

PLANTING SEEDS FOR COLLECTIVE RESILIENCE

WHAT'S IN IT FOR ME?

- ✓ Real-life experience in regenerative and ecological farming
- ✓ Skills you can use in your garden, studies, or future career
- ✓ Inspiration for your garden, farm, thesis, or career
- ✓ International community and exchange
- ✓ A chance to shape food-related policies that affect your generation

BE PART OF THE CHANGE:



GROW FOOD. GROW COMMUNITY. GROW CHANGE.

THE WAY WE GROW AND EAT FOOD SHAPES OUR FUTURE.

CLIMATE. COMMUNITY. OPPORTUNITY. IT ALL STARTS IN THE SOIL.

Join SURE. Explore regenerative food in action. Learn from practitioners. Try it yourself.

1

Discover what SURE is about – and see how you could be part of it.

ONLINE



2

Explore alternatives to industrial food systems – and why they matter for you, your community, and the planet.

ONLINE



3

Get hands-on experience with regenerative practices such as soil restoration, biodiversity-friendly farming, and deep mulching.



4

Visit and learn from real community-based food projects – from small gardens to farm-to-fork initiatives.



5

Have your voice heard - Shape the policies that shape how we live.

ONLINE



*Ecological Institute in
Gömörzölös,
Hungary...*

*.. provides hands-on
training in biodiversity-
friendly farming and
ecological education.*



... is a network of rural communities in Europe that helps create vision and bring people to share ideas from all around the world

Ostoja Natury in Poland ...

is a community-run regenerative farm promoting soil health, sustainable land use, and rural innovation.



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