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Progled, Bulgaria

Handbook

The Tree of Life



Association
MOGA



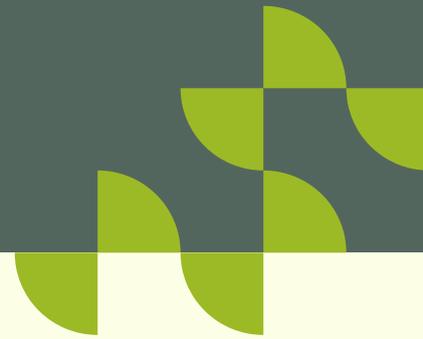
ЦЕНТЪР ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ РЕСУРСИ



Erasmus+

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Introduction

The Tree of Life

Through this project we aim:

- organizing, promoting, and effectively conducting reforestation campaigns
- selecting appropriate species for the respective ecosystem, soil preparation, root care, protection against diseases and pests as well as subsequent care during the first 1-2 years after planting;
- urban reforestation skills, including with relevant institutions, obtaining permits, and planting fruit trees;
- knowledge of opportunities for national and European funding for creating orchards by young farmers and cultivating them organically.



All of these goals are aligned with the program's priority: protecting the environment and combating climate change. More specifically, they focus on developing skills and attitudes among young people related to sustainable farming, organic agriculture, and green skills for an environmentally friendly lifestyle.

The skills and attitudes gained through this project will enable young people to carry out highly effective afforestation campaigns, adapt the species and varieties used, and choose the most suitable places and times for afforestation according to the specific conditions and needs of each ecosystem.

They will also learn how to properly prepare the soil and the trees themselves, as well as how to provide ongoing care to maximize survival rates. In addition, they will acquire skills in urban gardening and afforestation, as well as effective collaboration with relevant institutions to obtain the necessary permits and support. In this way, they will not only help preserve local ecosystems but also create a cleaner, greener urban environment for themselves.

This directly contributes to achieving the European Youth Goal of a "Sustainable Green Europe."

Soil Preparation

Soil preparation is the process of modifying the physical and chemical properties of soil to create an optimal environment for plant growth



🌸 The Journey

This part of the journey will be about the different types of soil in:

- Italy
- Spain
- Denmark
- Bulgaria
- Romania

🌸 The Journey

The Goal

The focus for this part will be about:

- soil preparation for different habitat and environment in each country
- Main challenges
- Most suitable plantations for type of soil

ITALY

03

Alluvional

Preparation: Reduced processing in humid condition; ydraulic system; cover crops

Challenges: compacting, surface crust, stagnation after heavy rains

Plantations: mais, soy, wheat, industrial fruit-bearing vegetables

Hilly and Mountainous

Preparation: minimum processing, grassing, anti erosion systems

Challenges: erosion from heavy rainfall, shallow soils, stoniness

Plantations: vine, olive, chestnut, barley, rye

Sandy

Preparation: Organic soil improvers; frequent and light watering; fractional fertilization

Challenges: low fertility; hydric retention; risk of salynization

Plantations: carrots, salad; melon; horticultural pantation

Calcareous

Preparation: correction of microelements such as iron and zinc, phosphate fertilization

Challenges: surface crosts, low phosphate avaiability, iron chlorosis

Plantations: olive tree, vine, legumens

Clayey

Preparation: Organic soil improvers; frequent and light watering; fractional fertilization

Challenges: low fertility; hydric retention; risk of salynization

Plantations: carrots, salad; melon; horticultural pantation

Vulcanic

Preparation: regular compost additions, phosphate fertilization, avoid deep tillage to avoid destabilizing the structure

Challenges: erosion high porosity, phosphate fixation

Plantations: vine, potato, hill fruit trees

BULGARIA



SOIL OF BULGARIA

DEEP SOILS IN THE PLAIN AND HILLY REGIONS

1	Calcareous chernozems	9	Typical chernozem-like smolnitza
2	Typical chernozems	10	Leached smolnitza
3	Leached chernozems	11	Pseudopodzolic soils
4	Degraded /lessive/ chernozems	12	Alluvial /Deluvial/-meadow soils
5	Dark grey forest soil	13	Meadow boggy soil Peat boggy soil
6	Grey /cinnamonic-grey/ forest soil		Halomorphic soils /salt soils/
7	Typical cinnamonic forest soil		
8	Leached cinnamonic forest soil		

SHALLOW SOILS IN THE SEMI-MOUNTAIN AND MOUNTAIN REGIONS

15	Humus-carbonate soils /rendzinas/
16	Shallow grey forest soils
17	Shallow cinnamonic forest soils
18	Brown forest soils
19	Brown forest soils with rendzinas
20	Dark-colored mountain-forest soil
21	Mountain-meadow soils
22	Yellow-podzolic/pseudopodzolic/ soils

Former Agricultural Land

Used for afforestation, especially in northern and central Bulgaria

Preparation:

1. Weed control: Ploughing or herbicide before planting.
2. Deep ploughing (30–50 cm): To break compaction and improve water infiltration.
3. Disking/harrowing: To create a fine seedbed.
4. Mounding or ridging (if moisture is limited): Improves water collection around seedlings.

Challenges:

- Dense weed and grass growth
- Possible soil compaction from machinery
- High summer drought stress

Plantations: carrots, salad; melon; horticultural pantation

Preparation & Young Tree Planting

🌸 How to plant a tree

Find a good planting spot.
The lower elevation - the better is soil.

Dig a 30 cm diameter hole.
It must be at least 30 cm deep.

When the hole is done, put a layer good soil, fertilizer, and a good soil again.

One person must place a sampling in the hole while another must add white powder (mulch) for humidity retention. Add water afterwards.

Start placing good soil and finish with a bad one.

Water the plant again. Done.

🌸 Keep in mind

Because of gravity minerals accumulate in the bottom.

Good soil is the top part of the dirt & must be placed alone. Bad soil is located below good soil and must be placed alone too beside the hole.

Break soil and fertilizer so it contains more oxygen.

Hold sampling very gently on branches.
Be careful to not break it.

The hole must be slightly dip to trap water. Add barrier on the lowest point to secure water.

Be careful to not break the soil. Wait a little bit for a soil to absorb water, and add more if needed.



Different techniques can be used depending on the type of tree, soil conditions, and climate:



Pit Planting (Traditional Method)

Dig a hole larger than the root system.
Place the tree straight, spread out roots, and cover with soil while gently pressing.
Water immediately.

- Best for individual trees or small-scale planting.



Auger/Mechanical Planting

Holes are drilled using machines.
Young trees are quickly planted with minimal effort.

- Best for large-scale reforestation projects.



Notch Planting (Slit Planting)

A slit is made with a spade, roots are inserted, and the soil is pressed back.

- Useful for small seedlings, especially in moist soils.



Container/Bag Planting

Seedlings grown in containers are planted directly with the soil around roots.

- Reduces transplant shock and is effective in drier areas.



The best time to plant a tree was 20 years ago. The second best time is now.



🌸 When to plant:

In general, the planting season in Europe is divided into two main periods: spring and autumn.

Spring offers a favourable balance between warmth and moisture, encouraging root growth, while autumn planting allows trees to establish root systems before the onset of winter dormancy.

However, the specific timing may vary based on regional climate conditions. Avoid planting during hot weather and frosty conditions.

Keep in mind planting has to be done, when soil is workable, not frozen or waterlogged.

For example, countries in Eastern Europe, like Bulgaria, experience harsher winters, making spring planting more suitable.



Post – planting care

Post-planting care refers to the set of practices carried out after a young tree has been planted to ensure its healthy growth, survival, and long-term development. Since newly planted trees are vulnerable to stress, lack of water, pests, or poor soil conditions, this care is essential during the first few years until the tree becomes well-established.



Watering

When & how often: Immediately after planting, water thoroughly. For the first year, water 2-3 times per week (more often in dry/hot conditions). Reduce frequency as roots establish.



Mulching

When & how often: Apply mulch right after planting (5-8 cm layer). Replenish every 3-4 months as it decomposes. Mulching helped us observe how soil stays moist longer and weeds are suppressed, reducing the need for extra watering.



Protection & Support

When & how often: Install tree guards or stakes at planting to protect against animals, wind, and mechanical damage. Check every month to adjust or replace as the tree grows. We noticed that poorly supported trees leaned or broke, while protected ones had straighter, healthier growth.



Pruning & Monitoring

When & how often: Begin light pruning after the first growing season. Inspect monthly for pests, diseases, or structural issues. Remove only dead or damaged branches at first. In the field, we learned that over-pruning weakens young trees, while careful monitoring prevents small issues from becoming major problems.

Motivation Management



? What is motivation?

Motivation can be defined as a construct and a willingness to do something specific.

? Types of motivation

Inner, or intrinsic motivation, reflects the natural human need and tendency to learn, assimilate and perform.

External or extrinsic motivation represents external control driven by outside factors that can result in taking action while motivated by a reward, the avoidance of a punishment or a bigger cause.

? Our activity

This activity was about finding one personal goal, identifying the need that makes us do a certain thing and where the motivation comes from, first individually and then as a group.

The group was split us between the roles of client, lawyer and 2 persecutors and it challenged us to argue, defend for or against someone else's stance.

Activity impressions

The activity was really comforting because we shared our goals and personal projects in life. The other members gave their perspective and that really helped me to organize my ideas and have other opinions. It was an amazing activity to lose fear and also to exchange the things we think about in our heads and then changing roles.

Laura, Spain

My main goal was to live as a digital nomad and improve my communication skills to grow my social media and generate passive income. It was an interesting activity because it gave me a different perspective by volunteering so I could travel at a low cost.

Armando, Spain

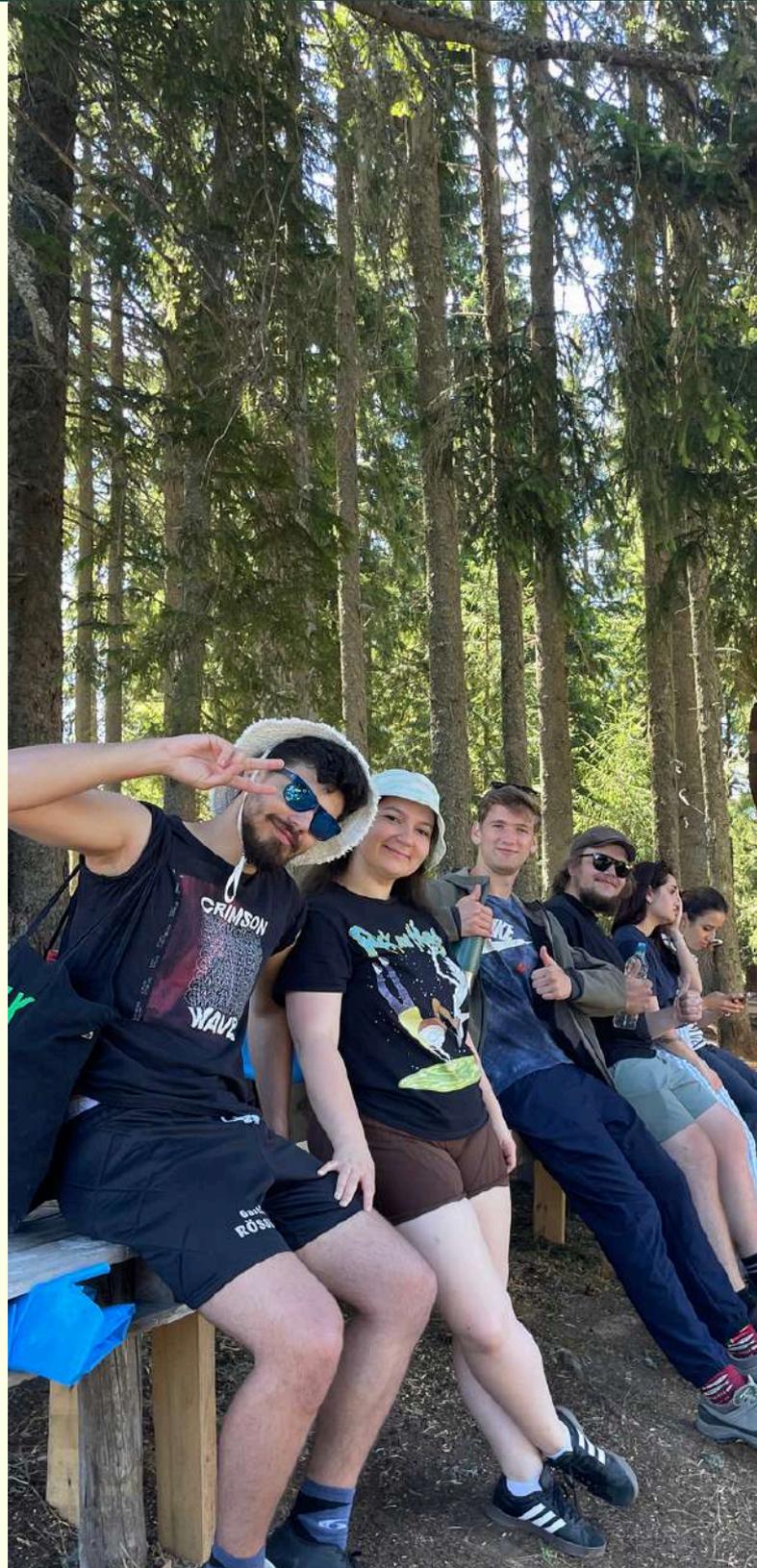
EU-funded programmes

Support Programs for Young Farmers

- European agricultural guarantee fund (EAGF)
- European agricultural fund for rural development (EAFRD)
- Complementary Income Support for Young Farmers (CISYF)

Farmers with no experience can apply for different programs that can help them start bio farming through agriculture, planting trees or bee keeping. They do not need to have experience with project writing either, as the National Agency can write it for them, they only need to have a strategic plan. The program can also provide money for machinery, to produce crops for personal and public use or for producing food for the animal farm.

Among the requirements, we can count owning a land larger than 0,2 ha - which allows even non-farmers to produce bio products for themselves, along with having no failure in the same program for the past 5 years. The program supports young farmers having the age lower than 40 years old.



EU-funded programmes

For those farmers who want to transition from conventional farming to bio farming, the program offers a larger amount of money in the beginning of the transitioning period. They also need to reach the goal of producing 50% bio out of the initial conventional farming products.

Profits for young farmers in the EU who want to start farms and go organic get a lot of help from the EU's Common Agricultural Policy (CAP) from 2021 to 2027. There is a big fund of €386.6 billion that gives money and extra rewards for protecting nature and animals. The European Agricultural Fund for Rural Development (EAFRD) also offers loans to help young farmers build organic farms. Switching to organic farming matches the EU Green Deal, so farmers can get more money and advice to make their farms successful and eco-friendly.



Spontaneous speaking

What is spontaneous speaking

Speaking in public and/or a group without preparation.

- Learn to be more confident by trying to step out of your comfort zone more often.
- learn how to control your breathing with exercises and meditation.

You can do different exercises that help you overcome anxiety and feel better, not every exercise works for everyone, so try and find the one that works the best for you.

How can we use it in life

If you live in a touristic zone you will encounter people talking to you when you never expect it, it can also be in school if the teachers asks you to explain/talk about something you've learned earlier in the year.

Stop overthinking too much

Not everything is important/serious. Learning how to stop saying "Ahh/ehh" when talking helps you think more clearly and makes it easier finding the words that you're looking for: socialising, expressing the opinion, learn that it doesnt matter that u can be wrong

Why is it difficult

You are not prepared which makes you nervous and you're in most cases afraid to say something wrong which can make you look stupid or ill prepared. Everyone gets nervous when they're suddenly expected to speak/explain something without having time to make sure that you know what you're talking about, it's a normal human reaction and one should not be ashamed to be nervous.



Ecological Initiatives

“PLANTING TREES”

(Workshop for saving the environment by planting trees.)

Risk management plan:

- Not enough sponsors **2/5** - Contact more business than we actually need
- Not enough participants **2/5** - The project will not occur
- Bad weather **2/5** - Postpone the event/choose a different date
- Problems with municipalities **1/5** - Involve businesses to help
- Delays **3/5** - Postpone the event
- Unpredictable spending **2/5** - Create an emergency fund with help from government
- Problems with the trees **2/5** - Project will not be successful
- Unsuccessful advertisement campaign **2/5** - Extra advertisement
- Sponsors won't be satisfied **2/5** - Make a contract with business
- Not enough saplings **1/5** - Be prepared with more saplings

Marketing campaign:

- **Target group:** active young people
- **Key message:** “Plant a tree, find a friend”
- **Promotional message:** plant a tree and receive a discount on new clothes
- **Communication channels:** Instagram, TikTok, Facebook, Telegram, Twitter(x), WhatsApp



Ecological Initiatives

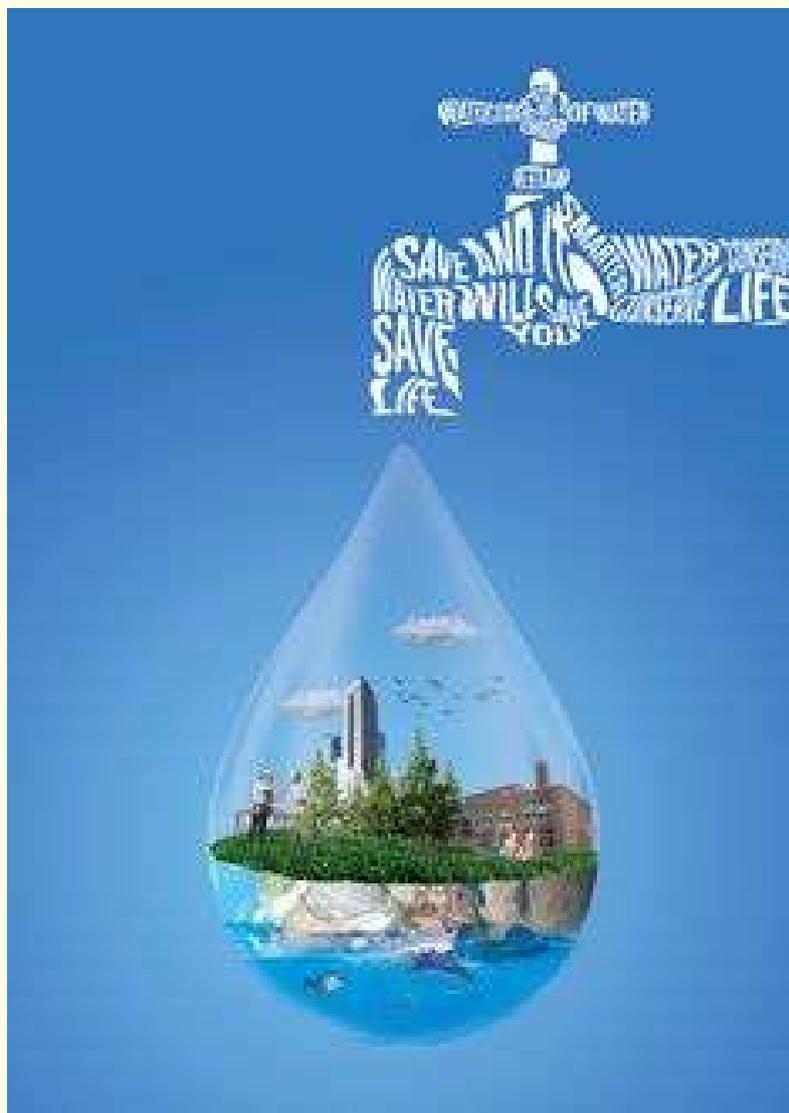
“WATER IS LIFE”

(Educating people on sustainable ways of using water, but also on consequences of not doing it.)

Risk management plans:

- Not having people interested in the event **3/5** - Proper research
- Not having a sponsor **3.25/5** - Work harder
- Unexpected cancelation **2.5/5** - Have backup
- Death **1.5/5** - Have a medically prepared person around
- Blackouts **1.5/5** - Be prepared to present without electricity
- Overcrowding **3/5** - Estimate attendance
- Natural disasters **3/5** - Accept it
- Losing materials **2/5** - Have backup materials

- **Target group:** primary - 25 ÷ 35; secondary - 16 ÷ 25
- **Key message:** "We can't have a second life, but water can."
- **Promotional message:** water is life and we would like to educate you on the importance of saving water for saving us.
- **Communication channels:** Facebook, Instagram, TikTok



Ecological Initiatives

“UNITY FOR OUR FUTURE: WORKSHOP ON BEING ENVIRONMENTALLY FRIENDLY”

(Ecological campaign in Spain about wildfires: workshop at Open Doors (at University) for both highschoolers and parents)

Risk management plans:

- No sponsorship / not enough money **3.5/5** - Risk avoidance
- Not enough participants / not reaching target public **4.5/5** - Reduce the risk
- No place / unsuitable place place **2.5/5** - Avoid the risk
- No food / bad food **1.5/5** - Risk transfer
- Losing / forgetting / malfunctioning of items **3.5/5** - Reduce the risk
- Bad weather **2/5** - Acceptance
- Bad reach / delay with visuals **3/5** - Acceptance
- Bad quality of training / disappointed participants or sponsors **4/5** - Reduce the risk
- Counter protests **1/5** - Acceptance
- No / bad feedback **3.5/5** - Reduce the risk

Marketing campaign:

- **Target group:** Families that have highschoolers, that attend “Open Doors” at the university (of biology/agriculture)
Parents (40-50 years old), teenagers (17-19 years old)

People interested in protecting the environment, being involved in the local community, interested in sustainability
- **Promotional and Key messages:** Taking care of tomorrow
Spending time in nature consciously
Don't burn your future
- **Communication channels:** Facebook, Instagram, Website
announcement on the University's web page



Ecological Initiatives

“TURN TRASH INTO TREASURE”

(Promote awareness and sustainable behaviours in schools)

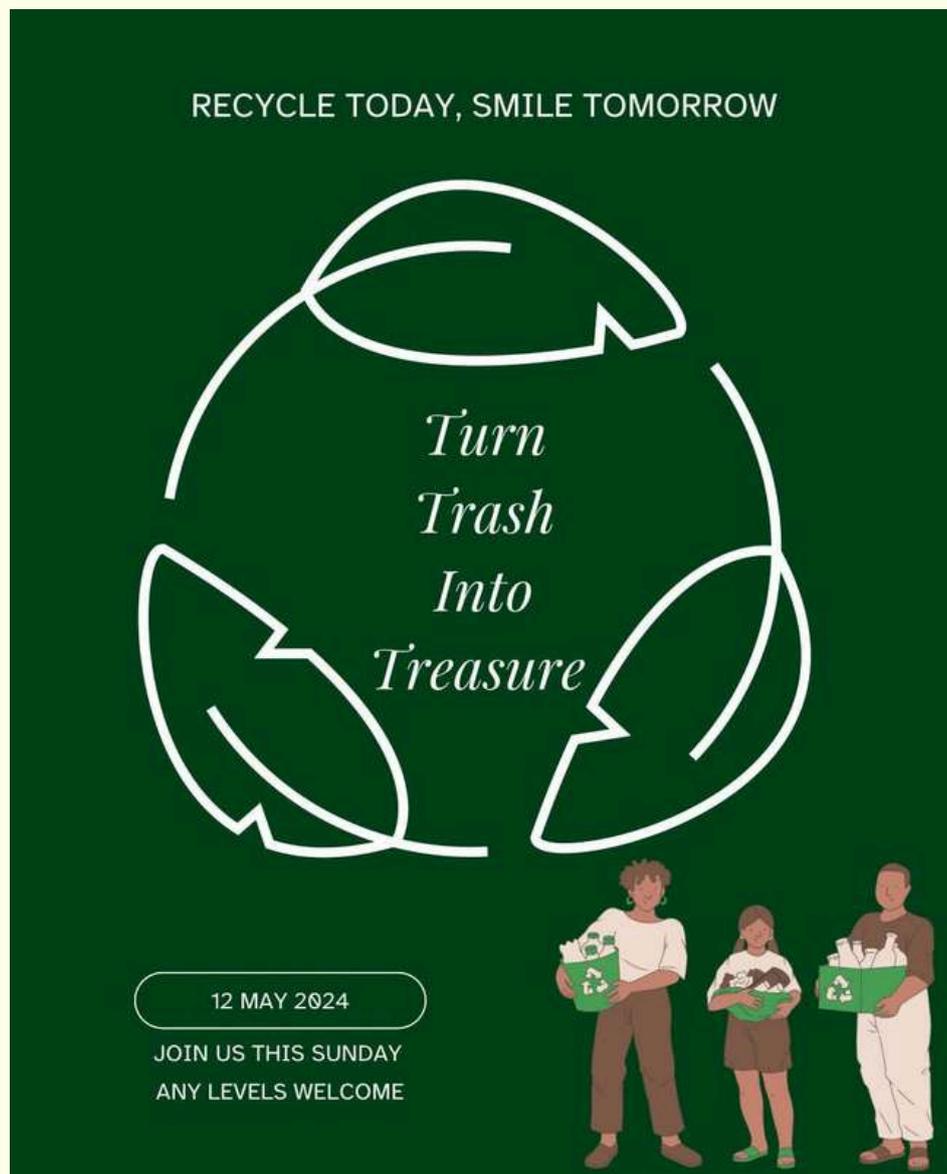
Risk management plans:

- Not enough funding **3.5/5** - Reduce participants number
- Injuries **3.5/5** - Reduction by following school safety measurements
- Lack of trainer / participants **2.5/5** - Reduce the project
- Lack of time management **4/5** - Calculate the time better
- Bad weather **2/5** - Plan it in advance
- Cancellations **2.5/5** - Communicate a lot to avoid it
- Protests from parents **2/5** - Communicate with parents and involve them
- Logistics problems **2/5** - Find new logistic solutions
- Not enough acknowledgement from media **2.75/5** - Media engagement will come later
- Schools rejecting our projects **2.5/5** - Reduct it by communicating with teachers
- Not enough materials **4.5/5** - Buy more materials than needed

Marketing campaign:

20

- **Target group:** parents, students, investors, locals, organizations
- **Key message:** "Turn trash into treasure"
- **Promotional message:** recycle today, smile tomorrow
- **Communication channels:** Website, Telegram (X), Instagram, Facebook, TikTok, YouTube, Local news papers



Ecological Initiatives

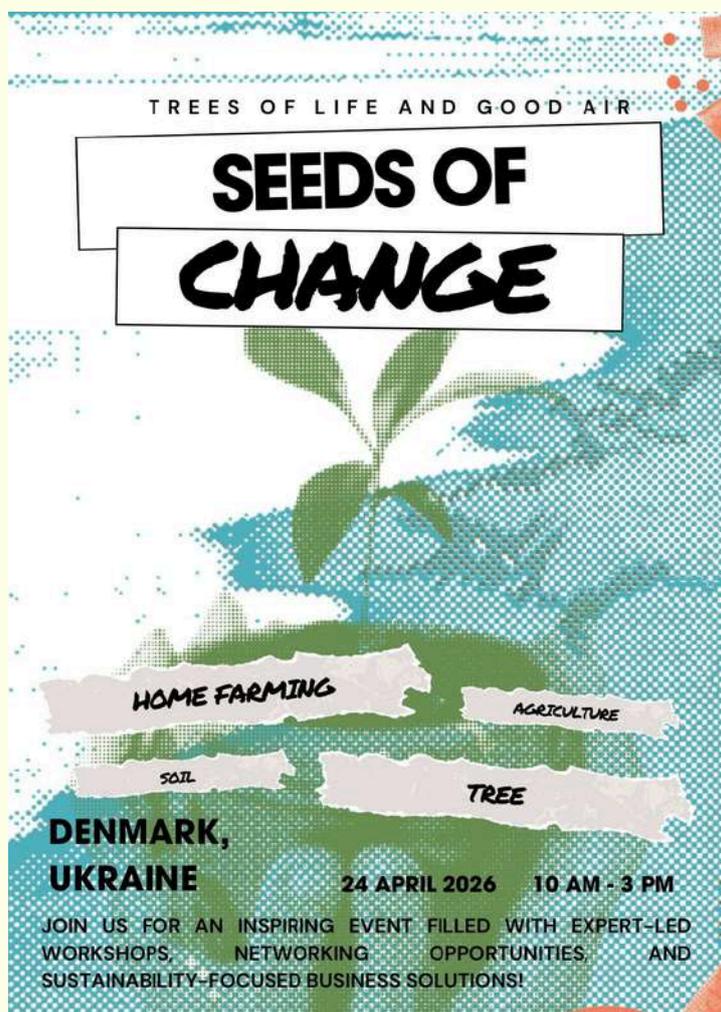
“SEEDS OF CHANGE”

(Agriculture workshop, event with experts, networking opportunities)

Risk management plans:

- Money **5/5** - Acceptance
- People not engaging enough **5/5** - Acceptance
- Something will happen with accommodation **5/5** - Transfer
- Something will happen with transport **3/5** - Transfer
- Arriving delays **3/5** - Reduction
- People won't come - Acceptance
- Not enough tools - Reduction
- Bad weather- Accept
- Disappointed stakeholders - Accept

- **Target group:** primary - 16 ÷ 25;
secondary - farmers, NGOs, local authorities,
parents, teachers
- **Key message:** "Trees of life for better air"
- **Promotional message:** join us for an inspiring event filled with expert-led workshops, networking opportunities and sustainability-focused business solutions.
- **Communication channels:** Instagram, Facebook, TikTok





Association MOGA

The Tree of Life

This handbook was created by the participants of the **2025-1-BG01-KA152-YOU-000303376 “The Tree of Life”** project, co-funded by the Erasmus+ program of the European Union. It is to be shared and used freely and respectfully. Please rate its contents [HERE](#), and check out our educational platform [HERE](#).



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