations can turn to if no access to the information desk is provided;
- where restroom are located and if they are accessible to all;
- if the garden is physically accessible and how information can be obtained in other ways;
- what parts are accessible by all visitors and how they have been adapted to the needs of people with functional limitations.

Recommendations to our Central Europe colleagues

Please remember that - when historical gardens were created - accessibility was not a must, but precisely the opposite. Their creation was connected with members of higher social classes, and the gardens were important status symbols. In the Middle Age, castles were built in areas very difficult to access: only later they were located in flat areas, which is a more favorable condition for ensuring accessibility.

Visitors with disabilities encounter many problems in accessing information, especially if it is transmitted in an automatic way. Designers of accessibility tools and any service provider within the garden must be familiar with the specific typologies of user groups, so that everyone can use them.

Accessibility tools and media must be selected based on the characteristics of the historical garden. If no technical device can be added to the garden, alternative options must be considered, e.g. arranging a special area or room with information adapted for people with disabilities.
Elderly people are an important group to consider when designing accessibility solutions. Aging is accompanied by deteriorating vision and hearing, and problems with movement, as well as cognitive skills. Aging can lead to slower reception and understanding of new information, and affect people's spatial orientation and memory.

Annex A: Template for data collection

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D.T2.3.2 Handbook on landscape accessibility for all

Template to collect information

1. **Title of the Landscape Accessibility Tool**

2. **Short description / presentation of the Landscape Accessibility Tool**

3. **Target beneficiar(ies)**

4. Materials and initial preparatory activities necessary to effectively implement the tool

5. Detailed description how to implement the tool

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

7. Additional remarks, if any

Many thanks for your time and effort

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Bedekovčina

1. **Title of the Landscape Accessibility Tool**

Signposts with the braille letters, wooden handrail on one side of the stairway and benches

2. **Short description / presentation of the Landscape Accessibility Tool**

Unfortunately, due to location of the park there are no suitable trails for users with motor difficulties or routes for users with disadvantages. There are no paths for low vision, sensory path etc.. To increase the accessibility of park for users with disabilities the plan is to install the signposts with the braille letters also and install wooden handrail on one side of the stairway.

Also, through the project, 10 new benches will be installed to ensure rest areas for visitors and make visitors experience of the park easier.

The goal of setting up a tool to increase the accessibility of the park is to ensure a safe and comfortable stay for all persons with disabilities disadvantages but also for their families and all visitors.

3. **Target beneficiar(ies)**

- people with motor difficulties, blind people and their families
- the locals of the Municipality of Bedekovčina
- all visitors

4. Materials and initial preparatory activities necessary to effectively implement the tool

The revitalization process of historical park around the Castle of Gornja Bedekovčina will include also a small infrastructure interventions: signposts with the braille letters installation, wooden handrail on one side of the stairway installation and benches installation.

All of Landscape Accessibility Tool will be made of environmentally friendly material, probably wood.

For effectively implement the tool we will hire an external expertise.

5. Detailed description how to implement the tool

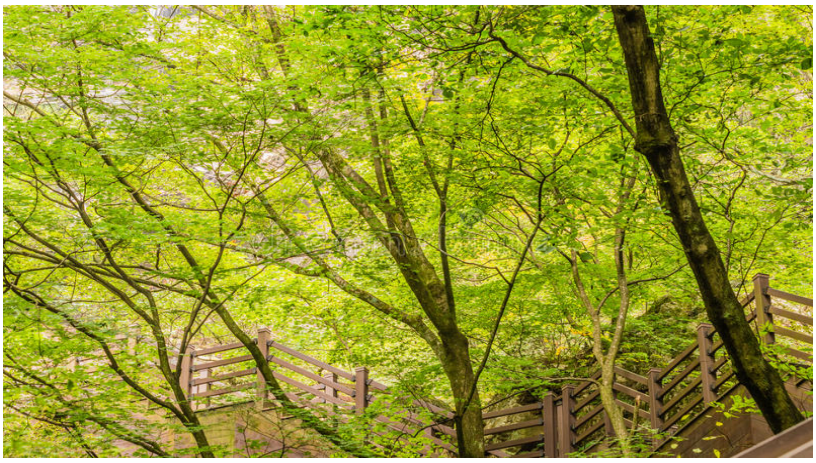
The revitalization process of historical park around the Caste of Gornja Bedekovčina will include also a small infrastructure interventions: signposts with the braille letters installation, wooden handrail on one side of the stairway installation and benches installation.

For effectively implement the tool we will hire an external expertise to determine all the details of the tool installation/implementation.

In the end, we will organize an opening of the revitalized park and also presentation of the Landscape Accessibility Tool.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

Wooden benches



Wooden handrail on one side of the stairway

Signposts with the braille letters

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Varaždin

1. **Title of the Landscape Accessibility Tool**

Design of new paths in historical park supporting people with reduced mobility

2. **Short description / presentation of the Landscape Accessibility Tool**

Main elements of construction and reconstruction of proposed historical park at the entrance of the Stari grad old city are flower borders (beds) and network of paths. Paths are the basic form element of park design. Therefore, their function to be safe and comfort for users with reduced mobility (but also for all other visitors: citizens and tourist) and to contribute to their health when walking on them, is main goal of implementing new materials for their construction. Also, it is important for paths to fit with the use of local materials in natural and historical look of the park. Firm surface is basic advantage for implementation this kind of new construction, with easily available local stone material like on existing paths, connected with an organic-mineral binder called 'Stabilizer' in a stable watertight surface. This innovative solution for construction of park paths is perfect for family walks with baby cart and sightseeing, organized tourist groups, and all other visitors especially those with reduced mobility in wheelchair and other personal aids.

3. **Target beneficiary (ies)**

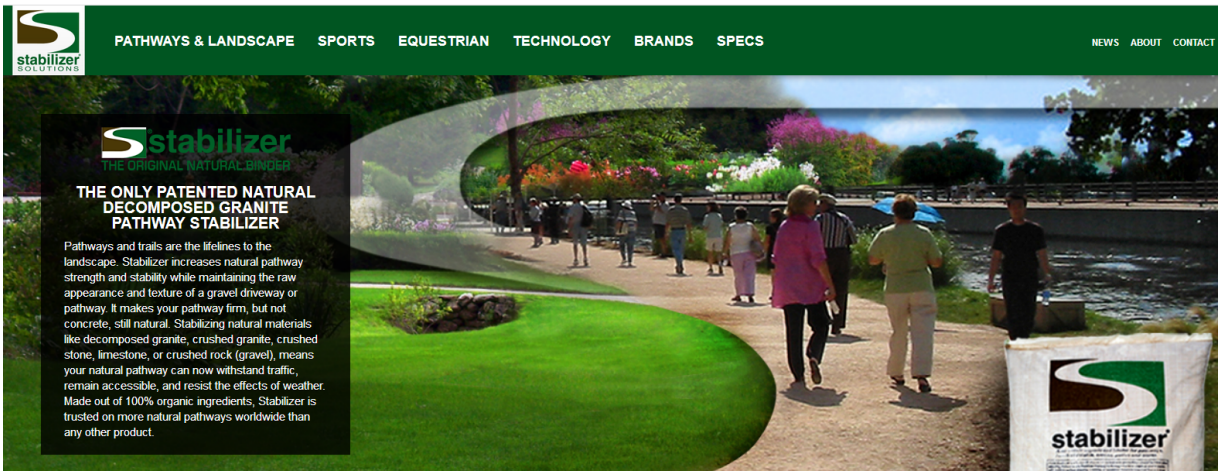
- People with reduced mobility in wheelchair and other personal aids for easier movement.
- Parents with baby cart.
- Little kids with small bicycles.

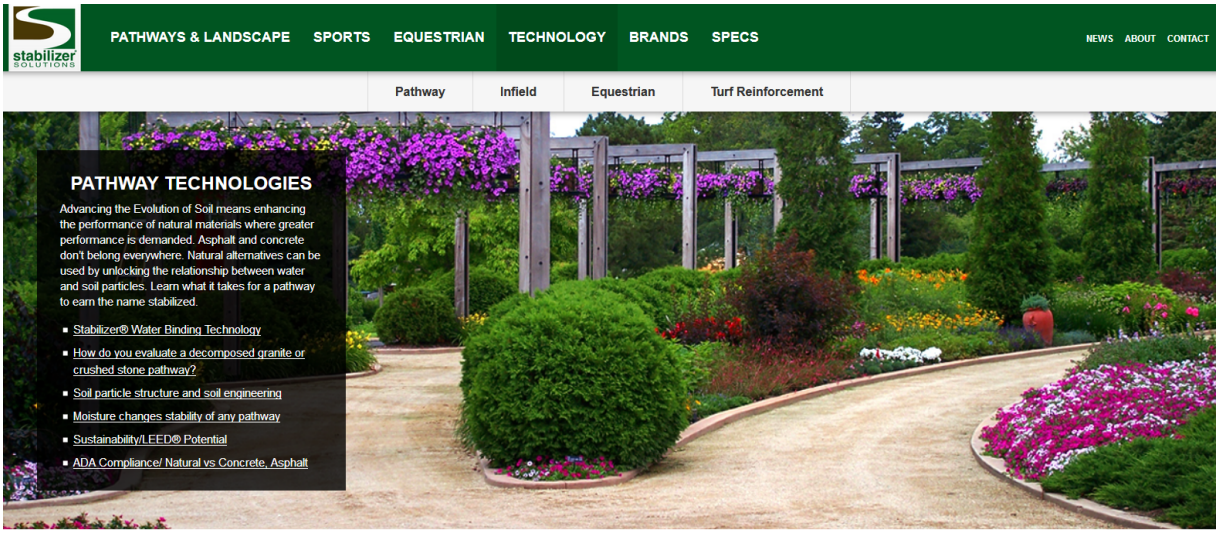
4. Materials and initial preparatory activities necessary to effectively implement the tool

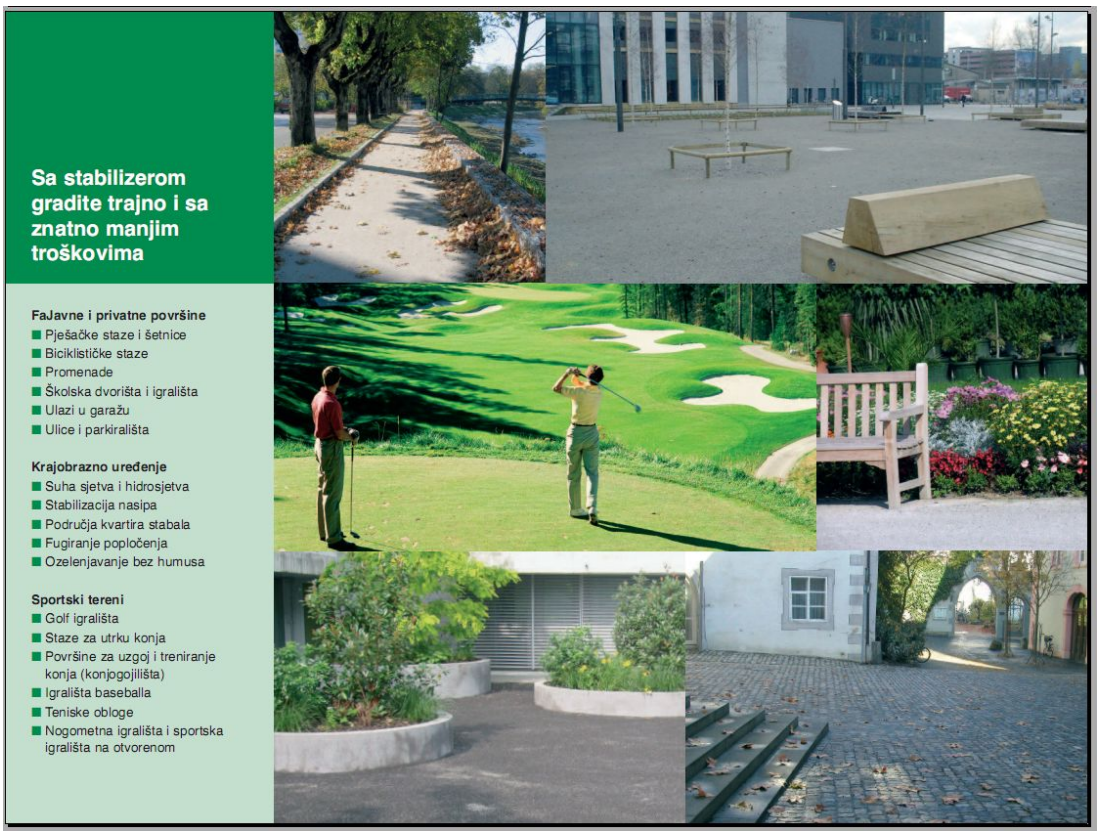
Supply and installation of the materials for path construction according to project documentation and billboards: planned material is local stone aggregate 0-8 as on existing paths, connected in firm surface in layer of maximum 5 cm with material called 'Stabilizer' and water. Prework includes excavation of existing trails and soil under new planned trails, flow and stabilization of the foundation layer, and building the final layer with 'stabilizer'.

5. Detailed description how to implement the tool

Footpath from the binding material is embedded in a detailed master plan defining the directions and surfaces of the main paths and sidewalks that make up the pedestrian communication network in the park. The pathways are a construction in the area involving the use of heavy machinery for excavating and installing stone materials for the supporting and finishing layer of the track and curb side. Materials are local stone aggregate 0-8 as on existing paths, connected in firm surface in layer of maximum 5 cm with material called 'Stabilizer' and water.







6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

STABILIZER

JE DVOKOMPONENTNI PROIZVOD, KOJI ISPUNJAVA ZAHTJEVE NAČELA ZELENE GRADNJE, TE PODIŽE SVIJEST O ALTERNATIVI ASFATLNIM I BETONSKIM ZAVRŠNIM SLOJEVIMA ZA KORIŠTENJE NA PJEŠAČKIM I BICIKLISTIČKIM STAZAMA, PARKIRALIŠTIMA, PROTUPOŽARNIM PUTEVIMA I DR.

HORTING SISAK D.O.O. /KRALJA TOMISLAVA 26, 44000, SISAK /horting-sisak@horting.hr

SASTAV

AGREGAT
0—8 mm
1 t
6 kg
BLJNOG
VEZIVA

DOBAVA AGREGATA
IZ KAMENOLOMA
NAJBLIŽEG
LOKACIJI

ZELENA GRADNJA PO
LEED PROGRAMU
> CO_2

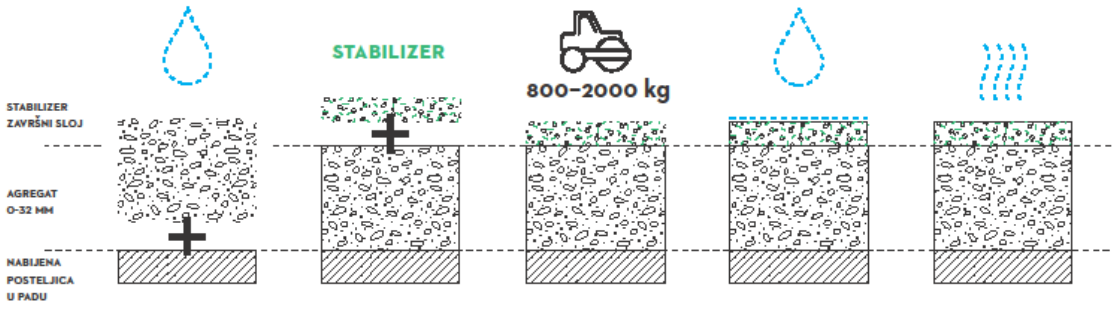
PRIPREMA

AGREGAT
0—8 mm
1 t
VODA
20 L

POSTEPENO UMIJEŠATI
VEZIVO
U OMJERU
6kg/1t

DODATI VODU RADI
TRANSPORTA
U OMJERU
20 L/1t

UGRADNJA

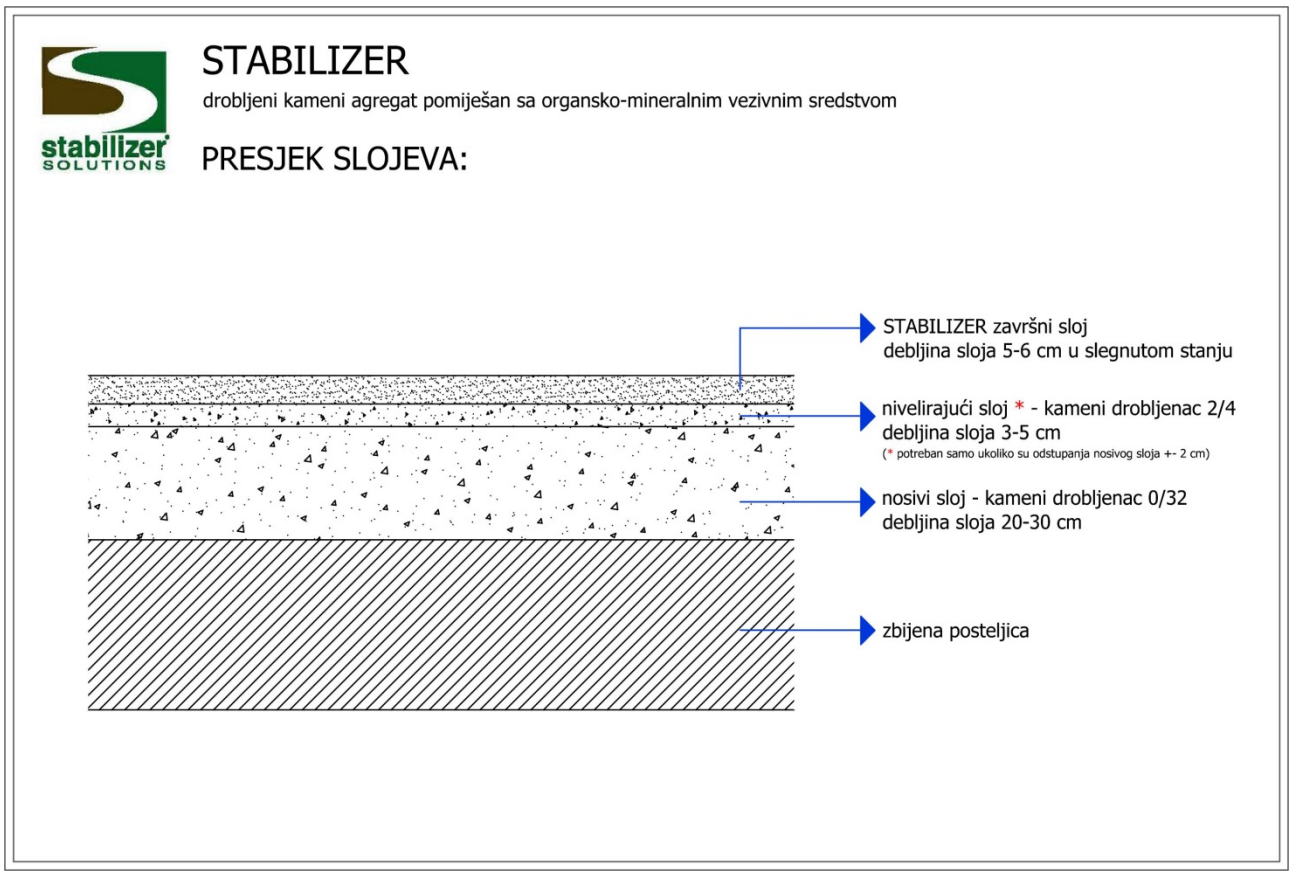


SLOJEVI

pješačke i bicikli-stičke staze
završni sloj 5 cm
nosivi sloj 20 cm

vozne površine
80–100 MN/m²
završni sloj 6 cm
nosivi sloj 30 cm

agregat
završni sloj agregat 0–8mm
nosivi sloj agregat 0—32mm



7. Additional remarks, if any

More information can be found on www.stabilizersolutions.com.

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Ferrara

1. **Title of the Landscape Accessibility Tool**

Action Trail “Mens Sana in Corpore Sano”

2. **Short description / presentation of the Landscape Accessibility Tool**

The Este walls are one of the most important tourist attractions of Ferrara. They are a favourite destination for tourist guides. More and more these cultural itineraries are open to people who like sport activities (jogging and biking) and now some bicycle tours are offered all along the whole walls’ circular route.

3. **Target beneficiar(ies)**

Even if the original target beneficiaries of these services were mostly tourists and visitors, many initiatives are also very popular with the citizens and the schools, providing them with the opportunity to merge physical activities with a better fruition of the many cultural opportunities present along the city walls.

4. Materials and initial preparatory activities necessary to effectively implement the tool

There are many guided tours by bike. Following the ancient bicycle traditions of Ferrara, the bikes are always present in the streets of the city: the distances are short and the historic centre is free from cars. Cyclists can move easily through cycle paths, in the large area with limited traffic that includes all the main monuments and along the picturesque path on the green embankment of the ancient Este walls. Several types of bicycles are offered: from the convenient city bike to man or woman to a sportier bike with the gearbox. Children's bikes are also available, as well as many accessories - such as front and rear seats to allow the use of the bicycle to people of all ages.
Many bicycles are also equipped with a basket that can hold bags or backpacks, making the sightseeing tour less tiring. The rental also includes the delivery of safety chains to protect the bike in case of stop.

Many opportunities for jogging and running along the Este Walls are also available to citizens and tourists wishing to train themselves in a cultural landscape environment. The 9 km of walls embrace the historic centre of Ferrara and can be covered on foot discovering the turrets, gunboats, doors and passages that witness the different defensive techniques developed over the centuries. Immersed in the green of trees

and meadows, the Walls today constitute a huge garden, a place of rest and meeting for the inhabitants of the city. Several competitions are also organised all over the year, e.g. Ten-miles, Four-miles, Half-mile-for-children, 5:30am, all of them proposing routes along an evocative urban trail, which extends along the walls of Ferrara and the most interesting places of the city.

On May 1st, the foot tour of the walls is also organised. This event, that was the first race on the walls of Ferrara and still involves many families, proposes a non-competitive walking, flanked by a more challenging one to be done with the Nordic Walking technique on the distance of twelve kilometres.

Finally, the Este walls are also equipped with tools for motor activities, allowing Free Gym at Open Air and promoting physical activity for quality aging.

5. Detailed description how to implement the tool

No special infrastructure is necessary to implement the tool, since basic materials and opportunities for bike renting already exist. The added value offered by Ferrara comes from the cultural opportunities offered by the linear park of the Este walls, that is hosting many of the most important cultural containers of the city. They are aggregation spaces for different typologies of target public and, while carrying out their core activities, bring thousands of people to the walls every year. Some of them are:

TEATRO OFF - A cultural association that manages a theatre, designed to be a reference point for the community and offering children, teenagers and adults several courses and workshops for theatre, dance and art. It also offers weekly shows open to all, with special discounts for students and teachers;

MUSIJAM - Artistic association that aims to spread the musical culture as a possibility for growth, personal expression and intercultural exchange, open to public of all the ages;

Sonika - It is the largest and most accessible rehearsal and recording studio in the Ferrara area. It also offers "extra services", such as the processing of Intellectual Property Rights practices, the creation of photo books, music videos, supply of gadgets;

JAZZ CLUB – Winner of the Jazzit Awards as the "Best jazz club of Italy" and declared "Great Jazz Venue" by the American magazine Downbeat. The prestigious stage of the Torrione hosts many of the key protagonists of the national and international jazz community.

Terraviva – This association promotes biodynamic agriculture, Waldorf pedagogy (based on artistic and manual activities), consumer protection in food, art and environment. They welcome both children and adults, involving them in summer camps and manual activities, such as painting or carded wool, carpentry and sculpture;

GARDEN OF THE CAPINERE – The garden is a host for animals arriving from the territories surrounding Ferrara. It also has an Educational Centre, fully accessible to people with disabilities, providing information and suggestions to visitors who are fond of local wildlife.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

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WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Fondazione Villa Ghigi

1. **Title of the Landscape Accessibility Tool**

On tiptoes under the big cedar.

2. **Short description / presentation of the Landscape Accessibility Tool**

Among the most significant trees in the park, the large Himalayan cedar (Cedrus deodara) that stands out in front of the Villa Ghigi building is one of the most relevant specimens, for its historical value, location, shape and the large dimension. The tree was planted in 1874 on the occasion of the purchase of the property by the last private owners, the Ghigi family, and today it is the last of three similar specimens, two of which disappeared many years ago.

Today the plant, struck by lightning thirty years ago and then without its top, is in precarious vegetative and phytosanitary conditions, as evidenced by the instrumental investigations (VTA, tomography) performed by the experts monitoring the trees of the park. One of the reasons for this precarious state is due to the many people visiting the area of relevance and excess of foot traffic that has made the soil very compact, resulting in asphyxiation and reduction of activity of the plant roots.

To protect the great cedar and guarantee its future accessibility without risking to compromise it, a series of interventions have been planned. They involve a special care of the tree and the creation of a building to avoid the damage caused by foot traffic around the area. The alternative solution would have been to close access around the plant, delimiting its area with a fence. The proposed option was considered more appropriate to give the possibility to the park visitors and school children to continue approaching the plant and enjoy its shade and welcoming embrace.

In particular, a timetable of planned works has been prepared: these activities will be carried out by expert staff under the technical direction of the organisation responsible for monitoring the park's trees according to the following programme:

• Mycorrhization of the soil in the area of the root system of the tree, through specific products that can improve the performance of the tree. These interventions, already started in 2015 and continued in 2016, inject useful substances into the soil through the use of mycorrhizal injectors, so stimulating the recovery of the root activity and the vegetative conditions of the plant;

• Decompaction of the ground under the tree and subsequent exposure of the roots by the air-spade method, an innovative system consisting in the use of a compressed-air lance able to remove the first layer of soil by exposing the roots and highlighting the presence of any pathologies;

• Supply of a new substrate with characteristics suitable for favouring the root activity and the vegetative growth of the tree (agricultural land mixed with inert draining material);

- Creation of a wooden platform to be laid on the ground under the tree, slightly raised from the ground level, intended for visitor to stop and resistant to their foot traffic. This will facilitate the respiration processes of the root system and allow rain to filter into the ground below.
- Communication of planned and realized interventions and installation of a panel to inform visitors.

3. Target beneficiar(ies)

Primary school (from 7 to 11 years old). Secondary school (from 11 to 14 years old). Parents and children. Citizens.

The target groups are:

- All the visitors of the park who like to stop in the area in front of the Villa Ghigi and in particular under the crown of the great cedar;
- Classes of children visiting the park, who often use the large cedar as a meeting place, for resting or for special occasions (special ritual moments are held under the shade of the tree, such as the circle of presentation, the circle of readings, games, etc.);
- Groups visiting the park, which reach the plateau near the large cedar where one of the most beautiful and appreciated views of the city of Bologna opens up.

4. Materials and initial preparatory activities necessary to effectively implement the tool

Preliminary series of perforations in the ground.
Decompaction of the ground under the tree using the air-spade method.
New substrate supply.
Wooden platform to be placed on the ground under the tree.
Descriptive panel near the tree.

5. Detailed description how to implement the tool

Here the detailed plan of activities necessary to start the work programme.

Intervention for the soil mycorrhization. As previously mentioned, a first intervention was carried out in autumn 2016 and in the autumn of 2018 a similar one is foreseen. The work consists in the execution of a preliminary series of perforations in the ground, in the area where the root system of the tree is located, limited to the flat sector (which stands on about half of the total surface). By means of an electric drill we proceed as to obtain holes of a length of about 40-50 cm, able to accommodate the injector pole (surface treated: about 100 square meters, density of the holes: 3-4 per square metre). Then a specific equipment injects products based on mycorrhizae, i.e. a mixture of fungi that come in symbiosis with the roots of the plant and stimulate their activity, increasing the absorption of water and mineral salts.

Decompaction of the ground under the tree using the air-spade method. It consists in the use of a compressed-air lance able to remove the first layer of soil (for an average thickness of 30-40 cm), and to clean the root system, therein verifying the presence of possible pathologies. It is an innovative method, non-invasive and therefore not harmful to the root system that will not suffer any trauma. The operation will involve some parts of the plant limited to the flat sector.

New substrate supply. The intervention involves the supply and distribution of a specially prepared substrate in the area affected by the decompaction of the soil, composed of a mixture of good soil partly recovered on the mixed soil and draining inert material (sand, gravel, wood elements, etc.).

Realization of a wooden platform to be placed on the ground under the tree, slightly raised above the level of the countryside, intended for visitors to stop. The presence of the platform, which will be put in place using wooden slats of appropriate size supported by a substructure of wooden elements, will be able to promote the respiration processes of the plant root and allow rain to filter in the ground below. The artefact must fit in the context so as not to compromise the peculiar characteristics of the place, which is extremely delicate given its central location in the park, the high attendance and the proximity of the historic building of the villa. In this sense, the particular shape of the plant, whose branches touch the ground, will help to mask the presence of the artefact that from the plateau of the villa will be scarcely visible. The semi-circular platform with a surface area of about 80-90 square meters will use high

quality materials that last over time, paying attention to the choice of its components (screws, hooks, etc.) and to guarantee the safety for future visitors.

Communication of the intervention and installation of a descriptive panel near the tree. Being one of the most popular trees in the park, it is very important to give adequate communication of the interventions planned for its care. The information can be given either occasionally (through the daily dialogue that the Foundation's staff have with the park's visitors) and in the context of meetings and public events of different nature dedicated to citizenship, both through the Foundation's website. Furthermore, it is planned to create a descriptive panel, to be placed near the large cedar, describing in a simple way the actions dedicated to the tree for its protection in order to engage and empower the visitors.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Kujawsko-Pomorskie Voivodeship

1. **Title of the Landscape Accessibility Tool**

Botanic trail for blind and visually impaired.

2. **Short description / presentation of the Landscape Accessibility Tool**

The aim of this unique botanic trail is to know the richness of plants world by blind and visually impaired people. The trail enables direct contact with many flora species, including trees, bushes, flowers through the senses other than sight, for example touch, smell and even taste. The whole route can even be 300 meters long and should be planned on the flat area. There are special railings installed along the trail with characteristics about each plant placed in BRAILLE on metal or plastic plates.

3. **Target beneficiar(ies)**

Blind and visually impaired people.

4. Materials and initial preparatory activities necessary to effectively implement the tool

Apart from serving its specialist purposes, the trail may also serve the widely-understood natural education.

The conceptual project was developed by mgr inż. Karol Dąbrowski, a former head of LPKiW „Myślęcinek" Botanical Garden and a landscape architect. He was inspired by his visit to the Botanical Garden of Padua, where he has seen plants with inscriptions written in braille.

Plants were described in the autumn and winter of 1998. The project provided for planting of nearly 200 species. When the texts were ready, they were sent to the Polish Association of the Blind in Warsaw to print special plaques to be mounted on railings.

The ability to recognize plants is a combination of knowledge about their characteristic features such as a structure, foliage, shape, buds, flowers, fruit and smell. As part of practical classes conducted for blind children on the trail, it is significant that a teacher should specify the most important features of plants in a given period of vegetation. Thus, it is possible to gain multi-directional knowledge about plants through:

1. The touch, e.g.
   - comparison of the character of needles of coniferous trees,
   - comparison of leaves of deciduous trees,
   - differentiation of the structure of grass, herbaceous plant and shrub shoots,
   - comparison of shapes of buds,
   - comparison of the structure of trees and shrubs.

2. The smell:
   - comparison of smell of various species of coniferous trees,
   - comparison of the smell of blooming plants etc.,
   - class scenarios will be useful for the classes.

5. Detailed description how to implement the tool

The trail is 300 m long and bends mildly on a grass area. A desired visiting direction is marked on a railing made of a stainless pipe mounted at the height of 90 cm. On the pipe there are plaques with descriptions of plaints in braille. A demonstrated plant is found directly at the plaque. As many as 105 taxons of plants were planted directly into the ground. These include plants growing higher than 1 m, which ensures free contact with the same. Herbaceous, dwarf and seasonal plants will be demonstrated on tables. They include about 100 species. The order of plants demonstrated on the trail complies with Adolf Engler system of plant classification.

The selection of plants on the trail for the blind was based on the following criteria:
- High resistance of plants to touch, excluding stinging plants, dangerous prickly plants and strong poisonous plants
- Plants distinguished by their structure, shape and surface of leaves and fruit and typical smell
- Plants planted by species with foliage in their entire structure

As regards numerous trees, the selection included species with umbrella-like shapes and low set crowns such as the horse chestnut, American tulip tree, London plane tree, species with hanging branches such as the Pendula weeping European larch, Pendula Scots elm etc. Numerous climbing plants stretching on trellises and pergolas. Some of the plants are planted in flower pots, placed on tables and stored in a greenhouse and presented only during the season. Vegetable plants are also widely presented. Additionally, there are containers with cones, fruit and branches of some plants.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

7. Additional remarks, if any

Virtual walk: http://www.myslecinek.pl/content/ogrod-botaniczny

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Rzeszów

1. **Title of the Landscape Accessibility Tool**

Experimental garden / sensory garden

2. **Short description / presentation of the Landscape Accessibility Tool**

Loss of sight, eye disease and limited mobility significantly cause limits for people with the opportunity to take pleasure in gardening. The creators of the Sensory Garden in Bolestarszyce appealed to the other senses of man: touch and smell, thanks to which one can also enjoy the contact with nature.

Plants that are planted in the garden have been selected due to the attractive scent qualities, allowing you to "explore" the garden using the smell sense. They have mostly been planted at a correct height that allows them to be touched without the need to bend down. The appropriate height of plantings for people using wheelchairs has also been considered. The selection of plants in terms of fragrance at the same time created a specialist garden in terms of their fragrance. The second type of planting are plants selected in terms of their tactile attractiveness. They are characterized by the appropriate size and shape variety.

The garden area has also been adapted for people using wheelchairs and with limited mobility: wide alleys with appropriate surface were created, facilitating independent movement (non-slip surfaces). There also have been placed a number of benches allowing frequent rest while visiting the garden. As a rule, benches are located in the vicinity of the most interesting plant areas.

From the website of the arboretum you can also download mp3 files with the description of each plant from this garden. Text files are also available.

3. **Target beneficiar(ies)**

Blind and visually impaired people, people using wheelchairs and with limited mobility, elderly people with visual problems and reduced mobility.

4. Materials and initial preparatory activities necessary to effectively implement the tool

An external tool for effective implementation of the above-mentioned tool is an information campaign providing information about the existing garden, addressed primarily to people with sight and movement impairments and to the elderly. The garden itself has been designed so that it is possible to visit it without taking earlier actions. It runs a network of information boards allowing for independent sightseeing. Descriptions of individual plants have been placed on information boards, the size and graphic design that is dedicated primarily to people with visual problems. For blind people, tables written in Braille and placed at the appropriate height and in places easily accessible from garden paths were designated. The garden has been designed to be able to conduct educational activities in it, and their subject matters and course largely depends on the conduct of the host.

5. Detailed description how to implement the tool

Interview with participants about their use of herbs in daily nutrition. We refer to their ideas about the shapes of individual plants and the use of their proper parts, as well as their taste and smell. Then we are looking for the right plants in the garden. The collected material can be checked using three senses: smell, touch and taste. We pay attention to the dependence between aroma and taste. Then we confront their imaginations with available herbal material. We check the fragrances and structure of plants that we get spices of. We compare odour and taste sensations (not all people receive the same smell as well as taste). At the end, we carry out a competition of recognizing herbs by their smell, shape or taste.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

Bolestraszyce Experimental Garden – An internal alley

Bolestraszyce, Experimental Garden – tables example

7. Additional remarks, if any

This activity is aimed at making the participants aware of the fact that they associate with plants every day using them for many purposes. It should also stimulate curiosity about the origin of plants and the composition of flavours used in the daily diet.

1. **Title of the Landscape Accessibility Tool**

Park accessible for physically disabled people

2. **Short description / presentation of the Landscape Accessibility Tool**

The park surrounding the manor in Wisniowa was most probably built in the 16th century, then at the turn of the 18th / 19th century it was thoroughly redesigned as a geometric garden. Described in K. Buczkowski's book "Z ogrododów stylowych w Polsce", it contains traces of three garden assumptions: the first, Polish, which formed long avenues of linden and oaks, the second in the French style with hornbeam aisles and the third in the English style. Kazimierz Mycielski also mentions how beautifully the park used to be in the "History of the House in Wiśniowa." Unfortunately, only small remains of small architecture have survived to our times: benches and stone tables (currently stored in the palace), extremely charming, especially the autumn avenues hornbeam and rare valuable specimens: limes and oaks - nature monuments, as well as partially preserved fence and rebuilt in 1972 entrance gate. Along with the construction of the mansion, the park was also re-composed. The rows of hornbeam axes of the original axial foundation were preserved, the lime alder on embankments and old trees, whereas a long avenue of hornbeam and a driveway from the south were added from the north. Behind the avenue, in addition to the northern border of the garden at the beginning of the 20th century, a Neo-Romanesque burial chapel was erected.

The garden, cut with smooth lines of roads and paths, had large clusters of trees at the eastern and western border as well as in the middle part. From the west the boundary of the garden was a stream feeding a rectangular pond located at the height of the manor. Today, no longer existing, but its trace is clear in the field. The tree stand is dominated by domestic species of deciduous trees: hornbeam, finely and broadleaf lime, pedunculate oak. In the composition of the garden, avenues and rows of trees and arbours were formed from them. Two tulip trees from the first half of the twentieth century survive from the trees of the alien origin in front of the garden façade. The park also has more than 200-year-old oaks recognized as natural monuments. To this day, two hornbeam avenues have been preserved: old and new, the second of which has 360 trees planted in a compact lane. The park in Wiśniowa

was famous for its landscape values and exceptional light, which is why it was a painting en plein air, min. for Józef Mehoffer, Józef Czapski, Jan and Hanna Cybis and Tytus Czyżewski. The nineteenth century design of the park, however, did not assume that it would be adapted to the needs of people with disabilities. Therefore, due to terrain conditions (slope, terrain, narrow alleys). it was not available for people with physical disabilities. One of the priorities of the revitalization carried out in the years 2007-2013 was the adaptation of the park layout for the needs of people with limited mobility, including wheelchair users.

3. **Target beneficiar(ies)**

People with reduced mobility, including people in wheelchairs.

4. Materials and initial preparatory activities necessary to effectively implement the tool

Revitalization along with the adaptation of the area for the disabled was preceded by research and a properly conducted query. A construction company specializing in earthworks was hired to adapt the area to the movement of people with limited mobility, including wheelchair users. Information activities are carried out on a large scale. A special folder - map can be downloaded from the website of the court, as well as purchased on the spot. From the site http://ogrody.podkarpackie.travel, i.e. the Carpathian Route of Gardens and Historical Houses, you can download two audiobooks dedicated to the park and the manor in Wiśniowa.

5. Detailed description how to implement the tool

In order to implement the above-mentioned tool, it is familiarized with the original assumption of the park. The plan of alleys and paths was followed. Where possible, earthworks were carried out and alleys were carried out in this way, it was easier to move on wheelchairs (for example, the rapid depressions were levelled, the route was sprinkled to gently descend to the bottom). The alleys have been extended so that they can move around freely and change wheelchairs. Elevated curbs were used. Pavement of paths has been hardened so that they do not get lost during rain and thaw. Alleys located closest to the manor are paved with paving stones. Coppices were removed, which obscured the landscape values of the park and those that were directly on the paths. In the park there is a dense network of benches for resting. Traffic of any vehicles, including bicycles on paths, was also prohibited in order to ensure the safety of wheelchair users. Aisle lighting has been installed. Due to the needs of people with physical disabilities, a terrace with a ramp for wheelchairs was designed in front of the garden facade of the palace. Parking spaces for the disabled are located nearby. The scrub area was levelled, adjusting its slope to the

possibility of overcoming it in a wheelchair, and then a playground was designed there, a wooden gazebo and a separate place for a barbecue or bonfire.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

Bower Wiśniowa

Alley Wiśniowa

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Ptuj

1. **Title of the Landscape Accessibility Tool**

Boards with brail writing

2. **Short description / presentation of the Landscape Accessibility Tool**

Less visible problems are those of people with visual and hearing impairments, among which we asign the blind, the partially sighted, the deaf and the hard-of-hearing. Problems of people with visual and hearing impairments can most frequently be solved by great adaptability of the tourist workers and certain technical aids. These are often problems dealt with by the elderly who present a big market share of accessible tourism.

In that content, we would like to implement tool for people with visual and hearing impairments - boards with brail writing. On benches or sign tables we will adjust boards, which wil describe important informations about park Turnišče. Those boards will also be guides for people with disabilities through castle park.

3. **Target beneficiar(ies)**

People with disabilities, people with visual and hearing impairments.

4. **Materials and initial preparatory activities necessary to effectively implement the tool**

As part of project investments for people with disabilities will be made. New path will be at least 1,80 m wide for people on wheelchairs. For people with visual impairments we will place board with Brail writing. The board will present all information about historical and natural facts in castle park Turnišče. There will also be tactical map, which will give the whole perspective of castle park Turnišče for people with visual impairments.

5. **Detailed description how to implement the tool**

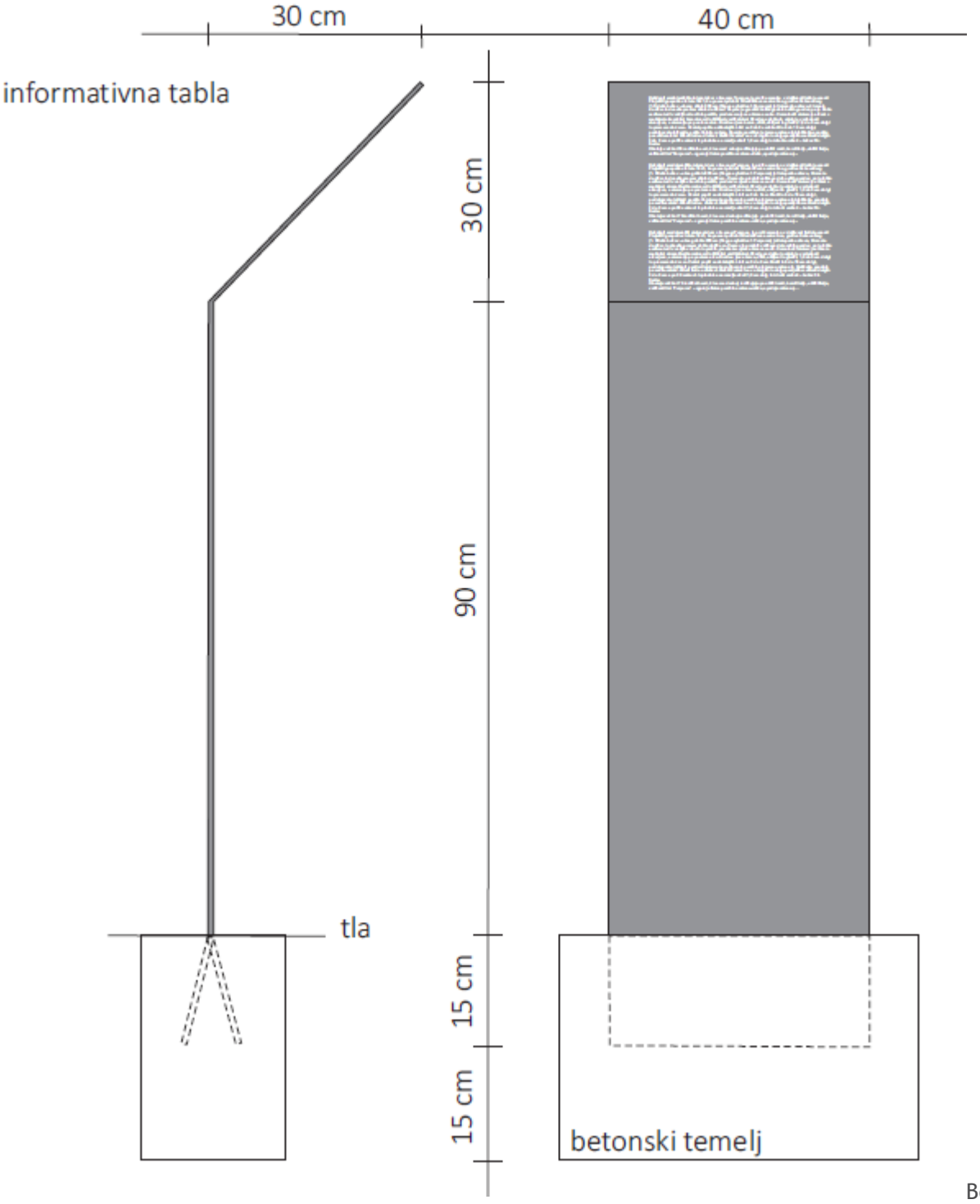
New path will be at least 1,80 m wide for people on wheelchairs. Path will be firm, durable and slip resistant, locked with wooden curb stone.

For people with visual impairments we will place board with Brail writing. The board will present all information about historical and natural facts in castle park Turnišče. There will also be tactical map. The wooden curb stones will be a little higher on right side and will serve as tactical guidance for blind and visual impairment throughout the path.

Boards will be about 1,2 m high, bended in 0,9 m at 45°. That incline is suitable for reading content. Width of board will be different – appropriate to the content.

6. **Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.**

Example of new path


30 cm
40 cm
informativna tabla
30 cm
90 cm
tla
15 cm
15 cm
betonski temelj

Boards

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by Velenje

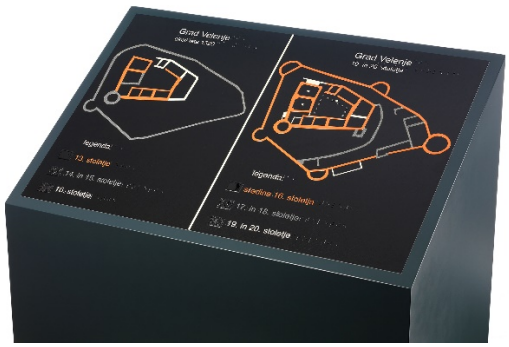
1. **Title of the Landscape Accessibility Tool**

Info tables and Tactile map

2. **Short description / presentation of the Landscape Accessibility Tool**

Many times, people with no difficulties don't even think and see that something might be a problem for people with specific problems and handicaps. Therefore, my recommendations is to think/implement some of the general knowledge provided from experts from the field, when preparing materials or establishing the route.

Info tables:



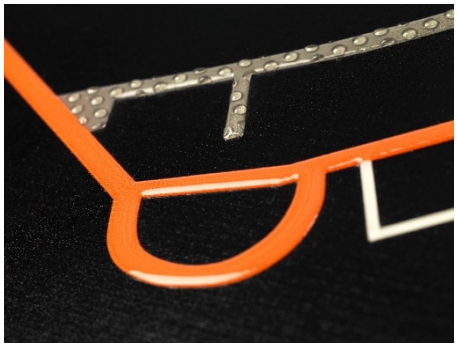
Fonts - Use sans serif fonts. 'Sans serif' fonts do not have additional flourishes on letters. Examples of plain, easy to read 'sans serif' fonts are: Arial, Verdana, Tahoma. Font size should be a minimum of 14 point or more. Use bold to highlight and avoid underlining (can make words run together).

Layout of text - Text should be left justified with a ragged right edge. Use ample space between sentences and paragraphs to break up text. Use bullets or numbers rather than continuous text. Do not begin sentences at the end of a line.

Presenting information - Text should be black on a white or yellow background. Cream should also be considered/offered as an option. Avoid putting text over background graphics.

Colour contrast – is very important. The greater the contrast between colours the better.

Tactile map/tactile guide



Tactile models of the ground planes of Velenje and the Velenje castle, which make it possible to feel the growth of the city and numerous reconstructions of the Velenje Castle under your fingers. Tactile guide through museum collections.

Idea: Production of tactile map of historical park, artefact from the park,…implemented somewhere in the park and tested.

3. **Target beneficiar(ies)**

People with visual impairments and blindness. Can be useful for all or at least not disturbing for people without visual impairments.
Tactile models are usually also interested for younger generations.

4. Materials and initial preparatory activities necessary to effectively implement the tool

External expertise.

5. Detailed description how to implement the tool

The tool is currently under implementation by an external expert, following the technical specifications provided by the Municipality of Velenje: e.g. dimensions of the box (height, length, width), material to be used for tactile map (resistant to human acid and weather effects) in the area identified by the Municipality of Velenje.

Further details will be presented after the pilot actions run at the Castle of Velenje..

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

Pictures of our guide and tactile map.

Annex 1: Disability Awareness Training Session

7. Additional remarks, if any

When we talk about landscape accessibility, we can have in mind five types/categories of accessibility. Those categories are:

- Physical accessibility,
- Accessibility to knowledge & information,
- Economic accessibility (i.e. free services and paying for personalized services),
- Psycho-social accessibility (considering all learning typologies i.e. learning difficulties to intellectual people requiring specific in-depth info),
- Socio-cultural accessibility (at personal level anyone can benefit from cultural values – knowledge regardless of cultural, social, religious/ethnic background).

When preparing, thinking about our tools, would be wise to take all 5 types of accessibility in our consideration. Term “universal design” takes into consideration all of them. “Universal design” means the design of products, environments, programmes and services to be usable for all people, to the greatest extent possible, without the need for adaptation or specialized design.

Persons with disabilities need adjustments in the built environment to access and use (one of focus of HICAPS project that JS appreciate). Nevertheless, the studies show that accessible and adjusted environment benefits everyone, not only people with disabilities. This is indisputable fact - universal design benefits everyone.

Disability Awareness Training Session

by

Sophie Weaver, Access Officer
Colchester and Ipswich Museum Service, UK

20 April 2009, Ljubljana, Slovenia

Colchester

IPSWICH BOROUGH COUNCIL

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EAST OF ENGLAND
museums for
changing lives

Blindness and visual impairments

Blindness and visual impairments

General overview

Approximately 1.1 million people are registered as blind or partially sighted.

Every day over 100 people start to lose their sight in the UK.

One in 12 of us will become blind or partially sighted by the age of 60.

Approximately 1 in 7 people over 60 are blind or partially sighted.

Approximately 18,000 blind people are regular Braille users.

Assisting someone who has a visual impairment

- Identify yourself clearly and introduce anyone else who is present. Try to indicate where people are placed. Identify yourself each time you meet someone with a visual impairment until they get to know you well enough to recognise your voice.
- If you are guiding someone with a visual impairment, allow them to hold your arm, rather than you holding theirs. This allows the individual to be in control.
- Mention steps or other obstacles as they occur. Indicate whether steps are going up or down.
- When opening doors, say whether you are opening them towards you or away from you, and on which side, either left or right.
- Stand still whilst you are speaking to someone with a visual impairment. Someone with limited vision may find it difficult to maintain eye contact if you are moving around.
- Tell a person with a visual impairment when you are leaving the room or moving away from them, so they don't continue to speak to you after you have left.
- If you have to leave someone with a visual impairment in unfamiliar surroundings after you have been guiding them, make sure they are standing in a safe area, eg not behind a door, or at the top of stairs. try to ensure they have a physical point of contact, eg next to a chair or table.
- When offering a seat, first place the person's hand on the back or arm of the chair so they are aware of the position of it.

Describing objects

When describing an object to someone who is blind or visually impaired, it is important to be as descriptive as possible and pay attention to details. This will help give a clearer picture of an object.

If the object is behind glass and cannot be touched it is especially important to describe in as much detail as possible.

As well as saying what the object is, its history and purpose, the following details should be described:

- **Size** - be as precise as possible, not simply whether it is large or small. Try and give dimensions.

- **Shape** – describing the shape and edges can be useful. i.e round, square, oblong, circular. Think about contours, whether it has smooth rounded edges, very straight edges, jagged edges or points.

- **Colour** – describe the intensity or shade of the colour. i.e pale, dark, vibrant, pastel.

- **Texture** – Describe the material the object is made of. i.e metal, wood, fabric, cloth.

Presenting or providing information

Information in alternative formats is important. Information can be provided in the following ways:

Large print – a minimum of 14 point and preferably 16-18 is recommended.

Braille – Braille is a system that uses raised dots on paper to represent letters and words. Not all people who are blind can read Braille.

Audio tape – Putting information onto audio tape is useful for blind and visually impaired people, especially for those who cannot read Braille.

When recording information it is important that it is given clearly. Clarity of speech is vital.

Descriptions of items should have the kind of detail given above for describing objects.

HISTORICAL CASTLE PARKS

WP-T2 Tool development and consensus building

D3.2 Handbook on landscape accessibility for all

Tools proposed by the University of Ljubljana

1. **Title of the Landscape Accessibility Tool**

Equine-assisted therapy (Prestranek castle, Slovenia)

2. **Short description / presentation of the Landscape Accessibility Tool**

Accessibility of landscape when mental disabilities, physical handicaps, behavioural problems, autism etc. Come into question is not an easy task. However, there is a very successful model that has been put into practice at Prestranek Castle in Slovenia.

Equine-assisted therapy is a therapeutic riding or horse therapy adapted to an individual rider and his or her problems and has its own objective. It is comprehensive: in terms of physical as well as psychological and social fields. Riding improves posture and balance, and relaxes muscles. It strengthens the sense of symmetry, enhances mobility and improves coordination. The proper posture is also a precondition for the proper movement of shoulder griddle and arms, pelvis and legs, the development of proper breathing and speaking.

This therapy helps the riders to learn how to cooperate and solve their problems, follow the instructions. Taking care of and riding the horse – all this requires physical skills, trust, cooperation, expressing the emotions, communication, responsibility. A horse can thus be an excellent member of a therapeutic team in developing working habits, overcoming personal fears, strengthening the feelings of self-confidence and trust in one's abilities. It helps to stimulate the rider's healthy responses and to transfer them in everyday life. The activity is adapted according to the rider’s ability of concentration, physical capacity and motivation.

The horse is in such case thus the agent that creates a special condition for the disabled person and consequently makes it possible for the special visitor to access landscape in a meaningful way. Including horse therapy into activities of gardens or parks is naturally not applicable to all contexts since such an activity demands particular conditions (designing stables etc.). However, it is a tool that deals with the demanding task of accessibility for mental disabilities.

3. **Target beneficiar(ies)**

The therapy is recommended for persons with mental disabilities, minor physical handicaps, behavioural problems, social issues, learning difficulties, autism and autism spectrum disorders, sensory disturbances, hyperactive persons, blind and partially-sighted, deaf and hard of hearing, etc.

4. Materials and initial preparatory activities necessary to effectively implement the tool

Equine-assisted therapy is appropriate as an accessibility tool for contexts in which horse-back riding was present as a part of the activities of the estate's history.

To start thinking about this tool several specialists have to be involved: psychologists, equine specialists, animal specialist, social science specialists, landscape architects etc. To create such an environment is a complex task that intertwines several disciplines in a challenging way.

5. Detailed description how to implement the tool

In order to implement the described tool in the context of historical environment you first have to take into consideration the physical aspects of such tool. Chosen historical landscaped environment has to have a tradition of horse activities on the estate (the same can be applied for any other animal-based therapy).

Specific facilities to house the horses (paddocks, fenced arenas, pastures, storages and many more) has to be present on the estate or should be organised near by. There should also be facilities for workers and visitors (offices, toilets, wardrobes etc.) which must be adapted for people with disabilities. The terrain should be hardened to endure the activities of the programme.

Equine-assisted therapy is designed as a complementary and highly flexible therapy. In order to ensure its success, specialists with specific set of skills and knowledge must be employed. Because of the adaptation of the programme to the specific needs of its users, collaboration between specialists from medical and social fields is a necessity.

6. Please also provide us with some files (text, PDF, images and videos) presenting templates, examples or models concerning materials necessary or useful to effectively implement the tool.

Equine-assisted therapy has been used by medical professionals such as occupational therapists, physical therapists, speech language pathologists, psychologists, social workers, and recreational therapist.

https://en.wikipedia.org/wiki/Equine-assisted_therapy

An Equine Therapy placement with Projects Abroad is perfect for those with an interest in horses and an enthusiasm to work with vulnerable people and those with disabilities.

http://www.oneworld365.org/company/projects-abroad/equine-therapy-volunteer-projects-abroad

Specific exercises: Equine Therapy - Jacob Crites, 7, throws a ball into a bucket while participating in equine therapy at Giant City Stables. (*Photo by Russell Bailey*)

https://news.siu.edu/2016/12/120916cjm16173.php

Group therapy - It is a powerful and effective therapeutic approach that has an incredible impact on individuals, youth, families, and groups. EAP addresses a variety of mental health and human development needs including behavioural issues, attention deficit disorder, PTSD, substance abuse, eating disorders, depression, anxiety, relationship problems and communication needs.

http://www.limerickhorseriding.com/425730069