

ECO SURVIVAL WEEK

11–15 October
2010

Monday 11 Oct

Environment, Animal Rights and Veganism

A discussion on the issues behind free range, vegetarian, and vegan diets.

Shanti Ahluwalia
12–1pm, Science Lecture Theatre 5

Awakening the Dreamer Symposium

Connect with people who care about sustainability, spirituality and social justice, the biggest challenges and opportunities of our time. See website for details.

Rex Verity
1.30–5pm, Coppertop

Permaculture Course

An introduction to permaculture principles, which encourage a sustainable, commonsense and ethical life.

Kate Henry
6–8pm, \$15 for 4 sessions and full day practical. Contact matthew.morris@canterbury.ac.nz to register.

Tuesday 12 Oct

Eco Office: Green Purchasing

A workshop on green purchasing for UC office users. This is part of the Eco Office Guide.

Adrian Teather and Matt Morris
12–1pm
Sustainability Office (Facilities Management)

The Eco & Health Effects of Food

A talk about local food, weeds, seaweed, food & health, and true food vs junk food.

Steve Kung
1–2pm, The Mix, UCSA

Permaculture Course

An introduction to permaculture principles, which encourage a sustainable, commonsense and ethical life.

Kate Henry
6–8pm, \$15 for 4 sessions and full day practical. Contact matthew.morris@canterbury.ac.nz to register.

Wednesday 13 Oct

Organic Pest Management

Learn how to keep your garden healthy, organically!

Carl Pickens
12–1pm, Okeover Community Garden

Clothes Swap

Swap your clothes for someone else's fabulous apparel.

See website for details
4–6pm, Ballroom Foyer, UCSA

Permaculture Course

An introduction to permaculture principles, which encourage a sustainable, commonsense and ethical life.

Kate Henry
6–8pm, \$15 for 4 sessions and full day practical. Contact matthew.morris@canterbury.ac.nz to register.

Thursday 14 Oct

Vegetarian Cooking on a Student Budget

Talk and cooking demo about creating great, healthy food for next to nothing, as well as what's in our food.

Jon Ward
12–1pm, The Mix, UCSA

Collaboration for Change Workshop

An experience based project, created with, and by, students who want to be active in creating change in their sphere of influence.

Helen Tulett
1–4pm, email sharon.mciver@canterbury.ac.nz

Permaculture Course

An introduction to permaculture principles, which encourage a sustainable, commonsense and ethical life.

Kate Henry
6–8pm, \$15 for 4 sessions and full day practical. Contact matthew.morris@canterbury.ac.nz to register.

Friday 15 Oct

Vegan Cooking Demonstration

A cooking demonstration showing the basics of a few simple vegan dishes, including pizza in the pizza oven. Bring a topping if you want some pizza!

Shanti Ahluwalia
12–1pm, Community Garden

Gardening Bee

A chance to get your hands in the soil with fellow students, staff and locals.

Jonny Platt
2–5pm, Community Garden

Saturday 23 Oct

Permaculture Practical

Full day practical workshop to round off the course.

Kate Henry
10–5pm. Contact matthew.morris@canterbury.ac.nz to register.

For more details on these events, check out www.sustain.canterbury.ac.nz/events/ecoweek.shtml

