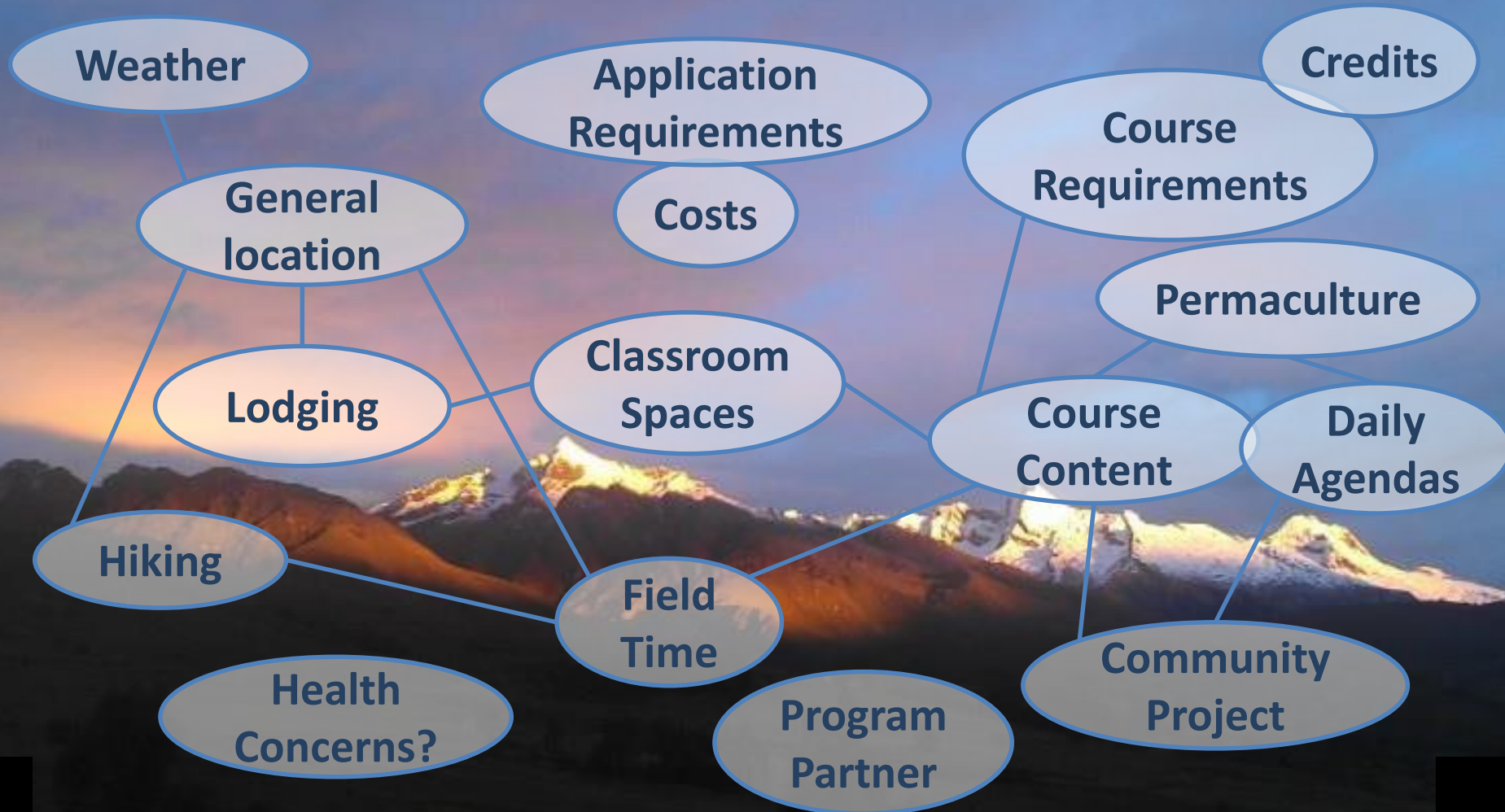


Living Systems Immersion

Sustainability & PDC in the Peruvian Andes

Sept 1– Sept 17, 2019



Application Requirements

- Minimum Sophomore Standing
- 2.75 Undergrad GA, 3.0 Grad GPA
- Spanish not required
- Ed Abroad application materials (May 1st deadline)
- In-person interview



Program Costs

- Tuition & Fees = \$3,135
 - 6 credits, on-ground transport, food, lodging, Int'l health insurance, carbon offsets, and all fees.
- Estimated Additional Costs = \$1,320
 - Airfare, extra meals, passport, personal spending \$
- **Total Estimated Costs = \$4,455**
- **Cost reduction ideas:**
 - Financial Aid may apply
 - Scholarships are available – See Ed Abroad's site
 - Create a personal www.gofundme.com campaign
 - Possible fundraising as a class

Credits

Three* 6-Credit enrollment options:

6 credits *SySc 410/510: Living Systems Immersion - Sustainability & PDC in the Peruvian Andes*

6 Credits *USP 410/510: Living Systems Immersion - Sustainability & PDC in the Peruvian Andes*

4 credits *SySc 410/510: Living Systems Immersion - Sustainability & PDC in the Peruvian Andes*

2 credits *PSY 410/510: Living Systems Immersion - Ecocultural Psychology*

Course Requirements

- Pre-trip
 - Online orientation and personal intro prior to departure
 - Readings (articles provided)
 - Short pre-departure essay
- During Trip
 - Full participation
 - Permaculture Design Project & Presentation
 - Personal Project idea development
- Post-trip
 - Reflection paper
 - 3-4 month update on Personal Project



Course Content

- Sustainability from a whole systems perspective
- Primarily follow the framework for Permaculture Design Certification courses
- Added elements of:
 - Personal Leadership Development
 - Community Building
 - Quechua Culture
 - Mountain Life



Community Project? TBD...



Community Project? TBD...



		24, August, Thursd	25, Aug, Friday	26, Aug, Saturday	27, Aug, Sunday	28, Aug, Monday	29, Aug, Tuesday	30, Aug, Wednes	31, Aug, Thursday
		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	Daily Intention	Arriving	Arriving	Orienting	Building a container	Diving In	Inter-dependence	Hiking	Plant relatives
7.30am	Morning	Independent Travel - Arrive in Miraflores neighborhood of Lima, Peru by evening	Packing up & Breakfast	Breakfast at Hostel	Optional body/mind work	Optional body/mind work	Optional body/mind work	Optional body/mind work	Optional body/mind work
8:00 AM	Breakfast				Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 AM	Check-in				Taxi to bus station	Check-in	Check-in	Check-in	Check-in
9:00 AM	Morning Session 1		Bus to Huaraz (8hrs)	Intro to Huaraz and local Quechua culture. Time in Artisan market and main market.	How we live together here? The community system	Zones	Local farming practices: Site-visit to Emiliano's land	HIKING up Cojup valley	Herbal Medicine
10.45 am	Mid-Morning Break				Mid-Morning Break	Mid-Morning Break	Mid-Morning Break		Mid-Morning Break
11:00 AM	Morning Session 2				Course Expectations, Permaculture Intro	Sector Analysis	Design for Patterns to Details--Learning design & mapping		Seeds
1:00 PM	Lunch Break			Lunch in Huaraz.	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
2:30 PM	Afternoon Session 1			Combi to Lluca. Tour & service project orientation. Combi to Hof.	Observation Class	Quechua Class	Needs and Gifts	HIKING up Cojup valley	Soil, Composting & Soil Buidling
4.00 pm	Mid-Afternoon Break		Welcome BBQ at Hostel in Miraflores, Lima (5-8 pm)	Welcome, intro, orientation of the Hof	Mid-Afternoon Break	Mid-Afternoon Break	Mid-Afternoon Break	Mid-Afternoon Break	Mid-Afternoon Break
4.15 pm	Afternoon Session 2	What is community to you?			Permaculture Design Principles	Companion Planting and Guilds	Rest time	Designing and planting a bed	
6:00 PM	Dinner	Arrive in Huaraz, Dinner		Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner
8:00 PM	Evening	Night at Hostel in Lima	Night in Hostel in Hauraz	Opening ceremony, hot muna & bonfire, getting to know each other.	Free time	Documentary Night: Cuba's Peak Oil crisis	Light community circle (equivalent to long check-in)	Pizza Night	Free time or Board Games

		1, Sep, Friday	2, Sep, Saturday	3, Sep, Sunday	4, Sep, Monday	6, Sep, Wednesday	5, Sep, Tuesday	7, Sep, Thursday	8, Sep, Friday	9, Sep, Saturday
		Day 8	Day 9	Day 10	Day 11	Day 13	Day 12	Day 14	Day 15	Day 16
Time	Daily Intention	Energetic flows	Natural Building Day	Balance of Structure & Flow	Service Learning	Hiking	PDC designs	The hero/heroine	Designing for Action	Celebration and harvest info
7.30am	Morning	Optional body/mind work	Optional body/mind work	Optional body/mind work	Breakfast with homestay family	Optional body/mind work	Optional body/mind work	Optional body/mind work	Optional body/mind work	Optional body/mind work
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 AM	Check-in	Check-in	Check-in	Check-in		Check-in	Check-in	Check-in	Check-in	Check-in
9:00 AM	Morning Session 1	Catch and Store Energy – Sustainable Energy System	Natural Building	Trees	Service Project in Llupa (community based learning)	HIKING to Churup	Circling Back: Catch-up, fill-in, review core Permaculture content	PDC work session	Final PDC Presentations	Pro-Action Cafe model for Projects back Home
10.45 am	Mid-Morning Break	Mid-Morning Break	Mid-Morning Break	Mid-Morning Break			Mid-Morning Break	Mid-Morning Break	Mid-Morning Break	Mid-Morning Break
11:00 AM	Morning Session 2	Microclimates	Natural Building	Water Systems			Client interview for PDC plan and presentation	PDC work session	HHH Model	STC model for course feedback
1:00 PM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
2:30 PM	Afternoon Session 1	Llupa project brainstorm	Natural Building	Building a Grey Water System	Reflection on Llupa Project	Hiking to Churup	PDC work session	PDC work session	Dragon Dreaming Workshop	Letter Activity / Course Evals
4.00 pm	Mid-Afternoon Break	Mid-Afternoon Break	Mid-Afternoon Break	Mid-Afternoon Break	Breaks as needed		Breaks as needed	Mid-Afternoon Break	Mid-Afternoon Break	Mid-Afternoon Break
4.15 pm	Afternoon Session 2	Llupa project prep	Natural Building	Llupa project prep	Rest time		PDC work session	PDC work session	Understanding and nurturing my support network	Packing Time / Dinner (5:45-6:30)
6:00 PM	Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Harvesting time +Dinner	Closing Ceremony (6:30-7:30pm)
8:00 PM	Evening	Creativity night	Documentary Night: The man who plants trees	Homestay in Llupa	Free time	Pizza Night	Jam Night	PDC presentation planning	Community Circle	8pm Combi to Huaraz / 10:50pm bus to Lima (arrives about 7:00am)

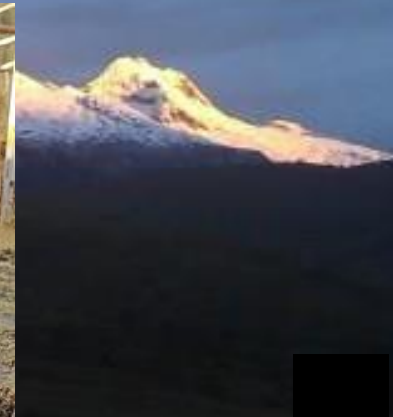
Program Partner



- Ka'Way Monti (Quechua for “Tree of Life”)



— The “Living Change” Team





1. Observe & interact
"Beauty is in the eye of the beholder"



2. Catch & store energy
"Make hay while the sun shines"



3. Obtain a yield
"You can't work on an empty stomach"



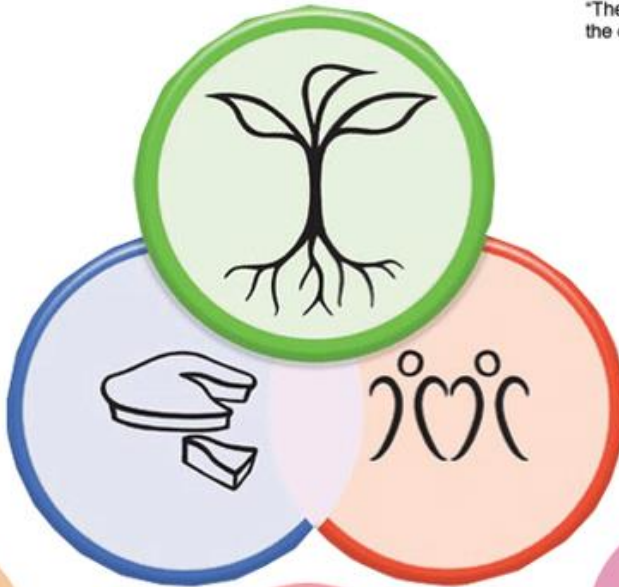
4. Apply self regulation & accept feedback
"The sins of the fathers are visited on the children of the seventh generation"



5. Use & value renewable resources & services
"Let nature take its course"



12. Creatively use & respond to change
"Vision is not seeing things as they are but as they will be"



6. Produce no waste
"A stitch in time saves nine"
"Waste not, Want not"



11. Use edges & value the marginal
"Don't think you are on the right track just because it's a well-beaten path"



10. Use & value diversity
"Don't put all your eggs in one basket"



9. Use small & slow solutions
"The bigger they are, the harder they fall"
"Slow and steady wins the race"



8. Integrate rather than segregate
"Many hands make light work"



7. Design from patterns to details
"Can't see the forest for the trees"

PDC Requirements

- 72 Hours of Direct Contact
- Follows PDC Content Outline, including:
 - Ethics, Design Principles, Patterns, Water, Energy, Forests & Trees, Soil, Seeds & Planting, Natural building, and Community
- A Design Project





Search bar with a magnifying glass icon and a "Directions" button.

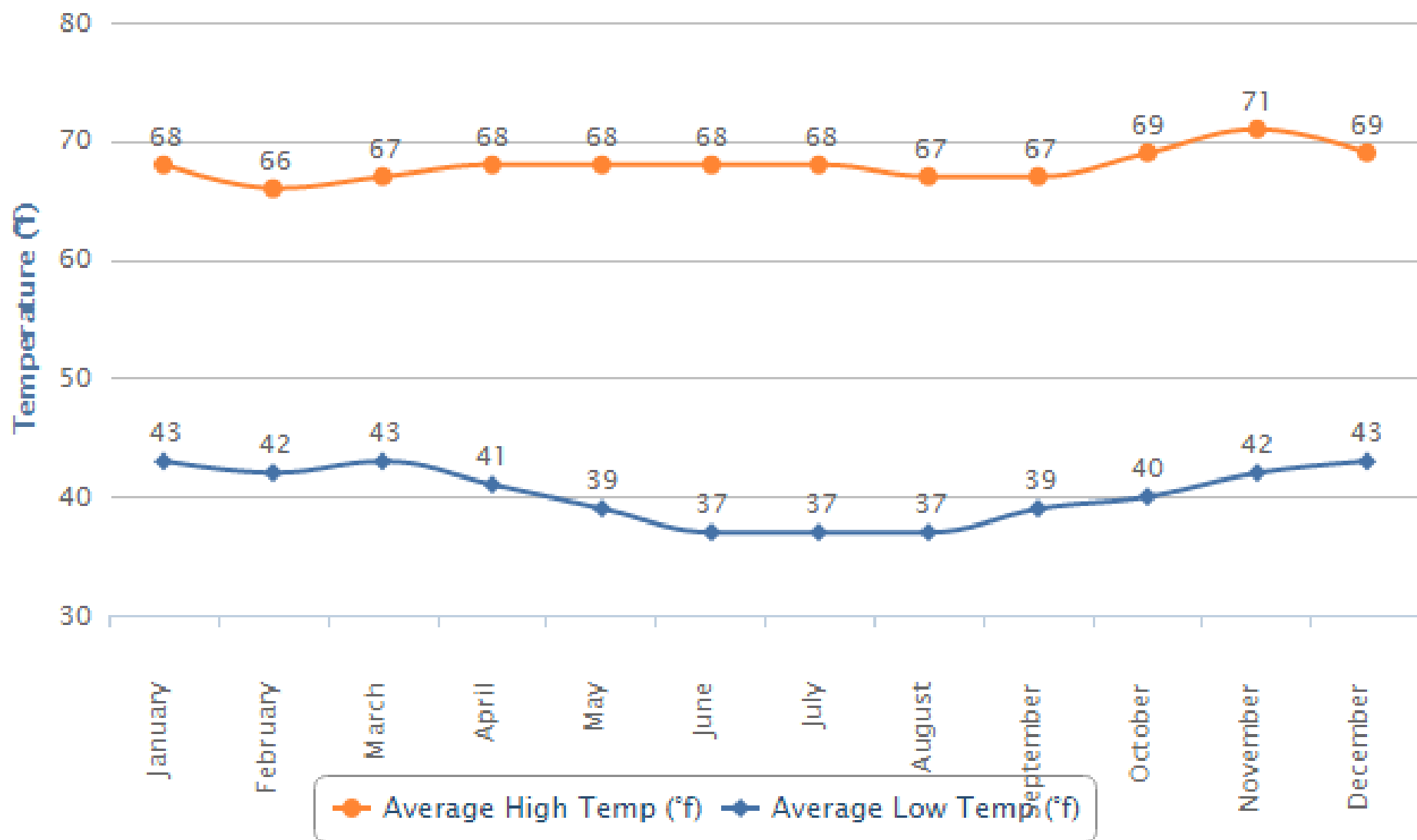
Top right navigation bar containing a profile icon labeled "Dave", a grid icon, a bell icon, a camera icon, and a user profile icon.



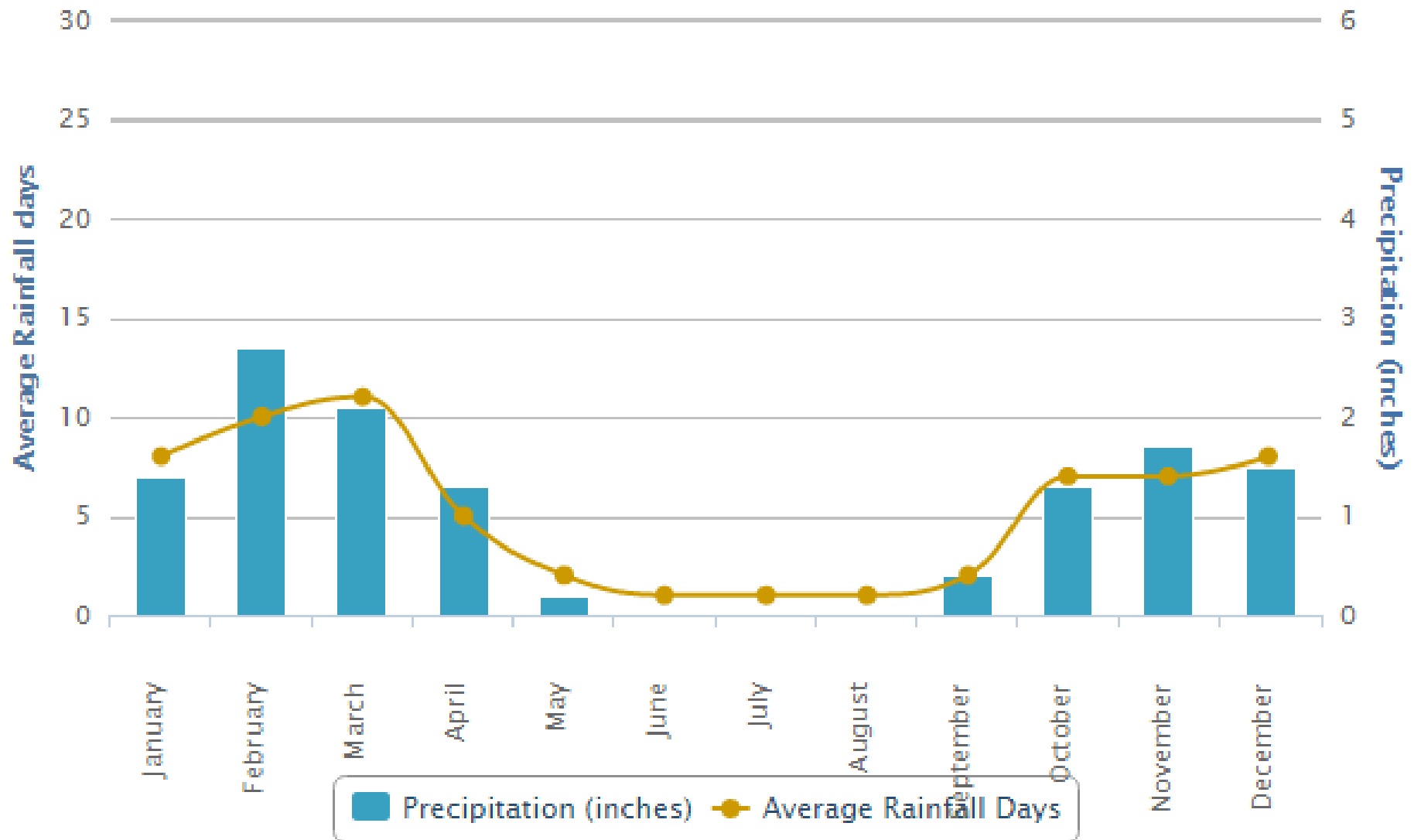
Google

Bottom right navigation bar containing a compass icon, a grid icon, a camera icon, a zoom in (+) and zoom out (-) button, a street view icon, a settings gear icon, and a help/question mark icon.

Average Temperature (°f) Graph for Huaraz



Average Rainfall (inches Graph for Huaraz)



The Churup Mountain Lodge







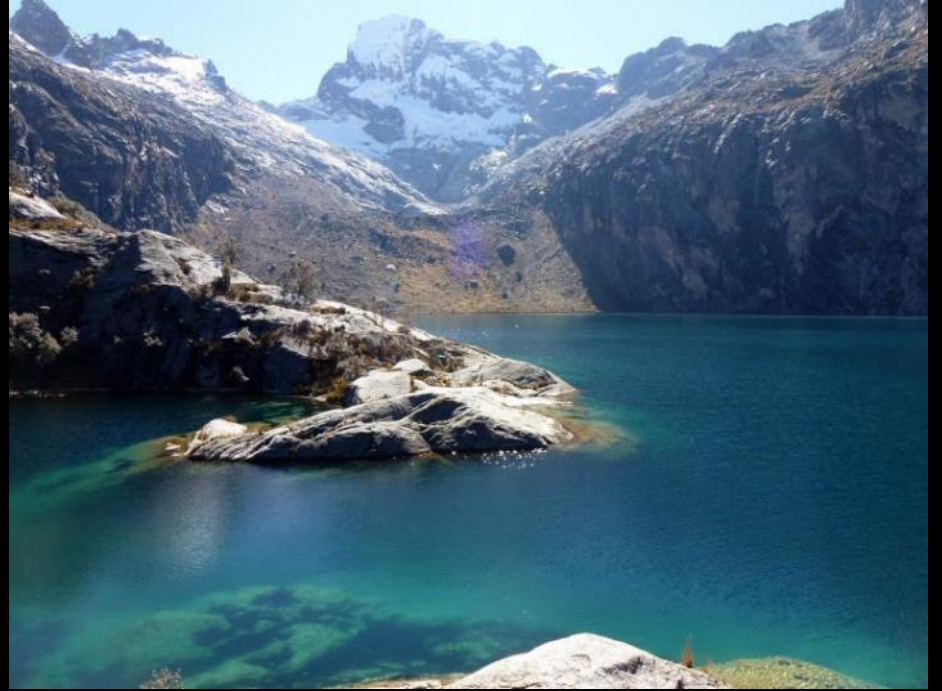
BRD 2011











Health Concerns

- Altitude
 - Consider getting altitude meds
 - We'll take it easy the first few days
- Physical activity
- Sun exposure
 - Bring sunscreen & a good brimmed hat
- Always some risk of pathogen exposure through food & water
 - Be smart in transitions

