



# PROSPECTUS

## Gardens of Regeneration

Urban multi-use spaces as pillars of a future vision

## Executive Summary

Now home to 50% of the world's population, expected to rise to 65%, cities are driving the development of our modern culture. But we are at a crossroad. The formation of the UN and now the broad agreement on the Sustainable Development Goals (SDGs) sets a direction for the world to achieve peace. Several of the SDGs lay the foundation: eliminating hunger, poverty, homelessness among others. At the same time, the United Nation's New Urban Agenda envisages cities with fully-developed social and ecological functions. However, as our awareness of the need to transition to sustainability grows, so continues the degeneration of our natural resources and our societies. Degrading eco-system functioning along with skewed distribution of our basic needs undermines several of the pillars of peace. The trend is not letting up. Humanity's – our – shared project, true peace, needs everyone's involvement and understanding.

Within the initiative Invest in Peace we asked ourselves is there any one thing – a place – that a city needs that would help catalyse the change towards the 2030 goals? We came up with the idea of Gardens of Regeneration, spaces that promote peace and healing.

These gardens, uniquely adapted to each city's context and culture, proved a place to meet and learn about peace, to develop ways to reverse the conditions causing suffering and develop ways live to regenerate the Earth.

This prospectus proposes the basic components and functions of Gardens of Regeneration and suggests routes to implementing them in cities to build foundations of peace whilst addressing the SDGs and following the New Urban Agenda. Participation of citizens in the process of establishment of a Garden of Regeneration is central to the concept. The prospectus outlines possible routes for this, too.

### Invest in Peace

A collaboration initiative between the Swedish Sustainable Economy Foundation, and Initiatives of Change, Sweden

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## INTRODUCTION

Invest in Peace is a cooperation between the Swedish Sustainable Economy Foundation (TSSEF) and Initiatives of Change (IOFC). TSSEF brings its **investment in peace and sustainability perspective** to the cooperation. IOFC – active in 60 countries and formally incorporated in 44 countries is a non-governmental organization (NGO) working to **inspire, equip and connect people to address world needs, starting with themselves**. It has Special Consultative Status with the Economic and Social Council of the United Nations, and Participatory Status at the Council of Europe in Strasbourg. It stresses the importance of personal responsibility, ethical leadership and building trust across the world's divides.

Invest in Peace proposes that Gardens of Regeneration be implemented in cities as tools to help the development towards sustainability and a culture of peace in the spirit of the Sustainable Development Goals (SDGs) and other ambitions cities are working towards.

## THE CHALLENGE OF CITIES

- Half of humanity – 3.5 billion people – lives in cities today. Of these, 828 million people live in slums and the number keeps rising.
- The world's cities put enormous pressure on the environment: they account for 60-80 percent of energy consumption and 75 percent of carbon emissions exerting pressure on fresh water supplies, sewage, the living environment, and public health. Nine out of 10 city dwellers are living in cities where air pollution is a health hazard.
- Cities also present a challenge to mental wellbeing. There is a need for people to gain a better sense of connection with themselves, each other and with nature.
- With diminishing resources and increasing inequality the likelihoods of conflict arise undermining the conditions for peace.
- However, cities are places with high creativity and energy. They can be places where technological innovation and cultural development accelerate towards a culture of peace – peace with oneself, peace with each other and peace with the earth.

## THE SDGs & NUA Sustainable Development Goals and New Urban Agenda

Framing the challenges facing cities are the Sustainable Development Goals. These goals – adopted by the UN – set a new baseline for society. Among other things they signal the aims of eliminating poverty and hunger, and bringing security to all in a way that is in harmony with living systems. The goals include sustainable cities (goal 11) and peace (goal 16).

The New Urban Agenda envisages settlements fulfilling their social function, in a participatory and gender-equal way. Environment is also part of the agenda, where cities protect, conserve and restore eco-systems.

Many citizens are still unfamiliar with the goals and unaware of the seriousness with which they are being addressed and the urgent need for change. Even those citizens who have become aware of SDG and/or the NUA are unsure of how to participate.

We believe cities need spaces that signal ambitions towards the bold aims of the SDGs and the NUA as well as providing opportunities for citizens to learn more and get involved in being a part of the change.



# A Holistic View of Peace



When we invest in peace we take a holistic view – from a feeling we carry with us we find peace with ourselves. From ourselves we can work on peace with each other, the Earth, and to develop social structures that support peace. We envisage Gardens of Regeneration as spaces and structures that offer an opportunity to explore, learn and get involved in the change for peace. The New Urban Agenda and the SDGs provide a framework that links into the strategic plans for the city.

## THE ELEMENTS OF PEACE – A SAFE PLACE FOR HUMANITY



*One of the inspirations for gardens of regeneration is the safe house for humanity – which provides the six pillars of peace*

- Personal peace – coming from a true inner experience
- Land fertility, and minerals availability
- Food and water security
- Housing for all
- Social inclusion
- Keeping with planetary boundaries

## THE CONCEPT

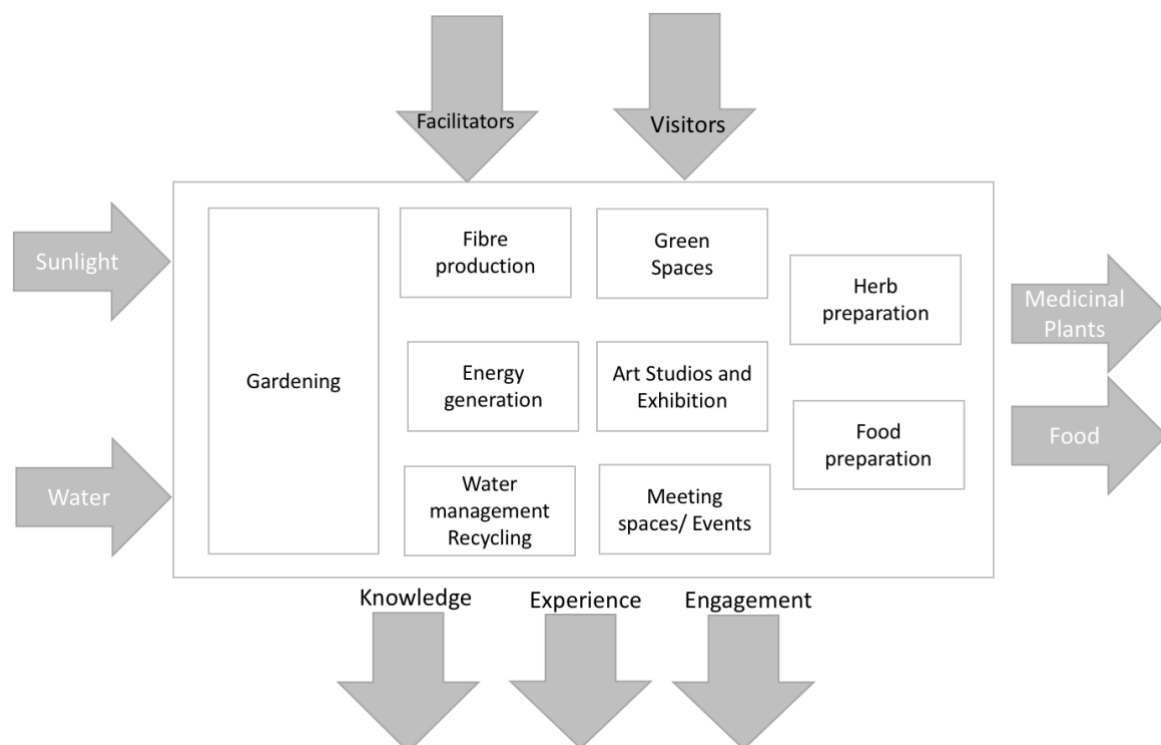
A Garden of Regeneration is conceptualised as a city space set up to promote and develop a culture of peace in its fullest sense.

“Not hearing is not as good as hearing, hearing is not as good as seeing, seeing is not as good as knowing, knowing is not as good as acting; true learning continues until it is put into action.”

Chinese saying

Just having a Garden of Regeneration in a city signals the intentions of the city to develop towards peace and sustainability. However, gardens of regeneration can go further in informing, educating and engaging people helping them to reconnect with themselves, each other and nature and be part of the bold, shared vision of the future.

We live in a time of changing experiences of space, place and peace. The narrative of peace handed down to us from prior generations, as conflict resolution within a global community of nation-states is no longer fit to the functions of peace in our time as building an adaptively evolving safe and dignified house for humanity of adaptively evolving reasonable inclusiveness and fundamental fairness on earth as planet A, where there is not planet B. We need to evolve a new narrative of peace, and a new narrative of investing in peace. And we need new places in which to live out those new narratives. Garden of Regeneration are being designed as those new places.



The diagram above shows the basic functions of a Garden of Regeneration. The garden itself is driven by renewables and rainwater. Visitors can enjoy and learn from the planet-friendly gardening, food production, fibre production etc. They can enjoy the green

spaces. The exhibition and meeting/events spaces offer information and education as well as cultural experiences.

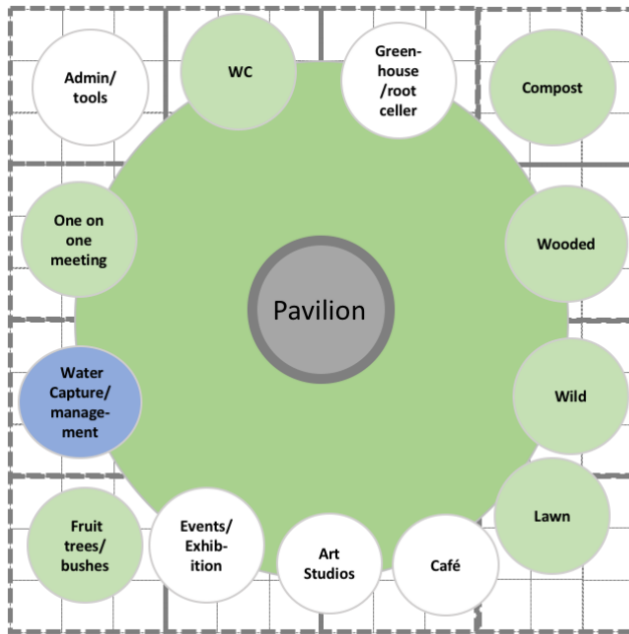
### **Facilitation**

We envisage the events offering something more: conflict resolution and conciliation. The Garden of Regeneration is a space where facilitators trusted by the parties to conflicts can come to explore ways to resolution. Initiatives of Change has a long experience of this kind of work, being the organisation to bring Germans and French together after WW2.

### **Refreshments**

Visitors can walk away refreshed by the products of the garden: fresh food flavoured with herbs as part of the experience that cities can provide for citizens in a sustainable way.

# Providing a beacon of a peace culture in a city – basic design



The diagram on the left is schematic. The relative size and placement as well as the overall foot traffic flow will be designed to fit the context. The basic design comprises one self-contained area with alternative exits and entrances for off-hours and private events.

The Garden of Regeneration is essentially *multi-functional*, ensuring that it can pay its expenses and be a positive economic contribution to the city as well as a cultural contribution.

The overall size of the garden depends on the number of functions that it is to

fulfil. It could be a small garden, just with a pavilion of conciliation or a large area the size of some city botanic gardens. The garden could be purpose built on a brownfield site, or developed from an existing installation.

## Basic Components

- Water management
- Biogas/energy production
- Recycling, composting, soil creation
- Market and herb garden
  - Greenhouse
  - Fruit
  - Root cellar
- Green spaces
  - Woods
  - Wild area
  - Private meetings
  - Romantic area
  - Lawn
- Pavilion of conciliation (round)
- Café/Shop
- Workshop/tools area
- Try it yourself areas
- Art area with studios
- Exhibition/Meetings/Concerts
  - Sustainable techniques and technology demonstrated
- Peace Finance Center

According to European Agency for Health at Work (2011), stress is one of the biggest health and safety challenges in Europe and “[it] is the second most reported work-related health problem, affecting 22% of workers from EU 27 (in 2005).” Nature by having special futures has positive effects on human’s health and can be a place for restoration from stress. Healing gardens for people who are suffering from stress-related disease is a concept which offers to people to be both passive and active in natural space.

## Basic Functions

### Ages targeted

Gardens of Regeneration aim to offer something for every age range, from toddlers to pensioners

### Education

- Peace
- Sustainable Development Goals
- Energy supply in the post-fossil age
- Growing food in a sustainable way
- Water management
- Health and eating
- Health and medicinal plants
- Stress

### Personal development

- Self-awareness
- Conflict handling
- Conciliation
- Art production
- Events
- Green job entrepreneurship

### Community development

- Volunteering
- Dialogue with borough, municipality
- Involvement in development of the Garden
- Community-led enterprises



# Getting started

Setting up a Garden can be done as any other city landscape project following design, planning, implementation and then ongoing operation.

## Project stages (for example)

### 1 Project Inception & Initiation

- *Initial Consultation*
- *Return Brief/Proposal*
- *Project Understanding and Research*
- *Site Inventory and Analysis*

### 2 Concept Design

### 3 Design Development (Detailed Design)

### 4 Construction Documentation

### 5 Tendering (Procurement)

### 6 Construction

### 7 Construction Management (Construction Administration)

### 8 Operations

- Training
- Leasing
- Supervision
- Maintenance

### 9 Ongoing Evaluation

Invest in Peace works on the belief that by putting peace at the centre of any project the basic foundations of peace can be aligned against key challenges or needs of the city. This should be done at an early stage to ensure the Garden of Regeneration fulfils as many as possible of the functions needed.

This mapping can be carried out in a workshop run by Invest in Peace with city and community representatives. Once this mapping is done, the order of introduction of Garden of Regeneration elements can be prioritised and the project planned.

For example, if conciliation was a priority the garden could be laid out and the circular meeting pavilion constructed and meetings held as the rest of the work progressed.

The table below show the various functions the garden can perform against the basic elements. The basic elements can be mapped against specific city goals or SDGs or both.

	ENGAGE CITIZENS	TEACH SUSTAIN- ABILITY	OFFER EMOTIONAL VALUES	PEACE CULTURE
	Individual visits and meetings, Volunteerism	Including School and Kindergarten visits	Individual visits and meetings	Individual visits and meetings, cultural events
Info kiosks	Transparency and accessibility  Smart choices.	Connections to city goals, SDGs etc.	A culture of peace	Peace culture generally
Urban gardening demonstration	Openness to change	Food security, resilience	Living with a good eco-conscience	Peace with the earth
Quiet areas, areas of varying types of nature	Therapeutics		Tranquillity, connection to nature	Peace with yourself
Soil building	Openness to change	Food security, resilience	Living with a good eco-conscience	Peace with the earth
Composting	Openness to change	Food security, resilience	Living with a good eco-conscience	Peace with the earth
Pavilion of conciliation				Peace with each other
Renewable energy demos	Openness to change	Energy security, resilience	Living with a good eco-conscience	Peace with the earth
Water demonstrations	Openness to change	Water security, resilience	Living with a good eco-conscience	Peace with the earth
Medicinal plants	Openness to change	Health		

	ENGAGE CITIZENS	TEACH SUSTAIN- ABILITY	OFFER EMOTIONAL VALUES	PEACE CULTURE
	Individual visits and meetings, Volunteerism	Including School and Kindergarten visits	Individual visits and meetings	Individual visits and meeting. Cultural events
Fibre plants	Openness to change	Resilience	Living with a good eco-conscience	
Meeting area/ concert place	Involvement	Training	Cultural events	Peace with each other, peace training
Art studios/exhibition centre	Offer classes as well as studio time	Art and sustainability	Connecting with art	Art and Peace. The role of art in building a peace culture
Play areas (Adult and child)	Entice parents to the garden via play areas	Learning through playing	The value of play for bringing community together	The role of play in the peace culture
One on one meeting (romantic/friendly)			Encouraging emotional closeness	Peace with each other
Café with local and in-season food	Smart choices	Climate-friendly food		

## Simple starts

One way suggested to get started is to designate the space for the garden, announce the project and start it off by building a temporary building like a Yurt tent – on the lines of the structures used in Mongolia. These Yurts are round, cheap to build and can afford inexpensive meeting places for some 50 people.

The main meeting themes from the beginning can focus on involvement as well as Peace Education.

From the construction of the Yurt, the project can progress with the local community involved along with various local organisations involved with peace in one way or another. Different sections of the garden can attract different sponsors.

# The Garden of Regeneration Process

The process of setting up and developing a Garden of Regeneration can be run parallel with peace processes in the city. For example, starting with regenerating soil in or near the garden can be accompanied by courses in urban gardening and dialogues about food and the future.

We recommend that the whole process be documented for future generations and for citizens who move to the city to help get to see the project's history in a wider perspective.

## Cost Estimates and ranges

	Small	Medium	Large
	2500m <sup>2</sup>	0,8ha	1.5 ha
Landscaping costs (rough estimates)	EURO 25,000 to 250,000	EURO 800 000 to 1 600 000	Over 2 million Euro

## Finance

Invest in Peace envisages a Garden of Regeneration Project being funded from several sources: Public, Private, Corporate, etc.

We offer several models of finance and have a network of financial experts and investors to draw on for guidance and possibly funding.

## Income streams

The concept calls for many different revenue streams in order for the garden to pay its way.

Income streams can be obtained from:

- Private leasing of various functions
- Licence for vendors
- Fees for conferences and other cultural events
- Fees for demonstrating patent technology
- Education, coaching, training

Various city departments could contribute from their budgets for the garden to fulfil areas of responsibility including

- Education
- Culture
- Integration
- Therapy

## Good reasons to implement a Garden of Regeneration

*Multi-functional spaces invite visits and revisits increasing the chances of citizens experiencing key messages*

Offering many functions at once, the gardens will attract a large enough number of citizens to achieve the goals of exposing them to the messages of the SDGs and NUA in a context which demonstrates in practice.

*Exhibition spaces showcases SDGs and the NUA as being pursued by the city*

The exhibition space together with the practical demonstrations appropriate to the geographical, climatic, social context of the city makes the garden especially effective in presenting its message.

*The garden demonstrates sustainable food production – knowledge and skills needed for the future*

Food provision is one of the largest polluters and its distribution one the main failures of peaceful society creation. Spreading the techniques of food production by example is an effective way to help citizens improve their knowledge and thereby their readiness for crises.

*The circular buildings provide powerful, neutral places for dialogue*

Gardens of Regeneration house circular meeting spaces that lend themselves as a neutral place for conciliation dialogues. This neutral ground with a peace focus can help difficult conversations and inspire cooperation towards sustainable solutions.

*The variety of green spaces have a healing effect*

According to some research, a healing and recuperation effect from visiting gardens with a variety of green spaces effectively complements to the health care service. A survey done for the 2009 Comprehensive Outdoor Recreation Plan (SCORP) found that over 80 percent of respondents visit parks to reduce stress and anxiety.

## Some questions

*Why engage Invest in Peace – why do we not take the prospectus and create our own Garden of Regeneration?*

You can create your own. We believe that thanks to our Peace Bank – a network of organisations working for peace in one or more ways, we have the ability to offer partners to create each of the functions in a garden of regeneration. And at the same time, having worked for several years on the concept, that we have a unique advantage in having thought through the concept in a holistic way to ensure each component supports the other.

*Is there any benefit in having gardens of regeneration in several cities?*

There is much work to be done with understanding between countries and cultures. From the event halls in the gardens, groups from the city can contact other city groups to exchange experience and perspectives, encouragement and share understanding.



### *Job creation?*

Gardens of Regeneration can be places of learning to help entrepreneurs develop their businesses – a wide range of skills are represented including gardening, facilitation. And they pave the way for the new – green – jobs of the world with implemented SDGs.

### *Are Gardens of Regeneration really needed?*

Experience shows that change in geographical areas is often helped by being anchored in a physical place in the area.

## Next steps

If you are interested in a Garden of Regeneration for your city, please contact Invest in Peace for a discussion towards a proposal on the way forward.

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### **More information**

Please see the picture collection “peace garden inspiration”

<https://stevespicssite.wordpress.com/2017/08/02/healing-garden-inspiration/>

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