

RESILIENCE THROUGH NATURE

A short term ESC volunteering for 2

Permacultural FARM MOKOVEC (Slovenia)

cc. 30.9.2023 – 31.9./13.11.2023



Photo: Šimen Zupančič

WHERE: Slovenia, farm Mokovec, Town Zreče.

MAIN TOPICS:

Building up an social farm, Every day life in a farm,
Permaculture farming, Natural building, Helping in the local community, Sustainability,
Social permaculture – community living towards a sustainable lifestyle, Mental health and
well-being in connection with nature and adventure pedagogy, Network of sustainable
initiatives in Slovenia and Europe,

WHEN: Expected duration of ESC activity for 2 participants (also Slovenian):
30.9.2023 - 13.11.2022 (with a bit of flexibly - can come or end sooner).

APPLICATION DEADLINE: 29.8.2023

FOR WHO: young people (age till 31 years).

APPLICATION FORM: <https://forms.gle/C9SjfNt73VwQX1VU6>

Contact: prija.barbara@gmail.com



Co-funded by
the European Union

INTRODUCTION:

We are a family and other co-creators who live and work on a permacultural farm that was been abandoned for many years. Our vision is to create a warm home, not only for us but also for others. A space where one can move away from the everyday life.

Our goal is to be a creative polygon in various areas of sustainable, creative and simple living. Such as co-living and community work, natural building, permacultural gardening, permaculture landscaping and its elements, herbalism. We also want to take care of people and discover how living with the nature and creativity can support or holistic well-being. With our group activities and other promotion we share that knowledge and inspiration. That is why we are also passionate in non-formal education and experiential pedagogy for all generations. We explore how we can co-create and live with nature in a simple and joyfully way.

More about us:

Facebook page: <https://www.facebook.com/profile.php?id=10007248169737>

And an article in Slovenian: <https://permakultura.si/article/domacija-mokovec-prostor-ustvarjanja-in-spreminjanja>



EXPLANATION OF ACTIVITIES/WORK:

ESC activity will take place in the permacultural initiative farm, therefore volunteers will have interaction with examples of good practice of low environmental footprint in rural life. Since we are developing the farm since 4 years now (before we were active in other communities and farms), the volunteers will also see what it means to build up a farm and make it a learning and social farm. The schedule will include various activities; mainly practical with explanations from different fields of sustainable practices and work with people (holistic farming, natural construction, community living, social permaculture, social

entrepreneurship, energy resources, water cycle on the estate, group pedagogical process). We will also take care that we all feel good and take care of our little temporal community.

In autumn 2023 the work will be focused on preparing the garden for winter (mulching, weeding, planting), harvesting and storing food (fermenting, conserving and other), forest fork and storing food. The volunteers will see the holistic process and steps to produce food and nurturing a permacultural garden and regenerative farming, by wish he will also learn the steps (from seeding till harvesting) in the garden over the whole year. There will also get an inside of basic season work on an farm (cutting grass, storing wood and forest work). We will try as well to put up a wooden construction of a barn, where help will be needed, the volunteer will learn basics of construction work and how to use basic tools. Once or two times we will also help and older cuple in the local community. Volunteers will also help with promotion - taking photos and documentation and share their insight on our FB page and other digital tools if they wish.

The volunteers will be, depending on the need of the farm and their interest and motivation, working in a variety of activities and projects/workshops that will take place within association. We always try to find the balance that supports all included: the farm, volunteers, family, local environment. The association cooperates with various sustainable organizations, both local and international, and it's a part of various networks. Therefore the volunteers will have a possibility of cooperating with networks according to their own interests.

DAILY and WEEKLY FLOW:

7.45 - 8:00	Breakfast
8:00 - 8:10	Tune and explanation of the day
8.15 - 12.00	WORKING TIME 1
12.00 - 13.00	Breaktime and snack/lunch
13.00 - 15.45	WORKING TIME 2
16.00	Lunch



We will work 5 days a week, 2 days (weekends) are free. There is an additional free day per month.

Dinner is self-organized from a lot of variety food available and in stock. By wish and inspiration individuals can also prepare something for all. Once a week we will have a **sharing circle** with the hole group, where we will take care that everyone feels good.

IS THIS FOR YOU?

The people we are welcoming are people interested in a sustainable lifestyle, natural

building, ecological farming and simple life style in nature without overwhelming luxury. Most of our activities and also basic infrastructure (shower, toilet) is outside. This project is also for people that want to make a change in their lives, towards living in a bigger connection with nature. Our goal is that people learn how to live in a bigger harmony with nature, and also to give individuals the experience how nature can support their holistic well-being. Volunteers joining our farm/our organization also take part in our projects and will have the support to develop also their own interest in their projects.



ACCOMMODATION AND FOOD

Volunteers will live in a private yurt, that has an oven or electrical heating. We also plan one working gathering for a weekend – in this period volunteers will have to share the yurt with the other guests. We use compost toilets (near the yurt there is a compost toilet), solar shower (in cold periods you can use the shower in our house). There is a simple outside common kitchen, in the cold days we use the kitchen in our little family house, but within a limited time-frame. The accommodation is very simple, although in a way luxurious simple.

We will **try to provide for special diets** as much as possible. **We cook vegan and vegetarian food** and, occasionally, **we can also eat meat**. We will have all basic food in stock, but you can also write special wishes on the shopping list. However we do try to buy things seasonal and local as possible, but we always have a big diversity of food available.



Volunteering in EUROPEAN SOLIDARITY CORPS AND FOUNDED COSTS

You can read more about ESC program here: <https://europa.eu/youth/solidarity>
Since this is a short term ESC activity you can later still join a long term individual ESC activity (or group ESC).

You will receive 5 **EUR pocket money per day**. Your travel costs will be refunded according to your distance band and if you travel green. More info about that after you are accepted in the project – but almost certain you will have all the travel reimbursed.



MORE ABOUT US, THE FARM AND OUR ASSOCIATION:

ABOUT US:

Peter (41 years old) is a creative builder that covers most of the areas in building, but lately is specialized in natural building and also loves to teach and be a mentor in that. He also loves to create with wood, different plasters, straw, stone and other element. Prija (37 years old) is a social pedagog that works more with the group dynamic and work with people (she created many camps, youth exchanges, training courses, ect.). In her profession she is passionate about using nature and art (circus, dance and movement, ect.) as pedagogical tool. She also covers most of the gardening on the farm (permacultural way), loves to pick herbs, make cosmetic, ect. She can also teach you the craft of macramé jewellery. Our daughter Zarja (5 years) is a happy, friendly, wild, strong little girl, that is very open to new people and would be happy to show you the farm with her playful eyes.

Within our association we collaborate a lot with a group of young people that live on a farm near us, Co-living by the forest ([FB page](#)), you might meet them in your time stay.

ABOUT THE FARM:

The farm has 2 ha of very diverse landscape, plus 1,5 ha of forest. We have 3 gardens and 1 fields. We grow very diverse vegetables for all the seasons. The farm is on 630m high and located under the mountain Pohorje and its just on the edge of the forest with a beautiful open view on the whole valley. There are many hiking and biking trails from or near the farm and a thermal hot spring Zreče. There is also a 2-3 days hiking trail over Pohorje.

ABOUT OUR ASSOCIATION:

The Association Nurturing of the Earth and the Spirit was established through the youth initiative "Permaculture in the Countryside and in the City" in 2014. Like the name explains, the main object of the association is fostering the care for Earth (practical and theoretical), as well as cultivating the human spirit. It is intended to promote the holistic personal and social development of children, young people and adults as well as sustainable development. The association mostly operates on a permacultural family farm Domačija Mokovec. The vision of the association is the revival rural areas and education of content in them that brings benefits to society, the individual and nature.

The dream and focus of our actions is to create a supportive environment for learning and spreading sustainable living, sustainable lifestyle and development (personal, social and in relation to nature), learning permaculture as an integrated planning of different ecosystems,



spreading knowledge about natural building, establishing integrated pedagogy, experiential learning of children and young people. We operate on the principle of empowerment and inclusion of each individual and promotion of inter-generational learning and non-formal learning among young people and the elderly in the local community.

We carry out shorter or longer adventure pedagogical activities according to the principles of experiential learning for children and young people. We also provide training in new approaches and methods of eco communities and other workshops and training's aimed at self-knowledge, holistic well.-being, psycho-social development.

Lately we are focused on deepening our knowledge and practice about holistic well-being of people in connection with nature and other approaches. We also organize workshops for the development of creative, artistic and social skills. In addition, we are practically and theoretically engaged in research and education in the areas of sustainable living (helping in organizing permacultural design course (PDC), hosting workshops, planning sustainable natural and social ecosystems, sharing our knowledge through FB, organizing seed exchange and different workshops, ect.).

Our vision is to offer a variety of quality education and process experiential learning for all. We also host and mentor Slovenian and international volunteers through online platforms: "Worldwide Opportunities on Organic Farms" and "Work away". As well as ESC teams and long/short term ESC.

In our activities we work closely and develop projects with many related organizations (Permacultural association of Slovenia, Cirkokrog – association for circus pedagogy, Farm Veles, Farm Sobivanje ob gozdu, Sunny hill, and other similar associations) and public institutions.