

Illustrated

HEALTH & SUSTAINABILITY

*Restoring
EU values
with .eu*





**We focus on the accomplishments
of those cultivating European
values for a greener, healthier, and
more sustainable future**

Dear reader,

As the world progresses into 2020, we face new challenges, and see a scramble for people everywhere to adopt a healthy and sustainable lifestyle. EURid's own environmentally sustainable approach was adopted near a decade ago, with since annual assessments for our CO₂ emissions under the EU Eco-Management Audit Scheme (EMAS). EURid is involved in projects around the world to help enrich the environment and lifestyle of less developed communities.

Since the start of this year, we have been facing another challenge: worldwide, borders are locking down as the new Coronavirus (COVID-19) spreads at an alarming rate on a global scale. With even more importance placed on musical handwashing and social distancing, values intrinsic to Europe like trust, mutual respect, and unity slip away as governments turn inwards to control the spread of the virus.

This year, we turn the spotlight to rediscovering the principles of the European community within and beyond the borders of the European Union. We address the accomplishments of those cultivating European ideals for a greener, healthier, and more sustainable future.

Have a great read,

The .eu Illustrated Team



CEJA.eu

**Giving a voice
to Europe's
next generation
of farmers**

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**Advancing
sports innovation
in Europe**

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EFFICHRONIC.eu

**Enhancing
health systems'
sustainability
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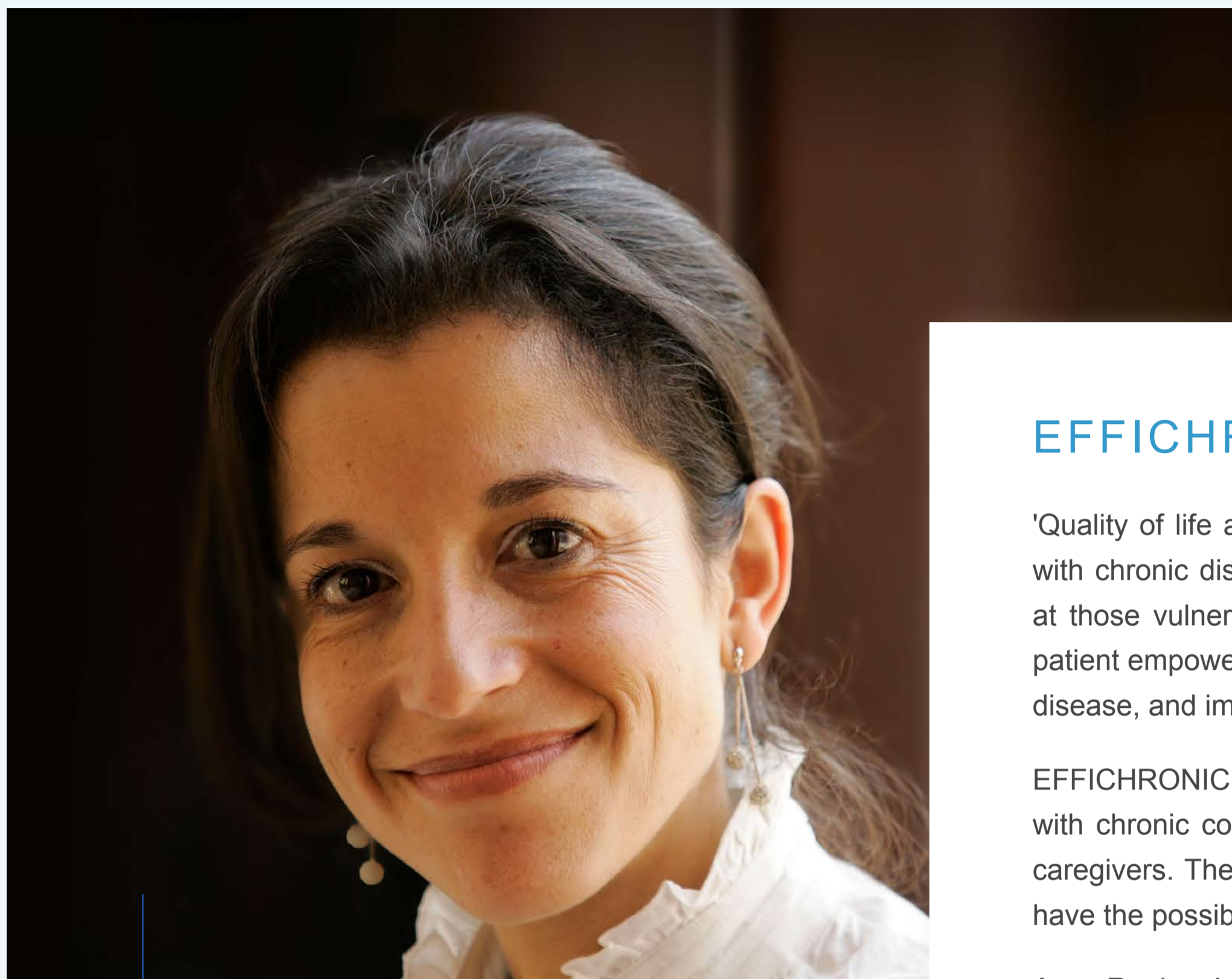
**The European
voice for patients
in mental health**

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As a project with a European perspective, it made a lot of sense to our research team to choose the .eu domain.



Marta Pisano-González, Principal Investigator of the project EFFICHRONIC

EFFICHRONIC.eu

'Quality of life at EU level must be improved in particular for vulnerable people with chronic diseases. The European health services must ensure that we look at those vulnerable by providing effective and cost-efficient tools that promote patient empowerment, a better access to health care services and control of their disease, and improved health outcomes.'

EFFICHRONIC: a research project that focuses on the vulnerable population with chronic conditions to improve their self-care and that of their families and caregivers. The project envisions a Europe where people with chronic diseases have the possibility of using tools that improve their quality of life.

As a Regional Ministry of Health revolving around collaboration, Europe is the crucial link for EFFICHRONIC to perform top-quality and cutting-edge research, and to increase momentum towards a globalized and standardized healthcare scenario.

Now implemented in five European countries (Spain, France, Italy, the UK, and the Netherlands), EFFICHRONIC's European dimensions, drive to provide full visibility of the project results, and the considerations of Open Science promoted by the European Commission, made using a .eu domain the obvious choice.

EFFICHRONIC represents what the EU achieved in the field of social and health inclusion of citizens with chronic conditions.



The project EFFICHRONIC has received funding from the European Union's Health Programme (2014-2020). GA number: 738127.



EPSI contributes to the fortification of European values of unity and mutual respect

EPSI.eu

EPSI (the European Platform for Sport Innovation) is a not-for-profit European membership-based networking organization representing both public and private entities. Based in Brussels (Belgium), EPSI combines excellence and diversity to create a better momentum in sport, leisure, health, tourism, and more, while representing the entire ecosystem of sports-innovation partners throughout the EU. EPSI influences policy makers to increase the political attention and investments towards sport and physical activity. Through support of its members to secure public funding for the rolling out of their project ideas and helping its constituency to kickstart and achieve new internal and external business opportunities, in collaboration with neighboring sectors such as in health and tourism.

Born from the European Project Inno4Sport, the foundations of EPSI's activities are deep-rooted in Europe. The "raison d'être" of the European Platform for Sports Innovation is intrinsic to the old continent and EPSI's membership, ranging from public to private entities, sport clubs to universities, and sport event organizers to communication agencies. Therein, a testament to the relevance of Europe for the activities and development of EPSI.

Indeed it was through this fundamental relevance that EPSI chose a .eu domain to represent the interactions and solutions provided to the entire Europe-based EPSI constituency. EPSI contributes to the fortification of European values of unity and mutual respect: values which have become gradually neglected, and values which EPSI seeks to reinforce as the best way forward.

EPSI demonstrates to the sport sector and subsequently all policy and decision makers the relevance of promoting physical activity as an essential value for society as a whole. Typically, sport and a healthy lifestyle is often overlooked as an accessory objective. Through the multiplication of the publicly financed European Project, EPSI has pushed for first class recognition of this inspiring and important sector, with the aim of enhancing awareness of the importance of sport and a healthy lifestyle in Europe.

Alberto Bichi :
Co Executive Director of EPSI
Rene Wijlens :
Co Executive Director of EPSI





CEJA regularly undertakes EU-related issues, rendering the .eu domain the obvious choice to reflect their values and proficiency



*The European Council
of Young Farmers*

CEJA.eu

CEJA (the European Council of Young Farmers) is a forum for dialogue between Europe's next generation of farmers and key decision-makers in the European institutions. Established in 1958 in Rome (Italy), CEJA aims to promote young farmers across Europe through the creation of sustainable working and living conditions for young people already established or hoping to enter the agriculture sector. CEJA epitomizes the bond representative of the linguistic, cultural and historical diversity in the sector – and the community cultivated from it through the shared ideas, dreams and challenges young farmers face together within and beyond the borders of Europe.

For CEJA, Europe means unity in diversity. The young farmers of Europe acknowledge and appreciate their diverse life and work situations: different contexts, climates and communities. Through the differences, these young farmers face a number of common challenges, and these common challenges require shared solutions, wherein lies the *raison d'être* of CEJA, and its intrinsic relationship with the EU.

Based in Brussels (Belgium), CEJA regularly undertakes EU-related issues, rendering the .eu domain the obvious choice to reflect their values and proficiency in the organization and hosting of pan-European working groups to reach shared positions. These positions are the foundation upon which CEJA's board and staff advocate for young farmers. CEJA boasts collaboration with a variety of actors in the agricultural sector, engaged in policy debates and EU-level projects for the establishment and enhancement of the solid networking platform for young farmers on a national and international scale.



As facilitators to open and inclusive pan-European dialogue among patient organisations, a .eu domain was the perfect choice.

GAMIAN.eu

Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe), is a patient-driven pan-European organization, representing and advocating the interests and rights of persons affected by mental ill health. Its main activities relate to advocacy, information, awareness-raising and education and partnership and capacity building. Overarching themes in our work relate to anti-stigma and discrimination and patients' rights.

GAMIAN-Europe was established in 1998 as a representative coalition of patient organizations as it was felt that patients can and should play an effective and complementary role in developing positive and proactive policies and other initiatives with an impact on mental health issues and services.

GAMIAN-Europe strives to work towards a vision of Europe where there is no stigma and discrimination aimed at individuals affected by mental ill health and where their rights and views are prominent and accounted for in their care. Currently, GAMIAN-Europe brings together a wide variety of local, regional and national organizations from almost all of Europe.

As a facilitator for an open and inclusive pan-European dialogue among patient organizations to exchange information and ideas, a .eu domain was the obvious choice for GAMIAN-Europe.

GAMIAN-Europe is involved in a number of activities to increase their visibility and reach, from suicide prevention, to empowerment and mental health care self-management workshops. Striving to stimulate the development of national-level mental health plans, GAMIAN-Europe will continue to collaborate with health professionals, policymakers, academics and industry to represent the interests of persons affected by mental ill health and advocate for their rights.



COVID19 LOCKDOWN



Is self-isolation and working at home taking a toll, or do you love it?
Try out our staff-compiled COVID19 Lockdown Bingo for a bit of fun on your next break!

 Know someone who's hoarding loo roll	 Enjoy more time with family	 Less motivation to work at home	 More time to "exercise"	 No clearly defined break times
 Change up the working space	 Time has become irrelevant	 Do gardening / go outside	 More motivation to work at home	 No interaction with colleagues is awful
 Can't stop snacking	 No interaction with colleagues is great	FREE SPACE (At least 1.5m)	 Cook something you've never had time to prepare	 Miss the office beverage/snack machine
 No distinction between professional and family life	 A new era of Skype / Zoom meetings	 Work / children combination difficult to balance	 Dislike more time with family	 More time with pets
 Read a book / Watch TV	 Less commuting time = less stress in the mornings	 Disruptive / noisy neighbor(s)	 Disruptive / noisy family member(s)	 Start an online course / project

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The dots you can trust