



ECOVILLAGE TRANSITION IN ACTION TOOLKIT

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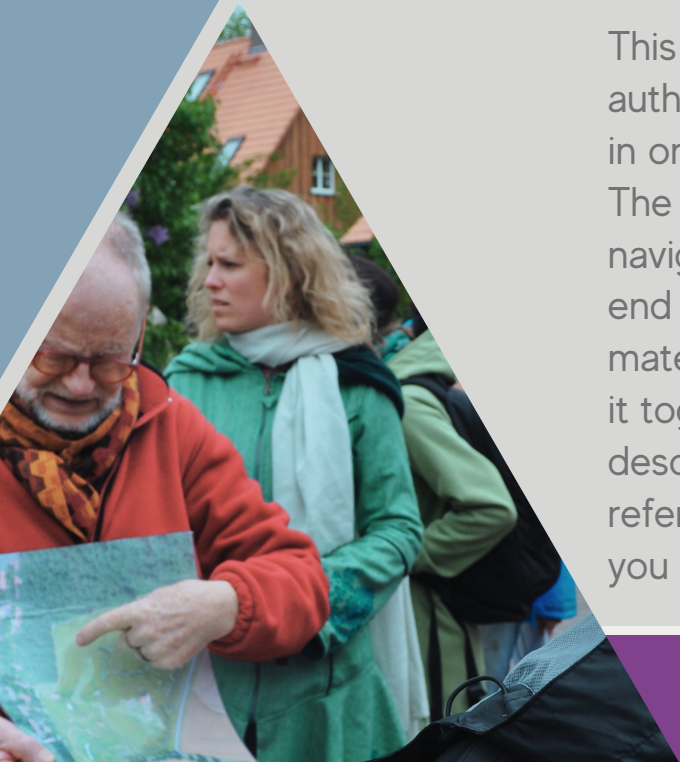
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INTRODUCTION TO THE TOOLKIT

COMMUNITIES AND LOCAL AUTHORITIES IN COLLABORATION



This toolkit supports collaboration between local authorities, community-led initiatives and other actors, in order to scale community action for sustainability. The toolkit frames a "map" and a "journey", helping you navigate your projects towards your set goals. At the end of the toolbox, you'll find a few chosen additional materials. You will make the best of the toolkit by using it together with the complementary Handbooks, which describe these tools in more detail, including links and references. We wish you a pleasant journey and hope you find it useful!



UN SUSTAINABLE DEVELOPMENT GOALS

AN INTRODUCTION

The UN Sustainable Development Goals (SDGs) are an established way of scoping sustainability and provide a universal tool for mapping. Most nations have now adopted these and many local authorities are pursuing them in some way and have subscribed to the aspirations and goals. This means that local authorities and communities may find the UN SDGs a common set of goals to address, and a good starting point for discussion and collaboration.

To read more about the UN SDGs, scan the QR code and read pages 33–38 in the handbook.



UN SUSTAINABLE DEVELOPMENT GOALS

AND THEIR LIMITATIONS



The SDGs are not perfect and there are several critiques of them. With so many diverse actors involved and care being taken not to upset the global economic and political balance, it is understandable that many compromises had to be accepted when they were developed. This is why we adapted them and approached them through the lens of the Ecovillage Map of Regeneration, resulting in the **Regenerative Development Aims (RDA)**.

It allows us to look at the SDGs from a more holistic perspective, creating a map of the many interlinked actions and pathways that together help shift the system towards a transformative transition. In the following chapter, you will find more references to the SDGs and scan the QR code to read more about the RDA.





MAP OF REGENERATION

BEYOND SUSTAINABILITY



This map illustrates and distils years of experimentation and learning within more than 6.000 worldwide communities are connected through the Global Ecovillage Network (GEN). It integrates and reflects current research on resilience, sustainability, regeneration and participatory design and is also the fruit of GEN's longstanding collaboration with Gaia Education, a world leader in education for sustainability, and of GEN's long commitment to developing and promoting holistic, community-led approaches to resilience and thriving on planet Earth.





MAP OF REGENERATION

Through exchange and networking, the GEN communities learned that there is not one way of being an eco community. However, there are three core practices shared by all:

- ▶ Being rooted in local participatory processes
- ▶ Integrating social, cultural, economic and ecological dimensions in a holistic design approach to sustainability and regeneration
- ▶ Actively restoring and regenerating life systems.

The map is divided into five areas. It contains four areas of regeneration (culture, economy, ecology and social) with six related ecovillage principles in each of them. These four areas are arranged around the fifth one – the central path of integration (integral design) – with eight related ecovillage principles. For a more detailed introduction to the map see: ...





MAP OF REGENERATION



Scan the QR code for the full instruction booklet, detailing the Map of Regeneration.

The following 32 pages introduce all the ecovillage principles of the map in more detail. They can be used to explore the holistic and participatory approach as well as the four areas of sustainability of the Ecovillage Map of Regeneration.





Each page starts with an inspiring image and a relevant quote followed by an introduction to the principle and recommendations about how to include this aspect into the reality of a village, a neighborhood or a whole region. The SDG symbols included on each page show the connections between this ecovillage principle and the sustainability framework of the United Nations.

This card set is a tool for play, reflection, dialogue, learning, research and design - for individuals, groups, projects, organisations and communities. It is accompanied by a booklet with inspiration and instructions for various ways of using these cards.

For feedback or questions about the cards as well as upcoming translations, contact education@ecovillage.org

FINDING COMMON PATHS AND VISIONS



Clarify vision
and higher purpose

In the well-intentioned, constructive interaction of our personal abilities and strengths lies the potential for a culture of change. Together, we can explore. What experiences fill us with joy and enthusiasm? What surprises us, broadens our horizons? What is worth living for? What do we take responsibility for? And how do we align ourselves together in solidarity - and awareness of the pressing challenges of our time?



"Developing potential means nothing less than growing beyond ourselves together.

This means that only in a community are we able to unfold the potential which we have inside us. In a community where we belong and feel safe and secure."

Gerald Hüther

What creates connection between people locally and in the region?

Are there common goals? And how are these anchored in practical everyday life and the questions of our times?

Examples:

- Encouraging each other - for example, to turn a vocation into a profession
- Learning together to understand the endangered situation of our world, to "perceive" it deeply and to create life-sustaining projects and activities.

STRENGTHENING OUR CONNECTION TO NATURE AND RELEARNING TO LIVE SUSTAINABLY



Reconnect to nature and
embrace low-impact lifestyles

By becoming aware of the vulnerability of our planet and absorbing its wonder and life force deeply, we may have laid the foundations for changes in our own lifestyles. Even if it seems as if our present speed has nothing in common with seasonal cycles, bird migration, natural materials, food storage and periods of rest, these rhythms can still remind us of the simple, good life.



"We live in a dangerous age. Humans control nature before they have learned to control themselves."

Albert Schweitzer

How do we experience ourselves in nature? Do we still feel our embeddedness in the web of life?

What aspects of our lives then reveal themselves as too much, too fast, too far, too short?

Examples:

- Sleeping under the open sky, looking out for the moon and stars and greeting the dawn with the birds
- Living without electricity and running water for a while, collecting firewood and taking an ice bath :-)

ART AND CREATIVITY



Enrich life with
art and celebration

Celebrating with each other, making music, and laughing together connects us – beyond work and everyday life. These are moments that allow all generations to come together. At best, they are moments of deep humanity. Often, festive customs have been preserved in the countryside that cause incredulous amazement elsewhere. But the funfair and carnival associations, the church choir, etc. often have problems recruiting new members. So new gateways are also needed.



"The essence of the creative process is to see the familiar as strange."

Unknown

Are there opportunities locally and in the region for people who want to work artistically?
How is creativity expressed? How are festivals, customs and special occasions celebrated?

Examples:

- Intergenerational choirs, orchestras, theatre groups and bands
- Regional arts and crafts markets, concerts, funfair traditions, village cinema evenings, dance courses...
- Creative courses for young and old.

VALUING TRADITIONAL KNOWLEDGE AND INCORPORATING POSITIVE INNOVATION



Honour indigenous wisdom
and welcome positive innovation

Regionally typical cultivated plants, traditions in local architecture and building methods, dialects, recipes or local customs give us a sense of home and connect us with the places where we live and with the heritage of our ancestors.

Cultivating all of this and interpreting it for our times, helps us to maintain and further develop regionally adapted farming methods and cultural landscapes, as well as our own cultural identities.



"Maintaining tradition does not mean keeping ashes but keeping embers glowing."

Jean Jaures

Which local and regional characteristics and traditions are still in practice?

Where is there a need and space for positive innovation?

Examples:

- Preservation of regionally typical cultivated plants and animal species, and further development of regional
- Building, traditional trade skills and handicrafts.
- Development of a culture of innovation for the benefit of people and the environment.
- Creative interpretation of local customs and festivals.

ACTIVELY WORKING FOR THE PRESERVATION OF COMMUNITY AND FOR THE PROTECTION OF NATURE



Engage actively to
protect communities and nature

Where we see destructive structures and mechanisms in our current culture, collective and clear resistance is needed. We will only be able to leave our children and grandchildren a world worth living in – if we stop the overexploitation of nature and culture now, both here and elsewhere. Protest movements are increasingly uniting across national borders – in the awareness of a global community under threat and an endangered planet.



"Never doubt that a small group of committed people can change the world.
In fact, this is the only way the world has ever been changed."

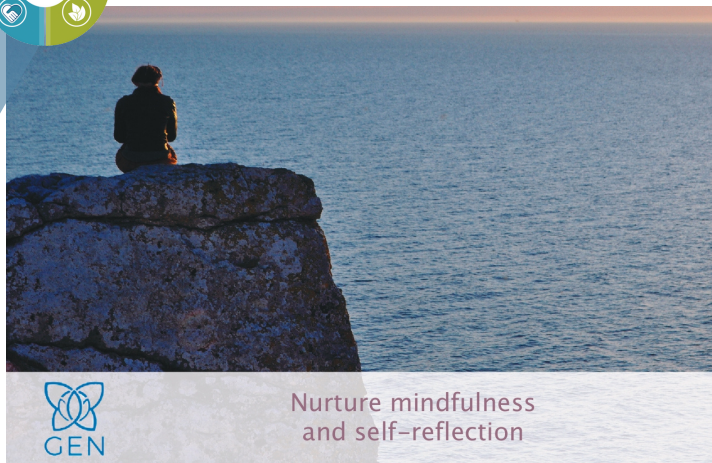
Margaret Mead

What moves local and regional residents to take action? Do they notice, value and care for their immediate and wider social community – and what about nature?

Examples:

- Preservation and development of common meeting places and structures of solidarity
- Nature conservation projects and regeneration camps with volunteers
- Active engagement for international solidarity.

PROMOTING MINDFULNESS, SELF-REFLECTION AND PERSONAL GROWTH.



Nurture mindfulness
and self-reflection



"When we let our own light shine, we
unconsciously give other people permission
to do the same."

Marianne Williamson

How are local people supported in mindful reflection
on their life plans and practices, and in developing their
abilities and gifts?

Examples:

- individual and shared moments for silence, reflection and restorative practices – e.g., yoga
- Shared appreciation of life transitions, such as from youth to adulthood
- Enabling time off and sabbaticals.

To fulfil our role in the world, it is helpful to create a peaceful and conscious space where we can slow down and look at important life issues. This can be a reorientation in our careers or relationships, or cultivating a deep appreciation of different stages of life – such as the beginning or end of parenthood – but also coming to terms with an illness and consciously saying goodbye to someone who is dying.



ECOLOGICAL BUILDING



Innovate and spread
green building technologies

"Ecological building includes aspects such as the careful use of existing building fabric, the avoidance of unnecessary surface sealing, a sensitive choice of location, the careful use of environmentally friendly and, if possible, regional building materials while avoiding substances that are harmful or toxic to the building environment, the optimized use of solar energy, efficient and environmentally friendly insulation, the optimized use of solar energy, efficient building services, greening of building etc."



"You cannot look into the future, but you can lay the foundation for something in the future – because you can build the future."

Antoine de Saint-Exupéry

What role do energetic building refurbishment, energy efficient buildings or the use of ecological and regional building materials play on site?

How is all of this being promoted?

Examples:

- Municipal consulting on energy-efficient buildings and ecological construction
- Promotion of ecological renovation of old buildings
- Use of regionally available and recycled building materials (wood, clay, straw, foam glass, etc.)

FERTILE SOILS, ORGANIC FARMING AND A REGIONAL FOOD SUPPLY



Grow seeds, food and soil
through regenerative agriculture

The main idea of organic farming is to operate in harmony with nature. It promotes humus formation and soil life; it protects sources of water from nutrient inputs and avoids the use of synthetic chemical fertilisers and pesticides.

At the same time, it strives for species-appropriate animal husbandry as well as local distribution and marketing of products. Farmers often maintain a personal relationship with their customers.



"We must not see nature as an enemy to be dominated and overcome, but learn again to cooperate with nature. She has four and a half billion years of experience. Ours is much shorter."

Hans-Peter Dürr

Does agriculture preserve and promote the natural fertility of the soil, the purity of water, regional cultural landscapes and biodiversity? Does it ensure local self-sufficiency?

Examples:

- Cultivation for self-sufficiency in home gardens.
- Weekly markets with local produce
- Seed exchange festivals
- Regional food marketing
- Solidarity agriculture.

PROMOTING THE PURIFICATION AND CONSERVATION OF SPRINGS AND WATER CYCLES



Clean and replenish
sources and cycles of water

Due to the widespread input of air pollutants, emissions from industry, traffic and private households, and the washout of synthetic fertilisers and pesticides used in intensive agriculture, we are endangering the natural regenerative power of all bodies of water – from streams to the sea. Let us begin to recognise water again as the original source of all life, to protect it and to use it carefully!



"What blood is to a human being, water is to the earth".

Hermann Lahm

How is water and water treatment handled privately and communally?

What is the situation of local springs and water bodies?

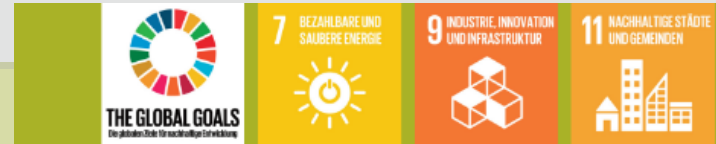
Examples:

- Adapted land management (erosion prevention, slurry and pesticide minimisation, bio-agriculture,
- Rainwater retention basins, etc.)
- Avoiding water pollutants (using environmentally friendly detergents and cleaning agents, etc.)
- Saving water and using rainwater.

ACHIEVING 100 % RENEWABLE ENERGY AND SUSTAINABLE MOBILITY



With solar, wind and waterpower as well as renewable raw materials, we have sufficient natural sources for a sustainable energy supply and mobility. The goal should be to develop these in a decentralised manner, oriented towards the common good and using environmentally sound resources. However, this will not relieve us of the task of replacing our wasteful use of energy and mobility with a consciously chosen intellectual humility.



"We will leave our children scorched earth if we do not switch to renewable energies as quickly as possible. A one hundred percent switch to renewable energies is not only an ecological but also economical imperative."

Franz Alt

What form of energy production is used locally? Who invests and profits from it?

What is being done to reduce energy consumption?

How are local public transport and climate-friendly mobility promoted?

Examples:

- Local, self-managed energy production (cooperatives for wind energy, combined heat & power plants, etc.)
- Private stakeholders (photovoltaics, solar thermal energy)
- Electric car sharing, ride-sharing stations, etc.

RECOGNISING RAW MATERIALS AS VALUABLE, AVOIDING OR RECYCLING WASTE



Work with waste
as a valuable resource

Just as there is no waste in nature, where everything is made up of value-adding cycles, we too can repair, reuse and recycle materials and products. We should strive to make the production of everything we need to live as waste-free as possible. Where we have not yet succeeded, we can find inspiration in the cycles of nature. Here, everything which perishes becomes the raw material for new life.



"We deal with this world as if we had a second one in the car boot."

Jane Fonda

How is raw material and waste handled locally? What is the degree of recycling?

Examples:

- Extending the useful life of household appliances, for example, through local repair workshops and exchange markets for clothes, books, etc.
- Private and municipal use of organic waste and green waste for biogas production and composting.
- Packaging-free village or neighbourhood shops.

INCREASING BIODIVERSITY AND REGENERATING DAMAGED ECOSYSTEMS



The destruction of natural areas and the natural basis of life, which is progressing in the fever of our economic growth, is causing a massive extinction of species. Of the estimated eight million animal and plant species worldwide, around one million are threatened with extinction. We are currently destroying our planet with our eyes wide open. What would a world look like which we humans do not oppress through carelessness or greed, but protect as careful guardians?



"Paradise, unfortunately, does not reveal itself as paradise until we have been driven out of it."

Hermann Hesse

How can ecosystems, biodiversity and cultural landscapes be protected locally?

Examples:

- Renaturation of streams and rivers.
- Sustainable and near-natural forest use.
- Promotion of organic farming.
- Protection and expansion of permanent grassland.
- Maintenance and renewal of meadow orchards.
- Creation of hedges, flower strips and extensive near-natural maintenance of green spaces.

SOCIAL ENTREPRENEURSHIP



Car sharing, fair trade, slow-food, or private accommodation platforms – all these ventures were originally developed with the aim of addressing societal problems. Sustainability-oriented entrepreneurs want to solve social problems with innovative concepts. Success here is not measured by share prices but by the number of people who are won over as active co-creators. This is especially true for regional enterprises.



"It is one of my beliefs that you have to work for the common good and that however much you contribute determines how happy you will feel".

Gottfried Wilhelm Leibnitz

Are there socially/ecologically oriented or community-run enterprises on the ground that have the well-being of the region in mind? How can this be promoted?

Examples:

- Community development of solidarity-based agriculture, bakeries, village shops, workshops, car-sharing services, schools, etc.
- Advice and support for founders in the development and implementation of ideas.

RETHINKING AND CHANGING COMMON NOTIONS OF PROSPERITY, WORK AND PROGRESS



Reconstruct the concepts
of wealth, work and progress

All over the world people are looking for alternatives to our Western paradigm of prosperity. System-critical answers can be found, for example, in the Economy for the Common Good, the Commons Movement and in the South American concept of the "good life" ("buen vivir"). The aim is a respectful treatment of nature, less social inequality, more solidarity-based economic activity and a pluralistic democracy with strong civil society participation.



"The root of joy is gratitude. It is not joy that makes us grateful.
It is gratitude that makes us joyful."

David Steindl-Rast

What is really important? What makes us satisfied and happy, allows us to live a good life?

Examples:

- Developing good social relationships and intergenerational support.
- Making time for children and young people.
- Taking care of our health and taking time for rest and recreation.
- Securing affordable housing and creating meaningful local work opportunities.
- Advocate for ecological regeneration.

WORK TOWARDS EQUITABLE OWNERSHIP OF LAND, PROPERTY AND RESOURCES



Ensure equitable access
to land and resources

The increase in global consumption of resources, land and energy have depleted natural resources, and turned fertile soils and even water into central commodities for trade and speculation. Selling land and natural resources to hedge funds without regard to environmental and human rights standards is known as land grabbing. Without access to land, water and meaningful activity, human beings have lost their most basic human rights. Rural migration has many faces – from a wave of refugees to an aging village.



"They are evicting people from the land they have used for centuries. There is no consultation with indigenous people. The deals are done in secret. The only thing local people see is people coming with big tractors and invading their land."

Nyikaw Ochalla

What structures of ownership of land or properties and buildings are in place?

What influence does this have on local developments and how can fairer conditions be promoted?

Examples:

- A use of land and buildings oriented towards the common good – a renaissance of the commons.
- Solidarity-based forestry and agriculture, solidarity-based crafts, solidarity-based ...
- Citizens' cooperatives



ADVOCATE FOR SUSTAINABLE PRODUCTION, FAIR TRADE AND CONSCIOUS CONSUMERISM.



Commit to responsible production, consumption, and trade

Civic initiatives such as the TransFair Association for the Promotion of Fair Trade in One World offer economic partners and consumers concrete alternatives for action.

In this way, living incomes for farming families and workers in countries of the global South can be guaranteed, as well as measures for more environmental protection in production and transport. And of course, we also need these standards in our own country. Small is beautiful!



"They are evicting people from the land they have used for centuries. There is no consultation with indigenous people. The deals are done in secret. The only thing local people see is people coming with big tractors and invading their land."

Nyikaw Ochalla

Are socially fair and ecological production as well as sustainable transport routes promoted in public and private consumption?

Examples:

- Information events on the Economy for the Common Good.
- Targeted selection of suppliers for distribution in the private and public sectors according to social-fair and ecological criteria with priority given to regional products and short distances.

DEVELOPING AND USING REGIONAL AND ALTERNATIVE BANKS AND CURRENCIES



Use banks and currencies that strengthen communities

Regional currencies consciously support regional economic cycles, create a sense of belonging and gradually enable a some level of regional autonomy. Banks such as GLS Community Bank, Environmental Bank, Bank for a Social Economy, Ethical Bank and others work in a similarly public-spirited way. They invest their customers' money in meaningful projects – such as alternative schools, organic farming or renewable energies.



"Regional money is currently the most interesting reform project in Germany".

Horst Köhler

Where does the income of the inhabitants of the village and the region currently go?

Do economic cycles oriented towards the common good already exist?

How could these be promoted?

Examples:

- Local food production and marketing
- Cooperative investments in the region
- Markets for local and regional producers
- Development of regional currencies
- Common good certification of companies

ENABLING A GOOD LIFE FOR ALL THROUGH ECONOMIC JUSTICE AND SOLIDARITY.



Increase economic justice
through sharing and collaboration

Our current market economy is not suitable for establishing economic and social justice. Market-oriented approaches which want to promote justice and ethical orientation – such as fair trade, solidarity-based economy or ethical investment – have so far only marginally influenced the existing power structures.

And yet the number of successful examples is growing, where people give instead of exchange, share instead of claim, and practice solidarity with one other.



"There is no justice without equality. In a society where there is still rich and poor – in other words inequality, there can be no justice – and therefore – no democracy!"

Horst Bulla

What circumstances on the ground inhibit or promote solidarity and economic justice for all?

Examples:

- Local barter and donation exchanges of food, clothes, books, household appliances, furniture, etc.
- Alternative regional currencies to support regional economic cycles.
- Alignment of public or private enterprises with the principles of the Economy for the Common Good.

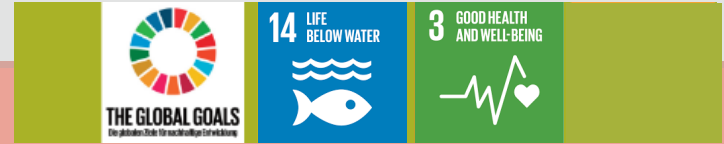


HEALTH AND WELLBEING



Promote health, healing,
and wellbeing for all

Health promotion in rural areas is now a current and increasingly urgent issue due to demographic trends. Many places fear losing local medical care structures and immediate access to care and other health services. Is it perhaps time to establish decentralised, solidarity-based structures that gradually make shared care for the sick, the weak and the elderly again the norm?



"Those who do not take a little time every day to care for their health, will one day spend a long time coping with illness."

Sebastian Kneipp

Is the social life in local areas also based on a holistic view of health, healing, and well-being?

Does everyone have care that meets their needs?

Examples:

- Healthy eating and plenty of outdoor exercise.
- Shared neighbourhood support in cases of illness.
- Village caretakers and small professionally supported 'care nests' for dignified ageing in home towns and villages

STRENGTHENING SOCIAL COHESION WHILE VALUING DIVERSITY



Nurture diversity and cohesion
for thriving communities

Social cohesion and cooperation between people is severely threatened in our culture today. We have become accustomed to families dispersing over great distances, village communities dying off and many of our youngest and oldest being cared for, but no longer integrated into our daily togetherness. And welcoming newcomers, people of other nationalities or religions is probably only possible where a secure sense of social belonging exists.



"Basically, it is always connections with people
that give life its value."

Alexander von Humboldt

What opportunities are there locally for getting to know each other – also deeply?
Who lives on the margins and may need support?

Examples:

- Getting to know the life stories of fellow people in biography sessions – also those of the "newcomers"
- A wandering village or district album in which people introduce themselves to each other.
- Celebrate the rhythm of the seasons, life transitions and other events together.

STRENGTHEN RESPONSIBLE AND ACCOUNTABLE ADMINISTRATION AND POLITICS.



Develop fair, effective
and accountable institutions

New, cooperative forms of organisation such as Sociocracy are increasingly being adopted by civil society organisations and businesses. In contrast, the world of politics and administration often lacks a culture that sustainably evaluates decisions made and views and treats mistakes as an important learning experience and development opportunity. It is important to understand other opinions as enriching and to allow the potential of every participant blossom in the service of common goals.



"No snowflake in an avalanche will ever feel accountable."

Stanislaw Jerzy Lec

In what ways can we encourage people in leadership positions in their responsibility to make balanced decisions and adopt a fair, trustworthy approach?

Examples:

- Open elections of responsible bodies according to sociocratic principles.
- Replacing individual leadership with steering committees.
- Agreeing on and implementing regular feedback and a positive error culture.

PRACTISING RESPECTFUL COMMUNICATION AND FINDING PEACEFUL SOLUTIONS TO CONFLICTS



Practice conflict facilitation,
communication and peacebuilding skills

Whether in the family, at work or in the village, the way we talk and listen to each other, value and include the opinions and needs of others, has a profound impact on the success of positive change. We all need trust and compassion to flourish. But sustainable social peace also requires political and economic structures which have everyone's best interests in mind and thus ensure peaceful coexistence in the long term.



"Beyond right and wrong, a place exists. We will
meet each other there."

Jalal ad-Din Muhammad Walad Rumi

Which jointly created "safe spaces" enable local people, even in the event of conflict, to search for good solutions openly, respectfully and peacefully?

Examples:

- Regular supervision in all working teams.
- Taking part in further training courses in non-violent communication, the Forum, process work and other trust-building social tools
- Local and regional mediators.

ENABLING ALL TO ENGAGE IN LIFELONG LEARNING FOR A SUSTAINABLE FUTURE



Ensure equal and lifelong access to education for sustainability

What kind of stewardship of the world will today's children need tomorrow? What skills will help them protect what is threatened, regenerate what is destroyed and work together to do so? And when will we all welcome back learning as constant part of our lives – at every age and in every situation, as intergenerational sharing and passing on personal passions?



"There are two types of education: Education for livelihood and education for life."

Mata Amritanandamayi

What local opportunities, facilities and services exist for learning to live a good and sustainable life?

Are there inspiring people and places of learning available that have perhaps not yet been involved?

Examples:

- Kindergartens and schools with a lot of reference to nature, life practice and fear-free learning.
- Intergenerational courses and seminars.
- Building a regional network of learning places.
- Going on inspirational tours together.

STRENGTHENING DEMOCRATIC CO-DETERMINATION AND COOPERATIVE LEADERSHIP AT ALL LEVELS



Empower collaborative leadership
and participatory decision-making

"We need to talk. We urgently need to work on repairing the communication breakdown that is now undermining the very fabric of democracy. Our society lacks places for different strata and milieus to meet, it lacks formats of open discourse in a culture of listening and discussing, where hate has no chance.

There is a lack of places where citizens can experience together how they can help shape political change in their lives."

J. Wiebecke



"Our lives begin to end, the day we stop talking
about the things that matter."

Martin Luther King

How are decisions made for the locality and where
does the population have a say beyond the ballot box?

Examples:

- Well-moderated citizens' meetings.
- Concrete cooperation between associations on important local development issues.
- Joint idea workshops for the development of local and regional projects.
- Introduction of citizens' budgets.

BUILD ALLIANCES



Build alliances
across all divides

It is in our nature to help each other. If we grow up peacefully, with respect and love, we will be able to preserve and develop this disposition within us. To support each other, we need to leave behind outdated principles of competition and ruthlessness. Here, children can be our guide. Only when our common goals span a broad horizon can they include a wide variety of people.



"If you want to go fast, go alone. If you want to go far, go with others."

African proverb

What promotes connection and support in solidarity between people locally and in the region? How do we connect with like-minded people? How do we learn from each other?

Examples:

- Creating a culture of appreciation and mutual support together.
- Develop initiatives that connect places and regions and develop them sustainably
- Cultivate national and international exchange

LEARN FROM NATURE AND ACT WITH AN EYE ON THE WHOLE



When we find inspiration in the rhythms, laws and sustainable solutions of nature and regain a new connection to the interconnectedness of all life, we can act in view of the whole and play our part in it with intellectual humility. This is a challenge we face together amidst a world increasingly shaped by consumerism and virtual reality. Ultimately, however, this strategy is necessary for survival, and there is no alternative.



"Nothing happens in nature which is not in connection with the whole."

Johann Wolfgang von Goethe

What is the relationship of local and regional people to the natural habitats surrounding them?

How do they incorporate their well-being into their actions?

Examples:

- Forest kindergartens, forest schools, learning place networks with a deep connection to nature,
- Wilderness courses.
- Planning and celebrating annual cycle festivals together.
- Work to create a life-sustaining social system in harmony with natural cycles.

STRENGTHS, WEAKNESSES AND FINDING SUITABLE STARTING POINTS FOR CHANGE



Identify assets,
needs and leverage points

Understanding both what we are already achieving – and discovering what we have lost and what is bitterly lacking today – helps to identify what we want to change together and what steps we need to take to do so. Perhaps we can learn from the attitude of those indigenous tribes who measured their decisions by whether they would still have sustainable positive outcomes in the seventh generation. Such decisions would then be truly “suitable for our grandchildren”.



"You can never solve problems with the same mindset that created them."

Albert Einstein

Do people in the local area and region have a good understanding of what changes need to be introduced and how this can be done together?

Examples:

- Joint assessment and reflection on the state of development and necessary changes on the ground in all dimensions of sustainability.
- Future workshops and the formation of thematic working groups with the broadest possible membership.

SHAPING THE FUTURE TOGETHER AND INVOLVING EVERYONE IN THE PROCESS



Engage all stakeholders
in designs for the future

Far too often, decisions about the development of a place are still made by a town or community council made up mostly of men – without women having an equal say or any real participation by youth or elders.

What might our communities look like if the experiences and perspectives of a wide variety of people and generations were included? What issues perhaps overlooked so far would we then address with collective energy and strength?



"Of course, I am interested in the future. After all, I want to spend the rest of my life in it."

Mark Twain

How do we create good framework conditions to invite a great diversity of people and include perspectives for joint undertakings and projects – and thereby bring about the active participation of all stakeholders?

Examples:

- Local and regional idea workshops.
- Approaching joint projects and activities.
- Enable participatory budgeting for participation and co-decision-making by many people.

CREATING AWARENESS OF ONE'S OWN PRIVILEGES AND USING THEM FOR THE COMMON GOOD



"To be the best kind of person means making the smallest difference between oneself and others – the worst person, the biggest."

Arthur Schopenhauer

When do we lift our gaze together and become aware of the many privileges that are part of our lives today? Are we willing to dismantle those based on unjust circumstances and use others in a life-sustaining way?

Examples:

- Volunteering in the neighbourhood, for local associations, for the region.
- Donations to internationally active aid organisations.
- Conscious purchase of fair-trade products. people.

Peace, a solid roof over one's head, clean drinking water, good health, love, enough to eat, or quite simply spare time – privileges come in many forms. How can we develop an awareness of both our personal and collective privileges? And how do they influence our views and actions?

Do we use them to support those in need and do we campaign for a just, peaceful world oriented towards the common good?

FINDING BALANCED AND SUSTAINABLE SOLUTIONS TO THE CHALLENGES WE FACE



Adapt solutions
to scale and context

In nature, we can observe how a goal is achieved with the most sparing use of power and great efficiency. Finding balanced solutions often involves applying locally available resources and skills to the task at hand, thoroughly researching the local conditions and influencing factors - before intervening and considering the long-term life cycles and less obvious impacts.



"Every now and then, a tree is cut down to
harvest an apple."

Chinese proverb

Can the challenges that exist for the place and the region be met - with a good sense for context, scale, social impact and sustainable implementation?

Examples:

- Village shops, ride-sharing, agroforestry, solidarity farming, mobile juice presses and sawmills, village schools, citizens' budgets, village caretakers, car-sharing, forest cooperatives, repair cafes, giveaway shops and many more.

REGENERATIVE HEALING PRINCIPLES AND PRACTICES. DEVELOP, APPLY AND DISSEMINATE



Spread core patterns
of regeneration

The vision is of a peaceful planet – with healthy ecosystems and thriving biodiversity, a life-friendly climate, wholesome social relationships and a social and economic system fair to all. This can only be made reality by reviving, exploring and sharing knowledge and "patterns" of behaviour and activity which promote the personal fulfilment of all, by encouraging people to contribute to the common good and to respect planetary boundaries.



"Another world is not only possible, but also
already in the making.

On a quiet day, I can hear it breathing."

Arundhati Roy

What life-serving and regenerative practices are being preserved locally and regionally, collectively developed and shared?

Examples:

- Civic engagement – e.g. for sustainable forest conversion, measures for groundwater recharge,
- Renewable energies or for a regional circular economy.
- Jointly organised courses and workshops with the transfer of knowledge suitable for our grandchildren.

APPRECIATING AND CONSIDERING FEEDBACK FROM INSIDE AND OUTSIDE THE ORGANISATION



Learning to give feedback to other people in an appreciative way can immensely enrich and facilitate contact, living together, or working together. If we want to give feedback – in other words, tell counterparts how we perceived, understood and experienced their behaviour – it is important to first ask for their "readiness to receive". Only in an atmosphere of mutual respect can they really take something away from it.



"And the day came when the risk of remaining in bud became more painful than the risk of blossoming."

Anais Nin

Is openness to feedback as 'giving each other a gift' part of local life and culture?

Is failure a taboo, or does a positive error culture.

Examples:

- Alternating speaking and listening, not interrupted by the other person, in an agreed time and rhythm.
- Jointly created safe spaces for exchange – e.g. supervision, the Forum method, etc.



THE CARDS FOR **DOWNLOAD** IN FRENCH, GERMAN & ENGLISH

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GERMAN the cards deck



To learn more about the
cards, read pages 27-32 in
the handbook.

FROM THE MAP TO THE JOURNEY OF REGENERATION



Journey into the unknown is easier with a reliable map.

Or more maps! Map of Regeneration and SDGs are two such maps.

Then, with the Journey of Regeneration, you define your route, your goals, your steps along the way and whom you need in your "fellowship" so maps would serve you well. In other words, you define the **process**. Diverse partnerships, such as those between local authorities and community-led initiatives, can produce fantastic synergies but also sad failures.

To achieve synergy, the Journey of Regeneration mobilises the potentials of everyone involved.

JOURNEY OF REGENERATION AND THE 9 STEPPING STONES



AN INTRODUCTION



The curriculum of the Journey of Regeneration takes you through a core story of innovation that unfolds over nine phases or 'stepping stones', empowering you, your community and local authorities to solve socioeconomic and ecological challenges together while being able to focus on process and adapt the tool to different timescales and to fit your unique context.

This tool was created for change-makers and their projects in response to a need for further support to sustain momentum and motivation to create regenerative change and a sustainable culture within groups and organisations.

JOURNEY OF REGENERATION



As we start putting ideas and projects into practice, we start with inspiration and a call to action, need to make plans and build teams, and inevitably run into the resistance of systems to change. We need to deepen our understanding about the process of change over time, and learn how to be personally and collectively resilient within it. The tool emphasizes and supports the building of teams able to respond whole-heartedly to global and local challenges while adapting to change and the evolving demands and needs of our environments.



This tool was initially developed as a social enterprise design tool, and has now been adapted to broader audiences and use in collaborative projects of all kinds.



STEPPING STONES



The Evoneers' Journey was developed in partnership with social entrepreneurs, academics, educators, local development experts and members of transition initiatives and ecovillages from 6 European countries in the Erasmus+ funded SIRCle project - www.sircle-project.eu

INSPIRATION & SHARED VISION



1. ANSWERING THE CALL / IGNITING THE FIRE

Create a shared understanding of what moves us and what we are unifying around:



- Finding purpose, inspiration and new ideas
- Understanding personal and shared motivation and views of the future
- Formulating initial ideas and visions for a new collaborative project or initiative
- Clarifying shared commitment and common ground values
- Creating an initial team willing to carry the idea forward

MAPPING



2. CROSSING THE THRESHOLD / DRAWING THE MAP

Understanding local, regional and global opportunities and challenges and the landscapes we move in:



- Creating a deeper and shared understanding of how change happens
- Grounding the project in a local context
- Researching local and regional conditions as well as global challenges and risks
- Mapping people, initiatives and opportunities - Identifying win-wins and cross connections
- Creating a rough project plan
- Identifying resources and funding opportunities

DIVERSE TEAMS & PROJECTS

3. ENGAGING THE CIRCLES / EMBRACING DIVERSITY

Creating diverse & effective teams able to make wise decisions & integrate all stakeholders in affirming ways

- Identifying necessary skills, capacities and allies
- Creating plans for enhancing justice, equity, diversity and inclusion
- Learning about rank, power and leadership
- Creating an inclusive & affirming group culture
- Learning about participatory group processes and gaining experience in group facilitation
- Clarifying roles, responsibilities and governance
- Sharpening the project design concerning organisational structures, roles and flows

PROTOTYPING & LEARNING

4. DARING TO ACT / EXPLORING THE LANDSCAPE

Learning by doing, testing assumptions and designing meaningful ways to track impact and results

- Designing and implementing a prototype
- Carrying out the initial steps of the project and assessing how it is received
- Learning through doing things together
- Setting up systems for tracking and evaluating impact, internally and externally
- Refining project plans through iterative learning

FACING CHALLENGES

5. FACING THE DARK NIGHT / INTEGRATING THE SHADOW

Skillfully addressing doubts, fears, challenges, failues, tensions & conflicts

- Noticing & sharing resistance, doubts & fears
- Addressing tensions & resolving conflicts
- Learning from success and failure
- Letting go of preconceptions, expectations or assumptions that have proven false
- Making necessary adjustments to team culture and project plans
- Strengthening personal and project resilience

GROUNDING INNOVATION



6. MANIFESTING THE NEW / OPENING TO THE UNEXPECTED

Finding innovative solutions grounded in direct experience of local and regional contexts, actions & collaboration:



- Implementation: Carrying out the project fully after making changes after prototyping having harnessed the tools, know-how and wisdom for a clear path of implementation and roll out of the project. .
- Creating partnerships
- Scaling and marketing
- Monitoring and evaluating

IMPACT



7. MATURING ON THE PATH / GATHERING THE HARVEST

Reaching full potential and understanding the impact of a project at different levels



- Implementing a project fully
- Evaluating outcomes and measuring progress.
- Making clear how the project is supporting positive transformations at different scales and for different people
- Designing presentation and dissemination materials
- Integration and reconciliation

CELEBRATION & PUBLICITY

8. SHARING THE GIFT / CELEBRATING WITH BEAUTY

Taking the time to celebrate and disseminate, making results available as input and inspiration to others



- Reflecting on personal and collective experiences
- Acknowledging and appreciating everyone's contributions
- Celebrating all that has been achieved and learned
- Presenting vision, outcomes and future intentions to broader society
- Letting others learn from experiences & results
- Inviting new allies and opportunities

REST AND INTEGRATION

9. COMING HOME / LISTENING TO THE FUTURE

Taking a break from doing to find moments of rest, reflection and renewed inspiration.



- Resting and integrating
- Finding moments of stillness and reconnection
- Nurturing individual and team wellbeing and sense of completion
- Reflecting on your project and its impact on you, your team and your community
- Consolidating the project and sensing what wants to happen next
- Giving space to hear what is calling you now



THE STEPPING STONES FOR **DOWNLOAD** IN FRENCH, GERMAN & ENGLISH

Scan the QR to download the
FRENCH Stepping Stones



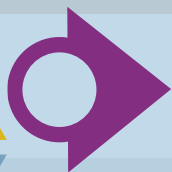
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To learn more about the 9
Stepping Stones, read page
60-67 in the handbook.

VOICES OF TRANSITION



INTRODUCTION

Voices of transition portrays extraordinary projects of community led initiatives showcasing the qualities of one of the 32 ecovillage principles in the map of regeneration. Each of them is a role model and unique contribution towards a more resilient and regenerative Europe. The range of their achievements stretches from setting up a forest kindergarden for immigrant children on the Island of Lesbos in Greece all the way to regenerating the watercycles in the eroded and dry hillsides of the Alentejo region of Portugal. It includes the example of an extremely succesful regional currency in the Chiemgau region of Germany as well as that of the abundant and deep creativity in the temple of human unity in th Piedmont hillsides of Northern Italy.



VOICES OF TRANSITION



The 2 interviews with the founders and representatives of these initiatives show how people can successfully unite their efforts by integrating their wish for personal development with the common good of their communities as well as with the needs and limits of our planet. All speakers especially refer to their personal experiences and learnings in the cooperation with local, regional and national municipalities and governments. While many of them have established trusting and supportive relations, there are also those that have suffered from their confrontation with the status quo.

All interviews are presented on the Online Platform of GEN International with a 3-5 min summary as well as a 45 min extensive version of each interview for the audience to make a personal choice about the depth of exploration.

All interviews can be accessed via scanning the QR code on page 76, while the following pages will give a first impression of some of the interviewed projects.

Welcome to "Voices of transition"!





The project of Damanhur has a big underground temple which is the spiritual center of the community where Macaco lives. The temple was build by the entire community. The community has a spiritual focus and is one of the biggest intentional communities in Italy. They are collaborating very well with the local authorities and have a lot of experiences with social enterprises. The community receives many visitors every year and supports their livelihoods partly through these visitors.

"It was important for us, not only to come into the local government. Since none of us was born at this place. So we linked with the traditions of the local place and created something that could be shown as a case study. So schools came to see how it worked here. We thus achieved good cooperation with the local authority."





The Chiemgauer currency aims to foster local business circles and supports non-profit organizations in the region, using the local currency as a tool. People are linked together in the network and there are businesses and social enterprises as well as local authorities, citizens and other stakeholders who profit from it. It gives advantages to each stakeholder. A non-profit organisation gets a share of the fees raised and businesses get better returns from existing customers and new customers.

"Legal experts tend to be conservative. They say no to experiments and perhaps even forbid them. It is hard to find a local authority who is open and wants to develop a local currency. When local authorities are part of or join with local systems, they are more willing to take such actions."



RÜDIGER BACHMANN & KIRA PETERSEN

SCHLOSS TEMPELHOF
GERMANY



Kira and Rüdiger both live in the ecovillage Schloss Tempelhof in Germany, an intentional community and site for experimentation with novel and future-oriented modes of living, working and learning. The interview focuses on Schloss Tempelhof's own school, which is built on alternative pedagogical principles inspired by Maria Montessori. The aim of the school is to support children in their development as autonomously thinking and acting persons who are well-equipped to deal with global challenges of the 21st century. The pupils' perspectives are taken seriously, and they are involved in the schools' decision-making processes, which ensures participation but also allows them to take responsibility as part of a holistic learning experience and their personal development. Today, the school also hosts pupils from the surrounding villages. It even attracted young families to move to the region, which is regarded by the mayor as a great advantage.

"I think the mayor understood what it means for this region when young families come, attracted by a good school. When there is a change of wind."





The project is about creating an ecological farm in which young asylum seekers have a chance to learn about culture in the Netherlands and to learn about farming. This project tackles many aspects of sustainability, providing organic food, having a social impact, reducing carbon emissions and addressing our generational problem of children not continuing on their parents' farms. The project tries to be ethnically diverse, as opposed to some comparable projects around the Netherlands. Mike looks back on extensive experience visiting other projects, from which she distilled positive lessons to improve her project. She explains the struggles of aligning her personal goals with the goals of local government to secure funding.

"It is a holistic project. It is about ecoculture, it is about living, it is about taking care of people, it is about diversity, it is about infrastructure, about economics, about waste, about another way of thinking."





Luisa Kleine is a founder of the community network which is in the middle of Germany, called Fuchsmühle. There are 35 mostly young people living there. This project is special in that they not only focus on changing ecological, social or cultural structures but also economic ones. They try to replace the separation narrative of capitalist exchange with a focus on commons, sharing and collaboration. Local people also participate. The idea is to develop structures which are useful for local people such as community supported agriculture, a food co-op, maintenance of empty houses and so on. The project was intentionally created in a challenging region. For example, many young people move away because of limited working opportunities and a lack of facilities. Project members, local people and the local authority thus share the same interests in local development

"A big part of our vision is based on the concept of commons. Commons or commoning is when people come together and create and produce and care for what they really need and what they love and what is meaningful for them.... And that seems really easy but in a way it's really radical because we live in a system where profit rather than meaning and needs are centred. And it is really deep in our minds and our culture that we are focused on profit and not our needs."





Reservation System Camp is a network or global movement of individuals, persons and organizations around the world who are working to restore ecosystems. A lot of land around the world is degraded in some way by human activities. This causes many problems for wildlife, climate change, degradation of soils, health, and so on. As a response to that, Reservation System Camp gives everyday people the opportunities to take action and help restore ecosystems around the world. They aim to have camps in cities at some point and to develop sustainable cities. By practising responsible consumption at the camps, they give participants an opportunity to see what sustainable communities look like. They also aim and are helping to support a transition from poverty by providing education, increasing food security and enhancing well-being of participants and the people living around the camps. The camps are recharging local ecosystems. .

"We are a four year old foundation registered in the Netherlands. We are currently working with 23 partners who are each giving people the opportunities to restore and rehabilitate ecosystems around the world"





Svetoryara is a leader of an ecovillage in southwest Ukraine. The ecovillage is part Green Road and of GEN Ukraine. Now, because of the war, GEN Ukraine created a refugee support project called "Green Refugee". The purpose is to offer refugees a safe place to stay, where they can build a new life with purpose. Due to the war bombing, most refugees have lost their houses and so they are staying in tiny houses, often elsewhere. But most of them don't have heating or water. Svetoryara and her active ecovillage group thus want to build a large building to house at least 100 people, to be finished before the start of winter. This eco-building will have heating, water and solar panels. It will also be a space for people to stay after war, so they intend to add a rehabilitation centre, as there are many psychologists in the region that can help.

"We just want to keep this place safe and to give these people some opportunity to have not only a house but also a home. And not only a home but also a new goal, something to live for. They can create a new life with us, with eco-vision, caring about nature and caring about each other."



MARKUS DIETRICH

TAMERA, PORTUGAL



Marcus Dietrich is working in Tamara as part of the ecological team. He does consultation, teaching, and eco-design. Tamara is a land-based community in Odemira, Portugal, that aims to create healing biotopes – land-based cells of people living in community and living in healthy relationship among human beings and beyond the human sphere. The water retention project led by Marcus is an example of a healing biotope. In this dry area in the south of Europe, he and his team are harvesting rainwater and aiming for zero runoff so that they raise their groundwater table, providing drinking water for the community, growing food, doing reforestation work and pasture management, and more. Challenges exist from industrial agriculture, privatised water supplies, large dams, rural abandonment, desertification and the loss of land won which to grow food. growing food and fibre for paper production. Tamara is thus trying to create a model for a more regenerative way of life. They want to be a vibrant example of a healing biotope.

"The water retention project is an example of our effort to create healing biotopes – land-based cells of people living in community with healthy relationships among human beings and also beyond the human sphere. And, within that, having regenerative relationships with land, with how we grow our food, how we relate to water, how we relate to soil, plants, animals, everything."



CHRISTIANO BOTTONE

MIT, ITALY



Christiano is in the core team of the project Municipalities in Action (MIT) which is an Italian organization that works at the local level to support transition initiatives to bring their work into municipalities. MIT works on a deep, transformative level in order to bring another way of making decisions into local structures. As well as other tools and techniques, MIT works with Sociocracy 3.0 and a skilled facilitator who is developing local collaboration and communication skills. With these communication methods, MIT is not only transforming the local culture, but it is also integrating transformative ideas into local governments and changing the culture into a more participatory and less power oriented one.

"We had this possibility to work together and then we discovered how difficult it was even with the power of the local municipalities, how all the interactions between what you want to do and the legal system, the market system, how all this is so difficult. We spent many years doing experiments to plan and work together and be strategic. We learnt a lot on this journey."





Duncan has been doing urban activism for years in different countries. He is interested in how we can learn from ideas from communities, ecovillages, and other more radical communities. Then how to bring that learning to the urban realm, specifically, and to explore how we engage normal citizens better so they become involved in the transformation of their local communities. He is currently involved in the (Urbana) project with ECOLISE. Urbana is a three-year academic project for Horizon 2020 to explore sustainable and just cities, and now it continues onto stage two with funding from the Bosch foundation. They aim to develop a community of practice, offering a process and space for everybody to participate, to help shape things, to mutually support each other to work translocally.

"We need to bring the learning that is out there, especially from ecovillages and maybe some of the radical communities that exist. We can bring that learning and wisdom and knowledge and lessons learnt and start to try to apply them to the more complex level of this modern world, in the cities, where normal people live with their everyday normal problems and challenges"



ALEXANDER CLARK

MEADOWS IN THE MAKING,
ST. ANDREWS, SCOTLAND



Alexander Clark is the sustainability manager for the University of St Andrews. The environment team mainly focuses on service delivery, making sure that the lights work, and the bins are emptied, but also looking at how to tackle climate change. This includes pushing the University to become net zero by 2025, and becoming "sustainability positive" and making sure they are addressing the nature emergency and engaging staff and students. He is involved with community projects such as St And Re-Use, encouraging students to donate items either for charities or for new students. A partnership project, Meadows in the Making, enhances biodiversity in the town. Other projects encourage sustainable travel and cycling. They also work closely with the catering teams, for sustainable food, reducing waste, and energy efficiency. He also works as a councillor for Fife council and the St Andrews Trust, making a difference to the community through collaboration.

"... partnership and collaboration work successfully when you can find some common ground that people can relate to. If you work on something we both want, we can work together and we can get a solution that's going to be practical for us all".





Ole is the founder of a psychology clinic in Norway which is based on the ideas and the wishes of the patients to improve mental health with less medication, using nature, diet, exercise and other wellbeing approaches. The concept of the clinic is innovative and new. The clinic was founded because of the needs of the local government close to the Norwegian ecovillage, Hurdal. The collaboration with the local authorities works well and the success rate in patient improvement is very high, since the patients can participate in treatment design and application. The idea is to copy this model to other places in Norway and also in other parts of Europe.

"The most important thing is to have good communication because the residents of the municipality have some needs. You have to invest quite a lot of time to talk to the local authorities and to maintain the conversation, to invite people to look at your project and to have an open mind and an open house."





Ali and Inci Goodmann worked at a university. Both chemists are now retired. With their background, they know the risks and threats of toxic substances for health. Knidia is an environmental cooperative. It proposes to link rural communities and cities. Community supported agriculture avoids the use of harmful chemicals. Knidia helped their neighbours and farmers to get resources to support organic farming which means they are able to grow more healthy food and sell their products for higher prices on the market. Farmers normally earn very little from the sale of their products, but the price will be multiplied two or three times for the consumer. It is a problem that even if you do grow healthy and efficient foods, you can't sell them for a reasonable price. Also, at the university, there is a small farm and a garden where students can come and grow vegetables.

"Through the local authority that is willing to cooperate with us, we will have contact with the greater region."





Thomas is a co-founder of the German ecovillage Schloss Tonndorf. It is situated in a valley with a large variety of local community-led initiatives and an established network among these initiatives as well as with other partners, such as universities and local public officials. Collaboration with local authorities involves local mayors but also politicians at the county level, which provided an important opportunity for funding. Examples of the initiatives include a free school, community supported agriculture and cultural events such as movie nights. The interview covers experiences regarding successful examples of collaboration as well as instances of challenges and opposition.

"The Mayor and his wife have been active members; actually, he has been part of the Board of our association since the beginning. So there is direct contact with and direct involvement of local politicians."



RENÉ HIRSCHI

HERZFELD SENNRÜTI,
SWITZERLAND



René Hirschi was a co-founder of the Herzfeld Sennruti project 14 years ago. Today, they are 83 people living on one thousand square meters of land. Interestingly, since the beginning, the number of adults has equalled that of children. A particular process thus has to be implemented to enable the children to participate and integrate. They have integrated well with the surrounding area through having professional positions outside of the ecovillage itself. They believe in the power of personal relationships. They emphasise social as well as ecological action. They use a decision making process that is sociocratic and holographic, meaning that any decision is verified against their general vision. They see conflicts to be vital and productive in leading to deeper relationships. For example, even after having had a court dispute with the municipality, they are still on amicable terms with them.

"Conflict is good because it brings growth to the ecovillage and also it brings people more into relationship in deeper and deeper levels. Through every conflict we have, we meet each other after the conflict again in a new togetherness. "





The project "Let's do it. More clean up days" is an international project, focussed around mobilizing all layers of society. Using bottom-up processes it is about communicating the need to reduce waste to politicians, schools, high schools, kindergartens and others without "pointing fingers" at their behaviour. The project is not related to any particular political party, while at the same time trying to get many politicians and officials involved. Media communication and education work through either direct meetings and workshops or international conferences as key factors. The project had great success in Slovenia which had a big signalling effect throughout the world and catalysed further action.

"I thought there is so much to be done in this world and I am just one person. So we need to engage society. We talked with as many people as we could, we had 99% media outreach. And a few months later we had 13.5% of the population going out and picking trash for five hours"



VOICES OF TRANSITION



Scan the QR code to watch
the interviews



PATTERN LANGUAGE

Pattern language allows us to identify patterns from many texts, such as research papers.

For more details scan the QR code to the left to see the pattern language of the Sircle project. In order to explore patterns from research findings, Brian Shelton & Katy Fox reviewed literature in relation to collaboration and scaling community action. They developed a bibliography and a finalised list of direct quotes used to inform the list of patterns from all sources.

The pattern language they developed is an abstract tool that can be transformed for and adapted to serve various contexts. It is still in early stages and will be especially valuable for academics and researchers who are interested in collaboration to scale community sustainability action.



ADDITIONAL MATERIALS & POLICY RECOMMENDATIONS

On any journey, a map is an essential asset. Knowing the signs on the way, understanding the local language and being skilled in communicating in different "languages" will only help you find your way easier.

Materials at the end of this toolkit can support you in better navigating your way. They are stand-alone methods, theories, concepts or approaches ("languages"), but they combine well with the map and journey of regeneration.

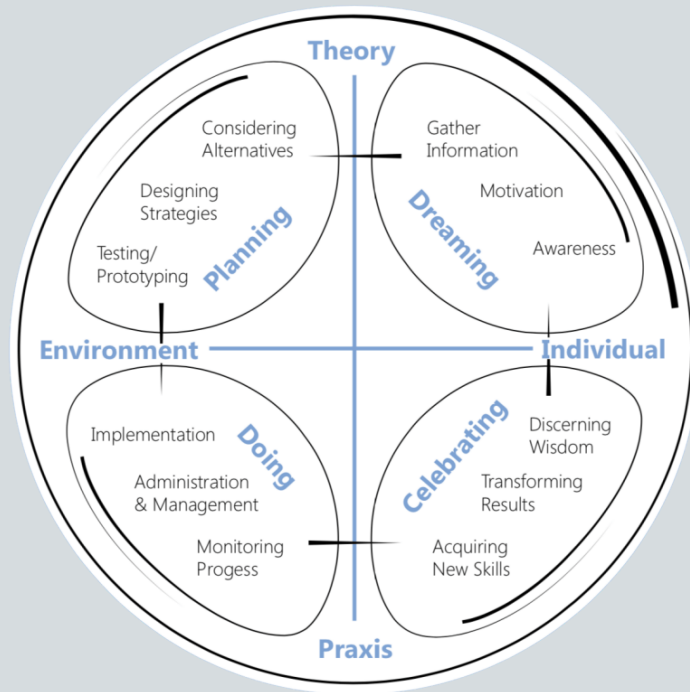
Feel free to experiment with these tools and apply those elements that best suit your projects.

Also have a look at the policy recommendations that we created for you.





Dragon Dreaming is a playful method for assisting people who want to make their **dreams** come true. The process unites individuals' dreams into a shared dream, then translates the common **dream** into an actionable **plan**, and makes sure the plan is followed up with everything necessary for full **implementation**. That's not the last step, however, because every project, to be complete, must end with a **celebration**.

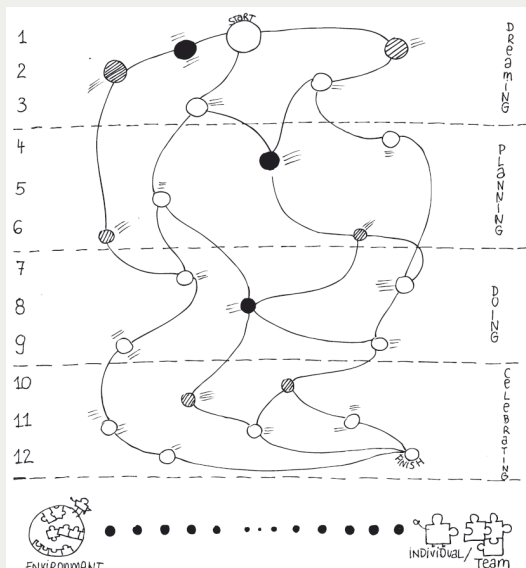


Every successful project integrates all four dynamics. For a smooth transition between them the team members need to:

1. Recognise what they see.
2. Say what they think.
3. Do what they say.
4. See what they are doing.

At each level you measure success by how good your are in:

1. nurturing relationships
2. understanding context
3. following commitments
4. ensuring satisfaction



Karabirrdt is an Australian aboriginal for "spider web". In Dragon Dreaming, it stands for "project plan", but instead of being a spreadsheet it is a smart **mindmap** outlining the flow between tasks and overlaps of responsibilities. Making a karabirrdt will help you gamify your work and include celebration at each step.

Scan the QR code below to read more about Dragon Dreaming.



52 (Permaculture) Climate Actions is a powerful, realistic, up-beat and fun list of actions (one for each week in a year), accessible to practically everyone towards the reduction of your carbon footprint (mitigation); helping you cope with the effects of climate change (adaptation); and changing your mindset (thinking differently).





CLIPS revolves around a conceptual model of concentric circles to show complex dynamics and layers found in community projects. Layers start with the relation between the **Individual** and the **Community**, and continue with **Intention, Structure and Practice**. CLIPS relies on many methods and tools shared across similar projects.

CLIPS Conflict Mapping

This is a method to listen, collect and order the information that the conflict is contributing to. It helps the group observe the conflict from different layers, feelings, needs and fears, searching a way to new options. Provide clarity in confusing and tense situations brought by conflict.

The method guides the group through the following steps:

1. defining the conflict
2. identifying the parties involved
3. framing needs and fears against CLIPS canvas
4. creating a comprehensive conflict map
5. creating options



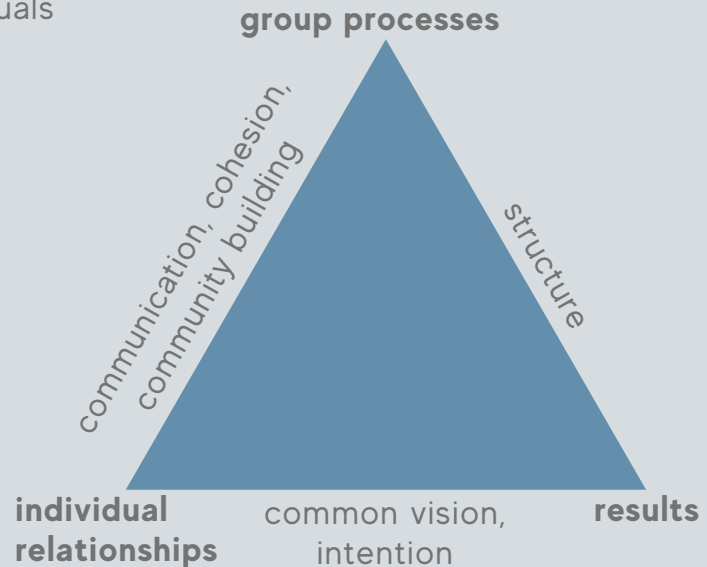
Organisational Triangle

With this method you get to understand the interaction between key elements of your project, loosen the tension that express through the between the three elements:

- individual vs. group process
- group process vs. need for results
- need for results vs. care for individuals

The diagram on the right shows the three key positions and the forces between them.

By identifying individuals' affinities in the group you get to understand the overall balance in the entire group-- or the lack of it.





Scan the QR code for more info about the Municipalities in Transition project (MIT).



Launched in 2017, the Municipalities in Transition project (MIT) is based on actively supporting local actors to transform their current relationships into innovative ways of collaboration. The main aim of the project is to develop and test a structured way for municipalities and local governments to connect with their communities and respond to challenges adopting a systemic view and methodologies inspired by the Transition Towns movement approach and learnings.

The Local Transformation Toolkit is the methodology developed to support and provide the conditions to reach the project goal. It offers a systemic approach to effecting change at the local level while mitigating polarisation and embracing the complexity of the real world.



Scan the QR code to view the Local Transformation Toolkit.

Policy Recommendations

The Ecovillage Transition in Action project produced along this toolkit with resources also a Handbook, along with a Trainers' handbook, and a Navigation tool to facilitate better collaboration between community led initiatives and local authorities and enable them to co-create a better future. Research interviews, a pilot training course, workshops and events with stakeholders led to novel data collection and evaluation of materials.

The policy recommendations which you can access via scanning the QR code are derived from critical analysis and synthesis of the data, outputs and evaluative processes within this project.



FURTHER RESOURCES CREATED BY THE PROJECT

IO2 – Handbook: Enhancing collaboration between communities and local authorities to scale sustainability

A curriculum offering fresh framings for different actors to work with communities and across sectors for bioregional transformation and restoration.

IO3 – ToT/Trainer's Handbook

A train the trainer programme to equip facilitators with the tools, skills and competencies to facilitate local and regional processes of transformation and regeneration.

IO4 – Navigator

A navigating tool for participants to assess the extent to which they have developed the competencies to achieve regional sustainability OR – the goals and targets of their collaboration within the framework of the Ecovillage Principles and SDGs.

Scan the QR code
to get to our project
website to
download the other
resources



Toolkit working group:

Anne-Kathrin Schwab

Brian Shelton

Carolyn Waldmann

Nara Petrovič

Thomas Meyer

Jan Meyer

Xuan Trang Nguyen

Roman Hausmann

Dimitra Pilichou

Rehema White

Sandra Barragán

Simen Torp

Sofia Mardero

Taisa Mattos

Rachel Clarke

Anna Kovasna

Kosha Joubert

Katy Fox

Abdul Otman

Rachel Clarke

Graphic design by:

Camila Olarte

Carolyn Waldmann

Video editing by:

Kai Eisentraut



Funder and Partners:

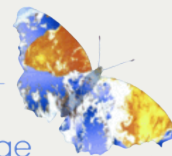
Ecovillage Transition in Action is an ERASMUS+ funded project and was created in partnership between GEN international, ECOLISE, GEN Germany & the University of St. Andrew to increase collaboration between community-led initiatives and municipalities, scale ecovillages, and develop education towards these aims.



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