ONLINE	ONLINE	ONLINE	ONLINE	ONLINE	ONLINE	ONLINE			DNSITE	ONSITE	ONSITE	ONSITE	ONSITE	ONSITE	NSITE	ONSITE	ONSITE	ONSITE	ONSITE	ONSITE	ONSITE	ONSITE
PART 1	PART 1	PART 1	PART 1	PART 1	PART 1	PART 1			PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2	PART 2
VIRTUAL CLASSROOM DAY 1	VIRTUAL CLASSROOM DAY 2	VIRTUAL CLASSROOM DAY 3	VIRTUAL CLASSROOM DAY 4	VIRTUAL CLASSROOM DAY 5	VIRTUAL CLASSROOM DAY 6	VIRTUAL CLASSROOM DAY 7			VEGETARIUM HOME DAY 1	VEGETARIUM HOME DAY 2	VEGETARIUM HOME DAY 3	VEGETARIUM HOME DAY 4	VEGETARIUM HOME DAY 5	VEGETARIUM HOME DAY 6	VEGETARIUM HOME DAY 7	VEGETARIUM HOME DAY 8	VEGETARIUM HOME DAY 9	VEGETARIUM HOME DAY 10	VEGETARIUM HOME DAY 11	VEGETARIUM HOME DAY 12	VEGETARIUM HOME DAY 13	VEGETARIUM HOMI DAY 14
Students are receiving these training sessions on their location of	Students are receiving these training sessions on their location of origin	Students are receiving these training sessions on their location of origin	Students are receiving these training sessions on their location of origin	Students are receiving these training sessions on their location of origin	Students are receiving these training sessions on their location of origin	Students are receiving these training sessions on their location of origin	Period between PART 1 and PART 2	DAILY TIME MODULES	Training course (Students Arrival day)	Training course	Training course	Training course	Training course	Training course	Day off	Training course	Training course	Training course	Training course	Training course	Training course Celebration	Departure day
origin	Origin	Origin	Uligili	Origin	Oligin	Origin	anu PART 2	6.00-6.30		rranning course	Training Course	Wake up & Hygyene	rranning course	manning course	Day on	manning course	Training Course	Wake up 8	& Hygyene	Training Course	Celebration	Departure day
								6.30-8.00		Morning practice: General morning complex by Integra Foundation / Healthy	Morning practice: Barbara's morning complex / Healthy	Morning practice: Kundaliny Gymnastic,	Morning practice: Principles and Practice of Intuitive dancing / Healthy	Morning practice: Panheurhythmy dance / Healthy	Healthy cooking (for	Morning practice: own choice / Healthy	Morning practice: own choice / Healthy	Morning practice: own choice / Healthy	Morning practice: own choice / Healthy	Morning practice: own choice / Healthy	Morning practice: own choice /	
										cooking (for on duty participants)	cooking (for on duty participants)	Healthy cooking (for on duty participants)		cooking (for on duty participants)	on duty participants)	cooking (for on duty participants)	cooking (for on duty participants)	cooking (for on duty participants)	cooking (for on duty participants)		Healthy cooking (for on duty participants)	Departure day
								8.00-8.45		paratiparat,	Breakfast			parane,	ринирини,	рания,	parate parate	Brea	akfast	, participante,	,	
				Basis of human Health;	Permaculture design	Intermediate Examen		8.45-9.15			Social "The Science of	Permaculture = Morning 	g circle	"Landscaping Land			I	Social Permacultur "Techniques for	re = Morning circle	1	1	
Sharing circle: Who am I? Why am I here? Agreeing on rules and conduction code of the course. Distribute roles; Questions & Answers	Introduction; What is Permaculture (P); What is Integral Approach (IA); Homework presentations	Main Integral Concepts; Learning game; Question & Answers; Homework presentations	Google Earth satelite interrogation of a land site; Primary analysis; Learning game	Complete and proper nutrition	process - principles and practice; Learning game	preparation; Group discussion		9.15-10.45		"Patterns in Nature" Learning game; "The Tree of Ressourses" and "Open Space" Games	Reading the land"; "The Zones of Your Homestead" - Indoor Theory;	"Detailed 3D Mapping and Plant Index: Tools and Methods" - Open Air Demonstration	Implementations"	Formations - Structure and Function" - Group Discussion and Exercices		"The Permaculture Designer & Integral Wellbeing Consultant" Principle - based Theater; Group Discussion	"Compost health; Biodynamics; Effective microorganisms; Microminerals" - Demonstration; "Assembling Soil Elements" - Open Air Practice	Sharing and Evaluating DesignWorks" - Micro Facilitations in small groups; Work and Consultations on the final group design plan	FINAL EXAMEN	FINAL GROUP PROJECT PRESENTATIONS	Preparation of the Celebration, the Healthy bar	Departure day
Break	Break	Break	Break	Break	Break	Break		10.45-11.00		Break	Break	Break	Break	Break 10:30 - 10:45		Break	Break	Break	Break	Break	Break	
Permaculture ethics and principles; Learning game; Homework	The Scale of Permance as a design tool; Questions & answers; Learning game; Homework	The tools of IA; Learning game; Question & Answers; Homework	Homework presentation; Discussion; The 7 habits of the highly efficient people; Individual exercises	Evolution of human consciousness; Evolution of social consciousness; Discussion	Client interview; Group exercice	INTERMEDIATE EXAMEN		11.00-12.30		"To Hear the Land" - OpenAir Practice	"Mapping" - Practice		"Water Retention Landscape Tools and Implementations" - Group Project Design Presentations; "The Perfect Slope" - Game	"Landscaping Land Formations - Structure and Function" - Terrain Group Exerscise; "Read the history of this Place" - Terrain Group discussion		"My Funeral" - Visualisation Exercise; "Testimonial for personal and common mission" - Group Design Creation	"The Fifth Element" - Open Air Meditation; Norbekov Practices of unity with Nature. Group Sharing. "Earth, Soil, Dirt and Compost" - Discussion	Work and Consultations on the final group design plan and it's implementation	Group work on Final Projec Presentations	FINAL GROUP PROJECT PRESENTATIONS	Balkan Permaculture Organisation presentation & invitation for hobby and professional development with us; CERTIFICATE AWARDING CEREMONY	Departure day
								11.00 12.30				Lunch & Relax	Terreet slope - dunie	<u> </u>	Lunch & Relax	Creation	Compost Discussion	Lunch & Relax			CELEBRATION WITH LOCAL POPULATION	Departure day
									Arrival & Check in												LOCAL POPULATION	
								12.30-15.00 15.00-16.30	Arrival & Check in	"The Science of Reading the land" - Indoor Theory; "The Sectors and Slopes of Your Homestead"	"Homestead Systems and Elements"; " Input - Output Analysis"; "Relative Location" - Learning Games	"Detailed Maps" - Presentation; Group Discussion ; Micro Facilitations;	"Contour Lines Creation" - Practical Terrain Exercise	"My Conscient Homestead" - Eco Pedagogy Exercise		Good Practices, Part 1: "Interactive Community Centre" - Digital Permaculture Design Case Study	Work and Consultations on the final group design plan and it's implementation	"Finance & economics; My sustainable Carrier and Business" - Discussion, Small Group Visualisation;	Group work on Final Project Presentations; Trainer's Consultations	FINAL GROUP PROJECT PRESENTATIONS	CELEBRATION WITH LOCAL POPULATION	Departure day
								16.30-16.45		Break	Break	Break	Break	Break		Break	Break	Break	Break	Break	Break	Break
You need: Notebooks, pencils, computer/smartphone; Please bring yourself into a comfortable place of body and mind!								16.45-18.15	Guided, welcoming tour of the Centre; Dinner	"Note mapping" Practical Exersice	"Governing systems"; "Sociocratic, Synergetic and Integral Governing Systems" - Discussion	"Prioritising in Regenerative Methodology"; "The Scale of Relative Prioritising" - Group Learning Game	"Integral Approach tools in Permaculture Design" Small Groups Work and Presentations	"What are the Teachings of my School" - Theater learning game		Good Practices, Part 2: "Agroforestry & Grassland Regenerative Management" - On Site Group Guided Visit	"Eco construction methods and techniques. The Buildings of Vegetarium Community" - On Land Demonstration	"What about This?" Evaluation and feed- back game with all trainers; Anonymous survey;	Group work on Final Project Presentations	FINAL GROUP PROJECT PRESENTATIONS	CELEBRATION WITH LOCAL POPULATION Exchange of contacts	Departure day
or soay and minu:								18.15-19.00	"Welcome circle"; "Conduction code"; Ice brakers & Games;	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	MOVIE PROJECTION, or INFORMAL COMMUNICATION	Departure day
								19.00-20.00	Informal communication	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Evening activities, discussions, HW, movies	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Social Permaculture's Sharing Circle	Departure day