

Sandot was a successful electrical engineer who found himself living and working in Abu Dhabi. It was there that he realized that he had missed his calling and that living a far more simple and sustainable life was the route to resounding health and happiness. As a result he swapped the city life in the deserts of the Middle East for a far more rewarding and rural lifestyle as a Thai farmer in his own home town. Years later, a group of westerners visited Sandot on his thriving farm and enjoyed a tour of the fruits of his labour. Loving what they had seen, they told Sandot that what he was doing, had a name - "permaculture". 20 years later and with a wealth of permaculture experience behind him, Sandot is also renowned as a "bamboo master." His skill in using the machete and some other very basic tools allows him to construct fabulous buildings and the furniture to go with them. Due to his natural curiosity, Sandot has involved himself in a variety of different jobs on his "permaculture journey" and gained vast knowledge of a variety of different aspects of working life, including industrial factory management and maintenance sector management. He is not only talented in all things like electrical, but also in natural building construction, jungle survival, food forest harvesting, gardening, catching and storing green energy and much, much more. He has constructed more than 50 natural buildings by using simple tools and natural methods.

Shen first involved herself in the world of all things Organic, by volunteering her time and love in a variety of organic farms, shops, and restaurants. She was totally inspired by her visits to permaculture farms and amazed by how easily permaculture principles can be applied to life and how satisfying those outcomes can be. She revelled in the easier, more sustainable permaculture life that allowed her a way to live harmoniously with nature. Shen ultimately graduated as a food technologist, attended a PDC course and then permaculture teacher training course conducted by John Champagne (Australia). Having green fingers that instinctively love the soil, Shen loves planting and her

aspirations are that one day her farm will produce an abundant variety of food for her family and visitors. Her curiosity with food has led her to research in depth as to where food comes from and how it is processed and this manifests itself in her love of cooking and preparing food, especially with ingredients that she can harvest from the farm. Shen can normally be found in the kitchen "playing" with recipes.

Shen and Sandot are the owners of the Sahainan Permaculture Organic Farm. Located in Thung Chang, Nan, Thailand, it is an attractive and inspiring site for local and international visitors. The Province of Nan, bandit country just a few decades ago, is arguably Thailand's most beautiful province, drawing visitors from far and wide and Sahainan itself is a shining example of this natural beauty. Their love of nature, the simple life, sharing and having fun is infectious, and together, Sandot and Shen have conducted approximately 50 permaculture courses and numerous short courses for students from all over the world. They are actively being invited as consultants to design and apply permaculture principles in projects such as resorts, farms, and personal properties. Their ambition is to further develop Sahainan as a permaculture demonstration and education center. Together they love eating fruits, vegetables, chili paste, pizza, and try not to get addicted to chocolate! If they disagree on one thing it is that Shen loves bitter durian fruit but Sandot prefers it sweet...