



LIVE LONG AND PROSPER

BOOKLET

FOR YOUTH WORKERS



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LIVE LONG AND PROSPER BOOKLET

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THIS BOOKLET WAS CREATED BY THE PARTICIPANTS OF THE YOUTH EXCHANGE "LIVE LONG AND PROSPER" THAT TOOK PLACE IN BLANSKO, CZECH REPUBLIC, FROM 24TH NOVEMBER UNTIL 3RD DECEMBER 2015.

THE PURPOSE OF THIS BOOKLET IS TO PRESENT NEW METHODS OF NON FORMAL EDUCATION FOR YOUTH WORKERS WHO WANT TO PROMOTE HEALTHY LIFESTYLE IN THEIR FUTURE WORK.





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THE HEALTHY COOKS

The second day of the project we were working on the topic of Healthy Food and why it is so important to eat healthy food, the possibilities we have to grow our own food, introduction to the chemistry of food and the best ways to combine different types of food to get the perfect meal. We explained the importance of the food pyramid and the participants found out their bodies optimal diet plan. One of the games of biggest impact we had was the: Guess the sugar game – where they had to measure how much processed sugar has each of the daily snacks that the youngsters eat, or drink.

As a summary of the day the last two sessions were cooking and the participants created recipes and cooked their own 100% healthy dinner. This is a very good way to implement serving healthy food in projects because when the participants create their dinner they will feel more accomplished and motivated to eat healthy and feel the difference in their bodies after a healthy and an unhealthy meal. The participants were divided in 3 groups, making the salad, cooking the main dish and dessert. Here are their recipes:



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THE HEALTHY COOKS

SALADS

"SHOPSKA SALAD"

Ingredients (measured for 2 people):

- 1 cucumber
- 2 tomatoes
- 1 small onion
- Olive oil
- Balkan cheese (salty white cheese)

Instructions:

Firstly, wash the cucumber and tomatoes and slice them in mid-size pieces. Cut the onion in small squared pieces (watch out for the tears :p). Mix the cucumber, tomatoes and onion in a large bowl and put the cheese on top. The cheese can be cut in small cubes or grated. At the end you put olive oil over the salad and enjoy eating it.



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THE HEALTHY COOKS

SALADS

"CARROT AND APPLE SALAD"

Ingredients (for 2 people):

- 1 big apple
- 2 big carrots
- 1/2 lemon
- 1/2 orange



Instructions:

Wash and peel the apple and carrots. Cut the apple in pieces and grind it. Grind the carrots and mix them with the apples. Juice the lemon and orange and put the juice over the salad. Enjoy it!



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THE HEALTHY COOKS

MAIN DISH

MIXED VEGGIES

Ingredients (you can choose the proportion of the ingredients depending on how many people you want to serve to):

- carrots •broccoli •cauliflower •zucchini
- eggplant •potatoes •onions •olive oil
- spices: •garlic powder •basil •oregano
- lemon •salt •pepper

Instructions:

Wash and/or peel all the veggies.

Cut them in small (1cmx1cm) cubes.

Put the veggies in a baking pan, add the olive oil and spices and mix them good together. Bake the mix in a preheated oven on 180oC for 35min. After it is done let it cool for 5 minutes and serve.





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THE HEALTHY COOKS

MAIN DISH

COUSCOUS

Ingredients:

- Couscous
- Water
- Salt
- Olive Oil



Instructions:

The ratio of water and couscous should be 1:1. Put the water to boil and add salt and olive oil. Stir in the couscous. Remove from the boil and leave it to sit for 10 minutes. Serve the couscous while still warm



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THE HEALTHY COOKS

MAIN DISH

LEMON AND ORANGE CHICKEN



Ingredients (For 1 person):

- 200 Chicken breasts
- 1 lemon
- 1 orange
- 1 tablespoon olive oil

Instructions:

Put the olive oil in a pot and wait to heat. Cut the chicken breasts in cubes and put them in the pot with the heated olive oil. Squeeze the lemon and orange and add the juice in the pot. Wait for the juice to caramelize and cook the meat as long as you prefer.



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THE HEALTHY COOKS

DESSERT

FRUIT SALAD

Ingredients:

- Apple
- Banana
- Red and white grapes
- Orange
- Kiwi
- Strawberries
- Cream
- Vanilla



Instructions:

Wash and slice all the fruit. Mix the cream and vanilla. Mix all the fruits together and put in portions by your choice. Add 1 tablespoon of the mix of cream and vanilla in every portion. Eat it and wash the dishes! :]



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CHEMISTRY OF EXERCISE

SUMMARY

On the 4th day of the project the team from Slovenia had the sessions about exercising, firstly by providing the theoretical information about exercise, like significance of exercise for human life, and later practicing some basic exercises we can all do at home without fancy equipment. At the last session, participants shared their knowledge and experience about energizers and were divided in 4 groups that had to come up with energizers that include some sort of exercise for the body.





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CHEMISTRY OF EXERCISE

ENERGIZER "The object fighter"

Separate participants into two groups. Make a two lines of them facing each other with approximately 5 five meters space between those lines. Every participant within the line has to obtain his/her own number from 1 until the end (dependent on number of participants) while the same numbers are standing in front of each other as rivals.





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CHEMISTRY OF EXERCISE

ENERGIZER "The object Fighter"

The Game

Facilitator randomly choose a number and shout it out. Those two participants with this number need to grab the object and carry it behind him/her line If he/she succeed to do it, the team obtains a point. But while one of them is carrying the object, the enemy can catch him/her and get the point.

While the person is taking the object he/she can also anytime put it to the ground to protect him/herself from losing the point, but to bring the object closer to his/her line. If it takes too long or it needs to be faster, the facilitator can add another number, so there are already four people fighting and helping to each other to reach the point To through the object is prohibited Winner is the team with higher score



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CHEMISTRY OF EXERCISE

ENERGIZER "Can't touch this"

We need:

- music: MC Hammer – Can't touch this
- energy
- group of people of any number

How to do:

People will be divided to three groups. Every group will have one part of the song and need to learn the steps. When they finish learning the steps the groups connect to one big group. Then they dance together. For the steps follow this video and everything will be clear https://www.youtube.com/watch?v=juy0T7S_ou0



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CHEMISTRY OF EXERCISE

ENERGIZER "The Animal Energiser"

The Energiser is basically about imitating a few animals while working out with some music in the background. Each participant is doing the same exercise alone. There is one teacher who is telling which animal they should imitate. It is done in nearly 10 minutes. The target group is the children in the kindergarden. We work most of our muscles with no particular group in mind. Everyone should have their mats in front of them, so when the music stops everyone returns to their mats. Otherwise the animals do the exercises anywhere in the room.





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CHEMISTRY OF EXERCISE

ENERGIZER "The One"

- **Target group: everybody**
- **Equipment: sound system, chairs**
- **Place: big room or outside**
- **The number of participants: 10 – 30**



The rules of the energizers:

Pre-game

Put the chairs not so close to each other in a circle. The number of chairs has to be one less than the amount of participants. Then put some music on. Participants will start dancing around chairs not touching them. When the music stops, participants have to find available chair and sit down. The person who does not find the chair, it is the one.



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CHEMISTRY OF EXERCISE

ENERGIZER "The One"

The Game Itself

All of the participants are standing in a circle. The chosen one is going away not to see the whole group. Someone from the circle voluntarily stands out to be the one that is going to start doing simple warming-up exercises (for example some exercises with hands, legs, neck, etc.) that everyone in the circle should repeat it, without letting the "chosen one" see where is it coming from. The one who is out of the room, will join the group and the game can start. The chosen one has to guess who is starting exercising. The people should not look straight to the person who is doing exercising! When the one who is doing the exercises is revealed, he is now going outside, on the place of the previous one, and the game can continue.



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YOGA AND MEDITATION SUMMARY

First we went for a meditation walk, and found a field to have an amazing energiser what was called 'Fighting bottle', then we had a speech about different „caminos in Spain". This was really interesting, it is a kind of a lifestyle to walk along 20-30-40 days after each other in the nature. We had another energiser called „red clap" and we had yoga exercises as well, it was quiet fine.

We started the second part of the day with a game where we had 4 different identities(egg,chicken,bird,superman) then we had a speech about the chemistry of yoga and we had a meditation as well, and after we shared the experiences about that. We closed the day with a funny task: the participants had to write a full 90 minutes long session about yoga and meditation and later they showed to each other what they made. Another task was to invent a new yoga position and give a name to it.

Here are the results:



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YOGA AND MEDITATION

Power Yoga Session

First we explain the breathing for around 5 minutes. The participants practice the breathing technique (10 minutes). After they stretch for 5 minutes. Brief introduction to the set of positions (5 min).

Positions:

1. Salutation of the sun
2. Reaching for the heels, Horizontal stretching
3. From seated position while touching the ground jumping into straight hand plank position
4. From plank position go into close gap push up
5. From push up going to Cobra position
6. From Cobra into Bridge position
7. Bridge into 1 leg raise into Warrior position
8. Warrior position into straight hand plank position
9. Straight hand plank position into Cobra position



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YOGA AND MEDITATION

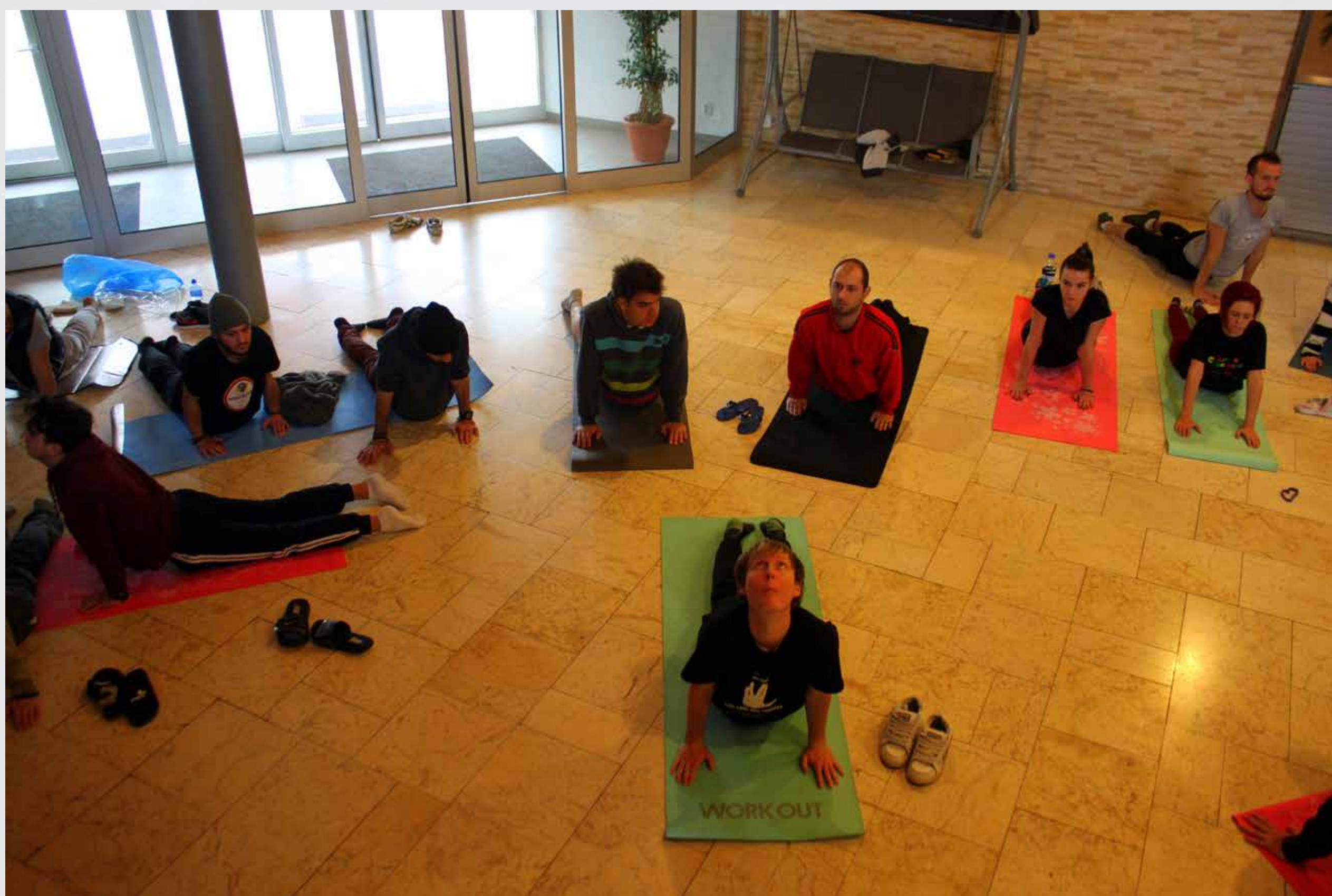
Power Yoga Session

10. Cobra into another leg raise into Warrior position

11. Warrior position into Salutation of the sun

12. Repeats 1-12 (10 minutes for each set)

At the end they stretch for 5-10 minutes, and after they are relaxing and laying on the ground (5 minutes).





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YOGA AND MEDITATION

Power Yoga Session 2

Energizer „Ninja“ - 5 minutes

Practical part – breathing part – the goal of this activity is to teach ourself how to breath, to point out that it is important to the yoga. This activity consists of two parts.

At the first part, participants will be in the lying position and at the second part they will stand.

Lying position: The facilitator will teach participants how they should focus on breathing. They will start breathing, after stop for 5 seconds, breath out and repeat (5 minutes).

Standing position: The facilitator will tell participants to breath. After they will breath in, they should start to count the word „banana“. They will tell the number of word „banana“ until they want to breath in (5 minutes). seated pose, upward facing dog. The trainer will show one pose and other will repeat that pose.



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YOGA AND MEDITATION

Power Yoga Session 2

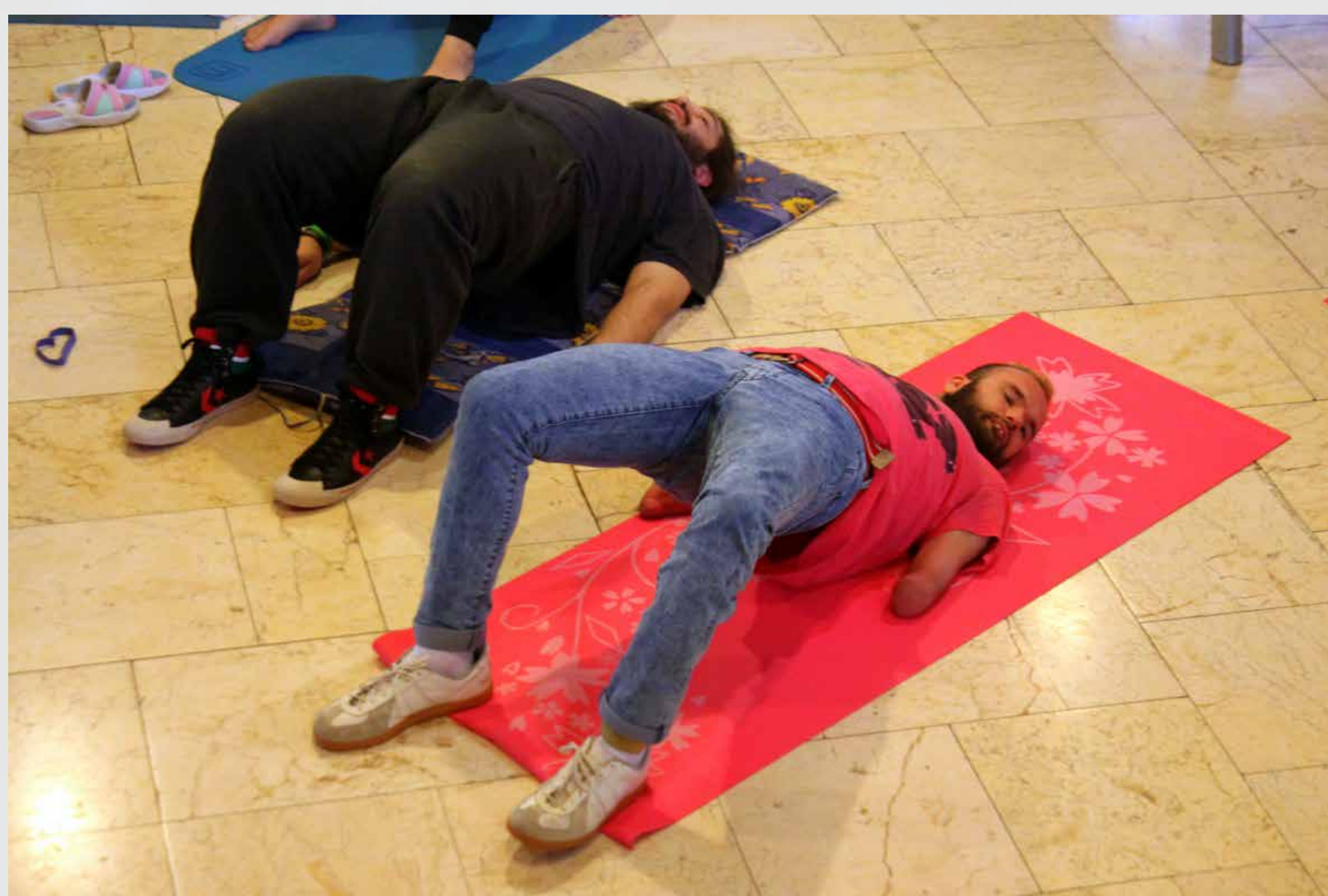
Practical part no 2.

Stretching – The facilitator will teach other how to do chaturanga (10 – 15 min).

40 minutes – Yoga position – The facilitator will explain to others the basic yoga poses. We suggest the following poses: mountain pose, warrior pose, downward facing dog, tree pose, bridge pose, triangle pose, seated pose, upward facing dog.

The trainer will show one pose and other will repeat that pose.

10 – 15 minutes – Relaxation, summary what we did.





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CHEMISTRY OF EARTH

SUMMARY

On Day 7 we focused on our environment and the Czech team had the sessions organized for the whole day. They presented a game which was called "The web game" where the participants created a model of the web of life



and then how it can be destroyed by the things humans do to the environment. Then we watched and discussed videos about raising the consciousness of the people about saving rainforests, soil, Mother Nature, water. The following activity was called "Theatre" where the tasks to the different group of recycling, green energy, transport and food production, were to make a theatre play based on the given topic. In the end, the Czech team gave us an environmental quiz that tested their knowledge about the topic.

Now, here are the tips how to be more eco-friendly and start saving the earth.



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CHEMISTRY OF EARTH

Transportation

- using bikes or going by foot (for short distances)
 - using public transportation, instead of cars
- buying local products, which means less transportation of the goods
- buy less, produce more (home-grown products do not need transportation)
 - use car sharing (use websites like Blabla Car)
- use LPG gas instead of diesel or gasoline or even electric cars, transportation
- raising awareness and education in schools and in the media about pollution





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CHEMISTRY OF EARTH

Recycling

- Use glass when you brush your teeth
- Use dishwasher it saves water (Full with dishes)
- Have a short shower instead of using bathtub
- Collect the rain to water your plants
- Collect the shower water to use for toilet
- Use solar energy from solarpanels
- Turn off the light if you leave the room



- Collect your rubbish separately
- Don't throw away your rubbish
- Use bottles more than one time



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