

# Semillistas ESC INFOPACK



Volunteering



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# ESC REGENERATING THE FOREST



**WE HAVE ESC VACANCIES!**



**DO YOU WANT TO HELP REGENERATE THE MEDITERRANEAN FOREST?**  
Location: Las Alpujarras, Granada, Spain.  
When: From mid-October to mid-December 2023 (2 months)  
Applications open until 23rd of July



WWW.SEMILLISTAS.ES  
WWW.SIEMBRABOSQUES.COM  
SIEMBRABOSQUES@SEMILLISTAS.ES



**Where: Las Alpujarras, Granada, Spain.**

**When:** 58 day placement. 2023 October 22nd to December 21st. Short term placement

**What:** Regenerating Sierra de Lujar - Mediterranean forest

**Who:** 15 motivated young people (18 to 30 years) who reside in program and partner countries. 4 of these places are available to volunteers on a national level (Spain) and 7 placements are reserved for people in vulnerable situations.

Unfortunately we cannot accept participants outside the EU, nor provide a visa this year. We hope this will be possible in years to come.

**Hosting Organisation:** Asociación Semillistas





# ABOUT SEMILLISTAS

Semillistas is a non-profit association working since 2018, located in the mountainous rural area of Granada – Las Alpujarras. The association's aim is eco-social regeneration with their main objectives being;

**EARTH CARE:** to stop desertification and climate change through reforestation and regeneration of lands eroded by fires, human action and climate change while using innovative techniques of direct sowing of native forest species.

**PEOPLE CARE:** holistic care and promotion of mental and physical health of the volunteers and the population.

**COMMUNITY CARE:** promote a participatory, empowered, cohesive and resilient society that take care of their environment.

**RURAL DEVELOPMENT:** sustainable development and repopulation of rural villages, creation of new economies, heritage conservation, cultural visibilization, maintenance and care of the land.

**BIOTECHNOLOGICAL DEVELOPMENT IN OPEN SOURCE:** development of reforestation techniques by direct sowing of seeds, using biotechnology of priming and pelleting. Publish research results openly for use by other organisations

**SEMILLISTAS**

“LA NATURALEZA NO PLANTA ARBOLES, SIEMBRA SEMILLAS”

En Semillistas nos dedicamos a la restauración forestal de ecosistemas mediterráneos utilizando métodos innovadores de siembra directa de semillas, en vez de la tradicional plantación de árboles. Queremos hacer reverdecer el Mediterráneo y ayudar a otras personas y organizaciones a hacer lo mismo en sus territorios.

**CUIDAMOS DE NUESTROS SABERES**  
Publicamos todo lo que investigamos y desarrollamos de forma libre y sin ánimo de lucro. Sin patentes ni derechos de autor.

**CUIDAMOS DE NUESTRO MEDIO RURAL**  
Creamos nuevas oportunidades económicas en el envejecimiento y cuidado de nuestro patrimonio rural.

**CUIDAMOS DE NUESTRA COMUNIDAD**  
Promovemos una sociedad participativa y resiliente. Educamos para valores y cuidamos el bosque.

**CUIDAMOS DE NUESTRA SALUD**  
Promovemos la salud física y mental de las personas locales, ya que es indisoluble de la salud medioambiental. También cuidamos nuestras relaciones dentro de la asociación con reuniones y eventos concretos.

**CUIDAMOS DE NUESTRA TIERRA**  
Frenamos la desertificación y el cambio climático, con restauración y regeneración de tierras erosionadas por incendios y por la acción humana. Proponemos la biodiversidad.

**PROYECTO SIEMBRABOSQUES**  
Estamos llevando a cabo un proyecto piloto de regeneración integral que une la restauración de los bosques de Sierra Luján, con la participación ciudadana y el cuidado de la salud de las comunidades locales circundantes.

**PROYECTO SEEDLAB**  
Hemos creado el único laboratorio en España para el estudio de la biotecnología de semillas forestales. En la metodología que estamos creando combinamos la observación de los procesos de regeneración natural con el conocimiento académico de las tecnologías de semillas (priming & pelleting).

**PROYECTO SEED2SEED**  
Actualmente estamos realizando un proyecto de divulgación y replicación de nuestra metodología a escala pensativa, invitando a colectivos, escuelas, hermanas a cambio, etc.

**MÁS INFO Y CONTACTO**  
contacto@semillistas.es  
Telegram: t.me/semillistas  
www.semillistas.es  
www.siembrabosques.com

**PARTICIPA**  
Los grupos de cosecha de semillas y los grupos de siembra de nuestro proyecto Siembrabosques, sólo se pueden realizar con la colaboración de decenas de voluntari@s que aporten su tiempo y energía. Si vives en la provincia de Granada, y quieres participar te recomendamos que estés atento a nuestras novedades donde publicamos el cuándo, dónde y cómo serán las próximas actividades.

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**We cover:**

Daily meals.

Accommodation in Orgiva new Hostel in shared rooms.

Pocket money (150€/month).

Health insurance.

Mentoring service.

Travel costs - green travelling

**Volunteering hours - days:**

30-38 hours each week.

5 days each week

2 free days each week

+ 2 free days each month.

Reforestation Activity: planting seeds in Sierra Lujar, harvesting seeds, creating and digging swales, survival counts of previous planting, setting up fencing.

Manual Activity: building seed protectors, cleaning and storing harvested seeds.

Open Space Technologies: Each participant is welcome to share a talent, knowledge, workshop

Weekly Lecture/Workshop: Given by one of our collaborators/coordinators

Weekly organisational meeting: Discuss how the week has gone, redistribute communal responsibilities, shopping etc.

**Basic schedule of the week:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reforestation Activity	Manual activity	Reforestation Activity	Market Day Orgiva	Reforestation Activity	DAY OFF	DAY OFF
Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
Open Space Technology	Weekly Lecture/ Workshop		Group Dynamic	Weekly organisational Meeting		
Movement (Qigong/ Yoga/ Meditation)	Movement (Qigong/ Yoga/ Meditation)	Movement (Qigong/ Yoga/ Meditation)	Mentoring Sessions	Movement (Qigong/ Yoga/ Meditation)		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Some of the activities depend on the weather and the rain prevision. So it could be that they need to be adjusted or reschedule.



# ESC ACTIVITIES

**Volunteers will be part of the ongoing investigation and establishment of regeneration through direct seed sowing. Volunteers will dedicate from 30 - 38 hours weekly to the project. These activities include:**

- Reforestation activities 3 mornings a week: planting seeds, harvesting seeds, creating and digging swales, setting up fencing and survival counts of previous plantings.
- Manual working activities for reforestation 1 morning a week: cleaning and storing seeds, building seed protectors.
- Participation in lectures and workshops once a week about sustainable lifestyle, regeneration, permaculture, deep ecology, project design...etc.
- There will be an emphasis on self (health) care practices 4 days a week in the afternoon: yoga, qi gong...etc. In addition, once a month each volunteer will receive a body-care treatment which they can personally choose from a list of professional practitioners around Orgiva.
- Each volunteer will have a mentor with which they can meet one afternoon a week to discuss the wellbeing, development and learning path.





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- Community care. Volunteers will be guided in co-living. This includes group meetings, organisation of the week, shared responsibilities such as cooking and cleaning, logistics, emotional circles, conflict management and participating in a sustainable lifestyle, learning how to minimise the impact on our environment. With rotations throughout the week, 3 different participants will be in charge everyday for cleaning and cooking and therefore will not participate in the communal activity that day.
- During the placement, the volunteers will have the opportunity to learn and practise Spanish as well as English. The OLS platform provided by the ESC will also facilitate the learning of these languages.
- Once a month, there will be a reforestation activity held in collaboration with the local community.



**The first week will focus on getting to know each other.**

- Introductions of each volunteer and the coordinators
  - Where are you from, what brings you here, what is your experience, what expectations do you have, what would you like to take with you?
- Getting to know the area/ orientation
  - History of the place
  - Familiarising with Orgiva
  - Getting to know Sierra Lujar and planting areas.
- Getting to know the association.
  - Who is Semillistas?
  - How is the organisation held together?
- Introduction of our internal 'norms' and rules
  - Rotation of rota and internal responsibilities (Cooking/Cleaning)
  - Health and Safety
  - Shared spaces
- Application of the EU YouthPass
- Getting to know your mentors and the mentoring process

**The last week will focus on closing and learning journeys**





# TRAINING DURING THE ACTIVITY

Knowledge in regenerating landscapes, skills in direct sowing techniques, community living precepts, cultural awareness, responsible consumption, ecology, permaculture, health, self care and body care, basic vegetarian cuisine.



## MENTORING

- Participants will be accompanied throughout the process by a mentor. Mentoring sessions are there in order to guide each participant, it is a non-formal methodology through experiential learning which requires the participants involvement. Mentors bring experience, perspective, objectivity and distance into the mentoring relationship. They can offer a long term view for the organisation and the individual. They help the ESC participant reach their goals and aspirations and focus on the needs of each individual by:
  - giving technical assistance and clarifying roles and responsibilities,
  - identifying and analysing learning experiences, opportunities and gaps
  - Encouraging analysis and reflection
  - Structuring learning and work and confronting through questioning, listening and giving feedback
  - Each participant will have the opportunity to meet with their mentor once a week to share their learning journey.



# ACCOMODATION, TRANSPORT, FOOD, INSURANCE

**These costs will be covered by the ESC.**

## ACCOMODATION

- Volunteers will be hosted in shared accommodation in the Albergue of Orgiva. The hostel is new and equipped with everything you need. It has a nice kitchen, beautiful bathrooms and spacious rooms, a living room and a beautiful terrace. It is located close to the town centre.



## FOOD

- All meals will be cooked by the volunteers on a rotational basis and will be with a vegetarian focus. Meals will be eaten together. The ingredients for the meals will be provided by the organisation or the money for the volunteers to buy as an organised group.

## TRANSPORT

- to and from the Albergue to the site will be with electric bicycles provided by the association, with the option to go by car (limited spots). These bikes will be only used during the ESC activities, there won't be available for free time.

## HEATH INSURANCE

- in addition to the European Health Insurance Card (which is compulsory to have, if you meet the legal requirements to obtain it, and which must be requested before departure), during your stay as a volunteer, you will be covered by a complementary health insurance to cover any eventual needs that may occur..



# TRAVELLING

- The ESC covers the travel costs to and from the country where you are going to carry out your voluntary activity. These costs are obtained on the basis of distance sections that are calculated using an official European Commission application. We enter the details of the origin and destination and it gives us the maximum amount we will be able to spend for the outward and return journeys. It covers all costs from the time we leave home until we arrive in the European country (and vice versa). For this, the cheapest means of transport will be used.
- The conditions of purchase of the tickets, tickets, etc. and when and how they are to be reimbursed (transfer, cash, etc.) must be agreed with us in advance. And you must keep the supporting documents required (boarding passes, purchase invoices, etc.) in order to be reimbursed.





# ORGIVA AND THE SURROUNDINGS



- Orgiva is the capital of Las Alpujarras, in the province of Granada. It is located on the south facing side of Sierra Nevada. In a fertile valley of the Guadalfeo River, it sits at 450 metres and has a milder climate than many other places in Las Alpujarras.
- It has around 5000 inhabitants, from more than 50 nationalities.
- It is linked by bus with Granada, Motril on the coast and the higher villages of Alpujarras.
- The municipality of Orgiva holds many smaller villages surrounding it, the town itself is a commercial town that supplies the whole region with basic necessities. The town mixes modern features together with ancient characteristics and culture from the area. It is a unique and diverse space that attracts many people looking for an alternative lifestyle, and offers a wide range of activities related to health, dance, arts, etc... in English and Spanish.



# PARTICIPANTS PROFILE

- Basic level of English and Spanish desirable
- Physically motivated - as the activities require strength and stamina to be up in the mountains on steep slopes and overgrown (prickly) areas.
- Motivation and Interest- in the topics of regeneration, eco-sustainability, environment, healthy lifestyle, personal development, interculturalism, community life.
- Disposition to dialogue- among the participants, with organisations, with the mentors, with the rural area and with the host community
- Flexibility, sometimes plans could need to change due to weather (rain or lack of it) or other contingencies. Flexibility or the willingness to cultivate it is important to be able to adapt the situations and don't get frustrated.
- Team work- willingness to participate in group dynamics for team cohesion and personal growth.





# APPLICATIONS AND TIMELINES



- For more information about the project visit: [www.semillistas.es](http://www.semillistas.es), [www.siembrabosques.es](http://www.siembrabosques.es)
- If you feel the call, we encourage you to read carefully all the detailed information of the project on our website.
- Please note, that by participating in this ESC you are still compatible to apply for a long term ESC placement.
- You can sign up to this placement by filling out our inscription form below:
- <https://forms.gle/jnbsZUS82e25skaN6>
- Any doubts please send an email to: [esc@semillistas.es](mailto:esc@semillistas.es)
- Closing applications on 23rd of July
- Selection process and interviews till 7 August
- Notifications of selected participants from 7 to 15 August.
- If you are selected you must have a support Organisation that will be providing all the help, preparation and documents to make possible your participation. Without it, we can't accept you. If you don't have a support organisation from your country we will try to help you to find one.