

## Workshop No. 1

After the end of quarantine in Lithuania, we organised few creative workshops. These workshops gave us an opportunity not only to introduce project aims to new audiences, but also to raise awareness of nature appreciation, to give these audiences new skills and knowledge.

First workshop was organised on June 18th – few days before „Joninės“ - midsummer night and day, which are still celebrated in Lithuania with rituals and ceremonies whose origins date back to pagan times. Nature always had a special place in our culture. During „Joninės“ various plants and herbs were collected because it was believed they possess magic powers to heal, bring luck, and foretell the future. More about this celebration can be found [here](#).



The workshop was oriented to remember this nature appreciation tradition and to make sculptures from herbs. The workshop was held by artist Giedražolė, who says: „I have an incurable dependence on Lithuanian forests, meadows, lakes, streams and mounds. I wonder why I was born a human, not a river grass or a bird. Grasslands ... They give themselves to me, and I give myself to them ... They speak, teach, brighten, humbly accept the new life I impose on them. I hear and believe that then, by becoming herbal sculptures, they warm the homes and souls of those who see them with their hearts.“













During the workshop participants learned meaningful interaction with nature, done in a creative manner.



By appreciating nature and respecting its gifts, using all 5 senses, they created little treasures for their homes.

After the workshop participants shared that they saw the natural surroundings in a different way now, and Giedražolė tutored them to interact with the herbs in an almost sacral way

### **Workshops No. 2-3**

Another 2 workshops/discussions were about food and how its industry, also food waste affects nature. The topic of food and nature was already touched in a very strong article of our Italian partners. The article can be found [here](#).

It was planned to organise these workshops in the Oak Grove, but bad weather conditions changed our plans... At least we could enjoy nature through the windows...





These workshops were organised on July 8th and 22nd and lead by our partners, organisation „Anthropos.lt“ (Ugnė and Kornelija). This organization is based on anthropological insights that contributes to a deeper understanding of people’s behaviors, motivations, and systemic connections in society, leading to more sustainable and socially responsible solutions for society and various sectors.









We got a task to pretend researchers and informants and to find out how each participant acts with food: how much he wastes, buys, ect.



There were some really interesting insights after the task: participants said they are less appreciating food, which is given to them and not bought or chosen by themselves; people are avoiding to buy discounted food (fruits, vegetables, ect.), because of social barriers; after buying a food people throws it away only if it looks or smells bad, but not according the dates on package. We came to the conclusion, that we do a lot of

illogical choices related to food consumption. Also, that if we see some discounted products (fruits, vegetables), which are not in their best condition, we should give priority and to buy it, otherwise it will be thrown away and all the resources to produce it will be wasted.