

OVERVIEW OF THE TRAINING ON  
INTERNATIONAL  
**PERMACULTURE DESIGN COURSE**



**AN INTERNATIONALLY RECOGNIZED COURSE TO LEARN TO DESIGN A  
SUSTAINABLE LIVING**

**Organized by:**



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# 1. INTRODUCTION

## 1.1 HASERA Agriculture Research and Training Center

HASERA is a research and training organization dedicated for the promotion of Sustainable Agriculture, Sustainable Development and Permaculture in Nepal. Its research farm and training resource center is located in a scenic landscape of Pataleket – 1, Gopinagar, Kavre.

Our major objectives are -

- To carry out practical researches in the farm & communities
- To disseminate the learning through trainings & demonstrations.



## 1.2 Permaculture

Permaculture is a practical concept and philosophy for designing a sustainable livelihood system. It integrates all the natural, social and technical aspects to establish a sustainable system functioning in a synergistic manner.

Knowledge of such techniques of designing will be very helpful for all the enthusiastic learners to reduce their energy losses and increase the efficiency of the available resources so as to maximize the health, happiness and real wealth.



## 1.3 International Permaculture Design Course

This is an internationally accredited two weeks long course designed specially to learn about the steps and system of designing a sustainable livelihood system.

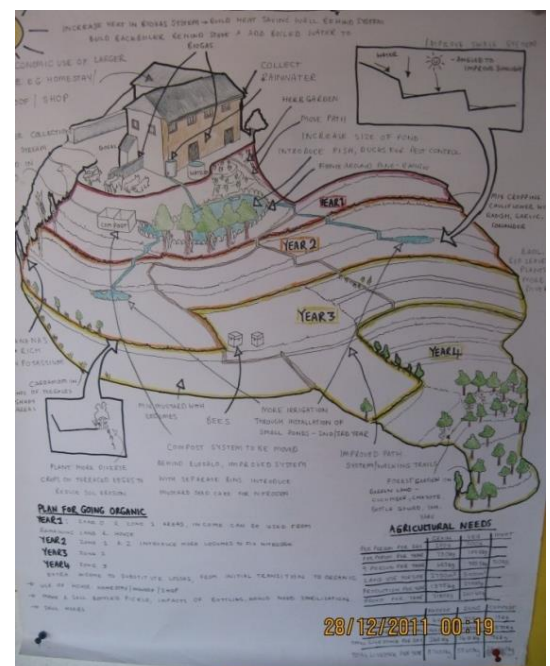
In this course, participants will learn about social, natural and technical aspects of an integrated livelihood system and skill to inter-connect them so as to benefit one another and the whole system in totality.

## 2. SPECIFIC OBJECTIVES OF THIS TRAINING

### 2.1 Institutional objectives:

To share our up to date knowledge and experiences regarding Permaculture Designing

- To create a forum for people of diverse interest & experiences to meet and share
- To help the enthusiastic learners to design their sustainable living system.
- To increase number of human resource capable to facilitate others in Permaculture Design



Designs prepared by a participant during the PDC

### 3. COURSE OUTLINE

The course will be conducted in a very practical and interactive way. To guide the sessions a brief outline of the content has been prepared as follows-

- Introduction, history and principles of Permaculture
- Social system analysis in relation to livelihood system
- Natural system analysis and analysis of its impacts in livelihood systems
- Global agricultural system analysis and different concepts related to farming
  
- Energy efficient house designing
- Designing for health and happiness
- Designing for energy conservation and natural balance
  
- Economic balance and real wealth
- Design practice, presentation and feed backs
- Areas of Permaculture and Permaculture in action

### 4. EXPECTED OUTCOMES OF THE TRAINING

It is expected that after the completion of this training, the participants will be able to –

- Analyze the sustainability of their existing farming / livelihood system
- Understand the inter-linkage and interaction between social, natural, economical, agricultural aspects in our farming / livelihood system
- Design an integrated and sustainable farming / livelihood system based on the knowledge base mentioned as above. This in detail means that they will be able to manage their seed, soil, cropping system, pest, livestock, agro-forestry, energy and living system more appropriately and inter-connectively.
- Train others about integrated farm design systems

### 5. COURSE FACILITATORS

[Mr Govinda Sharma](#), Executive Director of HASERA will lead the course. Facilitation team will be composed of the Permaculture experts from HASERA, NPG and other networks. Participants will also have enough time to share their experiences regarding Permaculture, Natural resources management and Community Development.

### 6. THE VENUE

Permaculture Resource Center of HASERA will be used as the venue for the training. As the course will be organized in the farm, there will be much chance for learning by doing and seeing. Besides, the Permaculture communities around the farm will serve as the living laboratories for various observations and practical.

Participants and facilitators will be living together in the same building there by facilitating wider interaction.

Separate but shared rooms will be available for ladies and gents. Participants willing to put their own tent can use our lawn space for tenting.

## **7. TRAINING FEE AND SERVICES**

Total training cost per participants is NRs 50,000.00 (US\$ 450). This cost will include food, bed, tuition, stationeries, training materials, souvenir T-Shirt, exposure visits etc all.

A part of this cost also goes for the Permaculture promotion activities in the community.

Participants are requested to bring the following items based on their interest and comfort-

- Personal toiletries
- Torch light
- Photos, documentaries related to your past experiences
- Books and music of your interest
- Field and hiking outfits

## **8. CERTIFICATE**

After the successful completion of the course, participants will be awarded with PERMACULTURE DESIGN COURSE Certificate with international recognition.

## 9. COURSE CURRICULUM OF THE TRAINING

### HASERA Agriculture Research and Training Center Curriculum Outline for International Permaculture Design Course (PDC)

Days n Time	Topics
<b>Day 1</b>	Arrival to HASERA at 1 PM
<b>13.00 – 15.00</b>	Registration Get together snacks
<b>15.00 – 18.00</b>	Stationary and material distribution Welcome and Introduction :: Who am I (short) Objectives and outline of the course Living in HASERA A short walk in the community
<b>Day 2</b>	Review and planning
8.30 – 10.30	Time line of development and Evidences for need to change :: Presentation
10.30 – 12.00	Group work with lunch
12.00 – 12.30	Preparation for presentation
12.30 – 13.00	Presentation
13.00 -15.00	Concept, history and principles of Permaculture
15.00 – 16.00	Tea n' snacks
16.00 – 17.30	Applied principles of Permaculture:: Buzz group
Evening	Audio visual in principles of Permaculture
<b>Day 3</b>	<b>7.50 – 8.30 : Review and planning</b>
8.30 – 11.00	Natural system analysis :: Observation of forest Functions of major natural elements: forest, water, soil
12.30 – 17.30	Landscape : Model Micro climate : Painting Biodiversity : Collection and identification
Evening	Audio visual :: Home !!!!
<b>Day 4</b>	<b>7.50 – 8.30 : Review and planning</b>
8.30 – 10.30	Pattern : Sharing and understanding

10.30 – 12.00	Lunch
12.00 – 14.30	Social system analysis : Group work and presentation Documentary on social systems !!!!!!! :: The ancient future
14.30 – 15.30	Tea and snacks
15.30 – 17.00	Global agricultural systems: History, present, modern, organic, GM
<b>Day 5</b>	7.50 – 8.30 : Review and planning
8.30 – 9.30	Concept of Permaculture system designing Zone and sector planning
9.30 – 11.00	Designing zone 0 Points to be remembered while designing a house in all 4 climatic zones
11.00 – 12.30	Lunch
12.30 – 14.30	Observation visit to HASERA home and photo tour of global homes
14.30 -15.30	Tea and snacks
15.30 – 18.00	Practical in mud brick making, natural building: Mud, wood, bamboo
Evening	Audio-visual :: Natural building
<b>Day 6</b>	7.50 – 8.30 : Review and planning
8.30 – 10.30	Designing kitchen garden: Area and lay out Identification of vegetables and preparing cropping system
10.30 – 12.00	Lunch
12.00 – 5.30	Concept of seed management Practical in seed management Observation / sharing of HASERA seed bank and global seed saving networks
Evening	Documentary:: Bull sheet
<b>Day 7</b>	7.50 – 8.30 : Review and planning
8.30 – 10.30	Observation and practicals in different nursery making techniques:
12.00 – 13.30	Introduction to soil, observation to soil and estimation of its quality Color, texture, porosity, OM content, rocks, bedding materials and layers
13.30 – 15.00	Earth working in landscape Observation visit to HASERA earth works
16.00 – 17.30	Estimation of OM for Soil, soil plant nutrients and manuring

Evening	Documentary:: Greening the desert
<b>Day 8</b>	7.50 – 8.30 : Review and planning
8.30 – 11.00	Practicals in compost making: FYM, Compost, vermin-compost, EM
12.30 – 17.30	Observation and practicals in different bed preparations and planting techniques
Evening	Ecosan toilet
<b>Day 9</b>	7.50 – 8.30 : Review and planning
8.30 – 10.30	Collection and Identification of beneficial organisms and pests Designing for ecological balance for pest management
10.30 – 12.00	Lunch
12.00 – 14.30	Practicals in herbal pesticide preparation Demo of different methods
14.30 -15.30	Tea and snacks
15.30 – 17.30	Designing for livestock management, characteristics of various livestock sps
Evening	Pesticide poisoning in India
<b>Day 10</b>	7.50 – 8.30 : Review and planning
8.30 – 11.00	Concepts of food forest Practicals in plant propagation
11.00 – 12.30	Lunch
12.30 – 17.30	Food, Nutrition and Health
Evening	Documentary: Sepp Holzer
<b>Day 11</b>	Exposure visit to important learning site: Keraghari, EVON, UPC in Dhulikhel ..
<b>Day 12</b>	7.50 – 8.30 : Review and planning
8.30 – 10.30	Design process and methodology
10.30 – 12.00	Lunch
12.00 – 17.30	Group formation, checklist study, farm visit, Information collection and analysis
Evening	PC film HASERA
<b>Day 13</b>	Web of life Design practice



<b>Day 14</b>	Presentation of the final design, feed backs and design finalization Permaculture in action, areas of Permaculture, PC Networks in different parts of the world
<b>Day 15</b>	Review and planning
12.00 – 14.30	Personal project sharing feedback and finalization
	Training summarization and learning synthesis
	Training evaluation and feed back
Evening	Social evening
<b>Day 16</b>	
9.00 – 9.30	Handover of the final design and report
9.30 – 10.00	Training report and results :: Expectation – curriculum – learning feedbacks
10.00 – 10.30	Few words and key note speeches
10.30 – 11.00	Certification and awards
11.00 – 12.00	Farewell lunch