

Interreg
North Sea Region
CATCH

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CATCH
an Interreg North Sea Region project

How to build an
Adapt my City Learning Network
Train the trainer guide

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Train the trainer guide

ABOUT CATCH

CATCH stands for '*water sensitive Cities: the Answer To CHallenges of extreme weather events*'. With CATCH partners demonstrate and accelerate the redesign of urban water management of midsize cities in the North Sea Region to become climate resilient cities that are sustainable, liveable and profitable on the long term.

Inspired by the water sensitive cities theory, the partnership will develop the Adapt My City tool and a roadmap to support midsize cities in designing long term climate adaptation strategies. CATCH demonstrates that midsize cities in cooperation with their partners can accelerate the urgent process to become climate resilient. This is proven with inspiring examples in the 7 pilot cities.

To share the Adapt my city tool and lessons learned amongst other mid-size cities in the NSR, dedicated Adapt my City learning networks are developed

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1 Adapt my City Learning networks

Introduction

This document provides a short guidance on how to develop an Adapt my City learning network.

During the Interreg NSR project CATCH the Adapt my City Tool is developed based on the needs of several mid-size cities in the North Sea Region. The tool guides mid-size cities through their challenges to accelerate the process to become climate adaptive. Cities are supported to become water sensitive cities. These are:

- Cities that-form an integral part of a river catchment
- Cities that provide ecosystem services
- Cities that comprise of water sensitive communities (awareness raising.

The Adapt my city tool is a helpful instrument. Though, practitioners benefit from additional training on the tool. And they need interaction, feedback, and inspiration for their work. An Adapt my city Learning network provides for this.

Adapt my City Learning networks

Adapt my City Learning networks are networks for training and joint learning.

In the Adapt my City learning networks, organisations:

- Learn to work with Adapt my City- tool
- Get inspired by the best practices that are gathered in during the CATCH project.

For this a whole range of training and inspiration materials are developed (see chapter 3).

But an Adapt my City network can only become truly successful when combined with the specific needs of a region or a group of practitioners

A few Adapt my City Learning networks have been set up already. Such as in Germany (by OOWV and Jade Hochschule) and in Sweden (by Värmland County Administrative Board). For more information see: <link to leaflet and link to video>

In this hands-on document you find more guidance to set up a Adapt my City learning network.

2 How to develop an Adapt my City learning network

Based on experience of the partners that have developed Adapt my City learning networks we have the following recommendations.

To start a network

- Make use of existing networks: there are a lot of networks that address climate change adaptation and/or challenges of mid-size cities. It's better to hop on these, then make a completely new network.
- Also think of digital networks, like LinkedIn or platforms on climate change adaptation.

Connect to your audience from the start

- The subject must inspire beforehand.
- Connect to the needs in the network.
- A teaser training or meeting can be very inviting
- Be clear on the geographical outreach of your network. An international network will (most of times) have English as common language. Don't surprise members with this

Make use of materials that are developed in CATCH

- Make use of the products we made in CATCH (see also chapter 3 for a list and direct links).
- Make use of practice examples: from catch of from own experience.
- When you work with the adapt my city tool, it is always interesting to tell about experiences (use cases). Otherwise, it might become a bit too theoretical.

Connect to your target groups needs and experiences

- Provide time for introduction of participants and their stories and needs. And don't be surprised that this takes more time than expected. During the CATCH project it was experienced that many participants needed to share their stories. Sometimes participants were proud, sometimes they felt alone in their struggles. Make room for this sharing of experiences and use it for the content of next sessions.
- Chose actual topics: work on relevance
- In case of theory: make the connection to the practical implementation

Mix training with time for sharing between participants

- Develop meetings with a mix of content, lectures and training and room for discussion, networking and reflection.
- Make sure all participants can learn and share. In existing networks this is already the case, many times.

Digital or physical

- Training sessions with many presentations can be done digitally. When more interaction is needed, physical meetings are recommended.

- Choose practically, traveling takes time that people do not always have. A mix of digital and physical meetings can be a solution.

Duration and timing of meetings

- Generally speaking, we recommend not to make too long meetings. Of course it always depends on the content, but normally about 2 hours is appreciated.
- Though, when people need to travel, you better make the meeting worth the travel, in content and in duration.
- Create a repetitive structure: e.g. *Green Friday*, *Climate lunch*, *The resilient start of the day*.
- Make it easy to join in, in existing time frames: so not too late when people are tired.

Preparation by participants

- It can be convenient to send preparation materials to the participants, this to create a more level playing field and be able to get to the point during the meeting
- Though, keep it doable. Preparation might create a barrier for participation. Connect it well to the goal of the network.

Facilitation

- Prepare well, and then: be flexible to change the programme if the situation asks for this!
- Think of who is best to present a course or facilitate the meeting. This doesn't always have to be the same person.
- External speakers can be interesting. CATCH partners are available to tell their stories.

Keep it going

- Have one or two persons in charge. People that can connect to the target groups, are energetic, have the support of the group.
- Search for a motivated facilitator
- Make it easy to hop on the bus again once a person has missed out sometime.
- Make it fun.

3 Resources for the 'adapt my city network'

We have a lot of material. It's good to connect to the regional circumstances, though sometimes an international story can be very welcoming, inspiring: differentiate in this.

All materials can be found in the output library of [CATCH, Interreg VB North Sea Region Programme](#)

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Vejle Kommune

Dutch Municipality Enschede
Gemeente Enschede

Dutch Municipality Zwolle
Gemeente Zwolle

Dutch Province Overijssel
Provincie Overijssel

Local Water Authority Vechtstromen (NL)
Waterschap Vechtstromen

Flanders Environment Agency
Vlaamse Milieumaatschappij

Jade University (DE)
Jade Hochschule

Norfolk County Council (UK)

Oldenburg and East Frisian Water Association (DE)
Oldenburgisch-Ostfriesische Wasserverband (OOWV)

Swedish County Administrative Board Värmland
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