

Permaculture Design Course (PDC 72 hours) on AUTarcaMatricultura - Autonomous Academy Tinizará, La Palma, Canary Islands, Spain

Date: 3th of March – 15th of March 2022

Permaculture is the intelligent way of life, work, research and economy that makes you independent, creates a highly bio-diverse and healthy world for all living beings and rebuilds a local resilient economy. Permaculture is the anticipated change - lived concretely, every day!

This course enables you to start immediately with your own project. You will learn to find your vision, to strengthen your responsibility towards future generations and your own power.

During this course you will design your individual permaculture project, get all the basic arguments and practical applications so that you can actually build it successfully step by step. The project should have convincing charisma and vitality.

We only work with small groups (max. 8 persons) in order to competently accompany each participating person in the development of each individual project. *Each student should therefore bring plans, photos, descriptions, sketches etc. of their own project and of their current living and working situation.*

At AUTarcaMatricultura we create, all together, a mood of realistic optimism. We work as permaculturists, **always solution-oriented, constructive and creative for the living beings.** We achieve this goal by concentrating on our life-enhancing qualities, promoting the positive and meeting each other with good humor and genuine tolerance.

This course opens the way for you to strive for the Permaculture Diploma. You will learn to analyze with increasing confidence, to find adequate solutions, to create cycles and to link them together in a life-enhancing way. By regularly presenting your own progress of the project, you learn to collect your thoughts and present them convincingly. You learn to pass on your insights and knowledge in an understandable way and to question them in a constructive way.

The AUTarcaMatricultura Permaculture Design Course (PDC 72 hours) corresponds to the international standard with the learning contents and the duration of at least 72 hours. It imparts the knowledge of Bill Mollison, David Holmgren, Linda Woodrow, Jeff Nugent, Julia Boniface, Masanobu Fukuoka, Sepp Holzer, G. and E. W. Kleber, Kurt Forster and other pioneers of permaculture. In addition, we offer insight into other areas of research and science that have been identified as essential for concrete change. For example, treatment-free beekeeping

according to Ed and Dee Lusby, Viktor Schauberg's findings on living water, the connection between reforestation and peace work according to Wangari Maathai, holistic land management according to Allan Savory, urban gardening according to Hartmut Wagner, the Transition Movement according to Rob Hopkins, the development of alternative currencies according to Margrit Kennedy, the integration of traditional knowledge according to Bunker Roy, the original weather work according to Wilhelm Reich and Bernd Senf, the creation and preservation of communities, the Critical Theory of Patriarchy according to Claudia von Werlhof and the Modern Matriarchal Studies according to Heide Göttner-Abendroth

Information in detail:

- Course costs / registration
- Course dates, daily schedule / daily topics, organization
- Individual learning environment: "Your project, your theme..."
- Teaching language
- Accommodation, food, fission technologies, profiles

Course fee: 1.250.-Euros for the course

Board, lodging etc.: 550.- Euros for board and lodging, teaching and information material, taxes.

(The reservation is confirmed upon receipt of payment of the course fee. We ask you to hand over 550 Euros in cash for board and lodging on the day of arrival.)

Please read the following information carefully, if you decide to take the Permaculture Design Course (PDC 72 hours) with us, **please contact us and we will send you the reservation form.**

Course data: 3th of March – 15th of March 2022

First and last day are arrival and departure days. We **kindly ask you to arrive on 3th of March, before 15.00 o'clock.** The course starts on the first day, **3th of March**, at 17.00 o'clock. We will finish the course late in the evening on 14th of March.

Duration: at least 72 hours, 13 days, including 12 full days of classes. Teaching time min. 7 hours (except arrival day and possibly a day of relaxation with 4 hours each): min. 7 hours, from 10.15 to 14.00 and from 17.30 to 19.00 and from 20.00 to 22.00.

If you have to cancel: up to 4 weeks before the start of the course (up to and including 3. 2. 2022) we will refund 50% of the course fee. Up to 2 weeks before (up to and including 15.2.2022) we will refund 20% of the course fee. We thank you for your understanding.

Daily schedule / daily topics / program PDC course (deviations are possible)

Daily routine in general:

08.00 - 09.00 - breakfast
09.15 - 09.45 - household chores
10.00 - 14.00 - course in theory and practice with a break time snack
14.15 - 15.30 - lunch and midday break
15.30 - 17:00 - individual study and design, afternoon tea
17.00 - 18.30 - course in theory and practice and design support
19.00 - 20.00 - dinner
20.15 - 22.00 - documentary, debriefing, preliminary discussions, doubts and questions
23:00 - - quiet time, night's rest

Arrival day (3th of March) before 15.00 h

Arrive, move into room or tent, small lunch, find one's way around
17.00 h: Introduction round, house tour, household chores list
Introduction: Permaculture design, training course objectives, circulation schemes
"VISION IMAGE": Who am I at 84 years of age?
approx. 20.00 h: Dinner

2nd course day (4th of March)

10:00: Guided tour through AUTarcaMatricultura showing and explaining the design principles (zones, multiple functions, optimized closed loops, edible forest garden, swales, reduce, reuse, repair, recycle etc.)
17.00: The key permaculture design principles
Film: Wangari Maathai – Taking roots

3rd course day (5th of March)

edible forest garden: design, implementation, objections, political responsibility, water percentage
Film: Inhabit Permaculture

4th course day (6th of March)

Excursion with practice day: we will build a retention pond, we will make a raised bed using the lasagna method and create a tree guild
Film: Living the Change

5th course day (7th of March)

Root lecture (understanding roots), humus formation, prevention of erosion (swales, keylines, A-Frame), various bed forms (raised, hill, mandala) and various landscape elements (herb seats, spiral gardens, sun traps, craters, vertical gardens, etc.), mulch, Terra Preta, worm farming.

Film: Intelligent trees

6th course day (8th of March)

Permaculture and building, energy self-sufficiency, solar cooking, biogas, pyrolysis, guided tour through the Earthship of AUTarcaMatricultura.

Healthy Bees and beekeeping practice.

TED Talks: Bunker Roy, Ron Finley, Allan Savory

7th course day (9th of March)

Water I : The full and the half water cycle.

Biodynamic Treatment in practice. / Water recycling in different climate zones.

Film: Viktor Schauberg - Comprehend and Copy Nature

8th course day (10th of March)

Water II: Water Retention Landscape: how water finds a home and natural springs emerge again.

Read the landscape, in practice./ Water cycles on AUTarcaMatricultura

Film: Sepp Holzer - Desert or Paradise

9th course day (11th of March)

The structural violence in fission money and how we rebuild an alternative currency.

Film: Transition 2.0

10th course day (12th of March)

Building community through Permaculture. Matriarchy as a guideline for peaceful cultures and true egalitarian societies.

Film: Learning From Ladakh

11th course day (13th of March)

From Care to Cure: Permaculture, integral landscape healing and

Wilhelm Reich's Cosmic Orgone Engineering (CORE), lecture and practice, too.

Film: Wilhelm Reich

12th course day (14th of March)

Final project presentations, last questions, last doubts, conclusion, certificate distribution, celebration!

13th course day (15th of March)

Day of departure: exchange addresses, last photos, packing, lunch pack etc.

Organization:

The classroom and the library are always open. Also on the house terrace and under the avocado trees it is possible to practice Yoga, Pilates, Tai Chi etc.

Please be in the classroom a quarter of an hour before the start of each lecture so that you have enough time to copy the notes on the blackboard. Classes start at 10 a.m.

You are welcome to spend the free afternoon hours at AUTarcaMatricultura: reading, studying, designing, pausing, meditating, processing what you have learned, playing, watching bees and resting or even to explore the neighborhood.

Individual learning environment: "Your project, your theme..."

If you have a specific topic that particularly moves you, if you already have a vision that you would like to realize, e.g. the creation of a regional currency, treatment-free beekeeping, involvement in a "Transition Town movement", permaculture in schools, etc., please contact us. Please let us know before the course starts, so that we can respond to you as well as possible right from the start. If you have plans or photos of a project that you would like to realize, we urgently ask you to **bring all possible documents** (on your computer) but more importantly **printed on paper, so that** we can get a comprehensive picture and you can start with your design right away. *We cannot print out plans and "Google maps" for you here.* **If you don't have a "project" (though: life is always a project and permaculture is something you can do anywhere and anytime),** let us know beforehand, **bring plans or at least sketches of your living and working situation.** Because your life as it is now can also be the basis for your project design.

A mood of seriousness, respect and attention

The AUTarcaMatricultura Permaculture Design Course is a high quality holistic course in theory and practice. *Its main goal is to impart our comprehensive and profound knowledge and our longtime experience in various topics and to accompany you all to the point where you can become independent permaculturists.* We teach exclusively from research areas that we ourselves experience and practice in everyday life. Everything we present to you can be touched and explored on site.

To get the AUTarcaMatricultura Permaculture Design Certificate you have to show full presence.

If you miss more than 4 hours of classes you cannot obtain the certificate. This course

requires that you **take full notes during the lessons, think actively and remain open to everything new and unknown.**

We expect you to work on your design every day and to be able to briefly present the intermediate steps of your work every now and then.

This course is not a course of self-awareness and not a substitute for therapy.

We learn and teach together and openly embrace the new. According to the wisdom: "People who say that something cannot be achieved should not interrupt those who are about to achieve it."

The range of courses offered is varied and very extensive; the learning content requires full attention. We fully support and protect the serious learners. We are interested in adequate solutions, not the problems.

In the event that we have to recognize that a participant during the course does not want to learn from us, who disturbs the lessons, who wants to question or discuss what has been taught even before listening, who does not work on his or her own design, who sleeps during the lessons, does not follow the agreed rhythms, does not take care of the living beings, the material or the infrastructure, who does not have the will to act beyond personal inner resistance, she/he **has to leave AUTarcaMatricultura without refund of any advance payments made.**

We ask all participants to pay full attention to the topics of the course and to put all other possible interests, such as island exploration, property search, trip to self-discovery and short excursions, into the time before or after the course.

AUTarcaMatricultura is not a travel agency, so you should organize your travel before the course.

We deliberately keep the group small so that we can focus on individual's needs. With these conditions we hope to offer all course participants the basis to focus fully on permaculture and its contents on AUTarcaMatricultura.

The language of instruction is English. We also understand you in German, Spanish and French, if it is easier for you to speak in one of these languages, that is o.k. But we speak English. The teaching material is in English and the movies are in English or German with English subtitles.

Food, accommodation, fission technologies, profiles

Full board: from organic, seasonal products produced in the region: full vegetarian/vegan farm kitchen. Our cuisine is known for its colorful, lavish richness, fresh and healthy balance (No pure raw food!).

Drug-free: AUTarcaMatricultura is drug-free. Coffee and sweets are available in

healthy quantities. Our village has a bar, a small pub, a small supermarket and an organic grocery; they are within 10 minutes walking distance.

Accommodation: The students live in the 100% solar powered Earthship AUTarcaMatricultura, share 2 bedded rooms or a two person tent or sleep in a single tent. We all share 2 bathrooms with shower. The kitchen, the training room, the roof terrace, the edible forest garden and the library are available to everyone at any time. The Terra Preta composting toilet is outside and is used by all AUTarcaMatricultura residents.

Fission technologies: You are **not allowed to** rent a **car** during the course weeks and your mobile phone must be switched off during the whole course time out of consideration for the bees and all other living beings on the whole AUTarcaMatricultura premises. We deliberately have switched off Wi-Fi and strictly forbid the installation of networks and technologies of this kind during your stay at AUTarcaMatricultura.

PC/Notebook: You can do your studies here very well without using a PC, but if you think you need a PC to check your mails from time to time etc., please bring it with you. We have fiber optic cable connection, so it is fast...

Information about course dates in Spanish or German language:

autarca@matricultura.org

Profiles:

Barbara Elisabeth Graf, born on 1st of May 1968

Grew up in Arbon on Lake of Constance.

Swiss Federal Diploma in pedagogy St. Gallen

Work as a clown in the children's hospital in Basel

Public relations for Amnesty International, Greenpeace, WWF

Active involvement in Peace Brigades in the south of Mexico, 1998-2000.

Perm. Des. SARI Australia Institute, 2000

Master of Science ETH in Architecture (MSc ETHZ Arch), EPF Lausanne, UDK- TU Berlin, ETH Zurich, 2007

Projects for urban development, conversion of factories and housing estates with integration of economy, environment and the social sphere: Berlin, Halle, Dessau.

Professor of Permaculture, Dipl.Perm.Des. SARI Australia Institute, 2012

Erich Alfred Graf, born on 19th of October 1965

Grew up in Steinach on Lake of Constance.

Master in Electrical Engineering and Information Technology ETH Zurich (MSc EEIT)

Work in the software industry as a systems analyst in Basel, Zurich, Bern and development of technologies for renewable energy in Lausanne.

Perm. Des. SARI Australia Institute, 2000,

Commitment to pacifism and active participation in Peace Brigades in southern Mexico, 1998-2000.

Master in CORE Ecopsychology, Perth and Berlin

Work as archivist of the complete works of Prof. Dr. Bernd Senf, Berlin

Professor of Permaculture, Dipl.Perm.Des. SARI Australia Institute, 2012

2007, Barbara and Erich Graf **jointly** founded **AUTarcaMatricultura** - model project for Applied Permaculture, Integral Landscape Healing and Matriarchal Subsistence Economy.

Since 2007 they have been living, working, researching and expanding permaculture in Tinizara, La Palma, together with their two children and all AUTarcaMatricultura creatures.

2012, Barbara and Erich Graf establish the Autonomous Academy for Permaculture. Since then they have been teaching permaculture design courses (PDC 72) in Tinizara, La Palma.

Barbara Graf y Erich Graf,

AUTarcaMatricultura, Academia Autónoma de Permacultura,

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