

BACKGROUND AND BASIC INFORMATION ON THE SCHOLARSHIP PROGRAMME: click [here](#)



## Kinoniki Sineteristiki Epichirisi, Greece

registered: 04/2019

last update: 06/04/20



### Organisation and contact person

Kinoniki Sineteristiki Epichirisi, Christos Kontomanos

Website <https://cob.gr/en>

in order to contact write an email to [info@forum-synergies.eu](mailto:info@forum-synergies.eu)

### About us

I am working for Kinoniki Sineteristiki Epichirisi, which is a social cooperative based in Larisa, Greece.

In our test site in Nessonas, Larisa we are experimenting with natural building, natural farming. Since 1999 the natural farming method is used for cultivating the farmland. Without any great and systematic care a very special and closed ecosystem has developed that numbers more than 400 trees of more than 80 varieties and countless species of annual plants and herbs. Alongside the crops in the farm, we rent agricultural land nearby cultivating cereals and legumes in crop rotation. The property is a training ground in natural farming by conducting workshops and educational vacation. We can offer to volunteers housing and food and hands-on experience on natural farming and building.

Having used the space for educative projects with schools, universities and workshops, we came to realize that a very effective, holistic and pleasant way of education, is to spend some time at the farm, participating in the various activities that take place and get familiar with the viable technologies. Making your own toothpaste gives you the feeling of self-sufficiency. Finally spending some time in an environment free of toxins, through exercise and by eating properly cooked natural food, the mosaic of holistic vacation is complete creating bonds between people.

### What we expect from trainee

We expect from a trainee to follow our everyday schedule of activities and work to be done and contribute with new tools on how to improve our yearly crops. We are in transition to a more

financially sustainable model so we need new ideas to contribute to that. We have planned to have some crops for the summer and just rented a new field next to ours, which needs a lot of work to be done there. We also plan to start processing some of our products and sell them in order to create an income for the farm. We expect the volunteers to cooperate and live together with the rest of the volunteers in the farm. We are open to new techniques and we want to experiment also in permaculture.

## **Preferred languages**

**EN**