

## INFOPACK EARTH AND LIFE PROJECT 2019



### 1. Project Summary

The desert of Tabernas (Almería) is one of the largest deserts in Europe in which the effects of climate change, the rapid desertification in an area that is already very sensitive, the depopulation of rural areas due to lack of opportunities for young people, lack of an economic structure that supports life in the countryside and a large number of reasons is demanding effective action by agents interested in maintaining life in this disadvantaged environment.

The purpose of the EARTH AND LIFE project is that the youth participate in the challenges that land and society are facing as well as in their solutions; and thus, continue with the environmental and human development activities that have been carried out in this area.

The Al Hamam Association (Spain), along with other local and European entities, are developing volunteer programs to prevent depopulation of rural areas and to reduce the effects of anthropization on land and the environment, as well as to regenerate this area of degraded land, while promoting economic, social and human development. By 2019 this project will have the participation of organizations from France, Italy, Belgium, Germany, and Poland.

The objectives pursued are:

- A. To provide volunteers with the opportunity to acquire skills and learn basic skills to reforest and be active participants in environmental care and combat climate change; to learn to lead a conscious coexistence and a sustainable life, by including and participating in spaces of emotional management and evolution of consciousness; as well as acquiring knowledge of permaculture design, and agroecology, while living and working in the community.
- B. Regeneration of soils through reforestation and water management techniques to curb desertification of the land.
- C. To help rural and environmental development with the involvement of residents and volunteers in the process.
- D. To promote volunteering and cooperation at European and international level.
- E. To experience sustainable life in the different dimensions of the human being, through the design of a long lasting culture in a learning process.
- F. To recover agricultural traditions and give value to the natural resources existing in the area, increasing local biodiversity.
- G. To educate and to sensitize through the relation with the nature like fundamental elements in the development of freedom and personal self-development.
- H. To raise awareness among young people in other countries of the reality of the problem of desertification and climate change, of their globality and on the fact of having to coexist with their consequences in the coming decades throughout Europe.
- I. To disseminate efficient small-scale reforestation techniques that can be replicated by participants in other communities.

The project involves 2 activities, one of short duration (about 1 month), in the autumn with the attendance of 12 young people, and another long-term activity (6 months) for 2 participants. All activities will be carried out in the municipality of Lucainena de las Torres (Almería).

Planned activities include the reforestation on different types of degraded soils, with trees and shrubs, the soil adaptation for reforestation and the water resources management; with the theoretical and practical training necessary for its development. All this will be accompanied by cohesion group dynamics, celebration and reflective learning, as well as adaptation to life in rural surroundings.

Opportunities will be offered to disadvantaged young people with mobility difficulties in the European area, trying to reach the highest positive impact on their lives and selecting young people who may one day also expand that positive impact on the lives of others.

The procedure will consist of different spaces to share with residents, and daily and weekly organizational meetings with the coordinators, as well as monitoring and evaluation balances both formal and informal. Likewise, weekend training workshops, hands-on learning on the ground and study circles will be organized to acquire and integrate new knowledge, as well as entertaining meetings with residents, other associations and people involved.

The expected results are:

- 1 - Improvement of learning outcomes of new knowledge and skills in Spanish;
- 2 - Increasing employability and improving professional perspectives and also leadership, initiative and eco-entrepreneur spirit;

- 3 - Improvement of self-responsibility, self-training and self-esteem;
- 4 - Increased awareness of EU values, as well as pericultural principles;
- 5 - Greater intercultural and environmental awareness,
- 6 - More active and dynamic participation in society.

In the long term, we hope to contribute to a culture of caring for the Earth, the people and the future of all living beings, as well as contributing to the positive impact on the socio-educational, environmental and youth systems of the participating countries, helping to push for more sustainable national and international policy reforms and attracting new resources for mobility opportunities in Europe and beyond.

## **2. Description of the Organization**

In 2000 Cortijo Los Baños was reborn to bring life back to a place full of history, and step by step, it became a benchmark as an Environmental Education Center and Farm School in the province of Almería, and in its headquarters for meetings and workshops hundreds of people throughout the year, in the field of personal development at the state level.

In synergy, private companies and the Al Hamam Association, which develops the Aruna Program, live together to disseminate techniques for the evolution of consciousness and spirituality; the Seeds of Life Program, to support natural breeding, and alternative pedagogical schools; and the Tribu del Sol Program, to explore personal growth tools in a group, and harmoniously integrate the social, economic, and environmental elements in this place.

Here group life is a continuous learning, a place where we seek, experience and share new ways of life and coexistence working together. Internal growth and commitment to the environment means that we walk together to achieve our goals, each finding its true identity.

The aims of the Al Hamam Association are:

- a) Development and personal growth, through yoga, meditation and techniques that enhance physical, mental and emotional well-being.
- b) Enhance cultural biodiversity, art and social development.
- c) Help rural and environmental development with awareness and sustainability.
- d) Promote volunteering and cooperation at European and international level.
- e) Experiencing a sustainable life learning in the different dimensions of the human being, through the design of a permanent culture over time.
- f) Recovery of traditions and giving value to natural resources.
- g) Educate, and sensitize through art, creativity and in relation to nature as fundamental elements in the development in freedom.
- h) Share activities and experiences of parents, mothers and children through natural parenting and alternative education.

## **3. Description of Project Activities**



The activities programmed in the Tierra y Vida project will be carried out in Cortijo los Baños, located in Lucainena de las Torres (Almería), and there are two, one of short duration (A1), and the other of long duration (A2):

The Implementation Activity (A1) to be developed between the dates of February 18 to March 17, 2019, and will be comprised of a group of young people from different European countries; 3 from Germany, 3 from Poland, 3 from Italy, and 3 from Belgium. The goal of this activity A1 is to start up, expand and improve the areas of action with a strong impulse of many people.

The Monitoring Activity (A2) will take place between the dates of February 18 to August 31, 2019, and will be comprised of one participant from Italy and one from France. The goal of this A2 activity is to maintain, continue and monitor the tasks of activity A1.

The team of coordinators will make the proposals for tasks, and will provide the necessary training for its development, trying to involve the volunteer, inviting them to gradually assume more responsibility and commitments, as they increase their interest and skills. And they will take into account their ideas based on their previous experience and knowledge, as well as collect and give space for them to contribute their creativity, being able to share their knowledge by organizing activities.

The dialogue will include suggestions of volunteer tasks day by day, and leadership will be encouraged in those tasks where the volunteer has previously gained experience, supporting him to guide his peers.

The tasks will be developed in five areas of action that will converge transversely to meet the objectives of the project, and are:

a) Agroecological Area: Arboriculture will be the main area in which the tasks that will be carried out in the project will be developed. Encompassing the management of the edible forest or orchard, the reforestation in the mountain and in rambla. Specifically, they will sow, transplant, fertilize, prune, and mulch trees; slurry will be prepared to prevent and treat pests and diseases, and such fumigations of natural extracts will be applied.

b) Environmental Management Area: It will focus on landscaping tasks, soil and water management, waste management (composting, recycling ...), ecotechnologies. That is to say, they will prepare alcorques, diversion channels, infiltration ditches, and ditches, the irrigation system will be improved, and the channeling of wastewater from the treatment plant of Lucainena de las Torres, as well as the sewage treatment plant will be improved. of green filters that we own in Cortijo los Baños; fertilizers such as compost, bokashi, phyto-fortifying purines and biofertilizers will also be created; branches will be crushed to create quilting; biorollos and terraces will be made to stop erosion on slopes.

c) Sociological Area: It will be developed through daily meetings of organization, weekly meetings of residents and coordinators, fortnightly meetings of the board of directors, and monthly balances of volunteers with the tutors, and in case of need, mediation and / or external facilitation. Connection with other local, national and international

organizations. Dissemination, documentation and administration of internal and external information.

d) Personal Development Area: In this area we will work on emotional management, bodily activities and awareness (yoga, meditation...) and dynamics of cohesion and celebration, as well as adaptation to food ovo-lacto-vegetaria, food manufacturing or management of common spaces.

e) Non-formal and informal Learning Area: This area will be developed mainly in the days programmed for training through study circles to focus the theory necessary to develop activities, permaculture training, lectures and various workshops.

#### 4. Practical Arrangements

Working hours	Volunteers commit themselves to 30 hours of work and another 6 hours dedicated to training (including process documentation and language improvement) on a weekly basis. A total of 36 hours a week dedicated to the activity, spread over 6 days, and a rest day.
Food	The long-term volunteers will attend the community lunch, and they can cook their breakfasts and dinners alone in the community kitchen. Always maintaining the principle of order and cleanliness. The volunteers will participate on a rotating basis in the preparation of the meal. The diet is ovo-lacto-vegetarian, mainly local and seasonal. They will receive 35 euros each month to supplement their diet.
Accommodation	The accommodation for short-term volunteers (group of 12 volunteers) is a wooden cabin with three spaces, two rooms with six seats each, and a living room, on the outside there is a bathroom module, with toilets and showers (4 bathrooms, 4 bathrooms and 4 showers). For long-term volunteers, accommodation is a shared room with bathroom and living room included, there is a common space for residents with butane kitchen, and dining room with fireplace, and a yurt makes of multiactivities room. Electricity will be covered by the host organization, while making rational use, provide personal electricity meters for such accounting. And the Internet connection, firewood, water and gas will be covered by the host organization in its entirety. A document will be provided with information on basic rules and agreements for coexistence.
Pocket Money	Participants will receive € 5 / day as individual support, which will be paid monthly.
Travel costs	Participants will anticipate the payment of travel costs, which will be reimbursed later. The participant will respect the maximum budgets available according to the regulations of the European Solidarity Body. Trips will be made one day before the start of the activity, and one day after its completion. Any exception will be previously agreed with the coordinating organization.
Local transport	It is not necessary for the development of the activity. In spite of this, the host organization will facilitate the transfer to nearby towns, Sorbas and

	Tabernas, where there are more opportunities for public transport; because Lucainena de las Torres, has no connection to public transport.
Holidays	The volunteer will have 2 days / month of vacations that will be organized with the host organization. The free day will be Sunday, with the possibility, subject to an agreement with the organization, to change it to another day.
Language Course	<p>The host organization will facilitate learning activities throughout the activity.</p> <p>The long-term participant will conduct an online assessment of language skills Spanish ,before and at the end of the mobility period, with the exception of native speakers Spanish.</p> <p>In case of having native Spanish, we will proceed to offer linguistic support through the OLS language course, in other language.</p> <p>The participant must follow the online language course, in order to prepare for the mobility activity abroad.</p> <p>The participant will immediately inform the organization if they can not carry out the online course.</p>
Others	The consumption of non-legal drugs (marijuana, hashish, etc.) is prohibited; as well as the tobacco consumption is restricted, to areas for smokers, duly signaled and agreed previously; and the consumption of alcohol, restricted to festive group moments, prior agreement, and to alcoholic substances of low alcohol content (wine, beer, etc.).

## 5. Volunteer profile

The project is open to the participation of all young people, without discrimination of origin, color or gender, interested in collaborating in environmental actions, and against climate change, but we are especially excited about the possibility of extending these opportunities to young people disadvantaged, who have mobility difficulties, whether due to social, economic and / or geographical obstacles. So this is one of our main criteria: we would like to make the greatest possible positive impact in their lives, and select the young people who can one day also expand that positive impact on the lives of others.

Participants will be selected for this project based on their CV, questionnaire and motivation letter, followed by Skype interviews to confirm their attitude and commitment to the objectives set, the ability to live in a rural environment, as well as the likelihood of be able to share the home and work with other people during an intense period of time.

The final selection will be carried out by the coordinating team of the Tierra y Vida project, with shipping organizations making a pre-selection. An understanding of biology and ecology, desires to work the land, as well as having some previous experience in sustainability and reforestation projects will be valuable, although it is not essential for participation. Also a basic capacity to work with computers that we find useful, to keep track of and disseminate the acquired learning and the development of the program. A basic knowledge of Spanish and the desire to acquire fluency in the language will also be valued as positive. An ethical commitment to social and environmental justice, flexibility, emotional

maturity, ability to assume responsibilities and systemic thinking, teamwork, motivation to learn and practice the skills necessary to develop their life and work in community in a rural environment will be values that will be taken into account.

Skype periodic meetings will be held in order to clarify any doubts, start planning the activities in which they will participate according to their interest, skills and initial abilities, confirm their commitment, etc.