



Permaculture applied in the recovery
process of people with mental illness



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CASE STUDY DESCRIPTION

ORGANIZATION:	EKP&SPY
COUNTRY:	Greece
CASE STUDY NAME/ ID/TITLE	The 50 year's old

BACKGROUND INFORMATION (i.e. previous learning and challenges, situation...etc)

50 years old. He has lived in an autonomous apartment since 1990. He has been working in the field for almost 20 years He worked as a carpenter assistant in the past but he basically likes to spend time in front of a computer.

REASONS FOR ATTENDING THE TRAINING

From the beginning, he was very interested in learning what permaculture is. Despite the long time working with crops, this was really new.

OUTCOMES FROM THE TRAINING (OR CHANGES) IN THE PARTICIPANT'S LIFE (personal, familiar, etc.)

At first the program seemed quite difficult and very theoretical. The result was, after all, impressive. We made something original in our field and we broke a routine of years. The fact that we have improved the field's soil was also positive. He considers it is important that he learned new things, but even more importantly, he came closer to the rest of the team. The acquaintance with people from other countries and the exchange of knowledge was very important. He believes that the program and its meetings helped him become more sociable.

PARTICIPANT'S NEW PLANS FOR FUTURE TRIGGERED BY THE TRAINING

He thinks we have to go ahead and propose it elsewhere. We should also



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continue exchanging information over the internet. We would also like to create gardens in schools in the city.



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