

Skills and Tools for Sustainability

29th July – 27th August 2010

Description of Workshops

To build sustainability as individuals and within our communities, we need to develop strategies for food self-reliance. Steps towards achieving this can begin at home, within our neighborhoods, extending into our regions, utilizing existing networks and developing new ones.

This series of workshops will focus on leading ideas and methods that address our local food security needs. We will introduce these ideas and methods in a practical and experiential way so as to develop key skills that help move us towards greater self-reliance and community sustainability.

Workshop 1: Global Solutions to Local Food Insecurity

When: 27th - 30th July, starts Wednesday evening 6pm to Friday afternoon
Cost: R1, 850 - includes tuition, resources and all meals, not accommodation.
Who: This workshop is aimed at the, corporate social investment professionals, development practitioner and anyone who wishes to gain a deeper understanding of how to develop sustainable food solutions.

Understand the vulnerability of our global food system. Learn about successful models of localised food production and food security in other parts of the world. Learn about successful land management methods, organisational structures, social systems and economic models. Up skill in participatory approaches to empower local food production at different levels e.g. zoning cities for optimum food production, small farmer co-operative marketing, hands-on skills transfer, and web-based food networks, replenishing 'wild harvest' areas, regional seasonal calendars connecting food production and cultural activities.

Workshop 2: Growing Healthy Food for Children in Schools

When: 2nd - 3rd August, Monday 9am to Tuesday afternoon
Cost: R1, 850 - includes tuition, resources and all meals, not accommodation.
Who: This workshop is aimed at the development practitioner who is involved in school nutrition programmes, environmental education practitioners involved in school gardens, corporate social investment professionals who focus on schools and anyone who wishes to gain a deeper understanding of how to develop sustainable food solutions in a school environment.

This workshop takes a serious look at sustainable food systems for schools, including how school management bodies can address food security concerns. It encompasses practical methods used by S.E.E.D. (School Environmental Education & Development), a national programme that Robina pioneered in the Cape Flats (see <http://www.seed.org.za>) as well as permaculture design approaches that work within Australia and New Zealand national curriculum frameworks. Participatory tools for engaging the whole school community (teachers, children, parents, governing bodies) will be taught and practiced.

Workshop 3: Teaching Communities how to Grow Healthy Food Easily

- When:** 5th - 6th August, Thursday 9am to Friday afternoon
- Cost:** R1, 850 - includes tuition, resources and all meals, not accommodation.
- Who:** This workshop is for facilitators/educators/designers, or people wanting to develop teaching skills, who already have some familiarity with gardening and/or permaculture design.

Participants will learn how to facilitate local individuals and families to design their own properties for optimum nutritional food production, whilst building strong neighbourhoods and communities. Skills and techniques learned will include experiential methods and action learning processes to share concepts and develop practical outcomes.

NB. People who attend this workshop will gain valuable experience in attending Workshop 4, where they will have the opportunity to assist in teaching the workshop to participants.

Workshop 4: 'Small Space - Big Harvest', Practical Skills for Growing Organic Food at Home

- When:** 6th - 8th August, Friday evening 6pm to Sunday afternoon.
- Cost:** R1, 850 - includes tuition, resources and all meals, not accommodation.
- Who:** This workshop is for people with urban/suburban-size properties who want to grow an abundance of healthy food in a beautiful and nature-rich environment.

Participants will learn to use permaculture and organic gardening principles to design an integrated productive environment, focusing on garden bed design, soil fertility, crop rotation, plant guilds, pest and disease prevention, seed saving, water and irrigation systems, home scale orchards and small animal systems.

Workshop 5: Small-scale Commercial Organic Farming

- When:** 10th - 12th August, Tuesday 9am to Thursday afternoon
Cost: R2, 550 - includes tuition, resources and all meals, not accommodation.
Who: This workshop is aimed at emerging and established farmers as well as people who are interested in strengthening local food networks.

Participants will learn about successful, sustainable small-scale organic farming methods, taking into consideration leading production models, including rural-urban linking. This workshop also considers the economics, marketing, and distribution of organic produce. It includes an excursion to a successful organic local initiative. Participants will explore methods to strengthen local food networks. A food security plan for the greater Rustenburg area will be explored, including how to establish an organic farmers market.

Attendance at the first workshop: 'Global Solutions to Local Food Insecurity' (27 – 30 July) will provide a valuable foundation for the specific material covered in this workshop.

While Workshop 5 is designed to take place over three days for most value for participants, it will be possible for people to attend individual days based on their individual interests as described below.

Tuesday 10th August: For **emerging farmers** (or those considering farming) who want to learn how to get started, using sustainable practices, to have the best opportunities for commercial success (regardless if they have access to land to farm at this stage). Cost for this day is R850.

Wednesday 11th August: For **established farmers** (including larger scale) who are interested in changing from conventional into organic systems, including further diversifying their range of products – and reaping premium financial return! Cost for this day is R850.

Thursday 12th August: For **everyone** who is interested in strengthening local food networks, especially strategies for stable local distribution of produce. Cost for this day is R850.

Workshop 6: Designing for Sustainable Communities

- When:** 20th - 22nd August, Friday evening 6pm to Sunday afternoon
Cost: R1, 850 - includes tuition, resources and all meals, not accommodation.
Who: People who are interested in: sustainable communities, eco-villages and ready for a lifestyle change; forming shared-land rural communities, land reform initiatives and designing a new or existing settlement;

leading their neighbourhood, township or informal settlement into a strong and vibrant community.

Living in closer communities is becoming the choice of many in an effort to create opportunities for economic viability as well as living in harmony with others in nature. Learning to share land and live collectively are viable options for a future where, peak oil, climate change, poverty, inequality and economic downturn play out. Intentional community has an important role in offering solutions for sustainable livelihoods and social change. This experiential and participatory workshop explores the relationship between community members, their land and their vision.

This workshop will be co-facilitated by Paul Cohen, founder of the Tlholego Village. Paul will introduce an integral approach to the design of sustainable communities. This will include the psychological, behavioural, cultural, and ecological and systems perspectives that he has experienced through the development process at Tlholego.

Workshop 7: Dynamic Facilitation

When: 23rd - 27th August, Monday 9am to Friday afternoon
Cost: R4, 250 - includes tuition, resources and all meals, not accommodation.
Who: Sustainability educators and practitioners, permaculture designers and facilitators, environmental educators, community development workers in any field, urban and rural planners who want to facilitate powerful community processes.

This workshop is aimed at facilitators who want to be inspired to become more effective and confident in their fields of training. Participants will engage in processes that create affinity, group commitment and social cohesion, as well as learning skills to be change leaders in a learning environment.

In this intensive workshop, learn how to facilitate in depth. Multi-tiered learning modalities will be used to build and sustain motivation and help achieve swift delivery outcomes.

Participants will learn how to create 'on the spot' techniques for group discovery and empowerment in challenging situations, discover their own unique PRA (participatory rural/rapid appraisal) methods to meet specific needs, and make up their own 'interactive teaching toolkits' to take away.

Participants of this workshop will be receiving a complementary copy of 'Grounding Vision, Empowering Culture', Robina's manual of participatory tools for social change facilitators.

Contact Information:

For bookings contact Stephne Fain on 072-118 7357 or stephne-fain@iafrica.com
For workshop enquiries contact Sue Spies on 082-663 6692 or spies.susie@gmail.com

Scholarships:

A limited number of scholarships are available for certain workshops. Please submit applications to Sue Spies.

Accommodation options:

Tlholego Village

- Shared accommodation at R120 per person per night.
- Camping sites at R60 per person per night.

Alternative accommodation

For those interested please contact the following venues:

Akwaaba Lodge

1 km from Tlholego on R52
R590, per room (double)
R490, per room (single)
Lesego/Linda: 014-592 5321
info@akwaabalodge.co.za

Biekie Berg

6kms from Tlholego, corner N4 and R52
R456, per room (double)
R280, per room (single)
Esme: 076-413 8008
bookings@biekieberg.co.za

Thanking you for your interest!

Tlholego Events Team