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SCOTTISH NETWORK

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March 2025

ITI Scottish Network invites you to its summer workshop on

**S U S T A I N A B I L I T Y**  
**W I T H**  
**A I D A F E R R E R A G U I L A R ,**  
**M A R J O L E I N T H I C K E T T**  
**A N D L O R R A I N E I S H A K**

To be held at  
The Holiday Inn Dumfries  
The Crichton, Bankend Rd, Dumfries DG1 4UQ  
On  
Saturday, 7 June 2025



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# Sustainability

## Speakers



**Aida Ferrer (Aida the Green Interpreter)** is originally from Mallorca, but has been living in Glasgow since 2016. She offers conference interpreting and translation services to both direct clients and agencies since 2020. Her languages are Spanish, Catalan, English and German, and she specialises in a variety of fields: renewable energies, climate change, sports, and humanitarian and international development. She works with international organisations, NGOs, humanitarian agencies that operate in the field, energy companies, and organisations advocating for climate change. She is an MITI Qualified Conference Interpreter, and a member of Asetrad and BDÜ, as well as the Events Coordinator for the ITI Spanish Network. She is studying BSL (British Sign Language) and working towards an MA with a specialism in energy efficiency and climate change adaptation.



**Marjolein Thickett** is a translator and copywriter living in the Lake District. She translates from Dutch, German and Russian into English. After more than a decade in the corporate world focusing on international business and market development for sustainability in the packaging sector, Marjolein set up her own freelance translation business in 2020. She now works with a mix of direct clients and agencies and consciously chooses who to work with and which projects to accept based on her personal values. She specialises in sustainability and sports and joined the Carbon Literacy Project in 2024 as their Sports Lead. Marjolein won the Best CPD Achievement in the ITI Awards 2023 for her CPD in the field of sustainability.



### **Lorraine Ishak**

After 15 years in the NHS as an oral surgeon, Lorraine left the city to pursue a more sustainable life in rural Dumfries and Galloway. Together with her partner, they opened The Hidden Mill, a diverse 15-acre smallholding and permaculture demonstration site. They grow food, design and construct green buildings, and dabble in renewable energy and appropriate technology.

The Hidden Mill seeks to build resilience and encourage mindful, low-impact lifestyles in society by teaching young volunteers a range of skills and abilities. The local community are invited to regular workshops and educational events at the site. Their aim is to help shift culture and aid transition into a cleaner, stronger and more capable future.



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## Topics

### ***Behind Aida the Green Interpreter***

This session will introduce Aida the Green Interpreter and her work specialising in climate change adaptation, renewable energies, and sustainability. Aida will explain the importance of adopting a green mindset and how we can make a positive impact on the planet and people's lives.

Participants will then be divided into groups to discuss real-life case scenarios and share their insights with the rest of the audience. Finally, Aida will reflect on how different cultures and languages address climate issues, using British Sign Language (BSL) as an example.



### ***Sustainability is good for the planet and good for business***

Working in a sustainable manner is a social responsibility and (finally!) corporate best practice these days. Everyone has a responsibility to help tackle the climate emergency, but as freelancers, how to go about this is often unclear.

This talk will explore carbon footprints, provide a basic understanding of climate science, and look into quick wins and substantial carbon savings for those in our profession. We'll also talk about our climate shadow, sustainable business practices and what Carbon Literacy is and how it can help you and your business.



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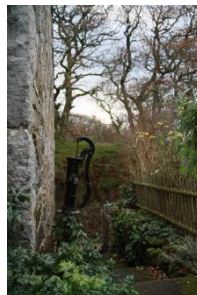
## Designing, Digging, or Dreaming?

*A Photographic Documentary on Sustainability and Downshifting*

This visual journey from *The Hidden Mill*, a permaculture smallholding in rural Dumfries and Galloway, explores the realities of sustainable living and downshifting through the lens of photography.

Through images and real-life stories, this documentary-style presentation captures the rhythms of a life shaped by the land — growing food, building with natural materials, and working in harmony with nature. It follows the experiences of volunteers who come from around the world to learn hands-on skills, exchange knowledge, and embrace a slower, more intentional way of living.

More than just a collection of photographs, this presentation invites you to reflect on what it means to design a life that balances work, creativity, and connection to the earth. Whether you're dreaming of change or already digging into a new way of living, these images and stories will offer inspiration, insight, and perhaps even a new perspective on sustainability in action.



## Programme

### Friday, 6 June

7:00 pm	Informal dinner at the Holiday Inn, Crichton Estate, Dumfries
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### Saturday, 7 June




9:30	Workshop registration (tea/coffee and biscuits provided)
10:30	Session 1 (keynote): Talk by Aida Ferrer Aguilar: Behind Aida, the Green Interpreter
11:30	Tea/coffee break
12:00	Session 2: Hands-on session with Aida Ferrer Aguilar
1:15 pm	Lunch
2:15	Session 3: Marjolein Thickett: Sustainability is good for the planet and good for business
3:30	Tea/coffee break
4:00	Session 4: Lorraine Ishak: Designing, Digging, or Dreaming?
5:00	Workshop ends
7:00	Dinner and ceilidh with the Nicky McMichan Scottish Ceilidh Band at the Easterbrook Hall, Crichton Estate, Dumfries



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## Sunday, 8 June

10.30	Assemble at the hotel for departure to start off the walk along the River Nith to the Sunken Gardens (and back to the Holiday Inn)
12.00	Arrival at The Swan – Kingholm Quay
12.30	Lunch at The Swan – Kingholm Quay (optional)

*Please note: Exact timings of sessions may be altered slightly and/or the order changed.*

## Social programme

The workshop is part of ScotNet's annual summer meeting and all attendees – plus their families and friends – are warmly invited to the social events on the Friday and Saturday evenings and on Sunday. Please fill in your choice of social activities in the registration form and pay any additional costs as detailed there.

### Friday evening

On Friday evening there will be an informal dinner at the Holiday Inn, Crichton Estate, Dumfries. This event will have a set three-course menu at £29.00 per head. Please tick the relevant box on your reply form, so that we can give the restaurant numbers.

### Saturday dinner and ceilidh

On Saturday evening at 7.00 pm, we will meet at the Easterbrook Hall with spouses, partners, families and friends to enjoy a 3-course dinner, followed by a ceilidh with the Nicky McMichan Scottish Ceilidh Band.

### Sunday local walk and lunch

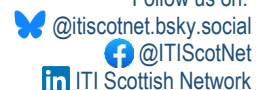
#### **Sunday morning walk along the River Nith and Castledykes Park**



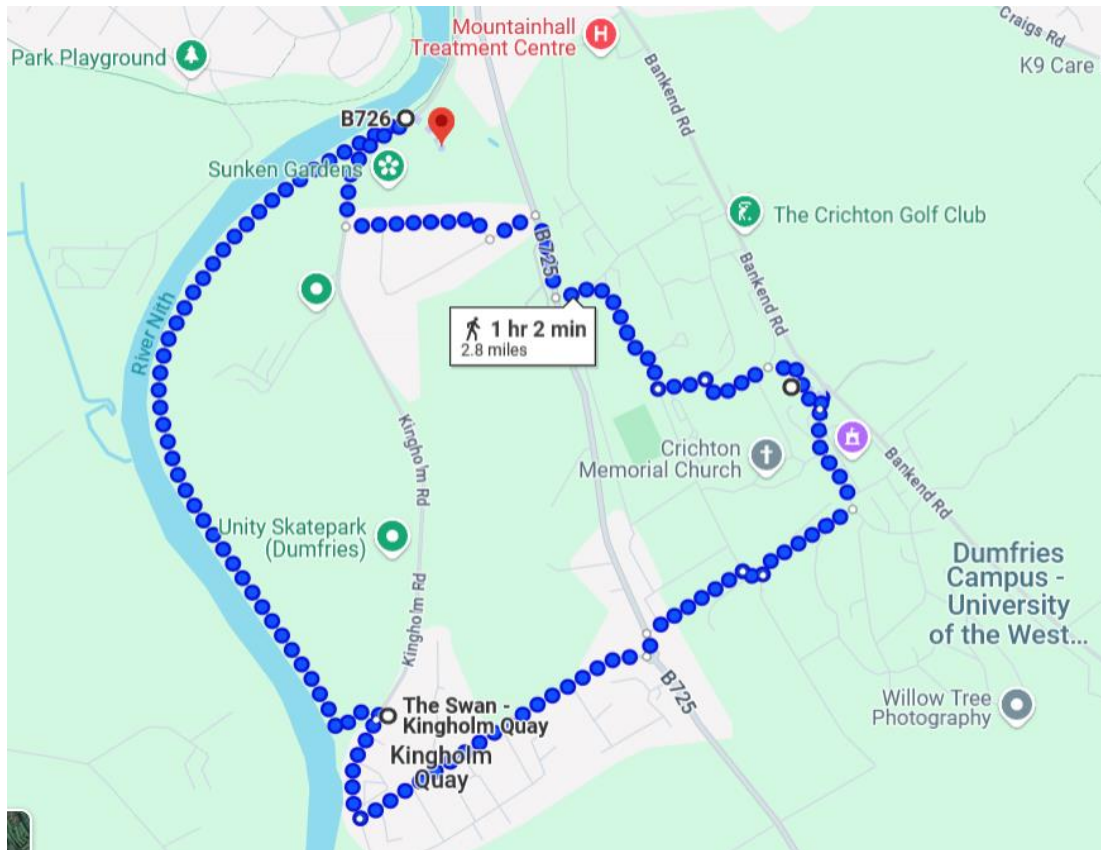
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On Sunday we will have a walk of around 3 miles/5 kilometres to Castledykes Park and the Sunken Gardens (see below). We will loop back to the Holiday Inn along the River Nith with optional lunch at The Swan in Kingholm Quay. Please indicate on your registration form if you will be joining for lunch. A menu for the Sunday lunch will be made available closer to the time for those attending.



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## Location and venue



The workshop will take place in the **Holiday Inn Dumfries**, The Crichton, Bankend Rd, Dumfries DG1 4UQ

<https://www.ihg.com/holidayinn/hotels/gb/en/dumfries/caxdm/hotel/detail>.

We have secured a 10% discount on accommodation rates at the Holiday Inn Dumfries that weekend (Friday 6 and Saturday 7 June 2025). To receive the discounted rate, bookings should be made by phone at 01387 272 410 (option 2) Mon-Fri 8.30am-6pm, quoting Ref **ITIS060625**.

Friday evening's meal will also be at the Holiday Inn, Dumfries.

Our Saturday night dinner and ceilidh will be held at the nearby Easterbrook Hall.

## Cost

Membership status	Workshop only	Workshop, dinner and ceilidh	Dinner/ceilidh only
ScotNet members:	£110	£150	£40
ITI (but not ScotNet) members:	£130	£172	£40
Non-members:	£150	£192	£40

Friday evening meal	£29.00 plus drinks
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## ***Transport and car sharing***

The venue can be reached by public transport from Dumfries train station via bus to Crichton Campus (please note that Sunday bus times may differ) or taxi (1.8 miles). We will also try to organise lifts from those travelling by car.

When you fill in the registration form, please indicate whether you can offer a lift to the venue or whether you will need a lift.



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## **Menu – Friday evening dinner**

Please use the separate registration form to pre-order from the following options:

### **Starter**

Lentil soup with crusty bread (Ve, GF, dairy free)

Duo of melon (Ve, GF, dairy free)

Chicken wings (GF, dairy free)

### **Main course**

Pork loin cider gravy, potatoes and vegetables (GF, dairy free)

Chicken fillet (GF, dairy free)

Fillet of hake (GF, dairy free)

Moving Mountain Burger (Ve)

Superfood poke bowl (Ve)

Butternut squash, spinach and chickpea curry (Ve)

### **Dessert**

Sticky toffee pudding (GF)

Jude's vegan ice cream (Ve, GF, dairy free)

Fresh fruit salad (Ve, GF, dairy free)

Cheesecake (Ve, GF)

*Ve = vegan, GF = gluten-free*



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## **Menu – Saturday evening dinner**

Please use the separate registration form to pre-order from the following options:

### **Starters**

Homemade tomato and basil soup (Ve)  
*fresh Bread (gf bread available)*

Trio of melon seasonal berries and fruit coulis (Ve/GF)

Haggis cigar clapshot

*local whisky sauce*

### **Mains**

Fillet of beef medallions (GF)

*baton fries, garlic butter and sun-dried plum tomato*

Butternut squash, spinach and vegan feta pithivier (Ve/GF)

*Chateau potato, tomato and red pepper sauce*

Wild mushroom risotto (Ve/GF)

*drizzled with truffle oil*

### **Desserts**

Homemade strawberry cheesecake

Dark chocolate tart (Ve/GF)

*chocolate sauce, fresh strawberries*

Vegan sticky toffee pudding (Ve)

*vegan vanilla ice cream*

### **Tea and Coffee**

*Vegan mints*

*Ve = vegan, GF = gluten-free*



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