

# Transition Luxembourg Magazine

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# Editorial

At this time of equinox, when night equals day in terms of length and power, I think about balance quite a bit. How do I make best use of my limited time and energy? How do I serve the common good (which includes myself)?

Like possibly others of you, I am a being of balance much less often than I would like. I go from being enthusiastic and passionate and totally in the creative flow to being exhausted and unable to engage properly, as everything is getting too much and the world is just too loud and unjust and horrible. And then... I recover and I go back to creative shudders and joy swallows me whole.

What does it take to live deeply? How much engagement does it take? And how does one keep the focus on the right balance between engagement, reflection and recovery? What does it take to live simply in a world that constantly and loudly compels us to go further, have impact, be better, learn more, and do everything faster, and right now?

When Henry David Thoreau, the great American writer (and essayist, poet, philosopher, abolitionist, naturalist, tax resister, development critic, surveyor, as well as historian) was 28 years old, he went into the woods. He wanted to be involved firsthand in securing the essentials of life, 'food, shelter, clothing, and fuel'.

He did not go for detachment, but to live deliberately, to confront the essential facts of life and live by the teaching of the trees and the beings. He opened himself up to whatever it was that this place could teach him. Being in the forest for a while (2 years 2 months and 2 days) played

a big part in his subsequent political engagement. In fact, his kind of Romanticism is not individualist in nature, but imbued with a powerful call to engagement, resistance and disobedience to the state, as his 1848 lecture that came to be known as On the Duty of Civil Disobedience attests.

Walden, the publication about his time in the forest was received by E.B. White as 'the report of a man torn by two powerful and opposing drives – the desire to enjoy the world and the urge to set the world straight.'

This seemingly contradictory drive is what propels Transitioners today. We are fully aware that we have a duty for civil disobedience and for practicing utopia, but meanwhile we should remember to enjoy the beauty of the world. And to end with one of his most beautiful quotes:

***'I have faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders.'***

Katy Fox (CELL)

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## About **Transition & ö!**

ö! is the official Voice of Transition Luxembourg. The monthly Magazine, created in February 2015, **spreads the word about the manifold Transition activities, events and people in Luxembourg** and around the world.

The term „Transition“ stands for the changes we make to **get to a low-carbon, socially just, healthier and happier future, where people work together to find ways to live more independently** from fossil fuels and with much reduced carbon emissions, with improved wellbeing for all and stronger local economies.

The Transition movement is a social experiment in which **communities learn from each other** and belong to a global and historic push towards **a better future for us and the planet**.

If you are interested in collaborative, resilient, proactive, empowering, responsible, evolving, relocalised, respectful and nurturing communities and people, feel free to contact us, have a look at our events or participate in activities!

ö! editorial staff

## lwwer **Transition & ö!**

ö! ass daat offiziellt Stëmmorgan vu Transition Lëtzebuerg. Dësen all Mount verëffentlechte Magazin, gegrënnt am Februar 2015, **verbreet Nouvelles iwwer déi vilfälteg Transition Aktivitéiten, Evenementer a Mënschen zu Lëtzebuerg** an uechtert d'Welt

De Begrëff „Transition“ steet fir d'Veännerungen déi mir maache **fir eng kuelestoff-arm, sozial gerecht, méi gesond a méi glécklech Zukunft, an där d'Mënschen zesumme schaffe fir Weeër ze fanne fir méi onofhängeg vu Fossilenergie** a mat vill méi reduzéierte Carbon Emissiounen ze liewen, mat engem verbesserte Wuelbefanne fir jiddereen an eng méi staark lokal Ëkonomie.

D'Transition Beweegung ass e soziaalt Experiment, an deem **Gemeinschaften vunenei léieren** an zu engem globalen an historiesche Stouss **Richtung besser Zukunft fir eis a fir eise Planéit** gehéieren.

Wann Dir interesséiert sidd u kollaborativen, resilienten, proaktiven, opbauenden, verantwortlechen, evoluéierenden, relocaliséierten, respektvollen a beräichernd Gemeinschaften a Mënschen, kontaktéiert eis gären, kuckt lech ons Evenementer un oder maacht mat bei Aktivitéiten!

ö! Redaktioun

## Au sujet de **Transition & ö!**

ö! est la voix officielle de Transition Luxembourg. Ce magazine mensuel, fondé en février 2015, **diffuse des informations sur les multiples activités, événements et personnes Transition au Luxembourg** et dans le monde.

Le terme « Transition » désigne les changements que nous faisons pour **créer un avenir à faible taux d'émission de carbone, socialement juste, plus sain et plus heureux, dans lequel les gens oeuvrent ensemble afin de trouver des modes de vie plus indépendants de l'énergie fossile**, permettant d'améliorer le bien-être de chacun et de renforcer l'économie locale.

Le mouvement Transition est une expérience sociale dans laquelle **les communautés apprennent les unes des autres** et appartiennent à une propulsion globale et historique en direction d'un **meilleur avenir pour nous tous et la planète**.

Si vous êtes intéressés par des communautés et gens collaboratifs, résilients, proactifs, constructifs, responsables, développants, relocalisés, respectueux et nourrissants, contactez-nous, jetez un regard sur nos événements ou participez à des activités!

ö! rédaction

# Ma commune en Transition? *Des solutions locales pour protéger le climat existant!*

Début mars 2017 nous avons pu découvrir le récit de l'expérience de la Commune d'Ungersheim (Alsace). Une petite ville d'Alsace de 2.200 habitants s'est lancée dans la démarche de transition vers l'après-pétrole en décidant de réduire son empreinte écologique.

**À l'initiative de la municipalité, Ungersheim a lancé en 2009 un programme de démocratie participative, baptisé «21 actions pour le XXI<sup>e</sup> siècle» qui englobe tous les aspects de la vie quotidienne: l'alimentation, l'énergie, les transports, l'habitat, l'argent, le travail et l'école.**

Depuis 2005, la commune a économisé 120.000 euros en frais de fonctionnement et réduit ses émissions directes de gaz à effet de serre de 600 tonnes par an. Elle a créé une centaine d'emplois. Et elle n'a pas augmenté ses impôts locaux.

En intégrant officiellement le mouvement «des villes et villages en transition», Ungersheim engage 21 actions demandant à être partagées, étoffées, dans la perspective d'une large sensibilisation de la population et de l'élaboration sur ces bases d'un plan de résilience. L'engagement citoyen est la pierre angulaire de la politique



communale d'Ungersheim. Ce qui a pu convaincre la salle pleine à craquer aux Rotondes lors de la conférence du 2 mars a été la clarté des propos du maire d'Ungersheim Jean-Claude Mensch et des ses collègues Lionel Federlen, Laurence Birglen et Martine Schermesser.

**Jean-Claude Mensch est un ancien mineur cégétiste s'étant converti à l'écologie avec le combat contre la centrale nucléaire de Fessenheim. Il n'est affilié à aucun parti politique, même si l'écologie « c'est toute sa vie ».**

Il est maire d'Ungersheim sans discontinuer depuis 1989. Visionnaire, il sait rassembler et motiver et aime à citer Gandhi: « l'exemple n'est pas le meilleur moyen de convaincre, c'est le seul ».

Ungersheim est à l'origine de la plus grande centrale photovoltaïque d'Alsace, installée sur une friche industrielle de quatre hectares. D'une capacité de 5,3 mégawatts, la centrale fournit aujourd'hui de l'électricité (hors chauffage) pour 10.000 habitants. Sur le plan alimentaire il y a la création des « Jardins du Trèfle Rouge », une ferme maraîchère bio qui emploie une trentaine de salariés, dont vingt-cinq personnes en contrat de réinsertion, ainsi que le passage au bio de la cantine. Faisant partie de la filière « De la graine à l'assiette », ces projets sont complétés par une Conserverie municipale qui transforme les fruits et légumes



## Ma commune en Transition? (...suite)

déclassés. A citer aussi la construction d'une « Maison des Natures et des cultures », qui est un bâtiment dédié au maraîchage bio en chantier citoyen, et la réalisation d'un éco-hameau «zéro carbone» avec neuf maisons passives. Après l'exposé de Jean-Claude Mensch nous avons pu écouter les témoignages de trois intervenants du Luxembourg, dont Marc Neu de l'Energieatelier de Rédange, Christian Goebel, président de la commission énergie de Junglinster et qui a aidé la création de la coopérative citoyenne Equiénercoop et Sophie Pixius de la coopérative citoyenne Terra (1ère Amap au Luxembourg).

La démarche choisie par ce village d'Alsace rappelle l'histoire de Beckerich, que nos invités d'Ungersheim ont eu l'occasion de visiter lors de leur voyage. Sur invitation du maire de Beckerich, Thierry Lagoda, et du Secrétaire d'Etat à l'Environnement (et ancien maire du village) Camille Gira, l'échange a fait découvrir de nombreuses parallèles : un investissement conséquent dans les énergies renouvelables, une mise sur la souveraineté alimentaire en collaborant avec des agriculteurs de la région, une monnaie locale – le « beki » à Beckerich et le « radis » à Ungersheim et une implication importante des citoyens. Même le nombre d'habitants est sensiblement le même.

La soirée a été organisée par CELL / Transition Luxembourg, avec le Klima-Bündnis Lëtzebuerg, et le Mouvement Ecologique, en partenariat avec IMS et Umweltberodung Lëtzebuerg et avec le soutien du MDDI et des Rotondes. L'équipe d'Ungersheim a également donné des ateliers le lendemain de la conférence, lors d'un échange organisé à



Lors d'une petite balade post-conférence à Bonnevoie Jean-Claude Mensch a eu l'occasion de tester le mobilier construit par Transition Bonnevoie sur la Place du Parc.

l'Oekozer au Pfaffenthal. La trentaine de participants venaient de secteurs aussi variés que les communes, les ingénieurs conseillers climatiques, des chercheurs, les ONG et transitionneurs citoyens – une matinée de partage qui a fait sentir que des solutions locales sont en train de se mettre en place avec tous les acteurs du terrain qui s'engagent dans le Pace Climat, car « c'est en marchant que l'on trouve le chemin ».

Pour information : En novembre 2016 le nouveau film de Marie-Monique Robin « Qu'est-ce qu'on attend? », qui dresse le portrait de cette expérience inspirante, est sorti dans les salles de cinéma en France et repassera – après une première à la Cinémathèque à Luxembourg Ville pleine le 6 février dernier – lors de projections à différentes



occasions, dont le 19 juin prochain au CNA Dudelange et fin juin lors d'une projection open air à Sanem. Pour ceux qui l'ont ratée, vous pouvez visionner la conférence du mars sur <http://cell.lu/conference-ma-commune-en-transition-ungersheim/> et plus d'infos sur [www.mairie-ungersheim.fr](http://www.mairie-ungersheim.fr)

Text Norry Schneider

Photos Norry Schneider, Commune d'Ungersheim



## Another Successful **Do-It-Yourself Festival** Attracts Crowds!

The fifth Do-It-Yourself festival brought people together on 18th February in Kulturfabrik, Esch-sur-Alzette. The annual tradition continues to attract crowds since its first launch in 2013.

**The festival aims to help people build networks and, through teaching and learning from each other, share the necessary skills to create resilient communities.**

Everyone was invited to participate and contribute, either by helping to organise the event, running a workshop, hosting a game, playing music or bringing food for a shared dinner. The festival was entirely participant-driven, and completely free of charge.

Visitors could spend the entire afternoon engaging in different workshops, ranging from upcycling clothes to making seed bombs. Several workshops were dedicated to repairing and upcycling, providing people with ideas on how to get creative and reduce consumption. Gardening enthusiasts could add to their seed collection at the seed exchange table, or try their hand at making flower arrangements. At the “Kids’ zone,” children learned how to use silk screens to print pictures on T-shirts, and design their own outfit. The popular “Free your stuff” corner gave visitors the opportunity to bring their used clothes, accessories, toys, books or household appliances, or take



home things donated by others – for free.

The “Zen zone” provided a moment of relaxation during an active day, where visitors could practice laughing yoga, or try a massage. Mesa, the local transition house, served delicious crêpes, and demonstrated how to make polenta from corn. Free refreshments were provided by the bar, and the day ended with a shared dinner.

The festival provides a space for people to come together and think about what they have to give, and what they can do as a community to become more resilient and self-sustained in the face of any future challenges.

**“In an economy dominated by money, it is refreshing and inspiring to take part in an event that is run by people who are motivated by sharing,”** said Adrienne, who was attending the DIY festival for the first time with her family.

For others, coming to the festival has become a tradition. “I always meet new people here, and take away new ideas every time,” said Stephan, who particularly enjoyed the FabLab’s 3D-printing stand this year. “It is a good opportunity to try new things, and to just have fun!” claimed Marc, who promised to come back next time – and bring his friends.

Text Helen Hallang, CELL Volunteer  
Photos Loïc Ringenwald



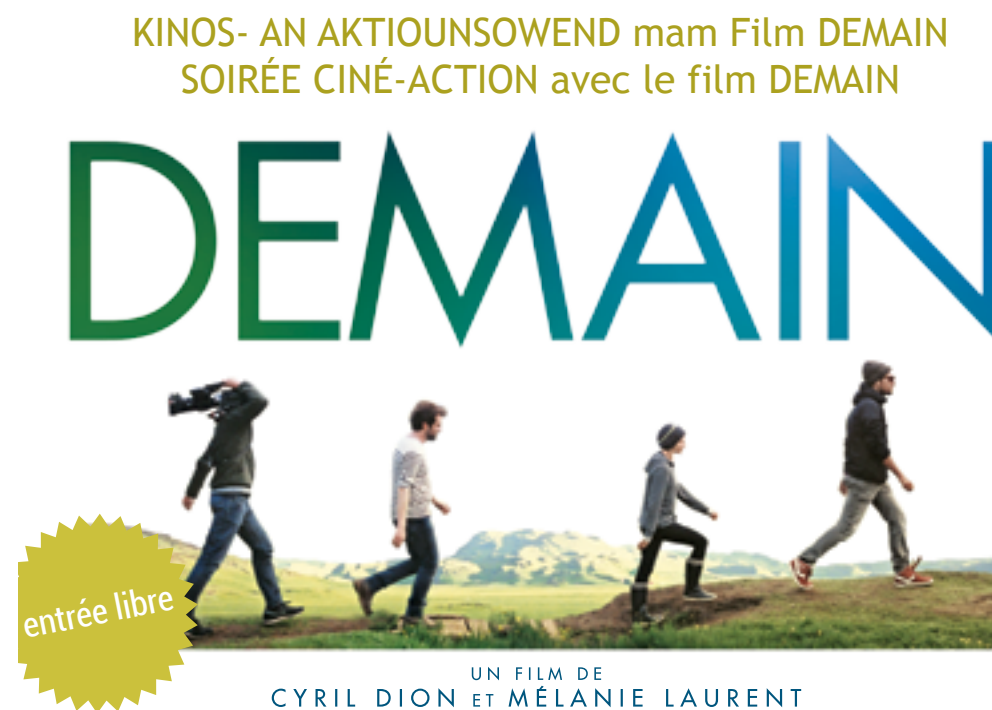
**Construisons aujourd'hui le monde de demain:** *les projections du film DEMAIN dans les communes ont été un franc succès!*

Depuis janvier 2017 des soirées ciné-action avec le film **DEMAIN** ont sillonné les communes du Luxembourg. Une initiative signée Centre for Ecological Learning Luxembourg (CELL) - porteur de la plateforme citoyenne Transition Luxembourg.

La tournée intitulée « Construisons aujourd'hui le monde de DEMAIN...car partout dans le monde des solutions existent! » invite à une expérience participative, positive et constructive. Ces soirées thématiques sont co-organisées avec les communes dans le cadre du Pacte Climat au Luxembourg. Après chaque projection du film, un échange avec la salle fait ressortir les solutions locales, illustrées par les interventions des héros locaux de l'action climatique et de la transition énergétique.

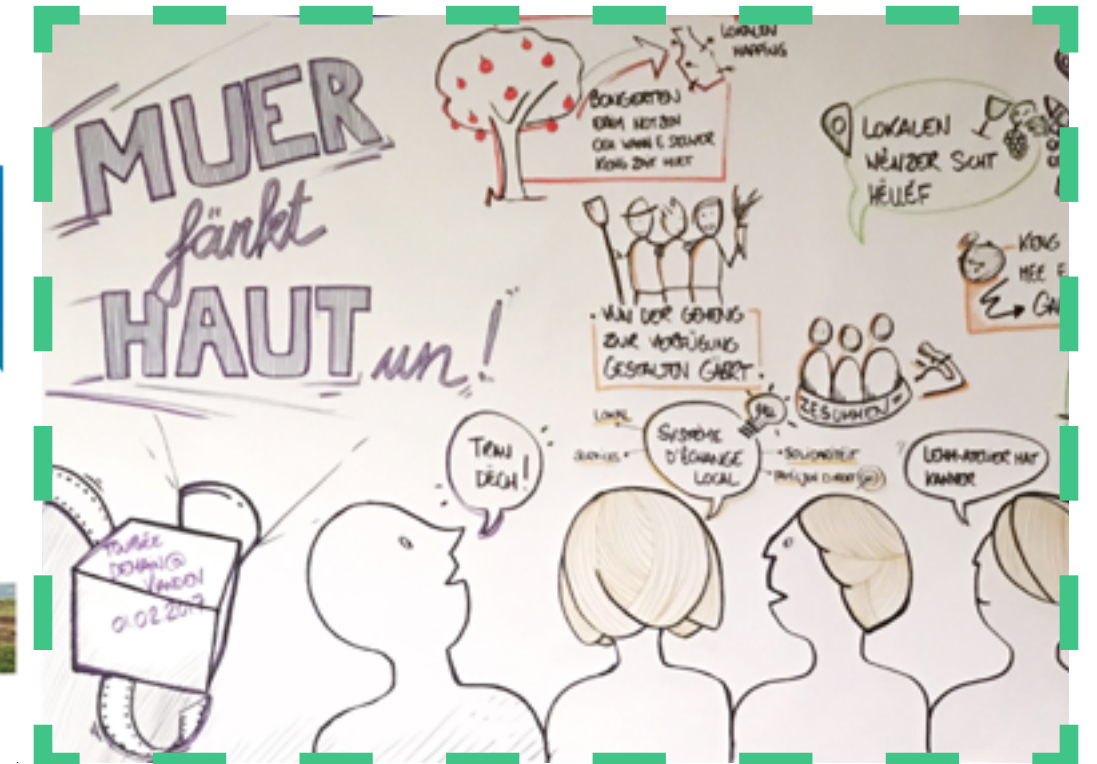
Le film DEMAIN documente le voyage de Cyril Dion, de Mélanie Laurent et de leur équipe qui enquêtent sur les solutions qui font face aux crises écologiques, économiques et sociales. Dans une dizaine de pays ils rencontrent de nouveaux acteurs de l'agriculture, de l'énergie, de l'économie, de la démocratie et de l'éducation qui œuvrent au moyen d'initiatives positives afin de préserver le monde demain... DEMAIN remporte en 2016 le César du meilleur film documentaire. Info: [www.demain-lefilm.com](http://www.demain-lefilm.com)

L'idée de la tournée DEMAIN a eu un écho très positif



dans les communes. A ce jour 18 soirées ont déjà eu lieu, avec quelques dates à venir dans les prochaines semaines (voir le programme sur [cell.lu](http://cell.lu)). Dans de nombreux cas, les communes se sont regroupées pour organiser ces soirées thématiques. Le tournée est ouverte à toutes les communes intéressées – il est encore possible d’organiser des soirées supplémentaires.

Souvent les responsables communaux s'étonnaient devant une salle comble et un public qui après le film n'arrêtait pas de citer des exemples positifs de leur région : une Maison relais qui achète ses produits de producteurs de la région, l'épicerie du coin qui ré-ouvre ses portes, la commune qui baisse l'impact climatique de ses bâtiments et de ses



véhicules, l'entreprise qui prend ses responsabilités locales pour le développement durable, et les citoyens qui se mettent ensemble pour produire de l'énergie verte et des légumes. Ça aussi c'est le Luxembourg ! Au courant de la tournée DEMAIN nous aurons découvert plus de 300 initiatives locales / régionales.

C'est la preuve que le monde de DEMAIN est en marche,  
des solutions existent localement et qu'il est tout à fait  
possible d'y faire sa part !

Text **Norry Schneider**  
Photo **Caroline Schuler**



## Iddieworkshop am **NORDEN**

No erfollegräiche Virféierunge vum Film „DEMAIN“ am Éislek waren déi Inspiréiert den 18. Mäerz an de Prabbeli op Wootz geruff fir do iwwer Iddien an zukünfteg Initiativen ze diskutéieren.

**An dem relativ klengen Grupp koumen um Samschdegmoien e ganze Koup Iddien zesummen; hei gouf vu lokalen, biologesch-ugebautem, selwergemaachtem lessen, vu Energiekooperativen, Plaze fir den Austausch vun Iddien a sou weider geschwat.**

Zum Schluss hu mer eis dunn méi konkret mat dräi Iddie beschäftegt, fir déi mer eis am meeschte konnte begeeschteren: dat ass engersäits d'Thema lokal a biologesch produzéiert lessen, anerersäits d'Thema Wiederverwendung/Deele vu Saachen/Reparéiere vu Saachen an zu gudder Lescht: een Treffpunkt, deen et erméiglecht an Zukunft iwwer esou Iddien ze diskutéieren an nach méi Leit fir d'Iddi vun der Transitioun ze begeeschteren.

Text Anita  
Photos Norry Schneider

**Wanns Du och interesséiert bass am Éislek eppes op d'Been ze stellen, da mell dech bei eis oder hal d'Aen op, deemnächst organiséiere mer engt weidert Treffe wou jiddfereen\_t wëllkomm ass!**

[transitionnord@cell.lu](mailto:transitionnord@cell.lu)





## Springbreak *Impressions*



For most of us, it was the first time we set foot onto Foire du printemps ground. While slightly amused about the name, some of us were not quite sure about our place there, at least at first. Fred and his team had put together a big old apple tree that had to be taken down anyways and that, reassembled and adorned with pictures of the Transition in Luxembourg and completed by a real garden at its base, became the centerpiece of our stand. The tree was flanked with benches that invited to rest and sit, and, four of our projects were found at each corner of the tree: Urban Gardening, REconomy, Äerdschëff and Energy. We had interesting neighbours: robots playing football, a Dutch foodtruck selling Indian dishes, and later on (as we had to move our stand to another hall for the second day onwards) Luxinnovation startups, Greenpeace and Tesla. You get a glimpse of the diversity of those present at Springbreak. The fair was slow in terms of visitor numbers to begin with, though on Wednesday we had two very notable visits: one from ecological economist Tim Jackson who was

Springbreak's opening keynote speaker expressing with delight and some surprise that his call for circular economy is now part of a national strategy. The other visit was from none other than the Grand Duke and the Grand Duchess themselves, who spend quite a bit of time at the REconomy stand. We were also visited by various politicians and other roamers.

**Fairs are strange places. Temporary temples of consumerism, in which the possibility for real connection exists nonetheless.**

We met some really interesting people and had many people find out about CELL and Transition through being drawn to our wonderful tree, women in high heels taking selfies with it, people asking us what we sell (what do we sell, actually?), children running around, people looking



for answers regarding their ecological house projects, people wishing to find out more about climate change, and engaging in our systems game, people wishing to get involved and eagerly sharing their skills and knowledge, or just coming to sit under the tree for a while to watch the world go by.

Text Katy Fox  
Photos Norry Schneider & Fred Mersch



## Presenting Our New Volunteer **Gaia!**

My name is Gaia. I am 29 years old and I come from Italy, Tuscany to be precise. I have been in Luxembourg since 2011, which I find a very charming country, despite still missing Italy. Currently I am in a phase of big transition and I would like to share with all of you this important period of my life in the hope of giving you some inspiration.

I grew up in Pavia, a small town in the Pianura Padana in the North West of Italy, but my heart has always been in Tuscany's countryside and coast, where I have spent all the summers and school holidays of my life. When I was a child, I loved nature and animals. I had a sudden change of heart when I entered the teen years, following more mainstream interests. When I had to decide my future, at 17 years old, I chose to study Economics and Finance... as I was quite good with numbers and I thought that I could have a very nice career and become a rich and independent business woman.

**After university, I landed my “dream” job as fund manager in Luxembourg, I had a good salary, I was working 10-12 hours a day on different trading systems and in the free time I was doing my sport, which has always been a leitmotif in my life, and meeting friends. I thought my life was going in the right direction.**

During the first year I started spending most of my free time riding my bike around the amazing Luxembourgish countryside and the passion for biking grew inducing me to reduce the working hours to follow my hobby.

**Until then I have never put the system in question, I was working for my salary at the end of the month to spend it on things that I did not always need.**



I was accumulating as almost everyone around me and waiting for the next salary raise. Around the end of 2014, something happened.

The change has been gradual and started from my look: I cared less and less about how I appeared, I got rid of makeup, I cut my hair because they are easier when you are a super active person and I chose more practical, casual and less sophisticated clothes. I turned from a very sophisticated woman into a sporty very simple girl, I came back to childhood.

At the beginning of 2015 I went vegan (I stopped eating meat around 18 years old, but had been eating fish for longer) because I felt I could no longer contribute to killing animals.

**This was just the tip of the iceberg though: my perspective changed radically. It felt unnatural sitting more than 8 hours in an office in front of a computer between four walls.**

I started questioning everything about my life. I could not really find the sense in waking up every morning to do nothing useful for the planet and for the humanity. I changed. I started cooking all my food from scratch, starting from fresh ingredients (no more frozen stuff), baking my



## *Presenting Our New Volunteer* **Gaia!** (...)

own sourdough bread and substituting cleaning products with natural products and so on. I also got rid of the things I did not need anymore. In 2015, I also approached TERRA. I joined some open Sundays at TERRA and I enjoyed this a lot. I felt the land was calling me, I loved put my hands in the soil, smelling it, getting dirty. I also developed a strong interest in healthy nutrition and alternative medicine, particularly in Tibetan Medicine.

In 2016 I decided to do an experience as WWOOFer during my holidays, in Italy, in Tuscany. I enjoyed it so much! I worked a lot for sure, but, believe me, I would have exchanged my 8 hours in the office for that in less than one second.

**When I came back in April 2016 I was sure that this was my way, producing my own food in respect with the environment, but how could I go from a 9 hours of office job into growing my own food?**

The only way was to quit the job, selling the flat and go WWOOFing around the world to get experiences to put that in practice. I had to wait another 10 months which I spent helping at the community gardens and at friends' places during weekends. I already knew about CELL but I had not realized I could have joined them as volunteer.

Luckily, thanks to the awesome PDC course started in October, I could get more in touch with CELL and its members; I liked the atmosphere and so I got this amazing idea of helping them for some time. So now here I am, I am leaving the safe job for a real life.

My projects for the future are quite clear to me; what is not clear is the way they will develop. In April I will start the SVCi with CELL for one year. After this year, I want to take my bike and travel around finding other places where I can offer my help and learn a lot about permaculture in a broad sense. It will probably take 1-2 years. After that I do not know yet, I want probably to settle in an ecovillage near the Mediterranean sea, but, to be honest, I do not want to plan that now; I have learned on my own skin that too much planning is bad; it is better to let the life flow and adapt to it like the water adapts to shape of the container.

Text **Gaia Buratti**  
Photo **Federica Matalone**



# Méi Wéi Wunnen *Adhoc – Die Erste Wohngenossenschaft in Luxemburg*

Seit Anfang 2014 treffen sich motivierte Bürger regelmäßig um das Thema Wohngenossenschaft in Luxemburg voran zu treiben.

Nach einem ersten öffentlichen Workshop im Juli 2014, machte sich eine Gruppe von etwa 15 bis 20 Bürger aller Alters-, Geschlechts und Zivilstandsgruppen auf den Weg, die vielfältigen Wunschvorstellungen des gemeinsamen Wohnens und Zusammenlebens in die Realität umzusetzen.

Die Wohnsituation in Luxemburg hat sich die vergangenen Jahrzehnte hindurch erheblich gewandelt, sowohl was die Bevölkerungsstruktur als auch das Thema bezahlbarer Wohnraum anbelangt.

In Luxemburg ist das Thema Wohngenossenschaft in der breiten Bevölkerung eher unbekannt, da die Anschaffung von Wohneigentum viele Jahre als generelle Wohnform vorherrschte.

## Was geschah bisher ?

Die zahlreichen Treffen der Gruppe, sei es in großer Runde, in spezifischen Arbeitskreisen resp. Workshops, oder die zahlreichen Unterredungen mit den Verantwortlichen in den Ministerien und Gemeinden, bzw. die Besichtigungen bestehender Projekte in Deutschland, Frankreich und der Schweiz stellen den größten Anteil der bisherigen Arbeit von ad-hoc dar. All dies führte im Mai 2016 zur Gründung

der Wohngenossenschaft „Adhoc habitat participatif s.c.“.

Derzeit fehlt jedoch in Luxemburg ein spezifisches Wohngenossenschaftsgesetz, welches die heute bestehenden Fördermöglichkeiten, wie z.B. Zins- oder Mietsubventionen an die Bewohner, auch ermöglichen würde, so wie dies z.B. in anderen Ländern, sei es Deutschland oder der Schweiz, der Fall ist.

## Was sind die Vorteile ?

Die Vorteile sind vielseitiger Natur, wie z.B.:

- preiswerter Wohnraum da Kostenmiete (nur reale Kosten werden umgelegt)
- Selbsthilfe, Selbstverantwortung und Selbstverwaltung sind die Leitgedanken der Wohngenossenschaft
- Förderung des Gemeinschaftsgefühls durch gemeinschaftliche Räume u. Aktivitäten
- Jedes Mitglied hat eine Stimme
- Mitspracherecht bei der Gestaltung u. Bauplanung
- Generationenvertrag, usw.

## Aktueller Stand

Seit geraumer Zeit steht Adhoc in einem regen Austausch mit dem Wohnungsbauministerium und dem „Fonds Kirchberg“, um ein anstehendes Pilotprojekt durchzuführen. Es gilt noch einige Hürden zu überwinden. Die Verhandlungen finden in einem guten Klima statt, so dass



alle Beteiligten von einem zufriedenstellenden Resultat ausgehen.

## Notwendige Förderungen durch die öffentliche Hand ?

Wie aus der geschichtlichen Entwicklung hervorgeht, wurden die Wohngenossen-schaften jeweils stark gefördert, wenn es Notstandssituationen gab, wie dies z.B. zwischen 1900 - 1923 in Basel der Fall war.

Adhoc wünscht sich für die Zukunft einen fruchtbaren Boden in doppelter Hinsicht, damit sich die Wohngenossenschaften in Luxemburg ebenfalls zu einem dritten Standbein in der Wohnungslandschaft etablieren können.

Sind Sie neugierig auf das Thema geworden, dann besuchen Sie unsere Webseite oder schreiben Sie uns eine Mail. Wir von Adhoc freuen uns auf jedes neue interessierte Mitglied.

[www.ad-hoc.lu](http://www.ad-hoc.lu) [mail@ad-hoc.lu](mailto:mail@ad-hoc.lu)



## Vom Konsum und Glück *nach Niko Paech* – Teil 2

In der letzten Ausgabe habe ich angelehnt an Vorträge von Niko Paech die Probleme beschrieben, wenn wir uns ausschließlich auf „Grünes Wachstum“ verlassen und damit die Verantwortung für eine nachhaltige Entwicklung auf neue Technologien und industriellen Fortschritt abschieben würden.

**Eine nachhaltige Entwicklung entsteht jedoch nicht durch den Kauf von nachhaltigen Gegenständen sondern durch nachhaltige Lebensstile und einer Loslösung aus diesem zerstörerischen Konsum-Kreislauf.**

Es gibt jedoch auch psychische Grenzen des Wachstums. Wir können der Reizüberflutung und dem Konsumstress auf Dauer nicht standhalten. Wer kann schon allen seinen Konsumgütern ausreichend Zeit und Energie schenken und die Gegenstände, Reisen usw. wirklich auskosten, ohne dabei an andere Freizeitbeschäftigungen denken zu müssen, aus Angst, etwas möglicherweise Besseres zu verpassen? Ein weiteres Problem ist die Globalisierung unserer Körper, für Niko Paech sogar eines der wichtigsten ökologischen Probleme. Gerade viele junge und weltoffene Menschen reisen oft und weit, um sich weiterzuentwickeln und Neues kennenzulernen. Wenn wir aber davon ausgehen, dass wir ein gewisses Energiebudget haben (etwa 2,7 t CO<sub>2</sub> pro Jahr pro Person), das wir im Laufe unseres Lebens aufbrauchen dürfen, und eine einzige Flugreise nach New York bereits



etwa 4 t CO<sub>2</sub> verbraucht, müssen wir uns fragen, wie viele junge Klimaschützer ihre Energiebudget für ihr restliches Leben schon aufgebraucht haben und seitdem auf Kosten anderer und der Natur leben.

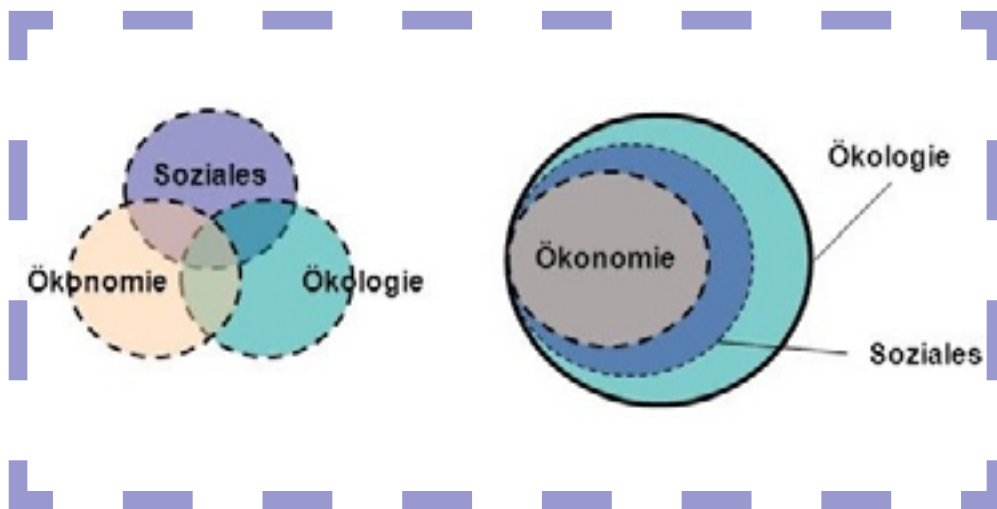
Auch wenn es noch mehr über die negativen Konsequenzen unseres übermäßigen Konsums zu schreiben gäbe, will ich im Folgenden lieber auf die Alternativen und Möglichkeiten eingehen. Die wichtigsten sind laut Paech Suffizienz, also die schon angesprochene Genügsamkeit, und Subsistenz, also Selbstversorgung.

**Suffizienz wird oft als Verzicht missverstanden und hört sich an, als ob uns jemand etwas wegnehmen will. „Doch wie kann ich auf etwas verzichten müssen, was mir nie gehört hat?“ (Niko Paech).**

Ich würde Suffizienz mittlerweile eher als „Freiheit von...“ bezeichnen. Ich bin frei von unnötigen Zeit- und Energiefressern und kann mich auf das konzentrieren, was mir selbst wichtig ist und was ich tatsächlich brauche, und nicht, was mir erzählt wird, was ich brauchen könnte. Und eines kann ich sicher aus eigener Erfahrung sagen: Aufräumen und Aussortieren macht auch psychisch frei! Subsistenz andererseits wird oft als ein „Zurück in die vorindustrielle Vergangenheit“ interpretiert, doch auch das



# Vom Konsum und Glück *nach Niko Paech – Teil 2 (Fortsetzung)*



ist nicht richtig.

**Subsistenz würde unter anderem bedeuten, dass wir nur noch 20 Wochenstunden für Geld arbeiten und dafür aber 20 Stunden in eine „marktfreie“ Versorgungszeit investieren, in der wir gärtnern, reparieren, produzieren oder in einer anderen Weise der Gemeinschaft helfen. Wir werden zu Prosumenten.**

Dazu müsste auch die Industrie umgebaut werden und die Regionalökonomie stark ausgebaut werden. Es wäre heute ohne Probleme möglich, dass wir unsere wichtigsten Konsumgüter regional oder sogar lokal herstellen oder zumindest instand halten und uns somit unabhängig vom

globalen Markt machen. Die Lebenszeit von Geräten, die wir tatsächlich importieren müssen, muss verdoppelt werden.

**„Je weiter ich den Zeitpunkt der Neuanschaffung eines Konsumguts hinauszögern kann, desto weniger Geld brauche ich zum Leben.“ (Niko Paech)**

Das Nachhaltigkeitsmodell von Niko Paech sieht daher auch nicht Ökonomie, Ökologie und Soziales als drei sich überschneidende sondern als ineinander liegende Kreise, deren Rahmen die ökologischen Grenzen bilden. Die Ökonomie spielt nur eine geringe Rolle innerhalb des sozialen Bereichs.

Dafür brauchen wir drei Ressourcen:

1. Zeit für „marktfreie“ Arbeiten
2. Handwerkliche, substanzielle, manuelle, künstlerische Kompetenzen (wobei auch das Bildungssystem angepasst werden muss)
3. Soziale Netze: Jeder konzentriert sich auf drei Aktivitäten, mit denen er der Gemeinschaft dienen kann. Jeder sollte irgendetwas produzieren, anstatt nur zu konsumieren!

*Lasst uns zu Prosumenten werden!*



# Who Made My Clothes?

Have you ever asked yourself  
**#WhoMadeMyClothes?**

In the light of the sad news involving garment makers trapped in factories with no fire exits, exploited labourers working 14 hour shifts in cotton mills, children making shoes non stop in faraway countries, have you ever thought they could be the ones making the clothes you are wearing this very moment?

**According to the Global Slavery Index 45,8 million people are enslaved today, many of them in the supply chains of the omnipotent fashion industry.**

80% of garment workers are women, who often have to leave their children with relatives in order to make a living for their family. The fashion industry is said to be the second most polluting industry, right after the oil industry. Toxic dyes dumped in rivers in China, pesticides & chemicals used in cotton production, not to mention that around 85% of our collective clothing is ending up in landfills instead of it being recycled or donated.

On 24 April 2013, 1,134 people were killed and over 2,500 were injured when the Rana Plaza complex collapsed in Dhaka, Bangladesh in what is considered to be the deadliest accidental structural failure in modern human history. That's

when Fashion Revolution was born.

There are now over 80 countries worldwide taking part in Fashion Revolution. On 24 April every year, Fashion Revolution Day brings people from all over the world together to use the power of fashion to change the story for the people who make the world's clothes. We believe transparency is the first step to transform the industry. And it starts with one simple question: Who made my clothes?

**SAVE THE DATE:** This year on 29th April come to celebrate Fashion Revolution at Rotondes with an Ethical Fashion Market, Knitting & Upcycling Workshops for adults & children, a Round Table on the Challenges of the Fashion Industry, a Film Screening on Fast Fashion and other activities. The event is collaboration between Caritas, Impashion, Risaikourou, Rotondes and What. Eve.Wears with the support of a motivated team that aims to raise awareness and shape the conscious consumers of tomorrow.

More info:

<https://m.facebook.com/FashionRevolutionLuxembourg/>  
<https://www.facebook.com/events/1667018380259074/>  
<http://fashionrevolution.org/country/luxembourg/>



**1.** Take a selfie showing your label. You could turn your clothes inside out to make more of a statement.

**2.** Upload your photo or video to social media

**3.** Tag the brand and ask **#whomademyclothes**



## What On Earth is **WWOOFing**?

WWOOF is an association which links volunteers and organic farms promoting experiences without any monetary exchange.

**The philosophy behind WWOOF is to build a sustainable and global community based on personal trust, where the “hosts” are organic farms needing help and the WWOOFers are people like you and I who are willing to work and learn.**

I decided to do my first experience in my native land, Tuscany. I chose a small farm in Casentino, near Arezzo, where I had never been before. I liked the way they answered to my mails and I appreciated that they were vegetarian.

The family is composed by Rita, the husband Silvio and the daughter Irene. There were also some other volunteers helping, so I never felt lonely. They warmly welcomed me since the very beginning and my room was in a separated area of the house. They have 15 hectares of fields, cultivating vegetables and fruit. I helped Rita with the daily tasks. Normally I should have worked a little more than a half day but I was so motivated and I felt I had so little time that I often worked full time. My daily tasks were watering the glass houses in the morning and removing weeds from the small tomato plants inside the greenhouse.



Then I sowed the tomatoes, I helped cleaning the weeds near the garlic and I assisted in planting different vegetables in and outside the glasshouse. The harder work was preparing the ground: it has to be soft and sometimes the machines are not enough and you need to refine the work by hands. Then, to avoid weeds, they use straw or a cloth made of Mater-Bi, therefore completely biodegradable. Many times issues occurred and we needed more time than expected to finish the tasks.

Another interesting experience has been the Market on Sunday. We went to Florence to sell some vegetables, but unfortunately only salad since we were in the so-called hunger gap. Fortunately we had some jams, tomato sauces and soups made with only natural ingredients and a lot of love. That was an interesting and tiring experience as we left at 6.00 am to be there around 7.30 am and prepare the stand and we left at 8.30 pm to be at home at 10.00

pm. I loved presenting the products to the local people and tourists, explaining them how genuine, simple and delicious they are.

Small-scale farmers like this are, however, not fairly rewarded. They feel overtaxed and overregulated as CAP policy is laid out for large-scale farmers. I saw how much effort and passion they put in their job and how it is difficult to break even. These small farms are the real assets of our world. We are at a breaking point, we have to decide if we want to be ruled by the big industries or if we want to support the small farms. We need to promote these realities.

I highly recommend WWOOFing. Last but not least, the fun during working and resting time has added a lot of pleasure to my stay. We were always laughing and enjoying whatever we were doing and this is not easy to be found nowadays in our gray society. When I came back I missed the warmth of their company.

Text Gaia Buratti  
Photo Silvio Ferrarini



# We Need You / Your Turn / Get involved !

Ever wondered how you could spring into action and concretely support the movement? Here is the place to have a look at: posts, tasks and people which need your skills and motivation!

We are looking for people to support us in the following areas:

Reinforce our Communication Team  
(ö and website),

*this entails:*

- regularly writing articles for the ö (in French, English, Luxembourgish, German) on topics decided upon together
- proofreading the magazine (once a month on brief notice)
- layouting the ö
- regularly writing articles for the blog (in French, English, Luxembourgish, German) on topics decided upon together
- help out with web design/development and content

Events Team,

*this entails:*

- helping out at Transition events
- helping organise Transition events (logistics, emailing, getting materials, transport, etc.)

IT Support,

*this entails:*

- technical design and implementation for website

Contact \_>> [info@cell.lu](mailto:info@cell.lu)

# Projet de système d'échange local S.E.L. *Transfrontalier*

Je propose aux habitants des communes de

**Pétange, Bascharage, Differdange,  
Belvaux, Sanem et alentours**

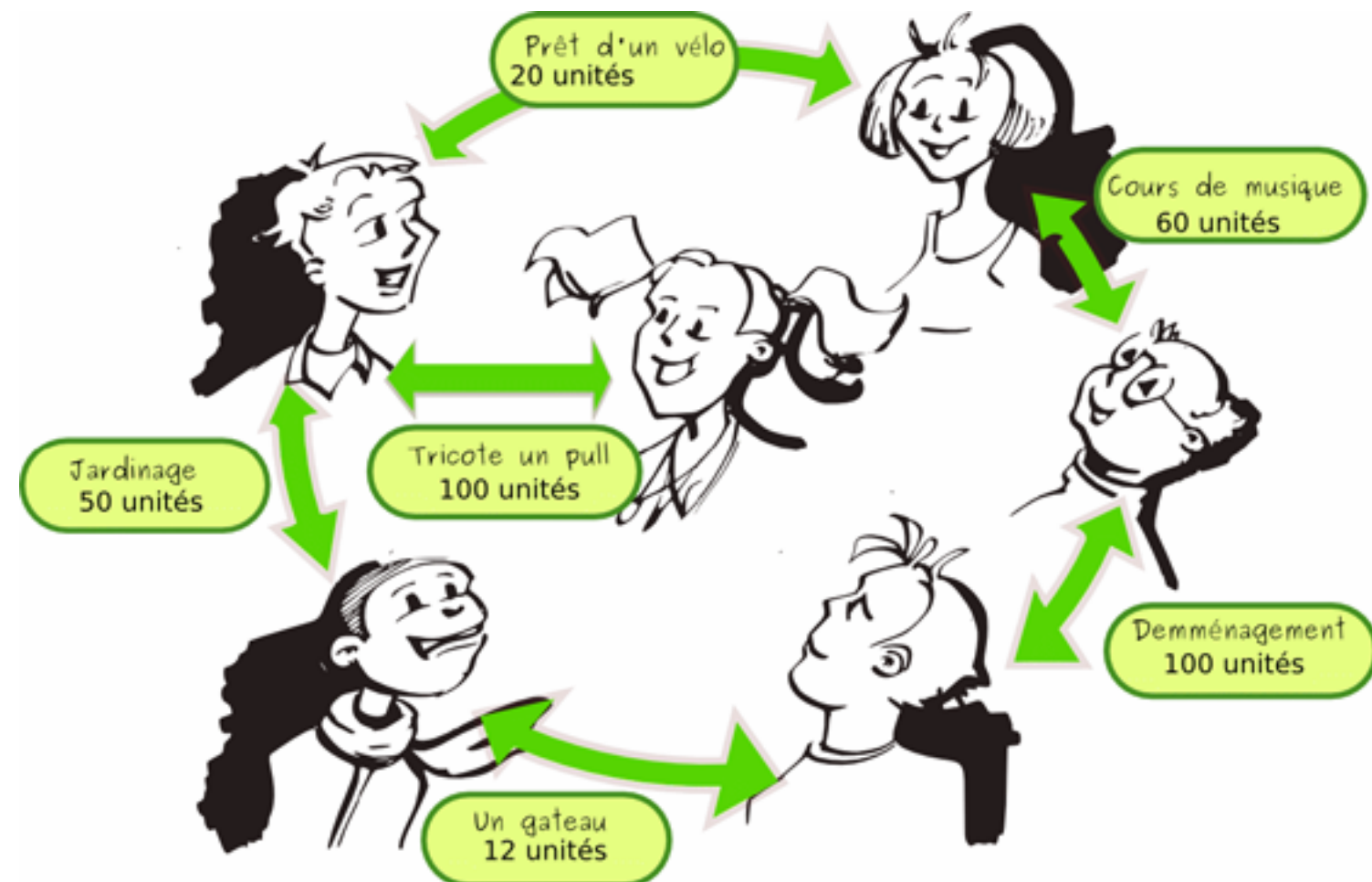
de créer une association transfrontalière avec les habitants de Aubange, Musson, Messancy, Longwy, Mont Saint Martin ...

## Pour quoi faire ?

Cette association aurait pour but de mettre en place un S.E.L. transfrontalier permettant d'échanger des services entre particuliers hors du système marchand et monétaire. Et au-delà, de susciter du lien social de proximité entre générations, classes sociales et nationalités différentes dans un rayon d'action d'environ 10-12 km autour du point triple géographique (Belgique, France et Grand Duché de Luxembourg).

**Cette démarche favoriserait  
l'émergence de relations d'amitié, de  
confiance réciproque et de solidarité.**

Merci aux personnes intéressées de me contacter afin d'organiser une réunion d'information et de concertation dès que possible



Daniel Cano,  
2 C Allée des Acacias  
F-54350 Mont Saint Martin  
0033 3 82 23 78 70  
dan.cano@yahoo.fr

*La participation à cette réunion ne signifiant aucun engagement a priori.*



You need stuff, or want to give stuff ?  
 Want to share skills & tools or need some ?  
 You want to get involved in transition projects as volunteers ?

# Your turn!

Besoin ou plus besoins de diverses choses ?  
 Vous voulez partager vos compétences ou besoin d'aide ?  
 Vous voulez participer en tant que bénévoles ?

## SKILLS

### give

- Offre un photoshoot pour une famille (répondre à l'annonce sur place/Mesa)
- Welche Wildpflanzen gibt es bei dir Zuhause und wie kannst du sie nutzen? Finden wir es zusammen heraus! :) (contact Sandra 621 340 725)

### need

- Cherche qqn. pour m'apprendre Adobe Indesign Illustrator Photoshop (contacter Olga au 621 26 06 58)
- Qqn. pourrait-il me montrer comment faire du kéfir ? Merci (contacter Vania au 691 811 633)
- Bonjour! Je cherche quelqu'un qui pourrait me donner un cours de chant. (contacter Joanne, répondre à l'annonce sur place à Mesa)
- Ech sichen: een dee mir hëlleft besser mam Nikon eens ze ginn. (répondre à l'annonce sur place à Mesa)
- Cherche enseignement guitare acoustique (contacter Norry 621 652 762)
- Cherche Co-Locataire : chambre à louer dans une colocation à Esch/Alzette à 465 €/mois (contacter Eric 621 236 255)
- Cherche Pyrograveur, (tél. 671 280 994)

## STUFF

### give

- Offre une guitare enfant campañera (contacter Olga : 621 26 06 58)

### i lend - je prête

- lit de voyage Bébé (contacter Norry 621 652 762)
- vélo (contacter Norry 621 652 762)
- outils de jardinage (contacter Eric 621 236 255)
- une remorque (contacter Gary 661 530 895)
- cherche grille pain pour Mesa. (contacter Ibra 621 736 954)

## transition projects need YOU!

- De LökoBrunch sicht no regelméisseggen Helfer: Iddie fir ze kachen a baken, Deko, Menü an Dëscher virbereeden, zerwéieren an ofraumen, spullen, Gedrénks, informéieren, d'Gäschtt wëllkomm heeschen.  
Kontakt: [lokobrunch@transition-minett.lu](mailto:lokobrunch@transition-minett.lu)
- LökoBrunch is looking fo regular volunteers to help with: ideas for cooking and baking recipes, decorate, prepare Menu & tables, service during the brunch, welcome guests, inform. Contact: [lokobrunch@transition-minett.lu](mailto:lokobrunch@transition-minett.lu)
- Een dee gär Kataloger fir d'Bibliothéiken (Mesa, Beckerich, Mersch) erstelt. Kontakt: [info@cell.lu](mailto:info@cell.lu)
- Someone who'd like to make an inventory of the transition Libraries (Mesa, CELL,...) (contact: [info@cell.lu](mailto:info@cell.lu))
- Iwwersetzer fir d'Artikele vun der ö! (LU, D, F, ENG, PORT, ARAB, IT) [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu)
- Translators for ö articles (LU, GE, FR, ENG, PORT, ARAB, IT) [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu)

## Making the Ordinary Extraordinary *with Homemade Bread*

First of all, I want to clarify that you do not have to stop eating bread if you want to be in shape, which is the mistake I made some years ago, but you have to eat a good one.

**At first, I decided to get rid of bread because of the high gluten content and high glycemic index, but I was suffering because I loved bread. I did some research and I realized that the problem was not the bread itself but the way the industrial bread is baked.**

Let's start from the flour: the problem is not necessarily related to carbs, wheat, spelt, rice etc... they are great food if eaten as they are in nature, but in the bakery industry they become overly refined, so all the good nutrients are gone and what is left is just pure sugar, with a high Glycemic Index (GI), which means that the sugar in your blood jumps at high levels and then your body needs to produce a lot of insulin to bring it down soon. This leaves you hungry and increases the risk of diabetes and weight issues.

Nowadays wholegrain bread is not always whole grain. Indeed, the bakery industry tends to use the white flour, highly processed and rich in gluten because this raises more and faster and then they add back the wheat germ and some wholegrain flour; therefore, it is a little better than the white because the small amount of wholegrain cereals



slightly contrasts the glucose spike in blood but we have not solved our problems at all.

**I also realized the wholegrain flours we buy are “dead” and empty because they have been produced such long time ago that the nutrients are evaporated and what is left is almost a non-food.**

To solve this problem I invested around €300 in an home electric mill. It is great: I just buy the grains, put them in the mill and, after few seconds, I get the flour, finer or coarser, but what is important is that the whole cereal is inside and is fresh. At this point, the problem was the yeast. I did not want to use the instant yeast and also the brewer's yeast was not an option I liked too much because it tends to act too fast and inflates the bread; this is the main reason why eating bread makes you feel heavy and full of gas.



# Making the Ordinary Extraordinary *with Homemade Bread (...)*

Sourdough, instead, needs time to act, because it does not only inject air in the bread but it modifies the compositions of it, let's see how:

- the Lactobacillus contained in the sourdough produces lactic acid, which deactivates the phytic acid which inhibits the mineral digestion;
- these bacteria also break down the starches making it more digestible and decreasing the total GI;
- during the longer preparation of sourdough also the gluten is broken down, becoming more digestible;
- the fermentation process increases the content of beneficial bacteria in the bread which increase the healthy gut bacteria.

I found all these reasons really convincing and I decided to start my own sourdough, even though I was scared by the so-called "feeding" process.

## Step 1:

put some whole flour in a small cup, add warm water until it is soak enough; the dough must have almost the same consistence as the dough used for cakes. Cover it with some plastic paper and leave it 36-48 hours.

## Step 2:

The dough now has a sour smell, be careful there is no mould on it, otherwise throw everything away and start again. Weight the dough and add the same amount of flour, 1 teaspoon of sugar or malt to help the fermentation and

warm water. Here again the dough must be more liquid than the bread one, you should not be able to knead that by hands.

## Step 3:

repeat this process every day for around 8 weeks, leaving the dough always outside the fridge, in an half opened jar at a temperature between 22-27 degrees. Normally you should through away half and activate the remaining half, but sincerely, just after the first week, I was using half for baking and it was not so terrible.

*After these 8 weeks, the sourdough is more stable and you do not need to feed it every day, you can keep it in the fridge and use it for bread every 2-3 days.*

*Here the important steps are:*

## Step 1:

Activate the sourdough 24 hour in advance, add some flour and water to make it a little more liquid so it is easier to employ in the bread.

## Step 2:

3 parts of flour and 1 part of sourdough, so for 600g of flour you need 200g of sourdough.

Put the flour in a large bowl, make some place in the middle and pour the sourdough, mix the flour with the sourdough and start adding water; how much? Well, it depends on how much liquid the sourdough is and on the flour used. Pour

water slowly until you see that the dough is elastic and you can knead using hands, if it is too sticky add a little more flour. Before adding salt, take a peace and leave aside to ferment for the next time (always leave the first 24 hours outside and then put it in the fridge. Knead the remaining dough for 10-20 min such that it incorporates air and then leave it around 2 hours, knead again and leave 1 h more. Now bake that in the static oven, 250 deg for the first 5 mins, then 200 for 10 and 180 for the other 10-15.

I use very different flour mixing them to get always different bread. Usually I put 1/3 wheat, 1/3 spelt and the last 1/3 I mix buckwheat barley and rye.

I also make pumpkin bread or sweet bread with fig and walnuts, but you can put everything you like inside.

The process looks complicated and long, but you need to know that I work full-time and I practice a lot of sport in my free time. I just plan half an hour in the evening 2-3 times per week to prepare my bread. I hope that this article inspires you to make your own sourdough bread. Feel free to contact me in case you have doubts or questions.



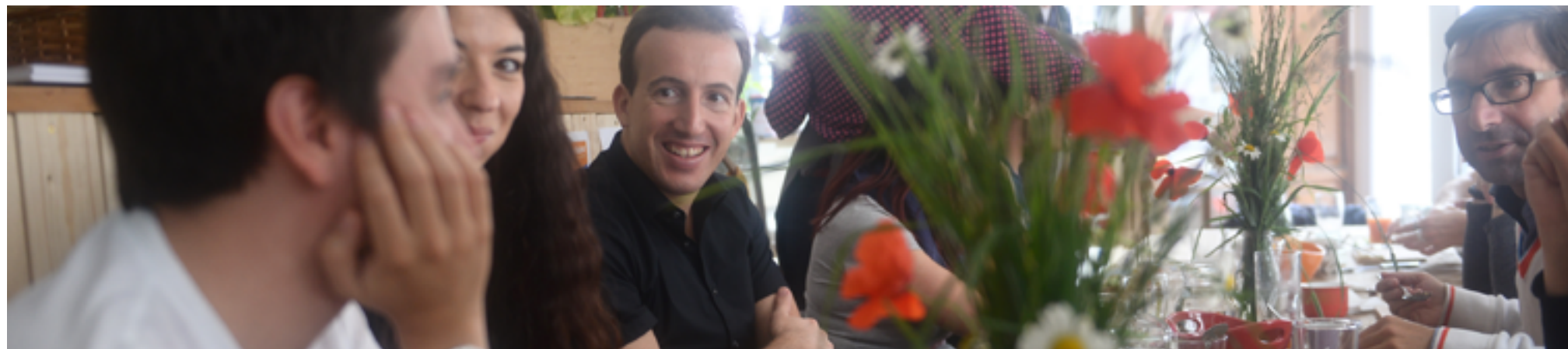
# LOKOBRUNCH

Mesa

prochaine édition

Dimanche 9 Avril 2017 à 12h  
MESA, 1, rue du Moulin Esch/Alzette

*prière de réserver avant le 8 avril : [lokobrunch@transition-minett.lu](mailto:lokobrunch@transition-minett.lu)*



*Like a Sunday's picnic with friends...*





**Fach-Seminar mit Peter Konz**  
**Bodenfruchtbarkeit – Pflanzengesundheit**  
**Festsaal des LTA, Ettelbruck, 24. April 2017, 14 – 17h**

Das Seminar mit Peter Konz (Ecoveda, Trier) richtet sich an Gärtner und Landwirte. Ausgegangen wird dabei von einem systemischen Ansatz, bei dem die Natur als ein System von sich untereinander beeinflussenden und zusammenwirkenden Akteuren gesehen wird. Beim systemischen Ansatz kommt, was den Kulturerfolg angeht, der Bodenpflege und der Pflanzenstärkung eine herausragende Bedeutung zu. Peter Konz umreißt dabei den Inhalt seines mit Praxiserfahrungen belegten Vortrags folgendermaßen:

**"Fruchtbare Böden und gesunde Pflanzen ergeben qualitativ hochwertige Ernten.** Mikroorganismen, Kräuterfermente, das feinstoffliche Funktionsmittel Greengold und der gezielte Ausgleich von Nährstoffdefiziten eröffnen neue effektive Strategien für den ökologischen Anbau, ohne Mensch und Umwelt zu belasten. Durch den Aufbau von Dauerhumusformen über Terra Preta wird mittel- und langfristig eine stabile und nachhaltige Bodenfruchtbarkeit aufgebaut."

**Programm**

- 14h00 Begrüßung / Einführung in die Thematik
- 14h15 Vortrag von Peter Konz
- 15h45 Fragen und Austausch (Praktikerrunde)
- 16h30 Abschluss

Peter Konz stammt aus einem Weinbaufamilienbetrieb in der Nähe von Trier. Als Diplompädagoge hat er sich über ein Studium an der Europäischen Akademie für Umwelt auf den Bereich "Ökologie und ihre biologischen Grundlagen" spezialisiert. In seiner praktischen und forscherschen Arbeit beschäftigt sich Peter Konz neben der Herstellung des Funktionsmittels Greengold mit der Anwendung von Dauerhumus und Mikroben- und Mikronährstoffpräparaten zur Förderung von Boden- und Pflanzengesundheit. In seiner langjährigen Arbeit ist dabei in Trier ein Vielfaltsgarten mit Sonderkulturen hauptsächlich aus den Bereichen Obst und Wein entstanden.

BIO  
BOURSE  
AUX  
PLANTES

**SAMEDI 13 MAI 2017**  
14H00 - 17H30

- Troc de plantes et de graines
- Vente de semis et de plants, de fleurs et légumes
- Marché de produits locaux & biologiques
- Ateliers et animations pour petits et grands
- Petite restauration



plus d'infos: [organisation@cel.lu](mailto:organisation@cel.lu) +352 691 73 76 99  
[www.groupe-schuler.lu](http://www.groupe-schuler.lu) [www.hollerichvillage.lu](http://www.hollerichvillage.lu) [www.bioregional.com/oneplanetliving](http://www.bioregional.com/oneplanetliving) [www.cel.lu](http://www.cel.lu)



## Do It Yourself @ Rotondes Samedi 27 Mai 2017

*Where can you learn how to save seed, knit clothes, fix your bike and lots more all on the same day AND for free?*

### **At the DO-IT-YOURSELF Festival!**

Join us for a fun day of learning and sharing. Everyone is welcome!

Learn skills, share food, network, play games, and have fun!



*Apprendre à planifier, recycler soi-même, tricoter, réparer sa bicyclette, ou matérialiser son invention?*

### **Au festival DO-IT-YOURSELF!**

Le DIY Festival offre différents espaces tant pour les enfants que pour les parents ! On peut y proposer un atelier soi-même, ou tout juste se laisser émerveiller...

Suite aux succès rencontrés en 2013, 2014 et en 2015, CELL- Centre for Ecological Learning Luxembourg, Transition Network Luxembourg et les Rotondes sont heureux de vous inviter à sa quatrième édition. La manifestation repose sur l'échange autour d'un jeu, d'un bon repas, d'une activité dans la bonne humeur.

Développer les compétences pour construire une communauté unie, apprendre l'un de l'autre, renforcer les liens entre les différentes générations et créer des réseaux, autant de bonnes raisons de participer à ce festival. Aucun coût, tant pour les organisateurs, que pour les participants !

Org. : CELL – Centre for Ecological Learning et Transition Network Luxembourg, en collaboration avec les Rotondes

### *Ateliers*

Les ateliers durent entre 1 et 2 heures, et ont lieu une ou plusieurs fois dans la journée. Au cas où vous voudriez proposer un atelier, à vous de décider de l'emplacement et l'horaire sur place et d'inscrire votre atelier sur un tableau qui sera mis à disposition le jour-même.

### *Repas*

Repas commun à 19h. Envie d'y contribuer avec un plat, une salade, un dessert ?

### *Child and baby-friendly*

Un « kids' space » pour les enfants permettra aux familles entières de profiter du festival. Ici aussi nous cherchons des bénévoles pour cette activité.

### **NOUS AVONS BESOIN DE VOUS!**

Contactez-nous pour proposer une activité, donner un coup de main ou participer à cette journée:

[diy@cell.lu](mailto:diy@cell.lu) / +352 691 798 934 (Fred Mersch)



# Calendar April 2017

lun., 3. avril 2017	19h30-22h30	Groupe de pilotage Äerdschëff	Beckerich
lun., 3. avril 2017	19h	DEMAIN LE FILM à Mamer	Centre ArcA 17, rue Atert à Bertrange
jeu., 6. avril 2017	19h	DEMAIN LE FILM à Troisvierges	Ciné Orion 24 Rue de la Gare à Troisvierges
jeu. 6 avril 2017	14h-19h	wandel.Bar Pesto à l'ail de l'ours récolte et fabrication	Wellenstein/MESA
ven. 7 avril 2017	15h-20h	wandel.BAR: Zesummen strécken an heekelen / Tricoter ensemble	MESA
dim., 9. avril 2017	14-17H	Permaculture Action Group Meeting	At Norry's place (norry@cell.lu)
dim., 9. avril 2017	12h	Lökobrunch prend des couleurs italiennes, version locale	MESA
dim., 9. avril 2017	10h00-16h00	Jardinage pratique (en francais)	Terra
dim., 9. avril 2017	à partir de 14h	Groupe d'Action Permaculture: Nous développerons quelques idées et un plan pour une maison et un jardin. Le jardin sera utilisé comme ressource par la communauté locale. Tout personne intéressée à la permaculture est la bienvenue. L'objectif de cet atelier est d'apprendre et de partager savoirs et connaissances. Merci d'amener un petit snack et une boisson.	rendez-vous à 14h15 à la gare de Manternach ou venez directement sur place à 25 Syrdallstrooss
lun., 10. avril 2017	15h30-17h00	Stëllcafé	MESA
lun., 10. avril 2017	19h	réunion des amis de MESA	MESA
ven.21. avril 2017	15h-20h	wandel.BAR: Zesummen strécken an heekelen / Tricoter ensemble	MESA
ven.21. avril 2017	21h	Plakeg oder Ugedoen (le plus célèbre duo Dada du Luxembourg)	MESA
sam., 22. avril 2017	15h-19h	wandel.Bar: Atelier récolte et recettes Ortie, Pissenlit, Valériane	Ellergronn/MESA
lun., 24. avril 2017	15h30-17h00	Stëllcafé	MESA
mar., 25. avril 2017	19h	DEMAIN LE FILM à Steinfort	Centre culturel Al Schmelz rue Collart à Steinfort
mer., 26. avril 2017	19h	DEMAIN LE FILM à Grevenmacher	Cinémaacher 4 rte de Trèves à Grevenmacher
ven., 28. avril 2017	15h-18h	wandel.BAR: Zesummen strécken an heekelen / Tricoter ensemble	MESA
dim., 30. avril 2017	14h00-18h00	Open sunday	Terra

Do you know about any interesting Transition Event ? Keep us informed and send us a message: [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) !  
Wësst Dir vun engem interessanten Transition Event ? Da schéckt eis d'Info op: [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) !  
Avez-vous connaissance d'un événement Transition ? Envoyez-nous un message: [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) !

# List of Transition Action Groups

This list is meant to support the exchange between all Transition Action Groups. We welcome any hint to incorrect or outdated information in order to deliver a correct list. We try to be as complete as possible.

## Mycelium and Structure

### CELL asbl (Beckerich)

*National Transition Hub that coordinates and supports Transition Groups, permaculture consulting and education*

Homepage: [www.cell.lu](http://www.cell.lu)

Contact: Katy Fox

Mail: [info@cell.lu](mailto:info@cell.lu)



## Regional Groups

### Transition Bonnevoie (Luxembourg)

*Community, Givebox, Repair Cafés, Sustainable Tables, Cafés citoyens, develop Bottom-up structures*

Homepage: [fb „Transition Bonnevoie“](https://www.facebook.com/TransitionBonnevoie)

Contact: Luis Santiago

Mail: [transitionbo@gmail.com](mailto:transitionbo@gmail.com)

### Transition Network Mersch2Eislek

*Reskilling Stand at Beringen Market, Seed and Plant Exchange, Local Consumer Purchase Group (GASAP)*

Homepage: [fb „Transition Initiative Mersch“](https://www.facebook.com/TransitionInitiativeMersch)

### [fb „Transition Eislek“](https://www.facebook.com/TransitionEislek)

Mersch: Nadira Ansani  
[transitionmersch@cell.lu](mailto:transitionmersch@cell.lu)

Fischbach: Michel Cames  
[michel.cames@gmail.com](mailto:michel.cames@gmail.com)

Ettelbruck: Natalia Costea  
[costea.natalia@gmail.com](mailto:costea.natalia@gmail.com)

Drauffelt: Agnese Negrini  
[violamaoblu@gmail.com](mailto:violamaoblu@gmail.com)

### Transition Minett (Minett-Region)

*Urban Gardening, EnerCoop, MESA*

Homepage: [www.transition-minett.lu](http://www.transition-minett.lu)

Contact: Norry Schneider

Mail: [contact@transition-minett.lu](mailto:contact@transition-minett.lu)

### Transition Town Luxembourg (Luxembourg)

*Gemeinschaftsgarten, nachhaltige Ernährung*

Homepage: [www.transitiontown.lu](http://www.transitiontown.lu)

Contact: Tania Walisch

Mail: [transitionluxembourg@gmail.com](mailto:transitionluxembourg@gmail.com)

### Transition Trier (Trier)

Homepage: [www.transition-trier.de](http://www.transition-trier.de)

Contact: Simon Mewes

Mail: [kontakt@transition-trier.de](mailto:kontakt@transition-trier.de)

### Transition West (Beckerich)

*LEADER Projekte: Earthship, unsere bioregionale Zukunft, Reskilling Workshops*

Homepage: [www.transitionwest.lu](http://www.transitionwest.lu)

Mail: [aerdscheff@cell.lu](mailto:aerdscheff@cell.lu)



## Thematic Groups

### Aquaponics

Homepage: [www.aquaponics.lu](http://www.aquaponics.lu)

Contact: Mike Molling & Rodrigo Vergara

Mail: [aquaponicsluxembourg@gmail.com](mailto:aquaponicsluxembourg@gmail.com)

### Art for Change (Luxembourg)

*Capoeira, Musik, Philosophie*

Homepage: [www.capoeiraluxembourg.com](http://www.capoeiraluxembourg.com)

### JPIC Justice, Peace and Integrity of Creation

Homepage: //

Contact: Philippa Seymour

Mail: [pseymour@pt.lu](mailto:pseymour@pt.lu)

### EquiGaart Lënster asbl (Junglinster)

*Gemeinschaftsgarten, Kurse*

Homepage: [www.equigaart.lu](http://www.equigaart.lu)

Contact: Hagen Mike

Mail: [info@equigaart.lu](mailto:info@equigaart.lu)

### Heart and Soul (aka Inner Transition)

Contact: Katy Fox

Mail: [heartandsoul@cell.lu](mailto:heartandsoul@cell.lu)



# List of Transition Action Groups (suite)

## Momo's Garden

Homepage: [fb „The Garden of Momo“](#)

## Permaculture

Homepage: [www.permaculture.lu](http://www.permaculture.lu)

Contact: Fiona Hampton & Tania Walisch

Mail: [permaculture@cell.lu](mailto:permaculture@cell.lu)

## Regionalgeld Beki (Kanton Redange)

*regionale Währung*

Homepage: [www.beki.lu](http://www.beki.lu)

Contact: Max Hilbert

Mail: [info@beki.lu](mailto:info@beki.lu)

## SEED asbl (Hollenfels)

*Erhalt und Entwicklung regionaler Biodiversität*

Homepage: [www.seed-net.lu](http://www.seed-net.lu)

Contact: Frank Adams

Mail: [info@seed-net.lu](mailto:info@seed-net.lu)

## Transition alimentaire

Contact: Karine Paris

Mail: [paris.karine@gmail.com](mailto:paris.karine@gmail.com)

## wandel.BAR

*Do-it-Yourself workshops*

Homepage: [fb „wandel.bar“](#)

Contact: Johny Diderich

Mail: [fismoluni@gmail.com](mailto:fismoluni@gmail.com)



## Cooperatives

### Equienercoop (Junglinster)

*Energiekooperative*

Homepage: [www.equienercoop.lu](http://www.equienercoop.lu)

### Kilominett Zero

Contact: Karine Paris

Mail: [paris.karine@gmail.com](mailto:paris.karine@gmail.com)

### TERRA (Luxemburg)

*Kooperative, Gemeinschaftsgarten*

Homepage: [www.terra-coop.lu](http://www.terra-coop.lu)

Contact: Pit Reichert

Mail: [terra@cell.lu](mailto:terra@cell.lu)

### TM EnerCoop

Homepage: [www.transition-minett.lu/groupe/tmenercoop](http://www.transition-minett.lu/groupe/tmenercoop)

Contact: Albert Kalmes

Mail: [energie@transition-minett.lu](mailto:energie@transition-minett.lu)



## Projects

### Äerdscheff

Homepage: [www.aerdscheff.cell.lu](http://www.aerdscheff.cell.lu)

Contact: Léo Groult

Mail: [earthship@cell.lu](mailto:earthship@cell.lu)

### Participation citoyenne dans les communes Pacte climat

Contact: Norry Schneider

Mail: [pacteclimat@cell.lu](mailto:pacteclimat@cell.lu)

Phone: 621 652 762

### REconomy

Contact: Eric Lavillunière

Mail: [eric@transition-minett.lu](mailto:eric@transition-minett.lu)

Groups, but not mere individuals, who explicitly follow the principles of Transition in their way of working and subscribe to the CELL mission, values and tools of action, can become official Transition Action Groups. The Transition Council decides on their affiliation on a case by case basis. Every Action Group has a representative coordinator at the Core, which is a regular exchange point for what is happening in the Action Groups.

Action Groups can advertise their events in the Transition Magazine ö! when they organise or co-organise those events. Co-organisation implies that the contact person of the Action Group and the Council have been informed and the logo of Action Group will be on communications.

Nous nous réjouissons de toute information, feedback et idée pour améliorer ce magazine! Vous êtes les bienvenus à joindre notre équipe de contributeurs et de nous envoyer des textes, photos et idées. Partagez ce magazine avec plaisir avec vos amis et votre famille et invitez-les à s'inscrire à notre liste de distribution via [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) afin de recevoir la nouvelle ö! chaque mois.



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