

Exploring Sustainable Living

Dates: May 22nd-28th 2010

Summary

Following the 2009 sustainability week 'off Grid off Oil', the 2010 week is designed to appeal primarily to people who would like an intensive week looking at how we can reduce our individual and community carbon footprint.

The week will be based at The Iona Community's Camas Centre on the Isle of Mull, living with a simple lifestyle, in a community which has a very low carbon footprint. The centre's electricity is generated through its own wind turbine; much of the vegetarian food is locally grown or sourced, and the setting for this lends to the appreciation of our environment and natural world.

The week entails joining with the community fully, being involved in the daily life routines and tasks, tending to the garden, being part of reflections, recreation and exploration.



Details

The week will use workshops based on the Cambridge footprint model <http://cambridgecarbonfootprint.org/> and the practical resources of Camas. We will also link with the Ross of Mull Transition Group which is developing its own approach to a low carbon community.

There will be some preparation expected of participants. Before you arrive, you will be sent a climate change science leaflet with facts and amounts of CO₂ per capita, the carbon calculator which you are asked to return in advance to allow calculations to be made and you will need to take home energy meter readings. There will be a reference book made available (for an additional £15), and a record book to record your progress.

The leaders of the week are:

- Ross Loveridge, an associate lecturer in International Environmental Policy with the Open University
- Raymond Young, a member of the Iona Community with a background in architecture, community organisations and sustainability

Alongside the Cambridge Programme discussion and activities could include:

- peat cutting with local peat cutters – is peat burning sustainable?
- tour of renewable and sustainable systems at Camas (solar heat, wind turbine, compost toilets)
- tour and work in the organic garden – there's always jobs for the green-fingered!
- visit to local 'Ecocroft' with wind turbine, heat pump and organic croft.
- visit to local organic weaving mill – adapting traditional skills to a modern way of life.
- sea fishing excursion (an additional cost may apply) – try your hand at catching your own evening meal!

We are still dependent on oil in many ways – but we like to think that Camas is a step in the right direction, or a step away from the wrong direction. What better place to come and explore ideas for reducing your carbon footprint in your own home, area or country?



Things you should know before you come

Camas is based in old quarrymen's houses at a secluded bay on the Island of Mull. The Camas road end is reached approximately 2 miles before Fionnphort (location of the Iona ferry); however there is no vehicle access to Camas itself, which is reached by a walk of about 20 – 30 minutes (1½ miles) across a moorland track. This lends itself to a sense of isolation, adventure and an appreciation of the simpler things in life.

- All Camas staff members live at the centre; our working hours are from breakfast (usually 8.30am) to 10pm and someone is always reachable in an emergency.
- Staff take it in turns to cook and we also eat all meals with the guests who are staying at the centre.
- The food at Camas is vegetarian – please let us know of any special dietary needs in advance.
- Camas has 6 bunk rooms, each sleeping from 4-8 people, to a total of 28. Sleeping bags are essential (but we do have spares if necessary).
- Both staff and guests at Camas take part in daily chores, which are done in teams by rota. They include tasks such as washing up, cleaning toilets, cutting firewood and helping with the garden.
- The days at Camas are framed by morning and evening Reflections. These are generally led by the Camas staff, and focus sometimes on people's experiences at Camas and sometimes on wider experiences or on issues of social justice (such as Fairtrade). Everyone is invited to attend Reflections and to participate as fully as they wish.

Cost and Booking

£225 (inc. VAT at 15%) for 6 nights (Saturday – Friday morning) including all food, accommodation and activities. Activities with external providers (e.g. fishing trips, ferry crossings) may cost extra.

For bookings and more information contact:

tel: 01681 700404 e-mail: camas.bookings@iona.org.uk web: www.iona.org.uk

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The Iona Community is a charity registered in Scotland No SC003794