**Food&More training program**

**MODULE 3**

**Training curriculum**

**Objectives of the Training**

The Food&More training program provides knowledge to selected food citizens about food communities, communication, participatory community building techniques, reaching out and networking and possible adaptations of these techniques which could contribute to the long-term successful organisation and management of food communities. The training focuses on participatory planning. It is an introduction to the Dragon dreaming method which is a playful, inspiring, encouraging and meaningful method for assisting individuals and groups who seek to make their dreams come true.

**Training description**

Dragon Dreaming can help: Coordinators find inspiration and innovation for their communities of all kinds. Grassroots movements find support with proven methods for the implementation of their ideas for bringing about change in the communities to which they belong. People can find playful methods for building visions, planning, implementing and celebrating new projects. Everyday individuals who may not ever have tried to do something outstanding before but who seek a pathway of making a difference in their own lives and the lives of others.

During the training, participants will learn about the history, philosophy and theoretical foundations of the method. At the same time, they will go through demonstrations of all parts of the process and experience them on a model example in practice.

**Structure and time schedule**

The whole training is about 7,5 hours long with lunch and coffee breaks included. The breaks provide time for getting to know each other, sharing experiences and networking. They are essential for a friendly and relaxed atmosphere. We believe that choosing an appropriate and relevant place for the training is essential for a rich and consistent experience.

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| **Time** | **Title** | **Description** | **Methods** | **Duration** | **Tools** | **Educational target** |
| **Part 1: What is Dragon dreaming** | | | | | | |
| 9:30 -10:00 | Welcome, registration, getting to know. | Participants arrive, register, get acquainted with the meeting space, and offer coffee or tea. | Interaction among participants and trainers. | 30 min | Attendance sheet | Ensuring the administrative background of the training. |
| 10:00 - 11:15 | What is Dragon Dreaming, background, philosophy, principles and methods. | Introductory reminder of who is attending - a short circle.  Advanced procedures to get know each other:  Feeling division process  Facilitator has the group form a "snake" of participants - line up based on first name.  This is followed by lining up based on organization they represent.  Third based on feeling - what they feel like being.  Participants involved perceive their feelings for the first time.  This is followed by the formation of a circle - the Project Cycle.  Playful form of explanation between inner (individual) and outer (environment) as a connection between theory and practice.  Two axes are created, four quadrants on the floor of the room. Based on the facilitation, participants try to find quadrants and fields where they feel currently present. They test crossing these quadrants.  They recognize the 4 phases - Celebrating, Dreaming, Planning and Realization. They define what type of people they are for team processes: dreamer, planner, implementer, celebrator.  The facilitator guides the participants through the inner process of Pinakkari knowing - calming down and establishing a feeling with their body. According to the feelings, he or she tries to detect which parts of the quadrant they are currently attracted to and why, as they would like to realise, they have experienced.  A short joint sharing of what the participants take away from the experience is what they want to specify. | Interaction in a group, playing | 75 min | flipchart, markers, rope, candle, matches | Participants will learn about the dragon dreaming method, its history, and how it can be used in food community planning. They will learn about the type in relation to planning and implementing projects. They will learn about the project cycle in the dragon dreaming method. |
| 11:15 – 11:30 | Coffe Break |  |  | 15 min |  |  |
| 11:30 – 13:00 | What is Dragon Dreaming, background, philosophy, principles and methods.  Dreaming  Aha moments | The facilitator takes the participants through a short circle of dreaming.  Demonstrates the role of the initiator - asks others about their dreams. Finding the dream path together, sharing aha moments.  Future memories - learning about the dreaming phase, it is important to know one's own talents, to find out whether or not the team wants to (un)realize them together in the future  The experiential part is followed by sharing, inquiry, the trainers add theoretical information to the framework of the participants' experiences.  A joint debate on the meaning of celebration, dreaming, mutual respect and sharing.  Conclusion of the morning program. | Interaction in a group, dreaming circle, sharing experiences and aha moments. | 90 min | flipchart, markers, rope, candle, matches | Participants will learn about and practice the first part of the dreaming process. This is the part of the process where the group searches for a common dream, i.e. a future form of a common project that would suit everyone. |
| 13:00 – 14:00 | Lunch | Family lunch style together |  | 60 min |  | Networking and getting close to each other. |

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| **Part 2: Going through dragon dreaming process** | | | | | | |
| 14:00 – 15:30 | Working with the Dragon Dreaming process | Distillation example of planning process  Practical explanation of the process, using post-it to cluster the recorded dreams from the morning  Theory: Explanation of the SMART goals process including the formulation of key words.  Practice: 30 sticky notes which are divided equally between participants.  The group of participants re-reads the dreams collected from all members. Then ask the question: "What exactly needs to be done as a first step to make this dream come true?"  Each group member then writes one idea on one sticky note. The total time limit for this for this activity is 10 minutes.  Then the first person sticks their sticky notes on the flipchart. does the same. Similar topics are placed in the column below, different topics are placed next to each other in different columns.  The total number is limited to 6 to 8 columns. If the number of columns exceeds eight, a given participant may rearrange the blocks of their predecessors. In doing so, they should explain why and how they want to do this. At this stage, a discussion may arise between two or more people, which should result in a consensus. This process should not consume much time and energy.  Each participant must be aware of his or her responsibility to strike a balance between over-analysis and complete resignation just for the sake of getting the discussion over with.  A team of participants will identify key words in each column. These are the words that link the whole topic and appear regularly on the slips of paper.  For each column, we then write down the goal using the key words. The criteria for determining these objectives are the same as those discussed earlier.  Each participant marks 2 or 3 objectives with a dot. The generating question here is "Which of these goals should be accomplished first to help realize our dreams 100% ?" Each participant has the right to place 3 dots, but may not place all of them to one goal.  This is not a test of the importance of the tasks, because in a win-win game. all tasks are equally important.  Karrabirdt - creating a game plan from defined goals for explanation of the theory process. | Interaction in a group, sharing experiences and aha moments. | 90 min | flipchart, markers, rope, candle, matches | Participants get to know and experience the next part of the process, where a shared dream is formulated into goals. |
| 15:30 – 16:00 | Coffee break | Outdoor seating in garden |  | 30 min |  |  |
| 16:00 – 17:00 | Working with the Dragon Dreaming process  Practical application | Karrabirdt - practical demonstration of the game.  The facilitator guides you through the process of "Sailing to an unknown land"  To involve all participants, he or she sends them to the garden to bring an object that represents them.  The facilitator explains the principle of the scout race.  Dragons - explaining their meaning and why they are part of the game, how participants can treat them in the process of "game" realization. What these measures mean for functioning in a team, what they bring to each individual.  Guiding participants through the process of being able to describe the dragon personally. | Interaction in a group, sharing experiences and aha moments. | 60 min | large paper, markers, crayons, small natural materials brought from the garden, stones, etc. | Participants will realize that each project has its own risks, which also arise from the participants' own nature and their personal "dragons". These dragons - risks need to be made aware. |
| 17:00 – 17:30 | Closing | The symbolism of the one-day - introduction to the Dragon dreaming process.  "The journey is the destination, start dreaming."  Provides feedback to each participant. Takes away 1 poppy seed.  Closing round. | Closing circle, self- reflection, sharing feedback | 30 min |  | Participants reflect on what they take away and how they can apply what they have learned in their personal lives and in the life of their community. |
| **Total** |  |  |  | **450 min** |  |  |

**Resources**

* Food&More Trainer´s Guide: <https://kpzinfo.cz/wp-content/uploads/2022/04/foodmore-trainers-guide-cz.pdf>
* Solid Base Trainer´s Guide: <https://kpzinfo.cz/wp-content/uploads/2020/05/solidbase_training_guide_cz-1.pdf>
* Solid Base Book: <https://kpzinfo.cz/wp-content/uploads/2020/03/solidbase__cz_web.pdf>
* Other sources at website of KPZkoALICE: <https://kpzinfo.cz/knihovna>, <https://kpzinfo.cz/co-delame>

**Dragon dreaming**

* Dragon dreaming, Project design Book PDF in Czech <https://globe-czech.cz/_files/userfiles/dragon_dreaming_prirucka_v_cestine.pdf>
* Dragon dreaming, Project design Book PDF in English<https://dragondreaming.org/wp-content/uploads/2020/01/DragonDreaming_eBook_english_V02.09.pdf>
* Dragon dreaming <https://dragondreaming.org>,
* Dragon dreaming institute <http://www.dragondreaminginstitute.org>

**More about CSA**

* Be part of CSA!  
   English:<http://kpzinfo.cz/wp-content/uploads/2018/12/bpcsabooklet_2016_eng.pdf>  
   Czech: <http://kpzinfo.cz/wp-content/uploads/2018/12/zapoj-se-do-kpz-booklet-finalni-verze.pdf>
* Video Be part of CSA! in English:<http://urgenci.net/be-part-of-csa/a-csa-short-movie/>
* European CSA Declaration, Adopted by 3rd European Meeting of CSA on 17th September in Ostrava, Czech Republic,<http://urgenci.net/wp-content/uploads/2016/09/European-CSA-Declaration_final-1.pdf>
* URGENCI CSA Hub: [http://hub.urgenci.net/](https://hub.urgenci.net/)
* European CSA Research Group: Overview of Community Supported Agriculture in Europe, 2016. Available online: <http://urgenci.net/wp-content/uploads/2016/05/Overview-of-Community-Supported-Agriculture-in-Europe-F.pdf>
* Jocelyn Parrot, Peter Volz at al.: Solid Base Research report, 2018. Available online: <http://urgenci.net/solidbase-research-report-on-the-financial-sustainability-of-csa/>
* Food&More Toolkit: <https://kpzinfo.cz/wp-content/uploads/2022/04/toolkit_cz_final-1.pdf>
* Food&More Toolkit Guide: <https://kpzinfo.cz/wp-content/uploads/2022/04/toolkit_handbook_cz_final.pdf>

**CSA networks and umbrella organisations in Europe**

* URGENCI, Europe: [http://urgenci.net/](http://www.urgenci.net/)
* Miramap, France: [http://miramap.org/](http://www.miramap.org/)
* Community Supported Agriculture, United Kingdom: [http://communitysupportedagriculture.org.uk/](http://www.communitysupportedagriculture.org.uk/)
* The alliance for better food and farming:<http://www.sustainweb.org/>
* AMPI - Asociace místních potravinových iniciativ, Czech Republic:<http://www.asociaceampi.cz/>, [http://kpzinfo.cz/](http://www.kpzinfo.cz/)
* Solawi - Netzwerk Solidarische Landwirtschaft, Germany:<http://www.solidarische-landwirtschaft.org/>
* KöKiSz, Hungary: [http://tudatosvasarlo.hu/cikk/kokisz](http://www.tudatosvasarlo.hu/cikk/kokisz)
* Tudatos Vásárlók Egyesülete, Hungary: [http://tudatosvasarlo.hu/csa](http://www.tudatosvasarlo.hu/csa)
* GASAP, Belgium: [http://gasap.be/](http://www.gasap.be/)
* FRACP - La Fédération Romande d’Agriculture Contractuelle de Proximité, French speaking network in Switzerland: [http://www.fracp.ch/accueil](https://www.fracp.ch/accueil/)

**Facilitation and decision making techniques**

* Seeds for change – consensus <https://www.seedsforchange.org.uk/consensus>
* Council - natural spirit: https://naturalspirit.cz/nabidka/kruhy/