

A vibrant, hand-drawn illustration of a rural landscape. In the foreground, there's a lush garden with various plants and a small tree. A wooden fence runs across the middle ground, enclosing a field where several cows and a dog are grazing. A person is visible near the fence. To the right, a blue river flows through the scene, with a small boat and a horse near the bank. The background is filled with diverse trees and a thatched-roof hut. The overall style is artistic and detailed, with a focus on natural elements and rural life.

Course Information

# Permaculture Design Course

Melbourne to Timor Leste

## **Background to CERES**

CERES Community Environment Park is located on 4.5 hectares of land on the banks of the Merri Creek in Brunswick East, Melbourne.

CERES is a place where people come together to share ideas about living well together, and directly participate in meeting their social and material needs in a sustainable way. Through social enterprises, education and training, employment and community engagement, CERES provides the means by which people can build awareness of current local and global issues, and join in the movement for economic, social and environmental sustainability.

Since CERES was established in 1982, the efforts of our community have transformed the site. Once a desolate wasteland, today CERES is a place of nature and beauty, inhabited by a vibrant and diverse community. We attract around 400,000 visits each year through our on-site education and training programs, our retail plant Nursery, the Organic Market & Grocery and our cafe. CERES continues to provide opportunities for the community to come together in site groups or as volunteers, through community programs and events.

We reach out to over 200,000 people through our work in schools across metropolitan Melbourne, and regional and rural Victoria. CERES Fair Food delivers organic food and the sustainable food message across metropolitan Melbourne. CERES also partners with a wide variety of organisations to bring about mutually beneficial outcomes, and reaches across the planet with CERES Global.

## **CERES Global**

CERES Global has been organising trips to India since 2005, Mapuru since 2010 and Indonesia since 2009. More recently there have been trips to East Timor, Cuba, and Samoa.

CERES Global is a project within CERES aiming to engage with the issue of global inequities and the well-being of all people on the planet and the environments in which they live. It has a special focus on working with communities to find solutions to environmental and climate change challenges. It also works to improve economic and social sustainability within these communities.

CERES Global return annually to each of the communities we visit, building rapport and friendship in order that we might work together in the future to overcome environmental and social challenges.

For more information visit [www.ceres.org.au/global](http://www.ceres.org.au/global)

### **CERES Global In Timor**

CERES Global has been visiting Timor since 2013 building relationships and working in partnerships with key local sustainability organisations. On one of our recent visits, we were asked by the local community in the village of Aileu to help in designing a permaculture garden. From here we decided, why not use the CERES Global principle of two way education and sharing by getting you, the course participants, to travel to Timor as part of a permaculture design course, learn from the rich environmental and cultural diversity of Timor at the same time as undertaking a permaculture course with a focus on Asia and tropical environments. We will then get you, the course participants to design the garden in your final project with the assistance of permaculture teachers.

## Permaculture in Timor Leste

Over the past 15 years Permaculture has taken root in Timor Leste, naturally blending with Timorese culture and the movement towards sustainable food productions and development. As a result Timor, provides an important insight into how to integrate permaculture techniques in developing countries.

“We go back to the year 2000, one year after Timor Leste’s incredible and tragically brutal passage to gain independence from Indonesia. The Timorese population had finally achieved what they craved and fought for over many long years, but it came at an awful cost, not just to the people but with buildings, crops, trees and animals also being destroyed.

In that year permaculture was introduced to Timor Leste by some dedicated Australians hoping to help rebuild and renew the country in a sustainable, culturally appropriate way. Fortuitously, or perhaps fatefully, they teamed up with some of Timor Leste’s student activists from the occupation, led by Eugenio “Ego” Lemos, who had already started an organic farming movement pro-independence.

Permaculture grew and slowly spread through trainings and demonstration sites and it was already clear that permaculture went hand in hand with community based development work and could help guide growth, livelihood and agriculture development. It was also clear that permaculture was eagerly accepted by Timorese people, not just because of the techniques, design ideas and common sense approach, but because the focus on community and fair share resonated strongly with Timorese culture and identity.”

Excerpt taken from <http://permacultureprinciples.com/post/permaculture-in-timor/>

## CERES Timor Permaculture Design Course

*Permaculture is a philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labour; and of looking at plants and animals in all their functions, rather than treating any area as a single product system.* Bill Mollison

### Melbourne

2017 Dates	Topic	Location	Tutor
<b>Weekend 1</b>			
<b>Saturday 6<sup>th</sup> May</b> 9am – 5:30pm	Introduction, History of Permaculture. Permaculture Ethics and Principles	To be confirmed	To be confirmed
<b>Sunday 7<sup>th</sup> May</b> 9am – 5:30pm	Energy transactions, Foodwebs, Matter (nutrient cycles) and Systems thinking	To be confirmed	To be confirmed
<b>Weekend 2</b>			
<b>Saturday 13<sup>th</sup> May</b> 9am – 5:30pm	Patterns and Landscape Reading, Climate, Climate Implications for Design, Design Process, Goal Setting and Client Consultation	To be confirmed	To be confirmed
<b>Sunday 14<sup>th</sup> May</b> 9am – 5:30pm	Base Mapping, Site Analysis and Assessment, Design Tools, Zones and Sectors, Slope and Contours	To be confirmed	To be confirmed

### What to bring

A note pad/book and pen. Comfortable warm/cool clothing suitable for outdoor site visits (don’t forget a raincoat, hat sunscreen and sturdy footwear for the second weekend when we will be spending time outside)

**Meal and break times:** There will be a meal break for each session and short tea breaks. Students are asked to self-cater in Melbourne.

**Bad weather:** The site visits will take place regardless of the weather conditions.

Handouts

Design Process

Tropical Permaculture Design and Timor food systems questions Readings on social permaculture and working in developing countries

**Timor**

2017 Dates	Topic and Activity	Location	Tutor
Day 1 24 May	Travel to Aileu; Community site visits and orientation; Intro to tropical Climate Design and Timor Food Systems	Dili - Aileu	Brendan, Ego
Day 2 25 May	Aileu; Food gardening and Farming with Annuals; Afternoon Site Assessment	Aileu	Brendan, Gigi
Day 3 26 May	Aileu; Community consultation and Client Brief; Water harvesting & Waste-water for the Tropics	Aileu	Brendan, Gigi
Day 4 27 May	Site visit Dili, Baucau; Soils, Nutrient cycling and Composting for the Tropics	Dili to Baucau	Brendan, Fernando
Day 5 28 May	Baucau back to Dili for Permatil workshop; Trees and Perennial Growing Systems; Seeds and Propagation	Baucau to Dili	Brendan, Fernando
Day 6 29 May	Free Morning; Aquaculture site visit in Dili; Return to Aileu; Design for Disaster Preparedness	Dili to Aileu	Brendan, Edo
Day 7 30 May	Design Workshop; Animals, Aquaculture, Aquaponics	Aileu	Brendan, Django
Day 9 31 May	Designs Workshop; Buildings & Structures for the Tropics; Alternative Economies & Social Systems	Aileu	Brendan
Day 10 1 June	Final Design Workshop; Presentations in Aileu	Aileu	Brendan
Day 11 2 June	Travel back to Melbourne		

What to Bring

Student Kit- language books and dictionary (source from Katrina Langford), map of Timor, compass, tape measures, field note book and pencils rulers

Brendon to take- (ph test kit), compass, coloured markers, butchers paper, bunyip level materials (pipe, cable ties)

**Meal and break times:** There will be a meal breaks and short tea breaks throughout the day. CERES Global covers meals whilst in country in Timor.

## **What to expect**

The course is constructed around a thorough Permaculture Design process with a curriculum tailored for Tropical Environments. This course will address the key themes of Permaculture Design that will be further informed by a responsive approach to learning in Timor through the eyes and experiences of our hosts and guest presenters.

During the Melbourne based sessions the course is more theoretical than practical and includes a mix of classroom presentations, workshops, design exercises, practical exercises and walks around the CERES site.

In Timor, the course is more practical, involving site visits, site assessments and permaculture design.

The course explores the creation of productive and sustainable ways of living by integrating ecology, organic gardening, architecture, land use, and social and economic systems.

**Attendance:** Participants are required to complete the whole course in order to gain a PDC and qualify as a permaculturist.

**Outcomes:** The course will teach you fundamental life changing skills to consciously listen and learn from the patterns and relationships in nature, grow food and fibre, harness energy and explore new ways of organising yourself and people.

Participants who complete the full course will receive a Permaculture Design Course Certificate. All PDC graduates become members of the worldwide Permaculture practitioners' network and earn the right to practise as a professional permaculturist. This is not a formal qualification so much as a peer to peer review and recognition system. PDC holders may be able to claim RPL some credits towards Certificates III and IV in Accredited Permaculture Training.

## **Cancellation policy**

- If CERES cancels the course you will be entitled to a 100% refund. Minimum course numbers apply.
- If you decide to withdraw more than **3 months prior to the course date** you will receive a full refund of your \$300 deposit.
- If you decide to withdraw **less than 3 months prior to the course date** CERES will retain your deposit.
- If you decide to withdraw **less than 1 month prior to the course date** CERES may retain 100% of the full course fee

### **For more information contact Sophie or Ben**

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**Recommended reading:**

There are no pre-requisites for the course but some prior reading is highly recommended.

Recommended reading list - all books available at CERES nursery at 10% discount to enrolled PDC students:

**Recommended (But optional) introductory reading prior to the PDC:**

- Timor Permaculture Guide Book (available online at [http://withoneplanet.org.au/downloads/pdfs/Permaculture\\_Guidebook\\_English.pdf](http://withoneplanet.org.au/downloads/pdfs/Permaculture_Guidebook_English.pdf)) Can print at office works if you would like a hard copy.
- Essence of Permaculture – David Holmgren (provided by us on the first day of the course)
- Tropical Food Gardens - Leone Norrington

**Other permaculture related texts:**

- Introduction to Permaculture - Bill Mollison
- Earth Users Guide to Permaculture - Rosemary Morrow
- Permaculture Design: A step by step guide - Aranya
- Forest Garden Design 1 & 2: Dave Jacke & Eric Toensmeier
- Practical Permaculture - Jessi Bloom & Dave Bohnlein
- Permaculture: A Designer's Manual - Bill Mollison
- Permaculture: Principles and Pathways Beyond Sustainability - David Holmgren
- Permaculture One - Bill Mollison and David Holmgren
- Permaculture Two - Bill Mollison
- Earth Users Guide to Permaculture - Rosemary Morrow
- Basics of Permaculture Design - Ross Mars
- Getting started in permaculture - Ross and Jenny Mars
- The permaculture home garden - Linda Woodrow
- Smart Permaculture Design - Jenny Allen
- Gaia's garden: A Guide to Home-Scale Permaculture. 2nd Ed - Toby Hemenway
- City Permaculture: Sustainable living in small spaces. Vol. 1 - Earth Garden Publication

**Inspirational or related reading:**

(Also available at CERES nursery at 10% off for PDC students)

- The humanure handbook: A guide to composting human manure. Joseph Jenkins
- The compost book - David and Yvonne Taylor
- Edible Weeds and Garden Plants of Melbourne - Doris Pozzi
- Fabulous Food from Every Small Garden. CSIRO - Mary Horsfall
- The transition handbook. Aust and Nz edition - Rob Hopkins
- The Earth Gardener's companion - Jackie French
- Easy aquaponics: Backyard fish and food - Earth Garden Books
- Gardening Down Under: A guide to healthier soils and plants - Graeme Handreck
- The Earth Garden Water Book - Earth Garden Publication
- Botany for gardeners - Brian Capon

**Further reading:**

(Not currently available at the nursery but books we would like to stock in future or that our PDC tutors recommend as further reading)

- Rainwater harvesting for drylands vol. 1 and 2 Brad Lancaster
- Mycelium running - How Mushrooms can help save the world - Paul Stamets
- Liquid Gold - The lore and logic of using urine to grow plants - Carol Steinfeld
- Farmers of Forty Centuries - FH King
- A Sand County Almanac - Aldo Leopald
- Confessions of a Beach Comber - EJ Banfield
- Pasture Doctor - Jo Millar
- Permaculture Plants - Jeff Nugent
- Create an Oasis with Greywater - Art Ludwig
- The Use of Trees and Shrubs in the Dry Country of Australia - Norman, Hall Chippendale.
- The Complete Australian Bushfire Book - Joan Webster
- Small Earth Dams - Katie Nelson
- Windbreaks - Steve Burke
- Forest Trees of Australia - Hall, Johnston, Chippendale.
- Weeds and what they Tell - Ehrenfried E Pfeiffer
- The New Complete book of Self sufficiency - John Seymour
- Energy From Nature - Peter Pedals
- Herbal Handbook for Farm and Stable - Juliette de Bairacli Levy