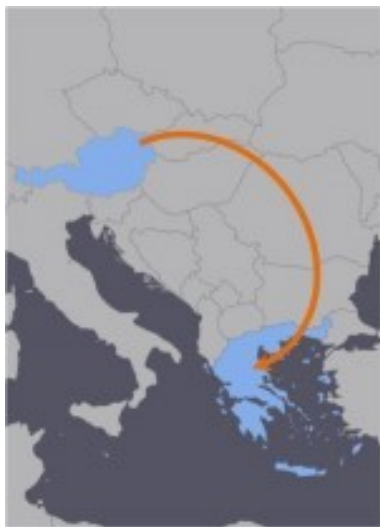


forum  synergies
Scholarship 2019



HOST: Kinoniki Sineteristiki Epichirisi, social cooperative, Greece

TRAINEE: Martina Pigka, living in a rural place, Austria

Duration: 1.8. - 16.9.2019

Report from HOST Christos Kontomanos



REVIEW

With Martina Pigka wasn't just a cooperation. We lived together for this time and we shared our everyday life and activities and we worked hard. Although not expected we expected not only working together, but also taking decisions cooperatively and her engaging in lots of initiatives. Her motivation was so strong that she implemented our project in many ways. Apart from the working days we had many excursions together, exploring the rest of Greece together. As Martina refers "It was one of my most enriching experiences that I have ever had. I learnt many things, among personal relationship, Permaculture, natural building, education, ecology and many more that I cannot list. I will try to find the way to come back and work again together for sure!"

The main project's activity is taking part in the community life of the multicultural farm of Cob-Aeiphoria farming project.

One such full period in our social cooperative's farm included a variety of side activities;

- We learnt hands-on to construct with different natural building techniques (adobe bricks, wood, wattle and daub, cob, earthbags, rammed earth, etc.)
- In terms of sustainable development and permaculture ethics, we experimented on how to live in healthier and low footprint houses. We will gather local natural resources and build constructions like ovens, dehydrators, rocket stoves, etc.)
- General maintenance of the farm's infrastructure (buildings, pathways, water management systems, natural ponds, etc.)
- Community life. During the project, Martina, me and other people in the farm were living and were sharing the same space and responsibilities (Cooking, cleaning of common spaces, etc.), personal space and everyday activities concerning the village life.
- We had a lot of educational excursions to other farms and projects in Greece, so that there she saw more examples in practice.
- Helping in our organization and participating in all of the natural building, self-sufficiency, permaculture and regenerative farming workshops that we organize all around Greece and at the farm. Helping in the organization and facilitation of events with children (school visits and workshops).
- We made natural cosmetics (soaps, toothpaste, ointments, etc.)
- Regenerative Agricultural - Farming activities: Beekeeping, nurseries with traditional seeds, preparation of vegetable beds, compost soil making, mulching, sowing seeds, harvesting, planting, pruning and irrigating orchards (food forest), collecting wild herbs and mushrooms, retrofitting existing spaces, regenerating soil, making worm farms, earthworks for water management, etc.
- Food processing: Dehydrating and fermenting fruits and vegetables, making preserves, marmalades, pickles, sauces, cider vinegar, etc.
- Animal rearing: Everyday care of the poultry (Feeding, cleaning, etc.)
- The Green Basket project: Every week we are delivering baskets filled with fresh vegetables, fruits, cosmetics, and processed food to consumers from the closest city. It is a social and economic experiment to prove that with small scale regenerative farming and

limited market we can not only restore the soil's fertility but also the connection to our food and being economically viable. She participated in all the stages of this process, from farming, processing food, until the delivery to the consumers.

- Permaculture Design of Ecosystems: Learning how to holistically design spaces so that they use minimum resources and transition to resilient habitats. It is a whole science where we practiced on other people's farms

PICBAR

