



#SICOGA2018

 **SERVAS** INTERNATIONAL

World Vegetarian Day

 Reduce heart disease, lower blood pressure and increase a healthier protein intake by....being a veggie lover for a day..... a week.... a month or longer...contribute to environmental protection... explore vegetarianism.

SERVAS ONLINE

By Tayezzi

Servas online focused on *how to simplify the online registration and make it flexible and user friendly*, with possible considerations for the *development of a Servas application*.

Among Us~



by Lauren Gordon

National Sec of Poland, Joanna Mozga's trip to Seoul has brought with it a *surprising reunion!* Joanna, who is attending her 3rd international conference, 2nd as delegate, was last hosted by Servas members in the French Alps in 2017. Coincidentally, their son Adrien is now studying in Seoul, and was able to meet Joanna at the conference venue for a taste of our international gathering! *It's a small world with Servas!*

Urban Safari



By Samantha Gross-Galindo

Servas Korea leads a group of around 40 people on an urban safari where participants learned a few Korean traditions.

Climate Change Consciousness

Servas Canada encourages members to *consider* how they can lower their *ecological footprints* whenever travelling abroad. As a peace organization, Servas believes in the importance of ethical travel!