



MENU International FORUM CHANGE

International Forum
Menu for Change 2018
Session annotations
and speakers' biographies

Day 1, Friday 26th January
Let's regenerate the earth

11:00 - 12:30: Parallel sessions

Day1/1. Organic farming: key principles, benefits and challenges with John Gauci in the blue room (1h30)

What is organic farming? How have the organic farming practices evolved and what is the regulation involving? What does it mean in term of soil management? In this sessions, students and teachers will learn about what organic farming requires but also how "to think organic" and learn simple strategies and techniques they can practice at schools and at home. They will also discuss how to link organic food production to the curriculum.

Day1/2. GMOs to fight hunger and malnutrition: needed or not? The case of golden rice in Indonesia with Uma Khumairoh in the yellow room (1h30)

The workshop will introduce participants to the relationship between agro-biodiversity, dietary diversity and food security. We will discuss on how to deal with food and nutrient sufficiency while being responsible to environment, the society and its culture. The workshop allows participants to share their ideas on biodiversity and food security and to weight the possible benefits and risks of genetically modified organisms (GMOs) in food.

This event is financed by the European Union



Day1/3. Historical changes in the nutritional value of foods: what is happening to our food? With Anne Marie Mayer in the main hall (1h30)

A comparison of the mineral content of 20 fruits and 20 vegetables grown in the 1930s and the 1980s shows several marked reductions in mineral content. The comparison showed that there are statistically significant reductions in the levels of Ca, Mg, Cu and Na in vegetables and Mg, Fe, Cu and K in fruit. The only mineral that showed no significant differences over the 50 year period was P. Through games and discussions, participants will learn more about nutritional content of foods and discuss the reasons of these decreases.

Day1/4. Responsible cooking: put on your apron and come make seasonal salad with Bara Kebova in the orange room (1h30)

This workshop will get people together for preparing lunch salad following responsible principles. People will engage into conversation about sustainable cooking at schools and at home while chopping veggies! The delicious result will be offered to all participants of the forum to taste at lunch time.

14:30 - 16:00/16:15: Parallel sessions

Day1/5. System change with Aurèle Destrée and Tereza Čajková in the orange room (1h30)

What are the conditions for change of food habits to take place? And beyond habits, how can we change food systems towards more sustainability? What does it require at personal level, and what needs to happen at societal level? In this session, several models to think of system and encourage for change will be presented and tested out by participants.

Day1/6. Learn how to save seeds with Gisela Mir Viader in the main hall (1h30)

This is an opportunity to discover how best to save, conserve and reproduce seed for all the most common vegetable species from the easiest to the more tricky. In a playful way, participants will learn how to save seed well and correctly, particularly important in the context of heritage seeds. This workshop is highly recommended for any food gardener wanting to save seeds for the next season.

This event is financed by the European Union



Day1/7. Chocolate journey with Jan Ciupa in the yellow room (1h45)

The aim of Chocolate Day is to explore the interconnectedness of the world. From what ingredients and how is a chocolate bar made? Where does the most important ingredient - cocoa come from and how does it get to Europe? How does the cultivation of cocoa and chocolate manufacturing affect people and the environment? How cocoa and chocolate is traded and what are the principles of fair trade? Participants will discuss how we, as consumers, can positively influence situation connected to chocolate industry. And a sweet bonus at the end of the workshop: how to make your own chocolate out of fair trade ingredients.

Day1/8. Philosophy for children: how to bring big questions into the classroom with Olga Daskin in the blue room (1h45)

The workshop will introduce participants to the principles and aims of Philosophy for children (P4C) - a participatory method for encouraging critical thinking and a useful methodology for development education or teaching controversial issues. We will focus on how to find appropriate stimuli and create good questions. The workshop allows participants to experience a P4C inquiry - being a part of a community inquiry.

16:30 - 17:45 Parallel sessions

Day1/9. Palm oil: What is the problem and what can we do? with Kateřina Holubová in the orange room (1h15)

This workshop will present the issue of palm oil production with all its impacts in broader context and will introduce ways how to deal with the current situation. Participants will have the opportunity to share their attitude and experience regarding this issue and discuss their ideas.

Day1/10. Permaculture approach to nutrition: examples from the south with Anne-Marie Mayer and Uma Khumairoh in the main hall (1h15)

What is Permaculture? What are the causes of malnutrition? How can Permaculture be used to tackle global nutrition problems? With examples from Malawi and Indonesia followed by a chance for participants to apply some of these ideas to their own schools or communities.

This event is financed by the European Union



Day1/11. Fair trade: story of banana with Barbora Trojak in the yellow room (1h15)

Bananas from Ecuador, pineapples from Costa Rica. All are on European plates very often, and all are linked to human rights abuses and environment destruction. Who is responsible for the situation on the plantations - consumers, retailers or governments in the countries of production? And is there anything we can do as consumers? How can we make responsible choices and how can we recognize sustainable and ethical fruit? Based on personal experience from conventional and Fairtrade certified plantations

Day1/12. Starting an organic food garden at school with John Gauci in the blue room (1h15)

If you were to start a food garden, which fruits and veggies should you cultivate? How to make use of heirloom varieties? How to make an insect trap? What is mulching? How can you bridge activities in the garden with home-economics lectures, or geography and science courses? Participants will take a holistic approach to gardening and schools, looking both at how a garden fits in the school's life and at concrete steps of how you can start.

This event is financed by the European Union

Day 2, Saturday 27th January
Education with Heads, Hearts and Hands
We Eat Responsibly at Schools

11:30 - 12:30: Parallel sessions

Day2/1. Malta: how food relates to SDGs. Food waste and local chocolate alternative (1h)

Participants will 1) connect food with the Sustainable Development Goals (SDGs), 2) get ACTIVE with the Food Waste Relay Race and 3) discover and taste local delicious alternatives to chocolate- the Maltese carob (15 minutes).

Day2/2. Slovakia: Obsolete varieties are in! (1h)

Over a hundred years, 75 percent of agrobiodiversity was lost, as farmers have stopped cultivating a variety of naturally populated varieties. Such a loss of diversity can be a big problem when facing climate change. Through our workshop, we will introduce a "tasting" of three interactive methods to help students of different ages explore the importance of obsolete varieties and raise interest in exploring species diversity in their region.

Day2/3. Bulgaria: Switch on the FOODMETER (1h)

Participants will 1) experience a Kahoot game taking part in a digital interactive quiz created by a Bulgarian teacher and 2) they will be involved in using the method Visual Board working in groups and creating an infographic "My vision of a responsible eco-school".

Day2/4. Czechia: Best of Czech (1h)

Participants will experience changes that have happened in Czech Eco-Schools. Four Czech schools will show their highlights and also introduce you to activities connected to food waste, agrobiodiversity or local and seasonal food.

This event is financed by the European Union

Day2/5. Responsible cooking: put on your apron and come make seasonal salad with us! Glopolis with Bára Kebová (1h)

This workshop will get people together for preparing lunch salad following responsible principles. People will engage into conversation about sustainable cooking at schools and at home while chopping veggies! The delicious result will be offered to all participants of the forum to taste at lunch time

15 - 16h00: Parallel sessions

Day2/6. Croatia: Be Creative for Responsible Eating (1h)

This workshop will get participants collaborating in small groups on five key principles of responsible food consumption (seasonal food, reduced meat consumption, local food, knowing our farmers, less processed foods). Together they will design games that can be used in classrooms.

Day2/7. Romania: 7 Steps to a Responsible Society (1h)

The Romanian teachers will share their experience of We Eat Responsibly. Nicoleta Bogos will talk about good practice examples. In the second phase we will be discussing about the impact of the project to a rural school from Romania. In the last phase of the workshop we will share our experience about a fair that was organized at the Gymnasium School No. 150 in Bucharest.

Day2/8. Latvia: The story of oranges: performance and learning activity (1h)

In this workshop, participants will experience a lesson about oranges. Participants will find out how a beloved fruit such as an orange makes its way to their dinner table. The story is created for use as an integrated class activity for 4-7 year old children. The topics addressed are : means of production, organic food, fair trade/knowing my farmer.

Day2/9. Bulgaria: Food choices: floor game and digital games for RFC (1h)

Participants will play a floor game on responsible food consumption and will together prepare, serve and taste herbal tea from the biogardens of Bulgarian schools

Day2/10. S - LOVE - enia: making children aware for the FUTURE (1h)

Participants will 1) prepare a delicious school drink with simple ingredients, 2) discuss what to do against food waste; 3) watch and discuss a short film: From a home garden to a healthy snack.

This event is financed by the European Union



Day 3: Sunday 28th January 2018 and beyond

9:45 - 10h45: Parallel sessions

Day3/1. Food and food packaging waste: what are you ready to change? With Marek Havrda and Tereza Dohnalová, MiWa and Filip Vrlík, Glopolis (1h)

Food wastage's carbon footprint is estimated at 3.3 billion tonnes of CO2 equivalent of GHG released into the atmosphere per year. On top, eight million metric tons of plastic enter our ocean every year. How can we both prevent waste of food and food packaging in a systemic manner? What does it entail in terms of changes of habits, and how much are we ready to change? Come to find out about new innovative idea from the social enterprise MiWa and to discuss tips and tricks tips how to prevent waste.

Day3/2. Composting: starting a wormery with Kokoza (1h)

Organic waste is a valuable material which can be easily transformed to organic fertilizer by composting or vermicomposting. Let's see how worm farm works in practice. After the workshop, you will be ready to start your own worm farm.

Day3/3. Starting a seed bank with Klára Hrdá Semínková (1h)

Why is the diversity of varieties at risk? What can we do as gardeners about it? Come and learn about the story of Seminkovna, an initiative of creating citizen's seed banks everywhere, including schools. You will also learn how to make your own seed bombs.

Day3/4. Sugar: sweet or sour reality? with Maria Lidón Martrat, VSF (1h)

The activity is aimed at high school students. Based on a specific product (sugar), we can reflect on the social, environmental and health aspects of the food system. We start with the visualisation of a Simpson episode: "Sweets and sour Marge" and from there we will analyze the strategies of power of sugar companies, the cultivation of sugar cane, its environmental impacts, the rights of sugar cane workers and the health

This event is financed by the European Union



impact on sugar consumption. We will also discuss the WHO recommendations. This is an activity that has been developed in the project www.alimentacion.net

Day3/5. Responsible cooking: put on your apron and come make seasonal salad with Bára Kebová (1h)

This workshop will get people together for preparing lunch salad following responsible principles. People will engage into conversation about sustainable cooking at schools and at home while chopping veggies! The delicious result will be offered to all participants of the forum to taste at lunch time.

Biographies of speakers

Tereza Čajková, Glopolis, Czechia

Tereza Čajková is trainer in global education with main interest in systemic change and focus on sustainable food systems. She worked for several civil society organizations and lead training modules for students of pedagogy at two Pedagogical Faculties in the Czech republic. In Glopolis she is coordinating the European project We Eat Responsibly. Since 2013 she has been member of European Global Education Working Group of CONCORD. Tereza is co-author of the publication „How Our Plates Make the World Turn Around“, created in in Food Security Programme of Glopolis.

Michaela Čermaková, Glopolis, Czechia

Michaela has been active in the field of global learning, environmental education and non-formal education for more than 10 years. As an educator, analyst and coordinator in different organisations across Europe (Reading International Solidarity Centre, Global Education Network of Young Europeans, INEX) she has been focusing on global and environmental issues with a special interest in water related topics and social, economic and environmental justice. Michaela is currently engaged with Glopolis, where she concentrates on topics around food systems, loves gardening and hiking mountains.

Jan Ciupa, Arpok, Czechia

Jan is currently studying master's program of International Development Studies at the Faculty of Science of Palacky University in Olomouc. He was interested in the global

This event is financed by the European Union



themes already at high school, but unfortunately these issues were not really involved into the lessons so there weren't so many opportunities to discuss current global problems at school that time. What he likes about the global learning is the wide scale of interesting topics and the effort to increase the short-sightedness of the global themes, whether it be migration, poverty or child labor in developing countries. As his last most beneficial experience he considers his participation on the educational project in Burma.

Olga Daskin, Czechia

Olga Dařkin has been working for 15 years in in-service teacher training mainly as a Project manager or Methodist (implementation of curriculum reform, inclusive education, P4C trainings). She has taught in kindergarten and at a dance Conservatory – psychology, pedagogy and didactics. She focus on soft skills development (orientation meetings and team building), project management (f.e. international project "Teachers: Agents of Change" with Varianty, the People in Need Educational Programme) and got enthusiastic about P4C (Philosophy for children).

Aurèle Destrée, Glopolis, Czechia/Belgium

Aurèle Destrée is heading the food security program of Glopolis since 2007. Her work addresses food and agricultural systems in North and South, and covers policy, advocacy and education. She chaired the Food Security Group of CONCORD Europe in 2014-15, and has developed the project We Eat Responsibly based on her long term focus on sustainable food systems. Aurèle teaches food security at the Czech University of Life Science in Prague and in several summer schools. She studied International relations and European affairs in Belgium and Wales and is trained in organic food gardens and permaculture from the Schumacher college in Devon, UK.

Tereza Dohnalová, MIWA, Czechia

Tereza is partnership manager in MIWA (MInimumWaste), working together with NGOs, businesses and government institutions. She worked in the United Nations before. She likes traveling and she has lived in France, the US, Argentina, Mexico and Tanzania. She is interested in sustainability and awareness-raising about food and packaging waste.

John Gauci, MOAM, Malta

John Gauci is an Agricultural Officer and a part-time lecturer who is serving as the third General Secretary of Malta Organic Agriculture Movement (MOAM). Previously he was

This event is financed by the European Union



the Legal Administrator of Malta Youth in Agriculture (MaYA) between 2014 and 2016. John is also the current vice-chairperson of the Maltese Agriculture Consultative Council, representing the horticulture industry in the Maltese Islands.

Together with the committee members of MOAM, organic producers and processors, educators and policy makers, he works to maintain and support the organic agricultural sector in the Maltese Islands. In 2015, John was also part of the National Hub for Ethnobotanical Research that published a report about landrace and heirloom seeds, their cultivation and desirability. John graduated in 2014 and he holds a Bachelor of Science (Honours) in Horticulture from Malta College of Arts Science and Technology.

Marek Havrda, MIWA, Czechia

Economist and sociologist by training (Charles University, Warwick Business School, Johns Hopkins University and Georgetown University), Marek has worked on impact assessment for the European Commission, mainly in the areas of sustainable consumption and production. He has also served as an advisor to the Czech Ministry of Finance and Ministry of Education, and as a member of the Regulatory Impact Assessment (RIA) Board. Since 2017 he has been supporting MIWA (MinimumWaste), working as a strategy advisor on the environmental impact assessment.

Kateřina Holubová, Coalition against palm oil, Czechia

Kateřina studied ecology at the Charles University in Prague. She worked on the forest/palm oil campaign at Greenpeace Czech Republic for 3 years and then she became a spokeswoman of the Czech Coalition Against Palm Oil. Besides, she is a member of The Kukang Rescue Program – organization aiming at conservation of slow lorises in Sumatra, Indonesia. She has her own experience with Southeast Asian countries.

Klara Hrdá, Semínkovna, Czechia

Klara has always loved gardening and that's why she decided to study Biology at Charles University of Prague, where she finished my master degree in Botany. In 2014, while on maternity leave in France, she attended the opening of a seed bank. She decided to make such important information available in her country and started the Seminkovna initiative in Czech republic in 2015. Now there is about 100 seed banks all around the country. Some of them are in libraries, schools, shops, cafes, tourist centers.

This event is financed by the European Union



Dana Kapitulčinová, Charles University, Czechia

Dana Kapitulčinová is a researcher at the Charles University Environment Center in Prague, Czech Republic. She currently leads a research project focusing on environmental and nutritional aspects of food consumption. Dana holds a PhD in Environmental Geoscience from the University of Bristol, UK and has an extensive international experience in the area of sustainable food systems from the UK, Denmark, and Switzerland.

Barbora Kebová, Glopolis, Czechia

Barbora works in Glopolis on the food film festival Země na talíři. She dedicated her Master thesis to the topic of sustainable gastronomy and now continues with the research and other activities in this field. She likes cooking and experimenting with the possibilities of responsible food and has experience in professional catering. Barbora is also active in gastro-journalism.

Uma Khumairoh, Wageningen University and Research, The Netherlands / Indonesia

Uma Khumairoh is currently working on Complex Rice System Project, a collaboration between Farming Systems Ecology Group, Wageningen University and Research (WUR), The Netherlands and Faculty of Agriculture, Brawijaya University (UB), Indonesia. After her BSc in Plant Breeding at UB, she pursued her study in MSc of organic agriculture (MOA) at WUR. Before leaving for MOA, she work for The Institute of Community Studies and Development (LPKP) as a facilitator and the manager of community technology centre for organic agriculture development. After finishing MSc at WUR, she works for UB as a lecturer and coordinator for community services at Integrated Organic Farming Systems Research Centre at the same university (IORC-UB). At the same time, before back to WUR for her PhD, she also works for World Education as a senior agricultural trainer for Timor Leste Farmer Field Schools (FFS) project.

Maria Lidón Martrat, Global Food Justice, Spain

Lidon is responsible for education campaigns of the NGO Global Food Justice, in Barcelona, Catalonia, Spain. She has a degree in political science and a master's degree in management and direction of NGO's. She has made several formations and attended congresses on education for development (education to promote critical thinking and transformative education.) Lidon has experience in international cooperation for more than 15 years, working in various NGOs coordinating projects as an expatriate in Central America and South America. Then she worked on advocacy

This event is financed by the European Union



projects here in Spain on educational policies, and now she is running an educational project in Spain with secondary schools to promote critical thinking around the global food system, starting from our concrete local reality: ALIMENTACCION. She has been working on food sovereignty for more than 6 years.

Anne-Marie Mayer, nutrition consultant, United Kingdom

Anne-Marie is a Nutrition Consultant with extensive experience on links between agriculture and nutrition, particularly in Global South. She has worked in academia, non governmental and other international organisations on research, design and documentation of programmes and policies involving nutrition. She has a PhD in International Nutrition with Epidemiology and Soil Science from Cornell University USA and a particular interest in nutritional quality of foods. She studied and taught Permaculture Design in the 1990s and applies the principles of Permaculture Design to her work in International Development.

Gisela Mir-Viader, Phoenicurus, Spain

Gisela is designer and creator of "Phoenicurus", a small-scale permaculture project in Catalonia, specialising in Mediterranean Forest Gardening, and No-Dig/Synergic Horticulture - a space for education, demonstration and experimentation. Gisela runs courses (permaculture, forest gardening design etc.); collaborates with secondary school gardens; and does land-based projects for others (one-off consultancy through to full design). Phoenicurus also participate actively in the local consumers' cooperative, Cardedeu Autosuficient (as founding members and original vegetable producers); in Cardedeu en Transició (Transition Town); in the local heritage seed-saving group Llavors Orientals (as secretaries and seed-savers); and in the former EU projects, European Permaculture Teachers and European Urban Gardens.

Barbora Trojak, Skaut, Czechia

Fair trade and responsible and sustainable consumption have been my main topics for more than 8 years. I worked for NGO NaZemi as a coordinator of volunteers in Fair Trade shops and as a coordinator of Make Fruit Fair! campaign. When I moved to Prague, I started to work for the Ecumenical Academy in the area of lobbying for fairer trade, promotion of Fair Trade and research on the role of supermarkets. From 2015, I've been in the head of Make Fruit Fair II! campaign, this time more as an external expert as I am in fact on maternity leave. I like to talk about human rights, working conditions in the Global South and about the impact of the behavior of companies and consumers.

This event is financed by the European Union



Soňa Valčíková, Kokoza, Czechia

Soňa works as organic waste and composting consultant for Kokoza. She studied sustainable development and focused her diploma research on composting toilets in Indonesia. Today, Soňa is lecturing workshops "How to build your own vermicomposter" and advising individuals, schools, companies, restaurants how to reduce their waste. KOKOZA, o.p.s is social enterprise promoting composting and urban gardening among individuals, companies and other organizations.

Filip Vrlík, Glopolis, Czechia

Food waste has been Filip's passion for years. From dumpster diving to UN negotiations he has been active in preventing agriculture's produce to go wasted. During 2016 United Nations Environment Assembly he negotiated a resolution on behalf of EU to tackle food loss and waste. In Food Rescue NGO he has been developing partnerships with companies who want to create a pleasant workplace for their employees and waste less food. Currently, he manages an international project on food waste in Glopolis.



This event is financed by the European Union

