

# ECO FRIENDLY SPORTS

Good practices collection: How to combine sport and protection of environment





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**Project acronym**  
#ecofriendlyports



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<https://www.ecofriendlysport.eu>



**Project Facebook page**  
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A yellow speech bubble graphic with a white outline, tilted slightly to the right. It contains a white icon of two right-pointing chevrons and the word "INTRODUCTION" in white, uppercase, sans-serif font.

**INTRODUCTION**

“Eco-Friendly Sports” is a project with the aim to promote sport and physical activities that not only contribute to better health, but also have a positive impact on the environment.

Objectives of the project are:

- ▷ to promote and develop new methods of environmental education through sport,
- ▷ to increase amount of organized events – best practice collection like clean-up events, plogging, planting trees, birdhouse building, repair cafés etc. on local level,
- ▷ to generate public awareness about possible connection of sport and protection of environment,
- ▷ to foster citizens engagement in sport, but also encourage them to take action towards better environment,
- ▷ to improve knowledge and experience of representatives of sport clubs and youth workers about concept of eco-sports.

It is our duty to take action in order to protect the environment and to stop global warming. Not only reduce, reuse and recycle, but we can actively contribute to protect our planet and take direct action. Pollution is an enormous problem and lack of recycling is an even bigger challenge.

There are various activities that can be organized combining sport and physical activities with enviro actions. In recent years, there were new types of activities developed and promoted in order to tackle both – lack of physical activities of people, but also increasing pollution of our nature, beaches, forests....

Thus, this publication consists of the analysis and the best practice collection of the eco-friendly events and methods. Tim of the output has been to analyze, identify and share good practices and recommendations and collect resources about existing nature and sport training programs.

Project consortium conducted the research in the partner countries involved in the project :

- 📍 Austria,
- 📍 Bulgaria,
- 📍 Hungary,
- 📍 Slovakia,
- 📍 Spain,
- 📍 Portugal,
- 📍 Romania
- 📍 Turkey.

Each partner organisation was responsible for collection of good practices in their own countries.

This publication consists of the following parts:

## 1. EVENTS

combining sport and physical activities with environmental actions which have been already organized in project partners' countries. Each partner organisation found diverse types of events involving various physical activities.

## 2. NON-FORMAL EDUCATION METHODS

which combine sport and protection of the environment, that have been already developed and implemented in other project partners countries or beyond.

## 3. OTHER ACTIVITIES AND CAMPAIGNS

in the field of environment and sport that does not belong to previous two categories – for example online campaigns.

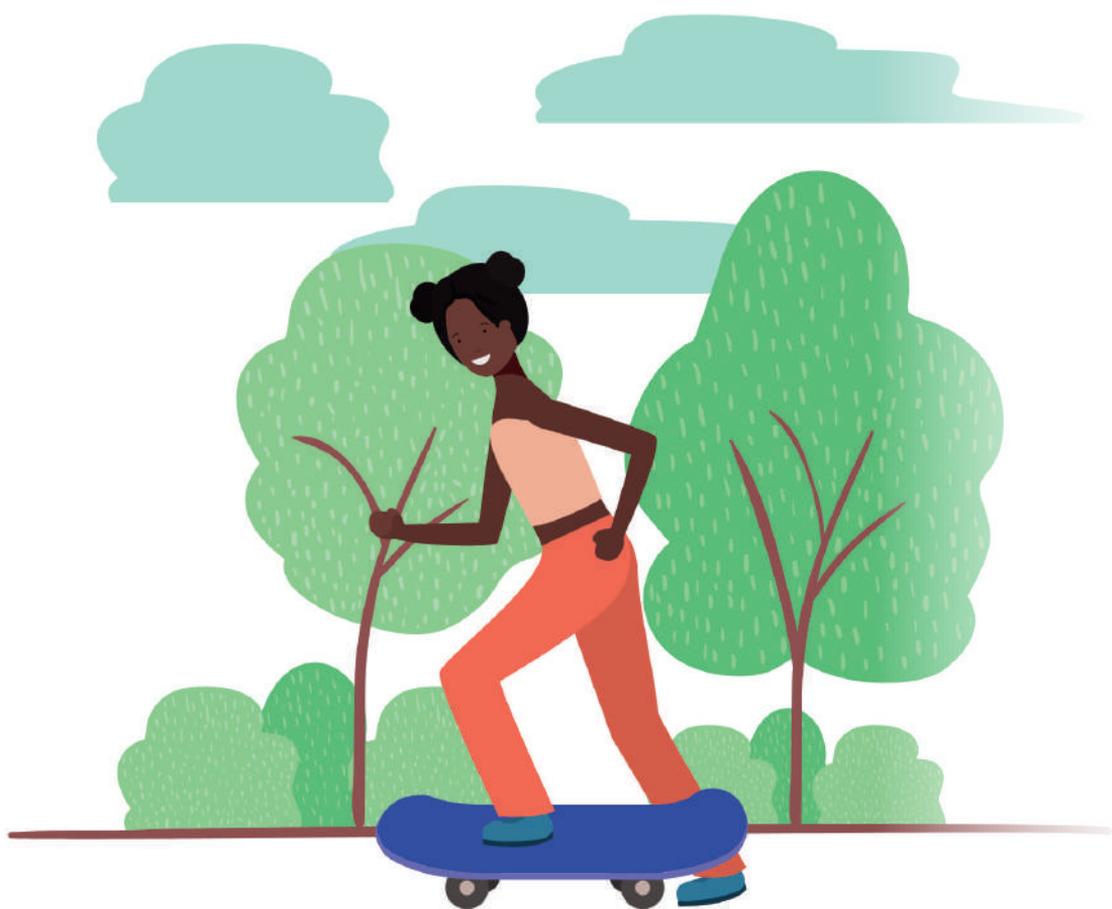
At the end of the publication, there is a summary of the situation regarding the implementation of such programs in each partner country. The summary also evaluates the most interesting aspects of those programs that might be used during similar future events.

In addition, the project consortium conducted the survey among sport and environmental associations, clubs and other institutions, which have experiences with the organization of eco-friendly sport events.

The summary contains an outline of the results of this survey and gathered opinions, advices, recommendations, identified weaknesses or strengths of the events or the methods used.

We have been exploring diverse activities, events and methods of various sport, environmental and governmental actors.

This output could therefore serve as an inspiration for the integration of the environmental aspects into sport. We believe that this and other outputs of this project will contribute to environmentally responsible commitments from sport, educational and other institutions to promote healthy and sustainable communities.





**AUSTRIA**

# The Climate Pilgrimage

1500 kilometers on foot for climate protection through Arnfels



## LOCAL NAME

1500 Kilometer zu Fuß für den Klimaschutz durch Arnfels

## SPORT or PHYSICAL ACTIVITY INVOLVED

Walking, hiking

## PLACE

Italy, Slovenia, Austria, the Czech Republic, Slovakia, and Poland (In Austria, they crossed Graz and Vienna)



## NUMBER OF PARTICIPANTS

200 participants joining and leaving in each country

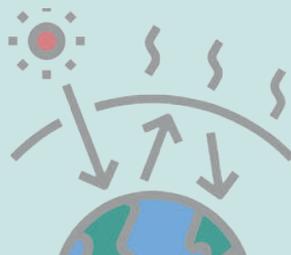


## WEBSITE

N/A

## ENTITY OF THE EVENT

Climate protection, stop global warming



## SECTOR BELONGS TO

Environmental association

## SHORT DESCRIPTION OF THE EVENT

Climate Pilgrimage from Rome to the world climate conference. The total distance of the route was 1500 kilometers. The road was walked by pilgrims, who sent out a strong signal for climate protection. The hike was organized by Greenpeace

and the Worldwide Catholic Climate Movement (GCCM). During the weekend (10. - 11. 11. 2018), the group of pilgrims, including people from the various regions of the world that are most affected by the climate crisis, crossed the Austrian border at Arnfels in southern Styria.

## FULL DESCRIPTION

The Climate Pilgrimage from Rome to the World Climate Conference 2018 - UN Climate Summit (COP24) in Katowice in Poland. During the hike, pilgrims crossed the Austrian border in southern Styria and held panel discussions in Graz (13.11.2018) and Vienna (19.11. 2018) on the topic of "Climate crisis: a global challenge, local solutions".

protection. The hike was organized by Greenpeace and the Worldwide Catholic Climate Movement (GCCM). During the weekend (10. - 11. 11. 2018), the group of pilgrims, including people from the various regions of the world that are most affected by the climate crisis, such as the Philippines and the Pacific island states, crossed the Austria border at Arnfels in southern Styria.

The route from Rome to the world climate conference in Katowice is 1500 km long. The road was walked by pilgrims, who were sending out a strong signal for climate

## ENVIRONMENTAL ASPECT ADDRESSED

Climate protection, stop global warming

## RESOURCES

[https://www.meinbezirk.at/leibnitz/c-lokales/1500-kilometer-zu-fuss-fuer-den-klimaschutz-durch-arnfels\\_a3031926?fbclid=IwAR2A-FuDFglcsqx-28VXbLoEFB2m48e0beoZDKjm4pdIY4YawrRu8mSXQ](https://www.meinbezirk.at/leibnitz/c-lokales/1500-kilometer-zu-fuss-fuer-den-klimaschutz-durch-arnfels_a3031926?fbclid=IwAR2A-FuDFglcsqx-28VXbLoEFB2m48e0beoZDKjm4pdIY4YawrRu8mSXQ) Graz and Vienna)

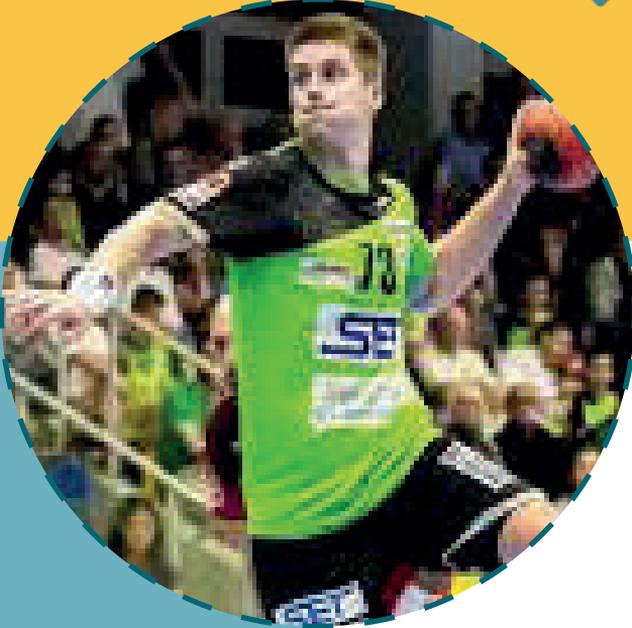
# Green Ball

The Spusu league goes the sustainable way



## LOCAL NAME

Die Spusu Liga geht den nachhaltigen Weg



## SPORT or PHYSICAL ACTIVITY INVOLVED

N/A



## PLACE

Vienna,  
Austria



## NUMBER OF PARTICIPANTS

Not mentioned

## WEBSITE

N/A

## ENTITY OF THE EVENT

ATV Trofaiach

## SECTOR BELONGS TO

Dport association

## SHORT DESCRIPTION OF THE EVENT

In September 2018, the Trofaiach Handball club held an event to introduce a new concept of the Green Ball project which included numerous sustainable interventions that are effective beyond the sports club and the respective region.

Green Ball includes sustainable interventions that impact the entire environment of the sports club and the respective region.

Despite different perspectives and interests various actors: organizations, institutions and individuals must jointly search for ways in which sport can become more sustainable. The common goal was to develop and implement sustainable actions in Austrian handball. The Spusu LIGA clubs and the Spusu CHALLENGE clubs aim to implement sustainable interventions in various areas that affect athletes, the public, and the environment of the clubs.

## FULL DESCRIPTION

Green Ball project's common goal is to develop and implement sustainable actions in Austrian handball; therefore essential steps were taken in the handball Spusu LIGA and in the Spusu CHALLENGE to make handball sustainable. This concept aimed to present and implement the possibilities of sustainable campaigns in the sports area in the region.

- ▷ Sports clubs environmentally friendly arrival and departure for the training of handball and competitions,
- ▷ Environmentally friendly way of handling of waste (especially at competition events),
- ▷ Critical awareness about the origin and manufacturing of sports equipment.

Green Ball takes the opportunity that handball offers as a multiplier to bundle and organize the diverse possibilities of individual clubs. Handball would continue to develop in sustainability and thus signal openness and confidence in the future - for the clubs and its members. This is an attractive basis, especially for young people, to participate and get involved in the club's life. This additional motivation will contribute to a good atmosphere in the sports club and thus also to sporting success. It also has a potential to increasingly bring young people to handball. Besides, the social relevance of handball clubs should be brought to the public's attention.

## ENVIRONMENTAL ASPECT ADDRESSED

Waste management, Energy in the sports facility, Sustainable procurement and sustainable sponsoring environmental Protection

## RESOURCES

<https://www.spusuliga.at/news/spusu-liga-green-ball.html>



## Bicycle\*Upcycle

Garbage upcycling design feat.  
Fahrradfilet



## LOCAL NAME

Garbage upcycling  
design feat.  
Fahrradfilet

## SPORT or PHYSICAL ACTIVITY INVOLVED

N/A

## PLACE

Vienna,  
Austria



## NUMBER OF PARTICIPANTS

30

## WEBSITE

<https://www.gabarage.at/>

## ENTITY OF THE EVENT

Gabarage upcycling design

## SECTOR BELONGS TO

Environmental association

# SHORT DESCRIPTION OF THE EVENT

The Upcycle workshop was held in March 2017 in Vienna. During the workshop, experts on bicycle upcycling from Fahrradfilet explained to attendees how to give the bikes second life or how to create a newly designed product used in the household out of the old sports equipment.



# FULL DESCRIPTION

The Spring season in Vienna is often a strong impulse for many city-dwellers to get back to their cycling routine.

For many, it is also an impulse to find their old bicycles in order to start a more active lifestyle. For all of those was this early spring workshop.

The early spring workshop was not just for the happy hipster bike fans. During the workshop, the experts on bicycle upcycling from Fahrradfilet explained to attendees how to give bicycles a second life or create a new design product used in the household.



# ENVIRONMENTAL ASPECT ADDRESSED

Upcycling of garbage – used sports equipment and bicycles

# RESOURCES

<https://www.facebook.com/events/749205851921409/>

<https://www.fahrradfilet.at/>

# Danube cleanup 2019

Garbage upcycling design feat.  
Fahrradfilet

## LOCAL NAME

Donau Cleanup 2019



## SPORT or PHYSICAL ACTIVITY INVOLVED

Walking, running

## PLACE

Danube Island,  
Vienna



## NUMBER OF PARTICIPANTS

48

## WEBSITE

[https://  
greenheroes.at/](https://greenheroes.at/)

## ENTITY OF THE EVENT

Green Heroes Austria

## SECTOR BELONGS TO

Environmental and nature  
conservation association

## SHORT DESCRIPTION OF THE EVENT

Clean up of Danube Island in Vienna in November 2019. During one hour 48 volunteers collected 170 kg of garbage.

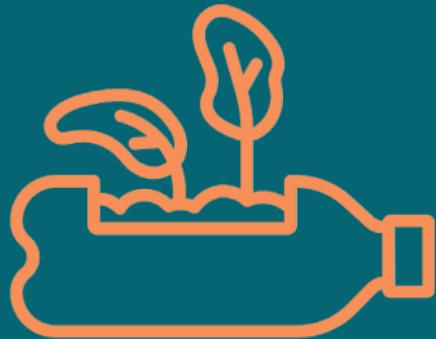


## FULL DESCRIPTION

Cleanup took place on Danube Island in Vienna on 16th November 2019. There were 48 Green Heroes - volunteers from 15 nations, and together they have collected 170 kg of garbage in one hour.

Green Heroes Austria organizes cleanups, i.e., in Vienna at regular intervals. Besides, Green Heroes Austria coordinates global events such as “Plogging World” initiative, organized worldwide. Green Heroes Austria are passionate ploggers so they brought this trend sport to Austria in 2018. Another highlight for Green Heroes Austria is the annual

World Cleanup Day, which takes place in Autumn. On this day, Green Heroes Austria coordinates clean-ups nationwide to free the environment from rubbish.



## ENVIRONMENTAL ASPECT ADDRESSED

To educate the population about the consequences of the irresponsible use of waste materials and careless consumption behavior, and to send a wake-up call that encourages citizens to take the initiative in their homes and their communities.

## RESOURCES

<https://www.facebook.com/events/749205851921409/>

<https://www.fahrradfilet.at/>





**BULGARIA**

# Around the world by bike

## LOCAL NAME

Около света с  
велосипед



## SPORT or PHYSICAL ACTIVITY INVOLVED

Riding a bike

## PLACE

Around the  
world



## NUMBER OF PARTICIPANTS

1 volunteer + local people

## WEBSITE

N/A

## ENTITY OF THE EVENT

Anna Rueg

## SECTOR BELONGS TO

Volunteer initiative

## SHORT DESCRIPTION OF THE EVENT

A 52-year-old Bulgarian woman travels the world on a bicycle and cleans the garbage on her way. Anna Rueg has lived outside Bulgaria for over 30 years. For her, keeping nature clean and waste-free has become a mission.



## FULL DESCRIPTION

The 52-year-old Anna travels the world long and wide on her bicycle and always carries a bag where she collects the waste that gets in her way. She has dreamed of traveling the world since she was a child. In 2016, she decided to cycle the distance along the Camino to Santiago. On the way to the destination, she covered 2300 km in 45 days.

Traveling around the world on her bicycle, she encounters the big problem and the phenomenon of garbage. Shocked by the fact that there is so much rubbish around the world on her way, she takes the

initiative to collect it in plastic bags. On the road, she is always wearing a yellow vest with the inscription “STOP” and a painted picture depicting a car from which people throw garbage on the street. So far, she has cycled 16,000 km and traveled through 24 countries. And she always tries to set an excellent example for the local people by involving them in nature cleansing initiatives at the local level. She has been asked many times by locals why she does it and her answer is always: “Because the Earth is better without garbage!”. Anna’s cause is to inspire people to keep doing clean ups even without her.

## ENVIRONMENTAL ASPECT ADDRESSED

To combine sports, environmental protection and uniting people worldwide around a cause - to keep our planet clean!

## RESOURCES

[https://www.btv.bg/video/shows/pred-obed/videos/balgarka-obikalja-s-velosiped-i-pochistva-boklucite-na-koito-popada](https://www.btv.bg/video/shows/pred-obed/videos/balgarka-obikalja-sveta-s-velosiped-i-pochistva-boklucite-na-koito-popada).

# Divers clean the seabed near Sozopol

Let's clean Bulgaria together



## LOCAL NAME

Водолази чистят морското дъно край Созопол в рамките на инициативата на БТВ "Да изчистим България заедно"

## SPORT or PHYSICAL ACTIVITY INVOLVED

Swimming



## PLACE

Sozopol, Burgas, Bulgaria



## NUMBER OF PARTICIPANTS

50 divers

## WEBSITE

<http://busf.bg/>  
<https://www.sozopol.bg/>

## ENTITY OF THE EVENT

Bulgarian Underwater Sports Federation (BUSF) and Sozopol Municipality

## SECTOR BELONGS TO

Sports federation (NGO) and government institution

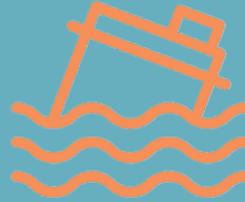
## SHORT DESCRIPTION OF THE EVENT

The Bulgarian Underwater Sports Federation (BUSF) has launched a large-scale campaign to clean the coastal waters and Sozopol port.

The mayor of Sozopol municipality Panayot Reyzi and the chairman of BUSF Atanas Katrafilov agreed on the joint campaign “Let’s clean Bulgaria in one day

underwater”, Darik radio reported.

The initiative included nearly 50 divers from the federation, who cleaned the “harbor” of Sozopol’s port from waste.



## FULL DESCRIPTION

The cleaning of the seabed and coastal waters included fishermen from the Fishermen’s Association in the city, who helped with boats to move divers and transport the collected waste.

Equipment for an entire kitchen was removed in just one hour by a group of divers from the bottom of Sozopol Bay. Bowls, plates and empty jars lie at the bottom of the sea, meters from the port. Old sacks swim among the fish. And car tires are not the only waste underwater. Jars, bottles and bowls “decorate” the seabed.

The waste does not allow marine organisms to grow, divers said.

Their enthusiasm also infected the beach holidaymakers, who took part in cleaning of the beach. Together 72 people gathered on the so-called “Driver’s Beach” near Duni to clean it of garbage. Parents brought their children to teach them about nature protection.

## ENVIRONMENTAL ASPECT ADDRESSED

Cleaning the seabed and the beach

## RESOURCES

<https://m.fakti.bg/bulgaria/92538-vodolazi-shte-chistat-zaliva-krai-sozopol?fbclid=IwAR3-H0ID-ILf2znNPiN4qLqC5qRL2AjmVIYF64HiWqRMjqAboTOIBwzIjCY>

<https://btvnovinite.bg/bulgaria/vodolazi-chistjat-morskoto-dano-kraj-sozopol-dobrovolci-plazhovete>.

# SportDiplomacyAcademy

Plogging combined physical activity and care for nature



## LOCAL NAME

Плогинг съчета физическата активност и грижата към природата в Банкя

## SPORT or PHYSICAL ACTIVITY INVOLVED

Jogging in the mountain



## PLACE

Bankya, Sofia, Bulgaria



## NUMBER OF PARTICIPANTS

10-15 young people

## WEBSITE

[www.bulsport.bg](http://www.bulsport.bg)

## ENTITY OF THE EVENT

Bulgarian Sports Development Association

## SECTOR BELONGS TO

NGO

# SHORT DESCRIPTION OF THE EVENT

On October 26, 2019, in Bankya was held #SportDiplomacyAcademy Plogging, organized by the Sports Diplomatic Academy participants, which took place during the period 11.-17. October 2019 in Sofia.



## FULL DESCRIPTION

Plogging is a combination of jogging and waste collection (Swedish: plocka upp). This new trend started as an organized activity in Sweden in 2016 and spread to other countries in 2018, after increasing fears of plastic pollution. As a workout, it offers a change in body movements, adding squats and stretching to the main activity - running, hiking or walking.

During the period from 11th to 17th October, 2019 in Sofia, the first Module of the project “Sport Diplomacy Academy” brought together 80 sport administrators, coaches and volunteers from 4 different countries together with the sports experts from Bulgaria. These were the representatives of national

sports federations and sports clubs, highly motivated to contribute to the positive change in the field of sports in Bulgaria. During the Module in Sofia, participants had the opportunity to work in mixed groups and express their views on the functioning of the sports ecosystem, opportunities for sports development, and diplomacy in sports structures’ daily activities. One week after the first module of the Sports Diplomacy Academy project, the Bulgarian group, which consisted of 20 young sports diplomates, took the initiative called Plogging at the local level. The event took place in the forest above the town of Bankya on the Health Trail. All rubbish was cleaned in combination with jogging for tone.

## ENVIRONMENTAL ASPECT ADDRESSED

Cleaning and protection of the environment.

## RESOURCES

[https://www.bulsport.bg/SDA\\_BG/view](https://www.bulsport.bg/SDA_BG/view).

# Volunteers

## Sports and Nature Project



### LOCAL NAME

Проект  
Доброволци –  
спорт и природа



### SPORT or PHYSICAL ACTIVITY INVOLVED

Jogging, cycling, planting  
trees

### PLACE

Burgas, Bulgaria



### NUMBER OF PARTICIPANTS

20 school students

### WEBSITE

<http://www.zelenastrandja.com/index.php>;

[https://iisda.government.bg/ras/executive\\_power/townhall/405](https://iisda.government.bg/ras/executive_power/townhall/405)

[https://iisda.government.bg/ras/executive\\_power/townhall/405](https://iisda.government.bg/ras/executive_power/townhall/405)

<http://pgmee.com/wp/>

### ENTITY OF THE EVENT

“Green Strandzha” Association,  
Vocational School of Mechanical,  
Electrical and Electronics in Burgas  
and the City Hall of Ahtopol.

### SECTOR BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

The project “Volunteers - Sports and Nature” is implemented by the non-profit association “Green Strandzha” in partnership with the Vocational School of Mechanical, Electrical and Electronics in Burgas and the City Hall of Ahtopol. The project is funded by the National Youth Program (2016-2020) of the Ministry of Youth and Sports.



## FULL DESCRIPTION

Within three months, from 1.12.2016 to 28.02.2017, 20 young people from the school were trained to work as volunteers and were involved in practice in three real events with sports and environmental orientation. Thanks to the project the direct (and non direct) participants in it had a chance to understand and appreciate the essence of the volunteer cause. Young people were also involved in an environment of active sports and among the people concerned about nature, which positively affected their development as conscious and active individuals.

The general goal of the project:  
Encouraging and popularizing volunteering

among students from PGMEE - Burgas by including them in real volunteer initiatives in sports, tourism and environmental protection.

- Activities of the project:
1. Formation of a team of volunteers and initial training - December 2016;
  2. Volunteering in the organization; holding a sports competition - Half Marathon for running and cycling “Atanasovsko Lake” 2017 - 15.01.2017;
  3. Eco-volunteer training - February 2017;
  4. Afforestation action - February 2017;
  5. Action for cleaning and marking of eco-route - February 2017

## ENVIRONMENTAL ASPECT ADDRESSED

Cleaning the environment and afforestation

## RESOURCES

[http://www.zelenastrandja.com/cat\\_podrobno2.php?id=104&main\\_category\\_id=6&category\\_id=7](http://www.zelenastrandja.com/cat_podrobno2.php?id=104&main_category_id=6&category_id=7)





**HUNGARIA**

# Find the Green!

## Sports and Nature Project

### LOCAL NAME

Hol zöldebb?



### SPORT or PHYSICAL ACTIVITY INVOLVED

hiking, running, kayaking



### PLACE

It's a national campaign launched by young people.



### NUMBER OF PARTICIPANTS

N/A

### WEBSITE

<https://www.holzoldebb.hu>

<https://www.facebook.com/holzoldebb/>

### ENTITY OF THE EVENT

Youth sector, more specifically informal group of young people.

### SECTOR BELONGS TO

Youth sector, more specifically informal group of young people.

## SHORT DESCRIPTION OF THE EVENT

Two young Hungarians built up a quality media platform and a very useful tool within just 6 months as a hobby project powered by pure inspiration and a ‘can do’ attitude. This is an inspiration for “learning by doing”. And getting a lot done with only about 150 EURO. The communication campaign aims to further develop in the following directions:

1. be represented at more green events and festivals to reach more people
2. continue to run weekly green live radio podcasts
3. start video-casts
4. apply for funding from the European Solidarity Corps to grow the project
5. within this year, launch high quality and well-known mobile app with an internal green map in it

## FULL DESCRIPTION

Find the Green! (Hol zöldebb?) - the communication campaign aims to stand against “fear-based” communication to prevent climate anxiety, distress and depression. The initiative aims to motivate people to share their green products, companies and solutions that people like and generate a database that helps others. The website has a sub-page and function where people can easily send their recommendations and comments to the project team on how they have been crowd-sourcing ecologically sustainable ideas or tips and suggestions from their own communities.

The website ([www.holzoldebb.hu](http://www.holzoldebb.hu)) and a map solution, co-created with engagement of the local communities, gave people an easy chance to find suitable solutions to decrease pollution, reduce waste, etc.... – you name it! Why? Because having attended a zero-waste workshop in the previous summer, all participants admitted that the information on this topic online is scattered. There is an overflow of information on the internet. The creators of the project have seen that it would be useful to have a central tool connecting the knowledge in an easy to use way. The team has done most of the things on the run, learning by doing.

## ENVIRONMENTAL ASPECT ADDRESSED

The initiative aims to address environmental protection holistically, focusing on most aspects of the green economy.

## RESOURCES

<https://www.holzoldebb.hu>

**Let's green the green sports!**

**LOCAL NAME**

Zöldüljön a Zöld Sport!



**SPORT or PHYSICAL ACTIVITY INVOLVED**

Orienteering



**PLACE**

Series of orienteering events across Hungary in 2015:



**NUMBER OF PARTICIPANTS**

1000+

**WEBSITE**

<http://www.tajfutaspets.hu>

**ENTITY OF THE EVENT**

Tájfutásért - Pécs Alapítvány (Pro Orienteering Foundation, Pécs)

**SECTOR BELONGS TO**

Sports sector, but when it comes to the legal background of the leading organization it's an NGO

## SHORT DESCRIPTION OF THE EVENT

Let's green the green sports was a project that aimed to support the Hungarian orienteering society in adopting environmentally friendly attitudes in orienteering competitions. The campaign was delivered in a series of orienteering competitions in 2015 with the support of the Norwegian Grants. Target groups of the campaign:

Organizers of orienteering competitions in Baranya county (55 ppl), Athletes competing in Baranya county, Organizers of national orienteering competitions (6 clubs, MTF SZ, BmTF SZ) and participants of national events (3000 people, Organizers of all domestic orienteering competitions (93 clubs) Associations, directors and participants of other sports (e.g., cross-country running, street running, triathlon) at events organized by them, The population in general.

## FULL DESCRIPTION

Main objectives of the "Let's green the green sports" campaign:

1. supporting the Hungarian orienteering society to promote the idea of environmentally friendly competitions
2. introduction of environmentally friendly measures in orienteering events
3. reduction of the environmental impact of orienteering events

Means to reach these objectives:

- Encouraging the use of a car-sharing system, to travel to orienteering events (so-called telekocsi),
- Application, quality improvement and standardization of methods for diversified

waste collection at orienteering sports events,

- Introduction of a self-service refreshment system with the utilization of participants own cups (instead of disposable plastic cups),
- Introduction of online result reporting and utilization of recycled paper in case printing is essential
- "Greening" of the competition buffet
- Forming attitudes of participants and running awareness-raising conversations to implement more eco-friendly sport orienteering events

## ENVIRONMENTAL ASPECT ADDRESSED

Promotion of eco-friendly behaviors and the importance of recycling.

## RESOURCES

<https://www.youtube.com/watch?v=MjtU7CSnpKc>

<https://magyaredzo.hu/wp-content/uploads/2015/05/kovacs-0515-ea.pdf>

# Plastic Cup

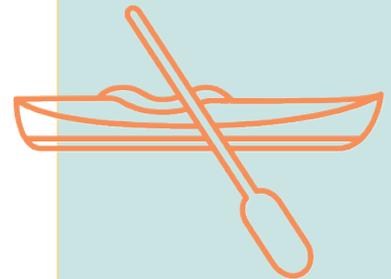
## LOCAL NAME

Tiszai PET Kupa



## SPORT or PHYSICAL ACTIVITY INVOLVED

canoeing, kayaking



## PLACE

Along the Tisza river



## NUMBER OF PARTICIPANTS

500+

## WEBSITE

[https://petkupa.hu/hu\\_HU/](https://petkupa.hu/hu_HU/)

## ENTITY OF THE EVENT

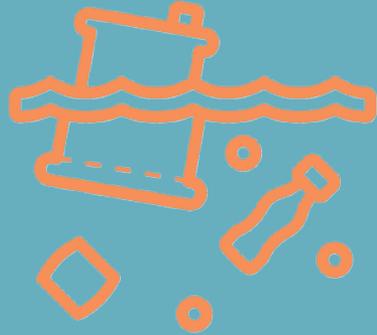
[Termesyetfilm.hu](https://Termesyetfilm.hu) Egyesulet

## SECTOR BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

The PET Cup on the river Tisza is a small-scale event organized a few times throughout the year. Schools, volunteers and even companies take their team-building events to take part in this initiative. The goal is to reduce plastic pollution on living waters, promote water sports, and build an eco-conscious



## FULL DESCRIPTION

The Plastic Cup aims to clean the water and the flood plains/shores of Tisza. It attempts to stop the recurring waves of plastic pollution; it discovers the worst-polluted spots on and near the river Tisza in Hungary. The key to the success of Plastic Cup is that it's able to transform a dangerous and challenging exercise, like collecting trash, into a fun and inspiring team-building exercise, into the adventure of a lifetime.

Plastic Cup is the first initiative in the world that looks to fight pollution by using pollutants.

Trash collection

Recycling

River race

In numbers:

- 180 heavily polluted coastal areas have been discovered
- 10 tons of plastic removed from the Tisza
- 27 thoroughly cleaned polluted coastal areas
- 47 boats of waste have been built

The Plastic cup is a non/profit event and the Coca Cola Foundation also sponsors it.

## ENVIRONMENTAL ASPECT ADDRESSED

Waste pollution (mostly plastic)

## RESOURCES

[https://petkupa.hu/hu\\_HU/](https://petkupa.hu/hu_HU/)

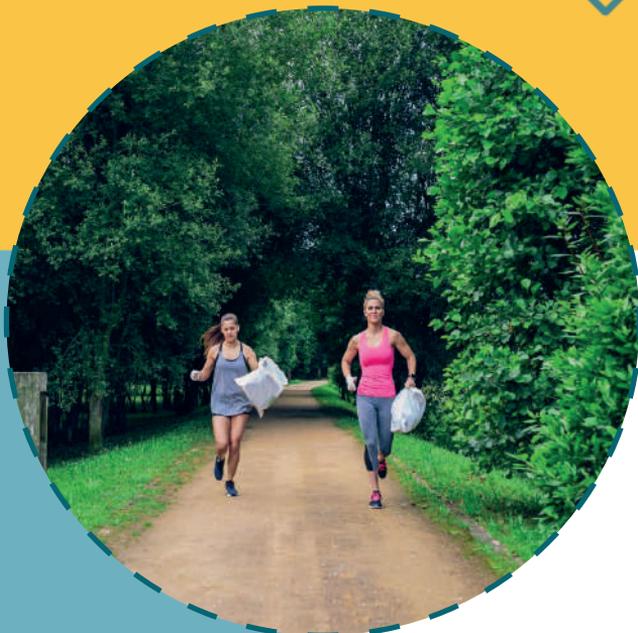
<https://www.facebook.com/petkupa/>

# Say Good-bye to winter

## Trash run in Budapest

### LOCAL NAME

Télbúcsúztató  
plogging -  
szemétszed futás  
Budapesten



### SPORT or PHYSICAL ACTIVITY INVOLVED

plogging, running

### PLACE

Budapest



### NUMBER OF PARTICIPANTS

15+

### WEBSITE

<https://hulladekvadasz.hu/>

### ENTITY OF THE EVENT

TRASH Running, Hulladekvadasz.  
hu, Ecooffice Jön Alapítvány

### SECTOR BELONGS TO

NGOs, Environmental  
Associations

## SHORT DESCRIPTION OF THE EVENT

This event aimed to clean the streets of the inner part of Budapest from trash; each participant collected 2x60 liters of trash from the ground. The event's main physical activity was plogging (running and picking up trash from the ground).



## FULL DESCRIPTION

The event aimed to raise awareness about waste pollution and promote a cleaner environment. It was carried out as a collaboration between three different organisations: TRASH Running, which started quite recently in Hungary; Ecooffice and Hullakékvaddász.hu. Ecooffice is an environment-friendly co-working space, promoting sustainability and greener living. Hullakékvaddász.hu is a project of JÖN Alapítvány, with more than 10.000 followers on their social media accounts. They aim to clean the grounds of trash not just in Budapest but all-around Hungary. On their website, you can report it if you find a dirty/polluted area in Hungary and they organize a cleaning event with the help of their volunteers.

This plogging event was part of their latest cleaning actions. The organization provided gloves and bin bags for the volunteers who took part in the plogging and the participants managed to fill two 60L bin bags full of trash. The event was public and free for everyone to participate. The participants ran about 5 km. Hullakékvaddász.hu also has an application where the volunteers can gain tokens for their completed works and get notified about upcoming events throughout Hungary. The organisation also holds educational events about sustainability and how people can live a greener life at home and reduce waste at home.

## ENVIRONMENTAL ASPECT ADDRESSED

Waste pollution

## RESOURCES

<https://www.facebook.com/events/633957744032705/>

<https://hulladekvadasz.hu/>

<https://jonalapitvany.hu/>

# Rower's Critical Mass

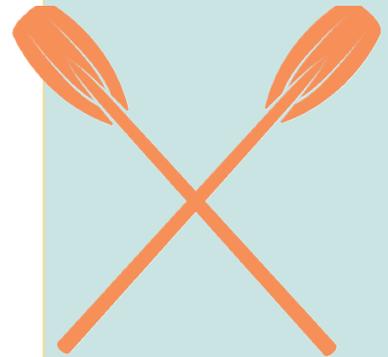
## LOCAL NAME

Evezős Critical Mass



## SPORT or PHYSICAL ACTIVITY INVOLVED

rowing, canoe and kayaking



## PLACE

Budapest and the vicinity of Budapest alongside the river Danube.



## NUMBER OF PARTICIPANTS

400

## WEBSITE

<http://www.hunrowing.hu/hirek/evezos-critical-mass>

## ENTITY OF THE EVENT

Hungarian Rowing Federation (Magyar Evezős Szövetség)  
Hungarian Kayak and Canoe Federation (Magyar Kajak-Kenu Szövetség)

## SECTOR BELONGS TO

An initiative run by sport federations supported by NGOs

## SHORT DESCRIPTION OF THE EVENT

The large-scale water parade aims to raise awareness of the environmental protection of the Danube's waterfront and draw attention to the need to improve the conditions of water transportation and sports (e.g. kayaking, canoeing and rowing).

Through the events, the organizers aimed to support the implementation of the

European Commission's Danube Strategy. The Strategy seeks to improve the development of "non-motorized sports", clean and nature-friendly campsites and water sports areas in the central Danube region (including Hungary).

## FULL DESCRIPTION

The large-scale water parades are organized jointly by the Hungarian Rowing Association (MESZ) and the Hungarian Kayak-Canoe Association (MKKSZ), supported by the Air Working Group (Levegő Munkacsoport). Their initiative provides an example of the close alliance of environmental protection and sports. With the establishment of the European Danube Region (EDR), the relationship between water sports and environmental protection became apparent.

The story began with some negative tendencies impacting water sports along the river Danube. Budapest City's Air Working Group had been approached by more and more people because the

plots of waterfront boathouses and sports facilities were to be closed down through privatization and acquisition by the big companies, and there would not be funds for the operation of boathouses by the Danube. Several issues related to environmental protection were raised at the same time. To counter these adverse tendencies, the Hungarian Kayak-Canoe Federation has submitted several proposals on how to link watersports and environmental education. The Federation was supported by the Air Working Group of Budapest and other non-governmental organizations. These proposals are based on merging sports and environmental education by creating high-visibility for the importance of nature conservation and environmental protection. In this sense,

## ENVIRONMENTAL ASPECT ADDRESSED

Protection of waterfront, the protection of nature alongside the river Danube

## RESOURCES

<https://www.levego.hu/kapcsolodonyagok/a-kornyezetvedelem-es-a-sport-erdekszovetsege/>

[https://grintim.blog.hu/2010/10/01/evezos\\_critical\\_mass\\_a\\_dunan](https://grintim.blog.hu/2010/10/01/evezos_critical_mass_a_dunan)

<https://www.alternativenergia.hu/evezos-critical-masst-tartottak-a-dunan/23842>





EVENTS

**PORTUGAL**

# Let's Clean the Tagus

## Christmas Cleaning

### LOCAL NAME

Vamos Salvar o Tejo -  
Limpeza de Natal



### SPORT or PHYSICAL ACTIVITY INVOLVED

Hiking, running and  
picking up the waste.

### PLACE

Melides  
Setúbal, Portugal



### NUMBER OF PARTICIPANTS

50

### WEBSITE

[http://www.  
brigadadomar.org/](http://www.brigadadomar.org/)

### ENTITY OF THE EVENT

Brigada do Mar

### SECTOR BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

Brigada do Mar removes from the beaches what should not be there, such as garbage, waste, plastic, etc. This activity aims to inspire and promote other similar actions so that these initiatives are embedded in communities, businesses, policies, schools, and families.

The initiative aims to create a local group of volunteers active to clean the beach and keep this initiative sustainable.



## FULL DESCRIPTION

This event is usually done several times throughout the year and in various Portuguese places.

Brigada do Mar has been working with youth and the environment to clean the beaches in a more sustainable way. This can be done in other countries that have beaches or in natural public spaces.

The association's main purpose is the decontamination of the coastline. They develop and implement actions and events aimed at protecting biodiversity, activities related to recycling and awareness campaigns, in order to alert society in general to the scourge that is marine

litter, encouraging citizens to join the Brigade of Sea, individually, or through their organization. In 13 years they will withdraw 901 tones of waste from beaches with the participation of 7680 volunteers.

## ENVIRONMENTAL ASPECT ADDRESSED

The recycling part, by picking up waste from the sand and ocean that is polluting the surface.

## RESOURCES

<https://www.facebook.com/events/552452775315247/>

# ACANAC

Hug the Future

## LOCAL NAME

Abraçar o Futuro



## SPORT or PHYSICAL ACTIVITY INVOLVED

Camping, running, canoeing and hiking

## PLACE

Idanha-a-Nova,  
Portugal



## NUMBER OF PARTICIPANTS

21,000

## WEBSITE

[http://www.https://  
escutismo.pt/](http://www.escutismo.pt/)

## ENTITY OF THE EVENT

Corpo Nacional de Escutas (CNE)

## SECTOR BELONGS TO

NGO / Association

## SHORT DESCRIPTION OF THE EVENT

About 21,000 scouts are expected from Monday in Idanha-a-Nova at the largest national camp ever held in Portugal, whose theme is “embracing the future” to defend the environment.



## FULL DESCRIPTION

During the camp, the Portuguese President and other politicians visited this initiative. Workshops, scouting games, field and surrounding missions - towns and villages, are opportunities for scouts to learn about sustainability, resource management, protection, and involvement in joy and happiness.

The CNE stresses that its 23rd national camp mobilizes in addition to Portugal scouts from nine other countries.

ACANAC 2017 in numbers:

21,500 participants;

3,800 adult volunteers;

4,000 tents;

32,000 stakes;

185 foreigners from 9 countries;

400 buses transport from all over the country to Idanha-a-Nova;

80 buses with permanent transfers;

320 canoes;

5,000 life jackets;

2 supermarkets of 600m<sup>2</sup>;

2 restaurants with service for 3,000 and 3,500 people daily;

1 arena for 25,000 people;

300 workshops;

Kilometers of sisal and tons of wood for the construction of buildings.

## ENVIRONMENTAL ASPECT ADDRESSED

Cleaning Idanha-a-Nova, hiking and cleaning and recycling and sustainability practices with the motto from the SDGs.

## RESOURCES

<https://www.sabado.pt/portugal/detalhe/escuteiros-reunem-se-para-maior-acanac-de-sempre> ; <http://www.dnpj.pt/acanac-2017-e-o-maior-de-sempre/> ; <https://escutismo.pt/>

# Peddy Paper in Sesimbra

## Naturally Fun



### LOCAL NAME

Peddy Paper em Sesimbra: Naturalmente Divertido

### SPORT or PHYSICAL ACTIVITY INVOLVED

Hiking / Peddy Paper

### PLACE

Fortaleza de Santiago, Sesimbra - Sesimbra, Portugal



### NUMBER OF PARTICIPANTS

N/A

### WEBSITE

<https://www.lpn.pt/pt>

### ENTITY OF THE EVENT

LPN – Liga para a Proteção da Natureza

### SECTOR BELONGS TO

Environmental Association

## SHORT DESCRIPTION OF THE EVENT

Peddy paper (Paper Chase) is a game of pedestrian guidance for teams, consisting of a route with the questions or tasks corresponding with the different intermediate points (or posts). Successful completion of the task will allow participants to progress to the next part of the route.



## FULL DESCRIPTION

The Peddy Paper activity was organised in Sesimbra, as a hike where participants were discovering ways to protect the environment, learned about nature and habitat conservation through the questions and non-formal educational methods.

On the 28th of September, in the morning, families and friends went to do this Peddy Paper hike dedicated to natural heritage and natural conservation held in Vila de Sesimbra.

In a fun way and always in motion, the aim was to discover the natural and historical landscape of this city, where the participants will be faced with several

challenges along the way, testing whether you are a sustainable citizen and friend of the environment.

### Schedule

9:30 - Reception of participants and distribution of teams

10 am to 12:30 pm - Peddy Paper - team challenge

12:30 pm - End of activity and classification of teams

## ENVIRONMENTAL ASPECT ADDRESSED

Learning while in the peddy paper more about how to become a more sustainable citizen and friend of the environment and pick up the waste and other materials taking the experience as a series of challenges.

## RESOURCES

[https://www.lpn.pt/pt/agenda/peddy-paper-em-sesimbra-naturalmente-divertido?fbclid=IwAR3s6Mea7yIH0Yx4frhwzEI40X2wcm\\_aRK4GKnFKPhjmX5Gu5R2vyPWZCp0](https://www.lpn.pt/pt/agenda/peddy-paper-em-sesimbra-naturalmente-divertido?fbclid=IwAR3s6Mea7yIH0Yx4frhwzEI40X2wcm_aRK4GKnFKPhjmX5Gu5R2vyPWZCp0);  
<https://www.facebook.com/events/2432731390349161/>





**ROMANIA**

# 500 children united for sports education

## LOCAL NAME

500 de copii uniti pentru educatie prin sport



## SPORT or PHYSICAL ACTIVITY INVOLVED

Running, dancing, football, recycling, moving, cleaning and gaming

## PLACE

Romania,  
near the Black Sea



## NUMBER OF PARTICIPANTS

500

## WEBSITE

<https://www.realitycheck.ro/>

## ENTITY OF THE EVENT

Asociatia Reality Check

## SECTOR BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

Promoting non-formal education, sport and physical activities for disadvantaged children from Romania, a county near the Black Sea.



## FULL DESCRIPTION

The community of children from Castelu county, near the Black Sea, Romania, had the opportunity to participate in football, dance, gaming and moving clubs that are organized each week in their community.

This is a method to help them become active citizens and promote social inclusion because people from Castelu are made up of people from different ethnic groups that are considered as disadvantaged people.

Children learn about team building and communication through games, fair play, and how to have a healthy and an active life. Also, to learn about environment and ecology, they had a one day activity where

they cleaned the garden and beach from their accommodation area and during all projects they were taught how to correctly recycle.

## ENVIRONMENTAL ASPECT ADDRESSED

Community consolidation and improving the well-being of children. Also, improve their knowledge about recycling and a cleaning habit and clean nature. Recycling and throwing garbage in the trash is no longer optional but mandatory.

## RESOURCES

<https://www.realitycheck.ro/comunitatea-de-oameni-saraci-din-castelu/aRK4GKnFKPhjmX5Gu5R2vyPWZCp0>;  
<https://www.facebook.com/events/2432731390349161/>

# Game of Life

LOCAL  
NAME

Jocul Vietii



SPORT or  
PHYSICAL  
ACTIVITY  
INVOLVED

Hiking

PLACE

Sinaia, Romania



NUMBER OF  
PARTICIPANTS

35

WEBSITE

<https://www.facebook.com/asociatiaimpressum>

ENTITY OF THE  
EVENT

Impressum Association

SECTOR  
BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

Game of Life is a project that raises awareness about the sustainability challenge that we as humanity face using several non-formal educational tools such as hiking and recycling.

## FULL DESCRIPTION

It is widely proven that hiking and physical activity help the body and mind relax and acknowledge their learnings.

Participants will spend a few hours in nature, in the beautiful nature of Bucegi Natural Park, hiking and reflecting on their future. They will receive tasks during hiking. Start with sound. Close your eyes and count how many birds you can hear. What do your footsteps sound like on the pavement or trail, on the crunching leaves? Then move on to sight. Count how many colors you see. How many people can you see? What can you smell? Flowers, dirt, freshly cut grass?

Also, during the project, participants were taught how to recycle and give them tools to do so correctly. Also, during the 10 days, they shoot 7 videos about nature protection and sustainability.

Here are the videos: <https://www.youtube.com/channel/UChKDnUQjY0OZPGRA9aFEm-g>

## ENVIRONMENTAL ASPECT ADDRESSED

Promotion of eco-friendly behaviors and the importance of nature in our lives.

## RESOURCES

<https://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details/#project/2019-2-RO01-KA105-064310>

# New Trees for New Life

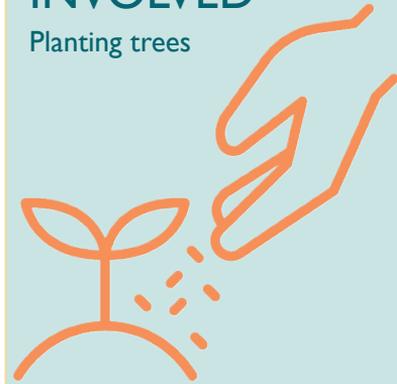
## LOCAL NAME

Copaci noi pentru viața nouă



## SPORT or PHYSICAL ACTIVITY INVOLVED

Planting trees



## PLACE

Lipanetti,  
Romania



## NUMBER OF PARTICIPANTS

100

## WEBSITE

<https://asociatiasepoate.ro/>

<https://www.facebook.com/newtreesfornewlife>

## ENTITY OF THE EVENT

Asociatia Se Poate

## SECTOR BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

Promotion of eco-friendly behaviors and the importance of planting trees for our lives. The initiative aims to address environmental protection holistically, focusing on most aspects of the green and clean environment.



## FULL DESCRIPTION

Since the beginning, trees have furnished us with two of life's essentials, food and oxygen. As we evolved, they provided additional necessities such as shelter, medicine, and tools. T

oday, their value continues to increase and more benefits of trees are being discovered as their role expands to satisfy the needs created by our modern lifestyles. Trees are an essential part of every community. Our streets, parks, playgrounds and backyards are lined with trees that create a peaceful, aesthetically pleasing environment. Trees increase our quality of life by bringing natural elements and wildlife habitats into urban settings.

We gather under the cool shade they provide during outdoor activities with family and friends. Many neighborhoods are also the home of ancient trees that serve as historic landmarks and a great town pride source.

Together with our volunteers, we started to plant in 2017 and until now, 120,000 trees were planted. It would be impossible to realize this initiative without the help of private companies and the Lipanesti City Hall. More than 12 partners help us to implement this project.

## ENVIRONMENTAL ASPECT ADDRESSED

Planting trees to create a new forest

## RESOURCES

<https://www.facebook.com/newtreesfornewlife/>





**SLOVAKIA**

# Cleaning the Danube from rafts

## LOCAL NAME

Upratovanie Dunaja z raftov



## SPORT or PHYSICAL ACTIVITY INVOLVED

Rafting

## PLACE

Bratislava,  
Slovakia



## NUMBER OF PARTICIPANTS

20

## WEBSITE

<https://asociatiasepoate.ro/>

<https://www.facebook.com/newtreesfornewlife>

## ENTITY OF THE EVENT

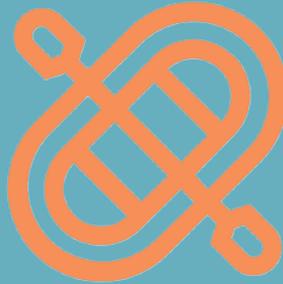
BROZ- Bratislava Regional Protection Association

## SECTOR BELONGS TO

Environmental association

## SHORT DESCRIPTION OF THE EVENT

Promotion of eco-friendly behaviors  
Cleaning of the Danube starting from Hainburg through Devín to Bratislava.  
Volunteers cleaned the river as well as its surroundings from rafts.



## FULL DESCRIPTION

The aim was to clean the Danube from Hainburg through Devín to the Karloveske arm in Bratislava. The event took place within the DANUBE parks CONNECTED project in cooperation with the Plastic-free Danube project.

Volunteers cleaned the river and its surroundings from rafts. Together 20 volunteers from Slovakia and Austria collected 90 kilos of waste, mainly plastic bottles, barrels, fishing chairs and various metals.

The origin and composition of the waste were then analysed to find out where the Danube waste came from, what everything

was found in the river and how to prevent it in the future.

It can be considered good practice for those NGOs or clubs based in place where the navigable river flows. It is an innovative way of combining sport and environmental activity - clean up a polluted river while rafting. Rafting is a favorite sport in many European countries, especially in Slovakia, Slovenia and Czechia.

## ENVIRONMENTAL ASPECT ADDRESSED

The Danube River was cleaned of waste, which was then analysed to determine where it came from, how it affected the river environment and how to prevent it in the future.

## RESOURCES

<https://www.obecne-noviny.sk/clanky/dobrovolnici-vycistili-usek-dunaja-od-hainburgu-po-karloveske-rameno-na-raftoch>

<https://www.bratislavskenoviny.sk/aktuality/56939-dobrovolnici-vycistili-usek-dunaja-od-hainburgu-po-karloveske-rameno-na-raftoch>

<https://www.facebook.com/>

# Less Waste Run 2019

## LOCAL NAME

Less Waste Run 2019



## SPORT or PHYSICAL ACTIVITY INVOLVED

Running

## PLACE

Bratislava –  
Devin, Slovakia



## NUMBER OF PARTICIPANTS

412

## WEBSITE

<http://www.lesswasterun.com/>

## ENTITY OF THE EVENT

Less Waste Global s.r.o

## SECTOR BELONGS TO

The company was established by two amateur athletes

## SHORT DESCRIPTION OF THE EVENT

In May 2019, the first year of the waste-free running event took place. The concept of the event is based on the principle not to generate unprocessable waste. All inevitably generated waste and products during the event were from compostable materials and recovered in the composting plant afterward.



## FULL DESCRIPTION

It was the first year of a running event called Less Waste Run 2019 based on zero-waste principles. It is an initiative of two amateur triathletes, whose motivation was to support and spread awareness about sustainability and waste reduction.

The concept of the event is based on the idea not to generate unprocessable waste.

Organizers who regularly took part in many sports events themselves were disappointed with the amount of waste always produced (PET bottles, cups, leaflets, plastic bags, brochures, cans, promotional items).

Therefore they have decided to organize a sustainable and planet-friendly mass sports event. No pounds of waste was generated during the event and all used products were not used only once, but several times at other similar events. Runners become the ambassadors of a sustainable lifestyle and waste minimization, which should also transfer into their lives and spread awareness after the event.

## ENVIRONMENTAL ASPECT ADDRESSED

The motivation of organizers was to support and spread awareness about sustainability and waste reduction.

## RESOURCES

<http://www.lesswasterun.com/>

[https://www.youtube.com/watch?v=3nlpLX27wy8&feature=emb\\_title](https://www.youtube.com/watch?v=3nlpLX27wy8&feature=emb_title)

<https://www.facebook.com/lesswasterun/>

# ECO Tour de Prešov

## LOCAL NAME

EKO Túr Prešov



## SPORT or PHYSICAL ACTIVITY INVOLVED

Cycling

## PLACE

Prešov,  
Slovakia



## NUMBER OF PARTICIPANTS

170 cyclists and an unknown number of visitors

## WEBSITE

<https://www.tourdepresov.com/>

<http://cyklistikaprevsetkych.sk/>

## ENTITY OF THE EVENT

CYKLISTIKA PREVŠETKÝCH, n.o.

## SECTOR BELONGS TO

NGO focused on amateur cycling

## SHORT DESCRIPTION OF THE EVENT

The second year of the famous cycling marathon in Presov (3rd largest Slovak city) was connected with ecology. The race's accompanying events were "eco-ride" and a workshop focused on raising awareness of environmental protection.



## FULL DESCRIPTION

Since 2015, NGO "Cycling for All" has been regularly organizing an amateur cycling race, which has become a favourite event for many locals and foreigners.

The main topic of the race in 2016 was ecology – to combine the motive of environmental protection with bicycle transport that is considered an eco-friendly way of transportation.

The event highlighted several alternative modes of urban transport that would ease car traffic. Before the race itself, the accompanying events took place. First, a round-trip 40-minute "eco-ride" through the city highlighting the need for "green

transport" in cities. Then, a workshop aimed to present a healthy lifestyle and the need to protect the environment through cycling and cycling tourism.

## ENVIRONMENTAL ASPECT ADDRESSED

To motivate more people to use bicycles in the cities, promote the need to protect the environment and a healthy lifestyle.

## RESOURCES

<https://www.mtbiker.sk/clanky/8357/pozvanka-eko-tour-de-presov.html>

<https://www.youtube.com/watch?v=SCxyzGJDIWA>

[https://pis.sk/clanok/15860/foto-tour-de-presov\\_2016.html](https://pis.sk/clanok/15860/foto-tour-de-presov_2016.html)

<https://www.sdetmi.com/podujatia/detail/29938/tour-de-presov-2016/>

# Clean mountains 2019

## LOCAL NAME

Cisté hory 2019



## SPORT or PHYSICAL ACTIVITY INVOLVED

Hiking – while collecting trash

## PLACE

Tatry, Pieniny,  
Slovakia



## NUMBER OF PARTICIPANTS

1468

## WEBSITE

<https://www.lesytanap.sk/>

## ENTITY OF THE EVENT

Štátne lesy TANAP.

## SECTOR BELONGS TO

State enterprise - State forests TANAP

## SHORT DESCRIPTION OF THE EVENT

An annual event that aims to clean up the most visited mountain spots of Slovak hiking trails after the summer season. It was held for the 41st year in a row and there are always many volunteers interested in joining the event.

The intention is to clean the forests themselves and raise awareness of the

need to protect nature and not leave any waste there.



## FULL DESCRIPTION

The event is regularly held on the last weekend of September to clean up the popular hiking trails after the summer season. Hundreds of volunteers gather each year to help remove kilograms of waste from forests. In 2019, 1 468 volunteers collected almost a ton of garbage.

There were mainly various metal sheets and food packaging, such as plastic bags, bottles, or napkins. Each volunteer receives bags from the organizers for collecting the waste. Many different companies and schools are also actively involved in the event.

Therefore the event has a positive impact not only on adults but also on pupils and makes them aware of the need for nature protection.

In addition to the cleaning, during this 41st event, trees were planted as well. In the Tatras, 14 volunteers planted 400 coniferous trees. The event is a very positive example of a combination of popular tourism and nature protection.

## ENVIRONMENTAL ASPECT ADDRESSED

The removal of waste from the Slovak mountains contributes to raising the public's awareness about pollution.

## RESOURCES

<https://www.lesytanap.sk/sk/tlacove-spravy/sprava/ciste-hory-uz-tuto-sobotu-1323/>

<https://www.severovychod.sk/clanok/dobrovolnici-vyzbierali-takmer-900-kilogramov-odpadu>





# Ibiza Plogging

## LOCAL NAME

Ibiza Plogging



## SPORT or PHYSICAL ACTIVITY INVOLVED

Plogging- it can be jogging, walking, cycling, canicrossing, water sports or skating

## PLACE

Island of Ibiza,  
Platias de ses  
Salines



## NUMBER OF PARTICIPANTS

Dozens of participants of all ages

## WEBSITE

<https://www.ibizasostenible.com/>

## ENTITY OF THE EVENT

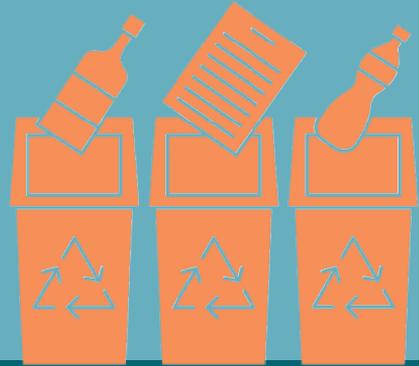
Ibiza Sostenible

## SECTOR BELONGS TO

Council of Ibiza and a transversal platform from where people, companies, and public institutions work to develop and position the island of Ibiza as a benchmark for Sustainability and Responsibility.

## SHORT DESCRIPTION OF THE EVENT

It is the 4th edition of the event thanks to the initiative of the pioneer program of “Ibiza Sostenible” for the SDGS 2030



## FULL DESCRIPTION

IBIZA PLOGGING is a local event promoted by IBIZA SOSTENIBLE, which focuses on publicizing objectives with a strong interest in environmental care and respect for nature.

Ibiza Plogging was the first Spanish event dedicated to this fairly new practice in the country, where a community and movement is now known as Plogging Spain.

For sure, on the island of Ibiza, the event also took the shape of an initiative to promote sustainable tourism, art, creativity, ecology, sport and social action, to preserve the natural beauty in one of the most tourist places in Spain.

The event started with asking for those residents and visitors who enjoy nature, using sport as a development tool and promoting values such as cooperation, recycling, communication, understanding, teamwork, problem-solving and respect for nature.

During the event, 2.600 pieces of microplastics, bottles, bags, ship wreckage had been recovered, for a total of 1.100 kg.

## ENVIRONMENTAL ASPECT ADDRESSED

The event implicated the collection of wastes in the urban area, field trials and the beach.

## RESOURCES

<https://www.ibizasostenible.com/>

<http://ploggingspain.com/>

# River of wastes under the Pisuerga

## LOCAL NAME

Río de basura bajo el  
Pisuerga



## SPORT or PHYSICAL ACTIVITY INVOLVED

Diving

## PLACE

Playa de las  
Moreras,  
Valladolid



## NUMBER OF PARTICIPANTS

Several participants among  
members of the involved  
associations and public and  
private institutions

## WEBSITE

<https://www.valladolid.es/participacion/es/asociaciones/asociacion-cultural-amigos-pisuerga>

## ENTITY OF THE EVENT

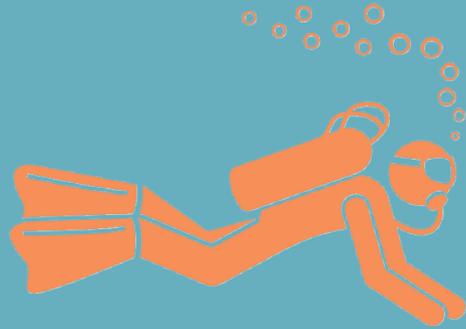
Asociación Amigos del Pisuerga

## SECTOR BELONGS TO

Cultural association

## SHORT DESCRIPTION OF THE EVENT

It is the 4th edition of the event thanks to the initiative of the pioneer program of “Ibiza Sostenible” for the SDGS 2030



## FULL DESCRIPTION

Every year, after celebrating the Saint John holidays, volunteers of the Association “Amigos del Pisuerga” help the Regional Salvage and Rescue Group clean up the beach and the river bed, bringing out of the water every type of thing.

The only way to do it is by diving, a sport that in Valladolid is also promoted and perpetrated by the Diving Club TRITÓN Valladolid. Together with responsible members of the Rescue Group, Amateurs dive into the river Pisuerga trying to clean it and keep it swimmable.

The waste is brought to the Underwater Activities Group of the Civil Guard (Geas). They manage to analyze that organic and inorganic waste, to later address those to the Cleaning Service which knows how to dispose of any garbage fished out of the river.

## ENVIRONMENTAL ASPECT ADDRESSED

The preservation of flora and fauna of the river ecosystem is the primary purpose of the event/activity every year. It takes long to remove both organic and inorganic particles of objects thrown into the river, so by making news.

## RESOURCES

<https://www.elnortedecastilla.es/valladolid/basura-bajo-pisuerga-20190707153101-nt.html>

<https://www.facebook.com/>

# Cleaning of the seabed

## LOCAL NAME

Limpieza del fondo marino



## SPORT or PHYSICAL ACTIVITY INVOLVED

Freediving, swimming, kayaking, paddle surfing and collecting on land and groynes.

## PLACE

Playa de Marbella, Playa de Nova Marbella



## NUMBER OF PARTICIPANTS

200

## WEBSITE

<http://barcelonaforumdistrict.com/>  
<http://www.yotubabarcelona.com/>  
<https://www.diagonalmarcentre.es/>

## ENTITY OF THE EVENT

Diagonal Mar, Yotuba Barcelona, Barcelona Forum District

## SECTOR BELONGS TO

Diagonal Mar, commercial center  
Yotuba Barcelona, snorkeling company  
Barcelona Forum District, NGO

## SHORT DESCRIPTION OF THE EVENT

Various companies of the Barcelona Forum District and from the rest of Barcelona's city attended the 4th edition of the cleaning of the seabed competition, managing to collect a total of 637 kg of waste in one hour of work.

The initiative, especially with the realization of several ephemeral works of

art from waste, shows the irresponsibility of the people enjoying the seaside should not be perpetrated through the years. In other words, the competition creates awareness and civic participation from those who work and attract visitors through that ecosystem.

## FULL DESCRIPTION

The objective of the event is to collect as much waste from the sea bed as possible and, above all, to raise awareness of the importance of keeping the sea free of plastics and waste.

As a novelty of this year, the teams have been eligible for two awards: one award was give to the team that has collected the most amount of waste and the other one to the team that has made the most creative ephemeral work of art, using only the waste collected during the proof. This action is included in the #PorNuestroMar project created to sensitize the local community about the importance of protecting the marine

ecosystem. This initiative has recently been recognized as the Best CSR Campaign with a Solal Marketing Awards from the ICSC (International Council of Shopping Centres), competing with more than 30 applications developed by shopping centers across the European continent.



## ENVIRONMENTAL ASPECT ADDRESSED

As on previous occasions, the protagonist's waste in the sea continues to be sanitary napkins, in addition to plastics and various packaging.

## RESOURCES

[http://www.yotubabarcelona.com/limpieza\\_fondo\\_m.html](http://www.yotubabarcelona.com/limpieza_fondo_m.html)

<https://www.diagonalmarcentre.es/rsc/>

<http://barcelonaforumdistrict.com/corresponsables-diagonal-mar-promueve-la-limpieza-del-fondo-marino-en-dos-playas-de-barcelona/>





**TURKEY**

**BioBlitz**  
Citizen Science

**LOCAL  
NAME**

Tür Say!



**SPORT or  
PHYSICAL  
ACTIVITY  
INVOLVED**

Trekking and jogging

**PLACE**

Ankara, Turkey



**NUMBER OF  
PARTICIPANTS**

91

**WEBSITE**

[shorturl.at/](http://shorturl.at/)

**ENTITY OF THE  
EVENT**

Nature Conservation Center  
Foundation (DKM) and METU  
Ecosystem Implementation and  
Research Center (EKOSAM)

**SECTOR  
BELONGS TO**

NGO, university, youth,  
school and citizens of  
Ankara

## SHORT DESCRIPTION OF THE EVENT

BioBlitzs a biodiversity detection study, an intense period of biological surveying to record all the living species within a designated area. It was organized as a marathon with the participation of scientists, nature hosts and citizens.

It aimed to attract people's interest in nature and nature conservation issues and to reveal the species diversity of the area to be protected.



## FULL DESCRIPTION

The event was organized by the Nature Conservation Center Foundation (DKM) and METU Ecosystem Implementation and Research Center (EKOSAM). The activity started in the early morning and lasted by eight in the evening. Participants made guided observations accompanied by nature hosts, took photos of plants, birds, and butterfly species of interest, recorded them through an application, and shared them with everyone.

Experts also helped them to identify the species. Finally, many species were identified within the scope of citizen science and all participants spent a pleasant time in nature.

The results of BioBlitz activities were different; one reason for this may be that the observations were made in different months. The continuation of such studies will enable us to better understand the biodiversity of the METU Campus that we organized the event and the factors affecting it.

The bioblitzes contribute to the site and species management more than any other type of citizen science program and that partnering with land managers produces positive conservation outcomes.

## ENVIRONMENTAL ASPECT ADDRESSED

A BioBlitz brings together volunteer scientists and families, students, teachers, and other members of the community. It is a unique biological survey that encourages a relationship between a given area's nature and human communities.

## RESOURCES

<https://basinda.metu.edu.tr/icerik/odtuden/85/odtu-ankaralilari-dogayi-ve-canli-turlerini-kesfetmeye-cagiriyor!-metu-invites-nature-lovers-in-ankara-to-discover-nature-and-new-species!>

<https://youtu.be/vMOEMqDwzpg>

# Kollekt

## Recycling Made Fun!



## LOCAL NAME

Kollekt -  
Geridönüsümü  
Eglenceli Hale  
Getirdi

## SPORT or PHYSICAL ACTIVITY INVOLVED

Hiking

## PLACE

Kemer-Antalya,  
Turkey



## NUMBER OF PARTICIPANTS

1200

## WEBSITE

[http://kollektapp.org/index\\_](http://kollektapp.org/index_)

## ENTITY OF THE EVENT

Nature Conservation Center  
Foundation (DKM) and Kemer  
Municipality

## SECTOR BELONGS TO

Youth, tourists and  
citizens of Kemer

## SHORT DESCRIPTION OF THE EVENT

In this event, participants were involved in the collective action of eradicating wastes from the coasts and natural environment of Kemer, Antalya, a popular tourism destination in Turkey.

They used a mobile application called “Kollekt”, which integrates the love and appreciation of nature into technology

and encourages them to help create a cleaner world by increasing recycling and preventing wastes from ending up in our precious seas through collecting waste via the application.

## FULL DESCRIPTION

The event was organized by the Nature Conservation Center Foundation (DKM) and Kemer Municipality. The town of Kemer is one of the essential tourism locations needing these community-based approaches because when tourism season begins, the population and wastes in small settlements like Kemer can increase up to 10 times. The Community-Based Recycling for A litter Free Mediterranean Project aims to improve Kemer’s existing waste management system through community-based methods, thus reducing the produced waste and increasing recycling rates and regain waste the Municipality can not collect that and which end up in the sea back into the recycling system.

Visitors (tourists, same-day visitors, visitors for recreational use, hikers, etc.) who are the primary sources of waste left unattended in nature and local communities have been identified as the primary target groups of the event.

The event was based on collaboration with local communities, visitors, the Municipality and other responsible stakeholders.



## ENVIRONMENTAL ASPECT ADDRESSED

Preventing the formation and accumulation of wastes at their sources, raising awareness on waste separation and zero waste.

## RESOURCES

<https://dkm.org.tr/Project/5e8256cf32d336097a2e35a8>  
<http://www.antalya-kemer.bel.tr/haberler/kollekt-uygulamasi-hayata-gecirildi>  
[http://kollektapp.org/index\\_en.html](http://kollektapp.org/index_en.html)

# Step by Step

## Social Responsibility

**LOCAL  
NAME**  
Adim Adim



**SPORT or  
PHYSICAL  
ACTIVITY  
INVOLVED**

Running, roller skating

**PLACE**  
Turkey



**NUMBER OF  
PARTICIPANTS**  
79,000

**WEBSITE**  
[https://www.  
adimadim.org/](https://www.adimadim.org/)

**ENTITY OF THE  
EVENT**  
Adim Adim Initiative

**SECTOR  
BELONGS TO**  
NGO, youth, sports clubs,  
municipalities

## SHORT DESCRIPTION OF THE EVENT

The event aims to raise funds for NGOs that require support, via sports activities. They provide financial resources and promotion support to the country's important social responsibility projects through endurance sports such as running, swimming, cycling, and mountaineering.

## FULL DESCRIPTION

Each year thousands of athletes run Step by step. The goal of raising funds is a fantastic motivator, and nothing beats the satisfaction of knowing you are running for a good cause.

With over 20 marathons organized in Turkey and many more half marathons and 10 000 races, there will be an event to suit your location and ability. Planning which event to sign up for is but the first step. Most organized runs have a simple online application form to complete before space is allocated. Some famous races, such as the Istanbul Marathon, are oversubscribed and individual spaces are allocated by ballot – so not everyone who applies will

be accepted. Step by Step builds, manages and develops platforms that bring together non-governmental organizations and volunteers who want to run a charity run. As of the end of November 2019, the NGOs' resources within its body reached 70 million TL through 79 thousand volunteer runners and 655 thousand donors.



## ENVIRONMENTAL ASPECT ADDRESSED

Athletes show their efforts for the race and raise funds for NGOs like WWF, TEMA that use the fund for their nature conservation programs. So athletes are part of the action of saving the planet. Athletes would be part of environmental projects by raising funds.

## RESOURCES

[https://instagram.com/adim\\_adim/](https://instagram.com/adim_adim/)

<https://ipk.adimadim.org/project/index?id=70348>

<https://ipk.adimadim.org/project/index?id=70323>





# NONFORMAL EDUCATION METHODS



Non-Formal Education methods is a collection of practices collected by the partners participating on the project.

It is a tool that could serve as an inspiration, example or guidelines for future projects that seek the ways how to combine sport together with non-formal education about environment, nature protection and sustainable lifestyle.

Practices were collected by partners as following:



#### Austria

- ▷ The two faces of the Earth
- ▷ Hiding from Predators
- ▷ Herbal hike

#### Slovakia

- ▷ Environmental Shock

#### Bulgaria

- ▷ Play for your right to health;
- ▷ The landfill dispute
- ▷ Recycled Mini Games

#### Spain:

- ▷ Walking through Valladolid

#### Portugal

- ▷ Narodna game - Eco Version
- ▷ Square of minds game
- ▷ Heal the world

#### Turkey

- ▷ Tree Map of The City
- ▷ Bird Cycling Orchestra
- ▷ Wildflowers Blossoms

#### Romania

- ▷ Make every day an example!
- ▷ Contact Improvisation
- ▷ Environment, Sport, Recycling

# The two faces of the Earth



## Duration

1,5 hour



## Aim of the method

Running, roller skating



## Instructions

During the first and second phases, participants work individually.

The first phase (approx. 20 - 30 minutes) is about the “Crying face of the Earth”. Participants should design with newspaper articles and magazines, words, texts, and a collage of a horror scenario for Earth’s Future. “What could humanity and everyone threaten other living beings if your worst fears come true?” is the question to the participants.

In the second phase (approx. 20 - 30 minutes), you turn from the crying face to the “Laughing Face of the Earth”. In a second collage, participants press participants on how their dream of an Earth worth living looks at all of their hopes and visions of one future worth living have come true.

In the third phase, the participants go together in small groups of three or four and show or tell each other what they designed. Then collect and brainstorm some ideas on the questions like:

“What can we do if our fears don’t come true?”

“What can we do to make our hopes a reality?”

These can be noted on a poster. Finally, a small vernissage with the presentations and discussion results is organized

## Materials needed

- Scissors,
- Glue,
- Tape,
- Magazines,
- Newspapers,
- A3 paper,
- Felt-tip pens,
- Oil pastels, watercolors and similar



## Recommendations for trainers

Adapt to overcoming participants' fears by changing our habits by including more physical activity and sport.



## Resources used

[https://www.umweltbildung.at/uploads/tx\\_hetopublications/publikationen/pdf/bildung\\_handbuch\\_RZ\\_screen\\_01.pdf](https://www.umweltbildung.at/uploads/tx_hetopublications/publikationen/pdf/bildung_handbuch_RZ_screen_01.pdf)



# Hiding from Predators



## Duration

30 mins



## Aim of the method

To foster:

Communication skills

Knowledge about the food chain

Environmental Value

Active Citizenship



## Instructions

What is camouflage? Camouflage is when living organisms visually disguise themselves with the same or similar colors to their surroundings. Why is camouflage important? Without camouflage, an animal would be recognized and spotted quicker by a predator. For example, a grasshopper is green to hide in the grass from birds or other predators.

Before the activity starts, place images of camouflaged animals in their natural environment (for example, a chameleon on a tree) around your starting point for young people to try and identify the animal in the image. It can lead to a discussion about camouflage and why this is important.

The group walks a given distance down a nature trail while the leader explains the rules. Each player is given time to hide

along the trail.

They may travel no more than 15 feet from either side of the trail. Players can use anything in the natural environment to provide camouflage.

The leader waits five minutes until all players are hidden. They walk the distance of the trail once only and try to find as many people as possible.

After his walk, he calls out and watches to see where all the successful 'animals' hid. This game can be repeated many times, with different

players taking the role of the searcher. Once the task has been completed, discuss the following topics as a group: which of the hiding places were harder to find and why this may have been. Link this as to why animals need to be camouflaged.

## Materials needed

- Available resources in nature,
- Cards with the name of an animal written on each one that link together to form a food chain



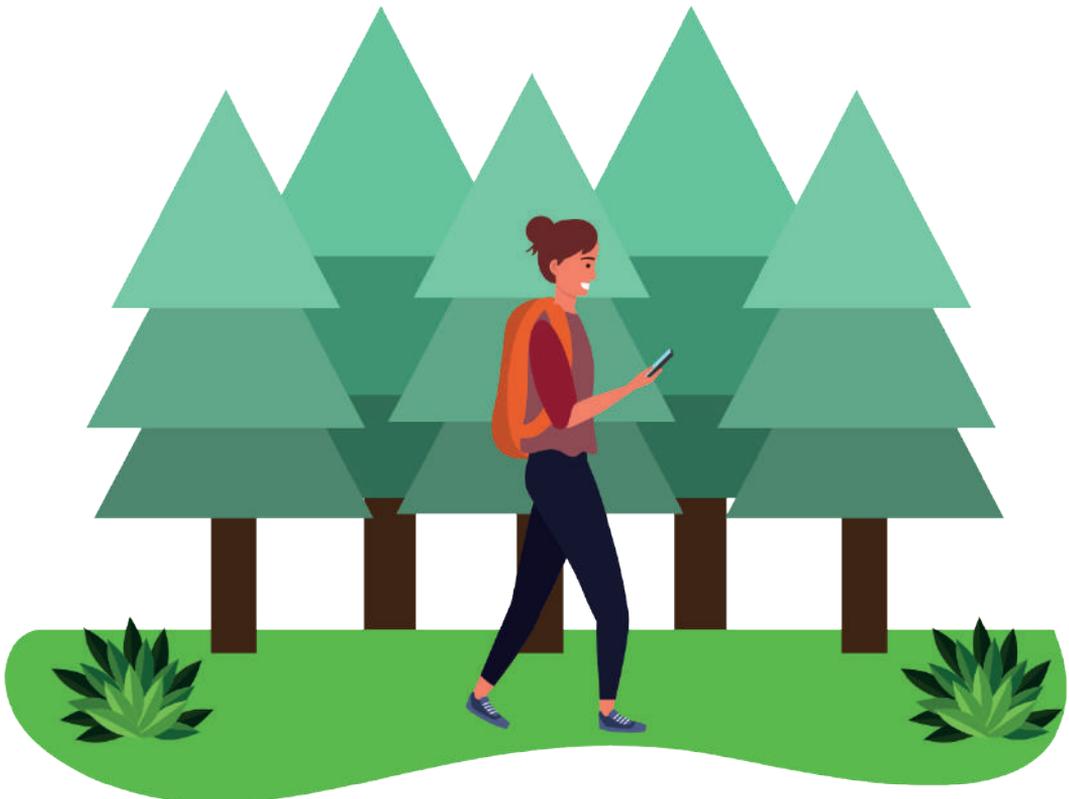
## Recommendations for trainers

N/A



## Resources used

[https://www.umweltbildung.at/uploads/tx\\_hetopublications/publikationen/pdf/bildung\\_handbuch\\_RZ\\_screen\\_01.pdf](https://www.umweltbildung.at/uploads/tx_hetopublications/publikationen/pdf/bildung_handbuch_RZ_screen_01.pdf)



# Herbal hike



## Duration

30 mins



## Aim of the method

Live in harmony with nature, hike in the mountains and search for lots of different herbs beside the hiking paths.



## Instructions

Guided hike - High-Altitude Promenade - with “herbal expert” in mountains while discovering secrets of herbal meadows during the hike.

Participants will get to know how to recognize edible herbs as well as healing herbs.



## Materials needed

- Outdoor wear,
- Hiking shoes,
- Water,
- Sun protection,
- Optional: herb book



## Recommendations for trainers

Optional herb workshop after the hike



## Resources used

<https://www.kitzbueheler-alpen.com/en/bri/news/events/herbal-hike-on-the-wohlfuehlweg.html>

[https://www.schmitten.at/en/Schmitten-on-site/Events/Herbal-Hike\\_e\\_611](https://www.schmitten.at/en/Schmitten-on-site/Events/Herbal-Hike_e_611)

<https://www.hochkoenig.at/en/summer-holiday-salzburg/hiking/herb-hiking.html#bm=oac%3Asummer&filter=fullyTranslatedLangus-&zc=12,13.04735,47.3832>



# Play for your right to health



## Duration

70 minutes (40 minutes for introduction and the game, 30 minutes for debriefing)



## Aim of the method

To understand that access to health is influenced by social, economic, environmental factors; to understand that health is a fundamental human right; to experience the links to connect sport, human rights and health; to reflect on how sport and physical activities can be used to learn about the right to health.



## Instructions

Preparation:

1. Ensure the working space is safe for delivering the exercise;
2. Print out the role cards;
3. Gather the playing bibs for selecting the teams.

There are 4 teams of 5-6 participants. There are two referees, one on each side. Two teams are playing on one side of the basketball court using only one basket. The usual rules of a one-side basketball match apply (the one who scored can start from the middle, if the opposite team takes the ball away, the player with the ball must take the ball out of the three-point arcs). Each player gets a role card (see below). They get 3 minutes to imagine what this person would be like, what feelings he would have, how she would play, what life she would have...). The game starts at the same time on both sides of the court. The goal is to

play the game and win. The game lasts for 20-30 minutes. Each minute the facilitator shouts one of the following condition of health:

- information on health issues
- proper education on health
- proper health service
- medical insurance
- healthy, good quality food
- clean water
- safe and hygienic home
- good environmental conditions
- violence-free life
- no discrimination
- freedom
- mental and psychological health
- sport
- healthy working conditions

If the person with the actual role could not have access or could not get that condition, he/she will have to stand still for 30 seconds (can get and throw the

## Materials needed

- Basketball court
- 2 basketballs
- Role-cards
- Playing bibs x 6 in 3 colors.



## Recommendations for trainers

This exercise can be used with other team games such as football or handball. Please note the sensitivity of the roles and how people could get uncomfortable with them.



## Resources used

<https://www.moveandlearn.org/files/Move&Learn.pdf>

ball, but cannot move). After 30 seconds, he/she can move on in the game. It is essential to explain that this element should be played honestly, so if that role would not be likely to have access, the player must freeze. If someone scores a basket, he/she receives a so-called “extra chance”. The extra chance can be used up when the announced condition would freeze the player. If a player has an extra chance and the announced condition would freeze him for 30 seconds, all he/she has to do is raise both his hands up and shout his name to show to the referee that he/ she is using up one extra chance. Extra chances can also be given to someone else in need by going to the frozen person and putting both hands on his/her shoulders and shouting his/her name. The role of the referees: they are identifying the faults; they are noting and observing the extra chances. He/she notes down if a player scores a basket and keeps a record of the extra chances players receive or use up. They are both given a notepad, a pen and a whistle.

### Evaluation:

The facilitator does a short de-rolling exercise before debriefing. For debriefing, the whole group sits down on the floor. The facilitator is using the following questions for debriefing:

- How did you feel during the game?
- What of your role person (on the role card)?
- How did the game go? What happened?
- Was there any major problem or conflict during the game?
- What relevance do you see to human rights issues?
- In light of the exercise, what links do you see between health and human rights?
- Did everyone have the right to health during the exercise?
- What did you learn?
- The right to health service is a human right?

# The landfill dispute



## Duration

120 minutes



## Aim of the method

Resolving environmental conflict



## Instructions

Introduce the participants to the following text: *THE CITY OF WASTE reaches a situation where their landfill is overcrowded. It is located on the city's outskirts. It continues to function only because health authorities decide that closing it will lead to the danger of illegal dumping. The landfill's continued operation is met with strong and vocal resistance from local residents, who are based on its closure plan and creating a recreation area on the same site as it reaches its capacity. Recently, pollution of underwater waters has been confirmed, which has become public due to environmental groups' activities. In this way, the possibility of further expansion of the landfill was thwarted. Authorities say the dump will be closed within 12 months. The population of the city is 250,000 people. From an economic point of view, the participation of industry and agriculture is equal. In 2012, after reviewing the city's development plans and needs, it was decided to build an additional landfill to serve the*

*city's needs. The project area is 175 acres and is located 10 kilometers north of the city, known as the "Odorless Place". Immediately, in 2013, people living around expressed opposition to the opening of the new landfill. As it has gained experience from similar actions in other parts of the country, the city hires the best consultants that can be found and try with their help to cope with the foreseeable consequences fully. Despite the best intentions and efforts to reduce possible damage and impact on the environment, public opposition is not diminishing. The most organized part of the opposition is a group of homeowners on the slope, overlooking the area. They are also supported by a group of citizens who live on the road leading to the new landfill. The main technical problem is related to the groundwater pollution in the area and the nearby stream, which is highly valued due to the possibility of catching trout in it."*

Participants are asked to prepare to discuss their problems and alternatives that they thought could be useful and

## Materials needed

- Printed texts and instructions.



## Recommendations for trainers

After a twenty-minute group discussion, direct the participants to start negotiations.



## Resources used

[http://ecocamp-sandanski.net/assets/docs/Pomagalo\\_bg.pdf](http://ecocamp-sandanski.net/assets/docs/Pomagalo_bg.pdf)

applicable in the situation. Separate two participants and offer them to be representatives of the official city authorities. Introduce them to the instructions given below. Give to the participants in the dispute (divide the participants into 2 groups of 6-7 people) instruction.

### INSTRUCTIONS FOR OFFICIAL CITY REPRESENTATIVES

You are asked to chair the meeting, which includes representatives of all major groups interested in solving the city's landfills' problems. You know that there are not many realistic alternatives for possible new places, as there will be problems again and there will be opponents of the project. You believe that you should oppose public objections and resistance if such a chance exists. You want the meeting to be as useful as possible. Your task is to prepare an agenda. You can meet with the groups to prepare for the session if you think it will help.

To help write the script, you need to consider: What are the problems in this dispute from your point of view? What are the problems according to the other groups? What are the goals of the citizens? What do you expect to achieve at the first meeting?

### INSTRUCTIONS FOR PARTICIPANTS

You need to prepare for the upcoming meeting between the different groups for or against the new landfill. City officials will contact you to prepare for the meeting. In the meantime, you should consider the following questions in your group: What are the problems in this dispute from your point of view? What are the problems in this dispute from the point of view of the other groups? What is the goal or goals of your group? What are some possible options or suggestions that will help you achieve the goals? What would you like to achieve in the first meeting? You have the opportunity to represent your group. Decide what you will say and how it will help you achieve your goals.

# Recycled Mini Games



## Duration

120 minutes



## Aim of the method



This activity aims to get participants to use their imagination to design new games using recycled materials and for those games to be used as part of a Mini Games or Mini Olympics. The issues addressed include:

Recycling and the environment  
Sustainability

## Instructions

Preparation: Recycled materials can be collected either over a few weeks leading up to the activity; by asking participants to bring their recycling in from home, by getting all participants to collect their recycling the week leading up to the activity

Divide participants into equal groups of at least 3 and at the most 5

Give each group a bag of recyclable materials

,Tell participants that you will all be taking part in Mini Games or Mini Olympics that is inclusive of all and that everyone has to take part in.

Tell participants that, in their teams, they have to devise a game or activity using the recyclable materials and other

materials provided and that that game or activity will form part of the Mini Games or Olympics

Give each team 45 minutes to devise 1 or more activities and tell them to come up with the rules which they will have to explain to the others

At least one game from each team will be used as part of a Recycled Mini Games for all participants.

Evaluation:

Begin by asking participants if they enjoyed the activity and asked them how they worked together as a group, made their decisions and carried out the tasks. Then go on to discuss the games themselves and the rules people invented.

Did everyone feel they were able to contribute? How did the groups make the best use of individual talents of their members?

## Materials needed

- Recycled materials, i.e., cans, bottles, paper, tins, toilet rolls, cartons.
- Bibs
- Scissors
- String
- Glue
- Sellotape
- Chalk



## Recommendations for trainers



Mix the groups up as much as possible with a variety of abilities and a mix of ages and gender in each.

You may need to designate a 'Games' area and a the time limit for games.

## Resources used

<https://www.moveandlearn.org/files/Move&Learn.pdf>

Did the group work democratically or was there an appointed 'leader'?

Was it hard to design games?

Was it easy to make use of the recycled materials provided?

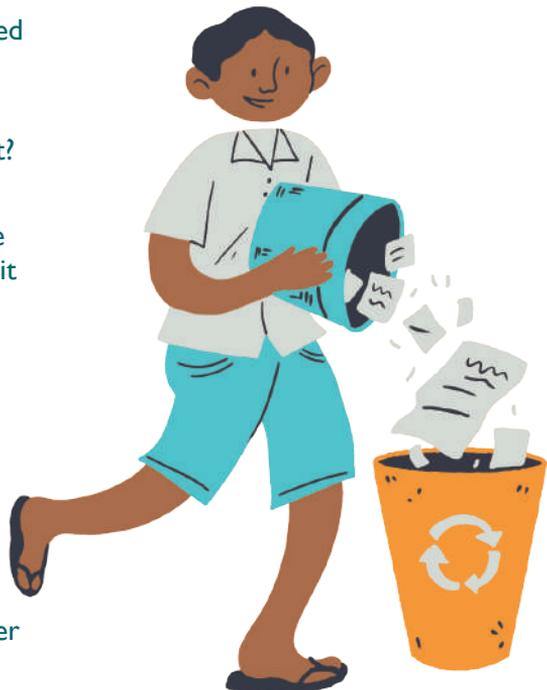
Which games did people like the most?

Did any group find the need to change the rules of the game once they tried it out?

How inclusive were the games? Was everyone able to take part?

Were the rules of each game 'fair'?

Did the groups use the recycled materials in ways that they would never have pictured before these Games?



# Narodna game - Eco Version



## Duration

30 minutes



## Aim of the method

To strengthen the team and its spirit and build mutual trust.



## Instructions

The group has to be divided into two teams.

Each team has one leader who stays separately from them, just behind the opposite team.

Each team is aimed to eliminate the opposing players by throwing the ball.

### Rules:

Participant is eliminated if she/he is hitting with the ball and the ball falls down.

If participant catches the ball from the opposite team than she/he has the chance to try to eliminate players from the opposing team by throwing the ball.

Only the leaders are out of the field; all others are inside and can't go out of the field d) to have a better position the leader and the rest of the team can pass the ball to each other (inside the team).

When the ball falls to the floor, the eliminated person needs to grab it and go to the recycling bins and separate the ball, which is made of upcycling materials; in this way, the eliminated person needs to fully understand how to separate the materials since the ball will be made of different types of materials.

## Materials needed

- Balls/apples,
- 2 bins,
- Space (inside or outside)



## Recommendations for trainers

You can use more than one ball at the same time: Prepare several balls before the starting of the activity. Try to involve everyone and make them feel comfortable as a group. Adapt the activities to everyone. Pay attention to age, physical condition, etc. Be aware of cultural differences. Involve youth in planning activities.



## Resources used

[https://www.salto-youth.net/downloads/toolbox\\_tool\\_download-file-1456/Sport%20in%20the%20work%20with%20youth.pdf](https://www.salto-youth.net/downloads/toolbox_tool_download-file-1456/Sport%20in%20the%20work%20with%20youth.pdf)



# Square of minds game



## Duration

15 minutes



## Aim of the method

To strengthen the team, build mutual trust and support integration.



## Instructions

The group has to find an algorithm to transfer all the balls/apples from one corner to the opposite corner (diagonally) of the square.

Rules:

Every participant must touch the ball/apple.

Each participant can touch the ball/apple only one time.

Each participant mustn't pass the apple to the person who stands next to him/her.

The apples cannot touch the ground.

The participants cannot move from their position.

The time is limited.

## Materials needed

- Ball made of different materials, such as reused paper, plastic, and other things, then close the ball with paper tape, for example, market border,
- space (inside or outside).



## Recommendations for trainers

You can pass more than 1 ball at the same time. To make this activity more educative in the environment, materials that can be recycled can be used and the bins can have different colors. Try to involve everyone and make them feel comfortable as a group. Adapt the activities to everyone.



## Resources used

[https://www.salto-youth.net/downloads/toolbox\\_tool\\_download-file-1456/Sport%20in%20the%20work%20with%20youth.pdf](https://www.salto-youth.net/downloads/toolbox_tool_download-file-1456/Sport%20in%20the%20work%20with%20youth.pdf)



# Heal the world



## Duration

90 minutes



## Aim of the method

Teaching participants about environmental protection through active physical activity; understanding different learning styles and explaining education through sport as one of them; involving participants in the first steps of Education through Sport by debriefing the exercise and answering how they find the methodology.



## Instructions

The facilitator should choose one participant from the group that will be the catcher to tag the other participants. Another participant will be selected to have the role of the “doctor” (they can also apply voluntarily).

The facilitator has to give the group instructions that the “catcher” has a task to run after participants and catch them. Once a participant is caught, they are “frozen” and they have to lay on the ground. “Catcher” continues to run after others. The rest of the participants that are not tagged have to carry/ help the “frozen” one to the hospital where the “doctor” will ask them a question connected with environmental protection. While they are carrying the “frozen” person, they are protected from the “catcher”. The “frozen” person can be taken from the side by a maximum of 4 people. In the hospital, the “doctor” will read them a question. If they answer the

question correctly, they will be “healed” and back in the game. If they don’t reply correctly, they can design a poster with the answer, which they will get from the “doctor”, that they will share later with the group.

Examples of questions the “doctor” should ask:

How many kilograms of toxic chemicals that end up in the air can be filtered through one tree per year? (Answer 30kg)

How many liters of oxygen can a tree produce in one hour on average? (Answer 1200 liters)

How many sheets of paper can be produced from one average-sized tree?( Answer 90.000)

Which metal can be recycled endlessly?(AnswerAluminum)

## Materials needed

- Papers with written questions for the participants who are caught (may vary depending on the topic and educational focus/theme of the activity);
- A bib for the one that is catching others; Area for the questions from the doctor;
- Colourful markers and flipcharts for posters (preferably from recycled paper).



## Recommendations for trainers



Instructions from facilitator to participants (10 min).

Exercise played (30 min).

Poster designing additional (15 min)  
participants will start to create posters while the game is still on.

Poster presentation (15 min).

## Resources used

[https://www.salto-youth.net/downloads/toolbox\\_tool\\_download-file-2120/E-tool.pdf](https://www.salto-youth.net/downloads/toolbox_tool_download-file-2120/E-tool.pdf)

Which country in the world has the highest amount of recycled waste? It recycles 90% of its own waste? (Answer Japan)

Debriefing and evaluation (20 min)

How did the exercise go?

What did you experience when you were caught?

What did you find challenging?

How was the team cooperation?

Did you feel included?

How was the support in the group?



# Make every day an example!



## Duration

30-60 minutes



## Aim of the method

To teach participants about environmental protection using active outdoor activity.



## Instructions

It involves 15 to 30 participants, where 2 of them have roles of catcher and doctor. Participants who are caught and brought to the doctor will have to answer questions on the topic of the environment and answer the question, they can rejoin the game.

The facilitator should choose one participant from the group that will be the catcher to tag the other participants. Another participant will be chosen to have the role of the “doctor”.

The facilitator gives the instructions to the group that the “catcher” has a task to run after participants and catch them. Once a participant is caught, they are “frozen” and they have to lie on the ground. “Catcher” continues to run after others.

The rest of the participants that are not tagged have to carry/help the “frozen” one to the hospital where the “doctor” will ask them a question connected with environmental protection and healthy habits. While they are carrying the “frozen” person, they are protected from the “catcher”. The “frozen” person can be taken from the side by a maximum of 4 people.

In the hospital, the “doctor” will read them a question. If they answer the question correctly, they will be “healed” and back in the game. If they do not reply correctly, they can design a poster with the answer, which they will get from the “doctor”, that they will share later with the group.

## Materials needed

- Papers with written questions for the participants who are caught,
- Colourful markers and flipcharts for posters



## Recommendations for trainers

Try to make the questions relevant and have a mix of easy and hard questions.



## Resources used

<https://www.sportanddev.org/>



# Contact Improvisation



## Duration

60 minutes



## Aim of the method

To support community building and social inclusion using dance & body movement as a tool and nature as a background. After the workshop, the participants proceed with cleaning the green area where they held the workshop.



## Instructions

The trainer will start with a soft music background and have a 5-min meditation process to address certain questions to the participants and focus on the main topic. The session will further explore Sensorial moments and building trust.

The trainer asks participants to start walking randomly around the outside area chosen.

They should try to fill the empty spaces and not walk in circles. The trainer will give them instructions, and during the process, she/he will ask questions out loud to guide participants focus (not to be answered out loud!):

Walk without looking at the others. Start acknowledging your own body (how does it feel right now, are there any tensions, how am I walking...)

Start looking into the room.  
Acknowledge the space.

Start exchanging eye contact with the others as you cross them. (How does it feel? Is it weird, funny, engaging, awkward?)

Introduction of speeds: the speed you have now is a 5 out of 10. F gives numbers from 1 to 10 out loud and participants adjust their speed to those numbers.)

From now on, participants can choose to stop in front of someone and make eye contact for as long as they want, until one of them walks away. (How do I feel in this situation? Am I the one walking away first? ...)

Go back to yourself and shake off this experience. Establish a connection with your partner

## Materials needed

- Sound system
- Comfortable clothes
- Sticks (can be replaced with pens)
- Music:

Helios – Halving the Compass

Sam the Kid – Beleza

Kruder & Dorfmeister - High Noon

Deolinda - Lisboa não é a cidade perfeita

- For the cleaning:
  - trash bags, gloves, water,



## Recommendations for trainers

Connect the workshop with the main topic of the project.

Use body movement and outdoors for better results. Participants will be more relaxed and calmer.



## Resources used

The youth workers from Romania develop it by combining different methods of body movement and then promote an eco-mind through the end activity.

The trainer asks participants to pair up with the person standing closest. Within the pair, they choose person A and person B. Person A will start leading the movement for the duration of one song. B will try to mirror as closely as possible, without losing eye contact (we look into the eyes, not to the arms!). Inverse roles. We asked the participants to form pairs again and to choose an A and a B.

They were exploring the space together by following the other's hand while dancing and moving around. In the beginning, A leads B and after 2 minutes, they switch.

Between the face of A and the palm of B, there was 10 cm of comfortable space. Before the activity, the facilitator is showing the participants an example of what they need to do next.

We asked the participants to form

different pairs and to choose an A and a B. They were exploring the space together by holding the stick with 1 finger while dancing and moving around. In the beginning, A leads B and after 2 minutes, they switch.

Before the activity, the facilitator shows the participants an example of what they need to do next. 3 minutes: individually, reflect upon "What did I experience during this session?"

After the body movement session, the participants will have a 10 minutes break to drink water and meditate. Afterward they will proceed with cleaning the park/forest where the activity took place.

# Environment, Sport, Recycling



## Duration

120 minutes



## Aim of the method

This activity aims to get participants to use their imagination to design new games using recycled materials and for those games to be used as part of a Mini Games or Mini Olympics.



The issues addressed include:

- Recycling and the environment
- Sustainability through and in Sports

## Instructions

Divide participants into equal groups of at least 3 and at the most 5

Give each group a bag of recyclable materials

Tell participants that you will all be taking part in the Mini Olympics inclusive of all and that everyone has to take part in.

Tell participants that, in their teams, they have to devise a game or activity using the recyclable materials and other materials provided and that that game or activity will form part of the Mini Games or Olympics

Give each team 45 minutes to devise 1 or more activities and tell them to come up with the rules which they will have to explain to the others

At least one game from each team will be used as part of a Recycled Mini Olympics for all participants

## Materials needed

- Recycled materials, i.e., cans, bottles, paper, tins, toilet rolls, cartoons.
- Bibs
- Scissors
- String
- Glue
- Sellotape
- Chalk



## Recommendations for trainers

Connect the workshop with the main topic of the project.

Use body movement and outdoors for better results. Participants will be more relaxed and calmer.



## Resources used

The youth workers from Romania develop it by combining different methods of body movement and then promote an eco-mind through the end activity.



# Environmental Shock



## Duration

2-3 hours



## Aim of the method



Raise awareness about current environmental issues and plastic pollution,

Encourage participants to recycle trash,

Learn how trash should be appropriately recycled and which trash can be actually recycled or again reused

## Instructions

You can present some documentary movie or short video about the topic and share some interesting statistics adapted in your country – e.g., based on prognosis, in 2035 in the EU will be missing capacity for processing more than 40 million tonnes of trash; or that Slovakia recycles only 23% of its waste, one of the worse position in the EU etc.

Introduce the participants with the proper way how the trash should be recycled, particularly point out some exceptions (e.g., metal goes in the yellow container if there is no red one) or the mistakes have done very often (e.g., the box from pizza in the blue container), etc. You can also choose a more interactive way – e.g., quiz or canva.

Prepare some materials used in the recycling competition (e.g., bottles, paper, cans, egg containers, shampoo bottles) and five trash bins or boxes.

The facilitator sets up areas, which need to be cleaned and the participants should separate this trash correctly. Participants will be divided into a numbered team.

Provide all teams with the same quantity and similar types of litter items.

Set up the recycling center (you can make either one set for each team or one main set up for everyone to use - if you opt for using one recycling center, mark the teams somehow - ask each group to label each litter item with its respective number for you to know which team to award with the points).

## Materials needed

- 5 trash bins,
- Gloves,
- At least 3 containers or boxes, various trash from your household,
- Stopwatch, some reward or sweets for winning team,
- Tape
- Pens for tagging the trash



## Recommendations for trainers

An environment expert can be invited to this session

The facilitator should be familiar with the topic of recycling



## Resources used

<https://youthleaders.eu/publication/>

The team should try to clean up the area and separate the trash as quickly as possible.

Put the teams as far as possible from each other and from the center to make them physically active and make the tasks more difficult.

The teams will gain points according to the order they finish cleaning and separating (e.g., 5 points for fastest, 4 for second-fastest, and so on). The points will also be given for correctly separated trash. For every item placed in the proper container, add the point.



# Walking through Valladolid



## Duration

5 hours, from 9 am to 2 pm



## Aim of the method

In all its manifestations, promotion of sport annually offers, each school year, a hiking initiation program, combined with environmental education activities. From an educational level, the program aims to complement regulated teaching, according to the curricular design of each school center.



## Instructions

One day out of the scholarly environment to discover the city on foot.

Students are guided through nature itineraries surrounding the city, of varying difficulty, a vital aspect to take into account depending on the participants' abilities, which include environmental education, open-air and animation activities.

Every itinerary includes a visit to exciting elements of the route and the landscape observation, with stops to receive explanations about the observed elements, and dynamization through the game.

Alternatives routes are also possible depending on the spots that students need to know and respectfully to distance, students' profiles and recreational activities to be added.



## Materials needed

• A digital Field Notebook will be produced on the routes, using tablets provided by the Municipal Sports Foundation, where participants will carry out different activities on the route, as long as the weather and the development of the route allow it.

Once complete, the session participants can download it through a link and consult it at their schools. Students and teachers will have to take a downloadable guide with them.



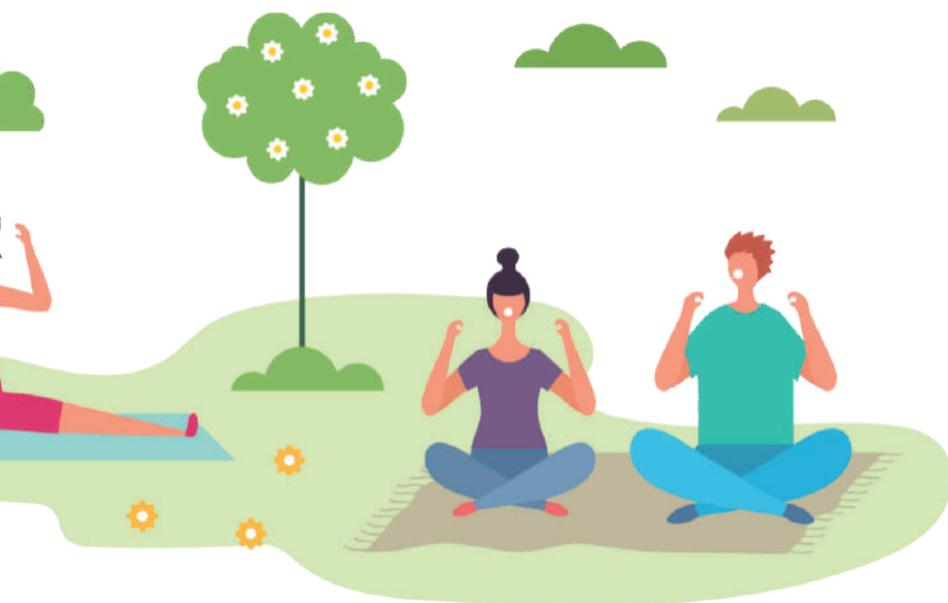
## Recommendations for trainers

On all routes, teachers and/or accompanying adults must respect the programmed development of the activity, as well as the instructions of the responsible technicians of the Municipality Sports Foundation.



## Resources used

[https://www.fmdva.org/caminando\\_valladolid.asp](https://www.fmdva.org/caminando_valladolid.asp)



# Tree Map of The City



## Duration

60 minutes



## Aim of the method

The activity aims to raise awareness and bring people together for tree-inspired creativity. The activity also improves people's health and finds ways to get more trees into our urban and suburban parks, spaces and streets.



## Instructions

It is a citizen science activity and participants can help to build a map of the city's trees. Participants can use a free and simple digital-mapping tool called Curio to create it. Curio provides a means for organisations to truly engage with local communities around trees' importance as a public amenity.

After the activity's announcement, participants create a groups of 3-4 people (It could also be done as an individual challenge) and apply for the activity. They download the application to their smartphone and they receive the booklet to determine the trees. Then they plan a route (<https://www.curio.xyz/pdfs/create-trail>) that takes 30-40 minutes in their local park or street. The organization can prepare a list of questions that will have to be answered by the participants. Questions could be along the lines of:

What is the oldest tree in your community?

What is the tallest tree in your community?

Is there a tree of historical significance? What is this significance?

What is the widest tree?

What is the most giant tree? (Note that this should be a combination of tall and big, separate from the tallest/widest categories)

What is the sweetest scented tree?

Which dead tree is the home to many animals?

Which live tree is the home to many animals?

## Materials needed

- Tree guides
- Online recording method (Curio)
- Method for marking or judging participants' efforts
- Prizes or awards
- Video shooting equipment



## Recommendations for trainers

All ages can participate; just be sure to tailor it to those likely to play a part. Volunteers are guided by DKM staff, who provide training, tools, and event organization. They ensure that data collected is correct and complete, answer questions of the public about the activity, and understand and promote trees' community benefits.



## Resources used

<https://urbantreefestival.org>

<https://www.treesforcities.org>

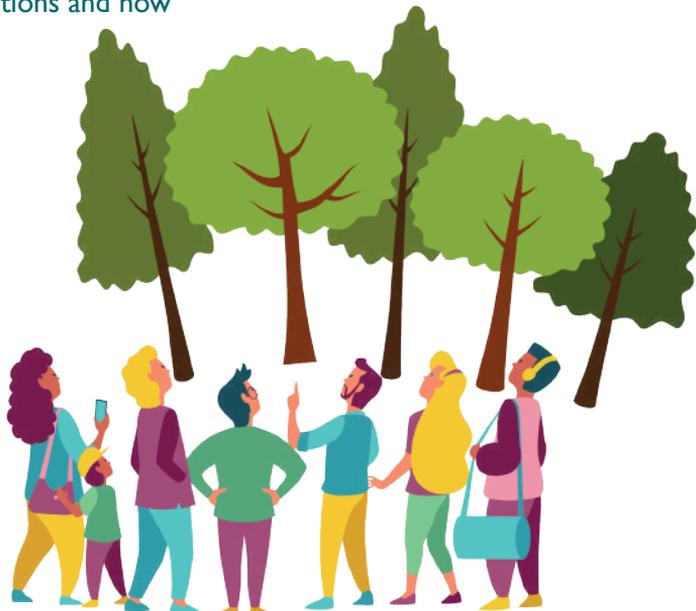
<https://www.portlandoregon.gov/parks/>

<https://www.curio.xyz/about>

Where is the largest stand of trees in your community?

The participants walk for their planned route, then determine the trees on their way and submit it using the application. They follow the instructions of <https://www.curio.xyz/help-page>. Volunteers help them to answer their questions and how

to use the application. When the activity is finished, DKM prepares a report by evaluating the results. In addition to that a short video is ready for dissemination and awards are given to participants for their engagement.



# Bird Cycling Orchestra



## Duration

60 minutes



## Aim of the method

The activity aims to raise awareness and bring young people together for bird biodiversity. Activity promotes cycling and aims at contributing to raising awareness in their community by organizing an activity that includes recording birds singing.



## Instructions

Bird Cycling Orchestra can be carried out anywhere in wildlife, including urban and rural areas, inland or coastal locations.

If planned carefully, it can be an effective way to spread a message to a broad audience, launch a product or partnership, or simply explore and raise awareness of birds' diversity in a particular area. It is also an action against climate change.

After setting the date and duration, the activity is planned and announced. Cyclists register the activity and they receive the information pack; they learn how to record birds singing.

The participants cycle for their planned route then record birds singing on their way by using their phones. They follow the instructions of the information pack.

Volunteers help them to answer their questions and how to record the sound.

When the activity is finished, you need to collect all recordings and collaborate with the voluntary musicians who can play peaceful, relaxing music with bird background sounds.

A report is prepared to evaluate the results and a relaxing music with bird background sounds for the dissemination. It can be used for a campaign related to climate change and awards given to participants for their engagement.

## Materials needed

- Bird guides
- Information pack
- Bicycle
- A smartphone for sound recording

Musical instruments

A studio to make arrangement

- Prizes or awards



## Recommendations for trainers

Bird cycling might not be for everyone; heavy gear, safety concerns, injuries, or mobility impairments can be barriers. You must ensure that they start with a short trip on a designated bicycle path to avoid traffic. Take the usual things for a trip; water, extra tubes, and store any gear in panniers worn in a harness,



## Resources used

<https://www.wildlifetrusts.org/bird-watch-your-bike>

<http://www.seattleaudubon.org/sas/GetInvolved/Blog/HeresHowtoBikeBird>.



# Wildflowers Blossoms



## Duration

60 minutes



## Aim of the method

The aim of activity is to raise awareness of these wild plants' presence, knowledge, and respect on sidewalks.



## Instructions

All the organic carbon on this planet ultimately comes from plants. From the dandelions to the poppies in your backyard, all plants are busy wrenching apart water and carbon dioxide molecules, stripping them of hydrogen and carbon atoms to make organic hydrocarbons (plant sugars).

Humans can't do this. It is one of the plants' ecosystem services and the reason people need to deal with amateur botany that will turn to the fun activity combining walking and environmental education. Amateur botanists write the names of wild plants and flowers growing through cracks in the cement across the city's paved streets by sidewalk chalk.

Biodiversity exists in many other places. More than half of the people on Earth live in cities. That number is growing, so it is essential to understand how

biodiversity patterns, especially plants, occur in our human-made environments. Being able to see and identify a plant is essential for a person to build awareness or appreciation for plant life in the city. People who don't understand a particular plant's name or function in an ecosystem like their yard are less-likely to be interested in them, just as they would if they were watching a sporting event without knowing the names or roles of any of the players.

Botanical chalking gives a quick blast of nature connection, as the words encourage people to look down and notice the plants, the leaves, the flowers, the seeds, the insects.

So, after setting the date and duration, the activity is planned and announced. Amateur botanists register the activity and they receive the information pack; they learn how to botanical chalking. The participants walk for their planned route

## Materials needed

- Wildflower guides
- Information pack
- Chalks
- Colored and pastel pencils and other drawing materials, sketchbook
- Prizes or awards



## Recommendations for trainers

All ages, especially families, can participate just you need to ensure how to write plants' names and complete the activity, answer questions of the people about the activity and understand and promote the community benefits of cities' wildflowers.



## Resources used

<https://www.goodnewsnetwork.org/people-using-chalk-to-label-weeds-growing-in-sidewalks/>

<https://morethanweeds.co.uk>

then write the names of the plants across the streets. They follow the instructions of the information pack. Volunteers help them to answer their questions and how to botanical chalking.

They reach the park when they finish the route and urban sketchers welcome them for the complement activity as botanical illustration. Its mission is to raise the artistic, storytelling and educational value of on-location drawing, promoting its practice and connecting local people. When drawing a wildflower, the participants discuss the questions about urban biodiversity. What do city dwellers living in cities think about biodiversity? What traits of different animals and plants do people find attractive, and do those traits provide desirable ecosystem services?

By analyzing these issues, they can learn more about which animals and plants do the most to enhance city life and how

they can help them thrive here. When the activity is finished, you can collect all the paintings and shares them with an online catalog or exhibition. A report is prepared to evaluate the results if some plants can be rare and vulnerable species are announced. The awards are given to participants for their engagement.





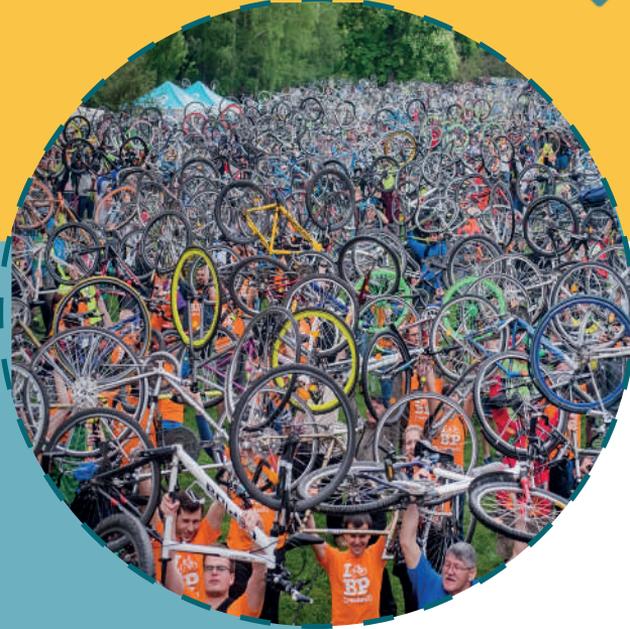


**OTHER  
ACTIVITIES AND  
CAMPAIGNS**

# I bike Budapest

## LOCAL NAME

I bike Budapest



## SPORT or PHYSICAL ACTIVITY INVOLVED

Cycling

## PLACE

Budapest ,  
Hungary



## NUMBER OF PARTICIPANTS

10.000+

## WEBSITE

[https://  
kerekarosklub.hu/  
ibikebudapest](https://kerekarosklub.hu/ibikebudapest)

## ENTITY OF THE EVENT

Magyar Kerékpárosklub

## SECTOR BELONGS TO

NGO

## SHORT DESCRIPTION OF THE EVENT

I bike Budapest is a large-scale sports event in Budapest's city center, organized by them to promote cycling as a means of transport.

The initiative was born out of Critical Mass – a biking event well known all over the world. 'Wherever it's nice to cycle, it's nice to live too.'

## FULL DESCRIPTION

During "I bike Budapest", tens of thousands of people cycle together. The organizers aim to highlight the numbers of people who want to use their bike on the streets but are usually unable to do so without risking their safety. The organizers also call to action to councils, governments, and road planners to properly and thoughtfully design all road users' safety, including those who would prefer to walk and cycle, instead of prioritizing car traffic above all else.

After the organizers of Critical Mass declared that they reached their previously set goals – meaning they broke cycling as a method of transportation in the city out of the subculture – the I bike Budapest initiative started. This social action aims to promote cycling among the citizens to use the bike for transportation, not just for recreational purposes. Nevertheless, one of the most crucial goals of this initiative is

to raise awareness about the cycling infrastructure deficiencies, e.g., Missing links between bike lanes; busy road missing a bike lane; road puts cyclists at risk; etc. Their recommendations are sent to the municipalities before to discuss how the cycling infrastructure could be improved. A fundamental aim of I bike Budapest is to foster cycling to become a real alternative to using cars or public transport. However, to be used more often as a sport or a recreational activity, they want cycling to be a good practice to move to a more environment-conscious society in Hungary.

The event is usually organized on the weekend closest to Earth Day in April and the event is realized each year for the past 5 years. The event is organized with more than 450 volunteers and the organizers cooperate with Budapesti Közlekedési Központ (Budapest Transport Centre).

## ENVIRONMENTAL ASPECT ADDRESSED

Air pollution

## RESOURCES

[/https://kerekparosklub.hu/ibikebudapest](https://kerekparosklub.hu/ibikebudapest)

<https://www.facebook.com/ibikebudapest/>

<https://www.facebook.com/CMHungary/>

# To school by bike



## Name of the Entity

Ministry of Transport,  
Construction and Regional  
Development of the Slovak  
Republic in cooperation with  
“CYKLISTIKA PRE VŠETKÝCH,  
n. o.”

## Aim of the method

The multi-year campaign aims to support the development of alternative forms of transport, especially cycling, and to draw pupils' attention to it. The intention is to encourage kids to adopt new habits to save the environment and benefit their health.



## Instructions

The campaign's target group is primary and secondary school students, who can take part in an exciting competition in which they compete together as a team, e.g., one school - one team.

The project has a great success every year and involves approximately 6,500 schools.

The campaign's face and supporter became the most famous and currently the most successful Slovak sportsman - cyclist Peter Sagan.

The main goals of the campaign are:

to bring children and young people the joy of going to school;

to increase their physical activity and health;

to encourage them to go to school by bike, scooter, public transport or by walk;

to reduce motor traffic and traffic jams around the schools and raise overall awareness of sustainable urban transport.

Schools have to fill in an application form, where they propose how to plan to support bicycle transport in their specific conditions. Afterward, schools also receive short proposals of the events that they can organize.

During the week of the campaign, each participating school had the task of coming up with interesting activities and initiatives that motivate students to ride bicycles and other types of eco-transport.

The competition for schools aims to involve as many pupils as possible in the

## Materials needed

The campaign takes place online, and schools can apply through an application form. Afterward will be instructed to carry out either the activities they have devised in a given week or, if they lack inspiration, can receive tips from the organizers in a brochure explaining also the instructions and rules in detail.

The part of the activities is an online questionnaire mentioned above, where schools name the obstacles to prevent increasing eco-mobility and ideas for the improvement of the situation in their city, district or region. The campaign also

includes an evaluation of the competition - the best and most successful activity. The winning school receives prizes donated by sponsors that are directly linked to the promotion of the mobility of bicycles (e.g., bicycle stands).

school's announced initiatives. The accompanying activity is also the video recording that is used for the promotion.

## Comments/impressions

It is a very successful annual nationwide campaign involving a large number of schools. It can be considered as good practice to engage the famous sportsman in such a campaign. In this case, Peter Sagan is World Champion in road cycling (three times already). He is very popular and a role model for many children and young people, and thanks to him, cycling became much more popular among the public in the last years.



## Resources used

<https://www.facebook.com/doskolynabicykli/>

<http://www.doskolynabicykli.sk>

<https://www.minedu.sk/celostatna-kampan-do-skoly-na-bicykli-2018-s-podporou-petra-sagana/>

<https://www.facebook.com>. (Peter Sagan is challenging the students to ride the bike to school)



# Every tree counts



## Name of the Entity

Pure Slovakia – civic association

## PLACE

Online



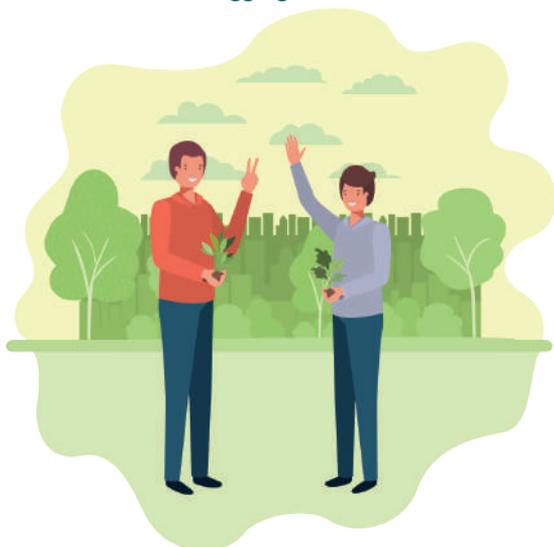
## Aim of the method

The campaign's goal and the philosophy of the whole association are to sell products with their brand. In contrast, one sold product means one planted tree.



## Description

The long-term project based on which the functioning of the entire organization is built on is the sale of T-shirts, sweatshirts, caps and hats with the Pure Slovakia brand. Besides that, it is also possible to donate to their transparent bank account to support forests' restoration destroyed by natural disasters or logging.



All supporters will receive a certificate of the owner of the tree from the organizers, which symbolically reminds them that they supported this campaign and thanks to it, the tree was planted.

The association regularly organizes volunteer tree planting events in the most affected areas from the finances raised. In this way, they help nature recover more quickly, while planting is supervised by experts who give volunteers instructions.

Thanks to the campaign, the organization managed to plant up to 4,000 trees in 2019.

It is an innovative online campaign accompanied by several tree planting events per year, representing a combination of environmental education with physical activity - planting and hiking.

## Materials needed

The project's idea is to sell branded products - in this case, T-shirts, sweatshirts, caps and hats.

Therefore, it is very important that the campaign's visualization, e.g. the logo used, is nice and catchy.

Simultaneously, it depends on the quality of the material - the more pretty the brand and the higher quality the products are, the more people will most probably buy them.

When a tree-planting event is subsequently organized, it is essential to consult with the experts and provide all the necessary material.

Pure Slovakia branded products:

women's and men's t-shirts in different colors

women's and men's hoodies in different colors

unisex

## Comments/impressions

It's an innovative way of raising money for the support of the restoration of forests. Organisation succeeded in creating a brand that quite a lot of people know (over 15 thousands of followers on social media). It can be concluded that this online campaign encourages people to take care of nature. Besides, those who bought the products promote the initiative by wearing t-shirts and using other products.



## Resources used

<https://www.facebook.com/pureslovakia/>

<https://www.startitup.sk/mladi-slovaci-v-nasich-lesoch-vysadili-tisice-stromov-z-vlastnych-zdrojov-nevyhli-sa-ani-kritike/>

[https://www.youtube.com/watch?v=T74\\_-KtEz6A](https://www.youtube.com/watch?v=T74_-KtEz6A)

<https://www.instagram.com/pure.slovakia/?hl=sk>



# The forest is not a dump

Carta Verde del  
Deporte Español



## Name of the Entity

Campus Universitario Duques de Soria is adhering to an initiative promoted by the Superior Council of Sport.

## PLACE

Campus Universitario  
Duques de Soria, Spain



## Aim of the method

The aim of the Green Card of Spanish Sport is to commit to guide the future sports policies and practices in the field of sustainability for all the organizations and entities that subscribe to it.



## Description

The Soria University Campus commits itself, in this way, to a sustainable organization of sports activities and events carried out by the first:

Dissemination and awareness of the values of Sustainable Development: Subscription of the Green Card of Spanish Sport and dissemination of the different initiatives of Environmental Sustainability in sports activities and events.

Minimize the use of energy and promotion of renewable energies: for instance, Life09 Project Soria CO2 Zero urban corridor together with the City of Soria and Car Sharing Initiative in the University of Valladolid.

Reduction of waste, support for recycling and reuse of collected water bottle caps for Associations with charitable purposes in the “Legua Universitaria Popular”.

Transmission of Fair Play values and equality in sport: special award for inclusion in sport to the team with the highest mixed representation in the Soria Campus Trophy competition and classification in Fair Play.

Progressively promote environmental training and awareness. Organization of the X “Lengua Universitaria Popular” together with the I “Minilengua Escolar” seeks to expand the promotion of healthy and sustainable living habits with the environment starting from the university.

## Materials needed

Every event, workshop or initiative included in the development of the Green Card of Spanish Sport requires different tools, especially for dissemination and awareness spreading through the Campus population

## Comments/impressions

This is not just a campaign spread through one university campus, but a National broad measure to link sport with the environment and sensitize the young people through little daily gestures.



ülf perpetrated, it can impact the entire campus population. For this reason, it can be considered a good practice aiming to address the world issues with small steps of today, for more significant results the day of tomorrow.

Further adaptations can be indeed provided, such as the total banding of plastics from the campus and digitalization of all the students' study materials and/or recycling of wastes during sports events that the campus hosts.



## Resources used

<https://www.csd.gob.es/es/promocion-del-deporte>

<http://deportes-soria.blogs.uva.es/conocenos/deporte-sostenible/>

[http://deportes-soria.blogs.uva.es/files/2011/04/63438\\_3.cartaverde.deporte.pdf](http://deportes-soria.blogs.uva.es/files/2011/04/63438_3.cartaverde.deporte.pdf)





**SUMMARIES  
AND RESULTS  
OF THE SURVEY**

# Austria



The survey was shared with associations and NGOs working in sports, education, art and culture, environment, innovation and technology, etc.; sports clubs and federations; public and private entities dealing with the organization of ecologic and sports events among the local community. Some of the public and private entities have been dealing with ecological and sports events in the frame of corporate social responsibility. Most of them also tried to engage in environmental events with their staff; however, due to lack of resources and poor time management skills, they could not provide sustainability.

The new practice combining the ecology with sports activities that was introduced by us, sparked interest in these organisations.

In general the most preferred activities done by these organizations are nature conservation events, collecting trash and nature walking/hiking and nature observation. The organization stated that 20 and 100 people had attended their events.

Survey gathered tips from organizations regarding the lessons learned during their events:

▷ Promotion of the event via social media - as the organizations found our

organization very successful at it. Posts related to the event were considered very motivating. They also shared our posts on their social media accounts and had a chance to meet with their network during the events.

▷ When organizing trash-collecting events while hiking, for a better collection of rubbish, it is best to arrange rubbish bags, which can then be disposed of at the waste material collection centers without the collectors having to separate the rubbish beforehand.

▷ It is essential to inform participants in advance about the route. Participants should feel that the organization is well planned and communicated. It happened once that people got very far apart during our trash walks, but the route had a different endpoint than the start point.

▷ Organizers can provide bags, insurance, and a small “event” at the end (e.g., joint snack).

In order to increase the interest of the public to participate in eco-friendly sport events organizations use various strategies. Among others they recommend effective usage of social media for dissemination purposes. The participants are encouraged to share their pictures and tag themselves on the pictures. Organizations called on their

members to share photos of themselves collecting rubbish and to hashtag the event and project details. It enables participants to feel a part of the project and the event as they were pleased when they find themselves in the story and receive recognition.

As a part of active promotion of the events, community management, loyalty to the community, constant motivation and lots of positive messages are encouraged, so it could be seen that something can be changed! Organizations also consider it helpful to advertise the event with facts and exact figures. Dissemination of the results of events is as important as the announcement of the event.

According to the survey results 1 out of 3 organizers stated that they foresee a budget between 100 and 500 Euros for their events. In contrast, 1 out of 3 said that they had organized an event by spending less than 50 Euros, while 1 out of 3 stated that they had organized an event by spending less than 100 Euros. 2 out of 3 received material and financial support from public institutions.

A combination of ecology and sport activity is found very interesting in Austria. Especially young people from rural parts of Austria are interested in taking an active role in the organization of these events. In addition to that, organizations and associations are very much willing to collaborate, which could potentially help them to network and establish future collaborations.

The survey results highlighted the benefits of using social media in networking and organization of the events. Moreover, survey results show that organizations think that it is possible to organize such kinds of events with low budgets. It is possible to find financial and material support from public institutions, which is very promising for exploiting eco-friendly events all around.



# Bulgaria



In recent years there has been an increase in people who prefer weekend walks in the mountains (hiking) with family or friends. This is not a coincidence, as the Vitosha Mountain is located in the Bulgarian capital - Sofia. Additional popular sports are also mountain biking, practiced mainly in summer, and skiing and snowboarding in winter.

Tendency to combine tourism with sport during the holiday has also increased in recent years. There is continuous growth of the big city dwellers who replaced traveling by car or public transport to work with walking or cycling. This contributes to an increase in their physical activity, as well as to reduce harmful emissions from vehicles in urban environments.

During the research the increase in eco-friendly initiatives in Bulgaria had been noticed, whether individual or from companies and organizations. The survey was conducted among eco-organizations and organizers of eco events. Based on the answers received, we can conclude that there are activities organized in Bulgaria which combine environmental protection with appropriate sports and teach about the environment.

Bulgaria has a high percentage of participants who prefer to clean the area while walking/hiking around in their free time (70% of the respondents) and 42.9% of respondents show interest in the tree planting activities.

Predominantly, organizations organized events for groups of up to 50 people, 45% of them being carried out with up to 20 participants.

The main challenge for the organizations is how to gather a larger group of motivated people. A good example could inspire and therefore is essential for attracting more proselytes. When the real effect of an event is seen, people find meaning in it and join.

Sufficient budget should be allocated to the attractive messages, communication and good advertising as they are needed for promotion of the events. Good practices should be promoted through social networks and feedback on the achieved results/goals.

The most important things are the organization/logistics and volunteers' motivation - people that will join the event must be provided with the necessary materials, consumables (gloves, bags for all participants, etc.) and well informed about the upcoming activities. For the event to be beneficial, people

must become aware of the need to preserve nature and of the detrimental effects of garbage on animals and plants. It is important to involve more children in eco-events to motivate them from an early age and set an excellent example for them. Participants should be provoked to “think green” and therefore it is recommended that part of the waste collected should be recycled.

The approximate cost of environmental events does not exceed 50 euros (based on the results of 55% of respondents), and there is a large number of events with allocated budgets in the range of 101-500 Euros (25%) and over 500 Euros (15%).

State institutions or organizations do not financially support 55% of the eco-events, 40% have received material support and 15% were financially supported. Private sponsors (55.6%) and NGOs (44.4%) predominate among the supporters, followed by municipal (33.3%) and state (11.1%) institutions.,

We can conclude that recently there has been an increase in the interest in environmental initiatives among young people in Bulgaria.

More and more NGOs and private companies are getting involved in and supporting environmental projects. This can lead to an increase in the ecological culture of Bulgarian society which is currently on a very low level.

The awareness is much needed, especially among young people who should be encouraged to think green. The biggest problem is that after cleaning campaigns, the areas are polluted shortly afterwards.



# Hungary



During the survey conducted in Hungary the first problem was the difficulty to identify Hungarian civil and sports organizations that had relevant experience concerning the organization of eco-friendly/green sports events.

We needed to engage in extensive research to identify organizations that run relevant activities and be willing to fill the survey, we have eventually received 16 responses on which the following results are based.

Based on the 16 answers received, the most common activities were trash-collecting walks, hikes (87,5%) and sports events using eco-friendly products and materials (81,3%). Other popular activities involved watersport clean-ups and nature observing/protecting 'green' events.

Based on the survey, plogging is a less well-known sports activity in Hungary as only one respondent mentioned it. More than a hundred people took part in these eco-friendly events in the overwhelming majority of the cases (68,8%). 12,5% of the events involved less than 20 participants, while another 12,5% engaged between 20 and 50 people.

Concerning the experiences gained during the realization of green sports events, respondents provided various advice for future organizers. Some of them expressed the necessity for cooperation with local stakeholders and the involvement of the local population.

Some organizations faced difficulties maintaining the number of participants at their events and explained the challenges to keep up the long-term interest of participants. The "zero-waste" concept was emphasized by several respondents who believed that the participants' less eco-friendly attitudes (such as drinking from PET bottles, eating snacks from plastic bags) could not be aligned with the governing principles of green sports events.

The "zero waste" concept should also compass the favoring of public transportation instead of private cars.

Strategy used by most of the organizations in order to increase participants' interest and attendance in such events was utilizing social media channels and a good (online) marketing strategy.

Some of the respondents believed that offering exciting learning, networking and team-building opportunities could enhance the public's interest. Others claimed that expertise is a highly needed

component of the successful delivery of these eco-friendly sports events.

Regarding the costs of these eco-friendly sports events, five (31,3%) of the respondents have spent between 100 and 500 euro. On the other side, six events (37,5%) were realized with a minimum budget of less than 50 euro, and two events had a budget of over 500 euro.

Five events (31,3 %) received financial support and 10 benefited from material support (62,5 %). In the rest of the cases, no financial or material support was received (37,5%). Most external funding has arrived from private companies (72,7%), whereas NGOs, municipalities and state institutions accounted for less funding in a smaller portion (45,5% - 45,5% - 36,4%). Therefore, it can be concluded that some event organizers benefited from different external funding sources.



# Portugal



The survey conducted in Portugal showed that the most typical environmental-friendly activities conducted by the respondents are garbage collecting while hiking or walking.

These most popular events are followed by learning events – learning about nature, observing animals/plants. Other popular activities include the organisation of the sport events that use/produce principles that are environmentally friendly; planting trees and peddy paper about diversity.

The number of participants of the event is 80% under 50 participants, the rest of the events are attended by more than 100 people.

The main recommendation from the organisations that participated in our survey is to collaborate with local entities and contextualize participants to the local reality. From their experience it is important to think of good practices, and think from micro to macro and not the opposite.

The organizations, while working with young people, are trying to listen to the opinions and views of young people and interiorize their ideas and reflections on the topic of the environment.

The strategies used by the organization to increase the public interest in participating in eco-friendly events include mainly promotion of the good results. Focus of the events is on local realities, by using the working typology of “bring a friend too”.T

he collaborations and partnership in projects with schools and other social entities within the local area has also proven to be beneficial and has a potential to spar the public interest.

As for the financial part of the activities most events have cost more than 500 Euros (40%), and the rest vary from 0 – 50 Euros (20%) 51 – 100 Euros (20%) and 101 – 500 Euros (20%). Regarding the support from other institutions or organizations to hold an event, 80% of those who organized such activities received financial support, 60% material support and 40% no support. This support comes mainly from public institutions, from the state, municipalities or companies (75%) and a small portion from NGOs.



# Romania



In Romania there are some initiatives at local and national level that aim to protect the environment and to encourage people to become more eco-friendly.

The most common activities that are becoming popular in Romania are: planting trees, collecting trash (from parks, common spaces, forests etc.), running, hiking and others.

At the national level, one of the most known events is "Let's Do It, Romania!" - garbage collection events are organized in different parts of the country. The events are organized every year, several times a year and take place on the same day in different cities and rural areas in Romania.

People of different ages participate in such activities. During these days we can see some improvements in environmental care. People choose to use reusable bags, glasses, coffee cups; the restaurants that practiced take-away methods introduced reusable bags, cutlery and casseroles and other small changes occurred during the last 2 years.

Regarding the education of the population, there are programs and different ways to inform people (the most common are the boards) about taking care of the environment during

their park walking tour, when they choose to go for a picnic or to walk in the forest.

The survey which involved organizations involved in the environment showed that most commonly organised types of events are: garbage collection during a walk or hike; activities aimed to increase the participants' information about nature/animals, plants and sporting events that use/produce principles that are environmentally friendly.

Around 70% of those events were organised with less than 50 people (due to the pandemic period and before the pandemics more than 100 people).

Participants of the survey suggested the need to create a solid team and a well-developed plan to avoid even the smallest problems that may arise at the place of business so that success is commensurate.

The interest in participating in such events could be enhanced by activities that will be interactive and attractive to participants, regardless of age. Also, giving small rewards or different gifts will encourage people to participate next time.

Regarding the costs involved, the events can be organized and planned with a budget between 100-500 Euros and only 20% with a budget of more than 500 Euros. Also 70% from the Romanian respondents obtain support (different materials) for other institutions or organizations and only 40% receive financial support for organizing the events. The most organizations that actively supported these activities were NGOs (77.8%) and then private companies (66.7%).

Among the answers offered is the construction of a mentality related to ecological activities, which would aim to increase people's awareness of the protection of the environment and the society in which we live.

In Romania there is an increased interest in protecting the environment which is expressed by the desire and action of people to be involved in various ecological activities, by their actions to become more environmentally friendly, by selective collection and recycling of waste and by small actions which are made every day (use of reusable bags, reused bottles, use of glass to the detriment of plastic, use of thermos for coffee).



# Slovakia



In Slovakia, several interesting initiatives connecting sport with ecology were mapped. The most common activity that is becoming popular throughout

Europe is plogging - collecting rubbish while running. In recent years, several such events have taken place in Slovakia, the organizers of which offered participants different routes and other accompanying workshops – focused, for example, on waste sorting.

Nature cleaning has become very popular in general, and in addition to plogging itself, hiking events are regularly organized to clean Slovakian mountains and forests. Several sports events in Slovakia are trying to go through the so-called eco-friendly way and reduce waste generation. An example is a running competition in which the organizers decided to minimize waste and, e.g. do not give competitors unnecessary advertising products and flyers.

An educational, touristic path, which has taken place in several Slovak forests, has also become a popular initiative. It aims to inform tourists interactively about the need for nature protection.

An interesting and relatively widespread type of physical activity is the planting of trees associated with tourism. In the past, the Slovak mountains were devastated

by storms as well as excessive tree mining. Thus, various initiatives want to help nature by planting new trees; one of them initiated a long-term campaign with the idea to plant one tree for each merchant product sold.

A trendy sport among Slovaks is cycling, which was presented in several mapped campaigns as an ideal alternative form of transport. It was about motivating students and senior citizens to use this ecological transport to school or work instead of the car.

In several cases, it was an initiative combined with competition. It was interesting that the face of one of them became currently the most successful road cyclist in the world - Slovak Peter Sagan, who is a phenomenon in Slovakia and positively inspires and motivates many people to do sports.

The survey, which involved several environmental organizations, showed that they often organized waste collection during a walk or hike. In terms of percentage, it can be stated that up to 56% of events were larger ones, which were attended by more than 100 people.

As a basis for the event's success, they recommend well-targeted promotion and address self-governing units (regions or municipalities) or important companies

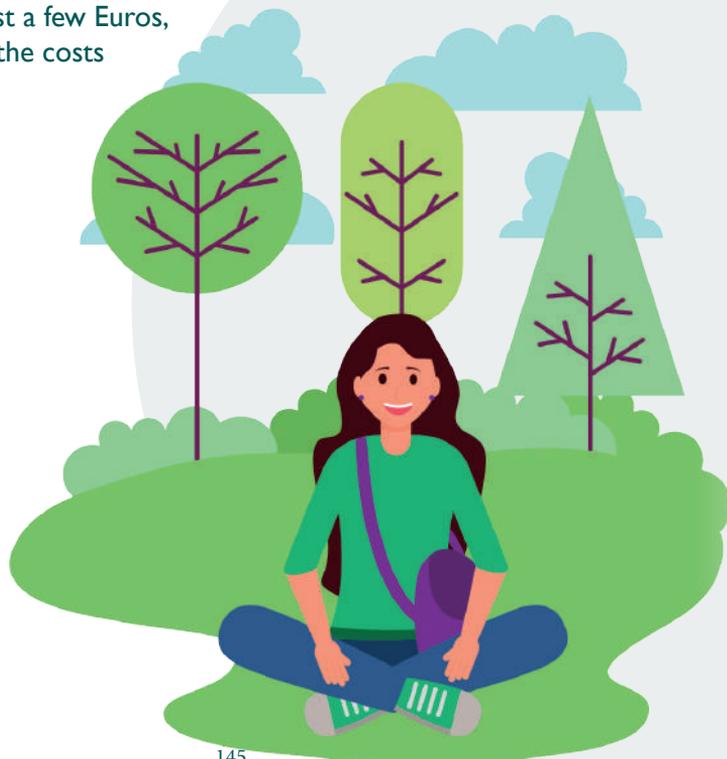
operating in the country as partners of the event. This will help with visibility and enable the organizers to provide the necessary tools or lunch and other refreshments for participants. The survey showed that several events managed to obtain some form of financial or material support. It was mainly supported by the city/municipality or some company. Organizers were also reminded to pay attention to the safety and health of the participants.

In addition to a well-targeted campaign, interest in the event can be increased through a clear explanation of the event's objectives and benefits for the community or society as a whole. In case of expenses, eco-friendly sports events can be organized with less but also more financial resources, depending on the type of activity.

When collecting garbage, it is enough to get the tools that cost a few Euros, but with planting trees, the costs

are many times higher. The answers of the respondents, in this case, were balanced – some organized the event for a maximum of 50 Euros, but also more than 500 Euros.

It can be concluded that the younger and the older generations of Slovaks are increasingly interested in active movement and are also interested in nature conservation. Nevertheless, the event linking these two topics could be organized more often countrywide.



# Spain



This report is a result of the research aimed at finding events, methods and campaigns developed in Spain in the field of environmental protection and sport. The combination of the two elements resulted in innovation and found very few expressions in the Spanish territory. As follows, the report mentions the most common eco-friendly activities run so far.

The very first phenomenon of eco-friendly sport is plogging. In Spain, it was on the island of Ibiza where collecting rubbish while running or walking was introduced. Many similar events emerged in different regions until they merged into Plogging Spain's network.

As the ecosystems present in the Iberic peninsula are quite varied, the activity of plogging evolved quite soon into events. Depending on the natural landscape where the eco-sport action was set, participants were hiking, running, diving, kayaking, swimming and so on.

The main activity - collecting and recycling waste, was present constantly. For example, especially in the South-East beaches, the practice of cleaning the sea bed is carried out several times per year (examples are Ibiza and several coasts of Barcelona), while in the inland waters it is at least once per year (like in Valladolid with the Pisuerga river).

Through the mountains and flat landscape, hiking and preserving the natural element is an event organised quite often in Spain, regardless of the sometimes high temperatures (as it happens in events like "Running through the vineyards" in the central and north regions).

Regarding campaigns and non-formal education methodologies, most of them are aimed at the younger target group in Spain: public and private entities are asking scientific institutions to enable children and young people to acquire knowledge of ecology through workshops that include discovering and respecting nature in urban areas, tree planting, an adventure park where safe sports can be practiced immersed in the wilderness, hiking to track wildlife.

For a more adult audience, the primary aim is to make them change some daily actions in favor of a sustainable lifestyle. That is the equation for a behavioral code that combines saving energies to a healthy way of living.

In Spain the Green Card for Sports had been created, applied by many universities and public institutions willing to change people's minds starting from actions, like recycling every part of the water bottles and papers or trying to support sports events using renewable energies. An emblematic case

of environmental campaign is the one of Iberdrola, the Spanish company that supplies electricity and gas. Iberdrola is supporting many Spanish official selections of many sports – especially the female ones – to promote the concept of sustainability and its inclusion into the sports' field, apart from the sustainability at homes. Through its campaign, Iberdrola raises awareness about the importance of creating alliances for green energy, fair play and equality, in sport as well as in every individual's life.

Following the Agenda 2030 and its Sustainable Development Goals, many of the eco-friendly actions taken so far have deeply influenced also the way to look at active tourism, which is the most significant expression of visiting a place while enjoying the sport activity. There are several examples of rural areas in Spain where the only way of discovering these is related to the valorization of the natural environment and its sustainable use through various sporting activities.

Spain still has a long way to go to make innovative practice a way of life. However, the last decade has certainly had a huge positive impact on the spread of the practice of plogging and the use of alternative energies in sporting events.

Presented survey had been sent to associations, federations, NGOs, public and private entities dealing with the organization of sustainable sport events among the local community.

As it is a pretty new practice - the combination of ecology with sports

activities - the survey's participation number had been relatively poor. More in detail, out of eight participants in the survey, three of them had organized the events with more than 20 participants. Of those eight organizers, the activities that were carried out are: collection of the trash while developing sport activities (3); plogging (1); water sports clean-up / using diving, rafting, kayaking (1); planting trees activity (1); learning about nature event / observing animals, plants (1); sport event with ecologic products and/or ecologic values (1).



The lessons learnt from the organizers who filled the survey, during their events are firstly, not to leave the event open, but to create a register to be filled by the participants to collect information on their age and possible reduced mobility or to avoid lack of working materials; secondly, keeping in mind that the event or activity to be proposed may have to be adapted to weather conditions.

Other suggestions are asking the local community people to commit themselves is the most effective way to establish an interest in environmental care and personal well-being through the practice of the sport; taking responsibility for the areas to be cleaned, by dividing those among the staff members, give clear indications to the participants of the event, and, finally, creating a shop point in those events where ecological products are tasted.

In order to increase the interest of the public the organizers could get the participants involved in the event's organization (e.g. bringing their own tools for the collection of waste). Also the collaboration with the local community could be helpful in order to reach different age and target groups. For example it is possible to ask the local institutions and associations for help with the promotion campaign, or even word of mouth, and to share it on their social media. It has also been suggested that raising visibility of environmental problems is key. A way to do that could be showing the short-term consequences of local community habits and the impact that those daily actions have on them and their closer acquaintances.

Survey showed that regarding the expenses of the environmental events just one entity out of 8 stated have spent over 500 Euros for implementing its event. 3 out of 8 organizers stated having spent between 101 and 500 Euros for their events, while 4 out of 8 surveyed affirmed having spent between 51 and 100 Euros. External financial help was provided for 3 out of 8 organizations and other 3 out of 8 stated not having received any help; just 2 out of 8 organizations received material help.

It is so possible to conclude that events based on the combination of ecology and sport are not so widespread in Spain. Wherever those activities are organized, the participation is not higher than 50 people.



# Turkey



In Turkey the survey was collected from 18 different organisations that are connected in the scope of their activities (e.g. hiking) and natural protection and awareness (planting the trees, collecting the trash, fundraising activities for nature protection).

Organised activities target groups of young people, between 20 to 200 participants. The addressed organisations were able to organise events even with the low budgets, not receiving much support from outside.

Organisations shared their learned lessons from organising eco-friendly activities. Among some tips there are:

▷ The most important part is effective planning for efficient organization and following the actions' timetable and deadlines. It is important to obtain the information about participants – who they are, their age, knowledge and preferences in order to design suitable activities. Patience is the key when organizing big sport events.

▷ It is necessary to inform participants about the purpose of the event, safety issues, and other weather and clothing conditions. Organizers have to define clear rules for the event and inform participants very well about the rules. It is essential to give participants

information about the event and its aim, their role, and how it is important for nature conservation. In order to minimize human impact on nature there is a need to inform participants about nature conservation and waste/litter collection.

▷ If your organization is designed for wildlife you should know that these areas will be unsafe, particularly for children and older people. You need to give detailed information to participants about the conditions and teach them how to behave in this area and the use of safe space in nature by doing some practices before the event.

▷ The organizers must be more sensitive/ responsive and knowledgeable than the people who will participate in the organization. With the increasing demands for getting out in nature, many organisations carry out events for their commercial purposes without the holistic view and considering ecological issues.

▷ Nature-friendly activities, like camping, should be considered at the time of the event and from the beginning of the idea and planning and implementation. In all steps of the activity, the human impact should be minimized. You need to think of low emission transportation, use recycled

materials in the camping area to minimize your impact on nature, and minimize waste. All of these require effective planning, according to seven years of our experiences. We prefer to make risk management for every event and we follow the innovations in our area.

▷ You can add mindfulness and cooperation activities for participants' self-improvement and you need to develop a strategy for the stability and continuity of the event. It is necessary to design activities that will trigger the creativity and curiosity of the participants.

▷ You can design different programs according to age groups; special work plans can be prepared for disabled participants, separate contents can be designed as games and sports activities, there may be activities such as orienteering, different contents can be prepared according to different seasons like nature observations, in-depth learning activities, and mapping in nature within the sports activities.

▷ If you use some equipment for the sports event or nature observation, you should arrange a place to keep them and you need to think about waste management of the event as well, so you need to minimize human impact on nature.

▷ At the end of the event, you can share another event that will attract participants and they continue to follow and participate in this kind of organization regularly. Process and outcomes should be monitored. Results

should be shared. Personal stories of the participants should be listened to and recorded.

▷ Having artwork, such as an exhibition, video, concert, poem at the end of the event to share it from social media accounts as a campaign

In order to increase the public's interest and participation at environmental events, organisations are using various strategies. They utilize the role of social media and various digital platforms and create fun and engaging posts and posters for the events. The key is to advertise the events periodically and effectively. It has been proven for



them that positive word of mouth always works.

Currently nature-friendly activities are very popular and people have an intense interest in these kinds of events. In order to engage more participants, organizers select easily accessible areas; plan well enjoyable parts of the activity, arrange different (game-like) activities for each level of participants and provide people with short-term, non-challenging experiences. It is necessary to create an interactive environment where participants can share their ideas and explore themselves and their limits. Participants must be curious about the subject when they return to their home and be eager to lead a more active life. The events should be peaceful and fun and there could be various activities where people can participate individually or together. It is appropriate to activate the reward mechanism (e.g. by giving a certificate to the participants.)

Regarding the educational aspect, information should be given about health benefits of these activities as well. It is important to explain how sports support body-mind development of the person, when done periodically and about how wellbeing in nature is essential and how sport supports it. To provide the learning experience in an interesting way it is possible to give participants exciting information and facts that cannot be found anywhere. You can increase their interest in nature conservation issues by giving interesting facts.

After the event, participants could be invited to a dinner or a concert (or any kind of cultural activity) to continue socialization. In order to create a community of people with the same interest organizations could create a virtual platform, where the participants can meet before/after the event, increase the synergy and motivation between them, and increase the number of participants with periodic events. In order to boost engagement for the future it is also possible to make participants' participation easier for next events. It is beneficial to have hotel and transportation sponsors, if needed. If the organizations are trying to reach out broader in their community they can build a network with municipalities, universities etc. and establish regular cooperation.

Young people in Turkey enjoy sport activities and are also increasingly concerned about the future of our planet. There is a great potential in usage of the sport activities in informal education regarding the ecological issues that could have a long term impact on their behavior regarding the environmentally conscious choices. The informal educational –sport activities also offer valuable life lessons regarding fair play, respect, integrity, teamwork and resilience.



# Conclusion



The future of our planet lies on the shoulders of us all, but many are unaware of it. If we do not treat nature sustainably, we will feel the consequences of the climate crisis very intensely without being able to take it back. It is important that we start with ourselves and apply eco-friendly concepts to our daily lives as much as possible.

Sport is synonymous with a healthy lifestyle and is an ideal tool through which we can spread awareness of environmental issues and habits. There are several innovative ways in which you can not only make sporting events more sustainable, but also educate participants and the public on environmental topics.

This publication offers many great examples of good practice collected from eight different countries (Austria, Bulgaria, Hungary, Portugal, Romania, Slovakia, Spain, Turkey), which might serve as an inspiration on how to make your planned sports activities more ecological, supporting nature protection.

You can find here a variety of sports events that include an environmental educational aspect. Most of them concern the following sports: Hiking, Running, Cycling, Canoeing, Diving, Rafting, Kayaking, Paddle surfing, Swimming and Camping. Introduced events promote eco-friendly behavior and foster people's commitments towards nature protection.

In order to spread environmental awareness among people the perfect option is to organize the sports event together with accompanying sessions in the form of interactive workshops for the public aimed at promoting environmental habits - for example, the need for recycling, its rules and importance.

One of the most popular and widespread types of events is plogging, which is a combination of jogging and waste collection. It was founded in Sweden, from where it gradually spread throughout the world. Various types of water sports have mostly been associated with water cleaning.

Another great example are sports events using eco-friendly products and principles and / or increasing awareness of environmental topics that are combined with the donations for environmental organizations. Popular cycling or hiking can be associated with observations of plants, birds or butterfly species. Hiking fits very well also with tree planting, which is becoming more and more popular due to massive deforestation in many countries.

In addition to many inspirational events, the publication also includes a set of non-formal education methods and activities or campaigns involving various sports

disciplines, environmental aspects and actors. These could be used or modified by the various organisations for their own purposes and environmental sport events.

The survey presented at the end of the publication contains practical tips and information from the organizations from eight different countries. They share practical tips on organisation, challenges, what kind of information are necessary to gain before the event and how to boost the participation of the wider public. The most common denominator was the usage of social media and engagement with local institutions. It is possible to learn from their experience also that events could be organised on a low budget and without extensive demand on equipment.

The publication is a useful tool that can serve as inspiration for trainers, sports event organizers, youth workers, teachers, but also young people who care about the future of our planet and want to contribute to positive changes in the behavior of their community or society as a whole.







“Eco-Friendly Sports” project aims to promote sport and physical activities that not only contribute to better health, but also have a positive impact on the environment. Objectives of the project are:

- to promote and develop new methods of environmental education through sport,
- to increase amount of eco-friendly sport events organized,
- to generate public awareness about possible connection of sport and protection of environment,
- to foster citizens engagement in sport, but also encourage them to take action towards better environment,
- to improve knowledge and experience of representatives of sport clubs and youth workers about concept of eco-sport,
- to provide opportunities in the urban life style to keep people’s physical and mental health and to significantly decrease the stress levels,
- to build a society who feels close and attached to nature will contribute to using natural resources sustainably and thus building sustainable cities,
- to contribute to social inclusion of young people from disadvantaged background.

<https://www.ecofriendllysport.eu>

