Ecoherencia S. Coop. And.
Sembrando resiliencia

Ecoherencia Course Content

Introduction to Permaculture
8 hours

Contents:

- Introduction to permaculture, transition and resilience
- Permaculture principles
- Zones
- Sectors
- Introduction to permaculture design

Introduction to Urban Permaculture:
4 Sessions, 3 hours each

Contents:

- Introduction to Permaculture, and ethical principles, permaculture flower, zones and sectors.
- Design I: permaculture design of gardens, balconies and terraces.
- Design II: the house and its interactions.
- Permaculture in the city.

You can see a beautiful mindmap of the contents at:
http://ecoherencia.blogspot.com.es/2013/01/sesiones-de-permacultura-urbana.html

Interpretation and soil improvement
7 hours workshop

Contents:

Soil: definition, types, formation and processes
Bioindicators
Soil improvement (green manure, mulch, biofertilizers…)

Participatory methodologies for implementing permaculture and agroecology projects
Two weeks, 60 hours

Contents:

The structure of this course is based on Action Learning process:

Introduction:

- Participatory methodologies
- Participatory Action Research (IAP)
- Systems thinking
- Facilitation and group processes
- Action learning

Observe:

- Vision
- Dreams workshop
- case study: Transition Towns, Deep Ecology

Reflect:

- Mind maps
- Open Space
- World cafe

Plan:

- Group synergies
- Group conflict resolution

Act:

- Participates in creative action
- Projects of IAP

Observe:

- The Fishbowl
- Meetings evaluations

You can check an example of the timetable at:
http://ecoherencia.blogspot.com.es/2012/08/curso-de-metodologias-participativas.html

Permaculture Design Course
8 weekends/modules, 116 hours

Module I: Introduction to Permaculture
- Introduction to Permaculture
- Ethical principles and design
- Watching and reading the landscape
- Areas of Permaculture

Module II: Environmental factors
- Water and Landscape
- Geology and soils
- Climate and microclimate
- Ecosystem services: eco-dependence

Module III: Land Management
- Soil and fertility
- Biological pest control
- Companion plants
- Garden calendar
- Seed selection and local varieties
- Hedges and windbreaks

Module IV: Land Management II, built environment
- Food forests and agroforestry
- Ecological restoration Mediterranean
- Green Building with canes

Module V: Appropriate technologies
- Energy utilization
- Water treatment
- Recycling, composting and waste management

Module VI: Economy and governance systems
- Community Design
- Local currencies, time banks
- Ecovillages
- Transition Towns

Module VII: Education and health
- Daily use of our energy, food, health and emotions
- Deep ecology
- Action learning, alternative education,learning communities

Module VIII: Permaculture Design
- Design of sustainable human ecosystems
- Basis for the development of a Holistic Permaculture design/project