

# Mission Statement and Activities

## for the “Mehr Leben, Mas Vida, More Life, Lev Mer” - Association

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This association intends, by means of the activities it organises, to help people to regain or achieve personal HARMONY. Most times, it is the “small things in life” that bring us balance. For example, Nature in all its variations, such as the ocean and its depths, its salty smell and taste and its moods, changing from dark blue to turquoise. Partaking in sports and games, just for the fun of them without worrying about winning, is another example, as the Olympic motto says; “Being there is everything”. Another example is hiking: not only do you see nature, but you can also smell, feel, taste and hear it and all five senses are awakened. The combination of physical movement and stimulation of our senses brings us Harmony and Happiness. Achieving and experiencing Harmony in the company of other people is one of the goals of this Association. Social and General subjects will also have a place here, such as Nature, the Environment, Technology, Nutrition, Research and Health. Many people are unhealthy and unhappy because their bodies, souls and spirits are not in balance and they waste energy, which weakens their immune systems and they are not sufficiently protected against illness.

“ HARMONY “  
is the solution.

Balance and Harmony can help solve many of our daily problems, setting them free and thus regaining harmony. That is why many of our activities and Information will be aimed at the matters mentioned above. A few examples are:

- Hiking** : When hiking and enjoying nature, with the movement of our bodies, we keep our body, soul and spirit healthy. Several routes are available, for all conditions.
- **Boat Excursions** : On a boat out on the ocean waves to enjoy the sun rise or set over the horizon, where dolphins and flying fish dance around us. We can also swim or snorkel and all ages, young or old, will enjoy this excursion.
- **Car or Mini-bus excursions**: for example, to out of the way places for a picnic or cookout at the reservoirs, or to learn about the aboriginal inhabitants of Gran Canaria. Museums, theatres, opera concerts, cinemas are also available on this island.

- Sports events such as horse racing, Canarian Wrestling, Soccer, Windsurfing Championships and Car Rallies are popular here.
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- Individual drives can be arranged (for example, to hard to reach places in the mountains or airport transfers).
- **Service-Office** : Events calendar, Books, Hiking maps, Information about car, boat and bicycle hire as well as money exchange. Bus route schedules, discount coupons, island maps, the Culture and History of the Island inhabitants, cheaper telephone rates and much more.....

Many different peoples converge together on Gran Canaria, thus our Association wishes to become an international “TAGOROR” ( TAGOROR were Canarian aborigine MEETING PLACES and ASSEMBLY POINTS for sports tournaments and important gatherings ) and an Information and Contact platform. Communication with Members from different countries who exchange different experiences and knowledge with each other, while enjoying shared activities.

Membership is FREE ( there is therefore **NO** monthly or yearly fee). However, the operational costs of running the Association must be covered and we will charge for the activities we hold. So, only when taking part in an activity will there be a charge for Members. We will try to keep our charges as low as possible and the more people take part in an activity, the cheaper it will be for each. The Association will pass on group discounts to its Members, so to speak. Some activities will be organised by other Members (such as hikes), who are not employees of the Association. Please remember to give those organising volunteers a generous “tip”, especially if you are happy with the service given.

The Association does NOT pretend to be “Perfect”. Rather, we aspire to be “SIMPLE”, “LAID BACK” and “RELIABLE”, leaving enough time for HARMONY!

The Founders of the Association bid you a hearty

**WELCOME TO THE CLUB!**