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Perma-Youth: Creating a Sustainable Future Through Permaculture Education (2023-1-IT03-KA220-YOU-000158675)



Focus Group FULL Report





Index:

Introduction	1
Permacultura Report	2
Hyro Report	34
The Rural Hub Report	54
Right Challenges Report	64
Cinergies Report	92
Conclusions	121

This report presents the results and conclusions of the Perma-Youth Focus Group conducted by the project partners. The data collected from the focus groups highlight their success as valuable activities to gain a deeper understanding of the needs and gaps related to Permaculture Gap Screening within the context of PERMA-YOUTH_FG.

Through the PERMA-YOUTH Focus Group's Guided Survey on Permaculture Gap Screening, participants not only provided quantitative data, but also key qualitative insights. These insights were especially relevant in two main areas: User Identification and Needs Identification in Permaculture.

User Identification allowed for a more detailed understanding of the demographic profiles and characteristics of people involved or interested in Permaculture. This knowledge provided a solid basis for customising permaculture solutions, thus improving their effectiveness and relevance in diverse communities.

On the other hand, the Permaculture Needs Identification revealed the main challenges and requirements within this field. The focus group discussions identified areas where permaculture practices could be improved or expanded to better serve communities and the environment.

In summary, the Perma-Youth Focus Group proved to be a valuable tool for gathering meaningful information about needs and opportunities in the field of permaculture, which will help guide the next stages of the PERMA-YOUTH_FG project in a more informed and effective way.



PERMACULTURA REPORT

INTRODUCTION

Within the framework of the Perma-Youth project, WP2 entails the execution of various activities crucial for the development and co-creation of the final Training Course. Specifically, activity A2.2 involves the organization of several focus groups designed to engage young individuals, including youth workers and permaculture practitioners, in the planning of other project initiatives.

Permacultura Cantabria organized one focus group: with youth workers and with young participants on March 14, 2024. A total of 42 youngsters attended the session, forming groups of 4 to 5 individuals each, hailing not only from Spain but also from various European countries such as Poland, the Czech Republic, and Italy. This diverse mix made the focus group exceptionally enriching and multicultural. Consequently, due to the survey being conducted in English, the event was conducted in the same language.

Prior to the session, participants completed registration via the provided link:

[REGISTRATION LINK] <https://forms.gle/EwwZuhkk2o9yE7MQ6>

The session began with an introduction to the Permacultura Organization, followed by an in-depth overview of the Perma-Youth project webpage (<https://www.permaculturacantabria.com/permayouth/>). Subsequently, we proceeded directly to the questionnaire to collectively explore its themes.

Each section of the questionnaire was preceded by a concise introduction to the topic, facilitating a gradual immersion into the realms of permaculture and sustainability. Participants were encouraged to employ their imagination and intuition in responding to the questions, as many were open-ended and did not have predetermined answers.

Firstly, our attention was directed towards understanding the concept of 'permaculture' itself and exploring its potential definitions. Through the diverse contributions shared, we were able to anticipate the themes addressed by each section of the questionnaire: Caring for the Planet, Energy Care, Caring for People, and Design Care.

Of notable interest was the reaction to the 'Caring for People' theme, which emerged as unexpectedly significant yet highly relevant, especially in the context of engaging with young individuals and youth workers. This unforeseen focus proved to be extremely valuable, eliciting insightful discussions and perspectives from the participants.

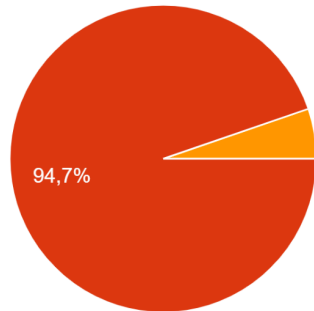
Firstly, our attention was directed towards understanding the concept of 'permaculture' itself and exploring its potential definitions. Through the diverse contributions such as Tips for facilitator of the Focus Group Guide shared, we were able to anticipate the themes addressed by each section of the questionnaire: Caring for the Planet, Energy Care, Caring for People, and Design Care.

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1. What is your age range?

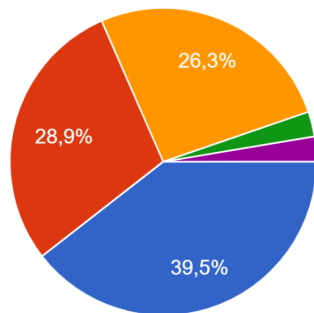
38 respuestas



- a) Under 18 years old
- b) 18 to 30 years old
- c) 30 to 60 years old
- d) Over 60 years old

2. What is your profile?

38 respuestas

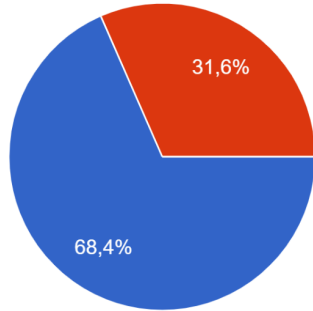


- a) Student
- b) Young person
- c) Youth worker
- d) Other: [Please specify].
- young professional



3. What is your gender?

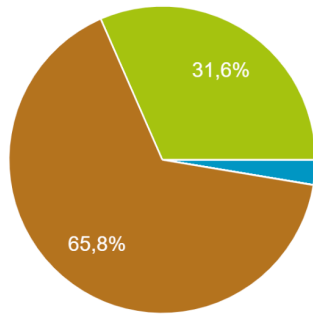
38 respuestas



- a) Female
- b) Male
- c) Other: [Please specify]

4. In which country are you currently based?

38 respuestas



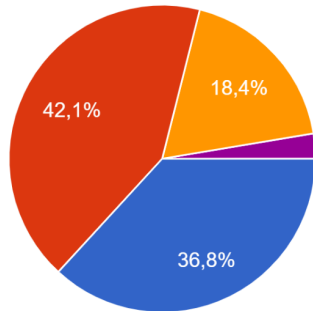
- Austria
- Belgium
- Bulgaria
- Croatia
- Cyprus
- Czech Republic
- Denmark
- Estonia

▲ 1/4 ▼



5. Do you live in a rural or urban environment?

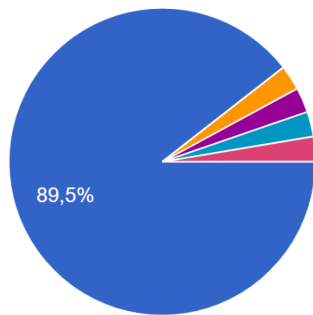
38 respuestas



- a) Rural
- b) Urban
- c) Inter-urban
- d) Other: [Please specify]
- e) City

6. Do you have access to parks or gardens?

38 respuestas

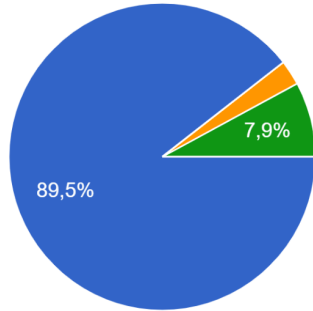


- a) Yes, I have access to nearby parks.
- b) No, I do not have access to nearby parks or gardens.
- c) Sometimes, it depends on the distance.
- d) Other: [Please specify].
- e) No need for parks in rural area
- f) own garden
- g) I have my garden



7. How often do you use online services?

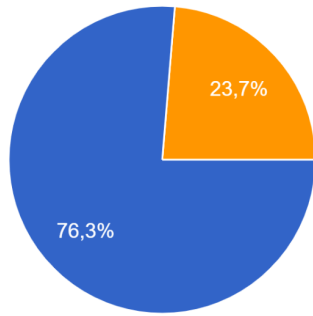
38 respuestas



- a) Daily
- b) Weekly
- c) Monthly
- d) Occasionally

8. Do you have access to rivers, lakes or seas?

38 respuestas

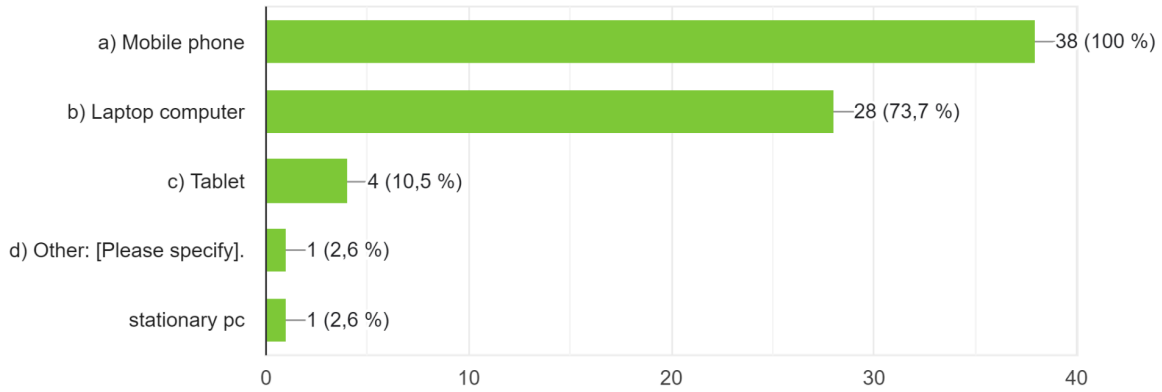


- a) Yes, I have access to nearby rivers, lakes or seas.
- b) No, I do not have access to nearby natural water bodies.
- c) Sometimes it depends on the season or location.
- d) Other: [Please specify].



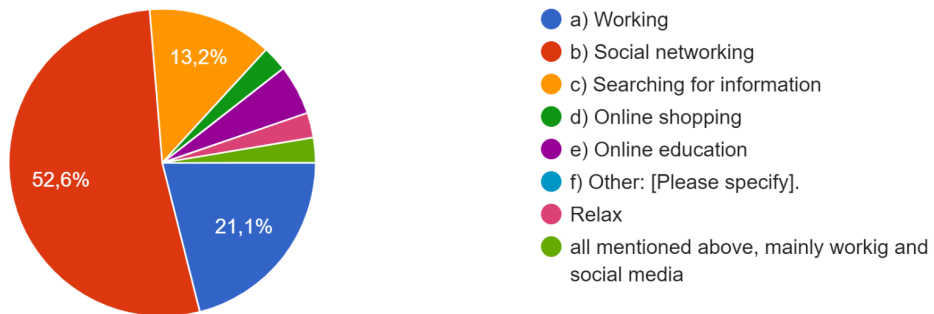
9. What type of devices do you usually use to access the internet?

38 respuestas



10. What are your main online activities?

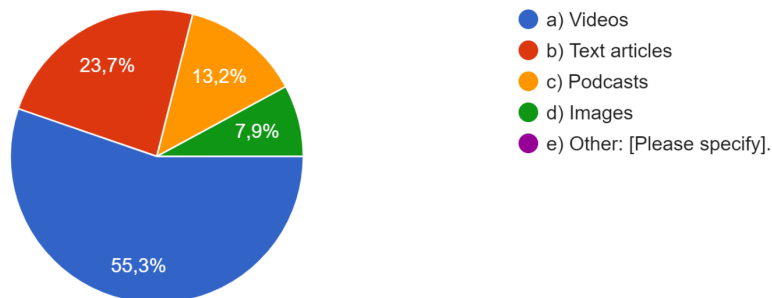
38 respuestas





11. What type of content do you prefer to consume in Online Education?

38 respuestas



Report on Focus Group Survey: Block 1 - Caring for the Planet

Introduction:

The focus group survey aimed to gather insights on various aspects of caring for the planet, including regenerative agriculture, sustainable urban food production, water management, technologies for water purification, and initiatives for efficient harvest conservation and management.

1. Importance of Regenerative Agriculture:

Participants recognized the significance of implementing regenerative agriculture practices for caring for the planet. Benefits highlighted included soil health improvement, biodiversity promotion, and resilience to climate change. Regenerative agriculture was viewed as superior to conventional methods due to its holistic approach and potential for long-term environmental sustainability.

- There's a general consensus among respondents about the importance of implementing regenerative agriculture practices for caring for the planet.
- Benefits highlighted include soil health improvement, biodiversity enhancement, carbon sequestration, and resilience to climate change.
- Regenerative agriculture is seen as a more holistic and sustainable approach compared to conventional methods, which often rely heavily on chemical inputs and degrade soil health.

2. Effective Practices for Sustainable Urban Food Production:

Opinions varied regarding the most effective practices for sustainable urban food production. Community gardens, vertical farming in buildings, and hydroponic farming were mentioned as potential solutions. Participants emphasized the importance of proper water management and efficient resource use in urban agriculture.

- While there's varied knowledge and opinions, vertical farming in buildings is highlighted as a potentially effective practice for urban food production.
- Other practices such as community gardens and green terrace farming are also mentioned, but there's less consensus on their effectiveness.



3. Role of Proper Water Management:

Proper water management was deemed crucial for environmental sustainability and food security. Suggestions for improving water resource management included implementing water-saving technologies, rainwater harvesting, and water recycling systems. These measures aim to conserve water resources and minimize waste, thus ensuring reliable access to water for agriculture and other essential needs.

- Proper water management is recognized as crucial for environmental sustainability and food security.
- Suggestions for improving water resource management include efficient irrigation systems, rainwater harvesting, water recycling, and education about water conservation.

4. Effective Technologies for Water Purification:

Participants expressed diverse opinions regarding the most effective technologies for water purification. Sand filters, reverse osmosis, and biofilters were mentioned, with some uncertainty among participants. However, there was consensus on the importance of using water purification technologies to reduce pollution and ensure access to clean drinking water.

- Responses vary widely, but reverse osmosis emerges as a technology some consider effective for water purification.
- Sand filters and biofilters are also mentioned, although there's less familiarity with these technologies.

5. Initiatives for Harvest Conservation and Management:

Various initiatives were proposed for conserving and managing harvests more efficiently and sustainably. These included crop diversification, precision agriculture, post-harvest management, and promoting local food systems. Additionally, promoting practices like phytotherapy and natural cosmetics based on harvested resources was seen as beneficial for both environmental and economic sustainability.

- Respondents suggest diverse initiatives such as crop diversification, precision agriculture, post-harvest management improvements, and promoting natural cosmetics based on harvested resources.
- There's recognition of the importance of reducing waste, conserving resources, and supporting sustainable practices for both environmental and economic reasons.

Report on Focus Group Survey: Block 2 - Energy Care

Introduction:

The focus group survey delved into the realm of energy care, highlighting the significance of responsible management and utilization of energy resources. Participants engaged in discussions regarding renewable energy sources, energy efficiency measures, and innovative technologies to foster sustainability in energy consumption.

1. Importance of Renewable Energies:

Participants emphasized the crucial role of renewable energies in transitioning towards a more sustainable energy model. Solar, wind, and hydro energy were recognized as key components of this transition. They were seen as vital for reducing reliance on fossil fuels, mitigating climate change, and promoting environmental sustainability.



- There's widespread agreement on the importance of renewable energies in transitioning towards a more sustainable energy model.
- Solar, wind, and hydro energy are seen as crucial due to their minimal environmental impact and potential to reduce reliance on fossil fuels.

2. Most Appropriate Renewable Energy for Urban Areas:

When considering renewable energy implementation in urban areas, opinions varied among participants. While some favored solar energy for its versatility and suitability for urban environments, others highlighted the potential of wind and hydropower. The consensus leaned towards a multi-faceted approach, incorporating all viable options based on local conditions and resources.

- Solar energy emerges as a favored option for implementation in urban areas due to its versatility and availability.
- Wind and hydropower are also mentioned, but there's less consensus on their suitability for urban environments.

3. Benefits of Bioconstruction:

Participants acknowledged the benefits of bioconstruction in terms of environmental sustainability and urban health. Measures proposed to promote natural building and bioclimatism included incentivizing eco-friendly construction materials, implementing green building standards, and providing education and training on sustainable building practices.

- Respondents recognize the benefits of bioconstruction in terms of environmental sustainability and urban health.
- Suggestions for promoting natural building and bioclimatism include using financial incentives, organizing workshops, and integrating sustainable practices into building regulations.

4. Effective Practices for Sustainable Transport:

In promoting more efficient and sustainable transport, participants highlighted various practices. These included promoting public transport, encouraging bicycle usage, and advocating for electric vehicles. The consensus was in favor of a multi-pronged approach that addresses different aspects of transportation sustainability.

- Suggestions for promoting more efficient and sustainable transport include promoting public transportation, promoting the use of bicycles, and improving infrastructure for alternative modes of transportation.

5. Initiatives for Reducing Carbon Footprint:

Participants discussed initiatives to promote the concept of "zero kilometer" and reduce the carbon footprint associated with transportation. Suggestions included supporting local markets and producers, implementing delivery optimization strategies, and incentivizing sustainable transportation modes. Achieving sustainable decreases in transportation emissions was seen as requiring a combination of policy interventions, infrastructure improvements, and behavioral changes.



- Initiatives suggested include supporting local food networks, promoting walking, cycling, and public transit, incentivizing electric vehicles, and investing in public transportation infrastructure.
- There's a recognition of the need to reduce the carbon footprint associated with transportation through various measures, including supporting local economies and reducing reliance on long-distance transport.

insights into participants' perspectives on energy care and sustainability. Renewable energies were recognized as essential for transitioning to a more sustainable energy model, with solar, wind, and hydro energy playing pivotal roles. Additionally, bioconstruction, sustainable transport practices, and initiatives to reduce carbon footprints were highlighted as crucial steps towards fostering environmental sustainability and promoting healthier urban environments.

Report on Focus Group Survey: Block 3 - Caring for People

Introduction:

The focus group survey centered on the well-being and welfare of individuals and communities, addressing initiatives to enhance access to healthcare, education, and social services, while promoting equality, diversity, and inclusion. The aim was to understand perceptions and preferences regarding various aspects of caring for people.

1. Emotional Management and Well-being:

Participants acknowledged the significance of emotional management in contributing to individual and collective well-being in a community. Practices and resources deemed important for promoting mental and emotional health included access to counseling services, community support groups, mindfulness programs, and educational resources on emotional well-being.

- Emotional management is seen as crucial for individual and collective well-being in a community, fostering resilience, empathy, and positive social interactions.
- Practices such as mindfulness, therapy, support groups, and access to mental health resources are considered important for promoting mental and emotional health.

2. Activities for Promoting Healthy Leisure:

Opinions varied regarding the most beneficial activities for promoting healthy leisure. While outdoor sports, arts and cultural activities, and meditation/mindfulness were recognized as beneficial, there was also support for a holistic approach incorporating all options. Participants emphasized the importance of diverse leisure activities tailored to individual preferences and interests.

- Participating in arts and cultural activities emerges as a favored option for promoting healthy leisure.
- Meditation and mindfulness are also mentioned, but there's less consensus on their effectiveness.

3. Conscious Eating and Personal Health:

Conscious eating was perceived as crucial for both personal health and the sustainability of the planet. Participants discussed the importance of promoting healthier and more environmentally friendly eating habits in the community through education, awareness campaigns, access to fresh and nutritious foods, and support for sustainable food production and consumption practices.

- Conscious eating is recognized as important for personal health and the sustainability of the planet.



- Suggestions for encouraging healthier and more environmentally friendly eating habits include promoting plant-based diets, supporting local food producers, and educating on sustainable choices.

4. Caring for Human Life Cycles:

Participants recognized the importance of considering various aspects in caring for human life cycles, including comprehensive support during pregnancy and childbirth, access to quality medical and palliative care, and promoting respectful end-of-life practices. They emphasized the need for a holistic approach that addresses the diverse needs of individuals at each stage of life.

Based on the provided data, here's an analysis of Considerations in Caring for Human Life Cycles:

- Comprehensive support during pregnancy and childbirth is deemed most important in caring for human life cycles.
- There's a recognition of the importance of providing tailored support systems across all life stages, including prenatal care, childcare, healthcare for adults, social services for seniors, and end-of-life support.

5. Improving Care and Accompaniment:

Suggestions for improving care and accompaniment across human life cycles included expanding access to healthcare services, providing caregiver support programs, enhancing palliative care services, and promoting intergenerational community activities.

Participants emphasized the importance of tailored resources and services to meet the unique needs of individuals at different stages of life.

- Suggestions for improving care across life stages include providing accessible healthcare services, quality education about parenting and caregiving, support for aging populations, and additional resources such as community health centers and palliative care services

Report on Focus Group Survey: Block 4 - Design Care

Introduction:

The focus group delved into the realm of Design Care, emphasizing the synergy between creativity and responsibility in shaping our world. This exploration aimed to uncover the transformative potential of intentional design in fostering environmental and social sustainability while enhancing the quality of life within communities.

4.1: Keys to Design:

Participants explored fundamental principles essential for effective design, emphasizing functionality, aesthetics, and user experience. They discussed strategies for successful design processes across various disciplines, recognizing the importance of meeting diverse needs while resonating with users and communities.

1. Interconnectedness in Community Design:

Participants acknowledged the interconnectedness of different elements within a community as essential for meeting diverse needs effectively and sustainably. They provided concrete examples such as integrated public transportation systems connecting residential areas with educational and healthcare facilities, thereby improving access and quality of life for residents.

- Interconnectedness within a community enables holistic approaches to meeting diverse needs effectively and sustainably.
- Examples include collaboration between schools, clinics, and local groups to provide support for families, and integrating urban planning with access to public



transportation, green spaces, and healthcare facilities.

2. Strategies for Supporting Community Needs:

In ensuring that each need is supported within a community, participants identified the importance of encouraging resource diversification, promoting collaboration between sectors and community actors, and establishing mutual support systems. They emphasized the need for a holistic approach encompassing all strategies mentioned to address the multifaceted needs of communities.

- Promoting collaboration between different sectors and community actors is considered the most effective strategy in ensuring that each need is supported by various elements within a community.

3. Benefits of Multifunctional Design:

Participants discussed the benefits of designing multifunctional elements within a community, highlighting resource optimization and improved efficiency in meeting community needs. Examples included multipurpose community centers that serve as hubs for education, recreation, and social gatherings, thereby maximizing resource utilization and enhancing community cohesion.

- Multifunctional elements in community design optimize resource use, save costs, enhance accessibility, and promote social interaction.
- Examples include integrating functions such as green spaces with recreational areas or combining transportation hubs with commercial spaces.

4. Effective Strategies for Promoting Interrelationships:

Strategies for promoting interrelationships between different elements within a community included organizing social events, implementing efficient transport and communication systems, and designing multifunctional public spaces. Participants emphasized the need for a comprehensive approach that fosters interaction and connectivity among community members.

- Establishing mutual support systems and solidarity networks is seen as an effective strategy in promoting the interrelationship between different elements within a community.

5. Application of Design Keys to Community Projects:

Participants brainstormed ways to apply design keys to specific community projects to improve quality of life and promote sustainability. Challenges anticipated included funding constraints, stakeholder engagement, and resistance to change. Strategies to overcome these challenges included fostering collaboration, engaging stakeholders early in the design process, and advocating for the long-term benefits of sustainable design.

- Applying design principles such as creating mixed-use developments, incorporating green infrastructure, and designing public spaces for multifunctionality can improve the quality of life and promote environmental and social sustainability.
- Challenges in implementing these principles include funding constraints and community engagement, which can be addressed through strategic partnerships, grants, and participatory planning processes.

Effective design principles are essential for developing sustainable and resilient communities and systems. In this report, we delve into the application of permaculture principles, which offer a holistic approach to designing human settlements and agricultural systems that mimic natural ecosystems. Permaculture, derived from the words "permanent" and "agriculture" or "culture," emphasizes sustainable and regenerative practices that aim to meet human needs while fostering ecological health and resilience.

In this study, we focus on twelve core permaculture principles, each offering valuable

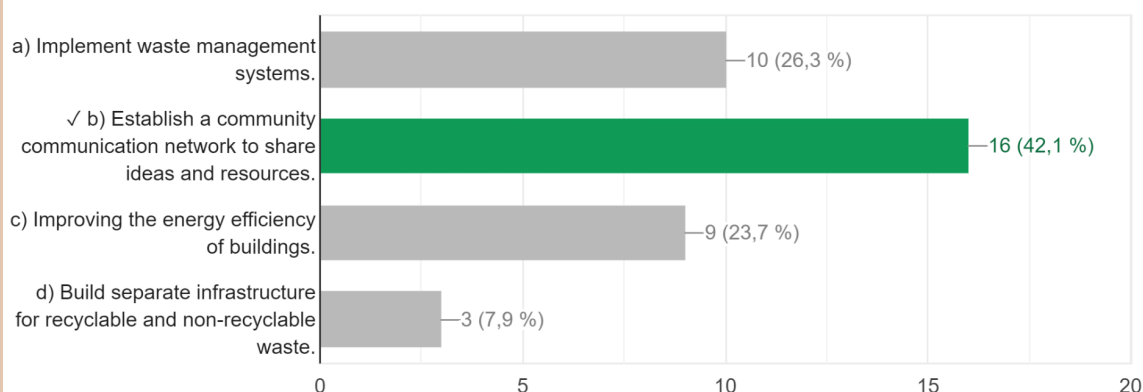


insights into creating harmonious and sustainable environments. These principles guide us in understanding how to observe, interact, capture and store energy, obtain returns, self-regulate, value natural resources, minimize waste, design from patterns to details, integrate rather than segregate, utilize slow and small solutions, and embrace diversity.

Through the exploration of practical examples and case studies, we aim to elucidate how these principles can be applied across various domains, from community design and agricultural systems to urban development and educational programs. By understanding and implementing these principles, we can move towards creating more resilient, regenerative, and equitable human habitats that thrive in harmony with nature.

1. Principle observe and interact. Which action promotes the application of the "Observe and Interact" principle in community design?

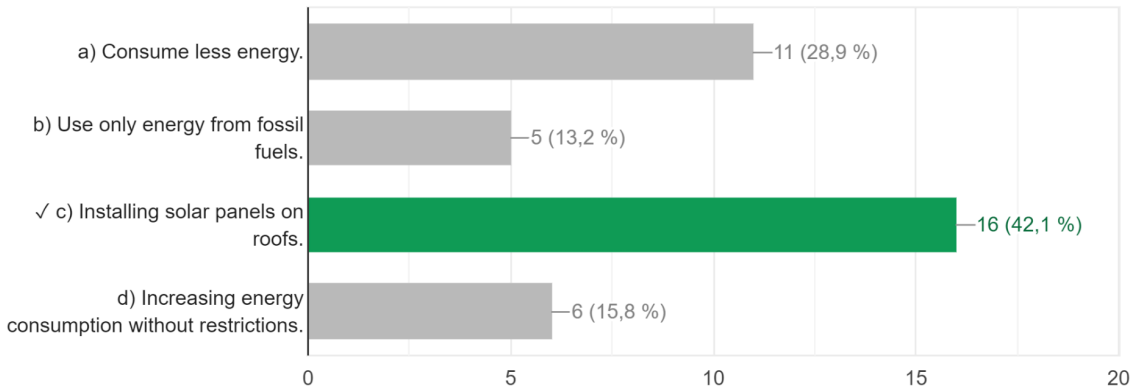
16 de 38 respuestas correctas





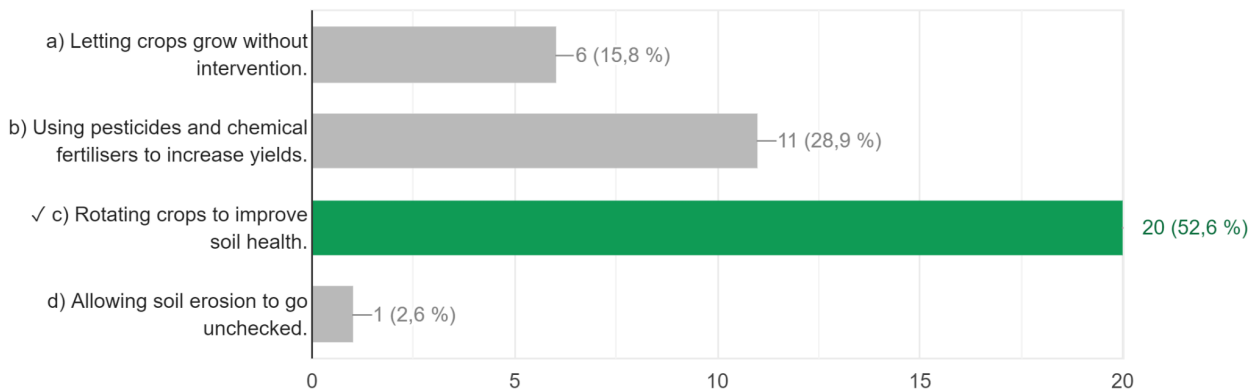
2. Principle capture and store energy. Which of the following contributes most to capturing and storing energy in a sustainable way?

16 de 38 respuestas correctas



3. Principle getting a return. Which of the following strategies is an application of the "Getting a return" principle in the design of agricultural systems?

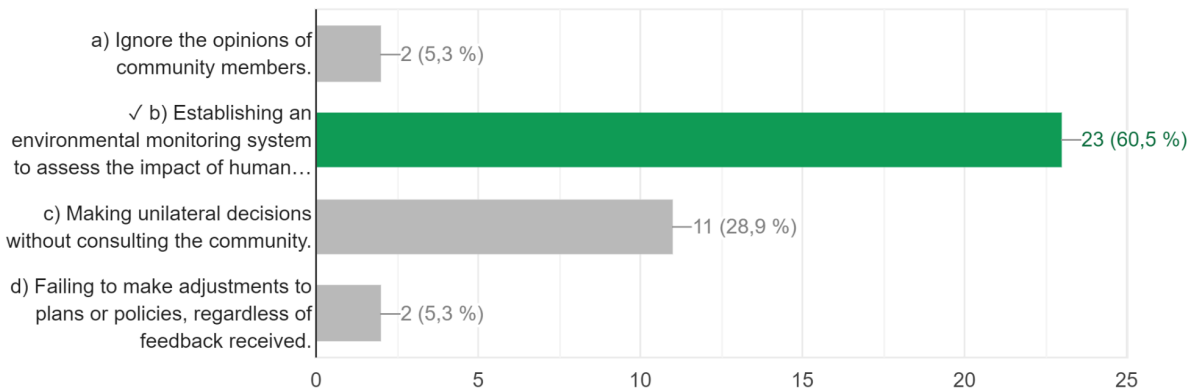
20 de 38 respuestas correctas





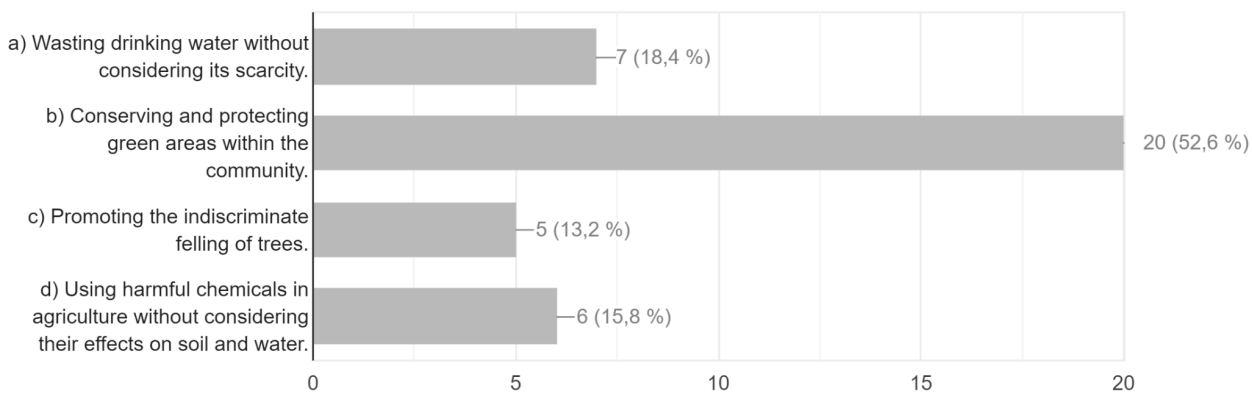
4. Principle: Apply self-regulation and accept feedback. Which measure reflects the principle of "Apply self-regulation and accept feedback" in community management?

23 de 38 respuestas correctas



5. Principle: Use and value natural resources and services. Which of the following actions promotes the use and valuation of natural resources according to the design principle?

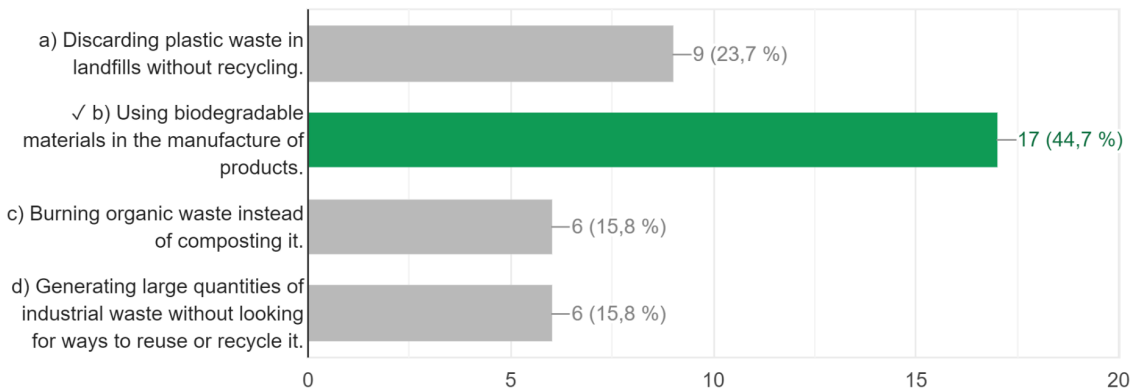
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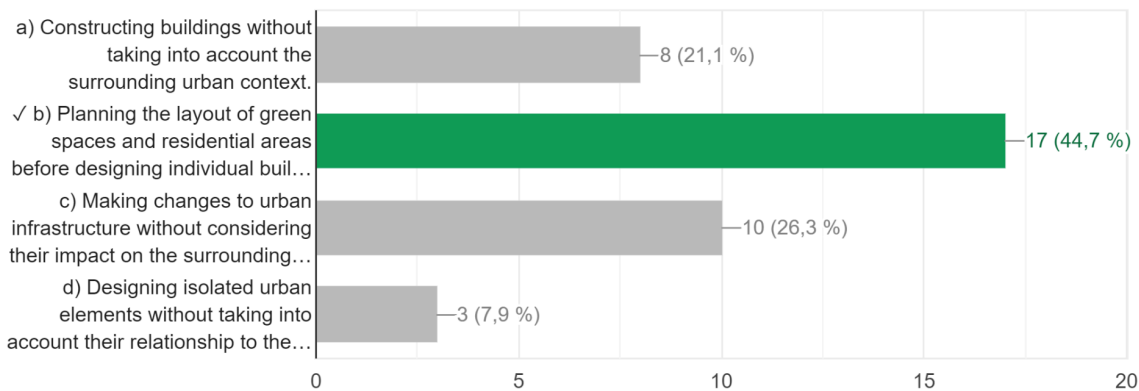
6. Principle: Produce no waste. Which measure is consistent with the "Produce no waste" principle in product or process design?

17 de 38 respuestas correctas



7. Principle: Design from patterns to details. Which approach reflects the principle of "Design from Patterns to Details" in urban development?

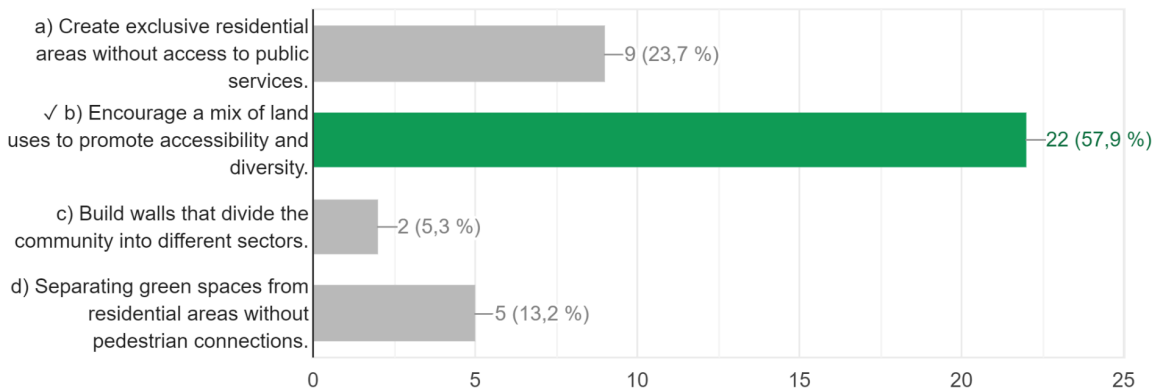
17 de 38 respuestas correctas





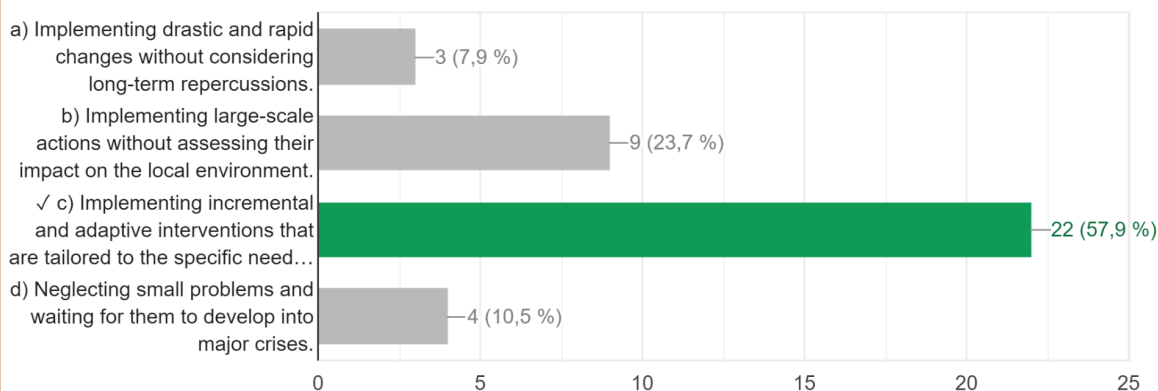
8. Principle: Integrate rather than segregate. What is one way to apply the principle of "Integrate rather than segregate" in urban design?

22 de 38 respuestas correctas



9. Principle: Use slow and small solutions. What is one characteristic of solutions that aligns with the "Use slow and small solutions" principle?

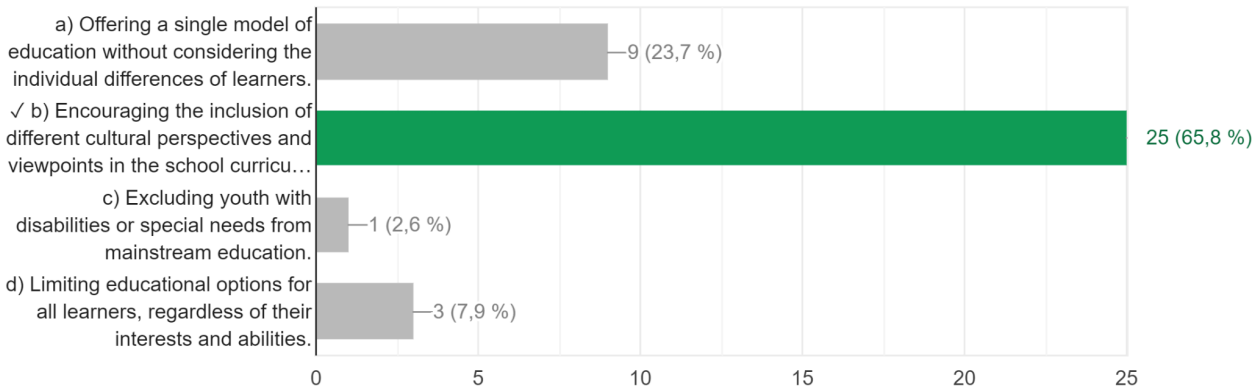
22 de 38 respuestas correctas





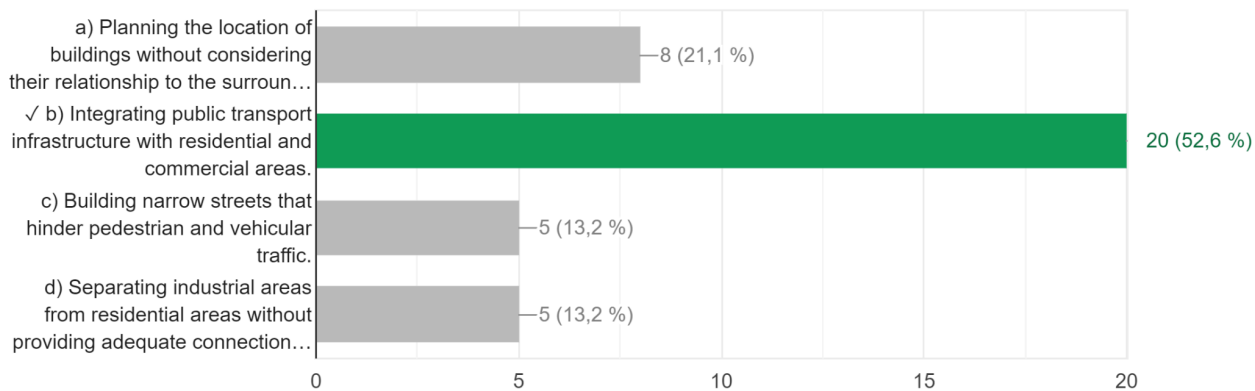
10. Principle: Use and value diversity. Which of the following actions promotes the principle of "Use and value diversity" in the design of educational programmes?

25 de 38 respuestas correctas



11. Principle: Design from pattern to detail. Which aspect of urban design reflects the principle of "Design from pattern to detail"?

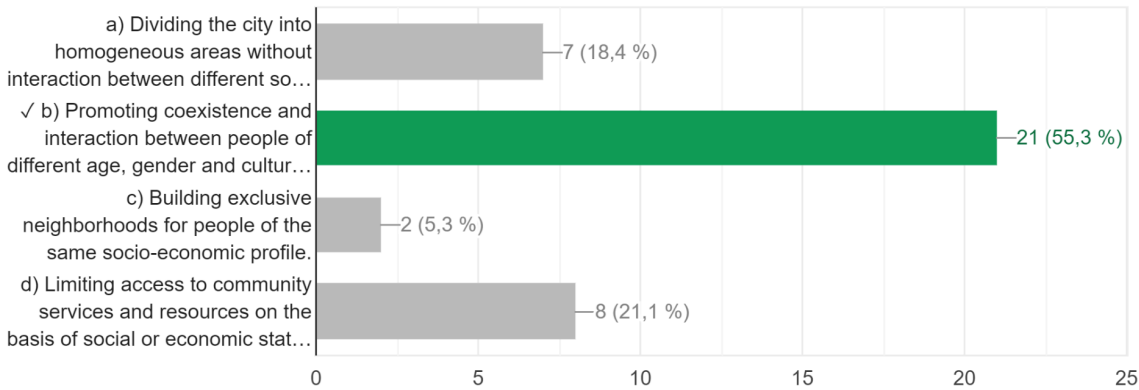
20 de 38 respuestas correctas





12. Principle: Integrate rather than segregate. What is a characteristic of communities that apply the "Integrate rather than segregate" principle?

21 de 38 respuestas correctas



In the pursuit of sustainable community development, it is imperative to employ a diverse set of tools and methodologies that foster resilience, equity, and harmony with the environment. This report aims to explore twelve key tools utilized in the design and planning of sustainable communities, each offering unique perspectives and strategies to address complex challenges and opportunities.

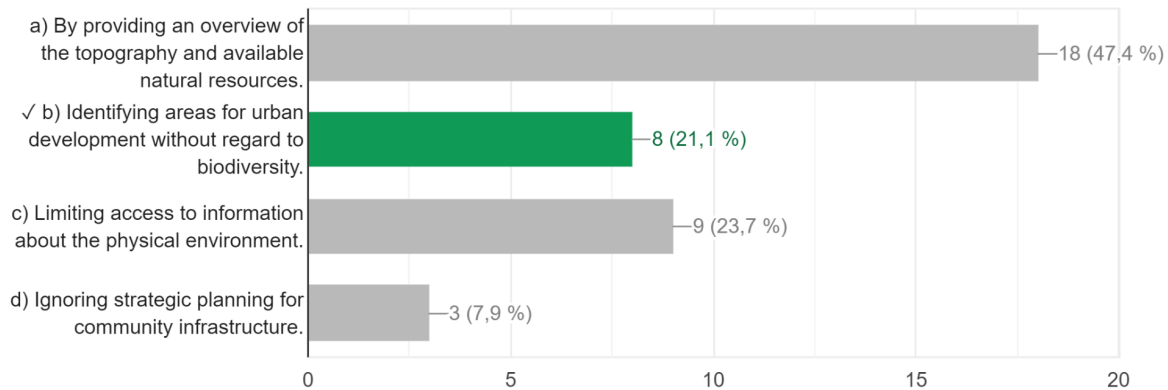
From sitemaps and zoning analysis to water testing and decision matrices, these tools provide valuable frameworks and approaches for understanding, assessing, and shaping community landscapes and dynamics. By integrating these tools into the design process, community planners and stakeholders can cultivate environments that prioritize ecological integrity, social cohesion, and economic vitality.

Throughout this report, we will examine the functions, roles, and significance of each tool in the context of sustainable community design. Through practical examples and case studies, we aim to demonstrate how these tools can be effectively utilized to create resilient, adaptable, and thriving communities that endure and thrive for generations to come.



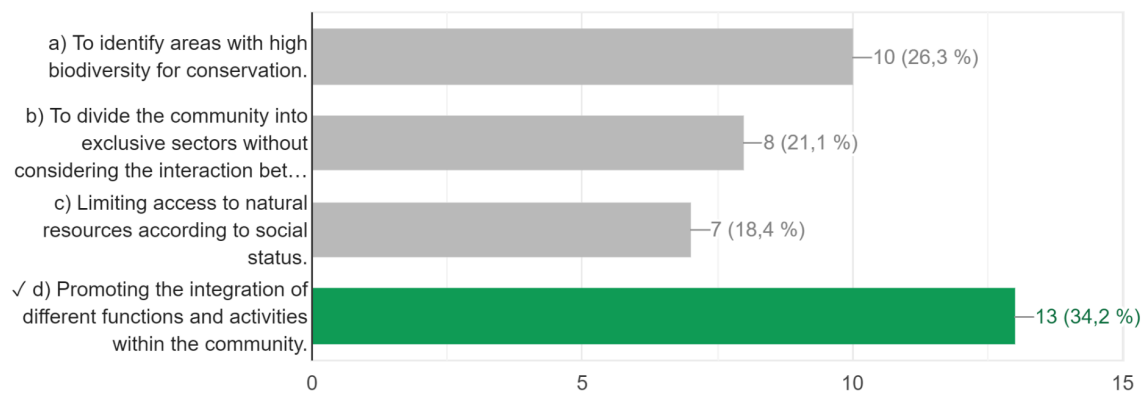
1. Tool: Sitemaps. How can sitemaps help in the design of a sustainable community?

8 de 38 respuestas correctas



2. Tool: Zoning and sector analysis. What purpose does zoning and sector analysis serve in designing a sustainable community?

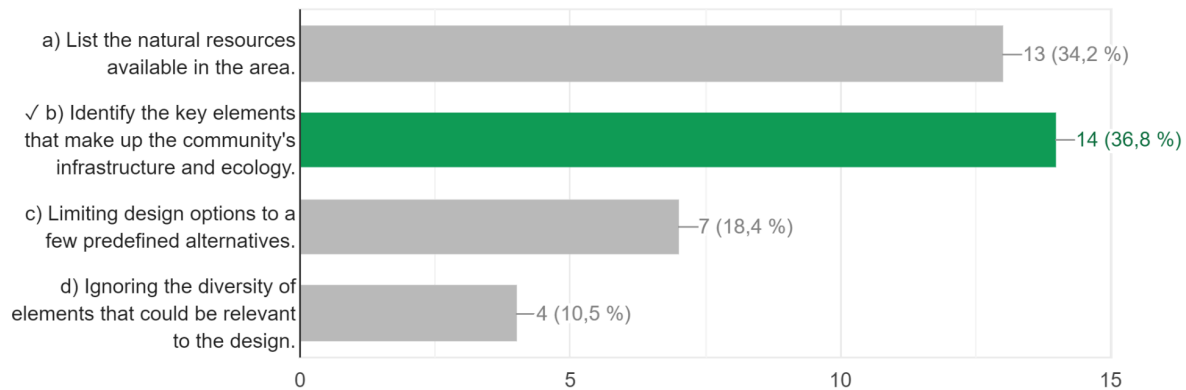
13 de 38 respuestas correctas





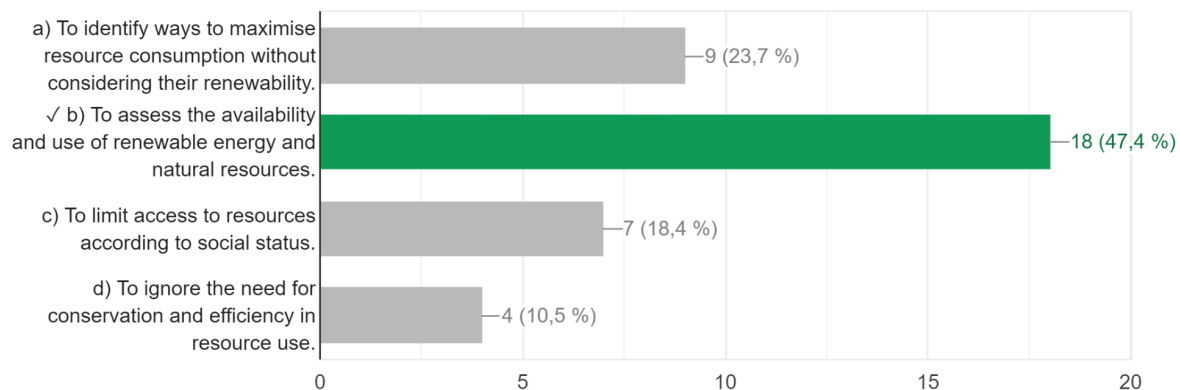
3. Tool: List of elements. What is the function of a list of elements in the community design process?

14 de 38 respuestas correctas



4. Tool: Energy and Resource Analysis. Why is it important to conduct an energy and resource analysis in community design?

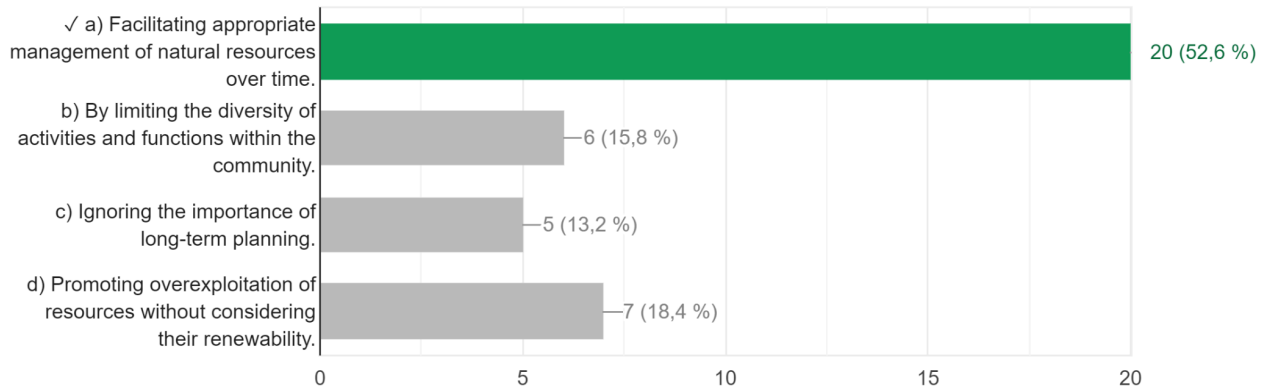
18 de 38 respuestas correctas





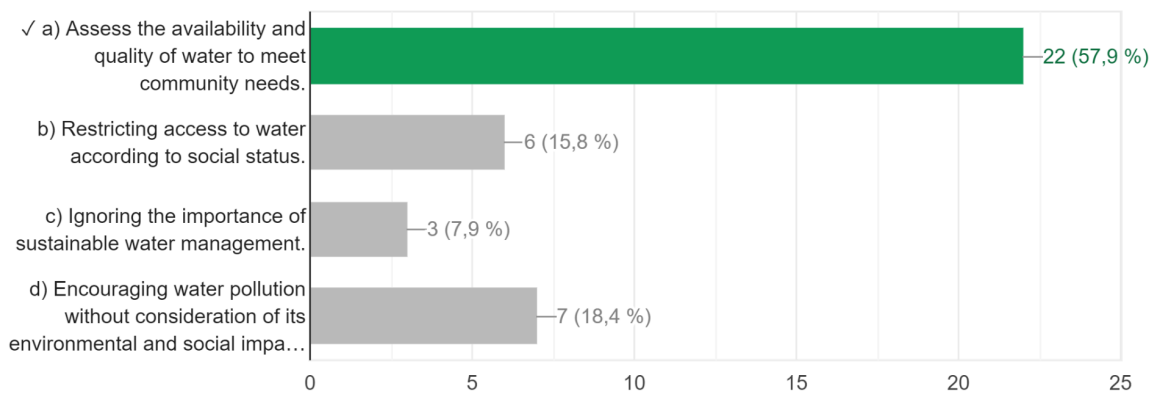
5. Tool: Rotations and sequences. How can rotations and sequences benefit sustainable community design?

20 de 38 respuestas correctas



6. Tool: Water testing. What role does water testing play in designing a sustainable community?

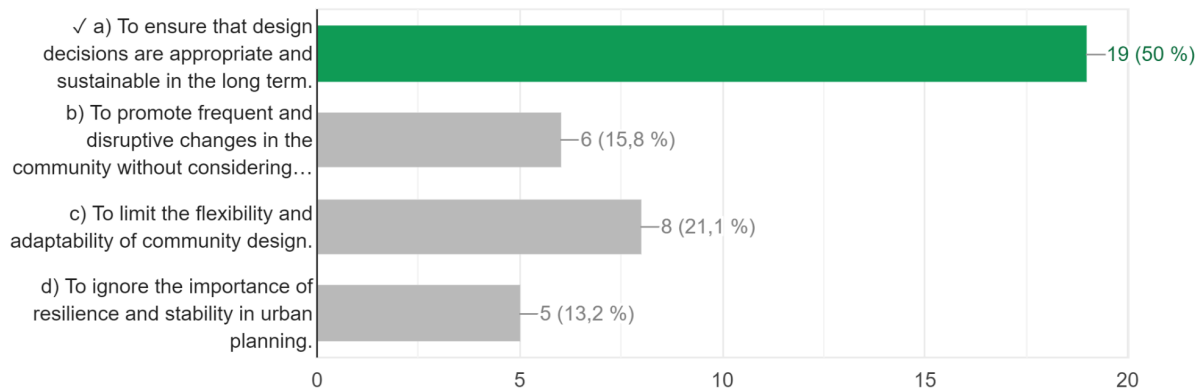
22 de 38 respuestas correctas





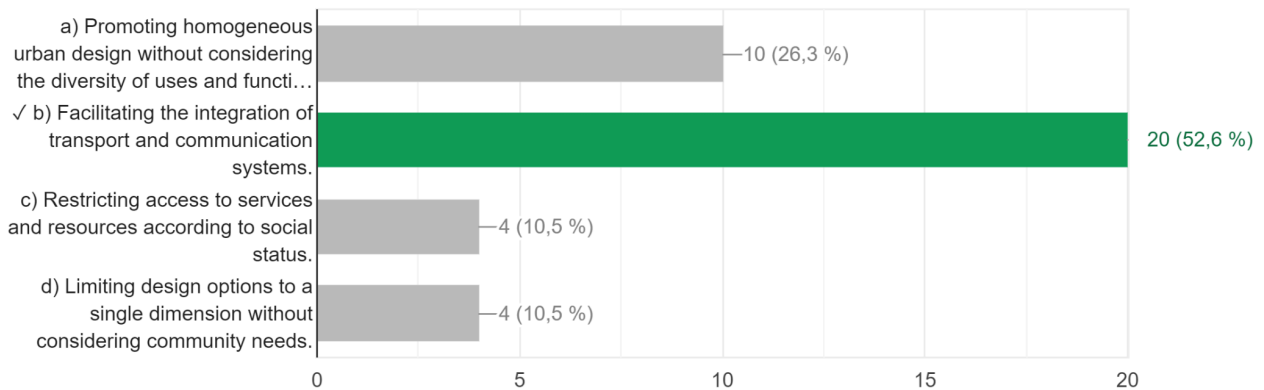
7. Tool: Scale of permanence and stability. Why is it relevant to consider the scale of permanence and stability in community design?

19 de 38 respuestas correctas



8. Tool: Inline design and land. How can inline design and land benefit sustainable community development?

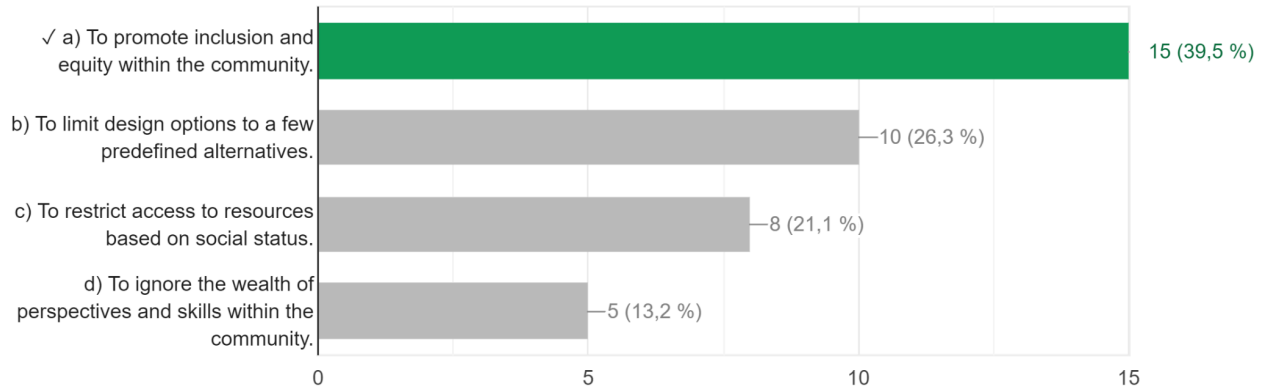
20 de 38 respuestas correctas





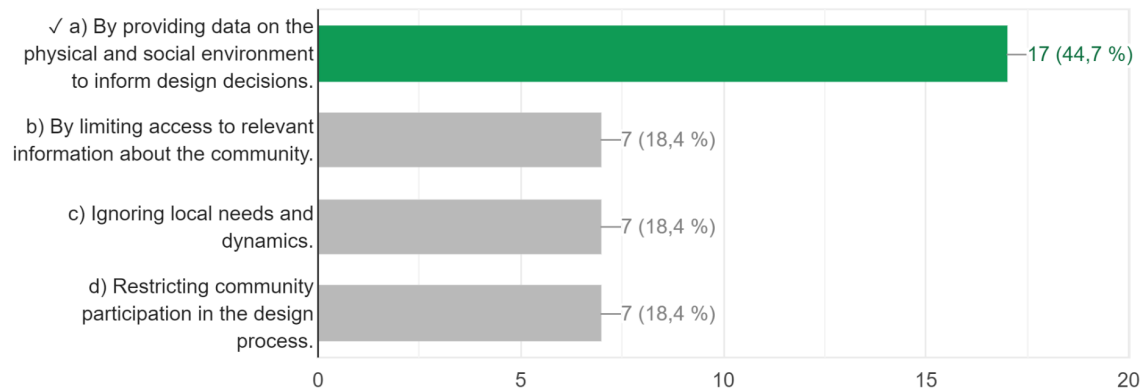
9. Tool: Planning for Diversity. Why is it important to plan for diversity in community design?

15 de 38 respuestas correctas



10. Tool: Observation tools. How can observation tools contribute to sustainable community design?

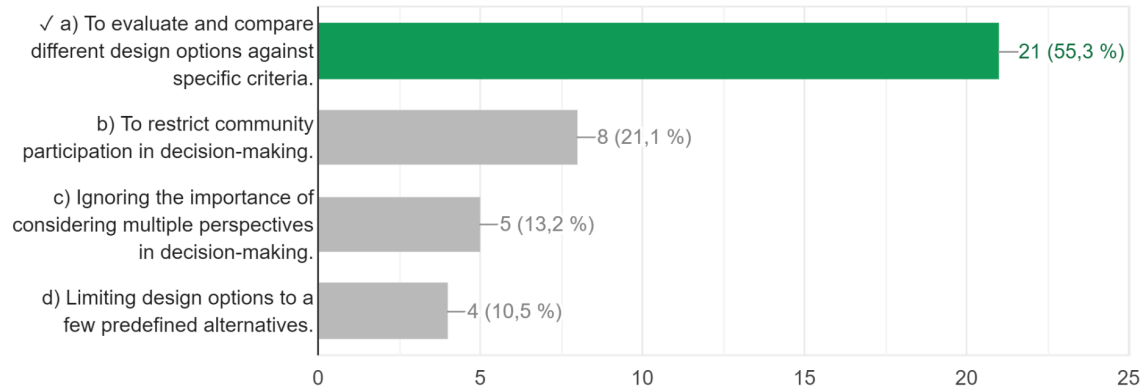
17 de 38 respuestas correctas





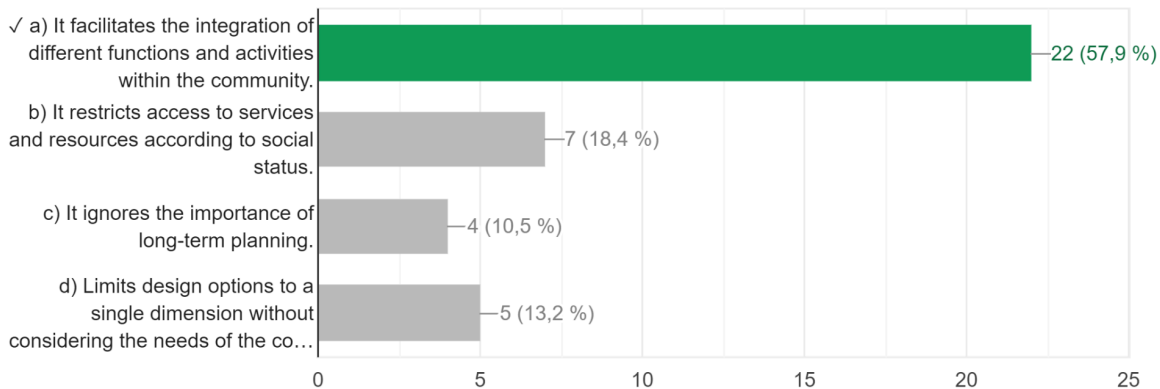
11. Tool: Decision Matrix. What purpose does a decision matrix serve in community design?

21 de 38 respuestas correctas



12. Tool: Layered design. Why is layered design relevant to sustainable community development?

22 de 38 respuestas correctas



Frequently asked questions that are frequently missed

1. Principle observe and interact.

Which action promotes the application of the "Observe and Interact" principle in community design?

16/38

2. Principle capture and store energy.

Which of the following contributes most to capturing and storing energy in a sustainable way?



16/38

6. Principle: Produce no waste.

Which measure is consistent with the "Produce no waste" principle in product or process design?

17/38

7. Principle: Design from patterns to details.

Which approach reflects the principle of "Design from Patterns to Details" in urban development?

17/38

1. Tool: Sitemaps.

How can sitemaps help in the design of a sustainable community?

8/38

2. Tool: Zoning and sector analysis.

What purpose does zoning and sector analysis serve in designing a sustainable community?

13/38

3. Tool: List of elements.

What is the function of a list of elements in the community design process?

14/38

4. Tool: Energy and Resource Analysis.

Why is it important to conduct an energy and resource analysis in community design?

18/38

9. Tool: Planning for Diversity.

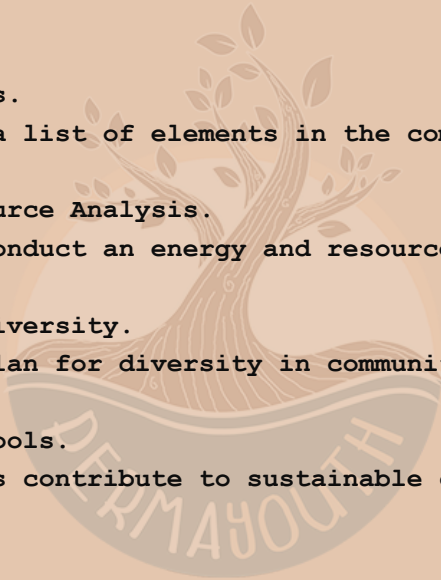
Why is it important to plan for diversity in community design?

15/38

10. Tool: Observation tools.

How can observation tools contribute to sustainable community design?

17/38






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Facilitator Report: Focus Group Analysis

Date: 15/03/2024

Annexe 1, Participants list:




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FOCUS GROUP Date: 14/03/2024


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Purpose of the Focus Group:

The focus group was conducted to identify frequently missed concepts and questions pertaining to principles and tools in sustainable community design.

Summary of Findings:

During the focus group session, participants engaged in discussions surrounding principles and tools in sustainable community design. The analysis revealed several frequently missed questions and concepts, which are summarized as follows:

Frequently Missed Questions:





1. Principle: Observe and Interact Question: Which action promotes the application of the "Observe and Interact" principle in community design? Correct Answers: 16/38 respondents selected the correct answer.
2. Principle: Capture and Store Energy Question: Which of the following contributes most to capturing and storing energy in a sustainable way? Correct Answers: 16/38 respondents selected the correct answer.
3. Principle: Produce No Waste Question: Which measure is consistent with the "Produce no waste" principle in product or process design?
4. Correct Answers: 17/38 respondents selected the correct answer.
5. Principle: Design from Patterns to Details Question: Which approach reflects the principle of "Design from Patterns to Details" in urban development?
6. Correct Answers: 17/38 respondents selected the correct answer.
7. Tool: Sitemaps Question: How can sitemaps help in the design of a sustainable community?
8. Correct Answers: 8/38 respondents selected the correct answer.
9. Tool: Zoning and Sector Analysis Question: What purpose does zoning and sector analysis serve in designing a sustainable community? Correct Answers: 13/38 respondents selected the correct answer.
10. Tool: List of Elements Question: What is the function of a list of elements in the community design process? Correct Answers: 14/38 respondents selected the correct answer.
11. Tool: Energy and Resource Analysis Question: Why is it important to conduct an energy and resource analysis in community design? Correct Answers: 18/38 respondents selected the correct answer.
12. Tool: Planning for Diversity Question: Why is it important to plan for diversity in community design? Correct Answers: 15/38 respondents selected the correct answer.
13. Tool: Observation Tools Question: How can observation tools contribute to sustainable community design? Correct Answers: 17/38 respondents selected the correct answer.

Conclusion:

The analysis of the focus group indicates that certain questions related to principles and tools in sustainable community design are frequently missed. This suggests a potential gap in understanding among participants in these areas. Addressing these gaps through targeted training or educational interventions may enhance participants' comprehension and application of key concepts in sustainable community design.

Recommendations:

Based on the findings, it is recommended to:

1. Develop additional training modules or resources focusing on the frequently missed questions and concepts identified.
2. Encourage participants to engage in further self-study or exploration of principles and tools in sustainable community design.
3. Foster discussions and knowledge-sharing sessions to promote a deeper understanding of the subject matter among participants.

Next Steps:

1. Schedule follow-up sessions to reinforce learning and address any remaining questions or misconceptions.
2. Monitor progress and evaluate the effectiveness of interventions implemented to enhance participants' understanding of sustainable community design principles and tools.

Facilitator:





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Manuel Zaballa

Annexe 2, Photos:





HYRO REPORT

INTRODUCTION

The WP2 of the project *Perma-Youth* includes the implementation of several activities, essential for preparing and co-designing the final Training Course. In particular, the activity A2.2 foresaw the realization of different focus groups, aimed at involving youngsters (youth workers and permaculture operators included) in the planning of the other project activities.

H.R.Y.O. hosted the focus group with the youth workers and that with youngsters the 19th March 2024. In total, 13 youngsters joined the session, coming not only from Palermo but from different European countries, making the FG extremely rich and multicultural. For this reason, the event was held in English.

The session started with an introduction of the Human Rights Youth Organization, followed by that of the Perma-Youth project. We then decided to proceed directly with the questionnaire, in order to explore its topics together.

In particular, each questionnaire block was introduced by a small introduction of the topic, exploring the world of permaculture and sustainability gradually.

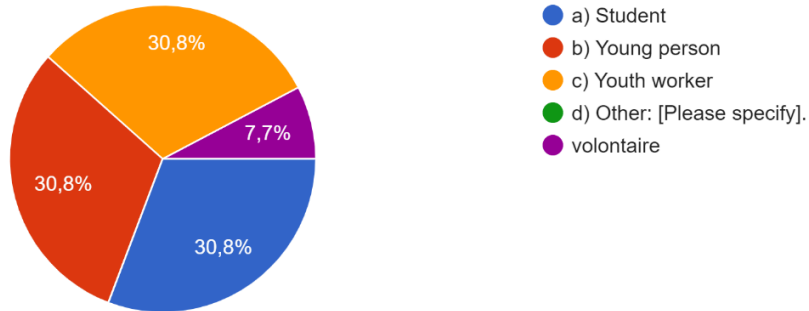
The participants were asked to use their imagination and intuition to answer the proposed questions, since most of them were flexible and didn't have strict answers.

First of all, we focused on the concept of 'permaculture' itself, and on its possible definition. Thanks to the different contributions given, we managed to anticipate the topics treated by each questionnaire block: Caring for the Planet, Energy Care, Caring for people, Design Care. The participants were particularly surprised by the 'Caring for people' theme, which was thus unexpected but extremely useful at the same time when dealing with youngsters, so for youth workers in particular.



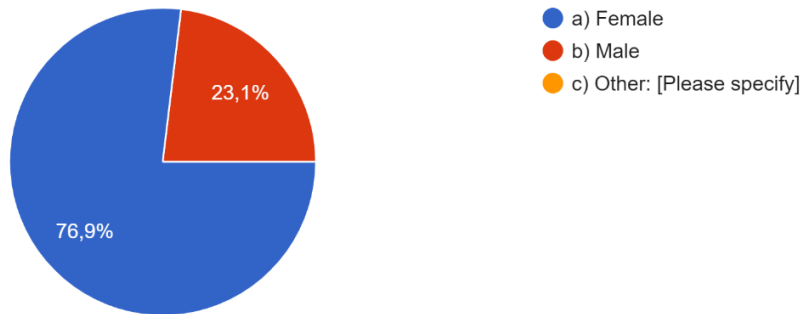
2. What is your profile?

13 risposte



3. What is your gender?

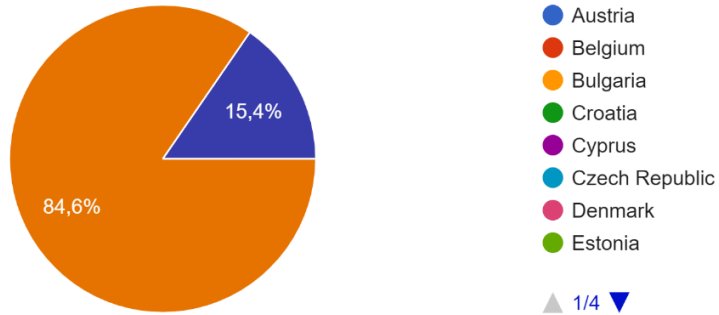
13 risposte





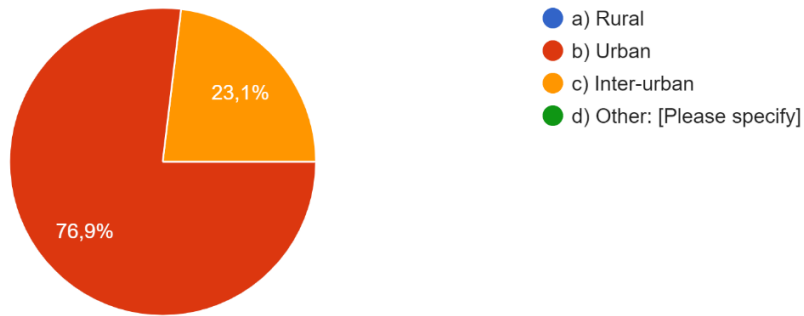
4. In which country are you currently based?

13 risposte



5. Do you live in a rural or urban environment?

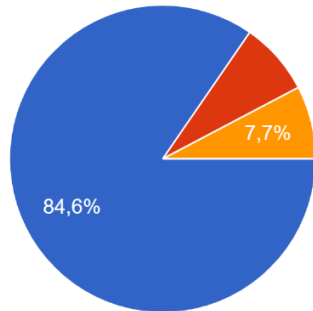
13 risposte





6. Do you have access to parks or gardens?

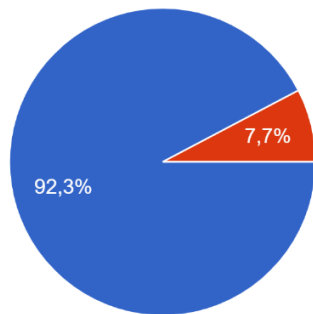
13 risposte



- a) Yes, I have access to nearby parks.
- b) No, I do not have access to nearby parks or gardens.
- c) Sometimes, it depends on the distance.
- d) Other: [Please specify].

7. How often do you use online services?

13 risposte

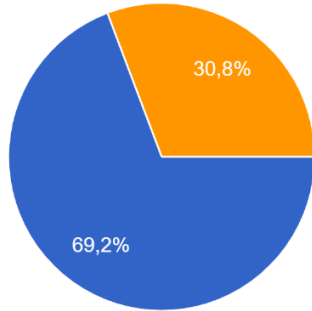


- a) Daily
- b) Weekly
- c) Monthly
- d) Occasionally



8. Do you have access to rivers, lakes or seas?

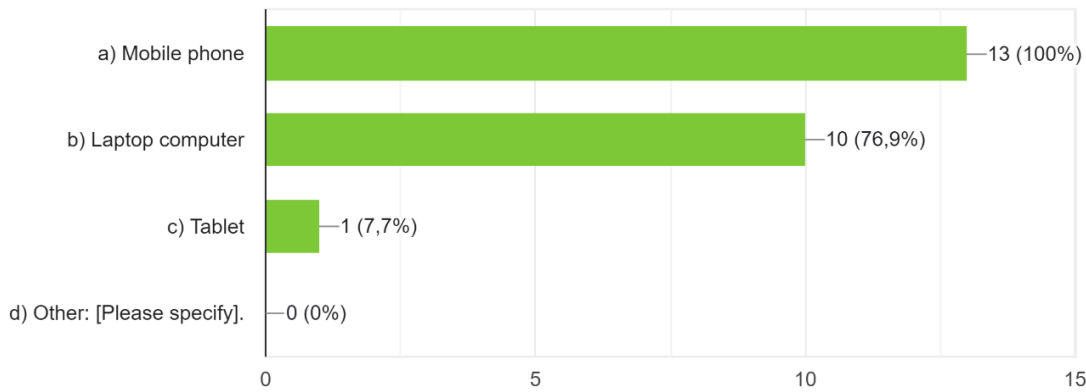
13 risposte



- a) Yes, I have access to nearby rivers, lakes or seas.
- b) No, I do not have access to nearby natural water bodies.
- c) Sometimes it depends on the season or location.
- d) Other: [Please specify].

9. What type of devices do you usually use to access the internet?

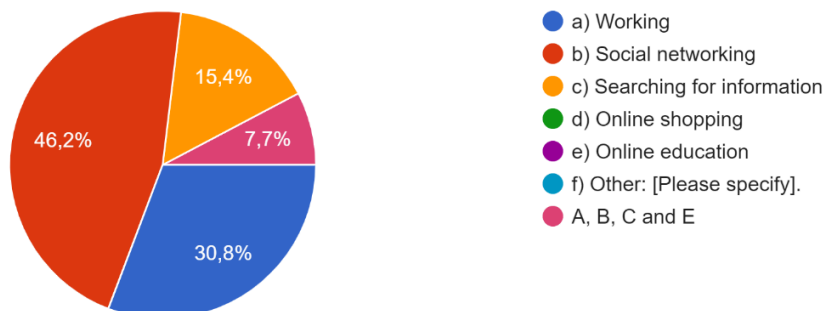
13 risposte





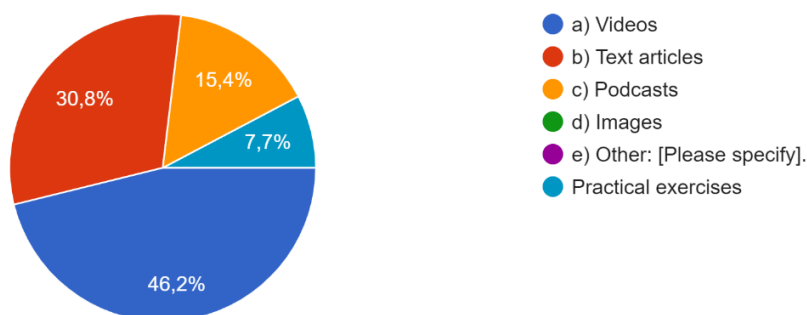
10. What are your main online activities?

13 risposte



11. What type of content do you prefer to consume in Online Education?

13 risposte



Answers to open questions vary in length and involvement. Generally, all of the respondents put some effort into answering, thus providing a rich variety of reflections and observations. In particular, it is interesting to notice that some of them didn't only emphasize the positive effects of the sustainable practices proposed (renewable energies, zero kilometer approach, water management, community gardens, etc.), but were critical enough to reflect on their negative sides, often pointing out to costs, institutional failure, and to the difficulties in accessing the raw materials.

However, it must also be noted that many of them expressed doubt and uncertainty towards the topics proposed, considering the questions too specific. Some of them also suggested that such topics should be explored more in depth in other circumstances, which will surely be taken into account.

As for close questions, it is interesting to observe how the participants mostly selected similar answers, showing that some options are generally considered more efficient than others. However, a certain degree of variety can always be pointed out, certainly provoked





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by the difference in background, experience and knowledge of all of the 13 participants on the topics proposed.

BLOCK 1 - CARING FOR THE PLANET

During the reflection, we realized that Sicilian farmers usually apply permaculture principles without even noticing. This is because they tend to apply more traditional methods.

Of course, there is a contrast in all of this: the one between rural life and urban life. Sicilians living in cities, in fact, often ignore permaculture and agriculture techniques in general. This leads to the question: how can permaculture principles be applied in cities? How can you show citizenships the benefits of permaculture if they know nothing about agriculture in general?

Community gardens may be a solution, right because they may be useful for improving not only the sustainability of urban areas, but also the sense of belonging to a community.

In addition, some participants observed that the practices for urban food production apply mainly to people's everyday life, while they are not suitable for mass production, since they could never replace rural areas. The techniques can thus be useful to enhance people's sustainability awareness and care for the environment. However, they could not solve the problem of mass food production, first of all because of a lack of space.

Moving on to water management, it was unfortunately pointed out that Sicily has several issues due to the terrible conditions of the pipes.

In general, proper water management would also mean regulating big companies and industries that make use of water, since the water we use in our daily life is nothing compared to the one wasted at an industrial level. Most of the responsibility is thus given to governments and companies, and not to single citizens. Still, individuals can contribute through self-regulation and self-responsibility.

A participant also emphasized that proper water management would allow to save energy and use it in the periods of dryness. The discussion also analysed the role rainwater could play, implying also some kind of investment.

BLOCK 2 - ENERGY CARE

Usually we tend to think renewable energies to be perfectly useful and effective, but actually some of them create some issues for the environment, starting from the materials that are used for creating them: it is hard to get those materials and once created they are hard to dispose of.

Moreover, renewable energies became a business, and now people in the countryside have started ranting lands to install solar panels or eolic towers instead of using them for agriculture, because it is more profitable.

Such alternatives have of course a lot of benefits if compared to other options; however, they should be used on a small scale, and not applied anywhere and unconditionally. In addition, technology should still be improved by taking into accounts those needs.



Talking about the use of natural materials for constructing, usually those are biodegradable materials. Those materials are usually also very good thermoisolants and have different additional benefits.

Moving on to the promotion of sustainable transports, most of the participants voted for public transports because everybody can use them and they allow you to travel faster than the other ones. However, bikes are also useful because they allow you to reach certain areas where you can't go otherwise. In general, reducing the number of cars is the main goal.

The size of the city also matters and may influence the choice. In big cities, public transports should be guaranteed to connect every area of the city and should travel very often to avoid troubles.

The last question of the block was about the zero kilometre culture. Actually, this concept was totally normal in the past, if not the only option, but now it has become a fancy way to spread sustainability awareness between cultured people. The governments should be the ones to better regulate norms about the export and import of food, and also make the prices of local foods accessible to everyone.

In fact, nowadays in supermarkets you often can't find local foods, and when you find them they are extremely expensive compared to foreign ones, that usually are cultivated through the use of pesticides and other dangerous treatments. Moreover, transporting big amounts of goods from far away countries also poses a threat to the ecosystem.

The main causes of those issues are globalization and capitalism and the idea that we need to have any food and at any time, even if eating it is not sustainable. There should be more information and education about what can be eaten in a certain place and when. Governments and institutions should play an important role in making food choices easier in terms of eco sustainability.

Also people are responsible of course, and their food choices influence the market. However, people usually just tend to go for the lowest price or for what it's trendiest at the moment.

BLOCK 3 - CARING FOR PEOPLE

More collective activities should be promoted, even simple activities aimed at connecting people together, especially in urban areas. Civic sense of community should be enhanced, and this could be gained thanks to the employment of community garden, sport, and other informal events and activities.

We should also learn how to listen to other people, especially to those with different backgrounds. All people should be given the chance to express themselves.

In particular, some options to enhance the sense of belonging are outdoor sports, that are possible especially when municipalities provide you with the right equipment in public spaces. In general, sport communities are very welcoming and friendly and they manage to share common and peaceful values.

Talking about conscious eating, some key concepts that came out are: seasonal choices, and promoting education, both formal and informal, but especially addressing the younger generations.



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Buying food from locals it's a good habit that should be promoted, but usually it is possible only when you have the knowledge of a certain person. Institutions should promote the creation of specific associations that support people from rural areas and their lands, since they manage to create these kinds of connections and spread them.

Talking about care and accompaniment, therapy should be highly encouraged, but also educating people to take care of themselves, promoting welfare practices. Arts should also be promoted because of their many benefits in improving people's life under different aspects.

Less superficial values should be spread, and arts can play an important role in that.

Also diminishing working hours should help to encourage people to pursue their passions and hobbies, while also promoting friendly and relaxing working environments.

In addition, inter-generationality should be improved, because this mixing of values is extremely important to create more diverse and comprehensive societies. The same is for mixing different social groups together.

More should be done for the older generations, who are often left alone and purposeless, just because they can't work anymore.

END OF THE FOCUS GROUP

A lack of time forced us to drop the survey questions. The participants were recommended to finish them at home as soon as possible, warning them that the final ones were, however, not so easy.

We also decided to create a WhatsApp group to facilitate future communication, in order to invite the FG participants to more initiatives about permaculture and sustainability, also within the same Perma-Youth project.

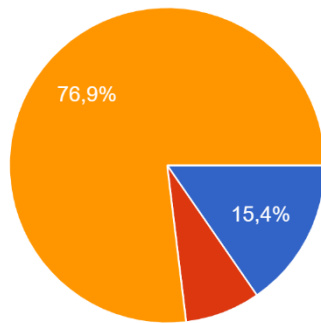
QUESTIONNAIRE RESULTS

The questionnaire was filled out by all of the 13 participants, who belong to different categories of youngsters, involving youth workers, students, and volunteers. Most of them live in urban areas (76,9%), but with a high percentage of access to natural areas (84,6% for parks and gardens; 69,2% for bodies of water). Most of them (92,3%) make use of online services daily, especially through mobile phones and laptops, and mostly for social networking, followed by working reasons.



2. Principle capture and store energy. Which of the following contributes most to capturing and storing energy in a sustainable way?

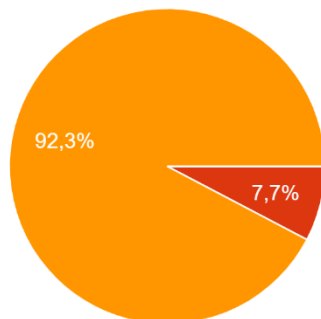
13 risposte



- a) Consume less energy.
- b) Use only energy from fossil fuels.
- c) Installing solar panels on roofs.
- d) Increasing energy consumption without restrictions.

3. Principle getting a return. Which of the following strategies is an application of the "Getting a return" principle in the design of agricultural systems?

13 risposte

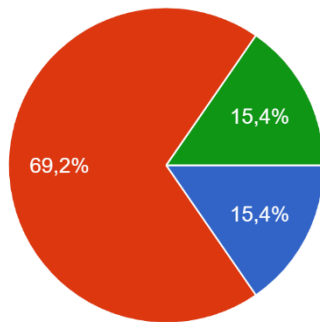


- a) Letting crops grow without intervention.
- b) Using pesticides and chemical fertilisers to increase yields.
- c) Rotating crops to improve soil health.
- d) Allowing soil erosion to go unchecked.



4. Principle: Apply self-regulation and accept feedback. Which measure reflects the principle of "Apply self-regulation and accept feedback" in community management?

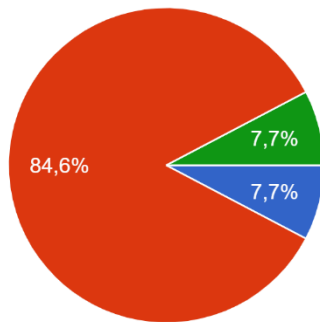
13 risposte



- a) Ignore the opinions of community members.
- b) Establishing an environmental monitoring system to assess the impact of human activities.
- c) Making unilateral decisions without consulting the community.
- d) Failing to make adjustments to plans or policies, regardless of feedback received.

5. Principle: Use and value natural resources and services. Which of the following actions promotes the use and valuation of natural resources according to the design principle?

13 risposte

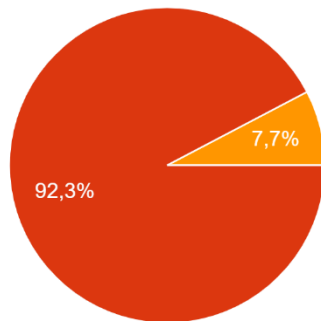


- a) Wasting drinking water without considering its scarcity.
- b) Conserving and protecting green areas within the community.
- c) Promoting the indiscriminate felling of trees.
- d) Using harmful chemicals in agriculture without considering their effects on soil and water.



6. Principle: Produce no waste. Which measure is consistent with the "Produce no waste" principle in product or process design?

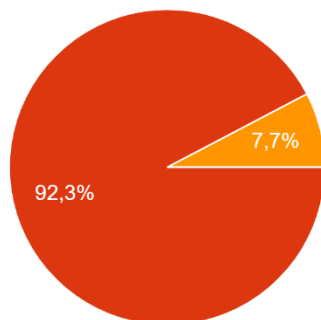
13 risposte



- a) Discarding plastic waste in landfills without recycling.
- b) Using biodegradable materials in the manufacture of products.
- c) Burning organic waste instead of composting it.
- d) Generating large quantities of industrial waste without looking for ways to reuse or recycle it.

7. Principle: Design from patterns to details. Which approach reflects the principle of "Design from Patterns to Details" in urban development?

13 risposte

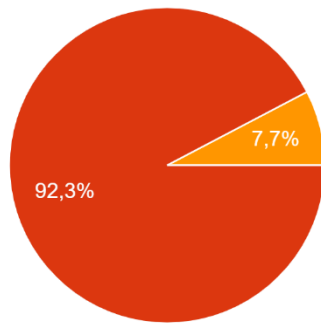


- a) Constructing buildings without taking into account the surrounding urban context.
- b) Planning the layout of green spaces and residential areas before designing individual buildings.
- c) Making changes to urban infrastructure without considering their...
- d) Designing isolated urban elements without taking into account their relatio...



8. Principle: Integrate rather than segregate. What is one way to apply the principle of "Integrate rather than segregate" in urban design?

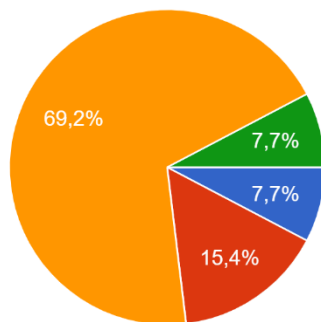
13 risposte



- a) Create exclusive residential areas without access to public services.
- b) Encourage a mix of land uses to promote accessibility and diversity.
- c) Build walls that divide the community into different sectors.
- d) Separating green spaces from residential areas without pedestrian connections.

9. Principle: Use slow and small solutions. What is one characteristic of solutions that aligns with the "Use slow and small solutions" principle?

13 risposte

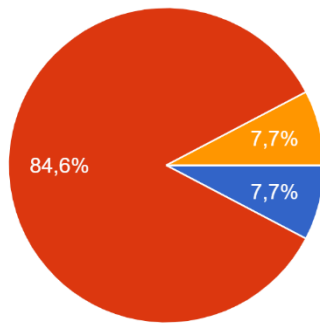


- a) Implementing drastic and rapid changes without considering long-term repercussions.
- b) Implementing large-scale actions without assessing their impact on the local environment.
- c) Implementing incremental and adaptive interventions that are tailored...
- d) Neglecting small problems and waiting for them to develop into major...



11. Principle: Design from pattern to detail. Which aspect of urban design reflects the principle of "Design from pattern to detail"?

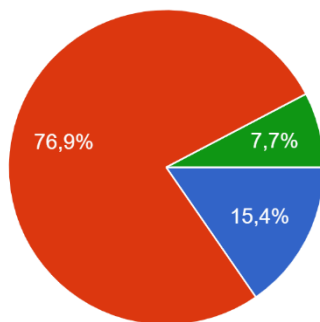
13 risposte



- a) Planning the location of buildings without considering their relationship to the surrounding environment.
- b) Integrating public transport infrastructure with residential and commercial areas.
- c) Building narrow streets that hinder pedestrian and vehicular traffic.
- d) Separating industrial areas from residential areas without providing ad...

12. Principle: Integrate rather than segregate. What is a characteristic of communities that apply the "Integrate rather than segregate" principle?

13 risposte

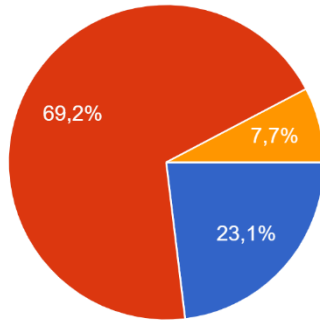


- a) Dividing the city into homogeneous areas without interaction between different social groups.
- b) Promoting coexistence and interaction between people of different age, gender and cultural backgrounds.
- c) Building exclusive neighborhoods for people of the same socio-economic pr...
- d) Limiting access to community services and resources on the basis o...



3. Tool: List of elements. What is the function of a list of elements in the community design process?

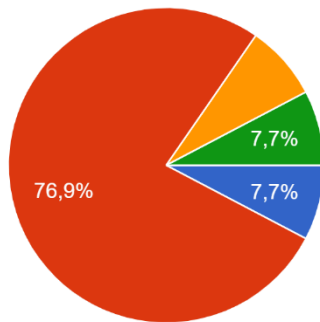
13 risposte



- a) List the natural resources available in the area.
- b) Identify the key elements that make up the community's infrastructure and ecology.
- c) Limiting design options to a few predefined alternatives.
- d) Ignoring the diversity of elements that could be relevant to the design.

4. Tool: Energy and Resource Analysis. Why is it important to conduct an energy and resource analysis in community design?

13 risposte

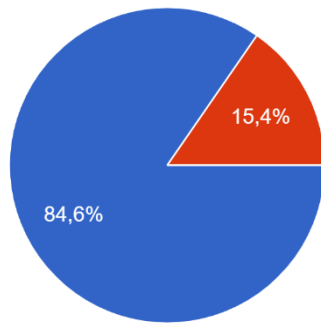


- a) To identify ways to maximise resource consumption without considering their renewability.
- b) To assess the availability and use of renewable energy and natural resources.
- c) To limit access to resources according to social status.
- d) To ignore the need for conservation and efficiency in resource use.



5. Tool: Rotations and sequences. How can rotations and sequences benefit sustainable community design?

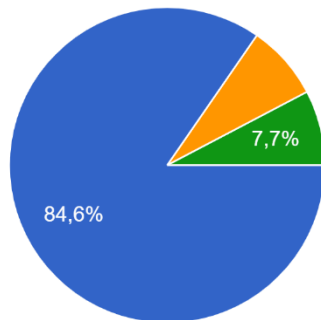
13 risposte



- a) Facilitating appropriate management of natural resources over time.
- b) By limiting the diversity of activities and functions within the community.
- c) Ignoring the importance of long-term planning.
- d) Promoting overexploitation of resources without considering their renewability.

6. Tool: Water testing. What role does water testing play in designing a sustainable community?

13 risposte

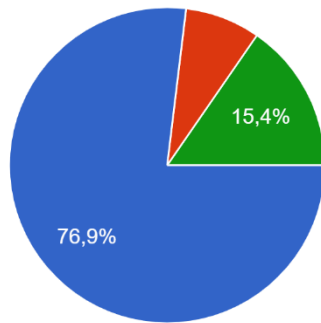


- a) Assess the availability and quality of water to meet community needs.
- b) Restricting access to water according to social status.
- c) Ignoring the importance of sustainable water management.
- d) Encouraging water pollution without consideration of its environmental and social impacts.



7. Tool: Scale of permanence and stability. Why is it relevant to consider the scale of permanence and stability in community design?

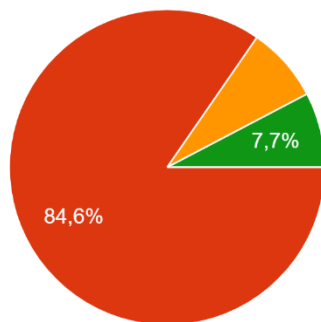
13 risposte



- a) To ensure that design decisions are appropriate and sustainable in the long term.
- b) To promote frequent and disruptive changes in the community without considering their long-term impact.
- c) To limit the flexibility and adaptability of community design.
- d) To ignore the importance of resilience and stability in urban planning.

8. Tool: Inline design and land. How can inline design and land benefit sustainable community development?

13 risposte

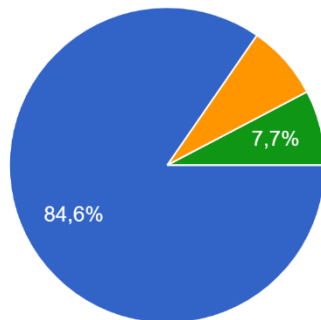


- a) Promoting homogeneous urban design without considering the diversity of uses and functions.
- b) Facilitating the integration of transport and communication systems.
- c) Restricting access to services and resources according to social status.
- d) Limiting design options to a single dimension without considering community needs.



9. Tool: Planning for Diversity. Why is it important to plan for diversity in community design?

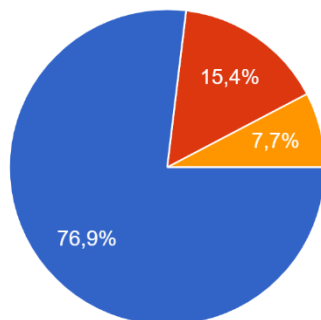
13 risposte



- a) To promote inclusion and equity within the community.
- b) To limit design options to a few predefined alternatives.
- c) To restrict access to resources based on social status.
- d) To ignore the wealth of perspectives and skills within the community.

10. Tool: Observation tools. How can observation tools contribute to sustainable community design?

13 risposte



- a) By providing data on the physical and social environment to inform design decisions.
- b) By limiting access to relevant information about the community.
- c) Ignoring local needs and dynamics.
- d) Restricting community participation in the design process.

The only question that generated a big amount of wrong answers was n.2 in the Designs Tools section:

'Tool: Zoning and sector analysis.

What purpose does zoning and sector analysis serve in designing a sustainable community?' In particular, only 4 participants chose what was indicated as the correct answer ('d) Promoting the integration of different functions and activities within the community.'). In contrast, 7 of them agreed on the purpose of zoning and sector analysis to be "To identify areas with high biodiversity for conservation", which, however, it's still related to values connected with the concept of sustainability and respect towards the environment and natural resources.



Annexe 1, Participants list:

Participant list

Perma-Youth: Creating a Sustainable Future Through Permaculture Education

Focus Groups

Project code : 2023-1-IT03-KA220-YOU-000158675

Dates : 19.03.2024

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Participant list

Perma-Youth: Creating a Sustainable Future Through Permaculture Education

Focus Groups

Project code : 2023-1-IT03-KA220-YOU-000158675

Dates : 19.03.2024

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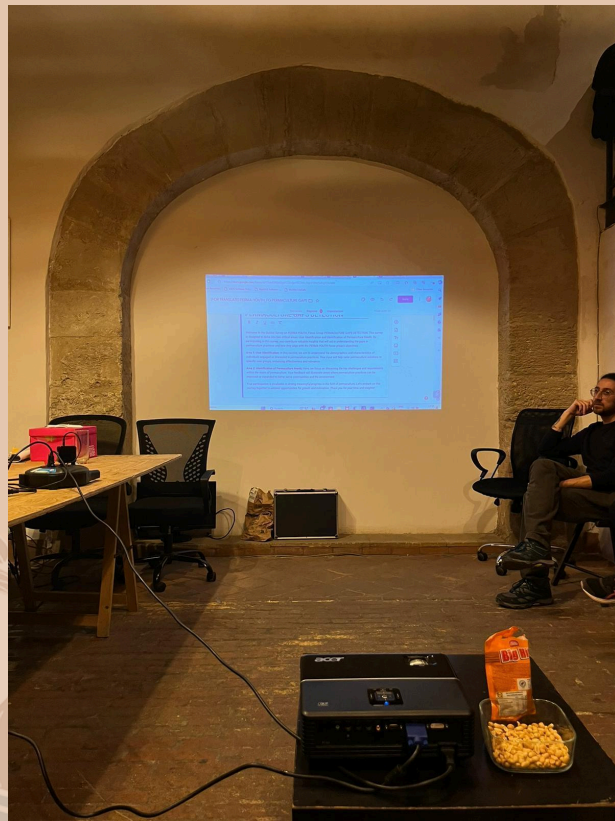
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per la Gioventù



Annexe 2, Photos:





THE RURAL HUB REPORT

INTRODUCTION

The Perma-Youth project aims to address global challenges, empowering youth to lead toward sustainability by promoting green skills and innovative approaches in environmental action. Through innovative learning methods and digital integration, it aims to enhance the quality of youth work and foster proactive community engagement.

In Work Package 2 of the Perma-Youth project, various activities are planned, including a focus group session involving local youth, workers, and permaculture operators. This session is crucial for assessing the group's knowledge and informing the development of the final training course and e-learning platform. Its primary goal is to identify the needs and interests of young individuals in sustainability and permaculture, as well as their views on collaborating with youth workers and acquiring green skills.

To understand the needs of our target group in Ireland, we conducted two focus group sessions with 10 individuals in total. These sessions aimed to gather feedback and exchange knowledge on environmental issues and permaculture education, providing insights to equip youth workers with essential skills and empower them to guide young individuals in environmental awareness.

RESULTS OF THE FOCUS GROUP

The focus group sessions were held to encourage the participatory engagement of youth workers, young people, and community stakeholders. Through these sessions, we aimed to facilitate the co-design process for shaping the Perma-Youth training course and e-learning platform. Specifically to:

- Facilitate the exchange of knowledge and experiences between participating organisations during the co-design phase.
- To equip youth leaders with the knowledge and skills to effectively guide and support young people in environmental awareness and permaculture principles
- Co-design a permaculture-focused training course that integrates novel approaches and tools into youth work

The Rural Hub held the focus group sessions on the 26th and 28th of March 2024, with 10 participants in total. The sessions were held in a face-to-face format. The sessions began with an introduction to our organisation, and an overview of the Perma-Youth Project, its aims, and objectives. The age profile of participants was between 22-51 years of age. The participants comprised youth workers and educators who all lived in rural and urban areas (80% and 20%, respectively). 100% of participants have access to nearby parks, rivers, lakes, and seas. 100% of participants noted that they use online services daily, with 100% using a mobile phone, 85% using a laptop/computer, and only 20% using a tablet. It was recorded that 70% go online to work, while 100% of participants use it for social networking, searching for information, and online shopping. Only 50% of participants expressed that they use the Internet for online education purposes. When asked about their



preferred format for online learning materials, videos and images were the most popular options, with 85% of respondents voting for these options. 40% of participants voted for images, while only 25% voted for podcasts.

Area 1 – Caring for the Planet

1. What is your perception of the importance of implementing regenerative agriculture practices to care for the planet? What benefits do you think this methodology could bring in comparison to conventional agriculture?

The following responses were recorded:

- Regenerative agriculture practices are incredibly important for the health of our planet. Unlike conventional agriculture, which often leads to soil degradation, loss of biodiversity, and increased dependence on synthetic inputs, regenerative agriculture focuses on restoring and enhancing ecosystem health while producing food sustainably
- I am not familiar with this topic; I imagine it is important for soil quality and food production
- Resource optimisation
- Reducing the need for exploitation
- Soil sustainability
- Environmentally conscious farming

2. Which of the following practices do you consider most effective for sustainable urban food production?

80% of responses selected community gardens as the most effective for sustainable food production. Meanwhile, vertical farming in buildings was selected by 0 participants/ Hydroponic farming and green terrace farming were selected by 10% of participants, respectively.

3. How do you think proper water management can contribute to environmental sustainability and food security? What specific measures do you suggest to improve water resource management in your community?

The following responses were recorded:

- Proper water management is crucial for both environmental sustainability and food security. Efficient use and conservation of water resources not only help preserve ecosystems but also ensure reliable water supply for agriculture, which is essential for food production.
- Reduce water pollution and leaks into the water supply
- Offer more information on water conservation within the community
- Stronger monitoring of factors that contribute to water pollution (businesses, agriculture, waste management, etc.)

4. Which of the following technologies do you think is the most effective for water purification?



70% of responses indicated that biofilters were the most effective for water purification. However, it was noted that 15% of responses indicated that participants were not sure or familiar with the process.

5. What initiatives do you know of, or would you propose to conserve and manage harvests more efficiently and sustainably? Do you consider it important to promote practices such as phytotherapy or natural cosmetics based on harvested resources? Why? The following responses were collected:

- Crop rotation/diversification, precision agriculture, etc. to foster sustainable agriculture, protect biodiversity and promote land well-being
- I am not familiar with these processes as I am not an environmental or farm expert

Area 2 – Energy Care

1. What is your opinion on the importance of renewable energies in the transition towards a more sustainable energy model? What role do you think solar, wind, and hydro energy should play in this transition?

The following responses were collected:

- These energy sources can build resilient, low-carbon energy infrastructure that supports economic development while safeguarding the planet
- Renewable energy is important as we need to move away from carbon-based fuels. All of the alternatives suggested need to play a role
- Raise more awareness on how to opt for renewable energy sources over fossil fuels

2. What type of renewable energy do you consider most appropriate to implement in urban areas?

Participant feedback demonstrated that all of the renewable energy sources are applicable in urban areas, depending on the zone. However, solar and wind energy were the most popular options chosen.

3. What benefits do you think bioconstruction brings in terms of environmental sustainability and urban health? What measures would you propose to promote natural building and bioclimatism in your community?

The following responses were recorded:

- Reduced carbon footprint, improved air quality, noise reduction, etc.
- Education and awareness, incentives, policies, etc.
- Not sure - very complicated question
- Bioconstruction is not always feasible in certain areas, weather patterns, etc.

4. Which of the following practices do you consider most effective in promoting more efficient and sustainable transport?



From the responses collected, it was evident that all of the mentioned practices are beneficial in promoting efficient and sustainable transport. However, some participants disagreed with the promotion of electrical vehicles due to ethical purposes.

5. What initiatives do you know of, or would you propose to promote the concept of "zero kilometres" and reduce the carbon footprint associated with the transport of goods and people in your community? How do you think we could achieve a sustainable decrease in the field of transport?

The following responses were collected:

- Local food production
- Active transportation
- Public transport enhancement
- Car-free initiatives
- Car-pooling
- Walking links
- Improved cycle lanes

Area 3 – Caring for People

1. How do you think emotional management contributes to individual and collective well-being in a community? What practices or resources do you consider important to promote mental and emotional health in your environment?

The following responses were recorded:

- Enhanced relationships
- Reduced climate anxiety
- Increased resilience
- Access to nature and the outdoors
- Social and community connections
- Opportunities to get involved in actionable community events



2. Which of the following activities do you consider most beneficial for promoting healthy leisure?

Participants noted that all of the options provided are beneficial for promoting healthy leisure.

3. How important do you think conscious eating is to personal health and the sustainability of the planet? How do you think we could encourage healthier and more environmentally friendly eating habits in our community?

The following responses were recorded:

- Nutritional benefits
- Environmental awareness promoted through conscious eating
- Implementation/promotion of local produce



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- Plant-based eating promotion
- Food waste
- Knowledge of food miles and their impact
- Initiatives to reduce food waste
- Conscious consumption (shopping lists, meal planning, etc.)
- Home cooking

4. How do you think we could improve care and accompaniment in the different human life cycles, from birth to death, within our community? What additional resources or services do you consider necessary to meet the needs of people at each stage of life?

The following responses were recorded:

- Support programmes
- Quality Education
- Development programmes
- Health & wellness programmes
- Family support services
- Availability and access to services especially in rural communities

Area 4 – Design Care

4.1 Keys to Design

1. How do you think the interconnectedness of different elements within a community can contribute to meeting the diverse needs of people more effectively and sustainably? Can you provide concrete examples of how this interconnectedness could improve the quality of life in a community?

The following responses were recorded:

- When various sectors like education, healthcare, transportation, and local businesses collaborate and support each other, the community becomes more responsive to its residents' needs
- Open access to facilities and community spaces
- Community policing
- Inclusion measures at a community level
- Use of sport and the arts to promote inclusion and connectedness

2. Which of the following strategies do you think is most effective in ensuring that each need is supported by various elements within a community?

From the responses collected, it was clear to see that all participants believed that encouraging diversification of available resources and services, promoting collaboration between different sectors and community actors, and establishing mutual support systems and solidarity networks were effective strategies to ensure that communities are better supported.



3. What benefits do you think the design of multifunctional elements within a community brings? How could this practice optimise the use of resources and improve efficiency in meeting community needs?

The following responses were collected:

- Maximised use of space
- Resources efficiency
- Asset-based approach to community development
- Uncover hidden talents and resources
- Enabling connections between sectors, experts and residents

4. What strategies do you consider most effective in promoting the interrelationship between different elements within a community?

It was noted that all participants agreed that organising events and activities that foster social interaction, implement efficient transport and communication systems, and design multifunctional public spaces that promote the convergence of activities and promote interrelationship between the different elements within a community.

5. How might we apply these design keys to specific projects within our community to improve the quality of life of its members and promote environmental and social sustainability?

What challenges do you anticipate in implementing these principles and how might we overcome them?

The following responses were recorded:

- Through the identification of community needs
- Increased number of community spaces
- Raising awareness

4.2 Design Principles

1. Principle observe and interact. Which action promotes the application of the "Observe and Interact" principle in community design?

- 100% correct answers.

2. Principle capture and store energy. Which of the following contributes most to capturing and storing energy sustainably?

- 100% correct answers

3. What is the function of a list of elements in the community design process?

- 100% correct answers

4. Why is it important to conduct an energy and resource analysis in community design?

- 100% correct answers



5. How can rotations and sequences benefit sustainable community design?

- 100% correct answers

6. What role does water testing play in designing a sustainable community?

- 100% correct answers

7. Why is it relevant to consider the scale of permanence and stability in community design?

- 100% correct answers

8. How can inline design and land benefit sustainable community development

- 100% correct answers

9. Why is it important to plan for diversity in community design?

- 100% correct answers

10. How can observation tools contribute to sustainable community design?

- 100% correct answers

11. What purpose does a decision matrix serve in community design?

- 100% correct answers

12. Why is layered design relevant to sustainable community development?

- 100% correct answers



Recommendations and Conclusion

The focus group sessions held by the Rural Hub on March 26th and 28th, 2024, provided valuable insights into the perceptions and needs of youth workers, young people, and community stakeholders regarding environmental sustainability and permaculture principles.

Based on the data collected and the objectives outlined for the Perma-Youth project, the following recommendations and conclusions are drawn:

1. Knowledge Exchange and Co-Design: The participatory engagement of diverse stakeholders during the co-design process is crucial. Recommendations include facilitating ongoing knowledge exchange between participating organisations and ensuring continuous involvement of all stakeholders in shaping the training course and e-learning platform.

2. Equipping Youth Leaders: To effectively guide and support young people in environmental awareness and permaculture principles, youth leaders should be equipped with comprehensive knowledge and practical skills.



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Training programs should focus on regenerative agriculture practices, sustainable food production, efficient water management, renewable energy, emotional management, and conscious eating habits.

3. Permaculture-Focused Training Course: The co-designed training course should integrate novel approaches and tools into youth work, emphasising hands-on learning experiences, interactive modules, and multimedia resources. Special attention should be given to promoting community gardens, biofilters for water purification, solar and wind energy, and conscious consumption practices.

4. Tailored Learning Materials: Online learning materials should be tailored to the preferences of the target audience. Video and image-based content were identified as the preferred formats, highlighting the importance of visually engaging and interactive resources. Efforts should be made to incorporate these preferences into the design of the e-learning platform.

5. Community Engagement and Awareness: Initiatives to promote environmental sustainability and permaculture principles should prioritise community engagement and awareness. This includes raising awareness about the benefits of regenerative agriculture, renewable energy, bioconstruction, and conscious eating habits through educational campaigns, workshops, and community events.

6. Addressing Challenges: Anticipated challenges in implementing these recommendations include limited resources, lack of awareness, and resistance to change. Strategies to overcome these challenges may include securing funding for training programs, conducting outreach activities to raise awareness, and providing ongoing support and guidance to youth leaders and community stakeholders.

The focus group data provides valuable insights and recommendations for shaping the Perma-Youth Training Course (TC). By prioritising knowledge exchange, equipping youth leaders, and co-designing tailored training programmes and learning materials, the project can effectively empower young people to become proactive agents of change in promoting environmental sustainability and permaculture principles within their communities.

Annexes

Annexe 1, Participants list:





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Day 1:

REGISTER SIGN-IN SHEET. - The Rural Hub



Project Title: Perma-Youth: Creating a Sustainable Future Through Permaculture Education (2023-1-IT03-KA220-YOU-000158675)
FOCUS GROUP Date: 26/03/2024

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Day 2:

REGISTER SIGN-IN SHEET. - The Rural Hub



Project Title: Perma-Youth: Creating a Sustainable Future Through Permaculture Education (2023-1-IT03-KA220-YOU-000158675)
FOCUS GROUP Date: 28/03/2024

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Annexe 2, Photos:





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Day 1:



Day 2:





RIGHT CHALLENGE REPORT

INTRODUCTION

The aim of the 'Perma-Youth' project is to enhance the quality of youth work in permaculture education. 'Perma-Youth' aims at developing new methodologies and tools to incorporate green practices and approaches for the involvement of young people in managing green common goods, and in general in urban public spaces, promoting community development in a sustainable manner.

WP2 of the Perma-Youth project consists of the implementation of several activities, including a session with a local focus group of youngsters (including youth workers and permaculture operators), whose knowledge assessment will be essential for the preparation and co-design of the final training course and the e-learning platform.

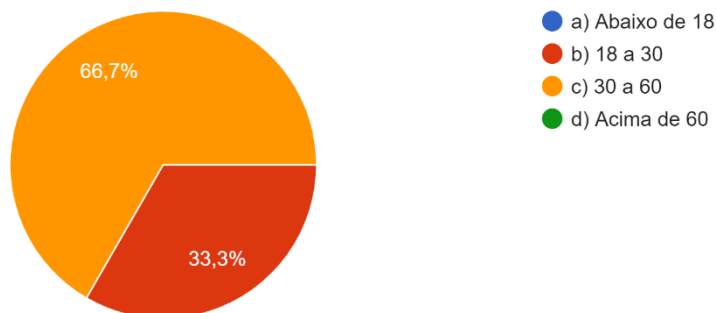
The main goal of the focus group session is to analyse the requirements of young individuals concerning their interests in learning sustainability and permaculture techniques, their thoughts on innovative approaches in collaborating with youth workers, and the green skills they consider necessary to acquire.

RESULTS FROM THE FOCUS GROUP

RightChallenge hosted the focus group session with 8 youth workers on-site and 1 online on April 12, 2024. The session started with an introduction of the RightChallenge organization, the project, and its main objectives. The age of the FG ranged from 18 to 60 years, with the highest number between 30 and 60 years. The youth worker profile was heterogeneous, including youth leaders, educators and researchers, with 80% male and 60% living in urban areas, but with access to nearby parks or gardens and rivers, lakes or seas. All participants use online services on a daily basis, accessing the Internet through mobile phones and laptops, while 20% also access it through a tablet. The main online activities are 80% related to work and 20% related to social networks, with 40% looking for text articles and the other 60% looking for videos for content in online education.

1. Qual é a sua faixa etária?

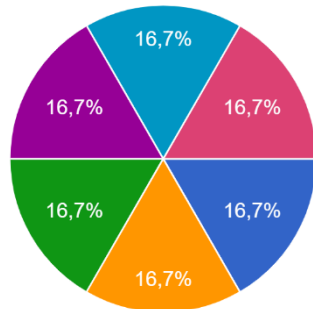
6 respostas





2. Qual é o seu perfil ?

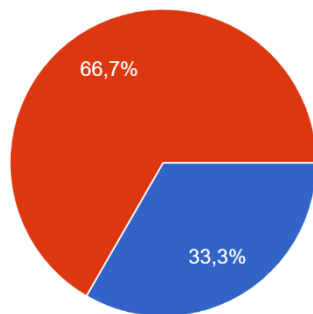
6 respuestas



- a) Estudante
- b) Jovem
- c) Animador Juvenil
- d) Outro: [Por favor especifique]
- Investigador
- Animador Sócio-Cultural / Educador Ambiental na área da Deficiência Mental
- Psicóloga / Formadora

3. Qual é o seu género?

6 respuestas

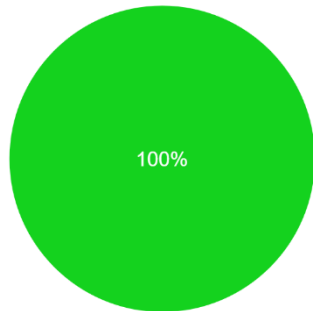


- a) Feminino
- b) Masculino
- d) Outro: [Por favor especifique]



4. Em que país se encontra atualmente?

6 respuestas

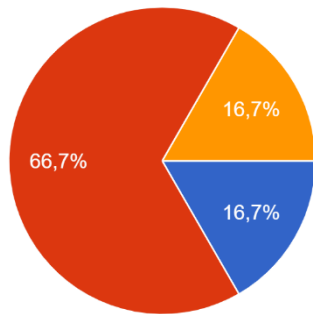


- Austria
- Belgica
- Bulgaria
- Croácia
- Chipre
- República Checa
- Dinamarca
- Estónia

▲ 1/4 ▼

5. Vive em ambiente rural ou urbano

6 respuestas

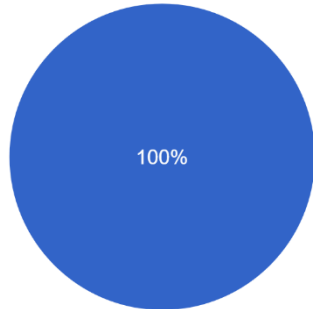


- a) Rural
- b) Urbano
- c) Inter-urbano
- d) Outro: [Por favor especifique]



6. Tem acesso a parques ou jardins?

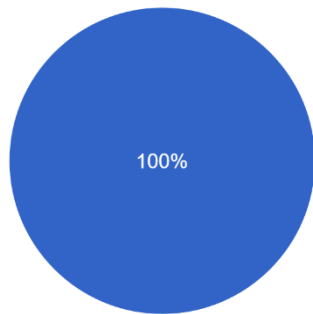
6 respuestas



- a) Sim, tenho acesso a parques ou jardins perto de mim
- b) Não tenho acesso a parques ou jardins perto de mim
- c) Por vezes tenho acesso, dependendo da distância
- d) Outro: [Por favor especifique]

7. Com que frequência utiliza serviços online?

6 respuestas

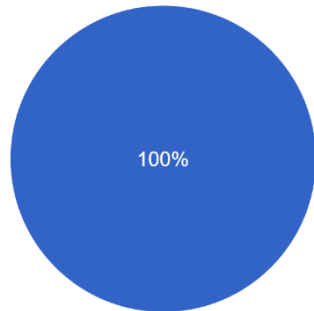


- a) Diariamente
- b) Semanalmente
- c) Mensalmente
- d) De forma ocasional



8. Tem acesso a rios, lagos ou ao oceano?

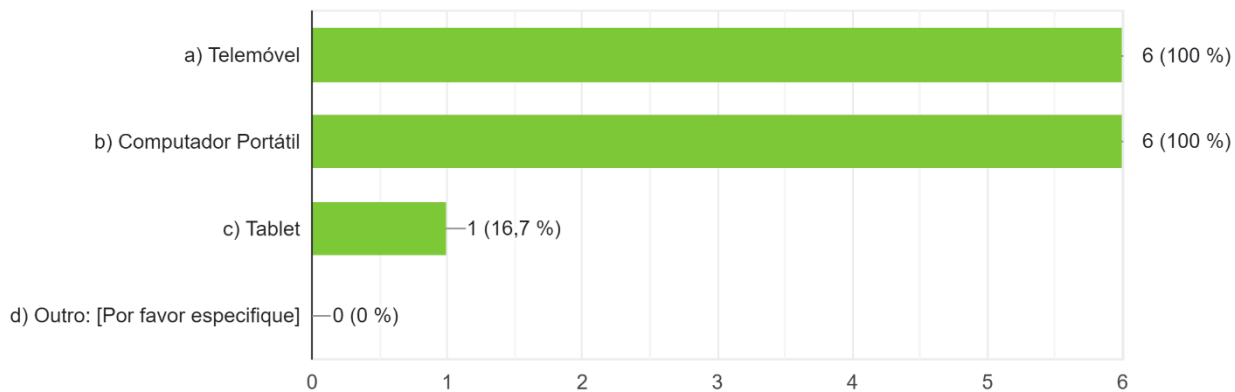
6 respostas



- a) Sim, tenho acesso
- b) Não tenho acesso
- c) Por vezes, depende da estação do ano ou do local.
- d) Outro: [Por favor especifique]

9. Que tipo de dispositivos utiliza habitualmente para aceder à Internet?

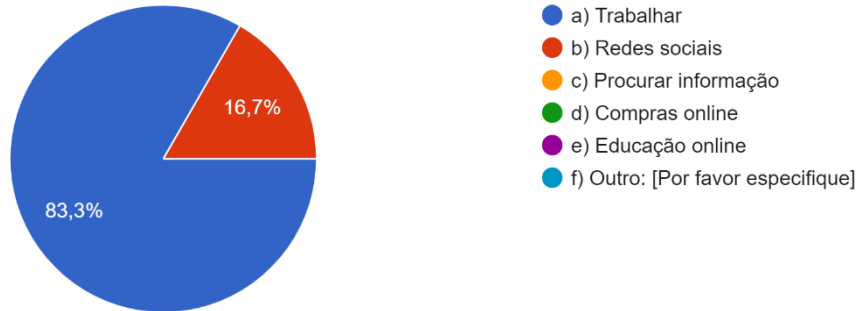
6 respostas





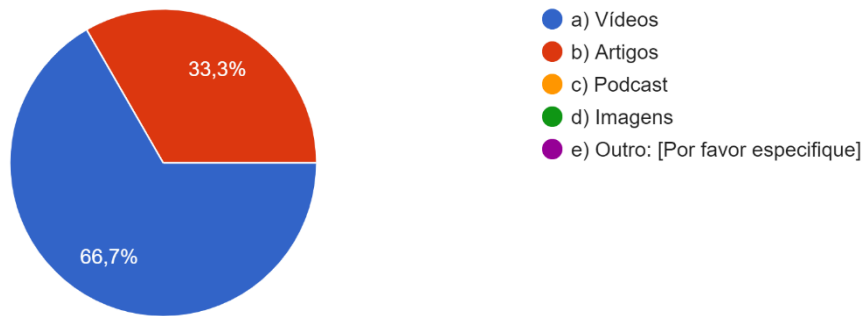
10. Quais são as suas principais actividades online?

6 respostas



11. Que tipo de conteúdos prefere consumir na educação online

6 respostas



BLOCK 1 – Caring for the Planet

1. Importance of Regenerative Agriculture

Participants responded similarly to the need to implement regenerative agricultural practices to care for the planet, citing these as the main reasons and benefits:

- Sustainability of the soil
- Promotion of local biodiversity
- Greater sense of community
- “Clean” and conscious farming
- Essential for the restoration and regeneration of ecosystems destroyed or degraded by industrial practices
- Optimization of the resources we have



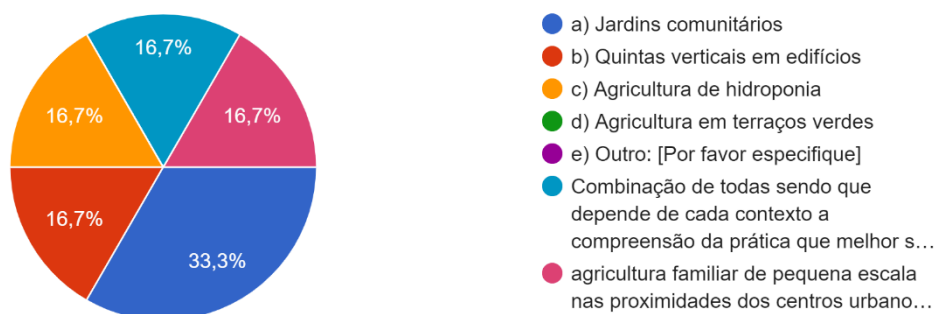
- Reducing the overuse of water and land resources and reducing the carbon footprint associated with agricultural practices
- Focusing on the production of food, rather than commodities, is the only way to reduce the impact of agriculture without jeopardizing people's diets.

2. Effective Practices for Sustainable Urban Food Production

Most responses tended toward the community garden option as one of the most effective practices. Although hydroponics and small family farms near urban centers (green belt) were also mentioned, and one respondent felt that a combination of all practices should be considered, depending on the context and understanding of the practice that best suits it.

2. Quais das seguintes práticas considera mais eficazes para uma produção alimentar urbana sustentável?

6 respuestas



3. Role of Proper Water Management

Several suggestions from the participants were discussed regarding water management. The main actions considered were:

- Active Citizenship
- Reduce water consumption
- Promote information on good irrigation practices and promote training on practices to avoid water loss/evaporation during agricultural practices.
- Promote practices that capture and fix water in a given system, avoiding activities that lead to
- excessive/unregulated use of water.
- There should be more monitoring and control of sources that pollute water

4. Effective Technologies for Water Purification

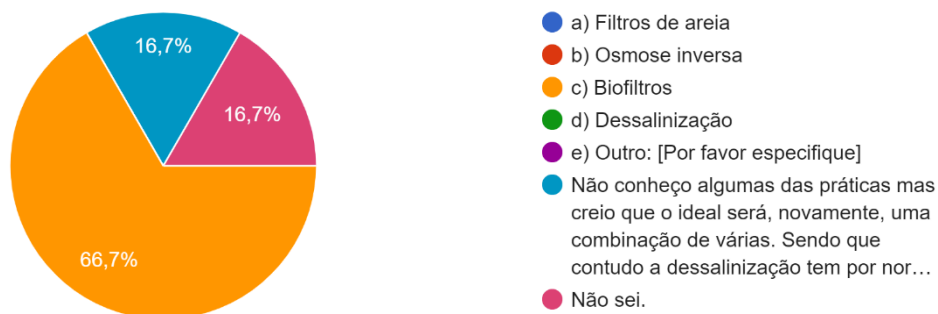
Most participants selected biofilters as the most effective technology for water purification. It was also mentioned that a combination of all technologies could be beneficial, although it was pointed out that desalination tends to have



an excessive environmental impact. It should also be noted that some participants weren't aware of all the practices, indicating the need to promote and share educational content related to sustainable practices.

4. Qual das seguintes tecnologias é, na sua opinião, a mais eficaz para a purificação da água?

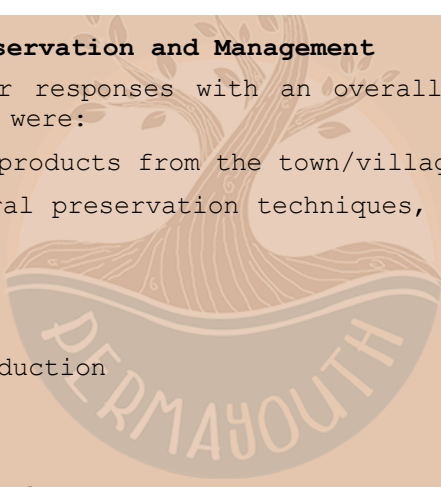
6 respostas



5. Initiatives for Harvest Conservation and Management

This question generated similar responses with an overall reference to the use of local resources. The main suggestions were:

- Promote local trade with products from the town/village/city.
- Promote training in natural preservation techniques, fermentation, artisanal canning, dehydration.
- Control of production
- Avoidance of monocultures
- Proper use of surplus production



BLOCK 2 - Energy Care

1. Importance of Renewable Energies

Overall, there was a consensus on the importance of renewable energy, how important it is to reduce the carbon footprint, and highlighted that, consequently, there is more investment today but there's still the need of more investment on solar, wind and hydro energy to replace the polluting energy sources, such as coal, as sources of electricity production.

It was also discussed that there's a need to promote information on energy-saving practices, to raise awareness of the need for a substantial reduction in our energy costs, which is essential "to reduce consumption patterns and implement "degrowth" practices, rather than constantly

chasing how to produce more, albeit in a supposedly "more sustainable" way". There is also the caveat that it will only be possible to make the transition if there is a decrease in consumption.

2. Most Appropriate Renewable Energy for Urban Areas

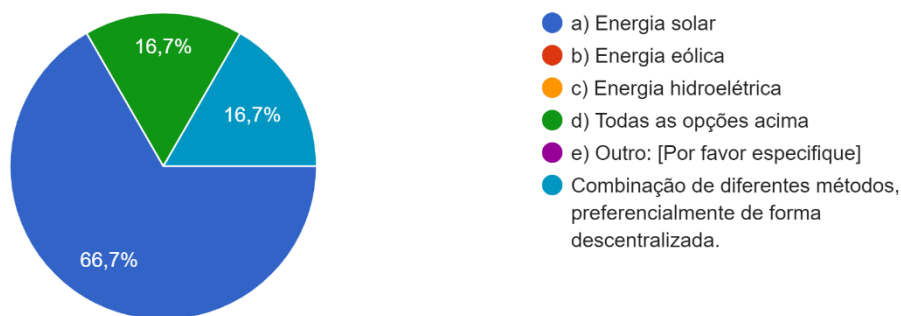




The participants mentioned the fact that urban areas have specific characteristics that could influence the selection of the most appropriate renewable energy. Nevertheless, solar energy was the most frequently chosen.

2. Que tipo de energia renovável considera mais adequado para ser implementado em zonas urbanas?

6 respostas



3. Benefits of Bioconstruction

Bioconstruction was highlighted as an excellent alternative to reduce waste, promote sustainability and urban health.

Participants even suggested using natural materials such as cork to insulate homes, reducing the use of cement, which could be replaced by alternatives with a lower carbon footprint, collecting rainwater for domestic use, and promoting the use of green walls in homes. But it was also noted that on a small scale, bioconstruction makes sense for small buildings such as public gardens, community infrastructure, etc. On the scale of our cities, it doesn't make sense for housing because the costs using those techniques and the labor availability is an impediment to large-scale adoption.

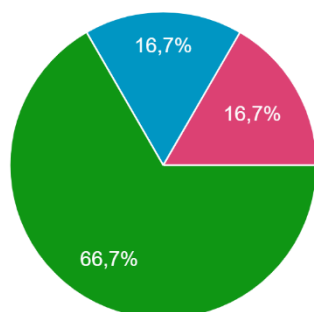
4. Effective Practices for Sustainable Transport

There was a clear recognition that all practices are viable in promoting more efficient and sustainable transportation. However, some participants didn't agree with the promotion of electric vehicles as an efficient and sustainable transportation alternative.



4. Quais das seguintes práticas considera mais eficazes para promover transportes mais eficientes e sustentáveis?

6 respostas



- a) Promoção dos transportes públicos
- b) Promover a utilização de bicicletas
- c) Promover a utilização de veículos elétricos
- d) Todas as opções acima
- e) Outro: [Por favor especifique]
- A, B, Sistema de Boleias Partilhadas.
- Opções A e b. Não acredito que deve aver promoção no uso de carros, mesmo que elétricos. Claro que deve...

5. Initiatives for Reducing Carbon Footprint

Participants mentioned several initiatives to promote the concept of "zero kilometer" and achieve a sustainable decrease in the field of transport.

- Improve public transportation, especially in rural areas.
- Discourage the use of private transport.
- Promote car sharing.
- Promote local production.
- Improve conditions and routes for the use of bicycles or other non-polluting means of transport in cities.
- Introduce transport methods powered by solar energy or other less polluting sources, e.g. electric or hydrogen vehicles.

BLOCK 3 – Caring for People

1. Emotional Management and Well-being

Participants had a variety of views on how emotional management contributes to individual and collective well-being in a community and to a more fulfilling and balanced life. Most importantly:

- Raising awareness and humanizing services: participants highlighted the importance of raising awareness of emotional issues and humanizing services. This includes recognizing and addressing people's emotional needs and creating a more empathetic and supportive environment.
- Access to Natural Environments: many participants consider it essential to promote access to natural environments. This includes improving and creating green spaces in cities, such as parks and areas with indigenous biodiversity. The presence of trees and natural spaces contributes to emotional and mental well-being.
- Community Spaces: creating spaces where people can meet, dialogue, and build a true sense of community spirit. These spaces foster social connections, mutual support, and a sense of belonging.

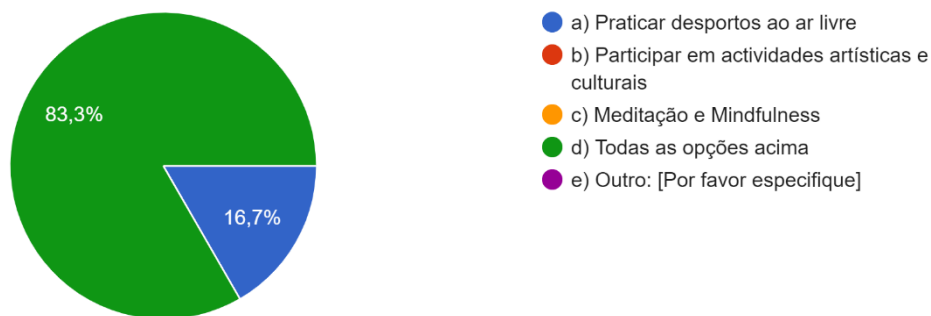


2. Activities for Promoting Healthy Leisure

Overall, all options, and especially outdoor sports, were considered by participants to be beneficial in promoting healthy leisure. Once again, connecting with nature was seen as very beneficial to mental health.

2. Qual das seguintes actividades considera mais benéfica para promover um lazer saudável?

6 respostas



3. Conscious Eating and Personal Health

All participants agreed on the importance of conscious eating and how it can be beneficial to personal health and the sustainability of the planet. Some participants mentioned that reducing meat consumption is very important because it contributes to reducing carbon emissions and conserving natural resources. At the same time, the adoption of a plant-based diet, prioritizing local and organic foods, was highlighted, but with the caveat of not falling into radicalism.

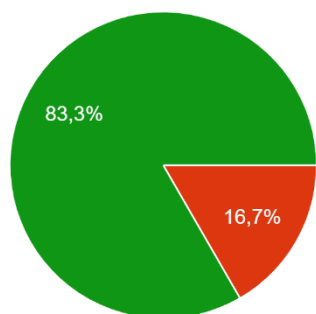
4. Caring for Human Life Cycles

All participants agreed that all options are very important to consider in caring for human life cycles.



4. Na sua opinião, qual das seguintes opções é a mais importante a ter em conta nos cuidados a prestar aos ciclos de vida humanos?

6 respostas



- a) Apoio holístico durante a gravidez e o parto
- b) Acesso a cuidados médicos de qualidade e a cuidados paliativos
- c) Promover práticas respeitosas no fim de vida
- d) Todas as opções acima
- e) Outro: [Por favor especifique]

5. Improving Care and Accompaniment

Participants agreed that the community can improve care and follow-up by addressing these aspects, ensuring that everyone has access to adequate services and support at all stages of life. Specifically:

- More community facilities to support people and their needs.
- Recognized the importance of birth and death in the human life cycle, including raising awareness of their importance and promoting awareness in communities.
- Accessible and public education and health.

BLOCK 4 – Design Care

4.1: Keys to Design

1. Interconnectedness in Community Design

The interconnectedness of community elements creates a web of support that sustainably meets individual and collective needs. It was discussed that when everyone contributes and gets involved, the quality of life improves for all members of the community. Participants cited some examples, such as community support systems, fostering interpersonal relationships, and recognizing the importance of interconnectedness contribute to overall well-being and quality of life. These principles encourage cooperation, sharing of resources, and a sense of belonging among community members.

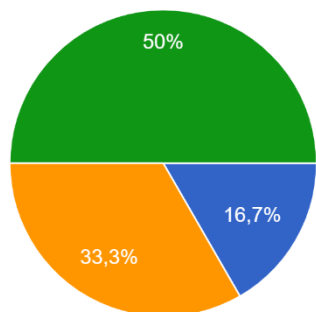
2. Strategies for Supporting Community Needs

Participants agreed that encouraging diversification of available resources and services, promoting collaboration between different sectors and community actors, and establishing mutual support systems and solidarity networks are all effective strategies for supporting community needs.



2. Qual das seguintes estratégias lhe parece mais eficaz para garantir que cada necessidade é apoiada por vários elementos de uma comunidade?

6 respostas



- a) Incentivar a diversificação dos recursos e serviços disponíveis
- b) Promover a colaboração entre diferentes sectores e agentes comunitários
- c) Criação de sistemas de apoio mútuo e de redes de solidariedade
- d) Todas as opções acima
- e) Outro: [Por favor especifique]

3. Benefits of Multifunctional Design

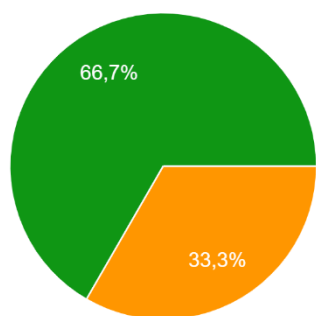
The practice of multifunctional design can benefit the community by saving space, sharing experiences and products, and enabling connections between sectors and people with diverse knowledge.

4. Effective Strategies for Promoting Interrelationships

Participants agreed that all the options are effective in promoting the interrelationship of different elements within a community.

4. Que estratégias considera mais eficazes para promover a inter-relação entre os diferentes elementos de uma comunidade?

6 respostas



- a) Organização de eventos e actividades que promovam a interação social
- b) Implementação de sistemas de transporte e comunicação eficientes
- c) Conceber espaços públicos multifuncionais que favoreçam a convergência de actividades
- d) Todas as opções acima
- e) Outro: [Por favor especifique]

5. Application of Design Keys to Community Projects

The design keys can be applied to specific projects mainly by:

- raising awareness,

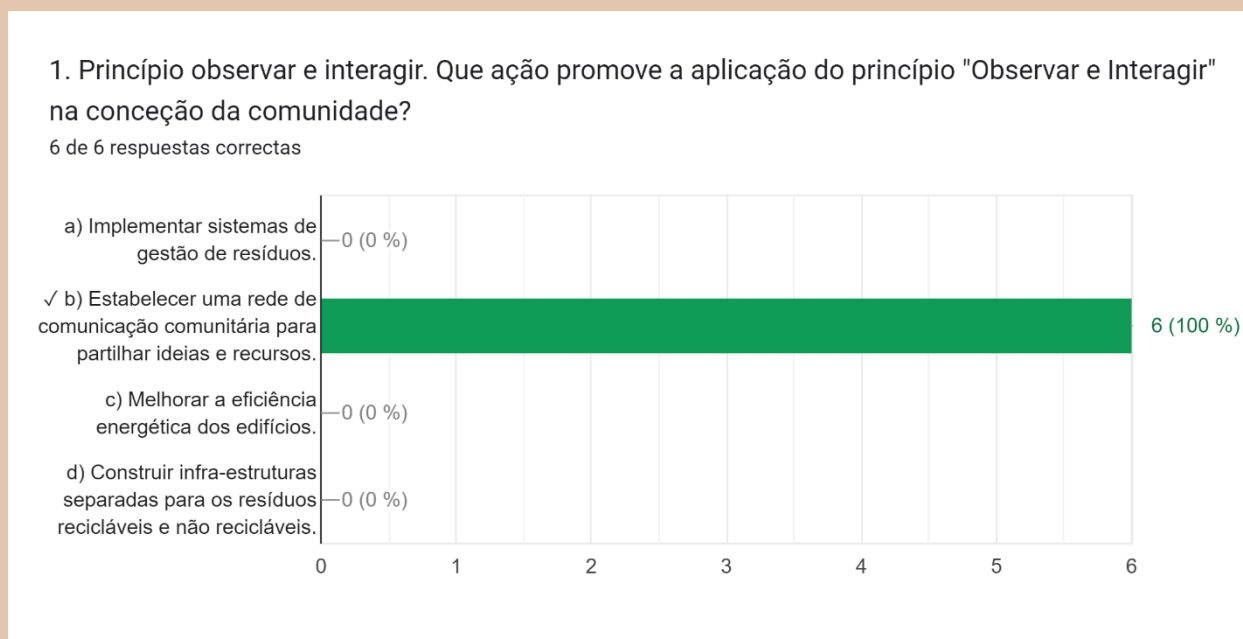


- assessing community needs
- creating multifunctional community sharing spaces
- Promote existing infrastructure and organizations.

4.2: Design Principles

1. Which action promotes the application of the "Observe and Interact" principle in community design?

- 100% correct answers



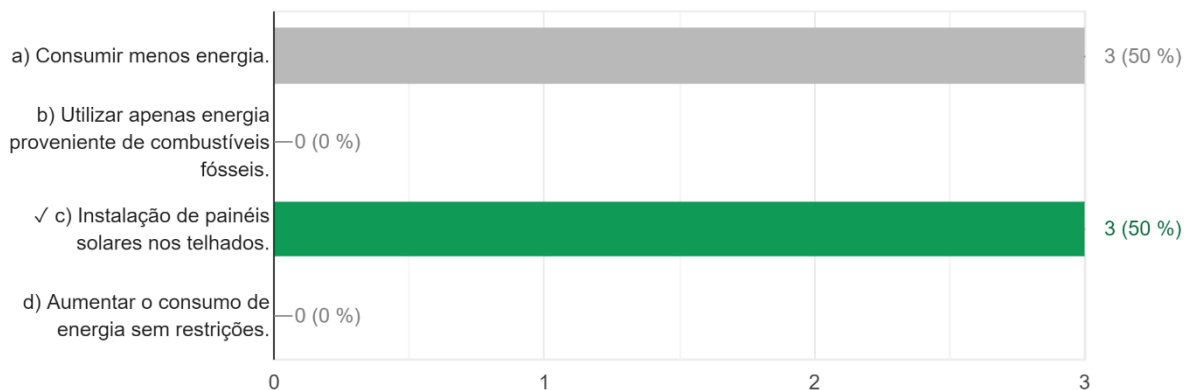
2. Which of the following contributes most to capturing and storing energy in a sustainable way?

- 60% correct answers
- 40% wrong answers (a)



2. Princípio de captação e armazenamento de energia. Qual das seguintes opções contribui mais para a captação e armazenamento de energia de forma sustentável?

3 de 6 respostas correctas

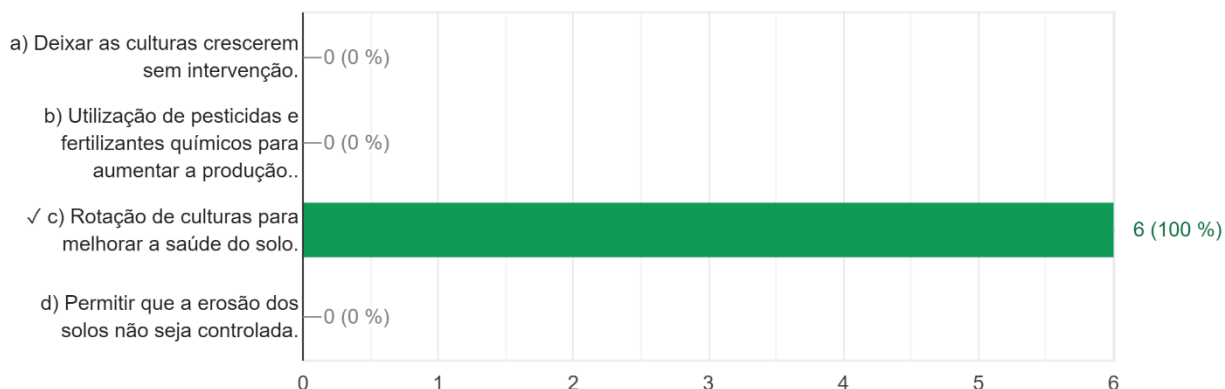


3. Which of the following strategies is an application of the "Getting a return" principle in the design of agricultural systems?

- 100% correct answer

3. Princípio da rentabilização. Qual das seguintes estratégias é uma aplicação do princípio da rentabilização na conceção de sistemas agrícolas?

6 de 6 respostas correctas



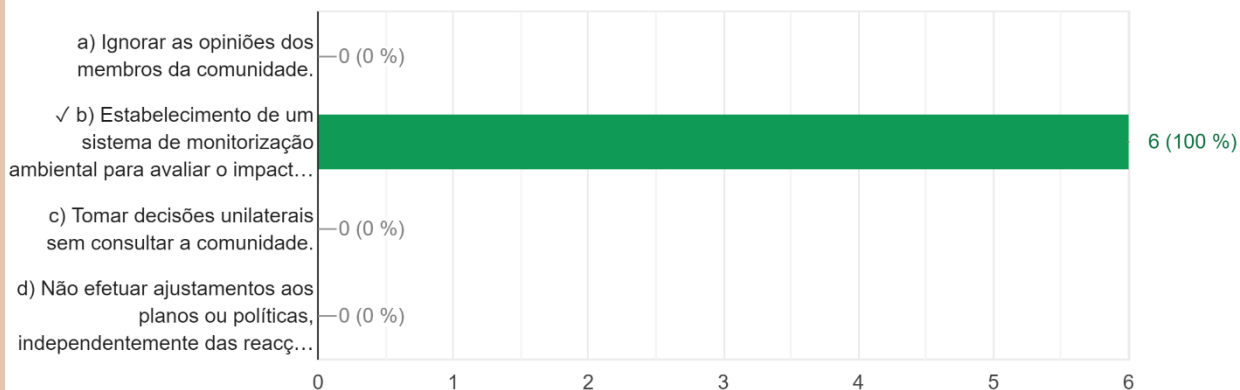
4. Which measure reflects the principle of "Apply self-regulation and accept feedback" in community management?

- 100% correct answers



4. Princípio: Aplicar a autorregulação e aceitar o feedback. Que medida reflete o princípio "Aplicar a autorregulação e aceitar o feedback" na gestão comunitária?

6 de 6 respostas correctas

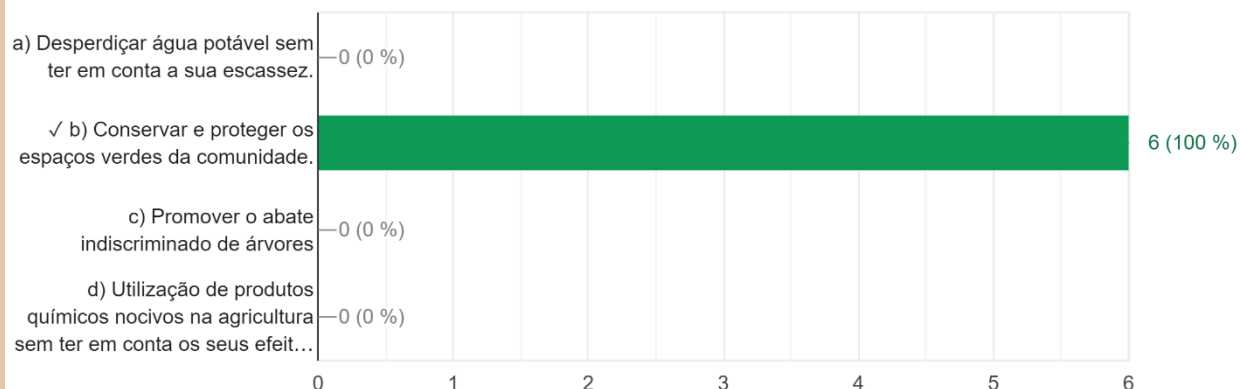


5. Which of the following actions promotes the use and valuation of natural resources according to the design principle?

- 100% correct answers

5. Princípio: Utilizar e valorizar os recursos e serviços naturais. Qual das seguintes ações promove a utilização e a valorização dos recursos naturais de acordo com o princípio de design?

6 de 6 respostas correctas



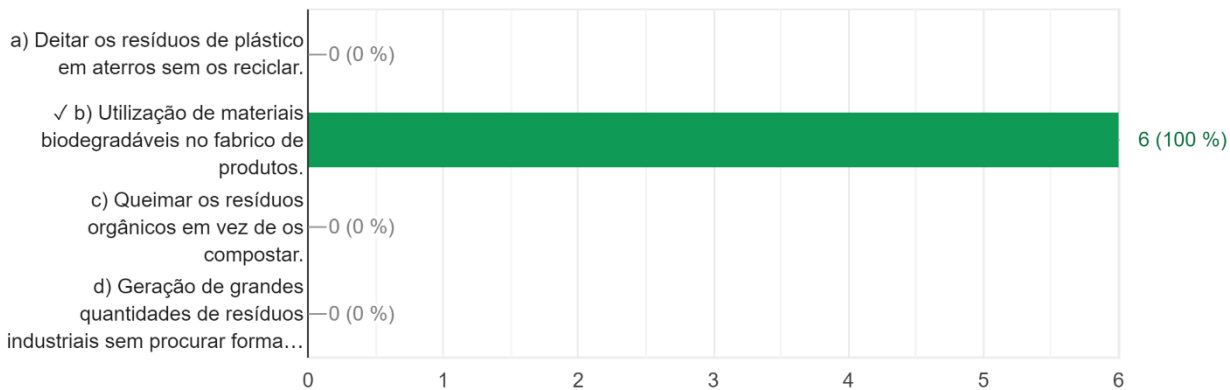
6. Which measure is consistent with the "Produce no waste" principle in product or process design?

- 100% correct answers



6. Princípio: Não produzir resíduos. Que medida é coerente com o princípio "Não produzir resíduos" no design de produtos ou processos?

6 de 6 respostas correctas

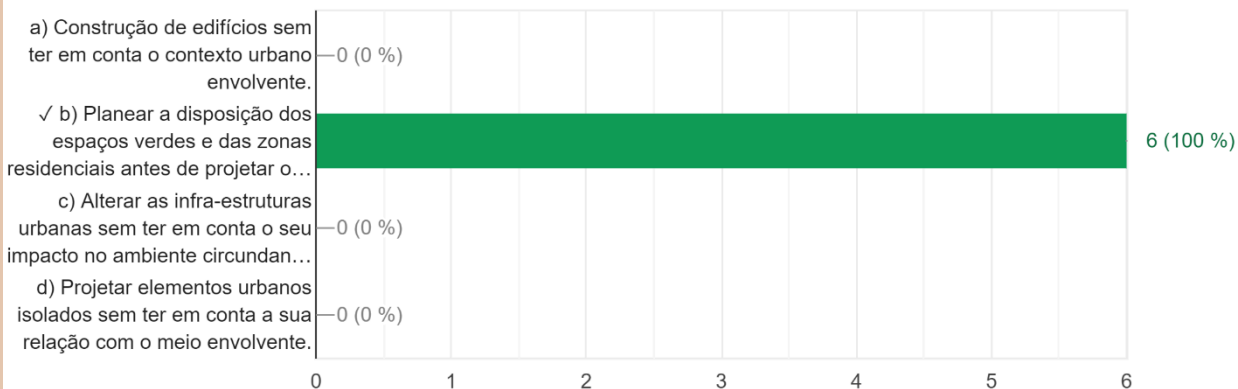


7. Which approach reflects the principle of "Design from Patterns to Details" in urban development?

- 100% correct answers

7. Princípio: Design dos padrões aos pormenores. Que abordagem reflete o princípio "Design dos padrões aos pormenores" no desenvolvimento urbano?

6 de 6 respostas correctas



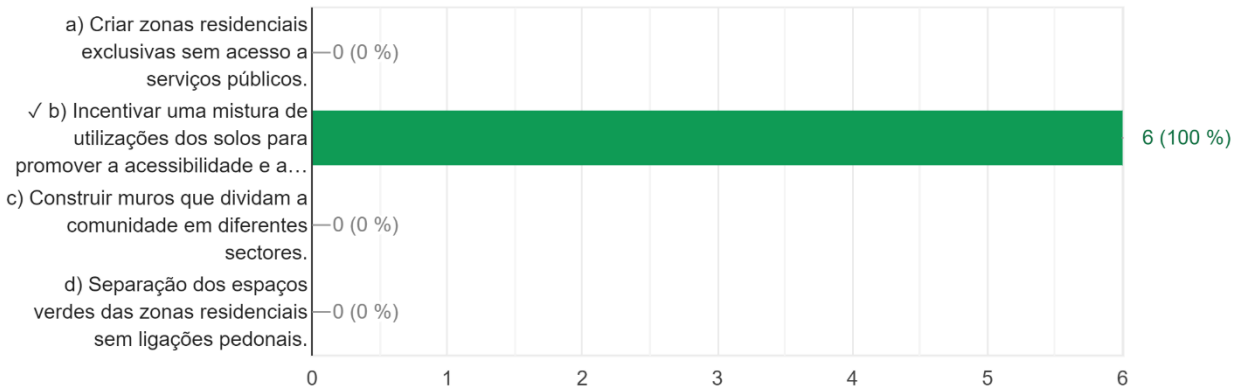
8. What is one way to apply the principle of "Integrate rather than segregate" in urban design?

- 100% correct answers



8. Princípio: Integrar em vez de segregar. Qual é uma forma de aplicar o princípio "Integrar em vez de segregar" no design urbano?

6 de 6 respostas correctas

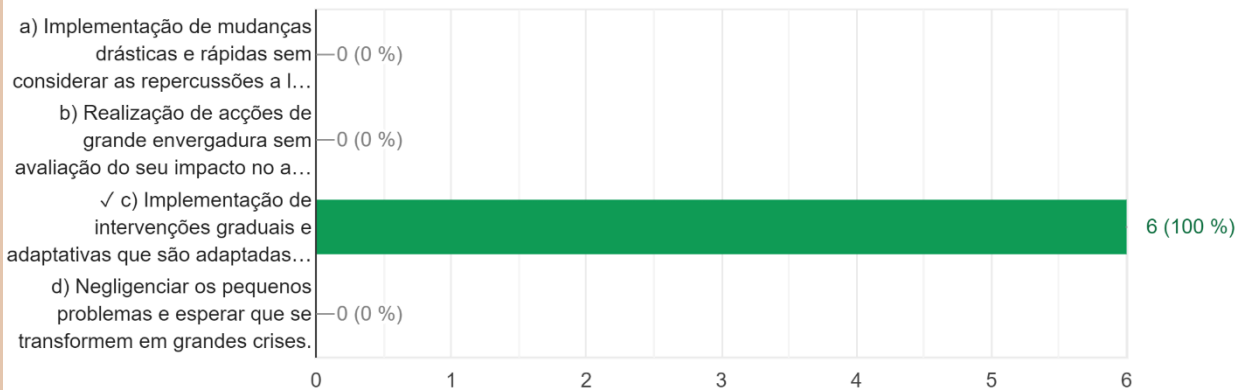


9. What is one characteristic of solutions that aligns with the "Use slow and small solutions" principle?

- 100% correct answers

9. Princípio: Utilizar soluções lentas e pequenas. Qual é uma caraterística das soluções que se alinha com o princípio "Utilizar soluções lentas e pequenas"?

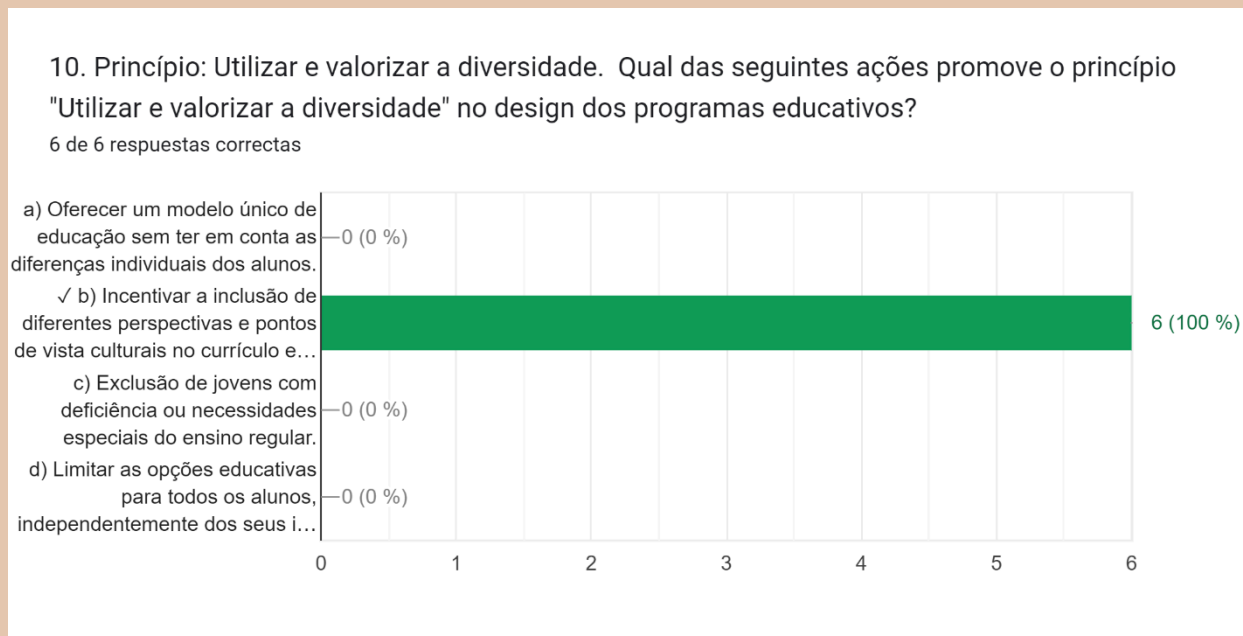
6 de 6 respostas correctas





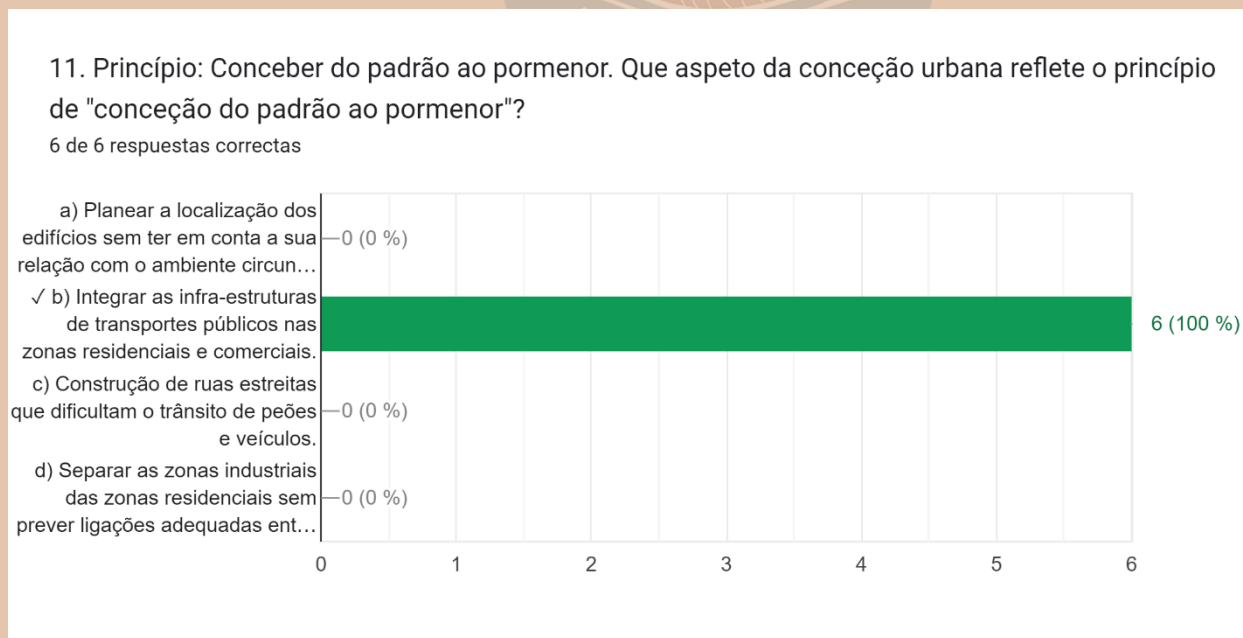
10. Which of the following actions promotes the principle of "Use and value diversity" in the design of educational programmes?

- 100% correct answers



11. Which aspect of urban design reflects the principle of "Design from pattern to detail"?

- 100% correct answers





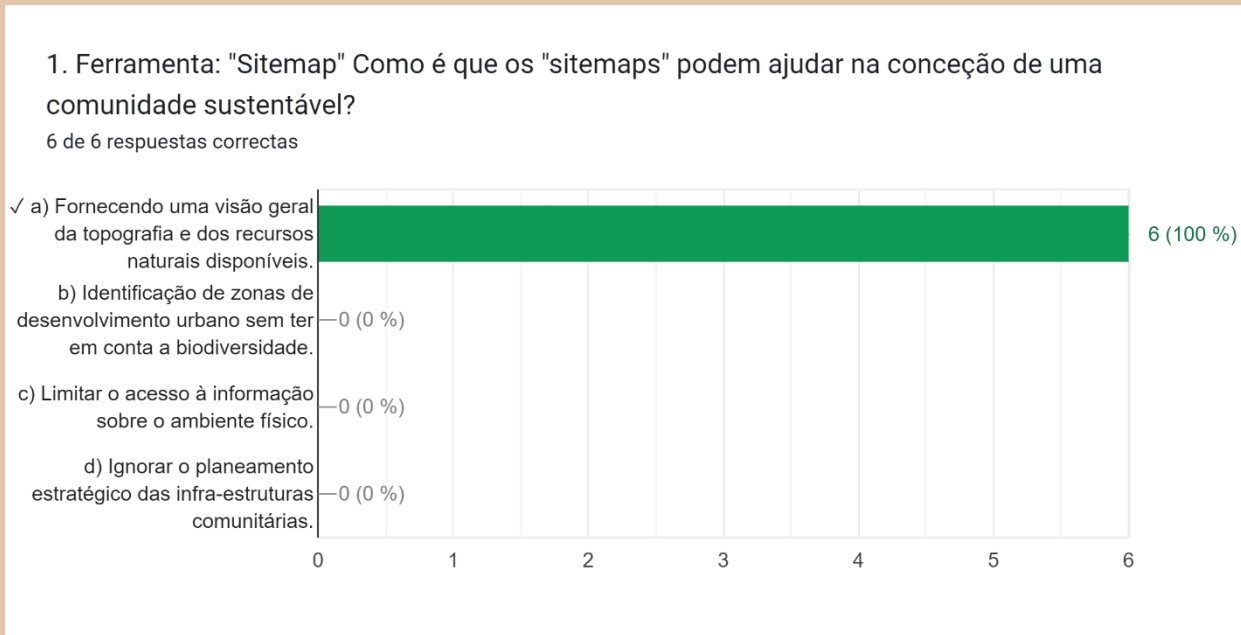
12. What is a characteristic of communities that apply the "Integrate rather than segregate" principle?

- 100% correct answers

4.3: Design Tools

1. How can sitemaps help in the design of a sustainable community?

- 100% correct answers



2. What purpose does zoning and sector analysis serve in designing a sustainable community?

- 80% correct answers
- 20% wrong answers (a)

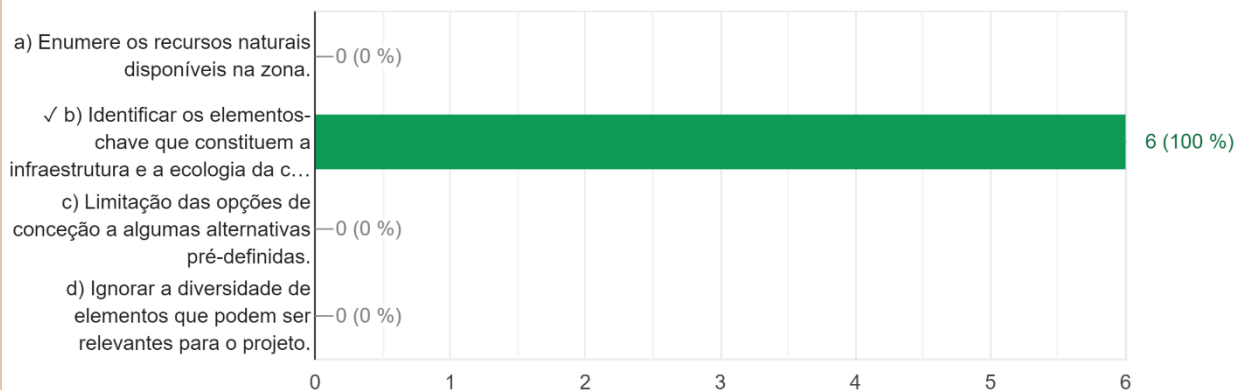
3. What is the function of a list of elements in the community design process?

- 100% correct answers



3. Ferramenta: Lista de elementos. Qual é a função de uma lista de elementos no processo de conceção da comunidade?

6 de 6 respostas correctas

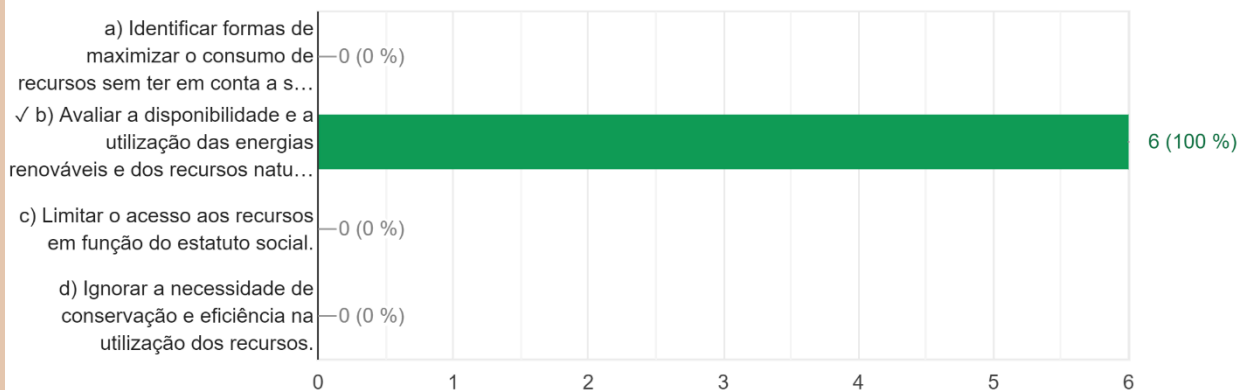


4. Why is it important to conduct an energy and resource analysis in community design?

- 100% correct answers

4. Ferramenta: Análise de Energia e Recursos. Porque é que é importante realizar uma análise de energia e recursos na conceção da comunidade?

6 de 6 respostas correctas



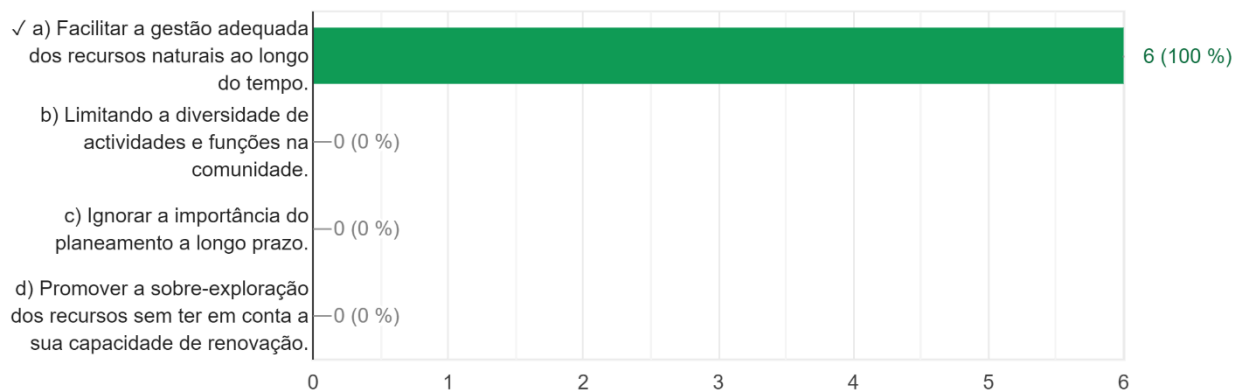
5. How can rotations and sequences benefit sustainable community design?

- 100% correct answers



5. Ferramentas: Rotações e sequências. Como é que as rotações e sequências podem beneficiar a conceção de comunidades sustentáveis?

6 de 6 respostas correctas

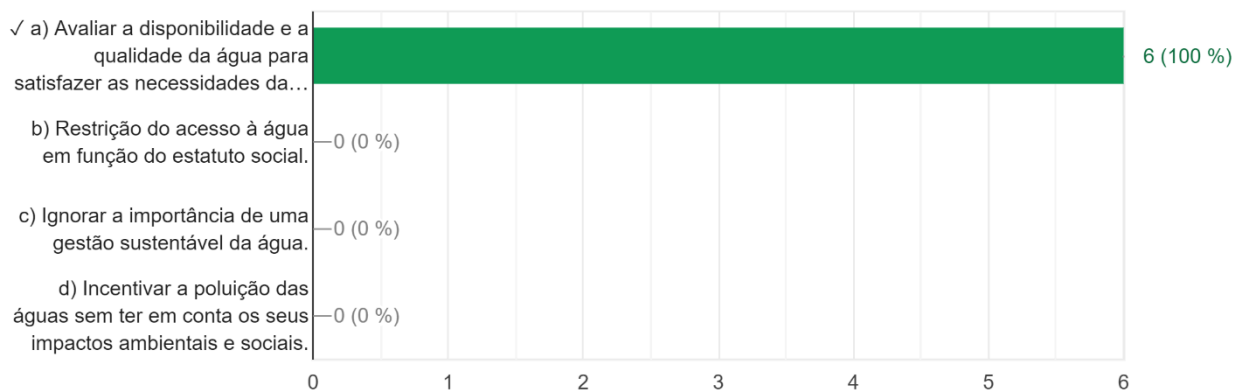


6. What role does water testing play in designing a sustainable community?

- 100% correct answers

6. Ferramenta: Teste da água. Que papel desempenha o teste da água na conceção de uma comunidade sustentável?

6 de 6 respostas correctas



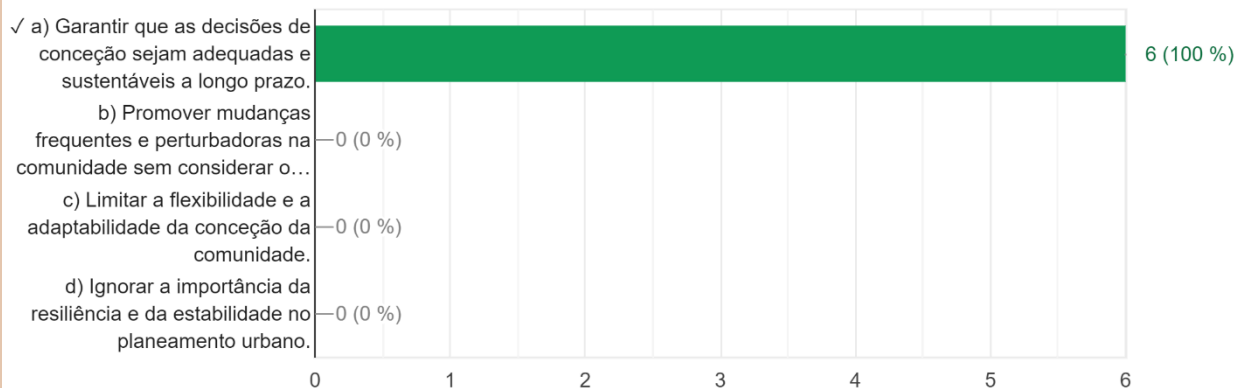
7. Why is it relevant to consider the scale of permanence and stability in community design?

- 100% correct answers



7. Ferramenta: Escala de permanência e estabilidade. Porque é que é relevante considerar a escala de permanência e estabilidade na conceção da comunidade?

6 de 6 respostas correctas

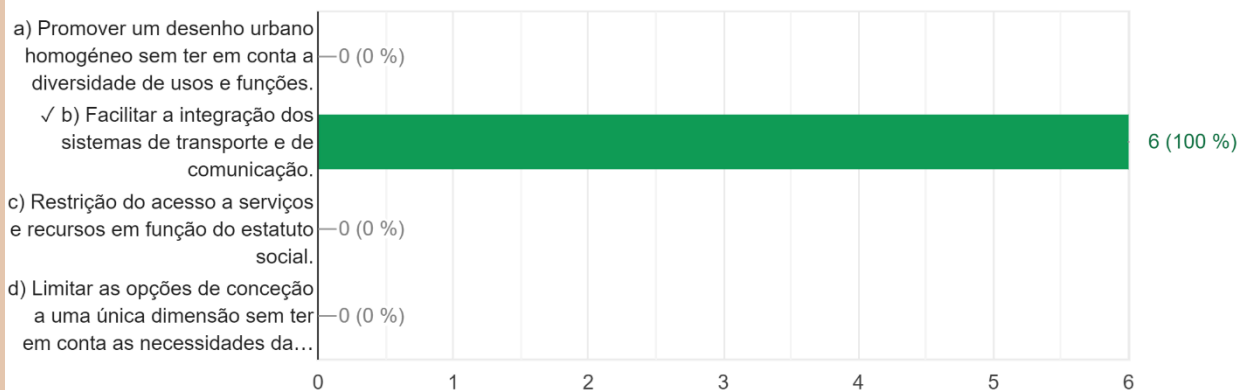


8. How can inline design and land benefit sustainable community development?

- 100% correct answers

8. Ferramenta: Conceção em linha e terra. Como é que a conceção em linha e a terra podem beneficiar o desenvolvimento sustentável da comunidade?

6 de 6 respostas correctas



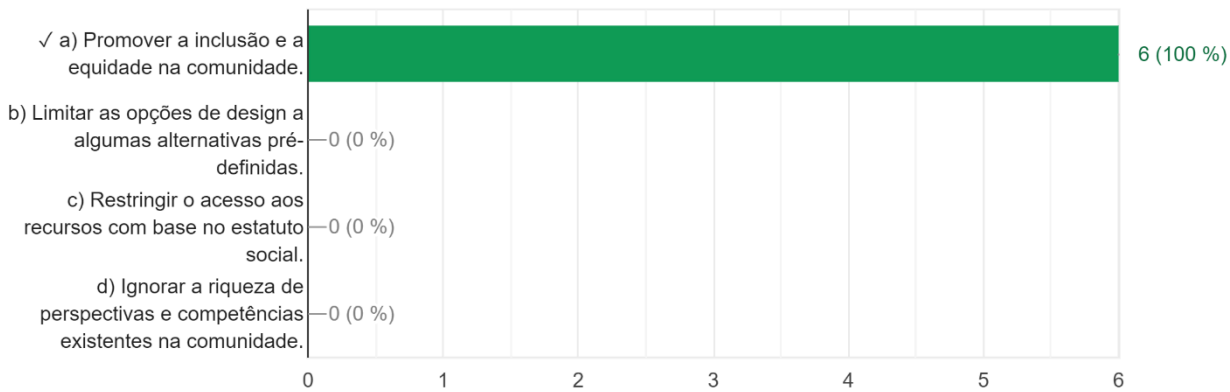
9. Why is it important to plan for diversity in community design?

- 100% correct answers



9. Ferramenta: Planeamento para a Diversidade. Porque é que é importante planear a diversidade na conceção da comunidade?

6 de 6 respostas correctas

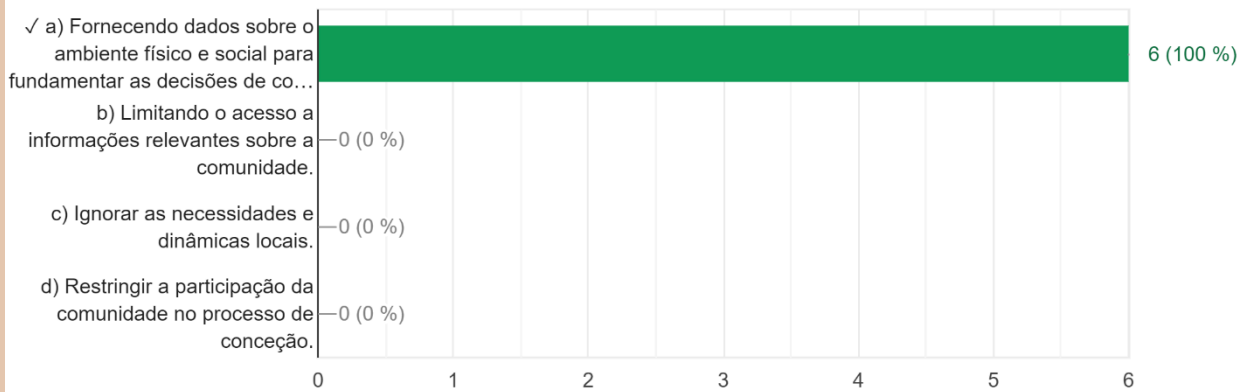


10. How can observation tools contribute to sustainable community design?

- 100% correct answers

10. Ferramentas: Ferramentas de observação. Como é que as ferramentas de observação podem contribuir para a conceção de comunidades sustentáveis?

6 de 6 respostas correctas



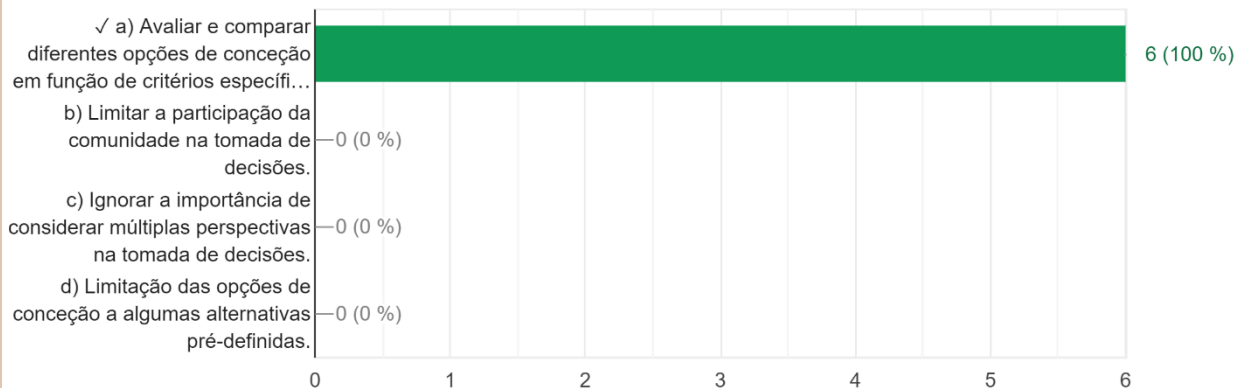
11. What purpose does a decision matrix serve in community design?

- 100% correct answers



11. Ferramenta: Matriz de decisão. Qual é o objetivo de uma matriz de decisão na conceção de uma comunidade?

6 de 6 respostas correctas

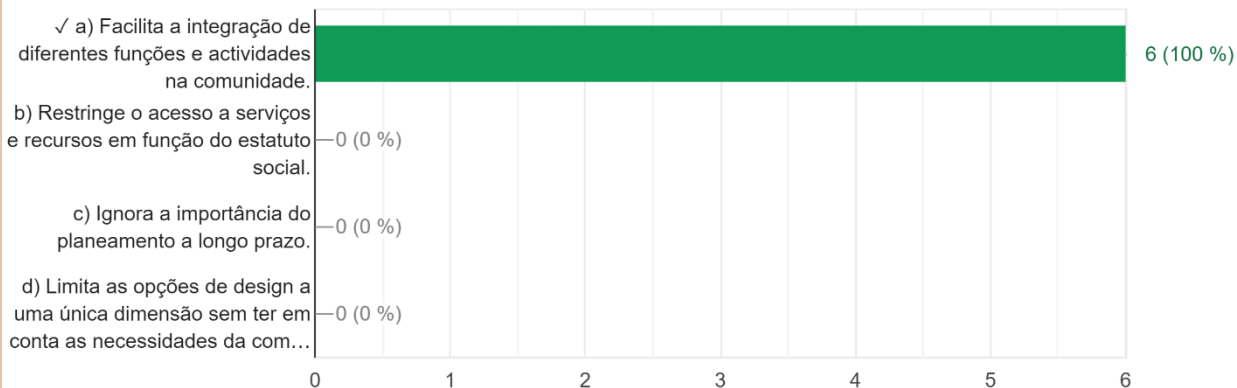


12. Why is layered design relevant to sustainable community development?

- 100% correct answers

12. Ferramenta: Design em camadas. Porque é que o design em camadas é relevante para o desenvolvimento sustentável da comunidade?

6 de 6 respostas correctas





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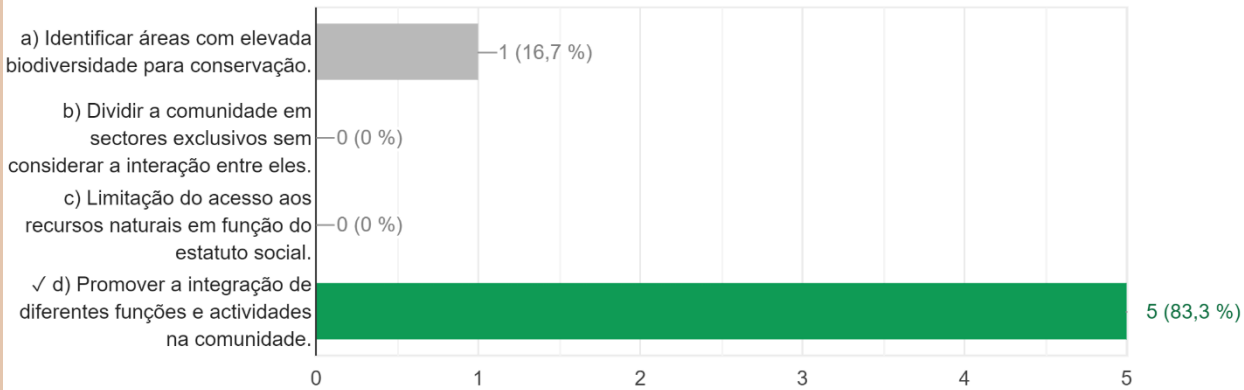


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2. Ferramenta: Zoneamento e análise setorial. Qual é o objetivo da análise do zonamento e do sector na conceção de uma comunidade sustentável?

5 de 6 respostas correctas



Annexe 1, Participants list:

REGISTER SIGN-IN SHEET.

Project Title: **Perma-Youth: Creating a Sustainable Future Through Permaculture Education (2023-1-IT03-KA220-YOU-000158675)**
 FOCUS GROUP Date:/./2024

	Name	Surname	Country	Passport-ID	Date of Birth	E-mail	Signature
1	Diana	Filipe	Portugal		02-02-1998	diana.filipe98@ua.pt	Diana Filipe
2	André	Munoz	Portugal		12/03/1993	andreamunoz@ffes.up.pt	André Munoz
3	Catarina	Moura	Portugal		22/10/1999	catarina.almoura@gmail.com	Catarina Moura
4	Elisa	Kein-Peters	Portugal		29/10/1991	elisakeinpeters@gmail.com	Elisa Kein-Peters
5	Jorge	Oliveira	Portugal		08/11/1997	up201505236@up.pt	Jorge Oliveira
6	Maria	Azevedo	Portugal		22/06/1996	a159952@utad.pt	Maria Azevedo
7	Maria	Gato	Portugal		15/3/1995	maria.gato82.n17@gmail.com	Maria Gato
8	Maria	Medeiros	Portugal		17/05/1997	maria.medeiros@ua.pt maria.medeiros@gmail.com	Maria Medeiros



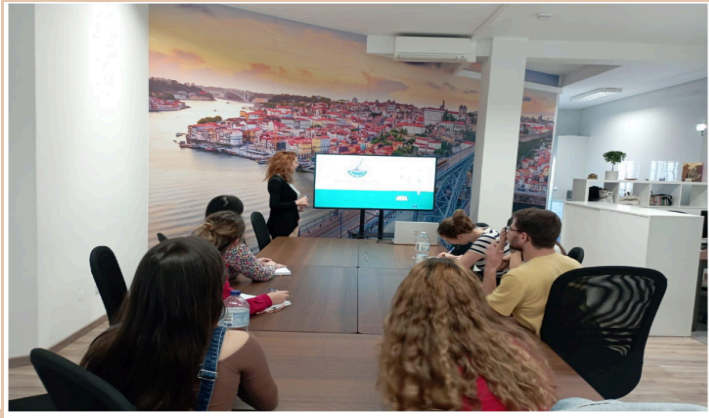
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Annexe 2, Photos:





CINERGIES REPORT

INTRODUCTION

The pursuit of sustainable community development has become increasingly imperative in addressing pressing global challenges such as climate change, resource depletion, and social inequality. Recognizing the pivotal role of youth in driving positive change, the PERMAYOUTH project, supported by the Erasmus+ program, endeavors to empower youth workers with the knowledge, skills, and tools necessary to champion sustainability within their communities.

The survey conducted as part of the PERMAYOUTH project serves as a foundational step in understanding the current perceptions, challenges, and opportunities related to sustainable practices among youth workers and community members. By eliciting insights from participants on a wide range of sustainability topics, including agriculture, energy, construction, transportation, emotional management, healthy leisure activities, conscious eating, and care for human life cycles, the survey aims to inform the development of targeted educational materials and initiatives tailored to the specific needs and aspirations of the community.

In addition to informing project activities, the survey findings hold broader significance in contributing to the collective understanding of sustainable community development principles and practices. By synthesizing and disseminating these insights, the PERMAYOUTH project seeks to catalyze broader discussions, collaborations, and actions towards building more resilient, equitable, and sustainable communities.

Through this report, we aim to provide a preliminary analysis of the survey findings, highlighting key themes, challenges, and opportunities, and offering actionable recommendations for advancing sustainability initiatives within the PERMAYOUTH project and beyond.

KEY FINDINGS FROM THE SURVEY

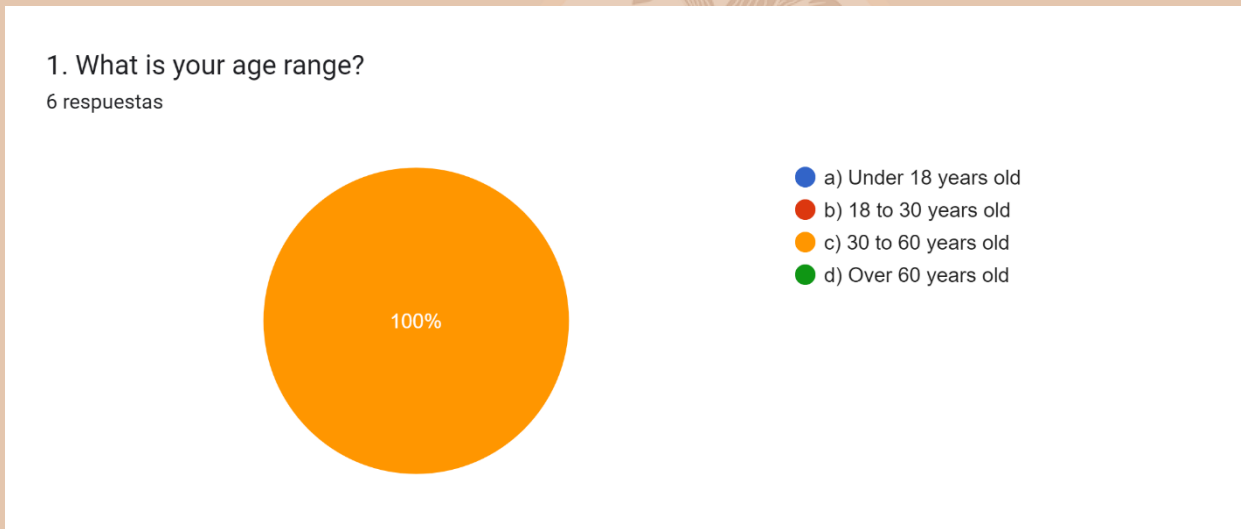
- **Awareness and Interest:** Participants demonstrated a high level of awareness and interest in sustainable practices, expressing strong support for initiatives such as regenerative agriculture, renewable energy, and conscious eating. This indicates a positive inclination towards adopting sustainable lifestyles and promoting environmental stewardship within communities.
- **Challenges and Barriers:** Despite the enthusiasm for sustainability, participants identified several challenges and barriers hindering the implementation of sustainable practices within communities. These included limited access to resources and knowledge, resistance to change, and systemic barriers such as policy constraints and economic constraints.



- **Opportunities for Improvement:** Participants highlighted various opportunities for enhancing sustainability within communities, emphasizing the importance of community engagement, policy support, and educational initiatives. Collaborative approaches, holistic planning, and capacity-building efforts were identified as key strategies for overcoming barriers and fostering resilience within communities.
- **Sample Description:** The survey conducted as part of the PERMAYOUTH project yielded valuable insights into the perceptions, challenges, and opportunities related to sustainable practices among youth workers and community members. A first sample of participants, primarily youth workers based in Greece, provided responses on various aspects of sustainability, including agriculture, energy, construction, transportation, emotional management, healthy leisure activities, conscious eating, and care for human life cycles.

The survey sample provides a snapshot of the demographic and contextual characteristics of the participants, shedding light on their backgrounds, experiences, and preferences as they relate to sustainability and community development initiatives. Here's a detailed breakdown of the sample profile:

1. Age Range: The participants in the survey fall within the age range of 30 to 60 years old, representing a diverse spectrum of life experiences and perspectives within the adult population.

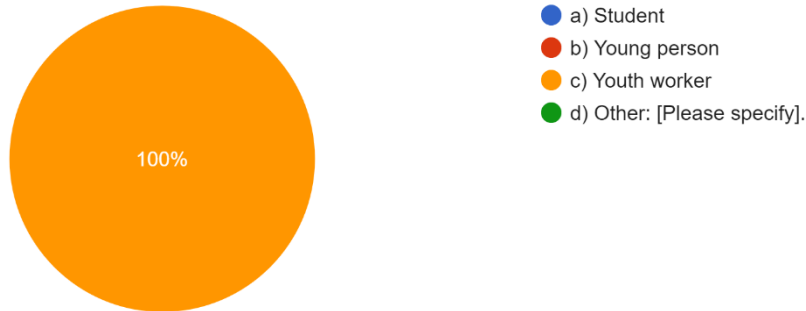


2. Profile: All 6 respondents identified themselves as youth workers, indicating a common professional background centered around youth empowerment, education, and community engagement.



2. What is your profile?

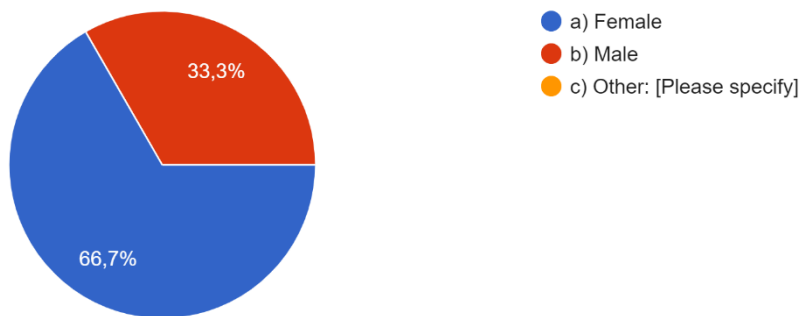
6 respuestas



3. Gender Distribution: The gender distribution among respondents is fairly balanced, with 4 female and 2 male participants. This gender parity reflects a diverse representation and underscores the inclusive nature of the survey sample.

3. What is your gender?

6 respuestas

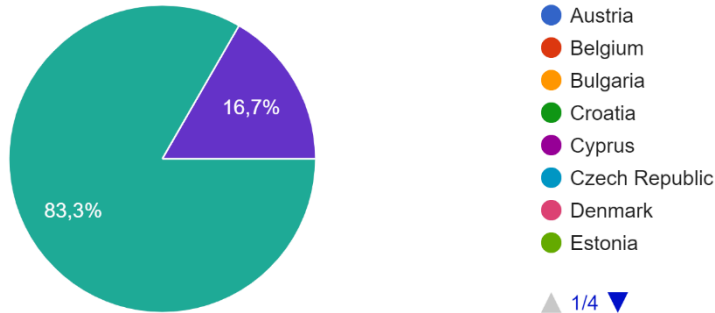


4. Country of Residence: All participants are based in Greece, providing a localized perspective on sustainability issues and community dynamics within the Greek context.



4. In which country are you currently based?

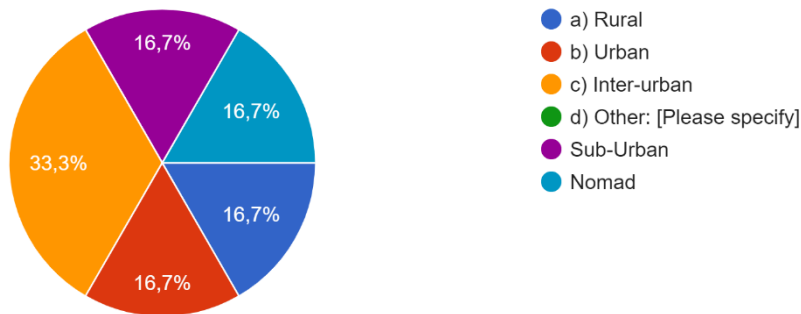
6 respuestas



5. Living Environment: The participants exhibit a diverse range of living environments, including rural, sub-urban, urban, and inter-urban settings. Additionally, one respondent identified as a nomad, highlighting the unconventional lifestyle choices within the sample.

5. Do you live in a rural or urban environment?

6 respuestas

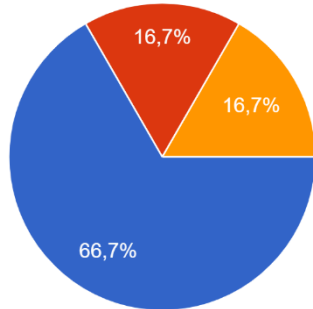


6. Access to Parks or Gardens: A majority of respondents (5 out of 6) reported having access to parks or gardens, indicating a potential connection to nature and outdoor spaces within their living environments.



6. Do you have access to parks or gardens?

6 respuestas

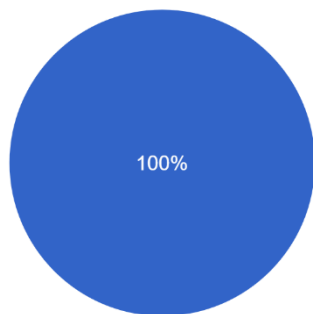


- a) Yes, I have access to nearby parks.
- b) No, I do not have access to nearby parks or gardens.
- c) Sometimes, it depends on the distance.
- d) Other: [Please specify].

7. Usage of Online Services: All respondents reported using online services daily, highlighting the ubiquitous nature of digital technology mainly in their professional and personal lives.

7. How often do you use online services?

6 respuestas



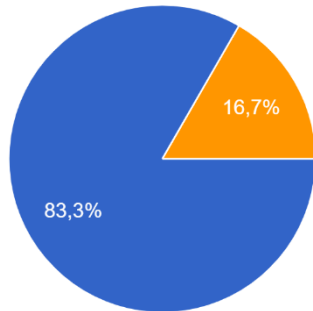
- a) Daily
- b) Weekly
- c) Monthly
- d) Occasionally

8. Access to Natural Water Sources: Most participants indicated having access to natural water sources, with only one respondent reporting occasional access. This suggests varying degrees of proximity to natural resources among the sample.



8. Do you have access to rivers, lakes or seas?

6 respuestas

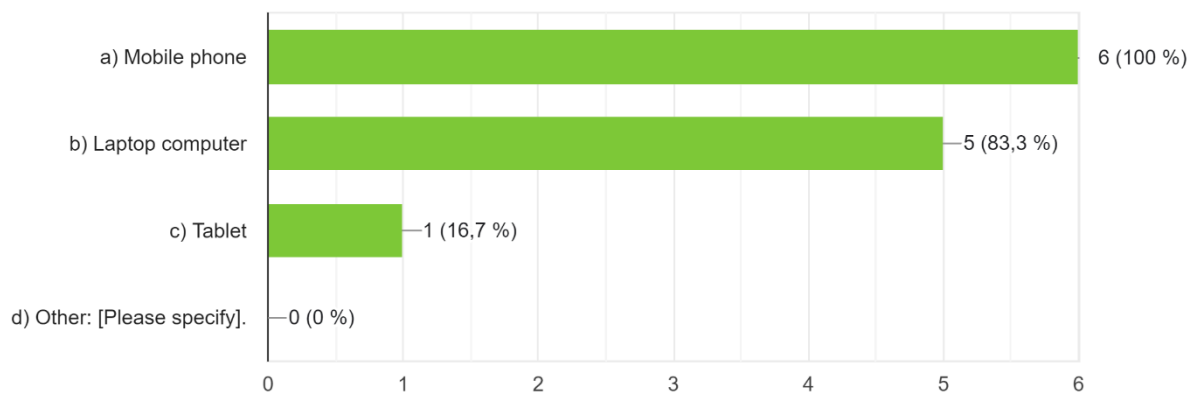


- a) Yes, I have access to nearby rivers, lakes or seas.
- b) No, I do not have access to nearby natural water bodies.
- c) Sometimes it depends on the season or location.
- d) Other: [Please specify].

9. Devices Used to Access the Internet: The majority of respondents utilize both mobile phones and laptops to access the internet, reflecting the prevalence of multi-device usage in the digital age. Additionally, one participant relies solely on a mobile phone, while another incorporates a tablet into their online activities.

9. What type of devices do you usually use to access the internet?

6 respuestas

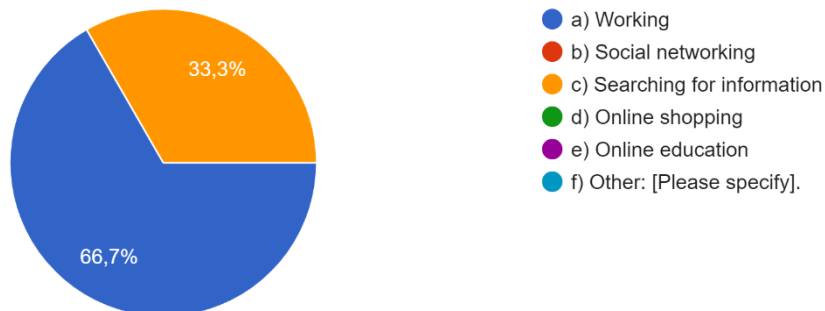


10. Main Online Activities: The primary online activities reported by participants include working and searching for information, underscoring the importance of online platforms for professional development and knowledge acquisition.



10. What are your main online activities?

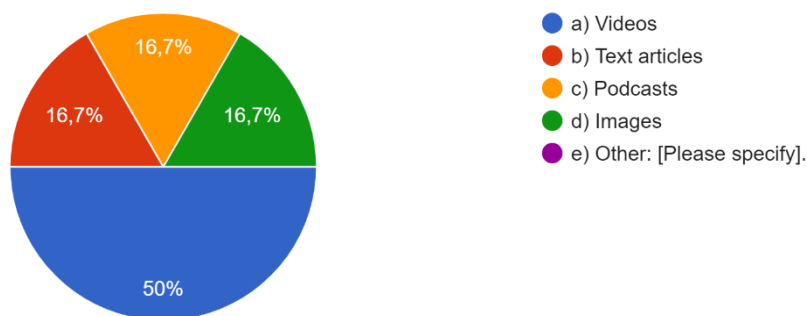
6 respuestas



11. Preferred Online Education Content: Preferences for online education content vary among respondents, with a majority expressing a preference for videos. Other preferred formats include images, text articles, and podcasts, highlighting the importance of diverse multimedia content in engaging learners with different learning styles.

11. What type of content do you prefer to consume in Online Education?

6 respuestas



Initial Observations:

The detailed analysis of the survey sample reveals several notable observations and trends:

- **Homogeneity in Age and Profile:** The sample exhibits homogeneity in terms of age and professional background, with all participants being youth workers aged between 30 to 60 years old. This commonality suggests shared professional development needs and preferences within the group.
- **Diverse Living Environments:** Despite the homogeneity in age and profile, the sample encompasses a diverse range of living environments, including rural, urban, and nomadic lifestyles. This diversity may influence participants' perspectives on sustainability and access to community resources.



- Varied Online Content Preferences: Participants' preferences for online education content vary, emphasizing the importance of catering to diverse learning styles and preferences in designing the e-learning course. Incorporating a variety of multimedia formats, including videos, images, text articles, and podcasts, can enhance engagement and knowledge retention among learners.

These initial observations provide valuable insights into the demographic composition and contextual factors shaping participants' perspectives and preferences, laying the foundation for a more in-depth analysis of survey findings and implications in subsequent sections of the report.

Quiz Results:

In addition to survey responses, participants completed a quiz assessing their expertise on sustainability topics covered in the survey. The results indicated a moderate level of proficiency among participants, with an average score of 19.83 out of 24 points. While most participants demonstrated a solid understanding of key concepts, there were areas where knowledge gaps were evident, particularly in topics related to energy capture and storage, sitemap utilization, and zoning and sector analysis in community planning.

Overall, the survey sample represents a diverse and engaged community of youth workers and stakeholders committed to promoting sustainability and resilience within their communities.

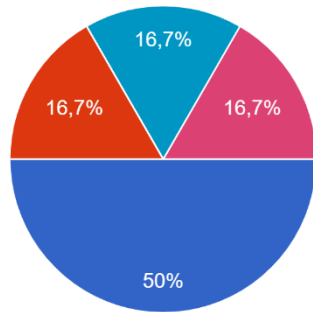
Section 1 - Caring for the Planet

Regenerative agriculture emerges as a cornerstone in fostering environmental sustainability and social well-being, as highlighted by the unanimous recognition among respondents of its profound benefits. The perceived advantages span environmental, social, and economic dimensions, underlining its pivotal role in addressing contemporary agricultural challenges. Notably, respondents emphasized its capacity to mitigate climate change by reducing carbon emissions, while simultaneously enhancing soil fertility and biodiversity. This dual functionality aligns with the broader goals of sustainable development, emphasizing the interconnectedness of ecological health and human prosperity.



2. Which of the following practices do you consider most effective for sustainable urban food production?

6 respuestas



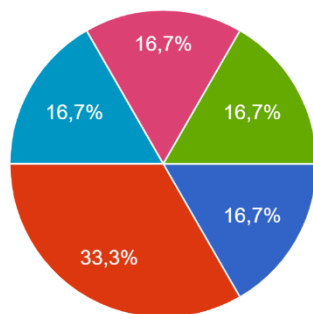
- a) Community gardens
- b) Vertical farming in buildings
- c) Hydroponic farming
- d) Green terrace farming
- e) Other: [Please specify].
- From a permaculture approach I question this question, 'most effective as to what?' , 'which features are we incl...
- A is the only option that makes sense. I think options B, C & D are horrible ide...

In the context of urban environments, sustainable food production practices garnered significant attention, with community gardens emerging as a favored approach. Beyond mere agricultural endeavors, respondents lauded these communal green spaces for their capacity to foster social cohesion, provide access to fresh produce, and enhance urban aesthetics. Additionally, vertical farming was acknowledged as a complementary strategy, capitalizing on limited space in urban settings while ensuring year-round crop yields. The dual emphasis on community engagement and innovative agricultural practices underscores the multifaceted approach required to address urban food security and environmental sustainability.

Water management emerged as another critical aspect of sustainable development, with respondents advocating for comprehensive strategies to ensure both environmental resilience and food security. Rainwater harvesting, water-efficient irrigation techniques, and community-led initiatives were identified as key measures to optimize water usage.

4. Which of the following technologies do you think is most effective for water purification?

6 respuestas



- a) Sand filters
- b) Reverse osmosis
- c) Biofilters
- d) Desalination
- e) Other: [Please specify].
- I dont know
- The most effective technology depends on the specific needs and characteristi...
- by implementing local water retention practices, and increasing the water re...



However, respondents also emphasized the need for robust policy frameworks and infrastructural investments, highlighting the importance of aligning community engagement with systemic change.

In the realm of water purification technologies, reverse osmosis emerged as a popular choice due to its efficacy in removing contaminants. Nevertheless, respondents stressed the importance of tailoring technology choices to local water conditions and considering their long-term environmental impact. This nuanced approach reflects a broader recognition of the complex interplay between technological solutions and environmental sustainability, necessitating careful consideration of context-specific factors.

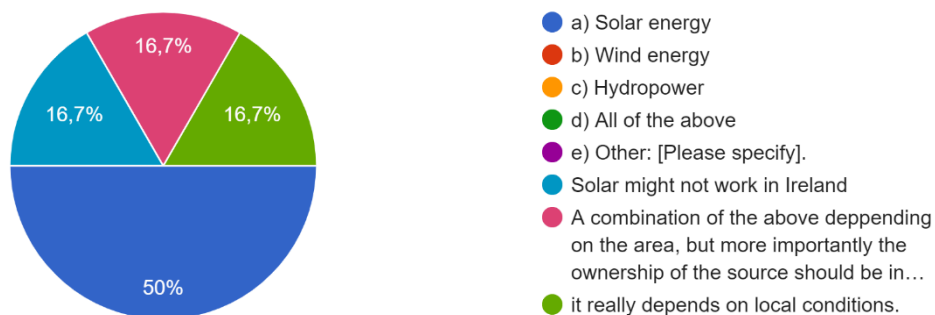
In conclusion, the survey findings underscore the importance of holistic and contextually sensitive approaches to sustainable development, encompassing regenerative agriculture, urban food production, water management, and technological innovation. Moving forward, the recommendations emphasize the need for concerted action at multiple levels, encompassing educational outreach, community engagement, policy advocacy, and technological innovation.

Section 2 - Energy Care

Renewable energy emerges as a pivotal component in the transition towards sustainable energy systems, as underscored by respondents in the survey. Recognized for its potential to mitigate carbon emissions, enhance energy security, and stimulate job creation, renewable energy sources are viewed as indispensable in addressing the pressing challenges of climate change and energy sustainability. However, while the imperative to transition to renewables is widely acknowledged, respondents emphasize the importance of careful planning and implementation to mitigate potential negative impacts on local environments and communities.

2. What type of renewable energy do you consider most appropriate to implement in urban areas?

6 respuestas



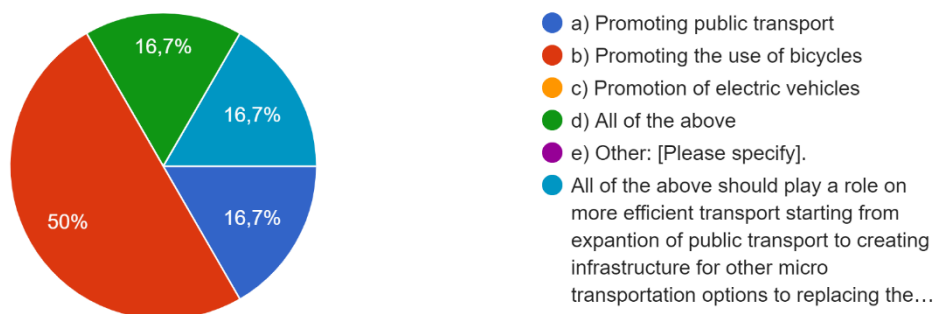
At the community level, respondents highlight the transformative potential of small-scale, community-based energy cooperatives. These grassroots initiatives empower local stakeholders to take control of their energy production, fostering greater autonomy and resilience within communities. Moreover, community-based energy projects offer opportunities for minimal investment, thereby lowering barriers to entry and enabling broader participation in the renewable energy transition. By decentralizing energy



production and distribution, these initiatives not only reduce dependence on centralized energy infrastructure but also contribute to the emergence of post-growth economic models that prioritize community well-being and environmental sustainability.

4. Which of the following practices do you consider most effective in promoting more efficient and sustainable transport?

6 respuestas



In conclusion, the survey findings underscore the critical role of renewable energy in driving the transition towards sustainable energy systems. However, to realize the full potential of renewables, careful consideration must be given to the local context, ensuring that initiatives are implemented in a manner that maximizes benefits while minimizing adverse impacts. By empowering communities to participate actively in the renewable energy transition, through initiatives such as community-based energy cooperatives, it is possible to create more resilient, equitable, and sustainable energy systems for the future.

Bioconstruction offers a multitude of benefits that extend beyond environmental considerations, as highlighted by respondents in the survey. By utilizing natural materials in construction, such as adobe, straw bales, or bamboo, bioconstruction reduces reliance on non-renewable and polluting building materials, thereby minimizing the environmental footprint of construction activities. Additionally, the use of natural materials enhances indoor environmental quality, creating healthier and more comfortable living spaces for occupants. This aspect is particularly significant in urban areas, where indoor air pollution and poor ventilation can pose significant health risks.

In the realm of community and urban planning, respondents emphasize the importance of integrating bioconstruction principles into urban development strategies. This entails providing incentives for eco-friendly building practices, such as tax breaks or subsidies for builders and developers who incorporate bioconstruction techniques into their projects.

Furthermore, education initiatives targeting builders, architects, and urban planners are essential for raising awareness about the benefits and feasibility of bioconstruction. By showcasing successful bioconstruction projects and highlighting their positive impacts on both the environment and the community, stakeholders can be encouraged to embrace these sustainable building practices on a broader scale.



Turning to sustainable transport practices, respondents underscore the importance of promoting alternatives to conventional, fossil fuel-dependent modes of transportation.

Bicycles and public transport are identified as key strategies for reducing urban transport emissions, alleviating traffic congestion, and improving air quality in urban areas. However, to effect meaningful change, respondents advocate for a holistic approach that encompasses not only the promotion of active and public transportation but also the expansion of infrastructure for non-polluting vehicles, such as electric cars and bicycles.

Additionally, "zero kilometer" initiatives, which focus on reducing the carbon footprint of transport by encouraging local production and consumption, are proposed as effective strategies for promoting sustainable transportation practices.

In conclusion, the survey findings underscore the importance of adopting holistic approaches to address environmental challenges in agriculture, construction, and transportation. By promoting sustainable agricultural practices, expanding renewable energy initiatives, incorporating bioconstruction principles into urban development, and enhancing sustainable transport systems, communities can work towards building more resilient, equitable, and environmentally sustainable futures. Through targeted policies, educational programs, and community engagement efforts, stakeholders can play a pivotal role in driving positive change and fostering a culture of sustainability within their communities

Section 3 - Caring for People

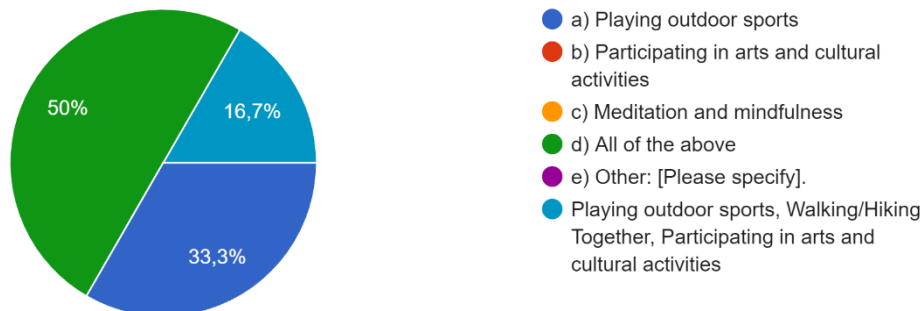
Emotional management stands as a cornerstone for individual and communal well-being, as underscored by the survey findings. Recognizing its pivotal role in fostering resilience, personal growth, and community cohesion, respondents highlighted various recommended practices to promote emotional well-being within the community.

Among the recommended practices are social media detox and gratitude journals, which offer simple yet effective strategies for enhancing mental wellness by reducing exposure to digital stressors and fostering a mindset of gratitude. Moreover, respondents emphasized the importance of broader social policies, such as reduced work hours and universal income, as systemic measures to mitigate stress and improve overall quality of life.



2. Which of the following activities do you consider most beneficial for promoting healthy leisure?

6 respuestas



Engaging in arts, culture, and outdoor activities emerged as valuable community-based strategies for promoting mental health, providing opportunities for creative expression, social connection, and exposure to nature's therapeutic benefits.

Furthermore, respondents emphasized the importance of accessing educational and supportive resources to address emotional health needs effectively. Encouraging the utilization of mental health services, community workshops, and resources provided by organizations like Adrienne Maree Brown and the Ecoverstities Alliance can play a crucial role in equipping individuals with the tools and support networks needed to navigate emotional challenges effectively.

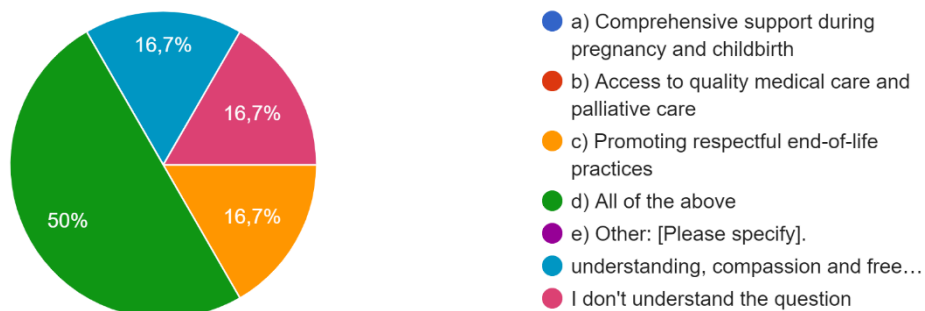
Shifting focus to healthy leisure activities, respondents underscored the importance of promoting physical and mental well-being through outdoor sports, walking, hiking, and engagement in arts and cultural pursuits. These activities not only contribute to individual health but also foster social bonds and community spirit, enhancing the overall well-being of the community.

Conscious eating emerged as another focal point, recognized for its significance in promoting personal health and environmental sustainability. Strategies to promote conscious eating include educational campaigns to raise awareness about the impacts of dietary choices, as well as initiatives to encourage the consumption of locally produced and seasonal foods to reduce carbon footprints. Introducing initiatives like "Meat-Free Mondays" was proposed as a gentle yet impactful approach to shifting dietary habits towards more sustainable and health-conscious choices.



4. Which of the following do you think is most important to consider in caring for human life cycles?

6 respuestas



Additionally, respondents emphasized the importance of comprehensive care across human life cycles, recognizing that each life stage entails unique needs and challenges.

Proposals to support holistic care needs included advocating for accessible and community-supported healthcare systems, enhancing educational and supportive services, and fostering cultural change towards more interconnected and supportive community behaviors.

To address these multifaceted challenges and opportunities, the survey findings underscore the importance of systematic approaches and community integration. By integrating services across various life stages and creating a supportive environment that fosters well-being from birth to old age, communities can cultivate resilience, promote health, and enhance overall quality of life for all members.

In conclusion, the survey findings highlight the importance of prioritizing emotional management, healthy leisure activities, conscious eating, and comprehensive life cycle care in community development efforts. By strengthening programs, promoting policy changes, and fostering community engagement, stakeholders can work towards building resilient, inclusive, and thriving communities where all members can flourish.

Section 4 – Design Care

The analysis of interconnectedness in community design reveals its profound impact on community resilience, resource efficiency, and overall well-being. By integrating various community elements such as social services, healthcare, education, and local governance, communities can create more cohesive and supportive environments that meet diverse needs effectively. Examples of effective interconnectedness include community gardens, public transportation systems, and integrated community health centers, which enhance local food security, access to essential services, and community bonding.

To further enhance interconnectedness, strategies such as collaboration across sectors and the development of multifunctional community spaces are crucial. Promoting partnerships among government, businesses, non-profits, and residents can lead to holistic solutions for

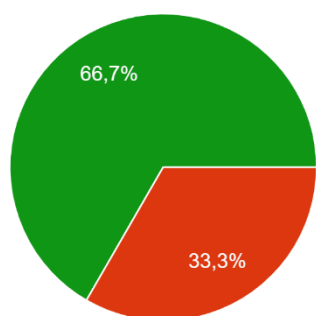


complex issues, while designing spaces that serve multiple purposes can greatly enhance the utility and accessibility of community resources.

The benefits of multifunctional design are manifold, including resource optimization, social cohesion, and adaptability. By reducing the need for multiple separate facilities and encouraging interactions among different community members, multifunctional spaces foster a sense of belonging and mutual support while responding flexibly to changing community needs over time.

2. Which of the following strategies do you think is most effective in ensuring that each need is supported by various elements within a community?

6 respuestas

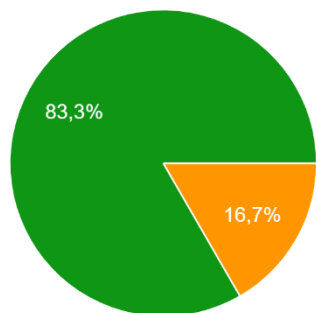


- a) Encouraging diversification of available resources and services
- b) Promoting collaboration between different sectors and community actors
- c) Establishing mutual support systems and solidarity networks
- d) All of the above
- e) Other: [Please specify].

Promoting interrelationship between community elements requires comprehensive community planning and a focus on multifunctionality. By involving all stakeholders in the design and development processes and encouraging the creation of spaces and programs that address multiple aspects of community life, communities can enhance overall efficiency and impact.

4. What strategies do you consider most effective in promoting the interrelationship between different elements within a community?

6 respuestas



- a) Organising events and activities that foster social interaction
- b) Implementing efficient transport and communication systems
- c) Designing multifunctional public spaces that promote the convergence of activities
- d) All of the above
- e) Other: [Please specify].

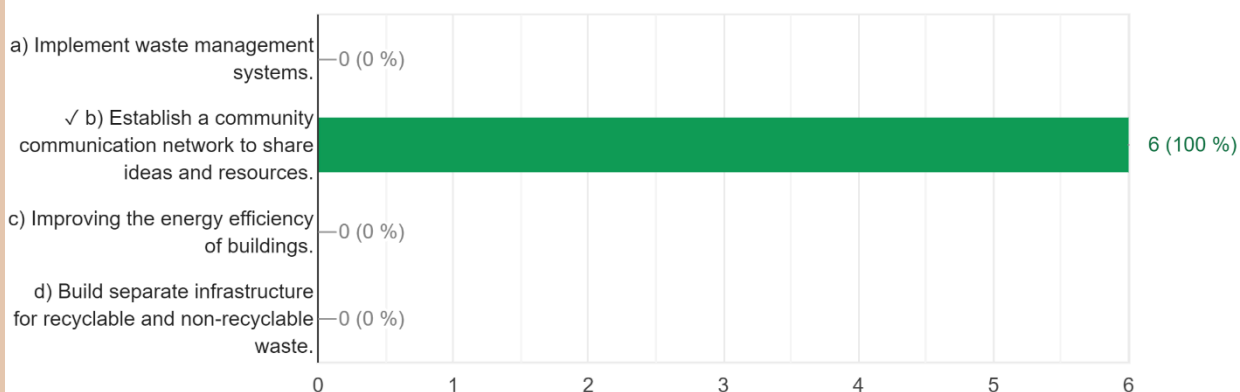


Examples of applying design principles to improve community life include integrated green spaces and sustainable transportation initiatives, which promote environmental education, provide recreational opportunities, and reduce carbon emissions. Anticipated challenges such as resource limitations, resistance to change, and diverse community needs can be addressed through innovative funding strategies, community engagement, and flexible planning processes.

In conclusion, strengthening community ties, investing in multifunctional spaces, promoting policy changes, and enhancing community engagement are essential steps towards fostering interconnectedness in community design. By organizing workshops, implementing pilot projects, and conducting ongoing evaluation, communities can effectively harness the benefits of interconnectedness to create more resilient, inclusive, and thriving environments for all residents.

1. Principle observe and interact. Which action promotes the application of the "Observe and Interact" principle in community design?

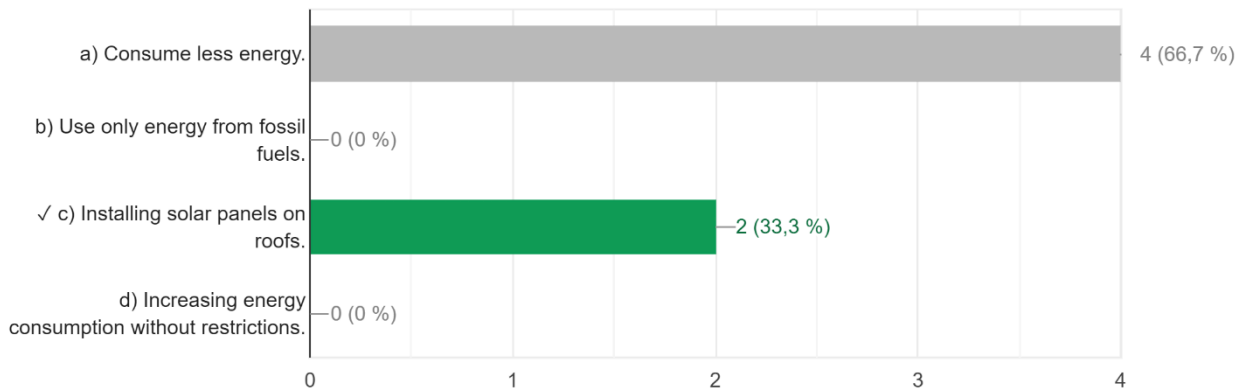
6 de 6 respuestas correctas





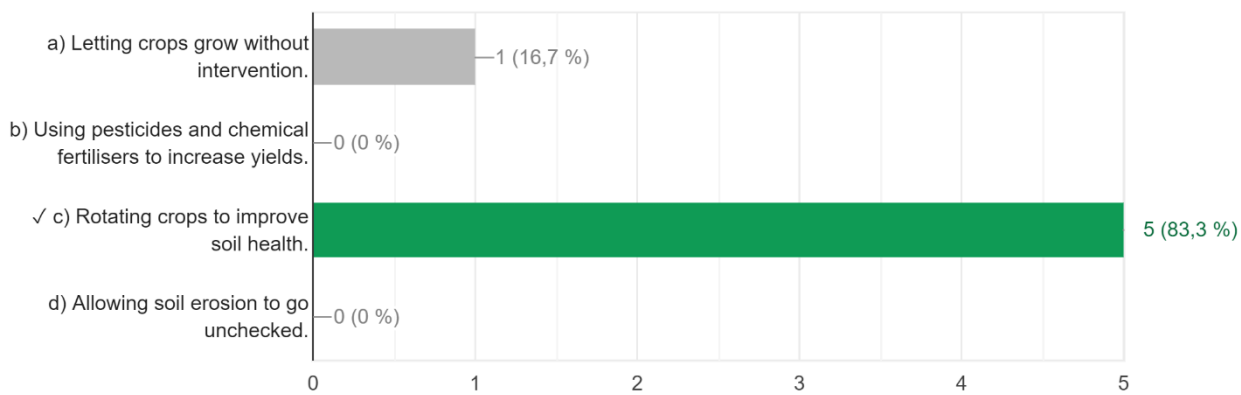
2. Principle capture and store energy. Which of the following contributes most to capturing and storing energy in a sustainable way?

2 de 6 respuestas correctas



3. Principle getting a return. Which of the following strategies is an application of the "Getting a return" principle in the design of agricultural systems?

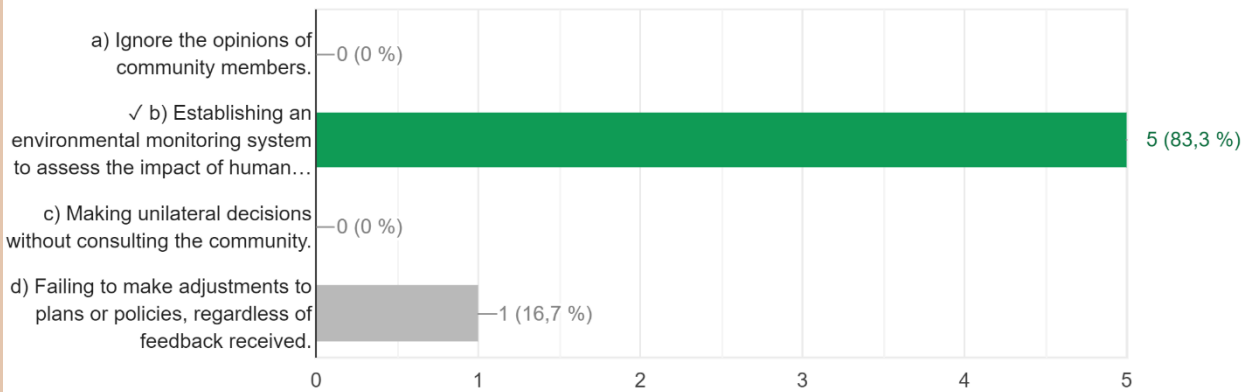
5 de 6 respuestas correctas





4. Principle: Apply self-regulation and accept feedback. Which measure reflects the principle of "Apply self-regulation and accept feedback" in community management?

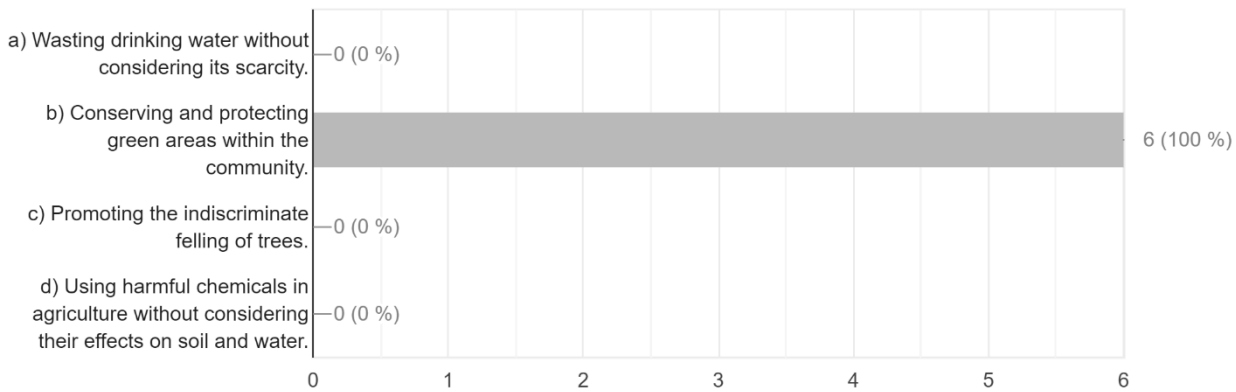
5 de 6 respuestas correctas





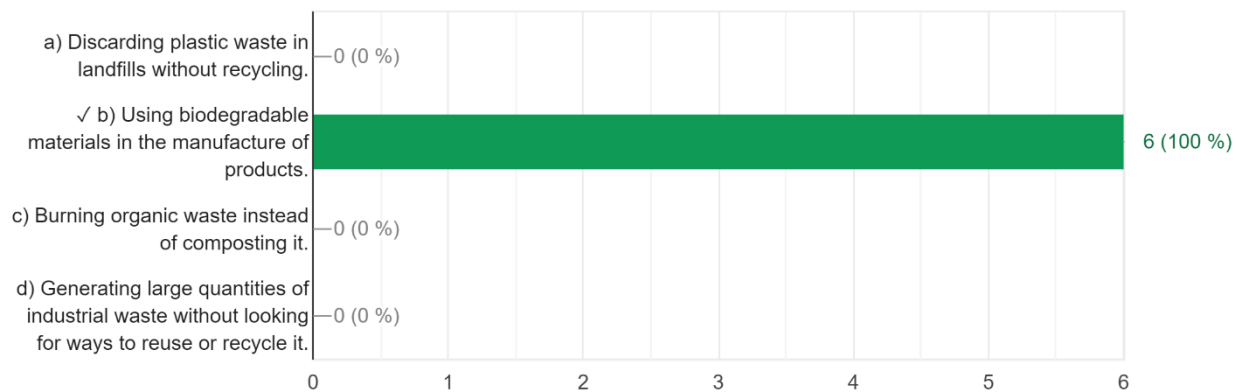
5. Principle: Use and value natural resources and services. Which of the following actions promotes the use and valuation of natural resources according to the design principle?

0 de 6 respuestas correctas



6. Principle: Produce no waste. Which measure is consistent with the "Produce no waste" principle in product or process design?

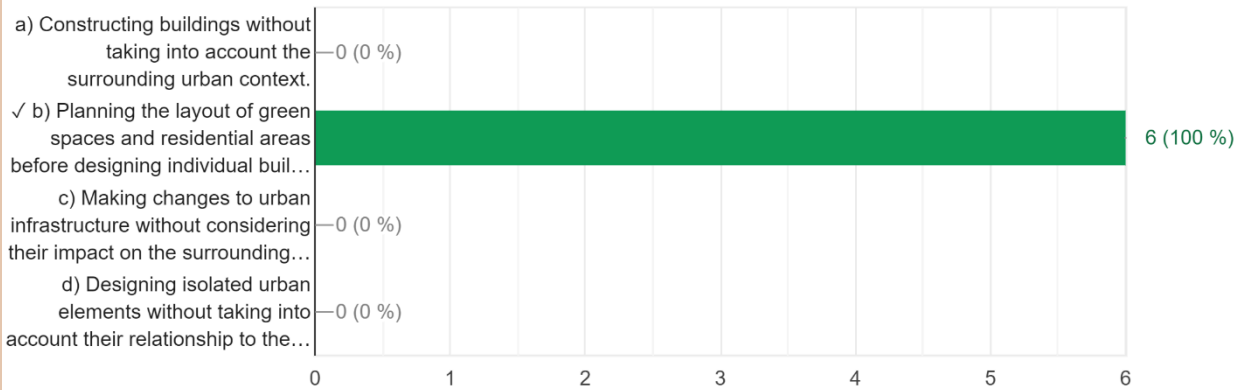
6 de 6 respuestas correctas





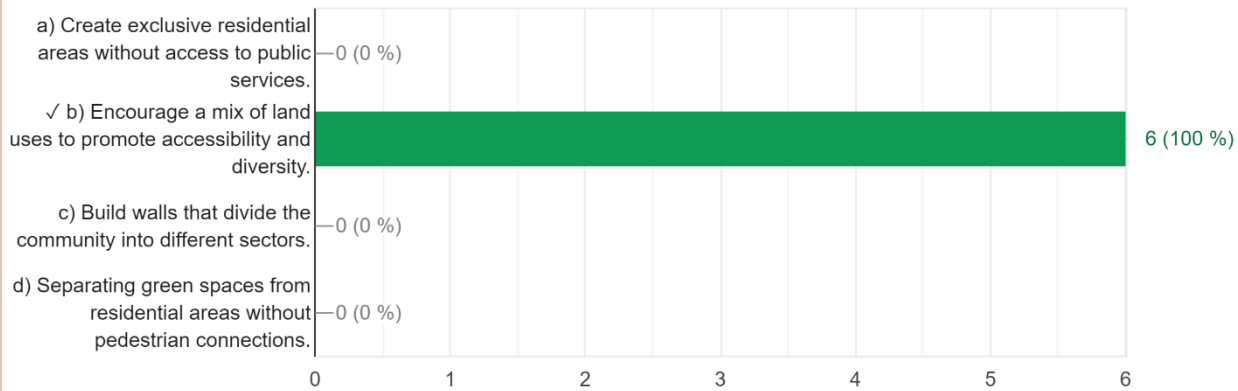
7. Principle: Design from patterns to details. Which approach reflects the principle of "Design from Patterns to Details" in urban development?

6 de 6 respuestas correctas



8. Principle: Integrate rather than segregate. What is one way to apply the principle of "Integrate rather than segregate" in urban design?

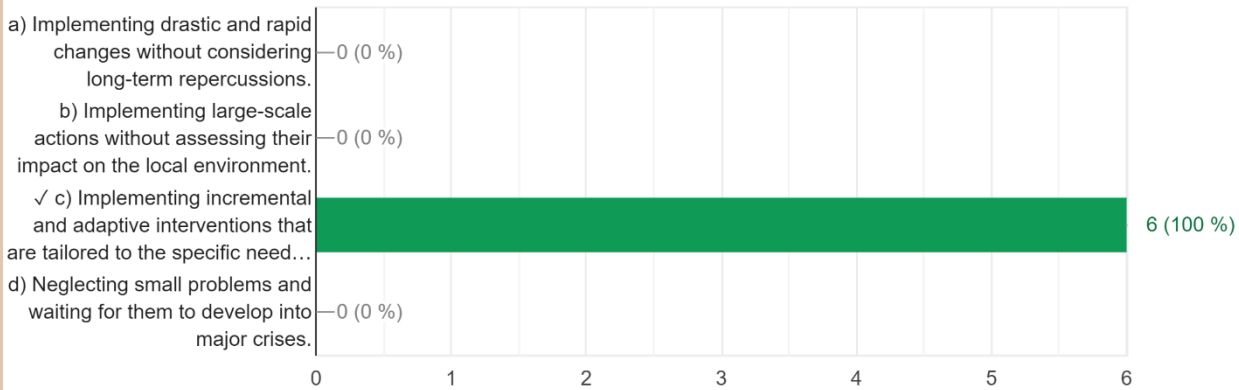
6 de 6 respuestas correctas





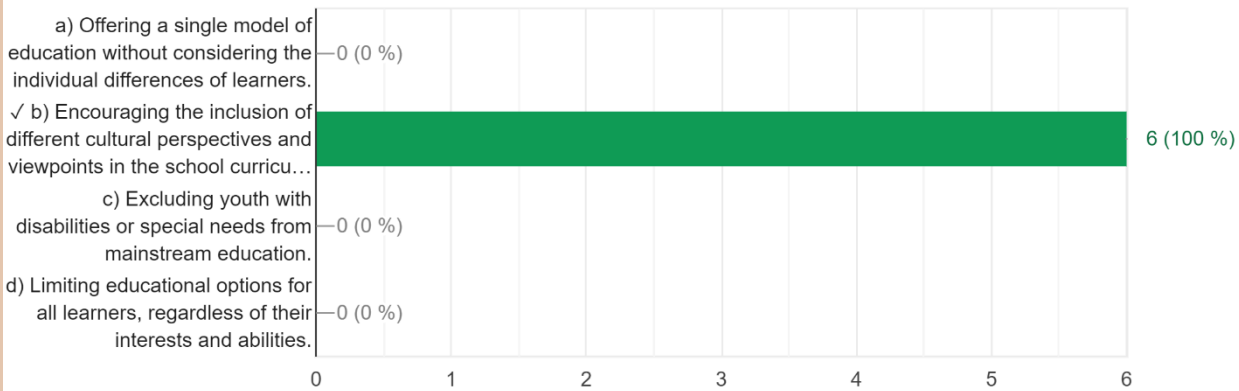
9. Principle: Use slow and small solutions. What is one characteristic of solutions that aligns with the "Use slow and small solutions" principle?

6 de 6 respuestas correctas



10. Principle: Use and value diversity. Which of the following actions promotes the principle of "Use and value diversity" in the design of educational programmes?

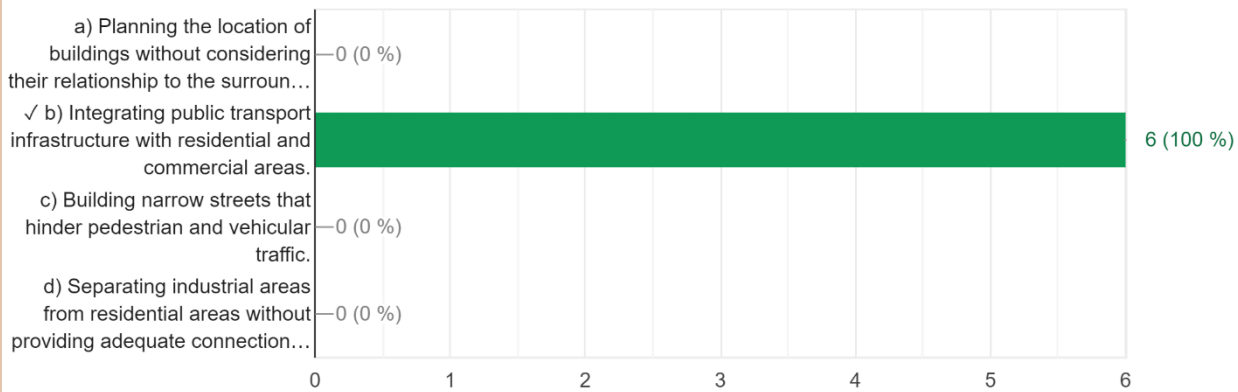
6 de 6 respuestas correctas





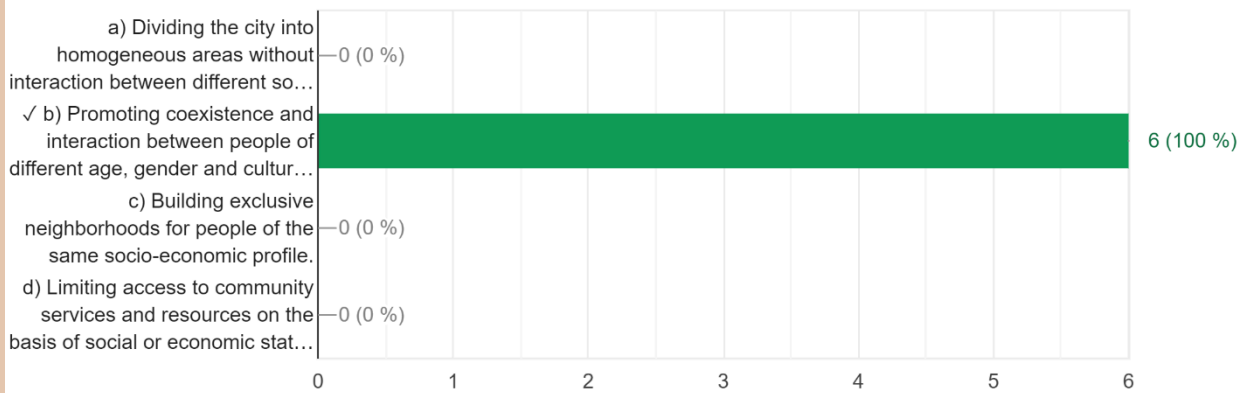
11. Principle: Design from pattern to detail. Which aspect of urban design reflects the principle of "Design from pattern to detail"?

6 de 6 respuestas correctas



12. Principle: Integrate rather than segregate. What is a characteristic of communities that apply the "Integrate rather than segregate" principle?

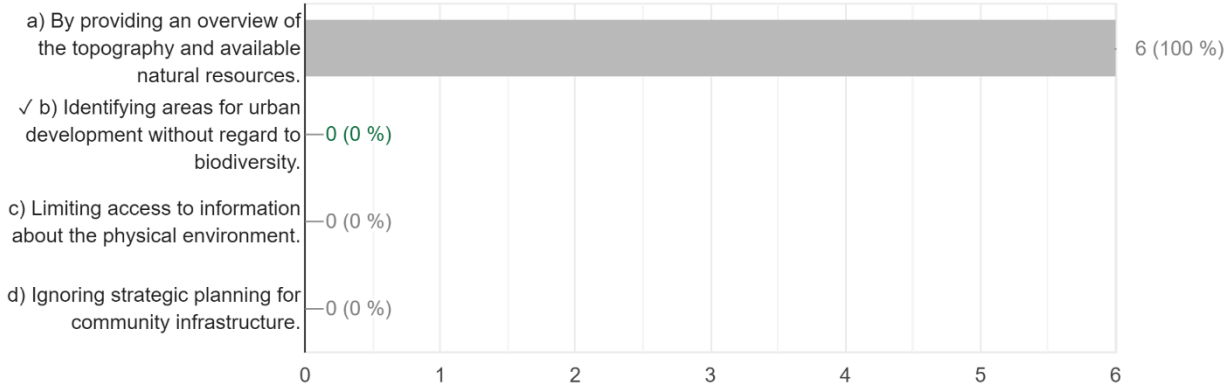
6 de 6 respuestas correctas





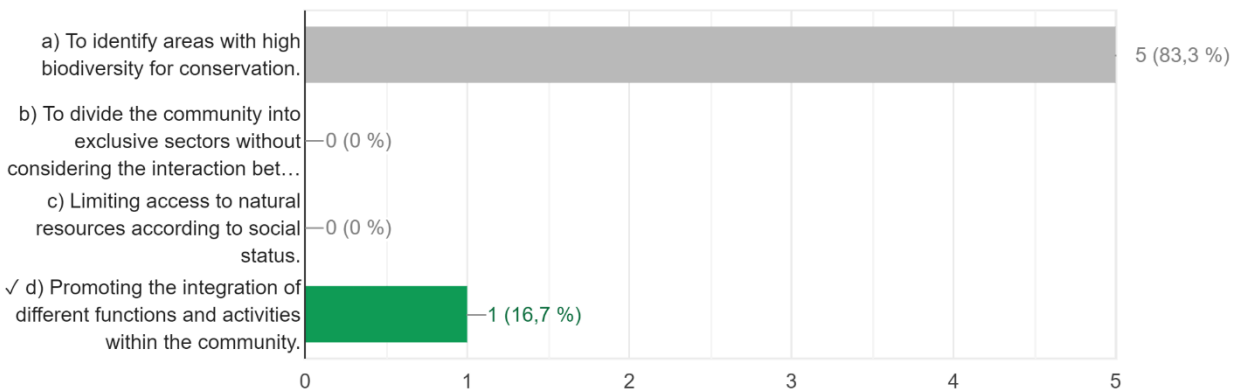
1. Tool: Sitemaps. How can sitemaps help in the design of a sustainable community?

0 de 6 respuestas correctas



2. Tool: Zoning and sector analysis. What purpose does zoning and sector analysis serve in designing a sustainable community?

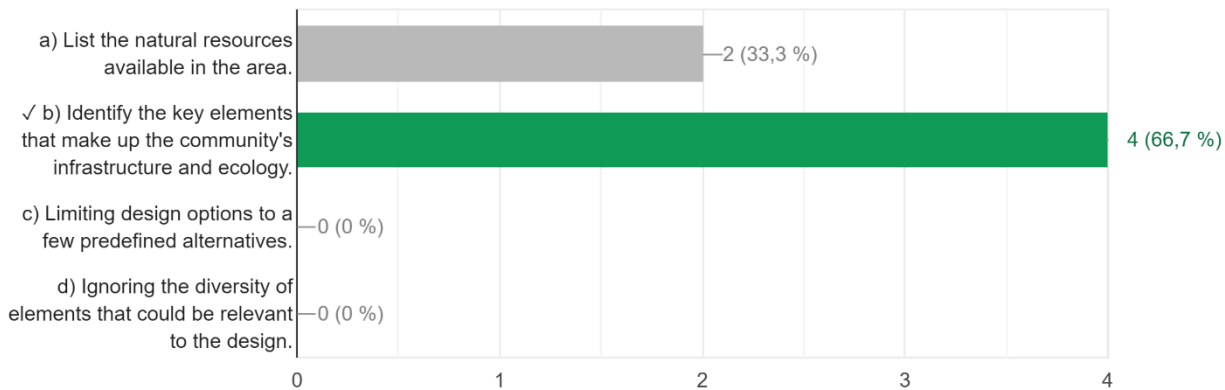
1 de 6 respuestas correctas





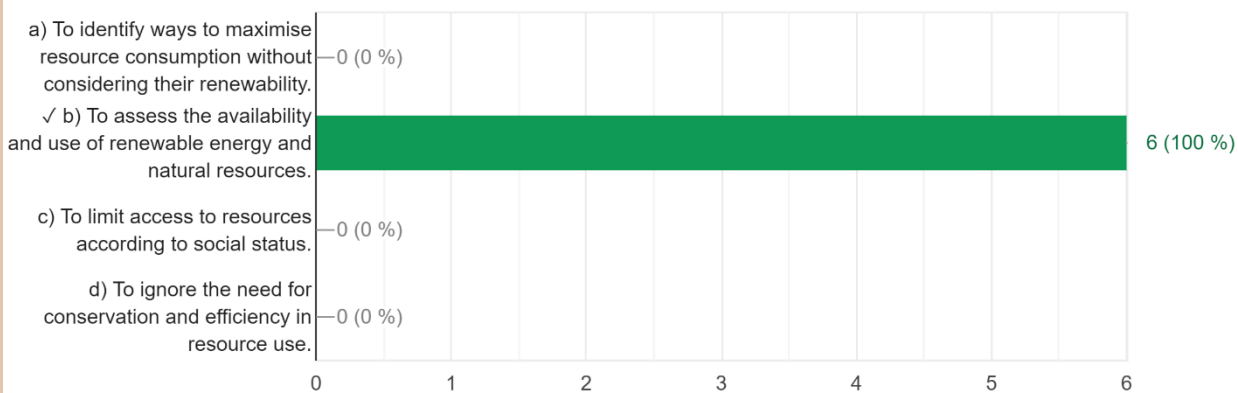
3. Tool: List of elements. What is the function of a list of elements in the community design process?

4 de 6 respuestas correctas



4. Tool: Energy and Resource Analysis. Why is it important to conduct an energy and resource analysis in community design?

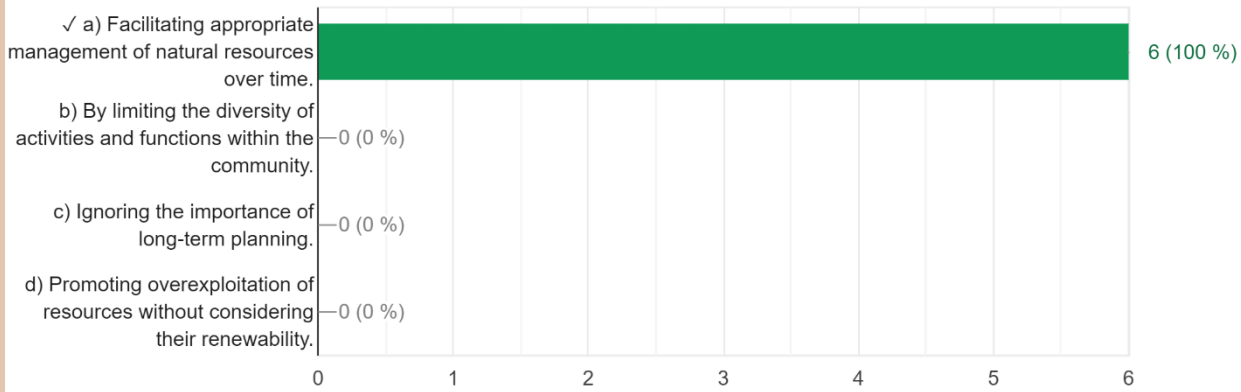
6 de 6 respuestas correctas





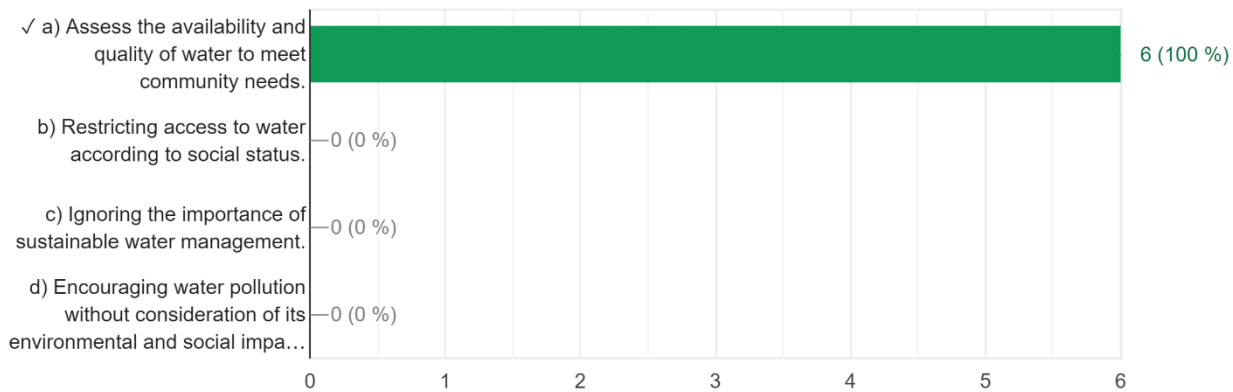
5. Tool: Rotations and sequences. How can rotations and sequences benefit sustainable community design?

6 de 6 respuestas correctas



6. Tool: Water testing. What role does water testing play in designing a sustainable community?

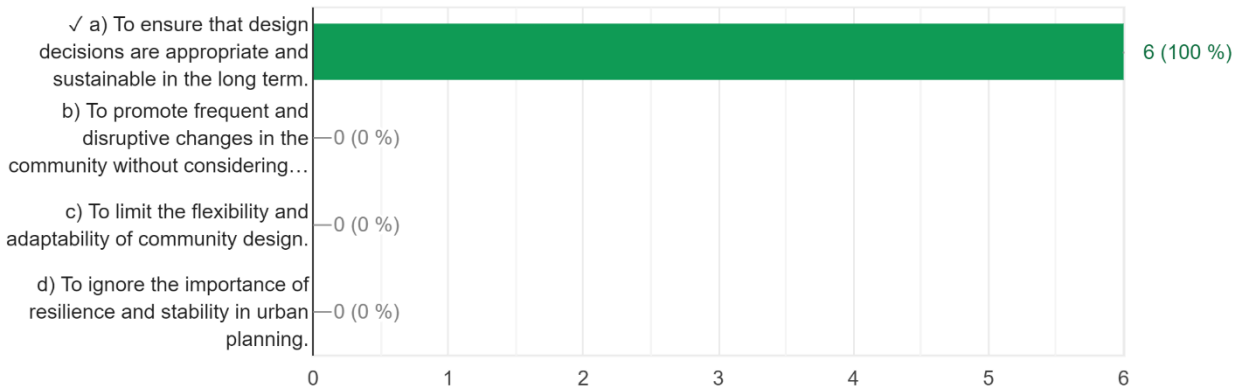
6 de 6 respuestas correctas





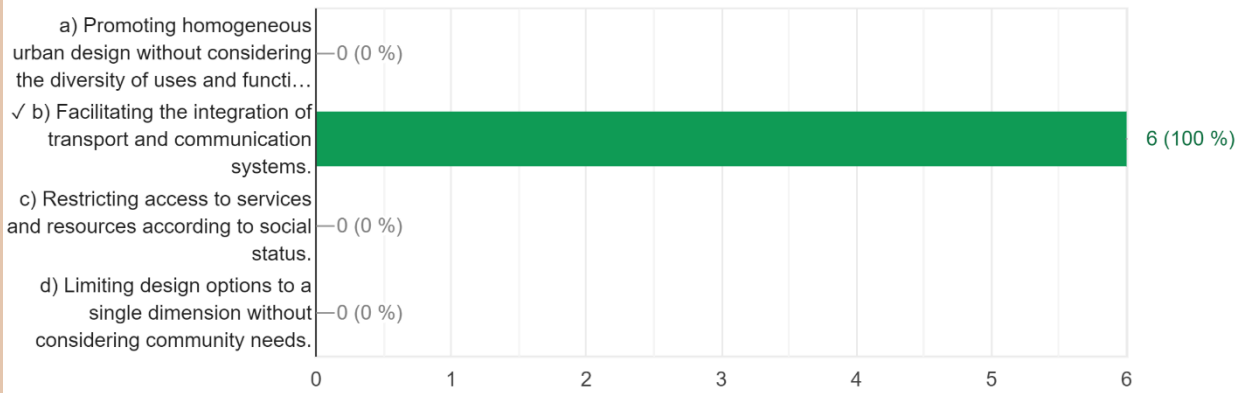
7. Tool: Scale of permanence and stability. Why is it relevant to consider the scale of permanence and stability in community design?

6 de 6 respuestas correctas



8. Tool: Inline design and land. How can inline design and land benefit sustainable community development?

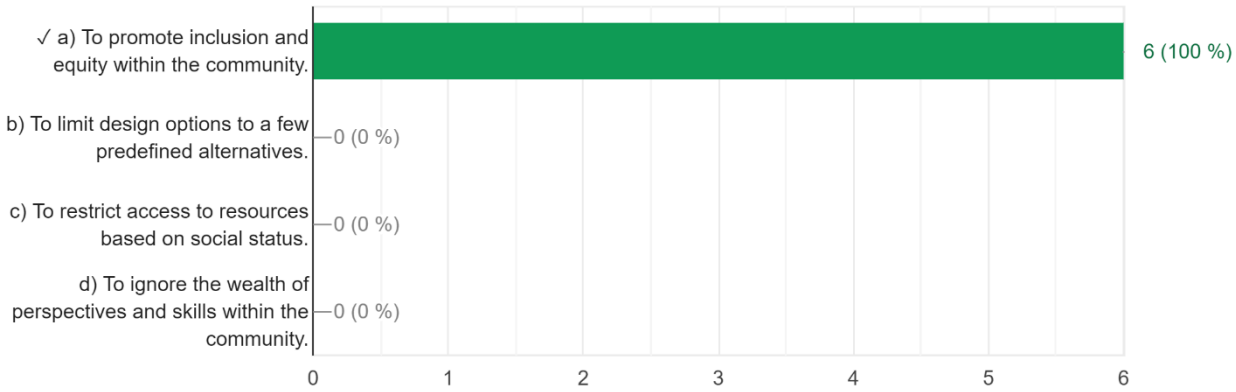
6 de 6 respuestas correctas





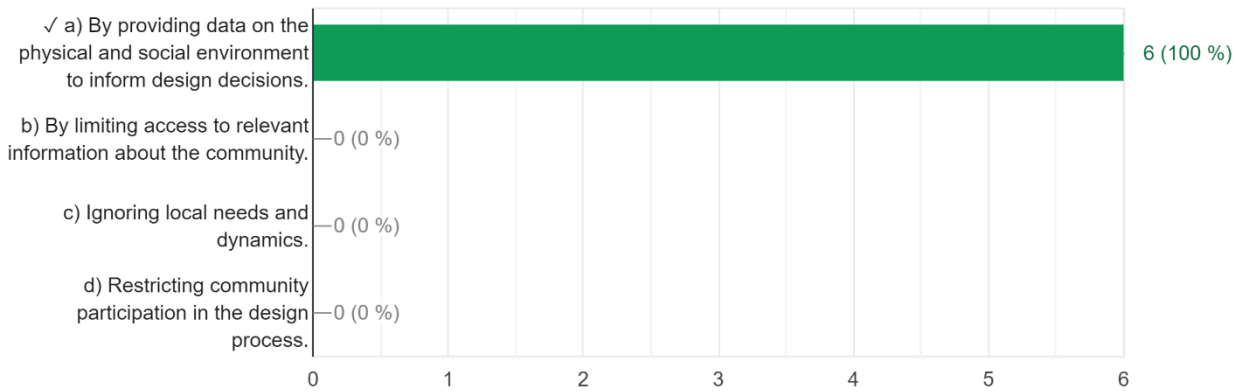
9. Tool: Planning for Diversity. Why is it important to plan for diversity in community design?

6 de 6 respuestas correctas



10. Tool: Observation tools. How can observation tools contribute to sustainable community design?

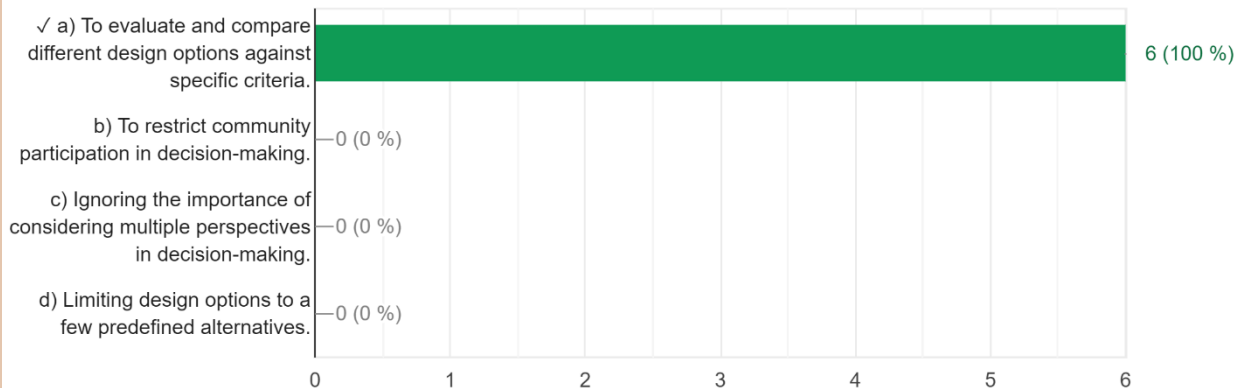
6 de 6 respuestas correctas





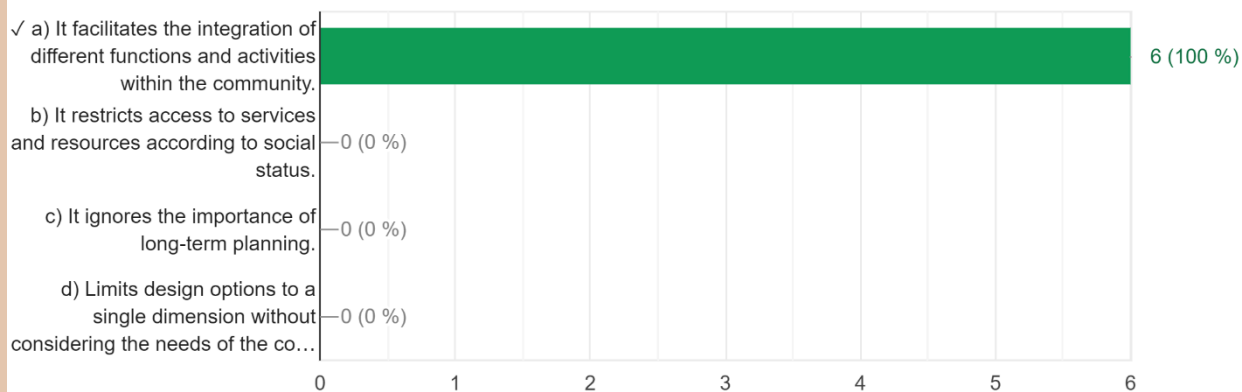
11. Tool: Decision Matrix. What purpose does a decision matrix serve in community design?

6 de 6 respuestas correctas



12. Tool: Layered design. Why is layered design relevant to sustainable community development?

6 de 6 respuestas correctas



Analysis of Quiz Results

Average Score: Participants scored an average of 19.83 out of 24 points.

Median Score: The median score was 20 points.

Score Range: Scores ranged from 17 to 22 points.

This indicates a relatively high level of understanding and retention among participants regarding the material covered, though there is room for improvement, particularly in areas where questions were frequently missed.



Analysis of Frequently Missed Questions:

Principle: Capture and Store Energy

Question: Which of the following contributes most to capturing and storing energy in a sustainable way?

- Correct Responses: 2 out of 6 participants
- Implication: This suggests a need for more focused education on sustainable energy practices, particularly those that involve capturing and storing energy. Enhancing training materials to include more examples, case studies, or practical demonstrations might help improve understanding in this area.

Tool: Sitemaps

Question: How can sitemaps help in the design of a sustainable community?

- Correct Responses: 0 out of 6 participants
- Implication: The lack of correct responses indicates a significant gap in understanding how sitemaps can be used effectively in community planning for sustainability. This topic should be addressed more comprehensively in future sessions, possibly with interactive elements that allow participants to engage directly with sitemap creation and application.

Tool: Zoning and Sector Analysis

Question: What purpose does zoning and sector analysis serve in designing a sustainable community?

- Correct Responses: 1 out of 6 participants
- Implication: Similar to the results on sitemaps, there is a clear need for enhanced training on zoning and sector analysis. Providing more context on how these tools can be applied in real-world settings may help improve understanding and applicability.

Annexe 1, Participants list:

Annexe 2, Photos:



CONCLUSIONS

The data gathered from the focus groups underscores their success as valuable activities for collecting insights into the needs and gaps related to PERMA-YOUTH_FG Permaculture Gaps Detection. Through the Guided Survey on PERMA-YOUTH_Focus Group Permaculture Gaps Detection, participants contributed essential perspectives on User Identification and Identification of Permaculture Needs.

Area 1: User Identification:

Participants provided valuable demographic and characteristic information, facilitating a better understanding of the diverse individuals engaged or interested in permaculture practices. This insight will aid in tailoring permaculture solutions to specific user groups, thereby enhancing effectiveness and relevance.

Area 2: Identification of Permaculture Needs:

The focus group discussions illuminated key challenges and requirements within the realm of permaculture. Feedback from participants shed light on areas where permaculture practices can be refined, expanded, or innovated to better serve communities and the environment.

Based on this report, we are going to focus the index for the Co-design Training Course on:

BRIEF INTRO ON PERMACULTURE

PERMACULTURE

The art of designing cultures that are permanent over time (sustainable).

Permaculture is a holistic design system composed mainly of simple ethics and design principles.

The movement started by applying it to farming and food production systems by Fukuoka and later the system was improved in Australia by Bill Mollison and David Holgremm,

Nowadays the bases are still the same but with hundreds of contributions from communities that have experimented and put into practice the design mythologies in different situations (environmental, economic, social, etc).

ADD LINKS TO SUMMARIES OF WHAT PERMACULTURE IS AND PROJECTS THAT HAVE PUT IT INTO PRACTICE IN OUR COUNTRIES.

ETHICS (1 sheet)

- Caring for the planet
- Caring for energy
- Caring for people
- Caring for design



CARING FOR THE PLANET (12 sheets)

- Food production: Regenerative agriculture, forestry, urban production.
- Water management (key lines, storage, purification...)
- Crop conservation and management (preserves, phytotherapy, natural cosmetics, etc.).

TAKING CARE OF ENERGY (12 sheets)

- Renewable energies: Solar, wind, hydro.
- Bio-construction: natural construction, bioclimatism, urban health.
- Efficient transport: km 0, the electric revolution, sustainable degrowth.

CARING FOR PEOPLE (12 sheets)

- Community building: living (ecovillages), learning (educational alternatives), working (community entrepreneurship).
- Health care
- Emotional management, healthy leisure, conscious eating.
- Care for human life cycles: birth, illness and death.

CARING FOR DESIGN (25 sheets)

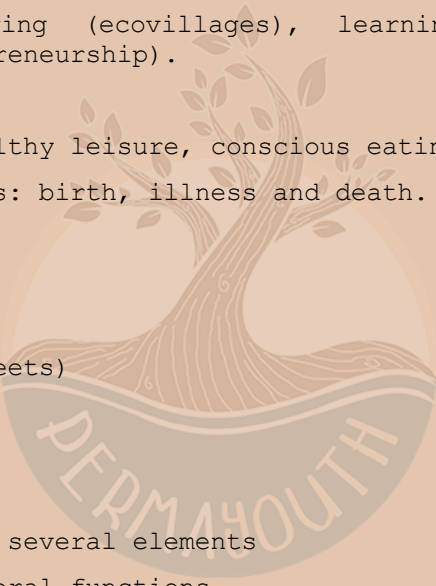
- Design keys: (3 sheets)
- Design principles: (10 sheets)
- Design tools: (12 sheets)

DESIGN KEYS (3 sheets)

- Each need is supported by several elements
- Each element fulfills several functions
- Everything is interrelated

DESIGN PRINCIPLES (12 sheets)

- Observe and interact.1
- Capture and store energy.1
- Obtain performance.1
- Apply self-regulation and accept feedback.1
- Use and value natural resources and services.1
- Produce no waste.1
- Design from pattern to detail.1





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- Integrate rather than segregate.1
- Use slow and small solutions.1
- Use and value diversity.1

DESIGN TOOLS (15 sheets)

- Site maps. 1
- Zoning and Sector Analysis.2
- List of Elements.1
- Energy and Resource Analysis.1
- Rotations and Sequences.1
- Water Analysis.1
- Stability and Permanence Scale.1
- Line and Soil Design.1
- Planning for Diversity.1
- Observation Tools.1
- Decision Matrix.1
- Layered Design.1

