



GROWING COMMUNITIES

EMPOWERMENT THROUGH SOCIAL PERMACULTURE



Micro Trainings & Engagement Program

Micro-training activities

In the spring and summer 2022, each partner organised micro-trainings in their country. The teasers and activities that had been diligently collected and developed in the last months were put into practice for testing and validation. Taking into account local conditions and needs, the partner organisations focused on different topics.



Water management



Waste management



Food preservation

Micro-trainings in Romania

The activities that were tested and validated:

- Water management
- Waste management
- Food preservation

Dominou Association

During a micro-training in Romania, what participants enjoyed most was to learn about our water resources. Through a game we discovered different scenarios related to water management. The participants had the task to find solutions for water sustainability. This not only stimulated our grey brain cells, but was also a lot of fun! It was interesting to create empathy with other parts of the world and reflect on the climate changes we can already observe in our country.



Permaculture Zoning



The role of plants



Soil Health (the jar test)

Micro-trainings in Berlin, Germany

The activities that were tested and validated:

Permaculture Zoning

Soil Health (the jar test)

The role of plants

Garden Web

Garden Web (readaptation to the human context)

Kulturlabor Trial & Error e.V.

The Kulturlabor Trial & Error organisation in Berlin also organised some micro-trainings. Here, the focus was especially on learning about the soil and the function of community gardens. In particular, the participants addressed the question of how people organise themselves sustainably in order to maintain a healthy, open society. Of course, there was also an opportunity for networking and sharing knowledge with other people.

The participants learnt about the soil and how community gardens work. How do people organise themselves and stay open to the community?

One activity that was particularly popular is called 'The Garden Web of human ecosystem'. One participant described this exercise as follows: "A beautiful description of the mutual dynamics within our communities. Communities can prosper only when we take the needs of others into consideration and try to fulfil them with our qualities." "I will play the human garden web at my next company retreat to analyse how we interconnect as individuals and how mutual relationships are essential for our team."





Garden Web

Micro-trainings in Tenerife, Spain

The activities that were tested and validated:

The Garden-Web (Discovering Biodiversity)

The environmental impact of your actions

Soil health (the jar test)

Comparison of conventional agronomy and permaculture

The roles of plants

Permaculture Zoning



Soil health (The jar test)

Eduplus

Several micro-trainings also took place in our intergenerational garden in Tenerife. Through different activities (including a card game) the different functions of plants in a permaculture garden were learned. Bit by bit we explored the diversity of our ecosystem.

The Permaculture Zoning activity was also very popular as it could be adapted to the reality of our own garden and allowed the participants to contribute with their existing knowledge as well as to ask questions.

This activity is a mixture of a role play and a board game that helps participants to become familiar with the internal dynamics of a permaculture garden. This activity is great for helping the participants to identify the elements of a permaculture garden and understanding how they are connected.

"An enjoyable activity in the company of like-minded new people." (participant)



Garden Web

