

Visioning Exercise for the first stakeholder workshop at lake Dümmer, Lower Saxony, Germany. November 28, 2019 – by L. Herzog

We are now doing a short introductory exercise for the elaboration of the visions. You can close your eyes during the next few minutes if you wish. In any case, it is important that you calm down and get involved with the words.

If images don't appear immediately in front of your inner eye, then that's fine. Do not put yourself under pressure. Just perceive what is going on inside you. You may see very concrete pictures; you may not see anything at all.

Maybe you *feel* more than you see something. Just get involved in your positive vision of the Dümmer in 2050.

Sit down comfortably and take a deep breath: breath in and breath out.

Imagine that we're travelling through time. We are in the year 2049. It is November 28, 2049. This morning when you woke up you heard the wind rushing in the trees in front of your house. You took a little more time than usual to get up.

In the kitchen you prepare water for the coffee. You open the fridge and grab the milk. You notice that the fridge is quite empty. You make a mental note of passing by the supermarket in the afternoon after the workshop.

At the workshop this afternoon you will discuss the current state and the uses of lake Dümmer together with many other people.

Only yesterday you were at the Dümmer – you had used the morning to jog a bit around the lake. You noticed how many positive things have been achieved at the Dümmer in the last thirty years.

What did the Dümmer look like when you were jogging there?

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Did you see any animals?

What colour was the water?

What does the bank of the Dümmer look like?

Which plants grow on the shore?

How does the air feel?

What does the surroundings of the Dümmer look like?

Do you see houses? What do these houses look like?

What do people use the Dümmer for?

What forms of tourism are there?

What do you see when you look away from the water and into the landscape?

What is growing on the areas around the Dümmer?

How is the catchment area of the Dümmer managed?

Which goods do people obtain from the ecosystems in the catchment area of the Dümmer?

How do people live in the catchment area of the Dümmer?

How does it feel to be at the Dümmer in the year 2050?

You may now open your eyes again; and work out your vision of the Dümmer in the year 2050 with your group mates.

*inspired by Donella Meadows, see <http://donellameadows.org/staff/> and <https://vimeo.com/13213667>*