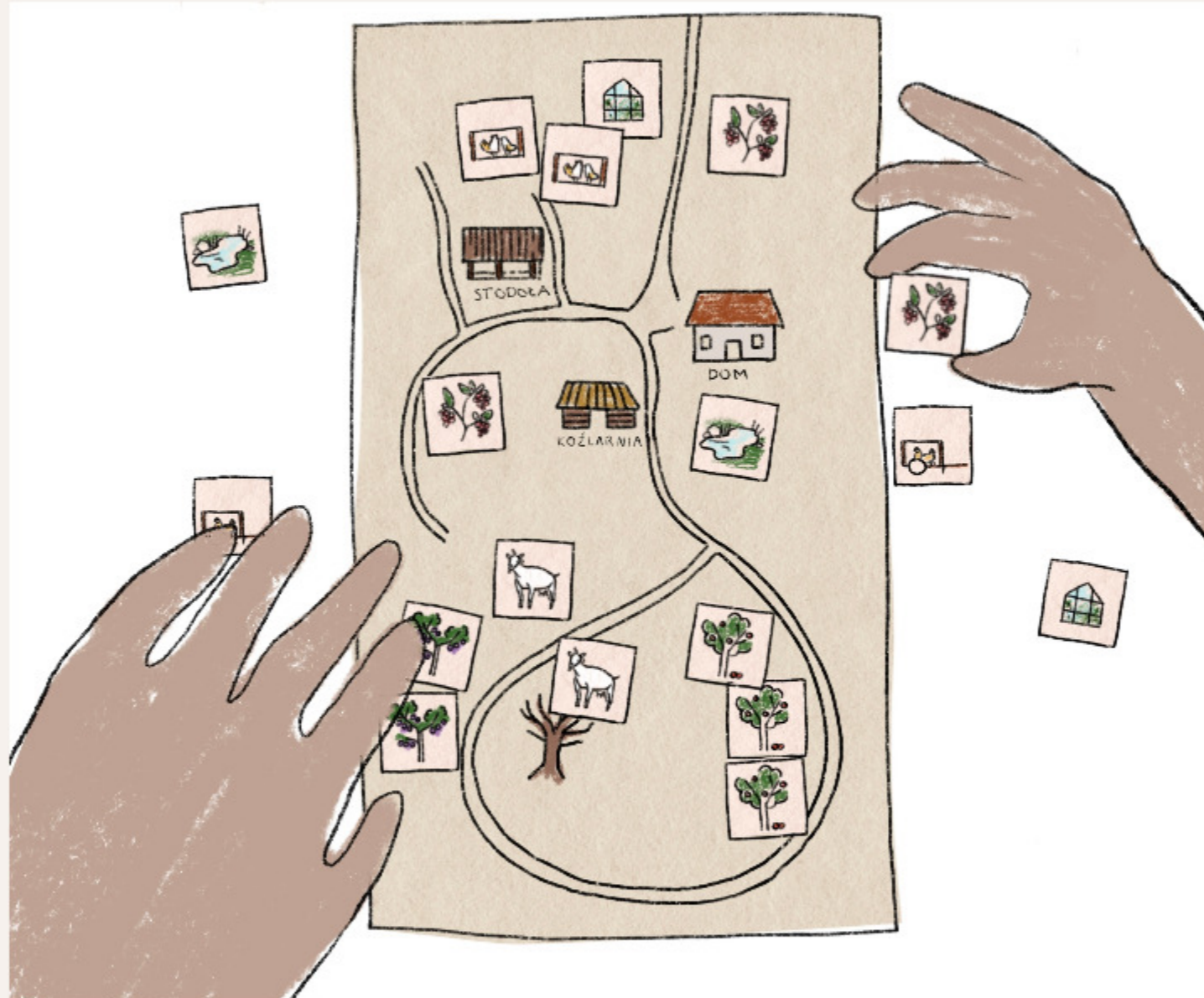


Paciówka

**SMALL PERMACULTURE FARM AS
A PLACE FOR RECONNECTION**

DANIEL PACEK

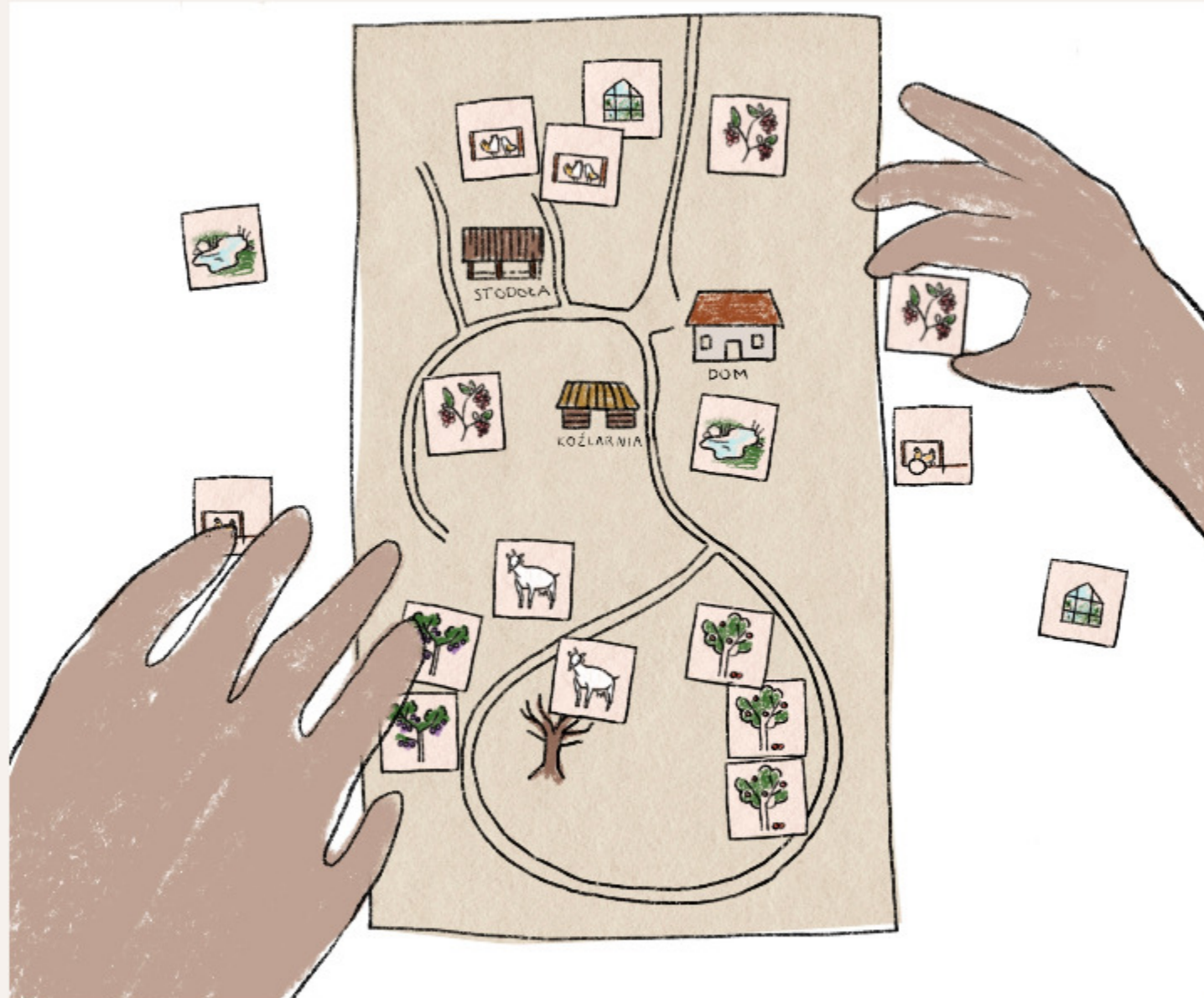


CONCEPT

OUR PROJECT IS ABOUT ORGANISING WORKSHOPS CARRIED OUT AT THE PERMACULTURE FARM TARGETED AT THE YOUTH WITH GAMING DISORDER.

BUT IS IT ONLY DEDICATED FOR THEM?

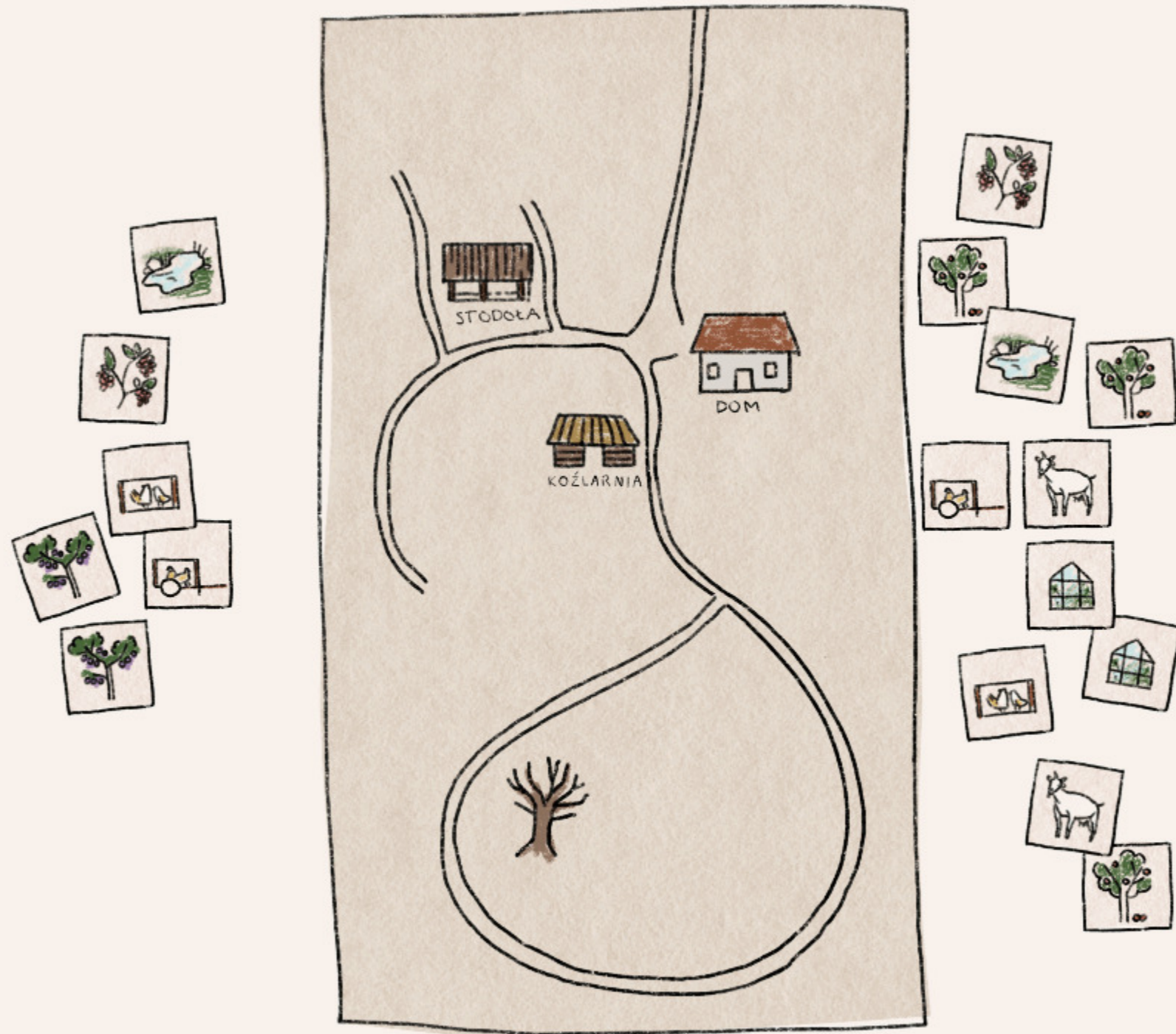
NOT AT ALL!



WE BELIEVE THAT A SMALL PERMACULTURE FARM IS THE MOST SUITABLE PLACE TO SUPPORT MANY THERAPEUTIC ACTIVITIES.

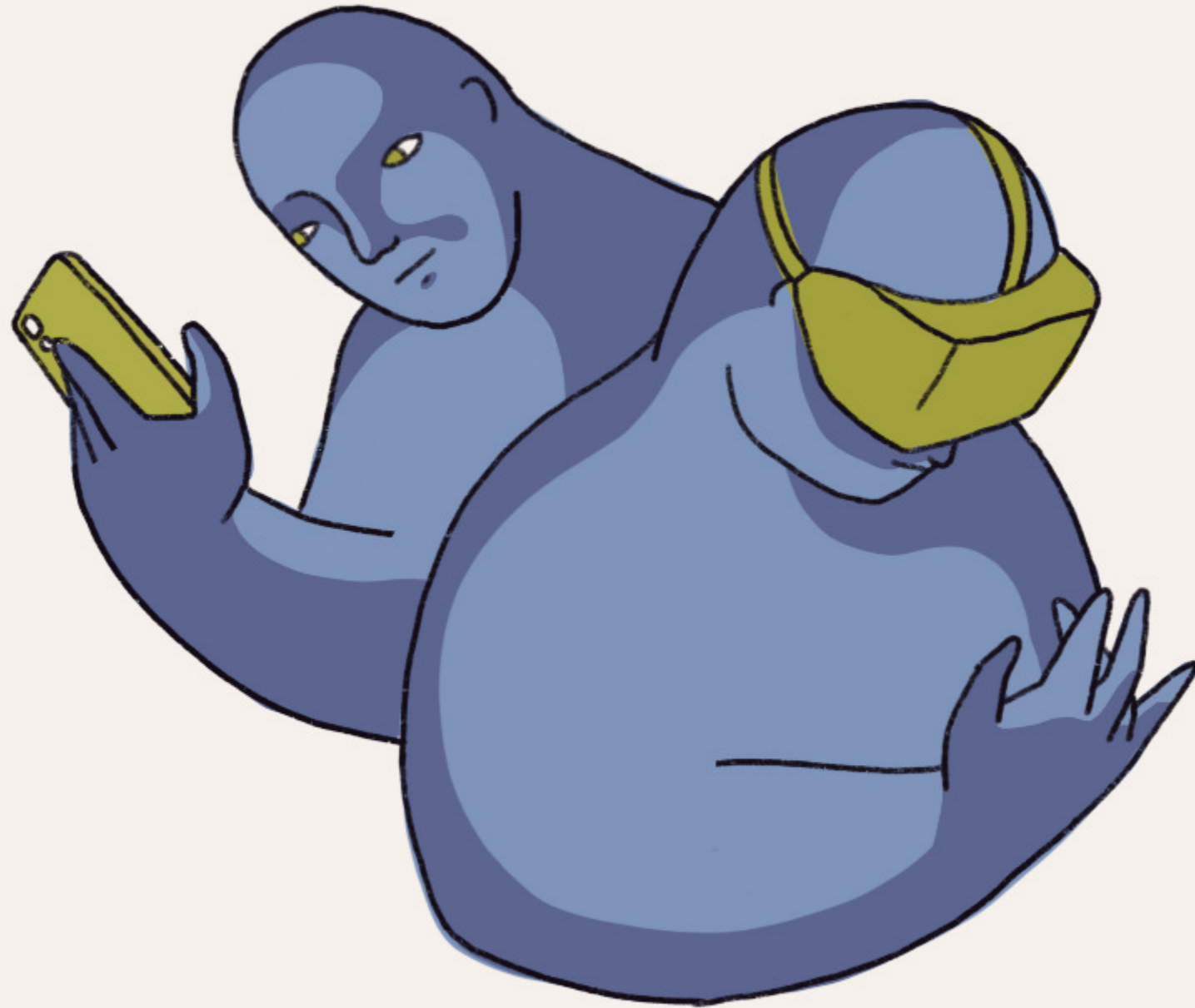
WHY IS IT SO?

Pacówka



DANIEL PACEK

Pacek

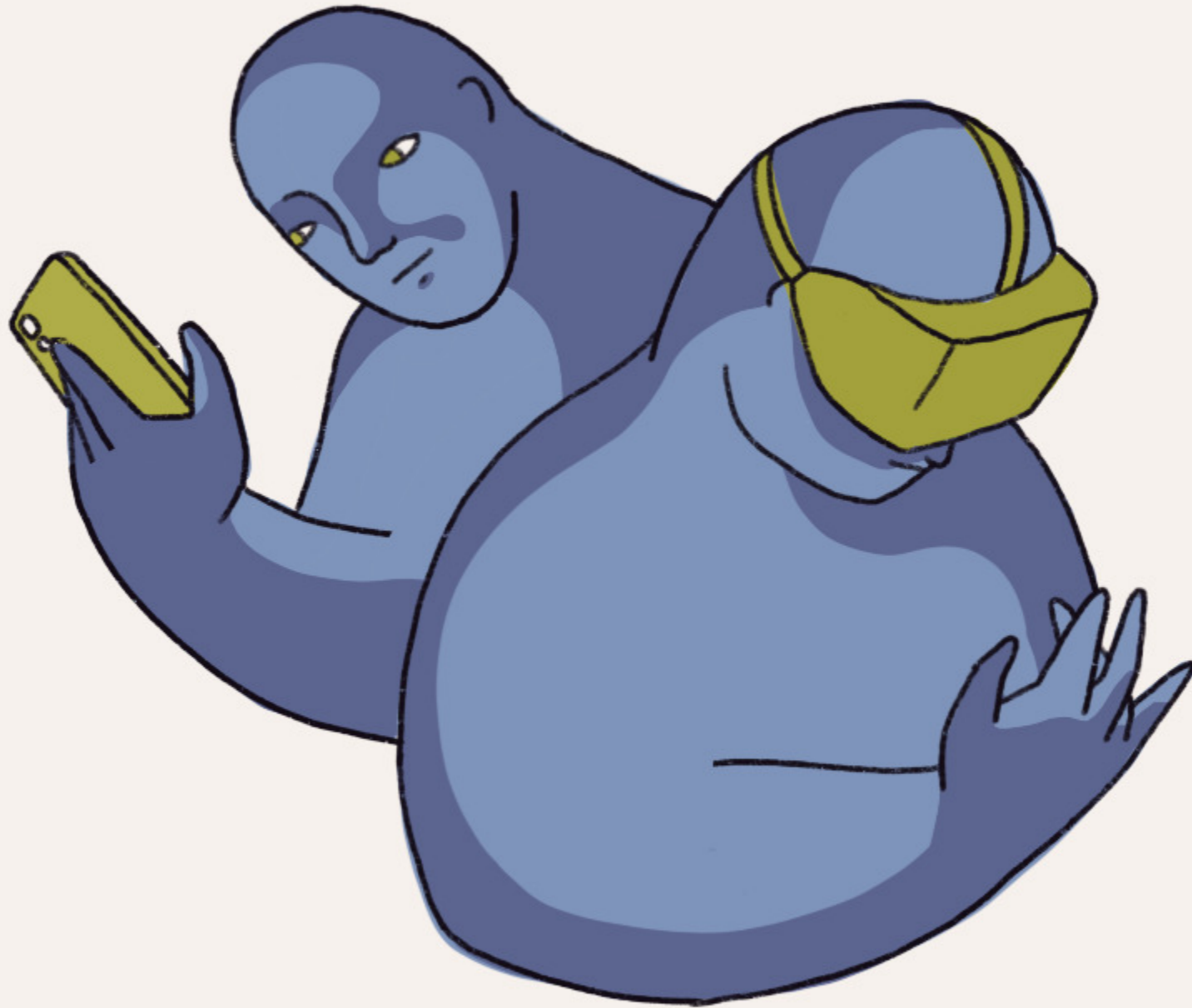


DISCONNECTED WORLD

LET'S FACE IT, OUR CONTEMPORARY
WORLD IS HEADING IN A RATHER
DREADFUL DIRECTION.
THE ARRAY OF CRISES EMERGING
ON THE HORIZON IS TERRIFYING.

WE ARE GETTING MORE AND MORE
DISCONNECTED FROM PEOPLE
AROUND US, OURSELVES AND OUR
DYING PLANET.

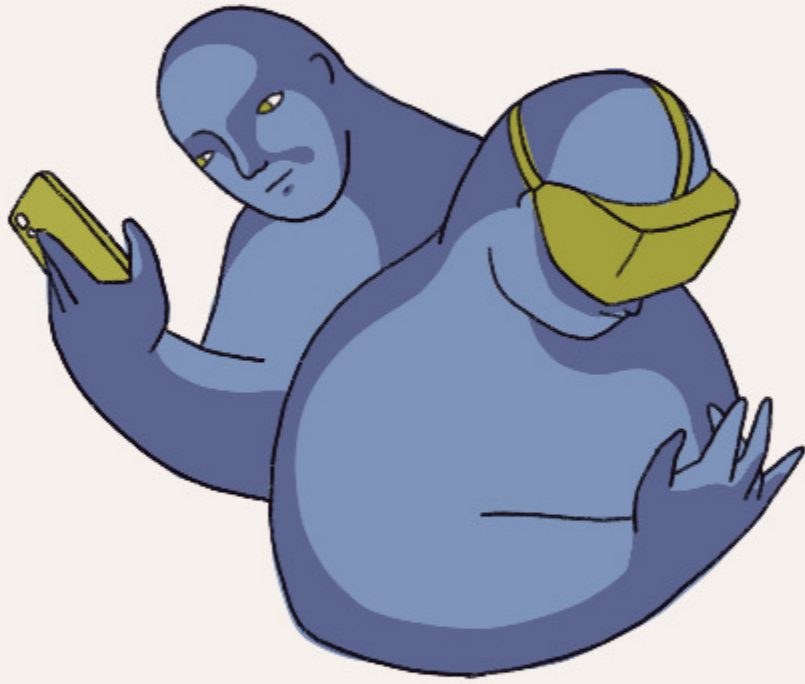
Pacekka



MOREOVER OUR DISCONNECTION FROM REAL LIFE IS ONLY ONE OF THE OBSTACLES THAT OUR CONTEMPORARY CIVILIZATION NEEDS TO OVERCOME IN ORDER TO FIND SOLUTIONS NECESSARY TO SOLVE THE SPECTRUM OF PROBLEMS AWAITING US.

CURRENT PANDEMIC (AND POST PANDEMIC) SITUATION ONLY MAGNIFIES THIS PROBLEM.

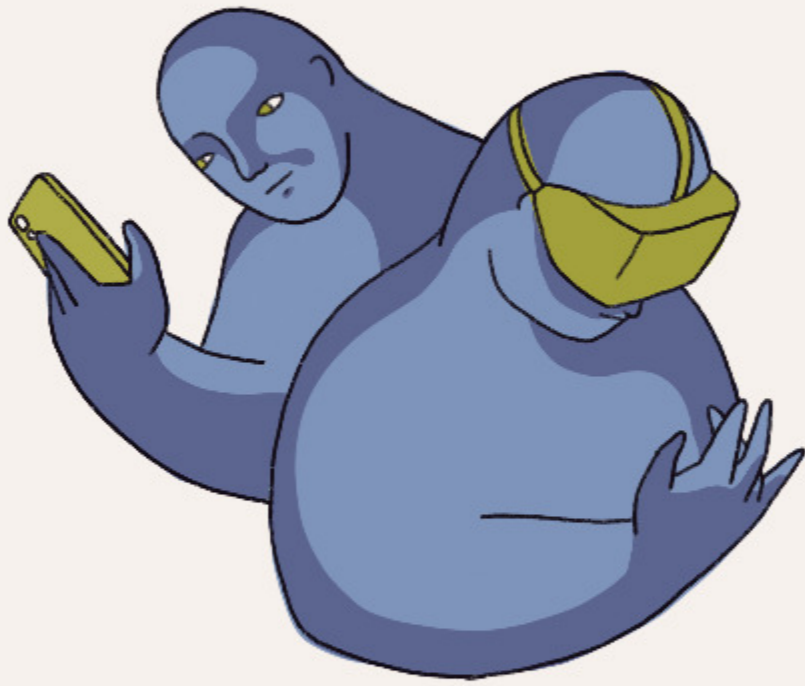
Pacówka



THE ROOT CAUSE OF THIS STATE ACCORDING TO ALAN SAVORY IS OUR REDUCTIONIST WAY OF THINKING. IN ORDER TO UNDERSTAND OUR WORLD WE HAVE AN INNATE TENDENCY TO SEPARATE ANY PHENOMENON FROM ITS CONTEXT.

THIS HELPS US TO UNDERSTAND THE WORLD AROUND IN GREAT DETAILS, BUT WITHOUT THE AWARENESS OF THE INNER DYNAMICS OF LIVING PROCESSES

Pacekka



**OUT OF THIS APPROACH COMES THE BIGGEST PROBLEM
OF OUR CIVILISATION: THE INABILITY TO MANAGE COMPLEXITY.**

**IT SHALL BE OF PARAMOUNT IMPORTANCE TO BALANCE OUR
TENDENCY TO OVERSIMPLIFY OUR UNDERSTANDING OF THE WORLD
WITH THE ABILITY OF SYSTEM THINKING AND HOLISTIC DECISION
MAKING PROCESS.**

WHY PERMACULTURE FARM?

WE PROBABLY DON'T NEED TO CONVINC
ANYONE HERE THAT A SMALL FARM HAS ITS
THERAPEUTIC POTENTIAL BY ITSELF.

HORTICULTURAL THERAPY AND ANIMAL-ASSISTED THERAPY
ARE WIDELY RECOGNIZED, POWERFUL TOOLS SUPPORTING
TREATMENT OF A VARIETY OF DISORDERS AND ADDICTIONS.



HERE WE COME.

PERMACULTURE FARM HAS ANOTHER
ADVANTAGE: IN OUR FIELD EVERYTHING IS
ABOUT CONNECTION!

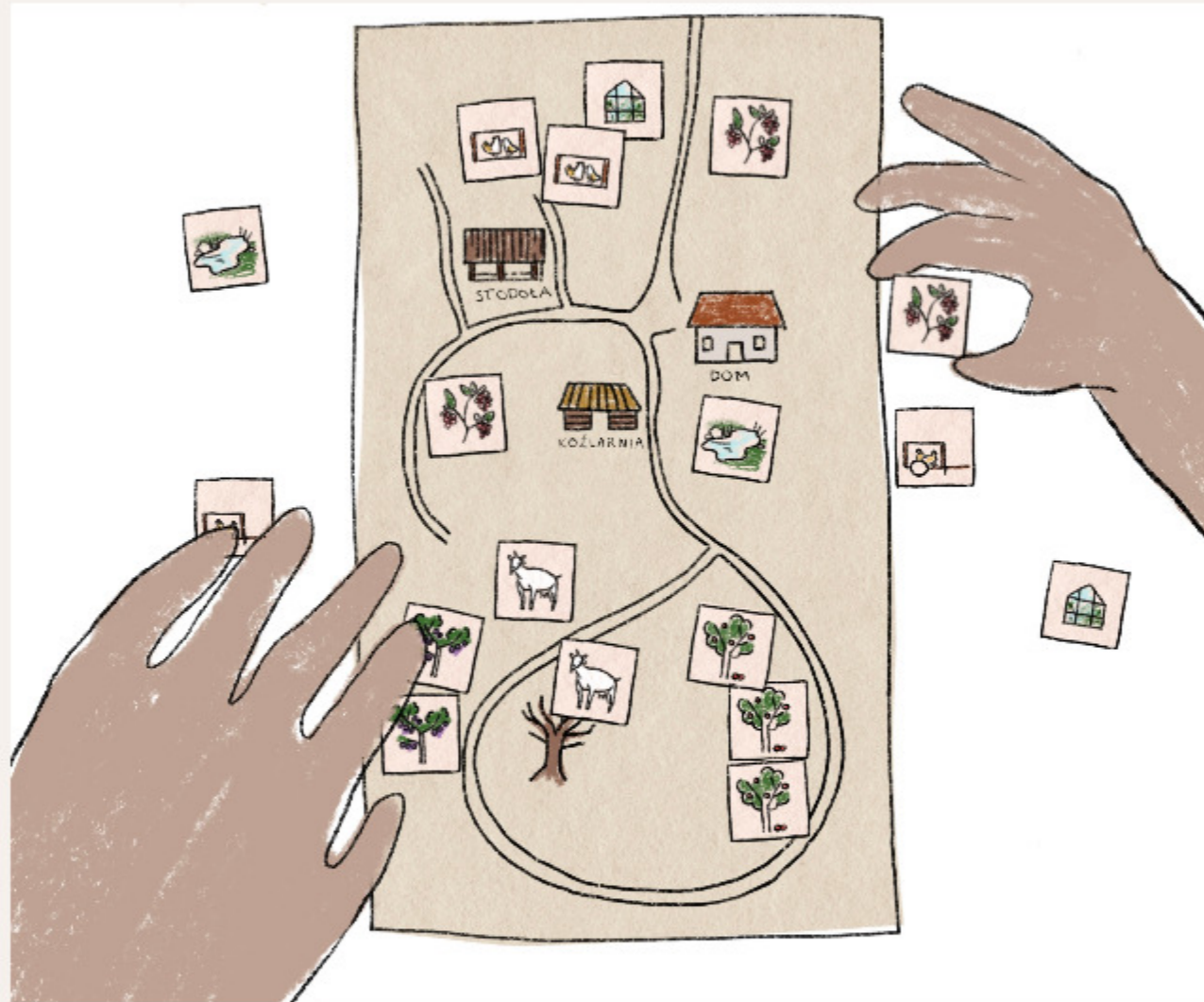
IT GIVES AN AMAZING SETUP TO LEARN ABOUT SYSTEM
THINKING AND COMPLEXITY OF OUR WORLD.



WITH KNOWLEDGE ABOUT NUTRIENT AND WATER CYCLES, SOIL LIFE, NOT TO MENTION PLANT COMMUNICATION, WE MAY PROVE TO WHAT DEGREE THE WORLD IS INTERCONNECTED TO AND TO WHAT EXTENT HUMAN BEINGS ARE A PART OF IT.

BY PRESENTING AND APPLYING PERMACULTURE AND HOLISTIC MANAGEMENT TECHNIQUES WE CAN INTRODUCE THE IDEA OF SYSTEM THINKING AND COMPLEX PROBLEM SOLVING. THIS NEWLY GAINED KNOWLEDGE WOULD BE SHORED UP BY A REAL LIFE EXAMPLE OF OUR RELATIONSHIP WITH NATURE.





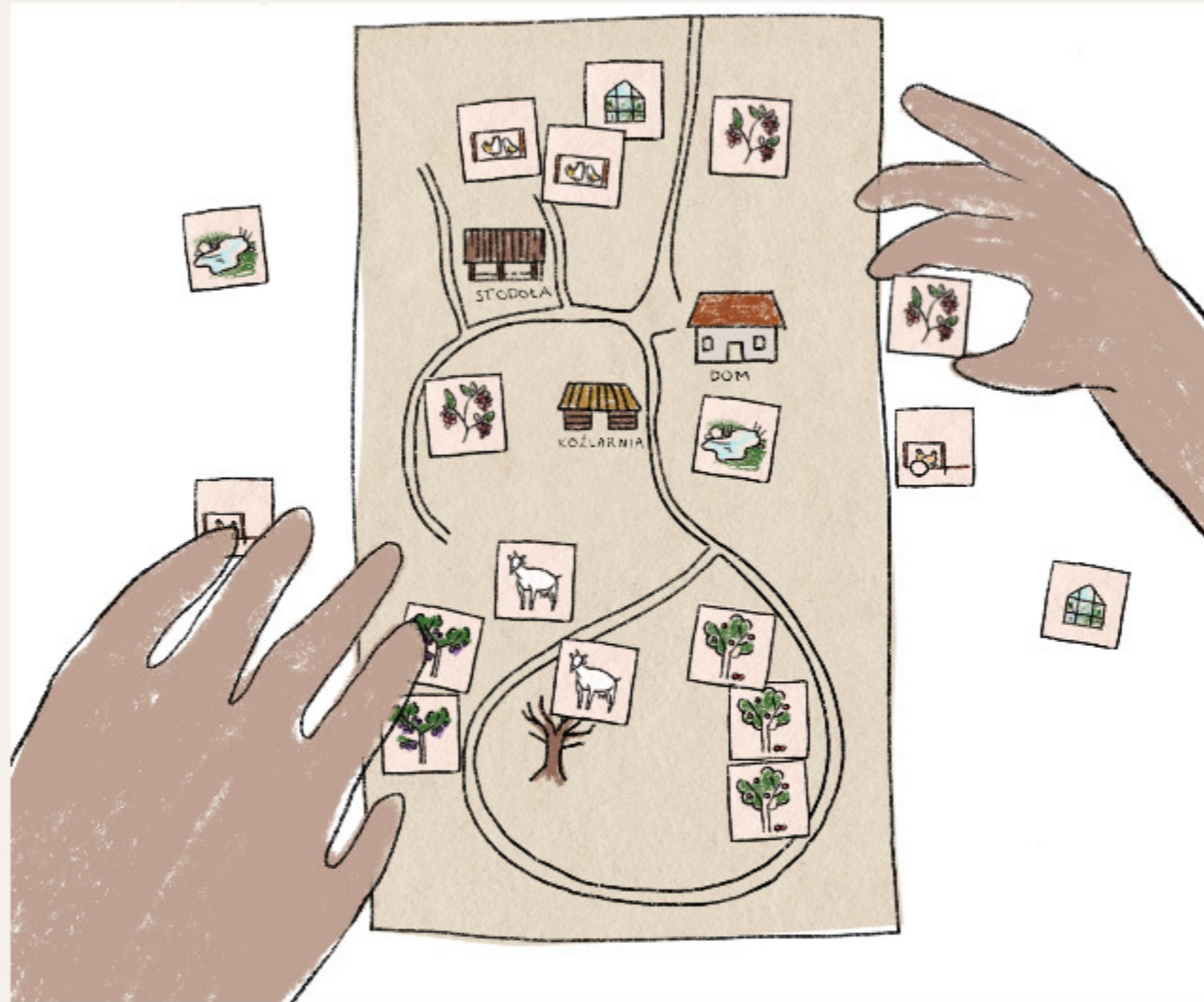
BASIC BUILDING BLOCKS

SMALL FARMS ARE ALSO MEANINGFUL FOR ANOTHER, DOWN-TO-EARTH REASON.

THEY ARE BASIC BUILDING BLOCKS OF OUR CIVILIZATION.

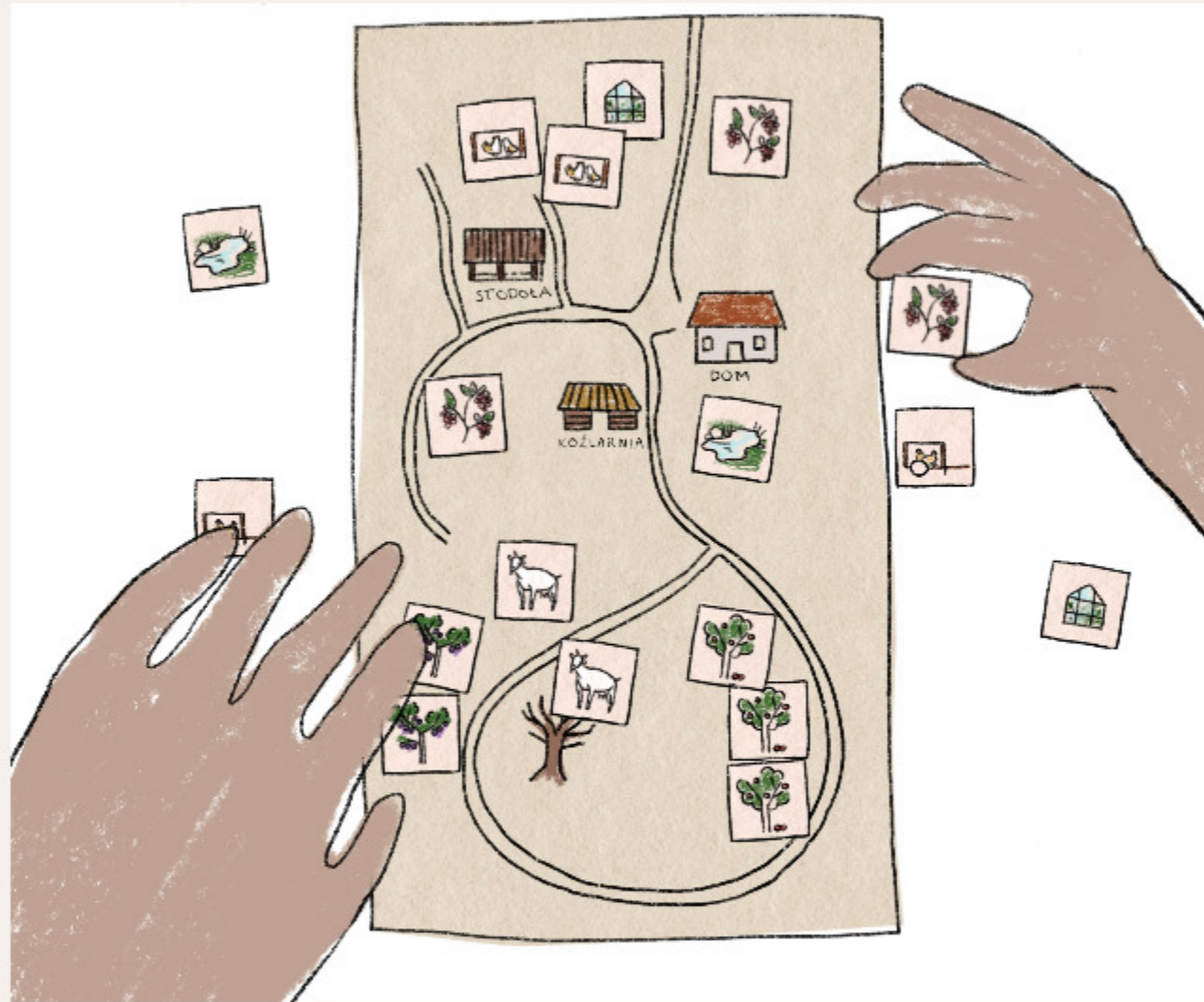
WITH THIS FORM OF SYSTEM OF ORGANIZATION WE GAINED THE ABILITY TO GIVE UP NOMADIC LIFESTYLE AS HUNTER-GATHERER ANCESTORS DID AND START TO SPIN THE WORLD AROUND US.

Pacówka



**WE TAMED WIDE NATURE WITH SMALL
FARMS AND WE RENDERED OTHER
LIFEFORMS TO WORK ACCORDINGLY TO
OUR NEEDS**

**FROM THE VERY BEGINNING WE WERE ORGANIZING IT
IN A REACTIVE OR ADAPTIVE MANNER. IT WAS
REDUCTIONIST MANAGEMENT AS ALAN SAVORY WOULD
NAME IT.**



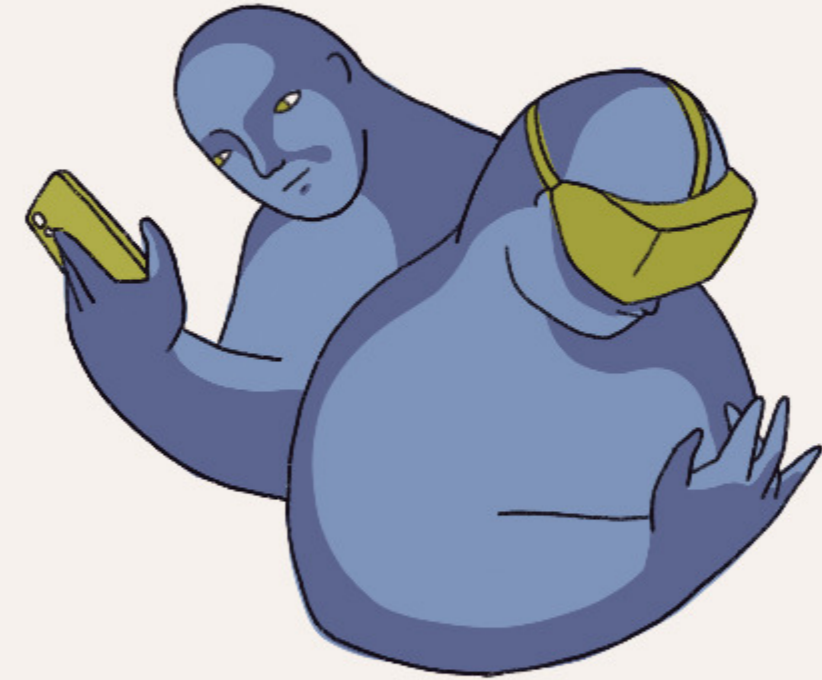
IN THE BOOK 'A SMALL FARM FUTURE' CHRIS SMAJE PROVES THAT A SUSTAINABLE FUTURE WILL BE ONLY POSSIBLE IF WE MANAGE TO TRANSFORM OUR FOOD PROVISIONING SYSTEM INTO A MATRIX OF SMALL FAMILY FARMS.

IF HE'S RIGHT THEN WE ARE IN A PROFOUND NEED TO RECODE THIS FUNDAMENTAL BUILDING BLOCK OF OUR CIVILIZATION AND RENDER IT COMPATIBLE WITH THE CHALLENGES OF MODERN TIMES

WHY GAMING DISORDER?

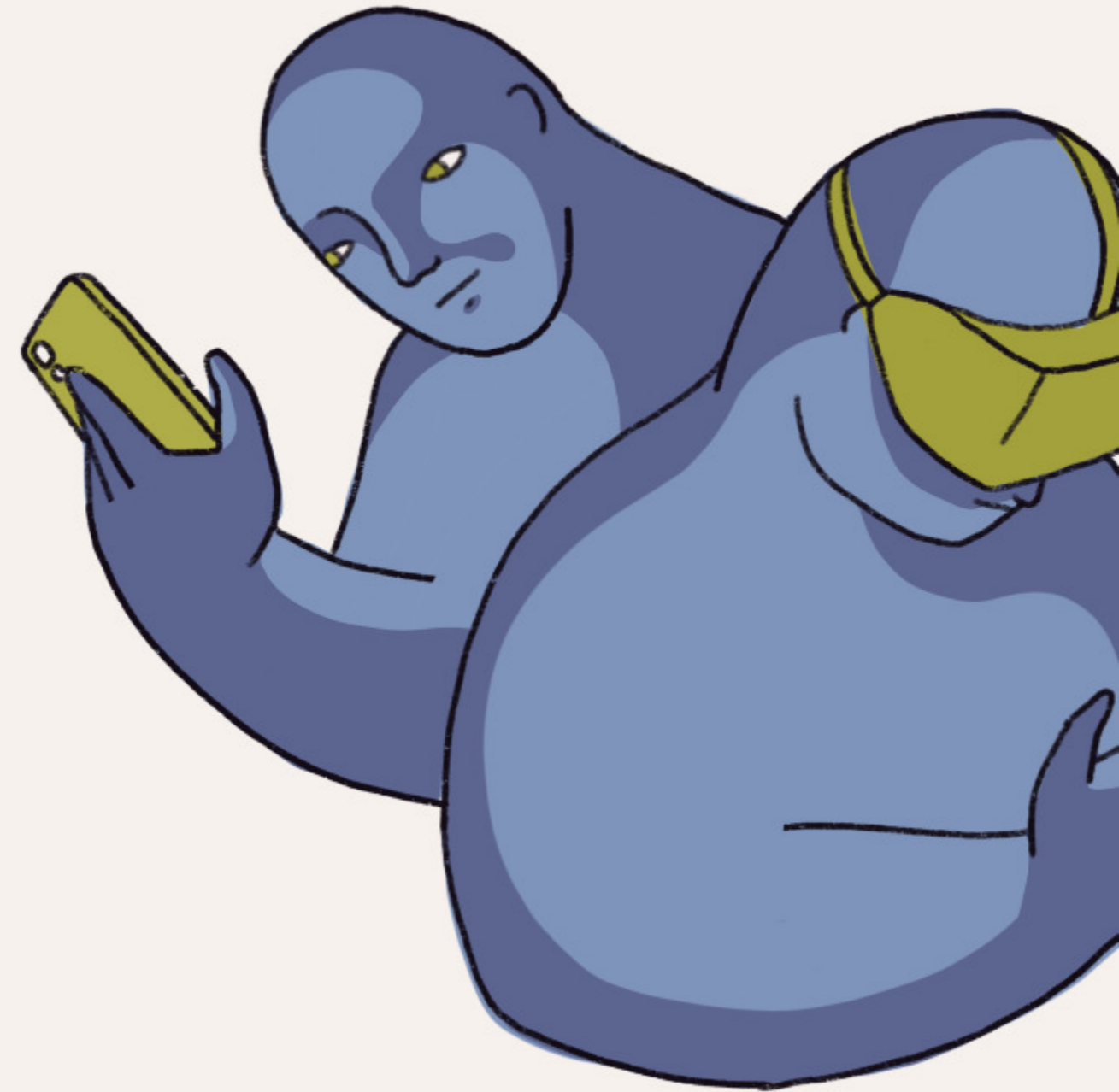
SO WHY IS OUR PROJECT NOT TARGETING POLITICIANS OR CEOs OF BIG COMPANIES BUT AIMING AT YOUNG COMPULSIVE GAMERS?

COMPULSIVE GAMING IS CURRENTLY A WORLDWIDE ISSUE THAT IS GAINING MOMENTUM. POST PANDEMIC CONDITIONS ARE SUPPOSED TO EXACERBATE IT EVEN MORE. IF THIS PROJECT SUCCEEDS IT COULD STAND FOR A HELPING HAND TO MANY GAMERS.



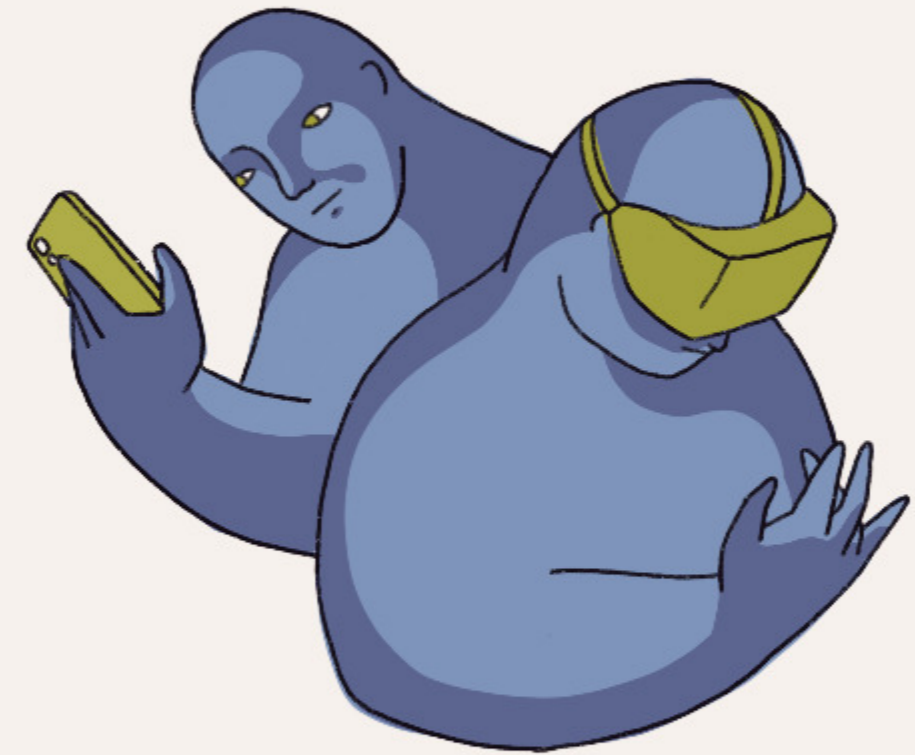
BY ADDRESSING IMPORTANT AND VITAL WORLD ISSUES WE CAN STRENGTHEN PERMACULTURE IDEOLOGY AND MAKE IT A MORE RECOGNIZABLE IDEA. ONCE IN ITS PROPER PLACE THE IDEA WOULD GAIN THE ABILITY TO INFLUENCE AND COUNTERBALANCE THE TECHNOLOGICAL-SOLUTION-TO-EVERYTHING PATH WE ARE FOLLOWING NOWADAYS.

YOUTHS ARE THOSE WE WANT TO FIX THIS WORLD FOR . WE COULD INCREASE THEIR AWARENESS NOT ONLY TO PROBLEMS THAT THIS WORLD IS FACED WITH, BUT TO THE POSSIBLE EMERGING SOLUTIONS AS WELL.

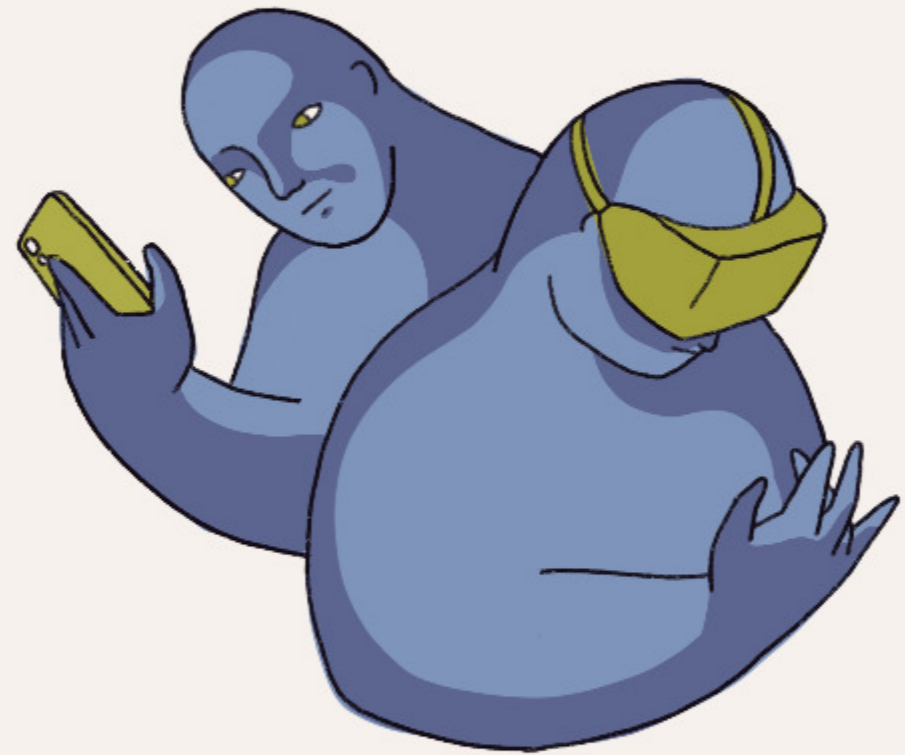


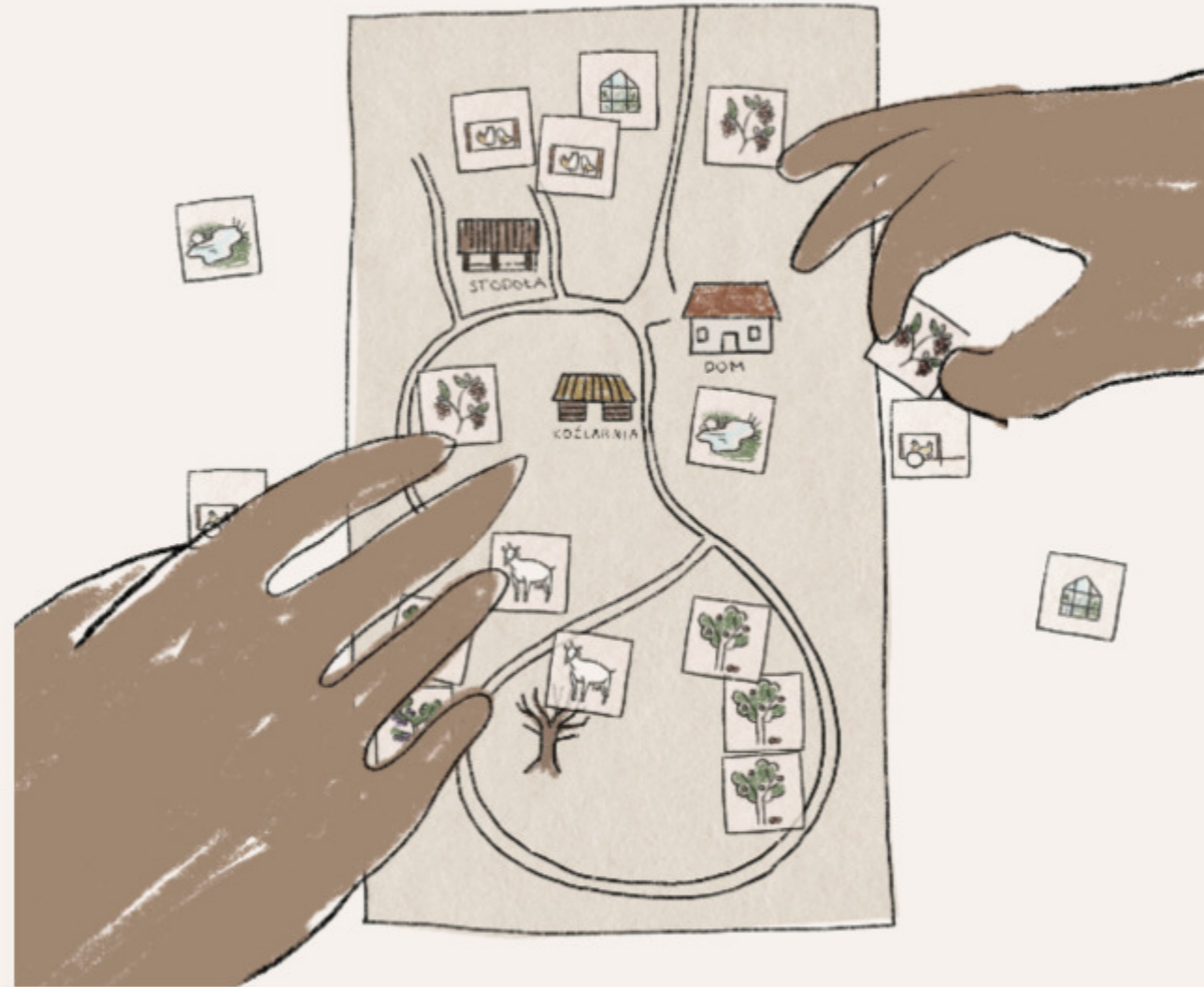
COMPULSIVE GAMING IS VERY MUCH ABOUT
DISCONNECTION FROM OUR REAL LIFE WORLD.
THEREFORE IF VIRTUAL REALITY IS MORE REAL TO SO
MANY PEOPLE THAN THE OFF-LINE THEY ARE LIVING IN,
WE MIGHT EXPECT A FAIRLY HUGE PROBLEM IN THE
NEAR FUTURE.

WE MUST BEAR IN MIND THAT EVOLUTION IS NOT A LINEAR PROCESS.
IT ONLY SEEMS TO BE DEVELOPING THAT WAY WHEN WE LOOK
BACKWARDS. NO ONE CAN PREDICT IF DELVING INTO THE VIRTUAL
REALITY OF GAMES IS A FORM OF AN EVOLUTIONARY BREAKTHROUGH
OR A DEAD END. FOR SURE TIME WILL TELL. BUT FOR NOW WE WOULD
RATHER STICK TO A TRIED AND TESTED LIFESTYLE.



THIS PROJECT IS BASED ON VERY MUCH MIND
BOGGLING THEORY OF GABOR MATE WHO PROVED
ADDICTIONS TO BE ROOTED IN THE LACK OF CONNECTION
TO OURSELVES AND TO THE WORLD AROUND US.



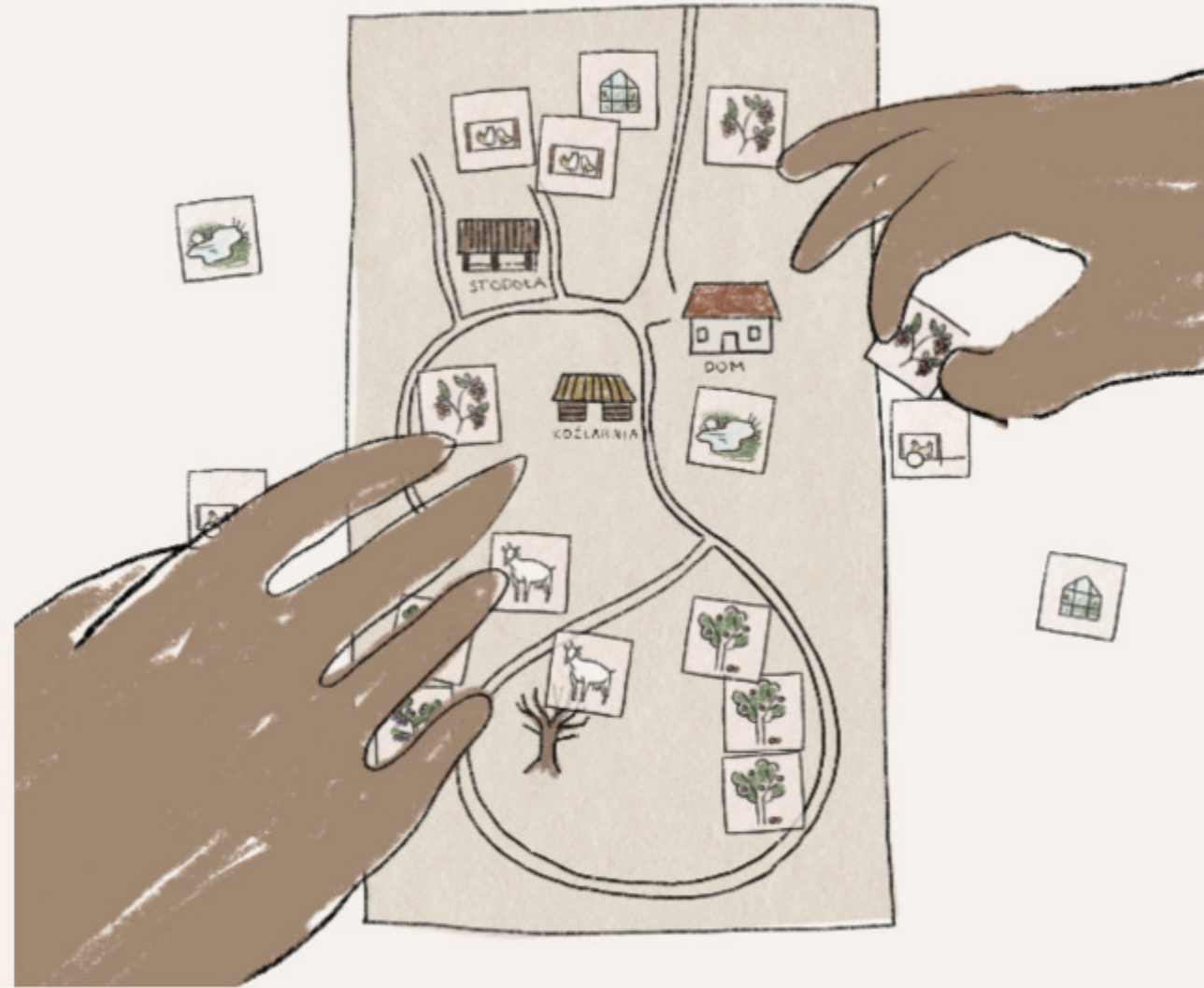


BOARDGAME FIRST

IT WOULD BE PRUDENT TO PROVIDE THOSE ADDICTED YOUTHS WITH A ROPE WHICH COULD GRADUALLY DRAG THEM OUT FROM THE GAMING WORLD WHILE CONCURRENTLY CREATING BOUNDS TO THE OFFLINE REALITY.

IN THE CASE OF OUR PROJECT THE ROPE WOULD TAKE THE FORM OF A STRATEGIC BOARD GAME ABOUT RUNNING A PERMACULTURE FARM FOLLOWED BY A KIND OF ROLE PLAYING GAME CARRIED ON A REAL-LIFE FARM.

Pacówka



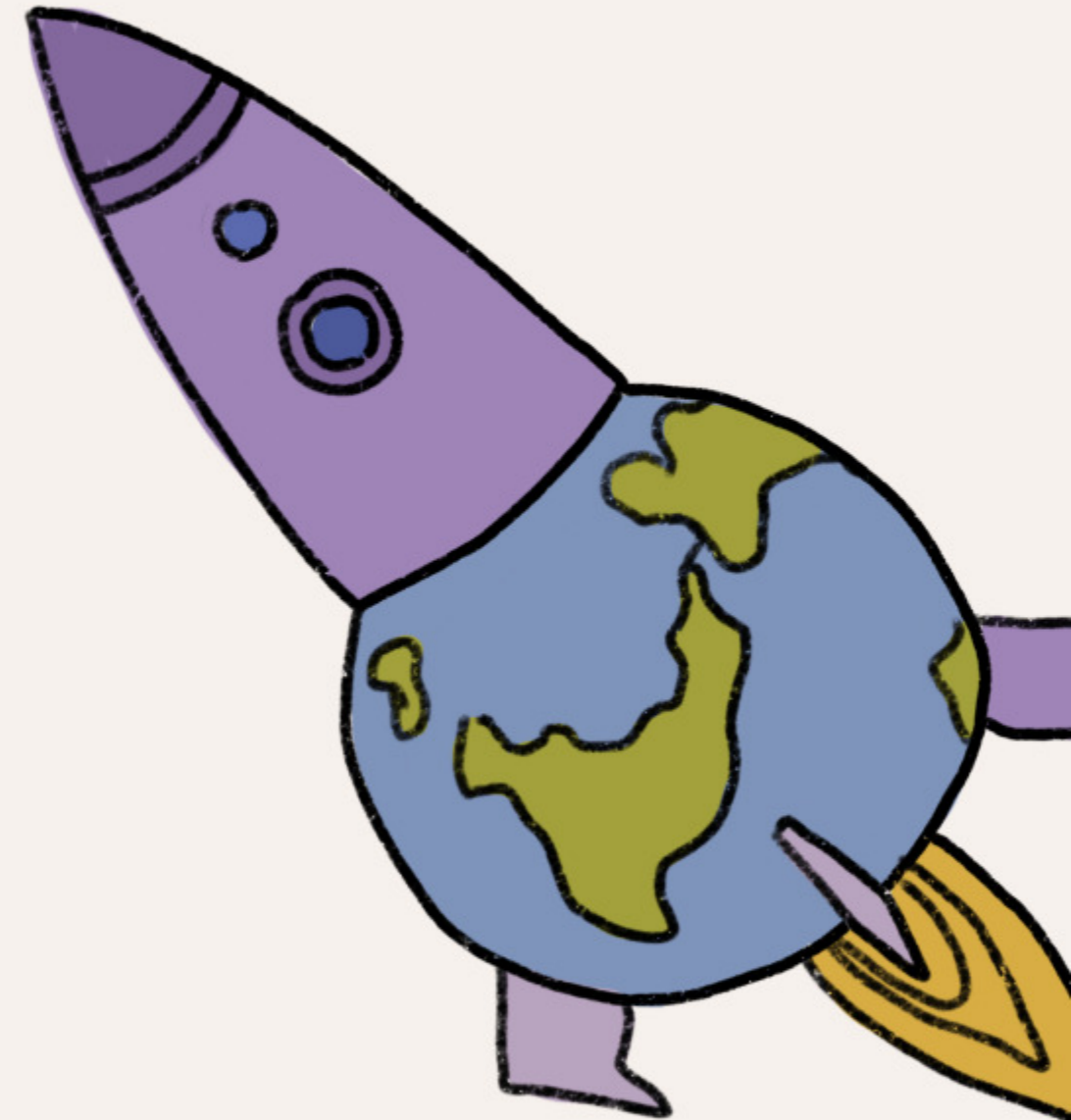
THAT WOULD BE THE VERY FIRST STEP BY MEANS OF WHICH WE COULD INTRODUCE BASIC PRINCIPLES OF PERMACULTURE AND SYSTEM THINKING TO THEM WHILE STILL IN THEIR SAFE GAMING ENVIRONMENT. THE NOMENCLATURE / PARLANCE THEY ARE FAMILIAR TO WOULD FACILITATE GAMERS TO EXPRESS THEMSELVES.

THE GAME WOULD MIMIC STRATEGIC GAMES ENVIRONMENT AND NOMENCLATURE ALLOWING FOR INSIGHT INTO MATTER CIRCULATION, RESOURCES HARVESTING, PLANT GROWING, ANIMALS MAINTENANCE.,

NARRATION

WORKFRAME FOR THE GAME COULD BE AN IMAGINARY NEAR-BY FUTURE SITUATION WHEN THE CONTEMPORARY SYSTEM OF FOOD PROVISIONING STARTED TO FALL APART AND PLAYERS WOULD FIND THEMSELVES IN A NEED OF CREATING A PERMACULTURE FARM IN ORDER TO FEED THEMSELVES, THEIR RELATIVES AND COMPATRIOTS..

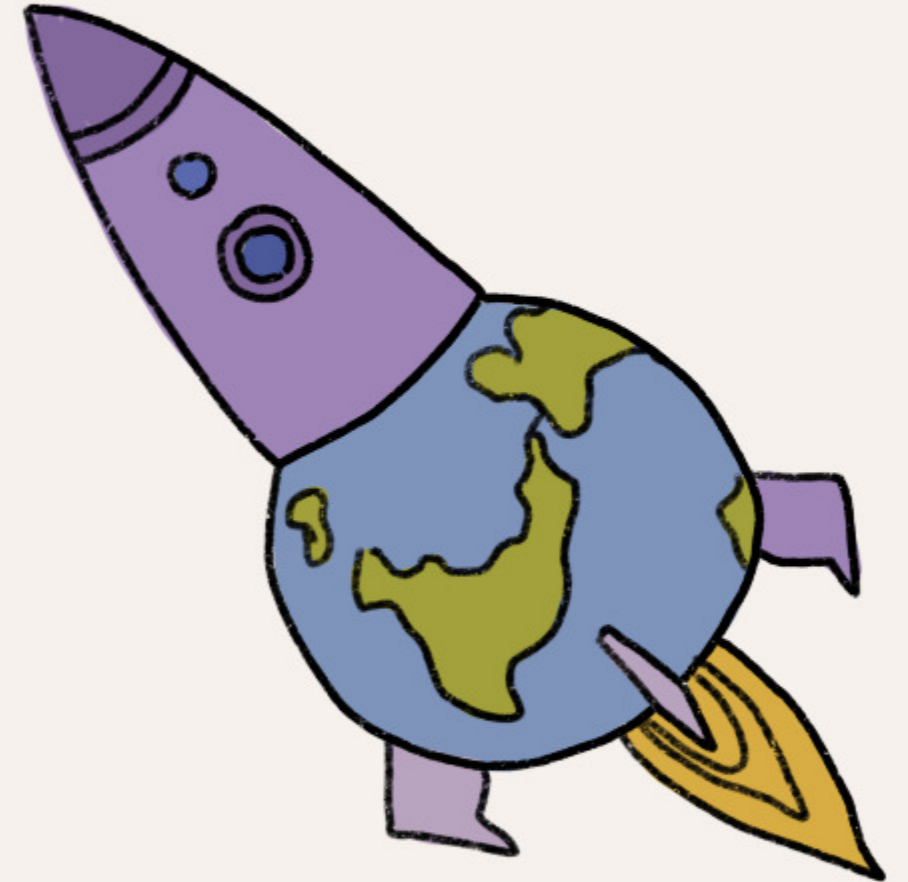
WE COULD ALSO USE THE NARRATION OF SPACESHIP EARTH AND WITH THOSE TEENAGERS TRY TO RECOLONIZE OUR PLANET EARTH!

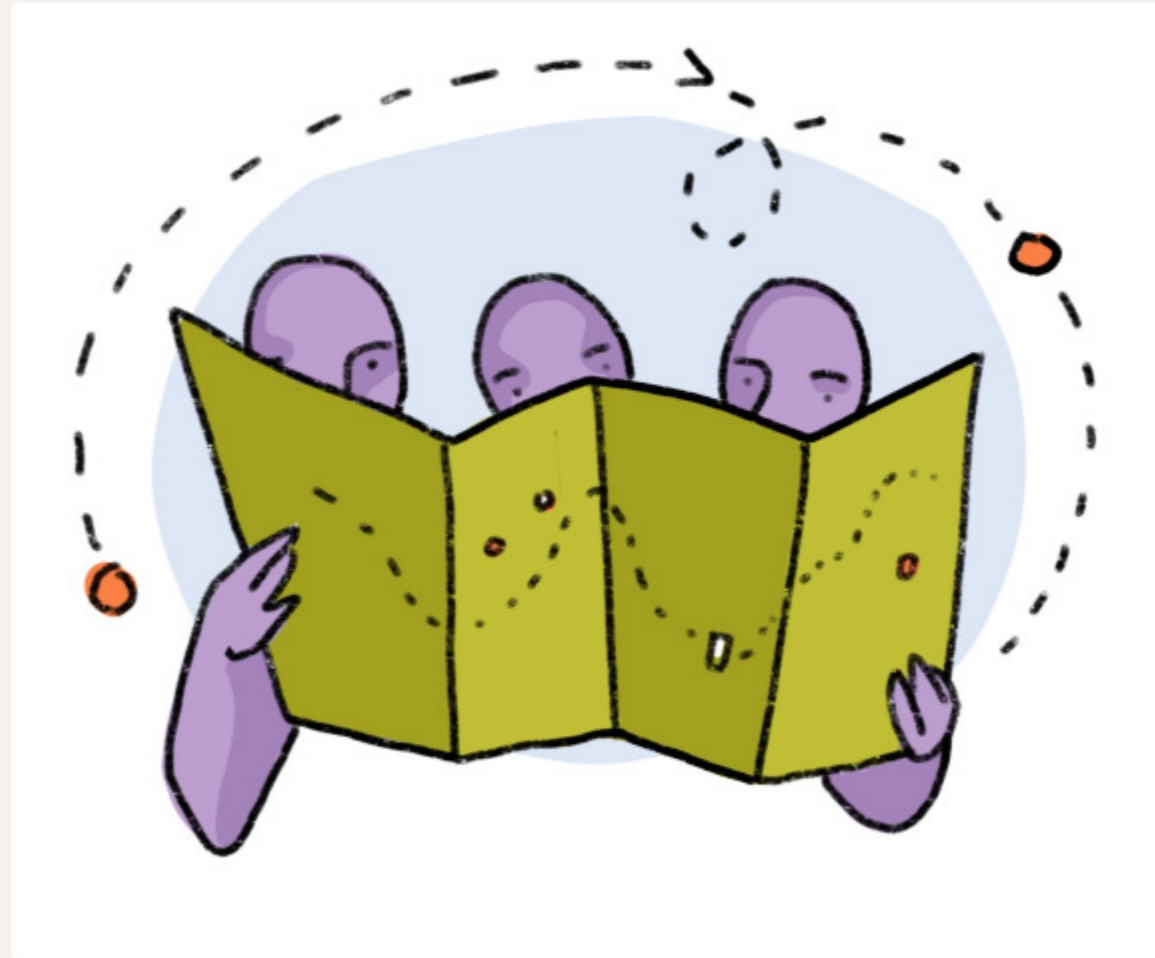


Pacówka

THAT COULD STRENGTHEN AND REINFORCE THEIR FEELING
OF ONENESS WITH A RESPONSIBILITY FOR THE LIFE
AROUND THEM. MAKING THEM FEEL AN INDISPENSABLE
PART OF THIS BEAUTIFUL 'PALE BLUE DOT'

AND AS SUCH THEY WOULD BE MORE PRONE TO SEEING
OUR PLANET AS A VERY COMPLEX AND INTERDEPENDENT
SYSTEM THAT SUPPORTS THE EXISTENCE OF HUMAN
SPECIES.

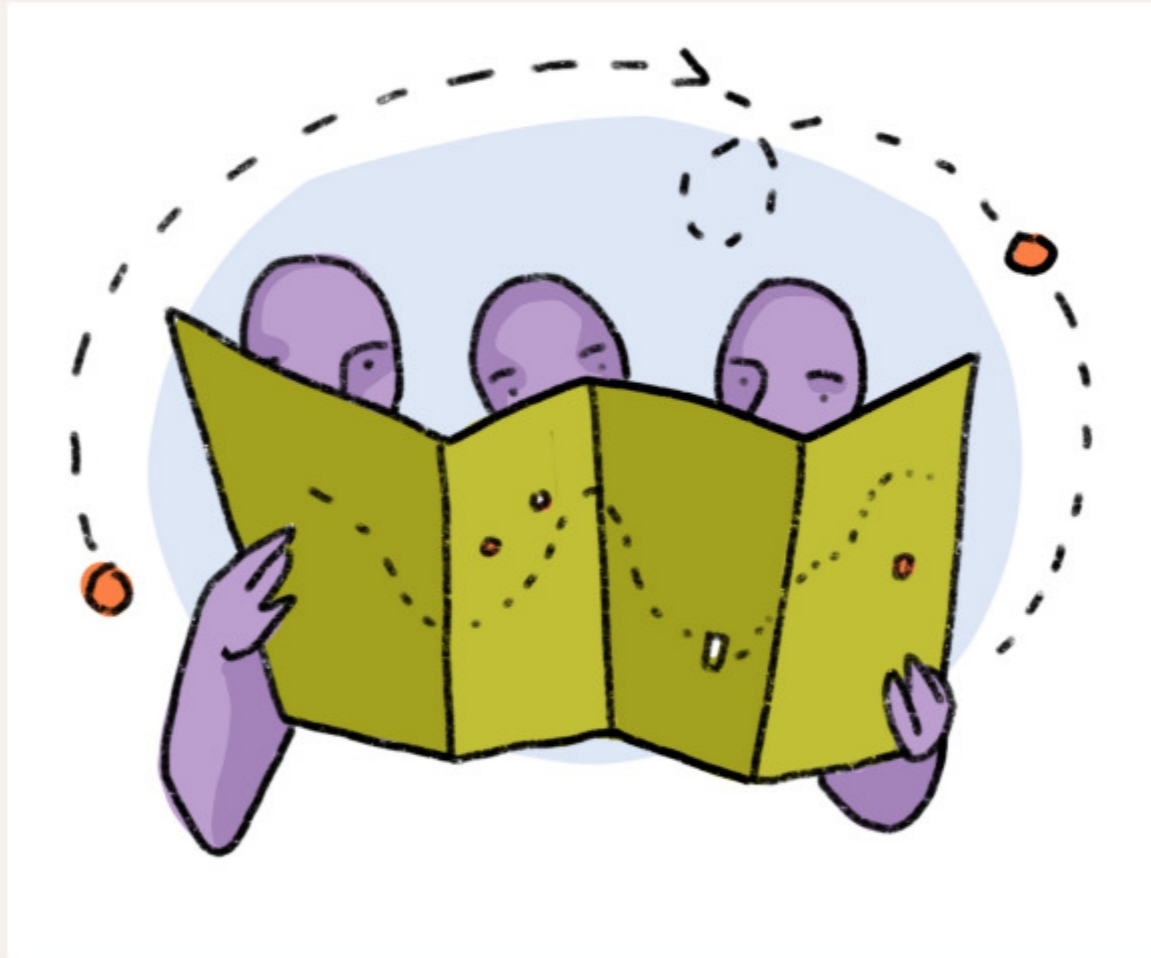




GAMIFICATION OF FARMLIFE

FOLLOWING STAGE OF THE PROJECT WOULD
TAKE A FORM OF WORKSHOP CARRIED OUT
ON THE PERMACULTURE FARM

A FORMERLY CREATED BOARD GAME WOULD BE USED TO
PLAN AND ORGANIZE THE OUTDOOR REAL-LIFE GAME
THAT WOULD BE PLAYED ALL AROUND THE FARM.



THE CONDITIONS WOULD BE SIMILAR TO THOSE IN THE BOARD GAME, BUT THEY WOULD REQUIRE THE GAMERS TO TAKE UP SIMPLE FARM JOBS IN ORDER TO PUSH NARRATION IN THE GAME ITSELF.

EVERY ACTION IN THE GAME WORLD WOULD HAVE ITS EQUIVALENT IN THE REAL ONE

WHILE PLAYING WE WOULD BE TRAFFICKING INFORMATION ABOUT NUTRIENT CYCLES, WATER CYCLES, PLANT COMMUNICATION.

HELPING AT FARM

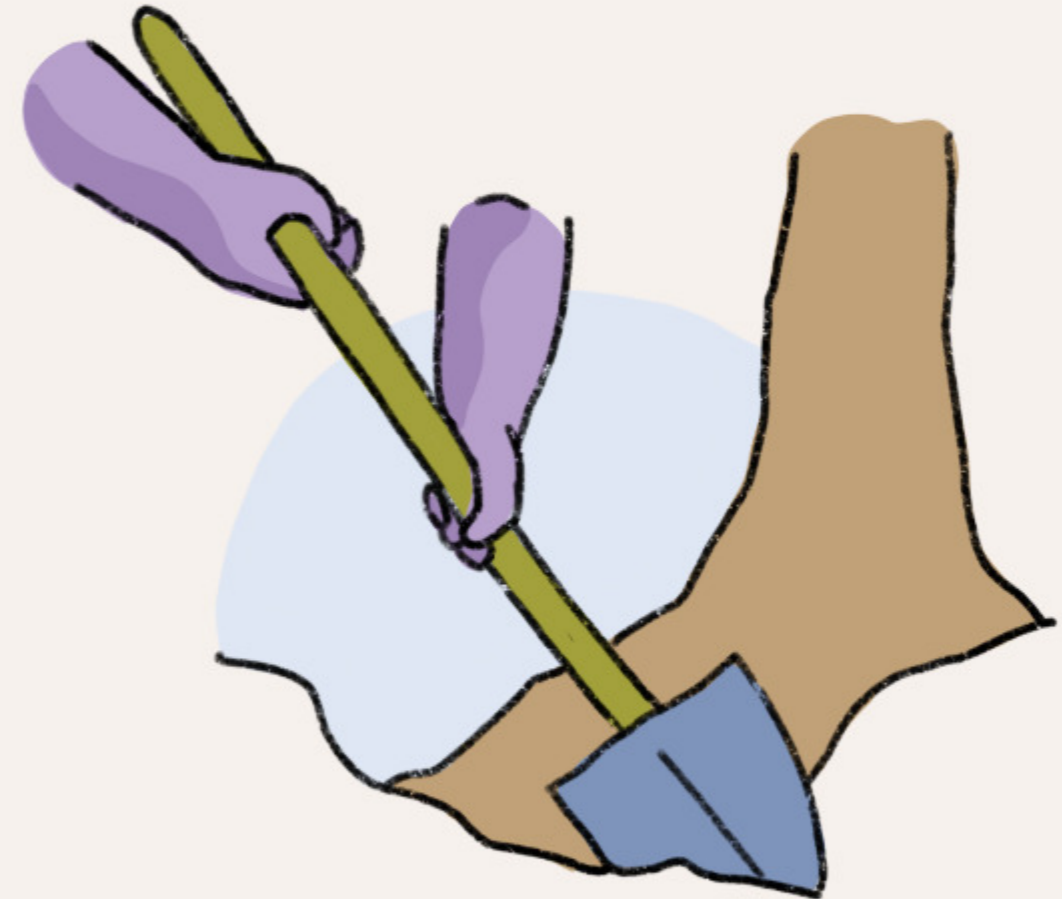
SECOND DAY OF THE WORKSHOP COULD BE
SIMPLY DEDICATED TO DEALING WITH THE
FARM CHORES.

WE COULD USE SOME MILD GAMIFICATION METHODICS,
BUT MOSTLY WE WOULD FOCUS ON OUR BODIES
INTERACTION WITH THE GARDEN.



AS OUR BODIES ARE AN ANCHOR THAT KEEPS
US MOORED IN REALITY AND BY WHICH WE
CAN STAY FIRMLY ANCHORED TO IT.

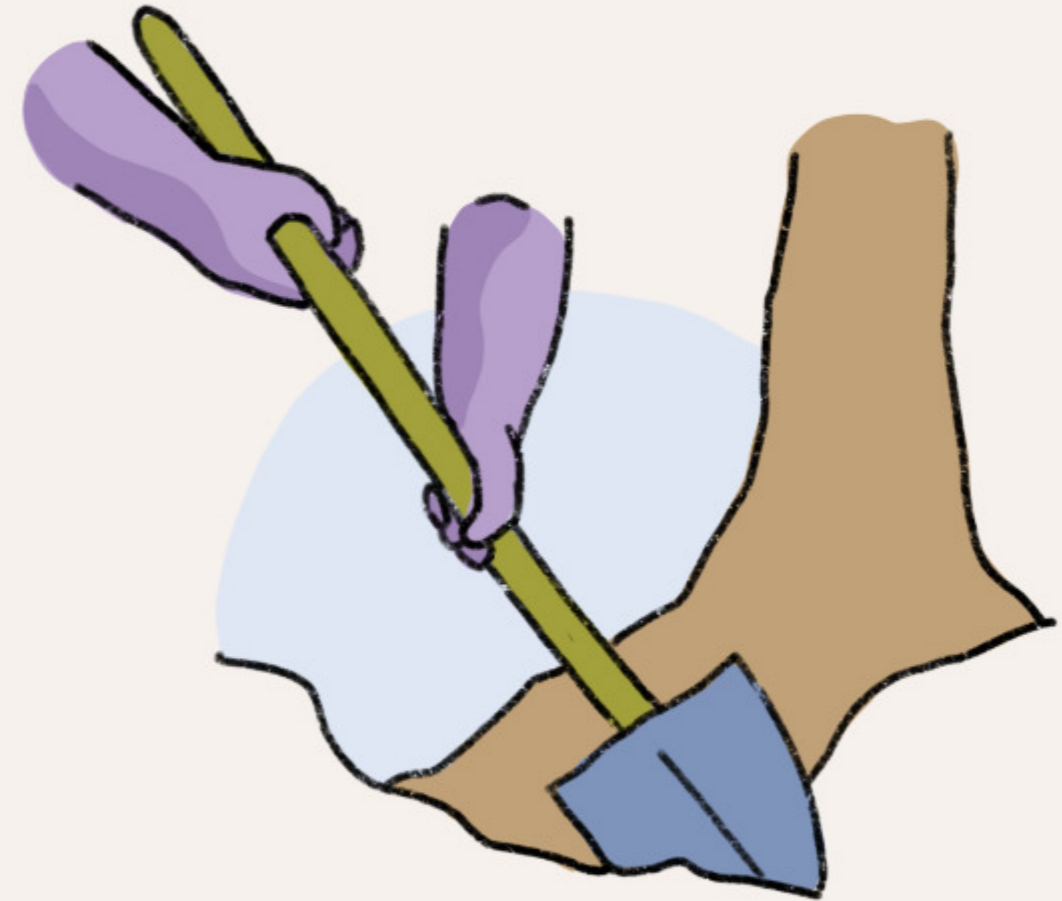
CERTAIN FORMS OF NATURAL MOVEMENT ACTIVITIES AND
GENTLE MEDITATIONS COULD BE INTERWOVEN INTO THE
PROCESS.



Pacówka

THE MAIN GOAL WOULD BE TO FIND JOY, FUN AND
SATISFACTION IN SIMPLE GARDEN ACTIVITIES AND
LEARN TO CHERISH IT AS MUCH AS THOSE
PERFORMED IN VIRTUAL REALITY

THE MAIN GOAL WOULD BE TO FIND JOY, FUN AND SATISFACTION
IN SIMPLE GARDEN ACTIVITIES AND LEARN TO CHERISH IT AS
MUCH AS THOSE PERFORMED IN VIRTUAL REALITY





PUNCHLINE

WE MAY TRY TO DRIVE THE WORKSHOP PARTICIPANTS TO A CONCLUSION THAT BUILDING AND MAINTAINING SMALL PERMACULTURE FARMS IS A KIND OF A GAME, BUT WITH LONGER DOPAMINE CYCLES.

THE HITS OF GRATIFICATIONS ARE NOT SO SPECTACULAR, BUT THE HAPPINESS IS DISTRIBUTED MORE STEADILY.

Pacówka



WE COULD SHOW THEM THAT WE AS A SOCIETY ALSO PLAY VARIOUS GAMES AND THAT OTHER PARTS OF OUR DAILY ACTIVITIES COULD BE GAMIFIED AS WELL.

THE PUNCHLINE OF THOSE WORKSHOPS COULD BE THE IDEA THAT NOT EVERYTHING IN LIFE COULD BE GAMIFIED AND THAT IS WHAT MAKES OFF-LINE LIFE SO EXCITING AND JOYFUL.



Pacowka

PLACE FOR RECONNECTION