



Permaculture applied in the recovery
process of people with mental illness



Co-funded by the
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CASE STUDY DESCRIPTION

ORGANIZATION:	FUNDACION INTRAS
COUNTRY:	Spain
CASE STUDY NAME/ ID/TITLE	The new attitude

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

S. was linked with the rural area because he lived there, and also with gardening. He already knew ecological agriculture when he started the course.

DID IT MEET HIS/HER EXPECTATIONS? WHY?

Yes, it overpassed his expectations. He's now convinced about permaculture and he also likes it very much.

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

PERMIND has produced a 180° change in S attitude towards life in general, he feels satisfied with his life. He feels more relaxed, he is better tempered and more implied with the work and with his family.

Before the project he used to be nervous very often and always tried to avoid working, he did not mind at all his work and never made any effort in learning new things. Now he is totally committed with his work, he enjoys learning new things and provides new ideas. He is proud of his job.

Moreover, this change has also had effects in his relationship with his family. Before PERMIND he had a lot of discussions with their parents, now he thinks they are the fundamental pillar of his life.

PARTICIPANT'S NEW PLANS FOR FUTURE TRIGGERED BY THE TRAINING

He wants to continue doing Permaculture.



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