

Session title Turning green “waste” into black gold - Learn how to Compost!				
Target Group	People from 30 to 70+ years old, from small and rural village with traditional gardening knowledge or gardening interest			
Learning objectives:	1. learn about the benefits of composting; 2. learn about different types of composting; 3. learn how to make your own garden compost			
Resources needed:	A3 posters prepared in advance, whiteboard or beamer when presenting with PPP; an already designed flyer printed out for every participant; A4 papers and colour pencils; sample material (food scraps, Branches and leaves, etc.); a car for people with less mobility to take them on the field visit			
Workshop time	~2.5 hours			
ACTIVITY	TIME	COACH	METHOD	MATERIALS
Intro to the session	5 min.	Explain the learning objectives and structure of the workshop	Presentation	Whiteboard/posters/beamer
Introduction round including ‘teachers’	5 min.	What is your name and age? Do you have a garden? (Are you new to composting?)	Circle sharing	
Getting to know each others’ garden + techniques	10 min.	- What are you cultivating? - How do you enrich your soil for the next year? - What do you do with garden left over/weeds? - What do you do with kitchen food scraps? - What do you do with fallen leaves? What alternatives can you think of to use weeds, kitchen scraps and fallen leaves?	Exchanging knowledge and brainstorming With division in groups of 3	A4 paper + color pens
Sharing findings	5 min.	Share your findings in 1-2 minutes With representative of the group	Group presentations	The same A4 paper
Introduce benefits of composting (and direct mulching) and show a bit of the ‘science’ behind it	20 min	- What is composting about? - Why would you compost? - What is needed for a good composting process? (C:N ratio, temperature, acidity, soil life, bacteria vs. fungi etc) - When is it ‘ready’?!	Presentation	Notebooks + pens
Question round	5 min.	Open the space for questions and end by handing out the info flyer on composting	Question time for participants	Whiteboard
<i>Coffee break</i>	<i>15 min</i>	<i>Tell participants how the workshop continues Before the break starts</i>	<i>Energizer</i>	<i>Lots of cookies or Self-baked cake :)</i>
Show examples of composting styles and which ones fits well to a small garden	15 min. (or extended when you don’t have the option to do a field visit)	Show some examples of composting: - hot compost - cold compost - vermicompost (worm hotel) - humanure compost - etc. And go more in depth on the ‘typical’ Small garden compost heap	Presentation with examples	Whiteboard, A3 posters or PPP and potentially sample materials for a live ‘show’
Question round	5-10 min.	Open the space for questions and end by handing out the info flyer on composting	Question time for participants	Whiteboard
Visit to a permaculture or organic garden project nearby to see its composting practice	60 min (incl. 10-15 min walk)	Explain about the cycle of cultivation, taking care of the soil richness and structure, how they compost	Guided walk with Q&A for the hosts	Only realistic when workshop is at walking distance from the farm or hosted at location
Closure	5 min.	Give a little present to the permaculture project and close by inviting the participants to a potential follow up event, a practical do-it-yourself composting workshop or anything connected to the topic		

Designed by Mali Boomkens & Renzo Avendaño

Co-funded by the
European Solidarity Corps
of the European Union

