



Sunseed
DESERT TECHNOLOGY

INTRODUCTION TO ECOVILLAGE LIVING

course report



8TH - 15TH OCTOBER 2017



TABLE OF CONTENTS

INTRODUCTION TO ECOVILLAGE LIVING

1. SUNSEED IN A WORLD OF TRANSITION	2
2. COURSE SCHEDULE	3
3. SUNSEED COORDINATORS	4
4. SOME BASIC FACTS	5
5. COURSE SUMMARY	6
DAY 1 - ARRIVAL OF THE PARTICIPANTS	6
DAY 2 - TEAM BUILDING	6
DAY 3 - TOUR & FOOD PREPARATION METHODS	8
DAY 4 - PRACTICAL TEAM WORKSHOPS	11
DAY 5 - WORKSHOPS & EVALUATION	13
DAY 6 - TOOLS FOR GROUP ORGANISATION	14
DAY 7 - EXPLORE & CELEBRATE	15
6. TESTIMONIALS	18
7. FURTHER INFORMATION AND BOOKING	19

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SUNSEED IN A WORLD OF TRANSITION

A BRIEF INTRODUCTION

Over the last decades, the dominant "grow or die" ideology imposed by the existing economic and political systems has led into a complex and escalating environmental, economic, social and cultural crisis.

Apart from being the reason for the vast degradation of human societies and natural ecosystems, this multilateral crisis has also catalyzed the "awakening" of **new opportunities** towards behavioral and ideological turnings. As more and more people realize the **urgent need for change**, the development of many grassroots projects all over the world has become a reality.

ECO-VILLAGES, CO-HOUSING, COOPERATIVES, TRANSITION TOWNS and other sustainability and transition projects are the living laboratories of our times, researching for sustainable solutions, tools and methodologies that can reconnect the human with nature and create sustainable, resilient societies.

SUNSEED'S ROLE IN TRANSITION

Sunseed has been **an educational space and a life-changing experience** for many people over the last 30 years. Today, thanks to its international popularity and openness, Sunseed receives a

great number of volunteers, university students on placements, schools, and visitors throughout the year. For this reason **Sunseed has the capacity to become a widely influential player** in support of the sustainability and transition movement and act as a major catalyst for **positive holistic change**.

THE AIM OF THE COURSE

Primarily, Sunseed offers the space for experiential / informal learning in various aspects of sustainability and low impact living. The **"Introduction to Ecovillage living" (IEL)** course was the outcome of a common feeling that Sunseed's experiential learning has a strong potential to be developed further. We wanted to create a flexible course:

✿ for those who might want to experience a **short but concentrated training** that would involve **diverse skills** and tools applied at Sunseed and other projects both in Spain and globally.

✿ that would function as a **"stepping stone"** for those who want to learn about and enter into the **fascinating world of eco-villages** and the transition movement.

EVEN BETTER THAN EXPECTED

That's how the first IEL course became a reality. **From the 8th to the 15th of October 2017 we experienced an intensive week full of seminars and workshops**, based mostly on an **experiential way of learning and non-formal education methods**. The result exceeded our expectations! We would like to express our sincere gratitude to all those who decided to join our course and share with us this unforgettable time.

SHARING THE GOOD

This report is a fruit of the first IEL course and a way of **celebration**. Moreover, the **success** of the course acts as a **motivation** for us to keep up the hard work towards our continuous goal: to **plant the seed of change** for the development and **empowerment** of individuals who want to become the agents for **social change** and the formation of future sustainable societies.

Thank you in advance for reading the following pages and we hope to see you in a future "Introduction to ecovillage living" course.

With love,

Konstantinos Sbonias

Education Coordinator



SUNSEED COORDINATORS

MEET THE CREW

OFFICE TEAM



ATREYU

Administration
Germany / UK / India



AGNES

Communication
Poland

PRACTICAL TEAM



DIMITRI

Dryland Management (DM)
France



GABRIEL

Organic Gardens (OG)
Brazil



ALMUDENA

Sustainable Living (SL)
Spain

TECHNICAL TEAM



SANTI

Eco-maintenance
Spain



TOM


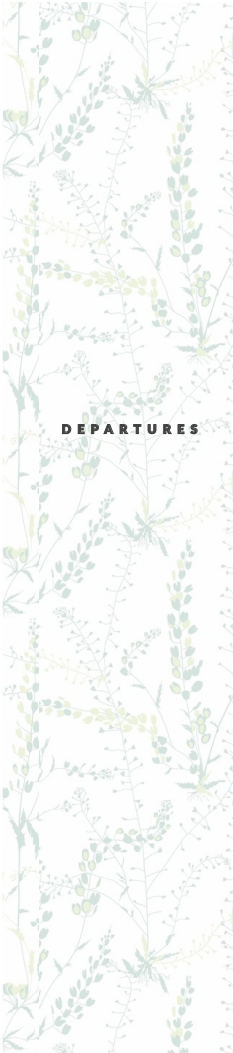
Appropriate Technology (AT)
Germany





COURSE SCHEDULE



	SUNDAY 8 TH	MONDAY 9 TH	TUESDAY 10 TH	WEDNESDAY 11 TH	THURSDAY 12 TH	FRIDAY 13 TH	SATURDAY 14 TH	SUNDAY 15 TH		
07:30 - 08:30		BREAKFAST								
08:30 - 10:30		Energizers, icebreakers, for team building	SL Workshop on homemade bread baking	Intro to Appropriate Technology AT	Intro to ecoconstruction	Intro to organic gardening	Intro to maintenance			
10:30 - 11:00		BREAK								
11:30 - 13:30		Programme and objectives of the course	Intro to drylands management	AT Workshop: making a rocket stove ----- SL Workshop: fermentation as a technique for food preservation	SL workshop: natural cosmetics ----- Making compost "lasagna"	Intro to sustainable water management	Open Space			
13:30 - 15:30		LUNCH AND FREE TIME								
15:30 - 17:30		ARRIVALS	Intro to sustainable living (SL)	A walk to the spring of Rio Aguas: Geology & hydrology of the area, monitoring the flow of the river - Jose Maria Calaforra (prof. UAL)	Workshop on soil restoration, reforestation ----- Eco-construction workshop: making a bench using cob, strawbale and eco-bricks	Workshop on soil restoration, reforestation ----- Ecoconstruction workshop: making a bench using cob, strawbale and eco-bricks	Workshop on soil restoration, reforestation ----- Ecoconstruction Workshop: making a bench using cob, strawbale and eco-bricks		Workshop on soil restoration, reforestation ----- Ecoconstruction workshop: making a bench using cob, strawbale and eco-bricks	DEPARTURES
17:30 - 18:00		BREAK								
18:00 - 19:30		Intro to the 4 dimensions of the "Sustainability wheel" and the ecovillage movement. Evaluation.	Intro to Sociocracy	Intro to permaculture. Evaluation	Mid-term evaluation - sharing circle (council)	Intro to the non violent communication and Dragon Dreaming	Final evaluation			
19:30 - 20:00		FREE TIME								
20:00 - 21:00		DINNER								
21:00 - 22:30	Welcome	Free Time	Green Screen. Documentary on transition	Free Time	Star gazing at the "Monkey's head" & music jam	Free Time	Closing pizza party!			



COURSE SUMMARY

DAY BY DAY

DAY 1 – SUNDAY 8TH

ARRIVAL OF THE PARTICIPANTS

The first day was dedicated to the welcoming of the course participants. It involved a **tour around the project** so that the participants could get to know the place and feel at home. After dinner, we gathered for the **official welcoming**, to make sure that everyone was feeling comfortable and to share a first moment all together. The schedule of the course was to be quite intensive, so **we went to bed early to fill our batteries for the first day!**



Dario (Communication Coordinator) and Kostas (Education Coordinator) gave **a brief introduction** to Sunseed and its role as a 30-year old project, the course itself and the schedule of the next day.

DAY 2 – MONDAY 9TH

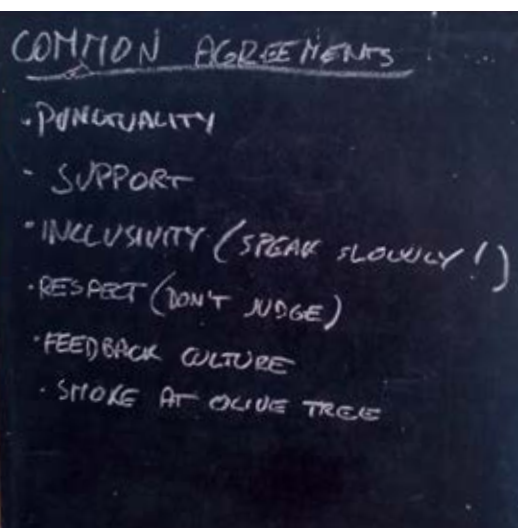
GETTING TO KNOW EACH OTHER - TEAM BUILDING SESSIONS

The basic aim of the second day was to get to know each other and feel at ease. We held a morning circle in the Sunseed geodesic dome, where the participants had the chance to meet all of the Sunseed staff members.



The rest of the morning was dedicated to **team building games** and exercises, led by Kostas and Dario whose aim was to **create a strong community feeling** and bonds within the group.





Our common agreements.

Through various non-formal educational activities the participants and the facilitators got together to start exploring the **meaning of group dynamics, collaboration, leadership and trust**. With a sociometry exercise we started approaching the meanings of words like community, rural-urban environment and transition.

Program and objectives of the course

In the second part of the morning we focused on the schedule of the week, and discussed any further requests and proposals.

We wanted the course to be flexible, so that **the structure of the activities could be modified according to the needs, proposals and active input of the participants**. For this reason we held a round of brainstorming to collect ideas for activities that could be offered by the participants and any further requests.

Common agreements for the optimum running of the course

Another important part of the first day was defining and agreeing upon the 'Common Agreement' which outlined the attitudes and behaviors needed in order to create a **space where everybody could feel comfortable to listen and be listened to**, and for the smooth running of the course in general.

Although the initial idea was to use Spanish as the working language throughout the course, the participation of non-Spanish speakers and the good level of understanding of English of all the participants led us to **consent collectively to the use of English as the working language**, with translations in Spanish wherever needed.

Introduction to the Four Dimensions and the eco-village movement

In the afternoon we gathered once again in the Sunseed dome for a session to explore the 'four dimensions'¹ of human experience (ecological, social, economic and cultural) and the eco-village movement. Through brainstorming we collected post-its with as many ideas as possible about today's ecological, social, economic and cultural problems.

In the second part of the session we brainstormed respective solutions. At the end we reflected on the outcomes of our collective brainstorming, igniting a discussion about the role of **eco-villages as laboratories for social transformation** and their

Introduction to Sustainable Living Paloma, our amazing SL Coordinator, gave a tour around the communal spaces and explained the concept of sustainability at Sunseed.



¹ <https://gaiaeducation.org/wp-content/uploads/2017/02/EDE-Curriculum-English.pdf>



relation to these four dimensions. We spoke about the various eco-villages around the Iberian Peninsula, and the activities and concepts that have been developing throughout the years.



Evaluation

The second day closed with a reflection of the day's activities, the general structure of the course and general impressions about the accommodation.

DAY 3 – TUESDAY 10TH

GETTING TO KNOW THE AREA & FOOD PREPARATION METHODS

The day started with two workshops running at the same time, so participants could choose the one that interested them the most.



Workshop 1 - Solar cooking

Through an interactive session, Atreyu (Administration Coordinator) introduced the basic principles and technologies of solar cooking, as well as the environmental, health and other benefits. And after this the action started: following these all important principles for successful solar cooking, we prepared the necessary ingredients and placed the pot in our parabolic solar cooker. After keeping an eye on it for the next few hours, it was transformed into **slowly cooked chickpea and vegetable dish for dinner. Yum!**



Workshop 2 - Bread making

At Sunseed, bread plays an integral role in our community. People who know how to make their own bread can have **significant dietary and economic benefits**. One of Paloma's weekly tasks at Sunseed as SL Coordinator is the preparation of delicious homemade bread for the community. Therefore, she had a lot of tips and advice to share with those who decided to participate in her workshop. She talked about the **secrets of successful homemade bread baking** and each participant learned how to make their own bread, following Paloma's **instructions step-by-step!**



Introduction to drylands management

In the second part of the morning the time came for Jon (Organic Gardens Coordinator) and Gabija (Drylands Coordinator) to give a tour of their departments and introduce the various aspects of dryland ecosystems and the **challenges of organic gardening in semi-arid climates**.

The participants saw for first time the site where Jon and Gabija's workshop would take place over the next days.



Getting to know the area: A walk to the spring of Rio Aguas with Jose Maria Calaforra (prof. UAL)

In the afternoon we had the honor to welcome **Jose Maria Calaforra**, professor and coordinator of the research group in Environmental Geology and Water resources (Recursos hidricos y geologia ambiental) at the University of Almeria.

On our way to the springs of the Rio Aguas Mr. Calaforra shared with us his deep knowledge of the hydrological

and geological aspects of the surrounding area, giving us a good insight and understanding of the **geological and ecological uniqueness and importance of the Karst en Yesos de Sorbas area (Natura 2000)**.

Due to the overexploitation of the aquifer of the Rio Aguas from super intensive olive plantations over the last years, the water flow of the river has been reducing dramatically. If Rio Aguas runs out of water, the ecological and social impacts will be massive. This fact creates **the need for urgent sustainable management of water resources in Almeria** and continuous monitoring and evaluation of the quantitative / qualitative state of the Rio Aguas. And so an important part of Mr. Calaforra's session was learning how to calculate the water flow.





Dario (Communication Coordinator) giving workshop on sociocracy.

Introduction to sociocracy

After the amazing walk to the spring of the Rio Aguas, the second part of the evening was dedicated to an introduction to Sociocracy. Sociocracy is a decision making system that has been adopted by many ecovillages as it gives the possibility for a **horizontal decision making process**. In this session we explained the core values of Sociocracy and we talked about the way that it's being implemented at Sunseed.

Green screen

The second day ended with the projection of the documentary "La voz de viento" (The voice of the wind), a beautifully inspiring passage through various eco-villages and eco-projects from the Pyrenees to Granada.

DAY 4 – WEDNESDAY 11TH PRACTICAL TEAM WORKSHOPS

Intro to Appropriate Technology

How is it possible to cover your energy needs whilst being off-grid? The day started with Josh, our Appropriate Technology Coordinator, taking the lead for an introduction to Sunseed's energy and appropriate technology infrastructures. He spoke about how Sunseed manages to cover its needs of electricity and hot water needs and gave us a tour around his department, explaining the function of systems like the **photovoltaic and solar panels, the solar cookers, the gasifiers, the thermal mass stove, the ram pump** and other important installations at Sunseed.



In the second part of the morning we started up again with 2 different workshops running simultaneously for the participants to choose from.

Workshop 1 - Rocket Stove

Rocket stoves are portable stoves that burn organic material very efficiently - to almost complete combustion. This feature makes them energy efficient, **low impact and easy to use** for cooking food and for heating spaces. Josh's AT workshop focused on the construction of a portable rocket stove using recycled materials.

At the end of the workshop we celebrated the construction of the new rocket stove with some hot coffee and pop corn!



Workshop 1 – Fermentation

Although all vegetables have their own season during the year, the dominant economic model promotes the production and consumption of all kinds of vegetables the whole year round with the support of massive greenhouse installations, and other energy intensive growing techniques. This model and habit has multiple negative environmental consequences.

Sustainable consumption requires the integration of more local and seasonal food in our diet. At the same time we can utilize techniques that preserve harvests, so that they can be consumed later on during the year. As well as its various nutritional benefits, fermentation is an amazing technique for food preservation. Paloma (Sustainable Living Coordinator) shared with everyone her knowledge of successful food fermentation.

In the afternoon the time came for the beginning of two intensive workshops that would last until the end of the course. The first one focus-



ing on Soil Restoration and Reforestation, and the second one on Eco-construction. Although the workshops were running at the same time, the participants had the flexibility to dip in and out of both of the workshops over the coming days.

Workshop 2 – Soil restoration, reforestation

The aim of the activity was to introduce some land restoration techniques in dryland management.

In the first part of the activity participants were introduced to a technique for **water collection and erosion prevention by making 'swales'**: several water channels perpendicular to water run-off direction were dug.

The second step was to make **trench compost** by digging 1m² holes and filling them with organic material; in this case we used food scraps from kitchen, humanure, dry branches, Agave Americana leaves, compost, dry grass and water. This trench compost will serve as a big pocket for water collection and will provide plants with nutrients from the decomposed materials.

In the last part of the activity, the planting of oak trees, almond trees and Ephedra bushes took place. Participants were introduced to **planting techniques and making shade structures** from natural, local materials. In the given activity, the participants went through land restoration processes step by step.



Workshop 3 - Bench construction with straw-bales and cob

Building with natural materials is one of the principal activities at Sunseed. Lucas, our Eco-construction Coordinator, shared his skills and knowledge by running a workshop to build a beautiful cob and straw bench in a prime spot overlooking the river.



Intro to Permaculture

After all having a nice midday siesta, we returned to the Sunseed dome to find Jon, Sunseed's Organic Gardens Coordinator, once again. "What is Permaculture?" he asked us. It was the time for him to transmit to everyone his passion and knowledge of Permaculture systems and, although in a short time, he managed to shed light onto the **fundamental principles of this exciting design methodology.**

Evaluation

The 4th intensive day of the course ended with a brief check-in and evaluation of the impressions of the participants up to now. So far so good!

DAY 5 – THURSDAY 12TH

WORKSHOPS & EVALUATION

Intro to Eco-Construction

Although we are in October, temperatures in Andalucia still remain high. For this reason we decided to put the soil restoration and cob bench construction workshops in the mornings, so we could avoid the midday heat. Using this time Lucas talked about various eco-construction techniques.

Natural cosmetics

Knowing how to make our own cosmetics by using natural ingredients and avoiding chemical based products is a crucial element of sustainable living. In the afternoon we went to Lizzie (ex-Sustainable Living Coordinator) who taught us how to make natural shampoo.

Mid-term evaluation - Sharing Circle (Council)

As we had reached the half way point of our journey, the moment came for Kostas (Education Coordinator) and Dario (Communication Coordinator) to lead a 'Sharing Circle' (also known as the "council"), an ancient tool for effective sharing and communication among community members. The sharing circle helps us to create a safe space for sharing our emotions and thoughts with the others while speaking and listening from the heart, encouraging spontaneity and avoiding judgements or pre-constructed thoughts. Here, the sharing circle was the way to express our feelings, thoughts and impressions

about the course so far and to give the space to everyone to listen and be listened to. Since one of the basic principles of the council is confidentiality, we won't tell you what was said. But what we can say is that after that circle the feelings of love, respect and trust could be seen in everyone's eyes and smiles.

Star gazing at the "Monkey's head"

For the closing of the day we decided to escape for a while from Sunseed and have a small night excursion on a hill nearby, known to the Sunseeders as "The Monkey's Head". A few musical instruments and flashlights (and closed jackets!) were all we needed to climb up the hill and spend some wonderful time all together with amazing stargazing, chit-chats and music jamming.

Workshop 1 - Bench construction with straw-bales and cob: Participants are preparing the "ingredients" for the cob mix...



Workshop 2 - Soil restoration, reforestation: ...while in the drylands workshop participants are happily making compost pits.



DAY 6 – FRIDAY 13TH

PRACTICAL WORKSHOPS AND
TOOLS FOR GROUP ORGANISATION



Workshop 1 - Soil restoration, reforestation



Workshop 2 - Bench construction with straw-bales and cob



Workshop 3 - Introduction to sustainable water management

Introduction to sustainable water management

Planning and implementation of a water management scheme that uses the water resources in a respectful manner towards the environment is one of the fundamental aspects of sustainability. **Water harvesting and storage is crucial**, especially in semi-arid regions like ours.

The next challenge is to learn how to use the water conciously, and thus integrate techniques that can **reduce our water footprint** significantly. And what about the treatment of the produced waste water? At Sunseed we treat our waste water through **“constructed wetlands”**, meaning natural waste water treatment by plants found in nature.

This helps reach a point of purification where the water is clean enough to return safely back to the river without harming the natural ecosystem. Sunseed also applies a strict **no-chemical policy** on site encouraging exclusively the use of eco-certified products to prevent water contamination.

To talk about these topics we happily welcomed Piotr, ex-Sunseed Coordinator. Thanks to his deep knowledge and experience in the field, Piotr covered a wide range of theoretical and technical aspects of sustainable water management throughout this session.



Workshop in organic gardening: Compost making

Making compost is one of the basic elements of **forming a closed loop nutrient cycle**. All of the organic waste from the gardens and kitchen is fed back to the earth as compost to replenish the nutrients and in turn grow more yummy vegetables. In addition to this, the compost toilets produce **“humanure”**, a highly beneficial human-made compost which we use for the trees. This means that apart from the **significant reduction in water and energy consumption**, compost toilets integrate humans into the nutrient cycle. We love compost toilets!

The first part of the afternoon involved some compost making. Two basic materials are needed to make great compost - **green matter for nitrogen** (peelings and leftovers from the kitchen, and grass cuttings, weeds and plant remains from the garden) and **dry matter for carbon** (dry grass, sawdust, screwed up paper, etc). At Sunseed we have a container in the kitchen to collect all compostable materials to make new compost with every week.

Jon explained the theory and we laid the green and dry matter in the compost heap in alternate layers to make our compost pile.



Introduction to the Non Violent Communication and Dragon Dreaming

In the last part of the day we gathered in the dome once again for two more theoretical sessions.

Dario (Communication Coordinator) spoke about non violent communication; what it is, what the basic principles are, how it works and its importance for the **effective communication** among community members.

Kostas (Education Coordinator) introduced a short **“dream circle”** workshop to see how everyone’s individual dream can be the spark for the making of a collective one. He spoke about Dragon Dreaming as a methodology that can **help community members dream, plan, do and celebrate together**. With another small exercise we reflected on how many dreamers, doers, planners and celebrators we had in the room!



DAY 7 – SATURDAY 14TH

EXPLORE & CELEBRATE

Workshop 1 - Soil restoration, reforestation

“For me the most interesting, or perhaps hope inspiring, aspect of the workshop was definitely working on the existing swales. There were two or three in place that had been **filled entirely with runoff**, about 25cm of silt and organic matter from the hillside during the previous winter rains, and **what we excavated was still damp and beginning to be colonized by worms and roots!**”

This for me was amazing to see, it was **proof that we can have a positive, even regenerative effect on the environment** and that the tools we are using, in this case swales, are truly effective.

It was a great incentive for the participants as well. Getting to see an **established swale and the positive effect it has gives a tangible purpose to the digging of new ones.**

JON
ORGANIC GARDENS COORDINATOR

The restoration project has been completed successfully! Sustainable practices are forming part of the solution.



Bench construction with straw-bales and cob



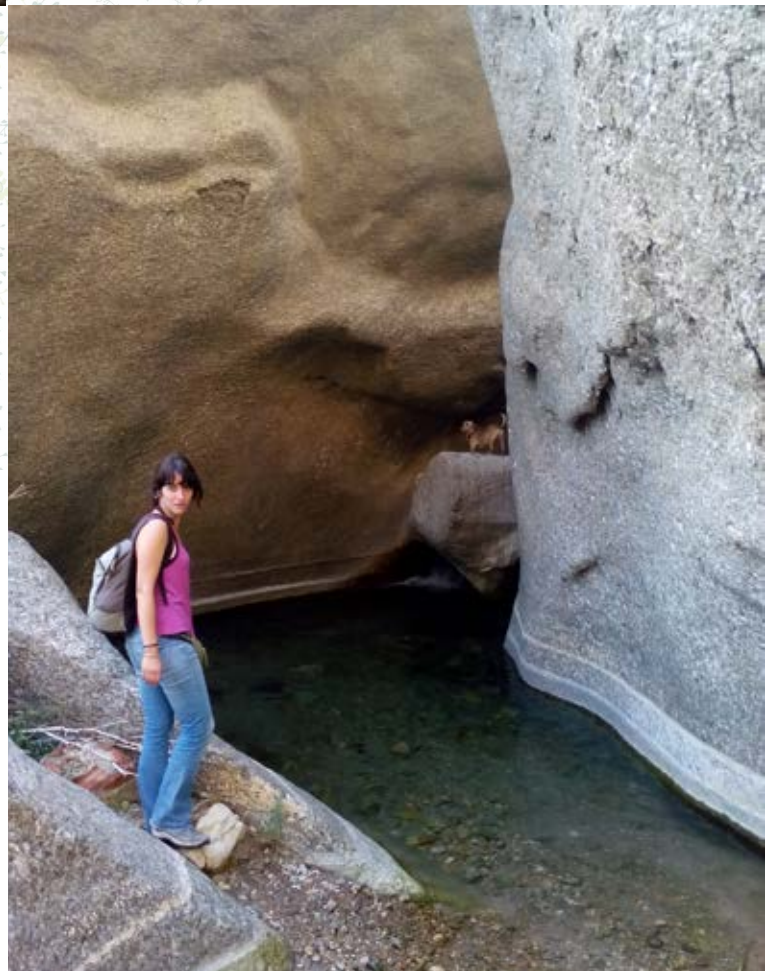
...and the cob bench was almost finished!

There was still a little more work for Lucas to finish before the bench could be used in its full glory.



Open space: Cave visit

The “Open space” slot in the program offered the space for one of the of the participants to offer an activity, based on their experience and their interests. It was very nice to see how pro-active and full of energy everyone was, and the different proposals that came up for discussion. In the end, the lead was taken by Eva, a course participant and ex-Sunseed member, who knew already the secrets of the surroundings. Therefore, she decided to offer us an amazing present by taking us for a **breathtaking cave exploration!**



Maintenance

Living off-grid all year round can definitely be challenging. Maintaining and developing further the existing infrastructures is one of the core activities of the community.

Richard, our Maintenance Coordinator, has a long list of tasks that need to be done this year, and one of the priorities is the **renovation of our compost toilets using natural, local materials**.

In the final session of the course the participants gave a helping hand to Richard in preparing the necessary materials for the **construction of the building's walls out of reed (caña)**.



Pizza Party

To celebrate the closing of this beautiful experience we decided to prepare together a traditional **Sunseed Cob Oven Pizza Party**. That Saturday evening Sunseed was alive; with vegetable cutting, music, dancing, smiles and laughs everywhere. The atmosphere was very special, thanks to everyone's wonderful energy.

We took a moment during our party to reflect back over the week, to thank everyone who decided to attend this course, and to present the certificates for participation.



DAY 8 – SUNDAY 15TH

DEPARTURE OF THE PARTICIPANTS

And this is how we came to the end of this intensive week! Do you ask if we were tired? If so, the answer is “yes”, but the feelings of fulfillment and joy were set.

We know that building a solid intentional community is not easy. It requires lots of dedication, energy and time in the long term. It requires **common vision and core values** among its members and a mutual understanding of what's really important for the creation of a better world. The wise use of the natural resources,

holistic education, sustainable and humane relations among people as well as **re-connection** with the natural world are some important paths towards this goal.

We have proven that just one week can be enough to create solid foundations for the nurturing of a real **community spirit, pure friendships and solidarity**. In one week we managed to create together our own collective story, from the very beginning until the end of this learning journey.

We shared experiences and knowledge, we got involved, we spoke and we listened from the heart until the barriers disappeared and the feelings of community living were unlocked and manifested. And the creation of this spirit, along with the learning of practical and technical aspects of low impact living, was the meaning and the goal of the course. Some participants decided to **extend their stay for a few days** more after the end of the course so we could spend some more relaxing time together, which was really wonderful.

Rocio, Mireia, José Manuel, Lidia, Jorge, Eva, Jonas, Helena, Andrea, Florentine, Dominique and Stefano, from the bottom of our hearts we thank you for crossing your roads with us and for sharing together this wonderful week. We wish you all the best in your lives and we expect to see you again, either at Sunseed or at any other sustainability project around the world!

Hasta la proxima!



TESTIMONIALS

WHAT PARTICIPANTS ARE SAYING

Thank you for this **unforgettable and inspiring experience!**

ROCIO



It has been an **incredible experience** that I will carry in my heart which, no doubt, one day will bring me back here with lots of love.

MIREIA



Thank you for everything. For taking us and **guiding us in this beautiful experience.** I hope that we can meet again somehow, somewhere.

LIDIA



You are an **incredible team in a magic place.** You have so many things to share.

JORGE



It was a really **wonderful course.** I liked it just the way it was. And thanks to the Sunseeders for cooking, hosting, teaching us, sharing special moments.

EVA



It has been wonderful meeting you. I am **grateful for the work** you have done on a daily basis to take care of the group and prepare the course.

ELENA



LET'S DO IT TOGETHER!

ORGANIZING YOUR OWN IEL AT SUNSEED

Apart from the open calls for the standardized IEL's during the year, **we also aim to welcome public and private schools and other educational institutions, University students,**

scouts and other social groups who would like to have their own IEL course hosted by Sunseed. This will give us the possibility to prepare an IEL tailored to their interests and needs.

FURTHER INFORMATION AND BOOKINGS

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