



Workshops hosted by Peppi Gauci (Permaculture Malta) and Alexandra Cachia (Thrive)

Exploring Permaculture and Urban Gardening while supporting harmony between humans and nature.

Workshop 1: Introduction to Permaculture

-We will cover the philosophy of Permaculture, how we can live in harmony in nature as human beings. This session will cover the Permaculture Principles and Ethics.

This will be a lecture based interactive session.

Duration: 2 hours

Workshop 2: How to design a Permaculture Garden

-Here we will cover the basic considerations in designing your own permaculture garden for growing organic vegetables in a small garden or urban environment, covering the main concepts of design. We will also discuss what materials regarded as waste can be used to support your garden and the soil.

Duration: 2 hours

Workshop 3: Cont. Designing a Permaculture Garden

-Other considerations: Composting, Maintaining healthy and fertile soil, organic fertilization methods, micro-nutrients, soil testing, spacing and thinning, companion planting, mulching, pest and fungal management, pruning.

-A group design exercise for the participants to practice design.

Duration 2 hours

Workshop 4: Implementing a Permaculture garden

-This will be a 100% hands on workshop where we will implement a permaculture garden.

Applying the knowledge gained through the course, planting endemic trees, shrubs, herbs and vegetables.

Duration: 2 hours

What is Permaculture?

Permaculture is a system of agricultural and social design principles centered around simulating or directly utilizing the patterns and features observed in natural ecosystems.

It has many branches that including ecological design, environmental design, construction abd social design. Permaculture also includes integrated water resources management that develops sustainable architecture, and regenerative and self-maintained habitat and agricultural systems modelled from natural ecosystems.

Mollison has said: "Permaculture is a philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labour; and of looking at plants and animals in all their functions, rather than treating any area as a single product system."



Alexandra Cachia, from Malta, has worked in Permaculture for the last 4 years. She obtained her PDC (Permaculture Design Certificate) at Terra Alta Portugal, and for 3 years worked on a Permaculture Educational Centre in Malta for 3 years, called the 'Why Not? Creativity Vortex'. This project was run by an NGO called Why Not? (www.butwhynot.org), a local NGO organising workshops and events as a platform for a more holistic and natural way of life.

At the Vortex, Alexandra coordinated a team of volunteers and permaculture projects ranging from restorative agriculture to a compost awareness raising campaign. She hosts workshops on the land for many local schools from all over the Maltese Islands, teaching children about topics such as tree-planting, composting, vegetable-growing and juicing. She also spent 1 year working for one of the only organic farms in Malta "Vincent's Eco-Farm" in Mgarr growing organic produce. In August 2015 she obtained her Permaculture teacher training course at Terra Alta. Alexandra is currently writing her thesis for her Masters degree in Renewable Energy Development on the 'Application of Earthship Structures in the Maltese Islands'. Last April 2016, she completed the Earthship Academy tuition at Earthship Biotecture in Toas, New Mexico. Currently she is doing her Permaculture Diploma under the British Association of Permaculture, working on her first project under social permaculture project called 'Adhika'. For the past 2 years she has also been running and hosting numerous 'Workshop and Healing Areas' at all the major festivals in Malta and Gozo, creating a platform for growth in permaculture, sustainability, spirituality and a more holistic way of being.



Peppi Gauci, PRFM Founder & Permaculturist

Peppi Gauci holds an MSc in Architecture, Advanced Environment and Energy Studies, (AEES, University of East London) Centre for Alternative Technology Wales. He is also a very experienced permaculture drylands designer and teacher. Peppi has worked on a number of projects from Australia to Bali, Malta and U.K. He has taught numerous courses to a wide range of students from different backgrounds and walks of life. He is also the founder of the PRFM and has been designing and tending to Bahrija Oasis for the last 14 years.

