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NEXT Black Sea Basin

Green Urban Resilience

Booklet for Home Gardens for Climate Resilience – A Practical Guide

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**GROWING RESILIENCE
BEGINS AT HOME**

The Home Gardens for Climate Resilience A Practical Guide has been developed within the framework of the Green Urban Resilience Project (BSB00006).

The project focuses on developing sustainable green solutions for climate adaptation in the Black Sea Basin (BSB) and beyond.

Through cross-border cooperation, local authorities and academic experts are working together to integrate green infrastructure into urban planning, aiming to reduce heat stress and build climate-resilient cities.

This guide aims to raise awareness and build capacity among citizens, gardeners, and local experts on how to design and maintain climate-resilient home gardens.

It provides simple, visual, and easy-to-apply information on:

- Selecting drought-tolerant and native plants,
- improving soil and composting at home,
- conserving water efficiently, and
- creating small-scale green systems that support biodiversity and reduce urban heat.

By following the methods in this guide, households can take practical steps to adapt to climate change, enhance urban greenery, and contribute to a greener and cooler future.

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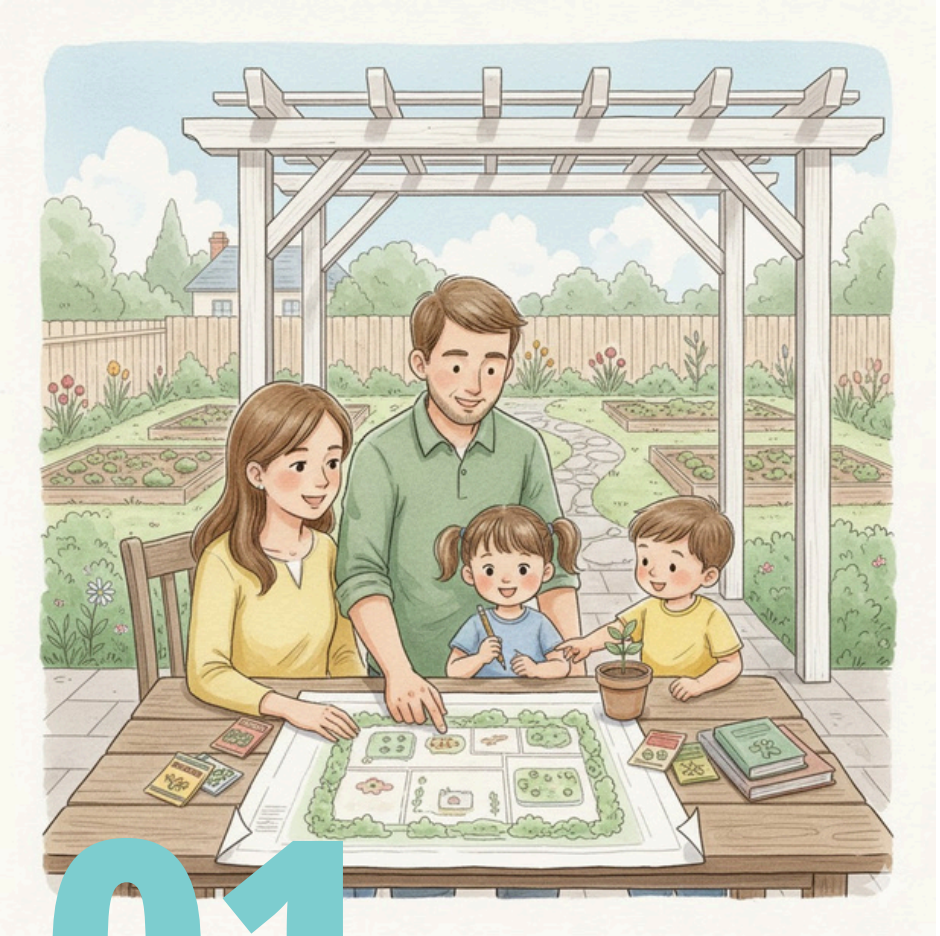
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01

Introduction and Garden Planning



1.1. Introduction to Home Gardening and Its Importance



Home gardening is the small-scale cultivation of plants within or around the home environment — including backyards, balconies, terraces, or rooftops. It may serve decorative, productive, or mixed purposes, depending on available space and household needs.



Beyond aesthetic value, home gardens contribute to environmental health and community well-being. They help reduce heat, save water, support biodiversity, and promote local food production. As accessible and sustainable green spaces, home gardens play a vital role in creating healthier and more climate-resilient cities.

1.2. Garden Types and Design

Garden design at home is not only about creating an attractive outdoor space; it also aims to provide a productive and sustainable area that supports the daily needs of the household. A well-planned layout brings together functionality, visual harmony, and the natural qualities of the site, balancing these elements to form a cohesive and practical living environment.

Area Type	Primary Focus	Purpose and Function
Social / Front Yard (Approach or Public Area)	Appearance, Community Interaction	This zone is shaped to create a welcoming look that connects smoothly with the street. It often serves as a place to greet visitors or as a safe play space for children. The planting and layout are arranged so the outdoor scene complements the architecture of the home.
Service / Work Area	Practical Use, Support Activities	This section includes functional elements such as a small kitchen garden, compost bins, storage units, tool sheds, or the garage. Because it tends to be the most cluttered area, it is commonly placed out of direct view and can be screened with hedges or dense shrubs.
Private / Living Garden Area	Relaxation, Home Food Production	Located mainly at the back of the property, this is usually the most spacious area. It may feature seating zones, a pergola, a pool, or larger vegetable beds. It should be easy to reach from indoor living spaces and designed so it can be enjoyed visually from inside the house.

Planning!

Before beginning any on-site work, it is important to prepare a master plan that illustrates all features—such as walls, pathways, and planting beds—drawn to scale. Investing time in careful planning at the outset helps avoid unnecessary effort and additional costs during implementation.

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1.3. Site and Climate Selection

Selecting the right location is essential for establishing a healthy and productive garden. When evaluating potential planting areas, consider the following factors and practical steps:

Sunlight:

Most vegetables and herbs require a minimum of six hours of direct sunlight each day, and eight hours is preferable for optimal growth. Avoid fully shaded spots. Leafy crops such as spinach or broccoli can tolerate partial shade.

Plant Layout:

Place taller plants on the north side of the bed so they do not cast shade on shorter species. This arrangement helps maximize light exposure throughout the garden.

Wind:

Strong winds can deplete soil moisture and physically damage plants. To reduce wind impact, install fences, use hedges, or position the garden near existing natural barriers that offer protection.

Temperature:

Monitor daily temperature patterns and select plant varieties that thrive in your local climate. For most crops, ideal growing-season temperatures range between 15°C and 30°C.

Drainage:

Choose locations that do not accumulate standing water. Well-drained soil keeps roots healthy and prevents problems such as rot. Heavy clay soils tend to retain excessive moisture, so amending them with organic matter can improve structure and drainage.

Water Access:

Position your garden close to a reliable water source to simplify irrigation. Regular watering is especially critical during the establishment of young plants.

Soil Quality:

Fertile, workable soil with good moisture-holding capacity and a deep topsoil layer will support vigorous growth. Adding compost improves structure and nutrient availability in most garden soils.



Understanding these conditions helps you plan planting schedules and select species that grow naturally in your environment.

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1.4. The Power and Importance of Native Plants

Native plants are species that naturally belong to a region and have adapted to its climate and soil over time.

They play a vital role in keeping ecosystems balanced by supporting soil, water, and wildlife.

Using native plants in home gardens helps restore this natural harmony and strengthens the connection between people and their environment.

WHY NATIVE Plants?



Healthier and stronger: Naturally suited to local conditions, native plants grow well with minimal care.

Low maintenance: Once established, they require less watering and fewer fertilizers.

Resilient: They can better withstand droughts, temperature extremes, and pests.

Contribution to the Environment and Wildlife

Habitat creation: Native plants provide food and shelter for bees, butterflies, birds, and small animals.

Pollution reduction: They reduce the need for chemicals and improve air and soil quality.

Biodiversity support: Native gardens help preserve local species and strengthen ecological networks.

How to Identify Native Plants in Your Region?

Each region has its own native plant species adapted to local conditions.

To find them:

- Check regional or botanical garden databases.
- Ask local authorities or agricultural offices for native plant lists.
- Observe which plants grow naturally without extra care.
- Collaborate with local gardeners or nature groups to share knowledge.

1.5. Xeriscaping (Water-Wise Gardening) and Its Seven Principles

This approach ensures that the garden is designed with water efficiency in mind from the very beginning of the planning process. In this section of the guide, the seven core principles that form the foundation of xeriscaping are summarized below.

1. Plan the Area

- Define the purpose of the garden (recreation, vegetable production, ornamental planting).
- Observe areas with sun, shade, and prevailing winds.
- Consider the space plants will occupy as they mature.

2. Prepare the Soil

- Check whether the soil is compacted.
- Add compost and organic matter.
- Create a loose soil structure with good water-holding capacity.

3. Choose the Right Plants

- Select drought-tolerant species adapted to the local climate.
- Prioritize native plants.
- Increase the use of drought-resistant shrubs and perennials.

4. Group Plants Strategically

- Place plants with similar water needs together.
- Plant sun-loving species in sunny areas and shade-tolerant species in shaded zones.
- Position taller plants on the northern side of the garden.

5. Optimize Irrigation

- Use drip irrigation or soaker hoses.
- Water early in the morning or in the evening.
- Ensure water reaches the root zone.

6. Apply Mulch

- Cover the soil with straw, dry leaves, or compost.
- Reduce evaporation and keep the soil cool.
- Suppress weed growth.

7. Control Weeds

- Remove weeds early.
- Pull them out with their roots before they set seed.
- Avoid chemical herbicides.



02

Soil, Nutrition, and Water Management



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2.1. Soil Health, Mixtures, Compost, and Natural Fertilizers

An effective vegetable garden soil should be fertile, well-drained, and well-aerated, with a slightly acidic pH (6.0–7.0). Clay soils hold too much water, sandy soils lose nutrients quickly, so a simple soil test is recommended before making any amendments.

Soil Improvement Practices

Improving soil quality increases both nutrient availability and moisture-holding capacity.

- Add organic matter: Incorporate compost, shredded leaves, pine bark, or well-aged manure to enhance structure and fertility.
- Fall preparation (Pro Tip): Chopping plant residues and turning them into the soil in fall helps control diseases and accelerates organic matter decomposition.
- Soil depth: Shallow-rooted crops (lettuce, spinach, radish) require 15–20 cm of depth; deep-rooted crops (carrot, potato, tomato, pepper) need 30–45 cm. Raised beds should have a minimum soil depth of 15 cm.

The Value of Compost

- Often referred to as “brown gold,” compost improves soil structure, water retention, and nutrient supply.
- Enhances tilth and reduces compaction.
- Increases moisture retention, decreasing irrigation needs.
- Provides essential macro- and micronutrients.
- Ideal compost ratio: 2 parts brown material (dry leaves, straw) to 1 part green material (grass clippings, vegetable scraps).
- Turn the pile monthly to maintain aeration.
- Avoid adding weeds, dairy/meat products, glossy paper, or cat litter.



Natural Fertilizers and Basic Nutrient Care

Healthy plant growth depends on providing essential nutrients in moderate amounts at the right time.

- Organic fertilizers: Compost, aged manure, and natural plant-based amendments improve soil structure and support beneficial microbes.
- Crop needs:
 - Leafy vegetables benefit from nutrient-rich soil with steady nitrogen.
 - Root crops prefer balanced soils without excessive fertilizer.
 - Fruiting vegetables need extra support as they begin to flower and set fruit.
- Sidedressing: Add a small amount of natural fertilizer around the root zone mid-season to support continued growth.
- Worm castings: Vermicompost and diluted worm tea are gentle, effective boosters for almost all plants.



2.2 Smart Irrigation and Water Efficiency

Efficient watering saves time and resources while helping plants adapt to climate change.

Irrigation Frequency and Timing

Water needs depend on climate, soil type, and evaporation rates. Irrigation should be deep, reaching about 20 cm into the soil. The best time to water is early morning, which reduces evaporation and leaf-wetness-related diseases. If plants recover by evening, watering is usually unnecessary; morning wilting indicates immediate water need.

Passive Water-Saving Strategies

- **Mulching:** Covering soil with straw, dry leaves, or compost reduces evaporation and helps raised beds retain moisture.
- **Organic Matter:** Adding compost improves soil structure and water-holding capacity, helping plants tolerate dry periods.

Smart Irrigation Systems

- **Drip and soaker hoses:** Deliver water directly to root zones, significantly reducing water loss; recommended for vegetable gardens.
- **IoT and automation:** Moisture sensors, weather data, and timers adjust irrigation schedules automatically, ensuring watering only when necessary and improving water efficiency.

- **Hydrogel Applications**

Super-absorbent polymers can hold hundreds of times their weight in water. They increase soil moisture retention, reduce watering frequency, and help plants withstand short-term drought stress.

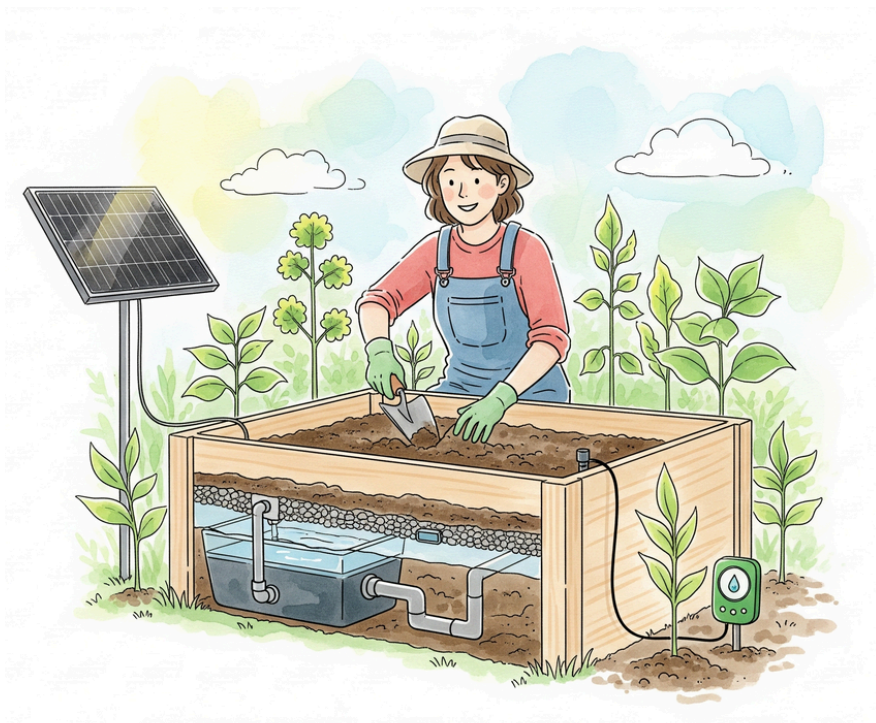
- **Rainwater Management**

Rain gardens: Shallow planted depressions that capture runoff, improve infiltration, reduce localized flooding, and provide an aesthetically integrated water-management solution.



03

Garden Setup Technologies



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3.1. Basic Setup and Space-Efficiency Techniques

These methods are ideal for beginners who want to use limited space efficiently.

Raised Garden Beds

Raised beds are framed growing areas elevated above the natural ground level. Their key advantages include:

- **Improved Soil Quality:** Because the soil is not stepped on, compaction is avoided, leading to better root growth and easier germination. In urban areas, adding clean soil also helps avoid contaminants.
- **Earlier Planting:** Soil warms faster in spring, allowing earlier sowing.
- **Higher Productivity:** Full access from all sides enables denser planting compared to traditional ground plots.
- **Design and Depth:** Beds should be no wider than 1 m for easy reach. Depths of 15–20 cm are suitable for shallow-rooted crops (e.g., lettuce), while deep-rooted crops (e.g., tomatoes, carrots) perform best in 30–45 cm or deeper beds.

Square Foot Gardening

This method is designed to further increase the efficiency of raised beds.

- **Application:** The bed is divided into 1-square-foot sections (approximately 30 × 30 cm), and vegetables are planted densely within each square rather than in long rows.
- **Maximization:** This intensive layout maximizes the number of plants that can grow in a small area, increasing total yield. Once a square is harvested, it can be cleared and replanted immediately.

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Vertical Space Use and Trellising

Trellising supports the vertical growth of plants and helps maximize limited garden space.

- **Benefits:** Saves ground space, keeps fruits off the soil to reduce rot and disease, and can offer protection from certain pests.
- **Application:** Tomatoes always require strong support. Vining crops such as cucumbers, peas, melons, and pole beans should also be grown on trellises.
- **Structures to Use:** Wooden or metal stakes, wire panels, mesh netting, string systems, or teepee-style poles for beans.

Container Gardening

Container gardening is ideal for urban environments and areas with paved or limited ground space.

- **Benefits:** Provides a flexible growing option where soil is poor, contaminated, or unavailable, and allows gardening on balconies, rooftops, patios, or paved surfaces.
- **Application:** Most crops grow well in containers with a soil depth of around 20 cm, making this method suitable for a wide range of vegetables and herbs.
- **Structures to Use:** Pots, buckets, recycled containers, old tires, boots, or other repurposed items that can safely hold soil and allow drainage.



04

Plant Selection and Planting



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4.1. Plant Selection Strategies for Home Gardeners

Effective plant selection in gardening requires a strategic approach that considers the gardener's experience, local environmental conditions, and design goals.

I. Recommendations for Beginner Gardeners

For beginners, the key principle is to focus on plants that are easy to manage and offer a high chance of success, rather than attempting complex techniques too early.

Start small: Experts recommend beginning with a limited growing area and expanding gradually as confidence and experience increase.

Choose easy-to-grow crops: Vegetables such as tomatoes, cucumbers, peppers, beans, lettuce, radishes, spinach, and carrots are well suited for beginners due to their resilience and relatively quick results.

Select what you actually eat: Plants should be chosen not only for ease of cultivation, but also based on what the household enjoys consuming.

Use seedlings when appropriate: While crops like lettuce and coriander grow easily from seed, using starter plants for tomatoes, peppers, and eggplants saves time and increases success rates.

Stick to recommended varieties: Choosing tried-and-tested varieties adapted to local conditions helps reduce disappointment and crop failure.

II. Plant Selection and Planning for Experienced Gardeners

At a more advanced level, plant selection goes beyond short-term yield and considers a plant's long-term form, spatial behavior, and relationship with the surrounding ecosystem.

Ecological compatibility and native species: Plants should match local microclimate conditions, soil structure, and pH levels. Native species generally require less water and maintenance, show higher resistance to local pests and diseases, and support biodiversity.

Long-term spatial planning: The mature height and canopy spread of plants should be anticipated. Low-growing species are suitable near entrances or windows, while columnar or pyramidal forms work well where vertical emphasis is needed.

Technical performance criteria: Resistance to disease, productivity, time to maturity, and crop quality (taste, texture, durability) are key factors in professional plant selection.

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- Integrating aesthetics and function: Color, texture, and light-shade balance should be considered together. Edible plants such as purple cabbage or colorful chard can also serve as strong visual elements in garden design.
- Companion planting: Grouping plants with complementary characteristics can help reduce pest pressure, improve growing conditions, and increase overall productivity.

III. Shared Principles for All Gardeners

Sunlight requirements: Most vegetables need at least 6–8 hours of direct sunlight per day. Shade conditions should directly inform plant choice.

Efficient use of space: In small gardens, avoid crops that require excessive space, or select species suitable for vertical growing systems such as trellising.

Seasonal suitability: Cool-season crops (e.g., lettuce, peas) and warm-season crops (e.g., tomatoes, eggplants) should be planned according to appropriate planting times.



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4.2. Planting Methods and Practices

In gardening, planting is carried out using two main methods: direct seeding, where seeds are sown directly into the soil, and transplanting, where pre-grown seedlings are moved into the garden. Successful planting depends on proper preparation, correct planting depth, and attentive aftercare.

According to best practices, the planting process includes the following steps:



1. Pre-Planting Preparation

- **Planning and Grid Layout:** Especially in small gardens, divide the area into physical grids or squares to improve efficiency. Place taller plants on the northern side so they do not shade smaller crops.
- **Labeling:** Since young seedlings often look similar, label planting locations clearly to avoid confusion later.
- **Moistening the Soil:** Lightly moisten the soil before planting to make digging and placement easier.
- **Soil Preparation:** Loosen the soil to a depth of at least 20 cm, break up clods, and enrich it with compost.

2. Direct Seeding

- **Seeding Method:** Instead of broadcasting seeds randomly, sow them in shallow rows (drills) for better control and uniform growth.
- **Depth Rule:** The smaller the seed, the closer it should be to the soil surface. Fine seeds such as lettuce should be lightly pressed into the soil or covered with a very thin layer, while larger seeds like peas or beans should be planted deeper (approximately 2.5–5 cm).
- **Soil Contact:** After covering the seeds, gently press the soil with your hand or the back of a rake to ensure good seed-soil contact, without compacting the soil excessively.

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3. Transplanting Seedlings

- **Removing from Containers:** Carefully remove the plant and its root ball from the pot, often by turning the container upside down and gently squeezing it.
- **Root Inspection:** If roots are tightly circling the bottom, loosen them gently to encourage outward growth.
- **Planting Depth:** Vegetable seedlings are generally planted up to their first set of leaves (cotyledons).
- **Eliminating Air Pockets:** Firm the soil around the plant to ensure full root contact and eliminate air gaps.
- **Reducing Transplant Shock:** Transplant on cloudy days or early in the morning. Temporary shading can help protect newly planted seedlings until they establish.

4. Tree Planting

- **Planting Hole:** Dig a hole twice as wide as the root ball and equal in depth.
- **Positioning:** Place the tree upright in the center of the hole. As you backfill, add water periodically and gently firm the soil to remove air pockets.
- **Stabilization:** Support newly planted trees with stakes to protect roots from wind damage.

5. Initial Post-Planting Care

- **Watering In:** Water plants immediately after planting. For seeds, use a fine spray to keep the soil moist without causing runoff or compaction.
- **Mulching:** Once plants are established, cover the soil surface with a few centimeters of straw or compost. Mulching reduces evaporation, conserves moisture, and supports early growth.

05

Garden Care, Pest Control, and Harvest



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5.1 Garden Care

Regular watering, weed control, mulching, and nutrient support are essential for healthy plant growth.



- **Watering:** Plants require water from the seedling stage through harvest. Watering should be avoided during the hottest part of the day; early morning or evening is preferred. Deep watering that reaches approximately 20 cm into the soil helps prevent shallow root development and increases plant resilience.
- **Weed Control:** Weeds compete with crops for water and nutrients. They should be removed before setting seed, ensuring roots are completely extracted. Weeding is easier and more effective when the soil is moist, such as after rain or irrigation.
- **Mulching:** Covering the soil surface with organic materials such as straw, dry leaves, or compost reduces evaporation, conserves moisture, and suppresses weed growth.
- **Fertilization and Soil Improvement:** During the growing season, plants need essential nutrients such as nitrogen (N), phosphorus (P), and potassium (K). Compost and organic fertilizers improve soil structure and support sustained productivity.
- **Pruning:** Especially for fruit trees and hedges, pruning improves air circulation, reduces disease risk, and encourages healthy new growth.

5.2 Pest and Disease Control

Organic and biological control methods are strongly recommended to minimize chemical use in the garden.

Pest Management



Manual removal: Snails, caterpillars, and large insects can be hand-picked and removed from the garden.

Natural deterrents: Soapy water is effective against aphids, while mixtures containing hot pepper or garlic powder can repel many pests.

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- **Biological control:** Lady beetles feed on aphids, and birds and frogs help regulate insect populations.
- **Disease Control:** To prevent fungal diseases such as powdery mildew and root rot, adequate spacing between plants is essential, and leaves should not remain wet for extended periods. Infected plant material must be removed immediately and disposed of outside the garden—never added to compost.
- **Chemical Control:** Chemical treatments should be used only as a last resort. Protective equipment must be worn, and the recommended pre-harvest withholding period must be strictly followed.

5.3 Harvest

The timing and method of harvest directly affect crop quality and shelf life.

- **Proper Timing:** Crops should be harvested when they reach their ideal size and color. Delayed harvesting may lead to bitterness or premature bolting.
- **Harvesting Techniques:**
 - Leafy greens: Lettuce, spinach, and kale can be harvested using the “cut-and-come-again” method by removing outer leaves first, allowing continuous production.
 - Root crops: Carrots and radishes are ready when the tops begin to show above the soil surface or reach their ideal diameter.
 - Fruiting vegetables: Tomatoes, peppers, and eggplants should be harvested carefully by hand or with scissors to avoid damaging the plant.
- **Post-Harvest Handling:** Freshly harvested produce should be moved to a shaded area immediately. Leafy greens benefit from rinsing in cold water and should be consumed as soon as possible. Excess produce can be preserved by freezing or canning.



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