



GROWL

Be aware...

“Think-about” for course organizers

degrow the program!

To build a degrowth society we also need to degrow our life! Many activists overburden themselves with a lot of engagement. Although we want to work together we don't want to become overworked. We want and need time for awareness, for permanent feedback and evaluation, for fun and conviviality...

Think about time for relaxation, for dancing, singing and music, for outside activities and games. Common evening activities can be great fun.

We need perturbation! Find a person to who is aware of the atmosphere, a person to interrupt and make a short intersection.

before the course...

It is good to know who is coming. Ask for the role of participants in the registration form, about their interests in degrowth (agriculture, transportation, participative processes etc.) and the specific subject as well as their experiences and educational work.

Make clear to the participants that they are part of a functioning whole and that they have to be present from beginning to the end of a course. Late arrivals and early leavings disturb the workflow and atmosphere at the courses.

Have all necessary information available beforehand. Send a document with the final program and all practical information (address, map, contact details) at least one week in advance.

The GROWL project is dedicated to networking and sharing information, knowledge and practical skills. Find local or related initiatives, support them and get inspired by them!

Don't overburden yourself! Try to find people who will help with the logistics (food, childcare, translation).

welcoming people

It is always difficult to arrive in a new place, feel comfortable and reorientate. Help people to do so!

Be there for people when they arrive, have a place for them to feel comfortable.

We want to get to know the place where we stay and where you live or work! welcome people in the place, explain where we are and what this place is (the building, the area...).

Share practical information: rules of the place (is it vegan?), (not) to-do's, tasks and how to share them among everybody. Make it easy to find where things are, such as a guide-system, maps of the place and around.

during the course

We want to get to know each other! Think about time slots for name- or other “who-is-who” - and group-building-games. Let participants present themselves or each other. May be even have a foto of everybody. There will be international as well as local learners. Be aware that there are the partners, who know each other, and new people, who don't. Try to lower the split between them.

Share information! Participants should know each others roles and also their responsibilities. Clarify the different roles and tasks (course organizer, cook-in-charge, stable project partner, project partner just for one meeting, local participant, person who wants to become a trainer) to make clear who you can ask when you have questions.

Arrange an information point where people can find important information: what is where (kitchen, shower, garbage)? Who is organizing what? When do we meet where? Have a program visible for everybody. May be even print it for everyone to have and keep it. Maybe have big papers to write on to enable an exchange of information. Let people make themselves a name batch, they can wear during the first course days.

It is helpful to have time and room for daily reflection, coordination and decision-making. We recommend to have a short assembly every morning: present the program, ask for questions and concerns etc. Here is also the place to keep everyone updated so that noone will feel lost: what will happen today? has the program changed? does anyone have a discussion or party proposal for the evening?

Maybe have as well time for evaluation in the evening: how do I feel in the group? was my learning style met?

living degrowth

communication

Degrowth presupposes a new form of social organization. We want to listen to everybody and give every person time, room and the opportunity to raise concerns. Think about that some people need more time for that and might not feel comfortable speaking in front of many people!

Make sure that people feel safe and heard throughout the course! In discussions and working groups a facilitator is needed. Another person should take care that everybody can speak. Watch out that everybody can finish a talk. Ask people who have not spoken if they want to say something.

Use hand signs in assemblies. Explain them beforehand! There might be persons who do not know them.

Have a person (or more) one can go to when you feel alone or uncomfortable in the process.

food

Food is very important! We want to have enough time to eat together and use this time to get to know each other better.

In a degrowth society food and its production and its producers will have another importance than in a growth society. Think about an organic, regional, vegetarian or vegan food supply. Make clear where the food comes from? Support local initiatives. Let us meet them.

Make clear who is responsible and communicate tasks and responsibilities. We want to help together but we also need the time for the course. Better have a person (or more) being responsible for food preparation.

Ask beforehand (in the application form) about allergies. Be aware that some people, including many children, are very sensitive to spices and try to prepare some basic food without any spices (potatoes, cooked vegetables...).

childcare

Invite and motivate people to bring their children to the courses!

In a degrowth society children have their place in the normal life with other generations, instead of being 'stored' somewhere else. At the same time we have to be aware that children have other needs than adults. They probably don't want to stay concentrated for a long time hearing a presentation, and would rather to play and move more (this does not only have to be true for children...). They cannot adapt to meal times, especially when dinner is very late.

Organize space, share but also specify space for adults and children. Participants come to work together so they also need to have the possibility to work quietly and concentrated. Activities such as cooking and handicrafts along the course are possibilities for children (and meeting-tired adults) to work together for the well being of the rest of the group and have a good time at the same.

Organise a person who takes care of the children. Note that also language is an issue here! If one cannot talk with the children it might be very exhausting for both sides after a while.

Think about fundraising for organized childcare.

language

In your course there will be local and international participants. For local people the local language is most possibly the most comfortable one. English is understandable for most people nowadays but for many it is less comfortable and they might not speak up as much as they would like to. Think about the possibility of having more than one language.

Organize personal translation (chuchotage - whispered interpreting).

Consider using cheap, DIY translation devices, such as spiders. If you make a one time event, you can rent them or ask in the network - some of the organisations bought these equipments and will probably be available to lend you them for your course.

documentation

Not only for our sponsor we want to document what we are doing. A good documentation is important to share all information with those who are not able to take part in the course and to enrich our pool of common knowledge. Also for future course organizers to learn from mistakes, from what has run fine or not so well.

Speak with the communication&outreach team. Have an extra computer for taking minutes and a camera to take pictures and another one for filming. Make sure that the batteries are charged in the morning and there is a hard drive to download the SD Cards regularly.

Help afterwards with processing, structuring and systematising all written, sent, filmed and photographed documentation on the online GROWL co-munity space.



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