

*“Community exchanges give us a first-hand look at what other groups are doing. They’re a way to find out what others are doing better or differently from us, and how we can learn from them. You get a good kind of envy when you see others’ achievements, and it makes you want to find a way to do it yourself.”*

*Orlando González López-Yalacaguina-Nicaragua*

## Purposes of a community exchange

### 1. To capitalise knowledge



### 2. To see with our own eyes and put things into practice



### 3. To learn as well as teach



### 4. To preserve our farming history and culture



### 5. To exchange native seeds and plants





# How to organise a community exchange

## 1. Contact the community you want to visit

Find a community that has had successful experiences in the issues you are interested in, and that can fulfil visitors' expectations.



## 2. Organise a group of visitors

- The group should have a maximum of 15 to 20 people and consist of 50% women and 50% men.
- Participants should be enthusiastic and eager to improve.
- They should be prepared and have their questions ready.
- Responsibilities should be established from within the group.



## 3. Prepare the hosts

- The community promoters should choose which families are going to share their experience, which families will help with meal preparation, and who will provide lodging if the visitors are to stay overnight.



## 4. Set the program agenda

- Prepare the agenda for the visit and assign responsibilities.

Activity	Organiser
Introduction of visiting group	Someone from the visiting group
Introduction of host families	Local promoter
Explanation of the family's experience	A member of the host family
Tour of the plot	
Explanation of the practice	Someone from the family explains how the practice was done and what materials were used
Conclusion on the results of the practice	Visitors ask questions about the practice
Visitors' and hosts' commitment to responsibilities	Promoters and facilitators write down the commitments of visitors and hosts
Farewell	

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