Rural Bulgaria

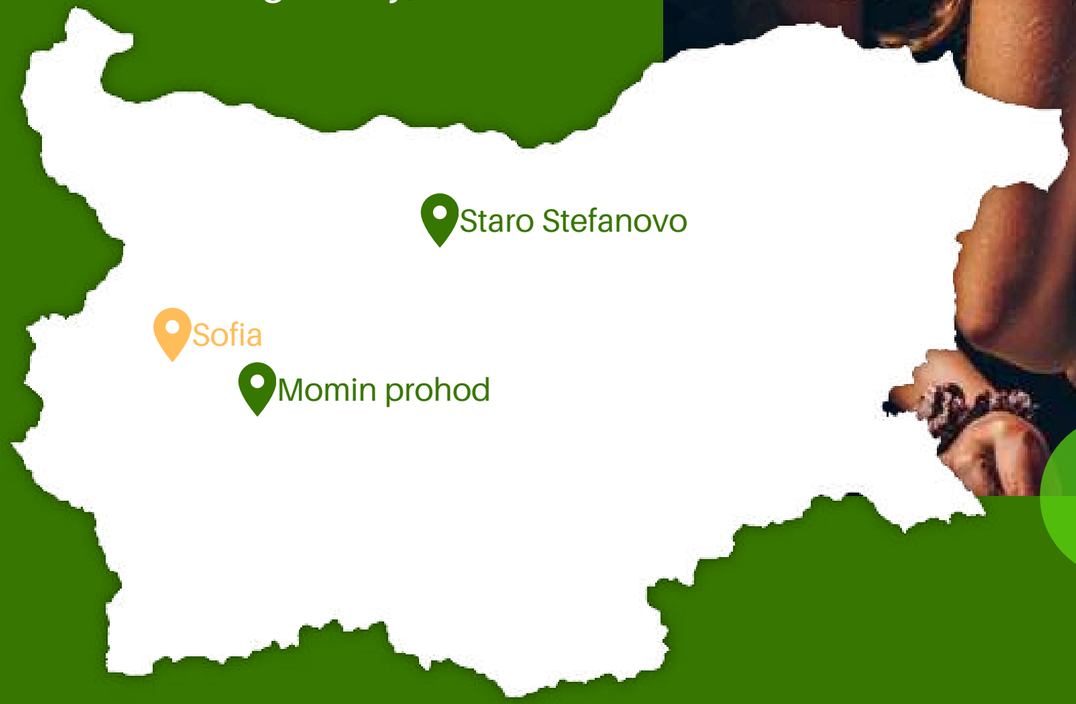
GREEN PACK

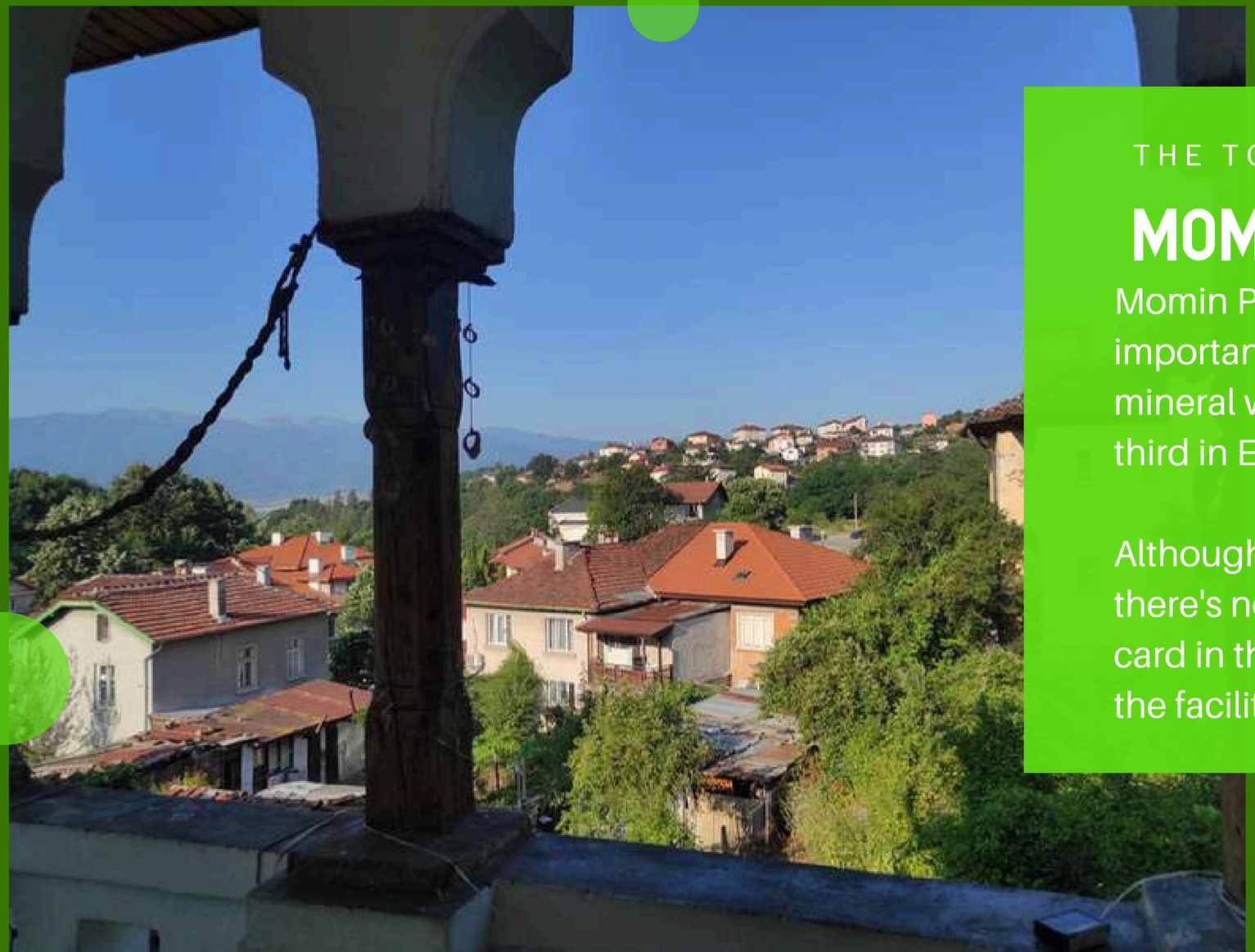
INFO

ABOUT US

GREEN ASSOCIATION

The association was established at the end of 2012 by a group of friends. What connects us is the love of nature in all its aspects. Our main goal is to promote non-standard solutions for environmental protection, and the tools we use strive to preserve our originality, authenticity and freedom.





THE TOWN

MOMIN PROHOD

Momin Prohod is a health resort and spa - an important therapeutic and rehabilitation center. The mineral water is second in Bulgaria in its radioactivity, third in Europe, and 25th in the world.

Although it's considerate a town by jurisdiction, there's no pharmacy or atm and you can't pay with card in the shops. The closest bigger town with all the facilities is Kostenets (~3km)

MOMIN PROHOD

GREEN HOUSE

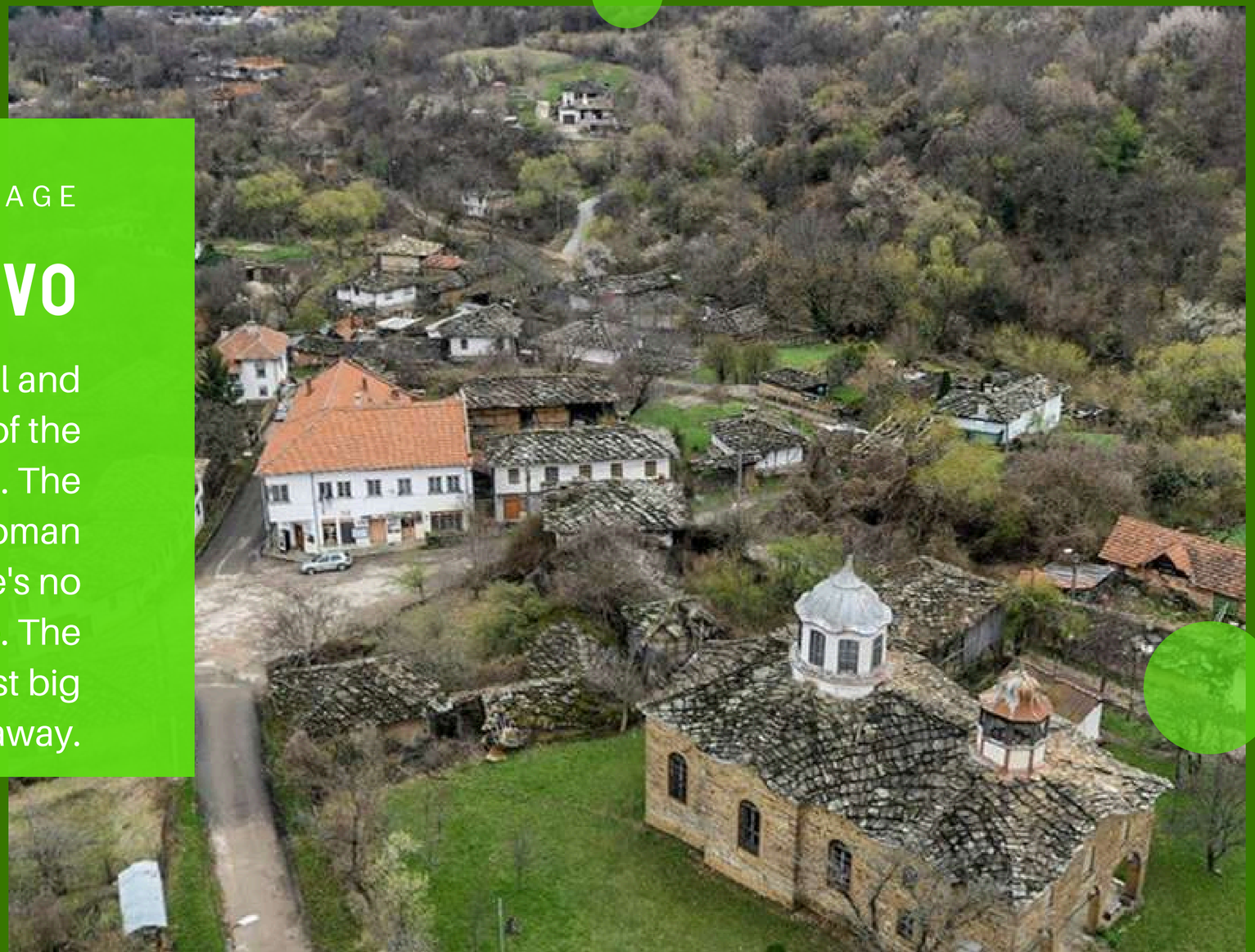
In our quest to present and support sustainable models of social interaction, we have created a social center aiming at a shared workspace that supports the positive change in each of us.
Until last year this was our headquater - a home for the most of the association's projects, volunteering camps, etc.

It has 4 floors with 6 balconies and more than 10 rooms including the attic, so there's space for all the creative ideas happening around. Be ready to share your personal space and time, somatimes even in mixed rooms.

THE VILLAGE

STARO STEFANOVO

Staro Stefanovo is an authentic arhitectural and nature reserve, located in the foothills of the central Pre-Balkan of Bulgaria (~625m a.s.l). The local houses are mostly built during the Ottoman times. With less than 30 inhabitants, there's no grocery shop or pharmacy in the village. The closest store is 10km away and the closest big city is 20km away.



STARO STEFANOVO

THE GREEN PLACE

Since 2023 we're working on our new property in Staro Stefanovo - a 100 years old house with an even older barn and big land around it. It's still really wild, but we have the basic necessities and most of the things you'll see have been done with the almighty volunteers of the Green Summit.

Here we're usually sleeping in tents, creating our own eco-community heaven with natural arts, geo-dome, solar showers, dry toilets, stage for our events, summer kitchen, fireplace and other green structures. Even though it's outdoor smoking and use of alcohol is highly undesirable. The phone connection is low to none at some parts, but there's wi-fi and the washing machine is on pedals.

ORGANIC PRODUCTS

NATURAL COSMETICS IS A MUST!

In the Green place it's important use natural cosmetics, as we don’t have conventional sewage system and the grey water is going directly into the soil.
Natural cosmetic products contain a high proportion of natural ingredients of plant, animal or mineral origin. They limit as much as possible the use of synthetic ingredients, especially those from the petrochemical industry. However, they can include plants, milk products or egg products from intensive agriculture. Organic cosmetics go further, with formulations that use natural products from organic farming.

ORGANIC PRODUCTS

HOW TO IDENTIFY THEM?

1. Look for Certifications:

COSMOS (Natural or Organic): Recognized standards for natural and organic cosmetics in Europe.

NATRUE: A global certification focusing on natural and organic cosmetics.

USDA Organic: For U.S. products that meet organic production criteria.

EcoCert: Focuses on environmentally sustainable and natural products.

2. Read the Ingredient List and avoid:

Parabens (e.g., methylparaben, propylparaben): Synthetic preservatives.

Sulfates (e.g., sodium lauryl sulfate, SLS): Foaming agents often found in shampoos and body washes.

Silicones (e.g., dimethicone, cyclopentasiloxane): Found in hair and skin products for a smooth feel.

Petrochemicals (e.g., paraffin, mineral oil, petroleum, propylene glycol): Derived from crude oil.

Phthalates: Used to enhance fragrance longevity or improve product texture.

Synthetic Fragrances and Dyes: Labeled as “fragrance” or “parfum,” they may contain numerous undisclosed chemicals.

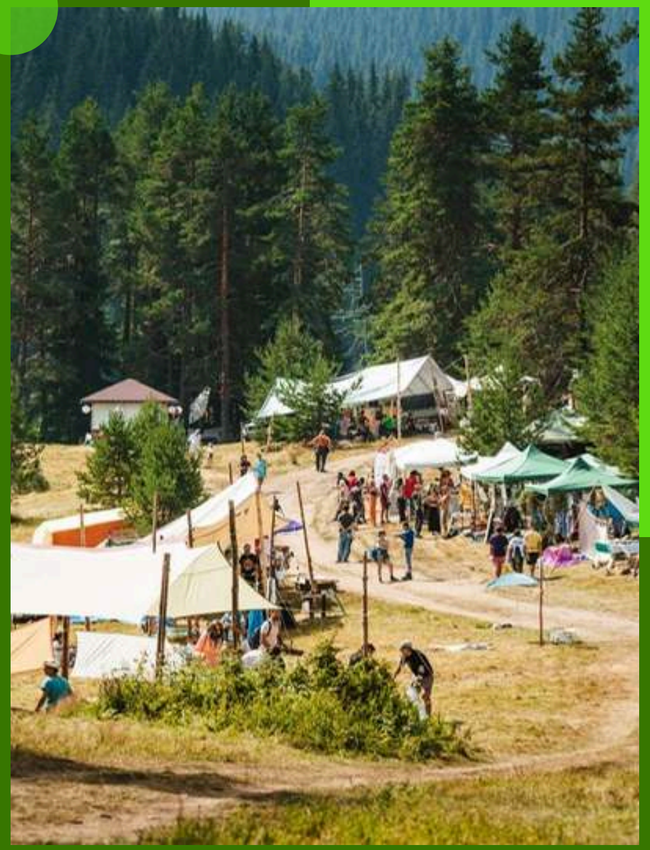
Artificial Sweeteners (e.g., saccharin, aspartame).

Triclosan: A synthetic antibacterial agent linked to hormonal disruptions and environmental harm.

FESTIVALS

BEGLIKA

The festival happens in a natural reserve next to the lake Beglika in the Rodopi mountain in southwestern Bulgaria. It lasts for around a week, with more than 1000 visitors and participants, music program and more than 400 workshops on different topics (sustainability, spirituality, permaculture, environment, wellbeing, community living, sport, culture, art, food, non-formal education, etc.)



VOLUNTEERING

GREEN SUMMIT

Green Summit is a project of Green Association which focuses on the big ideas for the small settlements.

We support the organisation of a series of events, promoting living in small communities with environmental care. Hosts of these events are the local people or communities around the country, who have the opportunity to share their lifestyle with all its benefits and misfortunes. Thus, promoting social commitment at the local level, helping to protect the environment and climate.

VOLUNTEERING

MAIN ACTIVITIES

- Creating a community together
- Cooking on fire, fresh local food
- Organizing public events
- Compost toilets
- Solar/cold showers
- Construction work with natural materials
- Decoration and artistic interventions
- Keeping the hygene
- Following the principles of permaculture learning basic gardening
- Meeting the locals

VOLUNTEERING

DAILY PATTERN

	Personal morning routines
	Breakfast
9:23	Morning circle
	Working hours
13:23	Lunch
	Siesta
15:23	Working hours
19:23	Dinner
	Bonfire/Free time

VOLUNTEERING

FOOD

We're focusing on mainly vegan meals with all the vegetarian add-ons (like cheese, milk, yogurt, etc.), but we still make sure our menu contain all the needed nutrients, essential for the working volunteer to have all the energy, required to have an amazing experience during our time together.
The volunteers are expected to take shifts in the kitchen, so come prepared with all your tasty recipies.

TRAVEL BUDGET

Distance (km)	Green travel (EUR)	Non-green travel (EUR)
100 - 499	285	211
500 - 1999	417	309
> 2000	535	395

*Maximum travel costs reimbursement is estimated by Erasmus + distance calculator. Take extra care and save all of your travel documents to receive the refund (including boarding passes)!
To reduce the project's environmental footprint, participants coming from less than 1000km from the venue will be asked to avoid flying. Please make sure that you are comfortable with this condition if you apply.

WHAT TO BRING?

BACKPACK CHECKLIST

- Personal hygiene items
- Warm clothes (at night it can get really cold)
- "Dirty" working clothes
- Comfortable shoes
- Rain jacket
- Swimsuit
- Sun hat
- Headlamp
- Earplugs (depends how deep you sleep)
- Sunscreen and repellent
- Personal medication, if needed
- Plug adaptors, if necessary (our type is F - most European countries can work out their plugs without an adaptor)
- ID+copy, Passport & Driving license (if applicable)

FOR ANY QUESTIONS, NEEDS OR JUST TO SAY HI,
YOU CAN CONTACT US AT

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www.greenassn.com

GREENINGS!