



## **SPECIAL EDITION WORKCAMPS IN SEPTEMBER**

### **PROGETTI PER MINORENNI**

#### **GERMANIA**

##### **IJGD 53406 "A river ran through it" Ronney and Halle/Saale 02.09. - 12.09.2013**

13 volunteers , AGE 16-26

Project: The Environmental Education Center Ronney which is located in the Biosphere Reserve area middle of the Elbe, was severely damaged by the floods in June. There are several possible tasks, including bringing boards again in their places outside and fixing the bike fleet. Volunteer who like harder work; can help to set up again the furniture in ground floor of the building.

The second half of the camp will be spent in Halle (Saale), where the daily work is in various locations. Off course the work there will be also to eliminate flood. LOCATION: Ronney and Halle/Saale -Sachsen-Anhalt, 20 km to Leipzig damages. Remarks: The work may be challenging, can be hard physical work.

Leisure time: The Environmental Education Centre is idyllically situated in the middle of a nature reserve area on the Elbe. After work you can explore nature on foot or by bike or you can use the wealthy free time program, which is offered by the Environmental Centre. In the evening we relax around the campfire or can make a barbecue night. The student town Halle gives a rich cultural variety of offers beginning with cinema to museum, historic Old Town and many attractions that we can discover by bike or on foot.

Meals: Meals will be prepared as a group .

Accommodation: at Althoff Center in Landsberger Street in a student residence; at the Environmental Center Ronney

Train station: Zerst/Anhalt

Airport: Leipzig/Halle 20km, Berlin 120km

##### **IJGD 23328 CREATE ADVENTURE SPACE FOR KIDS Recklinghausen 14/09-28/09/13 RENO , age 16+ 15 VOLS**

WORK: Along with a construction and water play area, an animal area, and a high ropes course, the grounds of the adventure center are being enlarged with even more areas! Your team's help is needed to build a log cabin. The house will be built on a concrete foundation and will have various rooms to be used as storage or as a meeting area for its visitors. Interesting and diverse tasks await you and your team! There is plenty of exciting work to do in

building the foundation all the way up to carpentry work on the rooms.

ACCOMODATION: Accommodation: You will be staying at the adventure center.

Catering: Meals will be prepared as a group.

LANGUAGE: ENGLISH / and : English

LOCATION: Where: North Rhine Westphalia; Munster 75 km, Dortmund 35 km, Amsterdam 200 km

Free Time: There are countless attractive offerings for you: you can try out the high ropes course as a team, canoe along the Lippe or Ruhr Rivers, and take trips in and around Recklinghausen. Its central location in the Ruhr makes trips to local cities such as Dortmund, Essen, or Munster simple. Through meeting with the local youth, you can learn plenty about the country and the region.

TERMINAL: Recklinghausen

## **PROGETTI PER MAGGIORENNI**

### **GRECIA**

**ELIX20 OLYMPIA Olympia, Elia MANU, ENVI, CONS 28/08 11/09/2013**  
WORK

This project takes place in Drouvas forest off Olympia (Elia prefecture - western Peloponese) and aims to achieve the restoration of the open theatre, the stone well and the conservation of the footpaths and forest of Drouvas. Volunteers will restore wooden staircases and grips of the theatre, restore the well and will also work on several tasks in cleaning up and maintaining the footpaths of the forest as well as the forest in particular (watering of trees, cleaning up the vegetation etc)

ACCOMMODATION & FOOD

Volunteers will stay in the Community Hall of Floka. There are toilets, showers (no hot water) and a kitchen. Sleeping bag and carry mat are necessary. Two of the group, everyday in shifts, will be responsible for maintaining the group's accommodation place clean, as well as for the preparation of all the meals of the day for the rest of the group.

LOCATION

Ancient Olympia, the birth place of the Olympic Games, was one of the most important areas of ancient Greece and, today, one of the most important archaeological sites around the globe; Kladeos is a river that flows from the north, through Olympia and empties into the Alfeios River. The area is beautiful, with luxuriant vegetation, idyllic rivers, beaches and picturesque villages.

TERMINAL

Athens international airport "El. Venizelos",

Araxos National airport (operates only during the summer)

Port of Patras

LEISURE TIME

In their free time, participants will have the opportunity to get in touch with the everyday life of the town; they may attend events organized by the authorities during the period of their stay (concerts, performances, etc.) and communicate with locals and tourists. Volunteers will discuss their free time activities with their camp leaders; together they are going to organize

excursions and visits around the area of Olympia.

## INGHILTERRA

### **CONCUK16 Gyaltsabje Buddhist Centre 26.08 - 09.09.**

Gyaltsabje Buddhist Centre. Established by the modern-day meditation master Venerable Geshe Kelsang Gyatso in 1993. The Centre is open throughout the year and everybody is welcome to come and relax in the centre or enjoy the World Peace Café.

Work: International volunteers are invited to help improve the garden and the building of the centre. Tasks are likely to include painting and decorating, gardening, general maintenance, cleaning, assisting in the café and cooking.

This project allows volunteers to gain an insight and experience of living and working in a modern day Buddhist community, helping to gain a peaceful and relaxed mind and meeting others with shared perspectives and ideas.

Accommodation: Volunteers will sleep in basic dormitory accommodation in separate male/female rooms. Volunteers will need to bring sleeping bags and mats. Meals will be provided in the dining room. All meals are vegetarian and volunteers are requested not to bring meat onto the premises. Smoking and alcohol are not permitted at the centre.

Location: The centre is situated in the city centre of the thriving modern university city of Sheffield in a lush, leafy area next to wooded parkland. The stunning natural area of the Peak District is within walking distance of the centre or can easily be accessed by bus.

Terminal: Manchester, Doncaster, London, Liverpool, Leeds, Birmingham or East Midlands airport. Sheffield train station. More travel info here <http://www.shu.ac.uk/international/arrival/different.html>

Special requirements: Volunteers attending this project need to be sympathetic to the Buddhist faith and realise the centre is used for meditation and reflection. Volunteers are welcome to join meditation classes for free during the project. Daily prayers will be running which volunteers can attend and guided meditation sessions and classes on buddhism will be on offer.

### **UNAS08 History Matters 2, 4-16 September CULT 10 VOLS**

Work: Volunteers will have the chance to learn about Welsh medieval history and traditional skills through re-enactment and participation in heritage events. They will also take part in traditional building activities including the construction of a medieval building. Volunteers must have a real interest in medieval history and be willing to take part in re-enactment and public events. Volunteers will work with History Matter; an organisation that aims to develop a greater understanding of medieval history. They promote medieval crafts and art and traditional skills. The organisation specialises in providing living history displays (re-enactment) to bring history to life. Accommodation: This is a camping project: volunteers will be sleeping in a large shared tent with female/male areas. Volunteers will cook together on large open fires and camping stoves. There will be shared communal areas outdoors. A washing machine will be available at the Ty Mawr site. Location: Volunteers will be based in the grounds of Ty Mawr, a medieval hall built in 1460. The site is near a small village in rural mid-Wales. Volunteers will meet local people and volunteers.

Volunteers will move to Hampton Court Castle in Herefordshire, England for four days to take part in a large historical re-enactment event of the Battle of Mortimer's Cross (1461). Special Requirements: Motivation letter—specific to this project. Volunteers must follow all the rules set for re-enactment events and participate fully in all training. Location: Castle Caereinion, Wales ,Region: Powys  
Nearest train station: Welshpool Train Station  
Extra fee: £35

## **TURCHIA**

**GSM15 Afyon / Afyonkarahisar                      28.08–12.09.2013    ENVI/CONS**  
**18 Vols      18-99**

Work: Volunteers will be given some environmental and renovation work. Landscaping, gardening, mounting park benches will be some of the working areas. There will be excursions for touristic and natural sites in the region.

Partner: Our partner is Afyonkarahisar Municipality. We have been cooperating with Afyonkarahisar Municipality for more than 10 years. For more information about the municipality, please visit [www.afyon-bld.gov.tr](http://www.afyon-bld.gov.tr).

Food and Accommodation: Cafeteria / Student Dormitory

Location: Afyonkarahisar is located at the intersection of three regions: Aegean, Mediterranean and Central Anatolian Regions. The city is mostly known for the Phrygian Valley, marble and Turkish delight. There are also some fairy chimneys and thermal foundations which attract many tourists every year. The city is a member of "Association of Historic Towns in Turkey".

Language: English

Terminal: Nearest airports: Izmir, Ankara and Istanbul.

## **SPAGNA**

**ESDA-26 "The Queen baths in Salt" Calpe, Alicante 2-15 September**  
**ENVI 8 vol**

Location: Calpe, Alicante, Spain.

Special requirements: Volunteers have to be extremely motivated as this is the first time we do this workcamp and we will work very hard.

Work: It will be hard work. We will basically clean up a natural area located close to the Salinas el Saladar in the centre of Calpe. Calpe has been a historical place since the Romans or before and for centuries have provided fish to the bigger towns, such as Valencia, Alicante or Elche. Therefore it was essential to have a close resource of salt, in order to conserve the fish captured.

Nowadays Calpe is a very famous touristic spot and the Salinas have become a great ecosystem completely preserved located in the middle of the town. For years there has been speculation to destroy them and create new buildings but thanks to the civil society this idea has been completely vanished and the Salinas are a natural place legally protected.

Nevertheless for some years the areas around have been used by people to leave garbage. The local authorities have been trying to clean it with machinery but because it is a delicate area with its own microorganisms the correct way to clean had to be done by hand. Because of the crisis the Town

Hall has asked local environmental associations to support the cleaning with volunteers. There is one member of the Local Council who is personally involved with the issue and struggling very hard to solve problems from civil participation and we want to support her.

Accommodation: At a school (to be confirmed) or similar. Volunteers are required to bring lower sheets plus Summer sleeping bags.

Location: Dominated by the imposing image of the Rock of Ifach, Calpe sits on the shores of the Mediterranean, surrounded by a beautiful landscape filled with mountains and vineyards. Many ancient civilisations settled in this town in the Marina Alta region of Alicante, a history narrated by the remains it preserves, which include the Roman baths "Baños de la Reina" (Queen's Baths).

Deeply-rooted traditions harmoniously coexist with the tourist industry, making it one of the main destinations on the Costa Blanca. Eleven kilometres of beaches and coves, a marina and a beautiful natural environment are part of the immense appeal of the town. Including, of course, its astounding gastronomy, an authentic showcase of Alicante's cuisine.

Calpe, a town with a long history and deeply-rooted traditions, is also one of the main tourist destinations on the Costa Blanca.

The Marina, the promenade and eleven kilometres of coastline, marked by cliffs, beaches and coves, are some of the many attractions.

Another attraction is one of the symbols of the town, the Rock of Ifach, a huge calcareous rock, 332 metres high, that penetrates the sea and gave the town its name. This region has been declared Nature Reserve, because of its botanical and faunal diversity. The best views of Calpe and its coastline are seen from the top of the rock, accessible through guided tours at the park.

The mild climate and the peculiar orography of the area make this town the ideal destination for everyone, from those seeking beaches and sun to fans of outdoor sports.

Terminal: Nearest airports: Alicante- El Altet.

Extra fees: Extra participation fee of 50 euros.

## **GERMANIA**

### **VJF 2.11 Liepnitzseeinsel 4 02/09 -13/09/13 ENVI / CONS 10 vols**

Work: The main works will be done in the wood. The volunteers will do various environmental works as well as renovation and construction works on the island. The aim of the project is to improve the infrastructure of the island. Possible tasks are removing bushes, collecting rubbish, repairing works and so on. Volunteers should be prepared to be flexible and take part in any work that will support the rangers.

Location: On the island without electricity

The island Liepnitzinsel is situated in a picturesque lake, the Liepnitzsee, in the north of Berlin. It is surrounded by a beautiful landscape with many forests and lakes.

Terminal: Berlin

Accommodation: Your accommodation will be very basic. You will sleep in three large tents on camp beds. The infrastructure on the island is very basic without electricity. There is no heating in the tents and on the island you have to use

compost toilets. The accommodation is quite isolated so volunteers should come with ideas about how to entertain themselves in the evenings! The foresters of the project have built a nice and comfortable block house where the group will meet and eat.

Special remarks: The island is very isolated and you have to be a real nature lover to participate in this project. You have to use the ferry every day and it stops running about 8 p.m. Please be prepared to not be able to visit Berlin very often! On the island live many permanent campers during the summer. Please respect them.

Special requirements: You have to be able to swim!

## **FRANCIA**

### **U38 le Puy en Velay - Marais d'ours 03/09/2013 – 19/09/2013 envi +18**

The project : You want to live a new experience? To play a part in the protection of environment? To meet new friends? You found the right project ! Come and participate to this workcamp located on the swamp, at the entrance of the Puy en Velay city. This swamp will be crossed by a big road in a few years, so we need to protect as much as we can this natural space and safeguard the animal living there before the road construction begins. Nature friends, come and help us! Works : Work with us : build low walls in dry stone to surround the swamp, clear the undergrowth and build shelters for the fauna. Activities : On your arrival, leaders will propose several activities; your ideas are welcomed and everything can be discussed. So be imaginative, the workcamp is a place for having fun! We don't expect you to do activities on your own, you will live an experience in a group ! Location : The city of Puy en Velay is the capital of the Haute-Loire department. It is a great historical town, well known for its verbena, its work of lace, and its green lentils. It is easy to go shopping there and discover numerous touristic places and summer events. You will have many opportunities to visit and enjoy this lovely town. (check the images of Le Puy en Velay online!) Accommodation : In tents, in a camping of Le Puy en Velay. Special Requirements : In addition to preserve the Bear Swamp, this workcamp will allow you to learn more about environmental protection ... be ready !

Nearest big town : PUY EN VELAY (LE)

Nearest airport : Clermont-ferrand aulnat

Terminal : Puy en Velay

### **CONC 043 CHANTELLE 2 03/09 - 23/09**

PROJECT: The district council of the department of Allier, in charge of the preservation of the natural areas of the "Gorges de la Bouble" undertook to protect and enhance the ecological and cultural heritage of these gorges (river canyons) surrounded by forests. In this context, renovations of the former built heritage will be undertaken. They are part of an overall plan for the reopening and maintenance of a stretch of land which has gradually been abandoned and invaded by vegetation. The site, which stretches over a 4 km distance, has kept some of its characteristic wilderness. In addition, discussions and

exchanges with local associations and people will be organized: meetings, visits and events will be on the schedule of your workcamp!

**WORK:** During this third edition of the workcamp, you will continue the work begun last year near an abbey classified as a historical monument. You will rebuilt old boundary walls of stone and make lime mortar joints. You will use traditional masonry techniques: work with lime mortar, use of old techniques and materials (stone, lime...).

**ACCOMODATION:** In two-person tents, boys and girls separated (bring your sleeping bag) and group life in the local youth centre of the district.

**LANGUAGE:** English and French

**LOCATION:** Chantelle (1060 inhabitants) is located in the heart of the Bourbonnais, which is part of the district of Allier, at about 70 km north from Clermont-Ferrand and 15 km north from Gannat. The heritage of the region offers a huge historical and cultural diversity: many castles, Roman churches, natural sites...

**TERMINAL:** Gannat train station. Airport: Paris.

**SPECIAL REMARKS:** The nights could be cold, so don't forget to bring warm clothes, a sleeping bag and a sleeping mat. Also bring gloves, clothes and shoes for work.

## **CONC 221 NIMES 4/9 18/9 10**

**PROJECT:** the city of Nmes owns a vast former agricultural estate in the area of Courbessac dating from the time of the Roman Empire. A big project with the city of Nmes and the association Menhir began in 2002 with the goal to restore this place and to create an area where local people can enjoy taking a walk. The other groups of volunteers who have worked in this estate, which is called Escattes, have for instance created a spring and canalized it by stone walls. They have also done various types of environmental work. **WORK:** there are some ruins of a little tower in the park. The purpose of this year's workcamp is to prepare that tower for future restoration, which will be done by professionnals and by the inhabitants of the town. The volunteers will clean the area, sort stones and do some earthwork. Other similar types of work might be also done by the volunteers in another area of the estate. **ACCOMMODATION:** in tents at the campsite in Bezouze (if you have a tent, you may bring it.) **LANGUAGE:** English. **LOCATION:** you will live in a little village called Bezouze, at about 10 km from Nmes. You will however have many opportunities to visit Nmes in the south of France, between Avignon and Montpellier. The city is in a very welcoming and historically rich region. **TERMINAL:** Nmes train station **SPECIAL REMARKS:** For more information have a look at <http://www.nimes.fr/>

## **ISLANDA**

### **SEEDS 099.Environmentally aware: in Reykjavík 03.09-3.09 ENVI 8 Vol**

**WORK/PROJECT:** How aware are we of our environment? What are our priorities in life? Do we value our possessions or our relationships? Why? How has the humanity reached a state of no return? Why didn't we prevent it? Is it possible to do something now? Sorry, no more petrol: how do we live now? These and many more questions will be the focus of the project training sessions.

The daily schedule may include trainings/sessions on sustainable development, the environment in a political context (environmental politics), rethinking architecture and our way of living, carbon emissions calculation, green and ISO certificates, organic farming, global warming (climate change), the 3 R's (Reduce, Reuse, Recycle), the (hidden) costs of transport, renewable energy sources (focus on Iceland's hydroelectric and geothermal energy).

Then we will discuss the facts and tailor them to the specific needs of the group. During this process we will organize visits with environmental interest such as going to the recycle centres of Reykjavik (SORPA) or a geothermal power plant.

Volunteers will work two days with the city of Reykjavík in the cemeteries. Volunteers will help with raking leaves, beautifying the gardens, work on the recycling system among other tasks.

**ACCOMMODATION:** SEEDS volunteers will stay part of the time in a house in the outskirts of Reykjavík, where the sparkling city confronts nature. The facilities are basic and volunteers might for instance have to show patience when showering since the water pressure in the area is low at certain hours of the day and there are more houses using the same water supply; at certain points of the day the water flow may stop but start again after a while.

The other part of the project the volunteers will stay in a well equipped house, in a beautiful setting inside the Botanical Gardens of the city of Reykjavík, about 4 Kilometres from the centre of the city.

Volunteers will be sleeping in shared rooms/dorms in a sleeping bag accommodation. Please bring your own sleeping bag. Volunteers will receive food supplies and be in charge of the cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening, when others can try and taste some specialities from your home countries.

Please note that the food for these series of projects will be mainly (and if possible) local Icelandic.

**LOCATION:** The population of Iceland's capital Reykjavik is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources.

Reykjavik is often called "the nightlife capital of the north", but there is more: It also gathers the most interesting of Icelandic culture; it is an incubator of new ideas and styles. It is an International city with a lively Cosmopolitan cultural scene surrounded with beautiful nature.

Visitors to Reykjavík experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife.

In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit.

**LANGUAGE:** English will be the language in the camp; basic conversational skills are needed.

**TERMINAL:** Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).



EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros). Please note that the fees are to be paid to SEEDS on arrival in either Euros or Icelandic crowns.

Volunteers should have a motivation to learning and sharing on environmental and global issues. Tours and excursions (Golden Circle, Blue Lagoon or South Shore) can be arranged for SEEDS volunteers at discount fares.

### **SEEDS 104. Photo Marathon in Reykjavík & Outskirts 10.20.09 ARTS 8 Vol**

WORK/PROJECT: This is the sixth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organizing this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp. The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon.

SEEDS coordinators will prepare different topics on which the participants will base their entries; these topics will be mostly related to SEEDS work: Intercultural understanding, peace & Environment

Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. Volunteers shall be prepared for walking and working flexible time schedule.

Volunteers will work two days with the city of Reykjavík in the cemeteries. Volunteers will help with raking leaves, beautifying the gardens, work on the recycling system among other tasks.

ACCOMMODATION: SEEDS volunteers will stay part of the time in a house in the outskirts of Reykjavík, where the sparkling city confronts nature. The facilities are basic and volunteers might for instance have to show patience when showering since the water pressure in the area is low at certain hours of the day and there are more houses using the same water supply; at certain points of the day the water flow may stop but start again after a while.

The other part of the project the volunteers will stay in a well equipped house, in a beautiful setting inside the Botanical Gardens of the city of Reykjavík, about 4 Kilometres from the centre of the city.

Volunteers will be sleeping in shared rooms/dorms in a sleeping bag accommodation. Please bring your own sleeping bag. Volunteers will receive food supplies and be in charge of the cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening, when others can try and taste some specialities from your home countries.

LOCATION: The project takes partly place in the countryside out of Reykjavík, in the hills of Mountain of Wolfs (Úlfarsfell); far enough from the city to enjoy the quality of the country life, pure air, nature and tranquillity, but close enough to be able to visit the city during the project once or twice.

Úlfarsfell is a district of Reykjavík, part of the eastern suburbs. The Úlfarsárdalur area has a current population of 350 people. The construction process stopped when Iceland went into recession in the 2008 and not much has happened there since. The land around is quite fertile and a river runs through the area from nearby Hafrauvatn lake. With the water, the mountains, available outdoor activities and the fertile land we are trying also to construct a

place to improve the area for both its inhabitants and volunteer visitors. The population of Iceland's capital Reykjavik is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources.

Reykjavik is often called "the nightlife capital of the north", but there is more: It also gathers the most interesting of Icelandic culture; it is an incubator of new ideas and styles. It is an International city with a lively Cosmopolitan cultural scene surrounded with beautiful nature.

LANGUAGE: English will be the language in the camp; basic conversational skills are needed.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ).

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

Please note that the fees are to be paid to SEEDS on arrival in either Euros or Icelandic crowns.

Tours and excursions (Golden Circle, Blue Lagoon or South Shore) can be arranged for SEEDS volunteers at discount fares.

### **SEEDS 111. Power Food in the East of Iceland 12.09-24.09 ENVI 6 Volunteers**

WORK/PROJECT: In the beautiful forest Hallormsstaðaskógur SEEDS volunteers will be working in nature oriented tasks in this project. Our tasks will mainly be focused on picking blueberries, stone bramble, tree cones and herbs. Our host has a small 100% organic food and herb production, which focuses on manually handpicked food ingredients. This is a great volunteer project for those who love food, outdoors and have opinions about nutrition.

The working plan will be flexible and it will depend on the needs of our local host, the advance of the diverse projects in the area surrounding the forest and of course on the weather conditions.

Last but not least we will explore the surroundings of the location and enjoy free time activities arranged in cooperation with the local host.

ACCOMMODATION: SEEDS volunteers will have an apartment for themselves and sleep in shared rooms. The apartment is fully equipped with access to kitchen and bathroom. Please bring your own sleeping bag.

Volunteers will receive food supplies and be in charge of the cooking and cleaning activities.

Do not forget some traditional/typical food from your home country for an international evening.

LOCATION: Hallormsstaðaskógur, the largest wooded area of the country that spreads over 30 ha of land. The reforestation of the forest has been going on ever since a law for the protection was passed in 1899. The tree collection keeps an extensive variety of foreign trees and is renowned take professionals and travellers. The oldest part of the woodland is accessible with good hiking trails and explanation signs.

The area offers great variety of walking paths, such as to the deepest valley of the country and up to Sandfell where the view is quite magnificent. Riding tours up to the mountains or in the woodland are also nice experiences. Small streams run through the land where children and adults can cool down in warm summer days.

The project is located in the municipality of Fljótsdalshérað, Iceland's easternmost populous municipality; 17 km from the largest town in the Eastern Iceland - Egilsstaðir (population 2600). It is a young town, but which has become the largest town of east Iceland and offers a swimming pool, shops and museums among other main services.

The East Fjords is a region of a special landscape, dominated by long, narrow fjords and steep mountains and the wild reindeers of Iceland are found here, the herd counts between three and four thousand animals.

LANGUAGE: English will be the official language in the camp; high proficiency is not a requirement.

TERMINAL: International Airport: Keflavík/Reykjavík (KEF); domestic airport and bus stop is Egilsstaðir.

SEEDS organises the "minibus option", a shared transport from Reykjavík to the camps and vice-versa, which apart from being cheaper and more convenient, allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting and tourist sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

Please note that the fees are to be paid to SEEDS on arrival in either Euros or Icelandic crowns.

Volunteers should have a motivation for working with outdoors and getting to know ways of living in rural areas in Iceland.

SEEDS and/or our hosting partner will organise free time activities in the surroundings of the project.

### **SEEDS 123. Fun, farm & Animals in the South 20.09-04.10 CONS 8 Vol**

WORK/PROJECT: The aim of the project is to assist in building animal houses and shelters from recyclable material in a farm. Volunteers will be building animal living area and pens from repurposed pallets. This is done to ease the access to the animals and make them feel better. The goal is to make a little zoo with animals that are in Iceland so that people can experience animals in an old farm.

On the farm there are dogs, cats, horses, rabbits, hens, cattle, a raven and pigeons, so volunteers need to have the motivation to work and take care of animals as well as be ready to do manual work such building and fencing work. Volunteers are welcome to bring their own ideas on how to use pallets and/or other recyclable materials for the construction. Other tasks might be general beautifying of the area and clean up.

Volunteers will be introduced to Icelandic culture, Icelandic food and Icelandic farmers. Volunteers will have the chance to enjoy the outdoors, the work, the animals, the building process, the farming and the time spent with the local hosts. Volunteers will have the opportunity to live and work with an Icelandic family, participating in the diverse tasks of their daily lives. This is a unique opportunity to experience first-hand how a family in the Icelandic countryside lives.

The working plan will be flexible and it will depend on the needs of our local hosts, the advance of the diverse projects in the area surrounding the farm and of course on the weather conditions.

Last but not least we will explore the surroundings of the location and enjoy free time activities arranged in cooperation with the local host, such as horseback riding.

ACCOMMODATION: SEEDS volunteers will stay in a fully equipped house; in a sleeping bag accommodation sharing rooms. Please bring your own sleeping bag.

Volunteers will receive food and be in charge of the cooking and cleaning activities and will divide the tasks among themselves. Please do not forget some traditional/typical food from your home country for the international evening.

LOCATION: The volunteers will stay in about 70 km from Reykjavik with an easy access from the main highway, only 16 km from the town of Selfoss where you will find all the modern comforts an Icelandic town has to offer. Volunteers will mostly stay in the project place as work and accommodation is both located in a rural area with no public transportation.

Volunteers will stay in a newly renovated country lodge in a beautiful setting above the lake of Villingarholt. From there you will enjoy a magnificent view, where you can easily spot the Westman islands (Vestmannaeyjar), the glacier of Eyjafjall (Eyjafjallajökull), the Tinda Mountains (Tindfjöll), the famous volcano Hekla and the slopes of Hella.

LANGUAGE: English will be the language in the camp; high proficiency is not required.

TERMINAL: Closest international Airport: Keflavík/Reykjavík (KEF).

SEEDS organises a "minibus option", a shared transport from Reykjavík to the camps and back. Apart from being cheap and convenient, it allows volunteers to meet fellow campers and have a relaxed trip, while stopping on the way for interesting sites.

EXTRAS / SPECIAL REMARKS: Participation fee EUR 180 (Euros).

Please note that the fees are to be paid to SEEDS on arrival in either Euros or Icelandic crowns.

SEEDS and/or our hosting partner will organise free time activities such as hiking, fishing in a nearby lake, bicycling and possibly horseback riding.

Volunteers have to be open for living and working with a local family. Tours and excursions (Golden Circle, Blue Lagoon or South Shore) can be arranged for SEEDS volunteers at discount fares.

## ESTONIA

### **EST 39 SOMERPALU MANOR VÕRU 16.09 – 28.09 AGRI 10 vols**

Project: For dozen of years EstYES has been cooperating with farms all over Estonia for solidarity, respect and practical support to local people who work in agricultural sector keeping traditional life style and developing new eco-farming despite of all difficulties. Sõmerpalu Manor is one of such projects. This is an organic farm in Southern Estonia specializing in cultivating curative berry known as Sea Buckthorn. It is one of the largest Sea Buckthorn growers in the whole Europe, especially due to its focus on ecological innovation related to the cultivation of Sea Buckthorn. The main value of Sea Buckthorn is in its vitamin content very unique and untypical thanks to its symbiosis with nitrogen fixation. The main tasks that the farm carries out are as following: cleaning the berries and selling it further to different food industries over the world. At the moment the plant is cultivated in 400 hectares and the grain is collected in 110 hectares. For more information on Sõmerpalu Manor and its Sea Buckthorn cultivation visit [www.astelpaju.ee/sisu.php?id=11](http://www.astelpaju.ee/sisu.php?id=11). This camp is for volunteers,

who want to experience somewhat unconventional lifestyle (living in a the old manor house and working in its surroundings) in rural Estonia and help a hard working farmer in harvesting the crops.

**Work:**Because of the huge work that needs to be done in cultivating Sea Buckthorn, most of the work will focus on harvesting the berries by cutting the branches of the plants. As the fields of Sea Buckthorn are surrounding the historical Sõmerpalu Manor, then there will be also some renovation works connected with the manor itself. The work will be supervised by local host. The work will be 6-7 hours a day, 5 days a week, mainly outdoors.

**Accommodation:**The accommodation will be in the manor house in the beds with proper clothes and linen. A toilet, a shower and a sauna are available. There is a kitchen with necessary cooking equipment. However, volunteers are advised that the indoor surroundings of the manor are authentic and simple, as the manor is in the state of renovation. Meals will be usually cooked the volunteers themselves by shifts under the supervision and help of the hosts and the group leader.

**Location:**The manor is located in historical borders of Old-Livonia in Võru County, Sõmerpalu Parish, Sõmerpalu village. It is 65 km from the city of Tartu and 13km from the town of Võru, both of which are situated in South Estonia. Distance from Tallinn is about 250 km.

The nearest large city - Tartu is situated to the north of Sõmerpalu and is the second largest city of Estonia. It is the city of the oldest Estonian university, Tartu University and has a picturesque old town and nice cafés and pubs where to hang around in the city center. Tartu, lying 185 kilometres south of Tallinn, is also the centre of Southern Estonia. The Emajõgi River, which connects the two largest lakes of Estonia, flows for the length of 10 km within the city limits and adds colour to the city. For more information read [www.tartu.ee/?lang\\_id=2](http://www.tartu.ee/?lang_id=2)

The town of Võru is located to the south of Sõmerpalu and has good bus connection. The hilly landscape of South Estonia has shaped the little town of Võru known for its settle wooden architecture, beautiful lake beach promenade, unique dialect and sports centres and is a beloved destination for nature and sports lovers. More information on [www.voru.ee/index.php?Lang=eng](http://www.voru.ee/index.php?Lang=eng)

**Terminal:**Timetables for buses from Tallinn to Tartu and from Tartu to Võru can be found [www.tpilet.ee/en](http://www.tpilet.ee/en). The hosts will pick the volunteers from Võru bus station to take to the manor.

#### Special Requirements

You have to be ready to adapt to the simple conditions of the common life in the country side of Estonia and be willing to do farm work, which can be hard sometimes. Please provide a letter of motivation. Volunteers with special dietary needs are also welcome, yet they have to be ready to cook sometimes for themselves. The food provided for the volunteers will be of local origin, e.g free from conservants.

#### Leisure Time

Besides the manor itself the volunteers can take a round trip in surrounding areas of Haanja, Rõuge and Setumaa, which are culturally rich and diverse areas that introduce different cultures of Estonia. In Haanja region there are several hiking tracks that can be of interest. It is easy to visit Tartu and Võru

where you can find several events going on during the weekends.