



Nurturing Nature

Human Ecology Practical Area - HEPA

Eco-farming Practice-based Training (Basic course)

10 – 14 June 2020



Eco-farming practice of the CIRD key farmers network in Dong Le township, Tuyen Hoa district, Quang Binh province. Photo by HEPA, December 2004.

Introduction of HEPA Huyen Vi

HEPA Huyen Vi is a biodiversity preservation area which is located in the upper catchment of the Ngan Pho river. HEPA Huyen Vi was restored from a depleted watershed forest into a rich one with the 50-year land use rights Certificate issued by the Ha Tinh Provincial People's Committee to the Center of Human Ecological Study of Highland (CHESH) under the Decision No.1230/QĐUB dated 5 June 2002.

HEPA has restored maintained and nurtured values of biodiversity in the watershed area based on the philosophy of Nurturing Nature, which is derived from the indigenous ethnic minorities in the Mekong region, since 1990s.

This philosophy has been studied by HEPA through traditional farming systems of villages, which has latter been inherited and applied at HEPA Huyen Vi on principles of system planning and detail design via terrain mapping and ecological transect cutting upon the specific objectives, functions and farming method of each farm garden.

HEPA Huyen Vi has 5 gardens which are characterized by 5 different functions and objectives

- 1) **Huyen Vi Garden** restores, maintains and nurtures different local species available in the upper Huong Son including medicinal herbs, flowers, tubers and fruits for spiritual rituality and ceremony towards wisdom of nurturing nature.
- 2) **Thuong Uyen Garden** restores and develops different local species of vegetables, citrus, tubers and fruits, forest products and native livestock breeds toward a self-reliant ecological household livelihood.
- 3) **Linh Moc Garden** restores and develops traditional occupation including blacksmithing, carpentry, weaving, embroidering and natural dyeing toward an ecological farming culture.
- 4) **Ecological Dinning Garden** practices and completes the process of collecting, storing, processing and using ecological products that fully meet 10¹ characteristics of eco-farming
- 5) **Giac Ngo Garden** restores and preserves different tree species and animal breeds of the villages in the Mekong region, with whom HEPA has been working for nearly 30 years.
- 6)



¹ Five fundamental characteristics of an ecosystem: 1) Diversity; 2) Uniqueness; 3) Interaction; 4) Adaptability; 5) Sustainability and Five fundamental rights of a community (including village, hamlets, traditional village Ploi): 1) The right to forest and land; 2) the right to practice religions in sacred forests; 3) the right to develop indigenous knowledge in farming ; 4) the right to practice and nurture local species; 5) the right to co-govern gardens with neighbors.

The training course consists of four components:

1. Seven principles of system planning following the philosophy of Nurturing Nature
2. Indigenous knowledge of land use planning and governing
3. Application of system planning in governing the water energy in HEPA
4. Nutrients pyramid for recovering the health of soil and enriching the energy of micro-organisms

At the end of the course, participants will have the basic understanding of:

- Steps of observations and description of the ecological transect cutting of a garden
- Principles of system planning of a garden
- System planning in governing of the water energy in a garden
- Experience and knowledge of building up a nursery of native tree species
- 10 criteria of an ecological product
- Practical skills in making nutrients for soils from re-used materials in the garden (covering, mulching, composting, papaya circle, banana circle and other ecological storage in the garden)

Participants will also have an opportunity to learn some experience regarding the co-management, protection and development of the watershed area based on shared responsibilities among forest owners.

Duration: 5 days, from 10 -14 June 2020

All participants are requested to strictly follow HEPA regulation during the training course. For details, please visit <http://ecofarmingschool.org/eng/info/417/Welcome-to-HEPA-Eco-Farming-School-1066.html>.

For registration, please contact:

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DAILY TIMETABLE (10 – 14 June 2020)

Date	Get up time: 5:00 to 7:00 AM	Working AM 7:00 – 11:00	Working PM 2:30 – 5:30	Dinner time 7:30	Reflection 8:00 - 9:30 PM Go to bed at 10.00 PM
10/6	5:00 - 5:30: Morning exercise (optional Yoga) 5:30 -5:45: Community cleaning 5:45 – 6:10: Community cooking 6:20 – 7:00: Breakfast	- Participants' self-introduction - Overview of HEPA: Logic in land use and 7 principles of system planning based on the philosophy of nurturing nature	Field observation and practice ecological transect cutting in Thuong Uyen and Huyen Vi gardens in 2 groups.	5:45 – 6:15: Community swimming 6:20 – 7:00: Community Cooking 7:00 – 7:30: Dinner and community washing dishes	Daily sharing and lessons learned
11/6	Same as above	- Group presentation on analysis of components of ecological transect cutting of Thuong Uyen and Huyen Vi gardens - Trainer's presentation on traditional logic of the ecological transect cutting of a garden	Drawing and analysis of ecological transect cutting in groups with swapping.	Same as above	Same as above
12/6	Same as above	Application of system planning in governing water energy in HEPA	Discussion, presentation and analysis of results in groups.	Same as above	Watching videos on HEPA
13/6	Same as above	- Practice of skills: identifying location for nurseries, choosing land, collecting seasonal seeds, sowing and nursing native tree species (at field) - Practice of skills in 2 groups with swapping	Discussion and drawing the whole process of a nursery in groups. Discussion about the possibility of seed exchange among HEPA and localities in the future.	Same as above	Cultural exchange
14/6	Same as above	Practice of skill of creating a nutrients pyramid for enriching micro-organisms and restoring the soil health (covering, mulching, composting, papaya circle, banana circle)	Review of lessons learned - Course evaluation – Networking - Group photo.	Same as above	Participants come back home

