

Hírek Budapestről 2

That's it, a new page has been turned, I'm leaving Budapest. After three months full of discoveries, and meeting new people, I'm off to discover new horizons in Vienna. So it's time to tell you all about the rest of my Hungarian experience. Enjoy the reading!

* = for more details, or to read the previous steps, you can follow this link :

https://drive.google.com/drive/folders/1NGG1U3IY7uW8BOjAxUN4htQkQ268F7_B?usp=sharing

Time is running out fast, so I may add more documents afterwards but if a question comes to your mind and you can't find any answer, I'd be delighted to discuss it with you!

Le départ de Budapest

It is funny because "departure" often means the beginning of a story, and "arriving" the end of it. But when we think about it, it is the contrary in many cases... My last week in Budapest was as good as any other. I think I was in what we call denial, because in almost three months, one have time to become attached to a place and get used to it!

On Friday, the farm day was almost like the other ones, except from two details :

1) as I didn't sleep the whole night except from when my alarm rang (thanks to the thoughts), I missed the bus and I had to take the next one ; 2) instead of going back to Budapest at 4:50 pm as usual, we all stayed at the farm. Discovering the streets of Zsámbok, the shower behind the chickenhouse, dining alltogether, the evening around the fire and the camping night made me see the place with a new look. The day after, we participated to the making of the sundryer. Le lendemain, nous participons à la fabrication du séchoir solaire en bois de Lucie et Dori. A la fin de la journée, après l'instant émotion, je regagne Budapest. Dimanche matin, grâce à une bonne vraie nuit bien méritée, j'en profite pour faire tout ce que je n'ai pas encore fait : bagages, vider les poubelles, ménage, boutiques souvenirs... Finalement, après un dernier pique-nique devant Cargonomia et un convoi express de vélos cargos pour m'accompagner à la gare, mon train part, à peine une minute après être montée dedans.

Szia Budapest, Szia Cargonomia !

Events, encounters, hope

Sometimes, it seems difficult to see the future in a positive light. We are influenced by alarmist and defeatist narratives, increasingly polarised debates, often dystopian fictions... What if this trend were reversed and we allowed ourselves to be hopeful? What if we told the story of a desirable future? What if we even tried to live a part of it, right now?

During my time at Cargonomia, I could really measure the value of conviviality, the importance of helping, sharing, listening, respecting each other and slowing down so that we can live better ourselves and in society. I also realised that joy and hope are at the core of degrowth. Contrary to popular belief, degrowth does not mean going backwards, nor a series of deprivations and frustrations.

I was looking for sparks of hope, and I must say I found many !



Logan, co-fonder of Cargonomia

“It’s a hard good challenge to remind people what hope looks like. It helps me when I don’t have hope.”

In addition to the weekly routine, there is always something to do ! Here is a quickEn plus de la routine hebdomadaire, il y a toujours quelque chose à faire ! Here's a brief overview of the many events and workshops I've lived.



Jewel workshop out of bike inner tubes

As part of Earth Week at the Franch school of Budapest, we presented Cargonomia and ran a jewellery-making workshop using inner tubes for elementary school classes.

The results were pleasantly surprising!



Petits Mousquetaires

This association aims at encouraging French culture among French-speaking children living in Hungary. The activities are varied, and Cargonomia takes part in some events.

For example: a treasure hunt in Budapest about biodiversity, making seed bombs, etc.



I bike Budapest

This major event, with almost 20,000 bikes parading through the streets of Budapest, is a great way of reminding everyone of the many advantages of this environmentally-friendly form of mobility. It was also an opportunity for us to bring out all the cargo bikes...



Réparation de vélos

In addition to Cyclonomia's open door hours, run by volunteers, where anyone can come and repair their bike, several repair workshops are held now and then. Anna has organised one especially for women (who are all too often discreet in this area...).



Sundryer making workshop

Dorota and Lucie's project was to build a low-tech sundryer from second hand wood to dry the farm's surplus fruit and vegetables. With the help of Reka, a woodworking specialist, we all pitched in to help: it was the celebration of drills, saws, screws, squares and hammers!



« Resonance », a perception workshop

Through this project, Anna and Jean-Paul invited us to focus on our senses, to (re)learn to listen to ourselves and to calmly observe our surroundings: an energising reminder of the importance of slowing down in our sometimes hectic lives!



Rolegame in the town of Graciamono

My project for the few months of internship was to make a game dealing with some degrowth concepts. I was able to discover the scale of the challenge involved in making a board game: it's still in the draft stage, but there are some very fine things to be done in this area! In the end, I created an outdoor game for children, covering the themes of transport, food, advertising and conviviality. We had a lot of fun testing it out during an evening at the farm! And thanks to Martin for his great help!



2030 Glorious years

We met Nico and Matilde on their cycling trip from Athens to Stockholm. They introduced us to the "2030 Glorieuses" workshop: a utopian journey to 2030 in which anything is possible. It was a good dose of positivity and a very rewarding discussion.



La fresque des nouveaux récits

Led for Cargonomia by Lucie, this workshop enabled us to understand the influence of stories on our brains and our behaviour, as well as ways of removing the main social and cognitive barriers. Then we wrote our own hopeful stories, imagining a future that is compatible with planetary limits and desirable for everyone.

Matilde, bikepacker :



“Thanks to collective intelligence, we can hope.”

“If you feel bad, go outside and find an association where you can meet other people that are asking themselves questions and that might not be always hopeful, so you are not alone anymore. It is a way to stay alive.”

Nico, bikepacker :



“Utopia is the way the World has been built. Hope is the way we build a society.”

“You don't need to hope to start acting. What if you tried to act ? Maybe hope will come.”

Zsámboki Biokert – Market gardening



Zsamboki Biokert

[Zsamboki Biokert | Biodoboz Rendszer | Magyarország](#)

This 3.5 ha organic farm has been existing since 2010. Some of the production is grown in unheated glasshouses, while the rest grow outside. A team of around ten people work here, with Cargonomia trainees spending two days a week. Most of the work is done by hand or with the help of Sari, the horse. The vegetables are sold at the market and in weekly boxes that consumers can order in advance. It is an example of a market garden.

What does « Market gardening » means ?

It's a type of agriculture that combines intensive and diversified production, economic stability and less use of machinery and chemical inputs. So it's a highly inspiring example, outside the dominant food chain, from production to consumption.



Note to the reader: this is a very simplified version which only gives a general outline of the different stages, but of course the methods vary according to the varieties, and the stages are not always so linear...

Photo report *(but not only...)*



Szent István Basilica



Great synagogue (Europe's biggest one)



Parliament





Visiting Budapest

The tramways (which are pretty useful if you don't have a bike), view of Pest (with three clowns in front), Mátyás church and its beautiful stained glass window, Buda Castle, Fishermen's Bastion, thermal baths, nice bars and Langós (a very good, very fat Hungarian speciality).



Szentendr 

This pretty village is about thirty minutes from Budapest. There is a great atmosphere here, in the narrow streets or on the banks of the Danube, especially at sunset!





*Weekend at Zsámbok
Evening and camping in
the middle of Swiss
chards and peas, a great
way to celebrate one
last time before saying
goodbye to the whole
team...*

