

# nasplix

Workbook for youth



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## **Introduction: What is *Nature And Social Permaculture Learning for Youths - NASPLY?***

The project NASPLY is a cooperation partnership that aims to tackle the environmental and climate crisis, foster social inclusion, develop the life-skills and digital skills of marginalised youth, and improve their well-being through the holistic permaculture approach that focuses on building resilience in communities, answering to the needs of young people. NASPLY focuses on building resilient communities. Social and Nature Permaculture is used in this project as a theory for learning.

Social permaculture focuses on the principles of permaculture design, extrapolated into societal level i.e., it aims at creating resilient communities where people understand their value in society, what their role is, how they can learn from nature to have a strong and sustainable social ecosystem.



NASPLY addresses environmental issues, through social and green entrepreneurship based on the principles of permaculture, and promotes solidarity, and concern for others. NASPLY aims at developing high-quality project results on social permaculture and eco-therapy gardening as tools for youth empowerment, to acquire skills, build social networks and grow within their community with equal access to nature.

## Who are the partners?

Friends of the Earth, (Malta) - Coordinator



Generation (Change?), (Malta)



PRISMS, (Malta)



Jugend- & Kulturprojekt e.V., (Germany)



Asociación Cultural y Medioambiental Permacultura Cantabria, (Spain)



Research and Education of Social Empowerment and Transformation - RESET LTD, (Cyprus)



APS Lafenice ASD, (Italy)



# My Permaculture Journey

Below are three columns, take some time to think about your personal knowledge and experiences with permaculture and complete the tables.

What do I currently know?	What would I like to learn?	What did I learn?



## My Relationship with Nature

Take a moment to read the words below. Without thinking too much, write down the words that immediately come to your mind.

Flower



Gardening



Community



# 12 Principles of Permaculture

12. Creatively use & respond to change



1. Observe and interact

11. Use edges & value the marginal



2. Catch & store energy

10. Use & value diversity



Earth Care



3. Obtain a yield

9. Use small & slow solutions



Fair Share

People Care



4. Apply self-regulation & accept feedback

8. Integrate rather than segregate



7. Design from patterns to details



6. Produce no waste

5. Use and value renewable resources & services

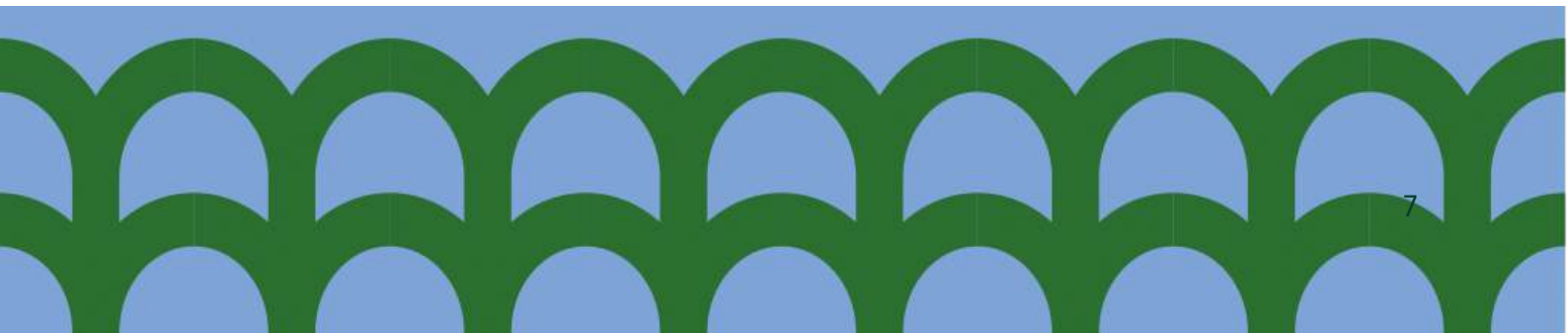




## Your "Perfect" Garden

Everyone has their idea of a perfect something right? A house, car, job etc. I want you to visualise your perfect garden, if it could be anywhere in the world and include anything you want and be any size. Whatever you can imagine.

Got it? Use the space below to describe it or make a quick sketch and upload it here.





## Earth People Fair by Formidable Vegetable - Music Video

Watch/listen to this music video. What did you think? What did you notice about the lyrics? What struck you in the music video?



***Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. ~ Margaret Mead***



## Check my resources/Community sharing

Check around your house - do you have any of these items? If not, do you know anyone who does? Thinking of community - are there any initiatives that encourage your local community to share/trade gardening tools?



Trowel

Gardening gloves

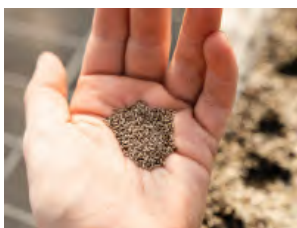


Pruning shears

Spade



Seeds



Hoe



Wheelbarrow



Plant pots/containers



### Top Tip:

Set yourself up for success: Start with plants that grow easily! E.g green leafy vegetables or herbs.



## Reflection Time

Find a quiet space - indoors / outside - somewhere that brings you peace. Find an object that brings you joy. Hold it in your hands, feel it. Now take a few minutes to reflect on the last 24 hours, what moments have brought you happiness? Made you smile? Give you a sense of gratitude?

### Top Tip:

Choose a spot you like, visible or where you often pass by, and set up your space there. This will encourage you to check in regularly and maintain it, increasing its chances of success.



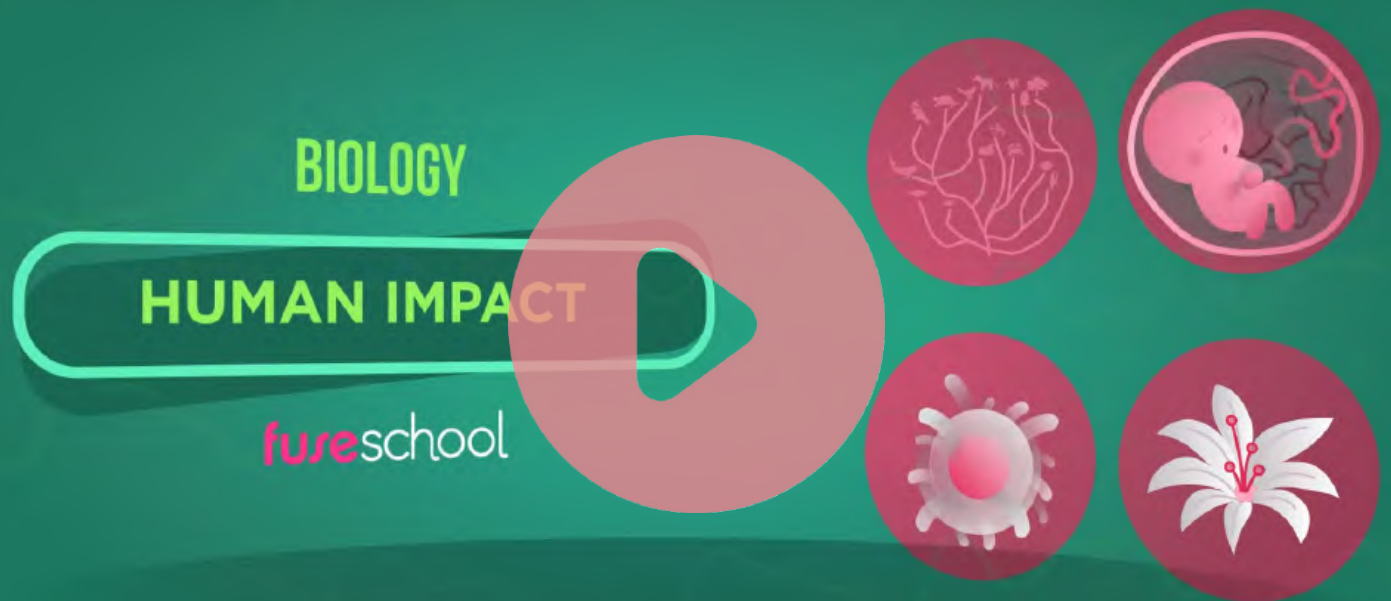
## Name that Herb

Set a 30 second timer - how many herbs can you name? - Find an opponent  
- Did they name herbs that were new to you?

**Special task** - the next meal you eat, try adding a new herb to it. Take your time, enjoy it, taste the flavour. What did you think? Did it taste how you expected? Would you consider growing it yourself? Do you know any methods to preserve this herb?

# Human Impact

Watch this video about Human impact on the Earth:



## Time to research!

Go online. Speak to people. Find out what your government is doing to combat the climate crisis. What changes (big or small!) can you make to help the environment?



***Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. ~ Desmond Tutu***



## Plant Inspiration

Get inspired. Go and explore the natural world. Check out public gardens, ask friends and family what they are currently growing. Take a photo of a plant that you wish to grow in the future. Upload it here

Have you heard of PlantSnap? Not sure what you're looking at when out and about? You can use this app to identify the plants using image recognition technology.

**Idea:** Why not keep a journal or scrapbook of your findings? Perhaps even sharing it on social media, to inspire others.

### Top Tip:

Assign 10% of your space to flowers and plants - this will attract useful predators/insects which will increase the chance of survival of your whole crop.



## Stop, Listen, Reflect

Go outside, stop, listen. Take a short recording of the natural sounds you can hear. What do you notice about the sounds? How many are natural, how many are man made? Were you surprised by what you heard? Why or why not?

Upload recording here:

Space to comment:



### Top Tip:

Permaculture encourages growing food closer to home and in a way that is less destructive to natural habitats.

## Time to Check in!

Emoji scale - how are you feeling right now?



List down 3 things you feel you have learnt so far.

List 3 things that you are hoping to learn more about.



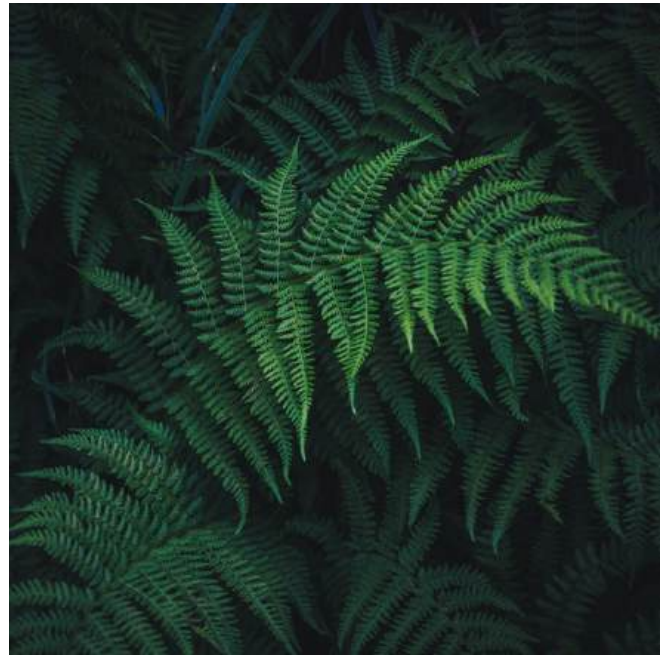


## Patterns around us

All things that exist are made of the same basic patterns, and we can use those patterns to understand, interact with, and mimic nature, so that our homes, gardens, and lifestyles are more sustainable.

Source - <https://www.freepermaculture.com/patterns-in-nature/>

Look at the patterns below, try and name them.



Here is the answer, did you get it right?



Spiral



Fractal



Tessellation



Waves

**Top Tip:**

Any space big or small can be used to create your own permaculture garden.





## Nature Word Search

In the word search below, you will find 10 different words related to permaculture. How many can you find?

Garden - Permaculture - Community - Green - Entrepreneurship - Earth Care - Holistic - Compost - Grow

F	G	Z	E	C	A	I	H	S	D	K	A	C	U	R	L	T	E	D	V
A	E	D	V	J	U	S	C	H	T	B	O	K	P	C	O	M	M	I	T
T	U	C	Y	H	T	R	A	E	A	G	K	E	O	R	G	R	O	W	G
I	H	O	L	T	A	G	R	B	O	U	R	M	M	I	T	Y	B	C	S
H	T	M	M	O	C	B	A	F	T	M	A	G	T	C	A	J	E	H	S
O	H	M	T	V	C	Z	K	Z	A	T	H	A	H	A	T	E	R	G	V
P	M	U	J	A	E	S	B	C	D	T	A	O	L	H	R	B	I	A	D
D	F	N	U	V	K	I	U	T	M	B	R	Z	L	U	N	E	E	R	G
A	Z	I	R	T	Y	L	U	P	Q	I	S	S	D	I	F	G	H	I	U
J	K	T	L	M	T	W	X	C	V	B	N	A	E	R	S	T	Y	Q	S
U	D	Y	F	U	I	G	T	S	O	P	M	O	C	H	J	T	K	L	M
W	X	C	R	V	B	N	A	H	E	Y	X	I	V	A	T	Y	I	N	M
R	C	E	A	V	Y	K	S	T	F	J	E	M	V	A	U	V	F	C	Q
A	G	J	D	O	W	Z	T	Y	B	X	A	K	O	M	Q	P	T	E	R
L	F	E	N	T	R	E	P	R	E	N	E	U	R	S	H	I	P	T	U
A	G	F	O	A	C	H	A	E	R	N	M	K	Q	J	A	G	H	K	E
V	M	A	T	X	N	E	N	U	R	A	F	H	Z	R	H	C	Z	U	R
H	S	O	U	W	A	R	E	U	A	R	C	S	A	Y	O	B	D	J	G
M	A	M	E	I	F	A	E	D	T	I	G	A	R	D	E	N	J	R	A
L	A	Z	F	V	J	C	E	J	P	Q	C	I	O	T	H	R	A	E	H

Here is the solution, could you find all 10 words?

Garden - Permaculture - Community - Green - Entrepreneurship - Earth  
Care - Holistic - Compost - Grow

F	G	Z	E	C	A	I	H	S	D	K	A	C	U	R	L	T	E	D	V
A	E	D	V	J	U	S	C	H	T	B	O	K	P	C	O	M	M	I	T
T	U	C	Y	H	T	R	A	E	A	G	K	E	O	R	G	R	O	W	G
I	H	O	L	T	A	G	R	B	O	U	R	M	M	I	T	Y	B	C	S
H	T	M	M	O	C	B	A	F	T	M	A	G	T	C	A	J	E	H	S
O	H	M	T	V	C	Z	K	Z	A	T	H	A	H	A	T	E	R	G	V
P	M	U	J	A	E	S	B	C	D	T	A	O	L	H	R	B	I	A	D
D	F	N	U	V	K	I	U	T	M	B	R	Z	L	U	N	E	E	R	G
A	Z	I	R	T	Y	L	U	P	Q	I	S	S	D	I	F	G	H	I	U
J	K	T	L	M	T	W	X	C	V	B	N	A	E	R	S	T	Y	Q	S
U	D	Y	F	U	I	G	T	S	O	P	M	O	C	H	J	T	K	L	M
W	X	C	R	V	B	N	A	H	E	Y	X	I	V	A	T	Y	I	N	M
R	C	E	A	V	Y	K	S	T	F	J	E	M	V	A	U	V	F	C	Q
A	G	J	D	O	W	Z	T	Y	B	X	A	K	O	M	Q	P	T	E	R
L	F	E	N	T	R	E	P	R	E	N	E	U	R	S	H	I	P	T	U
A	G	F	O	A	C	H	A	E	R	N	M	K	Q	J	A	G	H	K	E
V	M	A	T	X	N	E	N	U	R	A	F	H	Z	R	H	C	Z	U	R
H	S	O	U	W	A	R	E	U	A	R	C	S	A	Y	O	B	D	J	G
M	A	M	E	I	F	A	E	D	T	I	G	A	R	D	E	N	J	R	A
L	A	Z	F	V	J	C	E	J	P	Q	C	I	O	T	H	R	A	E	H

Green entrepreneurship means having environmental sustainability at heart when creating a business plan. This could be through implementing eco-friendly policies that staff need to abide by, to larger scale examples such as the planting of X amount of trees per year to offset the carbon footprint, to the creation of eco-friendly products that encourage sustainability.

## Youth Initiatives in the Community

Can you identify any initiatives created or led by youth in your local communities whose aim is to help the local population and the natural environment by promoting environmentally friendly practices and/or methods?



***Unless someone like you  
cares a whole awful lot,  
nothing is going to get  
better. It's not. ~ Dr. Seuss  
(The Lorax)***

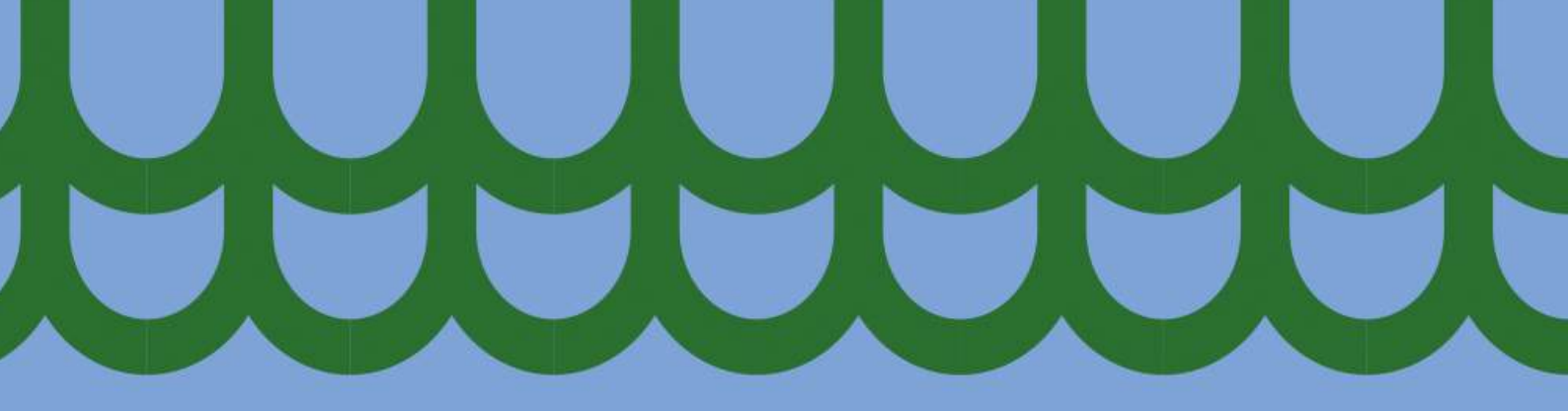
## Accessible Gardens

What is accessibility? What does a community need to be accessible to all? The next time you take a walk in a local garden, take note of the following: Is the garden fully accessible to all those who want to use it?

Circulation/walkways: Do the walkways allow people to move easily from one garden area to another? Are they wide enough? Are they built to last permanently with landscape fabric, bark mulch etc.?

Take a seat, now you have considered the above: take some time to create a quick sketch of what the garden would look like/include in order for it to be fully accessible.

Upload the drawing on the next page



**Top Tip:**

Compost is ready to use when it is dark & smells earthy.



## Local Farm Visit Reflection

It's time to visit a local farm:

Observations: size / location / crops being grown.

Did you speak to the farmer? What are some of the positive practices being carried out? What could be done differently? How did you feel walking around the farm?

## Getting to Know Local Produce

Produce: What produce is grown in your local area? Not sure? Investigate! Speak to your local community, see what you can find online and make some notes.

Do you as an individual try to buy local?

What are the possible obstacles to buying local products?

Challenge! Go out and buy one locally grown fruit or vegetable this week.

Take a selfie with it and upload it here



## Time to Reflect

Use this section throughout your permaculture experience, you can use it to prompt you, give you ideas and give you a chance to reflect on the overall process.

**Produce:** Was the garden designed to produce a plentiful and continuous harvest? Is there enough diversity of garden themes and crops?

**Soil care:** What changes took place in your soil over the growing season? Did you do a soil test? Do you need to use additional compost next year?

**Birds, bees and butterflies:** What kinds of birdbaths, birdhouses, or plantings did you plant to attract and maintain a permanent home for insect-eating birds? Do you have flowering gardens for bees and butterflies? What improvements might be in order for the next season?

**Pests:** What is a pest? How did you identify what would be harmful/helpful to your garden? How did you respond to pest problems and diseases in the garden?

**Sunlight:** Did the garden site receive enough sun to grow a diversity of crops successfully? Were there enough shade devices and strategies?

**Water:** Was the amount of rainfall your garden site received over the season adequate? Was your watering/irrigation system effective for deep watering of the crops? How would you correct the watering problems you experienced at your site?

**Safety:** What changes could be made in the garden to minimise the chance of personal injury? Did you have regular access to garden tools, watering cans, wheelbarrows etc.?

**Improvements:** Reflecting on the process as a whole, what would you do differently? What are the estimated costs of proposed improvements?

## Final Thoughts

Now that you have come to the end of the permaculture project, take some time to reflect on your personal experience and how/if this project impacted you, your community and your permaculture plans for the future.

What impacts did this project have on you?

How did it influence your attitudes and behaviour?

Describe the benefits and disadvantages of the garden site. How is the garden being managed?

What are some of the future plans for the garden?

Community impact: How effective was the project in involving the community: including parents, elders, media for storytelling? Did you try to reach a wider community by posting on social media sites?

Did you make any new connections with your local community as a result of the project?



***Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty. ~ Albert Einstein***



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