

# Welcome to the Frog Garden:

The Frog Garden is a community that seeks to live in harmony with nature and each other. We are inspired to live sustainable and self-sufficient lives. We offer a space to meet, to recharge, to grow, to discover, to be... This for both young and old.

The Frog Garden is a sanctuary without a fixed owner where people can take their responsibility in this natural property: Therefore, treat this place with respect;

You can see the Frog Garden as a beautiful magical garden of love where you can recharge, grow, create and connect with nature and others in love and freedom.

Below you will find guidelines that we find important for compassionate and respectful living together in nature.

## Guidelines:

We ask **not to use chemicals** (like soaps, creams, ...) in the whole forest, because of ecological awareness.

Produce as **little waste** as possible and take your own garbage home.

Dogs and other animals are welcome as long as they get along well with other animals, such as the cats and chicken who live here for a long time already.

We ask you to park your **car at the parking** at the entrance of the forest.

The frog garden is **not a campsite** but a conscious place where we try to live together. If you visit us, we would like you to stay longer than just one day and to actively help, think and create at your own pace and in your own way. There are small and large tasks marked on the task board and you can always ask the residents.

It is good to **communicate** with the residents about **your stay** and if you want to stay for a long time, it is good to organize a talking circle where you can meet everyone in the forest and introduce yourself.

In the past we have had some hassles with drugs so we keep it clear:

**No hard drugs** in the frog garden. Be aware of any narcotics, drugs you use and keep it under control without bringing down the group or yourself. You can also always communicate with the group if you have issues with the use of someone else. Also, be aware that there can always be or come children during your use.

We like to reserve **plant medicines** for ceremonies.

If friends come to visit you, it is your responsibility to inform them about the Frog Garden and pass on the guidelines.

It is also appreciated if you leave a donation for the general costs like gas, toilet paper, chicken- and cat food, washing up liquid, tools and other essentials to keep this place as wonderful as it is.

**We wish you a heart-warming stay in our little paradise.**

