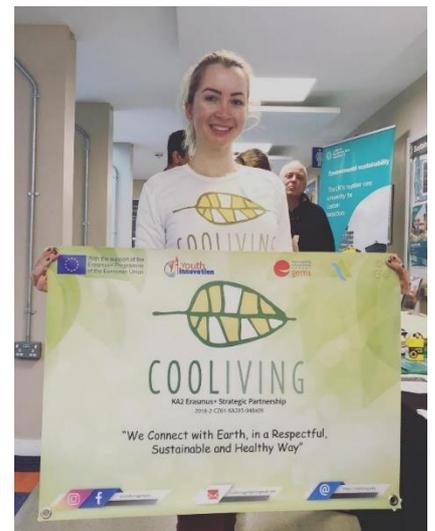


COOLIVING

NEWSLETTER JUNE 2020

As Youth Innovation, we had a wonderful time visiting London Metropolitan University Campuses and setting up our stand. We enjoyed talking to students and the staff about what really Erasmus+ is, what the programme offers to young people, what we are doing for COOLIVING with our collaboration with our project COOL partners from Czech Republic, Portugal, Italy and of course the UK. Many young people were thrilled to hear about not just the Erasmus+ Programme but also about COOLIVING project and its local and international activities. There has been a lot of interest in the project and we are now looking forward to widening our community by welcoming new young people to become more active whilst inspire each other.



Our Personal Trainer Merve has been working with many young people within the local community and working together with the local council to get youth more involved with regular physical activities as well as creating a space for socialising, sharing and having fun together with their peers. Merve also informed and explained our projects and the activities available to disabled youth within the community as we always aim to support those with fewer opportunities and involve them in social interaction through sport and healthy lifestyles.

Updates from Italy, Porto di Terra

During last months of fear due to the Corona virus epidemic the attention of Italy and of the entire world laid on issues of public health. The population was facing many restrictions. For many of them it was the first time in life experiencing such a limitation of individual freedom. Schools and universities were closed. Many workers were forced to temporary holidays. It was forbidden to gather and to travel with no urgent reasons. Theatres, restaurants, pubs and many public offices are shut down. People entered in shops one by one and only if it is necessary. Even more... people could not kiss and hug to greet each other!

Families were forced to spend a lot of time at home and together. We reflected on how to protect each other, our elders and the most fragile ones. People were living the unexpected opportunity to have time. Time to live in a slower way, time to reflect on our life style which has proved to be so poorly resilient so dependent by a fragile system. Can this resolve at the end of the day in more self-empowerment and self-awareness?

One thing that is sure is that in this period we are very much alert and keen to protect our health. There are many ways to do so and we can do it ourselves. Incredibly, we have many resources and ingredients already in our kitchens! Here we share receipts for two herbal teas that you can prepare every day to strengthen your immune system and protect your lungs. Let's regain our acient wisdom and the ability of taking care of our own health, day by day.

The first is a special one to protect your breathing system and to harmonize breath and mind, supporting clarity and release anxiety. The second a delicious one to strenghten the immune system and fight colds.

LUNGS PROTECTION HERBAL TEA

Boil the water, then switch off the flame and add the ingredients. Wait 5 minutes before filtering and drinking.

Doses for 30 gr

- rosehip flowers (2.5 gr)
- helychrysum flowers (5 gr)
- melissa leaves (15 gr)
- thyme flowers (2.5 gr)
- hawthorn flowers (2.5 gr)
- elder flowers (2.5 gr)

HERBAL TEA FOR COLD AND BOOST IMMUNE SYSTEM

Doses are for 3 cups

4 cups of water

3 cloves

one teaspoon of liquorice powder or half liquorice root
peel of one orange

one carrob cut in big pieces (if you have it)

**BOIL THE INGREDIENTS TOGETHER FOR 5 MINUTES then
ADD HONEY AND THE JUICE OF ONE LEMON**



Update from Portugal, Aventura Marão Clube

AMARANTE WELCOMED 2 COOLIVING EVENTS

Spreading the values and objectives of the COOLIVING project is a common aim of all partners. Aventura Marão Clube, Portuguese partner, collaborating with an experienced Estonian, organised two local events in order to directly involve the locals.

The first workshop – Van Life – consisted of sharing sustainable tips and tricks for those interested in testing what is like to live in a van, either for travelling or life choices. During the workshop, the person leading also took the chance to show the participants her van, which, besides her house, was also a barber shop, that she uses to make some money.

The second one – Dreamcatchers – intended to teach the participants how to make their own dreamcatchers, using mostly stuff that can be found in the nature. The result was so good, that people that took part started doing dreamcatchers like “crazy”.

We are not finished yet and more events will happen in Portugal and, even if you are not able to attend, you can check all the results online in our social media.

DO IT YOURSELF – HANDMADE SOAP

For 30 (depends on the size you want) soap pieces you will need:

- 4600 ml of filtered used oil
- 1250 ml of water (if the water in your area has many salts, preferably use distilled water)
- 600 g caustic soda
- Spices such as cinnamon, nutmeg or aroma essential oils (optional)
- Plastic basin
- Wooden spoon
- Hand mixer
- Gloves
- Wooden or plastic cases

NOTE: It's preferably to make the soap outdoor. If not possible, then it is better to wear a mask.

- 1) Start by pouring the water together with the spices, if you put, into the plastic basin.
- 2) Gradually add caustic soda, mixing with the wooden spoon. CAUTION! Pour austic soda into the water and NEVER the opposite!
- 3) We stir the mixture gently for 15 minutes as the temperature is high.
- 4) After, gradually pour the oil while mixing. (If we use essential oils we add them to the oil, which should weigh 4600 ml with the essential oils)
- 5) Once you poured all the oil, mix with the hand mixer for 15 minutes until the mixture looks like cream.
- 6) Put the mixture in the cases and let it rest for two days.
- 7) After two days unload and cut into pieces.
- 8) Even though the soap looks ready, it's not! It takes two months for it to mature. More specifically, the caustic soda to be completely neutralized and turned into simple soda, harmless to the skin.



The amount of soap is large. But as the whole process takes two months, you can make enough soap to cover your needs for all the year!

GOOD LUCK and share the results with us 😊

What is new in the Czech Republic?

International Educational Center GEMS managed to organize in January inspiring walking workout Exercise with O-A method® for a healthy back and a better brain

Half day workshop with PaedDr.Olga Chvátlová, CSc., no doubt the author of the most revolutionary exercise method of all time "O-A Method®" was organized as an open workshop to promote the project and to help our participants to prevent any healthy problems with their spin and back.

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.

Why do walking workout? And why at a young age?

This exercise helps to develop a defence mechanism against the destructive influence of gravity. People who practice this method can prevent unpleasant back and headaches. With an emphasis on relaxed movement, O-A® exercises differ from those that focus mainly on strengthening the muscles and stabilizing the so-called center of the body. Its popular name - Cat Exercises - which reminiscent of the flexibility, ease and fluency that sounds from the movement of cats, which in no way prevent them to move very energetically and perform extraordinary physical performance.



Having in mind importance of food, we are preparing a workshop with our guest Muna Amara:

Áhára Chikitsa – Nutrition as medicine – Ayurveda, traditional Indian medicine

The workshop will be organized in June in cooperation with Metrofarm community, as they can provide suitable facilities for this workshop.



Ayurveda is traditional Indian medicine and the oldest medical system in the world. The cradle of this science is India, but its principles transcend time and space and are universally applicable anytime, anywhere. Due to our absolute uniqueness and individuality, there is no one universal diet that suits each of us. But there are principles on the basin of which we can understand our uniqueness and give ourselves (even through nutrition) exactly what we need for our health and satisfaction.

We will introduce the basic Ayurvedic concepts (Panchamahabhuta, Tridosha, Prakrti) and then move on to the main aspects characterizing Ayurvedic eating (WHEN- day / year / life period, HOW- appropriate way and amount of food, WHAT- specific foods, their properties, tastes and combinations) We will end the conversation with a joint, easily digestible dinner :)

