



## Forum Synergies "Lifeshop" 2016 - discovering Ukrainian rural reality.

29<sup>th</sup> Sept. -2<sup>nd</sup> Oct.2015 – Dolyna raion, Ivano-Frankivsk region (Ukraine)

### Conclusions

#### Short summary



This "Lifeshop" in Ukraine was organised from 29th September to 2nd October 2016, in Dolyna district, Ivano-Frankivsk region (Ukraine), in partnership with NGO "Karpatske kolo".

Dolyna "raion"(district) belongs to Ivano-Frankivsk region, which is situated on the western part of Ukraine and acts as a border with Romania. Mountains - Eastern Carpathian Mountains - and forests occupy a large part of the territory. Extraction activities (oil, natural gas and salt) have been an important part of Dolyna economy but deposits are now decreasing and finding alternatives will be a challenge for the next years. Forestry (timber) and farming (berries and husbandry) are main rural activities. Tourism is slowly developing. The administrative-territorial area – which will be reformed in the next years - is divided into 1 city council and 29 village councils , bringing together 44 settlements. 70.000 people live in the district: 20.000 in Dolyna city and 50.000 in villages, whose population is decreasing.

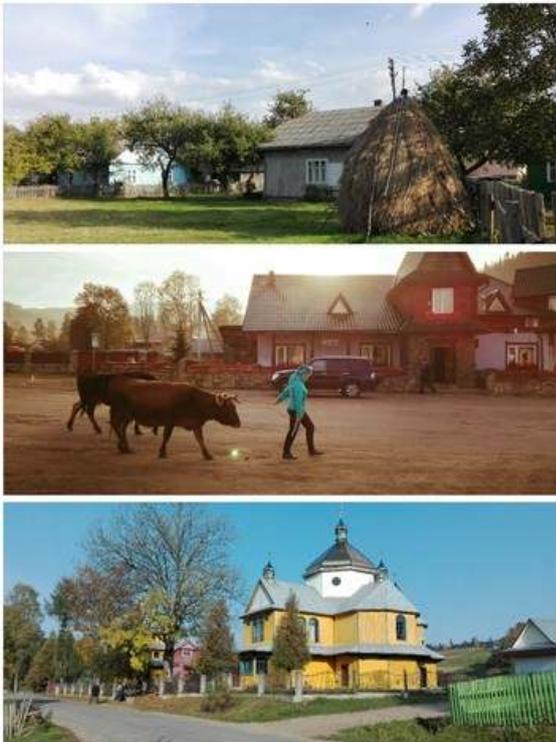
The LifeShop concept offers local players the opportunity to discover sustainable lifestyle and projects. Twenty participants, coming from 12 countries shared these 2 days experience (see programme and participants list in annexe). After a presentation of Karpatske Kolo activities and of Ukrainian situation, we visited two entrepreneurial projects: a goat farm producing also dairy products and a berry seedlings farm and laboratory, both funded and managed by one local private investor. Dolyna mayor and team presented the municipality initiatives linked to buildings energy saving, alternative to fossil fuels and electronic democracy. In Vyhoda, we had a short introduction on how the State Forest company manages woodland and timber – an important source of public income. We finished with Vyhoda Gauge Railway Heritage Center, a municipal initiative promoting local heritage and a trip in the Carpathian tram – a touristic offer privately run.

Here are some of the topics that were raised during our final round of conclusions and feed-back sent afterwards by participants. We just made a selection, full participants contributions are in annexe.



What did we gather here? Impressions, suggestions, ideas for cooperation

LOCAL POPULATION INVOLVEMENT



“My overall impression was of a post Communist country trying to move forward but **still 'top down' in terms of its engagement with people**. This was not apparently through a lack of will from the 'authorities' but rather a collective lack of demand for empowerment from the local population. For example the Dolyna Council has a lot of initiatives but there was not much evidence of appreciation or understanding that its OK for citizens to get involved too. This was reinforced by the Heritage Railway who seemed to highlight a certain apathy in relation to the assets of the area and their value as an attraction to outsiders.[...]

Although the future is clouded by the war with Russia there were some very positive signs although **I would warn against conventional methods of improving prosperity. There is a tension between the desire for economic growth and the apparent passivity of the population which needs addressing.** If the Government feels that external investment is needed then there has to be a risk that it will disrupt fragile local businesses and take any profits out of the country. Therefore it is very important that any changes are made in collaboration with the local population in a sustainable way so as to enhance the local economy and peoples lives but without a negative impact on the environment.”

Gwil Wren

LOCAL FOOD AND FOOD MILES



“The energy and investment in the goat and blueberry initiatives is to be applauded. I did pick up on the fact that local people could not afford the cheese though and that got me thinking. The question I asked myself is how much land would be needed to provide all the town's food? And would it be possible for the many small farms to farm cooperatively using tradition and modern methods. The alternative maybe desirable, of being able to get seasonal food from anywhere in the world, no matter what time of year it is - adding cost and miles to the food. **Farmer Markets** have risen in popularity in the last 20 years and another is the idea of **delivering boxes of local grown vegetables** to customers .”

Richard Kaskow

“There is a lot of land that is not used in Ukraine and I didn't see greenhouses. I think that in country that have such good climate conditions, which would give opportunity for growing fresh vegetables for longer period in year. Through this it would be possible to **provide fresh and local vegetables also for city areas and get more jobs for people.**”

Lea Vikk



**ELECTRONIC DEMOCRACY**



“I was very impressed by the efforts of the Dolyna City Council to modernise its operations through 'electronic democracy'. In particular was the desire to **use the project as a catalyst for economic growth by combining with local universities to develop the software locally thereby reducing costs and producing higher skilled local jobs that are sustainable in the longer term.** My Council at home is going through a similar process but is considering using contractors which will cost a great deal, leave no skills legacy and probably be expensive to run. The presentation in Dolyna has convinced me that we should be doing all we can to invest in our own communities sustainably to benefit people the economy and the environment.”

*Gwil Wren*



“This is good example how local community can be activated and informed – by giving information on local budget, by giving possibility to discuss important questions in internet. At same time e-service offer covers wide range of public services – **there are not many places in Europe, where almost all communication with local government can be done**

**in internet.** At same time some proposals were created – municipality must be careful with creating e-services platform that is different from national or regional level service platforms, because it can lead to fragmentation of information and mess in communication with citizens and entrepreneurs. At the same time e-services should be created as complex with internet availability and access to public computers.”

*Edgars Pudzis*

**VYHODA HERITAGE CENTER**



“Our trip started with a visit to the Heritage Centre to give us all a wonderful taste for the surrounding rural area - its past, present and potential for future. The guide book has been well read on my return and it beautiful illustrates the Dolyna District.”

*Richard Kaskow*

“I liked Vyhoda Narrow Gauge Railways Centre, for the wonderful opportunities that it offers for local people. **Exhibition of local crafts and preserves like juices and jams was beautiful.** I would like myself also be able to direct in our local municipality to develop in this area. I noticed that members of our delegation were also interested in this counter. “

*Lea Vikk*





“My suggestions for local development are for Vygoda village, because it is starting to develop tourism services that are based on cultural heritage and I have gained some experience in this field in my LAG/FLAG:

- It is highly valued that local economic development is being built on basis of local heritage – gauge railway;
- It is proved by many experiences that **one village is too small scale for international tourists – so for better result, village should create “tourism offer packs” at least at district level, because biggest incomes are generated when tourist stays for at least one night in region;**
- Tourism attraction like gauge railway should be seen wider than just a drive on railway – **it should include service environment (like – clean and orderly infrastructure), welcoming service providers with knowledge of languages and, of course, corporation between entrepreneurs – to provide different “added value” services for visitors.**

From my point of view Vygoda village have great possibilities to cooperate with North-Latvia tourism association ([www.vidzeme.com](http://www.vidzeme.com)), because this organisation have great experience in “tourism offer pack” development, participation experience in several European cultural heritage associations, and good experience in promoting of gauge railway activities - <http://www.visitgulbene.lv/objekts/gulbene-aluksne-narrow-gauge-railway-banitis/>.”

*Edgars Pudzis*

#### CITY GARDENING IN DOLYNA



“This town shows how **trend of Europe for city gardening works in reality**. City gardening in Dolyna is taking place in almost all courts of block houses and shows that it is reality to use free land in cities for self-sufficiency.

*Edgars Pudzis*

I found the walk Dolyna 'new town' very interesting with Edgars Pudzis (Spatial Planner) from Latvia explaining the the Soviet town planning concept to me. The buildings are about 50 years old and in need of refurbishment and the landscape has reached maturity. **The green environment now makes an important contribution to the 'sense of the place'**, and must have been non existent in the early years.

**Can the whole community (20,000 people) be involved in making the green aspects of the town even better.** There is a civic pride aspect but also biodiversity aspect bringing the countryside with its wildlife back into town. This idea may start with a wildlife survey of the town.

The result maybe the creation of wild flower meadows as communal gardens outside of the blocks of flats, **planting wildlife loving plants and creation of small nature reserves with small ponds, the addition of bird and bat boxes in the trees and on the buildings** respectively are just a few ideas. If you can get the children and schools involved, the mums and dads and grandparents will follow. (see:

<http://www.wildlifeinthecity.org/urban-wildlife/create-your-own-mini-meadow/>  
<http://www.incredibleibleenetwork.org.uk/> very exciting initiative

*Richard Kaskow*



## OTHER REACTIONS...



**Concerns on the sustainability of the goat farm:** the production is quite intensive, buying food abroad and increasing milk production will shorten goat life and arise costs (also vets ones) (Gwil). Besides, it does not produce benefits to the local community. Trademark and label for good quality local products could benefit to all (Hajnalka). However, your sanitary rules are not so stricts as EU ones and still allow small cheese production (Milos).



**Investment in innovation and berry seedling:** I admire people that follow investing in their local region despite the war situation (Philippe). We need such company; I will try to interest our municipal leader for this and also to find some available funds from donors to do knowledge transfer in some future agricultural project. (Sasha). Gorgia just started producing blueberries; it is a good possibility to shar information between Ukraine and Georgian businessmen in this sphere. (Amiran)

**Potential of traditional farming in Dolyna Raion:** Husbandry is still alive and you can see animals that are bigger than a chicken in the backyards of all houses (Jonacz). This traditional way of life could be a potential attraction for agro tourism and eco-holidays (as an alternative to big resorts) (Richard).

**Forestry:** there are opportunities to work together on similar problems raised by Vyhoda State Forest association: drying because of climate change, illegal cutting, management of waste for biomass energy, timber processing... (Dragan)

**Cultural and political similarities:** Polish, Georgian and Estonian participants highlighted that in their country there are also tense relationships with Russia.



## Participants contributions and feed-back

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### Letter from Ukraine - by Hannes Lorenzen, co-President Forum Synergies



“The EU does not really make fair play with us”, says Andriy, on our way from Lviv Airport to the international rural lifeshop, organised by Forum Synergies and its Ukrainian members in the West Carpathians.

“As EU citizen, you freely enter our country, - but we Ukrainians need visa. The association agreement EU-Ukraine mainly allows raw materials into the EU but not high value commodities. Our sunflower seeds can enter the EU market, but very little sunflower oil. Our berries may be traded but not fruit yoghurt; and the quota the EU allowed us

for honey was complete after two months. What is more: when Ukraine stopped the export of unprocessed wood to the EU in order to avoid unsustainable cutting of wood and to help our wood industries to gain added value, the EU accused us to brake trade rules. Fair trade is something else,” Andriy added.

He is working with a company that promotes the production of berries in Ukraine; but he also is engaged in a non-profit rural development initiative called Karpatske Kolo. Forum Synergies and Karpatske Kolo have invited people engaged in civic initiatives from across Europe to visit a rural region in Ukraine and to share good practices and ideas for cooperation across borders and cultures. Participants come from EU member states like France, Estonia, Latvia, Poland, Belgium, Spain, the UK, Hungary and Slovakia, but also from pre-accession and neighbour countries like Serbia, Moldova and Georgia.



A lifeshop is a process of visits and reflexions about local rural life in the various regions of Europe, looking for the best ways to make economic activities and living conditions more sustainable and attractive for people, so that they can remain or come to live in rural regions. At the visit of a goat farm near Dolyna which includes cheese production, participants share their experiences with animal husbandry, processing of milk and cheese, hygiene rules and marketing strategies. “You would not be able to do this in Slovakia,” says Milos, “because the EU would not allow this. But your cheese is good and we should reflect how to change these

rules also in the EU so that small farmers can make their living also with small quantities and good quality”. Gwil from the UK adds: “perhaps should not feed your goats so much on concentrate feed from the Netherlands, because intensive feed often causes animals animal health problems. A veterinary costs more than letting them graze”.



Moving through rural Ukraine, meeting people and their projects, allows us to rediscover slowness. Roads allow sometimes not moving at more than 15 km/h. The bus driver artistically steers us around deep holes and rifts. But this way we grasp more of the landscape and the fields: the beauty of very well kept traditional wooden farm houses with a goat, a cow, chicken and a great variety of flowers; - or the young Ukrainian lady in a modern urban dress guiding the family’s cow to grazing on common land; in the village the nicely renovated school and church buildings; or the small enterprises to work timber from the nearby forest.



Western people may see it like the beauty and calmness of the past. But there are also many new wealthy houses and hotels being built, expensive cars and children communicating with newest mobile phones. Both realities reflect each other. However, the strongest contrast we notice during our stay in Ukraine is between war and peace. We are in the most Western part, but the conflict in the East is omnipresent. The country has painted itself in the national colours of light blue and yellow. At bus stations and public squares, you cannot overlook the calls for joining the Ukrainian Army and military services. “Every family is touched by the war in the East in one or the other way,” says Andriy. “My brother in law is now serving with surgeries of wounded soldiers and civilians. We have regular drafting and recruiting in different parts of the country. The war is very present for us, and it is far from being over.”



“We feel very much touched by what you are going through,” says Marta from Poland. And you can rely on us for help to support your people. I will organise crowd funding and concrete support whenever you tell me so. Similar expressions of solidarity come from the Baltic and the Georgian participants. Andriy explains these feelings and engagements also from the past: “These feelings still come from ties during the great deportations ordered by Stalin, where our people suffered together in Siberia. The feeling of insecurity has very much grown since the Crimea crisis. But the only way out of that is to stand together. I am happy that in spite of the war, many of our people stay in Ukraine and invest in their homes and in new projects. Without that, we would be in a much worse situation. But we also know that many companies from the USA and EU draw their feet when they notice the high level of corruption which is still a problem in our country”.

One encouraging project is the nature Museum and the railway heritage trail in Ivano-Frankivsk. It includes a very educative hand-on experience of the Carpathian nature beauty and the revival of a train trail through the mountains, including a tourist centre with a wide range of artisan products from the region. Our trip on the train, packed with mainly Ukrainians from the the region include the sounds of a folklore band traveling with us, and the “assault” of the train by a “Ukrainian partisan” looking for KGB agents.



“People like to travel through their history like this, says Dragan from Serbia.” And I believe I have today seen the soul of the local people”.

At the nearby town of Dolyna we meet the Mayor and vice-mayor. The city council is run by a very young and creative administrative staff. Citizens can reach public services and support through a transparent IT system. The Estonian delegation is happy to see the cooperation with Estonian partner towns.

While being one of the oil-rich regions of Ukraine with important resources and industries, the city has invested in renewable energy systems, insulation of houses, support of farmer’s markets and eco-tourism, public transport and a wide range of art events. It works in partnership with European mayors, engaged for sustainable energy and development Covenant of Mayors .

Asked about the vision for his region, including the rural areas around Dolyna, its mayor Volodymyr Harazd says:” We have no alternative to cooperating in sustainable projects, taking good care of our resources. The oil will be out at some point, so we better watch out for alternatives in time. The state owned forest is being exploited quite intensively, as most local communities have no other source of income. But if we do not establish a sustainable way of forest management we will have no future generations to stay. We must find a fair balance between nature and us and between cities and the countryside. We believe that we move well that way..”

Andriy leaves us at the train station. “I hope that you can get the message across that we count on the EU. We have to do our bit to get our economy right. But also the EU should take us as partners, not just as a provider of cheap resources for their industries”.

*Hannes Lorenzen Co-President Forum Synergies*

**Reflections on Ukraine Lifeshop by Gwilym Wren, Director, EuCAN CiC**

My overall impression was of a post Communist country trying to move forward but still 'top down' in terms of its engagement with people. This was not apparently through a lack of will from the 'authorities' but rather a collective lack of demand for empowerment from the local population. For example the Dolyna Council has a lot of initiatives but there was not much evidence of appreciation or understanding that its OK for citizens to get involved too. This was reinforced by the Heritage Railway who seemed to highlight a certain apathy in relation to the assets of the area and their value as an attraction to outsiders.

There is obviously some entrepreneurial activity but some loosening of land laws is needed I feel, as long as it does not lead to a free for all from foreign investment which will damage the local enterprises we saw.

Local businesses not only have to struggle against internal barriers but also external ones. Two examples were the inability of selling blueberry bushes into the EU without a particular certificate and the second was a strawberry producer who has a contract with Danone. However, as a non member country he is only allowed to sell unprocessed fruit into the EU. This means that the added value from processing the fruit only benefits the Union.

I was very impressed by the efforts of the Dolyna City Council to modernise its operations through 'electronic democracy'. In particular was the desire to use the project as a catalyst for economic growth by combining with local universities to develop the software locally thereby reducing costs and producing higher skilled local jobs that are sustainable in the longer term. My Council at home is going through a similar process but is considering using contractors which will cost a great deal, leave no skills legacy and probably be expensive to run. The presentation in Dolyna has convinced me that we should be doing all we can to invest in our own communities sustainably to benefit people the economy and the environment.

There were however some examples of a lack of join-up. The most obvious was the apparent determination of the City Council to change to alternative biomass energy using locally sourced waste wood. However, the Director of the Forestry Company seemed fairly clear that they no longer collected waste wood as it was uneconomic.

Although there is undoubtedly a wonderful natural heritage in the area there is evidence of that it has been damaged and degraded by man. There is a lot of industrial infrastructure (pylons, pipes and factories) but also some general environmental damage such as quarrying of river beds for stone. These impacts are particularly apparent near towns and alongside roads and do not give a very positive impression. There are two ways of looking at this you either clear it away or you make a virtue of it by using it as a historical and cultural tool. I would favour the latter and retain the hard infrastructure, because to remove it would be very expensive, replacements for some would need to be found and not least it would deny the last 75 years of the areas history. However, damage to natural assets such as rivers should be repaired not least to ensure that the environment behaves properly and does not cause damage such as flash flooding etc.

The Ukraine seems to be a very sociable society. The groups of people we saw out on Saturday on the tram ride and on Sunday in Lviv all seemed to be enjoying life and prepared to take full advantage of their local environment.

Although the future is clouded by the war with Russia there were some very positive signs although I would warn against conventional methods of improving prosperity. There is a tension between the desire for economic growth and the apparent passivity of the population which needs addressing. If the Government feels that external investment is needed then there has to be a risk that it will disrupt fragile local businesses and take any profits out of the country. Therefore it is very important that any changes are made in collaboration with the local population in a sustainable way so as to enhance the local economy and peoples lives but without a negative impact on the environment.

*Gwilym Wren*



“Discovering Ukrainian rural reality” - Developed by: Edgars Pudzis, Head of Council of LAG/FLAG “Sernikon” (Latvia)

### 1. What I can take from Ukrainian experience?

My biggest impressions about rural development of Dolyna district were obtained during study visit in Dolyna town. Mostly my good example experience is based on 2 points:

- **E-service development** - this is good example how local community can be activated and informed – by giving information on local budget, by giving possibility to discuss important questions in internet. At same time e-service offer covers wide range of public services – there are not many places in Europe, where almost all communication with local government can be done in internet. At same time some proposals were created – municipality must be careful with creating e-services platform that is different from national or regional level service platforms, because it can lead to fragmentation of information and mess in communication with citizens and entrepreneurs. At the same time e-services should be created as complex with internet availability and access to public computers;
- **City gardening** – this town shows how trend of Europe for city gardening works in reality. City gardening in Dolyna is taking place in almost all courts of block houses and shows that it is reality to use free land in cities for self-sufficiency.

### 2. My suggestions for local development in Dolyna district development

My suggestions for local development are for Vygoda village, because it is starting to develop tourism services that are based on cultural heritage and I have gained some experience in this field in my LAG/FLAG:

- It is highly valued that local economic development is being built on basis of local heritage – gauge railway;
- It is proved by many experiences that one village is too small scale for international tourists – so for better result, village should create “tourism offer packs” at least at district level, because biggest incomes are generated when tourist stays for at least one night in region;
- Tourism attraction like gauge railway should be seen wider than just a drive on railway – it should include service environment (like – clean and orderly infrastructure), welcoming service providers with knowledge of languages and, of course, corporation between entrepreneurs – to provide different “added value” services for visitors.

### 3. Possible cooperation

From my point of view Vygoda village have great possibilities to cooperate with North-Latvia tourism association ([www.vidzeme.com](http://www.vidzeme.com)), because this organisation have great experience in “tourism offer pack” development, participation experience in several European cultural heritage associations, and good experience in promoting of gauge railway activities - <http://www.visitgulbene.lv/objekts/gulbene-aluksne-narrow-gauge-railway-banitis/>.

For rest of region – should keep and develop corporation with Latvian green movement to activate local communities and try to implement LAG concept also in Ukraine.

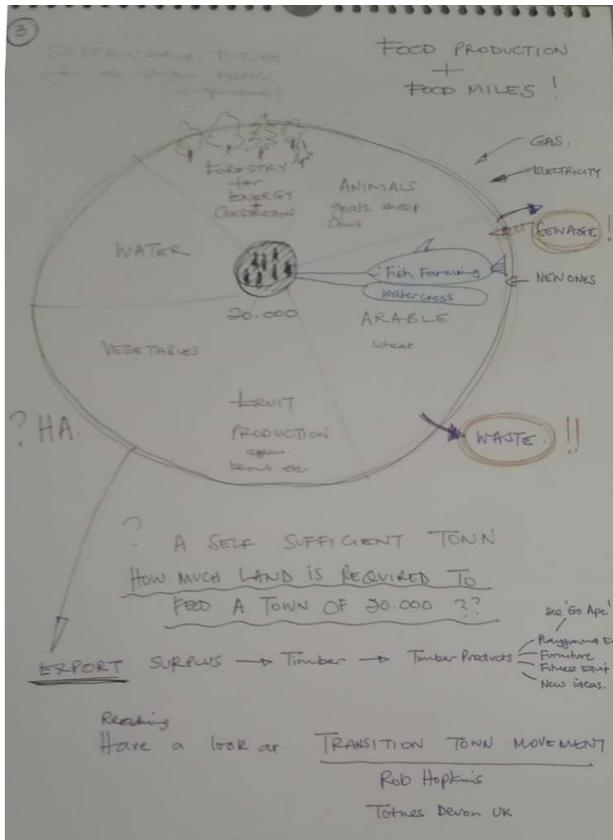
### 4. Further recommendations for Lifeshop events

My recommendations for events are:

- Find time for deeper “diving” in one concrete community – to make research on different needs, ideas and solutions;
- Find time to meet different groups of local people – different entrepreneurs, NGOs and do not concentrate on local governments and “success stories” only, problem search and solution development can be more productive for local community.



Thoughts on Ukraine trip – Richard Kaskow - UK



Firstly, a very big thank you to everyone who played a part in making this a very enjoyable, relaxing and informative trip to the Ukraine. A valuable insight was gained over a long weekend with special trips to the towns of Dolyna and Vyhoda, as well as strolling around Vyshkiv in the foothills of the Carpathians. Four of us also had time to explore the city of Lviv on a busy Sunday afternoon.

For me, it was also an opportunity to return to the region my father lived until 1939.

Since gaining its independence the Ukraine is now able to make decisions for itself at a national and local level. It is this local level of decision making in public and private life, in relation to the built and natural environment which is fascinating. Importantly, how can communities be involved, so that everyone can work together for a better quality of life.

By looking at other countries in the adjoining EU, they can search out appropriate solutions to many of the challenges facing everyone.

**Dolyna**

Interesting to listen to the deputy mayor explaining their ideas for a new business park and the current upgrading of the heating and insulation standards of both public and residential buildings. Also how diversification of employment opportunities is being

considered now, well in advance of the end of the industry dependant on the gas reserves. A main cycle route is also planned.

We also visited a goat farm and blue berry plant production facilities

I found the walk Dolyna 'new town' very interesting with Edgars Pudzis (Spatial Planner) from Latvia explaining the the Soviet town planning concept to me. The buildings are about 50 years old and in need of refurbishment and the landscape has reached maturity. The green environment now makes an important contribution to the 'sense of the place', and must have been non existent in the early years.

**Local Food and Food Miles**

The energy and investment in the goat and blueberry initiatives is to be applauded. I did pick up on the fact that local people could not afford the cheese though and that got me thinking. The question I asked myself is how much land would be needed to provide all the town's food? And would it be possible for the many small farms to farm cooperatively using tradition and modern methods. The alternative maybe desirable, of being able to get seasonal food from anywhere in the world, no matter what time of year it is - adding cost and miles to the food.

Farmer Markets have risen in popularity in the last 20 years and another is the idea of delivering boxes of local grown vegetables to customers – see Riverford link.

<https://food-hub.org/files/resources/Food%20Miles.pdf>

<http://riverfordfarmshop.co.uk/>

**Community involvement**

Can the whole community (20,000 people) be involved in making the green aspects of the town even better. There is a civic pride aspect but also biodiversity aspect bringing the countryside with its wildlife back into town. This idea may start with a wildlife survey of the town.

The result maybe the creation of wild flower meadows as communal gardens outside of the blocks of flats,



planting wildlife loving plants and creation of small nature reserves with small ponds, the addition of bird and bat boxes in the trees and on the buildings respectively are just a few ideas. If you can get the children and schools involved, the mums and dads and grandparents will follow.

As it will take a long time to refurbish every block of flats, I would suggest focusing some effort on the entrances to each one to create a pleasant sociable area to sit and chat. Some enclosure with seating and a tended garden area is all that is required.

The playparks and outdoor fitness equipment also need replacing with well designed timber structures. Could the area become known for this type of equipment with an industry flourishing built up around it. Priority could be given to the enhancement of those parks/places close to the proposed cycle route to develop a network of connected green spaces.

<http://www.wildlifeinthecity.org/urban-wildlife/create-your-own-mini-meadow/>

[http://www.rspb.org.uk/makeahomeforwildlife/advice/gardening/wildlife-friendly\\_garden.aspx](http://www.rspb.org.uk/makeahomeforwildlife/advice/gardening/wildlife-friendly_garden.aspx)

[http://klimakvarter.dk/en/copenhagen's\\_first\\_climate\\_resilient\\_neighbourhood](http://klimakvarter.dk/en/copenhagen's_first_climate_resilient_neighbourhood)

[http://www.incredibleediblenetwork.org.uk/very\\_exciting\\_initiative](http://www.incredibleediblenetwork.org.uk/very_exciting_initiative)

### **Vyhoda**

Our trip started with a visit to the Heritage Centre to give us all a wonderful taste for the surrounding rural area - its past, present and potential for future. The guide book has been well read on my return and it beautifully illustrates the Dolyna District. Forestry is the big industry here

During the trip I felt that this area will remain at a small scale and there is nothing wrong with that if it done very well. It appears that there are other main points of access into the Carpathians which will continue to pull in greater tourist numbers.

Firstly, it is continuing to put the Ukraine on the tourist map, in spite of the problems of the war with Russia. Tourists are easily put off as seen with Turkey and Egypt. Flight costs are continuing to come down. It cost me £240 return to Lviv with Lot via Warsaw and three bus transfers to Vyshkiv. British Airways flies direct to Kiev for just £140 return!

At the end of our stay we had a memorable trip on the former logging train with highjack on route but the end of line at the Sanatorium needs to be improved. Suggestions follow:-

### **Timber play park**

May I suggest a serious timber playpark for the children and a tree trail for everyone to follow. An aerial playground/skywalk is another option with G

<http://www.timberplay.com/timberplay-projects/>

<http://www.kaiser-kuehne-play.com/en/home.html>

<https://goape.com/> aerial adventure up in the trees

[http://www.sportsequip.co.uk/acatalog/Timber\\_Fitness\\_Trails.htm](http://www.sportsequip.co.uk/acatalog/Timber_Fitness_Trails.htm)

### **Working holidays**

An idea of organised trips for people to help with local projects

<https://www.nationaltrust.org.uk/working-holidays>

<http://www.eucan.org.uk/>

### **Forestry - Timber industry**

Not sure if industry just provides the timber for other industries to manufacture into products beyond region. Suggest looking at timber play equipment, timber keep fit fitness trail equipment, outdoor furniture as way of making products/adding value to timber. You have mixed woodland – softwoods and hardwoods to work with. See play web sites above to show you an idea of what is going on in Europe.

What about making showcase projects of the above in towns and villages locally, to be used to market nationally and maybe internationally? I was involved with the Paignton Geoplay Park in UK – play and education.



### Lea Vikk – Estonia

I want to thank LIFESHOP team for this trip that was so special and interesting opportunity for me. I was much honored to be a member of a large group with so great people in it, to explore activities in Ukraine and experience part of everyday life of the people who live in Ukraine. This trip gave me many new thoughts, what can be implemented in local village community of our area.

I was mainly interested in BLUEBERRY PROJECT because I am myself by education gardener and worked a lot in garden centers (wood schools). I liked Vyhoda Narrow Gauge Railways Centre, for this house wonderful opportunities that it offers for local people. Exhibition of local crafts and preserves like juices and jams was beautiful. I would like myself also be able to direct in our local municipality to develop in this area. I noticed that members of our delegation were also interested in this counter.

I was glad to hear that Estonia was mentioned several times for its good development in e-services. There is a lot of space for development in this country and is also many opportunities for this.

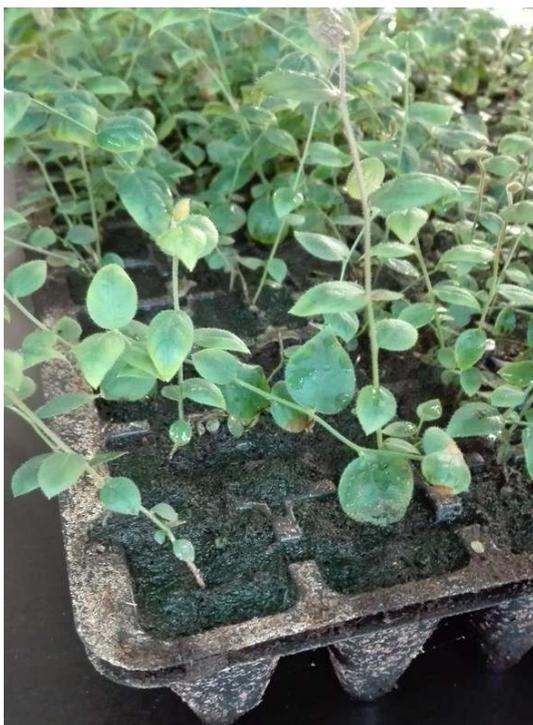
The biggest problem in my eye is that in Ukraine people don't use safety belts in public transportation and in the bus, there is none of them event for those who would want to use. Every human life should be precious. In our country it is been paid a lot of attention of using safety belts. Those who don't use have to pay fine or are punished otherwise. In addition the traffic culture is?!

There is a lot of land that is not used in Ukraine and I didn't see greenhouses. I think that in country that have such good climate conditions, which would give opportunity for growing fresh vegetables for longer period in year. Through this it would be possible to provide fresh and local vegetables also for city areas and get more jobs for people. For energy efficiency it would be possible to use sun energy because you have so long period in year with sun, it means solar battery's = eco.

Quicker and efficient development in tourism would be good idea and solution for bringing more people interested of living in village areas and make more work places for them.

The most important for nation and Ukrainian people is definitely that war aggression would end and people could be free, happy and to work toward their country's interest and principals. Ukraine is beautiful land and have nice people living there, who let the sun in my heart. I believe that it will be all for better from now on, and gets even better.

### Sasa Gvozdic - Serbia



#### What I like to transfer to my community:

1. Production of seedlings, we need such company; I will try to interest our municipal leader for this and also to find some available funds from donors.
2. Knowledge transfer.
3. Way of municipality organizing; young people's with good energy involved; openness for cooperation and especially set of electronically services which is available to citizens.
4. Some equipment from museum could be used in teaching process as tool for better and more interesting classes.

#### Possible cooperation:

1. With seedlings company in some future agricultural project; knowledge transfer; buying of seed material quality and prices are good.
2. With municipality transfer of their experiences and skills in installing of set of services so called electronically democracy. This set of services will simplified procedures and make life easier to common people ( sometimes our bureaucratic procedures for some simple paper are complicate and long)



**Suggestions:**

1. For museum to try to make agreement with schools from region to organizing classes of biology and geography, using existing equipment, maybe municipality could help in this. This will provide at least part of the funds for the museum.
2. Restocking the river with native species trout and grayling; keeping water in the organization of Forest company; organizing fly fishing in the system catch and release; media campaign for informing of fishermen.
3. Hunting too.
4. By my opinion train trip is to long, little faster or bringing new contest during trip.

**Improving of future sessions:**

My opinion for the future Forum Synergies lifeshop, besides the organizing visits should be reserved time for 2-3 persons teams, spend some time in contact with ordinary people from local community to receive more realistic pictures of community. I think that this will bring new point of view and additional quality.

### Further recommendations for Lifeshop events

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We also include some participants' suggestions for next Lifeshops:

- Find time for deeper "diving" in one concrete community – to make research on different needs, ideas and solutions;
- Find time to meet different groups of local people – different entrepreneurs, NGOs and do not concentrate on local governments and "success stories" only, problem search and solution development can be more productive for local community.
- Besides organizing visits, time should be reserved for teams of 2-3 persons, to spend some time in contact with ordinary people from local community to receive more realistic pictures of community. This will bring new point of view and additional quality.
- More time not only to talk to local people but also to give them feed-back.



## Forum Synergies "Lifeshop" 2016 - discovering Ukrainian rural reality.

29<sup>th</sup> Sept. -2<sup>nd</sup> Oct.2015 – Dolyna raion, Ivano-Frankivsk region (Ukraine)



### Programme and practical information

#### The LIFESHOP

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From 29<sup>th</sup> September to 2<sup>nd</sup> October 2016, Forum Synergies will organise a “Lifeshop” in Dolyna district, Ivano-Frankivsk region (Ukraine), in partnership with NGO “Karpatske kolo” .

The LifeShop concept offers local players the opportunity to discover sustainable lifestyle, with a strong human dimension (focusing on personal relationship between visitors and local hosts more than political proposals). Groups are up to 20 persons.

#### REGION SITUATION

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Dolyna “raion”(district) belongs to Ivano-Frankivsk region, which is situated on the western part of Ukraine and acts as a border with Romania. Mountains - Eastern Carpathian Mountains - and forests occupy a large part of the territory. Extraction activities (oil, natural gas and salt) have been an important part of Dolyna economy but deposits are now decreasing and finding alternatives will be a challenge for the next years. Forestry (timber) and farming (berries and husbandry) are main rural activities. Tourism is slowly developing. The administrative-territorial area – which will be reformed in the next years - is divided into 1 city council and 29 village councils , bringing together 44 settlements. 70.000 people leave in the district: 20.000 in Dolyna city and 50.000 in villages, whose population is decreasing.

We attach the Ukraine report on reconnaissance visit elaborated by PREPARE members (Partnership for Rural Europe) in March 2015, in the frame of the Black Sea Initiative

#### PROGRAMME

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Our local partner Rostyslav Kos from “Karpaste Kolo” has proposed the following programme..

##### Thursday 29<sup>th</sup> of September:

Afternoon:	Arrival of participants and transfer to Vyshkiv village
20h30	Dinner



**Friday 30<sup>th</sup> of September:**

7h30 - 8h15:	Breakfast
8h20 – 9h20	Information about the region, local communities. Presentation of NGO “Karpatske kolo”.
9h20 – 10h20	Trip from Vyshkiv village to Dolyna.
10h30 – 12h00	Visit to local producers (union of entrepreneurs). They produce blueberries, goat cheese, ice-cream.
12h00 –12h30	Presentation of project “Involving rural people to produce blueberries”. Questions, discussion.
13h00 –14h00	Lunch
14h30 –16h30	Meetings with mayor (vice-mayor) of Dolyna town. Presentations on implemented projects in local community, impacts of the territorial reform on town and local villages , energy management Questions, discussion.
16h30 – 17h30	Trip from Dolyna to Vyshkiv village.
18h00 -19h00	Forum Synergies General Assembly / Free time for other participants
19h30	Dinner (traditional Ukrainian Carpathian cuisine)
21h00	Exchanges and feed back on the day

**Saturday 1<sup>st</sup> of October:**

7h45 – 8h30	Breakfast
8h40 – 9h20	trip from Vyshkiv village to Vygoda
9h30 - 12h00	Vyhoda Narrow Gauge Railway Heritage Centre. (Hungary-Slovakia-Romania-Ukraine cross-border cooperation Programme). Presentations, Questions, discussion. <a href="http://carpathian-heritage-railways.com/en/">http://carpathian-heritage-railways.com/en/</a>
12h00 – 12h30	State Forest company presentation about forest management, collaboration with local communities and natural environment of Carpathian mountain region
13h00 – 14h30	Lunch
15h00 –17h30	Trip in train “Carpathian Tram”. Meetings with local people involved in new touristic offer. (Train will do some stops)
17h30 – 18h20	Trip from Vygoda to Vyshkiv village
18h30 – 20h00	Exchanges, feed back on the day
20h30	Dinner. International Buffet.

**Sunday 2<sup>nd</sup> of October:**

8h00 – 8h45	Breakfast
10h00 -	Departure of participants to Lviv airport



## PRACTICAL INFORMATION

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### Participants

You will find the participants list in **Annexe 1**.

### Travelling and transport (people arriving with public transport)

You will find the information in Annexe 2:

- Shuttle on Sept. 29<sup>th</sup>: A minibus will expect you at 17h30 at **Lviv airport** on Sept.29th, to drive you directly to Vyshkiv village (3 hours far).
- Amiran & Hannes, a taxi will pick you at the airport on Thursday night and Friday respectively
- Shuttle back to the airport on Oct. 2<sup>th</sup>: A minibus will leave Vyshkiv at 10h00.

### Accommodation & venue

We will stay at **Vyshkiv village**, (1 h far from Dolyna city).

#### Hotel Yalunka»

v. Vushkov, st. Tominovih, 127, Dolyna district, Ivano-Frankovsk region  
phone: +38 03477 9 03 02; mobile: +38 067 320 45 65  
<http://yalunka.com.ua/en/>

We will be in **shared rooms**.

### International sustainable buffet

All participants are invited to contribute a **speciality from their region** for our international sustainable buffet that will be offered on Saturday 1st.

### Travel reimbursement, accommodation & venue

Thanks to our funders, Fondation de France et Fondation Charles Leopold Mayer pour le Progrès de l'Homme, **the following costs are covered**:

- Accommodation and meals
- Transfer from Lviv airport to the district.
- Transport in a mini-bus during all the "lifeshop".
- Trip in Train Carpathian tram

You are just asked to cover your travel expenses to Lviv or to the venue.

Some of you have asked to support for your travel expenses: please **bring your flight receipt and boarding cards** as we need them to reimburse you. (If your country uses Euro as currency, we will make a bank transfer afterwards).

## CONTACT

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In Ukraine: Rostyslav KOS – Karpatske Kolo :: [kossros@gmail.com](mailto:kossros@gmail.com) - Phone+ 38 - 050 9455538

### Project supported by :



**PARTICIPANTS LIFESHOP UKRAINE \_ SEPTEMBER 2016**

<b>Title</b>	<b>First Name</b>	<b>Last Name</b>	<b>Organisation</b>	<b>Position</b>	<b>Country</b>	<b>Website</b>
Mr	Milos	Homola	Ekotrend Slovakia	advisor	Slovakia	<a href="http://www.ecotrend.sk">www.ecotrend.sk</a>
Ms	Hajnalka	Kovacs	Somogy Provincial Association for Nature Conservation	project manager	Hungary	<a href="http://www.stvsz.com">www.stvsz.com</a>
Mr	János	Mille	Somogy Provincial Association for Nature Conservation	project manager	Hungary	<a href="http://www.stvsz.com">www.stvsz.com</a>
Ms	Jana	Vaverčáková	Ekotrend	adviser	Slovakia	<a href="http://ecotrend.sk">ecotrend.sk</a>
Mr	Dragan	Roganovic	Ibar Development Association	President	Serbia	<a href="http://www.ida.org.rs">www.ida.org.rs</a>
Mr	Edgars	Pudzis	PPP association Sernikon	Head of Council	Latvia	<a href="http://www.sernikon.lv">www.sernikon.lv</a>
Mr	Aleksandar	Gvozdic	Mission of People of Good Will	Director	Serbia	
Ms	Lea	Viik	NGO Lemmetsa village community	Staff boardmember	Estonia	
Ms	Heleri	Wazza	NGO "Third Shallenge"	Member of board	Estonia	<a href="http://www.kolmasvõimalus.ee">www.kolmasvõimalus.ee</a>
Mr	Aare	Hindremae	Estonian Village Mouvement "Kodukant		Estonia	<a href="http://kodukant.ee">http://kodukant.ee</a>
Mr	Gwil	Wren	EuCAN CiC	Director	UK	<a href="http://www.eucan.org.uk">www.eucan.org.uk</a>
Mr	Amiran	Gigineishvili	Georgian Rural Council	Executive Director	Georgia	<a href="http://www.darbazi.org.ge">www.darbazi.org.ge</a>
Mr	Richard	Kaskow	various community groups	volunteer	England	<a href="http://www.eucan.org.uk">www.eucan.org.uk</a>
Mr	Philippe	Barret	Geyser/ Forum Synergies		France	<a href="http://www.geyser.asso.fr">www.geyser.asso.fr</a>
Ms	Marina	Guedon	Forum Synergies	coordinator	Spain	<a href="http://www.forum-synergies.eu">www.forum-synergies.eu</a>
Mr	Hannes	Lorenzen	Forum Synergies	co-president	Belgium	
Mr	Rostyslav	Kos	NGO Karpatske Kolo	Executive director	Ukraine	
Mr	Andriy	Halyas	ICF Community Wellbeing		Ukraine	
Mr	Lyubomir	Bardjuk	NGO Karpatske Kolo		Ukraine	
Ms	Marta	Dobrogowska	LAG Puszcza Knyszynska		Poland	<a href="http://www.puszczaknyszynska.org">www.puszczaknyszynska.org</a>