

Environment, Wellbeing and Community Activism

	Monday 16th August	Tuesday 17th August	Wednesday 18th August	Thursday 19th August	Friday 20th August
Morning	Arrive	Practical task 1 Forest gardening?	Practical task 2 Wildlife management Bug hotels	Practical task 3 Foraging and outdoor cooking	Practical task 4 Herb spiral
Afternoon	Arrive and introductions / ice breaker	Energy and water harvesting	Labyrinths and Mindfulness – Penny Davis	Mission Possible: Community planning – Matt	Depart
Evening	Introduction to Permaculture concepts – Graham Burnett	Asset based approach and transition towns – Kamil Pachalko	Action Learning Set approach – Matt	Party! Around the fire on the beach	Depart