

## World Kindness Day

The International Federation wishes you a happy World Kindness Day!

Some of you may wonder why this greeting is coming from the international allotment gardeners. Well, the answer to this question is simple:

Kindness concerns us all, because we are all happy when we experience kindness.

Moreover, kindness can take many forms, whether it's giving a smile to your fellow human beings and treating them with respect, or actively or passively helping others.

But kindness does not stop at the interpersonal level but extends to our entire environment.

Therefore, it is fair to say that we allotment gardeners are particularly friendly.

In our allotments, we cultivate and protect nature, provide valuable living space for all forms of life and plants, and are part of a community that helps and supports each other.

So, on this World Kindness Day, we would like to remind you:

Smile at those around you, enjoy your allotment and savour the kindness that comes back to you.

