



SOBER

— Inspiration —

Refill the good stuff

Published by Sober Inspiration
© Sober Inspiration
www.movendi.ngo

Design: Every Single Moment
Layout: Kristina Sperkova
Text: Kristina Sperkova, Maik Dünnbier

Recipes: Movendi International Member organisations
Photography: Teresa Ranc, Dzenan Hajrovic, Martins Kubulnieks, Vindula Perera, and
Kristina Sperkova

Sober Inspiraton is a campaign by Movendi International
Contact at Movendi International:
Kristina Sperkova
Kristina.sperkova@movendi.ngo
Twitter: [@kristinsperkova](https://twitter.com/kristinsperkova)
+46 72211 3070
© Movendi International, Stockholm, Sweden, September 2020.

Use of the content of the book is encouraged (we think it should be obligatory at every party) to make
sure that everyone always has something to refill.
[#RefillTheGoodStuff](https://twitter.com/RefillTheGoodStuff)

CONTENT MATTERS

—	The Drink page	1
	Victory	3
	Belong	5
	Groupie	7
	Mingle	9
	Unstoppable	11
	Vacay	13
	True Love	15
	Bonfire	17
	Refill	19
	First step	21
	Asana	23
	Reset	25
—	The Cheers page	27

Drink

Congratulations! We are happy for you. You seriously have some good stuff going on in your life. At least you got your hands on one of these marvelous books.

Welcome to the best drink book of the 21st century!

This is the only book that provides you with outstanding drinks for every occasion and for every feeling.

You need a drink to get excited? We got you covered!

Crave a drink to relax and chill out? We got your back.

Thirsty for the perfect stuff for epic parties? We got the drink that carries you through the night, or weekend, or week – or however long you wanna party. Rather prefer reflecting on outdoor adventures around a bonfire and need a drink that captures the mood? This book's got it all – and a bit more.

It's all about drink, drink, drink. And not about ethanol, at all. We want you to drink. And enjoy. And drink more. And enjoy more. We want you to refill the good stuff – on every occasion and for every emotion.

12 unique recipes from around the world can bring this magic into your life. Are you ready to drink up? And then **refill the good stuff?**





INGREDIENTS & DIRECTIONS

Orange	1 pc
Cucumber	1/3
Ginger	1 tsp
Mint sprigs	3 pcs
Sparkling water	1 l



Slice one orange and one cucumber into thin circles. Grate one tablespoon ginger. Add the orange and cucumber slices, ginger and a few sprigs of mint to a jug of sparkling water. And finally, decorate, always decorate!

Victory

Victory. No matter what kind. A small victory in daily life such as green lights on your way to work, or finishing the first ever 10k run in your life, or those really HUGE ones like BEING SELECTED for a scholarship at your dream university. That's when you drink "Victory".

You can drink it alone when none is around or with a group of people closest to your heart who have supported you all along. Drinking "Victory" with its fresh blend of orange, cucumber and ginger will help you to stay in the moment. And with the mint springs and sparkles will enhance the feeling of being a star, in fact the star. Keep on celebrating, you sure deserve it.





INGREDIENTS & DIRECTIONS

Elderflower cordial	20 ml
Lime	1/2 pc
Ginger beer	20 ml
Mint sprigs	6 pcs



Muddle mint and elderflower with ice. Add fresh squeezed lime. Top with ginger beer. Garnish with mint sprig and lime wheel. And finally, decorate, always decorate!

Belong

"Belong". This one is for the breezy Sunday brunches you go to at least once a month if the weather allows. It is drank outdoors, in a fancy little café or restaurant. The fine blend of elderflower and mint gives you that special feeling of belonging. So you never drink it alone otherwise its effect of feeling connection won't arrive. Once you start chatting with your BFFs and share the latest updates, you won't escape the wonderful ahh'mazing feeling of knowing there are people you love and who love you, that you can count on, that someone cares for you and that you are part of something bigger.



Your vibe attracts your tribe





INGREDIENTS & DIRECTIONS

Coconut Milk	20 ml
Raspberries	10 pcs
Raspberry Syrup	10 mL
Peach	1/2 pc
Mint sprigs	1 pc



Pour in layers. Start with a thick raspberry syrup, then Coconut milk and then muddled raspberries. Finally, decorate with a wedge of peach and mint. Remember, always decorate!

Groupie

Groupie. Higher, faster, stronger. This drink allows you to be impressed by human excellence. It allows you to be in awe about someone's great performance and makes you reveal emotions in those exhilarating moments. With "Groupie" you can cheer in a football arena or in front of the TV with a bunch of mates who know exactly how you feel when your home team scores or your favorite song comes on. "Groupies" effect is sensitive to the environment due to the delicate blend of raspberries, peach and coconut. The drink works only in combination with a match or concert, be it on TV in the comfort of your home, at public viewing parties or live in the arena or festival.





INGREDIENTS & DIRECTIONS

Tart Cherry juice	10 ml
Lime	1 pc
Agave syrup	1 tbs
Soda water	30 ml
Lime wedge	1 pc
Cherries/raspberries	10 pcs



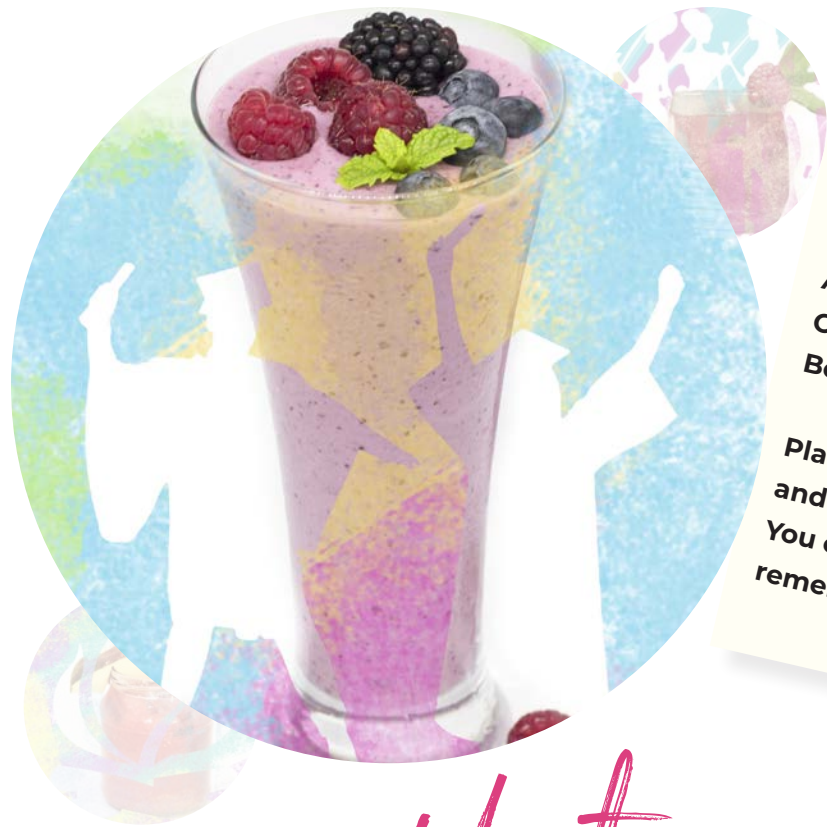
Combine cherry juice, lime and agave syrup. Stir. Fill a glass with ice, fill with cherry mix and top with soda water. Serve with a straw, decorate with raspberry or with lime. Remember, always decorate!

Mingle

Mingle. Small talk. Polite phrases. Familiar faces but unfamiliar people. Should you stick around or leave? Often mingles are awkward. All the others seem to know each other. How to approach? How to belong? What's an interesting convo topic anyway?

Just holding "Mingle" in your hand makes all these problems disappear. You hold "Mingle", you hold confidence. When the smooth blend of cherry and agave flows down your throat, you feel more comfortable, social and at ease. With "Mingle" you will manage any After-work, Xmas party or courtesy visit like a pro.





INGREDIENTS & DIRECTIONS

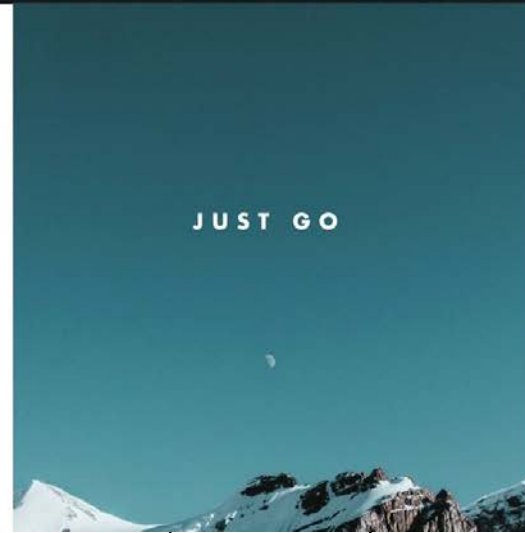
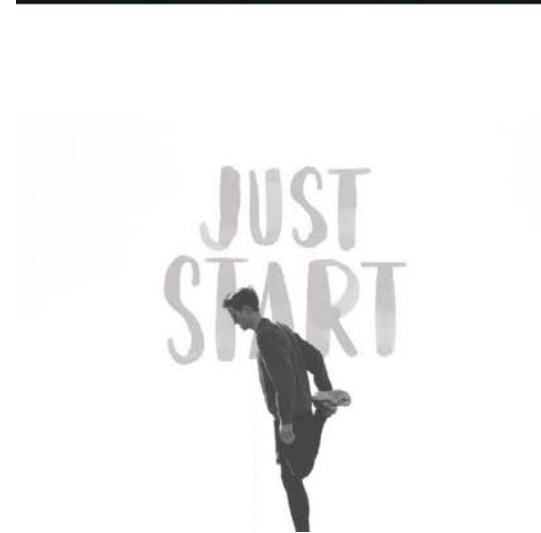
Ripe Bananas	3 Pcs
Raspberries	15 Pcs
Agave Syrup	2 Tbs
Almond Milk	50 ml
Orange Juice	30 ml
Berries	5 pcs



Place all of the ingredients in a blender and pulse until smooth, about 30 seconds. You could serve right away but first, remember, always decorate!

Unstoppable

Unstoppable. You made it. You've passed all those exams, survived the countless all-nighters, and defended your thesis. You kicked ass and the excitement is buzzing. You are ready for the next challenge. What will it be? Where will you end up? Who'll be with you? The best drink to deal with these feelings is "Unstoppable". The unique blend of berries and bananas with almond milk make you feel like on top of the world. Unbeatable. Unstoppable. Confident that life will simply work out for you. Drink with all those who were part of your journey. Cheers to greatness now and in the future.





INGREDIENTS & DIRECTIONS

Watermelon chunks 4 cups
 Lemon/lime soda 1 cup
 Fresh lime juice 1/4 cup
 Fresh mint springs 2 pcs
 Ice



Put watermelon in a blender and mix it with crossed ice, add lemon-lime soda, lime juice in blender. Blend until smooth. Stir in fresh mint and pour into a glass. Decorate with fresh mint and a piece of watermelon. Always decorate!

Vacay

Vacay time. OMG! Those were stressful weeks at work! You are wired, your thoughts are all over the place. You need to wind down. On your own, with your better half or with close friends somewhere nice, where the toughest decision is whether to walk along the beach or to stay in the hammock with that book you wished to read for so long. Just holding "Vacay" in your hand calms you down. Sipping its melon-mint freshness and juicy smoothness while gazing at the sunset and listening to the waves reminds you why you love life.





INGREDIENTS & DIRECTIONS

Apple juice	80 ml
Lemon juice	20 ml
Bitter lemon	80 ml
Raspberry juice	20 ml
Ice cubes	



Put ice into a glass. Put all ingredients without syrup into a glass, stir it all. Pour in syrup. Serve cooled. And...Decorated!

True Love

True love. And they lived happily ever after. This drink is to be shared with the person who makes you feel special like no one else. With someone who sees who you truly are and loves you to the moon and back. When you hold a glass of "True love", looking into your loved one's eyes, you know that what the two of you have is something extraordinary. Something beyond imagination. As you take a little sip of the crisp mixture of apple, raspberry and lemon, you bath in the dreamy feeling of love. And your hearts beat a little faster in the same rhythm.





INGREDIENTS & DIRECTIONS

Apple juice	100 ml
Apple	1/2 pc
Banana	1 pc
Strawberries	1 cup
Agave (optional)	1 tbs
Chili	1 pcs



Blend all the ingredients untill smooth.
If you wanna try something really new,
Add some chili (the amount depends on
you). You are done.
Aha...Remembe to decorate!

Bonfire

Bonfire. You reach out for this one when the air is crisp and sparkles fly from cracking fire. You are looking into the flames, relaxed, wrapped in a warm blanket, listening to your friends singing songs they always sing. It is like life is taking a break and waits for you to sort out your thoughts, feel all the feelings, and breath deeply for a little while. Drinking "Bonfire" with its crisp concoction of berries, fruits and chili, makes you feel in harmony with yourself, surrounded by your soul mates. And you know they are always there ready to catch you, ready to teach you, ready to listen to you. They are both near and far - just right for what you need.



ARE *You* **ONE OF**
THOSE PEOPLE
WHO BRING OUT
the best **IN YOU?**



INGREDIENTS & DIRECTIONS

Rock melon balls	3 pcs
Mint sprigs	4-6 pcs
Cucumber circles	3 pcs
Pineapple juice	100 ml
Soda water	200 ml
Ice	bunch



Muddle mint, 2 melon balls and cucumber.
Add ice and pineapple juice. Shake and
strain into a glass. Top with soda water.
Decorate with melon ball and mint.
Always decorate!

Refill

Refill. Drink responsibly? Say what? Moderate? You kiddin' right?! Keep the party going and refill the good stuff. Who likes to be responsible when you have the time of your life? "Refill" is for all parties and celebrations. It is for the occasions when you do not want to count, when time is irrelevant and all that matters is the moment and the excitement it carries. Mixing pineapple and cucumber, with mint and melon does the trick: Refill's epic effects: stomach ache only from genuine laughter, sore muscles only from dancing all night, empty cell phone battery because you took selfies with so many awesome people, lack of sleep only from partying all weekend long. "Refill" the good stuff. Remember the good stuff.





INGREDIENTS & DIRECTIONS

Hibiscus flowers	30 g
Cinamon stick	1 pc
Allspice berries	50 g
Cold water	1 l
Sugar Syrup/Agave	40 - 60 ml
Ice	



Combine 30g dried hibiscus flowers, 1 cinnamon stick, a handful of allspice berries and 1 liter cold water in a large pitcher. Place in fridge overnight. The next day, strain and add sugar syrup to taste. Serve it decorated with ice and some fresh

First step

First step. Here it comes. You are responsible for a new life. A little human being completely dependent on you. A sign of your love, a source of every emotion from joy to worry. You have never done this before. How will you manage? When holding this little bundle in your arms you wonder where such a deep feeling of compassion comes from. You did not know you could love so much. You are both overwhelmed and exhilarated by your emotions. A glass of "First Step" fits perfectly and will help you to feel firm in your knees at the start of this journey. As you taste the hibiscus and cinnamon flavors, you know everything will be just fine. More than fine. Perfect.





INGREDIENTS & DIRECTIONS

Frozen bananas	2 pcs
Almond milk	1 cup
Frozen blueberries	1/2 cup
Blue spirulina	1 tbs
Agave	1 tbs



It is simple. Blend all the ingredients until smooth. Do it mindfully and take your time as there is nothing more to do. You are done. No need to decorate!

Asana

"Asana" brings you peace of mind in the everyday rush. The extraordinary mix of bananas, blue spirulina and blueberries works wonders. It fills the void you might feel on certain days. And it empties your mind when everything just spins on other days. You best drink "Asana" in a sitting position with soothing instrumental music in the background. The perfect environment is a spa like room, clean and warm with soft natural colors and water flowing over rocks. This drink is best enjoyed alone. Try it and you will feel like harmony herself.





INGREDIENTS & DIRECTIONS

Coconut milk	2 tbs
Frozen pineapple chunks	1/2 cup
Almond/soya milk	3/4 cup
Sugar	1 tsp



Put all the ingredients into a blender and
whizz until smooth - gorgeous!!!
And finally, decorate, always decorate!

Reset

Reset. Three... two... one... Happy New Year!!! When one year has passed and you can leave everything that happened behind you. On this special evening every year when you believe in new beginnings more than any other day, a drink like "Reset" calls for your attention. Whatever you have done, whatever has happened to you, you know that on this evening you can decide to be whoever you want to be (come). "Reset" sets you free. The blend of pineapple and coconut gives you the feeling with every taste, that tomorrow matters more than yesterday and that there are no limits to your dreams and aspirations. And with "Reset" in your hands, you know it and drink it in.



WHAT YOU *do* TODAY
CAN *improve* ALL YOUR
tomorrow

Cheers!

How's it going?

Still looking for more drinks? Can't get enough of the magic stuff? Yeah, we know that feeling.

Seriously, who wants to be responsible when they are having the time of their lives? Who wants to cut back, moderate, monitor or take a time-out? The problem with ethanol products is that they spoil all the fun. Not everyone can join; many get hurt and not just those who consume alcohol... the alcohol norm is weird like that, isn't it?

But we want unlimited fun, uninterrupted party, boundless joy. We want life set free and that's why we made this drink book, including truly magic drinks for the people who want to experience the 21st century and everything that comes their way deeply, profoundly and unspoiled.

Every single drink, in fact each blend of the ingredients is meant to enhance the emotions in the moment, so that it lasts a little longer, goes a little deeper, becomes a little truer.

We say cheers! May you create these drinks and with their help create awesome experiences.

We say cheers! May you taste life on your tongue and in your soul.

We say cheers! May you feel the magic that comes from refilling the good stuff.

Cheers! Cheers! Cheers!



SUPPORTING PARTNERS



Sober Inspiration is a flagship campaign of the Movendi International movement to celebrate the alcohol-free lifestyle and to shatter the current harmful alcohol norm.

Sober Inspiration is a global social movement consisting of people who want to enjoy and celebrate the alcohol-free lifestyle – be it for a night, a weekend or vacation or for an entire life.

And Sober Inspiration is a community action platform for small acts of every day life and joint actions in community to shatter the pervasive alcohol norm and replace it with the lifestyle of the 21st century: healthy, engaged and together.

FUNDING PARTNERS



Movendi International iMovendi International is the largest global movement for development through alcohol prevention. With more than 140 Member Organizations in 58 countries, Movendi International is the largest global movement of people living free from alcohol and other drugs.





Refill the good stuff