



# PERMACULTURE ACTION WEEK

[www.ecopazifico.org](http://www.ecopazifico.org)

## 1. Mission

The Ecopazifico Project aims to provide children in vulnerable communities, with knowledge about environmental global issues, giving them tools to apply sustainable alternatives towards a healthier lifestyle through our educational programs.

*"Permaculture is a design system that reconciles human communities with the ecological imperatives of a living planet. Permaculture design may be used to restore ecosystems, create sustainable farms and healthy towns, and promote economic systems that support Earth care."*

- Ben Haggard



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## 2. Project Management



### **Rommy Schreiber / Co-founder & Executive Director**

Rommy is a permaculturist and Acroyoga instructor. Her enthusiasm to connect ourselves back to nature brought her to dedicate her self to the yoga path, and to study Permaculture Design.

She is the founder of the Ecopazifico project in Colombia an environmental educational program that addresses plastic pollution and proposes alternatives to take in consideration through permaculture methods. She works with different indigeneous tribes to protect the precious ancestral knowledge, art and culture that remains.

Rommy also collaborates with production teams in gatherings, art projects, retreats and festivals.



### **Andrea Aramburo / Enviromental Manager**

Andrea is an Environmental Manager from the Universidad Autónoma de Occidente in Cali, She has worked in several environmental education projects with indigenous groups in the jungles of Chocó, emphasizing in the area of biodiversity conservation and topics related to the adaptation of rural communities to climate change. She was also part of the Reseach Group GEADES, of the Universidad Autónoma de Occidente, as a research assistant in a project about the impact of climate change in agriculture. Actually she is working with Ecopazifico developing environmental education programs focusing on waste management.



### **Gabriel Restrepo / Synthesis Manager**

Gabriel Restrepo is currently working as synthesis manager with Ecopazifico contributing his 18 years of valuable experience as an architect, head of projects and as an expert in logistics. His large experience on industrial projects in marine, rural, and urban areas have brought him to the realization that the remaining ecosystem is in urge to be protected and preserved. He is in charge of all operations of the Ecopazifico program 2016.



### **Johan Orozco / Creative Director**

Johan is a Professional with experience in audiovisual production, practical language television, film and experimental institutional domain. Having ability to perform and produce impact projects.

Experience in teaching of higher education formative research collaboration. He focuses his Visual artist skills, audiovisual, graphic and photographic tools to develop the cross-cultural phenomenon focused on environmental issues.

Johan is the media manager, and is in charge of the graphic and imagery production for the Ecopazifico program of 2016.





## 3. Project Implementation Plan

### 3.a. Overall goal of the project

Through artistic and creative activities, we share information about the current problems that the planet is facing at an ecological level and exposing practical alternatives that can be applied according to the needs and culture of the communities. This program is being designed to create a chain of continuous lessons that train the participants; to expand their knowledge, and impart techniques that can be passed on to others.

### 3.b. Impact and profile of the population

The population of Juanchaco is represented in its majority by groups of African descendants and they share the territory with the indigenous group Emberá-Wounaan and mestizos. This region of the Colombian Pacific coast is a place of high biodiversity, home to unique ecosystems and cultural wealth. The main source of income for the communities of the area is tourism, especially during the months of July and August, which is when the annual humpback whale migration takes place. The local economy circulates around tourism, hotels, tour guides, whale watching, visits to the mangrove forest, local gastronomy and beach. But where you expect to find a paradise, you also encounter high levels of poverty and unsatisfied basic needs. The local government pays little attention to the needs of the residents and this is evident in the lack of infrastructure for health, education and basic sanitation.

One of the problems present in this community is the improper handling of solid waste. From the moment you arrive, the most striking image is the presence of plastic waste all over the beaches and walkways. The inhabitants of this remote region do not count with a proper waste management system. The leaders have tried to contact the local administration to help them solve the problem, but they have been ignored. They have given up, so they just ended up burning and burying all the trash that washed ashore with the strong tides and the produced by the community and tourists. A few years ago an individual, who owns a tractor offered to provide the service to collect the trash from each home. But this has only created a bigger problem. All this waste gets transported to a public space right outside of the village which functions as a landfill, with no proper management. As a result mosquitoes, rats, and gases are appearing which can bring diseases to the people. The community is not prepared to confront this problem, and prompt assistance is not expected from the government. An alternative to stop this problematic from getting worst is to provide the children of this community with the necessary information and tools to make a real change in the way they see and manage waste.

Children in the pacific coast of Colombia are always happy, dancing, singing, doing sports, and moving a lot, and like any other child in the rest of the world they are ready to learn new things and absorb a lot of information. They are also automatically more connected to nature than most grownups are.

They really enjoy looking at videos and images on screens.

This is the energy we want to focus on for the execution of our programs.

Male adults focus on fishing and women care for the numerous children.

Some of them still farm, but most of the ancestral farming knowledge is gone.

The people of the pacific coast are very kind, generous and very open to learn. They just don't have the right infrastructure and opportunities to have a decent healthy life.

### 3.c. Project Description

The main objective of this program is to provide the children of Juanchaco, with the necessary information about the environmental global issues that affect them directly and indirectly and give them educational tools that invite them to be part of the solution. During our one week program, we will work with the students of the local school teaching a series of workshops, which cover specific themes related to the situation in the region with easy steps.

As part of our program we wish to provide each child with an infinity kit, which contains eight elements



that are reusable in order to prevent further consumption of plastic. (Refer to Annex #1, for a detailed description of the infinity kit). The minimum amount of utensils to be able to make an order, goes from 500 to 1000 units. Since we have 338 children at school, we decided to save the rest of the kits for our future educational programs.

Our fellow Acro Yoga teachers from the German Kula celebration have donated 1,000 euros for the funding of the Infinity kits. <http://www.germankula.de/>

- Lucie Bayer: [lucie@acroyoga.org](mailto:lucie@acroyoga.org)
- Almuth Krame: [Almuth@acroyoga.org](mailto:Almuth@acroyoga.org)

Ecopazifico is registered with Ocean Conservancy which organizes the international coastal cleanup day. This year will be on the Saturday 17th of September, and we have planned our program to synchronize with this day. During this day we will have a beach cleanup activity with the school kids and everyone is welcome to volunteer. The data we collect will provide information for the ocean trash index, and this provides a global snapshot of the marine debris littering coasts and waterways around the world.

The school's coordinators have compromised to keep the environmental program alive by making it part of their regular curricula. During the educational week, one of our goals will be to help create an environmental group that will be responsible of monitoring the recycling process at the school.

The population that will be directly benefited by this Project includes all the children from the local School, Institución Educativa de Juanchaco. There are 338 children total who attend this institution from kindergarten to eleventh grade and the range of ages are as follows:

Grade	Number of Kids	Age
Kindergarten	25	5 years old
Kinder	25	6 years old
First*	50	7 years old
Second	25	8 years old
Third	25	9 years old
Fourth	25	10 years old
Fifth	25	11 years old
Sixth*	50	12 years old
Seventh	25	13 years old
Eight	50	14 years old
Ninth	12	15 years old
Tenth	39	16 years old
Eleventh	12	17 years old

\* These grades are divided into two classrooms.



The project consists of an intensive week of environmental education with the students of the school of Juanchaco; each day of the week a different topic will be addressed as we present each theme in order of relevance:

- 1. Waste Management and Landfills**
- 2. Solid Waste Alternatives**
- 3. Compost and Global Warming**
- 4. Food Sovereignty and water**
- 5. Green businesses and Fair Trade**

#### **Methodology:**

- Introduction
- Video
- Short discussion
- Presentation with images and explanations
- Dynamic Activity in groups

The general methodology for each day will be to first give a short introduction about the theme of the day, then we'll present a video that supports the topic followed by a short discussion. After that a presentation that includes definitions and explanations, supported by images projected using a video beam, followed by a space for questions and answers, comments, or ideas, we will finalize with dynamic activities that include games and writing materials where they will be asked to analyze a situation to try to find the best solutions. All the activities are related to the topic and the main purpose is to create conscience in the children about an environmental problem that affects them directly and the most resilient way to confront it.

Here is an example of the workshop for day 1; it includes the explanation of the concept, objectives and activities that will be developed with the children:

### **DAY #1. WASTE MANAGEMENT AND LANDFILL WORKSHOP**

#### **1. INTRODUCTION**

One of the main causes of contamination today, is the inadequate handling of waste material; it deteriorates the environment and puts at risk the health of people and ecosystems. The organic residues, the waste generated by animals and the waste generated by human activities, have been present in our planet for many centuries. It affects the air, the water and the soil, all necessary for our survival. Our 3 main learning goals are:

- Where does the solid waste that we produce and use goes?
- How can we take advantage of these materials in order to protect the environment?
- Handling and disposal of residues



## 2. Video Midway:

<http://www.midwayfilm.com/>

## 3. Presentation

### WHAT IS SOLID WASTE?

The solid waste is composed of objects, substances or any solid elements that result from the activities performed by a society and they can be classified in organic and inorganic.

ORGANICS OR BIODEGRADABLE	INORGANICS OR NON BIODEGRADABLE
<b>What are they?</b> Residues that breakdown and decompose easily into a natural environment.	<b>What are they?</b> Residues that remain in the same state and form for a very long time, these can be toxic and highly polluting.
<b>Which are they?</b> Paper, paperboard, food leftovers, fruit and vegetable peels...	<b>Which are they?</b> Plastic, glass, aluminum, Styrofoam
<b>What is it for?</b> To make compost or food for animals.	<b>What is it for?</b> To be reused and recycled, as long as it is not toxic or cause any danger to human and nature.

A healthy environment for a comprehensive development must include:

- Adequate management of solid waste
- A proper use of solid waste material
- The development of practices and hygiene habits in our surroundings.

### Steps to do proper waste management at school and at home

- Waste Sorting: We select the different materials and classified them into different bins, each labeled as, organics, paper, plastic, aluminum and Styrofoam.
- The organic material will be used to produce compost and the solid waste will be reused and recycled.
- At school each classroom must delegate a team in charge of taking the reusable material to a designated place for later transformation.
- The containers that store the recycled material must be kept tightly closed with a lid in order to prevent pest.



## 4. Dynamic activities

### Educational goal for this activity

The main objective of this workshop is to:

- Generate in the children of the community, an interest and necessity to preserve their natural surroundings, through knowledge and understanding about proper solid waste management and related sanitation practices.

### Where does the waste we produce and use goes?

### LET'S TAKE A LOOK TO SOLID WASTE IN OUR ENVIRONMENT!

- **What do we need:** booklet with info about waste, a map of our locality and a reusable bag.
- **How do we do it?**

1. After reading the information about solid waste, there will be a debate with questions and answers, such as:

- Which differences do you think there are between waste and residues?
- Which kind of domestic residue do you think could be recycled?
- Are there any special containers to dispose of each type of household waste?
- How do we separate the waste?

2. The children will be provided with a map of their town, and they will be asked to choose a common route that they usually use, over this path the kids will be asked to:

- Pick up any waste that they see on the ground and place it in their bag.
- Make a list of all the waste found, classify the waste according to its origin and material.
- Looking at all the solid waste found, they need to make a guess about who do they think threw this elements to the ground on the first place ( for example, boys or girls, ages, teenagers, adults), with this information, a bar graph can be reproduced with all the percentages obtained from each age profile.
- Finally we will have a discussion about the activity, using a creative narrative around the next question: What would our community look like if we didn't throw any waste on the ground? The children must draw their ideal hometown.
- At the end of each workshop we will present the students with a self-evaluation card, to have a clear idea about their final thoughts about the topic.



## EVALUATION

The following evaluation cards will be distributed to the children, they will discuss their answers with the group and rate them according to their level of comprehension, their answers will provide us with a clear outlook and qualitative data, of the outcome of the project. Participating in the evaluation process helps the children to restate what they have learned.

There is also a card for a Facilitator to evaluate the level of understanding that was reached by the students. At the end all the information will be gathered and analyzed to produce a report to the School coordinators and to Neacol.

### WORKSHOP SELF EVALUATION

Question	Answer	Assessment*		
		Uc	Bu	Pu
What is solid waste?				
How can you classify it?				
How should you store it?				
What diseases could be originated by the inadequate handling of solid waste?				
What are the benefits of proper waste handling?				
What is the importance of keeping the waste cans covered and out of the reach of children and domestic animals?				

\*Uc: Understood Concept, Bu: Barely Understood, Pu: Poorly Understood

### FACILITATOR'S EVALUATION

Surname and name of the student:			
*The student is capable of	A	F	R
Make clear descriptions and analysis of a particular context			
Narrate and represent simple events with an emphasis in the relationship between objects and events, consequences of our behavior and the transformations that take place in our environment.			
Showing curiosity about the topics and producing their own questions about the different situations.			
Show a positive attitude towards the conservation, use and preservation of their natural environment.			
Identify risk factors in their environment.			
Propose risk prevention strategies for unfavorable events that may affect their communities.			

\* A= Always. F= Frequently. R= Rarely.





# CRONOGRAM PERMACULTURE ACTION WEEK

SEPTEMBER 2016

HOUR	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
							CELEBRATION DAY
7:00 AM	LOGISTICS	LOGISTICS	LOGISTICS	LOGISTICS	LOGISTICS	LOGISTICS	LOGISTICS
8:00 AM							
9:00 AM	INTRO VIDEO: MIDWAY	INTRO VIDEO: MAN	INTRO VIDEO: IMPORTANCE OF COMPOST	INTRO VIDEO: THE STORY OF A WATER-BOTTLE	INTRO VIDEO: THE STORY OF STUFF	BEACH CLEAN UP: OCEAN CONSERVANCY	OFFICAL DELIVERY OF PLASTIC BOTTLES COLLECTED FOR SURFING BORADS PROJECT
	WASTE MANAGEMENT WORKSHOP	SOLID WASTE ALTERNATIVES	COMPOST & CLIMATE CHANGE	FOOD SOVEREIGNTY & WATER	FAIR TRADE & GREEN BUSSINES		
12:00 PM							
1:00 PM		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
2:00 PM							
3:00 PM	OUTDOOR ENVIRONMENTA L ACTIVITIES AND MUARAL PAINT BY LETOP	OUTDOOR ENVIRONMENTAL ACTIVITIES AND MUARAL PAINT BY LETOP	OUTDOOR ENVIRONMENTA L ACTIVITIES AND MUARAL PAINT BY LETOP	OUTDOOR ENVIRONMENTA L ACTIVITIES AND MUARAL PAINT BY LETOP	★★★ DELIVERY OF THE INFINITY KITS ★★★	OCEAN CONSERVANCY CLASSIFICATION OF MAPARE	DANCE, MUSIC, FOOD, GAMES OF THE PACIFIC
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM	OUTDOOR DOCUMENTARY: RACE EXTINCTION	OUTDOOR DOCUMENTARY: TRASHED	OUTDOOR DOCUMENTARY: THE POWER OF COMMUNITY	OUTDOOR DOCUMENTARY: FOOD INC	OUTDOOR DOCUMENTARY: HOME	OUTDOOR DOCUMENTARY: PLASTIC	OUTDOOR DOCUMENTARY: WHALE RIDER
8:00 PM							
9:00 PM							



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# BUDGET PERMACULTURE WEEK ECOPAZIFICO

						TAXES INCLUDED
ITEM	DESCRIPTION	UNIT	QUANTITY	SINGLE PRICE	TOTAL PRICE	
<b>1 PRELIMINARES</b>	<b>3 months previous work + 1 month work</b>					
Administration costs	printed material, paper, electricity during the production	Glb	1	\$ 340.000,00	\$ 340.000,00	
Infinity kit design:						
1/Cups for infinit Kit	500* pieces / stainless steel 201 cups with carabiner handle	unit	500	\$ 7.500,00	\$ 3.750.000,00	
2/bottle for infinit kit	500* pieces / stainless steel 201 cups with carabiner handle	unit	500	\$ 8.100,00	\$ 4.650.000,00	
3/Straws	600* Stainless steel 215mm x 6mm (including transport)	unit	600	\$ 3.300,00	\$ 2.580.000,00	
4A/Girl cups	500* Menstrual cups for girls (including transport)	unit	200	\$ 6.000,00	\$ 1.800.000,00	
4B/Award for super men in the comuni	500* Award for understanding the importance of gender equality in the community	unit	158	\$ 6.000,00	\$ 948.000,00	
4C/ Loofah for community mothers	Loofah replaces conventional plastic sponges	unit	500	\$ 500,00	\$ 250.000,00	
4D/ USB sticks for teachers	All videos and all presentations about the program	unit	10	\$ 40.000,00	\$ 400.000,00	
5/Fork with spoon	500* woodwork pieces (including transport)	unit	500	\$ 6.000,00	\$ 3.000.000,00	
6/Reusable bag	Portale reusable bag in washable material (including transport)	unit	500	\$ 5.000,00	\$ 2.500.000,00	
7/Ecopazifico guide	Printed educational tool for the community	unit	500	\$ 10.000,00	\$ 5.000.000,00	
8/ Hook / Carabiner	For attaching cups and bottles	unit	500	\$ 5.000,00	\$ 2.500.000,00	
Admin work + Media management worl	4 people work for 4 hours a day for 80 days	Hour	1280	\$ 20.000,00	\$ 25.600.000,00	
Printings						
* children number = 338 and 162 to complete 500 units are for the community liders				SUTOTAL	\$ 53.318.000,00	
ITEM	DESCRIPTION	UNIT	QUANTITY	SINGLE PRICE	TOTAL PRICE	
<b>2 TRANSPORT</b>						
Bus Cali to Buenaventura	Pulic transport taked on city terminal station	Ticket	7	\$ 175.000,00	\$ 1.225.000,00	
Boat Buenaventura to Juanchaco	Pulic transport	Ticket	7	\$ 245.000,00	\$ 1.715.000,00	
Boat Juanchaco to Buenaventura	Pulic transport	Ticket	7	\$ 245.000,00	\$ 1.715.000,00	
Motor-Taxi Local services	3 per day for 7 people	Travel	21	\$ 3.000,00	\$ 63.000,00	
Bus Buenaventura to Cali	Pulic transport taked on city terminal station	Ticket	7	\$ 175.000,00	\$ 1.225.000,00	
				SUTOTAL	\$ 5.943.000,00	
ITEM	DESCRIPTION	UNIT	QUANTITY	SINGLE PRICE	TOTAL PRICE	
<b>3 HOUSING</b>						
Juanchaco house Rent		Glb	1	\$ 1.000.000,00	\$ 1.000.000,00	
				SUTOTAL	\$ 1.000.000,00	
ITEM	DESCRIPTION	UNIT	QUANTITY	SINGLE PRICE	TOTAL PRICE	
<b>4 FOOD</b>						
Pottable water	3 liters per day for 7 people in 8 days	Liter	168	\$ 3.200,00	\$ 537.600,00	
Meals	3 per day for 7 people for 8 days	Meal	168	\$ 12.000,00	\$ 2.016.000,00	
Snacks	3 per day for 7 people for 8 days	Unit	168	\$ 2.500,00	\$ 420.000,00	
				SUTOTAL	\$ 2.973.600,00	
ITEM	DESCRIPTION	UNIT	QUANTITY	SINGLE PRICE	TOTAL PRICE	
<b>5 LOGISTICS &amp; EQUIPMENT</b>						
Crew T shirts	lack T shit with White logos	XL Unit	7	\$ 20.000,00	\$ 140.000,00	
Ecopazifico Flags / Banner	for the working places and the house. 25cm x 50cm	Unit	10	\$ 20.000,00	\$ 200.000,00	
		Unit	7	\$ 20.000,00	\$ 140.000,00	
				SUTOTAL	\$ 340.000,00	
				Gloal Costs	\$ 63.574.600,00	
Unexpected events / incidentals 10%					\$ 6.357.460,00	
COP = Colombian peso				<b>TOTAL COP</b>	<b>\$ 69.932.060,00</b>	
USD = United States Dollar				<b>TOTAL USD</b>	<b>23.310,69</b>	
Transport includes 4 members + 3 volunteers						

