



Z I N E

healthy and wealthy

"Everything you can imagine is real."-Pablo Picasso



This zine is a product of International youth exchange called Healthy'n'wealthy hosted by Youth centre Zagorje ob Savi in July 2015 in Zagorje ob Savi, SLOVEenia.

It is also a set of impressions, ideas and knowledge of 25 participants from 5 different countries: Scotland, Poland, Croatia, Cyprus and Slovenia, who were exploring the topic of healthy lifestyles.

It was done in team spirit, with lots of enthusiasm, creativity and love.

It is something that we who participated in the project can treasure always and remember the good times we spent together.

For you dear random reader it can be an inspiration to make a change for you or others.

EEL free to share, copy and distribete this zine and its ideas.

Marko



THE STORY Behind



When did you realize you wanted to do a project of your own?

The first time I realized I wanted to do a project of my own was probably on my first youth exchange that I went to as a participant in Belgium. It was a life changing experience for me and I remember my thought at the end of the project was: »I want to do this for the rest of my life!«

What inspired you to come up with this Healthy'n'wealthy and what does the name mean to you?

The time when the idea for HN'W was born, I was all into health and food - I was reading books, watching documentaries, changing my diet and I felt how much better you can feel if you are taking care of yourself. It is a long process and a never ending story, but it is all worth it. »It is health that is real wealth« said the legendary Mahatma Gandhi. And since the situation among young people regarding healthy life-style isn't that bright, I saw my idea of raising awareness about this as a possibility for a youth exchange on this topic.

How long did you prepare this project for and what was the biggest obstacle?

Hard to say how much time it takes all in all, because it is a long process from getting an idea, to writing an application and then making it reality. But trust me, it is an amazing learning process and it is really worth every minute you put to it. My favorite school ever!

How do you think it will change your life?

It already did in many ways. I learned so much during the whole process and I know there is even more to come. I met this amazing group of people, in which every single person is special and has so much potential to do great things! They inspired me so much and I am really grateful for meeting them all.

What advice would you give to someone wanting to do their own project?

I would say: GO FOR IT! And even if something goes wrong, you learn and try again. I really believe anything is possible, if your intentions are clear and if you put your everything in it. I feel I can say "been there, done that" so clearly people, if you have an idea, JUST GO FOR IT and make it happen ☺ You can do it!

Are you planning on doing something similar in the future?

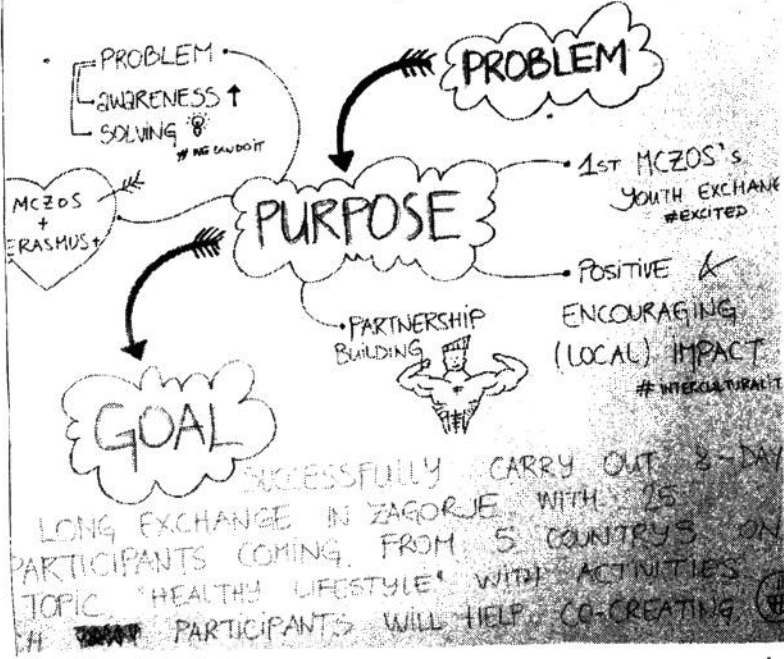
For sure, I already have some ideas. I see Erasmus+

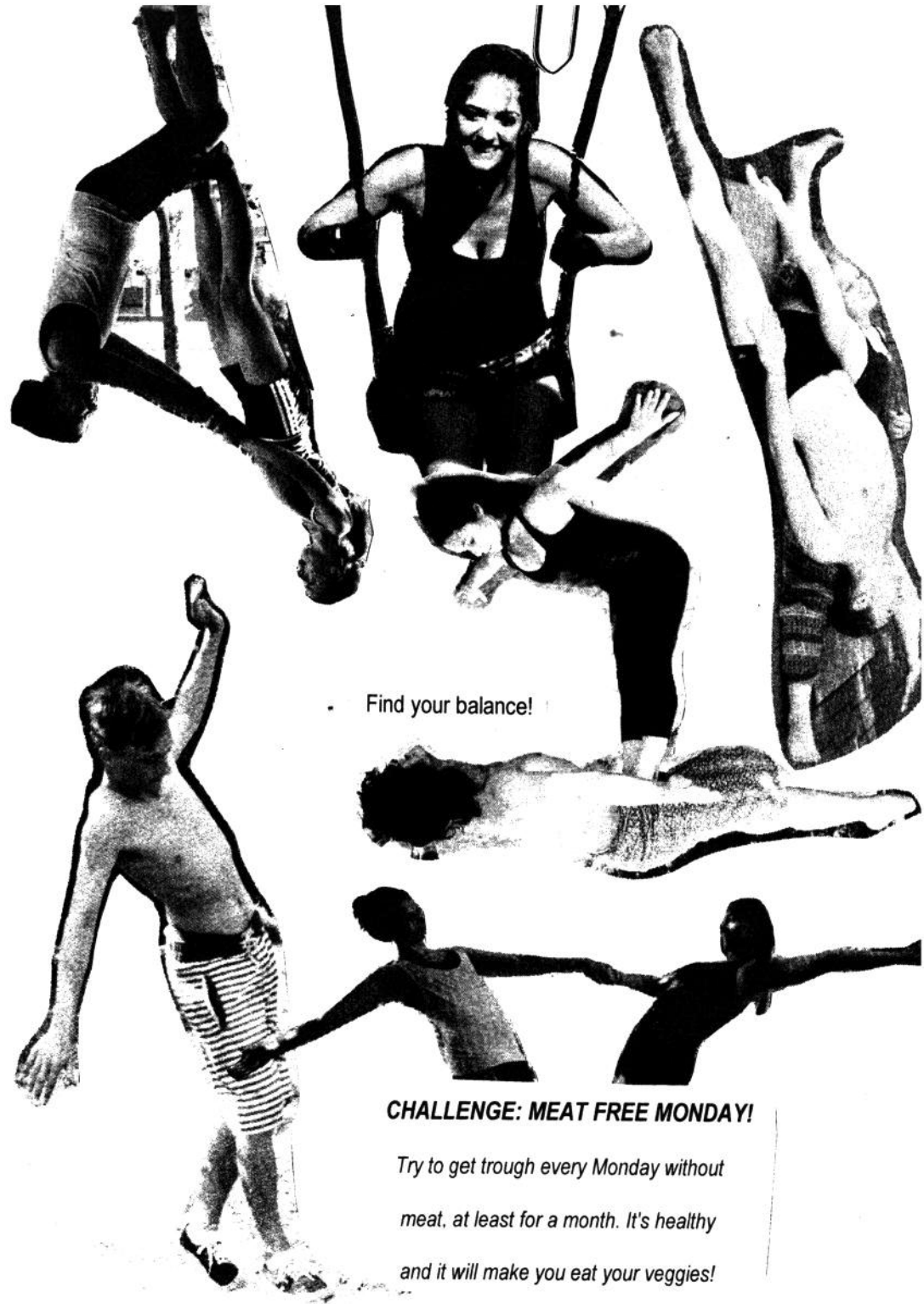
as an amazing opportunity that can help you create your own

opportunities and that is something that I want more young people to see.



How HNW Was BORN?





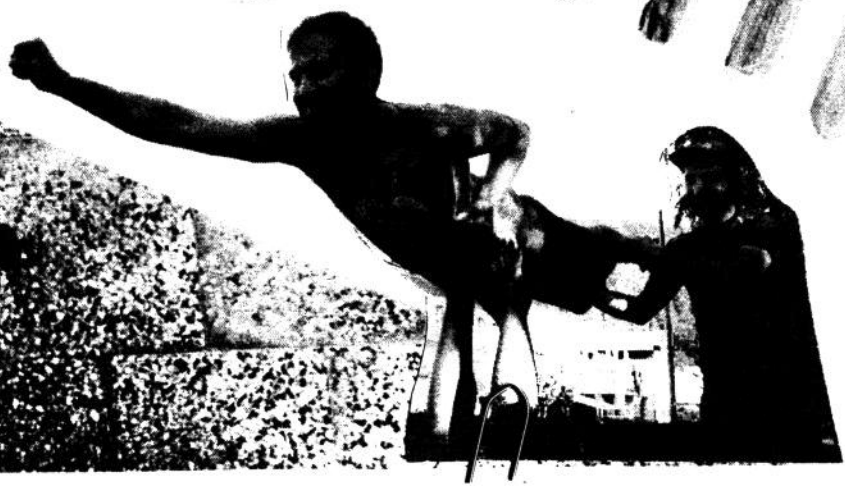
Find your balance!

CHALLENGE: MEAT FREE MONDAY!

Try to get trough every Monday without
meat, at least for a month. It's healthy
and it will make you eat your veggies!

CHALLENGE: MEDITATION TUESDAY!

Meditate for 30 minutes every Tuesday for a month. It gets even better if it becomes a habit, and you will feel more relaxed and calm.



VeGAN 4 Day

Eat: fruits, vegetables, grains/starches, legumes, nuts & seeds ☺



VEGIES RACHY



Ingredients:

- 1 cup flour (220g)
- 1 cup plant milk (rice, soy, almond)
- teaspoon lemon juice
- 2 teaspoons dry yeast / or 10g wet
- teaspoon of sugar
- teaspoon of cinnamon
- pinch of salt
- frying oil
- powdered sugar
- 3 apples

Preparation:

- ♥ Put the flour, yeast, sugar, cinnamon and a pinch of salt in the bowl and mix it.
- ♥ Add lemon juice to a measured cup of vegetable milk. Mix and then add to dry ingredients.
- ♥ Stir with a wooden spoon and allow the dough get ready for 10-15 minutes.
- ♥ Peel apple and cut into 5-10mm . talar . Cut the cores
- ♥ Add apples to the rest of the ingredients and mix them well into the dough.
- ♥ Preheat the frying pan and fry small pancakes .
- ♥ Let it brown on both sides .
- ♥ Make a lower out of them and pour some powdered sugar on the top.
- ♥ Eat them right away !!

SMOOTHIE

Ingredients:

25 g of dates

3 bananas

Vegetable milk

Cinnamon (optional)



Preparation:

- ☺ Soak dates for atleast 1 hour.
- ☺ Put all the ingredients in a blender.
- ☺ Blend from low to high – 30 s.
- ☺ Serve with some cinnamon.

VEGGIE SOUP

Ingredients:

4 tbsp. olive oil

1 bay leaf

2 onions

3 garlic cloves

3 carrots

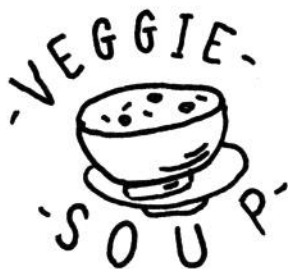
2 cup of cauliflower

1 cup of peas

1 cup of chopped mushrooms

Preparation:

- ◆ Medium dice the cauliflower, carrots and onions.
- ◆ Finely chop the garlic.
- ◆ Heat olive oil and simmer onions – 5 min.
- ◆ Add carrots and garlic and simmer – 2 min.
- ◆ Add all other ingredients and 2 cups of water.
- ◆ Cook for 40 min.
- ◆ Season with salt and pepper.





“LENTIL SOUP IS MENTAL FRUIT”

Playlist to go vegan:

Dead Prez – Be healthy

Morrissey – Meat is murder

Gorilla Biscuits – Cats and dogs

Youth of Today – No More

Insted – Feel their pain

T H E R E I S

A W O R L D

O U T S I D E

Y O U R

W I N D O W

Calendar



DAY 1

The journey begins!!



DAY 2



Getting to know each other...





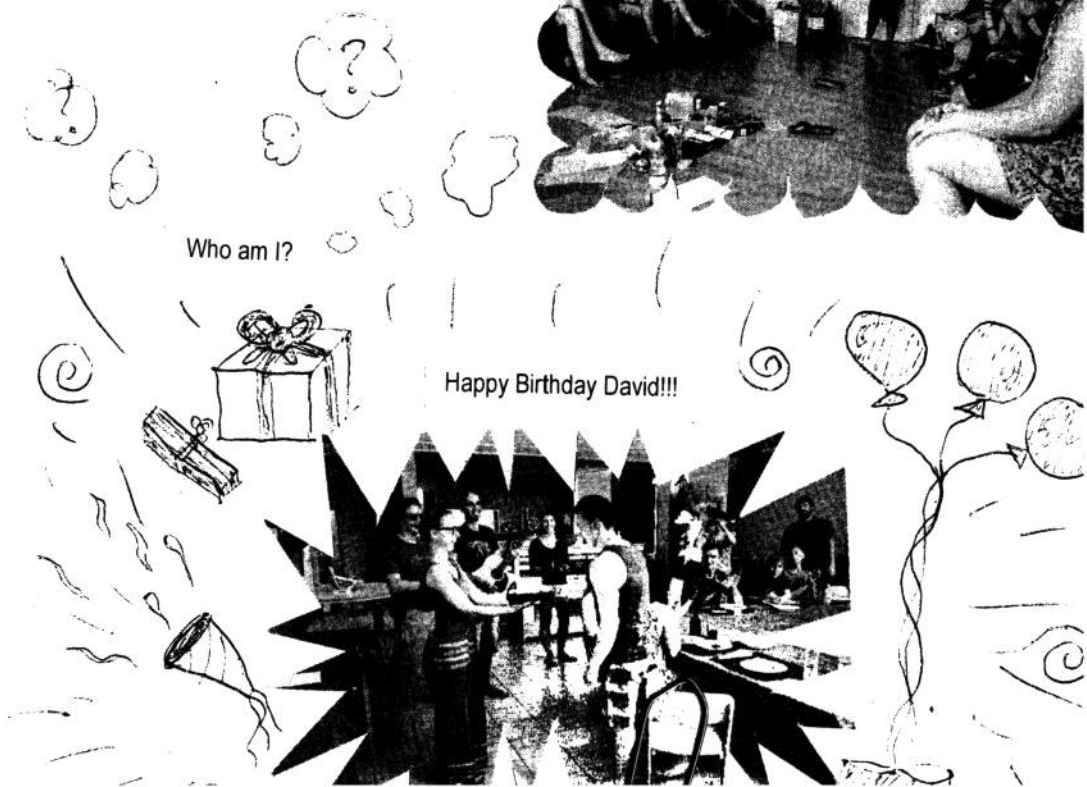
The Hawaiian pizza dance!

DAY 3



Who am I?

Happy Birthday David!!!





Sharing ideas for Fast & Healthy Meals



Getting warmed up by the

campfire!



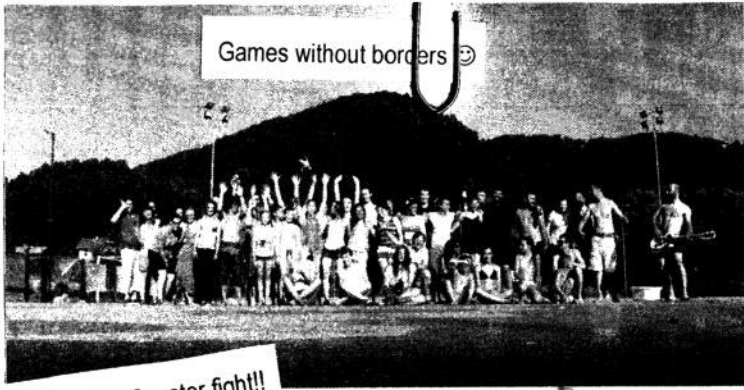
DAY 4



Stretching in the park...



Games without borders ☺

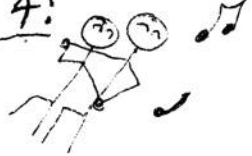


Celebrating after our EPIC water fight!!

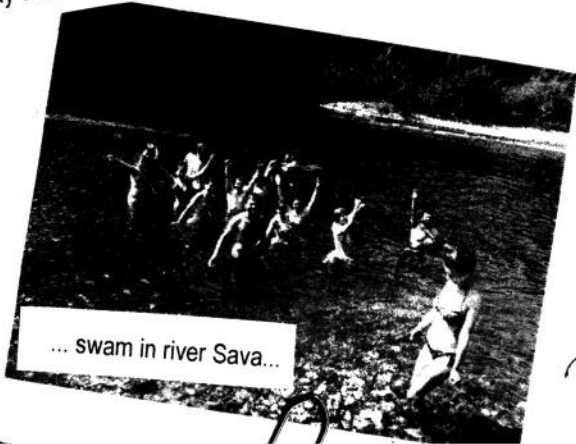
We took Scottish, Greek, Croation and Polish dancing lessons

DAY 5

1! 2! 3! 4!



We started our day with mindfulness excersises and walking...



... swam in river Sava...

...did some yoga and acro yoga in Zagorje town...



Flying!!!



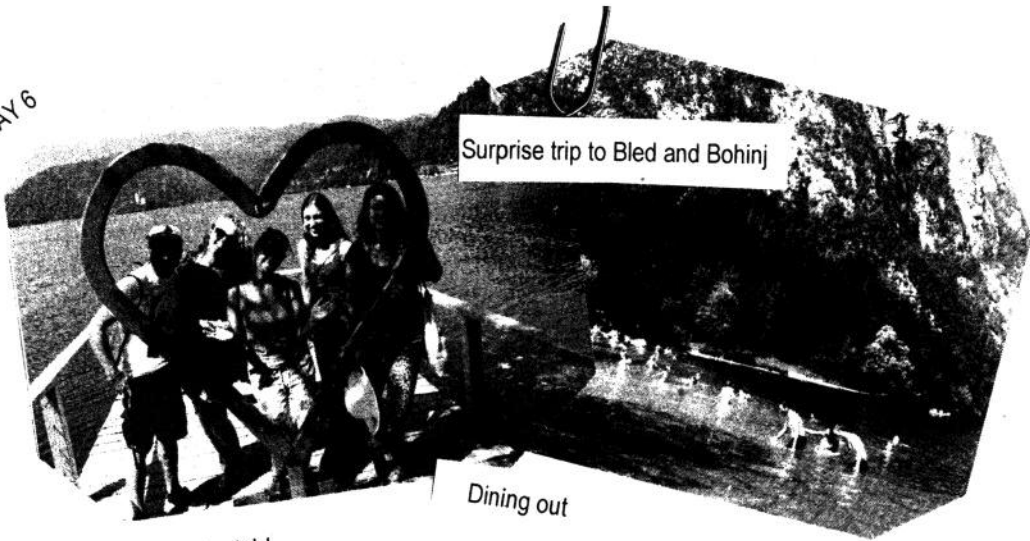
...and ended by cooking up some veggie goodness!

m m m



DAY 6

Surprise trip to Bled and Bohinj



'Whiplash' Movie night

Dining out

DAY 7

Helping each other plan for our future...

... and working on final product.



DAY 8

Crying, hugging and saying goodbye! ☹️ ☹️ ☹️

DAY 9

...to be continued





KYRIAKOS

Meet people



DAN



SAVVAS



JADZIA



LORENA

Interesting people



ANNA-LOUISE



LAURA

There is a work
outside you window.



TINA



LEONIDA

Dude you're so deep
I can't even see you



TIL



ANDRAŽ



NINA



HUBERT



ADRIANA



ANDREAS



DAVE



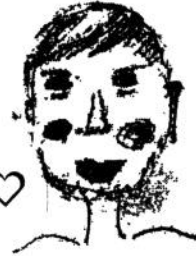
LINDSAY



TINA

Feet..., snake.. phobia

(We love you Francis)



FRANCIS



MARKO



MACIEK



AGATA



ANA



NEJA

Someday you will

learn how to give

and receive

like all open the window,

and it will feel like

summer every day.



ALEX



ANA



KATARINA

Once upon a time in a land far away there was a little kitten called Bob. Bob was born in a small country and he loved to read about its history. The stories he read made him believe that he was living in the best country in the world. But as Bob began to grow up, he started noticing the people around him. And, something was amiss. The cats of the land were not the selfless heroes his books told him they were. It was actually quite the opposite, they were ordinary cats that only minded their own business, and cared only about their wellbeing. So, Bob was confused and asked his father why the cats were behaving like this. And his father replied to him:



Life lesson from Bob the cat

»Bob, the cats in your books are fictional or overestimated. Normal cats that live in small and poor countries like ours tend to mind only their own business even at the expense of their neighbours or the land itself.«

So Bob held his father's words in his mind and always reminded himself of them. But when Bob got old enough his father started taking him on journeys to distant and large countries. And Bob saw that things there were different. Cats there respected their surroundings as well as each other and they were working in groups and following rules. They weren't constantly trying to steal from each other or make an easy living at the expense of others like the cats back home. So Bob got confused and went back to his father to ask him why things were different there. And his father answered:

»Those countries are big, rich and lots of cats live in them. And some of those cats are doing so well for themselves that all nearby cats benefit from this. But ordinary cats like us, that live in small countries tend to mind their own business even at the expense of others.«

So Bob held his father's words in his mind and always reminded himself of them. And so Bob grew up to be an ordinary cat. He went to school, attended a good college, and afterwards found a good job. And it was at that job that the opportunity presented itself for him to make a journey to a small country not that far away. So Bob embarked on a journey and expected to find the same misery he was leaving behind. What he encountered left him speechless.

Everywhere he turned he saw trees and forests and green fields, and lakes, and green rivers from which you could drink from. And the cats there lived in those fields, living of the land – not in cold cities looking just for a cosy living. And their homes were equally cared after and beautiful. So Bob wondered how could this be, and decided to speak with the cats of this strange place and find out their secret. And, to his surprise, they were friendly cats that loved their birthplace and would rather spend their nights in the green fields playing music instead of locking themselves in loud rooms. And he saw people that cared about the community and younger people and spent their time aiding them instead of accumulating wealth. And as the days passed by and Bob spend more time with those cats he began to understand the big picture. So, he returned back home to his father and said:

»Dad, i travelled to a small county not far away from where we live, and everything there was green and the cats there are nice and respect the enviroment. And I spoke with those cats and they where ordinary cats like you and me and then I had an revelation...«

»Tell me...«, his father asked.

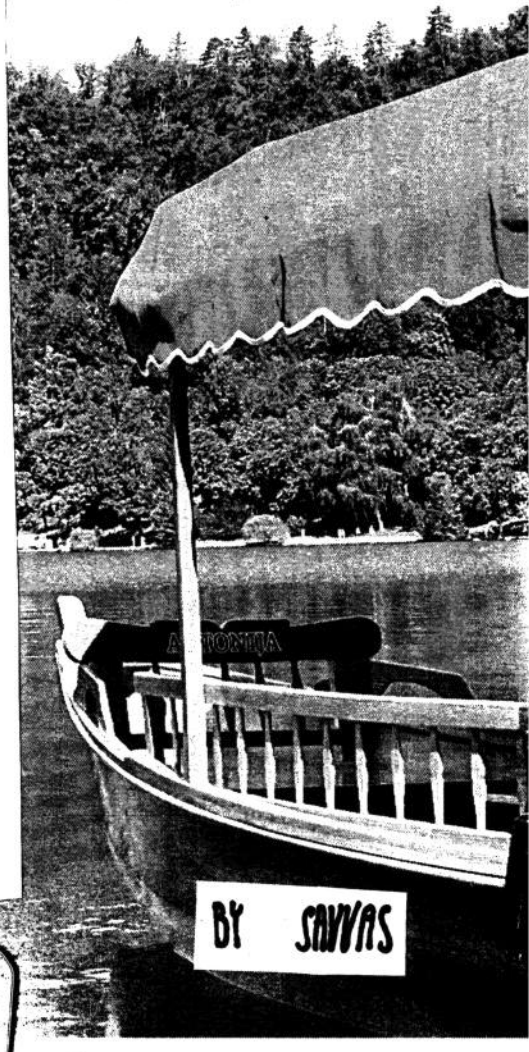
»It doesn't matter if the country you live in is big or small, rich or poor – it's the attitude and the values of its inhabitants that make a country a nice place to live in, and a realisation that when you work for the common good you are actually working for yourself.«

Bob's father looked at him with tears in his eyes and said:

»And now, my son, what do you intend to do now that you know?«

»I don't know what I can do anyways. I am just a cat.«, Bob replied.

»Tell them. Try to explain it to your countrymen. Succeed where I and my generation have failed.«, Bob's father whispered while crying.«



Trying something new

Don't worry about a thing !

I FEAR

Unique ideas

Let's do this together!

I HOPE

Feel inspired

Let's do it differently

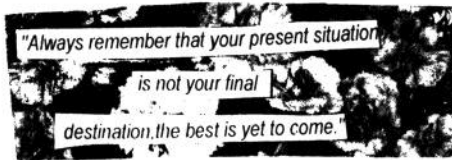
Youth exchange = intercultural journey

Create relationships

I EXPECT...

"No matter how you feel get up, dress up,

show up and never give up."



"An unexamined life is not worth living." -Socrates



Don't snore





CHALLENGE: MINDFULL WEDNESDAY!

Every Wednesday go for a 20 – minute walk, concentrating on your movements and breathing.

After, go for a walk in a crowded place and try to make eye-contact with people – get out of your comfort zone!



CHALLENGE: SPORTS THURSDAY!

Get up and do something active: go hiking, swimming, running for a while – it can only

be good for you!

RUNNING TIPS



Enjoy!! 😊

Don't worry about
how fast you are.

CHALLENGE: SMILE FRIDAY!

Smile to everyone you see, even if
you don't know them. This will bring
so much positive energy in your life!

Warmup

→ run →

cooldown

→ stretch

Wear appropriate
shoes/clothes. 



Run your
own pace.

After the run: drink water + eat
Non Non Non

Find interesting running places/routes.
Doing circles is boring... 

Saying you're not FLEXIBLE enough for YOGA

is like saying you're too DIRTY to take a BATH!

IF you have time for FACEBOOK you have time for YOGA!

REMEMBER to BREATHE!

yoga

can reintroduce

you to the part

of you that's

been missing."

CHALLENGE: YOGA SATURDAY!

Find some internet lessons or sign up for a class and do yoga every Saturday for a whole month. Chances are you are going to like it a lot and even continue with it.

Do not give up,
the beginning is always the hardest

If you feel like quitting,

think about why you started

If it doesn't challenge you,

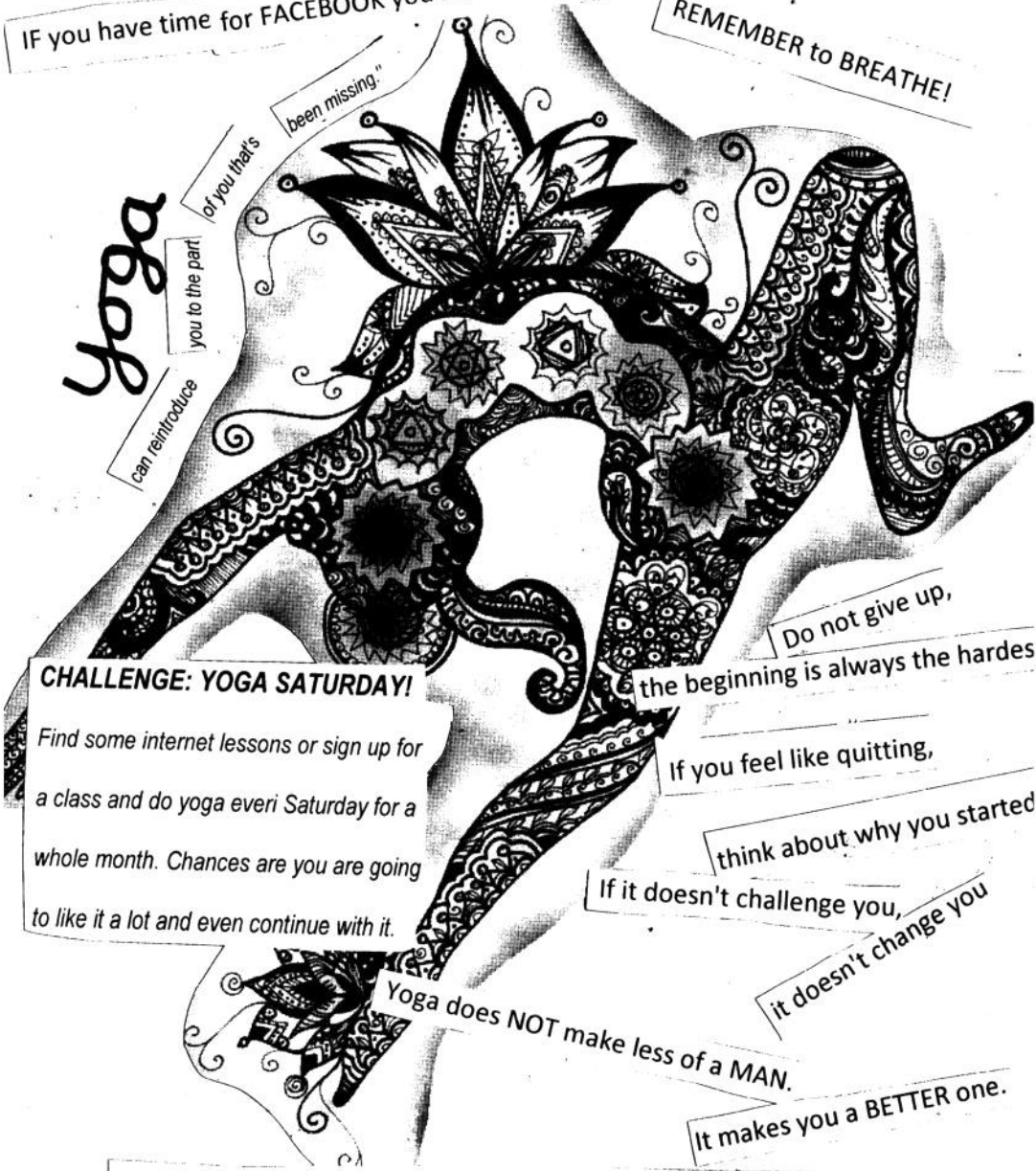
it doesn't change you


Yoga does NOT make less of a MAN.

It makes you a BETTER one.

Your body can do ANYTHING! It's your brain you have to convince!

The voice in your head that says that you can't do this is a LIAR!





Meditation playlist:

Fragile State – Every day a
story


Lifescapes Yoga

Krishna Das

Deva Premal – Love is a space

Prana tones

Sounds of nature



HEALTHY 'N' WEALTHY FOR ME IS..

Lorena (Cro): ... living my life and being true to myself.

Ana (Slo): ... being yourself and enjoying the moment.

Lindsey Anna (Scot): ... an amazing, once in a lifetime opportunity

Neja (Slo): ... admitting that humans are of no bigger importance than other beings on our planet.

Dah (Scot): ... the essence of life.

Kiriakos (Cy): ... to live healthy, eat healthy and act healthy.

Alex (Cy): ... a life of healthy food, exercise, and good people.

Andraž (Slo) : ... feeling great.

David (Scot): ... about improving your life to better others.

Maciek (Pol): ... about feeling that my body is alive and thriving.

Katarina (Cro): ... connecting with other people.

Hubert (Pol): ... harmony between my mind and my body.

Leonida (Slo): ... listening to your body's needs.

Tina (Cy): ... having fun with beautiful people.

Francis (Scot): ... learning about your body and your mind

Savvas (Cy): ... about making very beautiful memories.

Laura (Pol): ... the best experience for me this year

Agata (Pol): ... being good to your body.

Jadwiga (Pol): ... sharing experiences about diets and activities

Ana (Cro): ... the combination of wellbeing for body and mind.

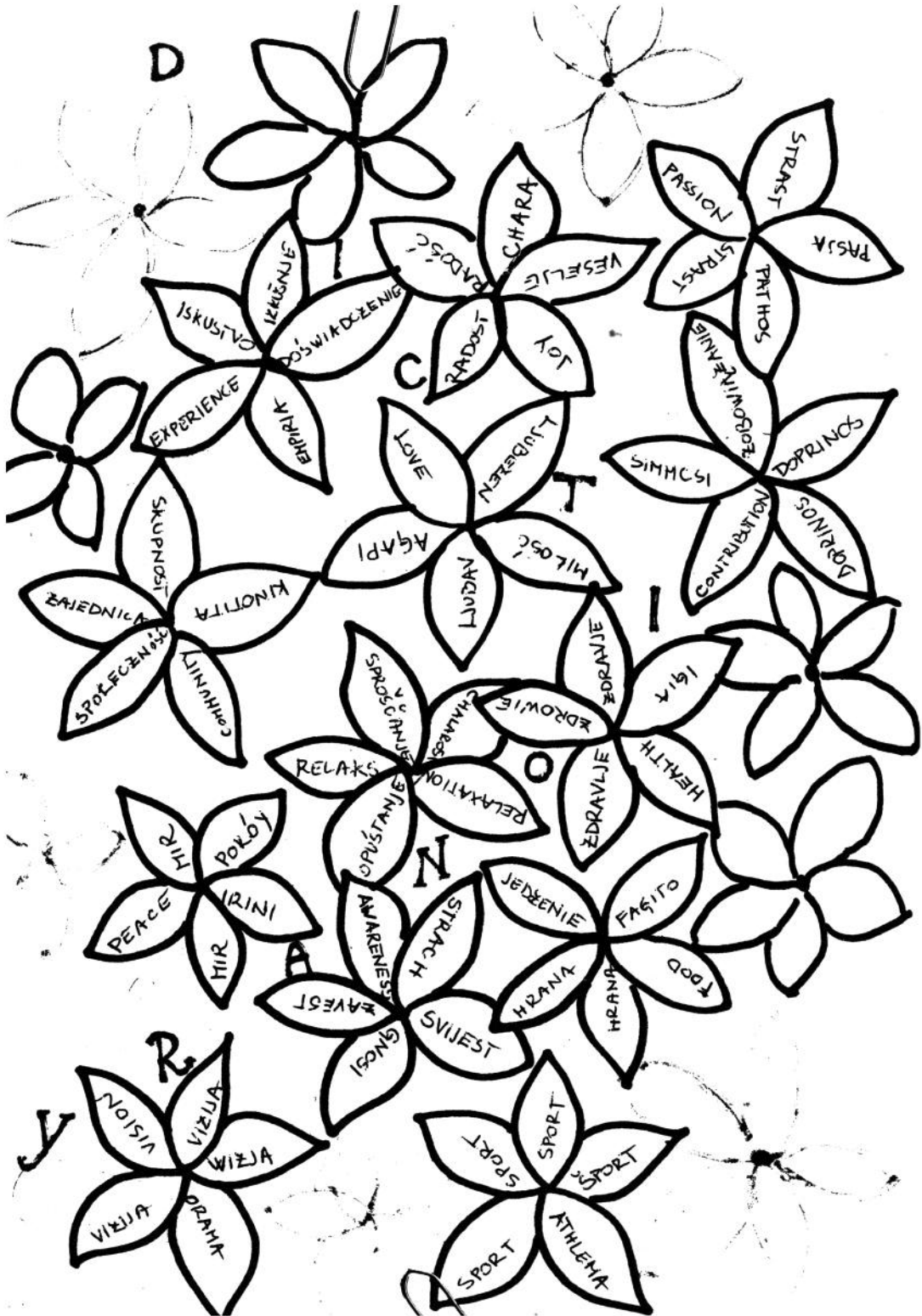
Adriana (Cro): ... being active and taking care of ourselves.

Tina (Slo): ... a combination of a healthy lifestyle and healthy habits.

Til (Slo): ... meeting new friends and learning new things about healthy lifestyle.

Anna Louise (Scot): ... mixing our lives to create new ideas.

Antreas (Cy): ... returning to a simpler way of life where material stuff doesn't matter that much.



D

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DOŚWIADZENIE
EXPERIENCE

SKUPNOŚĆ
COMMUNITY

SPÓŁCZYNNOŚĆ
COMMUNITY

MIR
PEACE

WIZJA
VISION

WISNIE
WISDOM

EMPIA
EMPIRICAL

KINOTTA
KINOTHEATRE

POKOJ
PEACE

WIZJA
VISION

CHARA
CHARACTER

MIŁOŚĆ
LOVE

OPUŚCENIE
RELAXATION

STRACH
FEAR

WISNIE
WISDOM

WESĘLE
JOY

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RELAXATION

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WISNIE
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GOLDFIYA

Some scenes from the Chronicles of Narnia: Prince Caspian were filmed in Socca Valley.

Nearly 2 million of people speak in 32 regional dialect.

The Panica ski jump used to be the largest ski jump in the world and has hosted over 60 world records in ski jumps.

In 2004, archaeologists found the remains of a person buried with a cat on this island. Dating back about 9,500 years, this is the oldest known pet cat.

It's one of Europe's most southerly ski resorts.

More than 45 beaches here have been awarded the EU Blue Flag for cleanliness & safety.

POLAND

People here marry the youngest in the European Union.

When foreign movies are dubbed for their TV, one man reads all the parts, even those of women and children. Viewers hear the original English soundtrack faintly in the background.

It's one of the few countries in the world, where courteous hand-

SCOTLAND

It is home to the oldest tree in Europe.

It has the highest proportion of redheads in the world. Around 13 per cent of the population has red hair, with 40 per cent carrying the recessive gene.

The shortest scheduled flight in the world is one-and-a-half miles long from Westray to Papa Westray in the Orkney Islands and the journey takes 1 minute 14 seconds to complete.

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Groatia

It's home to the world's smallest town, with a population that has varied between 17 and 23. Over in country's northwest, you'll find the quiet town of Hum, a sleepy hamlet of cobblestone streets and...that's about it.

Beautiful white stone mined from the island of Brač was used to build the palace of the Roman emperor Diocletian and the limestone columns of the White House in Washington, D.C.

It's the location of dalmatians

It's the location of dalmatians

It's the location of dalmatians

Following the healthy and wealthy tips means becoming the best version of yourself and contributing to society, where everyone lives in peace with themselves, other human-beings and are protecting the environment.

15 principles of Healthy'n' Wealthy

Join the journey of contributing to a healthy and wealthy world by including the following habits in your lifestyle:

Do some form of outdoor exercise - try gardening instead of going to the gym

Walk or cycle to places and destinations to help in the reduction of carbon footprint and pollution

Try to buy locally produced goods where and when possible

Grow your own vegetables and fruit

Try out natural alternatives to shampoos, detergent etc. (ie. vinegar)

Recycle food goods, products and clothes

Contribute to the local community through volunteer work, and/or helping neighbors

Respect local tradition and etiquette - you can learn a lot from your ancestors

Go early to bed and be early to rise

Meet with your close friends regularly and take time for your family

Have at least 20 minutes a day to yourself in silence every day (ie. meditation)

Appreciate others and their work - check out fair trade principles

Be optimistic, try to find positive aspects of everything - see the glass being half full instead of half empty

Respect natural products of the Earth - don't abuse them

Realise that humans are just as important as animals and the natural environment



11 steps to meditation

with Marko

1. Find a nice, calm & quiet spot.
2. Sit up with a straight spine. Put up your arms on your legs and open your palms upwards.
3. Close your eyes.
4. Focus on the breathing. Feel the air entering and leaving your body.
5. When inhaling say 'SO' in your mind and 'HAM' while exhaling.
6. If any thoughts occur watch them come & go. Just return to the focus on breathing and 'SO-HAN' mantra.
7. Take as much time as you need (5, 10, 20, 60 minutes...)
8. Before you finish the meditation try to feel the space surrounding you (walls, trees, the place you sit on).
9. Put your palms together and rub them until they become warm.
10. Put them on your face and gently massage it.
11. Open your eyes and slowly remove your palms from your face.

#pro tip: meditate on a regular basis to see the results



CHALLENGE: ROADTRIP SUNDAY!

Stop making excuses and finally visit all the places around you which you haven't visited so far. It can be a river, a mountain, a park or a church, as long as it's something new!

PUT TOGETHER BY:



MACIEK



AGATA



TINA

POLITISTIKO ERGASTIRI (CYPRUS)
politistiko-ergastiri.org
FB/polerg



STOWARZYSZENIE REGIONALNE
CENTRUM WOLONTARIATU W KRAKOWIE (POLAND)
wolontariat.org.pl/krakow
FB/wolontariatkrakow



REGISTRACJA W SĄDZIE
WOLONTARIATU W KRAKOWIE

UDRUGA ŽMERGO (CROATIA)
zmergo.hr
FB/zmergo



CREATE PAISLEY (SCOTLAND)
www.createpaisley.org.uk
FB/create.paisley



MLADINSKI CENTER ZAGORJE (SLOVENIA)
www.mczos.si
FB/mladinskicenter.zagorje





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