Two-Day Intro to Permaculture Outline

Day One
8:30am-10:00am
Introductions and logistics/schedule
I. Sustainability (15 minutes)
   A. Sustainability is…(activity w/group discussion)
II. Hungry Season Factors
III. Current situation in Malawi
   A. Cycle of Dependency (25 min)
      a. historical perspective
      b. current food/nutrition insecurity situation
   B. Cycle of Better Living (25 min)
      a. solutions for breaking cycle of dependency
      b. tapping into Malawi’s potential
   C. Current Meal Vs. Better Meal (25 minutes)
      a. nutritional differences
      b. six food groups vs. three

10:00am-10:30am Natural Tea Break
10:30am-Noon
I. Importance of using local resources (25 minutes)
   A. tie-in to sustainability exercise
   B. low-to-no input
   C. adaptability, resistance, food/nutrition security, and yields
II. Barriers to use of local resources (25 minutes)
   A. Stigma on local foods
   B. Loss of indigenous knowledge
   C. Mixed messages from leaders, NGOs, donors, etc.
      a. maize aid vs. food aid
      b. subsidies and starter packs
      c. hybrids and GMOs
III. Local Food Display (40 minutes)
   A. Local food resources
   B. Six food groups
   C. Income generating ideas
   D. Preservation/Storage
   E. Seed Collection

12:00-1:30pm Lunch
1:30pm-3:00pm
I. Introduction to Permaculture (30 min)
   A. What is it?
   B. Where did it come from?
   C. How can it help Malawi?
II. Nature cycle (30 min)
   A. What comprises the nature cycle?
   B. What’s happening here?
III. Nature Cycle Activities (30 min)
   A. Cycles of nature activity sheet
B. Circle of Life activity

3:00pm-3:30pm Natural Tea Break
3:30-4:30 Nature walk (one hour)

Day Two

8:30am-10:00am

I. Introduction to nutrition (30 min)
   A. Why we eat the way we do
      a. knowledge of healthy eating
      b. nutrition myths – double bananas, lemons dry blood, sobo builds blood, etc
      c. agriculture / environment
      d. culture – father first & best, children last & worst
      e. diseases – cycle of malnutrition, especially with HIV

B. Nutrient Village
C. Protecting & improving nutrient value

II. Planning Ahead (30 min)
   A. Year-round availability activity

10:00am-10:30am Natural Tea Break

10:30am-Noon

I. Introduction to Guilds (45 min)
   a. What are they? (food, groundcover, nitrogen fixers, climbers/supporters, protectors, diggers/miners)
   b. What are their benefits?
   c. How are they implemented?
   d. Guild activity

II. Guild Activity (45 min)

12:00-1:30pm Lunch

1:30pm-3:00pm

I. Soil (45 min)
   A. What is it?
   B. How can we protect and care for it?
   C. Composting and mulching

II. Water (45 min)
   A. The four “S”s
   B. Harvesting and managing

III. Guild Observations and Discussion

3:00pm-3:30pm Natural Tea Break

3:30pm-4:30pm

I. Communication Activity

II. Taking it Home
   A. Learning local resources
   B. Be a role model
   C. Be willing to teach
   D. Cross-sector collaboration
   E. Creative cooking demonstrations
   F. Teaching techniques
   G. Other