

Design for Sustainability

Final Report GEN-Japan Gaia-Youth 2022 March



Gaia Education
Ecovillage
Design Education
Programme



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CourseOverview

Course Overview (150-300 words):

GEN-Japan Gaia Youth was successfully held from March 24th to 28th for the first time in Japan.

Now the world seems to be dominated more and more by gloomy information like the Russian military attack on Ukraine, the covid-19, and global economic uncertainty. Now faith in the future of society and in humanity itself is shaken. However, as the UNESCO constitution says, "That since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed, GEN-Japan believes, with methodology not a dream, it is possible to achieve building peaceful and regenerative societies. The participants in their 19 and 20s from all over Japan were convinced of the direction and methods, and headed off brightly towards mutual hope of practicing to create for themselves.

GEN-Japan was established and launched their networking and educational program since 2016. The office was located in the As One Suzuka Community, one of unique ecovillages of the world with 22 years experience. Through the row of five years EDE courses, GEN-Japan has successfully prepared to hold another program for younger generation. Especially the main place is Satoyama Forest, where is close to As One Community and designated as a Key Ecosystem Area by City Government.

The program is based on two pillows both of 4 dimension holistic learning and the communication of exploration, which is taking place consistently throughout the program. For regenerative communication capability is essential to become a can-do person as a change maker. Lecturers were supportive to show practical models and activities for them. Staffs were all graduates from the past GEN-Japan EDE who understood enough well to create and hold the safe platform for participants to open their heart relaxingly.





Participants (50-150 words):

Participants are from 19 to 26 years old. There are 4 men and 5 women. Students, freshmen of companies, and musician and activists. They got information from friends, web-site, online events, and study tour of As One Community. They were eager to learn how to create the regenerative community as well as the learning opportunities. They aim to become a can-do person for the next society and hope to keep in touch with us for learning and training for themselves. They are creating their networking and introducing their friends to the 2nd Gaia Youth.

Course Rhythms (50-150 words): The first day Noon Opening, Checking in, Orientation, Introduction themselves, Observation of Forest, 17:00 Bath and Break 18:00 Dinner, 19:30 WS of Communication of Exploration, 21:30 Reflection and Exchange

The second to the forth day 6:00 waking up and walking, observation at Forest, 7:00 Breakfast, 8:30 WS or Lecture or Explorative communication 10:00 Reflection 10:15 Break, 10:30 WS or Lecture or Explorative communication, 12:00 Lunch and Rest, 13:30 WS or Lecture or Explorative communication, 15:00Reflection, 15:15 Break, 15:30 WS or Lecture or Explorative communication, 17:00 Bath and Rest, 18:00 Evening dinner, 19:30 Communication of Exploration, 21:30 Reflection and Exchange

The fifth day: 6:00 waking up and walking, observation and working at Forest or Green park, 7:00 Breakfast, 8:30 Tea Ceremony 10:00 Presentation of each "whole design" to create communities. 11:30 Evaluation and Reflection, 12:00 Lunch, 13:00 Reflection of Learning and Living, 15:00 Diploma, 15:30 Final Report and Survey, 16:00 Departure

Highlights & challenges of each dimension

Social Dimension(150-250 words)

What happened in this dimension? What were the highlights? What subjects were covered? 1-2 participant quotes from the Gaia Education Evaluations or other sources. A sentence on each core faculty/facilitator.







The social dimension was the core of GEN-Japan's program. At first, through the NVC cards activity by Ms. Misako Nakajima, we noticed how violence is hidden in our everyday conversation unconsciously.

Another method is the communication of exploration. After self-introduction by social activities games by prof. Shinichi Komori, we had time to communicate how to have true reliable dialog and conversation. It was intensive time to explore observing inside; how to have true reliable communication from each true heart by Ms. Hiroko Katayama. The first theme was "How is Heart to Heart Communication", the second was "What prevents me from having a heart –to-heart Communication.", the third was "What is a explorative conversation that respect each person?, "the last one was "What is explorative communication for creating regenerative societies?

And Finally Mr. Masashi Ono from As One Network ScienZ Institute gave the theoretical lecture with the real story of model community building.

From a quote

On the first night, I was anxious about telling my honest feelings and thoughts to everyone. But after I told my anxiousness, somehow it became easier to show my true self. I think that this change is not caused by my own but it happened with every verbal and nonverbal continuous communication with each other.

Economic Dimension (150-250 words)



In the economic section, we had two practical examples. One is according to the example of Isumi city in Chiba near Tokyo. Mr. Nao Suzuki showed its works of Transition Town activities, we learned how the local economy works through the action of community currency.

Another one was the As One community's economy. Their farming and food processing (Suzuka Farm Co.Ltd. and Lunch Box producing and delivering company) make local economy stable. They support local food cycling system and trusted by local companies and people. Their food productions are well popular among people. At the same time it is a Key income of the community. Based on the explorative communication they had vivid and safe atmosphere among them at the workplace: which support mistakes and weakness, maximize each one's individual potential. They encourage and empowers together at their best. At the same time, based on the income, they have tried to build an innovative economy within inner economy; like a big family or we can say a kind of share economy.







Some quotes;

I thought the system of Isumi city brings out human resources which are sometimes buried under the huge global economy

At the As One Community, when I listend to their introduction of the whole system design of community economy and living, I felt like a dream and could not grasp the reality at all. But getting along the tour guide, I felt so excited, it is like my pure dream from childhood. Recently I gave up thinking about the possibilities of such challenge. If we can have a good relationship like a family with warm hearts, we may create and realize this kind of economy: economy for human happiness.

Ecological Dimension (150-250 words)

In the ecology dimension, we learned how to preserve nature with sustainable harmony. Through Chouji Suzuki taught us the practice of making "Earth hole" (digging a hole into the ground to make better air circulation in the ground), and building little dams under a weak tree (the dams collect water drops and make dry soil into wet soil). Another model is the community design of As One Community. About 150 people live and work within a one kilometer square. And from agriculture to food producing they had cyclic way with no waste. Energy consumption is about half that of the average Japanese household.



I was found that we have lots of nature even if it is in the city. We got practical tips to sustain the nature from the perspective of supporting natural power instead of forcing nature to be what human wants.





I could learn the community total design is very important for global warming problem. I learned that living within walking distance, creating jobs with friends, and thus avoiding food loss, energy loss, and giving solutions to environmental problems.

Worldview Dimension(150-250 words)



The essence of these 5 days was that the young generation could find out true himself and true bonding with others who are going to create a new society by Scienz method. We started from the world view section, and learned the holistic perspective to know how we're inseparable to each other and why it is important to communicate with a true heart. They found that it is essential to fulfill peaceful natural condition with no anxiety. If there is any fear or anxiety in the bottom of heart, it will cause misleading our intelligence. We need to get to study and learn about true essence of human beings.

Prof. Shinichi Komori gave lectures and guided us to have time for the self exploration at the forest.

From a quote

My next step is to listen to my soul and live honestly in it.

It is to free from the restriction of my own mind. I myself am covered with lots of "Should" and "Must". Those ways of thinking often disturb my free communication with people around. That is how I feel now after spending five days with everyone at Gaia Youth.

Design Dimension (150-200 words)

The design section was one of the most impressive parts that we physically experienced how the community works through the tour at SuzukaAs One community, having conversations with community members. I could see the bonds between community members as a big family and how they support each other with continuous respectful dialog across the generation.







At the end of the whole program, we gave our presentations individually, the theme was "How do I want to take the next step". During each presentation, I felt that each member was trying to withdraw their true feeling not just the surface and at the same time everyone was trying to listen to them without any bias.



Lessons Learned (50-300 words)

This time was the first challenge and so our experience became a practical reference for the next steps. First I can say that team building is essential for the safe implementation. All staffs are new for the programe. The place and contents to learn were new. However we could have enough time of team communication before the program started. Through the preparation and conversation, I have been getting to know each personality. One of them have a slightly biased way of thinking. He seemed to need more experience than other persons. He tended to make mistakes carelessly because of his lack of concentration. I asked core members to cover him. I made a new role for him to work easily. He could experience to work with other staffs in the process. On 25th march, the second day, we faced unexpected coldness at Satoyama Forest. In such case we needed to change the program schedule quickly watching the participants' health condition. Some of them needed the warmth. Staff members supported to change the schedule comfortably and safely for participants.

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financial information showing income/expenditure.

Total Income 880 thousand yen: (58 thousand yen/a person ×9 participants + Donation 30 thousand.yen)

<u>Total Expenditure 870 thousand yen: Accommodation for participants: 450 thousand yen : Lecturer' transportation fee: 103 thousand yen, Personnel expences: 250 thousand yen, Insurance fee for participants and staff: 44 thousand yen, Rental expences: 23 thousand yen</u>

Total Balance: 10 thousand yen

Participant Quotes

[Miri Okonogi(21), Kanagawa]

My next step is to listen to my soul and live honestly in it.

It is to free from the restriction of my own mind. That is how I feel now after spending five days with everyone at Gaia Youth.

My original reason for participating in this program was to learn how to create my ideal society.

The society I want to create is a society where everyone can be themselves, be who they are, and support each other, a society that seems chaos but warmhearted.

There is mutual acceptance and respect for each other's personalities.

There is no power of someone trying to hold someone down.

It is a society where people can do what they want to do freely and warmly.

I would like to create a place where people from children to grandparents, and

people with and without disabilities, can connect with each other beyond the fiction of their various attributes, aiming for such a society.

I came here with great enthusiasm like "I want to create such a place!" But now that I have spent five days here, I feel it is important for me to talk to myself and respect myself.

I am surprised that the feelings that have emerged which I'd never anticipated five days ago.

But I am sure that as I live my life as my heart moves like riding upon the wind, the people around me and society itself will become more diverse and more kind.

And I was very happy that I could think like this and tell these feelingsto everyone naturally, and it warmed my heart to see everyone sharing their thoughts and feelings in the jumbled and gentle atmosphere.

Each one of us is a tiny little ant, but I hope we can connect with each other and create a wonderful society together, thank you ③.

(she gave us permission to open for public)

MizukiSasamori(24), Kanagawa

<My dream>

To create a society where everyone can live happily with a rich heart.









< What does it mean "rich heart"?>

- The heart is full. The heart is liberated and melted.
- Feeling safe and relieved. Being who they are.
- Consist of love. No pretense, just as it is.
- Free and feeling relaxed, doing what they want. Sharing, not owning.

<How to realize my dream>

By creating a place where people can feel safe, release their minds, and empower them to take a step forward. By creating a placewhere you can connect with yourself, your friends, and nature, from the bottom of your heart.

- Camp-style events...melting everyone's heart through self-introspection, self-disclosure, PA, dialogue, music, dance, and activities in nature.
- Community building...not a temporary event like a camp, but a place where people can always feel safe and content in their daily lives.
- <Why these ways?> I love to share the time with my friends and live each moment to the fullest. I want to melt my heart with everyone.
- <What kind of person I want to be>
- A person who can embrace everything.
- A person who can melt everyone's heart.
- A person who lives life to the fullest and shines brightly.

<My next step>

- 1. To become purer...realizing and removing biased views from myself.
- 2. To put myself in a place where I feel comfortable... The environment has a great influence on a person. I want to be in a place where I could love myself when I am there.
- 3. To keep challenging. But don't overdo it.

With a wish from the bottom of my heart.

(she gave us permission to open for public)

[Tamaki Furukawa(20), Osaka]

What part of myself will I encounter while participating in Gaia Youth? The me who wants to know more about present myself. The me who wants to accept and love present myself honestly. I want everyone to hear such myself and see myself together among them. I would like to meet who I am through interactions with others. What is my true wish? I wonder what happens when I relax and entrust myself to my honest thoughts and wishes. I would like to entrust myself to the thoughts and wishes of my friends with relief. What kind of wishes will spring up in me? I want to listen to the wishes of each of my friends. What is your true and real wish behind your words and actions? I want to look at them together, with you. What feelings will spring up in me when I touch your wish?



How would I like to connect with each and every one of accompanies here today? What kind of society do we want to create with accompanies who will join us in the future? I would like to keep our bonds to talk with





anyone, anytime, anywhere, with reliving from the bottoms of our hearts. I would like to create a society where we can care for each other's thoughts and wishes. I would like to walk together toward the days (society) I wish for in the future. The me who I met this time. The me I am here now. There're uncountable people within me. As we talk, I also melt into everyone. There are no boundaries, no I and no you. As it spreads, I wonder if it will become a society.

How much impact will one person's change have?

What kind of society will our changes create?

What kind of world will the next accompanies' changes create?

(she gave us permission to open for public)

[Mayuka Momokita(23), Saitama]

"To connect, to be connected, goes around, comes around, to connect, to be connected."

Ever since I was a child, I have been asking in the corner of my mindhow wars can be eliminated and how everyone can live happily, peacefully, and contentedly. As I grew older, I thought that if I gained knowledge and learned the causes of the misery in the world, I would be closer to the world I wanted. But it didn't work out that way, and I was living in a worldview that was half like resignation: "This is how human beings are," "Impurity is part of humanity," and "Wars will never disappear (so at least I want to be the one to heal them)." But after being touched by the warmth of the people gathered here



over the past five days, the warmth from the bottom of my heart, I began to think like this, "Maybe human beings are warmer than I thought and have more peaceful power lying dormant." Peace, which I had almost given up on, may truly, truly exist. There was a ray of hope.

The time is about to move. My life has begun to move, too.

I want to become a person who can look at the purity that lies deep within people with a purer self. I want to light a lamp of peace in my heart, both for myself and for those around me. A gentle wind is blowing. Step by step, we are moving closer to a peaceful world. I am happy to feel it and to have friends who feel it together.

Now, I feel elation and anticipation for the unknown world, but Ialso have a fear to jump into it. But I think I'll be okay. A gentle wind is blowing. I want to live in connection with people, nature, spirits, and everything that makes me who I am today. I want to live my life, sharing happiness and joy together. Maybe it will be all right. It will be all right.

(she gave us permission to open for public)

The New song was born among us. https://www.youtube.com/watch?v=0Scw8SRLcsY