

Human rewilding communities



INTRO



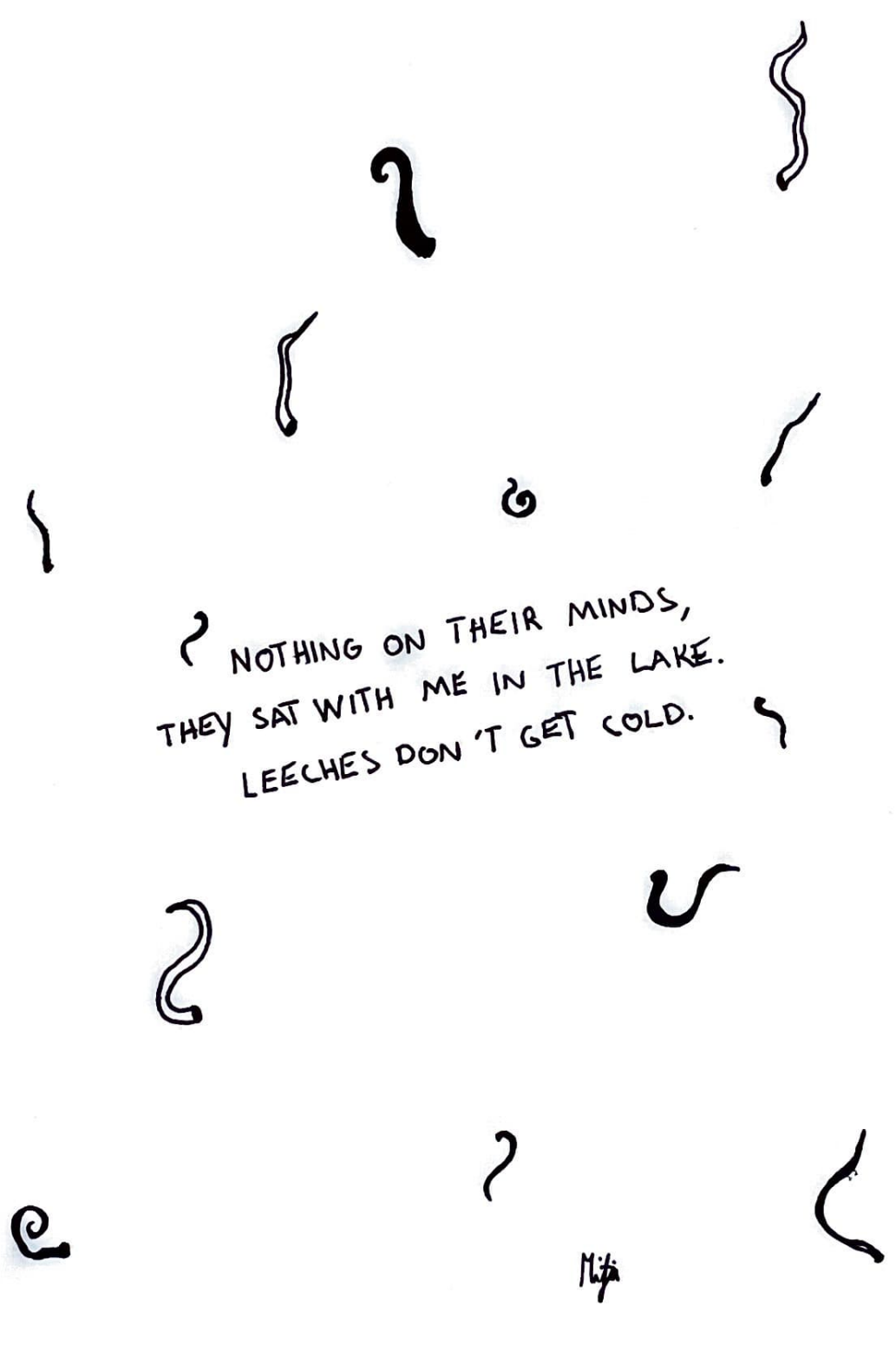
THIS time is an harvesting of the learnings, impressions, feelings and knowledges collected during the project HUMAN REWILDING Communities.

On a windy October, in 2024, a group of 16 youthworkers and educators from Poland, Spain, Slovenia and The Netherlands met surrounded by the deep nature of Żywa Ziemia, in Poland to weave nets of community, share practices and learn from each other nature based youth work practices.

Taking example from the deeply rooted network of mushrooms surrounding us in the forest, we decided to store and pass down the knowledge we gathered through this little mycelium engraved on paper, ink and leaves!

Enjoy!





? NOTHING ON THEIR MINDS,
THEY SAT WITH ME IN THE LAKE.
LEECHES DON'T GET COLD. ?

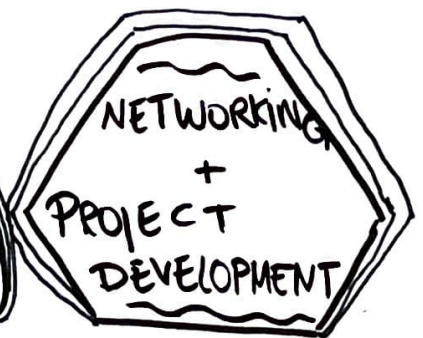
Mia

About this Project

HUMAN REWILDING COMMUNITIES

was a networking & community building event for youth workers and took place in October 2024 on Żywa Ziemia permaculture farm in Poland. It was built on

4 main pillars:



It brought together 16 participants interested in nature-based youth work from 4 partner organisations:

- ISERIS (Poland)
- Tiny Rewilding (Netherlands)
- KUD Lavina (Slovenia)
- Asociación Tilos (Spain)

The project was co-funded by the Erasmus+ programme of the European Union.

EMERGING MYSELF
INTO THE WILD

rebuild
awareness
of what you
are connected with

CONNECTION
TO MYSELF
= CONNECTION
TO NATURE

COMMUNITY

back to the basics

to
the
community
connecting
with my self
feeling like a
wild





Rewilding

Practices

- walking barefoot
- play / playfighting
- natural arts & crafts
- nature embodiment (dance, movement)
- finding our voices
- naked gardening
- storytelling (folklore, history)
- meditation
- learning about plants, wild cooking

Number
of
participants: 5-30

Time: 90 mins
(15 mins intro +
75 mins for sharing
stories)

Materials:
a
"TALKING
piece"
(it can be a
stick, stone, shell,
feather)

Location: indoors or
outdoors,
wherever participants
can sit in a circle

Aims: gathering together -
creating - strengthening
community / sharing
stories



- the
else shar

STEPS:

1 PARTICIPANTS GATHER IN A CIRCLE.
THE FACILITATOR ASKS TO TURN
OFF MOBILE PHONES.

2 THE FACILITATOR INTRODUCES
THE METHOD, WHICH IS BASED ON
ANCIENT HUMAN PRACTICES OF
GATHERING WITH COMMUNITY TO
SHARE STORIES AND LISTEN DEEPLY TO
THOSE IN THE COMMUNITY.

* THE FACILITATOR INTRODUCES
4 INVITATIONS AND PRINCIPLES
OF THE COUNCIL:

- speak from the heart
- Listen from the heart
- share the essence
- be spontaneous

• rule of confidentiality

• any form of expression is
welcome

• The Facilitator is introducing a
guiding question for the night.

• the facilitator is passing the talking piece
and each person shares a story on the
topic, or any other form of expression (song • poem)
participator monitors time, and when there is no one
ing stories they close the council reminding the confidentiality rule.





Sitting place

NUMBER OF PARTICIPANTS 1-20

TIME 90 minutes

MATERIALS comfortable clothes appropriate for the
ENVIRONMENT + something to sit on



nature / park etc.



AIM to experience full contact with nature
relaxation
our body
sensuality

STEPS

SITTING PLACE is the practice
of observing the NATURE

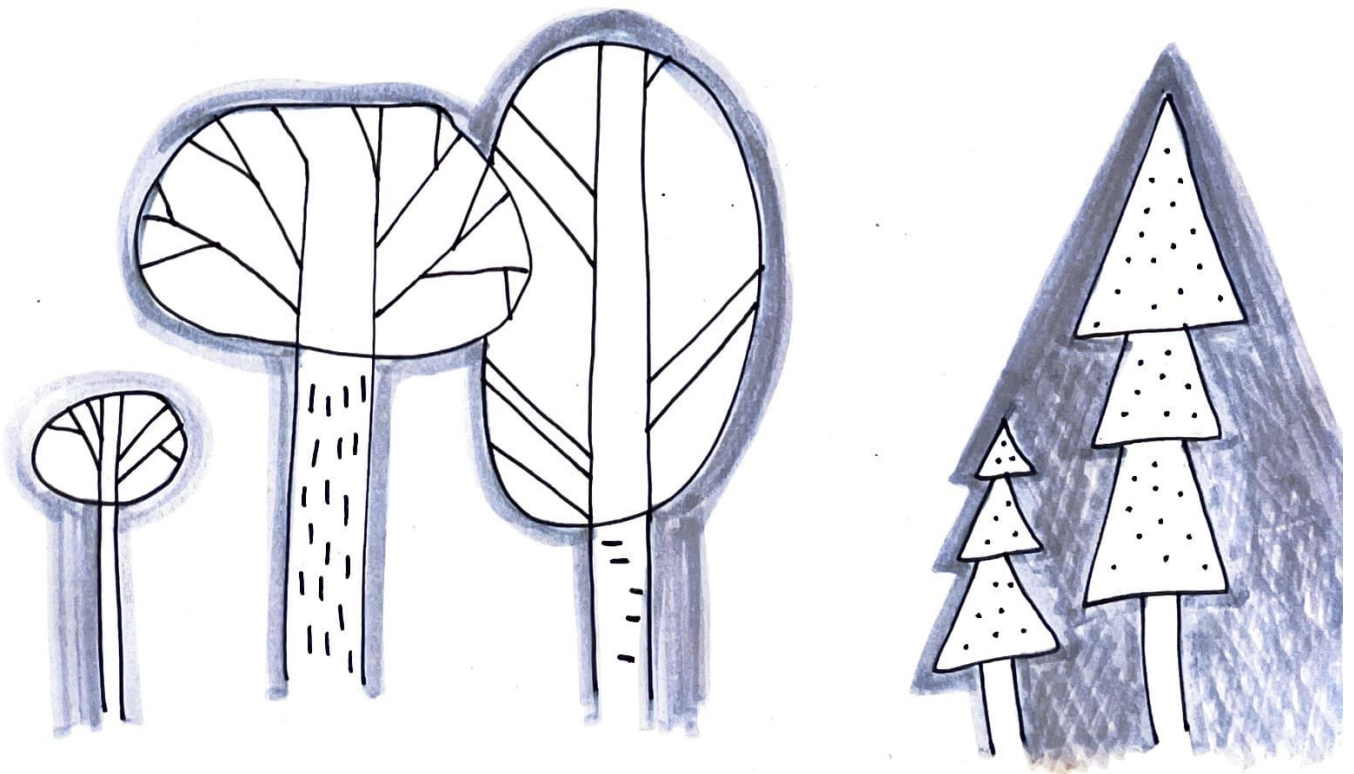
- 1 Participants gather in a circle.
The facilitator gives them instruction
to spread around and find interesting
place where they can sit comfortable
for an hour.

2 Participants are asked to have eyes wide open and not to focus on details. They should try to observe whole landscape surrounding them at once.

3 After an hour, the facilitator calls back participants imitating the sound of raven. Each participant hearing the sound is repeating it, in order to pass it further.

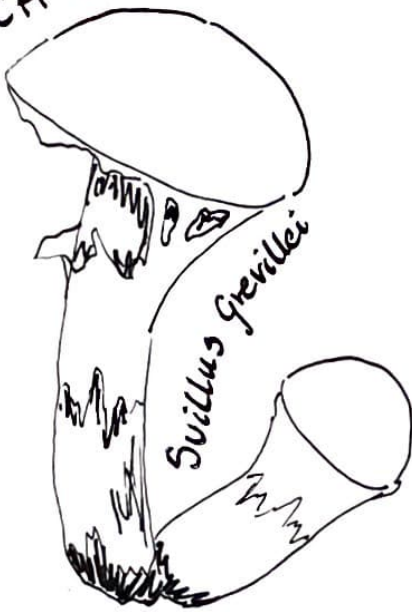
4 Whole group is gathering in the circle again for the time of reflection and sharing the experience.

This method really reaches its aim if it can be repeated more than once within the duration of the training.



Mushroom Walk

LARCH BOLETE



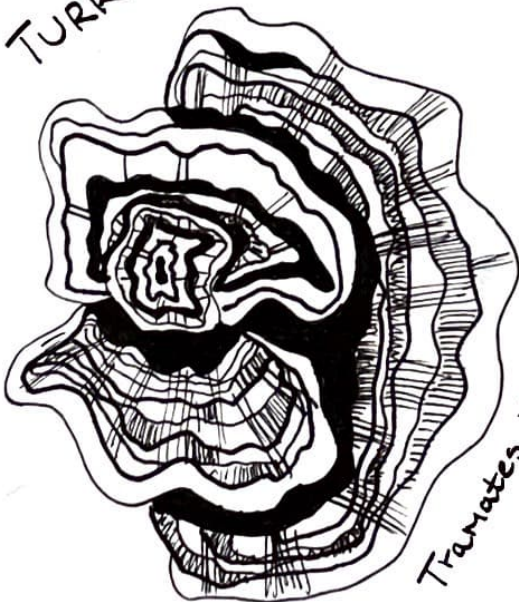
Svillus grevillei

SAFFRON MILK CAP



Lactarius deliciosus

TURKEY TAIL

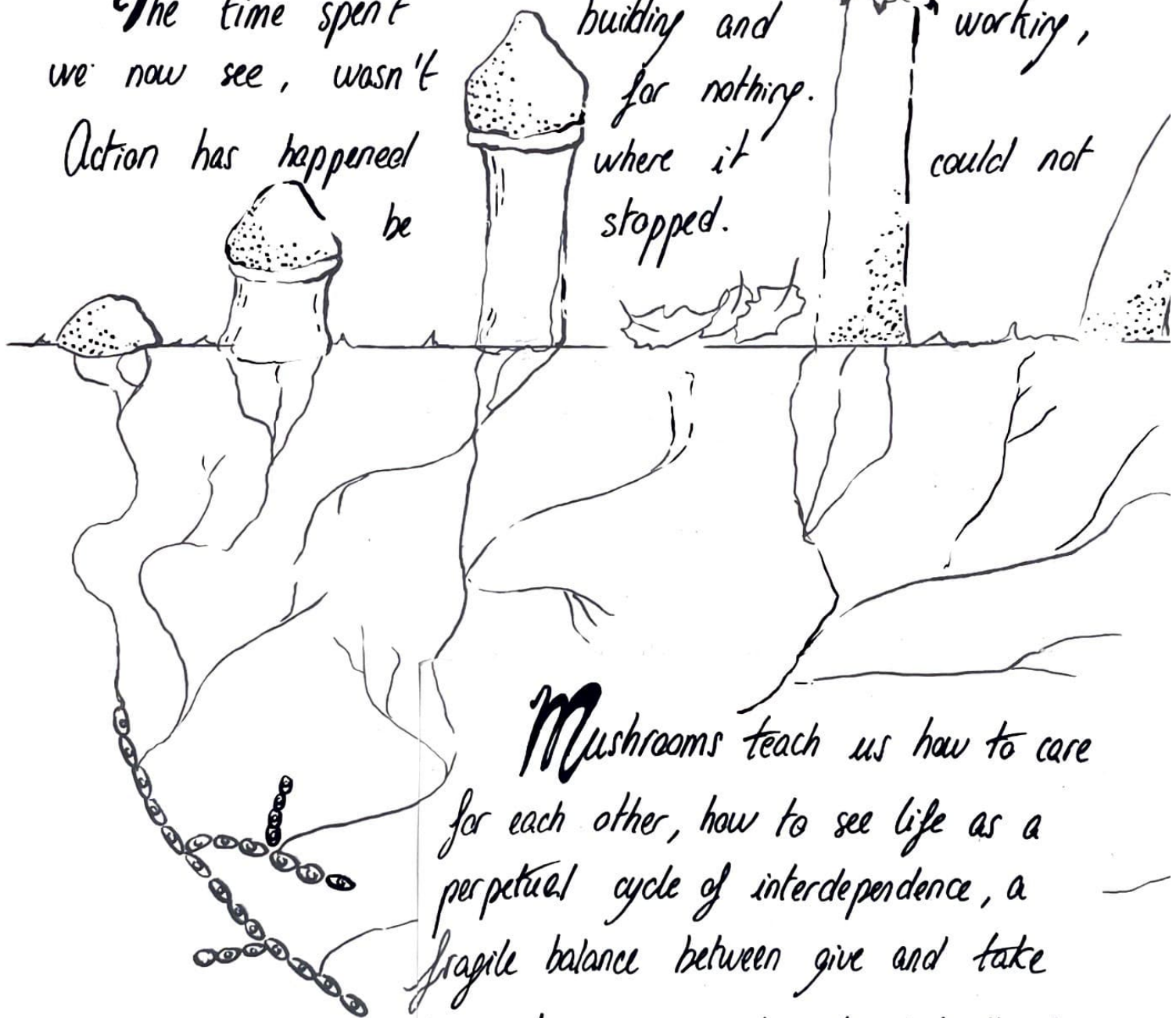


Trametes versicolor



As this fruiting body thrusts forward
with strength and determination,
the now unsettled ground reflects
the change that has occurred.

The time spent
we now see, wasn't
Action has happened
be building and
for nothing.
where it
stopped.
working,
could not



Mushrooms teach us how to care
for each other, how to see life as a
perpetual cycle of interdependence, a
fragile balance between give and take
where not one species dominates but all rely
on each other. And they help us to reconnect with and
accept an often denied and feared aspect of the wheel of life,
that of death and decay. ←

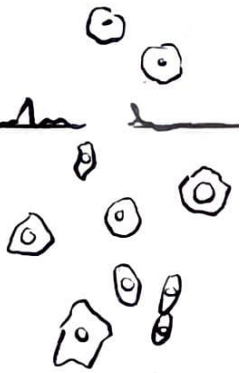
Over time our spores encounter compatible

ideas flowing from like-minded allies and the spores combine with infinite variety toward the common goal of survival.



And as the fruiting body dies back and the immediacy resolves, it sends out spores all over the world to influence, inspire and grow where they can, to continue the cycle of resistance in the face of oppressive forces.

Mushrooms spend the majority of their lives as a vast underground weblike structure referred to as MYCELIUM. This mycelial network has been called the Earth's central nervous system.



Adaptative, creative and aware, the mycelial network interacts with its hosts environment in a symbiotic manner with the health of the greater system in mind.



HO HO HO!

MERRY MUSHROOMS

!!!



← THERE IS
A BASKET
IN THE BAG

I see drops of rain
caught on tree branches
I feel drops of tears



HERBARIUM



• **NUMBER OF PARTICIPANTS** 1-20

• **TIME** 90 min

• **MATERIALS** notebook, pen, wild plants

• **LOCATION** nature

• **AIM**

- observing and learning to identify plants
- making your own herbarium (plantbook)

• **STEPS**

1 Facilitator explains the purpose of the exercise
= correct identification of wild plants

2 Collecting: 3-5 plants.

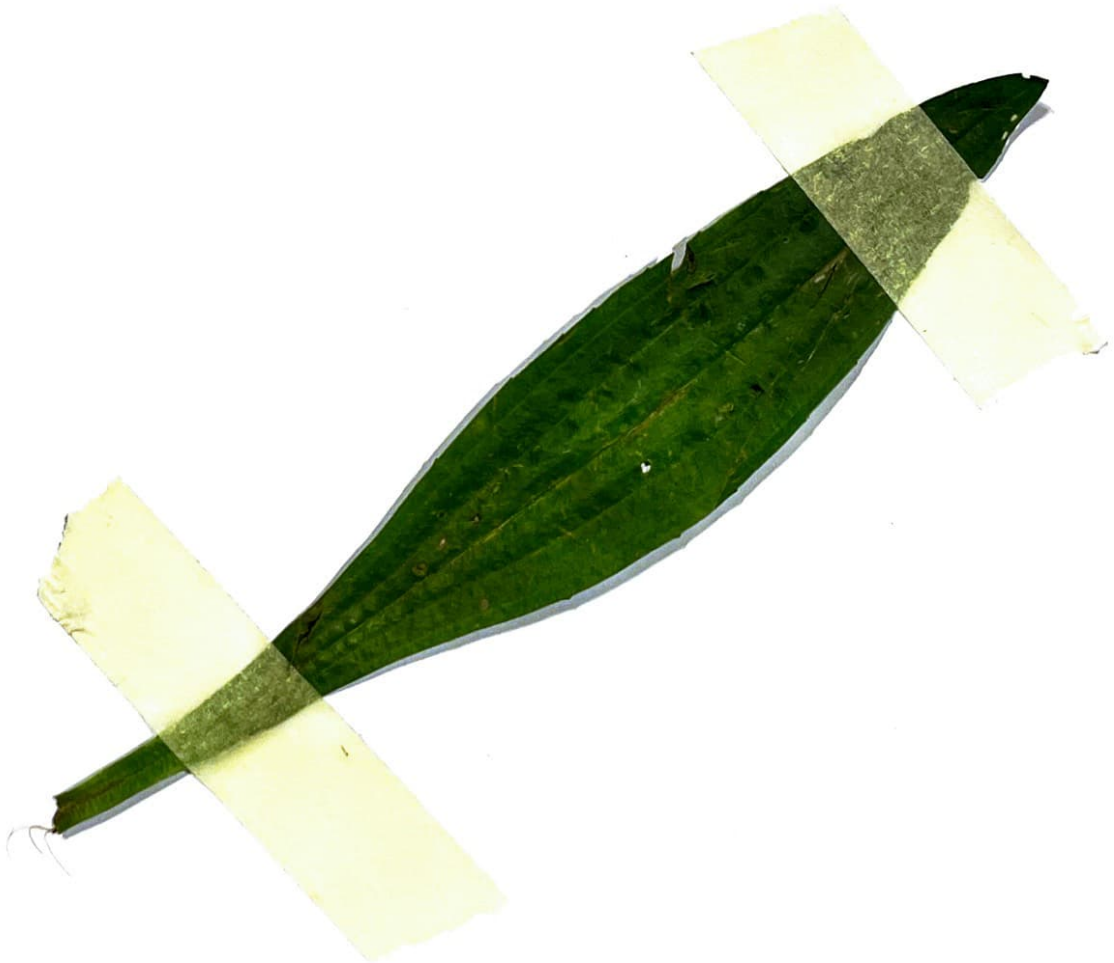
During the first trial it's the best if the whole group of participants collect the same plants.

3 With the help of a wild plants guide book, identify the collected plants.

4 Tape the plants on separated pages of the notebook

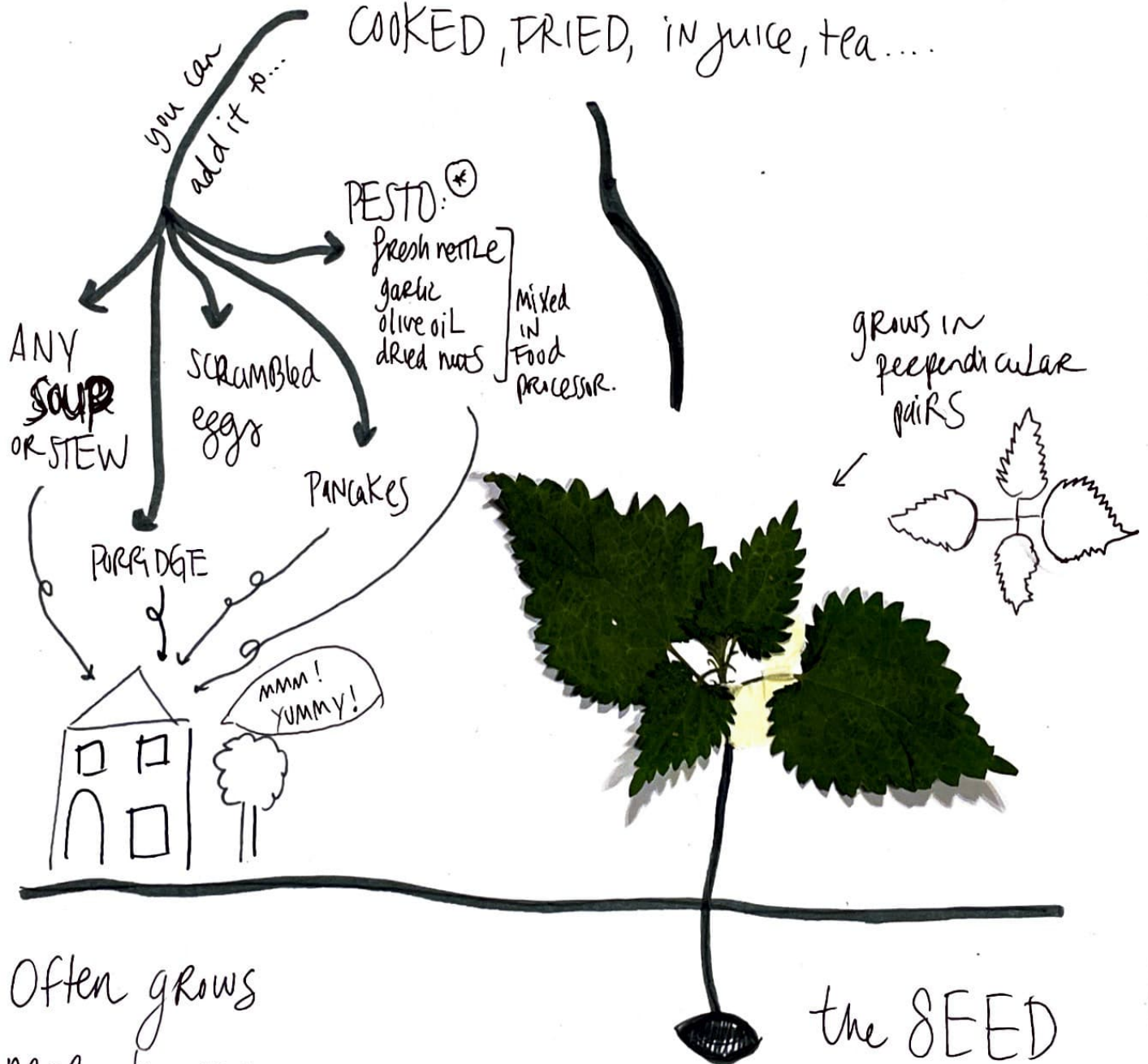
5 Write a description next to the plants
It should include at least:

- name of the plant in latin
- name of the plant in native language
- date and place of collection
- ways of usage (optionally)



NETTLE *Urtica dioica*

Can be eaten RAW,
COOKED, FRIED, in juice, tea....



Often grows
near human
settlements

(*) For your own safety, don't call it pesto around your Italian friends :-)

what the nettle might say

OR: the nettle's teachings

LET GO of what
hurts you, what you no
longer need

- diuretic
- **PURIFIES** blood
- best taken at the
end of winter to clean
the body

be mindful & respectful
when you forage us plants

- it will **STING** you
if you're not careful!

what seems to **HURT** you
on the outside may **HEAL** you
on the inside

- its stings are good
for rheumatism &
inflamed joints

plants are **ALWAYS**
there for you, if you
know where to look ☺

- **STRENGTHENS** the body:
CONTAINS IRON, SILICA &
chlorophyll
- can be found very easily &
is the first to sprout in spring
- has often kept people from
STARVATION

GROUND ivy

GLECHOMA HEDERACEA

- GOOD FOR THROAT & CHEST PROBLEMS
- EVERGREEN PLANT
- CLEANSSES THE BODY FROM METABOLIC BY-PRODUCTS
- FULL OF ESSENTIAL OILS
- CLEANSSES THE LUNGS FROM MUCUS
- SUPPORTS THE DETOXIFICATION OF THE BODY & CLEANSSES THE LIVER
- DISINFECTING INTERNAL & EXTERNAL
- ANTISPASMODIC & CALMING EFFECT
- BEST WHEN GROWN IN THE SUN
- GOOD FOR THE TEA
- MAY BE ADDED TO: SALADS, SPREAD, SOUP, STEW, MEAT, SALT, POTATOES

YARROW

ACHILLEA MILLEFOLIUM

- CONTAINS A LOT OF ESSENTIAL OILS
- STOPS INTERNAL & EXTERNAL BLEEDINGS
- SUPPORTS DIGESTION
- HELPS WITH CONSTIPATION
- RELIEF FOR HEMORRHOIDS
- AGAINST MUSCLE CONTRACTIONS
- RELIEF FOR BLOATING (STIMULATES FARTS)
- MAY BE USED AS A COSMETIC (AN INGREDIENT FOR TONIC, BATH SALT)
- ANTIBACTERIAL
- FOOD: TEA, SPRINKLES FOR POTATOES, AN INGREDIENT FOR THE SOUP OR SALAD
- DO NOT EAT DAILY !

SORREL

Rumex *Acetosa*

DESCRIPTION perennial plant, growing up to 60cm tall. Leaves are arrow-shaped with backward-pointing lobes. Male and female ~~plants~~ flowers, found on different plants, are peachy-pink and arranged in clusters on a spike.

PROPERTIES contains vitamin C and oxalic acid. Blocks the absorption of calcium and magnesium. Chewing fresh plants increases saliva production.

USES Young leaves and shoots are high in vitamin C with a pleasant lemon flavour. They can be added to salads, soups, vegetable dishes or sautéed with butter. Common sorrel has been cultivated for centuries, how are you going to cook it today?

CHEF'S RECOMMENDATION Add to the soup when the potatoes are already cooked because the acid stops the cooking process



How to make VINEGAR

from APPLES



FOR 1,5L JAR YOU NEED:

- 🍏 1 LITER of WATER
- 🍏 5 SPOONS of SUGAR
- 🍏 250-350 g of APPLES

The procedure:

- 1) Cut the apples with peel into small pieces. Remove only the apple core.
- 2) Fill the jar 30% with the apple pieces.
- 3) Add water and sugar. Mix it with the spoon. Make sure that 20-25% of the jar is empty for the bubbles.
- 4) Cover the jar with kitchen paper or fabric and rubber band. Leave it for 6-10 weeks.

Natural bath bomb

- * 2 TABLE SPOONS OF BAKING SODA
- * 1 TABLE SPOON OF CITRIC ACID
- * 1/2 TABLE SPOON OF CORN STARCH
- * 1-2 PINCHES OF CALENDULA FLOWER
- * 1-2 TABLE SPOONS OF MELTED OILS
(COCOA, SHEA, COCONUT, GRAPESEED)
- * 3 DROPS OF ESSENTIAL OIL

+ WATER SPRAY

- ③ FORM A BOMB IN YOUR HANDS
- ④ ENJOY YOUR BATH & SOFT SKIN





7. LOCATION

- the spot should be chosen with great care,
- beware of things that could ignite (low-hanging branches, roots, dry leaves and sticks)

- avoid windy areas
- look for naturally sheltered spots
- CLEANING THE SPOT:

~ remove any material (leaves, stick, top layer of grass)

~ build a barrier (stones, dirt)



LEAVE NO TRACE

3. STARTING

- starting a fire is a skill you need to practise
- have everything ready to go
- take time to think about your process before starting
- matches and lighters are your best friends (they were invented for a reason)

- OTHER WAYS OF IGNITION TO EXPLORE:
 - ~ flint stones
 - ~ fire steel (magnesium)
 - ~ friction (bow drill)

building

- if the ground is wet make a base of smaller sticks
- use a central guide stick to build around it
- the taller the fire, the bigger the blaze (plan ahead)

- basic cone shape should be a base of any bigger fire



why?

- it is easy to build
- ignites fast
- directs the flames
- can be easily contained

2. MATERIALS

- GATHER & ORGANISE BEFORE IGNITING!
- look for dry branches that haven't rotten yet (tip: if the wood is soft to touch, its rotting)
- gather more material that you think need, but be mindfull of your needs and impact.

Making

RESPECT

- fire is a force of nature and should be respected as such
- it is amazing how easily it can spread

tinder

- any kind of dry natural fibres
- dry grass, flowers, leaves
 - saw dust, woodchips and peels
 - birch and cherry bark

kindling

- tiny branches of conifers (tip: if it snaps of easily its dry enough)
- other tiny branches work too but not as well.

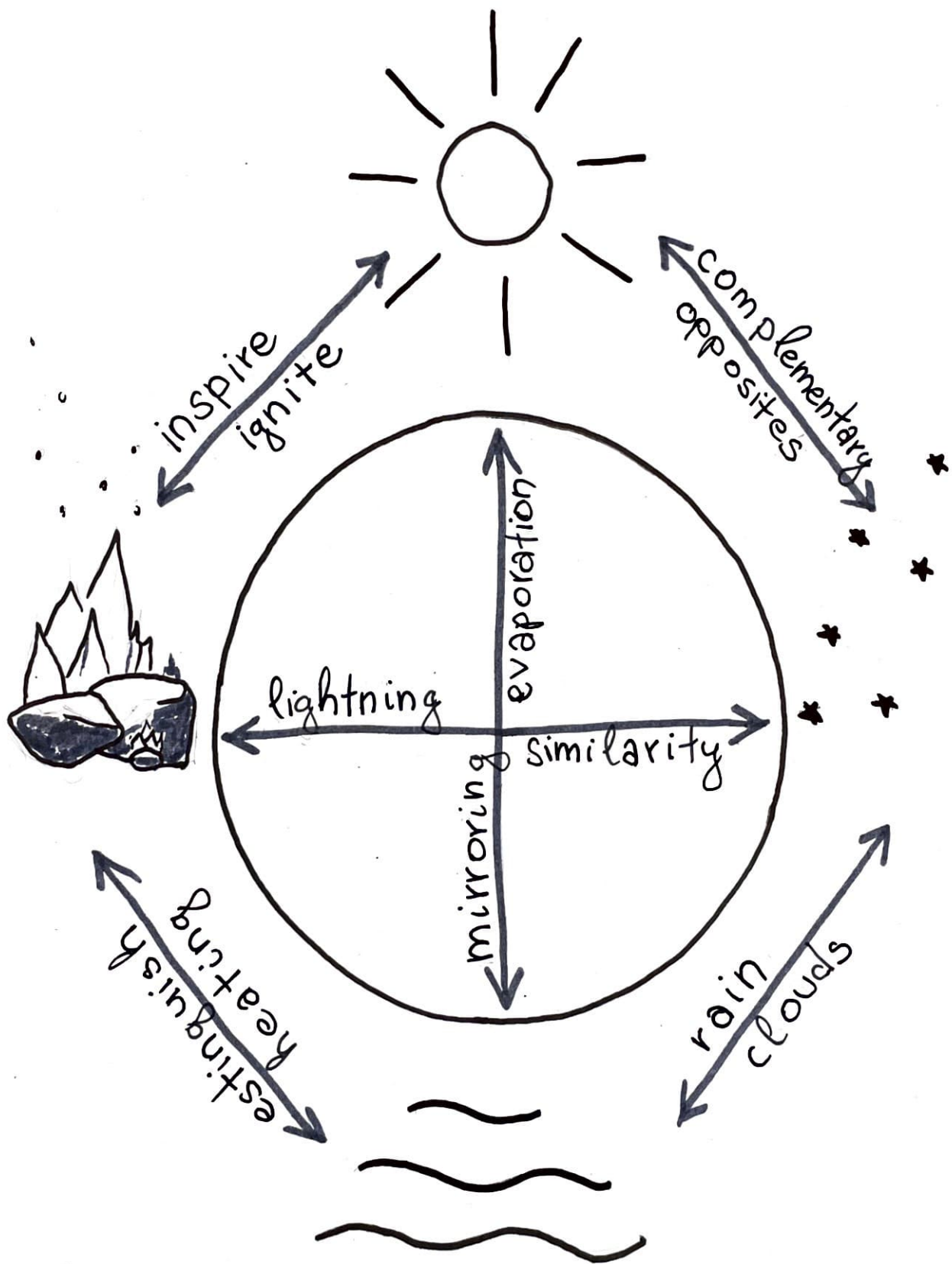
Fuel

- move gradually from small branches to chopped logs
- cutting down trees is unnecessary, material can be found all around

ENJOY

THE

MAGIC



Tiny reflection of the Sun on
the surface of Water = Ember
on the Ground = Starry Sky

How to...

"We thrive on connections"

Share your profile

~1h-1.5h activity

[Name] → [Where are you based] [Organisation or Project]

@What kind of youth work are you involved in?

@What is your experience in nature-based activities?

@What is your PASSION?

@What is your current learning goal / process?

TIPS

* mind the time ~5min per person

* in the circle (P)

* stay open & listen actively

* you can also share your needs regarding networking, future projects etc.

ACROSS:

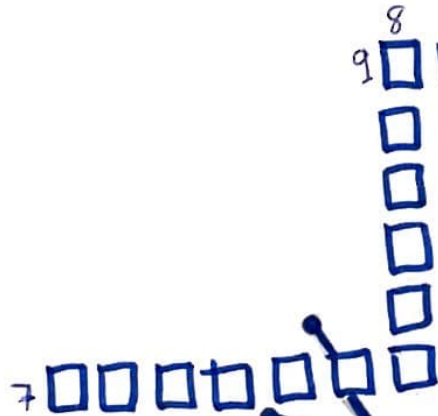
1. Mushroom that resembles Santa Claus suit.
3. Fire and smoke, sage and cedar, sweet grass — too.
5. The name of the closest village to Zymia Ziemia.
7. Way of —.
9. Leah (The dog) daughters name.

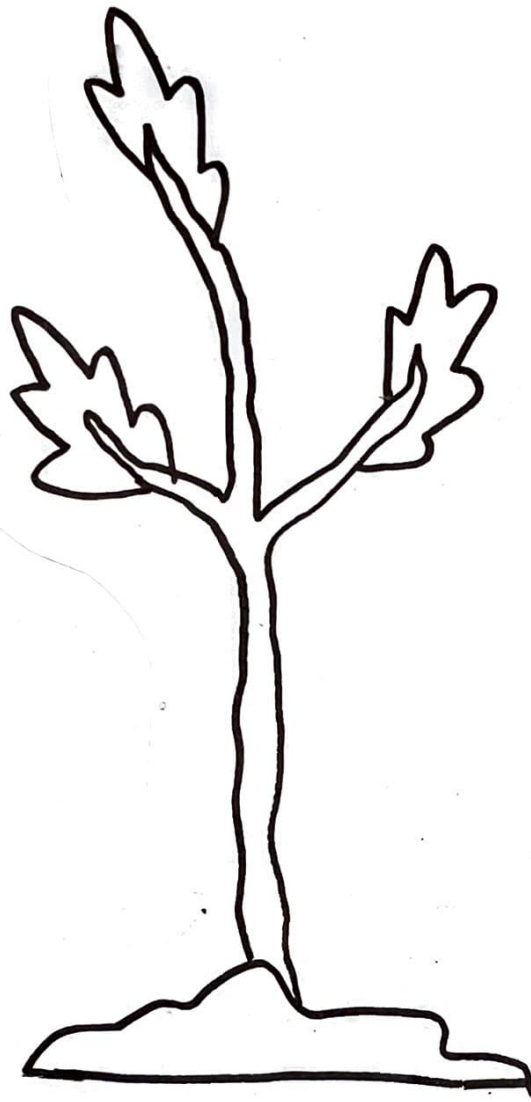
DOWN:

2. The person with the biggest feet in the rewilding group.
4. Plant which is rich in Iron and good for butterflies.
6. Yeast + sugar = —.
8. Herb which absorbs calcium and magnesium when consumed.
10. Good companion plant for fruit trees.

Rewilding

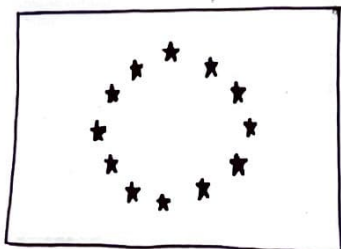
CROSSWORD





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