

Manual to discover ecological practices and youth workcamp facilitation



From the training course "Eco Workcamp Technical Leading" in
Sainte-Croix-Volvestre and Bédaille (France) 24.11 to 4.12.2015



www.solafrika.com



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Eco Workcamp Technical Leading

The goal of this European Training Course is to give tools and exchange with our partner organisations about (technical) facilitation of workcamps.

We defined as "workcamp" a (holiday) camp designed for teenagers or adults on which the group is living together and working on a specific manual work. We see "workcamp" a tool for educative, social and youth workers. We choosed to focus here on ecologic workcamps.

With this training course, we aimed to :

- Improve competences and to share good practices of (technical) facilitators of educative workcamp
 - Discover and Promote ecological practices
- Experiment technical facilitation on ecological workcamp
- Share methods to adapt a workcamp to several publics
 - Practice « living together »

The activities

All the activities are made with non-formal education methods, giving possibilities to the participation to be involved in their own learning and to adapt the program by themselves debating it with the trainers.

Solafrika' staff leaded the activities with the help of local partners (Des 2 Mains/Ecological devices spreading organisation, Antoine/Itinerant farmer and Manon/Clown artist, Monique Forestier/Wild plants discovering). The participants also had possibilities to propose their workshops (ice-breakers, ecological topics).

The training went on as the following :

- Getting to know each others and the place/area
 - Solafrika's workcamps discovering,
- Zoom on Group Facilitation and Technical Facilitation
 - Discovering the surrounding and outdoor session
 - Ecological practices
 - Solutions for workcamps with forum-theater
 - Experimentation of technical leading

Experimental and intercultural perspectives

Participants were sollicitated to participate to everyday's life tasks (cooking, cleaning, washing). So that, participants could experiment a way of living together, as in a workcamp. They also could enjoy these informal moments to go deeper on the topics or to discover each other in another way.

We organized intercultural evenings during which the participants cooked a traditional plate and propose a workshop (presentation, game, theater scene, ...) representing their country and culture.

Partners organisations

« **Eco workcamp technical leading** » is the fruit of a partnership between eight youth organisations :

Buitendoor (Netherlands) <http://www.buitendoor.nl/>

BUJRUM Center for Rural Development & Center for Intercultural Dialogue (Macedonia) <http://cid.mk/new/>

Center of Pangea Ultima (Ukraine) <http://pangeya.com.ua/>

IBG (Germany) <http://www.ibg-workcamps.org/>

JAVVA (Belgium) <http://www.javva.org/>

L'Africa Chiama (Italy) <http://www.lafricachiama.org/>

Moulsecomb Forest and Wildlife Project (United Kingdom)
<http://www.seedybusiness.org/>

Solafrika (France) <http://www.solafrika.com>



In France, Solafrika leads workcamps and do-it-yourself workshops (ecological construction, permaculture...). We host youngsters in our place of activities in the countryside and in the Pyrenees mountains.

We lead local and international workshops making partnerships with formal education, other organisations or in the public spaces. Using non formal methods as cooperative activities, forum theater, role games...

Besides, we are involved in local events and festivals to promote the use of dry toilets. That way we value the work of local teenagers we host during the workcamps.

At European and international level we participate and organise youth exchanges and training courses for youth workers, mainly focussed on sustainable lifestyle and ecological practices, social inclusion and anti-discriminations.

In North-West Afrika, we share technical knowledges and cultural practices with locals and organisations.

The manual

This technical booklet/manual was written by the participants of this training course, with help of Solafrika team. It was sent to every participant and their organisation to be used as a tool to promote ecological practices in educative workcamps. It aims to give practical skills and non-formals methods and tools to youth workers around the world. Readers should be able to reproduce/adapt the activities described here and to improve the workshops in their own youth field. Technical parts constitutes Do-It-Yourself workshops that can be useful for everyone willing to build ecological devices.

We also spread the manual in European and International networks of youth work and ecological practices.

Feel free to spread it around you !

Self-management of the collective life

The whole group is splitted in 3 groups having services to achieve everyday : cook, wash the dishes and clean

What should i do in ...

... the cooking team ?

- Cook for the group separating vegan / vegetarian / meat meals
- Set up the table
- Wash the cooking tables and facilitate the dish-washing

... the washing team ?

- Set off the table and clean it
- Wash the dishes / big ones
- Use the machine to wash the rest

...the cleaning team ?

- Wash the floor of common rooms if needed
- At least, sweep it
- Clean toilets and bathrooms
- Bring the trash to the containers and organic not used to the compost



The same group is kept for daily evaluation of the training, learning and group life

Ideas of improvement that came out during the training

- Add another group without task to have a rest and to avoid that there is too many people in a group and not enough things to do for everyone.
- A "time keeper" taking care of the time for the meals and work sessions. Changing everyday to share this responsibility.



Solaf team planned menus of the training in advance in order to organise the shopping as sustainable and economic as possible.

The food

Vegetables : about 1/4 of the vegetables come from Solafrika and its partner organisation Chemin Faisant, managed by Romain. The rest comes from local farmers, friends or people we met on local markets.



Dry food is bought in a local organic shop. We made a partnership to have mainly big quantities to avoid waste of extra-packages, and some discounts as we come regularly.



Most of the evenings of the training course were focused on one of the present countries. Each group cooked a traditional meal with products found in France



Few games

Get to know each other experiences/to explore a topic

Two circles talks : The group is divided into two equal circles, one inner and one outer circle. Every person in the inner circle is matched with a person in the outer circle. Each couple introduces themselves to each other for 3 minutes. After 3 minutes, every person in the outer circle moves onwards to the next person of the inner circle while the persons in the inner circle keep positions.

Mutual group interview : The group is divided in little groups of 4 or 5 persons. In each group, participants present their experiences, thoughts about the topic of the (work)camp/training. That time can be followed by a restitution session, one person giving back what was said by people in his group.

Games all along the camp/training

Secret Box : A letter box is available. People can put their thoughts, some secret or gossip they want to share... Each evening, leaders or participants read the messages out loud.

Secret friend : Each person takes a paper with a name (without knowing and showing who is it). You become the secret friend of the person you picked the name. All along the camp, you can give special present, attention to your friend without him guessing who you are. At the end, each person try to guess who was his/her secret friend and the real secret friend says who he/she is.

Envelop : each participant write his/her name on an envelop and stick it an a wall. The others can fill it all along the camp. Everybody goes back with the envelop and open it afterwards.



Back wall : The last evening, each person has a piece of paper stuck on the back. Other players write something on the paper. Nobody should look at this paper before the departure.

To discover a place / to make contacts with the locals

Missions to succeed in the village in group : Split the group in several team. Each team receive missions, a place and hour for meeting time. During this training, we met at the local market and pick up there local and organic food for the training meals.

Example of missions :

- find a local legend
- ask the librarian to tell you the summary of his/her favorite book
- find a local recipe
- note the rules of the local game played on market days

Photo Rallye : participants have to find a place according to the picture they received. From that place, they find another picture to look for another place.

International dinner : invite the locals to a shared dinner, included food prepared by international participants and local food.

Potato game : groups of participants have a potatoe that they should exchange with something else with the local (asked or not by the leaders).

Organisation of a sport event with the locals.

Translated letter : to have a letter explaining our actions translated in the local language, go to see the people and ask for help or what we look for.

Collective map drawing (where does the people comes from)

Steps for conflict resolution

Here is a proposition of 6-step process to resolve a conflict that we practiced during the training course

(1) Cool down, conflicted participants stop the conflict and take a moment of silence.

(2) I-message, every conflicted participant describes the reason why he or she has been affected what the emotional or physical effect was.

(3) repeat what others said, conflicted participants restate the i-message of the other conflicted participants

(4) take responsibility, conflicted participants acknowledge their responsibility to work towards resolving the conflict.

(5) find a solution, they work together to identify a compromising solution.

(6) appraise, forgive, they try to share a positive emotion towards each other.

We practiced by dividing the group into trios. Two participants simulate the conflict, one participant simulates the mediator that guides the conflicted couple through the six steps.

Experimentation of Solafrika's and Des 2 Mains' Workcamps

Gardening

by Romain from Solaf
& Chemin Faisant

Romain gave us an introduction of ecological gardening and Solafrika's garden itself. Solaf and Chemin Faisant started the garden in 2014. Romain designed the garden imagining various areas the most efficient as possible : cultivated for fruits and vegetables, social place, water spreading system, everything surrounded by a local fruits brushes and trees.

The garden is designed in the most efficient way possible : for example, the aromatic herbs were planted in different levels considering the angles of the sun, humidity of the ground that the plants needed...

The thing that makes the garden stand out is the esthetique value; it has one part of it is designed in the form of mandala. The participants were suggested to help mulching; putting green matter and straw on the ground for decomposition and keep the ground "alive" and hum. When the ground was too compact the participants used grelinette to air it out.



Insect Hotel

by Romain and
participants



Materials used : branches, wood, nails

Create as much diversity you want putting several kinds of dry vegetal and objects that can host insects, birds, and other animals usefull for the garden and its biodiversity. Feel free to put : branches, bricks, pots, straw, ... It will attract insects and birds that are useful for the garden.

To see also : more informations about gardening in "What's in your plate ?" training course in Bèdeille - August 2015

<http://www.solafrika.com/PDF/Technical%20booklet%20what's%20in%20your%20Platefinal%20%20version.compressed.pdf>

Clay oven

By Joe from Solaf

Ecological kitchen facility used to bake bread, pizza and warm up dishes. It uses natural, cheap materials and you can build one in a day. It is long-lasting, easy to maintain can be kept outside.

Materials used:

Clay, straw, sand, wood, nails, hammer, wood pallet (75x80cm), water, plastic covers, clay mixer, buckets (both big and small), tape measure, metal chimney, tape, metal door frame, wood, newspaper, glass bottles, bricks, angle grinder, chisel

Number of participants :
Until 6 persons at the same time

Start ! Nail planks of wood on the pallet to fill all the holes. Add nails everywhere, leaving them partially sticking out 10 cm to prevent the oven from sliding. Draw a circle 75cm wide and insure extra space for the oven's door.



The bottom : 3 differents coatings

Mix on the plastic cover with hands and feet. Then place on the circle with a thickness of 3 cm.

1. The FIRST COATING is a mix of one bucket of clay earth (that has been mixed with water and filtered) and six buckets of straw.



2. The SECOND COATING is a mix of one bucket of earth and one bucket of straw. Then place on top of the first layer, but leave 3.5 cm on the edge of the first circle.

3. The THIRD COATING is a mix of one bucket of earth and three buckets of sand leaving 3.5 cm on the edge of the last coat. Add a little bit at the entrance for the oven's door (30cm wide).



4. Cover with a thin coat of clay, which has to be completely flat.



5. For the door, you need a metal sheet shaped into a semi-circle 30 cm wide and 16 cm high. Position the strip of metal above the door to hold up the entrance of the oven. Place the chimney at the back of the oven covering the entrance with tape to ensure sand does not get in.



6. Take several bricks which may need to be cleaned using the chisel and hammer removing any plaster, and create a circle.

Cut to make a circle and place them on top of the clay. This is the baking surface of the clay oven.

7. Build a dome (45cm high) of sand and something which take place to economise sand (we used glass bottles). Cover with newspaper to stop the sand mixing with the outer coats. This dome will support the outer structure of the oven and will be taken out at the end.



The dome : 3 other coatings

8. Mix one bucket of earth and four buckets of sand and use this to cover the dome about 3.5 cm thick.

9. Mix 1.5 buckets of straw for 40% of a bucket of earth and cover the dome about 3.5 cm thick.

10. Mix one bucket of earth and one bucket of straw and half a bucket of sand, covering the dome about 3.5 cm thick. Smooth the surface.

11. To make it waterproof and more solid, mix one bucket of lime, two buckets of clay and a bit of water and add it to the dome. It should be liquid so it spreads easily.

* Finish with decoration of your choice.



12. Leave it to dry fully in two weeks. Make a little fire for the first time to don't break the dome of the oven.

To cook wait that the inside dome becomes white. The oven is ready to bake bread and cook pizza ... fast !



Mobile pizza oven

By Vital from
Des 2 Mains

This oven will weigh 300 kg and can be mobile if you put it on a trailer. You'll be able to use it within one week after the construction.

To find some equipment easier look at:
<http://www.coeurdefoyer.com>

Equipment :

- Palette
- Clay
- A can of 200L
- Sand
- Water
- Cork
- Cement
- Straw
- Refractory bricks
- Oven door
- wooden plate
- Vermiculite or perlite
- "T" iron stick
- Sheet tube

Tools :

- Bucket (*2)
- Big bucket
- Shears to cut the jail
- Self drilling screw

First step

On the palette, build a kind of seat for the can with the wooden plate. On it apply a slay of cork and cement. Let it dry for 1 day.

Mixing ratio: - 1 volume of cement - 1 volume of water
 - 4 volume of cork - 1/3 of sand



Second step

Prepare the can.

Draw the oven door on the top of the can. Then draw an other line which is smaller than the door and cut on the second line. Open the band left for a futur fixation of the door.

Under this opening let an empty band were you'll put refractory bricks and a "T" iron stick (don't forget the other side to put the other side). Then you open bellow a large rectangle. It will be the fire opening.

In third you have to cut the place where you'll put your cheminee and put a little piece of tube. In this tube make a ventilation system for the draught (picture on the right) .



Third step

On your first layer you can put the second one.

Mixing ratio :

- 2 volume of clay
- 3 volume of vermiculite
- 1 volume of water



Fourth step

Put the can in his final position and put the third layer which surround the can. It must be more or less 3,5 cm.

Mixing ratio :

- 1 volume of clay
- 1 volume of water
- 1,5 volume vermiculite
- 1,5 volume of sand



Fifth step

Now you have to mix some strax and some clay to provide insulation. You must do a mix of clay and water before. It has to be like a cream. And then you make a kind of sausages with the straw.

Mixing ratio :

- 2,5 volume of clay
- 2,5 volume sand

Water and straw depends of the mix.

Sixth step

Before to apply the sausages on the can, you have to stare your oven door and the ("T" iron stick). Then be carreful to make them hold together. Try to smooth them as possible as you can. Put all the twig straw inside the mix. The straw has to be covered with clay.



Seventh step : 2 options

1. Make a fire in and dry the last layer with it. Be carefull you have to pit the my to let the steam goes out. You must also check often and compact the ground.

Or

2. Let the oven dry alone for 2 months

In the same time you should mix some very liquid clay with straw and let it dry. The twig has to hold together.



Ninth step

Put fibreglass on all the surface of the oven to strengthen the final layer. Stare it with two pieces of wood that you can remove after.



Tenth step

Put a very thin layer that cover the fibreglass. Make it stick with a trowel and although smooth the surface.

Mixing ratio :

1 volume of clay
3 volume sand
1/4 trowel
of cement
A bit of water



Ecological insulation

By Pierro
from Solafrika

Ecological insulation is...

Various types of insulation are used for the walls of houses to minimize the heat transfer between the interior and exterior.

The insulation is called "ecological" when you choose ecological and natural products, which also means they are produced in a sustainable way and also recyclable.

We used two types of ecological materials : wood fiber and a mixture of sawdust and lime.

Insulation with wood fibre



Material:

- Wood wool
- Saw
- Measurment

Proceeding:

About two people needed.

One is taking the measurements of the empty spaces in the wall
After that the wood fibre needs to be cut in the right measurement.
For that it has to be two centimeters bigger in both directions in order to compress it and fix it into the wall.



Insulation with sawdust-lime mixture

Material:

- Eight parts of Sawdust
- One part of Lime
- Half a part of water
- Mixer
- Buckets
- Shovel
- Dumper
- Wheelbarrel

2 After the mixture is done, transport the mixture in a wheelbarrel to the wall.

Security tools: gloves, masks

1

Two people are in charge of preparing the mixture in the right proportions. An electrical mixer is used to facilitate the process.



3

Two other people fill the mixture in the wall cavities and press it together with the dumper to make it compact. Those steps need to be repeated until the wall is completely filled.

Wood Burner

By Vital from
Des 2 Mains

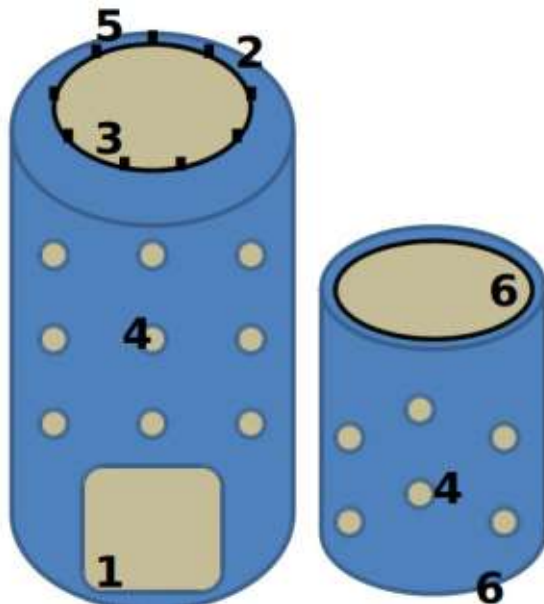
Material and tools:

- 2 drums (one bigger than the other)
- A piece of aluminium for the flame damper
 - A hammer
 - A big awl or forged nail
- Individual safety devices (ear and eye protections, mask, gloves)
 - A permanent marker
 - A pincer
 - A lighter

A wood burner is an object that burn wood to warm up. It can be constructed in different ways. During the training, we did a metallic one using material that we recycled.

Proceeding

1. Take the big drum and cut using the hammer, the forged nail and the pincer an opening in the bottom. Remove the part cutted.



2. Take the small drum and put it over the big one. Using the permanent marker, draw the circumference of the small one in the middle at the top of the bigger one.

3. Take the small drum and realize different holes in the external surface. Do the same with the big one. These holes permit the circulation and the flow of the air.

4. Using the pincer, cut a little bit of plumb (max 2 cm) around the opening at the top, to weld perfectly the two drums.

5. Using the hammer and the forged nail (45° angle among the nail and the aluminium), cut off the interior part.

6. Take the small drum and realize different holes in the external surface. Do the same with the big one. These holes permit the circulation and the flow of the air.



Be careful ;)

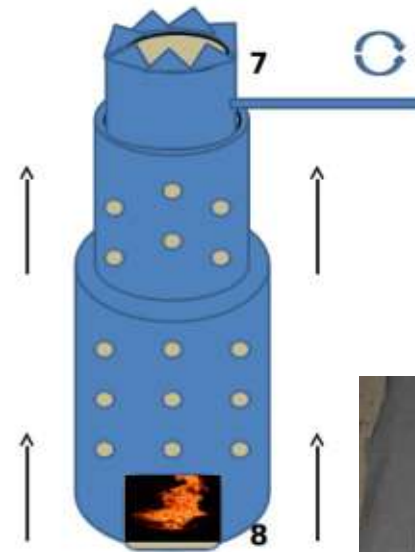


7. Using the pince, cut a little bit plumb (max 2cm) around the opening at the top, to weld perfectly the two drums.

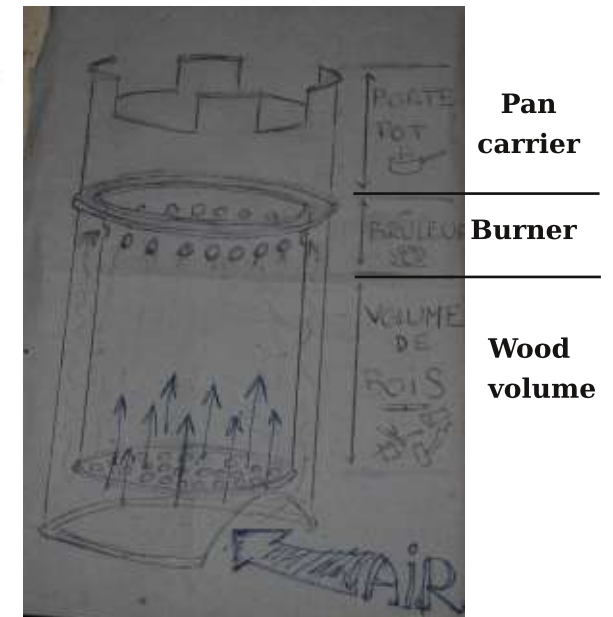
8. Cut the top and the bottom of the small drum and put it into the big one. They must be perfectly welded. You can use also the hammer for reach the goal.

9. Realize the flame damper cutting the piece of aluminium like a crown; take the measure of the internal diameter of the upper drum. This piece is useful to regulate the intensity of the flames from the bottom and to protect yourself from the fire. You can also add an handle and revers the flame damper as you need or prefer.

Test the wood burner putting the wood into the hole in the bottom of the first drum and turn on the fire. The flames and the heat will raise from the bottom to the top.



The little model of wood burner



Clay bricks

By Julien
from Solafrika

Materials List :

- Clay
- Straw/grass/sawdust
- Sand
- Water



Be aware that to find the correct mixture is an experimentation...

Manufacturing steps :

1. Dig up some clay.
2. Mix it with water and sand. Last ingredient is grass or sawdust or straw or you can take them all as well. It depends on a purpose a brick. If you want to make isolation bricks you should take straw and sawdust. If you want to make it heavy you should take only grass.
3. The mixture should be homogeneous. Then you can start making a brick in a special form (with or without the machine).
4. After forming just store them until they got dry. Takes around three weeks.

In debate : ways to facilitate a workcamp

Debate with hats

Participants sit in an circle. Inside, another circle is prepared in which participants can be assigned different roles to stimulate points of views when debating topics :

(b) Organised mind

thinks practical and if things we talk about can be done.
Plan and anticipate.

(c) Positive critics

sees the positive in all what is debated

(a) Creative mind

proposes to see the situation that is debated from another point of view, propose inovations



(d) Negative critics

focuss only on the "dark side" but making constructive critics

(f) Emotionnal :

provides an emotional perspective and doesn't give rational statement

(e) Neutral

gives statement and informations about the topics but no advices to make choices

Participants from the outside circle can join the inner circle at any time by replacing the character of their choice.

**The main ideas that went out about the debating topic :
which is the most adapted of these kinds of workcamps ?**

Led group

(a leader facilitates the work and the group process)

+

Can transmit more knowledge directly

Sharing / Inclusive

Adjust / Adapt teaching level and content

Accomplishment more likely

Leader's technical knowledges gives confidence / safety

-

Less independence

Less reflection

Risk of idle time

Leader needs strong technical skills

Neutral

Better for less confident group

Could evolve dynamically

Autonomous group

(the group is let alone with instruction that a leader said or gived on paper)

+

Stronger effect if success

Cooperation

Strong group process

"Leader" is part of group

More creative learning

-

Stronger effect if failure

Learner must be more flexible

Could be too difficult

Neutral

Better for more confident group

Still need guidance/support/clear explanations

Cooperative game

(the leader organised a game and gives missions to everyone, people has to cooperate to do the work)

+

Can make more use of space

Best of both?

Everyone gets to be a leader

-

It's possible that some persons will only experience one aspect of work

Harder to adapt to different types of groups

More complicated to prepare



Into practice : workcamp facilitation

By the participants
;))

During one day and a half, our group was split in 4 groups and put in situation of workcamp facilitators and participants. We had half a day to prepare the organisation within our group of leaders : material, tools, games, prepare the place...

Then, during one day, people became once leaders for another group, once participants for a group being leaders.

The training was supposed to include a group of local young people Solafrika accompanies on local workcamps. They are teenagers have trouble with justice, we think they find in our workcamp other ways of working and living together. Unfortunately, we couldn't host the youngsters that time.

We decided to add some roles among the people playing the participants of the camp. So that, some of us had a different ability, a behaviour that needed attention, violent, shy and so on, based on experiences that participants and Solaf' staff lived we debated during the training. (Maybe too much at the same time for some of us) .

	Positive	To improve	Great idea !
Energizers / Intro			
Preparation (tools, security, items)			
Explanation of the <u>workcamp</u>			
Security rules			
<u>Disponibilities</u> for participants			
Inclusion of everyone			
Distribution of leaders roles			
Distribution of participants roles			
Facilitation inclusion of people with special needs			
Cleaning up with participants			

After the simulation, we debated on the good points and difficulties that we encountered. For that, we used the evaluation frame as a base, completed by the feelings of the group, the ones who played participants as well as the ones who played leaders. Here are the mains 'best practices' we keep for future workcamps :



Energizers

Propose an energetic game to warm our body before to work
Quick but efficient
Game relaxing the atmosphere/ice-breaker
Think to a game that can include everyone

Security rules

Ask why it's dangerous
Explain how to use tools
Underline the dangerously of some devices
install comfortable workshop area
Never say "you can smoke after work"

Disponibilities for participants

Need of smiles,
encouragements and patience

Preparation (tools, security, items)

Adopt a pragmatcal approach and show the uses of all items
Seperate the tools on several specific areas, well organised storage for the devices
Choose a referent for the items and say to the participants who it is
Announce safety rules
To have a clean and organised space at the beggining permits to keep it like that

Explanation of the workcamp

Exploration of the activity and foals, also during each single activity
Big place where you can do a lot of things and also get out the extra-energy (ex : garden)

Add more information show more clearly the place
Adapt space for more comfort
More group explanation
Group explanation about youth's problems
Definition of area, toilets, water bucket to wash hands

Inclusion of everyone

- Different animators try to include different people
- Look, ask what happened, what can be better
- Sharing between each others
- Using gesture in other to speak if one participant can't understand the language
- Adaptation of methods
- Always attention towards all participants
- More working in team
- Use a participant to motive people not included



Distribution of leaders roles

- Anticipate before to start
- At the beginning it can be easier that only one leader speaks with the participants. This person present the workcamp, the other leaders and their role.
- Debate and agreement between leaders
- All the leaders have the same role, they can work in cooperation (horizontal work management)
- Too much leaders can be difficult to work in nice conditions
- Give roles according to the knowledges and abilities of each leader.
- If a facilitator doesn't know workcamp, use his/herskills on group dynamic/photographer/organisation/social relations/...



Distribution of participants roles

- Let the possibility to the participants to choose the role they want to have
- Find specific skills and concentrate their tasks on that
- Do a game to give roles to people
- Separate participants in groups keep a clear division of groups
- If in some moments there's not enough task for everyone, be creative, there's a lot of missions to propose : take pictures/videos, motivate the other, arrange material, details of the work...

Facilitation inclusion of people with special needs

- Stay few time with him / her, take care, try to find an interest in something
- Talking about difference
- Preparation of the WC leaders to face the different problems that could be in the workcamp
- Take the person as an assistant

Cleaning up of the workcamp

- Do it with the participant
- Anticipate the time you need to clean up
- Never say yes if it's not allowed

Ecological practices - beside the (work)camp

Zero waste

By Marion and
Robert, participants

During the trainings and the (work)camps that Solafrika is use to do, groups self-organise daily life process (food, cleaning, informal times and activities). We thought on : how to make possible a gathering of around 25 people during 12 days without procuding any waste / or as less as possible ?

Food

- Buy food in ecological shops in big quantities without extra-conditionment
- For little quantities, go to shops and markets with our own bags (tissu) and boxes
- Plan menues and recipies in advance and buy only what we need
- Plan an organisation for stocks (dry food, fridge...) ,
- Use the left-over before to cook something else
- Choose "kitchen master" to manage the stock
- Keep the part of the aliment you don't eat to put it back to a garden (or compost)

Dailylife

- Use compost toilets or if you use water toilets, use water when necessary
- Take less than 5 minuts showers
- Sort the waste you still have and use a compost

Activities

- Use erasable supports of writting (black board, white board) .
- Use paper if necessary and reuse it.



Wild plants

By Monique, a local

We visited Monique's garden. Monique lives in a house surrounded by plants and trees she planted herself. She tells us that before she arrived it was just dry land. She does different activities : she creates and sells herbal cosmetics, as well as jams and juices, made from the plants in her garden. She also offers courses on medicinal plants. She says it is important to maintain the knowledge of plants' properties which has been passed on for generations, and will allow us to be less dependent on the pharmaceutical industry. We start the visit on her medieval garden, which consists of four boxed-in plots of land, each one of them containing plants with specific properties: one box has plants that are good for colds and fevers, one has plants to cure stomach problems, another for healing wounds and the last one is for plants related to women's issues. In all, she has about 50 different plants growing in the boxes, that constitute the base of medicine. Here are some of them :

Herbs for colds and fevers

- Pulmonaria officinalis: used to treat chest diseases. Its lung shaped leaf is an example of plants once used in the doctrine of signatures, in which plants similar to any bodypart were believed to be useful to treat illnesses in that part.
- Sage : good for blood circulation, liver.
 - Viola
 - Thyme

Box of women's herbs

- Rue: used to induce abortions
- Vitex (Monk's pepper) : good for period regulation and relieving pains, also afrodisiac.
- Artemisia: good for circulation, period pains
- Achemille (ladies' mantle)

Box of herbs for healing wounds

- Consoude: used for mending bones, it'salso good to eat (in a salad or fried).
- Achillea
- Burnet

Box of herbs for stomach problems

- Absynthe
- Dipsacus fullonum (wild teasel)



Box of Mo's Greenhouse

She takes us to her greenhouse, where she has her salad garden. I am surprised to see that many of the plants she has are considered weeds in other gardens, but they are actually good to eat in a salad. Some other plants she grows in the greenhouse are :

Rosemary: has properties similar to those of ginseng. Rosemary flowers are edible, and pretty good!

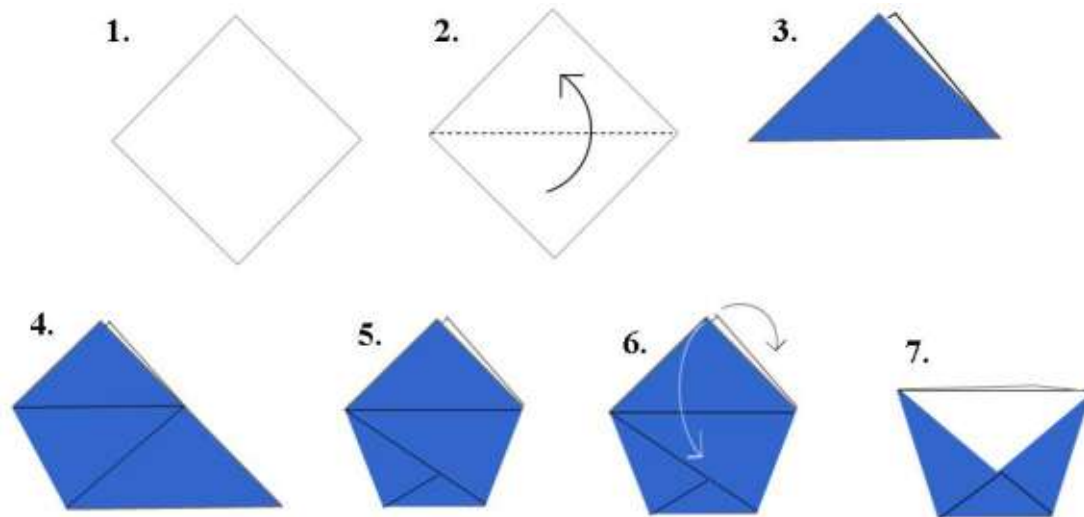
Kalancoe: it's juice is rich in Omega3

Absynthe artemisa: aphids (little white flies) are attracted to it, so it is a good way to keep the little buggers away from other plants they can harm.

We talk about the importance of maintaining varieties of plants whose seeds are illegal to sell due to big companies' monopoly. There is a project named the Heritage Seed Library, which aims to conserve vegetable varieties that are not widely available :

<http://www.gardenorganic.org.uk/hsl> .

Monique shows us how to make a seed holder out of paper. Here are the instructions :



Other plants in Monique's garden



Mullein (verbascum): Properties good for the throat. The oil made from it's flower can be rubbed on the back of the neck to keep the back straight.

Daisy: Its oil has properties similar to those of arnica, used for body injuries. It is also good to keep breasts from sagging.

Burdock: It is said to have inspired the creation of velcro. It is used to cure skin problems and its roots are edible.

Borage: Its leaves can be eaten in salads or breaded and fried.

Fennel: Good for digestion

Satureja: Helps digestion. Its use was forbidden to monks because of it's afrodisiac properties.

Dandelion: It is used to treat bile and liver problems. Its common name in French, pissenlit (piss in bed) indicates its diuretic properties.

Calendula: Good for liver and bronchus. Its oil is used to heal wounds.

Perilla: of the mint family, it is good to treat allergies. Traditionally used in Chinese medicine.

Common Mallow (malva silvestrys): Its leaves and flowers are edible, protecting bronchus and intestines. It is good against acidity.

Melissa: its effect on thyroids helps keep a relaxed and friendly mood. It's also good for digestion and during pregnancy.

Chelidonium: used to treat eye problems. It must be used carefully due to its toxicity. Also used as a treatment for warts.

Chickweed: Properties good for the brain, and to treat epilepsy.

Alliaria petiolata: Used to make butter. Good source of vitamins A and C.

Broadleaf plantain: Placed in shoes to avoid the appearance of blisters.





Recommandations with wild plants

Collect ONLY plants that you know and don't have any doubt. Others could be toxic !

Prefer the little leaves/plants, fresher, tasting better and more efficient if they're medicinals. Most of the time, edible plants are better to be eaten raw, to keep nutriments.

Choose clean areas to pick up plants, far enough for roads, animal and human pathes and road, polluted areas...

Be really careful with plants if you give it to a child, if you're pregnant, or have some specific diseases (cardiac, ...) .

Be informed on the legislation in your country about wild plants and groups of youngsters. If nothing's clear, see also with your insurance.

In any case, you should find more informations before to pick up plants by your own

Ways to manage conflicts

Forum theater

By Adèle
from Solafrika

The theater of the oppressed is an interactive theater which speaks about oppression. There are different methods in the theater of the oppressed, and the Forum Theater is part of it.

Firstly, the actors play a scene which goes wrong or ends badly, and talk about an oppression. It's a realistic scene which can happen in an ordinary life.

When the scene has been played, the audience can go on the stage, take the place of an actor in order to change the situation.

To facilitate the exchange between the scene and the audience, we use the "joker", a person who invites the audience to come on the stage to substitute the oppressed actor in order to change the course of events. This part of the play is called "the forum". Institutional forum theater allows to change any person to give alternatives to the situation.



1- Make groups of 6 persons. The members of the groups have to exchange about bad experiences in workcamps and choose a "white rabbit" who have to control that each person speak 5 min.

After exchange, they should select one topic, one story, that they want to play.

2- Now, actors can create the scene. That should be "forumable", it means open to changes.



The forum

The joker explains the rules, his role and the role of the audience.

The scene starts :

Description of the scene. The leader ask is something could change. The public will play it.




Actors plays another time. That time, the public can stop the scene, enter on stage to replace a character and change the situation.

Description of the new scene. Debate about what had been changed. Call for news ideas...

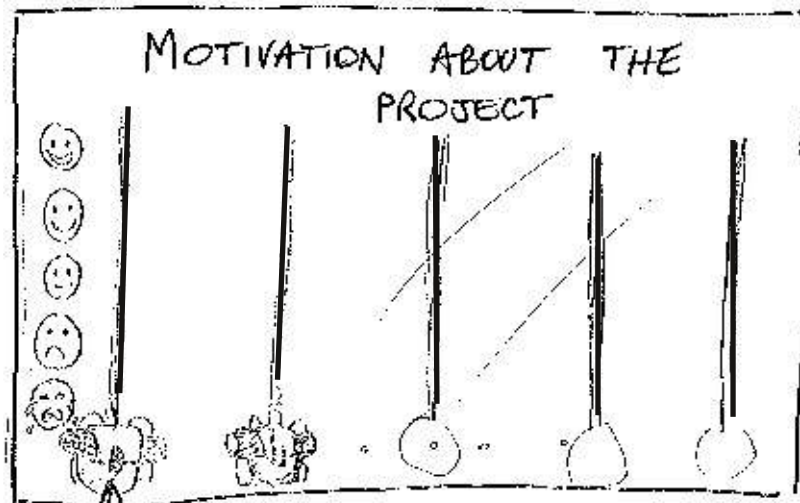
The scene can be played many times, until each volunteer of the audience has shown his/her idea.

Methods to evaluate

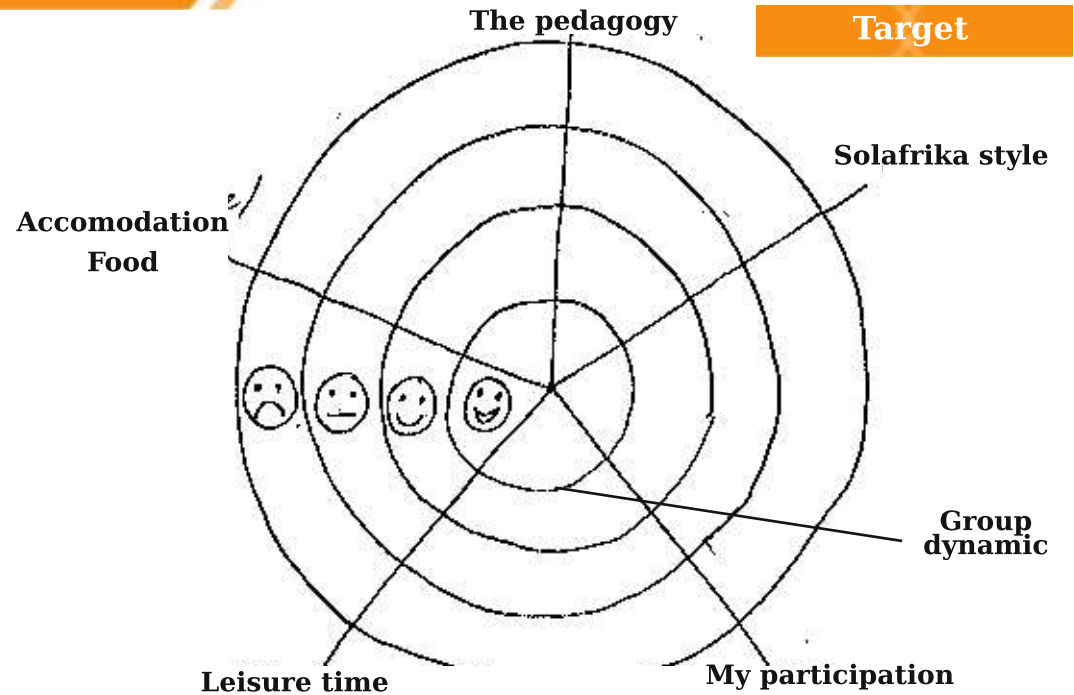
Bag, washing machine and trash

I put in...			
	my bag.	a washing machine	a trash can
	What I will keep	What should be improved	What I don't want to keep

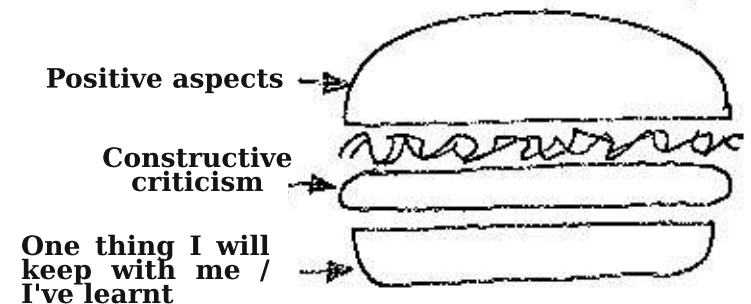
Evaluation Board



Name
Fears
Contributions
Expectations



Sandwich feedback





BORED	CAUTIOUS	COLD	CONCENTRATING	CONFIDENT	CURIOUS	DEMURE
DETERMINED	DISAPPOINTED	DISAPPROVING	DISBELIEVING	DISGUSTED	DISTASTEFUL	EAVESDROPPING
ECSTATIC	ENRAGED	ENVIOUS	EXASPERATED	EXHAUSTED	FRIGHTENED	FROSTRATED
GRIEVING	GUILTY	HAPPY	HORRIFIED	HOT	HUNGOVER	HURT
HYSTERICAL	IDIOTIC	INDIFFERENT	INNOCENT	INTERESTED	JEALOUS	LOADED
LONELY	LOVESTRUCK	MEDITATIVE	MISCHIEVOUS	MISERABLE	NEGATIVE	OBSTINATE
OPTIMISTIC	PAINED	PARANOID	PERPLEXED	PRUDISH	PUZZLED	REGRETFUL
RELIEVED	SAD	SATISFIED	SLEEPISH	SHOCKED	SNUG	SURLY
SURPRISED	SUSPICIOUS	SYMPATHETIC	THOUGHTFUL	TURNED-ON	UNDECIDED	WITHDRAWN

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IBG
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All the participants:

Alexis
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Maëva
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Nico
Robert
Tara
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Susanna
Vikky
Wouter

The local partners:

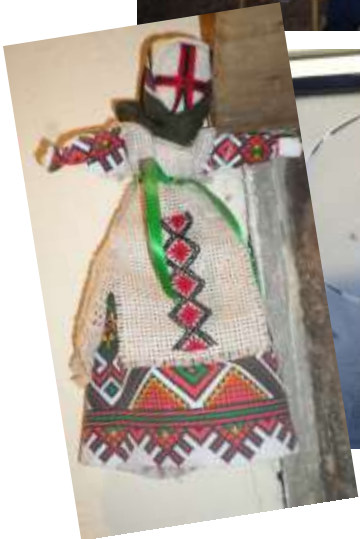


Vital from the organisation Des 2 Mains
Mo' & co

Antoine et Manon - traveler

The local producers of local organic food : Romain,
Alban, Antoine, Diego, Emilie, Granville
Special dedicace to Alexis !





**TO BE
CONTINUED**

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