

and more ecological ways
to adopt healthier
and more ecological ways

of thinking,
doing, living,
working, and relating

to others
and your surroundings.

Do you want to change
your habits
and adopt more circular and

regenerative

behaviours, both individually
and collectively?

Are you aware of the need to make more efficient and sustainable use of available resources and reduce negative impact on the environment and society?

Do you want to put inspiring principles into practice that help overcome the barriers and challenges

to making real changes in your day-to-day life?

Are you interested in projects, services, processes and experiences that encourage a transition to fairer, more care-oriented and enjoyable ways of life?

Do you feel like all this

talk of development, growth and progress has gotten out of hand and what we really need is to reconnect with nature?

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If you answered yes, but in reality you're actually rather resistant to change, easily lose motivation and revert to old habits in your daily routine... If it's hard to initiate change in the organisations and groups you're involved in...

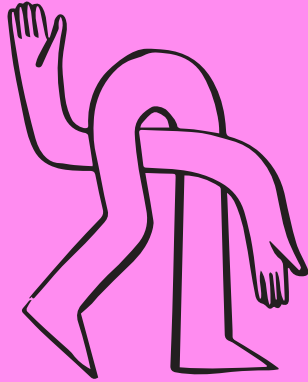
If you want to reflect and ask transformative questions that encourage progressive changes to habits and behaviours... If you want to play an active role in your organisation to create a more circular and regenerative future, then...

biribili IS FOR YOU!

INDEX

- 1. What it is** *pág 2*
- 2. Basics** *pág 8*
- 3. Principles** *pág 20*
- 4. Resources** *pág 48*
- 5. The team** *pág 56*

1. What it is



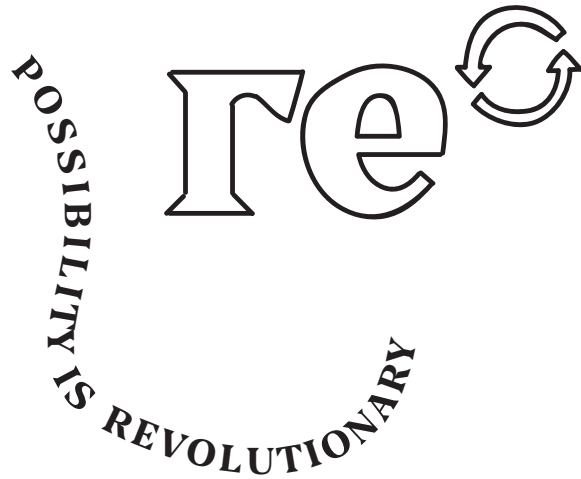
SHOULD WE GET BIRIBILIFIED?

biribili derives from a play on words in the Euskera (Basque) language that invites us to set out on a path of circularity: *biribil* (circle) + *ibili* (walk). It is a tool of self-diagnosis and self-evaluation for ecosocial transition based on the principles of permaculture.

biribili is targeted towards individuals, small organisations and communities who wish to:

1. Support individual and collective reflection in order to be more aware of how we currently live and work and how we would like to live and work in the future.
2. Introduce behavioural changes and adopt new models of thought, habits and routines that are more circular, regenerative, environmentally friendly and sustainable.

1. What it is



biribili is adaptable to different circumstances, needs, rhythms and priorities. It's an instrument that is useful for both specific situations and projects as well as in processes of strategic reflection or organisational change. It helps to focus our wishes and energy in order to imagine and implement positive, attainable and regenerative alternatives.

It removes some of the paralysing weight of apocalyptic, blame-oriented and punitive conflicts. It concentrates on what can be tackled, without posing overwhelming challenges. It starts with small tasks and achievements in our daily routine. Humbly. Step by step. Focusing on what is urgent and important.

1. What it is

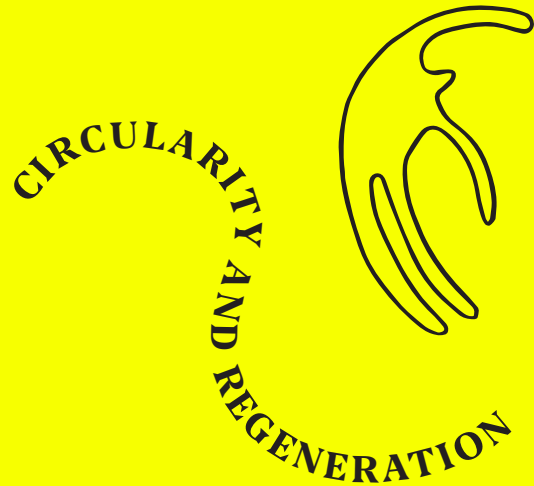


biribili is not another innovative proposal, and it's not an attempt to reinvent the wheel. It's simply a way of compiling pre-existing theories and methodologies, reflecting them back to us in a new light, summarised and posed as questions.



biribili is a call to slow down and enjoy the process, to cultivate new values and perspectives that can help us visualise a positive transition towards ecological and organic ways, as well as their transformative effects on our health.

2. Basics



biribili invites us to transition from productivity and consumerism, from linear and fast-paced thinking, and from disposability and obsolescence by design, towards behaviours that are more circular, reproductive, relaxed and based on a cyclical flow of feedback.

biribili approaches circularity from a perspective centred on care, conscious use and responsible engagement with available resources and relationships, in order to extend life cycles as much as possible. It does this by following key regenerative principles, seeking to create beneficial conditions for restoring and improving the health and vitality of the ecosystems we participate in.

2. Basics

If you'd like to know more, here are four good references to explore:

1. An invitation to be and enjoy being compost with *Staying with the Trouble – Making Kin in the Chthulucene*, a book by Donna J. Haraway, published by Duke University Press, which contains poetic and practical philosophy for a multifarious circularity.
2. The website of the Ellen MacArthur Foundation, the top international organisation for the promotion of the circular economy.
3. *Designing Regenerative Cultures*, a book by Daniel Christian Wahl, published by Triarchy Press, that offers a whole catalogue of regenerative design principles, patterns and proposals.
4. The UN has declared the period of 2021–2030 to be the “Decade on Restoration”.

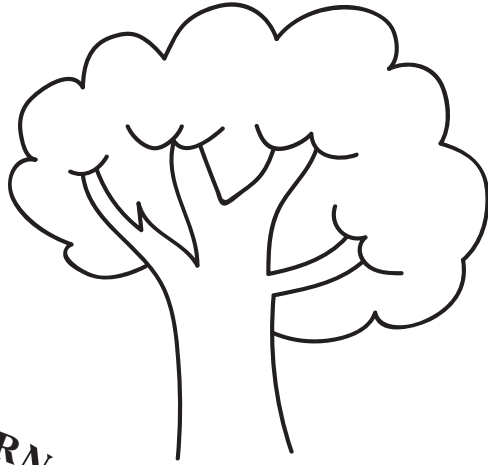
<https://www.dukeupress.edu/staying-with-the-trouble>

www.ellenmacarthurfoundation.org

<https://www.triarchypress.net/drc.html>

www.decadeonrestoration.org/es

2. Basics



LEARN FROM NATURE

biribili seeks circularity by drawing inspiration from permaculture. It proposes working with 12 complementary principles and three interrelated ethical concepts:

- 1) **Care for the earth.**
- 2) **Care for people**
- 3) **The fair redistribution of energy, resources and surplus.**

Permaculture arose in the realm of food and agriculture, but it is applicable to many other areas, such as healthcare, education, finance, housing, energy, social and cultural processes, and so on. Additionally, it is a scalable system which can help us in our personal lives, as well as in the organisations and communities we participate in on neighbourhood, municipal or regional levels.

2. Basics

If you'd like to learn more, we suggest these two key reference works:

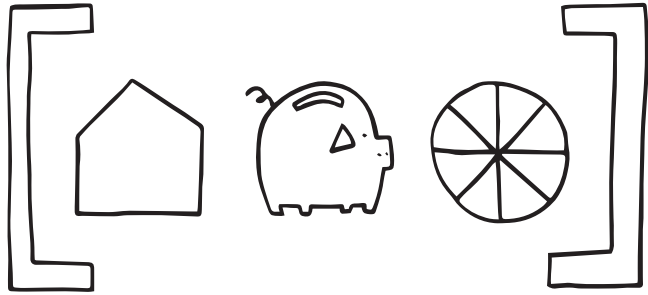
1. "Permaculture Principles", a simple website that summarises the work of David Holgren in order to give a good understanding of what permaculture is, as well as its ethics, principles and practical applications.
2. People and Permaculture, a book written by Looby Macnamara and published by Kaicron, deals with permaculture as applied to personal, collective and planetary design.

www.permacultureprinciples.com

<https://loobymacnamara.com>



2. Basics



PUTTING LIFE IN THE CENTRE

biribili joins the feminist quest for a life worth living, influencing our understanding of how we share employment and labour, how we organise our time beyond the obsolete 8-8-8 model, and the distribution of capital and what we deem valuable.

That's why **biribili** is a perfect complement to another tool developed by ColaBoraBora, available in Spanish and Euskera: **sosteVIDAbilidad** – a guide of tricks and tips for enterprises that put life at the centre, which compiles exercises and lessons around three themes: Living / Caring / Earning. This is a practical guide, the result of a process of collective design led by Rosa Fernández with the collaboration of La Quinta Ola.

<https://sostevidabilidad.colaborabora.org>

Between foundations and principles, moving from ideas to action.

3. Principles



CHANGING HOW WE THINK AND DO

**An invitation to
reconnect with
nature**

biribili is rooted in permaculture, a comprehensive system of design that learns from patterns and relationships found in nature. It puts forward 12 complementary principles centred around three interrelated ethical concepts:

- 1) Care for the earth.**
- 2) Care for people.**
- 3) The fair redistribution of energy, resources and surplus.**

3. Principles



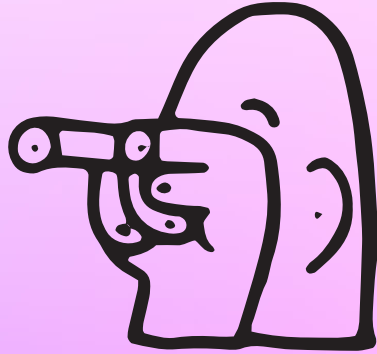
Adopt slow and small-scale solutions

Fewer things, more care.
Start with something that is attainable and maintainable. Curb your expectations, timelines and scale. Understand the rhythm of things, without rushing, without trying to take on too much. Lower the intensity (except at rare opportune moments).

Pay attention to the details.

What is our minimum viable project? What can we do away with without affecting our goal? What details are crucial? What is the tipping point if we end up going too fast?

3. Principles

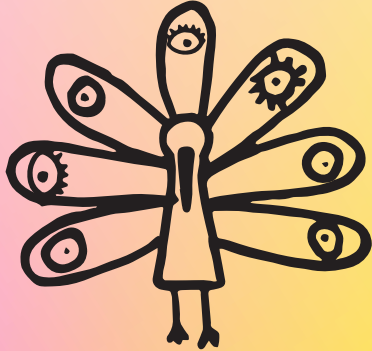


Observe and interact

Pay attention. Cultivate curiosity. Listen to yourself and those around you. Use all your senses. Experience things first hand and take nothing for granted. Be transparent and porous. Blend in with the environment.

How are you going to practise observation? What evidence have you gathered during your last exploration? What questions are you going to ask others? What do you think, what do you feel, what is your intuition telling you?

3. Principles



Pay attention to patterns and details

Understand the system and appreciate what makes it different. Identify patterns of behaviour, thought and communication. Travel back and forth between general ideas and specifics. Make plans but address everything new that pops up. Adapt and contextualise.

What are the key structural elements? Are there patterns that repeat? What details would you like to give more attention to? What contextual factors affect you the most? Have you made a detailed list of tasks?

3. Principles



Maximise diversity

Value difference and multiple forms of intelligence. Integrate rather than segregate (think “and” instead of “or”). Be inclusive and welcoming. Add new classification systems and explore alternatives. Diversify your approach to increasing resilience and minimising vulnerability.

What types of diversity need to be prioritised? What are the benefits of increased diversity? How do we attract those who are missing? What types of conflict might need to be tended to after an increase in diversity?

3. Principles



Tending to the fringes and margins

Broaden your horizons beyond established conventions, norms and routine habits. Transcend blurred, dynamic and flexible boundaries. Create spaces to meet, exchange, interact and generate friction. Occupy liminal space.

What is happening in the margins and in informal spaces? What physical and psychological boundaries are you willing to cross? What combinations and tensions might generate new ideas?

3. Principles

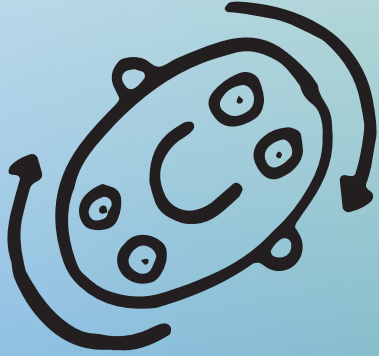


Connect elements and structures

Every element fulfils many functions, and every function is sustained by various elements. Add value by combining complementary elements, profiles and abilities. Form open and distributed networks. Encourage different roles and levels of involvement.

What elements and functions protect and strengthen? What connections can generate more value? What could be opened up and shared? How can people participate?

3. Principles



The problem is the solution

Pay attention to the symptoms and address the causes. Find opportunities in threats and turn weaknesses into strengths. Accept criticism and learn from your mistakes. Be more aware of the (sometimes invisible) consequences of your actions. Make extensive use of your imagination.

Where do the main problems and conflicts arise? What causes them? What errors do you repeat most often? What would be the most reasonable solution? And the most disruptive?

3. Principles



Mobilise and store up energy

Identify the different types of energy available. Take advantage of biorhythms and natural cycles. Harvest in times of abundance in order to use in times of scarcity. Passion, having clear goals and connecting to what we do can all be ways to generate positive energy.

What types of energy and resources do you have at your disposal? Do you know your own biorhythms and do they help you to make plans? What energises you? What blocks your energy?

3. Principles

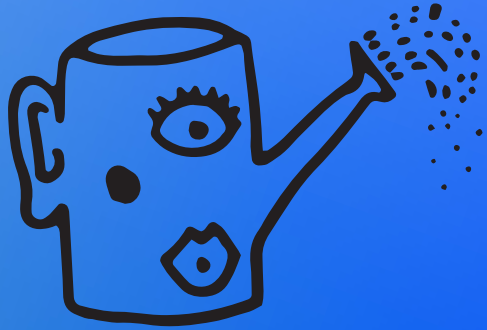


Self-regulation and feedback

Minimise effort and maximise output. Continuously learn and improve. Set partial goals and specific attainable milestones. Give and receive, encouraging reciprocity. Facilitate (take steps to reduce conflict). Generate beneficial and lasting bonds.

¿What works well? What can you improve on or stop doing? What specific goals are coming up next? What or whom do you need in order to reach these goals? How can you improve on the relationships you already maintain?

3. Principles



Get results

Look for helpful incentives and rewards of various kinds. Enjoy the process as much as the result. Give equal attention to the short and long term. Take care of your own individual interests as well as those of the group.

What results do you expect in the short and long term? Do you know how to gather and capitalise on them? How do your own interests balance out with those of other partners? Do you manage the surplus?

3. Principles

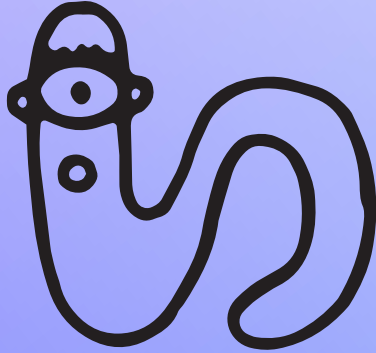


Be open to change

Understand change as something positive and inevitable. Foster gradual transitions and learn to manage them. Think about how things are and what could be – use your memory but not nostalgia. Draw up a wishlist of changes.

***What do you need to change?
What are the first steps to take? What do you stand to lose or gain? In what ways do you resist change? What did you learn in your last significant process of transformation?***

3. Principles



Practise the principle of RE-

Think about new uses and cycles of regeneration. Use renewable resources and services. Take advantage of what you already have and what is available around you. Minimise negative external factors. Reduce, reuse, recycle, repair, rethink, reevaluate, reeducate, restructure, redistribute.

What RE- principles can you apply to your project? How do you envision continuity or a second life for the different elements of your project? Where are you wasting resources?

What would snails, jellyfish and lichen think about circularity?

4. Resources



SHARING IS CARING

Through **biribili** we aspire to keep designing and using resources that help disseminate and activate a more ecological, biocentric organisational culture of projects.

What we share over the next pages is just the seed of an open archive of practical tools that can help us to make effective use of the principles of permaculture, to reflect on, propose and make small commitments, to change behaviours, and much more.

New resources will be added to our website on an ongoing basis!

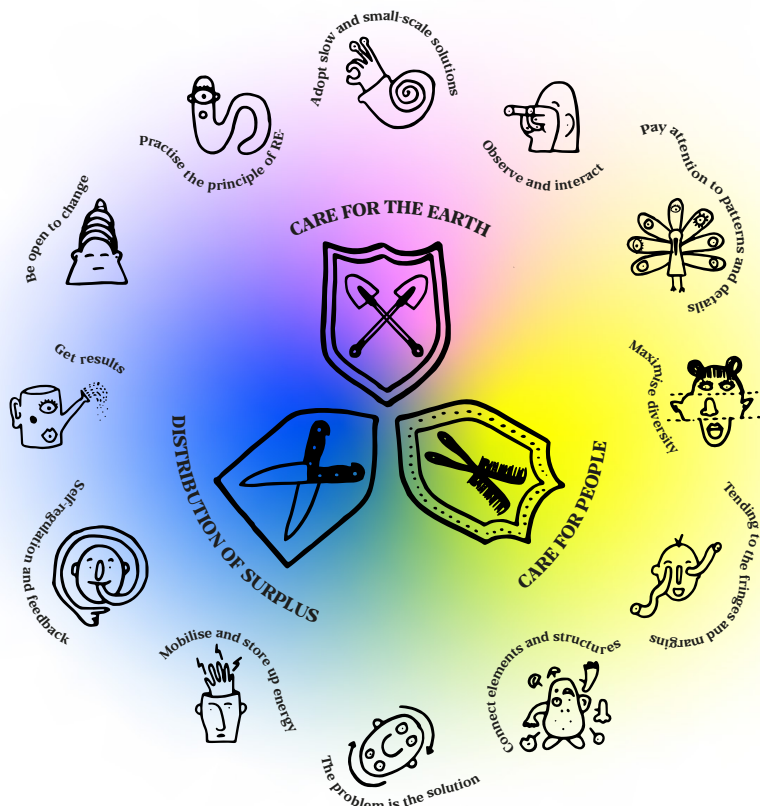
4. Resources

PERMACULTURE AT A GLANCE

A diagram that presents the three ethics and twelve principles of permaculture, focusing on interrelationships and interdependencies. In addition to this overview, we also share images and gifs on our website, corresponding to each icon.



<https://biribili.colaborabora.org/wp-content/uploads/downloads/Permaculture-diagram-12-principles+Dice.pdf>



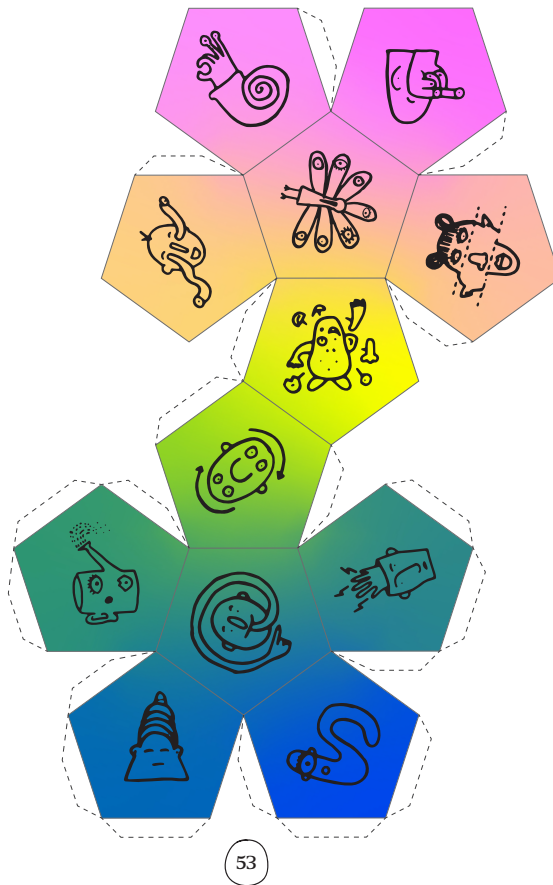
4. Resources

LET'S GOOOOO!!!

We have arranged the twelve principles in a logical, linear order, but you can also begin with whatever principle speaks to you the most. Or just pick one at random. Print, cut out and tape together your own permaculture dice!



<https://biribili.colaborabora.org/wp-content/uploads/downloads/Permaculture-diagram-12-principles+Dice.pdf>



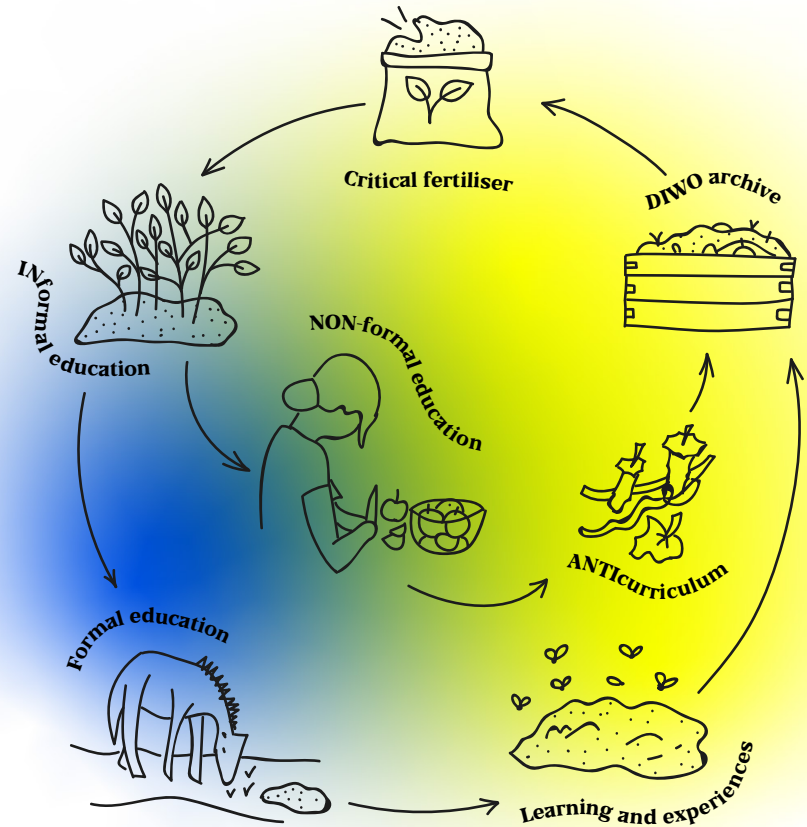
4. Resources

COMPOSTING KNOWLEDGE

An invitation and a cultural shift in behaviour, the fruit of shared cyclical processes of learning and transformation, the fermentation of a wealth of knowledge and collective intelligence.



<https://biribili.colaborabora.org/wp-content/uploads/downloads/Composting-knowledge-diagram.pdf>



5. The team



COLABORA BORA

biribili is a tool developed by ColaBoraBora, a transdisciplinary studio dedicated to designing and facilitating collaborative situations focused on people and the environments in which they live. It draws on our experience in applying permaculture to the design and development of all types of systems, services and processes revolving around strategic reflection, planning and organisation.

VIKITOKI



euskampus

Bizkaia
foru aldundia
diputación Foral

The creative process was carried out in collaboration with: designer Andrea Nieto (conceptualisation); UPV-EHU research group Inguru Psiko (behaviours); graphic designer Nerea Márquez from Ojobuey (universal vision); and Ms Barrons (digital presence).

The project was also made possible thanks to the fertile ground provided by Wikitoki and to the material support of the KSI+ programs of the Basque Government, Conexiones of KSIgune / Euskampus and Bizkaia Creativa of the Provincial Council of Bizkaia.

These principles are just a beginning.

These questions are just one stretch of the path.

**Your path,
towards circularity.**

THERE ARE MANY WAYS TO BE ECO-FRIENDLY

biribili is a commons-oriented tool, based on hacker ethics of free and open access, meaning that all of its content is available under a creative commons cc by sa licence (attribution and sharing). We encourage you to share, use and adapt it according to your own needs.



Go for a walk, take the scenic route, dig in the dirt, follow the spiral.















biribili

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