Dear Participant,

We look forward to welcoming you onto this Schumacher College course at the Elmhirst Centre, Dartington Hall as part of the Elmhirst Programme.

Your time here promises to be an enriching experience that might well surprise you on levels you hadn’t envisioned. As one participant said, “I have found that what you learn on a Schumacher College course is not always what you think you’ll learn!”

This letter aims to provide you with a bit of contextual information around what to expect during your time here.

The Schumacher ethos is about honouring HEAD, HEART and HANDS and creating harmonious relationships between people as well as nature. We see ourselves as a place of spiritual nourishment and intellectual stimulation. The timetable for your course is designed to reflect this and we have endeavoured to create a balance with teaching sessions, field trips, free time for reflection and participation in daily community activities.

Your time will be an intense experience during which your own spirit of enquiry will be supported by skilled teachers, participants and helpers combining their knowledge with wisdom to facilitate your growth.

The Schumacher philosophy is to provide a stimulating intellectual learning environment, within a supportive, friendly community. When you first look at the timetable, you may think that not very much time is scheduled for learning. This is because learning happens as much in the ‘classroom’ as it does in the kitchen, the garden or on field trips to the coast and Dartmoor. Learning takes the form of everyone working together to take care of each other and their surroundings, as you would at home – cooking and cleaning.

We sincerely hope that during your time with us you find spiritual renewal, inspiration and intellectual stimulation, as well as practical tools and techniques to guide you towards personal fulfilment. We also hope that you return home better equipped to play your part in creating a more harmonious world for all beings.

We very much look forward to welcoming you onto the course.

With best wishes,

Satish Kumar
Schumacher Short Courses

We hope that the following will help to paint a picture of life on a one of our Elmhirst Centre short courses.

Morning Meetings
Every morning at 8.30am we get-together and set the scene for the coming day. We usually start with a reading and end with a stretching exercise or song. You are welcome to contribute to either of these! You might want to bring a favourite reading, poem, song, recording ... whatever you would like to share.

Community Groups
Working together to look after our surroundings is an important aspect of life here, and community groups, led by helpers and staff, form a vital ingredient in the running of the day. You will find that embedding intellectual discussions in the everyday business of taking care of your surroundings, and each other, will help you to ground the course content. During this time we join together in groups to help prepare food, clear up and wash up after meals and clean.

Facilities
Swimming pool and Dartington Hall gardens – you have access to both these. If you wish to use the swimming pool, then please ask for a wrist band at Guest Services.
On-line – you will have access to recorded talks by past Schumacher College teachers.
Book Shop – located at the Old Postern site, sells books written by resident tutors and some visiting lecturers.
Bicycles – the college has a selection of bikes available for use at the Old Postern site.

Food
We are exceptionally fortunate to have a team of dedicated vegetarian chefs leading in the creation of our famously delicious, nutritionally balanced, vegetarian food - which increasingly includes freshly harvested vegetables from our own garden. Your palate will be treated to a feast of flavours for lunch and supper. All our food is vegetarian, organic and locally sourced where possible. Most diets are happily catered for and snacks are available in between meals.

Communications
Mobiles - we ask everyone to respect the mobile-free area inside the Elmhirst Centre, where you might disturb your fellow course participants.
WiFi – this will be available in your bedroom.
Post – there is a post office and general store in Dartington village 5 minutes walk away. You will find cash machines in the post office, local garage and the Cider Press shops.

Accommodation
You will be accommodated in Higher Close, a short walk across the courtyard from the Elmhirst Centre, in simple single rooms with wash basins, cupboards and a desk in them. There are shared bathrooms with shower and bath facilities. All bed linen and towels are provided.
Each block has a small kitchenette with a fridge, sink and tea/coffee making facilities.

Insurance
We are unable to take responsibility for the safety of your personal possessions whilst you are on the course. You may wish to take out insurance cover yourself.
If you are coming from overseas we suggest you consider taking out health insurance. Some countries have reciprocal health agreements with the UK National Health Service (NHS), but many do not. We advise you to check whether the arrangements are adequate for you.
You may wish to consider insurance against loss of air fares and the course fees in case you have to cancel for any reason.

NO Smoking
We ask you to respect the no smoking rule in all of the buildings.
What do we provide?
- Towels
- Bedding
- Laundry facilities

So what do you need to bring?
- Your own stationery
- Toiletries (natural plant based soaps, not tested on animals or containing palm oil)
- Walking shoes and a full set of waterproof clothing
- Day sack
- Personal re-usable water bottle

“Think Before You Pack”
We invite you to think before you leave home ... before you even pack ... to pause for a moment ......... is there anything in your luggage that you might potentially leave here as ‘rubbish’?

We operate on the premise that everything we do, is done in consideration of its impact on the Earth and its community of creatures great and small. Our vision for the world is not something to create in the future, but a reality we live now!

The Local Area
- Dartmoor National Park – open moorland with many lovely walks [http://www.dartmoor.co.uk/](http://www.dartmoor.co.uk/)
- Buckfast Abbey [www.buckfast.org.uk](http://www.buckfast.org.uk)
- Miles of very accessible and beautiful coastline for walking and swimming
- The Eden Project [www.edenproject.com](http://www.edenproject.com) is just over an hour’s drive away, but also very accessible by train.

Schumacher College, The Old Postern site
From September to the end of April, the college is home to post-graduate students who are studying either the MSc in Holistic Science or the MA in Economics for Transition. From January onwards they are joined by the MA in Ecological Design Thinking and from April by our garden apprentices. Many come from overseas and Schumacher is their only home whilst in the UK.

Schumacher College and the Elmhirst Centre is co-ordinated by a growing number of staff and a team of resident volunteer helpers - the latter being a mix of post-graduate and short course alumni.

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The sample timetable below will give you a more detailed idea of a typical short course day.

July 2015
<table>
<thead>
<tr>
<th>Times</th>
<th>Details</th>
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<tbody>
<tr>
<td>7.15 – 7.45am</td>
<td>Optional meditation. A period of quiet contemplation and the cultivation of self-knowledge – sometimes guided, sometimes not</td>
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<tr>
<td>7.45 – 8.30am</td>
<td>Breakfast. Usually porridge, cereals, toast, fruit, yogurt &amp; juice.</td>
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<tr>
<td>8.30 – 8.45am</td>
<td>Morning meeting. The community meets to talk about the coming day, share a reading, and awaken body and mind.</td>
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<tr>
<td>8.45 – 9.30am</td>
<td>Community groups. The community looks after itself by cleaning, clearing, and cooking for 30-45 minutes.</td>
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<tr>
<td>10.00 – 11.15am</td>
<td>1st Morning session Teaching session 1. 10 am to 1 pm with a coffee break in the middle. Often the first session is a lecture and the second session more interactive.</td>
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<tr>
<td>Coffee break</td>
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<tr>
<td>11.15 - 11.45am</td>
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<tr>
<td>11.45 – 1.00pm</td>
<td>2nd Morning session Lunch. Always organic and vegetarian - soups, salads, and breads – all home made.</td>
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<tr>
<td>1.00 - 2.00pm</td>
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<tr>
<td>2.15 - 4.30pm</td>
<td>Afternoons. Teaching session 2.</td>
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<td>4.30 - 6.30pm</td>
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<tr>
<td>6.30 - 7.30pm</td>
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</tr>
<tr>
<td>8.15 - 9.30pm</td>
<td>Evening session. This tends to be more loosely structured to give participants time to be with the learning experience in a different way. It might include a talk, an open discussion, or a party on the last evening of a course.</td>
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