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| <p><b>WELCOME TO OUR WORKSHOP</b></p>  |  <p><b>GROW YOUR OWN PLANT</b></p> <p>Maha Sohail<br/>N-TUTORR Student Champion<br/><b>Education for Sustainability</b></p> |
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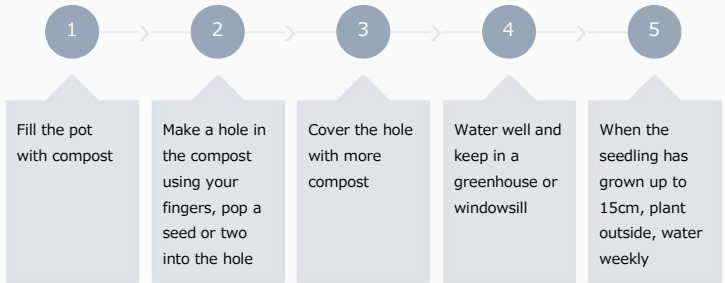
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|   | <p><b>Motivation for the Workshop</b></p>   |
| <p><b>15</b> LIFE ON LAND</p>  | <p><b>United Nations SDG 15 focuses on</b></p> <ul style="list-style-type: none"> <li>• managing forests sustainably,</li> <li>• halting and reversing land and natural habitat degradation</li> <li>• successfully combating desertification and stopping biodiversity loss</li> </ul> |
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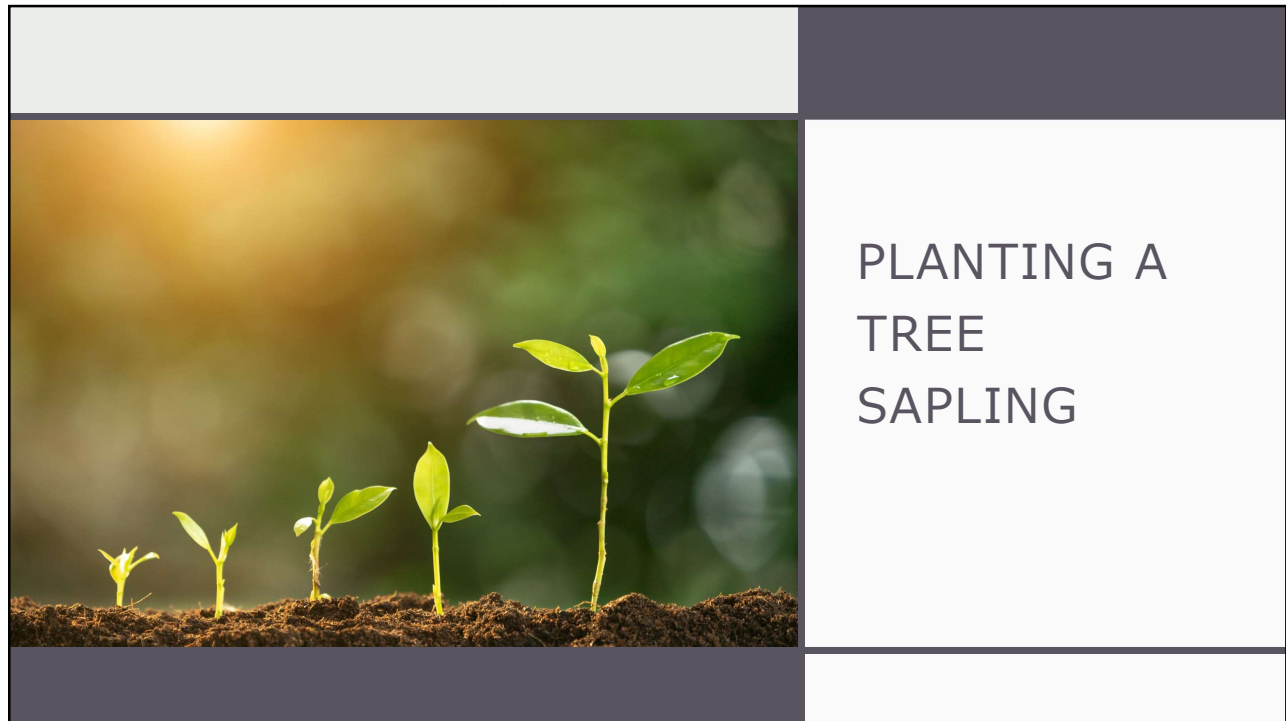
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|   | <h2>Activity time (10 minutes)</h2>      |
|  | <p>Start making your own small plant</p> |
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| <h2>Instructions to plant sunflower seed</h2> | <h3>Indoor</h3>  <ol style="list-style-type: none"> <li>1. Fill the pot with compost</li> <li>2. Make a hole in the compost using your fingers, pop a seed or two into the hole</li> <li>3. Cover the hole with more compost</li> <li>4. Water well and keep in a greenhouse or windowsill</li> <li>5. When the seedling has grown up to 15cm, plant outside, water weekly</li> </ol>                                       |
|   | <h3>Outdoor</h3> <ul style="list-style-type: none"> <li>• Make sure the soil is free from weed and grass</li> <li>• Drill 12mm holes into the soil, keep each seed 20cm apart</li> <li>• Cover the hole with soil, add organic matter on top or garden compost</li> <li>• Water well until seedlings are established</li> <li>• Thin plants to keep them 40 cm apart from each other when they grow, to prevent overcrowding</li> <li>• To protect from snails or slugs, cover with a plastic bottle</li> </ul> |

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| Oak Tree (Native Irish) Planting Instructions |  |
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|   | <ul style="list-style-type: none"> <li>• <b>Minimum space required: 3m from any other tree</b></li> <li>• <b>Soil type: sandy soil and clay, should not be wet soil</b></li> <li>• <b>Get a spade, dig at least 6-7 inches deep into soil</b></li> <li>• <b>Insert the cell in hole and cover back with soil</b></li> <li>• <b>Position of the sapling should be straight enough</b></li> <li>• <b>Water every week, protect from rabbits</b></li> </ul> |

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## REFERENCES

<https://www.unep.org/explore-topics/sustainable-development-goals/why-do-sustainable-development-goals-matter/goal-15#:~:text=Goal%2015%20focuses%20specifically%20on,desertification%20and%20stopping%20biodiversity%20loss.>

<https://treenewal.com/wp-content/uploads/2022/08/How-Much-Water-Does-an-Oak-Tree-Need-Your-Guide-to-Watering-Oak-Trees.pdf>

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<https://connectingtonature.ie/pages/how-to-sow-sunflower-seeds>

