



This work is licensed under
a Creative Commons Attribution-Non Commercial-
ShareAlike 4.0 International License.

UTSTAL: HEADING HEARTS AND JOINING COMMUNITIES

Fernando Rafael Calzadilla Sánchez

Eje 8, Mzn L, Lt 4, Edf C, Dpto 402, San Rafael Coacalco, Estado de México, México. UAM Azcapotzalco. frcalzadilla@gmail.com

Francisco Emanuel Pérez Mejía

ABSTRACT

Utstal is a service system within Zotut'ha, a community based on permaculture located in the town of Sotuta, located in the jungle area of the state of Yucatan, southern Mexico. It seeks to generate income and the union of communities through a service that helps people heal heart wounds created after a love break, through a series of specific activities of the place and that help generate a bond between the communities and the visitor.

Key Words: Communities, Service, Human Centered.

WHAT?

In 2017, we will carry out a service system that involves a community and a locality with the visitors in order to generate economic means that help to maintain the internal activities of the community.

WHO AND WHERE?

The town of Sotuta and the community of Zutut'ha

Sotuta: Sotuta is populated in the center of the state of Yucatan, southeast of Mexico. It has approximately 5000 inhabitants. Although most of its economy is local, some of its inhabitants are engaged in the sale of honey melipona (which is obtained from the melipona bee, the endemic species and the difference of traditional beekeeping, there are no bee farms and The properties of honey The only information that is given in the same type The help of the rapid healing of wounds and the healing of diseases of the liver and kidneys, the sale of handicrafts and agriculture, although this one is very limited to the characteristics of the area where you can have long periods of sequence. The area is recognized by visitors for its large number of cenotes and be surrounded by jungle.

Zutut-ha: It is located approximately 30 minutes from the town of Sotuta. It includes an estate of several hectares where the community coexists. Although its population is very minimal (2 to 3 people), it has a large population within social networks. His community system is based on Permaculture. (Permaculture is born from the need to create communities and self-sustainable ecosystems, which means a social, economic, political and ecological benefit of the place). learn or apply new learned methods of permaculture.

The monetary resources for the maintenance of the community are born from the voluntary contributions of the visitors and some contributions from the private sector. Although research has been sufficient to sustain the community so far, the lack of economic support has slowed the growth of long-term projects.

WHY?

Although it has the economic resources to continue with the community of Zututha, the lack of time and spaces for the realization of new activities, economic growth and self-sufficiency of this. That is why we seek a way to obtain economic income in the community without spoiling the daily work of this.

HOW?

We generate a System-Service that helps to attract people with interests in the learning of permaculture, the nature and the knowledge of the Sotuta population, generating a fraternal bond between Zututha and Sotuta in which the two parties' benefit.

VISITOR PROFILE

Tourism in Zutut'ha was invasive. That's why we looked for it not to be a tourism. We look for the profile of our end user to be special. We think of many alternatives and thanks to a series of talks and talks that reach our final user.

FINAL USER

Person older than 23 years with economic solvency. He lives and works in the city and recently he has had a loving relationship that has prevented him from carrying out a life with the tranquility with which normally. Find a place to help you heal your love break and at the same time learn from yourself to overcome it.

FINAL ANSWER

Utstal

Utstal, which in Mayan means sanitation, is the name of our system-service that consists in helping the visitor to know himself in order to achieve a sanitation faster than the rupture of a love relationship. It is a means of "spiritual retreat" in the community of Zututha and that, in collaboration with residents of Sotuta, a closed system of aid is generated and not only for a part. The system is divided into several phases where the end of this is sought, you see an improvement in the internal health of the visitor.

First step: Trip

The trip corresponds to the visitor's part, but the moment it arrives or arrives at the bus station of the city of Mérida, it is time to be sent to a representative of the community. Will use in some subsequent activities.

Welcome Kit

The kit consists of a stuffed toy made by the residents of Sotuta. The mascot of the service was created in order to generate empathy between the visitor and the place. The mascot is called MELVI and it is a Melipona bee (an

endemic bee from the stingless area, which is why it is incapable of harming anyone, hence the philosophy of the workshop, where no harm will be caused to anyone. generates honey melipona, where some of its characteristics were mentioned previously), a booklet of activities, shirt, hat, keychain and jar of honey melipona.

When all the members of the retreat get together, they proceed to the transportation to the community of Sotuta where they are received by inhabitants and they are offered typical food of the region. In the afternoon a first encounter with the community of Zutut'ha is generated and a small introduction to permaculture is given. At night the first healing activity is performed: Letter to myself. The letter consists of writing how they feel, why they are there, what they hope to heal, and why they want to heal. It is a completely personal letter and helps to contact the retreat. Afterwards, we go to the campfire where people can write everything they have not dared to say or feel on paper. At the end of the activity they commit to throwing it to a bonfire in order to get rid of that grudge forever.

Second day

With the help of members of the community, there is a morning yoga class followed by a walk through the caves of the region where you will have some time alone for internal reflection. Although all the participants will be in the same place, it is important that they look for a time alone to be able to feel themselves. After the activity in the caves we went to a moment of fun with the visit to the cenotes where you can get in free or cross practice slackline with advice from members of the community.

By belonging for a moment to the community, visitors will also be part of their own activities so they will be taken to the fields to harvest some fruits and vegetables so that, among all, the food consumed that day will be prepared. This activity will help the group's integration and to meet new people within the retreat. In the afternoon they will have free time of exploration, either alone or in a group and, at night, with the help of people attending the workshops held in the town, a sensory theater play will be presented in the darkness where the attendees will have to be focused on themselves to be able to attend to what happens outside of them.

Third day

In the morning, there will be a walk along the path that connects Zutut'ha with Sotuta to explore endemic birds. A quick bird photography course will be given and a manual of birds that can be found along the way will be delivered. Upon arrival in the town, they will be welcomed by beekeepers who will teach the process of obtaining melipona honey, its properties and its cultural importance in the region. Later they will be given an express workshop of growing vegetables in small spaces looking for what they learned to replicate in their places of origin. At the end of the workshop, you will go on a guided tour of the town counting the uses and customs, as well as the legends of the place. This will help reactivate the interest of the transmission of customs with all the inhabitants. At the end of the tour you will visit a workshop of artisans in the area and a demonstration of honey melipona collection. In the afternoon, there is a return to Zutut'ha where a handbook of follow-up of the retreat will be given where advice of what to do in case of not feeling well, who to ask for help or what to do in spare time is added. The final activity of the retreat is to write another "Letter to myself" explaining how they feel after having attended the retreat and what changed with the activities they did.

What are we looking for?

We seek to obtain monetary resources in the community of Zutut'ha without interfering with the normal activities of the community, in addition to further interweave the ties that exist between the community and the town of Sotuta, seeking the generation of joint activities that are beneficial for both parties in the same proportion, generating jobs, social cohesion and cultural transmission not only between them, but also with visitors. In addition, we seek that people with an emotional blip can overcome it in the friendliest way with the help of unique and unrepeatable activities.

BIBLIOGRAPHY

1. B.C Mollinson (2010), *Permaculture: A practical Guide for a Sustainable Life*, Island Press.
2. Sipse Noticias (Dec. 2016) *La abeja Melipona, un Tesoro de los mayas*, Recovered From de https://www.youtube.com/watch?v=Pye_vr9qA5E.
3. Abeja Melipona. (Apr. 2017) *Patronato Cultural Yucatán* (Cultur Patronato), Recovered from <https://www.youtube.com/watch?v=EkwO-c81pfl>.
4. Comunidad Zutut'ha (2018), *Comunidad*. Recovered from de <https://comunidadzututha.com/>.