

GROUP EDUCATION VOLUNTEERS

presents

# *Creating A Sustainable Lifestyle: Permaculture*

PROJECT HANDBOOK

23-31 OCTOBER 2019  
Muğla, Turkey



## SUMMARY OF

# OUR PROJECT



Mankind has seen nature as an unlimited source since its existence and polluted and caused environmental problems. On the one hand, the phenomenon of rapidly increasing population and on the other hand, the existence of depleted natural resources necessitated the search for new solutions for humanity. Their search for solutions has led to the development of sustainable environmental approaches. Sustainable environmental approaches mean that the available resources will be used in a careful, planned and orderly manner to meet their needs in future generations. In the face of the fact that natural resources are limited and can be exhausted, it is inevitable that the environment will be protected and this situation will be sustained.



The need for people to understand that the resources in nature are not infinite and to be more sensitive in order to protect nature has revealed the necessity of our project. The idea of preserving and maintaining this system with permaculture principles is a better understanding of the content of our project and its ecological system and problems. Prepared activities and studies are based on this purpose. The concept of permaculture needs to be better understood and more involved in human life. The learning and implementation of the permaculture lifestyle, developed in accordance with the sustainable lifestyle, will undoubtedly contribute to the protection of nature. In this regard, the necessity of teaching the sustainable lifestyle to people is also among the project needs.





THE SUMMARY OF

# OUR PROJECT



Today, young people cannot integrate with nature. In the European Union, almost 1 out of every three young people has never been able to establish a land in their life or be integrated into the environment. With this project, it was aimed to integrate young people with nature, to feel the soil and to comprehend the importance of nature as intertwined with it. Again, young people need to explore educational environments outside the school and develop key competences. This situation has been one of the needs of our project. Although there are a lot of institutions working on the protection of the environment, these studies are generally conducted regionally. These institutions are required to develop existing communication channels and volunteers in order to strengthen their regional work and to participate in new international projects. The need to offer new partnerships to these institutions and the need to share good experiences have also revealed the necessity of this project.



## THE OBJECTIVES OF

# OUR PROJECT

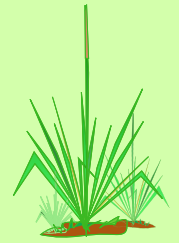


- To provide a better understanding of ecosystem and its importance,
- To raise awareness about ecosystem protection,
- To introduce and spread the concept of permaculture,
- To provide a better understanding of the concept of sustainable environment,
- To contribute to the protection of nature,
- To make a publication in the field of youth for the first time about permaculture,
- To create an internet page for the first time under the title of Erasmus + program related to permaculture,
- Increasing the number and potential of volunteers to work on environmental protection,
- To increase the capacity of the institutions working on the protection of the environment and sustainable life,
- 2020 to contribute to the achievement of environmental targets,
- Supporting environmental policies in the European Union,
- To introduce Erasmus + program,
- To contribute to increase the key competencies of young people,
- To ensure that young people are more intertwined with nature.





# THE ACTIVITIES OF OUR PROJECT

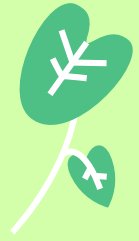


The project activities were realized in Muğla Fethiye with the participants from Latvia, Bulgaria, Hungary, Spain, Germany and Italy between the dates of 23-31 October. In the preparation of the project activities, good research has been done in the academic sense and the most accurate methods of learning have been chosen in order to transfer the information in the most efficient way. From the planning stage of the project activities, the whole process was planned together with the partners and an effective partnership was planned at every step of the project. A dissemination plan which is effective before, during and after the project activities started. Activities that will be active at all stages of the project are included in the participants. Based on these strategies and plans, strategies were identified for possible problems and crisis management. The realization of this process as planned, effective team work and our youth energy will be the basic elements that will lead this project to success.

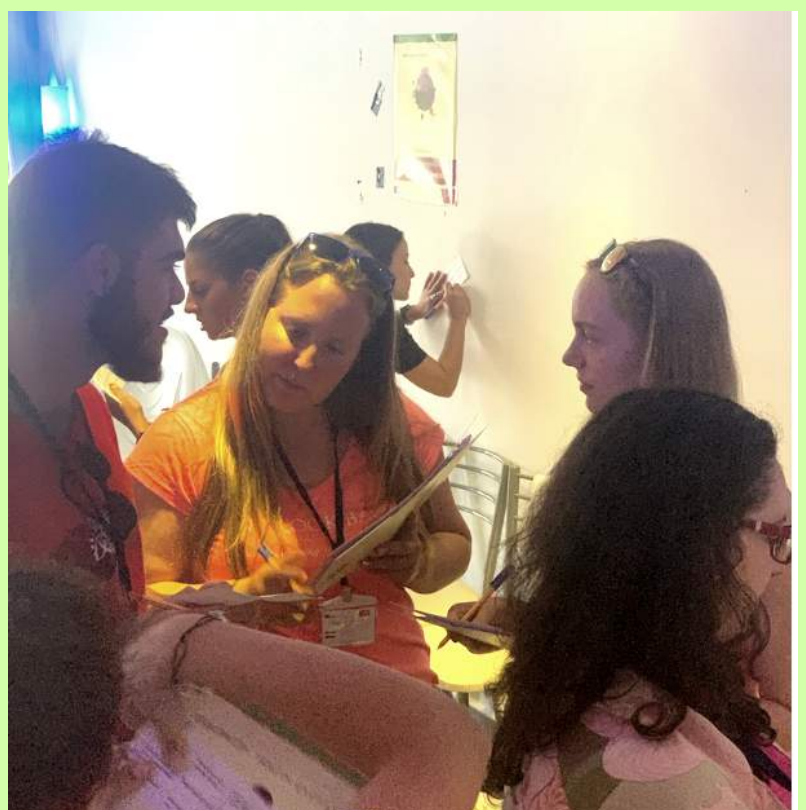




# THE ACTIVITIES OF OUR PROJECT



The content of the project has the idea of understanding the concepts of ecosystem and permaculture and using the principles of permaculture as a tool to protect the ecosystem. Therefore, first of all, how to use the principles of permaculture in order to reduce the problems in the ecosystem following the correct understanding of these concepts has a very detailed explanation. These narratives have been supported by the applications and it is aimed to create the idea that the participants can make these applications in real life. Rather than telling all permaculture titles, the activities are designed to provide young people with realistic practical skills that will affect city life and their future life. The activities included both the participants; information and the activities they took from the other side. The activities are planned based on creativity, research-based and directly aligned with the objectives set for the project. Presentations, discussions, problem solving, brain storming, use of technological tools, field applications, peer evaluation were included in the project activities.



THE BASE OF

# OUR PROJECT



Erasmus+ is the EU program to support education, training, youth and sport in Europe. Its budget of €14.7 billion will provide opportunities for over 4 million Europeans to study, train, and gain experience abroad. Set to last until 2020, Erasmus+ doesn'T just have opportunities for students. Merging seven prior programs, it has opportunities for a wide variety of individuals and organisations. Detailed information on these opportunities, including eligibility criteria, is available in the Erasmus+ Programme.



Erasmus+



The aim of Erasmus+ is to contribute to the Europe 2020 strategy for growth, jobs, social equity and inclusion, as well as the aims of EU2020, the EU's strategic framework for education and training. Erasmus+ also aims to promote the sustainable development of its partners in the field of higher education and contribute to achieving the objectives of the EU Youth Strategy. Specific issues tackled by the program include:

- Reducing unemployment, especially among young people
- Promoting adult learning, especially for new skills and skills required by the labour market.
- Encouraging young people to take part in European democracy
- Supporting innovation, cooperation and reform
- Reducing early school leaving
- Promoting cooperation and mobility with the EU partner countries

Erasmus+ has opportunities for people of all ages, helping them develop and share knowledge and experience at institutions and organisations in different countries.

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Erasmus+ has opportunities for a wide range of organisations, including universities, education and training providers, think-tanks, research organisations, and private businesses.

- Key Action 1: Learning mobility of individuals
- Key Action 2 : Innovation and best practices
- Key Action 3: Support for Policy Reform
- Jean Monnet
- Sport



# OPPORTUNITIES



## Studying Abroad

Erasmus+ helps organise student and doctoral candidate exchanges within Erasmus+ Programme countries and to and from Partner countries. By studying abroad with Erasmus+, you can improve your communication, language and inter-cultural skills and gain soft skills highly valued by future employers. Read more about the benefits of an exchange abroad. You can also combine your period spent studying abroad with a traineeship to gain work experience - ever more important when starting out on the job market. Opportunities to study abroad are available to students at Bachelor and Master levels and Doctoral candidates. Master students taking a full degree abroad (up to two years) may be able to benefit from an EU-guaranteed Erasmus+ Master Loan. Access to Erasmus+ Online Linguistic Support will help you learn the language used for your studies if you are moving between Programme countries. Students with physical, mental or health-related conditions may apply for additional funding after they have been selected to study abroad.

## Traineeship



Erasmus+ supports traineeships (work placements, internships, etc) abroad for students currently enrolled in higher education institutions in Program countries at Bachelor and Master level as well as for doctoral candidates. These opportunities are also open to recent graduates. By doing a traineeship abroad with Erasmus+, you can improve not only your communication, language and inter- cultural skills, but also soft skills highly valued by future employers, as well as become more entrepreneurial. Read more about the benefits of an exchange abroad. You can also combine your Erasmus+ traineeship with a study period abroad. Access to Erasmus+ Online Linguistic Support will help you learn the language used at your workplace.

# OPPORTUNITIES



## Youth Exchanges

Youth exchanges allow groups of young people from different countries to meet, live together and work on shared projects for short periods.

Youth exchanges take place outside the school environment. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. Participants learning experiences are recognized through a Youthpass.

## European Solidarity Corps

The European Solidarity Corps aims to foster solidarity in European society, engaging young people and organisations in accessible and high-quality solidarity activities. It offers young people volunteering activities, traineeships or jobs, or run their own projects. These opportunities give young people the chance to show solidarity and commitment to different communities and help resolve challenging situations across Europe. Through the experience, they will also develop their skills and gain invaluable personal experience.

## For Youth Workers

### Networking and training

Erasmus+ supports the professional development of youth workers through training or networking periods abroad. Periods abroad can consist of training courses, study visits, job shadowing or observation periods at relevant organisations and more..

## Useful Links for Erasmus+ Program Opportunities:

<https://www.salto-youth.net>

<http://ua.gov.tr>

[http://ec.europa.eu/programmes/erasmus-plus/node\\_en](http://ec.europa.eu/programmes/erasmus-plus/node_en)

[https://europa.eu/youth/volunteering\\_en](https://europa.eu/youth/volunteering_en)

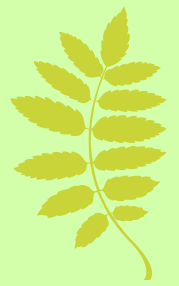
<https://www.etwinning.net/tr/pub/index.htm>

[https://ec.europa.eu/youth/solidarity-corps\\_en](https://ec.europa.eu/youth/solidarity-corps_en)



## DEFINITION OF

# THE ECOSYSTEM



An **ecosystem** is a community of living organisms in conjunction with the nonliving components of their environment, interacting as a system. These biotic and abiotic components are linked together through nutrient cycles and energy flows.

The contents of an ecosystem can range from light and moisture levels to plant and animal life. The processes of a biome range from birth and reproduction to death and composition. In an ecosystem, living organisms are grouped into **producers, consumers, and decomposers**, the former representing all plant life, consumers the organisms that eat them and each other, and the latter those scavengers and bacteria that break down dead organic matter. Together, these living components are known as **biotic factors**. Abiotic factors or the non-living components of an ecosystem, can be climatic, social and edaphic (influenced by the soil or ground type). The calorific flow or energy flow that travels through an ecosystem's food chain is initially provided through the input of the ecosystem itself – for example, the amount of sunlight available for plant life, and the nutrient levels of the soil. Without abiotic factors, no ecosystem can provide for biotic factors.



# THE ECOSYSTEM



Our environment is constantly changing. There is no denying that. However, as our environment changes, so does the need to become increasingly aware of the problems that surround it. With a massive influx of natural disasters, warming and cooling periods, different types of weather patterns and much more, people need to be aware of what types of environmental problems our planet is facing. Our planet is poised at the brink of a severe environmental crisis. Current environmental problems make us vulnerable to disasters and tragedies, now and in the future. We are in a state of planetary emergency, with environmental problems piling up high around us. Unless we address the various issues prudently and seriously we are surely doomed for disaster. Current environmental problems require urgent attention.

## 4 MAJOR CURRENT ENVIRONMENTAL PROBLEMS

**1. Pollution:** Pollution of air, water and soil require millions of years to recoup. Industry and motor vehicle exhaust are the number one pollutants. Heavy metals, nitrates and plastic are toxins responsible for pollution. While water pollution is caused by oil spill, acid rain, urban runoff; air pollution is caused by various gases and toxins released by industries and factories and combustion of fossil fuels; soil pollution is majorly caused by industrial waste that deprives soil from essential nutrients.

**2. Global Warming:** Climate changes like global warming is the result of human practices like emission of Greenhouse gases. Global warming leads to rising temperatures of the oceans and the earth' surface causing melting of polar ice caps, rise in sea levels and also unnatural patterns of precipitation such as flash floods, excessive snow or desertification.

**3. Natural Resource Depletion:** Natural resource depletion is another crucial current environmental problems. Fossil fuel consumption results in emission of Greenhouse gases, which is responsible for global warming and climate change. Globally, people are taking efforts to shift to renewable sources of energy like solar, wind, biogas and geothermal energy. The cost of installing the infrastructure and maintaining these sources has plummeted in the recent years.

**4. Loss of Biodiversity:** Human activity is leading to the extinction of species and habitats and and loss of bio- diversity. Eco systems, which took millions of years to perfect, are in danger when any species population is decimating. Balance of natural processes like pollination is crucial to the survival of the eco-system and human activity threatens the same. Another example is the destruction of coral reefs in the various oceans, which support the rich marine life.



WHAT IS

# PERMACULTURE?



Permaculture is a creative design process based on whole-systems thinking informed by ethics and design principles that feature on this site.

This approach guides us to mimic the patterns and relationships we can find in nature and can be applied to all aspects of human habitation, from agriculture to ecological building, from appropriate technology to education and even economics.

By adopting the ethics and applying these principles in our daily life we can make the transition from being dependent consumers to becoming responsible producers. This journey builds skills and resilience at home and in our local communities that will help us prepare for an uncertain future with less available energy.

The techniques and strategies used to apply these principles vary widely depending on the location, climatic conditions and resources that are available. The methods may differ, but the foundations to this wholistic approach remain constant. By learning these principles you can acquire valuable thinking tools that help you become more resilient in an era of change.





# PRINCIPLES

### 1. OBSERVE AND INTERACT

Being observant and responding to what we see is really important in moving towards a more ethical and sustainable way of life.

We can learn from nature, and from other people, observing how others have moved to a greener and more ethical approach, and working with the world around us to succeed in our goals.

### 2. CATCH AND STORE ENERGY

Energy is abundant on our planet. Learning how to catch and store that energy – in plants, with renewable energy infrastructure, or in other ways, is key to living a sustainable way of life.

Growing your own food at home is a great way to catch and store energy from our sun. Passive solar design also offers opportunities for architects, engineers and designers to make further use of this abundant energy source.

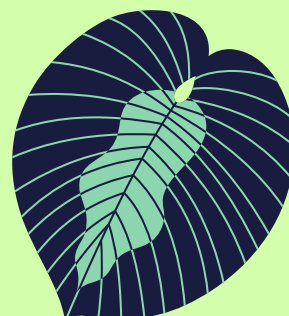
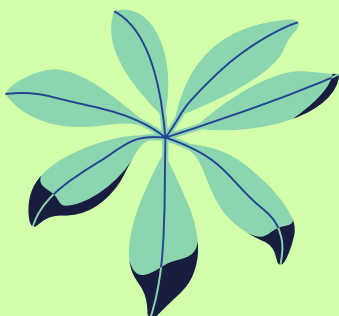
### 3. OBTAIN A YIELD

Taking the three core ethics of permaculture into account, we can work with nature to get all the things we need. Obtaining a yield can be as simple as using organic gardening techniques to provide food for our families – but it can also be about obtaining a non-tangible yield: happiness, health... or mental well-being.

Living a sustainable lifestyle that sticks to permaculture principles can allow us to obtain all sorts of more intangible yields as well as the obvious tangible ones.

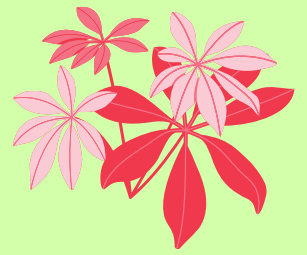
### 4. APPLY SELF-REGULATION AND FEEDBACK

Understanding where we've succeeded and where we've gone wrong is vitally important to creating real and lasting change. For example, by analysing and evaluating all the things that we bring into our homes, we can make better purchasing decisions moving forwards: reducing, reusing, recycling and regulating our worst consumerist tendencies.





# PRINCIPLES



## 5. USE AND VALUE RENEWABLES

By using the power of the sun, the wind, or the water, we can power our homes, grow our food, and regenerate our environments.

Rather than relying on finite and polluting fossil fuels, we should make full use of renewable sources of energy: for example, switching to a green energy supplier – or even generating our own power with solar panels or other renewable infrastructure at home – is something many of us can do to move to a more sustainable way of life.

## 6. PRODUCE NO WASTE

Moving towards a zero waste lifestyle means looking at all the trash we chuck out and trying to eliminate it. We can do this by reducing the amount we buy, by buying wisely, by reusing or recycling where possible, by composting, and by working with ethical companies who look at waste throughout the entire life-cycle of their products.

## 7. DESING FROM PATTERNS TO DETAILS

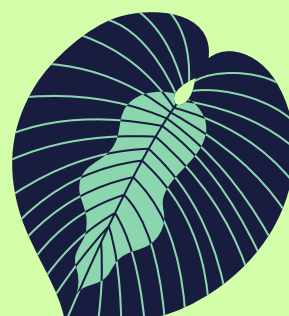
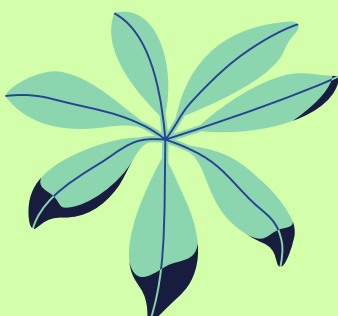
Whether designing a new vegetable garden, or an entire new sustainable way of life, we have to look at the big picture before we get bogged down in the little things.

Thinking wholistically, about all areas of our lives, can help us move forwards in a positive direction.

## 8. INTEGRATE DON'T SEGREGATE

Plants work well in diverse systems – the same is true of people too. Planting polycultures (guilds of plants which work together) is just one example of how this principle works in the real world.

And as well as applying this in the garden, we can also apply it to communities, groups or organisations. Sustainability is something we achieve together – through collaboration and co-operation – it's not something we do alone.





# PRINCIPLES

### 9. USE SMALL, SLOW SOLUTIONS

Every journey begins with a single step. Whenever we try to do too much too soon, it's easy to become overwhelmed – and though big changes can bring big benefits, they bring bigger risks too. Making small, incremental changes is the best way to move towards sustainable change.

For example – don't start a farm, try a small windowsill garden. Don't overhaul your entire shopping philosophy – change things one ethical purchase at a time.

### 10. USE AND VALUE DIVERSITY

Just as ecosystems work best when filled with a greater variety of different plants and animals, so human society functions best when a variety of different people are represented.

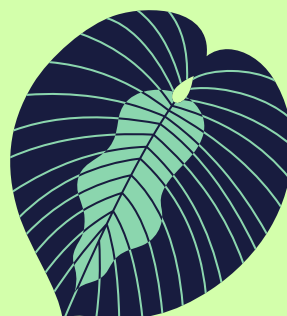
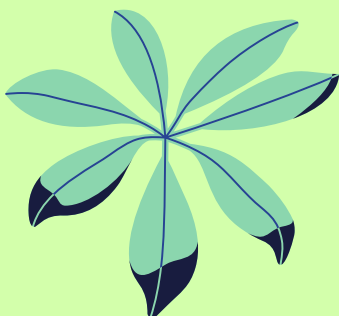
In your garden, home and your life in general, it's a good idea to promote and value diversity in all its forms.

### 11. USE EDGES AND VALUE THE MARGINAL

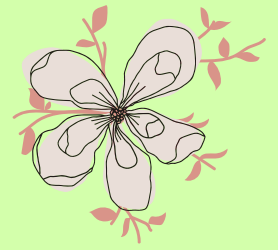
Sustainability is about making use of all the resources that we have at our disposal. Whether we're talking about land use, work places, homes or society in general, making use of all we have involves valuing fringes and fringe elements. This might be as simple as using a neglected corner of your outside space to grow more food, or something more abstract, like thinking outside the box.

### 12. CREATIVELY USE AND RESPOND TO CHANGE

Finally, change is an inevitable part of life. It's important to remember that permaculture isn't just about now, but about the future. We design for change, understanding that things will alter over time. The changing seasons, changing attitudes, our changing climate... how we respond to these changes will shape sustainable progress in the years to come.



# FLOWER



## Land and Nature Stewardship

Some topics covered in this domain include: Agroforestry, Biointensive gardening, Forest gardening, Organic agriculture, Biodynamics, Wholistic rangeland management, Integrated aquaculture, Wild harvesting and hunting, Gleaning.

## Building

Some topics covered in this domain include: Solar design, Natural construction materials, Water harvesting and waste reuse, Biotechture, Earth sheltered construction, Natural disaster resistant construction.

## Tools and Technology

Some topics covered in this domain include: Recycling, Fuels from organic wastes, Renewable energy.

## Education and Culture

Some topics covered in this domain include: Social ecology, Home schooling, Waldorf education, Participatory arts and music, Action learning, Transition culture.

## Health and Spiritual Wellbeing

Some topics covered in this domain include: Alternative medicine, Home birth and breast feeding, Dying with dignity, Body/mind/spirit disciplines.

## Finances and Economics

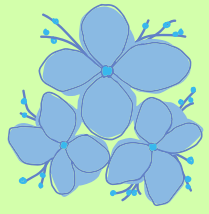
Some topics covered in this domain include: Ethical investment and fair trade, Farmers markets and community supported agriculture, Tradable energy quotas, Ecological living.

## Land Tenure and Community Governance

Some topics covered in this domain include: Native title and traditional use rights, Cooperatives and body corporates, Cohousing and ecovillages.



# THE PROJECT



### GETTING TO KNOW EACH OTHER

We planned games for the participants to get to know each other better. In those games, the participants had tasks to complete together, ask to each other questions. In this way, they got to know each other better and communicate better.



### DESCRIPTION OF THE ECO SYSTEM

The participants were divided into groups and drawn concept maps describing the ecosystem. After the presentation of these maps, a general concept map was prepared and all titles and concepts that make up the ecosystem were learned in the most accurate way. Participants got encouraged to use the internet in this activity.

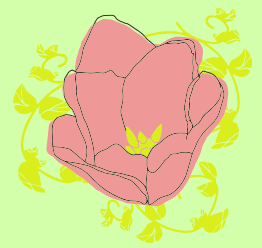


### PROBLEMS IN THE ECOSYSTEM

In this activity, the participants were divided into different groups and are expected to conduct research on the subjects that are pre-determined for them. The participants, who primarily identified the problem, then explained the problem in more depth with current statistics and examples. Subsequently, they presented and explain the policies and studies carried out by the European Union or international organizations, if any. With this activity, participants were expected to have a clear understanding of the problems in the ecosystem.



# ACTIVITIES FROM THE PROJECT



## ENVIRONMENTAL POLICY OF PARTICIPATED COUNTRIES

Prior to the project, participants were asked to prepare a presentation on environmental issues and policies implemented in their countries. This presentation provided a better understanding of the main environmental problems, statistics on the extent of these problems and the policies implemented to solve these problems.



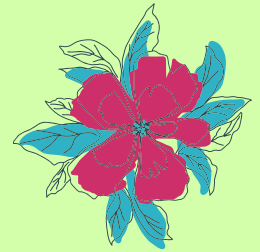
## ECO VILLAGE VISIT

We planned a trip to Turkey's largest ecological living farm permaculture built with permaculture principles. In this way, it was much better understood by the participants how all the presentations and teachings of the previous day look in real life. Here whole day, practical information in different parts of the farm were given in different headings such as the farm's history of establishment, operation, information on production, farm animals visit, and contribution to the ecosystem.





# THE PROJECT



### BEACH CLEANING

It was planned to carry out an environmental cleaning in the designated area (Fethiye Dead Sea coast) with the participants, to explain organic and inorganic separation of the collected garbage according to their types, to understand the wastes that can be reused, recycled differently, and how the wastes can be kept in the natural environment without damaging the nature.



### PLANTING, RECYCLING AND OTHER ACTIVITIES

During two days in our project we talked about importance of recycling, planting and composting. Participants from Spain and Bulgaria presented their presentation about biological identity of soil and composting.

Two of them have their business "Miliragama 14" in Portugal and they shared purpose of their job and importance of organic nutrition. They taught us to prepare so delicious energy bars. Another participant from Portugal taught us to prepare Bug Hotel through waste materials.

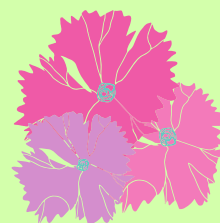
Group leader from Latvia organized very efficient activity about natural material use, & human made material integration into it. Some Spanish participants taught us to prepare seed bombs and we throw them into forest.





ACTIVITIES FROM

# THE PROJECT

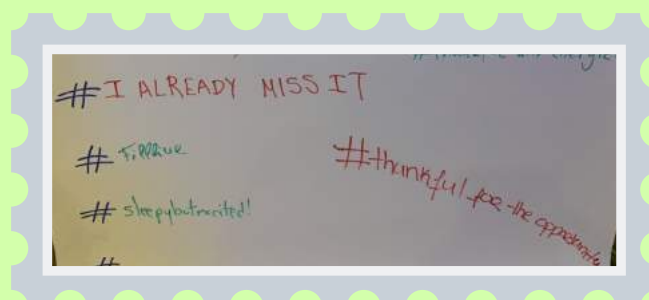
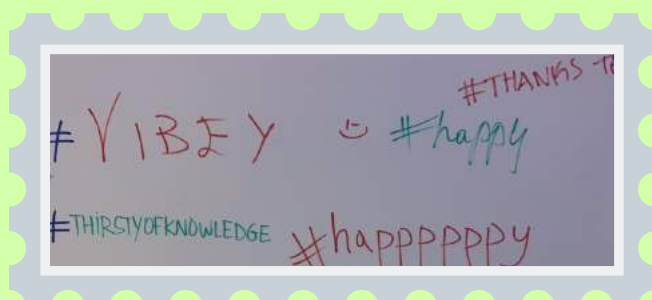


## CULTURAL NIGHTS

During 4 evenings in our project we had perfect cultural nights. Each night we got more information about our participated countries about their cultures, foods and treasures. We danced, tasted various kinds of traditional and enjoyed all together.

## EVALUATIONS

In the end of daily activities, we talked about daily activities, their effects and results over participants and community. We also prepared hashtag list for ourselves.



THE PARTNERS OF

# OUR PROJECT



Group Education Volunteers  
Muğla/Turkey  
groupeducationvolunteers@gmail.com



Ecological Manifesto - ManEco  
Sofia/Bulgaria  
vihrenemitev@gmail.com



Ecocenter Alapítvány  
Hatvan/Hungary  
info@ecocenter.hu



Associacao Quinta Das Relvas  
Branca/Portugal  
international@quintadasrelvas.pt



QG Enviro Merine  
Lizzanello/Italy  
qgenviro@gmail.com



Permacultura Cantabria Penagos/Spain  
permaculturacantabria@gmail.com



Bioville Vecumnieku Novads  
Riga/Latvia  
lipa123@inbox.lv



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GROUP  
EDUCATION  
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