

The background of the entire page is a close-up photograph of several pea plants growing in coconut shell pots. The plants have green leaves and thin, climbing stems. The pots are arranged in a grid-like pattern, and the lighting is warm, highlighting the textures of the plants and the shells.

ecoburbia
sustainable living

COURSES AND
WORKSHOPS WITH
ECOBURBIA



Ecoburbia, run by Shani Graham and Tim Darby is a superb example of household sustainability in action. With years of experience in adult education Ecoburbia is perfectly placed to run a variety of sustainability focussed workshops. Shani and Tim's home and lifestyle are a living example, and they are keen to share.

This booklet outlines the various workshop and courses that Ecoburbia can offer.

Our workshops are significantly different. They are based on sound adult learning principles, ensuring people learn from and with each other as well as from us. These techniques we use have been shown to be much more effective than a static presentation. Every presentation with give includes an element of behaviour change – our goal is not just that people will learn, but that they will do something with that learning. Our workshops are well evaluated – as well as finding out about people's satisfaction levels, we collect data on confidence levels pre and post the workshop, key lessons learnt and planned actions.

More information about the content of each workshop is available on request. We recommend you keep this list on file but don't hesitate to get in touch if you want a workshop or display not on this list







Creating Compost

Have you ever made good compost? Compost that is beautiful, smells great, feels wonderful and does incredible things to your garden?

Shani Graham from Ecoburbia is addicted to compost, and has been making great compost for years. She has developed a fail proof “recipe” and is keen to share it with you.

Whether you are a successful compost maker willing to share or just thinking about starting a composting system, come along to this workshop!



Could You Live Plastic Free?

Plastic is scary, and its impact on our world is even scarier. We all know we should use less plastic. But sometimes that can be hard, and we can never be totally plastic free. But we all work to do what we can.

So come and spend some time considering a less plastic life. Shani Graham from Ecoburbia has been participating in Plastic Free July since 2011, and has some great tips. This workshop will have lots of hands on activities so you will learn skills to make living with less plastic easier.





Growing Your Own Food – What can you do in your backyard?

Are you keen to trying growing some food in your garden? Have you tried and failed to get a worthwhile crop?

This workshop will look at some of the basics – from soil preparation and watering methods to how to choose what you should be growing in your garden.

You will leave with everything you need to know to enjoy a bumper crop this season.



Create Your Own Veggie Bed – from choosing materials to planting seeds

Would you like to build a simple raised veggie bed using recycled materials? – this is the workshop for you.

During this session we will make a raised bed from recycled tin and wood, create “no dig” soil, learn to install drip irrigation for your bed and sow some seeds ready for planting once the soil is ready. Everyone will get a go!

From using a drill, to the secrets of reticulation, this session covers everything you need to know in a fun and supportive environment.



Seed Saving And Plant Propagation – The Basics

Do you have plants that go to seed in your garden? Would you like to learn how to collect, store and use those seeds?

Come and find out the simplest seed to collect, and those that are too hard for a home gardener. You will also learn other ways to reproduce plants – from simple division to taking cuttings.

You will leave this session with the enthusiasm to start collecting seed in your garden, and the knowledge to propagate your own seedlings.



Solar Passive House Design

We all hear about passive solar homes, but what does this really mean?

During this session we will cover the basics of good solar house design using a simple model house. We will cover orientation, ventilation, thermal mass, insulation, window furnishings and more! You will then have the opportunity to apply that knowledge to evaluate how solar passive your own home is. You'll leave this session with a list of some simple changes you could make to make your home more sustainable.





Water Water Everywhere?

Do you worry about water availability into the future? Would you like to learn more about saving water in your home?

The workshop will cover rainwater and greywater systems, what you need to know to install a bore, and how to install drip irrigation. Plus of course many easy water saving tips you can apply in your home. An innovative “water house makes learning easy and fun. You’ll leave inspired to implement some water saving ideas in your home.



Building Community In Your Street

Do you know your neighbours? Do you long for the sense of community in your street that you had as a child?

Come and reflect on the importance of community, then hear an inspiring story of a magical street community in Hulbert Street. Then think and share some ways you could improve the community feel of your street.

You are guaranteed to leave inspired to get to know your neighbours better.



Green Cleaning

Have you thought about why a greener cleaning regime is important? Do you want to learn more about the common chemicals in cleaning products and how they differ from the basic ingredients in home made ones? Come along and try out a few home made products by making an all-purpose cleaner, a disinfectant spray and a basic bathroom cleaner. Bring those tricky cleaning questions!



Urban Beekeeping

Have you thought about what it would take to keep bees but have never had the chance to find out? Would you like a taste a true urban honey? Come and find out a bit more about these fascinating creatures and see whether a hive might work at your place.





Cooking With The Sun

Did you ever try and fry an egg on the road? Well that experiment might not have worked, but the sun is hot. And it is hot enough to cook eggs (poached, scrambled or fried) as well as pasta, stews, soups and cakes. And it can dry things – fruit, veggies and even meat (homemade biltong)

Shani and Tim from Ecoburbia use solar ovens for much of their cooking, especially in summer. Come and see the gear they use, learn how make a simple solar drier and solar oven, and enjoy the tastes of food cooked directly by the sun!



Keeping A Goat – could it be for you?

Did you know it is possible it keep a goat in the suburbs? Would you like to learn how to milk a goat and make some simple goat's cheese?

Shani has been keeping goats in suburban Fremantle for over five years. Come and learn more about what is needed to care for a goat, and what to do with all the excess milk you'll have. If you are lucky Whimsy and Pumpkin might even come along.



Preserving The Harvest – from tomato bottling to jam making

Does your garden produce a bumper crop you would like to preserve? Or would you like to take advantage of cheap seasonal produce?

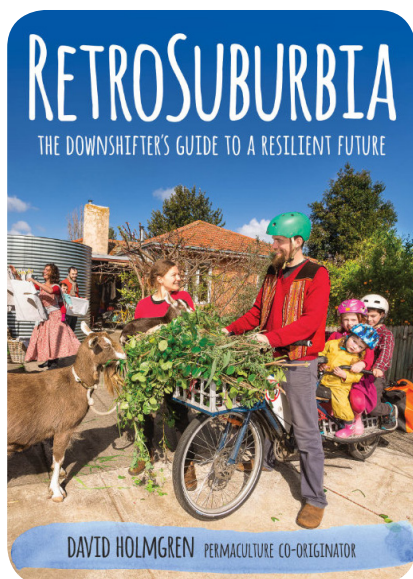
This session will cover tomato and fruit preserving using the water bath method, cheese making, drying produce using the sun, plus pickles, cordial and jam making. Something is sure to inspire you to try some preserving yourself.



Sustainability In Action – from Hulbert Street to Ecoburbia

Shani and Tim from Ecoburbia have been tagged Fremantle’s “Sustainable Gurus”. But their journey started when they were a school principal and stonemason. Come and hear about the changes they have made in their two very different homes in South Fremantle and Beaconsfield, both technological (water and power systems, solar passive design. . .) and behavioural (alternative cooperative living, compost systems, urban food production. . .). And just as importantly come and hear about the ways they have worked in their community to build resilience. You will leave inspired to make your own life more sustainable.





Retrosurburbia – retrofitting the suburbs for a post oil future

David Holmgren is the co founder of permaculture. In his latest book – Retrosurburbia he turns his attention to how we can transform our suburbs to prepare ourselves for a future with less cheap energy, be less impactful on the environment and more nourishing for our families and communities. During this session Shani will share some of the main themes from the book and suggest how we can incorporate those into our lives.



Great Presentation Techniques

Shani Graham from Ecoburbia is well known for her engaging and participative presenting style. Now is the time to learn some of the techniques she uses so you can improve your own presentations. Bring along a talk you have done or one plan/ hope to do soon. This session is relevant whether you are presenting to 5 or 50!



Goal Setting And Life Planning

Tim Darby from Ecoburbia is a master at setting short, medium and long term goals. In fact he is a master life planning in general. Come and spend some time thinking about how you plan your life and learning some new techniques. You will get a chance to practise some new ideas and share ideas with other participants.



Redefining Retirement

If you are wondering what to do about your super, this is NOT the workshop for you.

If on the other hand you are keen to make work an integral and balanced part of a full, happy and sustainable life then this may be just the workshop for you. In this talk sustainability educator, artist, musician, and urban goat herder Tim Darby delves into the value of “work” in the age of the gig economy, continuous growth and XR.

A thoughtful and thought provoking journey into how to make the best of that limited and non renewable resource . . . your time!





Checking Out Chickens

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Living Smart

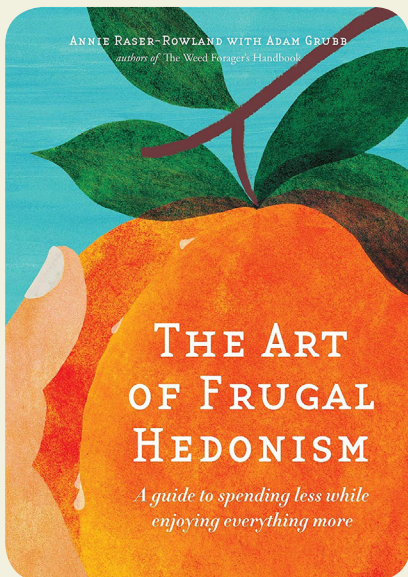
Are you interested in creating a simpler, healthier, more sustainable lifestyle? Do you want to share your interest with others? Do you want to delve deeper into topics of sustainability?

The Living Smart is the ultimate behaviour change course. It is a great way to learn more about what you can do in your own life to become more sustainable– from saving power and water, to thinking about transport,

healthy homes and lifestyles, growing your own food and retrofitting your home. A wide range of topics will be explored with lots of time for thinking and sharing with others.

The course is now available in a variety of formats – from the traditional 7 week course to 4 week shorter courses (covering any topic you like) and even one off taster sessions. Check out the Living Smart website for more details or call us!





Frugal Hedonism

by Annie Raser –
Rowland and Adam Grubb

book review

“It sounds too good to be true. You can save money and the world, inoculate yourself against many of the ills of modern life, and enjoy everything more on both the sensual and profound levels? Preposterous!

Yet here is a toolkit to help you do just that. A tweak here, a twiddle there; every strategy in The Art Of Frugal Hedonism has been designed to help you target the most important habits of mind and action needed for living frugally but hedonistically. Apply a couple, and you’ll definitely have a few extra dollars in your pocket and enjoy more sunsets. Apply the lot, and you’ll wake up one day and realise that you’re happier, wealthier, fitter, and more in-lust with life than you’d ever thought possible.”

Come and hear Ecoburbia’s take on this wonderful book and hear the profound ways it has shaped their lives

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