

THE PERMACULTURE TOOLKIT FOR A SUSTAINABLE GLOBAL TRANSITION

FOUND
ATIONS
PERMACULTURE AS METHODOLOGY
FOR A SUSTAINABLE GLOBAL TRANSITION

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CONTENT CREATORS:

Fanni Toth & Bogdan Hanganu

FOR MORE INFORMATION ABOUT OUR PROJECT GOALS AND MORE RESULTS OF THE PROJECT, VISIT: www.projectfoundations.eu



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PROJECT FOUNDATIONS

Foundations is an Erasmus+ small scale partnership project that aims to provide meaningful insights on sustainable living. Permaculture will be used as the main methodology to explore different ways to grow food, regenerate habitats, harvest water, produce energy and live in a community. With this knowledge we want to create learning opportunities not only for the targeted NGO's and staff members and participants, but also anyone interested in the topic.



QUINTA DAS RELVAS

Created in 2016 with the main goal of learning and spreading knowledge on Arts and Sustainability, Associação Quinta das Relvas develops non-formal education activities such as workshops, exchanges, conferences, artistic residencies, and trainings for a local, national and international audience giving priority to youngsters still studying or in the beginning of their careers as well as youngsters somehow with less opportunities. At the moment they are trying to develop field actions not only to increase their farm resilience but also their own community, by supporting key youngsters to develop their projects inside the farm ecosystem.



ASSOCIAZIONE KORA

Associazione Kora was founded in 2015 in Passignano sul Trasimeno, in the region of Umbria, to promote sustainable ways of living and social inclusion among young people. Kora is cooperating side by side with “La Buona Terra”, an educational farm located on the hills above the town of Passignano sul Trasimeno. At the farm, Kora manages several types of projects, hosts volunteers and helps to involve local and international youngsters in educational paths. The activities that Kora organizes are: long and short term volunteering periods in Italy and abroad.



PERMA HALOS

Perma Haloş is located in the remote area of Mănăstirea Caşin commune, by the river Haloş, surrounded by hills and forests, is giving space for the young people to develop and implement activities linked to environmental awareness, agro-ecology, permaculture, crafting, and personal development. The philosophy of the place is directly linked to permaculture principles and ethics and serves as an ever-growing socio-cultural and educational centre since 2020, home of more than 20 international and volunteering projects, camps and artist residences.

FORWARD

With great pleasure and immense pride, I introduce this remarkable toolkit, a product of collaboration and shared vision. As we embark on this journey, let us acknowledge the profound power of collaboration and the transformative magic woven when people and organizations unite for a common purpose.

AT ITS HEART, THIS TOOLKIT IS A TESTAMENT TO THE POTENTIAL FOR POSITIVE CHANGE THAT ARISES WHEN WE COME TOGETHER WITH A SHARED PASSION FOR OUR PLANET, COMMUNITIES, AND OURSELVES.

It celebrates the human spirit and our capacity to create a regenerative future that harmonizes with nature and nurtures our collective wellbeing.

By embracing permaculture principles and weaving them into the fabric of non-formal education, this toolkit empowers a diverse range of individuals – from seasoned permaculture practitioners to those just starting their journey – to explore new horizons, become more resilient, and embark on a path of partnering with nature.

Within these pages, you will discover activities, real-life examples, and methodologies inspiring young people and awakening awareness of the intrinsic connection between humans and nature. You will encounter opportunities for self-reflection, group empowerment, and tangible actions that nurture our gardens, friends, family, and community.

I am honored to stand with this group, proud to collaborate, and thrilled to see how this toolkit will ripple into the world, empowering individuals and groups to sow the seeds of transformation and cultivate a more sustainable and regenerative future.

With heartfelt gratitude,

Lucy Logan



WELCOME

This toolkit has been designed to encourage you to spend quality time with yourself, with others and with nature. Whether you may be exploring a local park, gardening in your backyard, joining a permaculture farm as a volunteer or planning your next Erasmus+ Youth Exchange, this toolkit can be a guide for you to experiment, learn, and create meaningful connections.

GET READY TO EMBARK ON A JOURNEY OF DISCOVERY:

YOURSELF: an opportunity to combine nature with self exploration, we are guiding you to step forward to challenge yourself, become a gardener of your own life and be the change you want to see in the world.

NON-FORMAL EDUCATION: a powerful tool for promoting social change and transformation through intercultural dialogue with self expression.

PERMACULTURE: a worldwide movement that encompasses all aspects of how we, as human beings, can live in harmony with the Earth and its finite resources, as well as with communities.

WHETHER YOU ARE A SEASONED PERMACULTURE PRACTITIONER OR JUST STARTING OUT ON YOUR PATH, GET READY, ROLL UP YOUR SLEEVES AND DIVE INTO THIS TOOLKIT WITH ENTHUSIASM AND EXCITEMENT! LET'S WORK TOGETHER TO CREATE A MORE SUSTAINABLE AND REGENERATIVE FUTURE FOR OURSELVES AND FOR FUTURE GENERATIONS. THE POSSIBILITIES ARE ENDLESS, AND THE JOURNEY IS JUST THE BEGINNING TO MAKE THE WORLD A BETTER PLACE.

OUR AIM IS TO BRING TOGETHER GOOD PRACTICES OF PERMACULTURE AND NON-FORMAL EDUCATION, WHILE:

INSPIRING YOUNG PERMIES AND VOLUNTEERS with the knowledge and insights to the world of permaculture

SUPPORTING YOUTH WORKERS on how to integrate permaculture ethics and principles into their non-formal education projects

EMPOWERING INDIVIDUALS by creating a common language and sharing the values which are in the permaculture farms and gardens around the world.

We aim to support youth workers, coordinators, facilitators, trainers working with groups of young adults, especially in the context of Erasmus+ Youth Exchange or European Solidarity Corps projects.



ABOUT THE TOOLKIT

Asia Suler

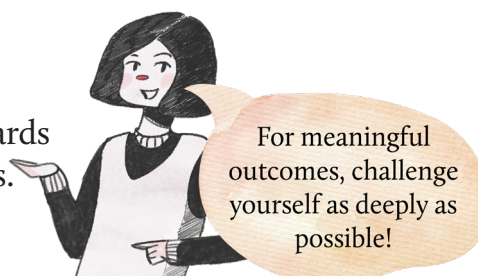


We started a garden because we wanted to learn how to take care of plants but we ended up finding out even more about how to care for ourselves - collaboration, communication, time management and the sense of the cycles of life, boundaries.

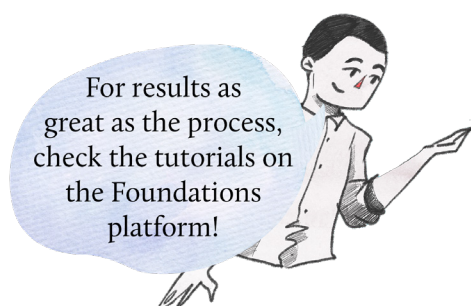
Mirrors in the Earth

This toolkit is a never ending source of inspiration of permaculture practices, constantly evolving with time, by adding new Chapters after each Erasmus+ Project. Each chapter contains a wide-range of resources, activities, and methodologies that can empower the next generation and raise awareness on holistic and harmonic approaches of human-nature interactions.

1. **INDIVIDUAL REFLECTION:** to introduce permaculture principles into our everyday activities is a way towards richer, regenerative and self healing living practices.



For results as great as the process, check the tutorials on the Foundations platform!



1. **NON-FORMAL ACTIVITIES:** to promote experiential learning, peer-to-peer sharing in small, multicultural and diverse groups, empowering creative and critical thinking.

1. **PRACTICAL ACTIONS:** to inspire actions with tangible results in your own garden or community.



THE ACTIVITIES DESCRIBED ABOVE ARE CATEGORIZED INTO THE THREE TOPICS OF THE PRINCIPLES OF PERMACULTURE: **DESIGN** | **ATTITUDE** | **ENERGY**



TIME:

Take as much time as you need to, the indicated minutes are just a guideline for better planning of activities.



NUMBER OF PARTICIPANTS:

All non-formal activities and practical actions are designed for smaller groups to ensure a safe and fulfilling learning experience for each participant. Make sure to divide attending participants into smaller groups.



MATERIALS & TOOLS:

We suggest the minimum requirements for each activity. Feel free to be creative, modify or add tools based on your needs.

Non-formal Education & the Youthpass Certificate

We believe that **non-formal education** is the most powerful tool for promoting social change and transformation. It recognizes that learning is not just about acquiring knowledge, but also about experiencing, and developing certain skills and attitudes that empower individuals and communities, promote social justice, and contribute to a more equitable world.

Non-formal education is a dynamic and engaging approach contrary to the traditional formal classroom setting. It emphasizes experiential learning, peer-to-peer sharing, community building, and active participation as part of the teaching-learning process. Workshops are great examples, as they provide an opportunity for people to come together and exchange information, skills, and ideas, as well as possible intercultural

or intergenerational dialogues in a safe setting. By providing time and space for participation, workshops can foster a sense of community, and encourage active engagement in the learning process.

The **Youthpass Certificate**: is a tool developed by the European Commission

THE YOUTHPASS CERTIFICATE IS BASED

1. **MULTILINGUAL:** communicate and express ideas effectively in one or more foreign languages.
2. **MATHEMATICAL AND BASIC SCIENCE:** apply mathematical concepts to solve problems and make informed decisions.
3. **DIGITAL:** use digital tools to access, manage, evaluate, and create information.

to support the recognition of non-formal learning outcomes of Erasmus+ and European Solidarity Corps projects. Youthpass helps young people to reflect on their learning experiences, identify the key competences they

have developed, and document their achievements in a way that is recognized and valued by employers, educational institutions, and other stakeholders.

ON THE EIGHT KEY COMPETENCES FOR LIFELONG LEARNING, WHICH ARE:

4. **ENTREPRENEURSHIP:** identify opportunities, take risks, and turn ideas into action.
5. **CULTURAL AWARENESS AND EXPRESSION:** appreciate and respect cultural diversity, and participate in cultural activities.
6. **LITERACY:** communicate and express ideas effectively in one's native language.
7. **CITIZENSHIP:** interact with others, participate in civic life, and work towards social and environmental justice.
8. **PERSONAL, SOCIAL AND LEARNING TO LEARN:** acquire and apply new knowledge and skills, reflect on one's own learning process, and take responsibility for one's own learning.



Each of the competences is an intersection of knowledge, skills and attitudes.

Knowledge (know what, the head) refers to the theoretical and practical understanding of a particular subject, **skills** (know how, the hand), refers to the ability to apply this knowledge to real-world situations.

Attitudes (know why, the heart) refers to the personal qualities and values that enable individuals to interact effectively with others, and to make meaningful contributions to society.

Although the learnings and competences are usually designed and planned by a facilitator, each participant has a unique learning experience through which they can identify their actual learning outcomes. There are no two Youthpass Certificates the same.

Facilitators in non-formal education are not teachers, but rather guides and mentors, creating a safe and supportive learning environment for participants to explore new ideas, develop skills, and reflect on their journey. Aspects to be taken into account in facilitating these processes are:

ACTIVE LISTENING: Facilitators are able to listen deeply to what is being said and, even more so, to what is yet unspoken. Naming the unsaid and making visible the invisible are facilitation superpowers!

CREATE SAFE SPACE: supporting people in understanding one another at a deeper level, building trust, encouraging participants to share their opinions and ideas without fear of being judged or criticized. There is no wrong answer.

STAYING NEUTRAL: when we facilitate, we care deeply about a group's process, relationships, and the fact that they will achieve results, but try to not be attached to a particular outcome.

ASKING QUESTIONS: hold a deep belief that solutions come from the group itself, so craft questions powerful enough to send groups on a quest to solve their own challenges! Trust in the collective intelligence of the whole group is required to create a completely new way forward.

PROMOTING ACTIVE PARTICIPATION: Activities that involve work in smaller groups can be effective to ensure that each participant has the opportunity to contribute and learn from others.

EMBRACING DIVERSITY: Participants may come from different educational and social backgrounds. Embrace this by creating diverse working groups where people from different backgrounds can work together and learn from each other.

REFLECTION: Give space and leave time for participants to reflect on and integrate their learning experience, preferably after each activity and each day.

MOVE FROM CURIOSITY! SHIFT PERSPECTIVES! CREATE SURPRISES!

CHAPTER 1

Introduction to Permaculture

PERMACULTURE: HOPEFUL VISION

The term permaculture comes from the words “permanent” and “agri/culture,” and provides a framework for designing systems that are self-sustaining, productive, in harmony with the natural world, and promote social, economic and environmental abundance.



The Earth’s ecology is a delicate balance of interconnections between the Geosphere, Atmosphere, Hydrosphere, and Biosphere, formed over millions of years. However, human actions, particularly in the last few hundred years, have put this equilibrium at a concerning risk. Permaculture offers a complex solution to balance out the mess... and it is much more than just gardening: **A hopeful vision for creating a more just, equitable, and regenerative world.**

While gardening is certainly an important aspect of Permaculture, it is only one part of a larger design system that encompasses all aspects of human life, such as food production, land use, architecture, water management, transportation, and waste management. It involves a careful and contemplative observation of nature and a deep understanding of ecological principles, to be able to apply the patterns and processes of natural systems.

The focus is not solely on individual systems and elements such as plants, animals, or structures, but rather on the diverse beneficial connections that are created among them, focusing on soil health, conserving and preserving energy, combined with a mindset of abundance. This mindful and **conscious** way of placing these elements together is what makes the **whole system greater than the sum of its parts**.

Permaculture is a way of life that seeks to create not just sustainable, but **regenerative** future for all. It is a regenerative building process that takes place in space and time and goes beyond the visible and tangible. May start with building dreams to building teams and communities, ecosystems, structures, interactions, yields, and hope.

“Sustainable practices seek to maintain systems without degrading them, whereas regenerative practices apply management techniques to restore the system to improved productivity”

Since the 1970's, based on the essential work of **Bill Mollison** and **David Holmgren** - who not only shaped the theory and practice of permaculture but inspired countless individuals and communities to adopt more sustainable and self-sufficient lifestyles - permaculture has been applied to a wide range of contexts, from small-scale backyard gardens to large-scale agricultural systems. Their main message sounds something like this:

Permaculture is about taking personal responsibility for our lives and the lives of future generations by designing systems that work with nature, not against it.

If you're looking to gain a deeper understanding of the complex and interconnected system, we invite you to explore the **Permaculture Card Game (Attachment 1)**, which can be a great way to engage with others and learn about permaculture ethics, principles and elements in a fun and interactive way, suitable for all ages and skill levels.



LIFE ON A FARM AS A VOLUNTEER

Life on a farm can be a rewarding experience. Volunteering on a permaculture farm offers a unique learning opportunity where you will likely engage in a variety of tasks, while learning about Permaculture principles and practices through observation and hands-on experience.

You may find yourself involved in activities such as:

- Planting, harvesting, and processing food crops
- Caring for animals, such as chickens, goats, or pigs
- Building and maintaining structures, such as compost bins, raised beds, or animal shelters
- Managing water resources, such as ponds, swales, or rainwater harvesting systems
- Participating in community events or workshops related to permaculture

As soil preparation, planting and caring for crops and animals, implementing water management systems, composting, building infrastructure like ponds or greenhouses.

As a new volunteer, you would likely receive an orientation to the farm and its practices, as well as guidance and support from more experienced volunteers or staff. You would also have the opportunity to ask questions, share your own skills and

knowledge, and contribute to the ongoing work of the farm.

Participating in community events or workshops provides the opportunity to connect with like-minded individuals who share a passion for sustainable living and ecological stewardship. Interacting with farmers and other volunteers will broaden your knowledge and allow for the exchange of ideas and experiences.

Overall, life on a permaculture farm as a volunteer can be a transformative experience that deepens your connection to the natural world, expands your skills and knowledge, and connects you to a supportive and inspiring community of people who share your values and vision for a more sustainable and regenerative world.

Websites like Erasmus Solidarity Corps, Worldpackers, WWOOF (Worldwide Opportunities on Organic Farms), and Permaculture Project are just a few examples where you can find listings for Permaculture volunteering opportunities.

Erasmus+ and European Solidarity Corps
<https://webgate.ec.europa.eu/erasmus-esc/index/>

Worldpackers
<https://www.worldpackers.com/>

WWOOF
<https://wwof.net/>

Permaculture Project
<https://www.permacultureproject.com/>

ETHICS

Permaculture Ethics provides guidance for a living that puts the health of the environment and people at the forefront, while ensuring that resources are distributed fairly. Ethics serves as a fundamental set of core values, which remain constant whatever our situation.

Care for Earth

Earth is a complex, holistic living system that sustains all known life. It is a dynamic and **interconnected web of relationships** that includes both the visible and invisible worlds. These realms are home to a vast array of living and non-living things, each with its own unique role to play in the ecosystem.

Life and death, love and fear, relationships and interactions are all part of the intricate dance of nature. While it may seem at times that these elements are working against each other, they are actually working together to maintain **balance and harmony** in the natural world. **Mycelium**, soil, organic materials, bacterias, water systems, weather cycles and complex biodiversity are just some of the Earth's family members with whom we interact through our senses and enrich our collective consciousness and unconsciousness. By observing and learning from these interactions, we can gain a deeper understanding of the

interconnectedness of all things and the wisdom that is inherent in the Earth.

Care for Earth ethics is based on the fact that our actions have a direct impact on the environment and we, *Earthlings*, have a **responsibility to care** for and preserve this complex living system. While not everyone can build their own house or grow all their own food, we can all make a difference by making **conscious decisions** in our daily lives. As a key aspect of our responsibility we can reduce our energy consumption, conserve resources, use eco-friendly cleaning products, support local businesses and products, and promote biodiversity.

This understanding is at the heart of permaculture, and by embracing the principles of Earth Care, we can create a more sustainable and regenerative future for ourselves and for **future generations**.

Mycelium plays a crucial role in supporting and structurally holding together ecosystems.

It acts as the root system of fungi, forming a vast network of interconnected branches that extends for miles beneath the surface.



Interacting with the soil itself, you can directly increase your serotonin levels, with the help of a specific soil bacteria, *Mycobacterium vaccae*, which, according to research, triggers the release of serotonin in our brain. Serotonin is well-known as the happy chemical, is a natural antidepressant and strengthens the immune system.

Care for People

Just as the Earth itself, all Earthlings are also complex holistic living systems. Us, human beings, take a special place in this system, with the capacity to design, plan, and structure new systems and technologies. While it is crucial to design systems that work in harmony with the natural world, we must also ensure that these systems support the wellbeing of all people, especially those who are most vulnerable.

Care for People is as dramatic, as it is challenging and fulfilling at the same time. It is the missing link in transforming ecological matters first into a social affair. All human beings are special, thus they are responsible for being special, and this is where Earth is the biggest support and guidance: empathy, patience, responsiveness, and attentiveness to the needs of others, as well as the recognition that we are all interconnected and interdependent.

In order to create a more just and equitable society, we must address issues of social and economic inequality. This requires a shift in mindset, from one of

individualism and competition to one of community spirit and citizenship, and designing systems that ensure access to basic needs such as water, food, and shelter for all people, regardless of their social or economic status.

By designing systems that meet the needs of both people and the natural world, we can create a more sustainable and regenerative future for all.

It means recognizing that we are all interconnected and interdependent, and that our actions have an impact on others and on the natural world.

Caring for people and caring for the Earth are **mutually** reinforcing goals.

People, among all the natural and processed elements of earth, are among the best in designing, planning and structuring new needs (especially of Earth control) that lead to harming the earth. However, a similar capacity could be empowered and enhanced towards designing the need of being part of Earth, respect it and care for it!

Fair Share



“The road to abundance is paved with respect for earth and solidarity for people.”

Fair share may be seen as the economic perspective of permaculture; giving or taking too much to people from Earth will bring burden and extra work. **Balance** is the best dancer that constantly aims for retirement.

Out of the 10 extra kilos of plums produced, there is a winter jar, a neighbor, a friend, a bird, a mammal, about 23 insects, 56 microorganisms, the plum tree itself and maybe 2 fungi that are interested in the surplus. All of them want to survive and thrive, to become a better version of who they are... thanks to the plum share!

Fair share is a guide to designing systems that promote equity, consider the Earth's limitations, and prioritize the needs of all living beings. It encourages collaboration, resource sharing, and a holistic approach to creating a fairer and more sustainable world. In terms of resource management, it is the bridge between people and earth or the slice of pie you've baked, that you want as many people as possible to taste in order to feel your joy. Fair share is creating abundance within a limited environment.

Attitudes

Aranya



“Permaculture also addresses how we think, the mess we see around us being simply a reflection of the mess in our heads. Then again, our modern lifestyle has so disconnected us from nature that perhaps we shouldn't be so surprised. So having some principles of attitude can assist our approach and help us to see the hidden gifts in every situation.”

Permaculture Design

By applying these below mentioned attitudes to our daily activities and actions, we can develop a mindset that helps us overcome obstacles and challenges in a positive and constructive way.

Positivity



“When life hands you dirt, plant seeds.”

Matshona Dhliwayo

By focusing on the positive aspects of a situation, we can cultivate a sense of gratitude, hope, and resilience, which can help us overcome challenges and achieve our goals. Positivity also promotes a sense of open connection and collaboration with others, which is essential for building strong and resilient communities. By embracing positivity as a way of life, we can create a more harmonious atmosphere, one that is based on mutual respect, empathy,

and cooperation. This principle also emphasizes the importance of embracing our mistakes, learning from our failures, and using them as opportunities for curiosity, growth and improvement. “The problem is the solution”: choosing a solutions-oriented approach, we can create a more resilient and sustainable world, one that is based on collaboration, creativity, and continuous learning.

Everything works both ways



“We don’t make mistakes, just happy little accidents.”

Bob Ross

By recognizing that everything is interconnected, we can make more responsible choices that promote sustainability and well-being. This principle encourages us to think holistically and to consider the interconnections between different elements of a system, and reminds us that every action we take has a consequence. Both positive and negative

effects, and that we need to consider the long-term consequences of our decisions. This principle also emphasizes the importance of feedback, which can help us monitor and adjust our actions based on their outcomes. By embracing the principle of “Everything works both ways,” we can create a more harmonious and balanced world, one that is based on respect, responsibility, and resilience.

Permaculture is information and imagination intensive

“The state of the soil is often the best measure for the health and well-being of society.”

The Permaculture design system is often described as “information and imagination intensive” because it involves a deep understanding of ecological principles, as well as the ability to envision and create sustainable systems. Permaculture designers must gather and analyze information about the natural and social systems they are working with, and use that information to design integrated and regenerative solutions. This requires a combination of scientific knowledge, observation skills, and creative thinking.

Permaculture designers must also be able to imagine and visualize the possibilities for sustainable living, and to communicate those ideas effectively to others. Conscious decision making involves taking the time to gather information, consider different perspectives, and weigh the potential outcomes of our choices. It also involves being mindful of our own biases, assumptions, and limitations, and seeking to overcome them through empathy and self-awareness.

Principles

While the Ethics and Attitudes of permaculture provide moral guidelines for our relationship with the natural world, they are not enough on their own. We also need the Principles of permaculture to provide a set of universally applicable frameworks, based on the pure observation of natural ecosystems and the principles of ecology, that can be applied flexibly to any design, in any climate, and on any scale.

The combination of Ethics, Attitudes and Principles is what makes Permaculture a truly holistic design system.

As Permaculture has evolved over time, different designers and practitioners have developed their own interpretations and applications of the principles. What matters most is not which version of the principles is “right,” but rather which ones are most relevant and useful to each individual and their specific context. By experimenting with different principles and adapting them to our needs, we can create unique and effective solutions that reflect our own values and goals.



In this toolkit, we choose to introduce and work with David Holgrem's set of 12 Principles.

12 PRINCIP PERMAC

PRINCIPLES OF PERMACULTURE

1. OBSERVE AND IN- TERACT

DESIGN | ATTITUDE | ENERGY

Take time to understand and observe the natural systems around you before taking any action. By interacting with nature, we can gain valuable insights and learn from our surroundings, the patterns, how different elements connect, what resources are available, and how the system naturally functions. It is not a one-time activity but an ongoing and continuous process. The more we observe, the more insights and understanding we gain to be able to interact with our land the best possible way.

Me, as a Garden

“Your mind is a garden, your thoughts are the seeds.”

Osho

1. Taking time to observe and reflect on our own self is an important step towards living a fulfilling life. We invite you to use the first double pages of your Learning journal to draw yourself as a garden. As you draw, just follow your intuition, without any conscious thinking.
2. Then, take a look at your garden, and consider the following questions:
 - ▶ Reflect upon the characteristics of each element you are drawing and try to understand what, how and why they connect to each other and you. **What value do they add to your life, and what challenges do they bring?**
 - ▶ **What kind of land represents you?** Flat land or hillside? Are you having rich and fertile soil or rocky and challenging terrain?
 - ▶ **What do the trees, plants, vegetables, animals, birds or insects represent in your garden?** Are they aspects of yourself, relationships, or activities in your life?
 - ▶ **What plants or weeds do you wish to plant more or uproot?** Are there behaviors or habits in your life that you want to cultivate more or cease?
 - ▶ **How established are your edges, gates and fences?** Do you have healthy boundaries in your relationships and activities?
 - ▶ **How do you nourish and take care of your garden?** Are you taking proper care of yourself physically, mentally, and emotionally? Are there aspects of your life that are unhealthy or toxic, that need to be addressed?



TIME: 1 hour



NUMBER OF PARTICIPANTS:
Individual



MATERIALS & TOOLS:

- ▶ notebook/ journal (*which will become your Learning journal*)
- ▶ pen/ color pencil

- ▶ **Is the system strong and complex enough with the resources to bear every storm?** Are you prepared to face challenges and setbacks in your life? Are there areas of your life that need more attention and loving care?
1. Remember, your garden is your responsibility, but also a source of joy and fulfillment. If you find joy in planting, then the harvest is infinite.
 2. Journaling is a great way to help us to record and reflect on our observations and experience. By regularly writing down our observations, we can track patterns and changes over time. This can help us make more informed decisions. Writing, drawing, or taking photographs. The important thing is to find a method that works for you and to make it a regular practice.

Learning journal



TIME: 1.5 - 2 hours



NUMBER OF PARTICIPANTS:

- ▶ individual,
- ▶ 6 participants/group



MATERIALS & TOOLS:

- ▶ hard paper
- ▶ A4 paper (*at least 5/participant*)
- ▶ scissors
- ▶ glue
- ▶ magazines/newspapers
- ▶ colorful paper

1. Ask participants to reflect individually on “**Me, as a Garden**”.
2. After finishing the individual reflection, ask participants to form a group of 6 and invite group members to share their stories, and in the meanwhile illustrate their reflection and feelings into an inspirational **collage page** from the magazines and newspapers available. Use this collage page eventually to be folded and transformed into the cover of the learning journal.
3. Now it is time to create Journals! Invite all participants in a circle, with 4 - 5 sheets of A4 paper, and follow the instructions on Youtube. A video will lead you in creating your own Journal
4. Encourage Participants to track their Youthpass Key Competences over time or any reflection they experience during their project in their Learning journal.



Sector Analysis

1. Before we start, we invite you to dedicate a notebook or journal to be your Learning journal along your journey exploring Permaculture practices around the farm.
2. First, let's get to know the place you are! Use available applications on your smartphone/internet and use your senses to create a sector analysis. Ask a friend or learning buddy to join you.
 - ▶ **Sunlight:** Where and when the sun rises and sets? What parts of the place have the most light at midday? Track the winter and the summer sun
 - ▶ **Water:** What are the water sources? Springs, rivers, underground water, etc. How much rain do you annually have at the place? What is the cost of the water?
 - ▶ **Wind:** From where do you have the strongest winds? What time of the year?
 - ▶ **Risks:** What are the major risk factors: flood, monoculture, wildfire, dangerous animals, soil erosion
 - ▶ **Pollution:** Are there any Air, Water, Soil, Sound, etc. limitations or disturbances?
 - ▶ **People:** How are the neighbors, local community, local authorities? Could they limit or support the activities of the place?
3. When you feel you got to know the place, share your observations with the locals. Do your results match their experience?



TIME: 2 - 5 days



NUMBER OF PARTICIPANTS:
learning buddy



MATERIALS & TOOLS:

- ▶ learning journal
- ▶ smartphone

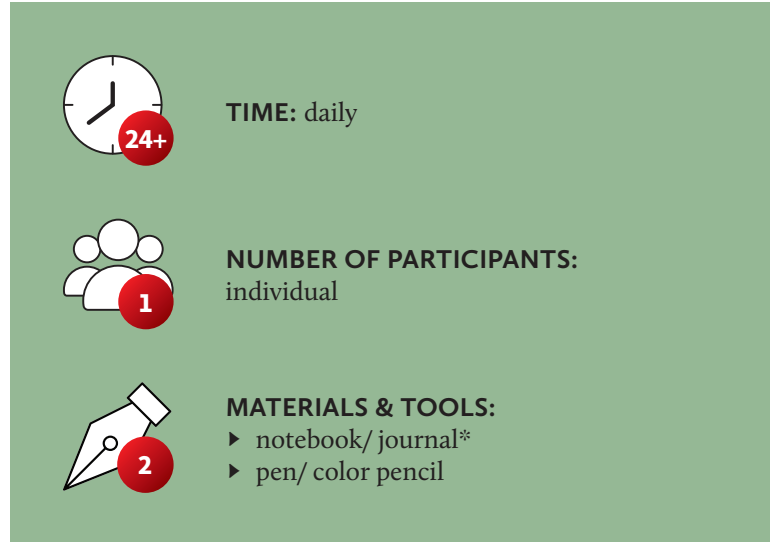
2. CATCH AND STORE ENERGY

DESIGN | ATTITUDE | ENERGY

It is about harvesting abundant energy sources so that we can use them in times of need. There is plenty of energy coming towards your land and your task is to slow, spread, store or shield the elements (sun, water, wind, wild animals, plants, herbs, etc.). The question is, how to create an energy cycle by storing or catching before it leaves your system and sinks, to minimize entropy.

Habit Tracker

1. Creating a daily habit tracker is an excellent way to support your overall wellbeing and improve your awareness of how your behavior affects your energy levels while promoting a more sustainable lifestyle.
2. First, determine the habits to track: Identify the behavioral patterns that you wish to observe. This could include sleep time, water intake, reading, exercise, acts of service, things you are grateful for, daily lessons learned, and other habits that are relevant to your lifestyle. Also leave space for charts to track your energy level, general mood & emotions of the day. *Pro tip: You can find thousands of visual inspiration online!*
3. Add Seasonal patterns and gardening activities: You can include macrobiotic aspects like the weather, moon phases, and seasons, as well as microcosmic routines like seedlings or plant watering schedules.

An infographic on a green background detailing the requirements for a habit tracker. It includes three rows: 1. Time: A clock icon with a red circle containing '24+' next to it, followed by the text 'TIME: daily'. 2. Number of Participants: An icon of three people with a red circle containing '1' next to it, followed by the text 'NUMBER OF PARTICIPANTS: individual'. 3. Materials & Tools: A pen icon with a red circle containing '2' next to it, followed by the text 'MATERIALS & TOOLS:' and a bulleted list: '▶ notebook/ journal*' and '▶ pen/ color pencil'.

1. Make it a daily ritual: Dedicate a specific time of the day for tracking and make it a consistent part of your daily routine.
2. Reflect and adjust: Review your habit tracker regularly and reflect on the data observed, try to find correlations between certain results. When do you feel most alive? What was happening that you felt that way? How you can reserve or store energy? What makes you feel nourished?

À la carte



“Plants teach us in a universal language: food.”

Robin Wall Kimmerer - Braiding Sweetgrass



TIME: 3 hours



NUMBER OF PARTICIPANTS:
4 groups



MATERIALS & TOOLS:

- ▶ A4 paper
- ▶ colorful markers
- ▶ Cards of menu items (breakfast, lunch, dinner, snacks)
- ▶ local, seasonal ingredients staple elements from supermarket
- ▶ basic cooking tools (knives, cutting boards, pots)

1. Food is fuel for our body and mind. The food we eat affects our mood and our mood can affect what we eat. To avoid the vicious cycle, having slow, healthy food options, preferably with ingredients from your own garden can help us to fuel us the best.
2. Then continue with a little energizing moment as the whole group: go to the garden and pick all the ripped organic-seasonal food around the farm/local producers, adding some supermarket extras (pasta, rice, oil, etc.).
3. Share in the group your food preferences, likes-dislikes, and most importantly allergies and intolerances. Also take time to discuss basic nutritional concepts. Consider the available ingredients.
4. Introduce the concept of slow food and the importance of using small and slow solutions in food systems. Facilitate a group discussion on the benefits of slow food, such as better health, stronger communities, and reduced environmental impact.
5. Create the full day **menu** by distributing the Cards of menu items (breakfast, lunch, dinner, and snacks, between the groups. Make sure they divide roles within the groups and communicate with the other groups to create the menu for the next day of your Project. Provide guidance and support as needed.
6. If you have time, cook it together! Enjoy the meal together and reflect on the experience of cooking and eating slowly and mindfully. Bon Appetit!

Winter is Coming

1. To catch and store as much sunshine energy from the summer as possible to the long, dark winter day, we invite you to think of creative ways to make winter jars.
2. You can select what your garden/ forest/surrounding nature can offer, especially in case of overproduction: apricot or orange jam, basil pesto, tomato sauce, pickles, elderberry syrup etc. Try to involve an old lady from the neighborhood and let her share the secret recipe.
3. Do not forget to note down the tips & tricks to your Learning journal. You can find several tutorials on our website for more ideas.



TIME: daily



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:

- ▶ Learning journal
- ▶ jars
- ▶ labels
- ▶ harvest from the garden

3. OBTAIN A YIELD

DESIGN | ATTITUDE | ENERGY

Yield may sound fancy and complex, but simply that the way we grow and cultivate should offer us a benefit (a yield) in return. A basic concept of Permaculture is that an element always should have multiple benefits. A yield of an element does not have to be edible and does not even have to be tangible. It can include a wide range of outputs such as shelter, food production, medicine, fiber, fuel, compost, biodiversity, wildlife habitat, construction material, income, leisure, beauty, compassion and many more ...

A European honeybee yield can be: the most essential work of pollination for crops & flowers, honey, beeswax, bee pollen, propolis and royal jelly, which serves bees and humans, as foods, lubricants, construction material and medications, while increasing biodiversity. Also, beehive air therapy is recognized for treating asthma and respiratory infections.

Life Inventory

1. People tend to think that they do not know anything, they have not reached anything and overall they are not bringing value to the world. Maybe you feel you are not “there” yet, maybe you feel you are missing out things.
2. We dare to challenge this by asking you to list all you have achieved so far. Studies, courses, hobbies, sports, personal life, volunteering experience, countries you have visited, ideas you have brought to life, connections you have built, people’s, animals’ and plants’ lives you impact just by being you ... Try to remember all the “seeds” you have planted in your life and the fruits you have benefited upon. Believe in this. Just start to write.
3. At the end, looking back at the list, you might realize that your life has already yielded so much experience! You are wealthier than you think. Take a moment to celebrate and acknowledge your achievements. And never forget:

You are enough, just the way you are.



TIME: daily



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:

- ▶ learning journal*
- ▶ pen/ color pencil

[Un]Limited Yield



“The yield of a system is theoretically unlimited, or, limited only by the information and imagination of the designer.”

Bill Mollison



TIME: 3 hours



NUMBER OF PARTICIPANTS:
individual + group work (max 5 group)



MATERIALS & TOOLS:

- ▶ A4 paper
- ▶ Pen/pencil
- ▶ Flipchart paper
- ▶ Cards of Constraints (*limited land, water shortage, protected landscape, wild animals, etc.*)

1. Food Ask participants to individually think about their country/region which they are coming from. What is the main local **element** specific to that area, which has abundance from? (eg. olive tree, wheat, sand, thermal water etc.).
2. Let them ideate how many different ways they can use that certain element? What type of yields can come from those elements? Be creative, use your imagination. How many could you find?
3. After the individual reflection, as a group, choose the most versatile element. Is it a regenerative element? Choose a type of yield and try to ideate on a business around it. What other elements you need to make the business running: human resource, supplies, transportation, etc. Be creative, use your imagination. How many could you find?
4. Distribute the Cards of Constraints, simulating various challenges, such as limited water supply. Participants can experience the concept of working within boundaries to achieve a yield that balances productivity, resilience, and long-term sustainability. Look to see how you could make an improvement on the plan.
5. Come up with a product idea and create a presentation about it on a flipchart and present it. Remember, the goal of the activity is not to achieve unlimited yield, but rather to promote a holistic understanding of the concept of **obtaining a yield that is both productive and regenerative, considering the limits and capacities of the environment.**

Seeds of Ideas

- 1. Regrow vegetables:** You can regrow certain vegetables and herbs from kitchen scraps that would otherwise end up in the trash like celery, lettuce, green onions, garlic, carrots and ginger! Simply place the leftover scraps in water or soil and watch them grow! What a yield, what a happiness!
- 2. Rainwater harvesting:** The roof of a building - besides protection or reflected heat - can provide a yield of rainwater supply. Set up rain barrels under structure edges to collect rainwater that you can use to water your garden or indoor plants. This allows you to obtain a yield while reducing your reliance on the municipal water supply.
- 3. Seed saving:** Save the seeds from your favorite, best-looking and most tasty organic fruits, vegetables, and herbs to grow again in the future. This not only provides a yield of homegrown produce but also promotes genetic diversity. Simply collect the seeds from the plants, spread the seeds onto a glass dish to dry. Once the seeds are thoroughly dry, you can store them in an airtight container, in a cool, dry place. Remember to label and date your seeds.



TIME: 4 - 5 days



NUMBER OF PARTICIPANTS:
individual/in pairs



MATERIALS & TOOLS:

- ▶ water bottle
- ▶ barrel
- ▶ jar
- ▶ airtight container
- ▶ glass plate
- ▶ label
- ▶ marker

4.

APPLY SELF- REGULATION & FEEDBACK

DESIGN | ATTITUDE | ENERGY

Are you going too slow, too fast or in the wrong direction? The soil will tell you if you plant in the wrong place. Your muscles will tell if the chicken coop is in the wrong place on the top of the hill, far from the house and you have to feed and give them water daily. As humans, animals, plants and structures can indicate you what to or better not to

Receiving Feedback

1. To cultivate self-awareness and personal growth, we invite you to reflect on how you deal with receiving feedback. Meet one of your closest friends at a cafe, or call her/him and ask kindly for feedback about you. That can be a family member, colleague, or supervisor too.
2. Reflect upon the following aspects of the feedback:
 - ▶ What was the nature of the feedback? Was it positive, constructive or both?
 - ▶ How did I initially react to the feedback? Was I defensive, open-minded, or unsure? What triggered me in that situation?
 - ▶ What insights or realizations did the feedback provide?
 - ▶ How can I use this feedback to improve my self-reflection process and to improve myself or my skills?
3. Analyze your reflections to identify any patterns, recurring themes, or areas for improvement. Commit to regularly engaging in self-reflection to refine and enhance your ability to regulate, control and manage your thoughts, emotions, and actions and make the most out of the feedback.



TIME: 2 - 3 hours



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:

- ▶ a friend/colleague
- ▶ phone
- ▶ learning journal



“In Silence there is eloquence. Stop weaving and see how the pattern improves.”

Rumi

4. Consider strategies or techniques that can support your self-regulating processes, including mindfulness practices, self-monitoring, or setting specific goals for improvement.
5. Despite these challenges, feedback is essential for growth and development. Building a feedback-positive culture can create a safe and supportive environment.

Co[ns]mic CO₂



TIME: 1.5 hours



NUMBER OF PARTICIPANTS:
national teams



MATERIALS & TOOLS:

- ▶ smartphone
- ▶ flipchart paper
- ▶ A4 paper
- ▶ colour markers

1. Divide the group into national teams, and ask them to calculate the CO₂ footprint, time, and money they would have spent to travel to the project place from their hometown via three different ways: car, plane or public transport.www.viamichelin.com
2. Invite all group members to a sharing circle to share their stories, reflect their pros & cons of each traveling method.
3. After the sharing circle, let the teams gather together again and ask them to make a **comic/funny illustration**. Encourage them to think outside of the box.
4. Finish the activity with a sharing circle of the importance of responsible traveling and how they could implement such practices in their daily lives. Invite them to take one.

Soil Jar Test

1. Soil is essential for our existence. It is the basis of all of the food chains, and the first feedback channel in the world of plants. If we wish to understand more, we can check the indicator plants and read the weeds. Or we can **test the soil**. In a jar!
2. Start by collecting soil samples from different areas of the land. Place each sample in a separate jar, add water, and shake the jar vigorously to disperse the soil particles.
3. Then, let the jar settle for a while, usually a few hours or overnight. Do not forget to label them.
4. After a while, the water and the soil will separate in layers from bottom to top: small stones, sand, silt, clay water and flowing organic material. Record the observation in your Learning Journal. Consider factors such as soil texture, drainage, pH (6.5 is our goal) and nutrient content.
5. The information will help you understand the current state of your soil and identify any potential areas for improvement. The context of soil health, this could involve implementing practices such as crop rotation, cover cropping, mulching, composting.



TIME: 1 day



NUMBER OF PARTICIPANTS:
learning buddy



MATERIALS & TOOLS:

- ▶ learning journal
- ▶ 4 - 5 jars
- ▶ permanent markers

Indicator plants can provide valuable insights into the type and condition of the soil. For example, the color of the hydrangea blooms acts as a natural pH indicator for the soil: blue sepals in acidic soil, rose sepals when grown in neutral to alkaline soils.



5. USE & VALUE RE- NEWABLE RESOURCES

DESIGN | ATTITUDE | ENERGY

As simple as it sounds. Reducing dependence on scarce resources, expensive energy sources or single use products. The return of sun, rain water, soil, wool and seeds is coming soon. Get ready to nail it for the abundance dance!

Personal R-s

1. Write down all the significant Rs in your life and the actions you implement towards reaching your goals.
2. Let's say the first season is more linked to Earth and how you take care of the environment: What do you Refuse, Reduce, Reuse, Recycle, Rot, Repair, Repurpose, Recover, Renew?
3. Once you are ready, make a similar list for the second season, more linked to yourself: Re-Birth, with all the valuable Rs that define or you'd like to define you: Respect, Responsibility, Resilience, Relationships, Restrictions, Rituals, etc. What resources do you have; What emotional or spiritual gifts are renewable for you?



TIME: 4 - 5 days



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

Dance of Abundance



TIME: 1-2 hours



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

1. As a group, invite participants to write down all natural sources of energy or renewable resources that they can think about, as specific as possible. Think about how to use these sources and resources with and without the help of technologies. When they are ready, let them share it with the others.
2. Distribute the Cards of Resources for each group. They need to come up with a 1-2 minutes long “Dance of Abundance” performance embodying the element on the card they received focusing on renewability. Be creative, play with the music and embrace all types of movements!

Bio Water Filter



“I will do water - beautiful, blue water.”

Claude Monet

1. Wish it would be so easy, like for Monet, with some paint and a brush. Actually it is! As artists of our own life, we can also **do** beautiful, blue and clear water from dirty water at home, with the help of three buckets. We use the synergies of biological actions of microorganisms and water plants to naturally purify water from decaying matter, toxic pollutants such as nitrates and ammonia.
2. Drill a hole on the right bottom side of first bucket and the top left and right bottom side of the second and the third bucket, so that the three buckets. Connect them with pipes so they will act as an interconnected system. Make sure there is a slight down-angle between them to let the water flow.
3. In the first bucket layer the elements in order: a layer of textile at the bottom of the bucket to prevent the sand from escaping. Place sand, gravel, charcoal and rocks, and let the dirty water slowly pass through the layers.



TIME: 4 - 5 days



NUMBER OF PARTICIPANTS:
in small groups



MATERIALS & TOOLS:

- ▶ 3 big buckets
- ▶ pipes
- ▶ rocks
- ▶ gravel
- ▶ sand
- ▶ fine sand
- ▶ charcoal
- ▶ bio-textile
- ▶ soil
- ▶ water plants
- ▶ shovel

4. In the second bucket, place textile, pebbles and sand with water-loving plants such as water hyacinth, water lilies, water iris, water mint, banana plant that not just act as a filter, but turn the structure into an aesthetic masterpiece.
5. The third bucket acts as a water collector. Connect a hose to the bottom hole of the bucket if you wish to use the clean, filtered water. Remember to regularly maintain the filter system to ensure its effectiveness. Visit our website for more inspiration and guide to create a bio-filter!

6. PRODUCE NO WASTE

DESIGN | ATTITUDE | **ENERGY**

In the world of Permaculture, we literally produce no waste. There is no such thing as waste. It is a resource, an opportunity, an offer, that has to be dealt within the system to become something valuable. Side by side with the Positivity Attitude. Trash is just blocked creativity pending to be transformed from ash to cash!

To Waste or not to Waste?

1. Sleeping is a waste of time or an offer to rest and recover? Spending time with your loved one instead of sending an email is a waste of energy or a chance to develop a deeper connection with the people you love? Didn't get accepted to a university/job you wanted was a waste of time or an opportunity to have more time to get to know yourself a bit better?
2. Reflect on your life. Create two columns on a new page of your Learning journal. On the left side write "To Waste", and list as many occasions from the past, which you find that time, money or energy was wasted. Try to reflect on what makes these actions really wasteful?
3. It is time to turn wasteful thinking into opportunities & life lessons. Write "Not to Waste" on the top of the right side, take those sentences from the left side, and try to rephrase them in a positive sentence and how it ended up being an invaluable experience in your journey of life. There is no such thing as waste, only if you let it happen!



TIME: 1 hour



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

The Story of the Nespresso Capsule



TIME: 1.5 hours



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
cards of items that frequently end
up in trash

1. Start with a sharing circle asking participants to talk about the definition of waste and their experiences linked to reusing or transforming garbage.
2. Distribute the Cards & the Prompts to each Participant and ask them to write a creative, **funny short story/ poem** about that item and its journey “how it ended up...” that certain way.
3. Leave enough time for participants to **voluntarily** share their stories and enjoy the performances!

Soapprise*

*** The Recipe is dedicated to the traditional Brazilian farming villages in the state of Goiás.**



“A clean person is not the one that runs away from dirt but one who takes the time and effort to tidy up a dirty environment”

Abdulkabir Olatunji

4. Our special favorite practice of “Produce no Waste” is to turn otherwise environmentally harmful cooking oil into lovely scented, biodegradable, handmade soap, perfect for dishwashing and handwashing as well.
5. **SAFETY FIRST!** The process requires your attention and care, we are talking about chemical reactions at high temperatures.
 - ▶ Sodium hydroxide can be dangerous, so ALWAYS wear goggles, latex gloves, apron and a mask
 - ▶ ALWAYS ADD LYE TO WATER: Adding water to lye can cause a volcano-like reaction.
 - ▶ If you touch the lye, wash your hands in cool running water straight away as the lye can burn.

- ▶ Never use any tools or bowls containing aluminum, as that will create highly flammable hydrogen gasses
 - ▶ For the right ratio of lye to fat, check: www.soapcalc.net
 - ▶ Better to make soap in open air
6. Put warm water into a heat safe container. Slowly add the sodium hydroxide to the water. Remember: lye in water. **SAFETY FIRST!** Make sure that your face is not close to the container, as the reaction does make fumes.
 7. Warm up the used oil in a saucepan, pour it into a separate heat safe container. Slowly add the lye+water solution to the oil. Ideally you want the lye to be similar temperature to the oil (approx 40 - 50° C). Mix with a hand blender or a wooden spoon.
 8. Mix well until you see the mixture begins to change consistency, similar to a cream. Add the essential oil and coloring for fragrance.
 9. Pour the soap into the empty and cleaned plastic forms. Here you can sprinkle dried flowers on the top. Let the soap sit for at least 30 days before using it, to counteract the effect of lye and allow saponification to occur. For more inspiration, visit our website!



TIME: 1 - 2 hours



NUMBER OF PARTICIPANTS:
learning buddy



MATERIALS & TOOLS:

- ▶ 1 liter of used cooking oil
- ▶ 200 grams of Lye: Sodium hydroxide (NaOH)
- ▶ 400 ml of warm water
- ▶ goggles
- ▶ latex gloves
- ▶ mask
- ▶ apron
- ▶ heat safe/glass container
- ▶ silicone/stainless steel tools
- ▶ thermometer
- ▶ hand mixer/wooden spoon
- ▶ empty margarine/yogurt plastic containers *for storage*
- ▶ essential oil
- ▶ dried flowers *for decoration*
- ▶ plant based coloring (eg. turmeric *for yellow*)



7. DESIGN FROM PATTERN TO DETAILS

DESIGN | ATTITUDE | ENERGY



"I wake up every morning
Every night I go to bed
Like everybody, I was born and
Like everybody, someday I'll be dead"

**(Formidable Vegetable
Sound System)**

Symmetries, trees, spirals, meanders, waves, foams, tessellations, cracks and stripes. Turn round and round, get lost, get found, go up and down, village and town, season your year, face love and fear, water flows where the valley goes, hydrangeas in rose flowers show alkaline soil power!

The Spirals of Life

1. In nature everything has a beginning as well as an ending. That is the circle of life. As a human being, as part of nature, we can be just grateful for the opportunity the universe has given us to live a circle.
2. While you are living life, you are going through a legit growth process, there are moments when you'll feel like you're going through the same thing over and over again. Like a pattern. That seems like the circle of life, too. But when we start looking at that circle from a different angle, not for what is the same but what is different, you can find out that it is not a circle, but a **spiral**. And the difference is **time**, and how much things have changed over time.
3. Open a new page in your Learning journal. Draw 3 big spirals. You can take a look at some of your patterns in your life: family, work, and relationships. Is there any pattern that seems to be persistent? Reflect on what things that did change over time? Think of attributes like frequency, intensity, duration, quality, or direction. Label the spirals accordingly.



TIME: 1 - 2 hours



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

4. Then try to connect with nature. Does nature deal with some version of a problem or a challenge you face? If so, how does the natural world respond? Rethink the life you lead with the help of patterns in nature and apply them to the problems you might face.
5. One thing works for sure: live every day to the fullest. Live in the present. Smile more. Say loving words. Appreciate little things. Work on what you need to work. Forgive. Surrender. And by doing that, the universe will guide you to handle spirals of your life and bless you with a more fulfilling circle of life.

The Four Seasons



TIME: 1.5 hours



NUMBER OF PARTICIPANTS:
national teams



MATERIALS & TOOLS:

- ▶ A4 paper
- ▶ pen

1. In national teams, ask participants to reflect on what are the typical key moments in their culture during each of the 4 seasons: eg. spring gardening, summer holidays, autumn jar, wine making, winter sports, etc.).
2. Based on the sharing, invite the groups to create their own “The Four Season” song. Encourage them to use random objects as instruments and create their own beat and melodies for the lyrics, rather than using already existing songs.
3. Make sure there is enough time and energy left for all the groups to perform! It’s showtime!

Zoning Map

1. Now that you have spent enough time to get to know the place you are, you probably know your general routes and your activity patterns around in a day. It is time to create a zoning of the land, considering the frequency of activities you are engaged in. (and later might redesign for greater efficiency) The more the frequency, ideally the closer it is to your Zone 0 to maximize energy.

2. Draw the outline of the land, the main structures and elements and try to define the zones:

- ▶ **Zone 0:** The center of energy, the house and direct vicinity with some tea herbs and lemon tree by the window, giving place for your indoor production (eg. fermentation, cooking, sleeping - as a vital form of producing energy)
- ▶ **Zone 1:** Areas you visit several times a day, like the vegetable garden beds, nursery and herb spirals, regular harvesting for creating nutritional meals during the day
- ▶ **Zone 2:** Things needing our daily attention, like the chicken coop, the worm farm and compost pile
- ▶ **Zone 3:** Occasionally visited areas, needs minimal care but requires more space, like forest garden, bees, crops of wheat, corn, squash.



TIME: 1 - 2 hours



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

You can consider a
Zone 00: your own
mental health!



- ▶ **Zone 4:** This is an area, you might not even remember visiting this week, it is usually the firewoods, nuts, orchards. Or use it as a place for journaling by a big tree in privacy, since no one comes anyways
- ▶ **Zone 5:** The least managed area but not the least important along the edges, neighboring neighbors, mitigating risks of wildlife, fire or strong winds.

8. INTEGRA- TE RATHER THAN SE- GREGATE

DESIGN | **ATTITUDE** | ENERGY

“

Respect one another, support one another, bring your gift to the world and receive the gifts of others, and there will be enough for all.”

Robin Wall Kimmerer: Braiding Sweetgrass

There is a quality or a function even in what seems to be the most useless thing. If you put the right thing in the right place. Weeds are not just weeds, leftovers can be composted, ducks can eat the snail from your garden after the rain, goats can clean the forest sides of thorny bushes. This principle encourages us to promote goodness, and investigate how we might find positive solutions within our systems.

Goodness or Gossip?

1. There is certainly a difference between the kind of talk that is based on facts, it's helpful, and uplifting - as opposed to the toxic type - that invites belonging through collusion. Speaking well of others, while finding positive solutions to conflict - could be a translation for "Integrate rather than Segregate" in our daily life. Though it may require deep digging, finding alternatives to the harmful type can be the difference between relationships that are enriching and long-lasting, and others that leave you feeling flat and unfulfilled.
2. We invite you to reflect on a story about how Socrates responded to gossip and information about others. Here's how the story goes:

One day, a person approached Socrates and began to gossip about someone else. Before the person could finish, Socrates interrupted and asked them to consider what they were about to say through three filters:

- ▶ The Filter of Truth: Socrates asked, "Is what you are about to tell me true?" He urged the person not to spread information unless they were sure of its accuracy.
- ▶ The Filter of Goodness: Socrates then asked, "Is what you are about to tell me something good or virtuous?" He advised the person to think about whether the information they wanted to share was beneficial or positive in any way



TIME: 1 hour



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

- ▶ The Filter of Usefulness: Finally, Socrates asked, "Is what you are about to tell me useful?" He encouraged the person to reflect on whether the information served any constructive purpose or would be helpful to others. If the information did not pass through all three filters, Socrates suggested that it was better to keep it to oneself cause it might be just gossip.
3. This anecdote illustrates Socrates' emphasis on seeking truth, promoting goodness, and avoiding spreading hurt and harm. Does this affect you in your life? Take some time with your Learning journal and write down the learning from the Story and how you would integrate the learnings into your daily life.

Integrated Neighborhood



TIME: full day



NUMBER OF PARTICIPANTS:
whole group



MATERIALS & TOOLS:

- ▶ A4 paper
- ▶ pen
- ▶ extra materials depending on the project/public event

1. Let's explore outside of the fences of the land/farm and visit your neighborhood. Go around locations like shopping areas and community centers, and quiz passers-by about their ideas and opinions developing their locality, what things they think might improve in the area? Especially elders and youngsters could hold wisdom we might be interested in!
2. As a beautiful honor for not only integration but for Care for People ethics, invite them to a dedicated day for a clean up/renovation/park rehabilitation/community gardening project, as per the locals opinions and needs.
3. The project might be a public event, where locals can meet and collaborate with each other while experiencing the vibes of an Erasmus+ Youth exchange. If you can, invite local media, local producers or artists.
4. Make sure to divide the group into subgroups being responsible for the schedule, supplies, music and lots of fun while making the area a better place! The goal is to promote goodness and show the power of integration of ideas and energies of the community beyond the garden fences.

Worm Farm at Home

1. Did you know? By integrating earthworms into our system, we can turn biodegradable kitchen waste into compost and literally bio fertilizer, literally liquid gold. This liquid is an instant boost and organically feed your plants and the soil.
2. An experimental way to do this, is simply by using three containers built onto each other. To prepare the containers, drill holes on the side of the top 2 containers for aeration. And drill bigger holes to their bottom for drainage and for the worms to move up and down between the buckets. The third container will collect the liquid, the worm juice. Install the drainer as low as possible to the third container for letting out the juice.
3. Add bedding shredded, moist cardboard to the container. Add horse manure. Then leave them on top.
4. Start adding kitchen scraps, vegetable peels, egg shells, coffee grounds, and other organic waste to the worm bin. Avoid adding meat, dairy, oily foods. Cover the food scraps with a layer of bedding material to keep fruit flies and odors. Over time, the worms will process the organic waste, turning it into nutrient-rich vermicompost. Visit our website for more inspiration and guide to create a vermicompost.



TIME: 2 hours

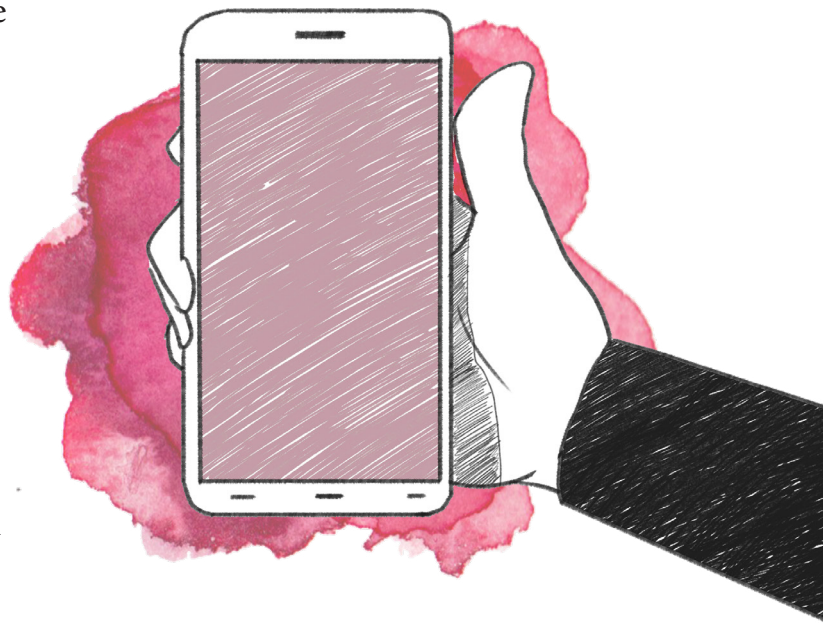


NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:

- ▶ learning journal
- ▶ 3 stackable plastic buckets
- ▶ cardboard (without any color)
- ▶ kitchen scraps
- ▶ earthworms
- ▶ drainer
- ▶ drill



9. USE SMALL AND SLOW SOLUTION

DESIGN | ATTITUDE | ENERGY

When designing any idea, take time into consideration! Take it easy. Take it slow. The journey is the beauty of life. Start small, and patiently work towards your dream, rather than forcing outcomes or standing still and expecting it to arrive suddenly. Trees will grow, soil will change, seeds will sprout, abundance will arrive. Take inspiration from Mother Nature. The rush of the Industrial revolution was seconds ago in the timeline compared to the natural, steady flow of nature itself. Slow down, cook home, tiny house, slow fashion.

Slowly and Surely

“If the flower doesn't bloom, do you blame the flower or do you blame the environment? Do you check the soil, the light the, temperature ... or do you blame the seed!? It is the same with you.

Asia Suler: Mirrors in the Earth

1. How can we take small, sustainable shifts towards the things that matter most to us? Be in the present, take gradual steps towards your goal. One step at a time, for a sustainable and mindful lifestyle.
2. Start a new page in your Learning journal, and start to set up 1-3 goals for yourself you wish to achieve. Give yourself a gradual timeline, break it down to smaller goals. For example if your goal is to wake up early in the morning at 7 AM but right now you wake up at 9 AM, start to set your alarm just 5-10 minutes earlier each day. Your body will adapt, naturally. Do not change everything at once. Otherwise your body will experience a shock and instead of reaching your goal of having two more extra hours per day, you simply will be tired the whole day.
3. To make this process even more visible and tangible, we invite you to plant a seed in a pot. Make sure you provide all the water, light, warmth and your best intentions and just let it happen, let it grow. You are also like a seed, you need the necessary elements and environment to help you evolve and grow. You also have to practice patience, so you can move towards that end goal. So when it feels like it's going slowly, remind yourself of being a seed.
4. Do not forget to celebrate your milestones! We believe in you. You can do the hard things!



TIME: half-a-day



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:

- ▶ learning journal
- ▶ pot
- ▶ soil
- ▶ seed

Board Game Time



TIME: full day



NUMBER OF PARTICIPANTS:
5 participants/group



MATERIALS & TOOLS:

- ▶ A4 paper
- ▶ pen

1. Who does not remember the pleasure and fun a board game can give on a rainy day or on a never ending summer night. It is time to create a **board game**, which recognizes the power of small, intentional choices, emphasizes the importance of thoughtful decision-making, resource management, and collaboration.
2. After creating their own groups, set some basic frames around how to design a permaculture-related Board Game: basic idea, description, set of rules, participants, goal, name of the game. Let them create their own prototypes, a playable prototype (use cardboards, wood, stones, branches and basically anything which you can find around), to test and iterate.
3. As this principle promotes slow solutions, we recommend giving enough time for Participants to elaborate on their games, so if your schedule allows, having a full day for this activity can bring the best results.
4. Once every team is ready, organize a big game night with lights, popcorn, soft drinks and music! It is Game Time!

Planting the Future

“Wise are those who plant trees knowing they will not enjoy their shadow.

Greek proverb

1. Walk around the land - ideally spring-time, and choose a location to plant. Consider factors such enough area for the roots and branches, maybe a place that needs shadow, support for hammocks.
2. Dig a hole as deep as the root ball and twice as wide. Place the root ball to the hole while making sure the top of the root ball is at original soil level. Fill the hole with soil and gently step on the soil around to remove air pockets.
3. Water the tree well and add a layer of mulch around the area. It is important to water the tree at least the first years of establishing roots.
4. Take note of your observations over time in your Learning journal. Now you just need to be patient. You have just planted the future.



TIME: 1 hour



NUMBER OF PARTICIPANTS:
learning buddy



MATERIALS & TOOLS:

- ▶ learning journal
- ▶ small trees (type depend on the purpose of the tree)
- ▶ water
- ▶ shovel

10. USE AND VALUE DIVERSITY

DESIGN | **ATTITUDE** | ENERGY



“The more complex the network is, the more complex its pattern of interconnections, the more resilient it will be.”

Fritjof Capra

Diversity in permaculture not only indicates a variety of species, but also embracing their beneficial connections between them to reduce vulnerability. Every element should have at least two functions in our system and every important function should be supplied by at least two elements. It is diversity that creates stability. The story of the Three Sisters is the most inspiring example of this principle: planting together corn (which offers support for the bean to climb), with bean (which fixes the nitrogen in the soil for the corn and the squash) and squash (which wide leaves keeps the soil protected from sun and weeds), it also serves a nutritional triad that can serve as food source and sustain people.

Reminders for Self

1. Self-affirmations are a powerful tool to align and support your body, your mind and your soul. You can use these to help you when experiencing a hard feeling and boost your self-esteem.
2. We invite you to dedicate a page in your Learning journal, which could stand as a reminder any time you need.. If you have already applied these affirmations, write them down first.
3. Here we have collected some examples. Select those which you can resonate with in your current period of life. Observe how many of these sentences can be applied to permaculture as well!

A bad day does not equal a bad life.

You are enough.

It's okay not to be okay.

The only way out is through.

You are not alone.

You are where you are supposed to be.

You can't be everything to everyone.

No answer is an answer.

You are beautiful.

You attract abundance.



TIME: 1 hour



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

Small steps are better than no steps.

Good things take time.

The way you talk to yourself matters.

You are loved.

You are doing better than you think.

**If it makes sense to you, it doesn't
need to make sense to anyone else.**

**You exist within the universe of
endless possibilities.**

Just breathe.

Search for a Companion



TIME: 1.5 hours



NUMBER OF PARTICIPANTS:
5 participants/group



MATERIALS & TOOLS:

- ▶ flipchart paper
- ▶ color marker
- ▶ smartphone
- ▶ books about permaculture
- ▶ cards or research (*Google Search, social media posts, books, conversation with locals, search for examples in the garden/nature*)
- ▶ cards or presentation (*body performance, flipchart, song, rap, poem, etc.*)

1. After introducing to the participants the concept of companion planting through the example of the Three Sisters, divide them into groups and let them choose from the Cards of research methods.
2. Each card will show a method how they should elaborate their research on the topic of companion planting, what plants work well together, etc.
3. Ask them to share with the group their findings according to the Cards of presentation methods.

Mind Map

1. Make another rough map of the place/farm you are at. Draw all the structures and systems including chicken coops, compost piles, water source and forest garden.
2. Start with one element and try to find out, with how many elements it is interconnected with. Think about energy, water and nutrients flows, running in and out of the element. For example: human work (energy) and leftover food (nutrient) flows into a compost pile, while compost (nutrient) flows out to the vegetable garden and the nursery.
3. Make a creative mind map showing how all elements are linked to one another with lines and arrows. Collect as many connections as possible. You might find new connections, which currently do not even exist between the elements! Good luck.



TIME: 1 - 2 hours



NUMBER OF PARTICIPANTS:
learning buddy



MATERIALS & TOOLS:

- ▶ A4 paper
- ▶ blue, green and red markers
- ▶ learning journal

11. USE AND VALUE THE MARGINAL

DESIGN | ATTITUDE | ENERGY



“Don’t think you are on the right track
just because it’s the well-beaten path.”

Fantastic Gardeners

Most of the time it is not the paved road but the interface between things is where the magic happens. These are often on the edge, not mainstream, but valuable, diverse and productive elements which can create synergy within our systems. Where two systems meet, resources are in abundance: hill and flat, flat and river, forest and meadow. You’d want to have aromatic plants on the sides of your garden beds to keep pests away, climbing plants can make use of your fences, while the sides of your roof can help you collect rainwater. Think of creative and innovative ways to utilize and benefit from underutilized resources and opportunities.

The Edge of Comfort

1. At a personal level, margins and edges could refer to a person's comfort zone. Beyond these are often where many treasures of inspiration and innovation lie awaiting discovery.
2. Are you out of inspiration? Do you feel stuck? Are there areas within your life or in your surroundings which you could do something to uplift with something unexpected? It is healthy to be aware of our **own comfort zones** and it is even healthier to not be afraid to **push beyond** them. Growth awaits the other side.
3. Dedicate a full day to do things, which you thought is totally not for you. You might call it crazy. We like to say life is changing. (of course all within the level of safety!) For example: if you think you are too shy, go to a bar alone, if you feel you are uninspired, join a training class, if you feel lost, take a random bus ride to a city you have never been to.
4. You might get surprised how personality shaping these experiences could be. . Do not forget to note your experience in your Learning journal.



TIME: full day



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal

Marginalized Communities



TIME: 1.5 - 2 hours



NUMBER OF PARTICIPANTS:
5 participants/group



MATERIALS & TOOLS:

- ▶ flipchart paper
- ▶ color marker
- ▶ small papers
- ▶ jar/hat

1. In groups, discuss the concept of marginalization, communities that experience discrimination and exclusion related to race, gender, disabilities, immigration, or any other aspect and why it is essential to promote inclusion and empathy.
2. Each group member will take turns sharing a personal experience of an instance where they felt marginalized or excluded or heard of others experiencing such instances. Encourage active listening and genuine curiosity within the group.
3. Provide each participant with a small piece of paper and a pen/pencil. Instruct them to anonymously write down their experience. Place them in a jar or a hat for everyone in the whole group.
4. Each group should randomly select one story from the jar. Allow a few moments of reflection, encouraging participants to think about the emotions and challenges that the character might have faced.
5. Create a **drawing** on how we, as a society, could integrate and create a more inclusive environment using their uniqueness and change the story that is more equitable and compassionate.
6. Leave enough time for each group to present their drawings and stories around it.
7. Encourage participants to reflect on how they can apply the lessons learned to their daily lives. Remember to adapt the activity to the age group and cultural context of the participants.

Swale with A-Frame

1. Let's use our downhill areas and create swales! Swales are a sustainable and effective solution for improving drainage in a landscape while planting seeds on the berm and along the swale to stabilize the soil, beautify the area, and help filter and use the stored water.
2. In order to find the drainage patterns and identify any steep slopes, you need to define the contour of the land. To find the equal levels along the land, you need to build and use a measuring tool. Visit our website for a guided video of an easy A-frame.
3. After figuring out the contour lines of the land, it is time to dig the swale. Ditch along the rope in 3:1 width-depth ratio. (for clay soil, it is usually deeper and narrower). While depositing the soil to the lower strip, it will create a mound.
4. Plant vegetation to the bottom edge of the mound and regularly maintain the swale, such as clearing debris, establishing proper drainage or readjust the contour lines.



TIME: full day



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:
learning journal



12. CREATIVELY RESPOND TO CHANGE

DESIGN | ATTITUDE | ENERGY

Often life is like a theater stage where your improvisation skills bring you better yields and energy storages. When you plan to make a lemonade, be ready for making the best omelet in years! When your earth and your people are properly taken care of, you can expect the unexpected in terms of surplus. However, when nature or human nature break patterns and shake the plan, the new energy or resources may empower your creativity and refresh your methods or enrich your vision.

Be like a Willow Tree

“The only constant thing in life is change.”

Heraclitus

1. How many times have your plans been modified or altered? Have you ever heard the phrase: “I don’t want change.” or “I don’t want you to change.” How did you deal with it? Learning to embrace change can be just as important as learning I+I. With the right mindset, you can consciously practice and develop adaptability, always eager to explore greater truth, expand awareness and allow us to draw upon our own self-regenerative and healing capacities.
2. We invite you to find a quiet and comfortable space for meditation. Light a candle and play stormy-windy sounds in your speaker/headset. Close your eyes and imagine you are a willow tree in this storm. Observe how it is responding to change in the weather. It does not break, it bends, adapting to the wind. We can learn to bend and flex rather than to be too rigid and inflexible. Regardless of the strength of the wind, you are grounded. Feel your roots deep down the ground. Leaves



TIME: 30 minutes



NUMBER OF PARTICIPANTS:
individual



MATERIALS & TOOLS:

- ▶ meditation music
- ▶ speaker/headset
- ▶ candles
- ▶ Learning journal
- ▶ pen

and branches might fall, you bend so much like never before. You know, if you resist the wind, you break. But you are responding, you are flexible. You embrace change, yet you stay grounded. You are safe. You are growing. You are resilient. Be more like a willow tree!

3. After the meditation, take your Learning journal, draw that tree and write around all the affirmation sentences, which came up during the practice, so you can come back to this page anytime you need support.

Improvisation



TIME: 30 minutes - 1 hour



NUMBER OF PARTICIPANTS:
whole group



MATERIALS & TOOLS:
4-5 randomly selected everyday
used objects/tools (broom, spoon,
flower pot, etc.)

1. Use the objects as props. 2 members of the group will choose one of the props and act as creative as possible, giving to the prop a different meaning/usage (a broom becomes a guitar).
2. After 1-2 minutes of acting, one of the 2 members will be replaced by another person of the group and will continue acting, giving to the prop yet another meaning. The activity will go on until all the participants improvised with all the objects. Be creative, use as many props and situations as possible.

Pizza Party

1. Change of plans? Unexpected quests are coming? Wish to celebrate a long week? It is the perfect opportunity to creatively respond and shake up the plans, in a budget friendly, hand-made and community building way! It is Pizza Party night!
2. All you need is wheat, yeast, salt and water. And all the fresh ingredients you find in the garden. Tomato, eggplant, basil ... Get creative with the sauces and toppings.
3. For the 100% italian approved recipe, follow the steps in our TUTORIAL! Do it together!
4. Make sure you set the mood with music in the background! And embrace the idea of a night that you hadn't expected. Enjoy!



TIME: 6 hours



NUMBER OF PARTICIPANTS:
community



MATERIALS & TOOLS:

- ▶ wheat
- ▶ yeast
- ▶ salt
- ▶ water
- ▶ fresh vegetables and herbs
- ▶ cheese
- ▶ bowl
- ▶ chopping board
- ▶ knife
- ▶ oven
- ▶ speaker



CHAPTER 2

Water Series

- Coming soon -

“WATER IS LIFE’S MATTER AND MATRIX, MOTHER AND MEDIUM.
THERE IS NO LIFE WITHOUT WATER.”

- ALBERT SZENT-GYÖRGYI

www.projectfoundations.eu