

NEWSLETTER COOLIVING #4



BLENDED MOBILITY IN AMARANTE

The COOLIVING project is on the move! From the 25th till 30th October 2020, Amarante, a small city in the north of Portugal, received the second blended mobility of the COOLIVING Strategic Partnership, financed by the Erasmus+ program of the European Union. Even though the covid-19 seemed to give us no space for living, we believed and, with all the necessary safety measures, we went through with it and were able to create an amazing week for an amazing group of youngsters from Portugal, Italy and Czech Republic. Unfortunately, the participants from the United Kingdom were not able to participate presently on the mobility but joined the group through online methods. During the 5 days they were in Portugal they dedicated their time to find out more about a healthy and sustainable lifestyle. The first day was used to get to know each other and the city, team building activities and go through the program. The second day of project was taken over by the beautiful vineyards of Douro (full of different fall colours), a visit to Lamego and the preparation of a trash sculpture (inspired by the artwork of Bordalo II, completely made up from trash). Besides the full day, the group still had an amazing Capoeira class, done with all the safety measures, by a Turkish volunteer in Amarante! The participants had also the right to a sustainable tourism experience. They went for a hike in Canadelo, a beautiful rural village in the outside of the city center, and a bike ride in the Ecopath of Amarante. To end the project perfectly, the youngsters went to Cimo de Vila community, where they had a workshop about Worm Revolution (using worms for composting) and another one about Seed Bombs. The last but not the least, we presented them with a Fit for Kids training, a free project that intends to fight child obesity and work on social inclusion. The COOLIVING mobility in Amarante made us sure that participants went back home full of new ideas and changes they would like to implement in their daily life. Let's see in a few months how they will be!

PEDRO TESTIMONY



Hello!

My name is Pedro, I am from Amarante and I was part of the project COOLIVING that took place in Casa da Juventude de Amarante, in October 2020, with other participants coming from Czech Republic, Italy and Portugal. This project had as goals provide the participants with a group of information and experiences that met and stood for environmental and personal good practices, as a way to improve our lifestyle. From activities related to sports (yoga, capoeira, hikes in the nature...) to others related to sustainability and the usage of good practices tools that are easy to use ("Worm Revolution", Seed Bombs, Fit For Kids...). All I have learnt was like an avalanche of information and experiences that still have impact on my life. All this time after the project, I adopted a vegetarian lifestyle, started my own garden, in which I try to use only Bio products, and made a 6 month ESC project in Greece, also related to good practices, where I had the chance to start an organic garden with the help of the organization. It were 5 days of interaction and sharing of experiences that hardly I will forget!"



"The Barefoot Sensory Path offers a feast for all the senses. It is a place where you can relax and enjoy the moment. Feel free to take off your shoes and focus on the perception of the different structures. Listen to the sounds and sense the smells around you. To create the path we have collected local and natural materials: sand, bark, stones, rocks, soil and wood stumps. We separated and surrounded them with wooden sticks. The area is decorated with a piece of a tree brought from the Marão mountains that serves as a shoe hanger, a stone land-art and solar-powered lights.

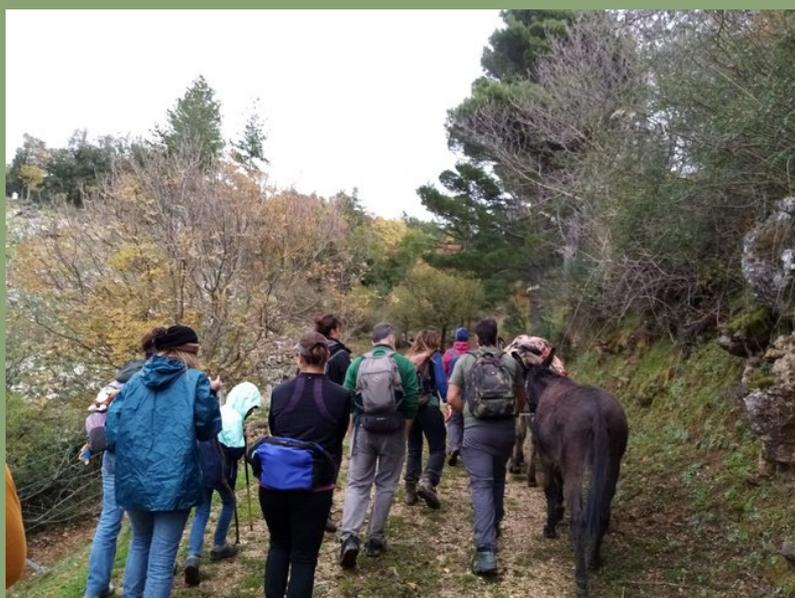
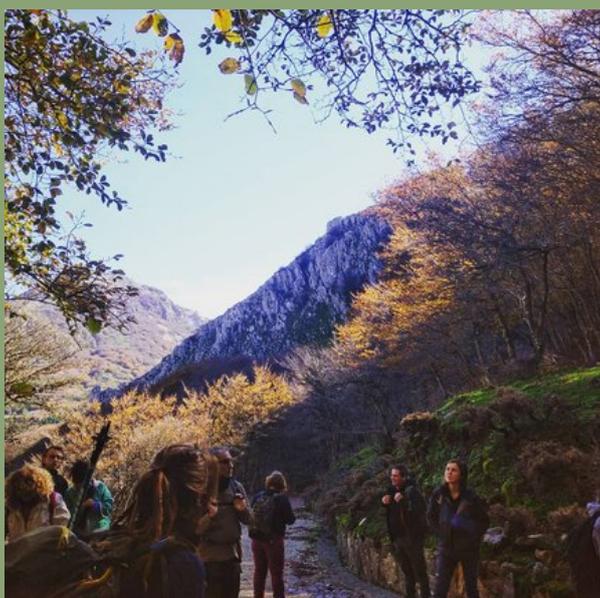
The path was created by a group of international youth participants of the Work Camp "Another World is possible". Barbara, ESC volunteer in Amarante



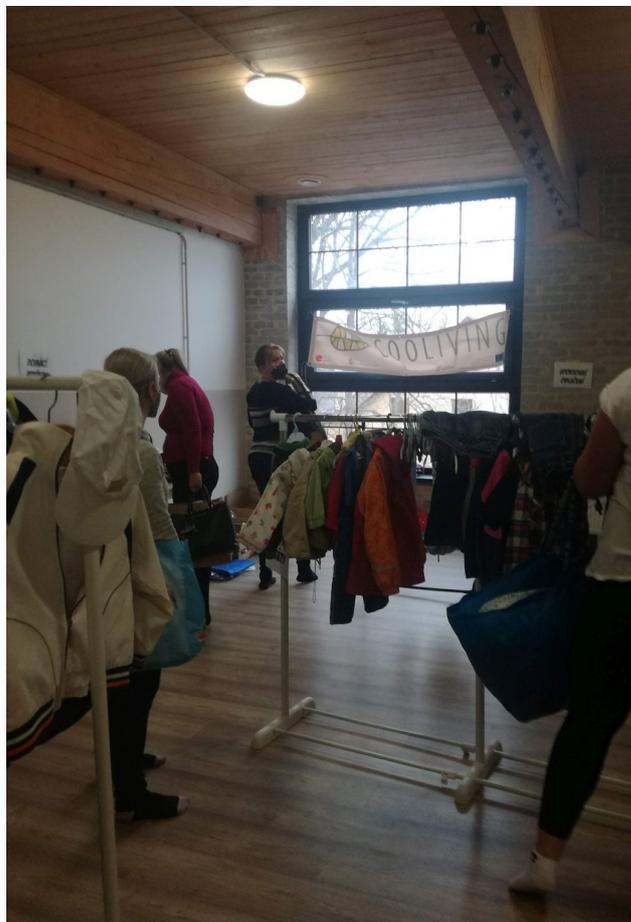
UPDATE FROM AUTUMN IN THE SICILIAN MOUNTAINS: PORTO DI TERRA, MADONIE NATURAL PARK, POLIZZI GENEROSA

I remember when I was younger and I was going to school before, university after, that I used to dislike this season. Autumn was described as a cold and unpleasant period, right after the sun and happy and fun related with the summer. I used to associate it with the duty of school and then responsibility of work and I felt it as a poor and scarce season, which pre-announced the final "death" of winter.

On the contrary, living in the mountains, according my rhythm of life with the cyclic nature of day and night, warm and cold, I had discovered this rich and generous time: walking in the woods you find mushrooms and chestnuts, you eat the pumpkins which are finally ready, you pick lotus and apples and pears from the trees, not to speak about olive picking and extra virgin olive oil preparations. It is the moment to stock the dispense and the woodshed during the long afternoons and finally rest after the frenetic summer thanks to the rainy days. With Armònia, the time of the road, we've been organising a walk to "Piano Cervi" to admire the foliage, the first walk with our donkeys and a workshop of natural cosmetic in Porto di Terra spaces with youths and families of the area - we reached more than 3000 people on our fb page and almost 50 people were direct beneficiary of the actions. What is enriching us the most, is the opportunity to share the beauties of our mountains, explaining stories and traditions that are almost forgotten and letting people experience the pleasure and the force: to walk in a wood with wonderful colours and smells; to tune the pace with the donkeys one, feeling them; to get to know about medicinal plants preparing their own medicinal ointments; to re-discover the deep meaning of caring. From the feedbacks expressed, the spark of happiness in the eyes and the big smile on the faces, it seems like small seeds have been planted...



NEWS FROM INTERNATIONAL EDUCATION CENTER GEMS



Crowded wardrobes and the feeling that I have nothing to wear – a situation that women experience every day. But buying new uppers usually brings only short-term satisfaction. Plus, there's a problem: where to put it? The solution is to ride the „swap“ wave and pass on what I don't need in Exchange for something that someone else would throw away, is a modern alternative to shopping at traditional stores. It is also a „different league“ than hunting in the obligatory second hands or at the flea market. You can swap everything, what is in good condition, books, household goods, cosmetics, plants,... In addition, you can do it without any money.

70% of all staff will find its new owner and the rest is given to the charity.

Swap organized in cooperation with community centre in Beroun took place in November 2021, was attended by 70 people and organized by help of 10 volunteers.

Any idea for the Christmas present?

Make your own lotion bar with this easy DIY recipe
A lotion bar is a solid bar that melts on the contact of your skin. A lotion bar contains butters (shea butter and cocoa butter) and oils.

DIY Lotion Bar Recipe

10g beeswax
10g coconut oil
5g shea butter
5g cocoa butter
optional: essential oils of choice (10-15 drops)

Instructions

1. Heat cocoa butter, shea butter and beeswax together in a saucepan over low heat.
2. Once the beeswax and butters are melted add coconut oil.
3. Add essential oils
4. Pour melted coconut oil and beeswax into paper cup or muffin form.
5. Let it sit until cool.



Despite the effects of pandemic, we have not stopped being active and promoting a healthy living. Youth Innovation has organised challenges during pandemic inviting many young people to keep active during lockdown and keep moving. Our previous participants also took part in this challenge and did various exercises at home. We are proud that many participated in this challenge to inspire one another.



Wiktorja took part in the first mobility of the Cooliving Project in Italy, ever since she has become more active. She has organised several trekkings in her local community inviting young people and her peers to promote healthy living among young people.



Nilgun has joined virtually to the second mobility of the Cooliving Project that took place in Portugal. She is already an active person that follows a healthy diet and exercises frequently not individually. Nilgun is a yoga teacher and she held several yoga classes to promote Cooliving project. To invite young people combine healthy body and mind as one is not possible without the other. Her students are now more inspired and started to yoga classes more often. They said they feel more energised and also calm and peaceful. Nilgun also reported that her students are more prone to follow a healthier diet than before. It is wonderful that our project is helping youth change their lifestyle for better.



These are the garden products of Blake. Home grown with lots of love. Free from nasty chemicals, no carbon footprint. Healthy consumption to have a healthy body.

Youth Innovation also organised many composts making online trainings hosting experts to teach how to turn kitchen waste into fertiliser to enrich our garden to grow more nutritious fruits and vegetables.



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COOLIVING