#### RUMRA – Breakfast Briefing

#### Did you know?

#### 1. Did you know that you can adopt your own cow and encourage mountain farming?

'Adopt a cow' is a project in Valsugana and Lagorai in Italy to introduce tourists to the beautiful nature of the surrounding mountains, to teach how cheese is made following faithfully old recipes, and to

show what it means to live in an alpine hut and watch over cows on a mountain pasture. How does it work? To adopt a cow costs 60€: €50 will be given to the alpine hut for the summer maintenance of "your" cow, while €10 euros will be devoted to the projects of children's charities. Seeking inspiration? Visit

http://www.visitvalsugana.it/en/holiday-ideas/adopt-a-cow



### 2. Did you know that over 200 care farms in the UK provide therapeutic support to people with physical, mental and social challenges?

Care Farms (CFs) services are commissioned by public health and educational authorities and social



services, which increasingly recognise the efficacy of CFs in terms of behavioural change and well-being. An expansion of CF utilisation in health and social care is likely to have a limited but positive local effect on the rural economy. Moreover, the key environmental and social benefits associated with CFs are well-being and rural vitality. Care farming is a highly effective approach to social and health care for a wide range of people in an outdoor environment. Seeking inspiration? Visit

http://pegasus.ieep.eu/system/resources/W1siZiIsIjlwMTYvMTAvMTgvMjNvbGJnMTY3cF9VS180X0 NhcmVfZmFybXMucGRmII1d/UK-4%20Care%20farms.pdf?sha=f7f36e774a54402b

#### 3. Did you know that there is a university for the mountains?

The University of the Highlands and Islands (UHI) is a unique university comprising a partnership of 13 colleges, research institutes and specialist institutions across Scotland's Highlands and Islands. These partners are separate legal entities which



employ their own staff and assets to deliver courses together. Instead of building and staffing a separate university alongside further education provision, UHI delivers higher education, training and research using the existing infrastructure of the colleges, facilitating transition from further education to higher education and providing integrated and articulated learning opportunities. Many of its courses are on-line and available for people seeking higher education in remote mountainous areas across Europe. Seeking inspiration? Visit <a href="https://www.uhi.ac.uk/en/">https://www.uhi.ac.uk/en/</a>

#### 4. Did you know that a Disco Bus helps young people to go to parties and return home safely?

Disco Bus was created to improve public transport service for young people in Fontanabuona valley in Italy and therefore their quality of life. The service was greatly requested by the population and the families of the valley. This dedicated public bus allows the young people of Fontanabuona to reach the discos and leisure places two nights a week; the ticket costs 2 Euros (valid for the whole night). Through this action, it has been possible to offer to young people living in remote areas the same the opportunities young people living along coast or in urban areas. Seeking inspiration? Visit <a href="http://www.euromontana.org/en/project/padima-home/">http://www.euromontana.org/en/project/padima-home/</a>

#### 5. Did you know that postmen deliver medicines in rural areas in Puy-de-Dôme (France)?

In rural areas, some people with reduced mobility (elderly, handicapped) cannot go to the pharmacy and, due to their remote location, the delivery of medicines is often not satisfactory. For this reason, the General Council of Puy-de-Dôme, in France, created an experimental partnership with "La Poste Group" in which postmen delivered medicines. This partnership was considered relevant because the postmen are present 6 days a week



when delivering the post to the local population. "La Poste Group" serves even areas that are not easily accessible, and the postmen enjoy the general confidence by the inhabitants of the villages. So, when distributing the post, the postmen also deliver medicines that pharmacists have given on the same day for certain patients.

Seeking inspiration? Visit <a href="http://www.euromontana.org/wp-content/uploads/2014/08/20110913">http://www.euromontana.org/wp-content/uploads/2014/08/20110913</a> PositionPaper SGI EN2.pdf



#### 6. Did you know that you can order local food through social media?

The Finnish network, REKO, uses Facebook to organize the deliveries of local products directly from farmer to consumer. The concept of REKO is that local producers use Facebook groups to announce which products are available and then customers can then directly order on Facebook. REKO aims to get rid of sales intermediates while creating an efficient

delivery system where local producers and consumers meet. REKO was launched in 2013 and has already about 150 circles all over Finland, involving more than 200,000 consumers involved – with 500 new ones every day.

Seeking inspiration? Visit <a href="http://www.euromontana.org/wp-content/uploads/2016/07/2016-07-14-GP-Ordering-local-products-on-facebook.pdf">http://www.euromontana.org/wp-content/uploads/2016/07/2016-07-14-GP-Ordering-local-products-on-facebook.pdf</a>

#### 7. Did you know that you can improve energy efficiency in hotels and mountain restaurants?



Every year, mountains receive tens of millions of tourists. It is therefore very important that hotel and restaurant owners can implement initiatives to reduce their energy consumption, contributing to sustainable development. Energy efficiency measures offer many advantages for hotels and restaurants in mountain areas. These include increased comfort, reduced costs, a healthier environment, and time saving. For example, by installing flow regulators on the shower heads, to reduce water consumption, managers effectively reduce energy consumption and costs without compromising the

comfort of their guests. Seeking inspiration? Visit <a href="http://www.euromontana.org/en/how-to-improve-energy-efficiency-in-mountain-hotels-and-restaurants-the-example-of-the-hotel-cyprianerhof/">http://www.euromontana.org/en/how-to-improve-energy-efficiency-in-mountain-hotels-and-restaurants-the-example-of-the-hotel-cyprianerhof/</a>

#### 8. Did you know that technologies can generate higher income for producers?

Besides food production, a critical activity of farmers is to market efficiently their products to show

what they have to offer to their customers. In the era of the Internet and social media, new networking technologies have a role to play to increase communication and facilitate the organisation of food supply chains. In Spain, different actors from the fruit-producing sector (technical sector and farmers) and IT sector (programmers, web designers and computer specialists) worked together to establish in 2012 the web platform http://naranjasyfrutas.com (or



http://orangesandfruits.com). On the website, farmers can advertise their crops along with their contact information. Today, the website has 1,900 registered farmers, of whom 80% are 40 to 50 years old. The creation of the website led to an increase of their income between 20% and 50%; it has significantly boosted the fruit producing sector in rural Spain. Seeking inspiration? Visit: <a href="https://ec.europa.eu/eip/agriculture/sites/agri-">https://ec.europa.eu/eip/agriculture/sites/agri-</a>

eip/files/field core attachments/nw naranjasyfrutas 20150722 en .pdf

#### 9. Did you know that a military fort has been transformed into an ultra-modern museum in the Italian mountains?

After over a decade of restoration work, an abandoned fort located in the Aosta Valley, Italy, is now a

cultural centre. The old and ruined military complex is nowadays a point of interest for visitors and welcomes more than 80,000 visitors a year. The main tourist attractions are three museums. The Museum of the Alps is devoted to promoting visitors' understanding of Europe's highest mountains and local nature. The Fort Museum aims at explaining the history of the Bard Castle itself. The third is the Museum of the Borders.



In addition, the Bard Castle organises temporary exhibitions and hosts big events such as theatre performances and concerts. It was also one of the cultural points of interest during the Olympic Games in Torino in 2006 when it hosted "The Alpine Dream" exhibition.

Seeking inspiration? Visit <a href="http://www.euromontana.org/wp-content/uploads/2015/07/2015\_06\_16\_Good\_Practice\_Aosta\_Valley\_EN\_MC.pdf">http://www.euromontana.org/wp-content/uploads/2015/07/2015\_06\_16\_Good\_Practice\_Aosta\_Valley\_EN\_MC.pdf</a> or <a href="http://www.fortedibard.it/musei-del-forte/museo-delle-alpi">http://www.fortedibard.it/musei-del-forte/museo-delle-alpi</a>

### 10. Did you know that "Pub is the Hub" fosters rural vitality by offering support to licensees and rural pubs?

The English non-for-profit organisation, "Pub is the Hub", is dedicated to offering advice and support to licensees, rural pubs and community services as well as to rural communities considering the options for acquiring their local pub and the range of responsibilities involved. The organisation facilitates projects by encouraging and helping licensees, communities and local authorities to connect

and share their experiences and work together to support and sustain their local services. And they also try to help source local funding opportunities for projects. They have worked with over 500 pubs since 2001.



Seeking inspiration? Visit <a href="https://www.pubisthehub.org.uk/">https://www.pubisthehub.org.uk/</a>

### 11. Did you know that French Centrales Villageoises enhance collective renewable energy production in rural areas?



In France, the Centrales Villageoises are local companies aiming to develop renewable energies in rural areas by involving citizens, local communities and businesses. Projects were first developed in regional natural parks and respect landscape and heritage while generating local economic benefits. The project is co-owned and co-designed by locals and is guaranteed to be sustainable through the production of renewable energy.

Seeking inspiration? Visit <a href="http://centralesvillageoises.fr/web/guest/accueil">http://centralesvillageoises.fr/web/guest/accueil</a>

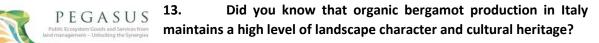
### 12. Did you know that organic haymilk branding enhances the provision of ecosystem services in Austrian mountains?

Organic mountain haymilk branding strategies in the Murau district, in Austria, help to enhance biodiversity and maintain high levels of landscape character and cultural heritage, thanks to a joint quality certification and marketing initiative for organic mountain haymilk



called "ZZU". Haymilk is considered the highest premium milk product in Austria.

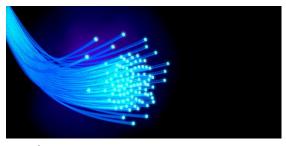
Seeking inspiration? Visit <a href="http://pegasus.ieep.eu/case-studies/list-of-case-studies">http://pegasus.ieep.eu/case-studies/list-of-case-studies</a>



More than 90% of the world production of bergamot comes from the marginalised southern coastal area of Reggio Calabria in Italy. A very small number of wholesalers dominate the essential oil trade and exports to Europe, USA, China, India, Japan and South Korea. To overcome this oligopolistic barrier, organic producers created a consortium, targeting different supply chains of typical food and non-food products using bergamot oil and juice as the main ingredient.

Seeking inspiration? Visit http://pegasus.ieep.eu/case-studies/list-of-case-studies

#### 14. Did you know that a cooperative network brought optical fibre to isolated villages in Northern Finland?



A community broadband initiative delivered fast broadband access to hundreds of residents in a sparsely populated region of Kuhmo in eastern Finland. With the commitment of local people - who contributed time and machinery - the necessary investment was made to construct a fibre-optic network, mainly through digging the necessary

trenches.

Seeking inspiration? Visit <a href="http://enrd.ec.europa.eu/projects-practice/village-optical-fibre-network-cooperative-north-western-kuhmo">http://enrd.ec.europa.eu/projects-practice/village-optical-fibre-network-cooperative-north-western-kuhmo</a> en

#### 15. Did you know that water buffaloes were called to the rescue to preserve biodiversity in Germany?



A herd of water buffalo helps preserve biodiversity and wetland landscape in a Natura 2000 area in Berlin, Germany. Water buffalo have been proven very successful in keeping back the growth of bushes and woody plants, maintaining open wetland, conserving biodiversity, and protecting the landscape in a Natura 2000 area.

Seeking inspiration? Visit <a href="http://enrd.ec.europa.eu/projects-practice/water-buffaloes-preserving-biodiversity-and-wetland-landscape">http://enrd.ec.europa.eu/projects-practice/water-buffaloes-preserving-biodiversity-and-wetland-landscape</a> en

#### 16. Did you know that a mobile caravan does medical rounds in rural Finland?



To provide easy-to-access medical service to people in rural areas of Finland, a caravan was converted and fitted out as a mobile healthcare centre. Nurses provide a carefully coordinated set of medical services from the mobile unit. On-board computer and broadband equipment connect the nurses to centralised patient information systems. Planning ensures a fixed route around a catchment area of eight municipalities.

Seeking inspiration? Visit <a href="http://enrd.ec.europa.eu/projects-">http://enrd.ec.europa.eu/projects-</a>

practice/mallu-does-rounds en

#### 17. Did you know that the NEL organization in Austria is dedicated to solving small and middle-sized farm succession issues?



NEL is a non-profit association which is dedicated to supporting farm succession in Austria. Many of

the small- and middle-sized farmers in Austria have uncertain or no succession for their farms. At the same time, there are people who would like to start up a farm. The aim of NEL is to close this gap by supporting new entrant farmers and encouraging farm succession outside the family. To promote this topic, NEL is mainly concerned with awareness raising and public relations among farmers, potential farmers, and other interested people.

Seeking inspiration? Visit https://existenzgruendunglandwirtschaft.wordpress.com/

18. Did you know that 'Farmer, Beer and Water', a scheme for rural actors, involves a brewery and over 50 farmers to improve the quality and availability of groundwater?

The main goal of the scheme is to achieve and maintain a sufficient quality and quantity of groundwater in part of Bavaria, Germany. Each year, Bavaria Brewery extracts 2.5 million m<sup>3</sup> of groundwater for its brewing process, which has the potential to cause summer droughts that affect agriculture. The scheme aims to ensure that future generations will be able to continue the production of both beer and agricultural products in the region.

Seeking inspiration? Visit <a href="http://pegasus.ieep.eu/case-studies/list-of-case-studies">http://pegasus.ieep.eu/case-studies/list-of-case-studies</a>

19. Did you know that the French Agrilocal.fr association has created a platform to facilitate exchanges between buyers of collective catering and suppliers of agricultural products?



Agrilocal.fr is dedicated to promoting short circuits, developing local agriculture and the craft food industry, and strengthening the local economy, notably through collective catering. The association has established an internet platform for territorial stakeholders, respectful of the code of public procurement, to favour exchanges between buyers and suppliers of agricultural products.

Seeking inspiration? Visit <a href="http://www.agrilocal.fr/">http://www.agrilocal.fr/</a>

20. Did you know that a water themed park in Estonia generated interest in countryside and attracted visitors through promoting eco-tourism and environmental education?



The "Pure Water" theme park offers hiking opportunities and outdoor activities in the countryside, with an emphasis on environmental education. The park was created with a focus on clean water. It also aimed to address the subject of renewable energy from the sun and wind, offering workshops on constructing windmills, solar panels and steam engines. The area is experiencing an increase in economic activity and job creation.

The identity of the local population has also been enhanced. And the area is now producing its own electricity in a closed network.

Seeking inspiration? Visit <a href="https://enrd.ec.europa.eu/projects-practice/pure-water-theme-park-estonia">https://enrd.ec.europa.eu/projects-practice/pure-water-theme-park-estonia</a> en

### 21. Did you know that house locating system on Formentera made it easier for emergency services and other service providers to access isolated rural homes?



Between 70% and 75% of the population of the island of Formentera, Spain, live in traditional rural settlements. These settlements are dispersed and this makes access to services difficult. Part of the difficulty lies in locating isolated houses in case of emergency or if a service provider needs to reach them. The tracking system has proven very effective in handling emergencies and demands for other services by people living in the most isolated rural settlements.

Seeking inspiration? Visit <a href="https://enrd.ec.europa.eu/projects-practice/setting-house-locating-system-fromentera">https://enrd.ec.europa.eu/projects-practice/setting-house-locating-system-fromentera</a> en

#### 22. Did you know that a cooperation between a railway company and environment associations, has made natural/protected areas accessible for elderly people?

Fahrtziel Natur is a cooperation between the German national railway company "Deutsche Bahn" and the three major environment associations in Germany, to improve the connectivity between 22 different natural/protected areas in German, Austria and Switzerland. This initiative allows elderly tourists to reach natural



places that they would not normally consider as destinations because it is impossible to reach them without a car.

Seeking inspiration? Visit <a href="https://www.bahn.de/natur/view/index.shtml">https://www.bahn.de/natur/view/index.shtml</a>

### 23. Did you know that the Rakeistus company in Finland granulates bioash and spreads it on forests as fertilizer, turning waste into a resource?

Bioash is a byproduct from producing energy, paper and pulp, originating from the burning of biomass, such as wood or peat. It contains useful nutrients such as Phosphorus, Potassium, and Calcium. In Finland, 650,000 tons of bioash are made each year. Of this, 500,000 tons is lost. The Rakeistus company is the only one in Europe that concentrates on building of bioash granulators and the granulation of bioash, turning discarded bioash into granules which can be used as fertilizer.

Seeking inspiration? Visit www.rakeistus.fi

### 24. Did you know that alternatives to winter tourism are being developed on alpine pastures in Slovenia, producing quality food products in order to adapt to climate change?



Slovenian ski resorts are extremely sensitive to climate change due to their low altitudes. "Rogla", one of most popular ski resorts in Slovenia, is no exception. "Rogla" is at only 1,517 meters and tourism is still limited to traditional ski activities. Some summer activities, such as biking and hiking, are starting to be developed to use the existing accommodation, but new innovative actions are needed to attract more tourists. Action plans to recover alpine

pastures by producing quality alpine food aim to improve and/or maintain the socioeconomic status of farmers and to expand tourism.

Seeking inspiration? Visit <a href="http://www.euromontana.org/wp-content/uploads/2016/10/Borec\_A-new-alternative-to-winter-tourism.pdf">http://www.euromontana.org/wp-content/uploads/2016/10/Borec\_A-new-alternative-to-winter-tourism.pdf</a>

### 25. Did you know that smart telework centers in rural areas affected by demographic decline and stagnant economic growth canremove geographical boundaries and create digital jobs?



Smart Work Centers (SWC) include desks that offer space for individual workers or group work. By using information technology, SWCs meet or improve all conventional work processes. By providing a physical working space near the home of employees, SWCs help reduce transport needs and costs and increase productivity. SWCs also reduce commuter transport and thus reduce the CO<sub>2</sub> emissions emitted while going to work.

Seeking inspiration? Visit <a href="http://www.euromontana.org/wp-content/uploads/2016/10/Malot Smart-work-centres-in-rural-europe.pdf">http://www.euromontana.org/wp-content/uploads/2016/10/Malot Smart-work-centres-in-rural-europe.pdf</a>

## 26. Did you know that eight forest contracts - agreements between public and private entities for the use of regional forests as a development tools - have been signed in Lombardy?

The Lombardy Region is the owner of 20 forests covering 23,000 ha, FSC and PEFC certified. In 2005,



ERSAF and Lombardy region municipalities and partners signed a Regional Forests Charter, with 16 commitments for the shared management of the region's forests. The Charter includes the "Forest's Contract", an agreement signed for each forest by stakeholders interested in building a permanent opportunity to propose, elaborate, promote and implement actions aimed at local development. The Contract is a tool of participatory management; of governance for local development; of sharing and strengthening networks of relationships among partners and stakeholders; of integration for a wider area than a single forest

and of environmental and territorial policies.

Seeking inspiration? Visit www.ersaf.lombardia.it

27. Did you know that a General Agricultural Competition exists in France to promote flower-filled grasslands?



The aim of the General Agricultural Competition for Flowery Meadows is to reward, using a prize of professional excellence, the know-how and the technical expertise of the farmers whose plots present the best agriecological balance in different categories of grasslands and pasturelands. Flowering meadows considered in the competition have a rich diversity of species that have not been sown, and are mowed or grazed to feed cattle. The competition highlights the link between "quality of grasslands / quality of products" and promotes the promotion and marketing of the products of the prize-winning breeders.

Seeking inspiration? Visit <a href="http://www.concours-agricole.com/prairies/accueil.html#">http://www.concours-agricole.com/prairies/accueil.html#</a>

# 28. Did you know that the Planika dairy cooperative in Slovenia chose to create a local mountain supply chain with high added value to have a positive impact on the local economy and promote the long tradition of the area in dairy production?

Planika Dairy was established in 1995 by the Tolmin agricultural cooperative. Its purpose was to secure the purchase of milk from farmers in the Posočje area of western Slovenia, and to start new production in the premises of the former company Kraš Planika that had gone bankrupt and had been an important employer in an area far from large urban centres. Around 100 farmers now supply the plant with approximately 8 million litres of high-quality milk per year. Since



2012, the dairy plant has been one of key producers of Tolminc cheese, with a protected designation of origin.

Seeking inspiration? Visit <a href="https://enrd.ec.europa.eu/projects-practice/modernisation-planika-dairy">https://enrd.ec.europa.eu/projects-practice/modernisation-planika-dairy</a> en

### 29. Did you know that Extremadura Region in Spain uses axis network cameras to promote historic, natural and cultural heritage and attract more tourists?

In Extremadura, Spain, the government has installed 129 cameras around the most interesting places, which offer some real-time images of the regional heritage, be it cultural, natural or historic. The images are then broadcast for tourist and tourist companies to use to promote their businesses and the attractions close to them.

Seeking inspiration? Visit

http://danteproject.eu/sites/danteproject.eu/files/goodpractices/Guidebook GP.pdf

### 30. Did you know that the municipality of Longarone decided to transform terraces that were abandoned into "urban gardens"?

The municipality of Longarone, in Italy, decided to transform terraces that were abandoned after a landslide in the 1960s into "urban gardens", offering the locals – mostly immigrants – the opportunity to cultivate their vegetables. So, these 'murazzi' 'became a space for social inclusion, an 'ethnoscape' where people can find the flavours and smells of their respective homelands and where the hybridization of plant species occurs naturally because different varieties grow close to each other, and also thanks to gifts and exchanges between the people who benefit from the

terraces. The municipality provides access to the terraces and to water during specific times. Seeking inspiration? Visit <a href="http://www.simra-h2020.eu/index.php/description/?id=160">http://www.simra-h2020.eu/index.php/description/?id=160</a>

#### 31. Did you know that a pilot facility for blue bioeconomy using the logic of circular economy was created in Finland?

The pilot facility for blue bioeconomy combining aquaculture, organic farming, a bioenergy plant, and green tourism will become the largest aquaculture facility in Finland. It is intended to combine sea and land in a novel way to ensure environmentally sustainable food and energy production. As much of salmon sold in Finland is imported from Norway, increasing local aquaculture would reduce the need for imported fish and increase employment. The pilot utilizes the logic of circular economy, where the greenhouses, aquaculture and bioenergy production will



utilize each other's side products, thus putting waste and side material flows to beneficial use.

Seeking inspiration? Visit <a href="http://www.cee.fi/en/">http://www.cee.fi/en/</a>

### 32. Did you know that a farming cooperative cultivating truffles has become an agricultural and forestry cooperative with a variety of different products and sections?



In Spain, five farmers decided to create a cooperative cultivating truffles, called Biopenyagolosa, following criteria of agroecology and traditional farming. The initial idea of a truffle cooperative evolved quickly. More people joined, resulting in an agricultural and forestry cooperative with a variety of different products and sections. The cooperative now also participates in several local projects, including an

online learning community 'Penyagolosa e-duca'. Biopenyagolosa has decreased transaction costs and has allowed better control over truffle trade, increased confidence among stakeholders and higher levels of innovation (through human capital). In addition, the cooperative uses traditional natural resources to develop a sustainable economy in the local area.

Seeking inspiration? Visit <a href="http://chil.es/agroindustria/group/biopenyagolosa">http://chil.es/agroindustria/group/biopenyagolosa</a>

#### 33. Did you know that the clear sky can be used as a resource for developing astronomical tourism and astronomically related leisure activities?



In Javalambre, in Spain, the clear sky is used for different leisure and education activities related to the observation of the sky. Those activities include links to other tourism resources in the area, such as restaurants and craftsmen. In 2016, a Centre for Astronomy, Education and Outreach, called 'GALÁCTICA' was constructed in the village of Arcos de las Salinas. The Centre is sponsored by the CEFCA (a centre for research in astrophysics and

cosmology which operates the Astrophysics Observatory of Javalambre, located in the area). It aims to foster the understanding of astronomy among the general public by providing access to professional quality facilities for environmental and culture education, scientific, and outreach purposes.

Seeking inspiration? Visit <a href="http://www.gudarjavalambre.es/turismo/ique-ver/el-cielo">http://www.gudarjavalambre.es/turismo/ique-ver/el-cielo</a>

#### 34. Did you know that innovative carbon forestry management practices can result in increasing the resilience of forests to natural disturbances?

In Slovakia's Nizke Tatry National Park, a self-organized local community willing to prove its capacity to adapt to disturbances started to apply innovative carbon forestry management practices. These include increasing tree species diversity, forest natural regeneration, leaving organic matter on the soil, and selective cutting. The aim is to increase the resilience of the forests to natural disturbances and to be more cost-effective and sustainable in forest management. The application of innovative carbon



forestry can be seen as a positive movement to fulfil the global CO<sub>2</sub> objectives from the local level and hopefully, lead to more cost-efficient forest management, higher performance of forest commons and more resilient forests. In addition, the local community in this forest commons regime has proven its self-organization and adaptive capacity to cope with natural disturbances and institutional ineffectiveness, and its potential to use natural resources more sustainably.

Seeking inspiration? Visit <a href="http://www.urbarhybe.sk/">http://www.urbarhybe.sk/</a>

#### 35. Did you know that young unemployed people can go to live for 4 – 6 weeks with elderly people to learn how to work together with locals?

The idea is part of a Bulgarian project called "Ideas Factory". Twenty unemployed young people go to live for 4 to 6 weeks in a remote village, living with elderly people. Before dojng this, they participate in a training programme in systematic and design thinking, social entrepreneurship and ethnological fieldwork. After the training, they head to the villages where they learn crafts and work together with local people to create a new innovative idea for a product, service or event that will attract stronger interest to the village.

Seeking inspiration? Visit <a href="http://ideasfactorybg.org/ifactoryen/news/">http://ideasfactorybg.org/ifactoryen/news/</a>

### 36. Did you know that you can adopt an abandoned terrace to provide direct or long-term support to the mountains of the Brenta River Valley, in Italy?

Many terraces were abandoned in Valstagna, in Italy. The owners of the terraces now offer them for 'adoption', either to a family wishing to farm the field, or for symbolic adoption, with the payment of a fee. This project was born after a few experiences of 'terrace adoption' had occurred spontaneously. The objective has been to regulate and expand activities, allowing any interested person the opportunity to adopt a terrace and provide direct or long-term support to the mountains of the Brenta River Valley. The innovation has revitalised a historical municipality abandoned



by residents. The positive impacts are both social and environmental. Today, the project is a success: more than 100 terraces covering more than 4 ha in different parts of the valley have bene recovered, with the involvement of more than 100 people, most of them living outside the valley. Seeking inspiration? Visit <a href="http://www.adottaunterrazzamento.org/">http://www.adottaunterrazzamento.org/</a>

#### 37. Did you know that your children can go to a "forest kindergarten", made without roofs and without walls, to learn to live with what nature provides?

The first experience of full education in nature in Padua province, Italy, is called "Educare all'aria aperta". Children from 3 to 6 years old participate in 4 activities: 1) "play outdoors", education every Saturday morning, when the children have the opportunity to spend the morning playing freely, using the materials that nature provides; 2) "summer camps", with the same rationale of "play outdoors"; 3) "outdoors schools" for school children, based on 1-4 days activities; and 4) "forest kindergarten", without roofs and without walls, where children spends most of their time outdoors in fair and bad



weather, use the teaching materials that nature provides, and face real situations through their creativity, imagination and free play. This type of education offers children opportunities for practical experiences and to freely express their emotions, invent new games using natural material, and test their physical abilities by addressing the challenges offered by nature. There

are positive impacts for children, but also for the surrounding environment, as several activities are based on teaching respect to nature.

Seeking inspiration? Visit http://www.simra-h2020.eu/index.php/description/?id=178

### 38. Did you know that Pro Val Lumnezia succeeded to reduce emigration and promote local culture by creating an office of coordination for the regional development?



The local industry association and all communes of the Val Lumnezia Valley, in Switzerland, worked together to create an office to coordinate and assist the regional development of the valley. The support consists of consultancy, contacts to public authorities, experts and media, as well as financing. Through the activity of "Pro Val Lumnezia", over 60 projects, most of them innovative, have been realised since 1989. Today, this valley and its organisation is regarded as a lighthouse project for successful comprehensive regional development. As a result,

emigration has been reduced, local identity has been supported, and the local culture has been promoted.

Seeking inspiration? Visit <a href="http://www.provallumnezia.ch/">http://www.provallumnezia.ch/</a>

#### 39. Did you know that 'Territorial rescue' is a project that created employment opportunities in rural areas?

'Territorial rescue' is focuses on the search for sustainable solutions. The project aims to stimulate endogenous resources and to create employment opportunities in rural areas with low-density populations that are affected by abandonment of their natural, productive and social resources. In Querença,



in Spain, a team of nine young graduates worked for 9 months to study the local resources and recover them, with a perspective of sustainable profitability and economic viability.

Seeking inspiration? Visit <a href="http://www.projectoquerenca.com/pt/projecto.html">http://www.projectoquerenca.com/pt/projecto.html</a>