

COOLIVING

Reconnect to Earth, living in a respectful,
sustainable and healthy way

COOLIVING NEWSLETTER II EDITION

After the summer activities and the first International Mobility find out what is coming next and hear the voices of Cooliving participants, partners and volunteers. Do you want to be involved?

Contact us at coolivingproject@gmail.com!

Reflection of Catarina, participant of Cooliving Mobility in Sicily Community. Co-creating, Sustainability. Ecosystem, Permaculture, Harmony. So many terms in a short period of time.



What is our goal as a human being? What is our collective goal as a species? Maybe is mainly to survive, to become so powerful that we can defy nature and all its dangers. Our super consciousness allowed us to create so many tools to help us being independent from nature and its limited resources. And it is true, we are surviving. We know we are powerful. But we all also know deep inside that we can't compete with Mother Earth. As much as we want to separate, we belong to the ecosystem. We depend on it. But we choose not to realize it because we are too comfortable in our current reality. So how can we survive in a place of separation? Even as individuals, we sure survive, but why are so many of us lacking

purpose and connection? We are so caught in the system of society, but what about co-mmunity?

These beautiful people (met in Porto di Terra, Sicily) are the real prove that the called "utopy" is happening. Their project is real. Filled with deep work, awareness, struggles, but not an utopy. It is happening. They represent an ecosystem. They work in harmony, not just among themselves, but with every single element of their environment. They see the big picture, observing, studying, predicting. They use their super consciousness, not only to survive but to prosper and make their home prosper, respecting nature's rights. Its a win-win game. But most of all, they connect. Deeply. They connect with every living and non living being as part of themselves. And maybe, this is what is lacking in the war of climate change. We are aware of it but we don't give enough of our time to feel this reality, to build a relationship with nature, so we can feel the suffering. How can we fight for something that we truly don't care about? Maybe it's not about saving the earth. Maybe it's about belonging to the earth. Finding our place in the ecosystem. And connect, deeply. Without it, nothing can sustain."



UPDATES FROM PRAGUE: METROFARM

In cooperation with
COOLIVING project a new

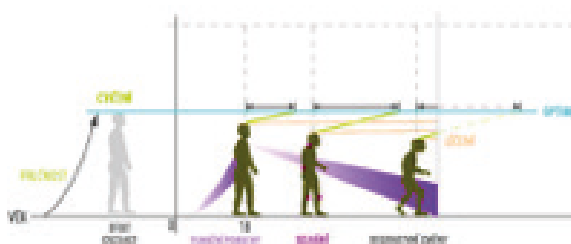
project started near Metrostaion Holešovice, in the centre of Prague. It is a community garden with the name MetroFarm. The initial idea of Štěpán was developed and finally supported by Solidarity Corps. You can read about it from one of the members of community garden.



<https://www.facebook.com/MetroFarm>

COMING SOON IN PRAGUE: UNIQUE SYSTEM OF EXERCISE O-A metod®

Half day workshop with PaedDr.Olga Chválová, CSc., author of "O-A Method®" exercise method. Because O-A teaches just what most people don't know how to do - relax - achieves results where others don't dare or let go. This method does not adjust body posture only cosmetically, but can fundamentally change it. It helps to create the basis of healthy movement that everybody needs to manage their duties in everyday life without difficulty.



COMING SOON IN SICILY:

The wood stationer

In September school started. In the town of Polizzi Generosa we could see kids of different ages walking the streets with their bags, smocks and smiles. Sometimes in tears too, like the little ones entering the kindergarden.



In little towns like ours, landlocked in the countryside, children are very year less and less. Schools are facing the risk of closing down. Funds allocated by the government to support the schools are little with the obvious impact on the quality of education.



Cooliving will offer a workshop of alternative education for the children of the kindergarden

with the method called "wood stationer". It will be a sustainable design workshop for small kids who will find in the wood all the material to create together their own stationery (pens, colors with natural pigments, brush..) and experiment artistic material and activities learning how Nature can provide a lot of what we need and more. We will reflect on how to avoid producing garbage but instead finding toys and stationary from the wood in harmony with the natural cycles. The workshop will be facilitated by the creators of the method.

UPDATES FROM THE UK: PHYSICAL AND MENTAL HEALTH

Over the summer, Youth Innovation has been involved in 4 international and number of local programmes.

Our team members continue doing activities in the local including walks, exercising with youth. Merve Coban is a professional personal trainer with great expertise and experience in the field.

She has organised many sessions in the local, she has inspired many young people to be more active and we are so proud to have her in our team.

Awareness is the first big step and we aim to continue raising awareness of healthy living for the wellbeing of our societies. Physical health is interrelated with mental health and one is not possible without the other.

We encourage young people to do exercises in a fun and creative way in order to maintain continuous motivation to do exercises hence maintaining overall wellbeing of youth in the long run. We believe, this is one of the most important aspects when it comes to sustainable healthy living.



THE PARTNERS CORNER

In this newsletter we will briefly introduce Porto di Terra, Cooliving partner.

Porto di terra is a young NGO based in the countryside of Sicily. We care about the Earth and we try to explore ways of living that are in balance and harmony with the Nature. We take care of a piece of land following the principles of natural agriculture and permaculture. In our work we are inspired by agro-ecology and regenerative agriculture. One of our aims is to explore a more sustainable, simple and respectful life and to share our “home” with who want to explore with us.

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PORTO DI TERRA