

School Visits and Workshops Why Not? Impact & Creativity Centre



Why Not? NGO V.O. 0553

www.butwhynot.org

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Introduction

In today's world, an increasing emphasis is being placed on the importance of educating students in ways that lead to a more sustainable future. One of the biggest problems faced by schools is to find a means through which students may be exposed to alternative, sustainable and holistic methods of working towards such a future. Through the *Why Not?* NGO, we provide an interactive teaching process where we address this problem in a manner that is both highly enjoyable and educational.

Environmental Sustainability and Holistic Well Being as core teachings...

Why Not? promotes a holistic lifestyle that is in harmony with the natural environment while it cultivates a healthy respect for ourselves as human beings and our surroundings. We are also highly dedicated to teaching children how to live a 'holistic' lifestyle through creative activities that nurture their souls and through workshops on the topics of health and nutrition, which encourage them to give their bodies what they need to thrive in this world.

With this aim in mind, *Why Not?* is offering a variety of workshops covering a multitude of topics. The workshops are all held at the *Why Not?* 'Educational & Creativity Centre' in Mgarr and are hosted by people who have specialised in the field. The organisation is constantly developing the centre with the help of a number of local and international volunteers. Each workshop lasts between 30 to 45 minutes and utilises a hands-on approach to learning (Progressive Learning Model). Tools are often given to students during the workshops, in order to assist and consolidate their learning process.

In order to maximise the experience, we recommend spending at least 3-4 hours at the centre. During this time, several workshops of your choosing will be held, with a 30 minute break for lunch. During the break, the students will be able to eat and wander around the premises, enjoy the treehouse, visit the ancient olive grove and our resident horse 'Mundo', as well as learn about the Cob ovens and the fireplace that are used by the volunteers living at the centre to cook their food on a daily basis.

We will be more than happy to run three workshops at the same time, for which you can contact us for more information and further discussion on the matter.

At the end of this document are our prices and workshop package suggestions. Below is a list of our workshops by category; you can see a more detailed description further on in this document.

List of Workshops available this scholastic year:

- *Environmental & Sustainability*
 - Tree Planting
 - Permaculture
 - Growing Organic Vegetables
 - Composting
 - Sustainable Development
 - Reduce, Reuse, Recycle... Creatively

- *Health and Nutrition*
 - Juicing
 - Nutrition
 - Super Smoothies
 - Healing with Plants & Food

- *Holistic Well-Being*
 - Yoga
 - Meditation and Living in the Now
 - Sharing is Caring –The Art of Communication
 - Martial Art: Self-defence & Tai Chi

- *Creativity*
 - Outdoor Survival
 - Clay
 - Music

All workshops are conducted by trained professional hosts and are applicable to all ages.

For more information, please contact Karl Pace on +356 7747 4939, or via email: info@butwhynot.org

We thank you for your time in reading this brochure, and look forward to hearing from you.

Why Not? Team



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1. *Tree Planting*

Students will be introduced to the importance of taking an active approach towards the environment. In planting their own trees - which will subsequently be transferred into an urban environment - they can effectively be proactive in their own environmental and communal niche. Suitable for all ages.

Learning outcomes:

- Students will understand more how trees absorb carbon dioxide from the air in order to reduce the negative effects of climate change.
- Students will learn that our ecosystems are made up of a wide variety of trees and this biodiversity is essential in order to protect and maintain all the different species that depend on this diversity and type of trees for food and shelter.
- Students will be more aware of the importance of trees in maintaining soil quality and preventing soil erosion.
- Students will learn how to be responsible environmental guardians.

2. *Permaculture*

Permaculture is the philosophy of how human beings can thrive alongside our environment. Living in line with permaculture means living in synchronicity with the natural ecosystems around us. All over the world today, modern society is over consuming valuable resources while sacrificing the natural environment. Permaculture teaches us how to live in a way where we can utilise what we have around us in the most efficient way while allowing nature to thrive as well. This is a critical study that the future of our world depends on.

Learning outcomes:

- Students will understand how important it is for human beings to live in harmony with nature
- Students will be shown the methods we use in the practice of permaculture on the land through the systems we already have in place, e.g. compost toilet, rain-water catchment systems and food production etc.
- Students will be introduced to the environment at a local level, encouraging a positive and sustainable use of our limited natural resources. They will also be shown how to use 'waste' products as valuable resources.

3. Growing Organic Vegetables: How to grow your own food

Students will be given a greater appreciation of the benefits and possibilities of being able to grow their own food, whether outdoors or in apartments. We will also demonstrate where our food actually comes from. This is an independent initiative aimed at complementing the School Fruit and Vegetable Scheme (SFS) which, together with national strategies being adopted by the National Health Agencies, aims at encouraging a healthier society through sensible dietary habits. By learning about how to grow their own vegetables, students and their families stand to benefit both from financial and health aspects.

Learning outcomes:

- Students will have a thorough knowledge and understanding of how to grow a large variety of common seasonal vegetables.
- Students will learn how to maintain a vegetable plot, how to improve the soil, create a raised bed, sow seeds and the principles of crop rotation.
- Students will appreciate the work involved in producing crops, promoting more conscious and responsible dietary habits.
- Students will be given the tools to analyse their own eating patterns with respect to healthy and mindful eating practices.

4. Composting

On the land, one of our projects is called 'Garbage to Gardens, where we reach out to people in order to teach the effectiveness and importance of making our own compost. In conjunction with the workshop 'How to grow your own food', this workshop will give the students a comprehensive explanation on how to live in a more sustainable and eco-friendly manner.

Learning outcomes:

- Students will be more aware of the composting process.
- Students will understand the importance of compost in relation to sustainable farming.
- Students will know how to create their own compost at home.

5. *Sustainable Development*

Students will be taught about what it means to be truly sustainable in today's world. At this current rate the world cannot sustain the human consumption of our natural resources. To ensure the survival of all beings on this planet, we need to alter the current systems of living and get positive! How we can do this is by each one of us stepping into our highest power and affecting change. Together we will explore the importance of our own individual lives in the world's survival!

Learning outcomes:

- The importance of sustaining the world we live in.
- How we can live more sustainably in our everyday lives.
- How our individual impacts can change the world.
- Jobs and careers that are possible for a more sustainable future.

6. *Reduce, Reuse, Recycle... Creatively*

This workshop focuses on teaching the Reuse, Reduce, and Recycle maxim by making useful things from recycled materials that would otherwise be discarded. This also includes an introduction to innovative projects that harness renewable energy resources, such as sun and wind energy. We will also emphasise how used waste material can be used creatively to make useful and beautiful items.

Learning outcomes:

- Students will understand why it is important to reduce, reuse and recycle.
- Students will understand what can be recycled and how to recycle.
- Students will understand the part they play in the recycling process.

7. Benefits of Juices: Fresh is best

While fresh fruit and vegetables are healthy and required for a balanced diet, not all students enjoy eating them. Juicing is a fun way of introducing fruit and vegetables that students would not normally eat. When possible we source vegetables from our farm and fruit from local farmers. A secondary aim is also to teach students the difference between commercially-bought juices, containing added sugar, additives and preservatives, and home-made juices which are naturally packed with vitamins and minerals.

Learning outcomes:

- Students will enhance the appreciation of raw vegetables in their diets.
- Students will learn a different and fun method of how vegetables can be consumed.
- Students will be able to differentiate the health benefits of freshly-grown and organic food products versus the commercially-bought artificially-flavoured foods, thus becoming informed consumers.

8. Nutrition

With the increasing production of processed foods, we find many products in the supermarket contain artificial ingredients and high amounts of sugar and scarcely enough nutrients to really nourish the body. We will explain how important it is to know what we are putting into our bodies. We will learn what essential minerals and vitamins we need in order for our bodies to function in optimum health and understand how to assess whether store bought products are good for us and what 'whole' foods help to give our body what it needs. In the meantime we will also focus on the importance of fun exercise to combine with this nutritious diet.

Learning outcomes:

- Students will learn what our bodies need to thrive in terms of nutrition.
- Students will learn how important it is to know what we are putting in our mouths and to assess ingredient list to understand what we should avoid and look out for.
- Students will learn about the risks of sugar intake and how over-indulging on harmful foods can be very harmful to our bodies.
- The importance of a healthy (and delicious) diet combined with fun exercise.

9. *Super Smoothies*

One of the fastest and most nutritious ways to absorb a lot of goodness into your body is to make yourself a super smoothie! By drinking these potent beverages, you are literally changing your cells. You're providing your body with vital nutrients, minerals, and antioxidants in an easy-to-digest form. Everything about you will improve, including your sleep, your mood and the quality of your skin. Dark leafy greens contain: high-quality amino acids, important minerals, vitamins, antioxidants and beneficial phytonutrients. Phytonutrients are plant-based chemicals that support your immune system, improve health and longevity and may reduce life-threatening diseases.

Learning outcomes:

- Students will learn how to prepare vegetable and fruit smoothies, with emphasis on healthy and delicious ingredients.
- Students will understand the vast range of health benefits of these drinks and why it is important to consume a daily minimum of these foods.
- Students will understand how these drinks can be prepared and consumed before and during physical activities for a natural energy boost.
- Students will have a basic understanding on what superfoods are and which are the most common.

10. *Healing with Plants and Foods*

Since ancient times our ancestors harvested the many herbs and spices that grew wild around them and used them for medicinal purposes. Man was after all a hunter-gatherer and an omnivore, (an organism which gets its food energy from both plant and animal material).

The humble herb and spice rack in our kitchen today can in fact hold a surplus of natural healing ingredients that can also add great taste to the foods you eat every day. Many of our everyday foods can contribute to healing sicknesses and regulate low immunity in the body.

Learning outcomes:

- Students will learn which common fruits and vegetables can be very healing to common sicknesses.
- Students will be able to identify what garden herbs are very healing for our bodies. We will also be able to apply them in everyday teas.
- Students will touch on how common spices and herbs can be an effective tool for an everyday lifestyle.

11. Yoga

As part of an increased emphasis on teaching the importance of focus and exercise at a young age, we offer a 45-minute workshop on Yoga. We will teach how important it is to take time to nurture our mind, body and soul as human beings. Aside from introducing this concept to students, we will also teach them how to do basic movements at home, including breathing exercises and stretching. All the students will be given individual attention. This is ideal for any age, the younger the better.

Learning outcomes:

- Students will know the fundamental seating, standing and balancing posture with proper alignment.
- Students will be able to apply effective breathing techniques to their yoga practice.
- Students will be able to create a yoga practice to use outside of class time.
- Students will be able to explore and apply relaxation techniques to manage emotions and stress.

12. Meditation and Living in Presence

Today it is essential that we take responsibility for our own states of mind – and to change them for the better. Meditation is the best antidote to our own personal sorrows and to the various anxieties, fears, negative emotions and the general confusion that often besets the human condition. Children especially are hardly ever thought how to care for their own thoughts and emotions.

Meditation is a means of transforming the mind and this practice encourages and develops concentration, clarity, emotional positivity, and a calm perception of the true nature of things. By engaging with a particular meditation practice we learn the patterns and habits of our mind, and the practice offers a means to cultivate new, more positive ways of being. With regular work and patience this nourishing and focused practice can deepen into profoundly peaceful and energised states of mind. Such experiences can have a transformative effect and can lead to a new understanding of life. This is especially important to learn as a child because we can practice this for the rest of our lives. Applicable to all ages.

Learning outcomes:

- Students will learn a simple practice of how to quiet the mind.
- Students will learn how to embrace all emotions that we experience on a day to day basis without resistance but in a state of acceptance.
- Students will understand how important it is to take time alone to connect with our bodies and with our breath on a daily basis to deal with the everyday stress of life.

13. *Sharing is Caring – The Art of communication*

This is an interactive space where, through fun games and exercises, we learn how to communicate and express all feeling and emotions safely. Very often children and adults suppress 'unwanted' emotions and learn to hide them resulting in broken, ineffective and possibly very destructive communication. One essential tool can shift the way we listen and speak to enable us to authentically express ourselves and live more harmoniously.

Learning outcomes:

- Students will learn how to embrace all emotions and feelings that arise in different situations.
- Students will learn how to communicate in an authentic and loving way.
- Students will have gathered an in-depth understanding of the importance of effective self-expression.

14. *Martial Arts :Self-Defence & Tai Chi*

Self-defence is a countermeasure that involves protecting the well-being of oneself or of another from harm. In this workshop, we incorporate the Martial art Tai Chi. It is practiced for purposes of self-defence but essentially also for its health benefits. Though originally conceived as a martial art, it has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace. Suitable for all ages.

Learning outcomes:

- Students will learn the fundamental precepts in self-defensive practice, where the offender is left unharmed.
- Students will learn the fundamentals of the Tai Chi practice.
- Students will be able to apply effective breathing and physical exercise techniques.

15. Outdoor Survival

Any adult and child must be comfortable traveling and living in the natural world; Learn shelter construction, fire making, crafts for primitive outdoor living and other wilderness survival training basics.

Learning outcomes:

- Students will gain a basic understanding of outdoor survival.
- Students will learn how to make a basic fire, habitat construction and basic navigation.
- Students will understand the importance of spending time in nature for enjoyment and healing.

16. Clay Workshop

Earthenware is one of the oldest and most important utilisation of clay. In contrast with modern pottery, earthenware is fired at relatively low temperatures and therefore is easily accessible to anyone who would like to engage in modern crafts and amateur pottery. We provide naturally occurring clay and instructions, and the students can keep their earthenware sculptures.

Learning outcomes:

- Students will learn basic hand-building techniques of pinch, coil, and soft and stiff slab construction.
- Students will learn how to fire a wood-fired kiln.
- Students will have the opportunity to create their own pottery vessels with clay, and be able to replicate the types of decoration that various cultures and peoples used throughout the ages, namely: Aborigines, Native Americans, and Mediterranean Neolithic peoples. Alternatively, students can create their own patterns.
- Students will be able to appreciate and understand how people used materials recovered from earth to make cooking and other wares to use in their everyday lives.
- Students will learn to self-evaluate forms and determine areas that need improvement.



17. *Creative Music Workshop*

On the land, we offer various ethnic musical instruments, including djembes and rattles; We also use recycled instruments. This workshop shows how music can nurture our soul's creative expression and aims at raising the students' awareness of their musical creativity. After a brief introduction to the instruments and how to keep the tempo, the students will play the instruments together, exploring the different combinations of sound. This workshop also highlights the value of effective communication as well as the importance of teamwork.

Learning outcomes:

- Students will learn how to handle and explore sounds on percussion instruments and sound makers.
- Students will be able to explore voices, body sounds and percussion instruments/sound makers to create different effects and organize sounds and musical ideas.
- Students will be able to start and stop together and to develop a sense of pulse.
- Students will know how to create simple rhythms and melodies using voices and instruments.

Suggested Donations and Packages

It is understandable that, given this wide selection of workshops to choose from, it is not easy to select the ideal workshops for the students. In order to assist you in this, we are providing 7 workshop package suggestions. Feel free to suggest different combinations. The cost of each package is:

- Groups larger than 50 students: €3.50 per child (Suggested Donations)
- Groups smaller than 50 students: €5 per child (Suggested Donations)

Package 1	Permaculture	Sustainable Development	Reduce, Reuse, Recycle Creatively!
Package 2	Yoga	Healing Herbs & Foods	Music
Package 3	Tree Planting	Grow your own Vegetables	Composting
Package 4	Meditation and Presence	Creative Clay	Juicing
Package 5	Sharing is Caring	Music Workshop	Super Smoothies
Package 6	Nutrition & Healing Foods	Music Workshop	Grow your own Vegetables
Package 7	Marshall Arts	Outdoor Survival	Yoga

Since we are an NGO, we accept donations to cover the costs of the workshop hosts and materials needed. Any surplus will be used by the NGO towards developing the space to better accommodate a wider variety of workshops.

Special discounts available for non-profit organisations.

Kindly let us know which package you are interested in; alternatively please suggest your preferred combination.

Concluding Remarks

At *Why Not?* we believe that our World can be made a better place to live in; it is a legacy which our children have entrusted us with to take care of, for them and for generations to come. We also understand that the best outreach is done by first teaching young students the importance of taking care of their natural environment by offering them an opportunity to experience the delights that these hands-on initiatives bring forth. We are also dedicated to sharing our knowledge on how to live fully and healthily in which all our needs and desires as human beings are nurtured and fulfilled.

The Centre is always open for visits at any time of the day or night. We also encourage families to come over with their children for picnics or simply to become more acquainted with the volunteers who are helping us in the daily running of the Research Farm.

Should you wish to make a prior visit to the premises, please do not hesitate to contact us and we will also be available to discuss what package would best suit the students in question.

Again, we thank you for the interest shown in helping us to make Change happen.

Thank you, from the *Why Not?* Team.



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