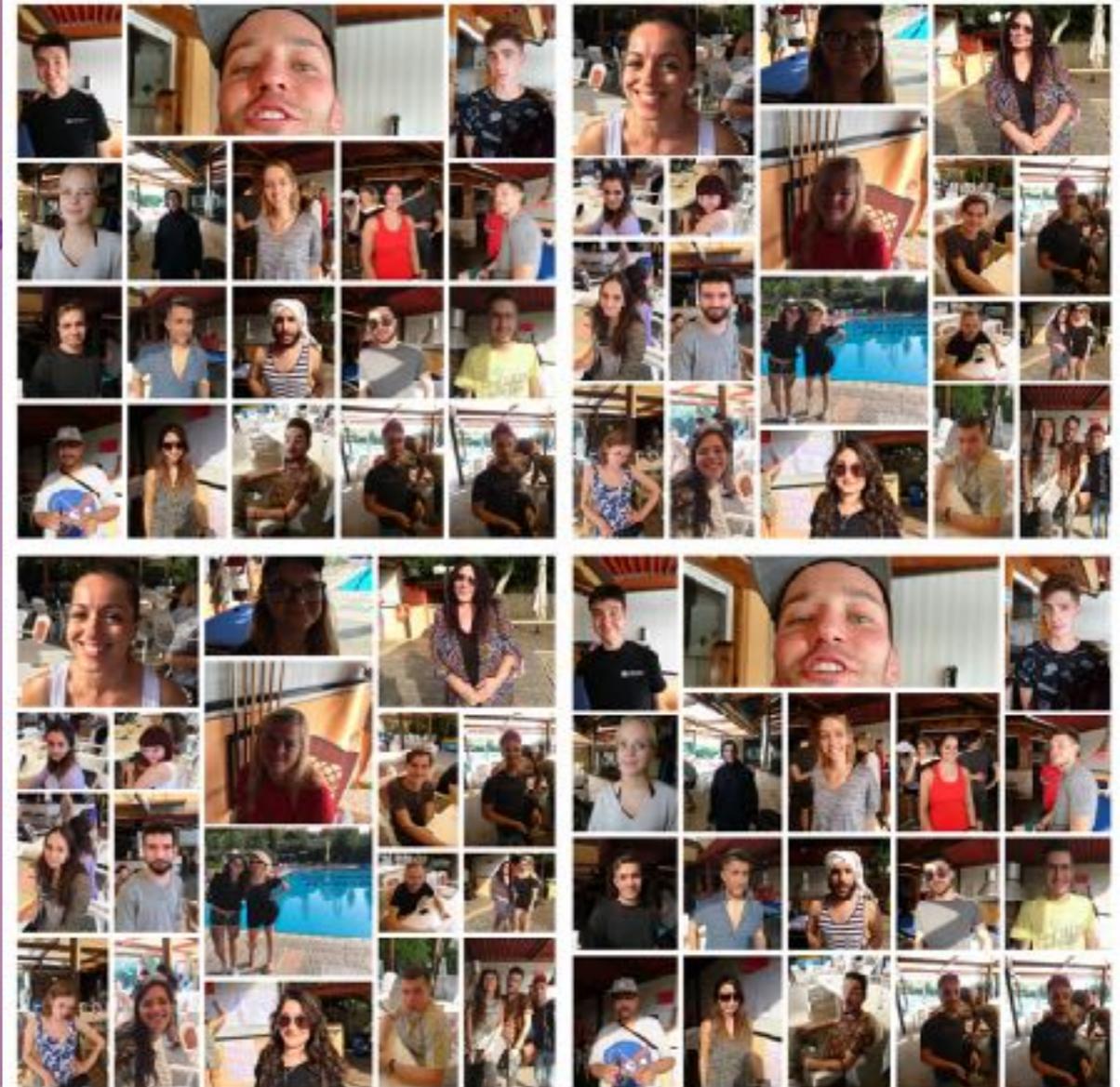


Guide of Goodwill

CRETE, CHANIA, 20-28 OCTOBER 2018



Erasmus+



GENERAL INFO

Description of the project

The youth exchange „The Art of Good Life” was held 20-28 October 2018 (travel days 19-29 October) in Chania, Crete and it comes as a natural achievement of the organization over the past years, in the field of healthy and green lifestyle.

The program educated and raised awareness for green lifestyle and environmental issues to 40 young people from Greece, Turkey, Latvia, Sweden, Lithuania, Poland, Germany and Italy in a non formal series of methods for good life, inspired by human history. Methods and activities are adapted to modern life, to promote healthy lifestyles, environmental awareness, direct human contact, sport and finally, the good life itself.

Armed with new tools and methodologies provided by non-formal learning, especially in outdoor activities, the participants were able immediately after the exchange to change their actions and to adopt and promote a healthy green lifestyle.

Activity place

Venue place of the Youth Exchange will take a place in Chania Camping in Agios Apostolos area of Chania:

<https://www.camping-chania.gr>

With the support of the Erasmus+ programme of the European Union.



Hosting organisation

System and G/Sindesmos Sistima kai Genia - GREECE

About SYSTEM and G:

<http://systemandg.weebly.com>

Email: systemandG@gmail.com

FB group: <https://www.facebook.com/groups/systemandG/>

FB page: <https://www.facebook.com/Systemandg/>

Partners organisations

Sistema un G Latvija - LATVIA

JuBuK - GERMANY

TidsNätverket i Bergsjön - SWEDEN

Work in Progress - ITALY

Marijampoles jaunimno klubas, „Dimera” - LITHUANIA

Fundacja Zielony Słoń - POLAND

Keçecider - TURKEY

Disclaimer

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COOKING

GREEK TRADITIONAL RECIPES



HORTO SOUP

20TH OF OCTOBER



Ingredients

- Rice pasta
- Potatoes (small pieces)
- Carrots
- Pease
- Oil
- Peppers
- Chili
- Water



Instructions

Boil 1,5 hours and after blend 1/3 of it
Serve with feta cheese

Pastitsio

20TH OF OCTOBER



Ingredients

- 3 1/2 cups uncooked Penne pasta
- Salt
- Private Reserve Greek extra virgin olive oil
- 3 tbsp grated Parmesan
- 3 tbsp Private Reserve Greek extra virgin olive oil
- 1 large yellow onion, chopped
- 1 1/2 lb lean ground beef
- 3 garlic cloves, peeled and chopped
- Salt
- 1/2 cup red wine such as merlot
- 28 oz canned crushed tomatoes
- 2 dried bay leaves
- 3/4 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- pinch sugar

Instructions

1. Preheat oven to 350 degrees F.
2. Cook the pasta to al dente according to package instructions. Be sure to add salt and olive oil to the boiling water. Drain and transfer pasta to 9 1/2" x 13" baking pan. While still hot, drizzle pasta with a little more extra virgin olive oil and sprinkle grated Parmesan. Toss to combine. Set aside for now.
3. Make the meat sauce. In a large pan or skillet like this one, heat olive oil over medium-high heat until shimmering but not smoking. Saute onions until just golden, then add lean beef and garlic. Season with salt. Cook until meat is fully browned, tossing regularly and breaking up the meat with your wooden spoon (about 8 to 10 minutes). Carefully drain any excess liquid and return pan to heat. Add wine, crushed tomato, bay leaves, spices and pinch of sugar. Mix to combine. Bring to a boil for 5 minutes, then lower heat and let simmer for 10 to 15 minutes or so. Taste and adjust salt to your liking.
4. While the meat sauce is cooking, prepare the bechamel. In a large saucepan, heat olive oil over medium-high heat until shimmering but not smoking. Stir in flour, salt and pepper. Cook until golden (if needed, added a little more olive oil). Gradually add the warmed milk, whisking continuously. Continue cooking, stirring occasionally, over medium heat for 5 to 7 minutes, until smooth and thick. Add nutmeg.

Instructions - continued

5. In a small bowl, whisk a small amount of the hot bechamel mixture with the 2 eggs in a small bowl. Then return all to the pan with the remaining bechamel mixture. Continue to stir or whisk the mixture bringing to a gentle boil for just 2 more minutes. Taste and adjust salt and pepper. Remove from heat and allow to cool and thicken a little more (you should have a creamy, thick and smooth bechamel sauce)2 more minutes. Taste and adjust salt and pepper. Remove from heat and allow to cool and thicken a little more (you should have a creamy, thick and smooth bechamel sauce).
6. Assemble the pastitsio. Top the cooked pasta with the meat sauce; smooth with a wooden spoon to fully cover the pasta. Now top the meat

sauce with the bechamel topping. Again, smooth with your wooden spoon to cover the meat sauce evenly.

7. Bake the pastitsio in 350 degrees F heated-oven for 1 hour until golden brown. Remove from heat and set aside for 10 minutes before serving. Cut into square pieces and serve.

FAKES SOUP

21ST OF OCTOBER



Ingredients

- 500g brown lentils (17-18 ounces)
- 5 cups of water
- 1 small red onion, chopped
- 2 cloves of garlic, finely chopped
- 2 bay leaves
- 1/2 cup olive oil
- 1 tbsp tomato purée (optional)
- 1 tbsp red wine vinegar
- salt and pepper to taste

Instructions

1. To prepare this Greek lentil soup recipe, start by washing the lentils thoroughly and let them soak in water for about 2 hours. If you like, you can skip this process by adding them into a deep pan along with some water and place over high heat. As soon as they come to the boil, drain them into a colander.
2. Place a pan over medium-low heat and add the lentils, the water (warmed), the chopped onions, the chopped garlic and the bay leaves. Simmer with the lid on for about 25 minutes.
3. Pour in the olive oil and the red wine vinegar, and season well with salt and pepper. If you prefer your Greek lentil soup to be 'reddened', then add 1 tablespoon of tomato paste.
4. Boil the lentil soup for another 15 minutes, until it thickens and check out if they are done; keep in my mind that different kinds of lentils cook at different times.
5. Serve this delicious Greek lentil soup with a splash of red wine vinegar and a drizzle of olive oil. Top with some crumbled feta cheese and enjoy!

YEMISTA

22ND OF OCTOBER



Ingredients

- 6 large tomatoes
- 1/2 cup sugar
- 3 medium zucchini
- 1 lb. beef (ground)
- 1/2 cup olive oil (plus more for drizzling)
- 1 large onion (minced)
- 2 cloves garlic (minced)
- 1 cup parsley (fresh, minced)
- 6 tbsp. rice (uncooked)
- 2 tbsp. tomato paste
- 1/2 cup tomato sauce
- 1 pinch nutmeg (ground)
- Optional: salt and pepper (to taste)
- 3 large potatoes (peeled and sliced into wedges)
- 1/2 cup breadcrumbs
- 6 pats of butter or margarine

Instructions

1. Slice the tops of the tomatoes, leaving a small piece attached to the base to act as a hinge for the tomato top. This helps to keep the tops matched to the bottoms. Using a spoon, scoop out the tomato flesh and reserve in a bowl. Be careful not to pierce through the skin of the tomatoes. Sprinkle a teaspoon of sugar into each tomato cavity to help reduce the acidity. Slice zucchini in half and scoop out the zucchini flesh and add to the bowl. Using a food processor or food mill, process the pulp until you have a chunky liquid. Set aside.
2. Brown the ground beef in a large skillet. When all the pink has disappeared, add the olive oil. Add the onions and saute until translucent. Add the garlic and saute until fragrant, about 1 minute. Add the parsley, rice, half the tomato pulp puree, tomato paste, and tomato sauce. Season with nutmeg, salt, and pepper. Allow the sauce to simmer and reduce a bit so that it is not too runny. The uncooked rice will begin to absorb the excess liquid as it cooks.
3. Preheat the oven to 350 F. Drizzle some olive oil in the bottom of a rectangular pan. Assemble the vegetables in the pan and use the potato wedges to keep the vegetables upright. Stuff the tomatoes and zucchini about 3/4 full. Replace the tomato "caps" and sprinkle the tomatoes and zucchini with breadcrumbs. Place a pat of butter or margarine on each tomato top. Pour the remaining pulp puree into the bottom of the pan and season the vegetables with salt and pepper. Bake for about 1 hour or until the vegetables have become tender and cooked through. For best results, you can lower the heat to 275 F and let the vegetables slow roast for a few hours. The flavors develop as the vegetables sit so they can be enjoyed even more as leftovers the next day.

MOUSSAKA

23RD OF OCTOBER



Ingredients

- 3 potatoes
- 2 zucchini
- 2 eggplants
- salt
- pepper
- sunflower oil, for frying
- 1 onion
- 2 tablespoons olive oil
- 1 clove of garlic
- thyme
- 1 teaspoon granulated sugar
- ½ teaspoon ground cloves
- 1 levelled teaspoon ground cinnamon
- 1 tablespoon tomato paste
- 500 g ground meat
- 400 g canned chopped tomatoes
- salt
- pepper
- ½ bunch parsley
- ½ bunch basil
- 100 g butter
- 100 g all-purpose flour
- 750 g milk
- salt
- pepper
- pinch of ground nutmeg
- 150 g parmesan, grated
- 3 egg yolks
- fresh herbs
- 1 teaspoon olive oil

MOUSSAKA

Instructions

1. Place a deep pan over high heat. Add the sunflower oil and let it get hot.
2. Peel the potatoes and slice them into thin rounds.
3. Slice the eggplants and zucchini into thin rounds and fry in a separate pan for 5-10 minutes.
4. Remove with a slotted spoon and transfer to a baking pan lined with paper towels. Allow to drain from excess oil.
5. Place a pot over high heat and add the olive oil.
6. Coarsely chop the onion and add to pan.
7. Finely chop the garlic and add to pan along with thyme and sugar. Sauté for 2-3 minutes until they caramelize nicely.
8. Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.
9. Add the tomato paste and sauté so that it loses its bitterness.
10. Add the chopped tomatoes, lower heat and simmer for 5-10 minutes until the sauce thickens.
11. Remove from heat and add the parsley and coarsely chopped basil. Season with salt and pepper.
12. Place a pot over medium heat.
13. Add the butter and let it melt.
14. Add the flour and whisk until it soaks up all of the butter.
15. Add the milk in small batches while continuously whisking so that no lumps form.
16. As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.
17. Add the nutmeg, salt, pepper, 100 g parmesan and 3 egg yolks. Whisk thoroughly.
18. Preheat oven to 180* C (350* F) Fan.
19. In a baking pan, spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers.
20. Add 2-3 tablespoons of béchamel sauce to the ground meat mixture and mix. Spread the ground meat over the vegetables.
21. Cover with the béchamel sauce, spreading it evenly and sprinkle with 50 g of grated parmesan.
22. Bake for 35-40 minutes.
23. When ready, remove from oven and allow to cool.
24. Serve with fresh herbs and olive oil.

BARBECUE

28TH OF OCTOBER - LEAVING PARTY



FRAPPE

ALMOST EVERY DAY



Ingredients

- 1 1/2 tsp instant coffee (Nescafe Original red label is the most popular brand)
- 1 1/2 cups cold water
- Sugar
- Milk
- Ice cubes

Instructions

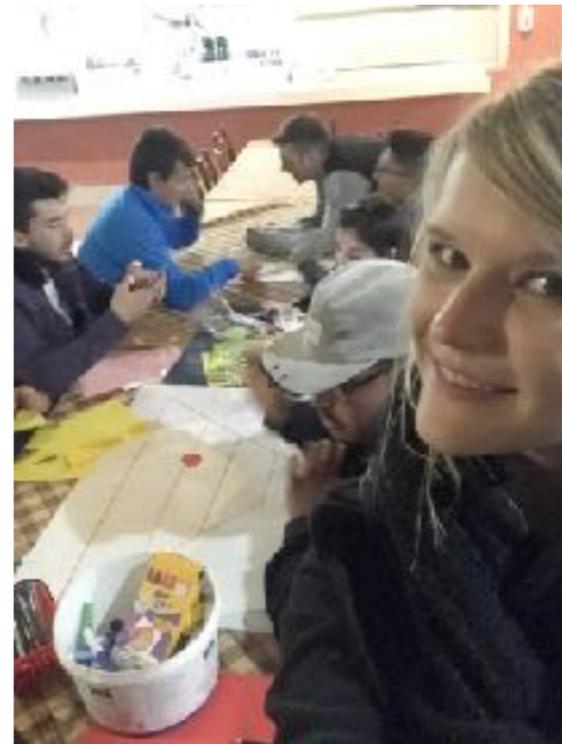
In a shaker or blender mix together 5 Tbs water, coffee and sugar to taste. Shake contents for about 30 seconds or blend for about 10 seconds. The result should be simply foam.

Pour into tall glass and add the ice cubes. Add remaining water and milk to taste. Put in a straw. Milk and sugar are according to taste. It is not obligatory to add them.



MEDITERRANEAN DIET

HEALTHY AND DELICIOUS

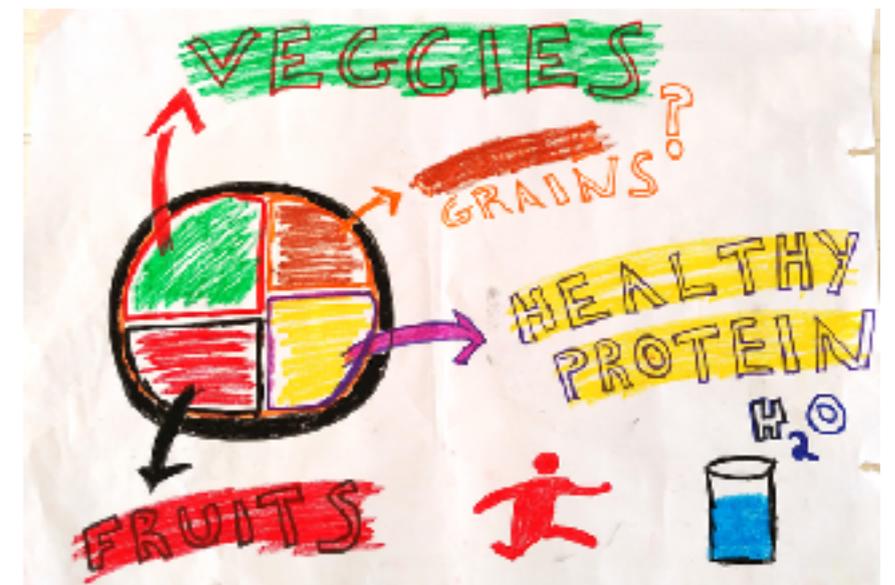


Breakfast
- Greek yogurt with honey and grapes
- glass of orange juice

Lunch
- Grilled fish with grilled vegetables and some olive oil
- Olives, feta and bread

Dinner
- Tzatziki and peanuts

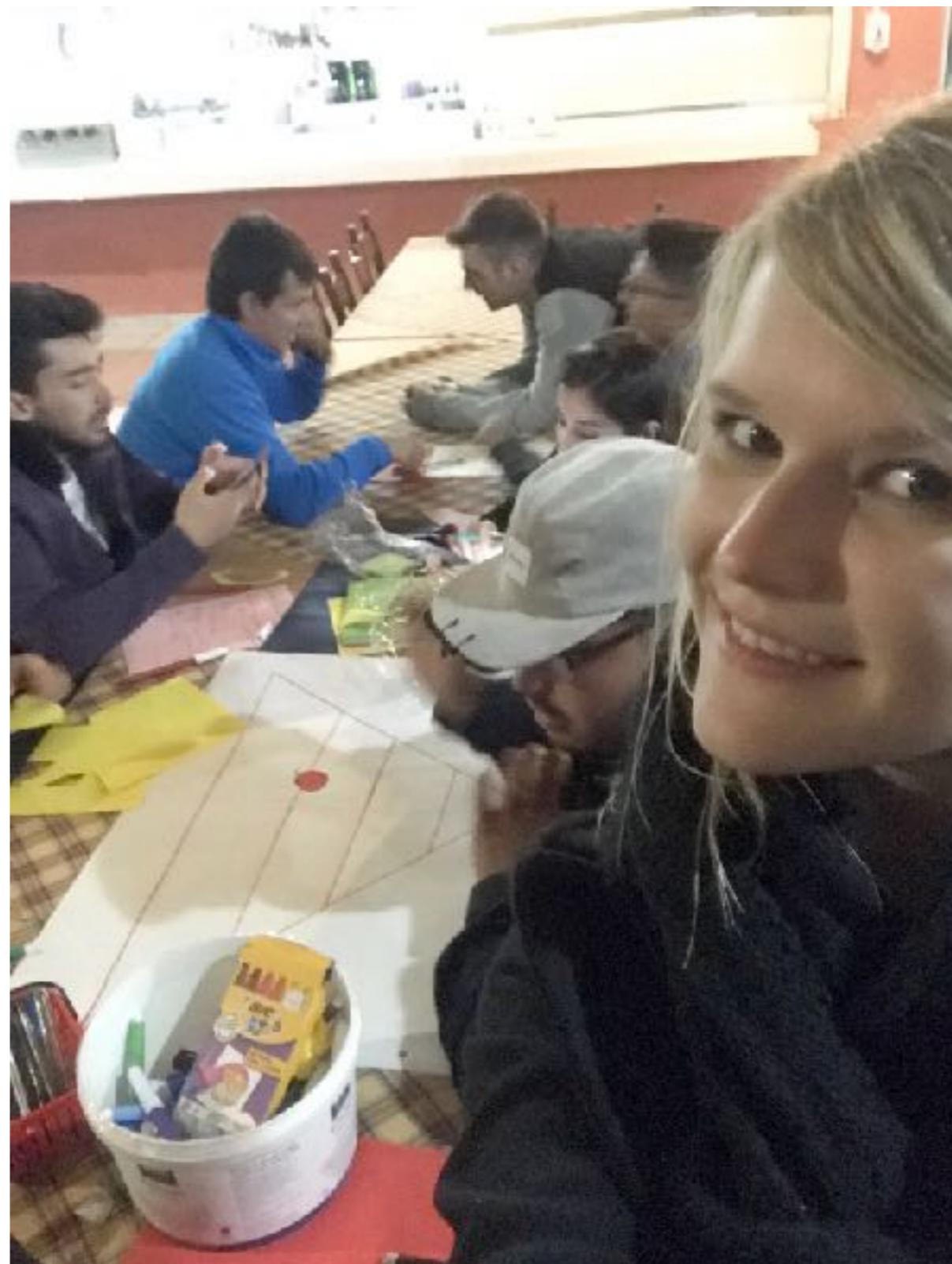
Dinner
- Bean soup with olive oil, feta and bread



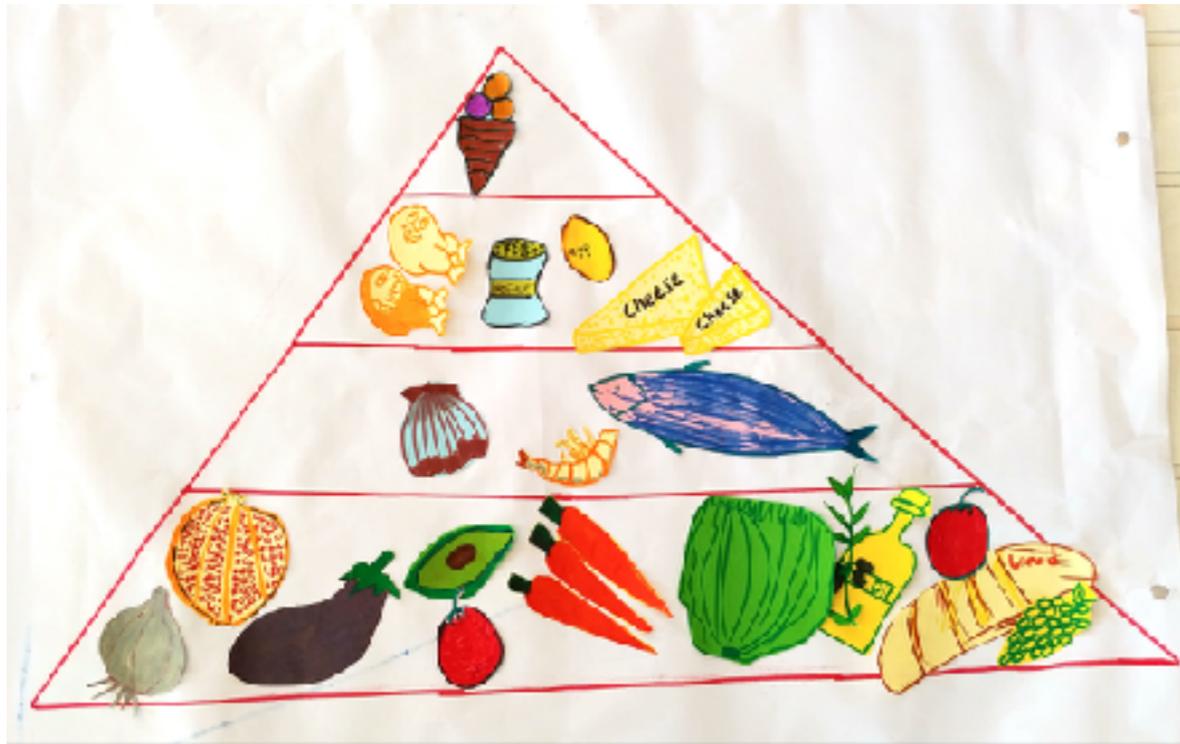
MEDITERRANEAN DIET



MEDITERRANEAN DIET



MEDITERRANEAN DIET



Breakfast

- Greek yoghurt with honey and grapes
- Glass of orange juice

Lunch

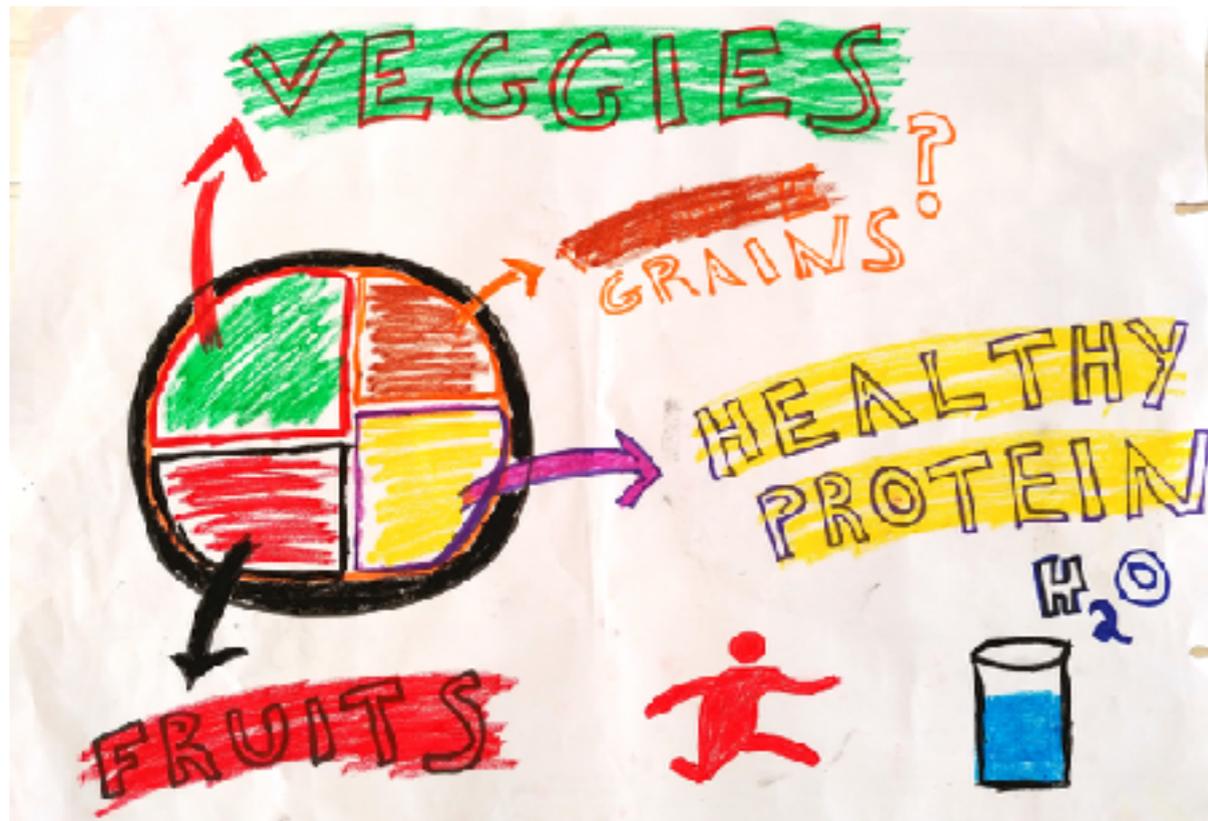
- Grilled fish with grilled vegetables and some olive oil
- Olives, feta and bread

Snack

- Frappé and peanuts

Dinner

- Bean soup with olive oil, feta and bread



MEDITERRANEAN DIET

Since the YE is in Crete, also a part of the Mediterranean area, we were following the Mediterranean diet.

The Mediterranean diet is based on the traditional eating habits from the 1960s of people from countries that surround the Mediterranean Sea, such as Greece, Italy, and Spain, and it encourages the consumption of fresh, seasonal, and local foods.

The Mediterranean diet is not a single prescribed diet, but rather a general food-based eating pattern, which is marked by local and cultural differences throughout the Mediterranean region.

Vegetables are mainly used in the Mediterranean diet. After that also fruits.

Especially olive oil is used because it contains unsaturated fat. These kind of oils are healthier than saturated fat for our heart and cell health.

Vegetable consumption is very important for our intestinal health. It will provide us fiber and provides healthy bacterial culture. It allows us to improve cholesterol levels.

It's a fact that the fish consumption in a Mediterranean Diet is high because it gives us omega-3 fat acids. This helps to make our nervous system and blood lipids healthier.

Furthermore you have Greek yoghurt. You eat just few red meat and try to avoid sweets.

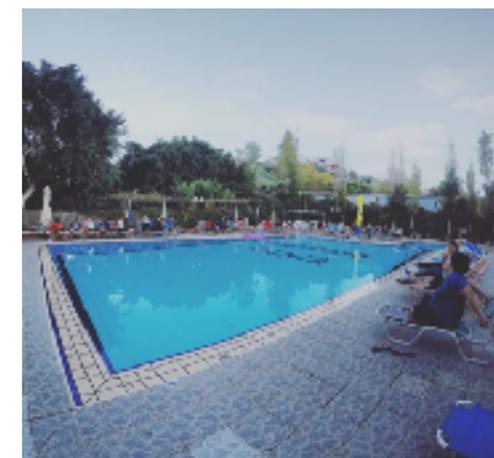
Links:

<https://oldwayspt.org/traditional-diets/mediterranean-diet>

<https://www.eufic.org/en/healthy-living/article/the-mediterranean-diet>

FITNESS

MEANS HEALTH





Why fitness/sport is important?

- Self competence
- You feel better afterwards
- You are proud of yourself
- Relief from back problems or prevention
- Deep breathing for calming down
- Feel your body
- Focusing
- Strongness
- Moving your limits further
- Good looking and feeling
- Energizing
- Healthy

FITNESS



FITNESS



Warm up with Konrad

With Konrad at 7:45 in the morning we did some tabata based exercises from crossfit:

2 rounds of

21 jumping jacks

15 squats

9 burpee

40 sec plank

40 sec plank orl

40 sec plank orl

Be fit with Giannis

With Giannis the purpose of the morning exercises was to activate our bodies, waking up our muscles to be better prepared for the whole day. By rising our heart beat rythm after the exercise your whole body can feel better because of the releasing of hormones like endorphins and adrenaline.

Relax with Giannis

Relaxing evenings with Giannis were a brief activation of the body, some stretching exercises and focusing on the breathing; we tried to relax mind and body and bring awareness back to our bodies. By doing that we can evaluate how our body feel after all day and locate any places of pain and discomfort.

OUTDOOR ACTIVITIES

NATIONAL GAMES



HOT APPLE

GREEK GAME



How to play

What do you need: space (any field outdoor or indoor); ball. All participants gather in a field. Two participants are outside of the field. Participants who are inside has two lives. The task of the participants outside is to eliminate participants inside. The way how it is done is by throwing a ball and trying to hit them. If participant is hit by a ball, he loses one life. If he catches the ball, he gets extra live. When participant loses all lives, he is eliminated from the game and can help participant outside the field to hit ones are left inside. Game continues until there is one participant left. Then everyone outside has 10 tries to hit remaining participants. If they succeed, game is over without winner, but if they don't manage, remaining participants is announced as the winner.

STOP!

TURKISH GAME



How to play

We need 1 ball, open area and human beings

Who has the ball throw the ball as much as high to the air and call someone to catch the ball and try to hit the person who called his name, if he able to hit it he continues, if he didn't, he is out of the game.

BEREK

POLISH GAME



How to play

Main purpose of the play is to combine fun and physical activity. There is one person called "BEREK", who has to catch someone from the rest of the group as soon as she/he touches other person put "BEREK" responsibility on someone else.

POTATOES

LATVIAN GAME



How to play

Requirements: ball (volleyball).

The aim of the game is to 'harvest' potatoes by hurting them and potatoes to dodge harvesters or to catch the ball. The game starts in a circle and people have to pass the ball around, when someone messes up and didn't get the ball, then he have to go in the middle and be a potato. Potatoes has to catch the ball to get out of the circle.

**AND REMEMBER, POTATOES
GROW TOGETHER!**

EATABLE OR NOT

LITHUANIAN GAME



How to play

Equipment: one soft ball, open area 4+ players.

Players gather in a circle, there is a narrator who stands in the middle of the circle with the ball. He says a random word and throws a ball to random player. If the word that narrator said is for an edible thing then player has to catch it, if not - bounce the ball back. The player who gets it wrong, has to leave the game.

FISHERMAN

GERMAN GAME



How to play

Out of the group, one person is selected to be the Fisherman. After that, the remaining players form a line while the Fisherman stands in front of them about 10 meters away.

Then one of the remaining players asks: „Fisherman, how do we cross the water?”

Then the Fisherman can think of the way the remaining players have to move forward (like jumping).

While the players try to combine of the site of the Fisherman, the Fisherman tries to catch as many as he can, using the same movement as the remaining players.

In the next round, all players caught are Fisherman as well and the game ends then everyone is caught.

1 2 3 STAR

ITALIAN GAME



How to play

A group of people is behind one line. There is the leader that is counting “1,2,3 star!” turning his back to the group. When he says “Star” everyone should stop on his own position without moving the body. If somebody moves and the leader sees it the person must restart the game behind the line. The winner is the one that reach the position of the leader.

GOOD PRACTICES

FOR HEALTHY LIFESTYLE



GOOD PRACTICES FOR HEALTHY LIFESTYLE

All countries shared their good practices of a healthy lifestyle. Most practices, even though coming from different countries, can be categorized in four big themes.

Food sharing is a big ongoing trend in whole Europe. Different countries adopt slightly different practices, however, main theme is there is an organization run by volunteers and two types of people – the ones who have too much at the time and those who lack quality food.

There is an example in Germany when the person who has bought too much food posts it on a mobile application and whoever can take it, comes and collects. The traditional food sharing used to be more about giving food to food shelters and people who lack it, however, this rather modern approach shows that consumers are more conscious about food waste and would rather take food that cannot be eaten by one

individual not for purely economic purposes but also general interest in more environmentally friendly lifestyle. Initiatives like this not only reduce food waste but also encourage people to be connected and aware of environmental issues.

Another good practice adopted by various countries around Europe is improvement of public spaces, including parks, riversides and city centers. The logic behind this practice is that citizens are eager to exercise, lead a more active lifestyle and local authorities should invest money into infrastructure.

Various examples of successful implications were shared by all participant countries. Ranging from allowing local businesses to use riversides for economic purposes to install new exercising machines in local parks and cycling trails connecting different cities.

GOOD PRACTICES FOR HEALTHY LIFESTYLE

All these practices bring people outside and create more active and connected communities.

Permaculture is also a practice that has found its way in European societies. In definition permaculture is the development of agricultural ecosystems intended to be sustainable and self-sufficient. In permaculture every living being has its purpose in the ecosystem, therefore no artificial fertilizers or other products are used making it both economically and environmentally friendly.

The concept behind permaculture is not a new one, parts of it have been used throughout ages by farmers and villagers. Combined with modern technology permaculture could be one solution for a more sustainable world.

One more set of practices are governmental regulations on unhealthy lifestyles. Examples of those are the Latvian ban to smoke on balconies, cars and a general ban to smoke in public places all over Europe.

In Lithuania availability and price of alcohol have been regulated harshly in past few years, already bringing positive results. Regulations involve thorough ban of any alcohol advertisement and price promotions in retail shops, restrictions of time when alcohol is sold, increasing the legal age to drink and excise duty.

Regulations are highly disputed both by regular population and researchers so various countries adopt different practices.

EDITING

LAST BUT NOT LEAST

