



Muggia, 28<sup>th</sup> February '22

Perfectionism  
Overthinking  
Time losing  
Feeling down

It's an experience that can really help you to get to know your limits and discover without the judgement you could find in a workplace. This is the reason why you choose to be a volunteer.



Jarenina, 11<sup>th</sup> March 2022

My head is in total confusion:  
I can't do anything, I just wanna cry.  
My ability to work is probably hiding with the rotten veggies for the sheep. [...]  
This full day finally ends, but inside of myself, today, a delicate & offered page has opened. [...]  
It was beautiful to end this day playing with Jampo.



Maribor, 6<sup>th</sup> March 2022

# Reflection

excitement  
energy  
I want to share my joy!

This experience is what I wanted for so long!

I want to discover myself without fear & judgment: what and who can I be? I accept and love myself.  
~ 4<sup>th</sup> March 2022

from Muggia with sparkle

# ORGANIC LIFE IDEAS IN ACTION:

## Patience & Contemplation



2<sup>nd</sup> March 2022

Maribor



Jarenina, 25<sup>th</sup> March 2022

Apple trees  
Straw-black- rasp berries  
Soliper force

Project  
Planting onions, salads, garlic and spinach  
harvest turnip, kale, salads  
manure  
pruning  
transplanting

Alone time  
Meditation  
yoga  
journal  
Reading

Each situation that's difficult, new and hostile can result not optimal. But it's from this experience that you can really grow if you want it, Sofia! Cheer up, come on!

# Love

"I love the Turinek's serene approach to mistakes"

## People

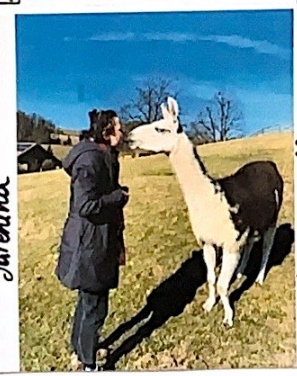
Twinned's family



new people  
Accept myself and my limits.  
Accept the others and their limits.

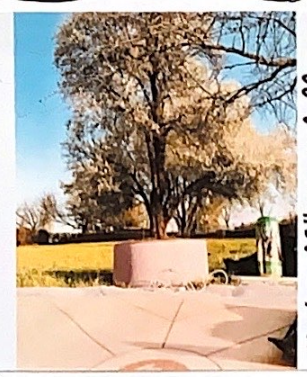
from Jarenina with love  
new work place

new home



Jarenina

2<sup>nd</sup> March 2022



Maribor, 28<sup>th</sup> March 2022