



Permaculture applied in the recovery
process of people with mental illness



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CASE STUDY DESCRIPTION

ORGANIZATION:	Changemaker AB
COUNTRY:	Sweden
CASE STUDY NAME/ ID/TITLE	Participant 1

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

Male, 32 years old, in the last semester of his higher education he got such severe stress related problems that he was unable to leave his home for two years. Neurological damage and memory loss were a couple of the symptoms. He had no prior experience in gardening or permaculture.

REASONS FOR ATTENDING THE TRAINING

A way of slowly getting back from his illness. Getting out of home, social training and getting help in his rehabilitation process in a quiet and strengthening setting.

EXPECTATIONS BEFORE THE COURSE

He was looking forward to getting out of home, he was nervous and very aware of his limitations and situation. He was looking forward to being outside, to feel connected to nature.

DID IT MEET HIS/HER EXPECTATIONS? WHY?

Yes, and even more so. He felt happier and more relaxed than in a long time. He was motivated in continuing his rehabilitation.

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

He felt happier and more relaxed in a long time. He is a very curious person and learned a lot about permaculture and nature. He started new habits in taking nature walks and found an interest in planting, especially chili plants. Being in a kind and strengthening environment helped him to feel calm and secure enough to take the next step in his long process of getting back to school or work. He told us that the stay at Noas ark really changed his life, that he felt seen, listened to and got his spirit and motivation back.



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PARTICIPANT'S NEW PLANS FOR FUTURE TRIGGERED BY THE TRAINING

He is taking small steps towards a better health in another setting. He will probably find another field of studies or work in the future. Who knows, perhaps he will start a new chili-company?



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