



**RURAL**  
2030 VOICES  
**guidebook**

# THE PROJECT...

Innovative Rural Development Education (IRDE) is best understood as an educational strategy within the broader field of Global Citizenship Education (GCE), designed with a particular focus on rural territories and the lived realities of rural youth and communities. It supports individuals and groups to acquire knowledge, develop interests, and strengthen the skills needed to actively contribute to local, regional, national, European, and global development. Rooted in the principles of the European Consensus on Development, IRDE reflects a dual commitment: to guarantee equitable access to quality education in underserved rural areas, and to promote solidarity, justice, and shared responsibility in a changing world. As the DEAR Programme reminds us, development education is “an active process of learning” that challenges social, political, and economic inequalities - and IRDE brings this learning directly into the field, both literally and figuratively.

The facilitation activities in this guidebook are designed as suggestions to accompany the Rural Voices 2030 exhibition. Through creativity, storytelling, and collective reflection, these activities transform exhibition content into lived experiences. Participants become active contributors rather than passive visitors, bringing their stories, memories, and perspectives into the process. The outputs - maps, recipes, testimonies, and manifestos - can remain as part of the project, allowing it to grow over time. Above all, the activities aim to inspire dialogue and agency, opening space to connect local realities with global challenges, question stereotypes and inequalities, and imagine futures rooted in justice and sustainability.

Emerging as a timely response to intersecting crises - from climate change and soil degradation to social inequality and rural exclusion - IRDE is a learner-centered and participatory approach. It invites rural communities not just to receive information but to co-create knowledge and practices around themes such as soil health, gender equality, climate resilience, and land rights.

More than raising awareness, IRDE cultivates critical agency, collective leadership, and long-term capacity for action in pursuit of sustainable development.

- p. 1 THE SEEDS OF CHANGE (ICEBREAKER)
- p. 2 GROUND BENEATH OUR FEET (ICEBREAKER)
- p. 3 THE CLIMATE WORD CHAIN (ICEBREAKER)

- p. 3-4 MY CLIMATE STORY - ROLLING THE DICE
- p. 5-7 MAPA MUNDI IN A RECIPE
- p. 8-10 WINE & SOIL TASTING ACTIVITY:  
DRINKING THE EARTH

- p. 10-11 DICE FOR A MANIFESTO
- p. 12 MAPPING GENDERED FARM TASKS
- p. 13 DREAM MAP OF GLOBAL  
LEARNING

# ACTIVITIES...

- p. 13-16 TERRAGIAI - PURPOSE ROOTED  
IN THE LAND
- p. 16-17 CLIMATE POTLUCK - RECIPES  
FOR A SHARED FUTURE

I

II

# THE SEEDS OF CHANGE (ICEBREAKER)

Do a quick warm-up with the group, spark their curiosity, and naturally divide the participants into three themed workstations.

## MATERIALS

Baskets (or envelopes, bowls, jars).  
Slips of paper with simple prompts.



## ACTIVITY PLAN - STEPS

1. Prepare three “seed baskets” (or envelopes, bowls, jars):  
Basket 1 – Soil Protection: slips of paper with simple soil-related prompts (e.g., “a place where you’ve touched soil,” “your favorite food that grows in the ground,” “one word you associate with land”).  
Basket 2 – Climate Change: slips with climate prompts (e.g., “a weather event you remember vividly,” “something you do to stay cool or warm,” “a word for the future climate you want”).  
Basket 3 – Gender: slips with gender/equality prompts (e.g., “a role you’ve seen divided between men and women,” “a strong woman or man in your community,” “a moment when fairness mattered”).
2. Distribute the “seeds”. As participants enter, each one picks a random slip from a basket placed at the entrance (you can mix them together so it’s a surprise).
3. Quick Pair & Share: participants turn to someone near them and share their answer to the prompt written on their slip.
4. Move to your “field”. The facilitator then announces: “The slip you hold is your seed of change. Let’s plant them together!” Participants group themselves: Soil Protection, Climate Change, Gender.
5. Set the tone for the stations. Each group moves to its workstation, already “seeded” with reflections to build on in the following activities.

# THE GROUND BENEATH OUR FEET (ICEBREAKER)

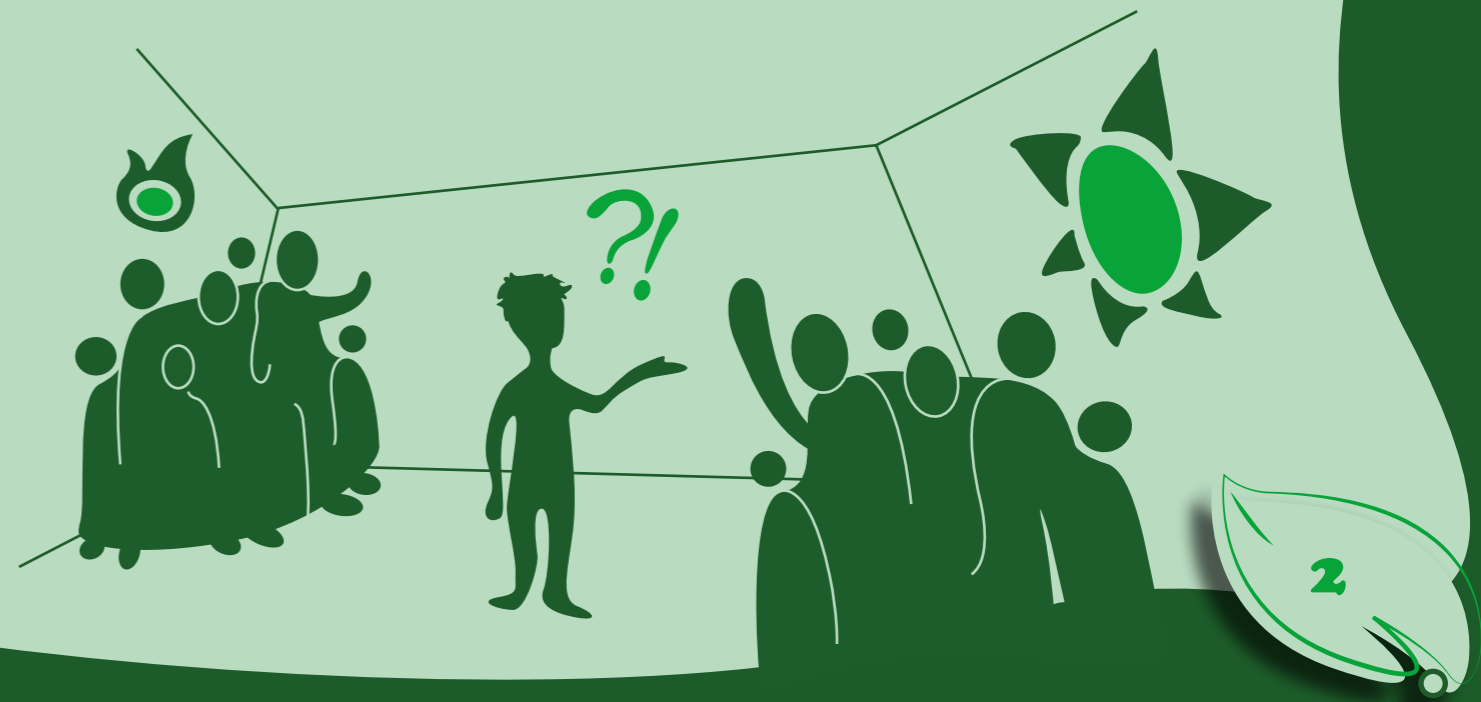
Get people moving, laughing, and reflecting while splitting them into the three themes (soil protection, climate change and gender).

## MATERIALS

Three signs.

## ACTIVITY PLAN - STEPS

1. Prepare three signs and place them in different corners of the room: Soil Protection (with a simple soil/leaf symbol); Climate Change (with a sun or raindrop symbol); Gender & Equality (with a balance or circle symbol).
2. Facilitator asks a series of playful “either/or” questions where the answers are connected to one of the three themes. Example: “Do you prefer hiking in the forest (go to Soil), relaxing on a sunny beach (go to Climate), or being at a family gathering (go to Gender)?”; “If you had a magic power, would you choose: healing the land (Soil), controlling the weather (Climate), or making everyone equal (Gender)?”; “Which story excites you most: a farmer saving seeds (Soil), a community building flood defenses (Climate), or a girl leading her village council (Gender)?”.
3. Movement & Grouping: After each question, participants walk to their chosen corner. After 2–3 questions, they stay in the last corner they chose.
4. Mini sharing. In their final group, participants quickly introduce themselves and share one sentence about why they made that choice.



# THE CLIMATE WORD CHAIN (ICEBREAKER)

To connect local rural challenges with global agricultural practices and the idea of global citizenship.

15-minute icebreaker exercise that connects local rural realities with global agricultural knowledge. Participants sketch a simple world map, trace a “dream journey” to places where they would learn sustainable practices, and note what they could bring back home—skills, ideas, or solidarity. By sharing their maps, the group reflects on how global examples can inspire local change and reveal new possibilities for agriculture, gender equality, and soil protection.

## MATERIALS

Paper. Markers and drawing material. Post-its.

## ACTIVITY PLAN - STEPS

1. Draw a collective Map. Each participant helps sketching a simple map of the world (or just outlines) on paper. Try to use Peters projection.
2. Dream Journey: Mark where you would go to learn sustainable practices (e.g., rice terraces in Asia, seed banks in Norway, agroforestry in Brazil).
3. Contribution Note: Write/draw what you would like to do there, and what contribution you could bring back home (knowledge, practices, solidarity).
4. Open Sharing: Share journeys with the group and discuss: What do these dreams say about our vision for soil protection, gender equality, and soil protection? How do global practices inspire local change?



## MY CLIMATE STORY ROLLING THE DICE

This storytelling activity invites 8-10 participants to reflect on their personal or community experiences with climate extremes. Using a dice, each participant receives a prompt such as wildfire, forest, heatwave, snow, flood, or farming, to spark a memory or story. These stories, whether small or dramatic, are then shared aloud and written into a collective digital archive.

The process gives voice to lived experiences of climate change in rural settings, showing how individual moments weave into a broader narrative of resilience and responsibility.

Story Prompts (you can use images instead of the dice)  
Wildfire / burning forest, a healthy green forest  
Heatwave / blazing sun, snow / ice, heavy rain or flood  
A farmer in a field



Invite participants to share personal or community experiences of climate extremes (even small ones) and collect them into a digital archive to give voice to lived experiences of climate change in rural settings.

## MATERIALS

Paper. Markers and drawing material. Post-its.  
Dice. Images (optional).



## ACTIVITY PLAN - STEPS

1. Introduction: Facilitator frames: “Climate change shows up in extreme events fires, floods, heatwaves, even unusual snow. Each of us has a story. Today, we’ll share them and keep them together as part of our collective memory.”
2. Roll & Recall: Each participant rolls the dice and receives a prompt. They think for 2–3 minutes of a personal memory connected to it (direct experience or something witnessed in their community).
3. One by one, participants share their story (1–2 minutes each).
4. Writing the Story: After sharing aloud, participants write their story (2–4 sentences) in the shared Google Form/Doc.
5. The facilitator projects the Keep Google Form/doc as stories appear, showing the diversity of lived experiences.
6. Wrap-up, group reflects: What common threads link our stories? What do they say about rural resilience and global responsibility?
7. Outcome: A digital archive of micro-testimonies tied to real climate experiences, sparked by strong visual cues (fire, forest, heatwave, snow, rain, farming).



# MAPA MUNDI IN A RECIPE

A 2-hour group activity where cooking becomes storytelling. Ten participants bring ingredients, map their origins, and uncover the soils behind our food. Recipes are vegetarian, diverse, and easy to prepare raw or on a simple stove. Together we cook, eat, and co-create a “Recipe for Healthy Soils” manifesto. The conversation can be broader, involving climate change and gender equality!

To explore the global journeys of food ingredients and reflect on how soil, land, and culture connect through what we eat.

## MATERIALS

Large world map drawn on flipchart paper (use Peters Projection). Pins, stickers, or markers to mark ingredient origins. Cooking space and utensils (camping stove is enough). Tableware. Ingredients brought by participants. Flipchart/markers for collective notes.



## ACTIVITY PLAN - STEPS

- 1. Welcome & Introduction:** Facilitator frames the activity: “Food is soil in disguise. Every ingredient carries a story of land, culture, and climate. Today we’ll cook, map, and share these stories together.”
- 2. Drawing the Map:** Participants organise themselves and draw a world map.
- 3. Ingredient Circle:** Participants lay out the ingredients they’ve brought. Each introduces their ingredient (where it comes from, personal or cultural link). The Facilitator invites a first round of pinning ingredients on the map.
- 4. Mapping & Soil Stories:** While preparing the dish together: Each ingredient is pinned more precisely. The Facilitator encourages reflection: What kind of soil or climate nurtures it? What pressures threaten it (erosion, drought, monoculture)? Collective patterns begin to emerge on the world map.
- 5. Cooking & Eating Together:** The group continues cooking, weaving in informal conversations about soil–food interdependence. Share anecdotes, recipes, and memories linked to soil and food. Eat together while looking at the growing ingredient map.

Optional: you can integrate this dynamics with the my climate stories and wine tasting activities.

## 6. Reflection & Collective Insights

**7. Facilitated discussion:** What does this map reveal about our daily dependence on global soils? Which soils are most visible? Which are invisible? How do food, culture, and justice connect here? Facilitator gathers insights on flipchart.

**8. Manifesto Moment:** As a closing, participants co-create 2–3 simple collective sentences for a “Recipe for Healthy Soils” (e.g., “Protect diversity, nurture communities, share knowledge”).

## COOKBOOK SUGGESTIONS

These recipes were selected because they use many ingredients from diverse regions, making global soil connections visible. They are vegetarian, flexible, and easy to prepare raw or on a simple camping stove, perfect for group activities. In all three, participants don’t just bring “ingredients,” they bring soils-in-disguise: Which soils feed the world? Which are resilient? Which are threatened? How do we depend on soil diversity in a single shared meal? The ingredient list was prepared for 10 portions.

### Global Grain & Veggie Salad – Soils in a Bowl (fully raw/assembled, no stove required)

Soak quinoa, bulgur, or couscous - grains born from fertile plains and drought-resistant soils. Add chickpeas, legumes that repair the earth by fixing nitrogen. Chop ripe tomatoes, once rooted in Andean volcanic soils, and crisp cucumbers from sandy fields. Toss in the raisins or cranberries, dried under the sun in well-drained soils, and lightly toasted almonds or cashews from free-draining subtropical earth. Dress with olive oil, lemon juice, herbs, salt, and pepper.

### Ingredients

Quinoa, bulgur, or couscous - 500 g (uncooked)  
Chickpeas (cooked) - 600 g (about 2 × 400 g cans, drained, or 250 g dried)  
Tomatoes - 6–7 medium (≈ 800 g)  
Cucumbers - 2 large (≈ 500–600 g)  
Raisins or dried cranberries - 200 g  
Almonds or cashews lightly toasted - 200 g  
Olive oil - 100 ml  
Lemon juice - 1 lemon  
Fresh herbs (parsley, mint, or coriander) - 1 small bunch  
Salt & pepper - to taste





## Wraps of the World

(fully raw/assembled, no stove required)

Take flatbreads or tortillas made from wheat grown in alluvial plains or maize rooted in volcanic soils. Spread with hummus - chickpeas that enrich semi-arid calcareous soils, blended with sesame from sandy African and Asian fields. Add slices of avocado, born from volcanic and alluvial soils, and olives that thrive in rocky Mediterranean ground. Top with cheese or yogurt, depending on your preference.

### Ingredients

*Flatbreads or tortillas (wheat or maize) - 10 large*

*Hummus - 500 g (or 2-3 tubs)*

*Avocados - 4-5 medium*

*Olives (pitted) - 200 g*

*Cheese or yogurt (feta, soft cheese, or strained yogurt) - 300 g*

*Optional greens (lettuce, spinach) - 200 g*

*Olive oil & lemon juice for drizzle*

## One-Pot Global Soup – Soils in Harmony

(camping stove, one pot)

In a pot, simmer 600 g of lentils or beans, pulses that grow even in poor soils and heal them with nitrogen. Add carrots from loose sandy soils, onions and garlic from fertile loams, and chopped tomatoes, descendants of Andean volcanic soils now common in Mediterranean alluvial plains. Stir in leafy greens like spinach or kale, nourished by nitrogen-rich soils, and season with turmeric, cumin, and chili - spices rooted in tropical soils, fragile under pressure. In 30-40 minutes, you'll have a delicious soup!

### Ingredients

*Lentils or beans (dried) - 500 g (≈ 1.2 kg cooked)*

*Carrots - 6 medium (≈ 600 g)*

*Onions - 3 large (≈ 400 g)*

*Garlic - 4 cloves*

*Tomatoes (fresh or canned) - 800 g (or 2 × 400 g cans)*

*Leafy greens (spinach, kale, or chard) - 300 g*

*Olive oil - 50 ml*

*Spices (turmeric, cumin, chili) - 2-3 tsp total*

*Salt & pepper - to taste*

*Water or vegetable stock - ~2.5-3 litres*



## DRINK & SOIL TASTING ACTIVITY: DRINKING EARTH

A 2-hour experience where 20 participants taste 4-5 wines while exploring how soils shape their character. Limestone, clay, sand, gravel, and volcanic soils bring distinct aromas, textures, and stories. Ideal for youth festivals or sunset gatherings, it combines sensory pleasure with reflection: "Wine is soil in a glass - protecting soils means protecting culture, climate, and community."

Enable participants to experience how different soils influence the character of wine, while raising awareness about soil protection and sustainability.

### MATERIALS

4-5 wines from distinct soil types (ideally the same grape variety).  
small cards or handouts describing each soil type (you can photograph and share in a group).

Sheets for notes (aroma, acidity, body, minerality).

Optional: small jars with soil samples.

### ACTIVITY PLAN - STEPS

**1.** Introduction: "Wine is soil in a glass. Let's taste how different soils shape the same grape."

**2.** Soil Show-and-Tell: Pass around jars of soil samples. Briefly explain their features and how they affect vines.

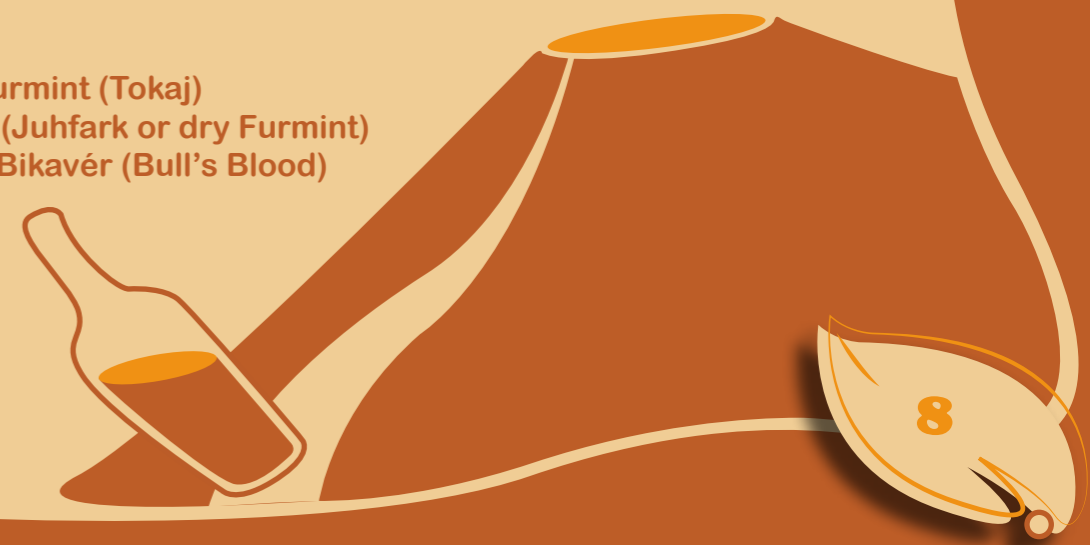
**3.** Guided Tasting: Taste 4 - 5 wines linked to soil types. Use prompts for reflection: What textures, aromas, or sensations stand out? How do you think the soil influenced this? Why might protecting soils matter for culture and climate?

**4.** Wrap-up: connect the experience back to soil protection.

Listing of wine & soil pairings by country with affordable suggestions in the 6 - 8 euro range

### Hungary

- Volcanic soils - Dry Furmint (Tokaj)
- Loess - Somló whites (Juhfark or dry Furmint)
- Clay-limestone - Egri Bikavér (Bull's Blood)





### Austria

- Loess - Grüner Veltliner (Wachau, Kamptal)
- Limestone & marl - Wiener Gemischter Satz
- Gravel & sandy soils - Burgenland Zweigelt or Blaufränkisch
- Dolomite, limestone and shale - Weinbaugebiet Bergland

### Bulgaria

- Clay & loess - Mavrud reds
- Alluvial soils - Melnik reds
- Limestone - Thracian whites

### Germany

- Slate - Mosel Riesling (dry or off-dry, Kabinett/QbA)
- Limestone - Franken Silvaner
- Loess & clay - Pfalz Pinot Noir (Spätburgunder)

### Ghana (emerging)

- Sandy/lateritic soils - Local fruit wines (pineapple, hibiscus, cashew apple)

### Greece

- Volcanic - Santorini Assyrtiko (entry-level bottles)
- Limestone - Nemea Agiorgitiko
- Schist & slate - Naoussa Xinomavro

### Italy

- Clay & marl - Langhe Nebbiolo (more affordable than Barolo/Barbaresco)
- Volcanic - Etna Rosso (entry-level)
- Limestone - Chianti Classico (Sangiovese)
- Alluvial - Prosecco (Glera)

### Netherlands

- Sandy soils - Pinot Gris or Auxerrois whites
- Clay (Flevoland) - Solaris whites

### Poland

- Loess & sandy - Solaris whites
- Clay-limestone - Pinot Noir or Chardonnay (limited availability)
- Gravel - Rondo or Regent reds



### Portugal

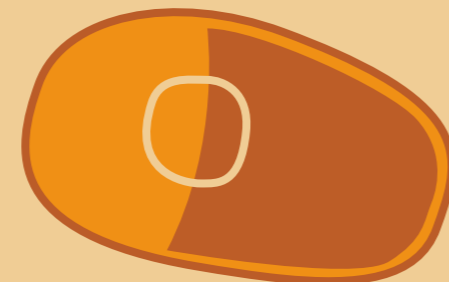
- Schist & granite - Douro reds (Touriga Nacional blends)
- Limestone & clay - Bairrada Baga
- Sandy soils - Colares Ramisco (rare, less affordable)
- Volcanic - Pico Verdelho or entry-level Madeira

### Slovenia

- Marl & flysch - Rebula (Brda)
- Volcanic - aromatic whites (Štajerska)
- Karst limestone - Teran (Refosco)

### Spain

- Limestone & chalk - Cava (Penedès)
- Clay-limestone - Rioja Tempranillo
- Sandy soils - Ribera del Duero reds (fruit-driven styles)
- Volcanic - Canary Islands wines (Listán Negro, Malvasía)

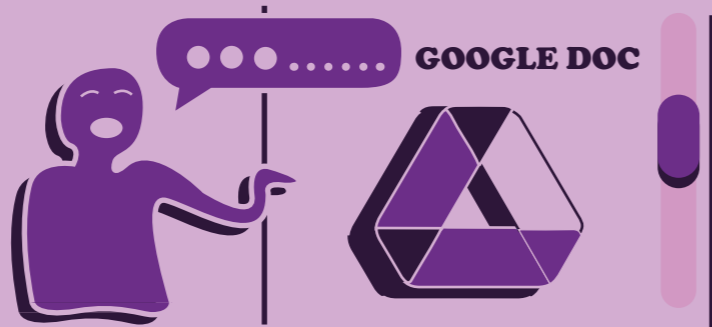


## DICE FOR A MANIFESTO

A fast-paced and collaborative activity that invites 8-10 participants to link soil and food with pressing global challenges in a creative way. By rolling a dice, each person or small group is assigned a theme - such as human rights, climate change, conflict, health, technology, or culture - and asked to draft short statements beginning with “We believe...”, “We demand...”, and “We commit to...”. These contributions are gathered into a shared Google Doc, allowing everyone’s voice to be woven into a single collective text. In just 30 minutes, the group produces a manifesto that highlights the many dimensions of soil and food, while experiencing how individual perspectives can come together as a common call to action.

To co-create a collaborative manifesto that links soil, food, and urgent global challenges.





## MATERIALS

One dice

Shared Google Doc created by the project partners and made accessible through a QR Code.

## ACTIVITY PLAN - STEPS

**1.** Introduction: Facilitator explains: “We will create a shared manifesto about soil and food. Each of you will roll a dice and pick the theme it lands on. Several participants may work on the same theme, which allows us to build multiple perspectives into the manifesto.”

**2.** Assigning Themes: Each participant rolls the dice. Participants are grouped by theme (2-3 per theme, depending on rolls).

**3.** Writing Statements: Each group drafts 3 short statements (one belief, one demand, one commitment). Example starters: “We believe... / We demand... / We commit to...” Groups type their contributions directly into the shared Google Doc.

**4.** Integration & Reading: Facilitator ensures all text appears in the shared Google Doc. As a group, read through the draft manifesto. Briefly discuss how the themes connect and overlap.

**5.** Closing: Collective reading: One participant from each theme reads their statements aloud. Facilitator ends with: “This manifesto is a collective voice linking soil, food, and our future.”

## Themes

*(linked to dice roll numbers)*

*Soil, Food & Human Rights*

*Soil, Food & Climate Change*

*Soil, Food & Conflict*

*Soil, Food & Health*

*Soil, Food & Technology*

*Soil, Food & Culture*



# MAPPING GENDERED FARM TASKS

This 45 minute activity invites 8-10 participants to reflect on how farm work is divided between men and women. By mapping everyday tasks and discussing which are seen as “men’s,” “women’s,” or shared, the group uncovers stereotypes and explores how they can be challenged. The activity highlights both persistent biases and opportunities for more equal roles in rural life.

To uncover stereotypes about what men and women “can” or “should” do in farming, and explore how these ideas can change.

## MATERIALS

Paper, Markers and drawing material, Post-its.



## ACTIVITY PLAN - STEPS

**1.** Introduction.

**2.** Draw Your Circle: Each participant draws a big circle on paper. Inside, they write/draw all the tasks required to run a farm (planting, irrigation, caring for animals, machinery, marketing, etc.).

**3.** Gender Sorting: For each task, mark with a symbol if it’s usually considered “men’s work,” “women’s work,” or “shared.”

**4.** Group Sharing: Participants compare lists. Which tasks are repeated? Which were surprising? Did more tasks end up being gender-neutral than expected?

**5.** Discussion: How do prejudices (e.g. “the son will inherit the farm”) limit choices? What can be done differently?

**6.** Outcome: A set of hand-drawn “task maps” that show the persistence of stereotypes - and the potential for change.

# DREAM MAP OF GLOBAL LEARNING

45-minute exercise that connects local rural realities with global agricultural knowledge. Participants sketch a simple world map, trace a “dream journey” to places where they would learn sustainable practices, and note what they could bring back home - skills, ideas, or solidarity. By sharing their maps, the group reflects on how global examples can inspire local change and reveal new possibilities for agriculture, gender equality, and soil protection.

To connect local rural challenges with global agricultural practices and the idea of global citizenship.

## MATERIALS

Paper. Markers and drawing material. Post-its.

## ACTIVITY PLAN - STEPS

1. Draw a collective Map: Each participant helps sketching a simple map of the world (or just the outlines) on paper. Try to use Peters projection.
2. Dream Journey: Mark where you would go to learn sustainable practices (e.g., rice terraces in Asia, seed banks in Norway, agroforestry in Brazil).
3. Contribution Note: Write/draw what you would like to do there, and what contribution you could bring back home (knowledge, practices, solidarity).
4. Open Sharing: Share journeys with the group. Discuss: What do these dreams say about our vision for soil protection, gender equality, and soil protection? How do global practices inspire local change?
5. Take a photo and share these on a Miro Board through QR CODE.



# TERRAGIAI - PURPOSE ROOTED IN THE LAND

This activity is inspired by the wonderful platform Recipes for Wellbeing: <https://www.recipesforwellbeing.org/discover-your-ikigai/>. Terragiai is a word we imagined to express the purpose of living with and for the land. Like Ikigai in Japanese culture, Terragiai is about discovering meaning — but here it is tied to soil, community, and the shared responsibility of caring for our planet.



It invites the participants to reflect not only on themselves, but also on the places we inhabit and the futures we want to build. The outcome of this 2-hour activity is a clearer sense of each one’s role in sustaining rural life and global justice. At its best, Terragiai helps people and communities align their passions, skills, and needs with the protection of soil and the flourishing of future generations.

Help participants discover a personal purpose that aligns love, skills, community needs, and soil/land stewardship.

A sense of Terragiai can be found at the intersection of four questions. Design as circles.

- What practices sustain your soil and community?
- What strengths and skills can you share?
- What do you love and want to protect?
- What does the world urgently need from your territory?

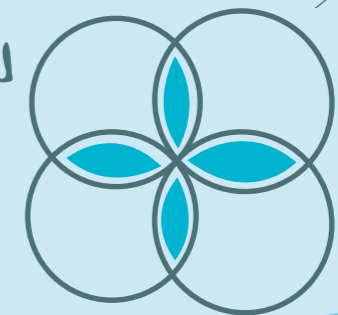
By reflecting on these, participants create their own Terragiai statement: a sentence of belonging and purpose, rooted in the living ground beneath their feet.

## MATERIALS

A3/A4 sheets, markers, 4 colours of sticky notes, tape, timers, optional soft instrumental music.

## ACTIVITY PLAN - STEPS

1. Arrival & frame: Welcome, set the tone: this is reflective and practical. Introduce “Terragiai” as purpose with/for the land.
2. Grounding: Two slow minutes of silence. Prompt: “Picture a place of soil or water you care about. Notice colours, textures, sounds.”
3. Draw the four circles: On an A3 sheet, draw four overlapping circles (a 2x2 Venn). Label:
  - What practices sustain your soil and community?
  - What strengths and skills can you share?
  - What do you love and want to protect?
  - What does the world urgently need from your territory?





**4. Idea capture on sticky notes.** Work silently. One idea per note, matching *colours to circles*. Prompts: *Practices, composting, seed saving, water harvesting, shared grazing rules, local markets. Skills: teaching, welding, bookkeeping, storytelling, facilitation, irrigation setup. Love: a stream, a grove, a recipe, a festival, a species. Needs: drought resilience, youth jobs, fair land access, soil regeneration.*

**5. Sort and cluster:** Group related notes within each circle. Put the strongest 3 in the overlaps where relevant.

**6. Pair share:** In pairs, 5 minutes each: What surprised you? What patterns do you see across circles?

**7. Find your intersections:** *Mark the overlaps that feel alive: Love x Skills; Skills x Needs; Practices x Needs; All four (Terragial core).*

**8. Draft your Terragial statement.**

Use one of these sentence frames; write 2–3 versions: “I care for [place/soil/community] by using my [skills] to [practice] so that [local need] is met.”

- “Because I love [X], I will apply my [skills] with [partners] to [practice] for [need].”
- “In this territory, my role is to [action] with/for [who] to protect/regenerate [what], starting with [firststep].”

**9. Micro-project sketch.**

On the same sheet, add:

- First step (within 2 weeks)
- Allies and stakeholders
- Resources needed (time, tools, small budget)
- Success signal (what will be different in 3 months)

**10. Gallery walk:** Post sheets on the wall. Walk in silence first, then add small ticks or brief offers of help on others’ sheets.

**11. Circle reflection:** Questions: What patterns emerged? Where do love and need meet most strongly here? What support do we need to move from statement to action?

**12. Commitments:** Write a one-line commitment with a date. Optional: exchange contact details with an accountability partner.

**13. Closing:** One word for how you’re leaving. Thank the group.

**14. Take a photo and share these on a Miro Board through QR CODE.**

## CLIMATE POTLUCK - RECIPES FOR A SHARED FUTURE

A two-hour activity to celebrate cultural diversity and rural life while linking personal food memories with the soils and climates that make them possible. Each participant contributes both a dish and a story, creating a living “Global Recipe Book” of climate and soil connections.

Linking personal food memories with the soils and climates, inviting participants to share personal or community experiences of climate stories.

### MATERIALS

Tableware, paper and markers.



### ACTIVITY PLAN - STEPS

**1.** Ask participants in advance to bring a typical family dish (vegetarian if possible, or with vegetarian options). Ask them to also bring (or prepare) a written recipe card with two parts: Emotional Story - Why this dish matters (family memory, seasonal moment, tradition). Climate & Soil Note - Research how the key ingredient is linked to soil and climate (e.g., “Tomatoes in our family sauce come from volcanic soils that retain minerals” or “This bean stew uses pulses that restore nitrogen to the soil”).

**2.** Welcome & Introduction: Facilitator explains: “Food carries memory, culture, and climate. Tonight we’ll share our family dishes and discover the soil and climate stories they carry with them.”



**3. Food Sharing Circle:** Each participant presents their dish in 3–4 minutes: The emotional story (a memory, tradition, feeling) and the climate/soil connection (where it grows, how climate change may affect it).

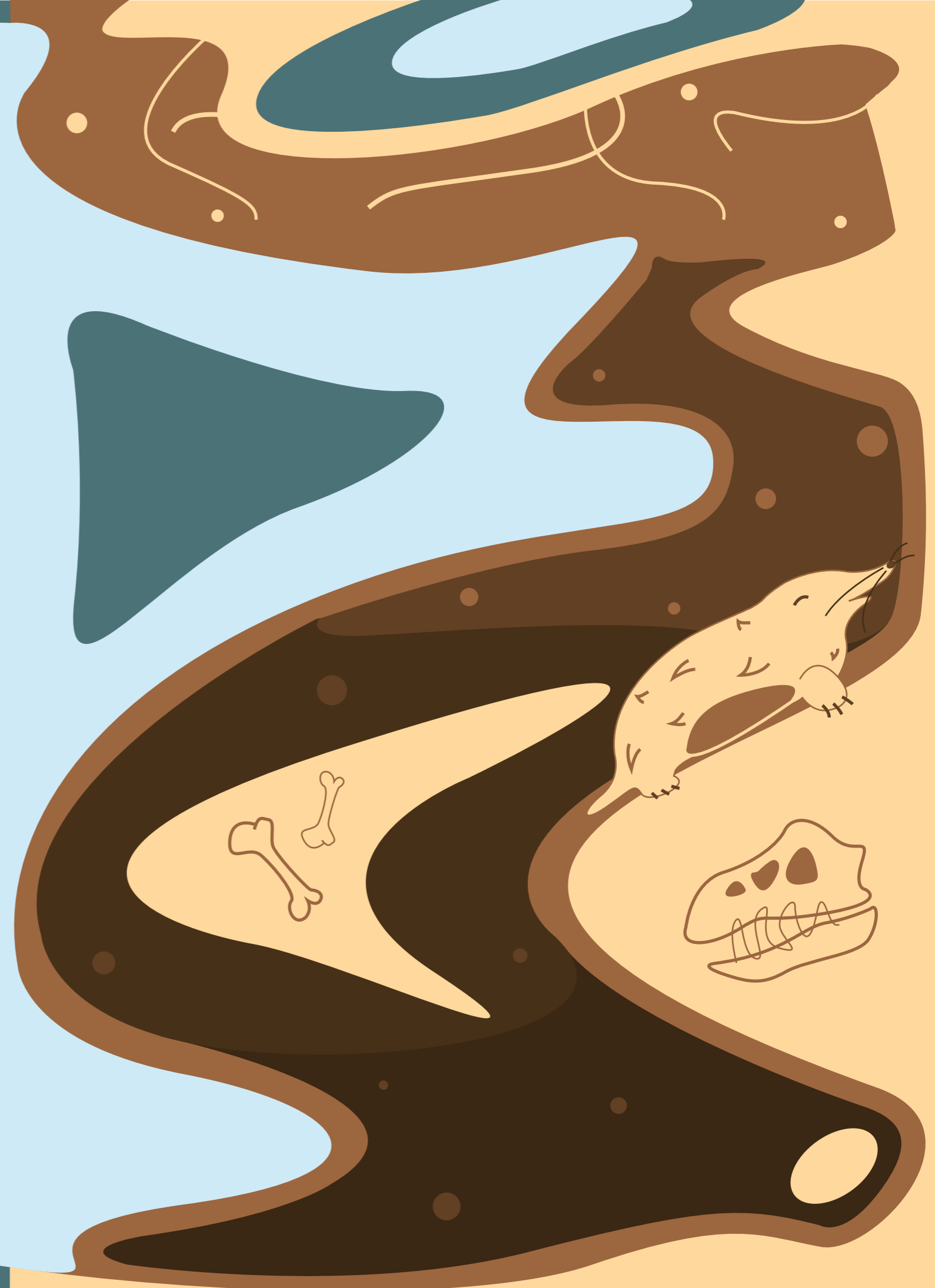
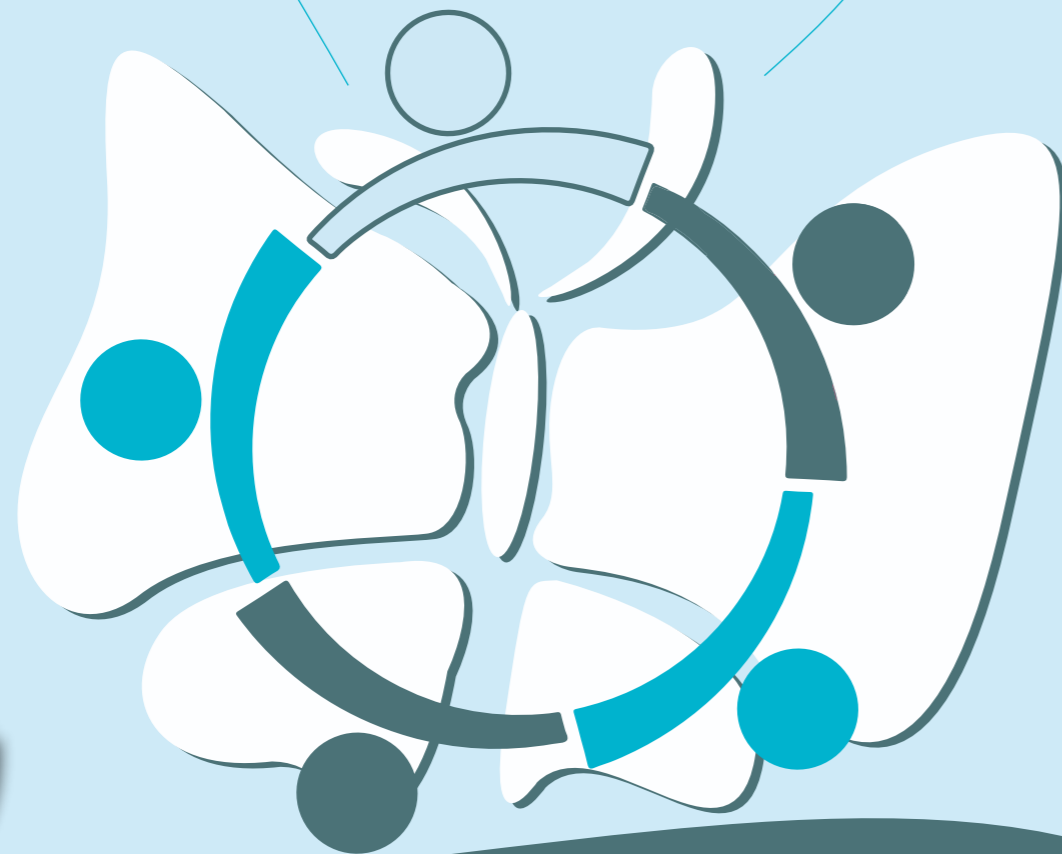
**4. Label Making (20 min)** Participants create a “dish label” for their recipe (index card, sticky note, or template): name of the dish, emotional story in one sentence and climate/soil note in one sentence. Labels can be displayed alongside the dishes or photographed for the recipe book.

**5.** Group tastes small portions as each person presents.

**6. Global Recipe Book:** After sharing, participants copy or upload their recipe cards into a shared Google Doc. The facilitator shows how the collective book grows in real time: many soils, climates, and emotions tied together.

**7. Reflection & Closing:** Group discussion: What do these dishes tell us about our dependence on soils and climates? Which ingredients are most at risk from climate change? How can we eat in ways that honor both tradition and sustainability?

**8.** End by co-creating a collective “manifesto sentence” for the Recipe Book (e.g., “To protect our food, we must protect our soils and climates.”).



# THE RURAL VOICES 2030



## **Credits**

**Rural Voices 2030  
Exhibition Guidebook**

## **Content**

**Catarina Gomes  
Inês Bettencourt da Câmara  
Sara Nasi  
Catarina Pinto**

## **Design**

**Matteo Caneschi  
Mapa das Ideias @ 2026**

