

## **EDITORIAL**

This is the last issue of A Better Life Magazine. The aim of it is to put focus to the Healthy Lifestyle and Social Security.

It is important to encourage young people to move, participate in physical activities that are appropriate for their age that are enjoyable. Good body health comes from a good lifestyle. We also focus on what Social Security is, our students thoughts on it.

Contributions to the content of this magazine come from students and teachers from 5 partner schools , in the Erasmus+ funded project "A Better Life". The schools are:

**Secondary School Mate Blazine, Croatia**  
**Moravská Střední Škola, Czech Republic**  
**Holbaek IO. Klassecenter, Denmark**  
**Liceo Classico D'Annunzio, Italy**  
**Nazilli Menderes Anadolu Lisesi, Turkey**

The students work with the magazine both during mobilities and at their own schools.

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*The world is changing and developing day by day, and the only thing we have is our health. In this essay, we will discuss what the health mean. In order to achieve this, we will firstly state that the words "health" or "healthy" mean distinct things to different people. Some may think of health as the physical state of the body, while others may consider health as a state of mental health. Secondly, we will claim that "The World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This means that health is not just about the physical condition of the body, but also includes the general well-being of the person. Last but not least, we will give our own opinion on the matter.*

To begin with, it is worth mentioning what has been argued by many health-care providers. A large number of experts have pointed out that having a healthy lifestyle is about choosing to live your life in the healthiest way possible. On the one hand, it is safe to assume that exercise plays a vital role in keeping your body healthy. Regular exercise will also keep your body in good health. You can go for running, do cycling, walking faster etc. Daily find some time 30 minutes to one hour per day for your exercise.

On the other hand, most important tip for a healthy body is to have healthy food and eat them at proper time. Nutrients are not available in these junk foods so there is no point in having them. Your diet should include foods that contain more nutrients. You must try to include fresh vegetables, fruits, milk and fish in your daily diet. You must make sure you have your breakfast regularly. Considerable amount of people have a tendency to accept the fact that apart from these always try to manage your stress. It is noted in many research results that many people experience health problems because of work stress. Some people strongly believe that if you control your stress, you can have a healthy body. Bad habits such as smoking, drinking and drug use should be avoided. Usage of these items will have a very bad affect on your health.

In conclusion, it is clear that health, like beauty, lies in the eyes of the beholder and a single definition cannot capture its complexity. All in all, it seems that the benefits of a healthy lifestyle are manifold: living a healthy life makes you live longer and improve your quality of life. Exercising daily will enable you to release endorphins and helps you feel happier. Taking everything into account, I am convinced that "regular exercise also improves the health of your skin and hair, bettering your appearance as well." *In a nutshell, all the above vindicates that a healthy lifestyle is the best thing you can do to your body, and later in life you will thank yourself for following a healthy lifestyle. Respected by the whole world, intelligent, creative, versatile and at the same time an art lover, Mustafa Kemal Atatürk said: "The first duty of the political institutions in the state is to realize the living conditions necessary for the health of the nation."*

**565 words**

**Zeynep Kızıltaş**



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## Health system & Social security in Denmark

### Health System

Everybody who is a permanent resident in Denmark can use the Danish healthcare system freely. Most examinations and treatments are free of charge. All permanent residents will receive a national health insurance card from their local authority. The card works as an identity card and must be presented at all visits to doctors, emergency rooms and hospitals. Getting a health card: <http://international.kk.dk/artikel/how-do-i-order-health-insurance-card-yellow-card>

It is possible to pay for extra health insurance and for private clinics and hospitals. All people who are resident in Denmark choose a specific general practitioner (GP) they can contact if they fall ill. GPs deal with much more than disease, for example vaccination and birth control. A GP can also help you prevent disease caused by obesity, smoking, lack of exercise, etc. Sometimes a GP may ask you questions that may surprise you. That is because the GP would like you to think about what you can do yourself to avoid becoming ill. In Denmark, as in many other countries, each individual is considered responsible for looking after his or her own health. Alarm 112 is an alarm center you call if you need an ambulance, for example if a person suddenly falls very ill or becomes unconscious. You should also call 112 in the case of an accident or if somebody is seriously injured.

### Unemployment benefits in Denmark

The first thing you need to do in order to apply for unemployment benefits is to register as a jobseeker at your local job centre. You will submit a declaration of unemployment to your insurance fund. You



must actively seek employment and be prepared to accept job offers as long as you are unemployed and receiving benefits. In order to be eligible for such benefits, you need to have had a minimum of 52 weeks in employment within the last three years, as well as having been a member of an unemployment insurance fund for at least one year. Any time spent in unemployment in other EU/EEA countries can be included when calculating your eligibility for unemployment benefits, though you will need to document this on your E301 form which you can get from the

insurance company in the foreign country. The benefits received can be up to a maximum of 90% of the member's income from their previous job, and are paid out around every three or four weeks. All members are entitled to receive unemployment benefits for a maximum of four years in total, and membership automatically ends when a member reaches the age of 65.

### Maternity benefit

Parents have the right to a total of 52 weeks leave with maternity subsistence allowance. The mother is entitled to four weeks' maternity leave (*barselsorlov*) prior to giving birth and 14 weeks after; the father is entitled to two weeks' leave after the birth; and the remaining time can be divided according to individual wishes.

Public sector employees receive full salary during maternity leave. Private sector employees are entitled to a minimum level of maternity benefit, which is subject to negotiation with the employer. Parents who are not entitled to paid maternity leave from their workplace can receive maternity maintenance from their municipal office in their place of residence. In order to claim this payment, the local municipality should be contacted no later than eight weeks after the birth.





## Alternative Medicine

In recent years, the number of people who are more interested in overall approach to their health has been increasing. They begin to prefer natural preparations over chemical ones and search for the cause of their illnesses. Find out what your options are when conventional medicine fails.

Today, a whole range of therapies, such as acupuncture, wellness stays or various types of massages, are considered alternative medicine. Well known are also homeopathy and phytotherapy.



Unlike classical medicine, which narrowly focuses on the problem that a person comes with, holistic medicine perceives the body as a whole. In the case of a sore shoulder, the conventional doctor will focus on the shoulder, usually ignoring the fact that the problem may be elsewhere. Supporters of a holistic approach say that the body is not a machine, it cannot be divided into parts and treated individually. "A good doctor must be curious. He must be

interested in the patient and his life and problems. Not just about his illness,"

Holistic medicine deals with the person comprehensively, taking into account their physical, emotional and psychological predispositions and attitudes, rather than treating pain, it focuses on getting the person to a state where they do not need any help.

Daniel Szampan, student

## Herbs in Czechia How do we use them?

Herbs in the Czech republic are mostly used as spices in food.

We use them both fresh or dried. The most used spices in Czech kitchens are probably paprika, black pepper, salt, caraway, allspice, ginger, or nutmeg.

But herbs are also medicinal plants, so we use them as remedies, too. They can be made into infusions, syrups, gargles, creams, poultices and many more.



Nutmeg



Ginger

### How to prepare a medicinal tea?

A very popular type of remedies are teas. To make a medicinal tea, you need to rest some herbs in boiled water, let them infuse and then strain the whole thing. The best way to sweeten this tea is to use natural bee honey.

Tea made from cinnamon and bay leaf

Divizna velkokvětá  
Verbascum densiflorum



Part: flowers, leaves



What it does: healing, expectorant, diuretic, anti-inflammatory

What for: leg ulcers, swellings and wounds; expectoration, irritating cough, dry inflammation of the upper respiratory tract, relieves spasms of the digestive system, inflammation of the stomach and intestines

How: dried, fresh; poultice, tea, decoction

Mateřídouška obecná  
Thymus vulgaris



Part: thread with flower

What it does: refreshing, analgesic, soothing, disinfecting

What for: digestive disorders, headaches, nervous weakness, skin inflammations, muscle and joint diseases, rheumatism, sinus infections, dry cough, pneumonia, bronchitis, colic, flatulence, insomnia

How: dried; poultices, gargle, tea, creams, lotions, bath aromas, for pillows, lubrication



Šalvěj lékařská  
„babské ucho“ -*Salvia officinalis*



Part: sedge with leaves

What it does: disinfects, antibacterial, anti-inflammatory, antibiotic effects

What for: injuries, inflammations, sore throats, dandruff, disorders of the digestive system, prevents excessive sweating, stimulates the excretion of bile and urine, gynecological inflammations, angina, loss of appetite

## THE HISTORY OF TRADITIONAL MEDICINE IN CROATIA

Traditional medicine in Croatia has been passed down orally from generation to generation. In the 19th century there was a sudden upsurge in medicine, which led to traditional medicine moving away from official medicine and becoming so-called folk medicine. However, some parts of it are still being researched, such as treatment with medicinal herbs and folk surgery.

In the past, people in Croatia sought medical help from people who lived around them and who were not professionally trained to do so. Mostly these were older women from the village, priests, barbers and blacksmiths. Women who used cultic knowledge and magical skills as methods of treatment were called witches. In the Istrian region, it was believed that only witchers could heal people. The methods used were herbalism, the use of medicinal preparations of various origins, inducing an abortion, treating bone injuries, dislocations, stone extraction, cataract operations, bloodletting, tooth extraction and religious methods of treatment, such as divination, prayers, scriptures, etc. The medicine people used at that time was mostly of plant origin and came in various forms, e.g. tea, oil, brandy, freshly squeezed juice, boiled preparations, or they put parts of the plant on the spot where they were supposed to work. Most often, the witches used medicines of mineral origin - various types of stones and crystals, as well as water.

### Plants in Croatian traditional medicine

The most frequently used plants in Croatian traditional medicine were thyme, lavender, mint, nettle, rosemary, sage etc.



#### THYME

Thyme is an above-ground plant that grows in dry and sunny places. Thyme, fresh or dried, is used as a spice for vegetables, salads, sauces, soups and the like. It neutralises greasy dishes. Besides its use as a spice, it can also be used for tea. It has an antibacterial, antiviral and anti-inflammatory effect. Because of its antibacterial effect, we use it for gum inflammation or thrush, as well as for bacterial burping.

It relieves the secretion of mucus, has a strong disinfectant effect and is therefore good for coughs, bronchial catarrh, intestinal diseases and to strengthen the stomach and nerves. It also acts as a fungicide.

#### NETTLE

All parts of the nettle have a healing effect - flower, stem, leaves and root. Nettle contains: vitamins A, C and B, the minerals calcium, iron, magnesium, phosphorus, potassium and sodium, as well as all essential amino acids. Although it has been popular in the past for treating many problems and diseases, the healing properties of nettle

have only recently been confirmed. In folk medicine, nettle is used as a remedy in the treatment of diseases and ailments such as: Strengthening the immune system, allergies and allergic reactions, infectious diseases, increased menstrual bleeding, liver diseases, kidney diseases, lung diseases, stomach problems, digestive problems, insomnia, baldness.

#### Lavender

Lavender is generally used for medicinal and therapeutic purposes. Lavender can be used in the form of oil, tea and capsules and is used to treat a variety of ailments. For example: insomnia, asthma, anxiety and depression, skin conditions, etc. It is also used to lower blood pressure, heart rate and stress.

#### Mint

Mint is a leafy plant that is best known for its fresh breath. Mint leaves can be used fresh, as a dried herb, brewed as a tea or in the form of essential oil. Mint has been used in traditional medicine for many years to treat a variety of ailments. It is mainly used for digestive health as it relieves abdominal pain.

## Rosemary

This fragrant herb originates from the Mediterranean region and can be used as a spice, essential oil or added to tea. It improves blood circulation, promotes hair growth and prevents baldness and is strong against bacterial infections. The aroma of rosemary can help with stress and anxiety.

## Sage

This herb is used fresh or dried as a spice in many dishes. Sage is known to help with sore throats and inflamed lungs, it helps with stomach aches, improves blood sugar levels and promotes oral health. It also promotes healthy skin and wound healing.

LAUREL	
<b>Scientific name:</b>	<i>Laurus nobilis</i>
<b>Name in other languages:</b>	Croatian: lovor, jagorinka English: laurel, bay tree, bay laurel, sweet bay, true laurel, Grecian laurel Latin: laurus Italian: alloro, lauro Turkish: defne Czech: vavřín German: lorbeer
<b>Plant parts used:</b>	Leaves, berries, trunk, branches
<b>Available forms:</b>	Dried, oil, tea, tablets, decoration
<b>Season:</b>	Late September
<b>Precautions:</b>	Avoid unintentional contact with skin surfaces (ALL parts of a laurel are poisonous)
<b>Health benefits:</b>	It was used for treating open wounds, paralysis ear infections, headaches, pain in the lower back and as an astringent (shrinking body tissues)
<b>Traditional uses:</b>	Laurel has been used for medical and Culinary uses for a very long time. Roman naturalists used to treat ear infections, spasms, bruises, headaches and paralysis with laurel oil. It was also widely cultivated as an ornamental plant. It is used in topiary to create single erect stems with ball-shaped, box shaped or twisted crowns. Laurel was also used as a crown for Roman emperors
<b>Culinary uses:</b>	The leaves are added to pasta sauces during cooking and typically removed before serving. The leaves are also used in soups and are sometimes added to cocktails. Dried laurel berries and pressed leaf oil can both be used as robust spices, and the wood can be burnt for strong smoke flavouring.



## Traditional Medicine - Benefits of Tea

Tea is one of the most popular drinks in the world due to its pleasant taste and amazing health benefits. The reason why tea is such a healthy drink is because it consists of many bioactive ingredients that are good for our bodies. The first European to know and write about tea was Father Jasper de Cruz.

Tea is a drink that we take not only when we feel ill, but also to prevent illness in the first place. As it strengthens our immune system, we should take it especially in winter when the risk of catching a cold is highest.

Herbal blends are usually made in the traditional way at home or by herbalists in their shops from whole or slightly fragmented ingredients.

Each type of tea has its own benefits, but almost all of them protect us from deadly diseases, reduce stress levels, strengthen our bones, help with minor aches and pains, help with sleep problems and more.

Examples:

Chamomile tea: helps with any kind of pain, calms us down when we are nervous.

Mint tea: helps people with many headaches.

Lavender tea: helps with ear and eye infections.

Research has shown that green and black tea are the healthiest. Green tea lowers the risk of developing cancer, Alzheimer's disease and diabetes. Black tea is rich in antioxidants and therefore has many health benefits: It is excellent for dental

hygiene, reduces the risk of heart attacks and is good for stomach problems.

Eisai, Kissa Yojoki, the father of Japanese tea: „Tea is the elixir of life“.



## The use of traditional medicine in cosmetics

The concept of beauty and cosmetics is as old as mankind itself. Most synthetic cosmetics can be harmful to the human body in the long run due to the use of chemicals.

Herbal cosmetics are formulated from various ingredients that form a base in which herbs are used to cure various skin conditions. Natural cosmetics are used to increase skin elasticity, delay skin ageing and protect against UV radiation. Advantages of plant cosmetics: medicinal plants are widely available, affordable, environmentally friendly and have fewer harmful effects compared to synthetic medicines and can even be grown in one's own garden. Some of the most commonly used plants in cosmetics are: chamomile, sage, aloe vera, lavender, rosemary, lemon etc.

In China, traditional Chinese medicine has been used in cosmetics for thousands of years. Traditional Chinese Medicine is the medicine that can be used to prevent and treat diseases. It follows Chinese principles and philosophies. Traditional Chinese medicine views the human body and its natural environment as an organic whole. Some of the plants used in Traditional Chinese Medicine: ginseng, Chinese wolfberries, liquorice root, ginger.

Oil is a group of any substances that don't mix with water.



### OIL IS DIVIDED INTO 3 MAIN GROUPS:

- 1) ANIMAL OIL (of animal or plant origin: fawn, soybean, sardine oil)
- 2) MINERAL OIL (from oil, coal, salte etc.)
- 3) ESSENTIAL OILS (from seeds, flowers or fruits of may different plants (rose, menthol, sage etc.)

### WHERE IS IT USED?

It's used in cosmetics, cooking, painting, as fuel, in religion, and medicine

**COOKING:** - animal oil is used for various purposes in cooking and food preparation and are also used for flavouring and modifying the texture of food

- cooking oils come from either animal fat or plant oils (olive, maize, sunflower etc.)

**COSMETICS:** - oils are applied to hair to give it a lustrous look, prevent tangles and roughness and promote hair growth

**MEDICINE:** - aspirin, artificial limbs and much of the medical equipment used today is made from mineral oil (mostly petroleum)

- essential oils also have a very important role in medicine as they can help with many things, from muscular pain to headaches to anxiety and even paralysis and are used in **aromatherapy**



### SOME OF THE OILS WE USE IN EVERYDAY LIFE:

**SPRUCE OIL:** used for many respiratory issues such as asthma and bronchitis

**LAUREL OIL:** it's used for treating bruises headaches, in aromatherapy as a skin stimulator and in food as a sweetener

**OLIVE OIL:** one of the most popular and versatile essential oils used in aromatherapy. The oil promotes relaxation its used in skin care and it's also believed that it treats anxiety, allergies, nausea etc.

Olive oil is an important cooking oil in many Mediterranean countries and is a staple food plant of the mediterranean cuisine

**SAGE OIL:** sage oil is reputed to ease the muscular and joint pain, promote relief for digestive complaints, eliminate toxins and calm skin conditions

The Bel Paese is not only about amazing food, ancient culture, history, or beautiful language: it is also about the Italian way of life and unique attitude.

Italian lifestyle is imitated all over the world. It is made up of small and big habits that create a peculiar and sought-after image. Italians value and celebrate all aspects of life, such as spending time with family and friends, eating and drinking well, and enjoying beauty in all its forms. You wake up and take a fast breakfast at home or at your favorite local coffee bar, as a lot of Italians do: espresso and a pastry, often consumed standing at the bar, while talking about local gossip, football, or discussion about the latest news. After coffee, you pretend to be in a hurry, but the truth is that you don't mind being late. Perhaps you may feel disappointed in seeing people losing their patience in a queue, or pitching up their voices. But do not worry, it's a typical Italian habit. It is 1 o'clock, time for lunch. If not in a rush, you sit down and enjoy your meal for at least an hour, either at home or in a restaurant. Still the majority of Italian go home for lunch if time allows. After lunch, relaxation time begins.



If you find yourself in a small town, at lunchtime all the inhabitants seem to have disappeared, and things pick up again around 4:00 pm.

From 6:00 pm, just before dinner, it is the Italian aperitivo time: a drink and a snack or small bite before dinner, and the best moment to socialize. You are dressed with style, kissing each other on the cheek as greetings, clinking glasses, and starting conversations – often talking at the same time – about fashion, politics, football, and love of course!

Finally, you can enjoy your dinner, sitting down with your friends, enjoying all of your food and wine without guilt or hesitation. As a consequence, you stay awake until quite late, maybe sipping

your last drink and lost in conversation. This how a day in the life of an Italian ends.

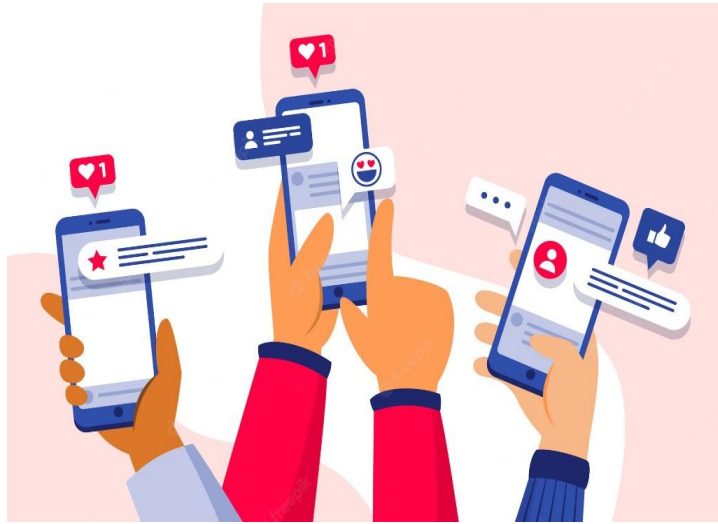
Philosopher Bertrand Russell stated : Italy, and the spring and first love all together should suffice to make the gloomiest person happy.

According to Russell, Italy along with spring and love could bring happiness to the saddest people.

## What does the social media mean?

Social media plays a major role in today's world. Recently, social media which is quite distinct communication mediums from the old ones, is raising day by day and the number of users is increasing at an unpredictable stage. In this research project, we will discuss what the social media does mean. In order to achieve this we will firstly state that social media; it is a platform that enables communication, sharing information and producing content using Internet technologies. Secondly, we will claim that social media it is a platform whose content is created by users. Last but not least, we will give our own analysis on the matter. To begin with, it is worth mentioning what has been argued by many social media specialists. A large number of experts have pointed out that social media platforms like Instagram, Twitter, Facebook and more give people a chance to connect with each other regardless of distance. Considerable amount of people have a tendency to accept the fact that social media is a huge network which connects the whole world. On the one hand, it is clear that Information is easily accessible and news through social media, it is a great tool for any social stuff. On the other hand, it is safe to assume that it includes the exchange of information at a rapid speed, which involves news from every field. It

is noted in many research results that social media not only enables the social development of the society, but also serves us in many other areas. On this note, we also have to mention that thanks to social media, we can always be in touch with people from all walks of life. On the whole, social media is just not helpful. Besides the benefits, there are many other disadvantages as well. Needless to say, many people argue that using social media harms all humanity because it might lead to health problems and it contains inappropriate content. First of all, many people who use social



media spend a lot of time in front of a screen and this causes severe eye problems. They do not go out sufficiently and they stay away from physical activities that keep them fit. Therefore, they suffer from a variety of diseases such as obesity. Secondly, I believe that it contains a lot of inappropriate images and texts. People share all sorts of images and texts on social media which contain nudity or rude language. In conclusion, there are distinct opinions on this issue. Some people strongly advocate that social media is very harmful for all humanity because it might damage their health and it might expose them to inappropriate images and materials. To wrap it up, social media is a non-traditional media. That creates a virtual world accessible over the Internet. All in all, it seems that social media means any human communication or sharing of information on the internet that occurs through a computer, tablet, or mobile medium. Taking everything into account, i am convinced that people from all ages spend a considerable amount of time using social media sites. In a nutshell, all the above vindicates that social media is used as a source of news, entertainment and gossip. Our ancestors said: There can be no doubt that every good thing has a flaw. To sum up, Jeff Bezos who is founder of Amazon says if you make a customer unhappy in the real world, they will share it with 6 people. If you make a customer unhappy in the digital world, they will share with 6.000 people.

599 words

Zeynep Kızıltaş



## WHAT IS SOCIAL EXCLUSION?

In every country, some groups confront barriers that prevent them from fully participating in political, economic, and social life. These groups may be excluded not only through legal systems, land, and labor markets, but also unfair or labeling attitudes, beliefs, or perceptions. Disadvantage is often based on gender, age, location, occupation, race, ethnicity, religion, citizenship status, disability, and sexual orientation and gender identity, among other factors. This kind of things takes away individuals' dignity, security, and the opportunity to lead a better life.

The COVID-19 pandemic put the spotlight on systemic inequalities. As COVID-19 continues to have wide-reaching impacts across the Earth, it is important to understand the differentiated and intensified impact the pandemic has on the most marginalized, including women, people with disabilities, unemployed youth, sexual and gender minorities, the elderly, indigeonus people, and ethnic and racial minorities.



For example, many people with disabilities have underlying health issues that made them vulnerable to COVID-19. Women and children have been affected by increasing rates of violence as a result of lockdowns and increased stress on everyone. Many disabled people have struggled so much to access health services and are overrepresented among those without access to social security. In some contexts, groups who have historically faced barriers to access to health systems due to discrimination on ethnic or racial grounds have had higher

mortality rates than other groups and have experienced difficulty accessing information about the pandemic, access to equitable care, and access to vaccines.

## WHAT IS THE RIGHT THING TO DO?

Social inclusion is the right thing to do, and it also makes good economic sense. Left unaddressed, the exclusion of disadvantaged groups can be costly and bad. At the individual level, common measured impacts include the loss of wages, lifetime earnings, poor education, and employment outcomes. Racism and discrimination also have physical and mental health costs. At the national level, the economic cost of social exclusion can be captured by foregone gross domestic product and human capital wealth.

There are 2 key elements required to promote social inclusion effectively. These are:

- Helping socially excluded individuals and communities overcome the inequalities they face.
- Promoting equality of opportunities and eliminating discrimination.

At its core, promoting social inclusion means building inclusive societies that offer equal opportunities to individuals regardless of their circumstances.



These elements need to be included at both national, regional and local levels to be effective. Ways to do this can include:

- Empowering communities and individuals by giving them a voice, and allowing them to express their opinions without fear;
- Ensuring access to employment and the tools to participate in social life are readily available and accessible;
- Ensuring easy access to basic services such as housing, employment, education, and health care;
- Encouraging community participation in social, cultural or political events.

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THANK YOU FOR READING

# A BETTER LIFE

MAGAZINE - issue #3

