

## **Craft Your Own Life Internship**

at Seeds of Solidarity Farm and Education Center, Orange MA

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

**In 2019 we will hold two sessions:** (Application priority due date for both is May 1, see below)

**Monday June 10<sup>th</sup> to Thursday June 13<sup>th</sup> for young adults ages 20 to 24**

(in college or working, or just post college. Rustic camping on-site available, although program hours are mostly 9-4).

**Monday August 5<sup>th</sup> to Thursday August 8<sup>th</sup> for local teenagers ages 15 to 19**

(this is a day-program, 9am-4PM each day. We do not have transport available but can brainstorm with you if needed)

During *Craft Your Own Life* you will: learn to **grow food** and **cook to eat well** (and economically); **Use tools and build** (boost confidence, use your hands); Be **creative**; Reconnect with (or seek) **your true nature**--learn techniques to unwind (sitting & walking meditation, yoga) and make self-care products; **Clear your head** (of intoxicants and technology); Communicate about **topics of interest** (emotional & spiritual wellbeing, relationships, social justice & environmental issues, activism, your future); Experience **time, space, and support** to contemplate your **ideas and life vision** in order to stay engaged in 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. Comparable programs average \$300. Thanks to funding from Common Good Greenfield and generous individuals, there is no set cost in order to make it accessible to all. If you can contribute to help cover food and other expenses, that is appreciated. **No one will be turned away for inability to contribute financially.***

**To Apply: Please email [deb@seedsofsolidarity.org](mailto: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.*

**Application due date is May 1st but each 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.

Contact [deb@seedsofsolidarity.org](mailto:deb@seedsofsolidarity.org) or 978-544-7564 with any questions.

**Seeds of Solidarity Education Center ([seedsofsolidarity.org](http://seedsofsolidarity.org))** is a non-profit organization founded by Ricky Baruc and Deb Habib, who will facilitate this internship with Jac Strauss, plus other guest presenters.

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!). The vision and energy of the facilitators and group is bound to inspire yours!