

Workshop scenario

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Organization: Právě teď! o.p.s.

Workshop title	Modern forms of plant and vegetable cultivation: permaculture in practice		
Field	Farm, agriculture, gardening, related manual work		
Estimated number of presenters	1-2	Estimated number of participants	10-15
Duration of a single workshop	60-120 minutes	Number of workshops	according to agreement and possibilities, minimum 3 x
Workshop periodicity	once a month		
Necessary equipment	Suitable soil, gardening supplies, seedlings, water, work gloves. Room for changing clothes, little refreshments and possibility of hand washing after work in garden		
Necessary materials	Suitable soil and facilities, gardening supplies, seedlings, water, work gloves.		
Workshop objectives	<ol style="list-style-type: none"> 1. Understanding the basics of permaculture 2. Experience with specific permaculture techniques 3. Introduction to modern agricultural techniques and technologies 4. Promoting sustainable farming systems (general sustainability) 5. Permaculture as an opportunity to create a community network 		
Methods of work	<ol style="list-style-type: none"> 1. Theoretical basis, history & present 2. Exploring the garden/soil 3. Introduction to the possibilities of growing plants together 4. Planting / maintenance / harvesting / off-season soil maintenance 5. Sharing with each other 		
Workshop program	In attachment		
Expected effects of the workshop	<ol style="list-style-type: none"> 1. Increasing knowledge on the topic of growing plants and vegetables using the permaculture system 2. Raising awareness of organic farming methods 3. Leading participants to think about sustainability in different ways 		
Evaluation methods	<ol style="list-style-type: none"> 1. Interviews with participants 2. self-assessment 		

Attachments:

Attachment no 1

Workshop scenario

Workshop no 1: Theoretical introduction to permaculture

Duration approx. 60 minutes

1. Introduction and mutual introduction of the participants (5 minutes):
 - Welcome to the participants and a brief introduction of yourself and your experience with permaculture.
 - Getting a sense of the participants' expectations of the workshop.
2. Ethics and principles of permaculture (10 minutes):
 - Brief explanation of the basic ethical principles of permaculture: care for the Earth, care for people and fair distribution of resources.
 - Introduction to the main principles of permaculture, such as edge use, diversification, energy extraction and conservation.
3. Permaculture design (15 minutes):
 - Explanation of the permaculture design process, which includes observation, analysis, design and implementation.
 - Presentation of several examples of permaculture design in different contexts (e.g., gardens, farms, living spaces).
4. Practical applications of permaculture (20 minutes):
 - Introduction to specific permaculture techniques, e.g. composting, rainwater harvesting, planting companion plants.
 - Discussion of the benefits and challenges of using these techniques in your own farming system.
5. Global challenges and role of permaculture (10 minutes):
 - Discussion of the current challenges facing agriculture and the environment.
 - Presenting examples of how permaculture can contribute to addressing these challenges, for example by reducing greenhouse gas emissions, sustainable land use and ecosystem restoration.
6. Conclusion and questions (10 minutes):
 - Summary of the main points of the workshop.
 - Opportunity for participants to ask questions and discuss specific issues or situations of interest to them.
 - Providing information on additional resources and opportunities for further involvement in the permaculture community.

It is important to create an interactive environment, encourage questions and discussion



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Workshop no 2: Practical workshop on permaculture

Duration 60+ minutes

1. Introduction and recapitulation (5 minutes):
 - Welcome to the participants and a brief reminder of the basic principles of permaculture.
 - Summary of the previous workshop and feedback from participants.

2. Practical permaculture techniques (20 minutes):
 - Introduction to specific permaculture practices that focus on the design and implementation of sustainable agricultural systems.
 - For example: establishing a permaculture garden, principles of planting companion plants, building a compost system, using organic fertilizers, etc.
 - Demonstration and hands-on practice of selected techniques with participants (e.g. plant preparation and planting, creating a small compost pile).

3. Design of a permaculture space (15 minutes):
 - Explanation of the basics of permaculture design and its application in creating a sustainable space.
 - Discussion of appropriate plant selection, plant arrangement, use of different layers and diversity principles.
 - Group activity: divide participants into small groups and set a task to design a permaculture design for a specific site or space.

4. Challenge solving and discussion (15 minutes):
 - Discussion of the obstacles and challenges that participants encounter when applying permaculture in their environment.
 - Presentation of concrete solutions and strategies to deal with these challenges.
 - Opportunity to share experiences and recommendations among participants.

5. Planning and next steps (10 minutes):
 - Supporting participants to develop a plan for the next steps in their permaculture project.
 - Sources of information and support for further development of permaculture.
 - Evaluating the workshop and getting feedback from participants.

It is important to ensure enough time for practical exercises and discussion among participants to share their experiences

Workshop no 3: A practically oriented workshop that would be thematically focused on the topics of organic farming and sustainability in practice

Duration 90+ minutes

1. Introduction and familiarisation (5 minutes):
 - Welcoming the participants and briefly introducing yourself and your experience with organic farming and sustainability.
 - Getting a sense of the participants' expectations of the workshop.
2. Organic farming and its principles (15 minutes):
 - Introduction to the basic principles of organic farming, such as minimizing the use of chemicals, soil conservation, biodiversity and soil health.
 - Discussion of the benefits of organic farming for the environment, human health and sustainability.
3. Practical techniques of organic farming (20 minutes):
 - Introduction to specific organic farming techniques such as organic fertilization, sustainable irrigation, pest control using natural methods.
 - Demonstration and hands-on practice of the selected technique with participants (e.g. preparation and application of organic fertilizer, introduction of irrigation system).
4. Sustainable management of natural resources (15 minutes):
 - Introduction to the principles of sustainable use of natural resources such as water, energy and soil.
 - Discussion of opportunities for water and energy conservation in agricultural practice, including the use of renewable energy sources and proper water management.
5. Model examples and successful projects (10 minutes):
 - Presentation of model examples and successful projects in the field of organic farming and sustainability.
 - Inspiring participants and discussing how to apply these examples in their own practice.
6. Discussion and sharing of experiences (15 minutes):
 - Discussion among participants about their own experiences with organic farming and sustainability in practice.
 - Sharing successes, challenges and lessons learned that can provide inspiration and examples for other participants.
7. Organic agriculture policy and support (10 minutes):



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- Presentation of current policies and programs supporting organic agriculture and sustainability.
 - Discussion on how participants can get involved in these initiatives and take advantage of opportunities and support available at local, regional or international level.
8. Questions and answers (5 minutes):
- Allow time for questions and answers to specific questions from participants.
 - Ensuring that all questions are answered and that space is created for further discussion.
9. Conclusion and evaluation (5 minutes):
- Summarizing the main points and key takeaways from the workshop.
 - Thanking participants for their contributions and participation.
 - Offering further contact and resources to promote organic farming and sustainability in practice.

Important to create an interactive and participatory environment that encourages sharing of experiences, mutual inspiration and practical application within organic farming and sustainability.

Attachment no 3

Evaluation survey

1. How do you value the workshops conducted?

Good > Rather good > Hard to say > Rather bad > Bad

2. How do you assess the preparation of the lectures?

Good > Rather good > Hard to say > Rather bad > Bad

3. How do you assess the duration of the workshops?

Good > Rather good > Hard to say > Rather bad > Bad

4. In your opinion, how do you think your skills related to the topic of permaculture developed during the workshop?

Developed > Rather developed > Hard to say > Rather not developed > Not developed

5. In your opinion, how did your knowledge related to sustainability develop during the workshops?

Developed > Rather developed > Hard to say > Rather not developed > Not developed

6. In your opinion, how did your awareness of traditional and organic farming develop during the workshops?

Developed > Rather developed > Hard to say > Rather not developed > Not developed

7. How do you rate the difficulty of the teaching method in the farm environment?

Easy > Rather easy > Hard to say > Rather hard > Hard

8. How much time did you spend working in the garden (soil preparation, planting, hoeing, harvesting, etc.)?

A lot > Much > Hard to say > Little > Very little

9. How do you rate the time spent familiarizing yourself with the topic and the opportunity to try practically everything on the farm?

