

Internship Activities in Gróandi

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Gróandi is a small NGO that educates and demonstrates permaculture methods and ways of living. One of our main activities is to keep an open vegetable garden where people can participate and learn about sustainable growing methods and get access to healthy food, without chemicals or packaging. Our main activities are growing food both outside and in a greenhouse, holding permaculture/sustainability events and courses and making teaching materials to make sustainability education as accessible as possible.

Main topics addressed in the activities interns in Gróandi will take part in

- Community development
- Environment and climate change
- Agriculture

Gróandi's objectives

a) Promote and help people live sustainable lifestyle

People that participate in events/courses and interns will learn about sustainable lifestyle choices and how it can be achieved in their situation/area.

b) Increase sustainability education for kids

Increasing the possibilities and resources for children to learn about environmental issues, solutions and sustainable lifestyle

c) Demonstrate sustainable ways to grow food

Keep open vegetable gardens where people can see, learn and participate in growing food with the most sustainable methods available.

d) Giving equal access to ethical food source

Keeping Gróandi run as an open vegetable garden, available to all inhabitants in the area. Provide assistance with harvesting and participation when needed. In that way everyone in the area will have equal access to healthy and chemical free food regardless of their financial situation, age, disabilities or other factors.

Activities

1 Permaculture events & courses

Quite many people want to and have a need to change their lifestyle and adapt to a more sustainable lifestyle. But without support and knowledge that change will happen slowly or not happen at all, and they are left with a bad conscience. Events/courses that give people the support needed and introduce them to other people that are also making that change makes a big difference. We can help people get empowered to make the changes they would like to see happen, within themselves or in their local environment.

- The events will be open for all and in an inclusive setting. When possible, the local events will be held in the town library which has good access for wheelchair users.
- The interns can brainstorm and find events/courses that feel accessible and inclusive to them and their own capacity. Not all events have to be flamboyant, it's more important to reach out to the community and invite them to take part even in a simple activity like meeting up and mending our own clothes.
- Volunteers will get mentoring and can evaluate if they feel ready to take responsibility for an activity or if they would like to be a team member without taking full responsibility for the event/course. In that way they will be able to train and eventually take more responsibility for the events they find important and interesting.
- Gróandi is a Non-profit organisation, it's not possible to take out of it any profit. If an event/course would be based on participation fees and the participation fees would cover more than the costs of holding the event/course then that amount would be used to offer a free/cheaper event/course later.
- Some of the events/courses will be held over the internet and in that way also open to participants from other countries.

Interns would be taking part in this activity by:

- ☐ brainstorming
- ☐ planning
- ☐ registrations and communication with participants
- ☐ holding event/course
- ☐ Filling out evaluation regarding how the event/course went, what can be taken further for future events/courses and what can be improved.

How will interns benefit from this activity?

Engage Participating in making the community we want to live in, activating fellow inhabitants and each other. Seeing that our efforts can really make a big difference in the big picture and within people's lives.

Connect Participating actively in the local community and getting to know locals and their culture. Connecting with like minded people all over the world through internet events.

Empower Getting empowered to find solutions and ways to activate others. Interns will grow in confidence and feel more secure in carrying out the tasks related to holding events/courses

2 Growing food with sustainable methods

People in the western world are often disconnected from where the food comes from. People often can't believe that it's possible to grow food in colder climates – but with the right methods we can grow food in most places where people decide to live. There's a big interest in learning about how to grow food with sustainable methods and we want to provide this learning opportunity.

- The vegetable gardens are open for all and there's a non-discriminating setting.
- Gróandi can only support one paid position with the donations that the organisation gets, so there would simply be less vegetables grown if interns would not participate in this activity.
- Interns will get mentoring and can evaluate themselves if they feel ready to take responsibility for a task or if they would like to be a team member without taking as much responsibility. In that way they will be able to train and eventually take more responsibility for tasks within the food growing.
- Gróandi is a Non profit organisation, it's not possible to take out of it any profit. We also don't charge people for the food they harvest. It's based on donations and volunteering.
- People learn sustainable ways of growing food and can start growing food with these methods in their own country when they are back home

Interns would be taking part in this activity by:

- ☐ seed & transplant
- ☐ prepare beds
- ☐ planting outside & in greenhouse
- ☐ attending to plants, pathways and structures
- ☐ helping out with harvesting

How will interns benefit from this activity?

The interns will learn about sustainable ways to grow food, independent work, understanding of where food comes from, circular economy and get contact with the local population.

3 Permaculture for school kids

The school curriculum (at least in Iceland, Norway and Denmark) explains that sustainability should be included in all the subjects at school, but there's little or no emphasis on sustainability in the schools because of lack of teaching materials. Gróandi want's to close this gap by developing teaching materials and make it easy for schools to include sustainability in the everyday teaching of different subjects.

- Providing learning opportunities regarding sustainability for kids in a way that honours our differences and equality.
- There's a lack of teaching materials for sustainability and therefore lack of opportunities for school kids to learn about sustainability. There's a urgency, we need to teach these kids about how to live in this world in a better manner than their parents.
- Making teaching materials and easily accessible and inclusive activities for teaching kids about sustainability and ethics.
- The interns that would take part in this activity will get guidance and will be trained to be able to carry out the work. Volunteers will get mentoring and will work in the project as team members.
- Gróandi is a Non-profit organisation, it's not possible to take out of it any profit. This activity will only be carried through in order to accelerate the sustainability teaching for kids in the Nordic countries and possibly other countries too.
- Materials for sustainability that will be produced will be openly available on Gróandi's website and translated to different languages to be useful in other countries too.

Interns would be taking part in this activity by:

- brainstorm
- engage with kids and teachers
- make materials for integrating sustainability into the school - and/or kindergarten activities.
- take part in evaluations

How will interns benefit from this activity?

Engage The volunteers will be actively engaging in teaching kids and participating in the community. In addition to developing teaching materials.

Connect Connecting with the local kids and schools.

Empower Seeing that their participation in this activity can have a big impact on the lives of both local kids, and kids in other parts of this country and other countries. This activity has really big

multiplying effect possibilities. Empowering numerous kids to make the sustainability actions that are needed for a better planet.