



# ECODORP NEWS

## YOUTH EDITION

### **An unexpected group of young hippies from all Europe arrive to Ecodorp-Bergen!**

*An epic sharing experience is comming...*



Eager to learn and discover the power of eco-villages youth from Finland, Slovenia, Netherlands and Spain came to gather together in the first eco-village of The Netherlands Eco-Dorp, Bergen. All participant arrived safely into the place which previously served as a military airport and now is being transformed into a place of peace and calmness. After having a nice welcome by the Youth Leaders and locals from the eco-village participants warmed up by having nice dinner and not long after everybody found their places in the tents to have some rest. Still strangers to each other everybody dreamt about becoming friends. •

#### WEATHER FORECAST

29th July Bergen

21 oC day time

17 oC night time

49% precipitation

Mostly cloudy



## Meet the villagers and the village!

On the first day of the Youth Exchange local eco-villagers came to meet the youngsters and present themselves. After a nice meeting Jan gave a tour around the village, explained how the village was started and what the biggest tasks to do are. It seems like there is a lot of work already done there is still much to do in transforming an old military airport into an eco-friendly village. It was lovely to see techniques of eco-construction, permaculture, gardening presented and being developed.



## Work in the circles!

Afternoon activity helped participants to feel welcome and useful in the eco-village. There were four working circles offered to choose: maintenance, kitchen, media and chill out. After lunch some work was done such as fixing showers, making recycling area, creating zone for relaxing and meeting, reorganizing kitchen and much more. Many hands make work easy!

## CREATIVELY PRESENTING OUR COUNTRIES!!



## OUR NEW FRIEND: ELLA!







# ECODORP NEWS

## YOUTH EDITION

*Sunday 30th July*

## Hands on practice!!

*Welcome to the ecovillage life!*



Day starter with some morning exercises and warm oat porridge. Later on Pauliina led an activity related to four dimensions of sustainability: social, economic, ecological and worldview. Working in groups participants had a chance to get to know these topics better and share their ideas. From there raise many questions about what is really sustainable, what are communal and personal social responsibilities seeking for equality, how to reach mindfulness and be aware of our place in the world.

### The Ecovillage Playing Cards

...are a flexible and creative way to explore holistic sustainability and whole-systems design for individuals, groups, projects, organisations and communities. They have been developed by the Global Ecovillage Network and can be purchased online at: [ecovillage.org/resources/market/ecovillage-playing-cards/](http://ecovillage.org/resources/market/ecovillage-playing-cards/)



## Hands on practice!!

Finally the day for practical workshops has come! Full of energy and curious to learn something that we can make with our hands we started practical workshops. Four workshops were offered by our youth leaders and members of the village. Rascha offered the workshop about edible wild plants in our surroundings, for some of the participants that gave an opportunity to try some flowers for the first time in their life. Fedde gave a workshop about making a compost toilet which is going to improve the life of campsite habitants. Marie-Laure managed to bring whole wind turbine from Spain to let us know how it looks like from close and explain how one is made. Petra as usual was making magic in the kitchen giving the workshop and cooking at the same time! What a great day, full of new experiences and knowledge sharing!



## MOVIE WITH EDE

AFTER DINNER THE YOUTH ECO-VILLAGE DESIGN EDUCATION COURSE INVITED OTHER GROUP OF EDE TO JOIN FOR A MOVIE CALLED "TOMORROW" AND SPEND THE EVENING AROUND THE FIRE.





*Monday 31st July*

## **What is sociocracy?**

Monday morning started with some serious topics. How can we lead a community in the way where everybody is heard and have a voice to express their needs and opinions? The answer is hiding under the name of Sociocracy. A beautiful workshop was opened with a song inviting everybody to open their hearts and listen to each other. The theoretical part of sociocracy was followed by some practical assignments illustrating what it really is about. We realized that not everything that sounds easy and nice is so easy to accomplish in the real life and that sometimes even some simple decisions can take a lot of time to make.





## *Hands – on workshops*

Continuing on the hands on practice workshops we had more new things to learn. Workshops diverted from building traditional Dutch hay piles to feed horses of visitors, to learning how to mix cob and cook seasonal foods. Workshop that touched people most personally was one with horses, where participants could see reflection of their personal state of mind through horses.



### *Evening fire*

*Beautiful day ended with everybody coming together and dancing some folk dances. Serena played the violin and shared her knowledge about dance. In the end group gathered around the fire and with the sound of violin, guitars and accordion relaxed before falling asleep in their now much dryer tents.*





# ECODORP NEWS YOUTH EDITION

*Tuesday 1st August*

## **SOCIOCRACY – Economical dimension**



Introduction to the economical dimension of sociocracy was quite an impressive show. Ecovillage Design Education group joined the Youth exchange group to share their dreams and visions that might be applied creating an ecovillage. After drawing your personal vision about your dream ecovillage we had a chance to build our dream business that we could make in the perfect place and perfect time. The time and the place is still in the future, so we keep dreaming until it comes true.





## THE VISION & THE MISSION

### VISION

Our vision is to empower people for a meaningful contribution towards the humanity and environment that our hearts know is possible

### MISSION

This youth exchange is bringing together like minded people from different cultures to experience community and sustainable living and learn from each other and the ecovillagers by actively co-creating and contributing to the program and the ecovillage

### AIMS

The group offers a minimum of 1 practical workshop most days.

We make enough time for personal sharing most days.

We get to know four dimensions of sustainability.

We connect and learn from each other, ecovillagers and EDE.

We enable and support people to get in touch with personal calling in life and leadership.

We create together the camp environment and culture.

We take care of most beings.

### SHARING CIRCLES FOR NATIONAL GROUPS

In the evening, each youth leader gathered together their “kids” and chose a secluded spot where they could speak privately. After the last few hectic days everyone was ready for a quiet moment with their national group. It was a great opportunity to share any feelings in our mother tongue. The intimate settings and supportive youth leaders facilitated the participants to open up and share feelings in a safe space. A lot of emotions came up, from tears to ecstatic laughter. One thing is certain, our bonds definitely deepened.



*Wednesday 2nd August*

## OPEN SPACE

We learn a lot but also there is lots to share. Wednesday morning we organized an open space for everybody to give a possibility to share to each other what we already know and lead a talk, a workshop or a discussion about some topics that we want to explore more.

Some nice sharing have happened. Serena offered a circle about Finish mythology while explaining and singing some parts of Kalevala. The yurt was the perfect backdrop for this works-

introduction on Permaculture. Alex did the Permaculture design course, so she was the main expert at the workshop. Together they talked about the ethics and main principles of Permaculture. Pablo and Melanie continued with the most popular application of Permaculture, which is gardening and food forests. They showed the participants the main design structure behind food forests and gave the participants excellent tips how to apply these principles in their own



hop. We heard the interesting Finnish national epic and their creation myth. Serena kindly sang some parts of Kalevala to us, explaining the lyrics and telling us about the different stories that included trolls, gods and forest spirits.

Melanie, Alex and Pablo decided to do a short

gardens and lives in general.

Anne and Gabija decided to join their workshops organizing a walk and talk about permaculture, sustainability and hydroponics and discuss how these three topics interact with each other.





## BEACH

***There is time to work and there is time to have fun!!!  
A little excursion to the beach made everybody relax  
a bit more. The wind, beautiful dunes and water left  
everybody impressed.***





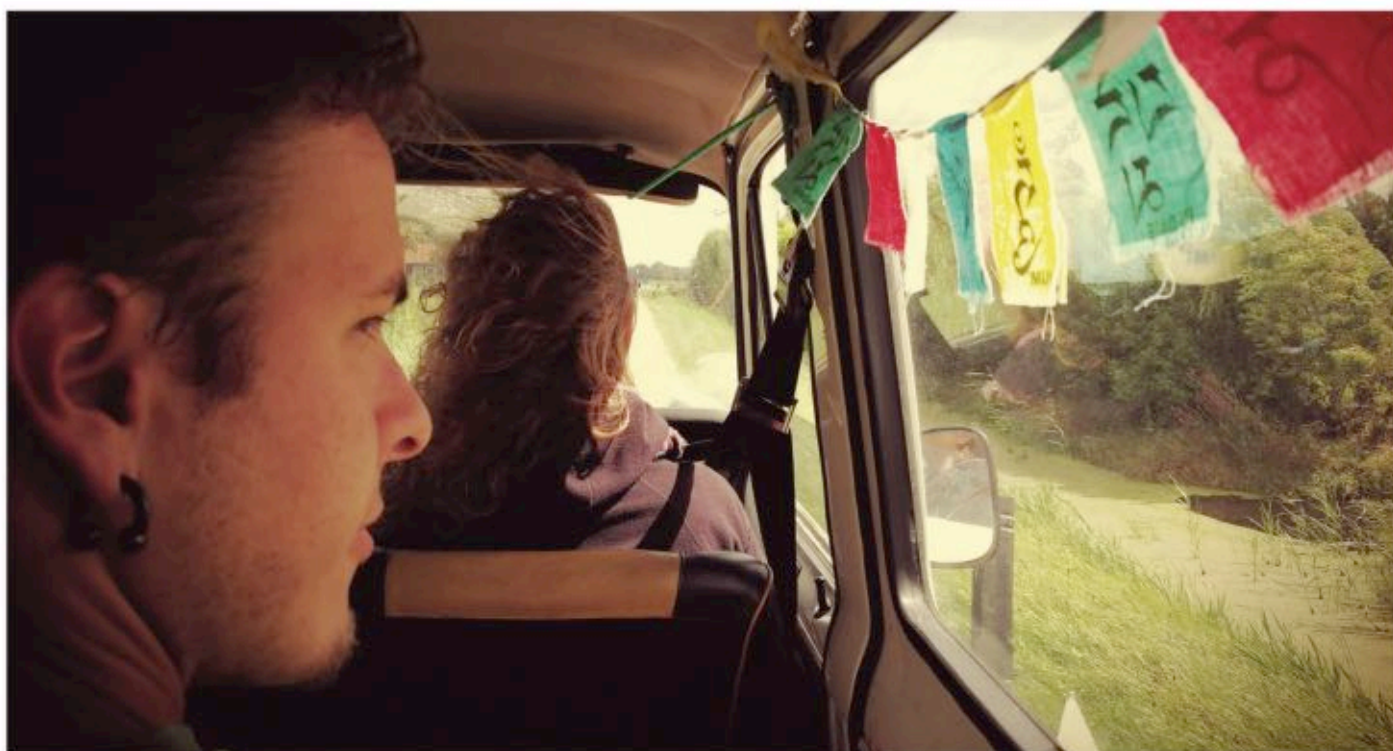


# ECODORP NEWS YOUTH EDITION

*Thursday 3rd August*

## **What does our dreams are trying to tell us?**

The unconscious part of our mind is communicating with us through the dreams while we sleep. One way to get to know yourself to understand your feelings better and find some answers to the questions that you cannot figure out when you are awake is to let yourself dream and analyze your dreams. Marie is coming from Los Portales community in south of Spain where the community connects by dreaming and analyzing their dreams together. Here we also had an opportunity to understand better our dreams, share it and analyze in the group. Like this we learned another tool to get to know ourselves better.





## Nonviolent Communication (NVC)

**Nonviolent Communication (NVC)** is a communication process developed by Marshall Rosenberg. It is designed to improve compassionate connection to others by using empathic listening and clear self-expression. The phases of the process are to identify and communicate: 1) observations 2) feelings 3) needs and 4) requests. Learn more from multiple online resources, books by Marshall B. Rosenberg and by searching for local practitioners.

## Co-counseling (Re-evaluation Counseling)



**Co-counseling** is a process that anyone can learn and use to help each other to become free of the effects of past distress experiences. Children recover from such distress spontaneously by natural processes of emotional discharge such as crying, trembling, raging, laughing, yawning, talking. This natural process is usually interfered and as adults we have learned to "behave ourselves" and suppress emotional responses. Co-counseling practice aims at creating a safe space of trust where this discharge process can naturally emerge, the individual can recover and gain clearer thinking and inner balance. Basics of the practice is two people taking turns counseling and being counseled, sharing equal time and practicing deep, supportive listening.



There are active co-counseling communities all around the globe. For learning more you can find the reference person closest to your area and assist a fundamentals course. See more at: [www.rc.org](http://www.rc.org)



# CREATIVE SPACE

## Poem

*If you want to awaken all of humanity  
then awaken all of yourself.*

*If you want to eliminate the suffering in the world  
then eliminate all that is dark and negative in yourself.*

*Truly, the greatest gift you have to give  
is that of your self-transformation.*

*(Anonymous)*

## COOKING AN AMAZING SALAD!

### Ingredients:

- Seasonal vegetables: lettuce, tomato, cucumber, alfalfa
- Nuts
- Feta cheese
- Oil
- Vinegar
- Herbs
- Tahini sauce
- Sunflower seeds
- Edible flowers from garden

### Instruction:

- Cut seasonable vegetables in small pieces.
- Cut feta in small pieces.
- Mix vegetables, nuts and feta together.
- Make a sauce of oil, vinegar, herbs and tahini sauce.
- Roast sunflower seeds.
- Decorate with edible flowers from the garden.

**Eet smakelijk! ;)**



*n°4. 3rd, 4th, 5th & 6th August, 2017*

*Friday 6th August*

## **Workshop with Horses**



Roos held for us two wonderful workshops with horses. We learned about the effects of hard or soft leadership, how horses behave when confronted with a community of people and how to build a strong group that the horses are willing to follow. Being strong and proud animals, they mirror directly on our energies and attitudes, reflecting our intentions right back to us. It was beautiful to welcome the horses on our little temporary community not as subordinates, but as equals in respect and appreciation.





## HOW TO MAKE YOUR OWN MEDICINAL HERBAL BALM FOR LIPS AND BODY

### INGREDIENTS:

- CALENDULA OIL (COCONUT OIL + FRESH CALENDULA FLOWERS; SOAK IN THE SUN FOR 3 WEEKS)
- DRY HERBS/FLOWERS:
  - LAVENDER (CALMNESS)
  - ROSE (LOVE/SELF-LOVE)
  - CHAMOMILE (CURE FOR THE PAIN)
  - MELISA (GIVES THE STRUCTURE, FOCUS)
  - SAGE (WARMTH, GOOD FOR THE LUNGS)
  - THYME (WARMTH, RELEASES THE EMOTIONS)
- CALENDULA (SUN, FIRE)
- ST. JOHN'S WART (ENERGY)
- BEE WAX
- CHAMOMILE OIL (ALMOND OIL + FRESH CHAMOMILE; SOAK FOR 2 WEEKS)
- ESSENTIAL OILS (OPTIONAL)
- INTENTION



### INSTRUCTION:

1. PREPARE THE OILS 3 WEEKS IN ADVANCE AND LET THEM SIT.
2. FILL YOUR CHOSEN CONTAINER HALFWAY WITH CALENDULA OIL.
3. MAKE SURE YOU HAVE A CLEAR INTENTION FOR THE BALSAM.
4. FILL WITH DRY HERBS (BASED ON YOUR INTENTION) AND ESSENTIAL OILS IF NEEDED.
5. ADD 1-3 TABLESPOONS OF CHAMOMILE OIL.
6. MELT THE BEE WAX IN A HOT WATER BATH.
7. FILL UP THE REST OF THE CONTAINER WITH THE WAX. MIX IMMEDIATELY.
8. CLOSE THE CONTAINER AND PLACE IT INTO THE HOT WATER TO MAKE SURE THE WAX MELTS AGAIN AND MIXES WITH THE OIL.
9. REMOVE AFTER A FEW MINUTES AND SHAKE TO MIX.
10. MAKE A LABEL.
11. USE LIBERALLY OR GIVE AS A GIFT!



## On survivalism



Suppose one is lost. What should he or she do? One improvises; build a shelter, make a fire and ensure some food. Diederik introduced some of the youth to Survivalism by relying on their playfulness. His two sessions were a playground in which people could be themselves and experiment towards surviving. We were taught to rely on nature without using our sight by feeling a path. Fire was made, shelter was created and food indeed was slaughtered. Suddenly, nature was a thing we could rely on, and we were a step closer to living with it, rather than against it.





## **Earthship + Alkmaar**

After yet another great lunch by Petra and her team, it was time for an afternoon excursion to an earthship in Alkmaar. The owners greeted us at the gate and invited us in. It was exciting to see such a revolutionary architectural concept in real life. Protected by a mound of earth from the back and completely covered in windows at the front, it definitely doesn't look like other houses. The main frame of the house is wooden with earthbags making up the walls and functioning as insulation. They let us wander around to get a proper feel of the home and its grounds. This type of house is constructed so that it is as energy efficient as possible, which means saving energy but also generating its own. After spending time in the garden and enjoying the copious amounts of blackberries it

was time to head to the next destination. We each found our co-counselling partner for a quick session on our way to the centre of Alkmaar.

Our first stop was the old church in the centre. It was truly breathtaking on the inside. We had an hour to explore Alkmaar on our own, before we met again to eat dinner together. We each went our separate directions, admiring the greenery, the quaint houses and calm atmosphere. Once it was time for dinner, we headed to a popular fries house, where we had the chance to try the traditional Dutch fried potatoes. On our way back we stopped off at a small square on the edge of the city and decided to do a very bad flash mob dancing chappeloise, true Lara-style.

## **Wheel of Consent**

A slightly different massage experience was a workshop held by our survival expert Diederik, called "Wheel Of Consent". This method emphasised the differences between giving and receiving, where participants requested verbally on how they should be touched, or how they would like to touch their counterpart. Their partner could accept this or decline, which was also a positive thing. Our experience was positive and powerful, making us more aware of where our borders exist and how to express freely of what we want and not feel bad about it.



## MORE INFORMATION I

**Open Space Technology** is an approach for hosting meetings where participants co-create the agenda. The goal is to create time and space for people to engage deeply and creatively around issues of concern to them. A facilitator provides an overview of the process with its principals and presents a table on the wall with times and meeting places. Usually anyone from the group can contribute to the agenda by writing on a paper an offer for a session they want to host and placing it on the wall. Open Space works best for groups bigger than ten and up to very large numbers of participants. Find out more eg. at: [www.openspaceworld.org](http://www.openspaceworld.org)

**Erasmus+ program** offers opportunities for young people and youth workers! The European Commission offers grants for cooperative projects between different European nations. Any established organisation can coordinate a project and be the responsible applicant, or participate in a project by sending people abroad or by hosting a program event. Funding applications are submitted online to the National Agency in the programme country where the applicant organisation is established, following the international application deadlines.

**Youth Exchanges** allow groups of young people aged 13-30 to meet and live together for up to 21 days, carrying out a series of activities focusing on a theme that is relevant for them. These activities are planned and prepared by the participants involved in the project.

**European Voluntary Service (EVS)** is a program that offers young individuals a possibility to contribute and learn through financially supported full-time voluntary work abroad. For youth workers there are different opportunities that support the professional development and networking, including activities such as: seminars, training courses, networking events, study visits, and job shadowing/observation periods abroad.

Find out more from the websites of the **European Commission**, its **National Agencies** or **SALTO Youth Resource Centres** (where available).

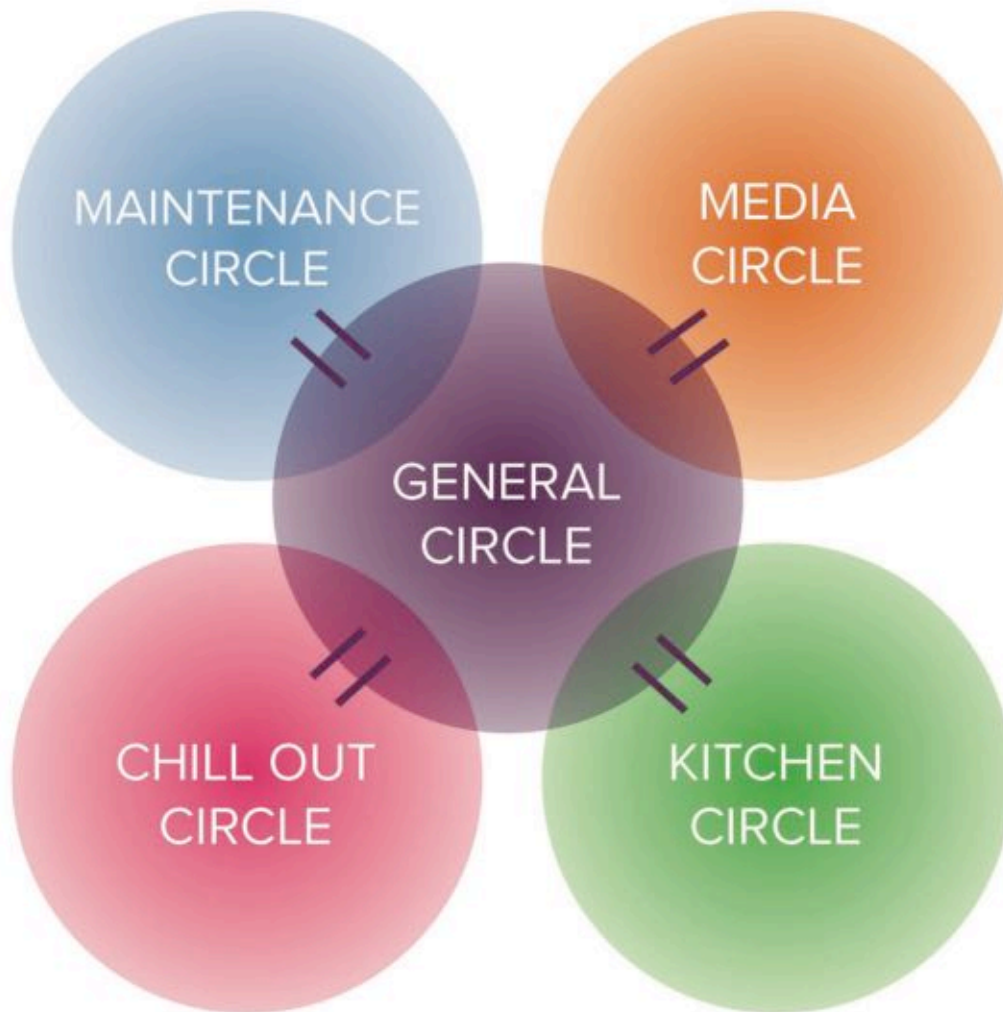
**Global Ecovillage Network (GEN)** is an umbrella organisation working to support the experimental creation and preservation of low impact lifestyles across the globe through the sharing of best practices and innovative solutions.

**GEN-Europe** is a network of ecovillages in Europe. Get involved by joining the yearly inspiring participatory GEN Conference, by contacting national network representatives, visiting ecovillages or volunteering in one of them! More info at: [ecovillage.org](http://ecovillage.org)

**NextGEN** is the youth program of the **Global Ecovillage Network**. Check what's up at: [www.facebook.com/ngen.europe/](http://www.facebook.com/ngen.europe/)



## OUR YOUTH EXCHANGE ORGANISATIONAL STRUCTURE



### **Maintenance Circle:**

- Jan, Shen, Violeta, Simon, Mario & Serena.
- Repairing, building, camp site maintenance.
  - Transportations of gear and trash.
  - Cleaning shifts.
  - Safety.

### **Chill Out Circle:**

- Lara, Juliane, Henri, Alain, Kepa & Jonathan.
- Shifts wake up's, energizers, evenings.
  - Timekeeping.
  - Parties.
  - Everyone's well being.

### **Media Circle:**

- Pauliina, Marie-Laure, Gabija, Melanie, Vesna & Christian.
- Documentation and communication of learning results for: each other, friends, networks, world, EU.
  - Diswashing shifts.

### **Kitchen Circle:**

- Petra, Eva, Bas, Pablo, Anne, Olga, & Alex.
- Kitchen maintenance.
  - Cooking shifts.
  - Preparing delicious menus.



n°4. 3rd, 4th, 5th & 6th August, 2017

Saturday 5th August

## Dragon Dreaming



Lara introduced the Dragon Dreaming, which is a planning and project management method. During the first part we learnt the theory with the help of charts and drawings. After that we talked about charismatic communication and even tried it out in practise. Dragon Dreaming is a framework for project design. It offers methods for the realisation of creative,

collaborative and sustainable projects that support community building, personal growth and service to the Earth.

The Dragon Dreaming Process consists of four phases: Dreaming, Planning, Doing and Celebrating. More information and info on upcoming trainings at:

[www.dragondreaming.org](http://www.dragondreaming.org)

## On the Sauna

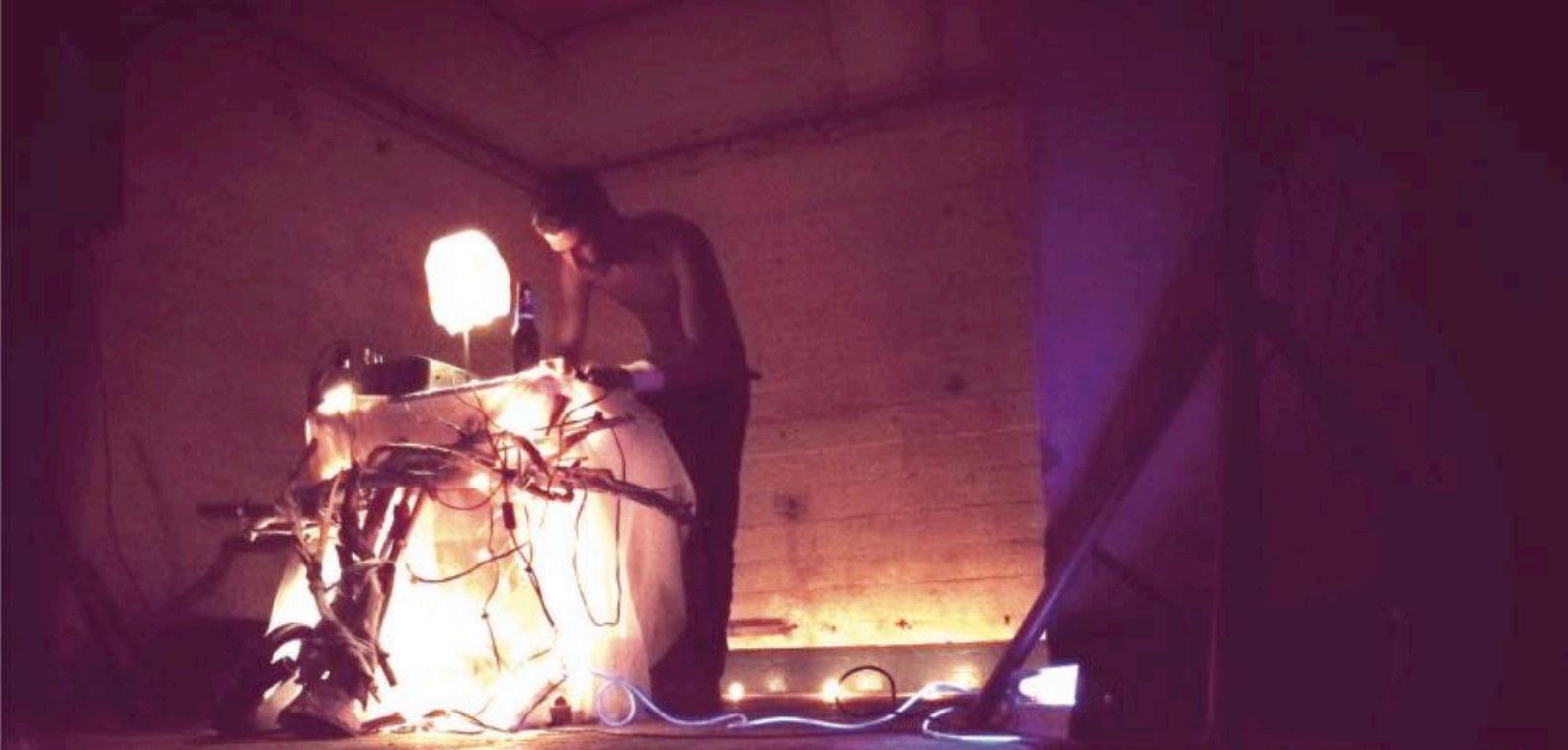
In the course of days, Henri made his best efforts to create a Sauna. A communal piece of Finland was placed near the lake of Ecovillage Bergen. Four poles, a tarp and a hole for glowing rocks made up the sauna which was to be used by the youngsters and youth leaders alike. At Saturday the structure was finalised. A fire was lit, clothes removed and the different nationalities crowded together in the hot steam. The sauna functioned perfectly and the sauna-dwellers were ready to plunge into the fresh water. The bright moon was inviting a fresh swim. Only a short dry at the fire was required before the sauna session was ended and people moved towards the bunker for the party that proceeded until the late hours of the night.

A wholehearted thanks to Henri!









## **BUNKER PARTY**

*The chill out circle had the brilliant idea of doing a party in one of the abandoned bunkers still onsite. They did a great job of making the space look cosy despite all of the concrete. We had straw bale seating, a food and drink table, a disco ball, a DJ stand and awesome decorations. We each did a little drawing to hang up on the walls. Once the music started we were all dancing the night away, occasionally going outside to cool off by the fire pit. !it truly was an interesting way to spend the evening.*





## MORE INFORMATION II

**Ecovillage Design Education programs** are most commonly month-long intensive trainings that provide students of all ages with knowledge and practical skills on different aspects of the four dimensions of sustainability (social, cultural, economical and ecological), drawing on experiences from ecovillages and transition initiatives world wide. Students become change agents and sustainability designers, taking active roles in transitioning to more sustainable, meaningful and healthy ways of life.

Find upcoming trainings around the whole globe at: [gaiaeducation.org](http://gaiaeducation.org)

### **Wheel of consent**

Study more at: [bettymartin.org/videos/](http://bettymartin.org/videos/)

*Sunday 6th August*

### **Solar Dryer**

Fedde led this workshop and helped us build two small solar dryers. He showed us a finished one, so that we could see what we were building. We picked some herbs from the food forest to test out the one that was already finished. Then we started making the new ones. The sun was shining nicely, so we worked outside. We drilled through pieces of wood and screwed them together to make frames, some with glass, some with netting and some with a corrugated piece of plastic. The end result is a small contraption that lets in cold air, lets out hot air and dries any produce you put in it.





## INTUITIVE ART MAKING

Pauliina led the group to an open field where she guided them on a meditation that connected them to their senses and their intuition. Each participant then had the time to let their imagination flow and draw anything that their heart desired.

### *A general reflection on the Exchange*

*We all appeared alone and fragile. We merged ourselves into a world that was diverse and strange. We fought the rain, lived through the bugs and often had to miss the summer's sun. We did not cease to appreciate nature's gifts; taught from the green, learned about the many ways we could strengthen both our environments and ourselves. Being with horses, making balms and plain toilet-building strengthened us and shaped among us a sense of community.*

*We made friendships that span different nationalities and got acquainted to the local chicken that ultimately would become our mascot. Ella was one small, but grew quickly.*

*We learned to be a community: diverse yet united. We divided the daily tasks, we took upon us the organisation of the camps activities and volunteered to do the many chores to be done. We also integrated with the rest of the village, meeting its diverse personalities and learning from their experiences about communal life.*

*We did learn, we did share, we did grow. Every person had his own development to live through, all had their own pathway to follow. This counts for youth, youth-leaders and animals alike. Did we, as people, grow like our cherished mascot Ella?*

*Yes, we can all suppose we did.*

## YOUTH EXCHANGE PARTICIPANTS & PARTNERS

### YOUTH LEADERS

- Jan Cuperus (Project Coordinator): [jan\\_cuperus@hotmail.com](mailto:jan_cuperus@hotmail.com) - Stichting EcodorpenNetwerk [www.ecodorpennetwerk.nl](http://www.ecodorpennetwerk.nl)
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### PARTICIPANTS

Tyyni Kantonen (Serena), Mario Luna, Vesna Bertoncelj, Kerttu Kilpi, Alex Erzen, Juliane Boy, Melanie Vuga, Henri Honkanen, Christian Gómez, Pablo López, Simon Turnsek, Violeta Martin, Alain García, Anne Groen, Olga Schagen, Jonathan Van Varik, Shen Mes, Eva Zupancic, Gabija Tamulaityte, Bas Hulseboom.