




WORKSHOP MODULE No 1.

# What is Permaculture?



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# Presentation : What is Permaculture?

Method	: Facilitator presentation
Tools	: Images of Permaculture project worldwide
References	: PC Book CH 1 - Permaculture & Sustainable Community Design
Objective	: Participants gain basic understanding of Permaculture



## **Permaculture is techniques and ideas for Sustainable Community Development.**

Permaculture helps us to understand and create harmonious integration of landscapes and people in a sustainable way. It is applicable to both urban and rural contexts, and to any scale of design. It is about working with, rather than against, nature.

It is a holistic, ecological approach to designing and developing human settlements, which helps us to increase people's quality of life including:

- Food production
- Structures
- Technologies
- Energy
- Natural resources
- Landscapes
- Animal systems
- Plant systems
- Social and economic structures

## **Permaculture strategies draw upon traditional practices of earth stewardship integrated with appropriate modern technology.**

Two dedicated environmentalists, Bill Mollison and David Holmgren, coined the term 'Permaculture' in the 1970s. The term PERMACULTURE speaks of:

## **PERMA-nent agri-CULTURE being directly related to PERMA-nent CULTURE**

Today, Permaculture design and practices are being carried out in over 100 countries by many thousands of Permaculture design graduates.

# Presentation: Permaculture ethics



Method	: Facilitator presentation
Tools	: Images of Permaculture ethics in action vs. bad practices
References	: PC Book CH 1 - Permaculture & Sustainable Community Design
Objective	: Participants gain basic understanding of Permaculture

**Action and change needs to come from all levels of society – government, business, workers, farmers, communities, families, men, women and children, etc.** Our future generations depend on it.

Permaculture offers techniques and ideas that can help us move towards a healthy environment, a healthy culture and a healthy people. It is based upon a series of Ethics and Principles.

These Ethics and Principles speak of our responsibilities for own lives, our environments and the future. They help us to design a more secure future for our families, our land and our culture.

## **The ethics of Permaculture are:**

1. CARE FOR THE EARTH
2. CARE FOR THE PEOPLE
3. CARE FOR THE FUTURE

Detailed description of the Ethics of Permaculture can be referenced from the **PC Resource Book Chapter 1.**

# Creative Thinking : Local ethics that support sustainability

- Method** : Group brainstorm
- Tools** : Large paper, and / or a white/black board and markers
- References** : Images which illustrate local ethics which support sustainability
- Objective** : Participants identify, and revalue, local practices which are sustainable



**A brainstorm is facilitated where the participants identify local cultural practices and ethics that relate to sustainability.** Ask them to come up with at least three examples of local ethics that relate to the three key Permaculture Ethics.

Do a group brainstorm with the participants. On the board create a table similar to the following; but leave the answers to the questions blank so that the participants come up with their own ideas.

**The answers listed below are only supplied as ideas for the facilitator should the participants need help or prompting to develop ideas and discussions.**

Write the results of the group brainstorm on large pieces of paper if possible. The results can then be posted around the teaching space for reference as the course unfolds.

Permaculture Ethics	Local Example of the ethic in action
<b>Care for the earth</b>	Understanding natural principles and how nature works
	Using cloth shopping bags, not plastic bags
	Traditionally, farmers used to crop and return all rice stalks into the paddies to rot for 3 months, inter cropping of fruit trees
<b>Care for the people</b>	Community support to community members in need. Eg after someone dies, help building homes
	The "wooden bell" which alerts community to a problem such as fire, theft, arguments
	Communities form groups for ceremonies. At each ceremony everyone in the group contributes something small – coconuts, rice, etc
<b>Care for the future</b>	Planting teak trees for future harvest
	Start local action groups who provide education and support solutions which relate to caring for the future
	Groups who provide education for children to learn traditional dance and culture to help keep it strong

# Presentation: Permaculture design principles



<b>Method</b>	<b>: Facilitator presentation</b>
<b>Tools</b>	<b>: Images of Permaculture projects that show principles in action</b>
<b>References</b>	<b>: PC Book CH 1 - Permaculture &amp; Sustainable Community Design</b>
<b>Objective</b>	<b>: Participants gain understanding of why Permaculture uses principles</b>

**The Permaculture principles should be applied to all Sustainable Community Design projects.** They are the key guidelines for implementing Permaculture. They can help to sustainably maximize efficiency and production and improve and protect the soil, land, environment and people.

Permaculture principles encourage creativity and maximize results. Each place is different, each situation is different and each family is different. Therefore plans, techniques, plants, animals and building materials will be different each time. Even so, for every place and every project, big or small, the same principles apply.

## **The Permaculture principles are:**

- Diversity
- Edge effect
- Energy planning
- Energy cycling
- Scale
- Biological resources
- Multiple elements
- Multiple functions
- Natural succession
- Relative location
- Personal responsibility
- Cooperation not competition
- See solutions, not problems
- Observation

More detailed description of the Permaculture principles can be referenced from the **SCD Resource Book Chapter 1.**

# Creative Thinking : Permaculture Principles Brainstorm

- Method** : Group brainstorm
- Tools** : Handout – IDEP Principles fact sheet, black or white board, markers
- References** : PC Book CH 1 - Permaculture & Sustainable Community Design
- Objective** : Participants understand principles by relating them to real examples



## Part 1: Connecting principles to a detailed example


Provide the lesson handout to the participants. Talk the students through the fact sheet, taking time to answer questions and provide more detail if necessary.

## Part 2: Connecting local examples to the principles

List the Permaculture principles on a board; leave enough space to write in the participants' ideas. The participants and / or facilitator identify locally relevant examples for each of the Permaculture principles.

Do a group brainstorm with the participants. On the board create a table similar to the following; but leave the answers to the questions blank so that the participants come up with their own ideas. **The answers listed below are only supplied as ideas for the facilitator to help prompt ideas and discussions.**

Permaculture Principle	Local example of the principle
<b>Diversity</b>	Diversity and inter cropping of fruit trees
<b>Edge effect</b>	Edge of rice paddies used for beans, grasses for animal fodder and legume trees
<b>Energy planning</b>	Cow grazing land at top of rice paddy irrigation, the manure from the cows enters the water, using gravity
<b>Energy cycling</b>	Using wind and water for chimes to scare away birds during harvest time. Using the energy of ducks in the rice paddies
<b>Scale</b>	Small scale farms owned and operated locally
<b>Biological resources</b>	Rice straw for mulch, rice husk for cooking smoked duck
<b>Multiple elements</b>	Many water sources for each need
<b>Multiple functions</b>	Bamboo (furniture, housing, medicine etc), coconut (energy, food, medicine, ceremonies etc)
<b>Natural succession</b>	Corn and bean rotation – corn grows, the cobs are picked, and then the stalks are used for trellising
<b>Relative location</b>	Plant pest predator host plants near and among the crops to reduce pest problems.
<b>Personal responsibility</b>	A traditional social "norm" which is made strong through local cultures and religious beliefs
<b>Cooperation not competition</b>	Traditionally, the concept that most people have the same needs, therefore it is natural to work together to achieve them. Eg irrigation water and water use, path maintenance
<b>See solutions, not problems</b>	The way that water, a potential problem, can be controlled to provide a huge resource
<b>Observation</b>	After growing enough for the family, identifying the best plants that can be grow to sell



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