

# REKOMANDOR

*TREATS FOR THE EYE, MIND AND SOUL*

YOUTH  ALIVE



## The Goodie Box

We love lists because they hide secret promises. The promise of new, passionate things. The promise of a special feeling: the one awakened by discovery. We love lists because they open our eyes to *goodies* we overlook or not know about. Sometimes we lean on a list because we like the one who made it. Other times, because we are excited about the category of the list. Or perhaps, because we're prodded by our lively curiosity.

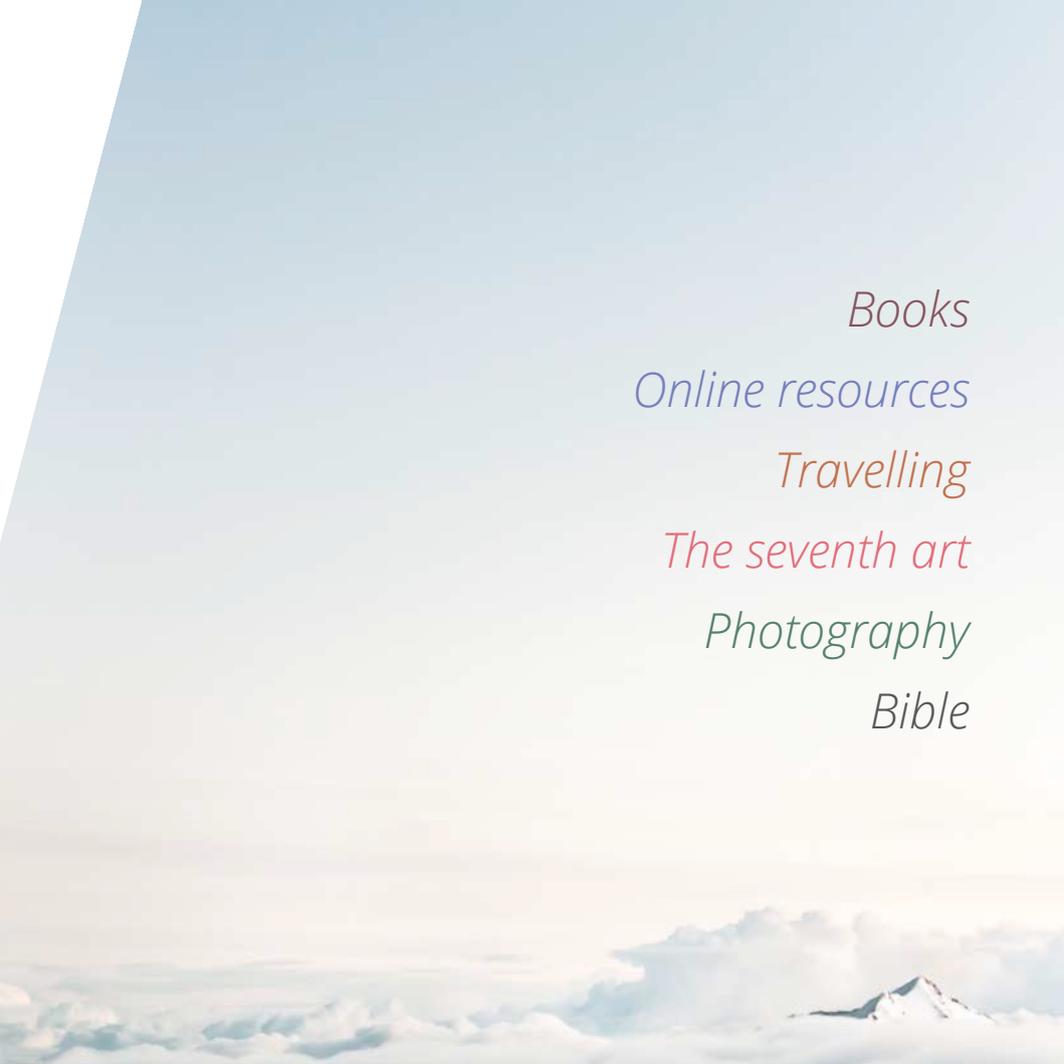
A list is like a box of old gems where you're allowed to poke around. You never know for sure what you are going to discover and you joyfully pause over every little thing that passes through your hands. Some objects return quickly to their place, while others linger in your heart for longer.

The text you hold in your hands is such a box. It does not contain top fives. Whether we're talking about books, songs, movies or other things, our suggestions are not about the best or the biggest titles in those fields. These are just *treats* sampled by others before you, who liked them enough to recommend them to you too. Some you may already know. Others might be pleasant surprises. The point is that all of the following recommendations are somewhat more accessible than others. The selection was made specifically with you, the reader, in mind.

We live in a world oversaturated with information and offers. It's that much more difficult to choose what to consume and how to spend your time. Who's to say what's worth it and what's not? That's why we're offering you the following „treats” for your eyes (photos, treasures around the natural world), mind (books, movies), and soul (Biblical fragments). Taste, of course, is subjective. The main purpose of this book is to challenge you to search for quality things: these and beyond. The lists remain unfinished. You can add to them yourself. And don't forget: whenever you find something beautiful, pass the recommendation along to your friends. Sharing is caring.

Sincerely yours,

**The Authors**



*Books*

*Online resources*

*Travelling*

*The seventh art*

*Photography*

*Bible*

# Literature

*that inspires you*

## *To Kill a Mockingbird*

BY HARPER LEE

A book about the big world, seen through the eyes of the small ones. A lesson about growing up, about the world filled with beautiful displays, and about what sometimes hides behind them. A story set in the racist South of the United States, but which resonates with readers from all around the world.

## *Oscar and the Lady in Pink*

BY ERIC-EMMANUEL SCHMITT

Young people are concerned about the problem of human suffering. And the story of the boy with the incurable disease will not only reflect on the reader's sensitivity, but it will also bring them closer, as much as one can, to a possible answer to suffering.



*Magellan*

BY STEFAN ZWEIG

The master of romantic biographies, Austrian Stefan Zweig offers us an unforgettable journey alongside the man who circumnavigated the world at sea for the first time. *Magellan* is a wonderful incursion into a past world, a world of courage, great dares, and enduring accomplishments.

*Animal Farm*

BY GEORGE ORWELL

In a world where there are still totalitarian regimes, the famous Orwellian parable continues to be compulsory reading. It puts us face to face with the evil that lies in any form and system of repression built on a foundation of “the greater good”.



# Youthful TED Talks

## *Ken Robinson — How to escape education's death valley*



There are many who feel that school isn't what it should be, or that the way subjects are taught pushes kids away, instead of kindling their desire to learn. Robinson's speech, both entertaining and profound, addresses this educational conundrum.

## *Larry Smith — Why you will fail to have a great career*



Larry Smith is a brutally honest speaker who puts you face to face with all your failing justifications for your lack of success. Funny and a little bit crazy, his speech is motivating and will shake you out of the swamp of excuses you've been keeping company with.



TO BOLDLY GO / 2014

TED in San Diego

TED

*Guy Winch — How to Practice  
Emotional First Aid*



Physical pain make us think and take serious action. On the other hand, we ignore emotional pain much too often: guilt, loss, loneliness. Since these can have serious long-term side-effects, Winch promotes a responsible emotional hygiene.

*Brene Brown — The Power of  
Vulnerability*



There's no point in denying that, most of the time, we consider vulnerability a flaw. The reality is that those who open up and share their feelings are more likely to suffer or be marginalized. In this famous speech, Brown looks at vulnerability as a special gift, defining humanity.

*Meg Jay — Why the 30 is not the new 20*

When they were in their twenties, our grandparents had not only large responsibilities, but also families to look after. Today, those of the same age who are living independently are few and far between. Meg Jay draws attention to the dangers of this change of mentality, but also proposes solutions to make this decade the defining period of life.





# Unique places

*waiting to be discovered*

## *US Route 101*

This famous highway is the perfect place to escape and disconnect from the bustling cities! The road crosses the Western coast of the U.S. through California, Oregon, and Washington states. You should take panoramic breaks whatever chance you get – admire the ocean, relax on the beach or visit different sights on your personal bucket list.

## *Machu Picchu*

Situated at over 7,900 feet high, on the rocky peaks of the Andes mountains in the Cusco region of Peru, the city of Machu Picchu is a symbol of defiance of history. A visit to this well-preserved archaeological site is both a chance to reconnect with nature, as well as to reflect on the world's civilizations.



### *The ice caves of Iceland*

Iceland is truly a fascinating place for nature-lovers. It was difficult to choose just one recommendation, because this country is filled with natural treasures. We chose the ice caves because they represent a unique challenge and experience. The dark interior of the caves and the outside light reflecting in the ice walls create an impressive array of shades of blue, navy or turquoise. Due to these colors, they're often called "crystal" or "sapphire" caves.

### *Grand Canyon National Park*

If you live in or are visiting the States, you should not miss out on the Grand Canyon, this natural masterpiece sculpted by the Colorado river approx 227-mile-long. All you have to do is to get down to Arizona, and allow yourself to be conquered by the brilliant shades of yellow, orange and brown adorning the rocky landscape. You can visit different caves, hike for days, or admire the fauna and flora.

