



Forum Synergies

Linking sustainable practices throughout Europe

www.forum-synergies.eu

Number 4/11
September 2011

NEWSLETTER

Announcements/ Events

5th Workshop "Sustainable Development in Lake Areas"

The 5th and final will be held from 18-22 April 2012 in Val de Drugeon, Departement du Haut Doubs, in Eastern France (close to the Swiss Border)



The focus will be on "Current Issues of Biodiversity Protection and Participatory Development", and the programme will be tailored to develop NGO alliances for promising follow-up activities. The workshop will be held with contribution of the Ramsar Europe secretariat and is organized by a very active local NGO.

The detailed draft programme is currently under construction. We will inform you in the coming weeks in more detail. Please reserve the date in your calendars.

For any questions please contact Titus Bahner titus.bahner@lebendigesland.de

Forum Synergies Capacity Building Workshop, January 2012



A Capacity Building Workshop is a 1 to 2 day session, organised to exchange and learn about good practices related to Forum Synergies network philosophy and methodology (moderation techniques, participative tools, creation of a group dynamic etc.).

We will offer the 1st Capacity Building Workshop during the Provence Life Shop! For more details see our website and/ or the attached document.

For questions or registration, please contact Simone Matouch: info@forum-synergies.eu

Forum Synergies LifeShop in St.Michel l'Observatoire, 7-14 January 2012



You will find the detailed information attached again to the newsletter!

For planning purposes **please register until 30 september 2011**. For questions or registration please contact Simone Matouch: info@forum-synergies.eu

The new FS calendar of events is now available

Please visit our website www.forum-synergies.eu/

News from Forum Synergies projects

Youth exchange project "Think GLOBAL – act LOCAL"

From 18th to 24th of August 2011 a youth exchange workshop was held in Zaļenieki, Latvia near to the Tērvete Nature park. 24 persons, 8 from each country – Latvia (NGO "Zaļenieku dzirnas"), Serbia (Eco-wave) and Republic of Macedonia (CeProSARD), met to widen their vision for youth from rural areas and to promote development of rural territories

The main topic of whole project was to motivate youth in rural areas to participate in decision making processes and to widen their way of thinking about sustainable development in their rural territories. Non-formal education methods were used during the implementation of project to reach the tasks –

- to discover rural youth life in other countries,
- to promote to "Think GLOBAL" and
- to motivate the young to spend their spare time in a more effective way – to "Act LOCAL".



For more information see workshop report attached to the newsletter (materials 1) or on our website!

Rural Actors for Health

We have started the screening of potential partners in order to build up a network which will deal with the:

Investigation & promotion of local knowledge on medicinal herbs & spice plant.

In order to contribute to a more healthy lifestyle;

In order to investigate possibilities for valorizing this knowledge through rural actors



A first international meeting is planned for June 2012 in Austria, Lesachtal hosted by the "Natur- & Kräuterwerkstatt Lesachtal" www.kraeuterwerkstatt-lesachtal.at/

Core group

Simone Matouch, Natur- & Kräuterwerkstatt Lesachtal, AT
Mara Bergmane, Eco Health Farms, LV
Jane Paunkovic, SRB,

contact

In case you are interested to cooperate or for more information in general please contact Simone Matouch, info@forum-synergies.eu

News from Forum Synergies members and partners

PREPARE annual gathering Zlatibor, Serbia, 29.6. – 2.7.2011



More than 150 participants from about 20 European countries gathered in Zlatibor, Republic of Serbia.



Besides a range of presentations and 3 travelling workshops 7 working groups were organised. The topics they dealt with:

- * LEADER as a driver for rural development
- * Local economies
- * Sustainable food production & marketing

- * Involving youth in rural development
- * Sustainable rural tourism
- * confronting the poverty in rural areas
- * CAP post 2013

2nd ARC conference, 13.7.2011, Brussels

Two hundred people – from NGOs, government, European Parliament and others – attended **ARC's Second Conference** in Brussels on 13 July. Held one year on from the European Commission's big Conference of July 2010 on the future CAP, this event was our chance to understand how far the ideas that we and others have expressed have been accepted by the European Institutions, and to consider how civil society can best continue to influence that reform over the next year



For a detailed report please have a www.arc2020.eu/front/the-2nd-arc-conference-on-13-july-2011/ !

look at the ARC website:

9th Estonian Rural Parliament

IX Rural Parliament of Estonian Villages **Back to the Countryside** was held on the western coast of Estonia, Roosta. The topics discussed in the workshops tried to find out if there can be life in rural areas and what to do to make the life worth living there:



- Involvement and engagement of communities in rural areas
- Enterprising villages – local food, active people
- Intellectual heritage of villages
- Educated community
- Life in Coastal villages



The President of the Republic T.-H. Ilves had come to open the event and the Speaker of the Estonian Parliament E. Ergma (patron of the contest) announced **The Village of The Year** - Prandi. With only 46 inhabitants and an energetic leader this village has managed an impressive number of projects and is a very good example of how to engage and involve people.

For more information see workshop report attached to the newsletter (materials 2) or on our website!

Intergenerational relationships in rural areas

CELAVAR (new FS member) is starting a project on intergenerational relationships in rural areas, pointing them as a key element to re-create social links in ageing French rural areas. Pilot experiences will be held in the French territory to study the added-value of such relationships - to transfer knowledge (agriculture, handicraft etc...), to share culture, to create social link in isolated areas, to solve housing problems etc...

For more information (in French only): <http://www.celavar.org/actualites/actualite-du-celavar/l-intergenerationnel-cle-du-vivre.html>

A splash light on the “summer life of a herbalist”

As a Forum Synergies member and member of the coordination team I would like to share some realities of my life of the last months outside of Forum Synergies with you.

Apart from taking care for my 2 gardens (1 for production, 1 as “tourist attraction”) I produced quite a lot of nice things so far: 56 x I’ve produced sirup, 26 time marmalade, 23 x herbal vinegar & oil, 36 x cremes and lip balm, 25 x soaps, 13 x mustard and some other things...

I held my weekly herbal guided tour 19 times up to now, and 6 times I led an excursion to the Nature conservation region of the “Mussen”...



In order to get an impression I invite you to have a look at the picture galleries:

my garden: <https://www.facebook.com/media/set/?set=a.211261705579102.48824.100000858217426&l=fbe7982fb2&type=1>

excursions to the "Mussen": <https://www.facebook.com/media/set/?set=a.211264948912111.48825.100000858217426&l=6afd9b5980&type=1>

our annual herbal festival in June 2011: <https://www.facebook.com/media/set/?set=a.211258692246070.48822.100000858217426&l=065d76ea9b&type=1>

If you want to learn more about my region and my herb garden there was also a film produced this year. You can have a look: <http://www.servustv.com/cs/Satellite/Article/Wohl-bekomms---kulinarische-Ausfl%C3%BCge-011259389761896>

About Forum Synergies

Forum Synergies is a European non-profit organisation. Since 1994 our network of engaged citizens and associations has gathered rich and varied experience in sustainable practices, mainly in rural areas. Trying out the best ways to save resources and energy in our local communities, combining the intelligent use of modern technologies with traditional know how, and sharing our successes and weaknesses throughout Europe, have given us faith in getting involved in political decision-making on our future.

Forum Synergies is kindly supported by



Fondation de France

<http://www.fdf.org>



Fondation Charles Léopold Mayer
pour le Progrès de l'Homme

Fondation pour le Progrès de l'Homme

<http://www.fph.ch>

Contact: info@forum-synergies.eu



Forum Synergies

Linking sustainable practices throughout Europe

www.forum-synergies.eu

Materials (1) to Number 4/11

September 2011

NEWSLETTER – materials (1)

Short report on the Youth Exchange Project “Think GLOBAL – Act LOCAL”

From 18th to 24th of August 2011 a youth exchange workshop was held in Zaļenieki, Latvia near to the Tērvete Nature park. 24 persons, 8 from each country – Latvia (NGO "Zaļenieku dzirnas"), Serbia (Eco-wave) and Republic of Macedonia (CeProSARD), met to widen their vision for youth from rural areas and to promote development of rural territories

The main topic of whole project was to motivate youth in rural areas to participate in decision making processes and to widen their way of thinking about sustainable development in their rural territories. Non-formal education methods were used during the implementation of project to reach the tasks –

- to discover rural youth life in other countries,
- to promote to “Think GLOBAL” and
- to motivate the young to spend their spare time in a more effective way – to “Act LOCAL”.



Main theme of the project was rural youth, sub-themes were:

- Spare time, including active rest,
- Cultural diversity, similarity and breaking the stereotypes;
- Spare time, including active rest;
- Youth as a part of society in rural areas, sustainable development of territories using local sources;
- Development of team work and leadership skills;
- Equality independently from type of education institution;
- Belonging to Europe, decision making process in local-regional-national-European level.

The participants in the beginning got their Amigo to explore and to tell others, to have a non-formal introduce of all the youngsters. The home task - pictures on theme "Rural area and me" were shown in Dumbshow way to get to know each other situation, interests and lifestyle in rural areas in Latvia, Macedonia and Serbia.

During the youth exchange there were national evenings held by youngsters to get to know the culture including the food traditions better as also to learn something new.



The solar collector mostly from old unnecessary things were made even despite the rain, that came as soon as youngsters started to make it. The collector was created using old window, painted leftovers of metal roof, cooler from old fridge, rubber hose and plates from old wooden tables etc. The solar collector is planned to set up on outdoor WC and shower, where the walls of the old Soviet time concrete WC&Shower complex for block of flats had the touch of youngsters by Art session called "Message to Europe". Participants also went to Zaļenieki, to explore the village and life in it, so later on they could give their suggestions and ideas for its development. As also youngsters visited Tērvete Nature park to see how the local resources are being used well for developing forest area. Tērvete Nature park in 2009 was announced as EDEN - European Destination of Excellence in Latvia.

It was fun, interesting and unforgettable time together! All the participants made new friends and are really eager to meet each other again to do new things and tasks together.

For year 2012 "CeProSARD" has said it's wish to host the youth exchange with the same theme in Republic of Macedonia, as also already some youngsters and their organizations from Finland, Estonia, Russia, Lithuania and Austria has showed their interest to participate in the next youth exchange on sustainable development and participation theme.

Contact person:

Elza Puķīte

Zaļenieku pag., Jelgavas novads

[+371 29550846](tel:+37129550846), elza.pukite@gmail.com

LATVIA



Forum Synergies

Linking sustainable practices throughout Europe

www.forum-synergies.eu

Materials (2) to Number 4/11

September 2011

NEWSLETTER – materials (2)

Short report on the IX. Estonian Rural Parliament

IX Rural Parliament of Estonian Villages *Back to the Countryside* was held on the western coast of Estonia, Roosta. The topics discussed in the workshops tried to find out if there can be life in rural areas and what to do to make the life worth living there:

- Involvement and engagement of communities in rural areas
- Enterprising villages – local food, active people
- Intellectual heritage of villages
- Educated community
- Life in Coastal villages



The President of the Republic T.-H. Ilves had come to open the event and the Speaker of the Estonian Parliament E. Ergma (patron of the contest) announced *The Village of The Year* - Prandi. With only 46 inhabitants and an energetic leader this village has managed an impressive number of projects and is a very good example of how to engage and involve people.

The Village of the Year (from a newspaper). They got a spruce as a present, here planting it after RP):
<http://www.maaleht.ee/news/uudised/kylauudised/aasta-parimaks-kulaks-saamisel-oli-oma-osa-kulavanema-panti-pandud-majal.d?id=55480006>

The Rural Parliament had also time for sports, photo shooting contest and partying. As a tradition, the Rural Parliament ended in eating up a huge bread cake together - a bread village.

Preceding the RP there was a 2-day "crosscountry orientation" through 6 villages to introduce *Kodukant* members and learn the topics of the workshops. It was followed by an international conference *Rural Parliaments - effective tools in the decision making process*. It focused on practical organisation of a Rural Parliament. 5 countries (Sweden, Finland, Holland, Slovakia and Estonia) who are experienced in the field, presented their dos and don'ts about this kind of a forum which importance as a place for listening to the voice of civil society cannot be underestimated. A book about Rural Parliaments was presented.

There is a summary of the places visited during the tour http://issuu.com/sirka77/docs/kokkuv_te



The conference also listened to the summaries of the mini-workshops held during the study tour.

The conference was organised in cooperation with PREPARE network.

Main financiers of the IX Rural Parliament of Estonian Villages were DG Agri, KÜSK (Estonian Fund for NGO-s) and Estonian Ministry of Agriculture.