**I know how, empower the group, and heal the Earth**

Trinoga association

Zhelen, Bulgaria

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A total of **35** week(s) during the period **02/04/2022** to **02/12/2022**

**ACTIVITY LOCATION**

Vegetarium Community Home, 2267 Zhelen **Bulgaria**

* **LLOOKING FOR PARTICIPANTS FROM**
* AAustria, Armenia, Bosnia and Herzegovina, Belgium, Bulgaria, Czech Republic, Germany, Denmark, Estonia, Finland, France, Georgia, Croatia, Hungary, Ireland, Iceland, Italy, Spain, Liechtenstein, Lithuania, Luxembourg, Latvia, Moldova (Republic of), Montenegro, North Macedonia, Malta, Ukraine, Netherlands, Norway, Poland, Portugal, Romania, Sweden, Slovenia, Slovakia, United Kingdom, British Antarctic Territory, Greenland

### ACTIVITY TOPICS

Environment and natural protection

Health and wellbeing

Education and training

Application deadline: 10/03/2022 (14 days to apply)

**ACTIVITY DESCRIPTION**

We happily invite you to live and grow together in this wild area of the Balkan Mountains: enhancing biodiversity, social unity, and personal growth! Master and be the host of our place, discover other eco-projects in Bulgaria. Give a hand and share authentic lifestyles! During your stay we will be focused on:

- Self-improvement, family, and community life: healthy daily regime and habits, morning practices, regular sharing circle, healthy nutrition, teamwork.

- Helping local community and eco projects in Zhelen and Bulgaria.

- Developing green skills: handling different tools, grow food sustainably, renovate and build a home, organise an eco-friendly householding, balance between nature, local community, markets, and institutions.

- Regenerative ecology and agriculture: ability of local creation of living environments that are sustainably productive under changing conditions. Facing climate change.

Welcome to Vegetarium Community Home! Please, read: <http://vegetarium.info/our-rules/>

**ACCOMMODATION, FOOD AND TRANSPORT ARRANGEMENTS**

We share a hamlet of authentic clay houses, improved with common space, modern kitchen and bathroom. We are looking for 2 volunteers: or a couple, sharing a room, or each one will have a privet room, but occasionally to be able to share it with another person. We are growing, foraging, cooking and eating together a healthy, plant based food. Sometime we are adding a little amount of eggs or diary products. Living in the mountain we mainly walk or horse-ride, when possible. At one hour of walk from our home is the train station with regular connection to Sofia (60km) and Svoge (15km.) or a bus.

**TRAINING DURING THE ACTIVITY**

Our open and pragmatic methodology provides knowledge, skills and attitudes for:

- Healthy and non-violent living;

- Regenerative landscaping;

- Planting endemic and useful plants: nutritional, medicinal, ecological;

- Renovation and construction of houses, using wood, clay, stone, straw and other materials;

- Maintenance of eco-farms: gardens, animals, buildings and machinery;

- Receiving and training volunteers;

- Exchange of production, physical and intellectual labor, with the local population;

- Consulting and volunteering for other projects;

- Non-dogmatic spirituality;

**PARTICIPANT PROFILE**

No previous experience needed. You need strong motivation and will to live the values and principles of the project, to practice it's lifestyle. To be open and implement the desired habits, regarding food, daily regime and program. To be ready to handle responsibilities. For this, you need to be listening, flexible, hardworking and willing to persevere. The specific knowledge, skills and attitudes transmitted, are demanding openness and respect toward our experience in the last 20 years. Volunteers with specific needs, regarding addictions, or early quitting of studies are welcome!

Please, if you are interested, contact us via mail [trinogamedia@gmail.com](mailto:trinogamedia@gmail.com) ,

or +359 885050565 – Phone, WhatsApp, Skype, Viber

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[www.vegetrium.info](http://www.vegetrium.info)

[www.integra.foundation](http://www.integra.foundation)