

**‘Craft Your Own Life’ Internship
at Seeds of Solidarity Farm and Education Center, Orange MA
for ages 18-22**

Monday-Thursday, June 25-28th, 2018, 9.00am-4PM (includes one overnight, Wednesday)

Survive and Thrive! Gain skills for a resilient life in a peaceful, inspiring setting.

Learn to **grow food** and **cook to eat well** (and economically); **Use tools** (boost confidence, use your hands); **Be creative**; Reconnect with (or seek) **your true nature**--learn techniques to unwind (sitting & walking meditation, yoga), **Make stuff** for health and self-care; **Clear your head** (of intoxicants and technology); Communicate about **topics of interest** (emotional & spiritual wellbeing, relationships, social justice & environmental issues, activism, your future); **Reclaim your life** (from parents, corporations, etc); Experience **time, space, and support** to contemplate your **ideas and life vision** in order to stay engaged in these disruptive times, and live your life with **joy and meaning**.

We are seeking mature young people who will bring an open mind, enthusiasm, respect, and commitment to this special internship opportunity. It is an excellent experience to include on your resume. And we are going to have a great time! Feel free to share this with others.

To Apply: Please email deb@seedsofsolidarity.org a letter of interest (no more than one page) **with your name and contact info, and responses to the following questions:**

- What intrigues you most about the Craft Your Own Life internship?
- What experiences or interests do you have that you feel will benefit the group?
- Do you have a current goal or future aspiration that might be nourished through this experience?
- And, anything else you would like to share about who you are.

Applications are due May 30th but the group will be limited to 15 and filled on a rolling basis, so apply sooner than later.

You must be able to commit to the duration of the internship to apply.

Do contact deb@seedsofsolidarity.org or 978-544-7564 with any questions.

Seeds of Solidarity Education Center (seedsofsolidarity.org) is a non-profit organization founded by Ricky Baruc and Deb Habib, who will guide this internship along with Jac Strauss and Sta Maodzwa.

Seeds of Solidarity was begun after Ricky and Deb walked from Auschwitz to Hiroshima with an international Buddhist order. Farmers and visionaries, they took the leap to create a bountiful oasis on barren land, initiate a non-profit organization that teaches toddlers, teens, those incarcerated and thousands of others to Grow Food Everywhere, and started a garlic and arts festival with their neighbors that attracts 10,000 people (and produces only 3 bags of trash!). Their vision and energy will inspire yours.

*Comparable programs average \$300; we are raising funds and donating our time so that there is no cost this year in order to make it accessible to all. If you can contribute \$40-50 to cover the cost of meals, that is appreciated. **No one will be turned away for inability to contribute financially.***

If you live outside the central/western mass area and will need help locating camping or other accommodations, we are happy to assist.

