



Marguerite is professor of development-related health promotion at the Department of Health Promotion and Development, University of Bergen, Norway. She has current

research projects in Sub-Saharan Africa as well as with refugee integration in Norway. Marguerite is leader of the master's programme: Global Development Theory and Practice. Inspired by the project of one of her master's students, she has started to explore the links between permaculture and salutogenesis.

### Laura Bouwman

Laura works at the Health and Society group of Wageningen university where she applies a salutogenic approach to study and enable healthful, sustainable food practices in everyday contexts of food system actors. In interdisciplinary teams, she aims to bridge gaps between outcomes of nutrition- and technology focused research and the everyday reality of producing, selecting, cooking and sharing food. These practices are intertwined with other activities and involve other people. Hence, the practical and social organisation of eating well for human and planetary health and wellbeing is not an easy task.

### **Preparation:**

We would like to ask you to select your favorite plant and bring it to the webinar, this may be the plant itself or a (digital) picture.

To prepare for the webinar, you may take a walk in nature or explore the following resources:

- Mittelmark & Bauer (2022) Salutogenesis as a Theory, as an Orientation and as the Sense of coherence. <https://doi.org/10.1007/978-3-030-79515-3>
- [What is permaculture?](#) (2 minutes)
- [Seven ways of thinking differently](#) (6:38 minutes)
- [Climate change: Do you have eco-anxiety? | BBC Ideas](#) (4:23 minutes)