

Overview

- dunaVision map the Caravan of Change 2013
- Introduction
- Facts and figures
- Seeds for biodiversity
- dunaVision song
- Caravan of Change 2013 participants
- Forums
- Workshops
- Site visits examples of lighthouse projects

- Other events and site visits
- Follow up events
- Streams the Caravan is moving
- Daily life
- People on the road
- Outcomes and future plans
- Caravan of Change 2014
- Call for partners and participants
- Thank you
- Links

dunaVision map – the Caravan of Change 2013



From the source of the Danube (Furtwangen, Germany) to the Danube Delta at the Black Sea (Sf. Gheroge, Romania) and back

March 15th to October 28th 2013



What is it about?

Our learning journey called "the Caravan of Change 2013" is the prototype for a non-formal learning approach for people from all generations and cultures.

ThinkCamp has started the dunaVision network as a cluster to promote sustainable development in 2012. dunaVision is a bottom up civil society movement which aims to bring together people and organizations (NGOs, companies, regions and communities) who are or who will be actively involved in sustainable development in one of the 19 Danube region countries plus neighboring regions.

Why:

In 2011 the European Union started to develop the European Danube Region Strategy (EUSDR), the 2nd macro regional strategy, consisting of 14 countries.

Parallel to this development ThinkCamp started the dunaVision network as a cluster for sustainable development in 2012.

dunaVision has been recognized as an official project of the European Strategy of the Danube Region.





dunaVision Idea

The idea was born at the "idea-camp" of ThinkCamp in January 2012.



Philosophy

Moving

mentally and physically

Meeting

visiting good practise examples, networking, understanding, getting to know new tools and methods

Making

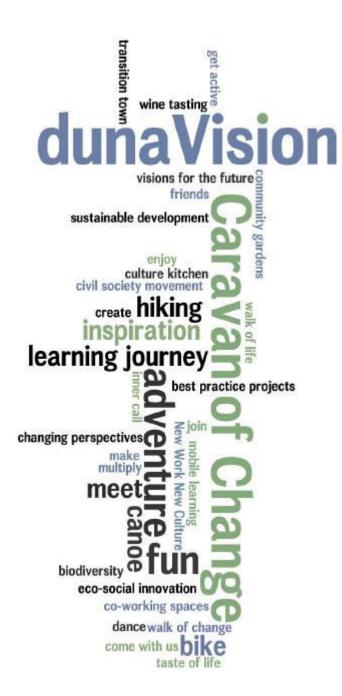
co-creation of projects, prototyping

Multiplying

sharing experience and knowledge

Objectives of the dunaVision network

- ➤ support sustainable development in the 19 countries of the Danube region
- reate a network of people and organisations
- Find out "what do you really, really want to do for yourself and for society?"



About ThinkCamp

ThinkCamp is a non-profit cooperative in Augsburg, Germany with the mission to foster sustainable development and innovative non formal learning programs.

ThinkCamp with the dunaVision approach has been declared an official project of the United Nations.





Coordinationteam

Johannes Pfister:

Student of life long learning looking for an impact through

innovative non formal learning approaches.



Student from Vienna,

half German, half Hungarian, seeking to find out what sustainable development means in real life, for herself and for society.

Facts and figures

- 225 days 30 weeks 7 months
- 14 countries
- Over 10.000 km by foot, canoe, train, bus and car
- Over 750 people participated at 8 Forums, 25 workshops, 50 site visits
- 56 people were moving with the Caravan for different sections

→ The CO² emissions* will be compensated with trees planeted by "Plant for the Planet" in the Balkans.



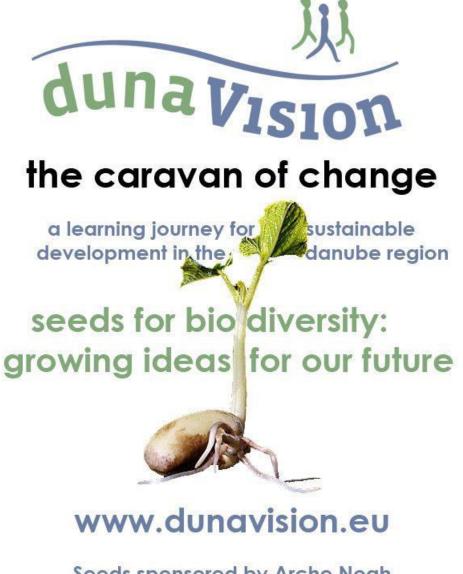
*The CO² emission of the four member core team including preparation journeys and the return trip through the Balkan countries was less than 10 tonns of CO².

Seeds for biodiverstiy

We have distributed 3.000 heritage bean seeds to people we met along the journey.

The bean seeds are meant as a symbol for preserving biodiversity in Europe and as a symbol for growing ideas for our future.

They were sponsored by "Arche Noah" – Seed Savers Assocation in Central Europe, based in Schiltern, Austria.



Seeds sponsored by Arche Noah

Ältere Saatgutpartie - Nur für Saatguttausch! Aus kontr. Biologischem Anbau. Kontr.Nr.: AT-BIO-401

The dunaVision song

"Walk of Change" from La Fons

Alfons and Nina Bauernfeind from the Band <u>La Fons</u> (Vienna) have created the beautiful dunaVision song!



"Gedanken strömen durch die Weite, suchen neue Wege, sprudeln – leicht und schwer. Vom Schwarzwald zieht die Karawane, den Fluss an ihrer Seite, bis zum Schwarzen Meet.

Refrain:

On the walk of change, the walk of life along Donau, Danube, Duna,

flowing thoughts ideas and laughs galore.

We are the ones that we've been waiting for.

We are the change, come join the Caravan."



Names of the Caravan participants

who were moving from a couple of days up to seven months with the Caravan

Doris Leitner, Dagmar Eisenbach, Elke – mother of Doris, Jutta Steffens, Raymund, Rainer, Dietmar Kohler, Karl Heinz Spors, Elke Spors, Markus Sell, Peter Walker, Sarah Kupke, Daniel Rotzinger, Karl Schmid, Bette Shuler, Anna Bader, Björn Rabethge, Christian Schruff, Luna the dog, Dunja Müller, Lukas Müller, Mariam Müller, Ana Lichtwer, Matthias, Mirjam Kupke, Yasmin Dorfstetter, Sabine Pfister, Patrick Fabian, Nina, Florian Niederl, Joachim Schlösser, Johannes Pfister, Kalle, Martin, Michi from couchsurfing, Ralf, Helene Glatter-Götz, Dalida, Luise Ogrisek, Ludwig, Felix, Felicitas Egger, Vero Vit, Nadja, Lydia, Julian Leutgeb, Lili, Christoph Omann, Gaja Naja Rojec, Oja, Annick, Ursula, Andrej Belykh, Mark, Imre, László Pandi, Gábor, Jasna Petrovic, Sladjana, Mihaly Angelov, Valentina Ivanova

Helene Glatter-Götz, Austria

In the coreteam of the Caravan 2013, joined from the source to Osijek in Croatia

"Hautnah und intensiv - jeder Tag, jeder Kilometer, jede Begegnung. Vielleicht habe ich nicht die Antworten gefunden sondern entdeckt, wie schön und wertvoll die richtigen Fragen sind."



Elke und Karl Heinz Spors, Germany

Joined the Caravan in Rottweil and in Weltenburg, Germany

Karl-Heinz:

"Es war für mich eine große Freude, vor allem mit jungen Leuten verschiedener Nationen über Frieden und Gerechtigkeit, Gesundheit und Lebensglück, also über unseren Weg zur Nachhaltigkeit zu diskutieren. Das bestärkte meine Zuversicht, dass wir nicht ohnmächtig sind gegenüber den "Mächtigen", die wortgewandt über Nachhaltigkeit reden, aber meistens das Gegenteil tun."

Elke:

"Mich haben die intensiven Gespräche und das Erleben von Veränderung in der Gruppe in der kurzen Zeit unseres Zusammenseins sehr bewegt. Beglückt hat mich die Übereinstimmung, dass bei euerm Projekt auch die spirituellen Ebene eine große Wirkung hat."





Jasna Petrovic, Serbia

Joined the Caravan from Augsburg to Regensburg

"dunaVision had the biggest influence at changing my point of view, when it comes about nature, environment and life.

For me, that was incredible time, I would like to join again, and I hope that you have some interesting project where I can be involved, because sustainability and similar things are areas where I would like to work."

Dalimar – moving ecovillage, Austria

Dalida, Felix, Ludwig and Luise from the moving ecovillage project; they are traveling through Europe for a year and were joining the Caravan in Romania

"Durch die Welt – fast ohne Geld! Wir reisen gemeinsam auf Mutter Erde in tiefer Verbundenheit mit Mensch und Natur, die freudige Leichtigkeit des Seins bestimmt unser Tun. Wir geben aus der Fülle und nehmen in Dankbarkeit."



Melinda Varfi, Hungary

RegioTeam Hungary, co-organizer of Duna Dialogues

"I am extremely grateful for the possibility of getting to know great people both locally and internationally. I learned that there is a deep sense of the Danube beyond the region and there is a need and possibility to engage in dialogue in the future."



Karl Schmid und Bette Shuler, Germany

Hosted all Caravaners in the Waldorfschule in Ulm. They joined the Caravan from Augsburg to Melk

"Beim gemütlichen Wandern in der schönen, donaunahen Natur hab ich in meiner spontanen zweimonatigen Auszeit viele sehr herzliche Gastfreundschaften erleben dürfen. Bette und ich haben auch ganz viel gemeinsam erleben können. Für uns war auch sehr viel Neues im sozialen Nachhaltigkeitsaufblühen von Augsburg bis Melk dabei. Besonders eindrücklich auch der Abstecher von Ottensheim nach Schlierbach ins SPFS Hotel. Ich werde auch nie vergessen wie liebevoll Hilmar und seine Kinder das Leben meistern und habe oft an die Besserwisser in Passau gedacht auch wegen dem furchtbaren Hochwasser kurz nach dem wir in ihrem Laden waren, U.u.u.u v.m.

Für diese einmaligen Erlebnisse möchten wir uns bei Euch Sarah und Johannes sehr herzlich bedanken."



Yasmin Dorfstetter, Austria/Germany

Back up office support ThinkCamp, joined the Caravan at the Forum Ottensheim and for the canoe tour

"The week I joined the Caravan of Change 2013 was such a condensed storm of impressions of people, minds, locations that overwhelmed me. And no matter if it was an eco-tourism organisation in Hungary, a meditation community in Austria or the temporary users of a developing urban quarter in Vienna - they just had different ways to access the same ideals and were heading to the same direction: what do we really, really want in our lives? Thanks, for the opportunity to be a part of it."



Christian Schruff, Germany

Joined the Caravan at the Forum Regensburg and together with his dog in the Bavarian Forest

"If you ask my dog Luna, which was her greatest experience this year - besides mentioning her first time making love with our neigbours dog - she will surely mention the Caravan of Change. Taking part in Regensburgs welcome circle. To play all night with Bellas daughter while the human beings were sharing and singing in a circle. To stroll around during the presentation of Regensburgs socially active groups. To be present at a magnificient peace concert and later letting small candle lit boats run down the danube. And finally to start of with the core group carried by ship and your own feet towards the community of Höllbachhof."



Doris Leitner, Germany

Workshop facilitator of Recycling & Design Workshop, hosted 10 Caravaners in Augsburg, joined the Caravan at the start in Furtwangen and in Gundelfingen

"Die bewegendsten Erlebnisse der Caravan für mich waren die Freundschaften, die spontan und intensiv auf der Reise entstanden sind. Die Gruppendynamik, die offenen und liebevollen Einladungen entlang des Wegs. Die Auflösung uralter Stolpersteine des Lebens durch Begegnungen und Verständnis, die anders nicht hätten stattfinden können. Vielen Dank für die Möglichkeiten, dies durch die Caravan of Chance erleben zu können."



Dietmar Kohler, Germany

Joined the Caravan from the beginning for different sections in Germany

"I really enjoyed the time with people from different backgrounds. I got in contact with my real needs - and learned that my largest personal changes are caused by events that were not planned!"





Lukas Müller, Germany

Support of Caravan of Change 2013 project, joined the Forum Augsburg and the Bukovina hike in Romania

"Während meiner Zeit mit dunaVision durfte ich engagierte Leute mit den verschiedensten Ansätzen für viele Herausforderungen unserer Welt kennenlernen. Ich konnte dabei meinen Horizont erweitern und habe auch Möglichkeiten für meine berufliche Zukunft entdeckt."

"During my time with dunaVision i had the chance to meet dedicated people with various approaches to many challenges of our world. I was able to expand my horizon and found new possibilities regarding my carreer."

Daniel Rotzinger, Switzerland

Joined the Caravan from the beginning to Blindheim

"Mir wurde bewusst, wie wichtig gesunde und schmackhafte Lebensmittel sind und dass der Kampf gegen die scheinbar übermächtigen Giganten sich lohnt. Nicht nur was Nahrung betrifft. Wenn Menschen ihr Wissen und Ressourcen teilen vieles möglich wird. Richtig vernetzt, abweichende Ansichten respektieren und seinen Weg gehen."





Barbara Strauch, Austria

Expert of "Soziokratie", supported the core team of the Caravan from the beginning with team coaching and community development, creation of individual goals, a common vision and the structure of the dunaVision network

"Meine Lernerfahrung: Alles ist möglich! Dynamische Gruppenprozesse in wandernden Organisationen sind zwar eine große Herausforderung, aber doch bewältigbar! Die Gemeinschaftsbildung on-the-road ist intensiv und direkt. Durch das gegenseitige Angewiesen-sein in gemeinsamen, stets wechselnden Herbergen, entstehen sehr rasch Konflikte und in deren Lösung auch genauso rasch Nähe und Vertrautheit. Ein spannendes Feld der Selbsterfahrung! Ich bin daran interessiert, auch 2014 die Kerngruppe als Gemeinschaftsberaterin und Soziokratie-Expertin zu begleiten."

Florian Niederl, Austria

Joined the Caravan for the canoe tour

"Die Caravan of Change veränderte meine Art des Reisens. Du reist mit einer Botschaft. Doch erst die Orte und ihre Menschen geben ihr ihre Form."

"The Caravan of Change changed my way of travelling. You're on your way with a message. But you don't know its real expression, until the places and their people have shaped it."



Björn Rabethge, Germany

Coreteam of the Caravan 2013, joined from Ulm to Budapest

"Auch wenn ich auf der Reise mit dunaVision nicht endgültig herausgefunden habe, was ich wirklich, wirklich in meinem Leben machen möchte, habe ich viele spannende Menschen getroffen, neue Ideen aufgenommen und unglaublich viel gelernt über verschiedene Methoden, Projekte, das Leben und über mich selbst.

So konnte ich eine ganze Reihe von neuen Anknüpfungspunkten mitnehmen, die ich seit der Reise weiter verfolge."



Dunja Müller, Germany

Regioteam Regensburg, facilitator of the Non-Violent Communication workshop;

Joined the Caravan in the Bavarian Forest & in Romania, Ucraine, Moldava until the Danube Delta together with her daughter Mariam



"Diese Reise prägte mich wieder einmal in der Hinsicht, dass ich meinen geographischen Horizont erweitern konnte: bis zum Schwarzen Meer war ich noch nie gekommen. Auf der Reise erlebte ich uns alle als eine engagierte Gruppe, lustig, flexibel, ernsthaft was unsere Themen betraf, offen für alles neue und gegenseitig unterstützend.

Unsere rumänischen Gesprächspartner – z.B. das Roma-Projekt; oder das Gespräch mit Mircea Dinescu - erlebte ich unglaublich bereichernd. Bestätigt hat sich dadurch für mich auch meine Sicht auf die Welt: Weltweit gibt es unglaublich viele engagierte Menschen mit großartigen Ideen - wie wir gemeinsam "die Welt retten" können?: Noch besser vernetzen, austauschen, voneinander lernen und großzügig mit denen teilen, die nicht soviel haben."



Wild ducks association/ Vadkacsa egyesület László Pandi, Gábor and Imre, Hungary

The three guys from the Hungarian canoe association were organizing and accompaniing the canoe tour from Vienna to Hungary.

Their vision is to enlarge their DunaRegio water tourism network so that they have canoe stations along the whole Danube river.

On the picture they are cooking some Hungarian Lecsó for the Caravan.



Ana Lichtwer, Germany

Joined the Forum in Osijek and the Bukovina hike in Romania; inspirator for the publication project

"Die Caravan of Change 2013 hat mich daran erinnert, dass ich Prozesse erst begreifen und neu entdecken kann, wenn ich mich aktiv und offen auf sie einlasse. (Ost)-Europa ist für mich ein Stück begreifbarer geworden. In meinem Leben möchte ich gemeinsam mit anderen etwas bewegen. Für uns alle, aber vor allem für und mit den Ärmsten der Armen."

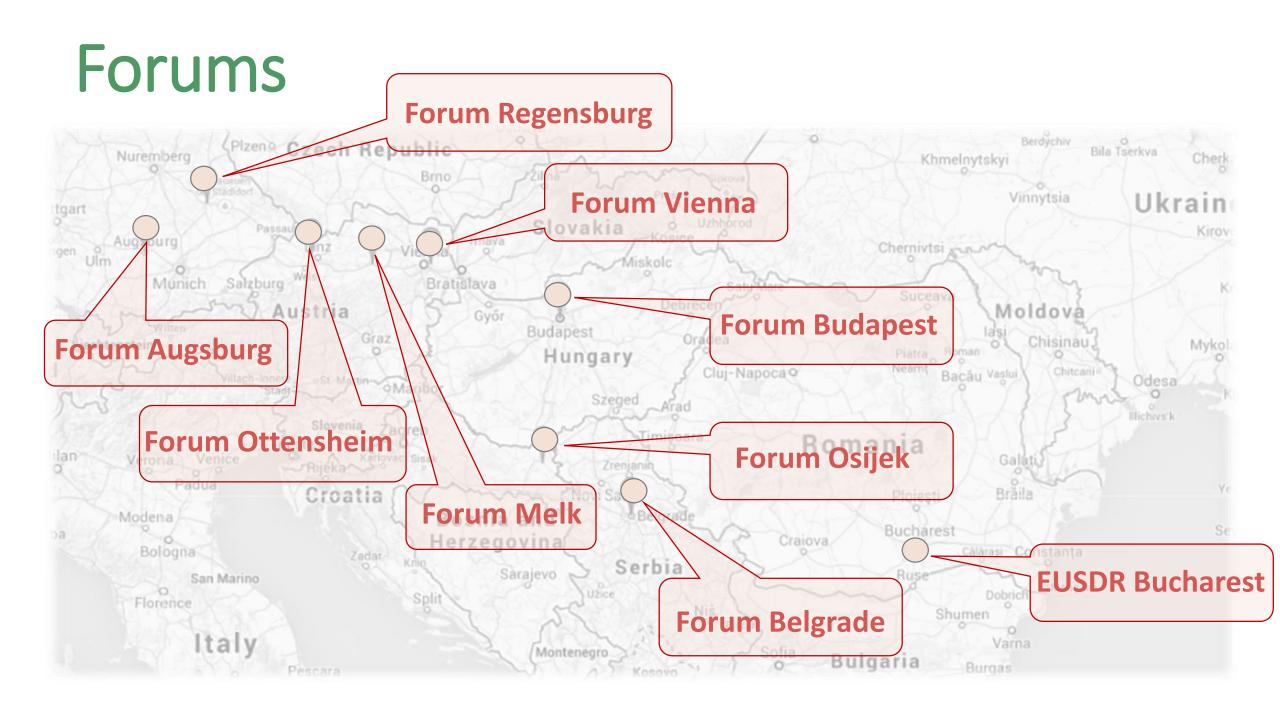
Anna Bader, Germany

"Caravan – hopper", joined the Caravan several times: Gundelfingen to Augsburg, Forum Augsburg, Forum Vienna, canoe tour Vienna to Bratislava

"Wenn ich zurück denke machen sich so viele "Wenn ich zurück denke machen sich so viele überwältigende Bilder und Gefühle in mir breit dass ich erst einmal in meinem Reisebüchlein nachschlagen muss, um das Erlebte zu sortieren. So ganz ist mir das dennoch nicht möglich, denn so unbeschreiblich reich war die Zeit! Reich an prägenden Erlebnissen, Erfahrungen und Begegnungen, reich an Natur, gutem Essen, an Erkenntnissen, Gastfreundschaft und Kopfständen... J Bis Ungarn konnte ich immer wieder eintauchen in eine neue Art der Gruppendynamik und inspirierende Programmpunkte. Wir legten Wegstrecke zu Fuß, mit dem Zug, per Daumen oder Kanu zurück. Doch auch das Verweilen an Orten während bunt henackten Foren trug dazu hei dass die bepackten Foren trug dazu bei, dass die zusammengestückelt 3 Wochen als DonauVisionärin zu meiner ganz persönlichen Lernreise wurden. Die Zeit brachte mir genau das richtige Maß an Reflexion, Entschleunigung und Perspektivenöffnungen zur genau richtigen Zeit für eine Neuorientierung in meinem Leben. Heute gehe ich bestärkt neue Wege. Und das Schönste ist: Die Reise ist lange noch nicht zu Ende!"









Forum Augsburg

Workshops and activities:

Recycling & Design Workshop
Soziokratie Workshop
Opportunity Multiculturality
Future of sustainable urban development
Poverty – "Kunst trotzt Armut" exhibition

City tour with the topic of water Site visit to the "Augsburger City farm", "Grandhotel" and "Sozialkaufhaus"

May fair fashion show – eine multikulturelle Nachhaltigkeitsshow



Forum Augsburg

Coordinators and initiators:

Rebecca Gebler, Norbert Stamm, Johannes Pfister, Doris Leitner, Roswitha Kugelmann

Lokale Agenda 21 Augsburg, Landschaftspflegeverband Stadt Augsburg e.V., SKM Augsburg, Kath. Verband für soziale Dienste e.V., Projektbüro Frieden und Interkultur Stadt Augsburg, Kulturküche Augsburg, Transition Town Augsburg, NANU e.V. Augsburg, ThinkCamp, Redesigna

Sponsors: Agenda 21, SKM Augsburg, Kath. Verband für soziale Dienste e.V., Bio-Taxi Rikscha-Service Augsburg, Bluespot Production, deCrignis Blechverarbeitung GmbH, Sparkasse Augsburg, Andreas Schmid Logistik AG, contact in Augsburg, Redesigna



























Forum Regensburg

Workshops and initiatives:

ATTAC, Transition Town, Slowfood Youth, Global Marshall Plan, NABAU, VCD (Allgemeiner Deutscher Fahrradclub), Social initiatives, Montessori School, Pax Christi, Transition Gardening, Planraum e.V., Regensburg Digital, Wechselwelt, Social Forum Regensburg, Collaborative Consumption, Kein Platz für Nazis, Tauschnetz Regensburg

Lebensgemeinschaft Höllbachhof: creating a new culture of communication, Art project by Christine Geschka Ü-theater "poverty in Regensburg"

City tours:

Herbs and edibles in the city tour; Consumer critical city tour (UNA Terra); Fair Trade tour

Peace & Charity Concert



Forum Regensburg

Coordinators and initiatives:

Dunja Müller, Carsten Lenk, Hermann Rogl, Birgit Kociper

Evangelisches Bildungswerk, Transition Regensburg, Be-The-Change-Initiative, Attac, Globalis, NABAU, Montessori School, Tauschnetz, ADFC, Pax Christi, Global Marshall Plan, other social initiatives

Location:

Evangelisches Bildungswerk





















Forum Ottensheim

Workshops and activities:

"New Work" and regional development

OTELO Nodes

Local initiatives

Yoga

Sewing workshop

Fishbowl dialogue

Farmer's market

Guided tour "Lebenswegführung"

KOMA Konzert

Tatort Donau – a music and literature performance

"Radio froheim" interview



Forum Ottensheim

Coordinators and initiators:

- Otelo Ottensheim: Sigrid Ecker-Weibold, Uschi König, Elke Hinterndorfer
- Bürgermeisterin Böker Ulrike
- Knut Berndorfer, Florentina Hausknotz, Hans Rabeder
- GUTE IDEEN für ein GUTES LEBEN (Martin Danner)
- Wir gemeinsam (Rainer Rathmayr)
- Leben in der Mitte (Peter Frühwirt)
- Schwemmland (Christoph Wiesmayr)
- Stallgeflüster (Birgit Gallistl)
- Biiista | Neue Mobilität Neue Arbeit
- Arge Granit

Location:

OTELO – Open Technology Laboratory, Ottensheim in Austria





Forum Melk

Workshops and activities:

Sustainable living in monasteries
Art and nature workshop
Guided tour trough monastery
Monasteries of the Future symposium
Hike to the monastery Schönbühel



Forum Melk

Coordinators and initiators:

Waltraud Haschke (Pädagogische Hochschule Niederösterreich), Franz Nahrada (Transition Austria, GIVE – Labor für Globale Dörfer), Paul Franzke

Dieter Graf, Iris Kunze, Lisa Butzenlechner, Marienschwestern in Linz, Zentrum der Einheit Schweibenalp, Heilkunstareal Steinhof

Location:

Stiftung Melk, Austria





Forum Vienna

Open Space with workshops and activities:

Alternative building methods: How to build a jurt, a tipi tent, compost toilet, recycling house, slow and green life, participative community building,

Pattern Language with Thomas Moritz, permaculture,

Empathie Café with Sumita/ Nue Bohreke, Sahaja Yoga Meditation,

"Mut in the City" - alternative city walk, Mutmacherei

Side events:

"Objektmanipulation und Jonglage", Fabrik Publik

Sustainicum – Microlearning, BOKU gW/N



Forum Vienna

Coordinators and initiatiators:

Theresa Barotányi, Katanka Mayer

Mutmacherei, BOKU gW/N, Transition Austria, United Creation, Think Camp, KINEME

Location:

Spungbrett Aspern







Forum Budapest

Workshops and activities:

Deep dialogue/meaningful conversations about the Duna region using Art of Hosting methods (World Cafe, Pro-action Cafe). With the theme "The Art of Hosting Our Shared Future", we spent three days full of Tuning Forks, Fishbowls, World Cafés and Open Spaces.



Forum Budapest

Coordinators and initiators:

SOL Hungary

Daniel Zimmer, Agota Ruzsa, Melinda Varfi, Andras Szollar, Dora Adam, Geza Bohm, Robert Gerzsany, Mischa Altmann

Location:

H13 Diák- és Vállalkozásfejlesztési Központ, Budapest, Hungary







Forum Osijek

Workshops and activities:

Slamagrad /Straw Village:

One week of building up a straw village based on designs/ideas / principals developed using the Method of Christopher Alexander's "Pattern Language".



Forum Osijek

Coordinators and initiators:

Thomas Moritz, Betty Quast and Erich Faller

KINEME – Kulturinitiative für eine nachhaltige Entwicklung in Mitteleuropa, (www.kineme.wordpress.com), KUINA, OSPERA (Permaculturegroup in Osijek)

Location:

Campus of University Osijek, OSPERA Community-Garden Site





Forum Belgrade

Workshops and activities:

Garbage orchestra - Workshop - making musical instruments out of waste materials

Journey through the urban island—introduction to the flora and fauna of Serbia through the collection of insects, amphibians, reptiles

Workshop Biodynamic agriculture - IVA-Farm

Other activities:

Museum of Jugoslavian History and Ethnography

Museum of Nikola Tesla

Bike tour through Belgrade and Novo Belgrade Kayak tour on the river Sava



Forum Belgrade

Coordinators and initiators:

Vladimir Krstovic and other members of the Serbian NGO Youth for tourism/mladizaturizam, EGEA Belgrade, Ecoist, Iva farm, BID "Josfi Pancic"

Location:

Great War Island, Belgrade, Serbia





Workshops – Tools and methods for a sustainable development

- Soziokratie with Barbara Strauch & Georg Ortner
- Deep Ecology with Veronika Rolle-Green
- Story Telling with Bernhard Heim
- Non Violent Communication with Dunja Müller
- TRIZ systematic innovation with Valerie Suchkov & Ellen Domb

- Sustainicum Micro learning with Richard Kromp & Matthias Litschauer
- Pattern Language with Thomas Moritz & Helmut Leitner
- Eco-Social Entrepreneurship with Johannes Pfister & Lina Sodziute
- Improtheater with Joachim Schlösser & Vero Vit

Soziokratie

Leadership model of the future

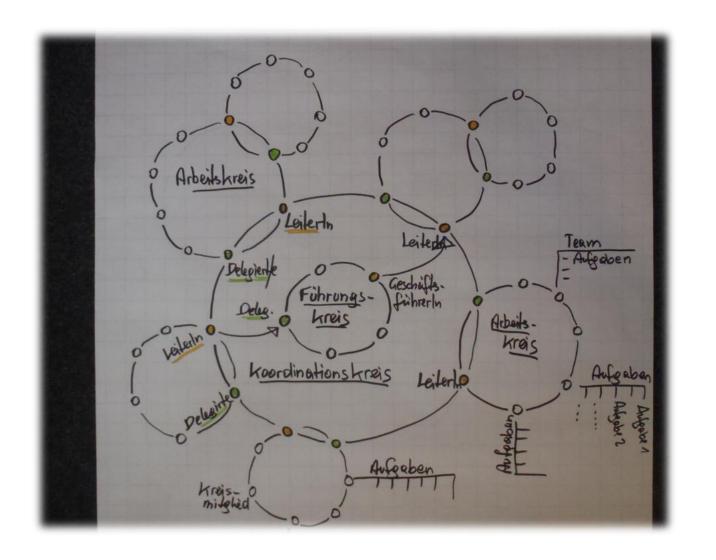
Facilitator: Barbara Strauch & Georg Ortner

Location: Workshop in Augsburg and

Ottensheim

The core group of the Caravan decided to implement the sociocratic circle culture for making decisions and group talks.

This method helped us very much to find clear and focused structures within the group of the Caravan.



Deep Ecology

active hope

Facilitator: Veronika Rolle-Green

Location: Meinheim, Germany

In four very intense and exciting sessions Veronika guided the Caravan through the field of Deep Ecology (Joanna Macy). Exercises on personal development, group dynamics, sharing thoughts about fear, anger, sorrow and emptiness but also courage, justice, love and space were helping the group getting connected to their inner selves and also to each other in the group. The workshop also includes a guided blind walk in the forest where the participants experienced nature with all our senses.

Veronika introduced also a bit of the theoretical background (e.g. system theory, integral theory, spiral dynamics) to get an idea of what the exercises are based on.



Non Violent Communication

an respectful and empathetic way of communication

Facilitator: Dunja Müller

Location: Bavarian Forest in Germany

3 days of walking through the Bavarian Forest with elements from Non Violent Communication (M.B. Rosenberg) and reflecting times during the day.

Non Violent Communication is about articulating your feelings, needs and wishes and about taking responsibility for your own feelings.

With this Dunja also helped the participants of the Caravan, guiding them through some group conflicts.



Story telling

Facilitator: Bernhard Heim

Location: middle school Angrün in Bad

Abbach, Germany

The teacher, musician, painter and author Bernhard Heim invited the Caravan for dinner with all the teachers of the school. He facilitated the story telling with elements of "Wege ins ich", breathing, "Tönen", readings, meditations, conversations and mantra. The next morning the Caravan enjoyed breakfast with the children and some students of the "Bläserorchester" even played some special bavarian songs to wish us goodbye.



TRIZ

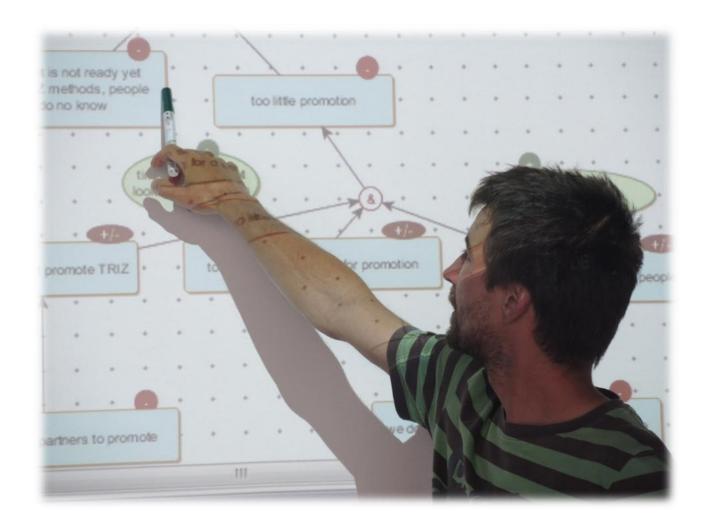
systematic innovation

Facilitator: Valerie Suchkov and Ellen Domb

TRIZ is a problem solving method based on logic and data, which accelerates the project team's ability to solve problems creatively.

At these workshops participants were invited to bring their problem which they wanted to be solved in order to try these professional methods to see potential solutions which never would have come to their minds.

Today TRIZ-based Systematic Innovation is recognized by many world-leading organizations as the best practice of innovation and is applied in many areas, primarily technology, business, management and social issues.



Sustainicum – Micro learning

Facilitator:

Richard Kromp & Matthias Litschauer

Location: Vienna

Organization:

Zentrum für Globalen Wandel und Nachhaltigkeit, Universität für Bodenkultur Wien

20 lecturers of the BOKU University introduced different important topics related to climate change and resource managment within only 15 minutes in a very innovative way. With this method of micro learning people get a quick but very intense insight on a complex topic. According to the participant's interest everybody has the chance to deepen his/her knowledge afterwards.

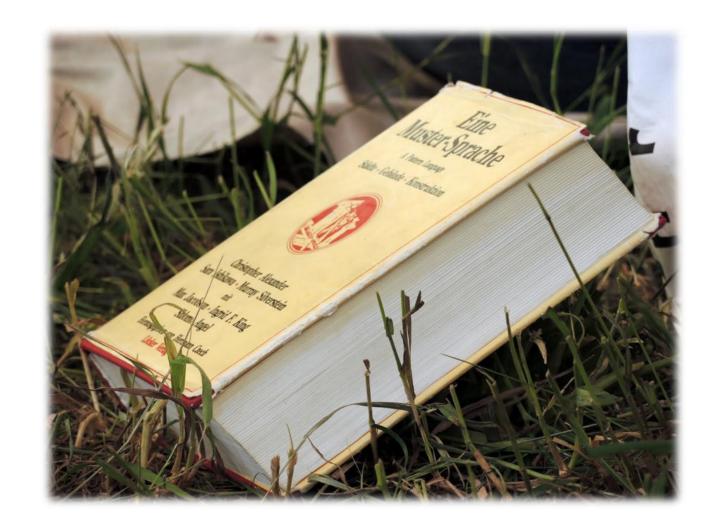


Pattern Language for sustainable development

Facilitator: Helmut Leitner& Thomas Moritz

Location: Regensburg and Vienna

The book "A Pattern Language" was published 1977 by the architect and system theorist Christopher Alexander. Helmut and Thomas were introducing this subject with the goal to reach an emotional and intuitive understanding of Alexander's view on the creative processes, living systems, and the involved patterns. This was the starting point for our practical work in this workshop. We practiced writing patterns and pattern languages for our own project ideas.



Eco-Social Entrepreneurship

Facilitator: Johannes Pfister & Lina Sodziute

Location: Trakų region

36 participants from Bulgaria, Poland, Lithuania, Czech Republic, Slovenia, Germany and Austria participated in July in a one week eco-social entrepreneurship workshop.

The training financed by the EU Youth in Action program was dedicated to preparing the young people to strengthen their facilitator skills and to encourage them to work with youth groups using methods for entrepreneurship.



Improtheater

Facilitator: Joachim Schlösser & Vero Vit

Location: In the garden of the Monastery

Studenica in Serbia

The purpose of those workshops was – in fact to let GO of purposes and to increase one's access to improvisation skills.

And simultaneously to invalidate the power of our inner censor which is often a handicap in trusting our inspiration. And last but not least by allowing ourselves to let spirited performances happen! Guided exercises led the participants from physically dominated exercises to travels taking place only in our fantasies, from training of concentration and clarity to sessions of calmness to open inner resources.





Site visits to people and projects – examples of lighthouse projects

- Sozialkaufhaus, Germany
- Grandhotel, Germany
- Krafthof, Germany
- Höllbachhof living community, Germany
- OTELO Open Technology Laboratory, Austria
- Sprungbrett Aspern, Austria

- IVA-Farm, Serbia
- Ecocentar Rudnik, Serbia
- Phoenix Café, Bulgaria
- Better homes Roma inclusion project,
 Romania
- Other site visits

Sozialkaufhaus

Location: Augsburg, Germany

Founder: Roswitha Kugelmann

A huge second-hand store for all consumer goods such as furniture, bicycles, textiles, etc. The impact: the employment of fifty people who were unemployed before, goods are reused instead of destroyed and a social network with community life started.

The next step is to enlarge the community so that people can live, eat and work at the same place.

http://www.contact-inaugsburg.de/Laeden.xhtml



Grandhotel

Location: Augsburg, Germany

A very special hotel which offers accomodation for people seeking for asyl and "normal" hotel guests.

Each room is designed individuelly by artists from around the world.

http://grandhotelcosmopolis.wordpress.com



Krafthof

Location: Bavarian Forest, Germany

Founder: Tanja und Marco Kraft

The "Krafthof" in the Bavarian Forest is based on geomantic elements and permaculture. Tanja and Marco also give worshops on geomantic and offer herbal tours. We had the chance to sleep in their new built seminar house in the center of their community.

http://erdenkraft.net



Lebensgemeinschaft Höllbachhof

Location: Bavarian Forest, Germany

Christian Schruff led us on a beautiful hike to his community, the "Höllbachhof".

A wonderful place in the middle of the Bavarian Forest. They have a seminarroom, a calm environment and lots of possibilities for nature walks and meditation.

http://www.hoellbachhof.net/



OTELO

Open Technology Laboratory

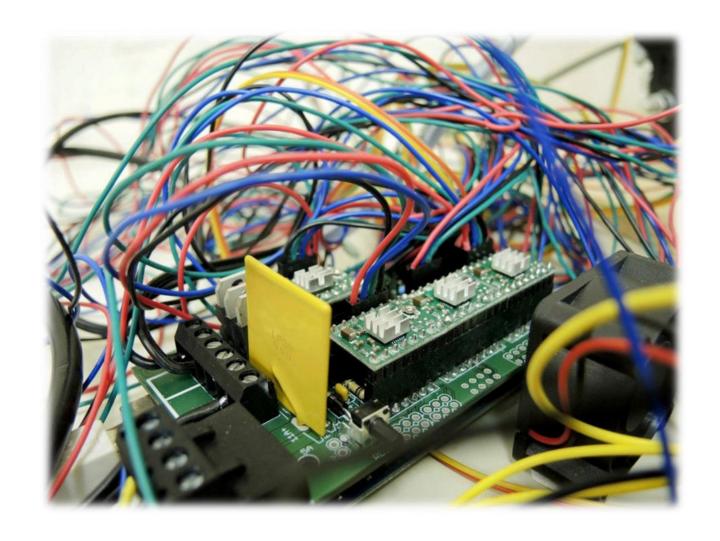
8 locations in Austria: Ottensheim, Kremstal, Gmunden, Vöcklabruck, Vorchdorf, Linz, Scharnstein, Angermünde

Founder: A network initiated by Martin Hollinetz, local teams in each OTELO

OTELOs are open spaces for creative and technical activities of people. They consist of different Node-Labs like the open workshop room with tools and basic infrastructure, a room for seminars, workshops and meetings and an open kitchen.

This concept can be adapted to any region - especially in rural areas in Eastern Europe it would make a lot of sense.

http://www.otelo.or.at/



Sprungbrett Aspern

Location: Aspern, Vienna, Austria

Founder: United Creations

"Sprungbrett Aspern" (springboard Aspern) is using temporarily a part of the land area of "Seestadt Aspern" in Vienna. The property measures 4500 square meters and offers the opportunity to explore innovative prototype construction and forms of life in order to build expertise for a holistic sustainable habitat development.

The purpose is to show that it is possible to create within very short time under the guidance of experienced craftsmen simple, environmentally sustainable accommodations.

http://unitedcreations.org/projekte-und-aktivitaeten/sprungbretter/aspern-playing-oekodorf.html



IVA-farm

Biodynamic farm

Location: Vladimirci, Serbia

Founder: Viv and Boudewijn

One of the first biodynamic farms in Serbia founded in 2008. They are specialized in producing fresh vegetables, herbs, fruits, milk and meat and processed products like bread, jams and cheese. and in

Viv is also educating young people in biodynamic and organic agriculture and gardening.

Volunteers are welcome and they are

working and living there over the whole year!



http://ivafarm.weebly.com/

Ecocentar Rudnik

Location: Rudnik, Serbia

Founder: Bosidar Mandic

In the middle of the forest of Rudnik you can

find Bosidar in his "Ecocentar."

He is welcoming everybody to enjoy simple

life and organic food from regional production. You can also enjoy his improvisation theater performances, art, and exciting discussions about life and society. Bosidar is also an writer and artist of the National theater in Belgrade.

We visited him twice on the tour and enjoyed the discussions and his spontanous

performance very much.



Phoenix Café

Location: Vidin, Bulgaria

Founder: Mick Cooper

Phoenix café is a social enterprise with a difference. Mick has created this café in order to do give disadvantaged youngsters in Bulgaria (including youngsters from the Roma community) skills and the possibility to get a job.

Mick's vision is that once each major city within Bulgaria has a Phoenix Café.

The ultimate goal is that Phoenix Café will be managed and developed by Bulgarians. It is hoped that some of the trainees will one day lead this wonderful organization into the future.

"Vidin is the poorest region in Bulgaria and the European Union, if this model works here it'll work every else, too."

http://www.phoenix-inspirebg.org/



Better homes -Roma inclusion project

Location: Sacele, Romania

Founder: Daniel and Ema Hristea

The Better Homes Project tries to improve the lives of the poorest members of local Roma communities. Utilizing a team of local Roma construction workers, as well as FAST staff and visiting volunteers, they build simple, prefabricated homes in the community with pieces constructed in their local workshop. In the first two years since the project's inception in 2007, FAST has built 20 new homes, and helped several other families obtain either the materials, labor, or financial support needed to build or add necessary improvements to their own homes.

http://fastcharity.ro/



Other events & site visits

- Mayor's meeting and getting to know Agenda 21 activities in Rottweil, Germany, Jutta Steffens and Raimund
- Tractor-tour and cooking with people of MOOSEUM, Bächingen, Germany, Caronline Esche
- Celebrating Easter with the Kinderheim St. Clara, Gundelfingen, Germany, Schwester Maria Elisabeth
- Testing e-bikes and learning about the UN-Decade city, Neumarkt, Germany
- Building pyrolyse cooker with Kalle, Augsburg, Germany
- Dinner with Besserwisser cooperative, Passau, Germany, Karo, Nico and Matthias
- Visit to Haus am Strom, Engelhardsried at the Austrian border
- 4 Professors 4 Perspectives, FH Linz, Austria, Franzisca Cecon
- Lunch with Beatrix and Flo Weichselbaum near Linz. They were walking down the Danube in 2011 (Blog: Donauwelle, book "4,5 Millionen Schritte") and gave us some useful advices for our journey.

- Medival citytour and dinner at Heurigen, Hainburg, Austria, Doris Holler-Bruckner
- CODERA, Spes Zukunftsakademie, Schlierbach, Austria, Wolfgang Mader
- Social Business Day, Budapest, Hugary, Nesst
- Site visit to "Savamala" social center, Belgrad, Serbia, Nikola Markovich
- Art and Culture Festival, Berzacska, Romania
- Celebration in village with mayor of Gramada and Mick Cooper, Bulgaria
- Mayors of Mountain municipalities meeting in Pamporovo in Bulgaria, Yavor Profirov
- Dinner dialogue with Sergiu and Maria Dinescu (wife of Corabia Miceau Dinescu), Bucharest, Romania
- Visit to Roma community project, Veresti, Romania
- Danube Parks Festival, Tulcea, Romania, Magdalena Wagner

Follow up events

- Workshop "Being Spaces im Mittelalter und in der Zukunft", Hainburg, Austria
- Österreichischer Nachhaltigkeitstag, Vienna, Austria
- EUSDR 2nd annual Conference, Bucharest, Romania
- Duna SOL symposion, Budapest, Hungary
- Augsburger Nachhaltigkeitstag, Augsburg, Germany
- Open Space EUSDR of PA9 "People, Skills and Competences", Vienna, Austria





Streams – the Caravan is moving

- Starting at the Source of the Danube, Germany
- Black Forest, Germany
- Donaudurchbruch, Schwäbische Alp, Germany
- Bavarian Forest, Germany
- Boat tour from Passau to Ottensheim, Austria
- Wachau, Austria
- Canoe tour from Vienna to Hungary
- Studenica, Serbia
- Iron Gate, Serbia
- Bukovina, Romania
- Arriving at the Danube Delta, Romania
- Way back: Bulgaria, Macedonia and Albania

- Moving by foot, boat, canoe, train and bus, car &hitchhiking
- ➤ Partly accompanied by a transporter for the luggage

Moving by foot, canoe, bus, train, hitchhike, car...

Partly accompanied by a transporter for luggage







Starting at the source of the Danube

Starting at the 15th of March in the Black Forest in deep snow and in 1400 metres hight.



Donaudurchbruch, Schwäbische Alp, Germany





Bavarian Forest, Germany





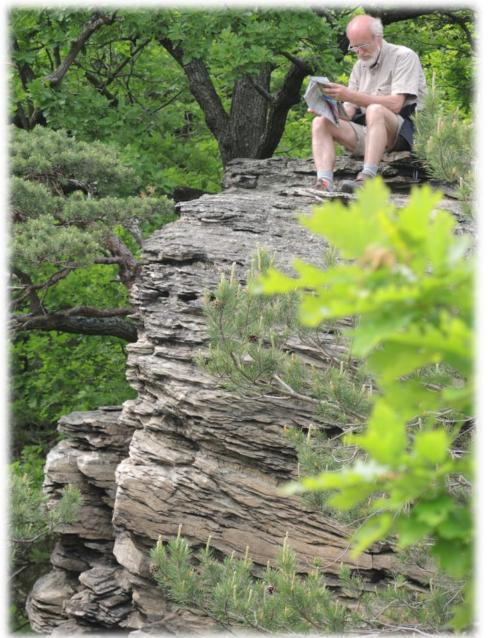
Boat tour from Passau to Ottensheim, Austria





Wachau, Austria





Canoe tour from Vienna to Hungary

From Vienna to Rajka at the Hungarian border. Guided by the "Wild Ducks" canoe association from Hungary.

After some days of heavy rainfalls the canoe tour was interrupted at the Hungarian border.



Monastary Studenica, Serbia





Novo Selo near Vidin at the Danube river

Bulgaria





Iron Gate, Serbia

Lepinski Vir Archaeological Site





Bucovina, Romania

Beautiful landscapes, traditional villages, monasteries, slow life and spirituality is the flavor of the Bukovina.





Ucraine and Moldova





Arriving at the Danube Delta, Romania

Arriving after 6 months at the Danube Delta - a very moving moment and a beautiful sunrise at the Black Sea.





Way back: Bulgaria, Macedonia, Montenegro and Albania

Research on urban and village living, learning about challenges for sustainable development.







Reflexion, yoga & meditation

As a daily routing we had morning exercises like yoga, meditations or reflective walks through the urban or rural areas where we were staying.







Circle culture

During the first month we introduced the sociocratic circle culture as a structure for the Caravan. We were using the circle culture during the whole journey at morning and evening dialogs and for decision making.

With this we made many positive experiences and we also were solving some difficult issues.



Eating and drinking

We have experienced specialities from the different countries along the Danube. Most of the times we ate vegetarian, regional and if possible organic food. In Serbia, Bulgaria and Romania we were amazed about the markets full of fresh vegetables and fruits. We have also tried one week of eating vegan.

Drinking local raki and palinka were bringing us sometimes closer to the culture and people.





Yurt

For part of the journey we have tested a travel yurt which was made especially for the Caravan **sponsored** by DCC - Danube Competence Center



Patrick Fabian from the yurt building eco-social entreprise "Allesjurte" and "Nomadliving" constructed the yurt from light materials. After some practise we were able to build it up in 40 minutes.

Around 10 people can sleep inside.





Accomodation

A mix of:

- hostels
- private accomodations
- schools, sporthalls, "Kinderheim"
- monasteries, ecovillages
- "couchsurfing
- in tents
- in a yurt

Especially in the eastern countries we have slept most of the times in hostels.



People on the road

Joining a winterly hiking dialog

What do you wish for our future? "That we get away from affluence. What I really need is a pair of hiking shoes and something to eat." Joseph, 68, from Denkingen in Germany. Meeting in the Black Forest.



People on the road

"15 years ago I wanted to travel to the Black Sea by canoe, but on the border to Yugoslavia the revolution stopped me. So I sold the canoe and bought a house in Hungary!". Meeting in Sigmaringen, Germany.

Hungary!". Meeting in Sigmaringen, Germany.

Fresh tomatoes for their hostel guests –Mandy and her husband's dream is to create an organic farm next to their Hostel. Meeting in the Balkan Hostel Ruse, Bulgaria.



People on the road

"I pray for the world" is the motto of the monk we have met in a little coffee shop near the monastery of Beuron, where we were hiding from a rainy storm.



This family in Albania with four children showed us the right way when we got lost. They invited us into their living room and gave us plenty of their grapes and apples.



Outcomes and learnings

- Personal experiences of many participants
- Looking at the world with different views und perspectives
- Better understanding of Eastern Europe
- Network of inspired and motivated people
- Innovativ idea for a new kind of learning approach
- Idea for Caravan of Change 2014
- Idea for new kind of publication in the dunaVision region
- Including the approach of Open Space for dialogs in the Danube countries
- Idea for introducing alternative currency called "learner" for a knowledge network community



The Caravan of Change 2014 – "What's your story?"

A research and learning joureny, April 4th to Juliy 1st

Based on our stories we co-develop common patterns, visions and solutions for a sustainable development of our organizations and regions.

- Entrepreneur Walk, Germany, April 4th 6th
- Ecovillage Walk, Germany, April 7th-12th April
- Pattern Workshop Austria, April 25th-27th April + crossborder hike, Austria/Slovenia, April 28th – May 1st
- Pattern/Being Space Walk, Croatia, Bosnis and Herzegovina or Montenegro, May
- Vision Walk for creating a community for the dunaVision network, Macedonia, June 1st - 9th
- First Balkan Summit for sustainable development, Macedonia (Bitola), June 11th – 15th

Germany – Austria – Slovenia – Croatia – Bosnia and Herzegovian – Serbia – Kosovo – Albania – Macedonia



Call for partners and participants

ThinkCamp and dunaVision is looking for participants for the Caravan of Change 2014 and active partners supporting the sustainable development of the region by

- reducing youth and elderly unemployment
- inspiring people
- creating innovative learning activities and light house project

Please get envolved!

- Subscribe to our newsletter
- Send an email to: info@thinkcamp.eu





Thanks to our contributors

All RegioTeams in the countries:

- RegioTeam Augsburg
- RegioTeam Regensburg
- RegioTeam Ottensheim
- RegioTeam Melk
- RegioTeam Osijek
- RegioTeam Budapest
- RegioTeam Belgrade

Special thanks to our sponsors:

 DCC – Danube Competence Center

Schachinger Logistiks –
 Max Schachinger



Links

Forum Augsburg:

Program

<u>Photos</u>

Blogposts

Forum Regensburg:

Program

<u>Photos</u>

Blogposts

Video of Charity and Peace Concert

Forum Ottensheim:

<u>Program</u>

<u>Blogpost</u>

Fotos

Radio Podcast

Forum Melk:

<u>Program</u>

Blogposts

Fotos

Forum Vienna:

Program

Photos

<u>Blogpost</u>

Forum Osijek:

Program

Blogposts

Fotos

Forum Budapest:

<u>Program</u>

<u>Fotos</u>

Blogpost

Forum Belgrade:

<u>Video</u>

Program

Blogpost

Fotos

www.thinkcamp.eu

Blog: www.dunavision.eu

https://www.facebook.com/dunaVision

Subsribe to our newsletter