



KA2 ERASMUS + PROJECT



OUR AIM is to share our experience and to promote healthy habits, explain the importance of daily physical activity, healthy eating, the importance of nutrition, food consumption and production.

Thanks to Nilgun for initiating and developing this healthy living project idea and wanting to spread the importance of following a healthy diet, doing regular exercise and inspiring young people and communities to reconnect with one another. And thanks to all project partners for their ideas, input and support.



What is **COOLIVING**?

It is a two year KA2 project funded by European Union under Erasmus+ programme.

It is developed with the partnership of four organisations from four different countries;

*International Educational Center GEMS
(Czech Republic - COOL Coordinator)

*Aventura Marao Clube (Portugal)

*Porto di Terra (Italy)

*Youth Innovation (UK)

And;

The name says it all. Respectful, Healthy and Sustainable living is COOLIVING.

COOLIVING is a lifestyle to reconnect with mother earth, share our gratitude for all that she gives us in return respecting sustainable food production and consumption. COOLIVING is a way of living to connect communities and young people to promote true healthy lifestyles.



Partner Corner:

In each newsletter we will briefly introduce one **COOL** partner.

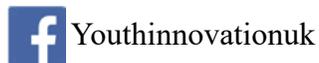
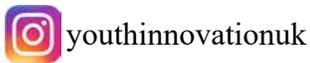
Ladies and gentlemen we would like introduce you “Youth Innovation”.

Youth Innovation (Y&I) is a young and energetic NGO, based in London, United Kingdom. The founders of this organisation, Sinem & Nilgun, have worked and volunteered in the field of youth for many years locally and internationally. They are now working with many other volunteers under Youth Innovation’s wings to help young people in their community.

The organisation promotes active and healthy lifestyle, supports personal development of young people to improve their social and civic competences. Youth develops important life skills with the workshops and events hosted by Youth Innovation. The NGO also creates opportunities for the mobility of young people in national and international level.

Youth Innovation encourages international learning and dialogue to strengthen the intercultural communication, cohesion and tolerance between different cultures.

They have successfully implemented Erasmus+ projects in the UK, thanks to their dedicated, creative and experienced team. They will continue to do so.



First ever Cooliving local event!

Healthy Picnic

‘The event gave this wonderful opportunity to bring young people from our local community together!’

Healthy PICNIC was held in London on the 4th of May 2019 with the participation of cool locals! Once again thank you all who came on that day, despite of the very typical - English weather! In the matter of 4 hours we have experienced sunny, rainy, windy, sunny, thunderstorm and again sunny day! Of course, nothing could stop this amazing group!

It was a wonderful gathering. We have welcomed newcomers, as well as regular participants. We did exercises in the beautiful Canteloves Gardens which provides various outdoor sport facilities and open to everyone! Huge thanks to Camden Council for providing locals with such wonderful open outdoor spaces where we can come together, have fun and do exercises and also relax on the beautiful green area and have a peaceful time and munch on our healthy food!

Thumbs up for all participants for bringing all the healthy and organic food to share among each other! Lots of delicious fruits, yummy salads were amongst all the healthy options for our picnic. Well done for trying different nutritious goodies. Special thanks to our certified personal trainer and ABA Sport Therapist, Merve Coban for showing us exercises on the day. We felt very privileged to have her on our team to share her expertise on this event.





“ With Healthy Picnic we had a chance to introduce and promote COOLIVING project to encourage healthy lifestyles in our local community. This event also gave us this amazing opportunity to promote sense of healthy community under ERASMUS+ programme. We discussed what Erasmus+ is and what are the opportunities provided by E+. We send our gratitude to European Union for helping us reach our aim and support communities with Cooliving project. ”

Youth Innovation Team

-Coming Soon-

COOLIVING will organise two international mobilities and bring over 40 people together to share and learn from each other.

We are excited for our first mobility which will be hosted by Porto di Terra in beautiful Sicily. The experienced team from Italy will introduce healthy relationship with our body-mind-spirit in order to develop awareness on our true potential and nature. The mobility will promote healthy habits, explain the importance of daily physical activity, healthy eating, the importance of nutrition, food consumption and production.

Stay tuned for the second newsletter of COOLIVING!