

## INFOPACK TRIBE OF THE SUN PROGRAM 2020



### 1. Introduction

In Cortijo los Baños, the private company and the Al Hamam Association, which develops the Tribu del Sol Program, coexist in synergy to harmoniously integrate the social, economic, environmental and spiritual elements of the place.

We are located in the area of influence of the Tabernas Desert (Almeria), the largest desert in Europe, where youth depopulation and the impact of anthropization are important. Therefore, through our way of life and activities, we try to have a positive effect on our environmental and socio-economic environment.

### 2. Description of the Organization

The Al Hamam Association develops three action programs: the Aruna Program, to disseminate techniques for the evolution of consciousness and spirituality; the Seeds of Life Program, to support natural upbringing, and schools of alternative pedagogy; and the Tribu del Sol Program, to explore tools for personal growth in groups, 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 living and living together working together. Internal growth and commitment to the environment make us walk together to achieve our goals, each finding its true identity.

The purposes of Al Hamam Association are:

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

### 3. Project Summary

Through the execution of the project, the aim is to satisfy the concerns of European youth regarding the multiple crisis (climatic, environmental, economic and social) existing in our society, with the aim of integrating new and more sustainable lifestyles, minimising the depopulation of young people in rural areas and reducing the effects of anthropisation on the land and the environment, as well as regenerating this area of degraded soil, at the same time as promoting economic, social and human development. To this end, training will be provided so that they can acquire the theoretical basis and practical skills necessary for these tasks.

The short-term objectives are:

- To provide volunteers with the opportunity to acquire competencies and learn basic skills for a conscious coexistence and a sustainable life.
- Encourage inclusion and participation in spaces of emotional management and evolution of consciousness.
- Acquire knowledge of permaculture design, and agroecology, while living and working in community.

The long-term objectives are:

- To contribute to a culture of caring for the Earth, people and the future of all living things. To have an impact on the socio-educational, environmental and youth systems of the participating countries.
- To help drive more sustainable national and international policy reforms. The results are classified into three groups according to the different actors involved in the project.



The procedure that we will carry out will be constituted by different spaces to share with the residents and organizational meetings with the coordinators, as well as monitoring balances and personal evaluation both formal and informal during the volunteers' stay. Workshops and study circles will also be organised to acquire and integrate new knowledge, as well as recreational and celebratory meetings between residents and also with other associations and people related to the project.

The team of coordinators will make proposals for the tasks and provide the necessary training for their development, trying to involve the volunteer, inviting him to gradually assume more responsibilities and commitments, as their interest and skills increase. 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 with their creativity, being able to share their knowledge through the organization of activities.

#### 4. Description of project activities



The project activities will be carried out in the municipality of Lucainena de las Torres (Almeria), and will focus on five areas:

a) Agroecology: agro-livestock, horticulture, arboriculture (edible forest, reforestation of the mountain and rambla).

b) Environmental Management: landscaping (gardening...), water purification and optimization, waste management (composting, recycling...), ecotechnologies and bioconstruction.

c) Sustainable Life: volacto-vegetary food,

food manufacturing (cooking, canning...), management of common spaces, emotional management, bodily activities and awareness (yoga, meditation...) and dynamics of cohesion and celebration (rituals...).

d) Communication: daily organisational meetings, weekly residents' meetings and Coordinators, biweekly board meetings, and monthly volunteer balances with tutors. 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.

e) Learning: study circles, permaculture training, talks and workshops.

Activity A1, Tribe of the Sun 1, comprises the mobility of two young people, one Danish and the other Polish, approximately in the period from 13 January to 22 July 2020 (6 months), i.e. in the winter and spring seasons. While Activity A2, Tribe of the Sun 2, comprises the mobility of two young people, one Italian and the other Portuguese, approximately in the period from 25 May to 2 December 2020 (6 months), i.e. in the summer and autumn seasons.

The activities will have the following results in volunteers:

- Improving knowledge learning outcomes and developing multiple skills.
- Increased employability and improved career prospects.
- Increased leadership, initiative and eco-entrepreneurship.
- Improved self-responsibility, self-training and self-esteem.
- Improvement of competencies in the Spanish language.
- Greater intercultural and environmental awareness.
- More active and dynamic participation in society.
- Greater awareness of the European project and EU values, as well as permaculture principles.
- Greater motivation to participate in future education or training (formal/non-formal) to broaden acquired skills, competences and knowledge.

The expected results in the participating organizations are:

- Increased capacity to operate at EU/international level.
- Improvements and innovation in the treatment of target groups.
- Creation of a more modern, dynamic, committed and professional environment within the organisation.

The expected results in the target groups of dissemination are:

- Positive effects on the reputation of the participating organisations.
- Increased intercultural and environmental awareness.
- Increased financial support from other sponsors or donors.
- Greater influence on practice and policy.

## 5. Volunteer Profile

The project is open to the participation of all young people, without discrimination of origin, colour or gender, interested in collaborating in environmental actions, and against climate change, but we are especially excited about the possibility of being able to extend these opportunities to disadvantaged young people 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 on their lives, and select young people who will someday be able to expand that positive impact on the lives of others as well.

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

The final selection will be carried out by the coordinating team of the Tribu del Sol Program, with the support organizations carrying out a pre-selection.



A basic knowledge of Spanish and the desire to acquire fluency in the language will be valuable.

An understanding of biology and ecology, a desire to work the land, as well as some previous experience in sustainability and reforestation projects will also be valued as positive, although it is not essential for participation. Also a basic ability to work with computers that we find useful, to record and disseminate acquired learning and program development. An ethical commitment to social and environmental justice,

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

## 6. Practical arrangements

Working Hours	Volunteers commit 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 35 hours per week dedicated to the activity, spread over 5 days and 2 rest days.
Food	<p>Long-term volunteers will attend the community lunch, and can cook their breakfasts and dinners alone in the community kitchen. Always maintaining the principle of order and cleanliness. Volunteers will participate on a rotating basis in the preparation of the meal.</p> <p>The diet is ovo-lacto-vegetarian, mainly local and seasonal. They will receive 35 euros each month to supplement their diet.</p>
Accommodation	<p>The 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 serves as a multiactivity room.</p> <p>Electricity will be covered by the host organisation, while rational use is made, personal electricity meters will be provided for such accounting. And Internet connection, firewood, water and gas will be covered by the host organization in their entirety.</p> <p>A document will be provided with information on basic rules and agreements for coexistence.</p>
Pocket money	Participants will receive individual support of €5/day, which will be paid monthly.
Travel costs	<p>Participants anticipate payment of travel costs, which will be reimbursed at a later date. The participant will respect the maximum available budgets according to the regulation of the European Corps of Solidarity.</p> <p>The trips will take place one day before the start of the activity, and one day after its end.</p> <p>Any exceptions will be agreed in advance with the coordinating organisation.</p>
Local transport	It is not necessary for the development of the activity. In spite of this, the host organisation will facilitate the transfer to the 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 vacation to be organized with the host organization. The free days will be Saturday and Sunday, with the possibility, subject to an agreement with the organization, to change them to other days.

Language Course	<p>The host organisation will facilitate the learning activities throughout the activity.</p> <p>The long-term participant will carry out an online assessment of language skills in Spanish, before and at the end of the mobility period, with the exception of native Spanish speakers.</p> <p>If you have a native Spanish speaker, we will proceed to offer language support through the OLS language course, in another 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 are unable to complete the online course.</p>
Others	<p>The consumption of non-legal drugs (marijuana, hashish, etc.) is prohibited; as well as the consumption of tobacco is restricted, to areas for smokers, duly signposted and previously agreed upon; and the consumption of alcohol, restricted to festive moments of group, previous agreement, and to alcoholic substances of low graduation (wine, beer, etc.).</p>