

# PERMACULTURE EDUCATION AFRICA PERMACULTURE DESIGN COURSE (PDC)

**27 April to 8 May 2009**

## Berg-en-Dal Ecovillage **Berg-en-Dal Ecovillage**

The course will be facilitated by  
**Kent Cooper, Alex Kruger and Guests**

Berg-en-Dal Ecovillage was founded in 1999. It is located in the foothills of the Swartberg Mountains outside Ladismith. The village has been designed and is under development using Permaculture principles, and provides the ideal context for a PDC as Permaculture can be seen and experienced. Participants will be living a Permaculture lifestyle for the two weeks they are at Berg-en-Dal.

### **What is Permaculture?**

Permaculture is a conscious design system bringing together concepts, ideas and components into a pattern which functions to benefit life in all its forms. It seeks to provide a sustainable and secure place for all living things on this earth. **“A design is a marriage of landscape, people and skills in the context of regional society”.** (Bill Mollison)

Permaculture systems are based on the conscious design and maintenance of agriculturally productive ecosystems, which have the diversity, stability, and the strength of natural eco-systems. It is a harmonious combination of land and people, supplying food, energy, shelter and other material and non-material needs in a sustainable way. Without sustainable resource management there is no possibility of a sustainable human culture. Sustainable human cultural and economic systems are built on this sustainable resource base which makes available renewable natural capital as the core and energy source for society.

## The Ethical Foundation of Permaculture

Permaculture is guided by **four** broad ethics, these are...

**CARE OF THE EARTH:** Look after our planet, and everything that lives on it.

**CARE OF THE PEOPLE:** Look after each other.

**SHARE OUR RESOURCES:** Use our extra resources to help others reach a sustainable lifestyle so they too may live healthy and prosperous lives.

**PROMOTE LIFE:** All forms of life have a right to exist. Our efforts as designers are directed towards enhancing and promoting life in all its wonderful and diverse forms.

### Course Outcomes

The development of integrated systems thinking and design skills that can be applied to any situation in any part of the world. Permaculture designers will have a range of principles, ethics and skills at their disposal that can be applied to the following:

- Design of urban homesteads, farms (small or large scale), community based natural resource management systems, sustainable community development programmes, village and city design (Ecovillage and Ecocity), integrated business planning and design, design of integrated and appropriate social and legal system. It is an ideal tool for regional and local planning for NGO and government workers in all fields of sustainable development.
- Development of integrated systems management and assessment tools to bring disparate and non-communicating elements of any environment together into organic processes that self replicate and evolve. Discover how to turn problems into solutions.
- Retrofit by applying Permaculture ideals and methods to existing systems. (Home, office, industry, forestry, schools, etc)
- Assess systems for sustainability.
- Develop business plans based on outputs from sustainable systems.

During the course each participant will develop a design of an area of his or her choice. This can be your home, a site at Berg-en-Dal, a community garden or village. It is up to you. This design will be a response to the circumstances of the chosen area, and manifest practical pathways for realising the potential of the design. It will take the form of maps, pictures, text and models. Materials for the design will be provided.

Upon completion of the course you will be provided with an internationally recognized Permaculture Design Certificate.

## Course Content

The course runs over 12 days with a rest day on the seventh day. The learning process is based on Permaculture principles and makes use of a wide range of group-based and creative accelerated-learning methods. Learning becomes a dynamic pleasure rather than a task. Much of the course content is hands-on and practical: we take you through the design process in the context of a drylands Permaculture environment. By the end of the course you will have developed your own design, focusing on an area of your choice. Many of the techniques and methods used in implementing Permaculture systems will be covered in some detail, but as this is a design course, the focus will be the design process.

### Themes in the course

- Ecology and Integrated Systems Thinking
- Sustainable Culture versus Consumer Culture, and the Emerging Culture of Energy Descent
- Nature of Drylands Ecologies
- What is Permaculture?
- Ethics and principles of Permaculture
- Design Process
- Ecovillage and Community Design
- Phases of Pioneering Succession
- Soil
  - Analysing and understanding soil
  - Principles of soil management
  - Conditioning practices
- Water
  - Principles of water management
  - Broadscale holistic catchment systems: infrastructure design and management
  - Domestic water management
- Plants, their uses and selection for environment
- Access design and management

- Animals in Permaculture (focus on small animal systems)
- Sector, Slope and Zone planning
- The Sustainable Home and Natural Building (Cob, Rammed Earth, Straw Bale, Adobe)
- Natural Energy Technology (Solar systems)
- Waste recycling
- Food Garden design and management
- Propagation structures and methods
- Permaculture Orchard design and management
- Staple food systems
- Cash cropping with indigenous plants and herbs
- Agroforestry
- Woodlot systems
- Corridor planting
- Wild harvesting
- Holistic Management

## Costs

Cost per person is R4500, which includes the following...

- Vegetarian lunch & teas and four evening meals
- Permaculture Course Manual and course materials
- Accommodation costs are separate

We have one entertainment evening, which will be catered for, and three design evenings which will also be catered for – these costs are now included in the course costs.

## Accommodation

Berg-en-Dal offers the accommodation options below. If they do not suit your needs, then a range of options are available in Ladismith and surrounding areas. Phone or email us and we will provide you with details.

### **Berg-en-Dal**

All accommodation is rudimentary and rustic. There is no electricity available in most of the accommodation options and all lighting is candle and lamp based. Firewood is free of charge. ***Only biodegradable cosmetic and cleaning products are allowed on the property, as all wastewater is recycled.*** If you do not have access to the above products, a range of organic detergents, hair and body products are available for purchase on the farm. Smokers will be provided with containers in which to store all their butts. Throwing cigarette butts on the ground is not tolerated at Berg-en-Dal. We would prefer if smokers smoked non-filter cigarettes or rollies while on site.

All prices quoted are per night.

**Caravan** on a neighbouring farm with a hot shower, compost toilet and cooking facilities and electricity, at R90 per night for a single person, and R120.00 per night for two – can accommodate 1 person, two good friends or a couple.

**Camping** at R45 per person includes a camp kitchen, a shower, a fire-bath and a compost toilet.

There is a **straw bale dormitory house** with cooking facilities at R75 per person. Accommodates 4. It has an outside compost toilet, an outside shower and an indoor bath, and limited solar electricity.

**A self-catering “cottage”**, with a double bed at R75 for a single person per night, or R100 for a couple. The room is attached to a kitchen/lounge with a gas stove and a fireplace. Ablutions include a gas shower, fire bath and compost toilet.

Adjacent to the cottage is a **wooden cabin** that sleeps 3 at R60 per person or R180 for the cabin. Cabin guests share kitchen and bathroom with the cottage.

**The Green House:** a small, secluded bedroom with indoor and outdoor cooking facilities, a simple shower and long drop toilet. This can sleep one at R75 per night or a couple at R100.

**Ladismith** is a 15km drive (about 15min) from Berg-en-Dal and has everything you will need from supermarkets, bottle stores, and mechanics to Internet café.

## What to bring?

- Good walking shoes
- Hat
- Clothes for cold and heat (the Ladismith area can experience temperatures ranging from 0 to 35 degrees C in May, although the weather is normally very pleasant at this time of year)
- Rain gear and gumboots
- A to-scale map of your home or project area that you want to design, with North indicated, climate records for your area, prevailing wind directions over the year, soil types, water sources, vegetation type and cover, etc.
- Cadastral maps and contour maps would also be helpful
- Pens, pencils, coloured pens and a ruler
- Swimming gear
- Water bottles and containers
- Participants staying on the farm will need the following...
  - Bedding (mattresses provided in the cottages)
  - Cooler box (ice can be purchased in town)
  - Torch
  - Mosquito repellent or nets (not a serious problem)

PEA is a Section 21 Company focusing on Permaculture training and networking. We aim to share Permaculture with as broad a range of people as possible, in as many contexts as possible. We are a group who has been involved in sustainable development for about 15 years, with skills ranging across earth building, land-use, appropriate technology, organic agriculture and other applications.

## **HOW TO BOOK:**

Find attached to this email an Excel document with which you can do your booking as well as calculate the costs of the course.

Please note that you will need to arrive on the 26th of April as the course starts ON the 27<sup>th</sup>. Departure date is the 9<sup>th</sup> of May.

Email this Excel form back to us, but PLEASE save it with your name as the document name so that we can file each one individually.

As we have had many enquiries, we will be able to deal with applications on a first come first served basis. Your place is confirmed on receipt of your deposit.

**Confirm your place on the course** by 30 March 2009 latest with a deposit of R1200.00. If you cancel after this date, deposits will not be refunded. Should the course be cancelled by PEA, we will refund you in full.

Bring the balance of your bill with you to the course, or make an electronic deposit, and bring the proof with you.

Also please put your initials and surname in the recipient reference box, in both instances of payment, so that we know who you are! Email us a proof of payment too. You can also fax us proof of payment on 086 540 8997.

### **Our banking details:**

Permaculture Education Africa  
First National Bank  
Ladismith  
Branch code: 200213  
Cheque account: 62141584187 (non-profit)

Contact: Alex or Kent at (028) 55 11 678  
Fax: 086 540 8997

Alex 0722411514  
Kent 0844213848  
(Although we don't have signal on the farm)

Email: [permaculture.education.africa@gmail.com](mailto:permaculture.education.africa@gmail.com)