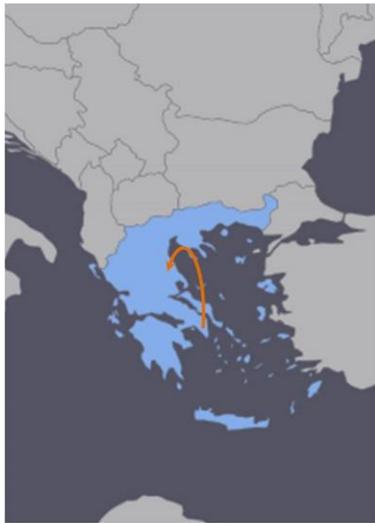


forum  synergies
Scholarship 2019



SCHOLARSHIP REPORT



HOST: Kinoniki Sineteristiki Epichirisi, social cooperative, Greece

TRAINEE: Christos Karystinos, Permaculture designer, Greece

Duration: 1.7. - 1.8.2019

Report from TRAINEE Christos Karystinos



REVIEW

In the month I spent in cob.gr farm I gained a lot of experience on permaculture and natural building. I participated in a Permaculture Design Course and a Natural Building Course happening in the venue of cob.gr . Also I participated in everyday work such as maintaining the natural buildings in the farm and taking care of the permaculture garden. I was member of an international volunteers from around Europe as Erasmus + and WOOF volunteers are also in the farm. The hosts, Christos and his family, were very welcoming taking care of my needs for accommodation, food and transportation. Also I received good mentoring from Christos, an experienced pelmaculturist, and went on designing a new part of the farm together. This activity helped me gain more trust on my skills on gardening and designing landscapes. It also boosted my need for community living in an international context and sharing my everyday life with other volunteers.

The daily schedule was formed like this. We would have breakfast and share the tasks needed to be done. Then work until lunch time, which every time was prepared by different volunteers or the hosts. Then depending on the workload, we would continue working or have siesta and continue work in the afternoon. My educational experience was both practical and theoretical, as I complemented my practical experience with the theoretical courses of Permaculture and Natural Building. The permaculture course lasted 10 days, of which we learned to make beds for vegetables, how to make compost and how to desing and grow a food forest. We learned about soil and fungi, climates and our contribution in it. In the natural building course we learned how to build with clay and straw, with plain soil and with wood. We used techniques like cob, rammed earth and cob combined with bamboo.

I am very pleased to have been in the project of cob.gr and I am very happy for the hosting. I would definitely suggest more volunteers to visit the farm and get to know about permaculture and natural building.

MATERIALS

video [link](#)

