



PR1 Inspirational package

Diesis Network

Inspiring Entrepreneurial Journeys:
Empowering Stories and Support
Programs



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Asociația Moara de Hârtie (The Paper Mill Association)



Country	Romania
Region	Sud-Muntenia
Rural or urban area	Rural
Start Date	<p>2009 - The Paper Mill Association</p> <p>2011 – Book-related Crafts Workshop-Museum</p> <p>2014 – The Comana Crafts Village / Satul Meșteșugurilor</p> <p>2020 – The Mill Hill Kitchen / Bucătăria Dealul Morii</p>
Sector of activity	Sustainable community development through cultural heritage valorisation
General description of the activity	<p>The Paper Mill Association runs several activities for the sustainable development of the Comana community (Giurgiu county, very close to Bucharest) through cultural heritage valorisation. The association's mission is to be a focal point of synergy between people, crafts, and art by 1) offering a direct experience through the Comana Paper Mill and Crafts Village Complex that is open to visitors every weekend. from April to October, 2) education and training in the form of practical workshops with children and adults on topics related to creativity and crafts offered throughout the whole year and 3) manufacturing handmade objects in the spirit of the old crafts conceived to be relevant and appreciated in the 21st century.</p> <p>For the activities mentioned above, the Paper Mill Association employs 16 people from Comana. The association is managed by a young couple that built the whole ensemble from scratch.</p> <p>The Crafts Village Complex consists of 10 creative workshops based on old crafts that used to be practised in the traditional Romanian village: weaving at the handloom reed mace processing, blacksmith pottery and ceramics, traditional woodwork kitchen, traditional mill, and bakery, as well as book-related crafts, handmade paper, letterpress printing and bookbinding.</p> <p>In 2011, the Paper Mill Association inaugurated a small Workshop-Museum, a place unique in Romania, dedicated to old book-related crafts. More than 30.000 children and adults visited the Workshop Museum and participated in educational and creative workshops on handmade paper, letterpress printing and bookbinding. Remarking on the enthusiasm of children and adults in direct contact with activities inspired by old crafts in 2014, the Paper Mill Association decided to open a new way and build in Comana, a small village dedicated to traditional Romanian crafts. In 2020, the association started up and authorised the Dealul Morii Kitchen as a social enterprise and equipped it with new equipment to function and be helpful to the</p>

community. The Kitchen offers free of charge meals to vulnerable families in the community and catering services to paying customers.

Services and products

The Paper Mill Association offers various services and products. all created in their different areas of activity. To preserve children's enthusiasm for learning, 12 practical workshops are organized surcharge in the Paper Mill Ensemble - Crafts Village:

1. The handmade paper workshop - where children discover how paper was made at the mill for hundreds of years and make their own sheet of paper by hand.
2. The manual printing workshop – where children learn interesting information about letterpress printing in Europe and Romania and will print a memory for themselves.
3. The bookbinding workshop – where participants can find out interesting information about the structure of a book and will create their own notebook.
4. The coin minting workshop – offers children the opportunity to mint their own coin but also, to find out information about coins and the field of numismatic.
5. The warp weaving workshop – where children get closer to the ancient craft of warp weaving and get change to create an object on their own.
6. The sewing workshop – provides children information about the traditional Romanian stitches and allows them to partake in such an activity.
7. The rush dolls workshop – where children discover how people lived in ancient times and how they used the surrounding plants, and they will make they own rush doll.
8. The rush weaving workshop – provides children with the opportunity to see how mats are woven at the rush weaving war and to also weave a mini-mat.
9. The ceramic modelling workshop – where children could express themselves through art and take home their own creation.
10. The ceramic painting workshop – where children learn the story of ceramic objects and could personalize them by painting them with traditional motifs.
11. The woodworking workshop - proposes a space where children have the chance to listen to and share stories about nature and wood and are invited to create a wooden object by themselves or in a team.
12. The milling workshop – offers the opportunity for the children to be closer to the world of cereals in a friendly. playful. but at the same time educational foray.

Both adults and children can visit the Paper Mill Workshop-Museum. which houses the largest collection of historical printing and bookbinding equipment in Romania. Depending on the schedule of the association's team. visitors can also participate in interactive demonstrations of handmade paper, rush dolls, ceramics, coining and woodworking. Visitors can also dine at the Dealul Morii Kitchen or organize various events surcharge.

Green skills and Competencies

The Paper Mill Association through its activities in cultural heritage and community development employs various green skills aimed to develop and support a sustainable and resource-efficient society.

The generic green skills used are:

- Quantification and monitoring (waste, energy, water)
- Management systems (waste, energy, water)
- Procurement and selection
- Material use and impact quantification
- Impact and use minimization
- Impact assessment
- Risk management

Based on the Greencomp the competencies required are:

- Valuing sustainability
- Supporting fairness
- Promoting nature
- Problem framing
- Collective action

Trends and Potential Benefits

The activity of the Paper Mill Association can be regarded as green entrepreneurship both from the output perspective (through the products and services offered) and from the process perspective. related to its economic activity.

The Paper Mill Association provides green and environmentally friendly products and services (products in the workshops, the natural ingredients food in the Kitchen etc.). Also, the Association provides its products and services of preserving cultural heritage through an environmentally friendly process and with the help of clean technologies (the ancient technologies used in the workshops).

The social purpose of the activities makes the Paper Mill Association a green social enterprise, in which the managers have wider motivations than just launching eco-friendly products and services for a niche market, but also aim to promote social change so that the environment is not harmed.

How the Good Practice could be used/ transferred

The Paper Mill Association illustrates several of the characteristics of a sound green social business, that addressed both environmental and social issues. by:

- Incorporating principles of sustainability into its business decisions and actively monitoring them.
- Offering a fair wage to its employees (most of them vulnerable persons from the community) for the work they do.



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- Maximizing the social benefits of the business (by employing marginalized groups, by offering part of the services and products free of charge, by activating the community resources).
- Suppling environmentally friendly local products and services.

Website

<https://www.moaradehartie.ro/en/>

Mihai Eminescu Trust Foundation (The Whole Village Project)



Country	Romania
Region	Transylvania
Rural or urban area	Rural
Start Date	2000 - Mihai Eminescu Trust Foundation & the Whole Village Project
Sector of activity	Sustainable community development through cultural and natural heritage valorisation.
General description of the activity	<p>The Mihai Eminescu Trust Foundation (MET) runs the Whole Village Project, which was built on three pillars: community development, cultural and natural heritage and growth of the local community. The community development pillar includes community projects aimed at the common good, in areas such as the rehabilitation and improvement of public spaces and public utility objectives. One of MET's selection criteria for these projects is the support and contribution of local actors for the benefit of the whole community. Individual initiatives are also supported, in the sense that they perform rehabilitation works, and MET contributes with the necessary materials, and thus strengthening the responsibility of locals for heritage. The cultural and natural heritage is highlighted by addressing both the civil and the religious heritage of the communities where MET activates, by implementing environmental projects and by works of reconverting of civil patrimony. The civil heritage refers to the houses of the locals, which are important for the development of the community in the future. The religious heritage refers to the restoration of places of worship, parish houses, churches and fortification walls. Also, restoration and functionalization of household annexes (sheds) – is a distinct category from that of "housing", due to its special architectural value and their importance in the traditional household as a whole. Environmental projects usually aim to the protection of the natural heritage, the conservation of the cultural landscape, with a significant impact on local communities, the local economy and the academic environment. Finally, the reconversion of civil patrimony includes restoration and arrangement projects of the MET offices in Sibiu, Sighișoara, Viscri and Florești. Through its entire activity, MET seeks to create opportunities for the development of the local economy, by developing responsible cultural tourism and supporting local entrepreneurs. The first category includes projects focused on promoting responsible tourism and arranging traditional guest houses. The tourism activity is based on local agricultural products, improves the quality of life of the locals and maintains the authenticity of the cultural landscape. Local entrepreneurs benefit of support for the establishment, authorization, endowment, arrangement, operation and promotion of small businesses, in order to improve agricultural and craft activities.</p>

These activities are organized in a nested framework that includes two social enterprises (Experience Transylvania and ProMET) and individual entrepreneurial initiatives of responsible tourism developed by locals with MET's support.

Experience Transylvania and ProMET (The Mălâncrav Orchard) are limited liability companies that belong to the MET foundation, which were set up so that the resulting profit could be used as co-financing for the projects that the MET team manages to attract through various national and international programs.

Experience Transylvania is a social business that offers tourists the chance to help maintain a traditional lifestyle that is in danger of perishing, but which also contributes to the well-being of the community and the development of the local economy. The enterprise coordinates a network of houses in seven villages in Transylvania: Alma Vii, Biertan, Criț, Florești, Mălâncrav, Viscri, but also in Maramureș and Câmpulung. These old houses in the villages were restored by MET craftsmen and they are an example for the villagers who want to open their houses for guests. The traditional guest houses are managed by families from villages who have participated in training courses in this field of activity.

ProMET (The Mălâncrav Orchard) is the first ecologically certified orchard in Romania, being proud of its unique resources: over 215 species of plants, 100 species of birds and 30 species of mammals. The orchard, in which old varieties of apple trees, pear trees, plum trees and walnut trees grow, has 108 hectares and dates from the 15th century. The orchard was abandoned after 1990, reaching the brink of extinction. MET rented the entire area of the orchard from the State Domains Agency, rebuilt the collection of fruit trees and rehabilitated its administrative building. An ecological technology of tree cultivation and fruit processing was introduced, the orchard obtaining ecological certification.

Besides the coordinated efforts of the two social enterprises, MET encourages and supports locals to open or manage a guest house. In each village, they encourage locals to open or manage a guest house and to highlight what they already have: a traditional house inherited from their grandparents, a consolidated and closed barn, former stables or even the house in which they live, where they can offer rooms for rent. It is a business that the locals can develop with their own family all year round or only during the summer months. Renovation work on the house, stable or barn must be done with traditional materials. It doesn't matter if the walls are not perfectly straight, if the beams are smoked or the floor is not polished. For tourists it is more important to feel the history and personality of the house, the warm, human atmosphere.

Services and products

In a nutshell, the main activities developed by MET in the framework of the Whole Village project can be summarized as follows:

- Involvement, revitalization, and consolidation of the community through meetings with locals, strategic planning, individual counselling, professional qualifications for locals, personal development courses, support of local initiatives,

volunteer actions, educational workshops, empowerment of vulnerable groups.

- Rehabilitation, restoration and revitalization of cultural heritage: houses, household buildings, public buildings, places of worship, fortified churches, crafts, traditions and customs, traditional techniques and practices.
- Protecting the environment: non-formal ecological education, green actions, planting on degraded lands.
- Supporting agriculture: maintaining traditional agricultural techniques, promoting agricultural products, maintaining traditional varieties, establishing school orchards.
- Supporting craftsmen: encouraging local / social entrepreneurship, supporting small rural enterprises, setting up social enterprises, creating opportunities for business development.
- Developing sustainable and responsible cultural tourism, by promoting the cultural and natural heritage, traditional guest houses, ecological products and the unique experience of the authentic country lifestyle, cultural events, traditional local gastronomy, hiking trails.

Green skills and Competencies

The Mihai Eminescu Trust Foundation, through its activities in the area of cultural heritage and community development employs various green skills aimed to develop and support a sustainable and resource-efficient society.

The generic green skills used are:

- Quantification and monitoring (waste, energy, water)
- Management systems (waste, energy, water)
- Procurement and selection
- Material use and impact quantification
- Impact and use minimization
- Impact assessment
- Risk management

Based on the Greencomp the competencies required are:

- Supporting fairness
- Promoting nature
- Problem framing
- Collective action

Trends and Potential Benefits

The innovative character of The Whole Village concept is given by the integrated and multidisciplinary approach. The projects implemented by MET integrate cultural heritage and landscape, entrepreneurship based on local crafts, traditional and organic agriculture, environmental protection, education of adults and children, local know-how and practices. The transdisciplinary approach generates an improved quality of life, ownership and responsibility for heritage

protection, stronger local capacity in project management and more local jobs. The impact is the revitalization of village communities and their sustainable development through tangible and intangible heritage protection. The activity of the MET Foundation can be regarded as green entrepreneurship both from the output perspective (through the products and services offered) and from the process perspective, related to its economic activity.

The MET Foundation provides green and environmentally friendly products and services (responsible tourism, ecological products of the orchard, supporting local entrepreneurship). Also, the MET provides its products and services of preserving cultural heritage through an environmentally friendly process and with the help of clean technologies (the production activities valorizing the orchard's products, the renovation activities using traditional and natural materials only etc.).

The social purpose of the activities includes the MET Foundation among the green social enterprises, in which the managers have wider motivations than just launching eco-friendly products and services for a niche market, but also aim to promote social change so that the environment is not harmed.

How the Good Practice could be used/ transferred

These social businesses managed by MET offer tourists the chance to help maintain a traditional lifestyle that is in danger of perishing, but which also contributes to the well-being of the community and the development of the local economy. Responsible cultural tourism helps the inhabitants of a village to highlight the cultural, material and intangible heritage existing in their locality. When tourists book a house, buy local products or try the local gastronomy, they support the authenticity of Transylvania, whose inhabitants continue to live as they have always done. Tourists who arrive at the Foundation's guest houses are guided to craftsmen, carters, bakers, bricklayers or blacksmiths from the village who offer them pleasant traditional experiences and different ways of spending time. In addition, the orchard provides the villagers with permanent or seasonal jobs. The orchard hosts a plant nursery with old Transylvanian varieties of fruit trees, which are on the verge of extinction, providing a base of seedlings and grafts for farmers and contributing to the support of traditional agriculture. The MET Foundation illustrates several of the characteristics of a sound green social business, that addressed both environmental and social issues, by:

- Incorporating principles of sustainability into its business decisions and actively monitoring them.
- Maximizing the social benefits of the business (by employing marginalized groups, by offering part of the services and products free of charge, by activating the community resources).
- Supplying environmentally friendly local products and services.
- Helping communities to become more sustainable.
- Making efforts to reduce resource use.
- Making an enduring commitment to environmental principles in its business operations.

<https://www.mihaeminescutrust.ro/en/the-village-on-its-own/>

Radanska ruza



Country	Serbia
Region	Jablanica District
Rural or urban area	Rural area
Start Date	17/11/2015
Sector of activity	Agriculture
General description of the activity	<p>A social enterprise that employs elderly and long-term unemployed women, single mothers and women with special needs from the rural parts of Lebane municipality.</p> <p>Green dimension of this social enterprise is reflected through organic production of raw - fruits and vegetables and production of final products in traditional way - by humans, without machines.</p>
Services and products	Radanska Ruza produces premium traditional Serbian food such as jams made from local fruits and vegetables.
Green skills and Competencies	<p>The skills necessary to operate these activities are mainly related to the skills for organic agriculture such as:</p> <p>business planning/model and strategic management, including skills in mitigation and adaptation to climate change, water management, and soil nutrients;</p> <p>bioeconomy–technical skills including livestock efficiency, management and biosecurity.</p> <p>Based on the Greencomp the competencies required are:</p> <ul style="list-style-type: none"> - Supporting fairness - Promoting nature - Problem framing - Collective action
Trends and Potential Benefits	Radanska ruza is good example of gathering together and support women in small rural area through economic activity and production of high-quality products from local fields in organic ways.
How the Good Practice could be used/ transferred	Multiplication of approach in different rural areas with similar needs and characteristic.
Website	www.radanskaruza.rs

Ethno Network



Country	Serbia
Region	National level
Rural or urban area	Rural areas
Start Date	May 2015
Sector of activity	Production of handicrafts using traditional techniques.
General description of the activity	<p>Ethno Network is an umbrella association of artisans from all over Serbia organized in craft associations and cooperatives engaged in the production of handicrafts using traditional techniques.</p> <p>Ethno Network advocates for the economic and social affirmation of the handicraft producers and implements measures by which traditional heritage is used as an important element of local development and employment.</p>
Services and products	Training and economic empowerment of women and young people for the market production of handicrafts.
Green skills and Competencies	<p>Based on the description of the programme, it is possible that the training supported the development of:</p> <ul style="list-style-type: none"> - Valuing sustainability - Critical thinking - Problem framing - Collective action - Individual initiative
Trends and Potential Benefits	Approach to preserve the tradition of Serbia and creating a source of income for women and young people from rural areas who produce traditional handicrafts.
How the Good Practice could be used/ transferred	Multiplication of approach of networking, education and advocacy for different production of traditional product and services.
Website	http://etnomreza.rs/

Women Association of Rural Larnaca



Country	Cyprus
Region	Larnaca
Rural or urban area	Rural
Start Date	2004
Sector of activity	Rural women social and economic empowerment
General description of the activity	<p>The Larnaca Rural Women's Association is a Non-Governmental Organization (NGO) founded in October 2004 by a small group of 22 women and today it counts more than 400 women members from 19 communities of Larnaca's mountain and semi-mountainous areas. It is located in a restored building with educational rooms, an event hall, and an occasional showroom where Local Traditional Products from different producers are sold. The location of the association is strategic, as it gives the visitor the chance to explore agrotourism and alternative activities, to know the local traditional culture and connect with nature. The Association is in close collaboration with various institutions, such as local communities, the Department of Agriculture and the Tourism Development and Promotion Agency of Larnaca.</p>
Services and products	<p>The Association has a multifaceted action and extends its involvement at local, national, and European levels by undertaking initiatives and creating opportunities for cooperation with EU organizations that share a common vision and goals. Among these goals, is the empowerment of women, the promotion of equal opportunities for all genders, the creation of more employment positions with better terms of employment, and the promotion of a healthy combination of family and professional life for women. The main aim of the female-run association is to promote entrepreneurship among its members and to seek and find new labor markets to support rural women's occupations. A different facet involves the preservation of Cypriot traditions and traditional authentic products through events, workshops, exhibitions, festivals, and seminars. Moreover, the association organizes field trips for rural women entrepreneurs as opportunities for networking, education and entertainment.</p>
Green skills and Competencies	<p>Based on the description of the programme, it is possible that the training supported the development of:</p> <ul style="list-style-type: none"> - Valuing sustainability - Promoting nature - Critical and system thinking - Problem framing - Collective action
Trends and Potential Benefits	<p>The association shows how women can create synergies and empower one another. The fact that their services expand beyond the economic empowerment of women residing in rural</p>

**How the Good Practice could be
used/ transferred**

Website

communities to their social empowerment and re-motivation is a great model for transference and adaptation in other local contexts. This practice can be an example of how women can get together and create associations and synergies to empower one another while promoting the tangible and intangible cultural heritage of their communities.

<http://warl.eu/page.php?id=183&lng=>



Idaliades

Country	Cyprus
Region	Larnaca
Rural or urban area	Rural
Start Date	2015
Sector of activity	Rural women social and economic empowerment
General description of the activity	Idaliades is a women's association funded solely by senior women residing in the area of Dali, a village in the city of Larnaca. The association started with approximately 7-8 members and today is an open space for entertainment, collaboration and creation of any rural woman who seeks to find a dynamic community of empowerment. The services and products that these women create are sustainable, mainly done with upcycling techniques. Moreover, they create traditional food and beverage products, using only fresh produce from small local producers.
Services and products	These women get together and create traditional products, mainly handicrafts but also food and beverage products. They have an open cultural events space where they exhibit and sell their creations and organize various traditional dance/music/theater performances. Recently they have received funding from the Deputy Ministry of Tourism under the Subsidy scheme for visitable handicraft and enogastronomy workshops. Apart from their entrepreneurial initiatives, these women have managed to create a safe space for all rural women who wish to get out of isolation and be a part of a supportive community of empowerment. The Idaliades group has organized many volunteering initiatives in the past, among others being the preparation of traditional food for children and families that either cannot afford it or do not have a close family member that could prepare these meals.
Green skills and Competencies	Based on the Greencomp the competencies required are: <ul style="list-style-type: none"> - Valuing sustainability - Supporting fairness - System thinking - Collective action
Trends and Potential Benefits	<ul style="list-style-type: none"> - Conservation, preservation, and creation of cultural heritage products while using sustainable techniques. - Creation of a community that uplifts and empowers women, urging them to come out of isolation and enhance their skills. - Volunteering practices: a main objective of the association is giving back to their community. This is done through free workshops and food distribution.
How the Good Practice could be used/ transferred	The association is an excellent example of rural senior women who took initiative and managed to create a group that supports the community, other women and is respectful to the environment.
Website	https://www.facebook.com/idaliades/

EKO Farm Brinjevka



Country	Slovenia
Region	Obalno-kraška (NUTS-3)
Rural or urban area	Rural
Start Date	Established in 2012, started on 27. 9. 2013
Sector of activity	Agriculture, marketing and trade, and hospitality service
General description of the activity	<p>Eco Farm Brinjevka (Eko Kmetija Brinjevka) is the social enterprise runs by a woman (women). It is an organic farm specialized in a seasonal vegetable production, registered as a social enterprise, and working with vulnerable groups, including women, who are involved in the work.</p> <p>The extension of this social enterprise is the employment centre Bodika, which owns a store where they sell what the farm produces and a bar at the Sežana Administrative Unit, where women from vulnerable groups are employed.</p>
Services and products	Eco farm vegetable products, short supply chain and sell of products and a bar/restaurant.
Green skills and Competencies	Social entrepreneurship, green skills and business plan development with rising funds and risk management for green transition related to social enterprises.
Trends and Potential Benefits	<p>Farm is located in remote area. As there is no polluted industry, seasonal vegetables are produced in a healthy and environmentally friendly way. The eco farm aims at sustainable development in sensitive karst environment.</p> <p>Employment of vulnerable people and women leadership. Cross-sectoral integration between eco farming, short supply chain, and hospitality industry.</p>
How the Good Practice could be used/ transferred	Green social entrepreneurship and experiences in job creation for difficulty employee persons and promotion of ecological production and healthy style of life.
Website	https://brinjevka.si/



Dobrina cooperative

Country	Slovenia
Region	Podravska (NUTS-3)
Rural or urban area	Rural
Start Date	28. 10. 2011
Sector of activity	Agricultural service cooperative: Marketing and trade, services and rural development
General description of the activity	Dobrina cooperative (social enterprise) can be an example of good practice that includes women in the countryside, especially in preparing farm catering and delicacies that only these women know and prepare. In this way, they are integrated into society - they introduce themselves at catering events, serve food, come to regular meetings of the cooperative, participate in events, and similar. It is also about women who work on farms all year round and rarely leave the house. In this way, they can expand their social network, the possibility of sales/marketing, socialise and strengthen their self-confidence. Most of them are unaware of the importance and excellence of the cuisine they know how to prepare. From the point of view of marketing in the local environment and using local raw materials, the story is sustainable, green and socially responsible
Services and products	Marketing with agricultural inputs and particularly farm products and services and rural development.
Green skills and Competencies	Business plan development with rising funds and risk management for green transition related to social enterprises.
Trends and Potential Benefits	Marketing and networking in rural areas, and strengthening capacity building and raising awareness on importance of self-confidence of rural women.
How the Good Practice could be used/ transferred	Experiences in the setting-up and its ability of survival (its sustainability) can be of relevance to other, which can be transferrable.
Website	https://www.zadrugadobrina.si/



Thesaret e Shijeve të Përmetit (Permeti's Yummy Treasures)

Country	Albania
Region	Gjirokaštër Region
Rural or urban area	Përmet (urban and rural areas)
Start Date	16/06/2021
Sector of activity	Agribusiness: Traditional food exhibitor-shop made by women
General description of the activity	<p>Përmeti's Yummy Treasures is an exhibitor-shop that offers customers traditional food products.</p> <p>The mission of this exhibitor-shop is to offer our customers the traditional, delicious, healthy, and organic products of the inhabitants of Përmet, aiming not only to get acquainted with local culture and gastronomy but also to generate financial income for local families. Desiring to fulfil its mission, the exhibitor-shop will offer all visitors the opportunity to take part in Permet with themselves, sit down and enjoy the extraordinary products of this area, and buy them as well.</p> <p>Përmeti's Yummy Treasures vision is to turn into a promotion mechanism for Përmet's eno-gastronomy.</p> <p>Përmeti's Yummy Treasures positively impacts the environment because it offers products that are marketed in respect of the environment, nature, human health, and animal welfare.</p> <p>Sustainable living: Reducing energy support is better for the planet and preserves our natural resources. Recycling waste from fruits and vegetables into fertilizer and humus for plants will protect the planet from waste.</p> <p>Healthier feeding choices: All vegetables are carefully selected and organic, which means they are not treated with pesticides and chemicals, and for other products made by homemakers, all are made without conservative.</p> <p>In addition, the material used for the decoration of the exhibitor shop is made of wood, while paper and glass vases are used for packaging and stamping.</p>
Services and products	<p>Përmeti's Yummy Treasures operates through two main components:</p> <p>First, Përmeti's Yummy Treasures offers 100% organic products, ranging foods such as gliko (traditional jam of the area), other jams, raki (brandy) and wine from Përmet. It also offers fast food cooked by Permet housewives, such as homemade bread. As a complement to this variety of products, it provides the service of supplying restaurants, hotels, and other accommodation facilities, as the main engine of economic development of the area is tourism. The shop exhibitor belongs to the service sector in the field of eno-gastronomy, as it offers products and local food. Second, considering the distribution channels, Përmeti's Yummy Treasures sells its products in three main ways:</p>

- through the exhibitor shop, passers-by can buy and enjoy these products.
- through distribution in restaurants, hotels, and other reception facilities.
- Through online sales using social networks such as Facebook and Instagram.

Green skills and Competencies

The skills necessary to operate this initiative are mainly related to the skills of the local producers for traditional food production, consisting of cooking and processing skills. Still, they are also associated with the cultivation, harvesting and processing skills regarding agricultural products. Some processes are implemented using traditional skills that are transmitted through generations.

Based on the Greencomp, the competencies required are:

- Supporting fairness
- Promoting nature
- Problem framing

Trends and Potential Benefits

Furthermore, the positive impact and benefits are seen in the following:

1. Job creation, especially for the category of vulnerable groups. There are two women employed.
2. Establishment and consolidation of relations with suppliers and strengthening of this network with 28 local business suppliers, i.e. farmers, producers and cultivators in the surrounding areas
3. Improving living conditions, reducing the migration of the population from rural to urban areas, and improving the self-confidence of producers on local farms.
4. Partnerships established with guesthouses and restaurants in the area to promote local products and traditions. There have been four partnerships created so far.

How the Good Practice could be used/ transferred

First, it offers products and foods prepared only from fruits and vegetables of the area grown naturally without any pesticide or preservative, but only from organic products, which directly improve individual health through a healthy diet.

Second, the staff serves every customer quickly, professionally, and politely. They receive all possible hospitality and courtesy from the dedicated team, always devoted to being valuable and making them feel like they are friends in the Permet family.

As the first example of this kind of business, this business has helped shape this type of industry in Përmet and Albania. It is considered one of the initiatives and practices that can serve as an example and be replicated in other cities and areas of Albania.

Website

Facebook: https://m.facebook.com/Thesaret-e-Shijeve-te-Permetit-105207825193470/?_tn=C-R

Instagram: <https://www.instagram.com/thesaretshijevetepermetit/?hl=en>



La Capra Felice (The Happy Goat)

Country	Italy
Region	Val Dei Mocheni, Trento
Rural or urban area	Rural area
Start Date	2015
Sector of activity	Agriculture; Breeding indigenous goats; Cheese making factory.
General description of the activity	<p>La Capra Felice is an organic farm, that raises goats and chickens and grows and sells organic vegetables, cheese and eggs. The farm is based in Val Dei Mocheni, in the municipality of Frassilongo, Trentino Alto Adige, and the beneficiaries are local citizens and tourists passing in the area. The value dimension lies in re-evaluating an abandoned rural area where the endangered Mochena goat was reared. The project started with a small number of animals and not considering the slaughtering, a cheese workshop was first developed, which then led to the sale of the cheese products, all biological.</p> <p>Behind the Capra Felice there is the story of her entrepreneur Agitu a 42-year-old of Ethiopian origin who had started her second life in Italy with the La Capra Felice farm. Once she obtained refugee status, she began her adventure as a breeder with her entrepreneurial project. With great determination, she set up a dairy farm in which she was able to reconcile environmental sustainability and the quality of production, recovering the native goat species that she grazed on the abandoned state lands. Over the years, she has recovered an abandoned 11-hectare land and enhanced it as an uncontaminated pasture for her herd of goats. She was the symbol of integration and how even a small remote centre, linked to the territory and its traditions, can open up to welcome.</p> <p>Thanks to the passion and knowledge she learned from her maternal grandmother, Agitu raised goats and worked the milk with traditional methods, producing cheeses, yoghurt and cosmetic creams based on goat's milk.</p> <p>After the woman's violent death, in the same Valle dei Mocheni where she lived, a young entrepreneur decided to take over Agitu's activity. Today, the new young 'shepherdess', despite being only 20, already has a fair amount of experience in looking after flocks. In the last two years, she has taken care of the summer pastures at Malga Pletzn, and her passion has deep family roots.</p>
Services and products	<p>The farm raised a herd of 180 goats of the pezzata Mochena and camosciata breeds, 50 laying hens and cultivates 4,000 square metres.</p> <p>Since June 2020, the company has been offering its products in a sales outlet in the city of Trento: The Bottega della Capra Felice, located in Piazza Venezia n°12 in Trento. In the shop you could find many dairy products made with goat's milk (ricotta, cheese, caciotta, primo sale, goat cheese, yoghurt, tosella and many more), cosmetic products made with goat's milk (hand cream, body</p>

<p>Green skills and Competencies</p>	<p>cream, face cream, shampoo, shower gel and many more), seasonal organic fruit and vegetables, bread and some loose products such as legumes, quinoa.</p> <p>The skills necessary to operate this initiative are mainly related to putting into practice the knowledge of animal breeding, harvesting and processing skills regarding agricultural products. Some processes are implemented using traditional skills that are transmitted through generations.</p> <p>Based on the Greencomp the competencies required are:</p> <ul style="list-style-type: none"> - Supporting fairness - Promoting nature - Problem framing - Collective action
<p>Trends and Potential Benefits</p>	<p>The benefits are related to the repopulation of an abandoned rural area that through the activity has set in motion:</p> <ul style="list-style-type: none"> - redevelopment because the land where the farm was built was collapsing. - the repopulation of an indigenous species of Mochena goat. - cultivation according to biological rhythms. - involvement of migrants through placements to acquire skills and knowledge but also to share their own. - protection of the environment. - work integration of hard-to-employ persons (e.g. refugees, migrants, fragile workers, workers with support needs, etc.) by paying attention also to gender balance.
<p>How this Good Practice could be used/transferred.</p>	<p>Through the field study of the reality by organising a study visit, it can be known how the work done for and with the community has also helped social relations. In addition to the social contribution, the entrepreneurial project also brings economic development, preserving biodiversity and ancient tradition, which is a factor that should not be underestimated. Moreover, promoting activities based on practical skills can help integrate low-skilled women or migrants and asylum seekers with language difficulties.</p>
<p>Website</p>	<p>https://www.facebook.com/lacaprafelice/</p>

Mit Bäuerinnen lernen – wachsen – leben (Learn - grow - live with women farmers)



Country	Italy
Region	South Tyrol, Autonomous Province of Bolzano-Bozen
Rural or urban area	Rural area
Start Date	2006
Sector of activity	Social farming - childcare
General description of the activity	<p>The "Learn - grow - live with women farmers" social cooperative was founded in 2006 to create job opportunities for women in rural areas and to offer valuable services for the community.</p> <p>The cooperative has its head office in the Autonomous Province of Bolzano/Bozen (South Tyrol), where there are remote marginalized valleys in terms of physical geography and their infrastructural features. The social cooperative represents the first organization doing social agriculture in South Tyrol and the social cooperative became active in the working group of the provincial law on social agriculture for the implementation of the national law (approved in 2015).</p> <p>The cooperative comprises a group of women farmers who provide diversified farm income through childcare on farms, encouraging the children towards directly integrating agricultural resources and the environment as teaching elements stimulate children's curiosity in learning and develop their awareness of environmental, sustainable, and rural resources.</p>
Services and products	<p>In addition to the traditional farm activities, the cooperative offers:</p> <p><u>Childcare</u></p> <p>The cooperative social offers childcare services in collaboration with the Autonomous Province of Bolzano - South Tyrol and assistance for children at events such as fairs, parties, or weddings. The service is mainly aimed at children under 48 months, but the Tagesmütter also gladly take care of school-age children who attend nursery and primary school. Summer assistance is carried out in the summer months in various municipalities in South Tyrol. Children can become "farmers" for one or two weeks, to share the life of the farmers on the farm and to discover nature with all their senses.</p> <p><u>Elderly care and assistance of people with disabilities</u></p> <p>"Women Farmers' Care for the Elderly" service offers elderly people the opportunity to live and integrate with a host family for a specific, individually determined period. The specifics of the service are:</p> <ul style="list-style-type: none"> - Flexible care times - family environment - Individual support - Constant reference person

“**Women farmers care for the elderly**” is a new, innovative model of care that represents a flexible form of part-time inpatient or weekend care for the elderly. One or more seniors are taken in and supported on the farm or with host families in rural areas. The aim is to actively involve seniors in everyday family and farm life within the framework of their individual needs and abilities and to provide them with the necessary care. This targeted integration into a family environment prevents age-related loneliness and the associated consequences, such as depression and dementia. It is a valuable alternative to accommodation in conventional care facilities. Great value is placed on healthy, age-appropriate cuisine using fresh, regional produce.

The service is aimed at people over 65 (maximum up to the 2nd care level) and includes various service offers:

- Half-day or full day stay for older people in a host family.
- Care tailored to personal needs.
- Time off for caregivers.
- Temporary support after hospitalization.
- Weekend and holiday care.

Training Activities

1. The cooperative social release a **Tagesmutter diploma** at the end of a professional training course lasting 450 hours. of which 350 are in the classroom and 100 in internships. The training is carried out in German by the professional schools for home economics and agri-food. Part of the training and continuous updating is dedicated to "natural pedagogy", where you learn by doing.

2. **The Everyday Life Together** course includes 120 hours of instruction and 50 hours of practical training. It is organized by the technical colleges for agriculture and home economics while assisting people with disabilities and the elderly. The training aims to make your farm a place for social work, create a space for encounters with creativity, joy and empathy and reconcile family, work, and agriculture - this is possible with the service of Everyday life together. As part of everyday life together, people who need support are cared for in the family and natural atmosphere of the farm. Seniors and people with disabilities or mental illnesses take an active part in life on the farm and are drawn into everyday farm life with small, varied tasks.

Green skills and Competencies

Social agriculture is multifunctional and requires skills in food production as well as competencies in social services to assist and generate benefits for vulnerable people. The process gives rise to innovative services that can effectively respond to the crisis of traditional social assistance systems and the growing demand for personalization and qualification of social services.

Based on the Greencomp the competencies required are:

- Valuing sustainability
- Supporting fairness
- Promoting nature
- Problem framing
- Collective action



WE GREEN

Trends and Potential Benefits



Social farming contributes to social and economic well-being as it stimulates vulnerable people's independence and their personal development. It promotes women farmer's empowerment and provides an additional income in peripheral rural areas as women can directly practice their pedagogical, health, and caregiving or therapeutical profession on the farm.

How this Good Practice could be used/ transferred.

Social farming can be a tool to respond to the population's growing needs, both in terms of socially, economically, and environmentally sustainable agricultural production and in terms of providing sociosanitary and socio-occupational services.

It represents a participatory and relational territorial development model committed to building social cohesion and the local community, responding to the changing demands of today's society, such as the ageing population, changing family structures, the revaluation of rural life in an ever-urbanizing society, the high influx of migrants and the increase of people with chronic diseases.

Social farming can be replicated as an alternative system where the farm can be considered a tool of social activation and proposes social services for the elderly and childcare in remote areas. They are a practical and innovative response to societies' needs that many institutionalized social services are not able to adequately provide

Website

<https://www.kinderbetreuung.it/>

Chocolates Artesanos Isabel



Country	Spain
Region	Alcorisa, in the province of Teruel
Rural or urban area	Rural area
Start Date	2013
Sector of activity	Artisan and ethical cacao – organic products and fair trade
General description of the activity	<p>In Alcorisa, a small town of 3,000 inhabitants in the province of Teruel, after living and studying in France, Germany and the Nordic countries, Isabel Félez decided to open a small store in 2013. Chocolates Artesanos Isabel wants to show that consuming more ethically is possible without sacrificing quality.</p> <p>She works with fair trade and ecological raw materials such as cocoa, sugar cane, and local products like extra virgin olive oil and Marcona almonds. She is committed to chocolate with more ethical criteria, taking into consideration people and the environment and having the guarantee that no children were working on plantations.</p> <p>In the social enterprise, are all women, and some work part-time to balance home and work life.</p>
Services and products	<p><u>Supply of the highest and most healthy quality chocolates.</u></p> <p>Made by hand and with the best raw materials. Part of the chocolates is made from the bean to the bar (bean to bar), thus controlling much of the process and working directly with some of the best cocoa. Bring a select and high-quality chocolate to the market. Many of them are suitable for the Vegan Diet, and all are suitable for the Lacto-Vegetarian Diet, in addition to being free of Genetically Modified Organisms (GMO-Free).</p> <p><u>Contributing to Fairtrade and empowering rural women</u></p> <p>Fair Trade guarantees a decent wage and an improvement in working conditions for producers in impoverished areas of the countries of the South, which are also the areas where most of the cocoa, cane sugar and many other raw materials are. The FLO-Fairtrade Seal ensures that quality raw materials are obtained, guaranteeing that the rights of people and the environment have been respected. Chocolates Artesanos Isabel has signed a collaboration agreement with Asadicc and the INCORPORA program of Obra Social La Caixa. The goal is to promote in the company the social and labour integration of people at risk of social exclusion and with difficulties in accessing a job. Indeed, the enterprise gives opportunities to women, especially single parents to integrate into the labour market through a training course and work experience, offering free training for single-parent families.</p> <p>The Women's Institute has recognized the enterprise as a "Collaborating Company for Equal Opportunities between Women and Men".</p> <p><u>Contributing to caring for the environment</u></p> <p>Chocolates Artesanos Isabel works to reduce the material of our packaging to a minimum, using recycled paper or paper from sustainable forests, with the minimum use of ink and minimizing disposable material. Most of their</p>

suppliers share our principles and use renewable energies and practices that are socially equitable and environmentally respectful. They work with small producers, ethical banking, ethical insurance and electricity from renewable energies as well as using lead-free and PTFE-free kitchenware and biodegradable and phosphate-free cleaning products.

Chocolates Artesanos Isabel is within the Carbon Footprint Registry of the Ministry of Environment calculating, reducing, and offsetting our Carbon Footprint. The chocolates are certified by Fair Trade and by the Aragonese Committee for Organic Agriculture.

Disseminating the cocoa culture and encouraging conscious consumption

The enterprise offers a training course on sustainable production of chocolate.

Green skills and Competencies

Master the basics of chocolate skills and techniques, from melting and marbling to showstopping mirror glaze, as well as strong business skills to help women run productive enterprises and earn much-needed income. Information on markets and buyers to create the right products and sell them at a fair price. And leadership skills allow women to form effective self-help groups and achieve equality in their member associations.

Based on the Greencomp the competencies required are:

- Supporting fairness
- Promoting nature
- Problem framing
- Collective action

Trends and Potential Benefits

Contribute to rural development and its community in several ways: from people to planet with a focus on vulnerable women. The activity actively contributes to contrast the depopulation of marginalised area. Thanks to e-shop the enterprise creates its market.

Chocolates Artesanos Isabel wants to contribute to the socioeconomic development of rural areas and claim access to services and high-quality products so that people can choose to live in the villages and have the quality of life they deserve.

How this Good Practice could be used/ transferred.

This good practices is interesting for many reasons: first of all because shows that in rural area you can have a diversified economy and not only agri-food sector, second that you can overcome the problem of small market thanks to digital solutions such as implementing an e-shop and third for the inclusion of women in entrepreneurship , which is a key contribution to the revitalization of rural areas and encourages the prevention of the growth of gender inequality

Website

<http://www.chocolates.bio/>

Olympe Empreende



Country	Spain
Region	Extremadura
Rural or urban area	Rural
Start Date	2021
Sector of activity	Training programme supporting female entrepreneurship
General description of the activity	<p>Olympe Empreende is a programme that supports female entrepreneurship with values and principles of social and solidarity economy in Extremadura through training with a gender perspective, individual and collective accompaniment, and the connection of entrepreneurial experiences at a local level.</p> <p>The OlympeEmprende programme aims to honour the memory of Olympe de Gouges, a forgotten revolutionary. She defended equality between men and women in all aspects of public and private life and in 1791 drafted the Declaration of the Rights of Women and the Citizen.</p> <p>The programme supports the creation of new women-led cooperatives that foster transformation based on sustainability principles. Indeed, the programme is aimed at all those entrepreneurial initiatives in Extremadura led by women that are rooted in the territory, that practice inter-cooperation, guarantee internal democracy, incorporate the economy and feminist care in their practices, promote diversity in composition and participation and consider the environmental impact of their activity.</p>
Services and products	<p>The OlympeEmprende Wazo Coop programme, in collaboration with Tandem Social and Abeluria Coop, offers a unique opportunity for comprehensive and free training provided by professionals with long experience in the sector, specialists in Social and Solidarity Economy, gender and equality. Behind the training, the programme offers the possibility:</p> <ul style="list-style-type: none"> - to be part of the Olympe Empreende Community, where aspiring women entrepreneurs will find other women in the same situation and with whom to share ideas and create synergies. - get to know new business models and projects active in the territory so aspiring women entrepreneurs can create synergies and boost their idea. - obtain a tailored Feasibility Plan. Throughout the programme, aspiring women entrepreneurs will be able to apply their knowledge to own business ideas and develop the viability plan that will allow them to access grants, subsidies, aid, calls for proposals and donations, grants, calls for proposals, and even your clients. - have the opportunity to apply for the Olympe Empreende Award, economic support of up to a maximum of €3,000. Social capital endowment for the constitution of their cooperative.
Green skills and Competencies	<p>Based on the description of the programme, it is possible that the training supported the development of the following:</p> <ul style="list-style-type: none"> - Valuing sustainability - Critical and system thinking - Problem framing



WE GREEN

- Supporting fairness
- Collective action
- Individual initiative

**Trends and Potential
Benefits from the
Good Practice**

Offer advice and support on creating innovative activities in rural areas based on diversified economy from agriculture to tourism and creative cultural industries. Encourage women's entrepreneurial skills and initiatives through entrepreneurial networks but also supporting vocational training and further education.

**How the Good Practice
could be used/
transferred**

Olympe Emprende is part of the #POISES call, promoted by CEPES, which acts as the Intermediate Body of the Operational Programme for Employment, Training and Education (POEFE) of the European Social Fund (ESF). All actions are free of charge and co-financed by the ESF to achieve quality training and employment. The same programme can be replicated in other Eu countries using the same EU fund. In 2023 it will be launched the third edition of the programme.

Website

<https://wazo.coop/olymppe-emprende/>



Le Gerموir Ambricourt (Ambricourt sprouter)

Country	France
Region	Hauts de France
Rural or urban area	Rural area
Start Date	2005
Sector of activity	Project incubator, agri-food, exchange and cooperation for the ecological, social and food transition
Description	<p>Managed by a green social woman entrepreneur, nestled in the heart of the countryside of the Haut Pays du Montreuillois, the Gerموir is a civic and social organisation working on ecological, social and food transition since 2005. The charter of Gerموir is based on the principles of sustainable development and the social economy and solidarity economy. For this reason, it is based on cooperative economic models rather than a logic of standardised goods and services associated with a profit.</p> <p>Gerموir comprises various activities: organic market gardening and agricultural test areas, renewable energies, well-being (slow organic cosmetics), sustainable food, support for the creation of activities, help for farmers, traders and artisans in difficulty, and furniture renovation.</p> <p>Beyond the Gerموir association, the Le Gerموir Ambricourt hosted two other associations: 1) Arcade paysans and ruraux solidaire, an Association for the defence and support of farmers, craftsmen-traders in difficulty; 2) EnergETHIC that implements a shared and democratic governance, with local, renewable energy and accessible to all.</p> <p>The associations on the Gerموir site believe that rural life is one of the powerful engines of the ecological, social and food transition. They are committed to helping everyone become informed consumers who decide what they want to buy and produce, what they eat and drink, and who can act on their territory.</p>
Services and products	<p>Gerموir is a great example of multifunctional and diversified activities, which are:</p> <p>La Ferme du Gerموir proposes local and organic production in rural areas and finances part of the operation of the Gerموir agricultural test area. In partnership with Air des Pichoulis, La Ferme has created a permaculture design to encourage biodiversity. It also supports for : schools, trainees, and volunteers in the framework of participative workcamps people in integration and anyone who wants to discover organic market gardening;</p>

developing sustainable food projects and vegetable processing as part of the MARmeet project; training on using the Cagette.net ordering software, an Internet platform at the producers' service.

Foodlab solidaire is a tool for food processing and solidarity, including processing of our production and that of other local producers into ready-to-eat products; training and support for project leaders, increasing skills, welcoming people into the workforce through economic activity, sharing and reconnecting around the kitchen through collective activities.

MARmeet is a multi-location and multi-actor food centre. It brings together, under a base of shared values, a set of structures and inhabitants for whom food is an issue, either personally or professionally, and who want to move together towards modes of production, marketing and consumption that are more respectful of Man and the Environment.

Association Arcade: advice on changing agricultural practices and legal assistance.

Provision of organic land to test one's agricultural project.

An agricultural test space that is a device allowing a project leader to test his agricultural activity, during a determined period, under favorable conditions (in a suitable and secure environment).

Coworking and collective experiences. Participative workcamps and workshops (Germoir programme). Coworking and spaces for the organisation of seminars and professional events

Training and networking activities to support: citizen projects from idea to reality (renewable energies, food, social and solidarity economy); local authorities through technical studies, feasibility studies, interventions to clarify matters and to offer to bring together the necessary skills for your project (creation of action consortiums).

animation of networks (citizen energy network, MARmeet / places à vivres network, rural group of third places, ect).

Green skills and Competencies

The development of the project requires solid management and networking skills to realise this multifunctional ecosystem. This means that the experience requires skills in food production as well as entrepreneurial skills but also mentoring and coaching skills.

Based on the Greencomp the competencies required are:

- Valuing sustainability
- Supporting fairness
- Promoting nature
- Problem framing
- System thinking
- Critical Thinking
- Collective action

	- Individual action
Trends and Potential Benefits	<p>The multilevel and multifunctional approach that has a place of experimentation in agriculture as a network facilitator and territorial catalyst (production, transformation, awareness-raising, support, spin-offs, etc.).</p> <p>The establishment of a broad ecosystem to promote better actors and initiatives, as well as new partnerships with actors from other sectors (e.g. energy) and the setting up and/or strengthening of cooperation between local actors, producers, peer-to-peer and other actors at local level.</p>
How Good Practice could be used/ transferred.	<p>The good practice is a model for empowering rural areas and opportunities for all the community to revitalize the entire ecosystem of the territory. The straightness of the Gerموir is the establishment of cooperation with various stakeholders in the green sector field to promote farmer production and host other agricultural and organic food projects in their territories. In this way, it is possible to regenerate remote regions through the involvement of the communities, especially youth that wants to enterprise an innovative project based on sustainable food solutions and beyond.</p>
Website	https://legermoir-ambricourt.fr/le-tiers-lieu/

Kolme Sõsara Hõrgutised (Three Sisters' Delights)



Country	Estonia
Region	Small village of Lüllemäe in Southern Estonia
Rural or urban area	Rural area
Start Date	2019
Sector of activity	A modern restaurant based on organic and local food
General description of the activity	<p>Three Sisters' Delights started due to the sisters' desire to do something nice together. In 2019 they opened a restaurant in the village of Lüllemäe in Valgamaa, on the edge of the picturesque Karula National Park.</p> <p>Before the Kolme Sõsara Hõrgutise, all three sisters worked in the public sector: in the county government of Kert, the Triin heritage conservation office, and the Kadri museum.</p> <p>The sister responsible for the kitchen is a self-taught chef who graduated from the University of Tartu with a degree in sociology. She has practised at the Noma restaurant in Copenhagen, which has been awarded Michelin stars and voted the best in the world several times.</p> <p>Three Sisters is more than a restaurant or catering establishment. It is part of a family story that tells generations of farming, animal husbandry and living in the rhythm of nature, paying attention to knowing what's on our table, where it's grown, and how it's prepared into a meal with devotion. Indeed, less than ten years ago, the best chefs in Estonia were convinced that local raw materials were not good enough to make the best food. But the three sisters show how this is not the case. Their garden produce has a unique and unrepeatable taste in their food.</p>
Services and products	<p><u>Restaurant, luxury camping and food productions</u></p> <p>The concept of the restaurant is to give value environmental sustainability and food awareness, using seasonal raw materials from their garden and the surrounding forests. Thus, they take care of the sowing and flowering of the plants in the garden and raise the sheep in the greenery of the Karula region. The Kolme Sõsara Hõrgutised collaborates with local plant and animal breeders and butchers as well as alcoholic drinks from small domestic producers in order to empower the local economy.</p> <p>It is not only a restaurant but also provides catering for weddings, birthdays, visits, cooperation meetings and other events.</p> <p>Moreover, the Kolme Sõsara Hõrgutised promotes a romantic or adventurous summer food experience in their restaurant in Lüllemäe and an overnight stay in a luxurious tent in Karula village.</p>
Green skills and Competencies	<p>The activities require skills in food production, harvesting and cooking as well as entrepreneurial and communication competencies.</p> <p>Based on the Greencomp the competencies required are:</p>

- Valuing sustainability
- Supporting fairness
- Promoting nature
- Individual action

Trends and Potential Benefits

The activity made the village of Lüllemäe, with a few hundred inhabitants, famous among all lovers of good food in Estonia in a single summer. Most of everything put on the plate is grown by the three sisters themselves, either in the greenhouse and the garden behind the house or in two other gardens. The activity has significant spill over effects on bringing people from the urban area to the rural area and promote the local economy of other actors for supplying the restaurant.

This is an example of how building strong, mutually supportive linkages between rural and urban areas can foster sustainable development in both regions and enhance collaboration, interconnection and mutual support.

How this Good Practice could be used/ transferred.

This business model can be developed in any country. The idea is simple: to create a fine restaurant based on local and organic food from small-scale farmers in the countryside to bring people from urban areas to the rural region and revitalise it. Moreover, this type of activity supports local farmers, producers and markets and the local cultivation through the garden of the restaurant contributes to preserving from the desertification of rural land.

Website

www.kolmsosarat.ee

Roscommon Women's Network



Country	Ireland
Region	West of Ireland/ Roscommon
Rural or urban area	Rural
Start Date	2007
Sector of activity	Community based development project
General description of the activity	<p>Roscommon Women's Network (RWN) is a Community Development Project and is funded by the Department of Community Rural and Gaelic Affairs – RWN in existence since 1998 but the voluntary group.</p> <p>In 2007, the Women's Network brought a group of 28 women together to initiate a project to commemorate UN International Day for the Eradication of Poverty. The women were selected following a series of informal networking and the Roscommon Intercultural Action Group was unofficially formed. The largest project undertaken by the women was the designing and making of an Intercultural Quilt. The women involved were from Ireland, UK, Pakistan, America, Russia, Brazil, Germany and a number of women from Africa. The project was part of the Roscommon Women's Network's involvement in the European Year of Intercultural Dialogue 2008.</p> <p>Today, RWN is a local community project and charity dedicated to supporting women and families throughout county Roscommon, especially the most marginalised. The Project Co-ordinator and part-time development worker are funded through the National Collective of Community Based Networks (NCCWN) that receives funding to support women's empowerment and community development work around the country from the Department of Justice and Equality. This funding enables RWN to deliver the objectives of NCCWN in County Roscommon and also supports RWN Co Ltd to leverage funding from other sources to respond to local needs. Moreover, volunteers' commitment and dedication represent significant value, resulting in substantial outcomes at a very low cost. One such triumph led to the 2011 opening of the RWN Training Centre (funded by Galway and Roscommon education and training board - GRTEB).</p> <p>In 2019-2024 RWN strategic statement they committed to expand their reach around the county and beyond to engage with more women in more creative ways.</p>
Services and products	<p>CYCLEUP, is an environmental and training social enterprise which addresses the issue of textile waste through a community development approach to environmental protection, supporting the hardest-to-reach women and families to engage. This initiative trains individuals and groups in the repair and reuse of materials and produces upcycled items for sale as part of the circular economy. By upcycling waste and unwanted textiles through its training and social enterprise, CycleUp raises awareness of the Circular Economy, as well as educates and empowers women to generate flexible employment opportunities while protecting the environment in a rural context.</p>

RWN CHARITY SHOP is completely self-financing and fully volunteer-run. It is a space for social inclusion and enables ease of access to support and services. The proceeds go towards running RWN Resource Centre and supports for women and families around the county and beyond. The shop also tackles loneliness and isolation, providing a space for participation, rehabilitation, learning new skills and progressing into training, education, and employment. The shop proceeds financially sustain the entire RWN Resource Centre and provides work experience opportunities for many students, including the QQI level 5 Retail students in RWN Training Centre.

RWN TRAINING CENTRE is a collaboration between the GRETB and Roscommon Women's Network, to provide a flexible program of training in the local community. RWN Training Services supports learners in identifying their individual learning needs and encourages everyone to develop their skills and knowledge. The aims of the program are to retrain people for entry or reentry into the workplace or progression to higher education. This is complimented by the Roscommon Women's Network which provides access to the student's additional support services including:

- General Counselling
- Addiction Counselling
- Outreach clinics for CIC and M.A.B.S
- Work Experience opportunity in Charity Shop & Drop-in Centre.

The course available are: QQI Level 5 Healthcare Support; QQI Level 5 Information Processing; QQI Level 4 Employment Skills; QQI Level 5 Retail Practices.

INTERCULTURAL COMMUNITY DEVELOPMENT WORK

The Intercultural community is supporting integration and raising awareness by regularly bringing people together from different cultures and nationalities, with support from Roscommon Sports Partnership, Local Links, Ballyhaunis Refugee Centre, and other organisations such as local sports and dancing clubs.

THE ROSCOMMON WOMEN'S MANIFESTO GROUP started out in early 2017 and has gone from strength to strength in terms of growing membership, alliances and experience. The group organises events and activities to support women to be more politically aware.

Green skills and Competencies

Based on the description of the programme, it is possible that the training supported the development of:

- Valuing sustainability
- Promoting nature
- Critical and system thinking
- Problem framing
- Collective action
- Individual initiative

Trends and Potential Benefits

The RWN Project supports all women in the County of Roscommon, especially those marginalised or disadvantaged. The RWN community development empowers women to achieve sustainable development and individual or common goals. Their work with individual women benefits the women themselves, their families, and their communities.

Among their activities, it is worth mentioning the piloting textile upcycling training, in a project called Women's Environmental Community Action Project (WECAN) funded through the EPA Green Enterprise programme. Their aim is to

**How this Good Practice
could be used/
transferred.**

reduce the unsold textiles that are generated by our charity shop by upcycling these textile items into different products for sale under their CycleUp brand.

The RWN community development project is based on a community-based development model and it can be a replicable powerful model in another remote area because it fosters the development of networks and alliances among the actors of the community; promote actions to protect the environment; enable women to generate an income; encourage mutual support& self-reliance. It is also a worth tool for promoting the integration of migrants and asylum-seeker women in communities based in remote areas.

Website

<https://rwn.ie/about/>

MAIS – Mulheres Agricultoras em Territórios do Interior (Women Farmers in Interior Territories)



Country	Portugal
Region	Internal rural areas of Portugal
Rural or urban area	Rural
Start Date	2020
Sector of activity	Increase the civic and associative participation of women farmers in the interior regions, through their training, contributing to the greater visibility of their social role and to the increase of equality between men and women.
Description of the activity	The MAIs - Women Farmers in Interior Territories project aims to increase the civic and associative participation of women farmers in the interior regions, through their training, contributing to the greater visibility of their social role and to the increase of equality between men and women. It is an intervention project based on the Theory of Change, which presupposes the use of participatory instruments, from the diagnosis phase to intervention and evaluation. The project focuses on stimulating active citizenship, the visibility and social participation of women farmers in the public sphere and in local development, in accordance with the objective of the National Strategy for Equality and Non-Discrimination and the Eagrants' Gender Conciliation and Equality Program.
Services and products	<p>The project, as a pilot experience, is implemented through a plan of local actions to train women in two municipalities in the interior region of central Portugal – São Pedro do Sul and Sabugal. All activities are structured to prioritise the needs diagnosed in the project's first phase with women through questionnaire surveys and focus groups. The subsequent development is built based on the joint participation of the beneficiaries with the partner entities, in the exchange of experiences and good practices, with a focus on empowerment and increasing the civic participation of women farmers.</p> <p>A project communication plan allows the dissemination of good practices and knowledge and motivates greater participation of women in the public sphere and associative structures. The intervention includes a workshop for local technicians (municipalities, local associations) to disseminate the 'MAIs Intervention Roadmap', enhancing its use in future interventions to train women farmers and ensuring post-project sustainability.</p>
Green skills and competencies	<p>Based on the description of the programme, it is possible that the training supported the development of:</p> <ul style="list-style-type: none"> – Supporting fairness – Promoting nature – Problem framing – Critical and system thinking – Collective action
Trends and potential benefits	The success of rural women largely depends on the integration of different types of support and services, including the development of training and skills, guidance and solidarity, and engagement with the wider community. The holistic approach

(plan of local actions from training to activities for promoting active parti) of the project supports the empowerment of the women and their communities. The benefit from this type of intervention relapse on all actors of remote areas (local authorities, associations, civil society).

The need finding analysis contributes to provide a first-person portrait of women farmers, due the lack of research on this field.

How the good practice could be used/ transferred

The need finding analysis contributes to provide a first-person portrait of women farmers, due the lack of research on this field. Designed as a replicable pilot, the involvement of local authorities and associations in the process can foster the replication of the project activities in other similar remote areas.

Website

http://events.ipv.pt/mais/?fbclid=IwAR1LRBTNH8i6_ZW5C6045m8gsgLDWbZsNYCERVFzikd2amVrh4WLVOFZ0g



Business Development for Women¹

Country	Sweden
Region	Stockholm Region
Rural or urban area	Rural
Start Date	From 2015 to 2017
Sector of activity	Business training programme tailored support for female rural entrepreneurs.
Description of the activity	<p>This project provided a business training programme over six sessions to 60 women. Theoretical courses were mixed with practical exercises based on real cases. In addition to course materials and training activities, a Facebook group was created to facilitate networking and peer support among female entrepreneurs. The main goal was to enable more rural women to make a better living by developing an existing business. More specifically, it aimed to improve the business skills of female entrepreneurs, for example, around how to develop effective business plans and marketing strategies.</p> <p>A longer-term objective was to change attitudes and challenge stereotypes towards women as entrepreneurs in rural areas.</p>
Services and products	<p>The basic feature of the project was a business training programme including coaching activities , new tools and models to increase profitability and develop their companies to a new level. All participants received good quality course material, including a binder with facts and tips on, for instance a business strategy, market analysis and budget.</p> <p>A Facebook group was initiated and is still operating to encourage and enable further networking exchange and peer support between female rural entrepreneurs.</p> <p>The network played a strategic role in sharing knowledge or experience to guide or advise the participants in their specific needs.</p>
Green skills and competencies	<p>Based on the description of the programme, it is possible that the training supported the development of:</p> <ul style="list-style-type: none"> - Valuing sustainability - Critical thinking - Problem framing - Collective action - Individual initiative
Trends and potential benefits from the Good Practice	<p>The creation of the business plans provided the participants with new insights and an increased awareness of the challenges and opportunities in developing their own business.</p> <p>The training gave hands-on knowledge, practical tips, useful tools and increased confidence of the participants.</p>

¹ https://enrd.ec.europa.eu/sites/default/files/project/attachments/gp_se_businesswomen_web_0.pdf

The training received consistently high ratings and many of the participants recommended the programme to friends and acquaintances.

Growing demand for similar courses to acquire further funding for a follow-up programme on leadership and another targeting young people.

**How the good practice
could be used/
transferred**

Since the professional position of rural women in Sweden is rather favourable in comparison to other EU Member States, the Swedish Government, through its development agency Sida, develops supports projects to improve the economic situation of rural women in Asia, Africa and South America.

Website

<https://www.lrf.se/mitt-lrf/regioner/malardalen>