arch_andrea_fiore 3/13/2023

Kulture: Enhancing Environmental Education through Principles and Methods of Permaculture

KULTURE is financed by OECD (Austrian Agency for Education and Internationalization) through the Erasmus+ programme. The project aims at raising awareness of youth workers about principles and methods of permaculture as effective tools in fostering environmental education and processes of change at local level. Through two mobilities in Austria and Italy we developed a series of tools and methodology for permaculture and environmental education. We trained more than 50 experts and we realized a food forest in permaculture in the village of Morigerati.

KULTURE: Environmental Education through Permaculture

Kulture is an innovative Erasmus+ Seminar that took place between March 2023 and March 2024 in two steps: one in Klosterneuburg (Austria) and the other in Morigerati (Italy).
Here is our story and we hope it can be of inspiration for your future activities in the field of Erasmus+, environmental education and regenerative practices.

What we wanted to achieve?

The project has been designed by a group of activists, permaculturists, educators and designers based in Austria, Italy and Kosovo and has featured a collaboration of a team of more than 50 among organizers, staff and participants across 7 countries (Austria, Spain, Italy, Norway, Slovenia, Kosovo and Greece).
The main aim of the project was to introduce a series of experts in different fields (non-formal education, agriculture, forest management, rural development, landscape management, etc) to principles and methods of permaculture in order to integrate different perspectives and knowledge into the broader framework of regenerative practices. The project also aimed at equipping participants with smart and functional tools or resources inspired by permaculture in order to deliver regenerative (educational) actions at local level.

Our story!

In June 2023, we met in Klosterneuburg (Austria): the first part of the project was more introductory to permaculture and to regenerative practices. We also planned future interventions and activities;

Between June and October 2023, we met several times online, we shared our learning experience and started preparation for future activities. In particular, we had some sessions on regenerative design, we planned to create a food forest in Morigerati as part of our second activity and we created a first digital map of our

intervention (see it at the end of this padlet) together with a first plan of activities to be carried, plants to be planted and risk to be taken into account.

In November 2023, we met in Morigerati. For 10 days, the small village of Morigerati was full of participants from all over Europe. The week was extremely intense: we made an operational plan for the food forest, we interacted with the local community, we collected materials, we cooked together, we learned about regenerative design and practices with experts and put in practice our knowledge in the food forest we realized. On top of this, we recorded our progress, organized a meeting with local community, journalists and other interested people in order to share what we did and to exchange good practices.

After Morigerati, we had several follow-up activities. Most of them, were unplanned and spontaneously grew from the interests of participants:

1. a group of people wanted to realize another educational activity; we engaged in project writing and applied for an Erasmus+ Mobility of Youth Workers project named "SuSLab: Skills for a Desirable Future!". We decided to see sustainability with the lenses of young people focusing on desire, imagination and actions for a desirable future.
2. some participants continued their journey into regenerative practices with communities and collaborated with our partner Permaculture Elementare;
3. our partners in Kosovo presented KULTURE as a good practice in Youth field at an Erasmus+ event
4. some participants focused on producing outputs that could give a longer life to our project and could inspire other people. They created this padlet, a promotional video, different resources and a podcast. (You find all of them here!)

Why this padlet?

This padlet is a versatile and multifaceted tool. On one hand, it tells the story of our project, who we are, what we did, how we did it. On the other, it is full of resources, links, videos, activities and methodologies. Some of them are more developed, other less but we think they can all inspire you in your journey towards a regenerative education.

We think that this tool and our story can be used:

1. to learn about permaculture and regenerative practices;
2. to get inspiration for organizing educational activities in rural areas and on environmental topics;
3. to get inspiration about innovative and practical activities within Erasmus+ to be carried out at the benefit of local community.
4. to explore new methods in environmental education.

What you can take away from here?

1. Permaculture is an excellent tool for education and regenerative practices: it combines a strong ethical component together with smart and innovative tools regarding design of spaces and human-nature interaction. In this sense, it can be used as a tool for change! Many of these tools are inside this padlet. If you want to know more you can contact us, one of our partners or even projects you find in the case studies section.
2. Being inspired to a strong ethical framework, permaculture is also characterized by a strong network of committed and positive people: get in contact, enjoy the community!
3. Permaculture and its practices are key for introducing people to regenerative practices: difficult concepts and even technical knowledge becomes easier and closer to people when framed in words and tools of permaculture. Use them even if you are an expert!
4. Permaculture principles are a good start for setting up rules in a regenerative community. You can change your community or organisation getting inspired by them!
5. Carrying out educational activities in rural areas has proved to be extremely rewarding: we had an amazing committed group, we experimented living together in a closer and special way, we got in contact with the local community, we were enabled to experiment in our activities in a free way, we created something lasting and inspiring for other people. Consider doing (educational) project in a rural area!
6. Regenerative practices can happen at different levels and can realize real changes in local communities. Get inspired by our work, the case studies we presented.
7. Regarding Erasmus+ mobility project: consider including a double mobility in your project. We noticed that it substantially increases the impact, it gives more time to test and learn and the community that grows during time is much stronger and committed!
8. Finally but not least important, here you find all our names and contacts: get in touch with us! We are happy to share and travel together on the regeneration journey!

Partners

OEAD (Austrian Agency for Education and Internationalization)

OeAD, Agency for Education and Internationalisation

Service Civil International Austria

SCI Austria | Was machen wir

Villagers of Greece

Viaje a la Sostenibilidad (Spain)

Viajealasostenibilidad

Viaje a la Sostenibilidad - Si no es divertido, no es sostenible

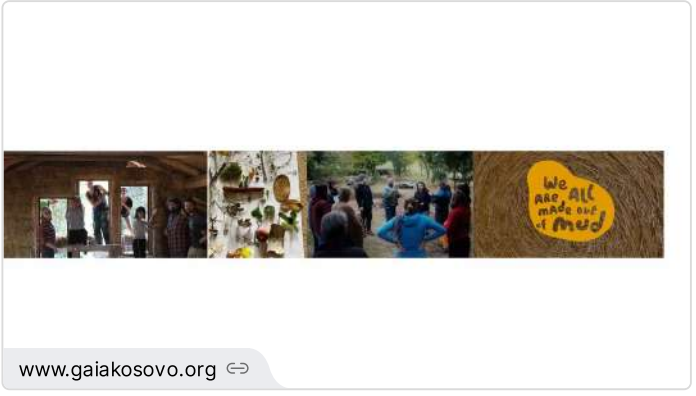
---

Zavod Voluntariat (Slovenia)

Zavod Voluntariat

Domov

GAIA Kosovo (Kosovo)



www.gaiakosovo.org

Home

Mòvesi APS (Italy)

Creatorium NGO (Norway)

The Champion School Texas

Permacultura Cantabria (Spain)

Permacultura Cantabria

Village of Morigerati (Campania, Italy)

Who we are

Kulture Team, tired but happy!

Maja Mlinarec

She is experienced in environemntal education and peace topics, and has more than 10 years of experience connected to youth work and Erasmus+ projects. She studied organic agriculture through formal education, and took part in Peace Studies through informal education. With GAIA Kosovo (SCI branch in Kosovo) she organized peace building activities based on permaculture. She was our trainer in Kulture.

Andrea Fiore

Permaculture architect, has spent more than ten years researching, designing, building and experimenting in bio-building around Italy and Australia. From 2017 has been integrating regenerative thinking and permaculture design methods and principles to envision natural based homes, homesteads and farm facilities interconnected within lush, beautiful, delicious perennial food forests and ecosystems. He was our trainer in Kulture.

Emanuela Persico

My name is Emanuela, I study sociology and I am a podcast producer. Margine is my first self-produced work in which I give voices to stories of permaculture and regeneration actions in South Italy.

Gianmichele Tuozzo

I studied philosophy, economics and project management for international cooperation and local development between Italy and Austria. I work with grassroots NGOs across Europe and with groups of young people, supporting them to transform their ideas into concrete projects. My main topics of interests and expertise are: youth empowerment and non-formal education, rural community development and capacity-building of small organisations. He designed this educational project.

Giuseppe Jepis Rivello

I am Jepis, I live in Cilento, in Caselle in Pittari, where I have created Jepis Bottega®, a place where we create, tell stories, and recreate. It's a video production workshop where I produce content to innovate, imagine new scenarios, and tell the ideas and stories of small businesses, cultural, and social projects. I created the story and did the production of the final video of Kulture.

Valentina Marino

I am Valentina Marino, I graduated in Cinema and Television in Bologna. I took part in both seminar of Kulture and realized the filming of interviews for the final video.

Francesco Verderese

He is founding member of Mòvesi APS. Natural Problem Solver. He took care of logistics and participants in Kulture.

David Perdomo

I am Project Coordinator of the Association Isla CreActiva. He has experience in implementing TC as hosting coordinator, and as well as participating in several other courses and trainings.
He has work also as external evaluator for the Spanish National Agency, for KA2 projects, and also has experience for working as project manager for local administration for environmental projects for several years.

Vicky

I'm Vicky, from Cantabria. The research through curiosity and sensitivity is an essential motor that impulse me to consider new, pure and integrated pathways. The connexion with Earth and the possibility to synchronize myself with its rhythm allowed me to start to introduce permaculture in my life.

Polyzois

I have an Integrated Master degree in Agriculture and I'm coming from Greece. At this time, I'm not related with permaculture somehow but I took part in this project because I'm very enthusiast about the topic and I would like to enrich my knowledge for future use.

Judith Blazquez

Curious walker of life exploring the universe through the experience of permaculture.
Industrial Design Engineer
Yoga and Vocational Education Teacher

Angeliki

I am Angeliki from Greece, I have a bachelor degree in environmental science and this is my second Erasmus + project. I choose this project because the instructors use non formal education and the whole program is interactive. I also choose this topic because permaculture promotes sustainable agriculture and minimize environmental impact.

Charlo

Social worker, looking for an inclusive education model through permaculture, community work and interpersonal values.

Endrit Tasholli

Hi, I'm Endrit Tasholli—seed collector, mentor, and permaculture enthusiast. Passionate about local farming and under-cultivated plants. Contributed to a Termokiss greenhouse project and completed a Permaculture Design course at Gaia Kosovo. Sharing insights on social media for a sustainable and regenerative future.

Anca Stančič

I work in music management and festival organisation, I'm passionate about community building, collective active engagement and culinary endeavours. I would like to connect cultural, culinary and permaculture activities because I think it's cool and good for people.

Irò

Coming from Crete / agriculturist/currently doing my second master on the Forestal Science. I took part in both parts of KULTURE project in order to get deeper into the field of agroforestry and I'm more than satisfied with the results of the community we built and the food forest / garden we created.

Corrado Collu

I started studying permaculture in 2020 and participate in various projects locally and abroad, received my PDC in 2023 and now I amm planning on working in the field of permacultural design.

Francesca e Pasquale

We are Francesca and Pasquale, restaurateurs and cooks, together in life and work. Our restaurant, Osteria dei Due Compari, in Morigerati, was born fifteen years ago. Over time, thanks to both of our ideas, it has become our "creature" that grows and matures, just like us. In the kitchen, we like to experiment, bringing new proposals to the dishes but always linked to our roots and the surrounding territory. We cooked for participants of Kulture, ask them if they did like ;)

Vladislav

They call me Vladislav, maestro of Sloth, landed at the land of Love, Campania, to continue my slow journey in the Permaculture dimension. Charmed by the mystery of compost and maps, I get my enlightenment thanks to this avant-garde permaculture design of agroforesting training course!

Tessa de Boer

I live in Tolve, Basilicata, south of Italy, where I'm part of an association called Casa Rosa. We are mainly focussed on self production of food, communal living and division of care work and establishing connections with the local context through cultural activities, theatre and climate education for children. I have a personal interest in agroforestry and decided to participate during the activities at Morigerati to get to know more about how the structure the planting fase with a big group of people and to get to know more plant species that I can possibly plant also in my context.

Sandra Verdés Gimeno

I approached permaculture in 2021 and I am really looking forward to learning more through future projects. :)

Shpat Ejupi

Shpat Ejupi representative of Independent Food Institute in Kosova. In the meantime volunter of Food for All club in Termokiss and student of Political Science.

María Castro

I'm María and I've always been very passionate about nature and the environment. My dream is to live in harmony with it and permaculture is key to do so.

Flóki

Hey, my name is Flóki and I am studying Global Development in Norway. I am organizing Scout Camps, love documentary photography and to connect people and ideas.

Åge Røse

Member of Creatorium. Project developer.

Héctor

My name is Héctor. I am a nature lover who would love to see big changes in our world, but starting from myself.

Hereward McGillivray

Climate activist, movement builder and project manager working in the climate space, across a wide range of experimental projects pushing for systemic change. In 2023 I'm now studying to become a regenerative farmer.

Enrique Reñé

Nature enthusiast and amateur gardener. Environmental scientist from southeast Spain, intending to work with GIS on environmental vulnerability problems and aiming to set my own permaculture project in the future.

Stefano Sottile

I am Stefano, I have already took part into gardening and permaculture activities as a volunteer for Gaia Kosovo and SCI Italy.

Giuseppe Castellucci

Professor of Italian for foreigners, founding member of Mòvesi APS for which carries out educational activities. I took Part to the Open Day organized for Kulture.

Antonio Saporito

Artist, musician and founding member of Mòvesi APS

Francesco Castellucci

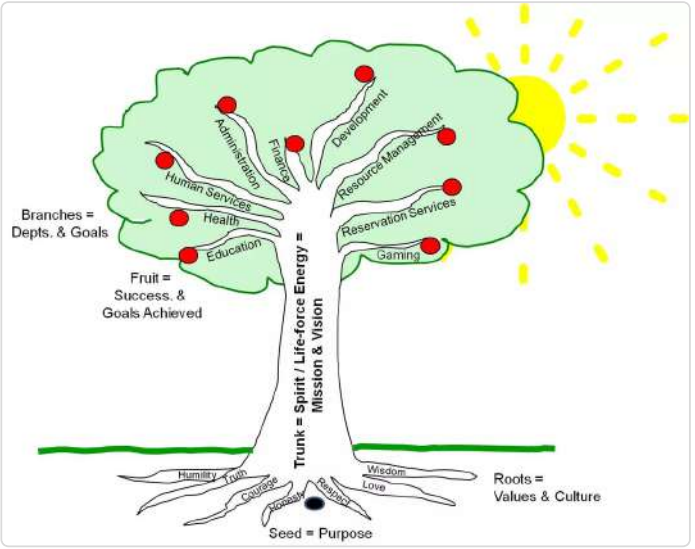
Founding member of Mòvesi APS. Passionated about literature, hosts an independent library (txilibri.com) in Caggiano (Campania, Italy). I took part to the Open Day organized for Kulture.

Mario Panzarella

Founding member of Mòvesi APS and of Giardino Pedagogico "Mimí e Peppino", an educational garden based on permaculture ethics in Buccino (Campani, Italy).

Why permaculture for environmental education?

THE STRUCTURE CONCEPT



PERMACULTURE 101 - A brief introduction

Welcome to the world of permaculture, a sustainable and regenerative design system that aims to create harmonious and resilient ecosystems. In an era of increasing environmental challenges and the need for sustainable living, permaculture provides a guiding framework that empowers individuals and communities to create abundant and self-sufficient habitats.

1.1 A brief introduction

Permaculture is derived from the words "permanent agriculture" and "permanent culture," reflecting its holistic approach to designing systems that mimic the patterns found in nature. It was developed in the 1970s by Bill Mollison and David Holmgren, who sought to address the issues of conventional agricultural practices and promote a more balanced and sustainable way of living.

At its core, permaculture is about observing and understanding the natural systems and patterns that govern our planet. By harnessing these principles, permaculture design seeks to create productive and resilient landscapes that benefit both humans and the environment. It encourages us to work with nature rather than against it, promoting biodiversity, soil health, and resource efficiency.

Permaculture design principles are applicable to various scales, from a small urban garden to a large farm or even an entire community. It involves careful planning and integration of different elements such as plants, animals, buildings, water systems, and energy sources. By using design techniques such as companion planting, contouring, water harvesting, and renewable energy utilization, permaculture aims to create regenerative ecosystems that require minimal external inputs.

One of the fundamental concepts in permaculture is the idea of zones and sectors. Zones represent different areas of activity, ranging from high-intensity, frequently accessed areas close to our homes (Zone 1) to wild and untouched areas (Zone 5). Sectors, on the other hand, are external influences such as sun, wind, and water flows that impact our design decisions.

Permaculture is not limited to agriculture alone but extends to other aspects of human life. It encourages sustainable practices in areas such as architecture, community building, economics, education, and social systems. By incorporating these principles, permaculture aims to create regenerative and self-sufficient communities that can thrive in harmony with the Earth.

In this course, we will delve deeper into the core principles and practices of permaculture. We will explore various design techniques, discuss real-life case studies, and learn how to apply these principles in our own lives. By the end of this journey, you will have the knowledge and tools to become an active participant in creating a more sustainable and resilient future.

So, let's embark on this exciting adventure and discover the world of permaculture together!

The permaculture principles

Permaculture principles provide a set of guidelines and concepts that help guide sustainable design and decision-making within permaculture systems. While there are various interpretations and formulations of the principles, here is a brief explanation of the commonly recognized twelve permaculture principles based on the work of David Holmgren:

1. Observe and Interact: Take the time to carefully observe and understand the patterns, dynamics, and needs of the natural environment before intervening or making design decisions.

2. Catch and Store Energy: Capture and store energy from the sun, water, wind, or other sources, maximizing its potential for productive use and resilience within the system.

3. Obtain a Yield: Design and implement systems that provide multiple benefits and yield useful outputs, ensuring that efforts are rewarding both in the short and long term.

4. Apply Self-Regulation and Accept Feedback: Continuously monitor and adjust systems based on feedback and observations, promoting self-regulation and learning from mistakes.

5. Use and Value Renewable Resources and Services: Emphasize the use of renewable resources, such as solar energy and natural cycles, while valuing and conserving natural ecosystem services.

6. Produce No Waste: Aim to minimize waste by creatively utilizing resources and designing systems that cycle and reuse materials within the system.

7. Design from Patterns to Details: Understand and work with natural patterns and relationships, using them as a foundation to inform the design of specific elements and details within the system.

8. Integrate Rather Than Segregate: Seek and promote connections and synergies between different elements within a system, fostering beneficial relationships and enhancing overall resilience.

9. Use Small and Slow Solutions: Start with small-scale, manageable interventions that allow for careful observation, learning, and adaptation over time, avoiding hasty and large-scale actions.

10. Use and Value Diversity: Embrace and encourage diversity in all its forms, recognizing that diverse elements and interactions enhance system stability,

productivity, and adaptability.

11. Use Edges and Value the Marginal: Leverage the potential and productivity of edges and transitional zones, as they often contain valuable resources and opportunities for increased diversity.

12. Creatively Use and Respond to Change: Embrace change as an inevitable part of life and design, seeking opportunities to adapt and creatively respond to changing circumstances and challenges.

These principles provide a holistic framework for designing sustainable and regenerative systems that work in harmony with nature, promoting resilience, abundance, and long-term sustainability.

Resources

Margini

Margini is a podcast by Emanuela Persico and talks about permaculture and regeneration projects that are igniting change and hope in the rural areas of South Italy. Emanuela has visited Kulture during our Open Day and registered some interviews. In the first episode of her podcast you can find and interview to Mario Panzarella, founder of Giardino Pedagogico "Mimí e Peppino".
for contacts
IG @margine_podcast

Margine

Permacultura Podcast

What is Regenerative Agriculture?

REGENERATIVE AGRICULTURE.pptx

EVERYTHING YOU NEED TO KNOW ABOUT COMPOST

Compost is a nutrient-rich, organic matter created through the decomposition of organic waste. It's a valuable resource for enriching soil, promoting plant growth, and reducing the need for chemical fertilizers. Creating compost involves a simple process and can be utilized in various ways to benefit gardens, lawns, and potted plants.
What is Compost?
Compost is the result of decomposed organic materials such as food scraps, yard waste (like leaves and grass clippings), coffee grounds, eggshells, and more. This natural process involves microorganisms breaking down the organic matter into a nutrient-dense soil-like material, rich in beneficial nutrients like nitrogen, phosphorus, and potassium.

HOW TO MAKE COMPOST:
Collect Organic Material: Gather a mix of "green" materials (like fruit and vegetable scraps, grass, and plant clippings) and "brown" materials (such as dried leaves, straw, cardboard, or paper). Aim for a balanced mix of carbon and nitrogen-rich materials.

Create a Compost Pile or Bin: Choose a suitable spot for your compost pile or use a compost bin. Layer the organic materials, starting with a base of twigs or straw, followed by alternating layers of green and brown materials.
Maintain Moisture and Aeration: Keep the compost moist like a wrung-out sponge and turn it occasionally to aerate and speed up the decomposition process. Aeration helps microorganisms break down the materials faster.

Monitor and Adjust: Check the compost regularly. It should have an earthy smell. If it's too dry, add water; if it's too wet, add more dry materials. Also, turning the pile helps in even decomposition.
Wait for Decomposition: Depending on various factors like temperature, moisture, and the mix of materials, composting can take a few

months to a year. When it looks dark, crumbly, and has an earthy smell, it's ready to use.

HOW TO USE COMPOST:
Soil Amendment: Mix compost into garden soil to improve its structure, fertility, and water retention. It provides essential nutrients for plants to thrive.

Mulching: Spread compost around plants as a protective layer. It helps retain soil moisture, suppresses weed growth, and moderates soil temperature.

Potting Mix: Blend compost with other growing mediums to create nutrient-rich potting soil for indoor or outdoor plants.

Top Dressing Lawns: Sprinkle a thin layer of compost over the lawn surface to improve soil quality and encourage healthier grass growth.

Compost Tea: Steep compost in water to create a liquid fertilizer that can be sprayed on plants for an added nutrient boost.

Composting is an eco-friendly way to recycle organic waste, reduce landfill contributions, and create a sustainable soil amendment for healthier plants and gardens.

PARAMETERS THAT AFFECT COMPOST

When creating compost, certain parameters or conditions can optimize the process and help produce high-quality compost efficiently. Here are the key parameters to consider:

Carbon-to-Nitrogen Ratio (C:N): Maintain a balanced mix of carbon-rich (brown) and nitrogen-rich (green) materials. The ideal C:N ratio ranges between 25:1 to 30:1 depending on the materials you are using and their C/N concentration. Brown materials provide carbon (dry leaves, straw), while green materials offer nitrogen (food scraps, grass clippings). The ideal compost pile is between three parts brown materials to one part green to half and half.

Moisture Content: Keep the compost pile moist, resembling a wrung-out sponge. Moisture levels of around 50-60% are optimal. Inadequate moisture can slow down decomposition, while excess moisture can lead to anaerobic conditions and unpleasant odors.

Aeration and Oxygen: Proper aeration is crucial for the activity of aerobic microorganisms that break down the organic matter. Turning the compost pile regularly or having adequate ventilation in a compost bin ensures oxygen reaches the microorganisms.

Temperature: Compost piles naturally generate heat as microorganisms decompose organic matter. Temperatures between 110°F to 160°F (43°C to

71°C) are favorable for microbial activity. High temperatures help kill pathogens and weed seeds.

Particle Size and Surface Area: Smaller-sized organic materials decompose faster due to increased surface area available for microbial action. Shredding or chopping larger materials can accelerate the composting process.
pH Levels: Compost pH generally tends to be neutral or slightly acidic, which is suitable for most plants. Regular turning and proper carbon-nitrogen balance help maintain a balanced pH.

Time and Decomposition: Composting times vary depending on environmental conditions, the mix of materials, and management practices. Expect composting to take anywhere from a few months to a year for the materials to fully decompose.
By monitoring and adjusting these parameters as needed, composters can create an ideal environment for microbial activity, facilitating the breakdown of organic matter into nutrient-rich compost.

WHAT TO AVOID IN COMPOST:

1. **Meat and Dairy Products:** These can attract pests and produce unpleasant odors when decomposing. They also break down slowly and might introduce pathogens to the compost.
2. **Oily or Greasy Foods:** Fats, oils, and grease can hinder the composting process. They can create clumps, slow down decomposition, and cause odor issues.
3. **Processed Foods and Fast Food:** Foods high in salt, preservatives, or cooked in oil should be avoided. These can disrupt the balance of the compost pile and attract unwanted pests.
4. **Diseased Plants:** Avoid adding plants that are diseased or infested with pests. The compost might not reach a high enough temperature to kill pathogens, which can then spread in your garden when you use the compost.
5. **Pet Waste:** Waste from dogs, cats, or other carnivorous animals should not be composted. It may contain harmful pathogens that can survive the composting process and pose health risks.
6. **Coal or Charcoal Ash:** Ash from coal or charcoal can contain substances harmful to plants. They can raise the pH level of the compost, affecting its quality.
7. **Chemically Treated Wood or Sawdust:** Wood that has been treated with chemicals or painted should not be composted as it can release harmful substances.
8. **Weeds with Mature Seeds:** While many weeds can be composted, those with mature seeds might not be killed during the composting process and can sprout in your garden when you use the compost.

Remember, a successful compost pile requires a balance of green (nitrogen-rich) and brown (carbon-

rich) materials to break down effectively. Avoiding these specific types of waste will help maintain a healthy and efficient composting process, resulting in nutrient-rich compost for your garden.

Q&A

How long does it take to make compost?
Composting time varies based on factors like materials used, size of the pile, and environmental conditions. It can take anywhere from **t**wo weeks to two years depending on the materials used, the size of the pile, and how often it is turned.

Do I need a compost bin or can I compost without one?
You can compost without a bin by creating a simple pile, but bins help contain the materials, regulate moisture, and control pests. Bins can range from DIY setups to commercially available ones.

Can I compost in an apartment or small space?
Yes, you can! Use indoor composting methods like vermicomposting (with worms) or bokashi composting that are suitable for smaller spaces.

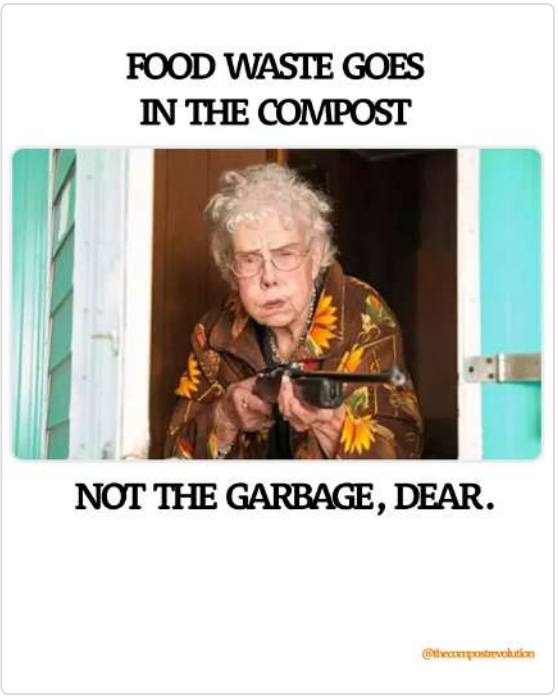
What should I do if my compost smells bad?
A smelly compost pile usually indicates too much moisture or an imbalance in materials. Add more brown materials like dry leaves or cardboard and turn the pile to aerate it.

How can I speed up the composting process?
Chop materials into smaller pieces, turn the pile regularly, maintain proper moisture and aeration, and consider using compost accelerators or activators.

Is composting difficult or time-consuming?
Composting can be simple once you understand the basics. It might require some effort initially but can become a routine part of managing organic waste.

Can I compost during winter or in colder climates?
Yes, composting in colder weather is possible. Insulate the pile, use smaller pieces of materials, and consider indoor composting methods.

Is composting environmentally friendly?
Yes, composting reduces landfill waste, decreases methane emissions, enriches soil health, and reduces the need for chemical fertilizers, making it an eco-friendly practice.



A list of resources to further explore the world of permaculture:

1. Books:
   - "Introduction to Permaculture" by Bill Mollison and Reny Mia Slay
   - "Gaia's Garden: A Guide to Home-Scale Permaculture" by Toby Hemenway
   - "The Permaculture Handbook: Garden Farming for Town and Country" by Peter Bane
   - "The One-Straw Revolution: An Introduction to Natural Farming" by Masanobu Fukuoka

2. Websites and Online Platforms:
   - Permaculture Research Institute: Offers articles, courses, and resources on permaculture design and implementation. Website: https://permaculturenews.org/
   - Permaculture Design Magazine: An online magazine featuring articles, interviews, and case studies related to permaculture. Website: https://www.permaculturedesignmagazine.com/
   - Permaculture Principles: A website dedicated to permaculture principles and ethics, providing resources, videos, and design tips. Website: https://permacultureprinciples.com/

3. Online Courses and Webinars:
   - Permaculture Design Course: Many organizations and institutions offer online permaculture design courses. Check out platforms like Udemy, Coursera, or local permaculture institutes for available courses.
   - Permaculture Association: Offers online webinars, workshops, and events on permaculture-related topics. Website: https://www.permaculture.org.uk/

4. Documentary Films:
   - "Inhabit: A Permaculture Perspective" (2015): Explores

permaculture practices and their potential to transform landscapes and communities.
- "The Need To GROW" (2019): Focuses on solutions for global food and agriculture challenges, including permaculture approaches.

5. Permaculture Projects and Case Studies:
- Local Permaculture Farms: Visit permaculture farms in your area to witness permaculture principles in action and learn from practitioners.
- Permies.com: An online permaculture community forum where members share experiences, case studies, and advice. Website: https://permies.com/

6. Podcasts:
- The Permaculture Podcast with Scott Mann: Features interviews with leading permaculture practitioners, educators, and designers. Website: https://www.thepermaculturepodcast.com/
- The Abundant Edge: Explores topics related to regenerative living, including permaculture practices and projects. Website: https://abundantedge.com/

Empowering Your Permaculture Journey: Harnessing Online Resources to Begin Your Sustainable Path

Here are 10 online resources for permaculture courses:

1. Permaculture Design Course (PDC) by Geoff Lawton: Geoff Lawton is a renowned permaculture teacher and designer who offers an online Permaculture Design Course through his website.

2. Permaculture Women's Guild: Offers a variety of online courses and workshops focused on permaculture, regenerative farming, and ecological design, with an emphasis on women's perspectives.

3. Permaculture Apprentice: Provides online permaculture courses, including the Permaculture Design Course and specialized courses on topics such as water management, food forests, and soil regeneration.

4. Oregon State University Online Permaculture Design Course: This university offers an accredited online Permaculture Design Course that covers the principles and practices of permaculture design.

5. Udemy: An online learning platform that hosts a wide range of permaculture courses, taught by different instructors. You can find courses on permaculture design, sustainable gardening, and related topics.

6. Permaculture Association: Provides online courses, including the Introduction to Permaculture course, offered by the

Free Online Permaculture Courses

Permaculture Association in the UK.

7. Milkwood Permaculture: Offers online permaculture courses and workshops covering various aspects of permaculture, organic gardening, and sustainable living.
8. Permaculture Design Course Online by Permaculture Design International: A comprehensive online course that covers the principles, ethics, and practical applications of permaculture design.
9. Permaculture Research Institute: Offers online courses on permaculture design, regenerative agriculture, and related topics.
10. Regenerative Leadership Institute: Provides online permaculture courses, including the Permaculture Design Course and advanced courses on topics like social permaculture and permaculture for professionals.
11. Online Tool to become Ecological Designer with Permaculture
12. 3Peas Design: A Permaculture based Tool for Peacebuilding, Reconciliation and Youth Empowerment

While online resources are valuable for gaining theoretical knowledge and accessing a broad range of information, they should be complemented by practical experiences. Combining hands-on learning with online resources creates a well-rounded permaculture education that combines both intellectual understanding and practical skills.

In conclusion, hands-on learning is essential in permaculture education as it offers a more immersive, experiential, and holistic understanding of the principles and practices. By getting their hands dirty and actively engaging with nature, learners deepen their connection to the land, develop practical skills, and become better equipped to design and create regenerative systems in their own lives.

Share it in social media!

Here we will present you some effective ways to share your newly gained knowledge through media:

Target group

First of all, you must have a clear idea of your target group, which can be divided by age/social group/ethnicity or any other kind of specific niche you feel might be relevant to your purpose.

Colors

Once you have this aspect clear, you can start planning the content that you want to share, paying attention to its structure and the use of colours that better address your target; for example, if you are trying to involve young people into an activity, it is better to use bright colours, whereas softer and darker colours work better with older groups.

Consider this aspect even when talking about shades; if the topic is permaculture, the most common colour you can use to evoke nature is green, but you can use different shades of the same colour for different target groups.

Message

Now, we can talk about the content of your message; whether you are creating a presentation/video/leaflet, try to be as simple and concise as possible. You have to keep in mind that the most important thing for you is to deliver your general message to the widest majority of your target group; this is not the right context for a more specific explanation. When sharing through media, you must grab the attention of your audience, and always try to keep the "suspense" level high: if they are interested and they have questions, they will contact you.

By this, we don't mean that you mustn't include crucial information, only that there must be a selection process of what is crucial for your specific purpose in this context. Also, it is important to address your public directly, especially when the aim of your creation is to involve people in an activity, as it helps an audience to feel included into something broader than themselves.

Depending on the platform you are using you can also add a link.

How to catch the fish

As you can see, there are a few processes you must undertake before creating content for a target, and many aspects you must take into consideration. This is also valid for the sharing part. When sharing content through media, the target is crucial to understand the best platform to use and the most effective way to get your message across. When addressing a group of young people, the most effective way to spread content is word of mouth: it consists in the creation of a network between people without using physical material; to put it simply, one person who sees the content then talks to another person, who shares it with another person and so on. This strategy is very effective when using platforms like Instagram, Tiktok, Snapchat, Imgur, Megaupload and so on.

If addressing an older group, Facebook or Twitter are probably better options; but keep in mind that older people prefer to have material in their hands so they can go back to see it, so you should probably consider using flyers, banners and so on.

Finally, depending on the message you want to promote (for example, an invitation to an activity), you should consider the creation of gadgets that contain the logo or the name of the activity you are proposing, and it would be best if the gadget itself were connected to the purpose of the activity; it will give your audience a positive idea as they will think you have thought about them, and at the same time you are working with the "word of mouth" technique.

Methodologies- Activities

FOOD_GARDEN_DESIGN.pdf

Team Building Methodologies

Team building methods are ways to form and manage groups of participants. The purpose of these methods is to provide facilitators with proven models and guidelines to build better teams.

Here's a team building methodology for permaculture projects:

1. Define the goals and objectives of the permaculture project.

A successful team building methodology for permaculture projects depends on a clear understanding of the goals and objectives of the project. A team building session should focus on fostering the development of skills and experiences that are relevant to these goals.

2. Identify roles and responsibilities of team members.

Identify the roles and responsibilities of each team member. Each member should be aware of their unique contribution to the project, and how their individual strengths can benefit the team as a whole.

3. Develop trust and open communication within the team.

Permaculture projects require effective communication and trust among team members. Teams need to share

ideas and work collaboratively to achieve project goals. Encourage open sharing of ideas and feedback to encourage trust and honesty.

5. Foster team bonding through shared experiences.

Team bonding is critical for creating a cohesive and effective team, and shared experiences can help to foster this bond. Plan activities that let team members get to know one another on a personal level, such as games or walks in nature.

6. Celebrate successes and acknowledge contributions.

Finally, it's important to celebrate successes and acknowledge team member contributions. Recognize individual achievements, and provide feedback to help team members grow and develop their skills.

By following these steps, you can create a team building methodology that supports the success of permaculture projects!

Creating new team building activities can be both fun and rewarding. Here are some steps to help you come up with your own team building activities:

1. Determine the purpose and objectives of the team building activity.

Before you start brainstorming new team building activities, you need to determine the purpose and objectives of the activity. What specific problem or challenge are you trying to address? What skills or attitudes do you want team members to develop or reinforce? Answering these questions will give you a clear direction for your activities.

2. Consider the interests and preferences of your team.

To get the most out of your team building activities, consider the interests and preferences of your team members. Think about what activities they enjoy outside of work, as well as what kinds of challenges they may face in their work environment.

3. Research existing activities for inspiration.

Take some time to research existing team building activities for inspiration. You can find ideas online or in books, or ask colleagues if they have any favorite team building activities. Consider adapting an existing activity to better fit the needs of your team.

4. Brainstorm new activity ideas.

Once you have a clear understanding of the purpose and objectives of your team building activity, and have considered the interests and preferences of your team, it's time to brainstorm new activity ideas. Write down all of your ideas, no matter how wild or complex they may seem. You can always refine and simplify them later.

5. Test your new team building activities.

Before implementing your new activities with the entire team, test them out with a small group. This will help you identify any kinks or issues that need to be addressed before rolling out the activity to the entire team.

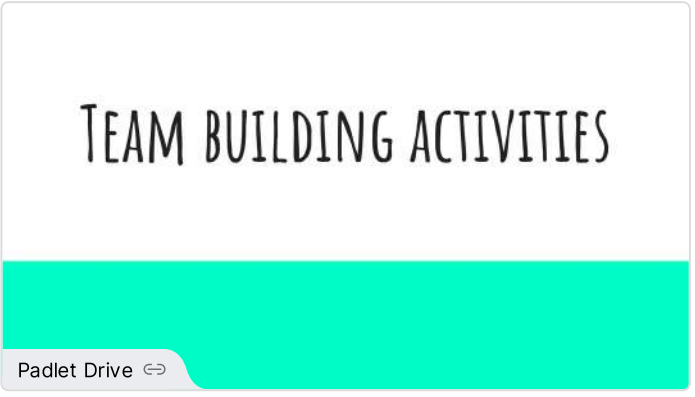
6. Revise and refine.

After testing your new team building activities, make revisions as needed. Consider feedback from the small group and make changes to make the activity more effective, efficient, and fun.

To sum up, we could apply the concepts above using TORA:

- Thematic: the activity should be linked to the topic you want to address. If your project has to do with permaculture you could try to introduce concepts like energy or natural elements.
- Order: you need to find the right timing for each activity. An energyzer is a perfect way to start the session or break the ice and you could finish with a trust related activity.
- Relevance: if we have a lot of ideas we should focus on the ones more linked to the subject matter that will have a more useful outcome.
- Fun (Ameno): it's important to have fun and keep everyone focused. If a group is too big, you can make different groups so that everyone can be active instead of just waiting for their turn.

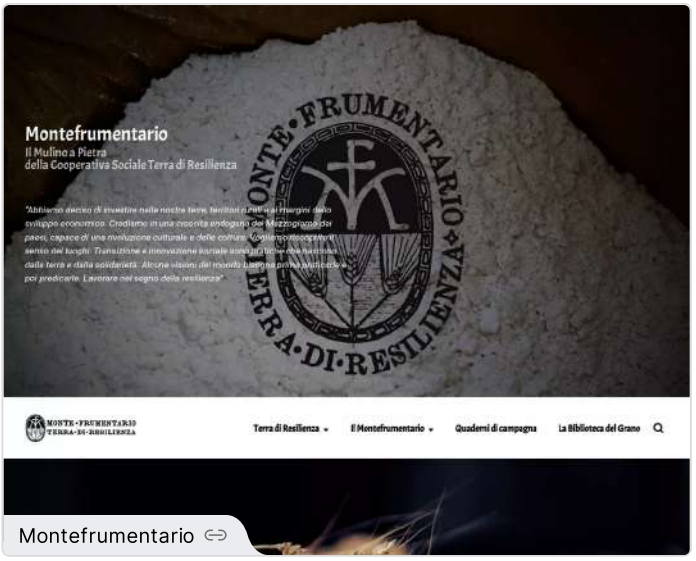
By following these steps, you can develop effective and engaging team building activities that will help build stronger, more cohesive teams.



Team building activities

Best practices and case studies

Monte Frumentario



Benvenuti nel Montefrumentario

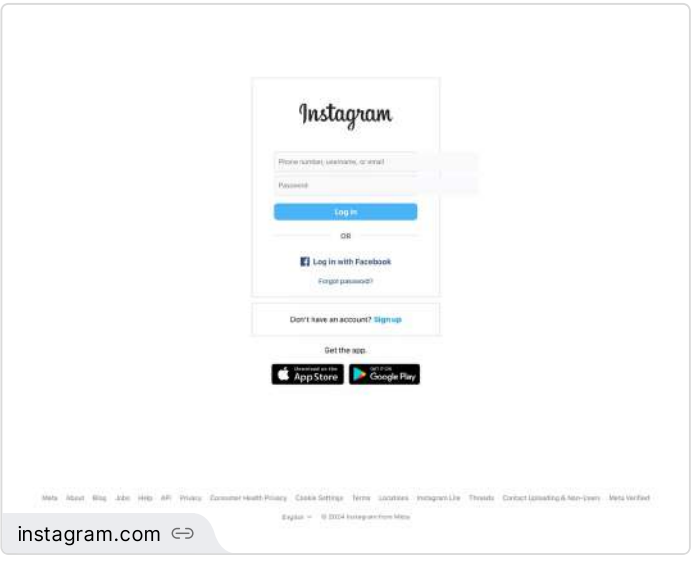
GAIA Kosovo

GAIA, Bozevce – kopija_compressed

Permacultura Elementare

Home | Permacultura Elementare

Giardino Pedagogico "Mimí e Peppino"



Login • Instagram

CERES MELBOURNE
https://ceres.org.au/

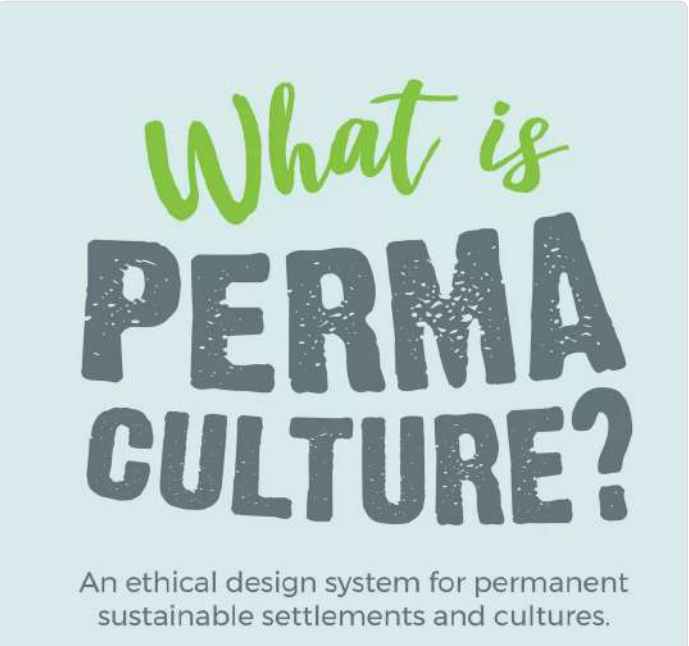
CERES Community Environment Park

Workshops

Regenerative Design: A Visual Tool

REGENERATIVE_DESIGN_part1.pdf

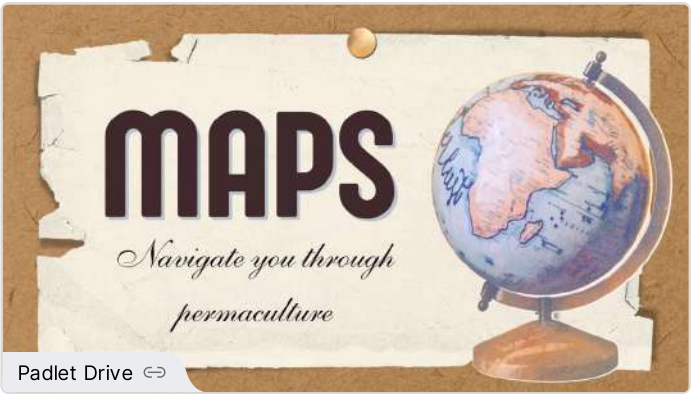
Regenerative Design: A Visual Tool part2



REGENERATIVE_DESIGN_part2.pdf

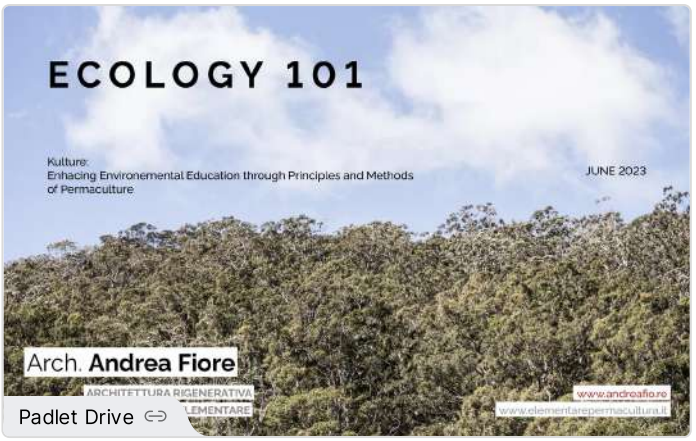
BIO WORKSHOP

Permaculture Design: How to create Maps



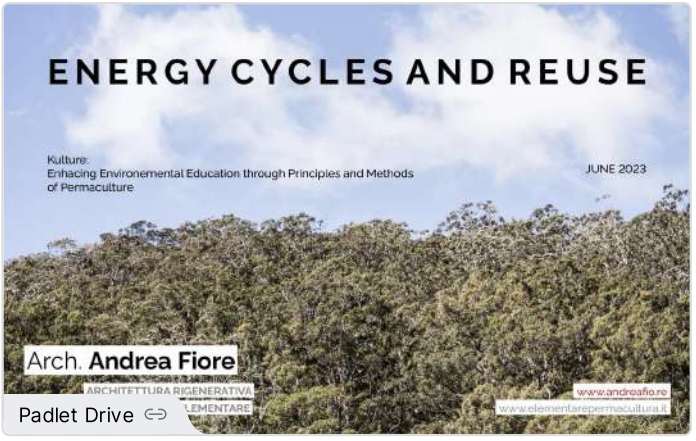
coursebook_maps_compressed.pdf

Ecology 101 - Andrea Fiore



ECOLOGY_101.pdf

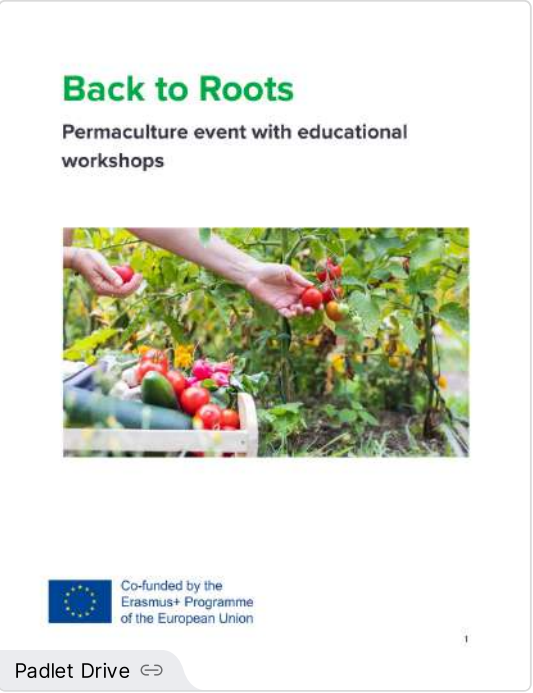
Energy Cycles and reuse - Andrea Fiore



ENERGY_CYCLES_AND_REUSE.pdf

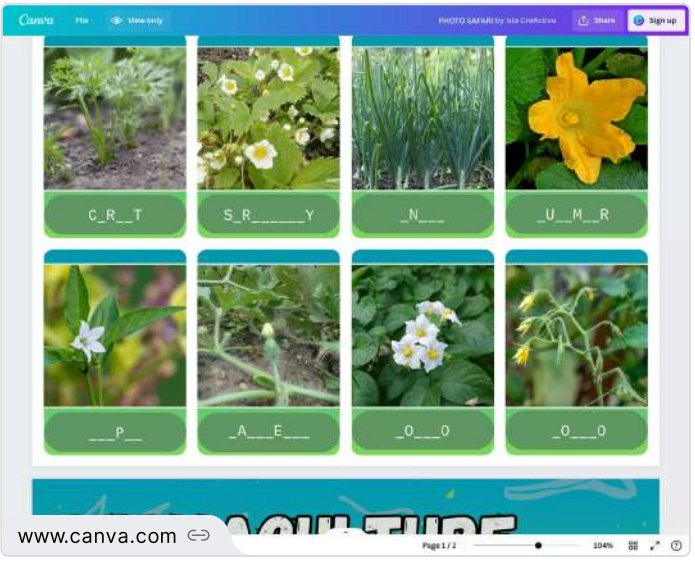
Food Forest Design

Permaculture day event proposal, with several easy workshops for a coumunity garden



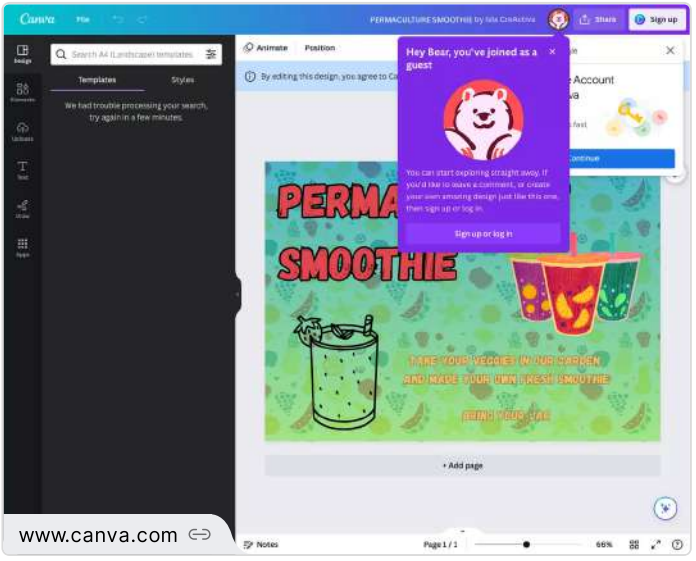
Back to roots (2)

Flash card model, for Photo Safari workshop at a garden



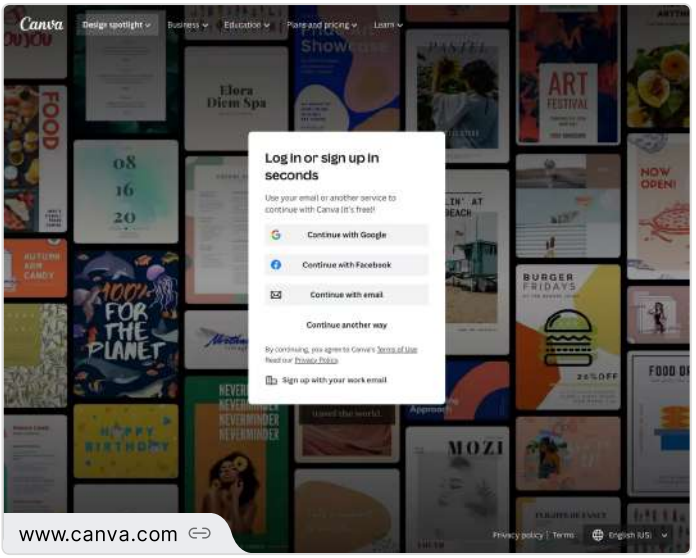
edit

Poster model for a Green Smothie Workshop



edit

Cooking Workshop
Model of a poster to edit for a Cooking Workshop



edit

Water Management Practice

Water Management: Short Intro

#0. Introduction and Relevance of Water Management

The intrinsic meaning of water in the Earth's cycles assume a vital magnitude. The live development happens thanks to its presence as one of the main involved essential factors. A quick analysis to the nature of human beings allows us to appreciate how we are constituted by 80 percentage of water.

The accelerated global warming that is sweeping through our days, whose ravages (or damages) cause comparable episodes of droughts, **warns about the scarcity of this precious resource with which support the existence of the planet that welcome us.**

A Food Forest design process implicates the consideration of strategies and resources for the observation and use the hydric source in the most efficient possible way; acquiring a decrescent perspective in terms of adopted technological needs.

During the present document, some of the considered and implemented techniques during the field practice and the theorical meetings, have been collected.

#1. Terrain and Climate Observation

The first step towards a good design is always knowledge. You should never get your hands onto something you don't understand if you don't want to ruin it. And that requires time, patience, study, observation...

#1.1. Geographical Location

To design our water management, we must understand the weather we can expect. Humidity, sunlight, winds... But above all, the amount and type of rainfall our plot willget.

#1.1.a. Amount of rain (Humidity)

Are we in a desert? Or can we expect rain every two days on average? Gather all the information you can on the amount of rainfall the place gets.

In some places, humidity is the main source of water supply for the plants. Once the rain water have finished to fall, the capacity of the soil or the established technics for capture and release slow this resource (bio-rolls. cardboard, mulch...) could suppose an essential way to give our plants the amount that they need.

#1.1.b. Type of rain.

Nevertheless, not only the quantity is important for our design, we also need to know how it rains, the frequency. Whether we will get just a couple of weeks with heavy rain or if it's more probable that a light and gentle mist will give water to the soil all year around.

#1.1.c Other climate considerations.

There are a lot of things to get into account. In some places, the soil will be covered with snow for months, whereas in some others high solar radiation will make soil lose water. Know as much as you can.

Padlet Drive

Water Management

Water Behaviour Prediction
process on site during a rainy day.

VID_20231126_WA0004

Example of a little pathway started from the general path to the circle where the fruit tree is planted, in order to let the rain water run out of the way and supply the fruit tree and the rest of species around.

Little pathway for manage the rain water in order to supply the source to the species incorporated in the circle.

Bio-roll' creation process

Long disposal of bio-rolls acroxx the end of the first terrace. They will stop possible soil's erosions that rain water could produce over the land. In addition, they will supply shadow to the trees behing, and release the captured water slowly.

Bio-rolls example at the end of the first terrace.

Another example of a little bio-roll behind the carob tree, in order to give protection from the wind during the firsts stages of life of the plants, and capture the humidity for supply the species through the time.

Example of bio-roll.

Resources

a. "The fourth face of water"
(Written by Dr. Gerard Pollack)
b. Sepp Holzer==> Stone walls designer (thermal mass of stones for create microclimates)
c. "The swale plume" (Videos by Geoff Lawton)
(https://www.youtube.com/watch?v=0wETVPEkHso)
d. " Green Gold" (Documentary by John D. Liu)
(https://www.youtube.com/watch?v=YBLZmwlPa8A)
e. "Regeneración de la Sierra de Espuña"
(Project developed by Ricardo Codorniú)

Our Food Forest in Morigerati!

Which plants you can find in our food forest? Here is the complete list!

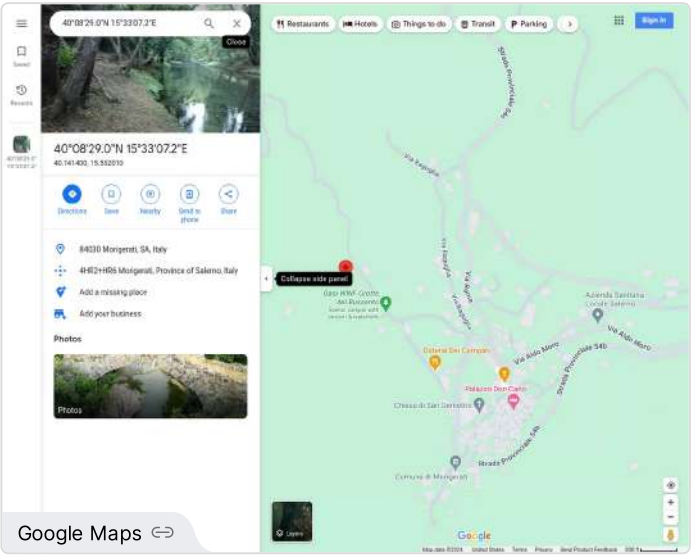
FOOD FOREST PLANT	QUANTITY	
MAIN TREES		
Mulberry	1	Belfiore / Calicchio
Khaki	1	Belfiore / Calicchio
Fig	1	Belfiore / Calicchio
Amareno (late)	1	Belfiore / Calicchio
Feijoa	1	
Mulberry tree	1	Belfiore / Calicchio
Strawberry tree	1	Belfiore / Calicchio
Common Service Tree	1	FORESTALE IMPROSTA
European Medlar	1	Belfiore / Calicchio
Late almond tree	1	Belfiore / Calicchio
Late antique apple tree	1	Belfiore / Calicchio
Pear tree	1	Belfiore / Calicchio
Plum tree	1	Belfiore / Calicchio
Apricot	1	Belfiore / Calicchio
Dogwood	1	Belfiore / Calicchio
TOTAL	**15**	
SUPPORT TREES		
Willow	3	Vivaio locale
Acacia spp	4	Vivaio locale
Cypress poplar	3	FORESTALE IMPROSTA
Black poplar	3	FORESTALE ISCA
Neapolitan alder	10	FORESTALE ISCA
Melia	10	FORESTALE IMPROSTA
Judas tree	2	FORESTALE IMPROSTA
European ash	2	FORESTALE IMPROSTA
Southern ash	3	FORESTALE IMPROSTA
TOTAL	**40**	
SUPPORTING SHRUBS		

Padlet Drive

Piante_food_forest_ENG_xlsx___Feuil1.pdf

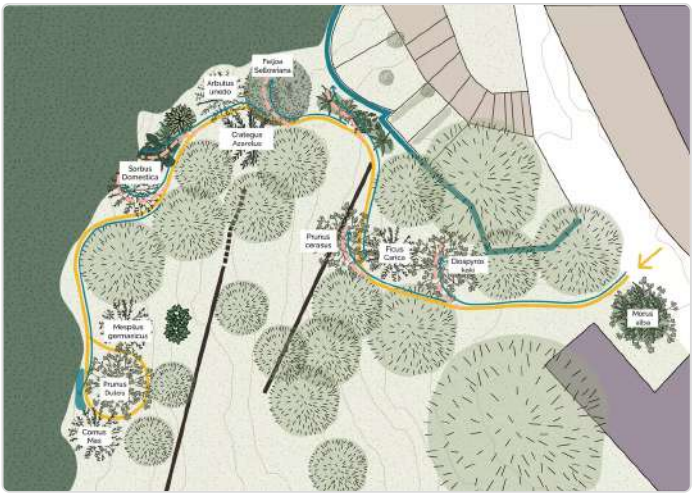
Where is our food forest in Morigerati?

The exact site cannot be seen via Google Street View but you can look at the site via satellite images! Compare it with our map.



Google Maps

40.141400, 15.552010

Our design through map!

Through an online workshop we learnt how to design a permaculture garden through simple maps! Starting with simple drawings and elements, the design can then be rendered through more complex tools. Here is the final version!