

ECO-VALLEY

PROJECT FOR SUSTAINABILITY



ECO-VALLEY FOUNDATION, HUNGARY

ENVIRONMENTAL, ECONOMIC AND SOCIAL SUSTAINABILITY IS ACHIEVABLE!



Let's work out
an exemplary model!



Let's
share experiences!



Let's live
in a better world!

Published by:
Eco Valley Foundation
H-8699 Somogyvámos Fő u. 38.
e-mail: info@ecovalley.hu

Bankaccount: ERSTE Bank
11600006-00000000-47455979
Senior editor: Zoltán Hosszú
Written and edited by
András Kun and Szilvia Rév
Translated by Ildikó Sexty
and György Kirs

Dear Reader,

It is with great joy and anticipation that I present you with this booklet, a short summary of the activities of the Eco Valley Foundation.



Plans for our Eco Valley project have been formulated many years ago and in the summer of 2008 we actually started it by setting specific goals and working out specific projects. During the past three years we systematically examined how much we had accomplished so far we have gotten in terms of ecological farming, environmental consciousness and building the local society in our model community, Krishna Valley.

To be honest, we ourselves have been taken aback seeing how far Krishna Valley has actually developed in the past 18 years. Where once were vast arable lands and barren sheep pastures now we find a mosaic-structured landscape, a thriving Eco Village with an organic agriculture and animal husbandry. A village, whose 130 inhabitants have already achieved sustainability in many respects.

Ecological researches say that the inhabitants of this community already live in a sustainable way, but still, they keep developing, refining their methods. They incorporate their grandparents' almost forgotten techniques into their way of life and they are also open to those achievements of the modern era, which conform to the criteria of sustainability.

One of the main goals of our Eco Valley Project is to facilitate the sharing of practical experiences regarding sustainability. This is why we organize these sustainability conferences every year in autumn and we cooperate with several institutions of higher education and research institutes. What we want is to provide an operable and life change alternative to people who are looking for a way out in this age of crises.

I hope that on reading this booklet You will also feel encouraged to contact us and to take part in our programs. For further information please visit our website. See you soon in one of our Eco-logic clubs, on our Open Days of Sustainability, in one of our courses or any other programs!


Zoltán Hosszú

Chairman of the Eco Valley Foundation

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SUSTAINABILITY IS ACHIEVABLE!



"[...] with its present consumption and technology, humanity could only live sustainably on an Earth that is 25-30 % bigger than it really is. We crossed the threshold of the Earth's capacity in 1978 and ever since then we are extending our ecological footprints at the expense of nature's reserves."

(Gábor Vida, Member of the Hungarian Academy of Sciences)





The concept of sustainability first appeared more than twenty years ago, but before environmental and economic crises of recent years, few people really understood what it really meant in practice. As a result of that today the global ecological system is in danger. The myth of sustainable economic growth has also been unveiled: a sustainable growth cannot be maintained.

The first step towards reaching real sustainability means changing one's everyday practices radically. Experts encourage reducing consumption above all and urge environmentally conscious practices.

The ecological farming of our model community, which is located in Krishna Valley in Somogyvámos, Hungary, is a wonderful example that these principles can be achieved, put into practice and can be

Did you know...

that the ecological footprint of one person in Krishna Valley is only 42% of that of an average Hungarian?*

maintained in day-to-day life for the long term.

The goal of our adjoining Eco Valley Program is to show everybody interested that one can achieve a qualitative life in a way that is sustainable environmentally, economically and socially.

* The ecological footprint shows how many hectares of land one person needs to satisfy his or her needs (including the amount of land needed for neutralizing all the generated waste). It is important, because the amount of arable land is not unlimited: the Earth's capacity is finite. Unlike the figures calculated for Hungary and the entire planet, the life-style of Krishna Valley's inhabitants falls into the sustainable category.



Organic Agriculture

To supplement nutrient supply in our vegetable and flower gardens we use cow manure from the cowshed (cow protection centre) mixed with compost from the garden. As for pest-control, we use the technique of coupling (that is we plant such plants next to each other that have beneficial effects on one another) and we spray our plants with solutions made from herbs. Our agriculture is also chemical-free.

An important part of farming is crop rotation. More and more agricultural work is done by ox-power instead of using fossil fuels. We try to endenizen resistant, local varieties of fruit trees into the orchard. All in all, we are perfecting our organic skills every year.

Did you know...

that one needs only one hundred square meters to grow all fresh vegetables that a family of four needs for a whole year?



Ecological Husbandry and Cow Protection

The animals graze on our ecologically managed pastures. We look after them by taking all their needs into consideration and we protect them until the end of their lives.

As a result, we are able to witness such phenomena that are nowadays unheard of in the industrialized dairy farms: heifers (young cows that have not had calves yet) also give milk. The lactation period (the time for which a cow gives milk after it has had a calf) is remarkably long (we have a cow that has not stopped giving milk for 12 years now). Moreover, cattle live unusually long here.

We use ox-power in agriculture and for transporting heavy loads, thus reducing the need to use heavy machinery and burdening the environment.

Did you know...

that we are breeding Zebus (an Indian breed) in Hungary? The Zebu endures high temperature and droughts and gives milk that is richer in ingredients than milk of European cows. We would like to conduct a research concerning the Zebu-milk's effects on health. The picture shows Nandi, Krishna Valley's Zebu bull.



Bee-keeping



The apiary has remarkable results that have been acknowledged in Hungary as well as abroad. Our Hanuman brand apiary products have won several awards, among them the renowned Golden Beehive Award. Also unique are our apiotherapeutic products: the locally developed medicinal ointment is used in several places in Europe in traditional and in alternative medicine alike.



Krishna Valley's apiary products, some of which received numerous prizes

Did you know...

that medicinal properties of herbs are increased six-fold when soaked in honey? This is the method we use in the preparations of our very effective and successful ointments.



Krishna Valley's bee-keepers



Lacto-vegetarianism, Health Care

Did you know...

- that according to international research a lacto-vegetarian diet from physiological point of view is fully sufficient to maintain your health?
- one needs 3.7 acres of land to feed one meat-eater, while the same amount of land provides foodstuff to six lacto-vegetarians?
- every single person who changes to a vegetarian diet saves 1.2 acres of rainforest a year?



Herb garden



Yoga practice

We put great emphasis on prevention and on preserving one's good health. We use locally available herbs and we also utilize the principles of Ayurveda.

Our lacto-vegetarian diet is crucial not only to help us stay healthy but also in protecting the environment.



Ecological Landscape Management, Preserving Habitats

One of the main criteria of ecological sustainability is to maintain the natural habitats of local species, thus maintaining a thriving biodiversity. Thanks to 18 years of organic farming and environmentally friendly technologies, where once were meagre pastures and enormous lands being under the plough for decades we now see the original habitats regenerating.

We try to maintain this auspicious process by preserving the hydrophilous flora next to our streams, ponds; we plant forests of native varieties of trees, while reducing the proportion of the non-native locust-tree; we reintroduce the native grass fields, and we use ox-power to cut them.

During recent years we registered a lot of formerly absent species returning and every year the number of different species of birds is increasing.

Did you know...

that so far 110 different species of birds have been observed in Krishna-valley?



Wind turbine



Solar panel



Swallow



Hay rotation with oxen

Alternative Energy Sources, Green Households



Well



Washing by hand



Cooking, heating
with firewood

Did you know...

that Krishna Valley is
not even connected
to the national
power supply?



An important element of the Eco Valley project is the use of renewable energy and research for further alternatives of producing and consuming energy in an environmentally conscious way respectively.

It goes a long way towards reducing our ecological footprints as well as attaining long-term sustainability that Krishna Valley's households only use electricity

generated by local solar panels or wind turbines.

For heating houses and acquiring hot water residents use exclusively tiles stoves and wood-burner boilers.

Another important renewable energy source is ox-power, which we use in providing various services for the community as well as in several areas of agriculture.

Reed-bed Zone Sewage System

Did you know...

that the reed-bed zone sewage system of Krishna Valley utilizes gravity and natural, biological processes to clean water and requires no energy source or chemicals?

An integral part of an eco village's sustainability is being self-sufficient in as many areas of life as possible. One such area is wastewater management. We chose a method in the model community of Eco Valley Foundation that is not merely self-sustaining and cheap, but also completely environmentally friendly, odourless and in addition, it provides irrigation to a small forest.

The reed-bed zone sewage system of Krishna Valley was put into operation in the summer of 2009. The laboratory tests few months later confirmed that it was working perfectly and it has continued to do so ever since.



Bamboo plantation



The botanical garden is now set on 26 acres and its continuously growing collection hosts many species and varieties of trees and plants that were brought here from areas with drier and warmer climates to be domesticated. Several of them have never or rarely been grown in Hungary.

We are studying how species of trees, shrubs and herbaceous plants from different regions of the world react to the climate change.

Our botanical garden is an official member of the Hungarian Association of Arboreta and Botanical Gardens.



Botanical Garden

Did you know...

that in the botanical garden of Krishna Valley there are more than 900 different kinds of trees and shrubs?



Community life

In our opinion it is important that in our community of one hundred and thirty people everybody should do work that most suits their personality, their abilities and the stage of life they are experiencing. This is one of the secrets of making social sustainability become a reality. According to the study of an independent researcher, Krishna Valley is one of the two Hungarian eco villages where environmental, economic and social sustainability has been achieved.

This would be impossible without the cooperation of individuals, the members of the community.

Krishna Valley is a member of the national and international associations of eco villages.

Did you know...

that among the three basic pillars of sustainability social sustainability is the most difficult one to achieve?



Threshing by hand

Primary school education

Having a primary school in the community makes it possible for our children to learn within the local eco village subjects ordained by the Hungarian National Core Curriculum and also become familiarized with Vedic knowledge. They also learn the basics of organic gardening and taking care of cows through practice. They go on excursions to get information about local flora and fauna, and they learn in-depth information about herbs.

Did you know...
that Krishna Valley's primary school is an 'eco-school' and in July 2009 the Hungarian State gave accreditation status to it?



Children of Krishna Valley



THE ECO VALLEY PROGRAM

By the Eco Valley Program we try to give a practical example for the solution of today's environmental and social problems. We believe global crises (such as climate change, food shortages or environment pollution) can only be solved by changing life-styles.

This can be best achieved in eco villages, which are based on the land and on community approach.

The Eco Valley Program arises from the eco village project that was started in 1993 in the vicinity of Somogyvámos, a small and secluded village in Southwest Hungary. Now, this eco village is a thriving community, unique even on a worldwide scale. The one

hundred and thirty volunteers who live in Krishna Valley demonstrate in their day-to-day life how to be environmentally conscious, living a life that is also economically sustainable.

We have created the Eco Valley Foundation to help realizing the goals of the Eco Valley Program, in which several universities, research institutes, NGOs as well as businesses also participate.

Krishna Valley continues research and development regarding its own sustainability, while the already realized practical applications are being continually documented. At the same time, considerable emphasis is put on sharing and popularizing experiences



Our foundation has signed cooperation agreements with nine Hungarian universities and we also welcome graduating students from a dozen other universities who prepare their thesis here.

and results, thus providing an opportunity for the general public to see and learn about sustainable lifestyle.

Our cooperation with organizations (even on an international level) makes it possible to study environmental, economic, individual and social sustainability in a complex, holistic way. We look for answers to scientific questions that are in relation to everyday life of self-sustaining, environmentally friendly communities, which are based on local resources, as well as alternatives for adapting to the climate change. Among these questions there are several topics regarding agriculture, alternative energy sources and a healthy way of life.

Did you know...

that between 2008 and 2011 54 students applied to prepare their thesis in relation to the model community of the Eco Valley Foundation? 14 of them have already successfully upheld theirs. Be one of them!



Scientific and Educational Cooperation



The collaborations include joint studies and research projects, joint events, popularizing and educational programs, and of course, sharing experiences. We issue publications in order to show the result of these cooperative events and generate discussion. Moreover, we organize conferences, workshops and conventions.

We provide topics for university students concerning their theses, a research ground and according to their needs, we help them in their research. It is also possible for them to do their obligatory six-month internship in the organic farm of Krishna Valley.



Students of University of Pécs on a field trip



Popularizing and Teaching a Sustainable Way of Life

We consider sharing and passing on our experience about environmentally conscious lifestyle extremely important. In our model community we organize sustainability conferences and we are also present at the annual Krishna Valley festival every summer. We receive many invitations to give presentations from Hungary and abroad, which we gladly accept. We also organize courses and Open Days of Sustainability to provide even more possibilities to make connections and learn.

Did you know...

that every October we organize sustainability conferences? In 2008 160 people attended, whereas in 2009 and 2010 we had more than 400 participants each year?



International trainings, programmes



*Meeting with representatives
of the Indian Ministry of Agriculture*

We share our experience in relation to research, agronomy and economy, as well as society building through lecture tours and international trainings. During the last four years we went on 6 lecture tours, gave approximately 75 presentations in 16 countries worldwide. We participated in the Climate Change Summit in 2009 and 2010. Furthermore, we also take part in the work of Global Ecovillage Network.

Our international trainings are very popular. We welcome participants in our courses that are held in English.

Did you know...

that the Eco Valley Foundation up to 2011 has collaborated with some 3100 specialists, university or college students, lecturers and decision-makers at various places of the world?

*Lecture at the Climate Change
Summit in Copenhagen in 2009.*



CONNECT TO ECO VALLEY PROGRAM

Be our guest in Krishna Valley!

See with your own eyes that an environmentally conscious, simple, village life goes hand in hand with a happy, high quality and complete lifestyle. We would like you to experience the harmony we live.

Further information: www.krisnavolgy.hu



The farm community is open for visitors every day of the week. The entry fee includes a guided tour of the temple and you should also have a great meal in the lacto-vegetarian restaurant of Krishna Valley.



Presentation in Krishna Valley

Establish your Eco Village!



*Eco Valley Foundation's crew (in the centre)
on an eco village meeting*

*Gaining experience
and consultation in an eco village*

Our foundation endeavours to help establishing and developing sustainable communities at every spot around the world. Experience gained in the course of establishing eco villages in Hungary and internationally is shared through few hour-long lectures or one-week courses with depth and details as requested. At present our foundation provides counselling service in

18 countries of the world and catalyzes extensive exchange of experience by playing a role of an information centre.

In case you would like to obtain a comprehensive view and synthetic knowledge about establishing and operating small communities get in contact with us at the following email address: info@ecovalley.hu

Attend Our Open Days of Sustainability!



Guided tour of the organic garden

The one-day guided tour provides an excellent opportunity to get a deeper understanding of Krishna Valley's landscape management, see its cow protection farm, the organic garden, the apiary, the reed-bed zone sewage system and the botanic garden.

Let's share our experiences on the practical solutions for an environmentally conscious way of life! Join a group of 10-15 people, and let us spend a remarkable day together!



For further information visit
www.ecovalley.hu website

www.ecovalley.hu

Apply for One of Our Courses!



Organic Gardening course



Cooking course

Encouraged by the success of our course on Ayurvedic medicine we are planning to launch further courses with such topics as sustainable lifestyle, organic gardening at home and vegetarian cuisine.

Courses are organized when a sufficient number of participants have registered, so if you are interested in one of them, please contact us at info@ecovalley.hu email address.

Volunteer Welcome!



Volunteer work in Krishna Valley

An instructor with volunteers: Váradi Gábor

If you would like to get first hand experience on organic gardening while getting the taste of everyday life of Krishna Valley's residents, do not hesitate, and apply for a volunteer position!

Accommodations are in a 15-minute walk distance from the eco village centre and if you want, you can have meals together with the villagers, tasting the different lacto-vegetarian delicacies prepared from local organic produce.



Attend Our Sustainability Conferences!



Sustainability Conference 2008



*Vida Gábor, member of the
Hungarian Academy of Sciences*

The participants of our Sustainability Conferences mostly include university students, teachers, devoted environmentalists and civilians interested in this topic. Among the lecturers you will find renowned ecologists and experts on sustainability. These conferences are supplemented with different workshops and are open to everyone.

*Keep updated with our website
and register for our next programme*

Take Part in the Annual Krishna Valley Festival!



Discussions with experts during the Festival of Krishna Valley

Every year we expect those who are interested in the Eco Valley Program in the annual Krishna Valley Festival. You can meet Krishna Valley's leaders as well as renowned researchers as we have discussions with them about all kinds of topics regarding sustainability. The Krishna Valley festival is organized on the very last weekend of July every year.



Take Part in Organizing Eco-logic Clubs!



GATE Green Club (University of Szent István, Gödöllő)



Students of Pécs riding on an ox-cart

In recent years we together with the leaders of Krishna Valley have received several invitations from different universities to give lectures on the ways of achieving sustainability. We are looking forward to fulfil such requests in the future as well.

Furthermore, university students have visited us on many occasions and our model community, Krishna Valley, where they could personally see and experience everything they have heard about during the presentations.

Complete Your University Internship with Us!



We provide internship posts based on the cooperation agreements we have signed with nine different universities, which all require the completion of a 6-month internship. We are continually looking for new cooperating partners.

You can contact us at info@ecovalley.hu email address.



Help the Work of Eco Valley Foundation!



Planting trees with our partners

During the past two years more than 130 businesses have helped the sustainability development projects of the Somogyvámos eco village with donations in kind.

The list of donors is on display on our website under the menu 'Donors'. The Eco

Valley Foundation gladly receives not only financial and non financial donations, services and personal input, but also professional assistance and initiatives for future cooperation as well.

Introducing ourselves

Leaders and managers of Krishna Valley including employees of Eco Valley Foundation



Sivarama Swami

Spiritual leader of the Hungarian
Society of Krishna-consciousness



Jenő Sölétormos

(Gaura Sakti das)
President of Krishna Valley



Attila Barsi

(Radhakantha das)
Chairman of Agriculture



Attila Csongor Nagy

(Cittahari das) Chairman of Social
Development and Cultural Affairs



Dr. Veronika Farkas

(Sundari devi dasi)
Chairman of Health Care



Zsolt Koós

(Sankirtana das) Chairman
of Missionary Activities



Vilmos Pócze

(Partha das) Chairman of
Landscape Management



Péter Németh

(Premamoya das)
Chairman of Education



Zoltán Hosszú

Chairman of the Eco Valley
Foundation



András Kun

Scientific Co-ordination of
the Eco Valley Foundation



Szilvia Rév

Program Co-ordinator of the
Eco Valley Foundation



György Kirs

Personal Assistant of the
Eco Valley Foundation

Contact Us

- Visit us!
- Attend Our Open Days of Sustainability!
- Apply for One of Our Courses!
- Complete Your University Internship with Us!
- Visit our website!
- Write on our website what you do for your environment
- Support our activities!

Did you know that the ecological footprint of one Krishna Valley resident is only 30% of the average European citizen?



Krisna Valley
• 1,5 ha/person

European

• 4,5 ha/person



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