



Danubiana
Network

Plant something

... and watch it grow
for 10 minutes

Citizens of macro-regions for a stronger Europe
project 2018/2020



Co-funded by the
Europe for Citizens Programme
of the European Union

FEEL
GOOD
DANUBE
CARDS



Danubiana
Network

Walk

a dog or a friend for 30
minutes by the Danube

FEEL
GOOD
DANUBE
CARDS

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Danubiana
Network

*Invite your
neighbours*

FEEL
GOOD
DANUBE
CARDS

for a cup of coffee/tea
by the Danube

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FEEL
GOOD
DANUBE
CARDS

*Don't post
anything*

on social media today
on the Danube

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FEEL
GOOD
DANUBE
CARDS



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Post something

on social media today
on the Danube

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Relax!

Erase all expectations
for today and enjoy
the Danube

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FEEL
GOOD
DANUBE
CARDS



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FEEL
GOOD
DANUBE
CARDS

Write

a letter to a friend on the
Danube

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Go to bed

30 minues earlier than usual

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FEEL
GOOD
DANUBE
CARDS



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Take

a boat trip on the Danube

FEEL
GOOD
DANUBE
CARDS

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Danubiana
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Walk

across a bridge over
the Danube

FEEL
GOOD
DANUBE
CARDS

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Danubiana
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Send

a message to a friend
about the Danube

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FEEL
GOOD
DANUBE
CARDS



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Read

a book about the Danube

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