

# Mending

Finding out why I am not mending enough. Remember to mend and to enjoy it. Show that mending can add value and be a fun, creative activity. Rasing kids with a positive mending mindset.

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# SADIMET



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*tear in a childrens sweater darned and a heart stitched over the mended area.*



*old mittens my grandmother knitted, mended with swiss darning in a brighter yellow*



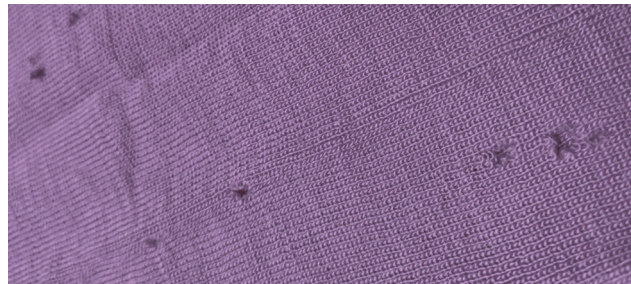
*patch underneath, running stitch to secure it, owle eyes are mended holes, then spontaneous extra stitches*



## The situation now

Plus - minus - interesting analysis of the situation as it is now

- + I have good skills in mending
- + I sometimes mend clothes
- Sometimes I end up getting rid of clothes that could be mended
- i I keep the clothes for a long time before I get rid of them
- i I always think that I will mend everything



## Vision

- I mend all the clothes that need mending

There are a lot of clothes at my house that are waiting to be mended. I will get through that pile and find use for the clothes again.

- Reuse material from clothes that can't be mended

I have previously made menstrual pads, children's clothes, patches, rags and other things out of clothes that are not good for mending.

*many small holes on wool leggings, trying out different embroidery stitches by making cartoon eyes*



# Ethics

A good way to make sure that the vision will lead to something good, not only for me but also in the bigger picture is to look at the vision through the lens of each of the permaculture ethics and find indicators that will make my work measurable when I get to the evaluation stage.

## Earth care

- Stop using new resources when there's plenty of clothes in the world that could still be used if they were mended
- Show other people that it's positive and fashionable to mend clothes

*Indicators:*

*Have I bought any clothes?*

*Did my actions have effect on other people's attitude regarding mending?*

## Fair share

- Not participating in fast fashion
- Respect for other people's time making the clothes the resources it took to make them

*Indicators:*

*Am I wearing mended clothes that are far from being new?*

*Have I brought up the topic of fast fashion when talking to other people?*

## People care

- My kids learn about mending
- I can be proud of the fact that I manage to mend clothes

*Indicators:*

*Have my kids mended any clothes?*

*Have I talked proudly about my mending?*

## Helps

what do I have that can help?

### People

- other people that also want to mend clothes?
- my kids
- meeting place for sustainability (community)
- my grandmother

### Information

- Crochet book
- Internet for ideas about how to mend

### Things

- crochet needles
- knitting needles
- ironing patch
- needles
- sowing machine
- threads
- yarn



## Limits

what could stop me in making this happen?

- Lack of time
- I forget to bring out things that need mending when I am being social
- Having enough clothes and not needing to mend
- The pile being so big that I can't see that I will ever finish it



*the opening for the head on this old wool sweater was way too small, I cut the sholder up and made a crochet lining with button holes and wild buttons.*

# SWOC analysis

The information from the survey and analysis are summarized here and organized by:

Strength (positive aspects)

Weakness (negative aspects)

Opportunities (positive possibilities)

Challenges (negative possibilities)

This really helps to get an overview and start making a strategy for the project.

The text in purple below each group is the strategy. Possibilities for how I can use this information to my advantage.

## Mollison principles

I used the Mollison principles as inspiration in finding the strategies.

## Strength

- skills
- tools
- clothes that need mending

### How can these be used well?

- > *The problem is the solution.* By mending more, I can use my skills and tools and get even better.
- > *The yield of a system is theoretically unlimited.*  
Sort out the pile to prioritize & see potential yield:
  - > clothes needed as soon as possible
  - > less important clothes
  - > kids clothes that are too small
  - > materials for redesign

## Opportunities

- holding mending evenings
- mending kit at my workplace
- mending kit in my living room

### How can these become reality?

- > *Work with nature rather than against,* it will be a relief rather than an effort to finally get started, both for me and others. Relief from bad conscience. Assist this natural flow by making a FB event and the rest will fall into place since it is what I really want.
- > *Make the least change for the greatest possible effect.* A basket close by, with a few garments to mend, threads and needles, will make it easier to start mending. Make it simple, assemble it next time I reach for mending stuff from the basement.

## Weakness

- lack of time
- overwhelmingly big pile

### How can these be less harmful?

- > *Stack functions* and mend when being social. Even in busy times I still carve out some social time.
- > *Principle of cooperation.* I don't have to do it all, f.exe. I could hire the tailor in town to do some of the important mending if I lack time or knowledge.
- > *Principle of cooperation.* I have heard about mending gatherings in the past, where the host brings out the pile of clothes in need of mending and everyone dives into it and start mending.

## Challenges

- forgetting
- new clothes

### How can these be less likely to happen?

- > *Relative location.* The pile of clothes that need mending are now in the basement. I am less likely to remember, when they are placed out of sight. Having clothes to mend and tools close by then I am more likely to reach for them when someone stops by our house for a cup of coffee.
- > *Accelerate succession and evolution.* Mended clothes are a part of succession and evolution, they change and adapt to the use. Make patches where there is friction, enforcement where there is repeated strain. Mending immediately when there is a tear or wear eliminates the need for new ones.

*Using the principles  
to guide me towards  
good decisions*

## Holmgren Principles



### Obtain a yield

- Clothes to use that have been waiting in the pile
- Pride for being able to mend clothes and to not needing to buy new ones.



### Apply self-regulation & accept feedback

- It might be hard to aim for mending all the clothes in the pile. Look through the pile and find clothes that are needed and mend them first.



### Produce no waste

- I don't want these clothes to be wasted. Go through the pile to remember that these resources are waiting for its destiny. See if that gives extra motivation.



### Integrate rather than segregate

- See if my kids would like to try mending.
- Have a mending meetup for people in town



### Use small & slow solutions

- Do little (I often have little time) but hold it out.

## Timeline

Here I try to find the "low hanging fruit" (ideas that will take little effort but give a big impact) and plan to implement them slowly into my busy schedule.

## Now

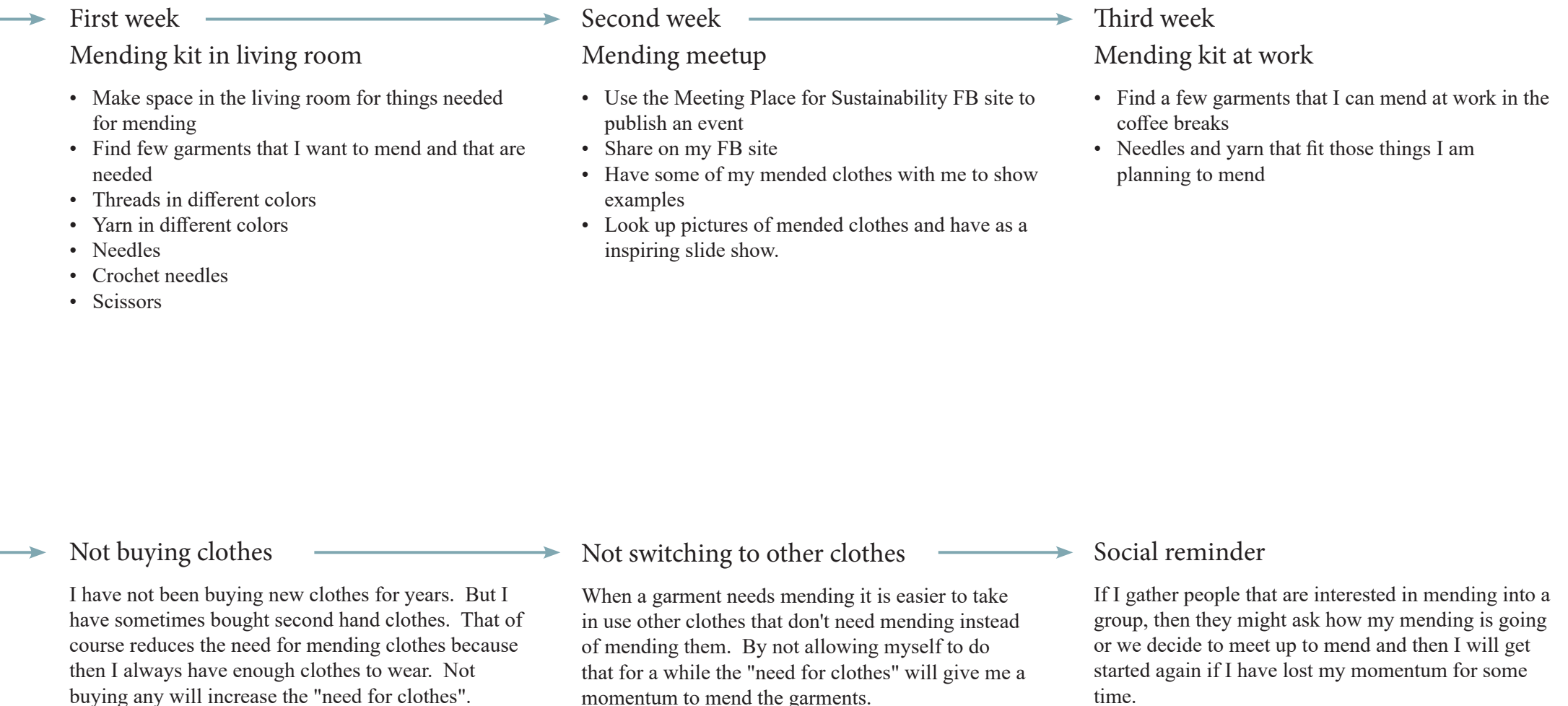
### Find other people

- Talk about mending in as many conversations as possible. Maybe some of the people I meet are interested in mending.
- FB status to see if others are also wanting to mend more.

## How will I make sure I will not fail?

I am quite good at being strict when I decide to stop doing something, but adding new behavior is always a bit more tricky. To see if it helps me to get motivation to mend more I will give myself new guidelines for behavior regarding clothes.





## Getting started

I started talking with everyone about mending. That helped me to remember to mend. I started mending clothes while talking to a friend for a whole night. When facilitating a permaculture event for people in town, I used "mending" as an example to show how permaculture can be used to tackle everyday problems and to find ways to be who you want to be.

## Mending event

My friend Ragga and I held this event together. I was focusing on helping people out mending their clothes while Ragga was introducing how the participants could pimp their old Icelandic wool sweaters (redesign). The event was in the café Heimabyggð, where I often hold sustainability events. There was a good participation and interest in having an event again soon. (So I did, and that time it even ended up in the national television)

I wanted to be able to show people different possibilities for mending their clothes. I brought some clothes that I had mended already to show examples. I also searched for pictures that would give them inspiration and different techniques.

I got really inspired by the pictures I found with visible mending. It really shows how mending can increase the value of the garment. Visible mending is being proud of your mending and showing it off. The mending can be everything from fine and subtle to being so big that it is taking over the garment. Showing off the time and the skills you have put into saving your garment.

*"Here is Ragga's pimped out lopi sweater. Steeked, embroidered, sewn, and given the sweet fresh breath of new life." ....*



*My nephew's dog ripped his piggy in six places. I fixed all the tears, the biggest of them got a big red heart over it and he was thrilled with the addition.*



## Living room mending kit

After getting inspired by visible mending I got really interested in mending in a creative way. It was so fun letting my creativity lead me to unknown patterns every time I got a new garment in my hands with a unique tear and holes. I rearranged the living room so that I would have everything needed for mending right by the sofa. Tools, threads in different colours and some clothes that needed mending.

## Takeaway mending

The work mending kit developed naturally. When I was excited about continuing to mend a garment, I would stuff the garment and the things needed to mend it in my bag that I bring with me everywhere. Then I could continue mending if I found myself in a social situation, chatting with a collage or when waiting for my food at a café. That is in my view a better technique than having it at work. In addition, I can use the mending tools to mend anything that comes my way. Both my own clothes and the clothes that people around me are wearing, even teddy bears can reap the benefits.



*Wool camisole that I have been mending when needed over the last years. It gets prettier with time.*



## Momentum

It is important to be conscious about keeping up the momentum, carry through and not lose sight of the vision. From the beginning my plan for maintaining the momentum was to continue the mending meetups and refilling the mending kits.

### Mending events

Continuing the mending meetups was harder. I arranged two mending events, but since then I have been busy with other things and arranging other types of events. I know it is important to continue having this kind of events. Both for me to continue mending clothes and for others to change their attitude regarding mending and start mending them self's. But arranging events takes time and work. And I have quite many projects to focus on.

### Knitting night

Then I was asked if I would like to join for a knitting night. I haven't been knitting for a long time - since there was always a bigger need for mending the knitted clothes than knitting new ones. But I just threw in a bag some of my kid's outdoor clothes that had been desperately needing mending for a while and some thread that I had nearby. I only had to show up - no planning or advertising, teaching or arranging. I just sat there, mingled, drank a lot of tea and mended two pairs of mittens, two overalls and a winter jacket. In this way I get motivation to mend more clothes and others that show up may get inspired to do more mending.

### Visible mending

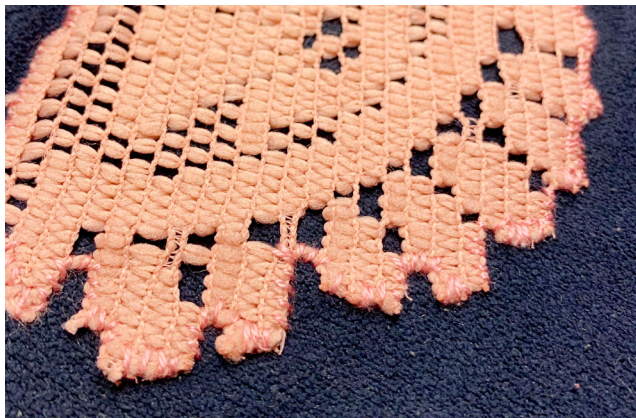
This kind of creative mending really changed everything regarding my motivation to mend. Now mending is one of my go to activities when I want to feel good and relax. It has also made my effort visible to others and they get interested in mending even without me talking about it. It is worth it even if I am using more time to make visible mending. Creativity makes it fun and a more attractive activity. I am more likely to mend more clothes if some of the garments are mended in a visible way.

### Refilling mending kits

It is of course important to refill when you have mended everything, but that goes quite easily. There are always enough clothes around me that need mending. And when something tears it's quicker to put it in my workbag or in the living room mending kit than taking it to the pile in the basement.



*Holes on knees stitched to secure them, old tablecloth made into knee patches and stitched in place.*



*This sweater was bought second hand for my first kid, now after three more kids it is still going strong. But last year it had become severely torn and needed a lot of flowerwork, wonder how many kids it can endure.*



*This thin wool sweater is one of my first visible mending projects two years ago and still going strong. Small flowers where there were holes.*



## Ethics indicators

Little over a year has gone by since I started this design and it is time to evaluate if I am reaching the vision set in the beginning of the design by looking at the indicators.

### Earth care

*Have I bought any clothes?*

I have bought couple of garments in a second-hand store. I have also been holding clothes swapping events and taken part in them although that also means that I give away some of my clothes in return. The good thing about the clothes swap is that I have had the opportunity to swap out many of the clothes that are not made from natural materials and I have gotten garments that are made from natural materials instead. I have even swapped to clothes that needed mending and mended them straight away when I came home.

To be fair I have not been using any new resources although I have been changing my wardrobe somewhat. And by holding clothes swapping events I have made a tradition in town that is all about letting the clothes circulate rather than buying new ones. And therefore, using less resources.

*Did my actions have effect on other people's attitude regarding mending?*

My kids attitude towards mending has changed a lot. Since I learned about visible mending, they have gotten more and more interested in having mended clothes. Now the mended clothes are more popular than the clothes that are still whole.

The mending events have definitely changed peoples mind about mending and the fact that it can even become more beautiful. But I would say that I have also had effect just by talking about mending, wearing mended clothes and offering others to mend their clothes while we sit and chat. For me it is the ultimate gift to repair a garment that is worn from use so that the person can continue to wear it.

### People care

*Have my kids mended any clothes?*

Yes, they got really interested when I was using colourful yarn and making visible patterns and forms, they also wanted to get creative with their clothes. Lately my oldest, 9 years old, has started mending her clothes and teddy bears without even asking me or needing help. She has even learned a lot of the patterns that I am using to make beautiful visible mending. My youngest has also mended clothes, even though they are not as detailed as their older sisters mending. But she could close a hole on her pants at three years old. It helped to have all kind of colourful yarn to choose from.

*Have I talked proudly about my mending?*

I am really proud of my mending and doubt that any of the people that know me are unaware of my

passion for mending. I show it off. People even ask about it when they see embroideries on my clothes or see me sewing in a café. Then I can proudly say that I am mending it to be able to continue using it. That it had holes or was worn after many years of use. In my view the garment is worth more when I have put my creativity and time into it. It often looks a lot better afterwards too.

## Fair share

*Am I wearing mended clothes that are far from being new?*

I have been using my old, mended clothes in a mix with swapped clothes that are not new either and some of them even mended. I talk proudly about the story of my clothes and am happier with the clothes when there is a longer story behind them. That is what makes a garment more worthy.

*Have I brought up the topic of fast fashion when talking to other people?*

It has often been the topic when chatting to other people, it is the topic that follows naturally when talking about mending or clothes swapping. The reason behind why it is so important to change our ways regarding clothes and find ways to not participate in this culture.



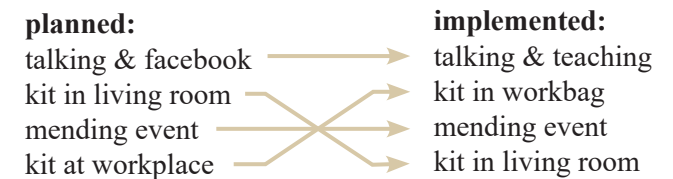
*"invisible" mending by darning the holes with a similar color behind the pattern.*



## Timeline reflections

I am happy that I put up a timeline, it forced me to set this project up in bite size portions. I didn't put all the ideas into the timeline but kept it simple to make sure that I would keep to the assignments that I decided to implement.

I did not follow the timeline at all. The Assignments were completed in a flow and not even in the same order or ways that I had planned for. Fun fact: using this design as an example when teaching about permaculture was actually what gave me the best reminders. Explaining this simple design to others and the good ethical reasons behind it gave good motivation.



The biggest difference from my planning to implementation was the time. The timeline was only 3 weeks. It takes longer than that for a behavioural change like this one to set in, since mending is not something that I will do every day. It would have been wiser to have a longer timeline and break it up with a check in every now and then. I implemented these four changes in one and a half month but the progress of making mending a part of my everyday actions and the change in mindset has been developing slowly throughout the year. The lowest hanging fruit was been having needle and a thread in my wallet all the time and making flexibility to mend straight away whenever the need is there, whether it is my own garments or others around me. It is what makes mending a part of my personality.

## Principles



### Design from pattern to details

- I have set out the main frame on how I can make this behavioural change and now I can focus more on the details of how to make my actions more effective.
- I have learned some techniques and patterns along the course of this year. But I think it's time to learn more ways to mend so that I will have the right mending techniques whenever I find myself in a situation where mending is needed. It also gives a lot of motivation to mend some of the clothes in the pile when I learn new techniques that I want to try out.

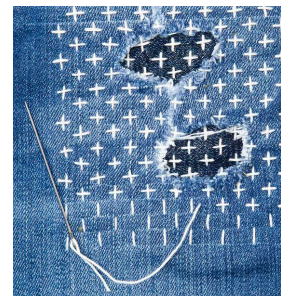
### Patches

- I have a lot of clothes that will not be mended but could be used for some redesign. Some of them can be used to make patches
- patches can be under the fabric to strengthen it, with some creative stitches to hold it in place or on top of the material as a more visible patch with clear edges.
- patches can be accompanied with a pattern embroidery to fasten the patch well and make it interesting and visible.

Patch in the front,  
fastened with blanket  
stitch  
(pic. Amy)



Patch in the back,  
sashiko style stitches  
holding it in place.  
(pic. *Jessica Marquez*)



Patch in the back,  
edges folded inwards.  
visible stitches hold it  
in place.  
(pic. Liz Haywood)



Woven patch on a  
cardboard and then  
sowed on a garment  
(pic. Karen Barbé)





## Darning or needle weaving

- I am quite interested in weaving methods, I have sometimes been using improvised freestyle weaving to fill in my mending areas. It started because it was quicker than sticking the needle through the fabric all the time. A little research shows
  - It would help to use an embroidery ring to stabilize the mending area.
  - ironing will make it flatter and easier to weave
  - using different colours
- I would like to darn socks more, I tend to mend bigger garments - but the socks rarely get mended.
  - needle weaving is often used for darning socks
  - do the darning on the back side if I want it to be less visible
  - contrast colour really makes the work easier
  - darning egg / lightbulb / ball for stabilizing

Embroidery ring used to stabilize the fabric while it is mended by weaving.  
(pic. *George Boe*)



It's easier to mend when the sock is worn but without holes. Contrast colour helps.  
(pic. *Hildur Dagbjört*)



## Crochet mend

- I have not been using crocheting to darn, but it seems to be rather quick and well worth trying to do more of.
  - crochet can be good for enforcing elbows, check if it is better to cut away the fabric where the crochet patch will be or if it's better to have the torn fabric still behind the crochet patch.
  - crochet can apparently be used to mend holes on other places of the garments also.
  - My friend crochets patches that she sews onto the knees on her kids pants.

A crochet mended hole in a knitted sweater.  
(pic. *Kate Sekules*)



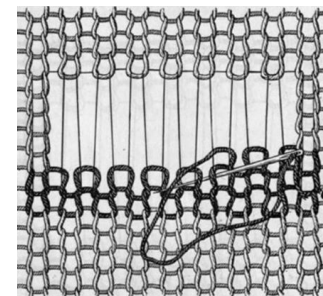
Crochet elbow patch in the making. The worn area of the fabric on the elbow is cut in the shape of the patch.  
(pic. *cal patch*)



## Mending knitted garments

- Swiss darning was one of the first mending techniques I used, but I never learned how to do it properly and I might be using more time than needed by not using the thin leading thread.
- I would like to try making swiss darning where I make some kind of patterns

Swiss darning for bigger holes. First connect the loose stitches with a thin thread up and down, then start the needlework in the same pattern as the knitting  
(pic. *Therese de dillmont*)



Making a patch by swiss darning into the garment.  
(pic. *Karen Barbé*)

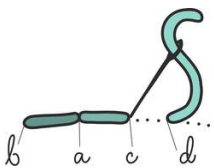


## Embroidery

- I have been using embroidery a lot to do the visible mending. It is creative and different each time. Even though it is different each time I would like to be able to sometimes draw the pattern beforehand.
  - With a pen, pencil or chalk I can draw the pattern before I start stitching. Just bear in mind if the pattern can be on the garment permanently or if I need it to wash away.
  - Using a window to see through the fabric, use a pen to duplicate a pattern that is placed underneath
- I would like to learn more types of stitches. The stitches that I am going to try next are explained on the pictures to the right.

Some of the stitches I have been using, others are free-style stitches without names: (pic. Jessica Long)

back stitch



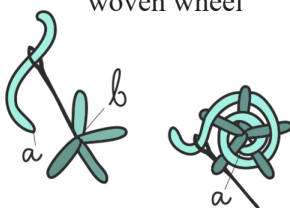
chain stitch



lazy daisy

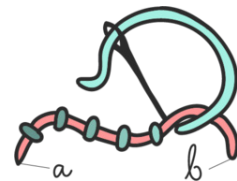


woven wheel



New stitches to try when mending: (pic. Jessica Long)

couching



whipped backstitch



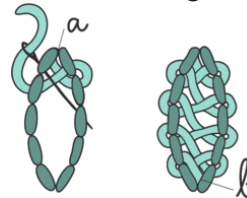
fishbone stitch



french knot



interlaced herringbone



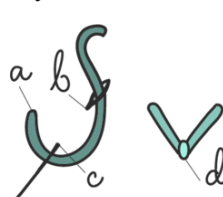
satin stitch



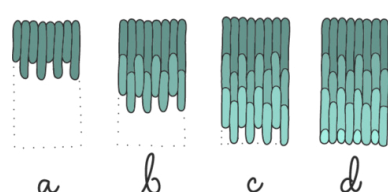
fern stitch



fly stitch



short and long stitch



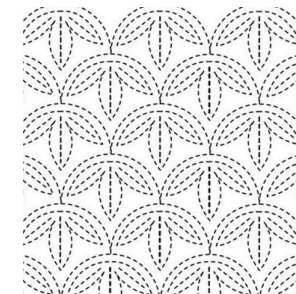
stem stitch



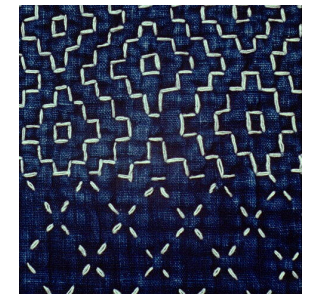
## Sashiko

- Sashiko is a Japanese mending tradition, it is meant to highlight the wear and tear of the garment, it would even continue to be worn and mended throughout generations. The traditional style is to sew repetitive patterns inspired by nature, with running stitch in white, thick cotton thread. I have mainly been doing freestyle embroidery but I can see that implementing patterns can also be a really interesting way to mend beautifully. Here are some thoughts about ways to use sashiko in my mending:
  - Draw lines when I want an even pattern.
  - Use it on areas that have a lot of wear, like knees. Re-enforcing the area with a patch underneath and sewing with a sashiko pattern to fasten the patch and to strengthen the fabric.

There are countless of patterns that can be used for sashiko stitching (pic. Sylvia Pippins)



Mid-19th century kimono decorated using sashiko stitches. (pic. Metropolitan Museum of Art)





## Catch and store energy

- Since the café Heimabyggð is already advertising knitting night every other week I can catch that energy and make it more effective by inviting people to bring their garments to mend also. At least make a habit out of showing up. Then I can continue my own mending in good company.



## Use edges & value the marginal

- There are "learn Icelandic" events where people that speak Icelandic and people that are learning Icelandic can meet and chat in Icelandic. People are invited to bring their knitting or something similar. I can bring my mending and meet up with people that want to get more practice speaking Icelandic. Who knows, maybe some of them are interested in mending also. These kind of events are important to integrate foreign people into the community.



## Observe & interact

- One of the details I have observed is that both me, my kids and many others become a lot more interested in mending when it is visible and with colours. I am going to make a small interaction to see if I can increase this effect by collecting leftover embroidery threads in different colours and also multicolour embroidery threads (gives variation in color without switching threads).



## Creatively use and respond to change

- Find and reuse things around me that I can use for my mending.
  - A ball / light bulb as darning-egg to darn socks
  - Leftover yarn and embroidery threads from friends or strangers,
  - See each mending opportunity as a possibility to be creative and do a new kind of mending.
  - See if I can find books about mending in the library to get more ideas about how to mend in different ways.



## Use & value diversity

- Trying out different techniques and mending styles and mending different garments really makes the mending time a lot more interesting and attractive. With diversity I can make sure that the mending doesn't get boring or a becomes a burden.



## Use and value renewable resources & services

- When I have needed new threads to mend clothes, I have found that the regular sewing machine threads in the local store are made from plastic, and on a plastic spool. After a chat with the store owner she found white linen thread on a paper spool. I could easily order linen threads online if needed.
- When visiting my grandmother, I asked if she had any colourful yarn, since I wanted to do visible mending with other colours than the ones I had with me. She was concerned about how different yarns would come out of the washing machine and thought it would be wiser to use embroidery threads since they are wash-safe. She brought a whole box of cotton embroidery threads in different colours and my kids got interested straight away.

## Reflective summary

### Learned about the design process

I made this SADIMET setup with simple assignments under each stage of the design work, to use when teaching people to do a simple permaculture design of own behavioural change. It sums up many of my priorities as a teacher; give confidence in that anyone can design and empower people to change behaviour.

This design for mending is one of my trial runs designs to see how it works. I have now used this setup on four occasions when I have been teaching permaculture and people can relate to the setup really quickly and then use SADIMET for more complex designs afterwards.

### Overall learning process

I have learned a lot about both mending and the process of implementing a behavioural change that is connected to relieve of feelings of guilt. The vision is the backbone of each design and during this design work I realized that the first vision that comes to mind is a good starting point, but finding the ethics and ethics indicators drags you towards your real vision and deeper needs.

#### Explanations for reading the Self-assessment

The different points before sentences refer to which question is being answered:

- + What's gone well?
- What could have been done differently?

## Self-assessment

### Accreditation criterion 1

#### Demonstrating design skills

- *The Design uses an appropriate design framework or intentional process accurately*
  - + SADIMET did work well for this kind of quick behavioural change design, where the first part of the design work can be done in a short amount of time. Having an easy to follow, structured process, removes confusion and gives a clear path.
  - I could have used Looby's design web. I am sure that would have worked just as well for me as I am used to that design method too and I don't think it would had taken more time.
- *It references the permaculture ethics appropriately*
  - + It was helpful to have the ethics right in the beginning and to be able to measure the outcome by checking the ethics indicators in the end.
  - It was challenging to find good indicators. Finding a way to measure the effect of these kind of acts was new to me. I am sure I will get better at it by using indicators in my designs.
- *The design uses permaculture principles & theory that are appropriate to the situation*
  - + Using the principles in three ways, Mollison's to guide the strategy from the SWOC, Holmgren's as glasses to look at the design with fresh eyes before making plans and at last for tweak-ideas.
  - I can't think of anything to do differently.
- *It uses a variety of tools to suit the needs of the situation/ design brief*
  - + This design was kept small and few tools used to showcase that design work doesn't have to be over complicated if the design-problem is small enough. PMI in the start to simplify the survey registration. SWOC analysis and a strategy extracted from it. Simple plan of action was the output. The ethics & indicators gave a deeper vision, guidance and measuring.
  - I could have used more tools to make the design more detailed, but I wanted to keep it simple.
- *The design is intelligible, coherent and effective, meeting the client's needs*
  - + It worked so well that I started implementing the design without realizing it. I had an epiphany when realizing this: by doing a design, finding out what is stopping you and the solutions, you might just have removed all hinders and the implementation will happen naturally.
  - Would be interesting to see if this design can be used for others or a community.
- *The documentation is appropriate to present to the clients and others*
  - + I like using it as an example. It's so simple and easy for anyone to relate to.
  - Could be printed / on the internet at some point?

## Accreditation criterion 2

### Applying Permaculture design to projects

- *Areas of Application*

Personal development & home, Zone 00 & 0

- *SURVEY - There is a clear explanation of how the design brief was investigated through surveying the situation and gathering the information*
  - + Classifying the information as plus, minus and interesting, gave more understanding than with only words.
  - The survey was maybe a bit too simple? I could have written more, but I wanted it to be simple.
- *ANALYSIS & DESIGN - There is a clear explanation of how the design decisions and solutions were developed*
  - + The SWOC w/ strategy and using the principles gives insight into how the decisions are formed. I liked using the principles in varied ways to guide decisions.
  - I can't think of anything to do differently.
- *IMPLEMENTATION & EVALUATION - The solutions are relevant and appropriate to the area and design brief*
  - + Relevant and appropriate solutions, the timeframe developed naturally. The evaluation was in the form of checking the ethics indicator.
  - I can't think of anything to do differently.

## Accreditation criterion 3

### Learning from & developing your permaculture practice

- *The design report includes an evaluation of the design's effectiveness.*
  - + Ethics indicators, set in the beginning of the design as a part of the vision, were used to evaluate the design's effectiveness.
  - I can't think of anything to do differently.
- *There is critical reflection on how you used theory, design tools, and processes, and some next steps for this design.*
  - + By answering the questions for Self-assessment, I go through a reflective process regarding the learning, design process and next steps.
  - It would have been helpful to write notes about the learning process along the way, not just design related notes, to remember better a bigger part of my reflections.
- *The design shows how design skills and competence have progressed and some next steps for design practice.*
  - + I have gained a lot of knowledge regarding making small and fast designs. I have used that knowledge when teaching others, both for understanding the SADIMET design method and to be empowered to start changing their lifestyle.
  - I could have reflected more about my design practice learning process; it has just been a flow.

## The Next Steps

- *What are the apprentice's next steps with this design, towards its accreditation.*

I will send the design to my tutor, some friends in the Icelandic permaculture association and possibly someone in my guild and adjust the design according to their comments.

- *What other general or specific issues might help with the apprentice's next steps, eg. to take into future designs.*

For new beginners in permaculture design it is helpful to have pre-set assignments / tools that you use in each stage of the design work, chosen for the type of design you are going to make. When I have used this setup, for a small personal behavioural change, this setup has worked well. But I didn't write in any assignments for the latter half of the design work. I would like to see if I can tweak the setup by adding in pre-set assignments for Implement, Maintain, Evaluate and Tweak.

- *Any other comments about the format of the project presentation*

Book format is slow, but very presentable.

- *The highlight of this design for me is...*

Having tested a simplified method that I can use when teaching, having a tried and tested example to show others that need inspiration.