



Co-funded by the
Erasmus+ Programme
of the European Union



*Agenzia Italiana
per la Gioventù*

CLEAN AIR FOR EVERYONE

20-28.05.2023 - MESSINA, ITALY



 *Bethechange_it*



WWW.BETHECHANGEITALY.COM



Co-funded by the Erasmus+ Programme of the European Union

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PARTNERS:

ITALY - Be The Change
POLAND - Stowarzyszenie IMPAKT
NORTH MACEDONIA - Youth Council Next Generation Skopje
TURKEY - Genclik Mevsimi Dernegi
ROMANIA - Asociatia D.G.T
SPAIN - Casal Intercultural d'Esparreguera

ABOUT OUR PROJECT

"Clean Air For Everyone" took place in Messina, Italy, at "Oasi Azzurra Village" from the 20th to 28th of May, 2023. The Youth Exchange successfully gathered youngsters 18-25yo from six programme countries: Italy, Spain, North Macedonia, Poland, Romania, and Turkey.



Each national team consisted of seven youngsters (1 Group Leader) for a total of 42 participants. Among them, 3 participants faced cultural, economic, and geographic barriers, reflecting our commitment to inclusivity and diversity.

They actively explored the main causes of air pollution and look into various measures to reduce it. The diversity of countries represented a valuable opportunity for exchanging knowledge and experiences related to air pollution.



Project Postcard

<https://erasmus-plus.ec.europa.eu/projects/search/details/2022-3-IT03-KA152-YOU-000095102>

OUR PROJECT'S MOTIVATIONS

Motivated by a desire to enhance our living environment, and public health, and raise awareness, the participants of the "Clean Air For Everyone" project organized this project with the primary objective of addressing air pollution.

The main reasons behind CAFE were exploring the causes of air pollution, brainstorming effective measures to reduce it, exchanging knowledge across Europe, promoting the Erasmus+ Programme, and fostering self-development and partnerships.



Another important goal of the project was to inspire and motivate communities to take action!

Participants worked towards this by creating high-impact awareness campaigns and engagement initiatives, culminating in the final "Breath Free" event.

They aimed to raise awareness about the issue and encourage people to adopt cleaner air practices and sustainable behaviours. By rallying collective action, their aim was to create positive change on a larger scale.

THE STORY

Hey everyone, we're here to share the incredible experience we had as participants in the Erasmus+ Youth Exchange, "Clean Air for Everyone." Get ready for a thrilling ride as we take you through the highlights of our adventure!

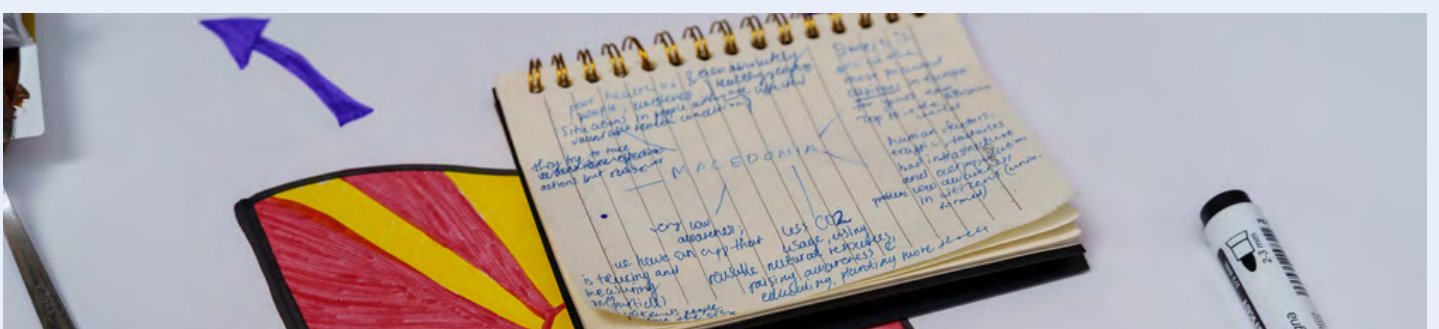


From the moment we arrived in Italy, we knew this was going to be amazing. Picture mouthwatering croissants and aromatic coffee – the breakfast of champions! We kicked off the program with high-energy games, getting to know each other and setting the stage for an incredible time ahead





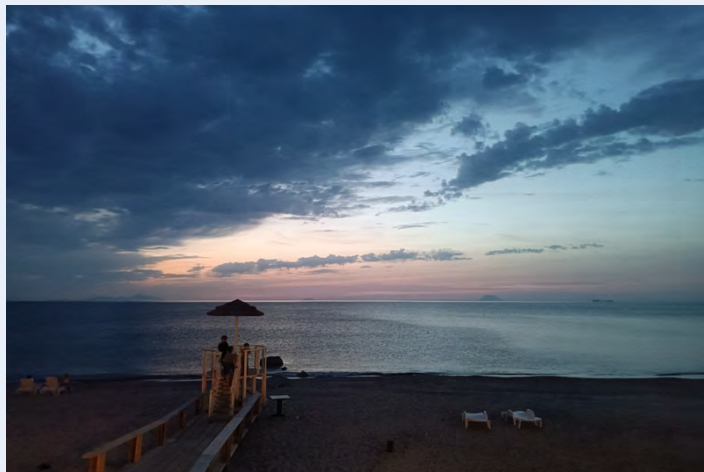
But it wasn't all just fun and games (although trust us, there were plenty of those too!). We got deep into the topic of air pollution and its effects. Through interactive activities, we learned about the causes and brainstormed ways to make a positive impact.



And guess what? We actually cleaned up the beach together, like superheroes fighting pollution. Talk about making a difference!



Sicily was absolutely stunning! Taormina stole our hearts with its ancient Greek theater and charming streets that seemed straight out of a fairytale. And did we mention we visited the town where "The Godfather" was filmed? Walking in the footsteps of movie history was mind-blowing, to say the least!



BREATH FREE EXPLORE MORE FINALEVENT

But hey, there is more! We let our creativity flow and poured our hearts into creating mind-blowing presentations on how to make the air cleaner for everyone. Each team had a different theme (Vehicular Emissions, Industrial Emissions, Household Pollution, Agricultural/Farming Emissions, Deforestation and Forest Fires, Waste Disposal/Burning), and trust me if I tell you it was a memorable final event, we did we give it our all!



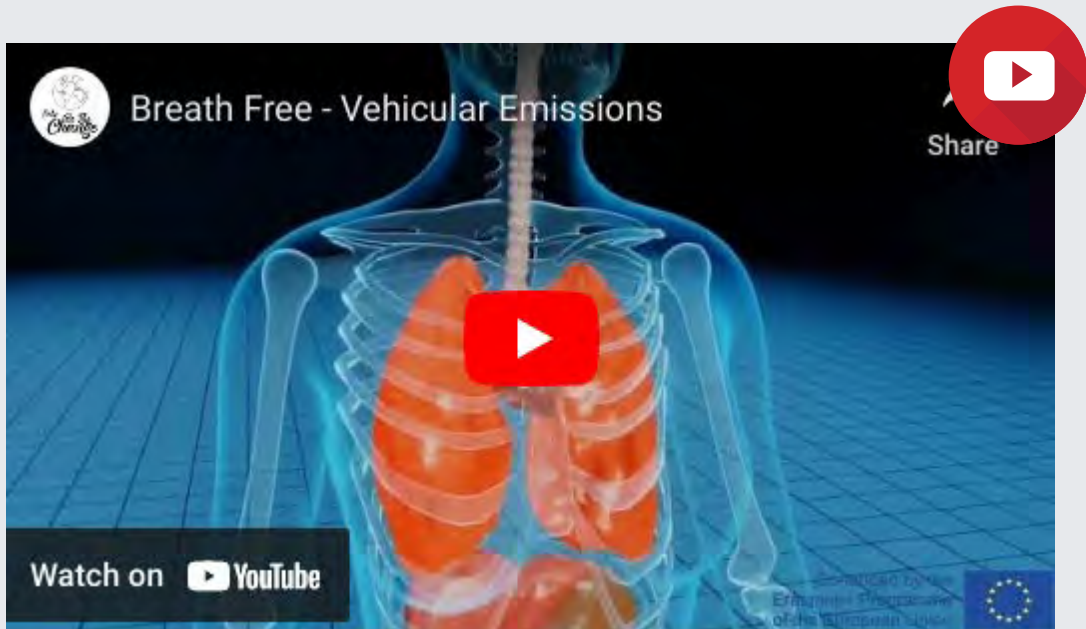




TAKE
ACTION



VEHICULAR EMISSIONS

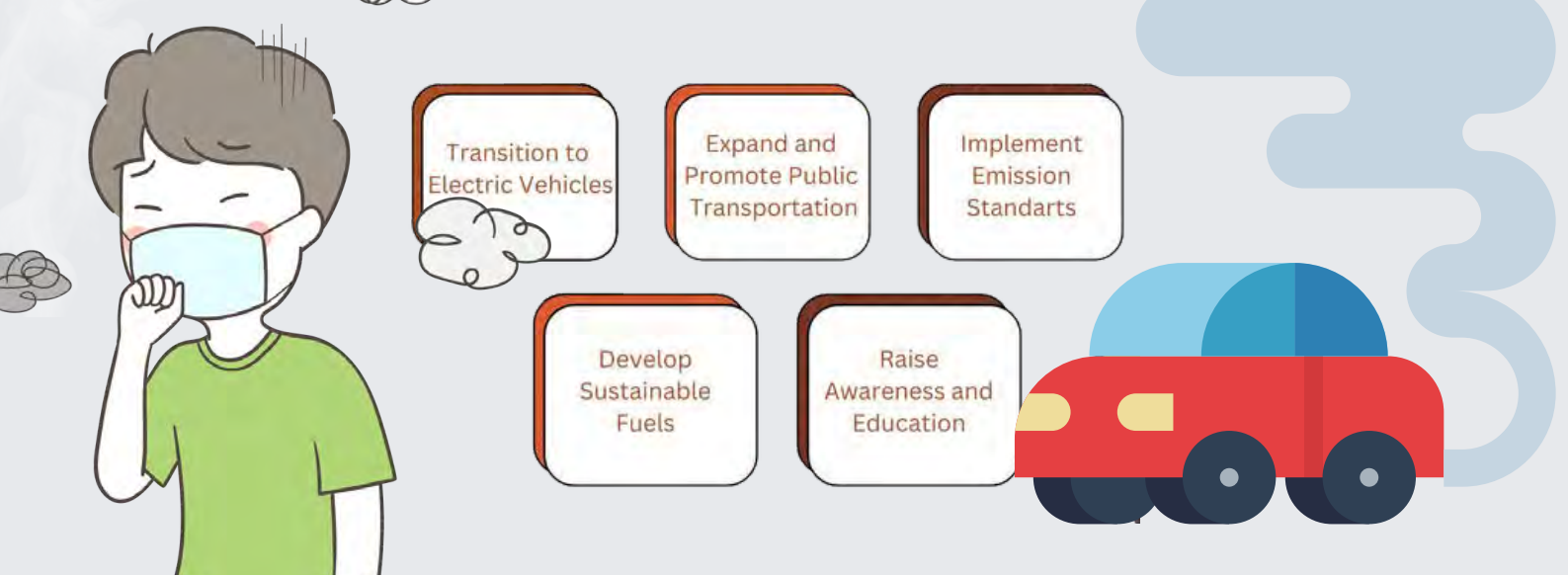


DON'T
Take a Car
if it's not
that far

TAKE
A DECISION
TO STOP
CO₂ EMISSION

BE A PART
OF THE SOLUTION
NOT A PART
OF THE POLLUTION

BREATHE
HEALTHY
and
BE HEALTHY



*What a wonderful world, Cars here, cars there,
No flowers, grass and cold,
Just dust, smoke and fog on the road.*

*What a wonderful world;
It's a shame such*

*if you support humans in this match even if you
dont make a big impact we should at least make a
touch*

Being in Istanbul is hard

*Everyone's playing on the "it's not my fault" card
Go to Skopje, Madrid, Bucharest, All the emissions
from your car, You guys are leaving a scar, Dead
planet doesn't look so far.*

*What a wonderful world
Dead rivers and desolated coasts
Acid rain and black snow
Heavy breathing young and old
Oh, what a wonderful world.*

Ladies and gentlemen,

Today, I stand before you to address an issue that affects us all, an issue that silently threatens the very air we breathe; air pollution and the detrimental impact of the vehicle industry on air pollution.

It is a growing crisis that demands our urgent attention and collective action. The rise of the vehicle industry has undoubtedly brought numerous benefits to our modern society.

However, these advancements have come at a tremendous cost, a cost we can no longer afford to overlook. We cannot deny the urgent need for change.

In conclusion, addressing air pollution is not a choice; it is an obligation we owe to ourselves, our communities, and our planet. Let us unite in our determination to create a world where clean, breathable air is a reality for all. Together, we can make a difference, one breath at a time.

INDUSTRIAL EMISSIONS



*Why did you just leave me With all of those trash
around me...*

Do not you love me?

Ma chi mi ama?

I do, sono figlio della natura!

Won't you even try to protect my future?

*Remember when we used to be clean and
beautiful?*

When we used to party up all night

Imagine yourself in this world again...

No, make yourself apart from your loved ones

Not do any more mistakes again

To keep it up in this wonderful game









HOUSEHOLD POLLUTION



After you left, I tried to
breath again, but the smell of
freshly painted bookcase was making
it impossible.

Before you left, you painted all my
furniture red, red the colour of my
heart, still remembering you.
Crawling again and again, I still see
you through the smoke that is coming
from the frying pan
because silly me, I am still cooking
for two.

Coughing until the sun sets
in these dirty walls on
which we made love like animals.
When I'm washing
my dirty hands because
I've been touching myself thinking
of you,
I start smoking, naked, with the lights
on.

It's been a long time
since I've left this
room,
Still afraid of what's waiting for
me outside,
Still afraid that the smoke
that's coming from the
roof is, coming
from me too.

Silently burning, suffocating
on what could have been,
quietly lighting my cigarette
with your favourite lighter,
waiting for the sun to
set in the microwave
that you have never bothered to clean.


AGROFARMING EMISSIONS



I  LOCAL

 I'm happy naked I don't need to wear plastic

local life healthy life

 let me breathe no pesticide

no more!! dried fields



Dear citizens of the Earth,

We gathered here to address a crucial matter concerning our health and the environment.

Let me ask you a question: Do you feel the sweetness of the air you're breathing? Can you sense the invigorating freshness when you take a deep breath? Does it fill you with energy?

Unfortunately, I do not experience any of that. All I can feel is pain in my lungs and a persistent cough in my throat.

The reasons behind these symptoms can be found in various aspects of our daily lives, one of which is agricultural activities.

It has become common practice to witness smoke hovering above the plains where new trees were supposed to grow. This occurs when farmers burn residues. The consequences of this practice are tragic for the environment, particularly the condition of the air. The earth becomes infertile, the natural decomposition of plant residues and the assimilation of nitrogen from the air is hindered, and numerous chemical compounds that are harmful to both humans and animals are released into the atmosphere. Furthermore, during fires, a substantial amount of smoke is generated, posing a significant risk to individuals in the immediate vicinity of the event due to the potential for carbon monoxide poisoning. It also impairs visibility on the road, leading to dangerous collisions and accidents.

If we truly desire to take care of the air quality, it is imperative that we not only remember but also remind others that burning is one of the major causes of further polluting an already excessively polluted atmosphere. Fires release carbon monoxide and other hazardous chemicals.

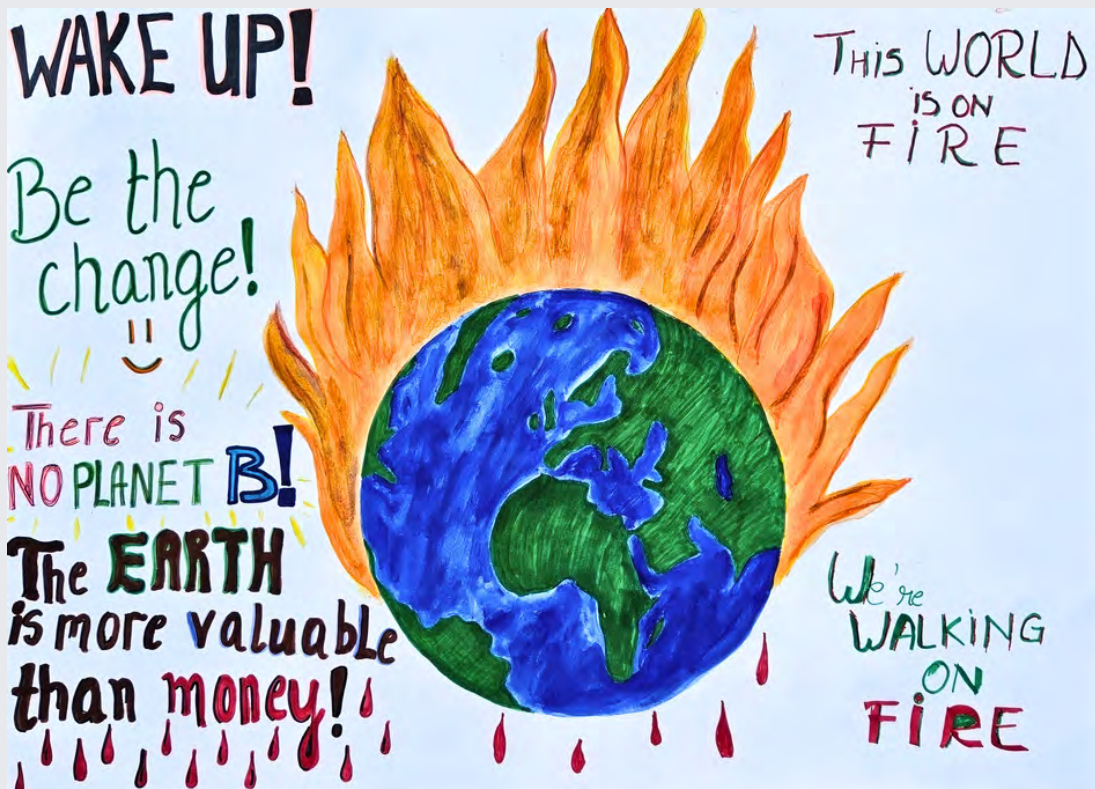
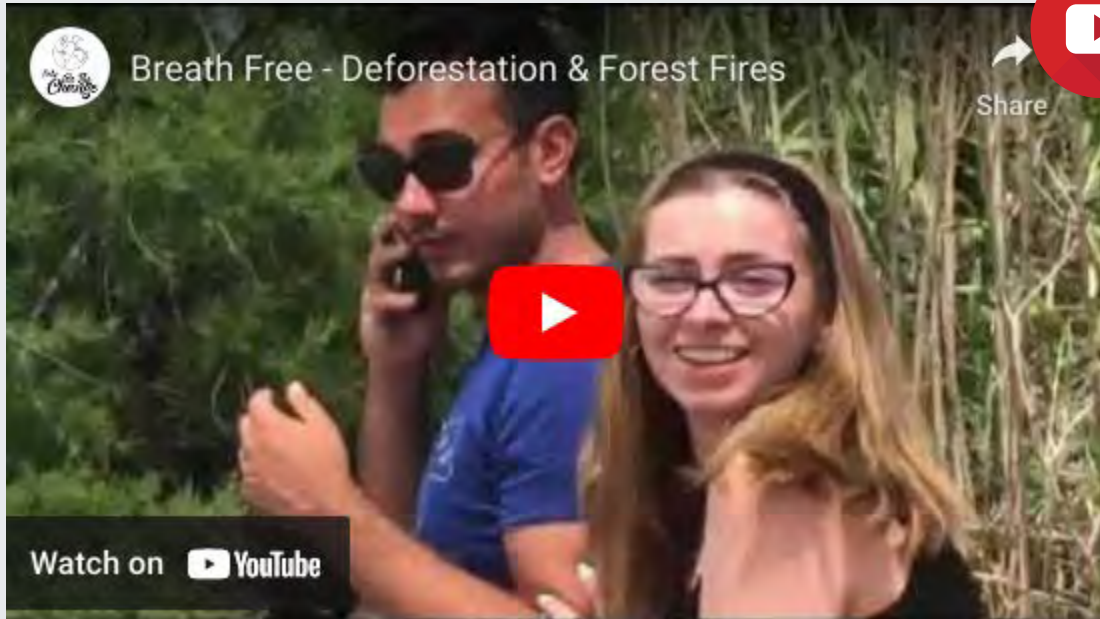
By spreading knowledge, we can make a tangible impact on the state of the air. I fervently hope that one day, somewhere, we will be able to truly say that we can breathe clean air again.

DEAR FARMER WHO CARES THE EARTH
NOT THOSE INDUSTRIALS WHO I REALLY HATE
I'LL FILL MY BASKET WITH YOUR PRODUCTION
NOT WITH THE SUCKERS WHO MAKE THE POLLUTION

Tomatoe, Tomatoe I love you so local
those from my country, i don't want be global
Dear farmer who cares the Earth
not those industrials who i really hate
I'll fill my basket with your production
not with the suckers who make the pollution
Tomatoe, Tomatoe, imperfect & tasty
if you're too rounded i won't be nasty



DEFORESTATION FOREST FIRES



The planet speaks with us today
She says we need a new way
She says that there's no Planet B
Tell me human how is it gonna be?



And if you sit under one tree
You might hear his wonder: what is it gonna be?
You could hear him asking things that have no answer
Dear Human, Are you prepared to take action?

You can't see their lungs, but they hurt
You can smell the ashes and all that burnt
Little trees stand no chance, their life will rapidly end.



From everything that happens around the world
with wonder

We choose the idealistic view of dreaming under the
calm sky

We still have hope within us

We still have love inside us

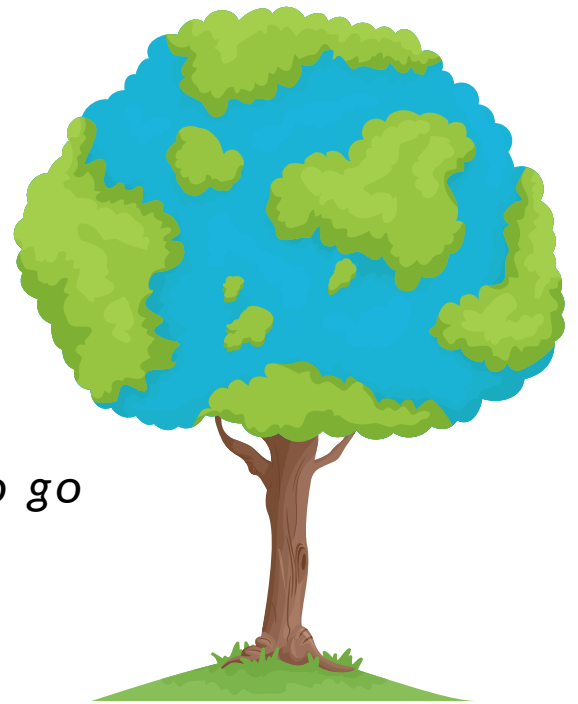
And we don't mean this to be

Just one more news in the paper

Friends, let's save the world

The most precious star of them all

There s no other place from here to go



Today, I want to talk to you about something that affects us all: the importance of fighting deforestation to achieve cleaner air. Our planet, our only home, is under threat, and it is our responsibility to act now. Together, we can make a difference, but we must act as one, united towards our goal to preserve our beautiful Earth.

Deforestation is a big problem that harms our environment. Not only does it destroy precious ecosystems and displace countless species, but it also contributes significantly to air pollution. Trees are the lungs of our planet, the very essence of life, providing us with clean, fresh air. Every day, countless trees are cut down, leaving us with polluted air that affects our health and the health of future generations.

But don't lose hope! We have the power to turn things around, to bring positive change. The first step is to realize that there is no Planet B. This is our only home, and we must protect it. We need to be the guardians of our Earth, to take action and make a difference.

To achieve cleaner air, we must address the causes of deforestation. It requires a united effort, and cooperation among countries and individuals. No single nation can fight this global challenge alone. We have to put aside our differences and work hand in hand. Only through international collaboration can we achieve this ambitious goal.

Education is a crucial tool in this battle. We must raise awareness about the impact of deforestation and the importance of preserving our forests. We need to transmit to our children the value of the environment, teaching them to cherish and protect it. By empowering the next generation, we ensure a brighter future for all.

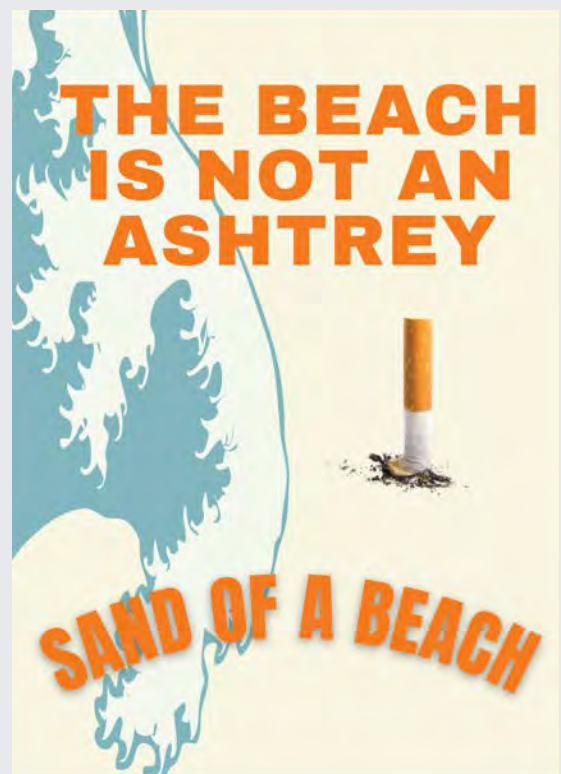
Another important step is supporting sustainable practices. We need to encourage responsible forestry and promote the use of alternative materials that don't harm our forests. We should also support companies that embrace these policies and avoid the ones that do not.

Lastly, it is essential to promote reforestation efforts. Planting trees not only brings back the beauty of our landscapes but also revitalizes our atmosphere. Let's join hands and plant forests, one tree at a time, to breathe new life into our Earth.

In conclusion, my friends, the fight against deforestation and air pollution requires our immediate attention and collective effort. Together, we can protect our environment and ensure a better future for ourselves and the generations to come. Let's act today, so that the air we breathe tomorrow is cleaner and fresher.

Remember, there is no Planet B, so let's be the change and breathe free.

BURNING WASTE DISPOSAL



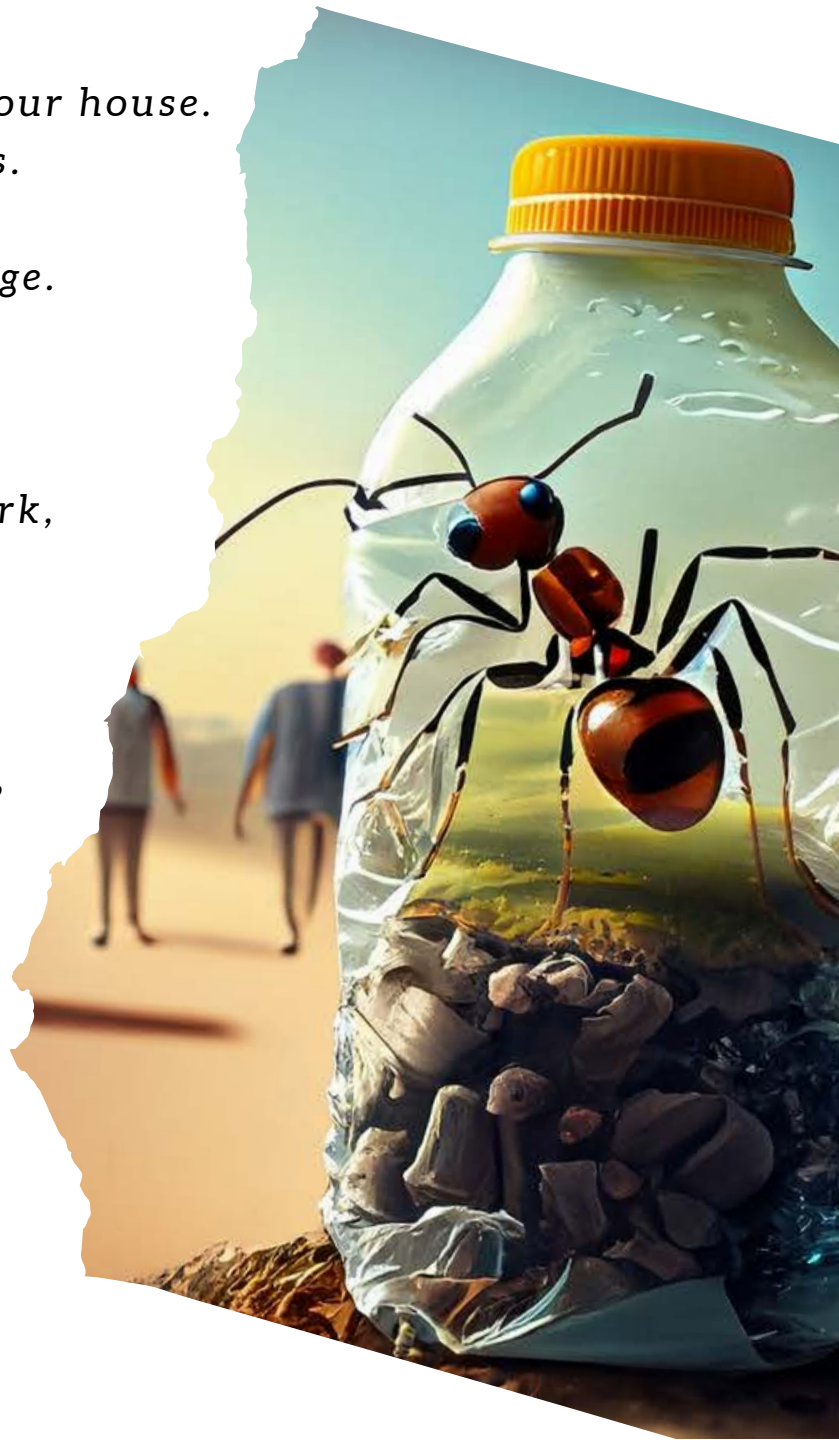
I BREATHE PLASTIC

I am an ant, my house is no longer built of natural materials.

*I've been living in a plastic bottle for a week.
I'm glad I have enough space. It's a big bottle.
The water in the bottle was enough for my whole life
But humans! The humans—now it doesn't matter where they come from—after drinking their juice, they left the bottles in the forest, on the beach, on the road, in the park, everywhere.*

*They don't even think about our house.
Humans have many problems.
Humans are so busy,
and not concerned with change.
Humans react the same way.*

*Little history lesson:
My ancestors lived in tree bark,
on clean earth,
having clean water,
and clean air.
I have a question:
Now, why can't this be done?*



A TREE STORY

*I'm a tree and I have much to say about me.
For example, many people at campsites leave trash
everywhere and don't care what happens to it.
Garbage is the cause of soil contamination and fires.
The fire will cause us to get rid of my brothers and
produce less air, which is needed to live.
The trees give shade but do not cover the
environmental problems.*



EVERYTHING EVERYWHERE

*You do it when I'm sleeping and when I'm awake
You throw some things into my kid, lake
You know that I'm water, Mother Earth
You have to take care of me, why don't you dare?
These are my lungs, these are my blood
Veins going like this, making the flood
So, why, my dear, do you hurt me all the time?
And think that the fault about it, it's always mine.*



STORY OF A BOTTLE

Out of factory me being watery (:D)

I had an ocean in me so I want to be steady

I fell on the ground like it was my fault

they threw me in the trash even though I fought

now I am in a dumping ground

with all those bottles around

they took us to the ocean,

without our permission

now I m in the sea I want to die

I'm not gonna lie

If I hurt the world for more

I'm gonna cry.



WHAT I SEE...

*The sea murmurs,
time follows the rhythm of the waves.
I observe a worn-out landscape,
a landscape worn-out by the passage of hours.*

*If only it were just you and me,
like sand and waves.
If it were only sand,
we would be alone.*

*They are merely chains of monomers,
the omnipresence of polymers
and the absence of common sense,
commonly selfishness.*

*There are things that don't cease,
the planes in the sky don't cease.
I identify dreams when I don't see that smoke,
when I look into the future, I only see smoke.*

*How can I not feel guilty
if I am one of them?
How can I not feel guilty
if my life is consumption.*

*Destroyers of the environment,
advancing without mercy,
reaching the point of no return,
like a cancer consuming its host.*

*Like a tired mother and an incompetent child,
if the mother dies, the child will be next.*

WORLD IN 2070

*A nice day is
When a ray of sunshine
Gets it's way through
The obscure clouds
One we sing about
One we paint all over our grey walls
But have never seen*

*I crack plastic bottles and wasted past
Step by step
And it weights more than my big metal shoes*

*I only breathe
Through thousands of filters
Attached to my body
A slow, but fast death...*

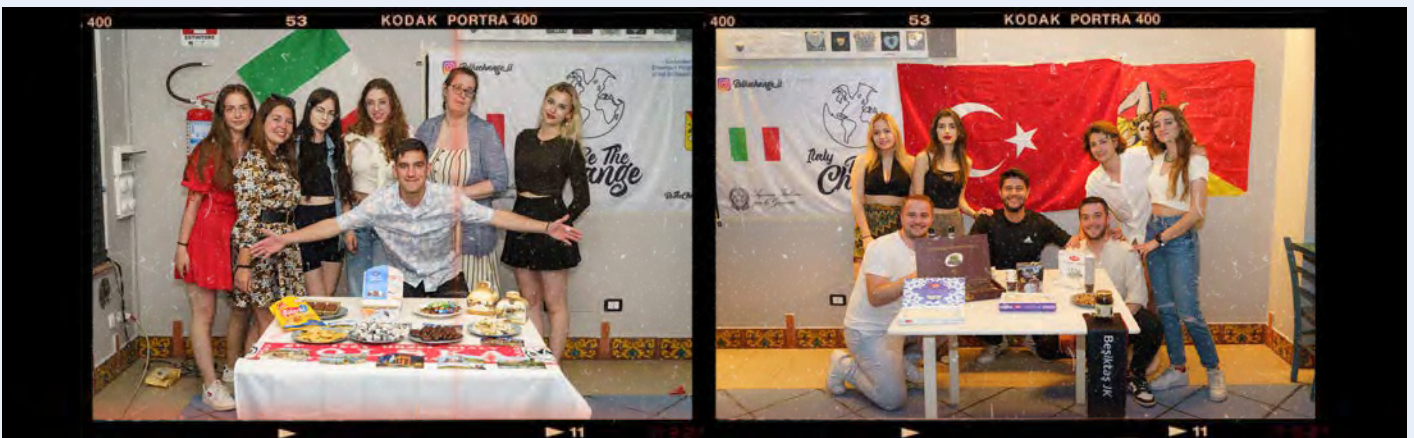
*I feel a craving
For a life
I've never lived*



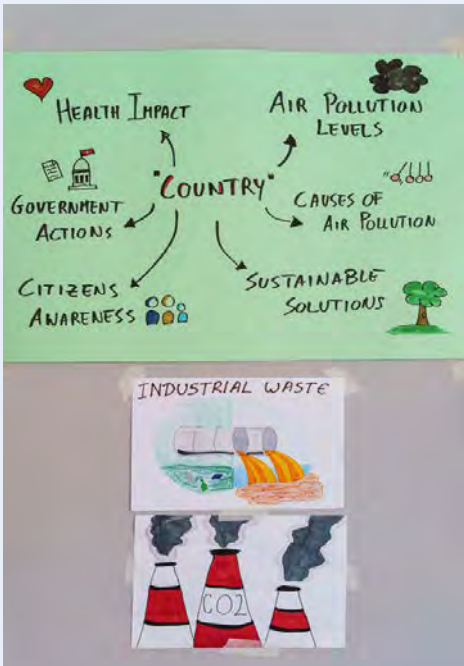


INTERCULTURAL NIGHTS

The intercultural nights were off-the-charts fantastic! The country team blew us away with their incredible presentations, showcasing their unique traditions and culture. And let us tell you, we partied like there was no tomorrow! Dancing, singing, and laughing till our cheeks hurt – those memories will stay with us forever.



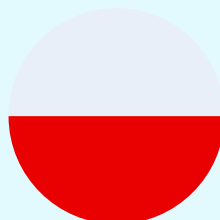
The impact of this project was truly incredible. As participants, we gained a deeper understanding of air pollution and discovered effective methods to combat it. We developed important skills such as multilingualism, intercultural communication, digital literacy, learning to learn, entrepreneurship, and literacy through our active involvement. The project also provided us with opportunities to enhance our management skills by contributing to the planning and organization of project activities.



As all good things must come to an end, the last day was bittersweet. We said tearful goodbyes, promising to keep in touch and cherish the memories we made. This experience has changed us in ways we never imagined.

"Clean Air for Everyone" was an exhilarating journey that transformed us and empowered us to make a difference. We are proud of the impact we made and the lasting connections we formed. This experience has motivated us to continue our efforts towards a cleaner and healthier future. Let's inspire others to join the Erasmus+ Program and together create a positive change for our environment.

Thanks, Be The Change to host this project and let's raise our glasses (reusable ones) to the memories made and the impact we'll continue to create. Cheers!





"Youth Exchange gave me the best experience that I wouldn't get anywhere else. I've grown through activities and topic discussions. I've met new friends who gave me new perspectives on life. A truly life-changing experience."



"It has been an exciting week in the beautiful land of Sicily, we learned a lot from each other and shared experiences. The final event was a huge success, as it has been marked by creativity and passion."

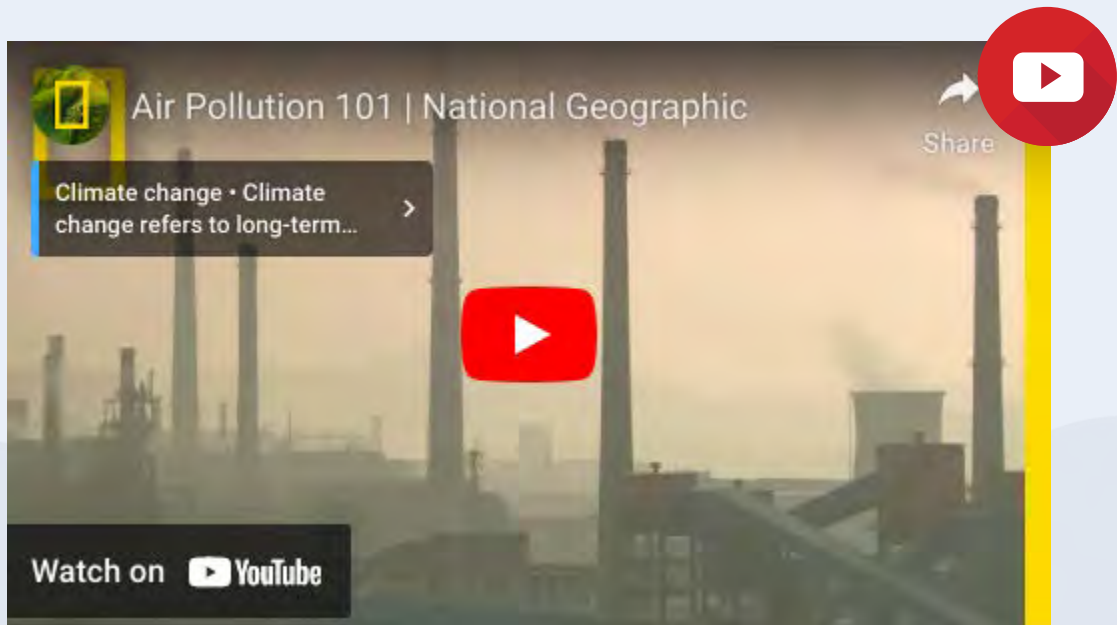


"It was the best week in my life. The people I met were so amazing and I hope to see them in the future. I made a lot of great memories and now I will have a lot of amazing stories to share. Thank you again for this opportunity."



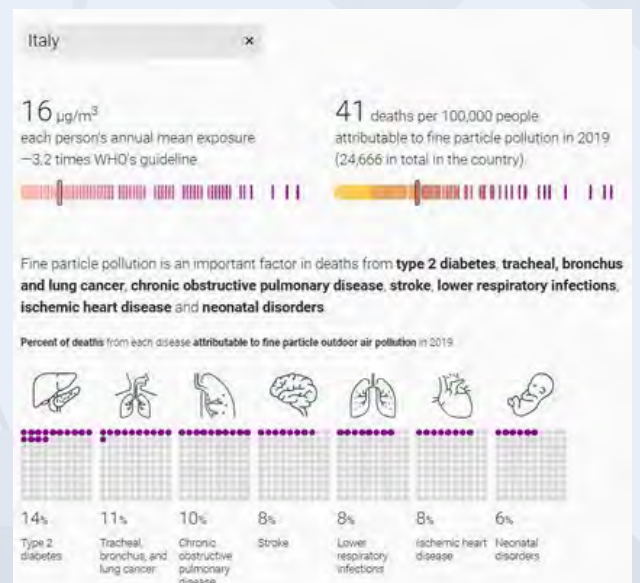
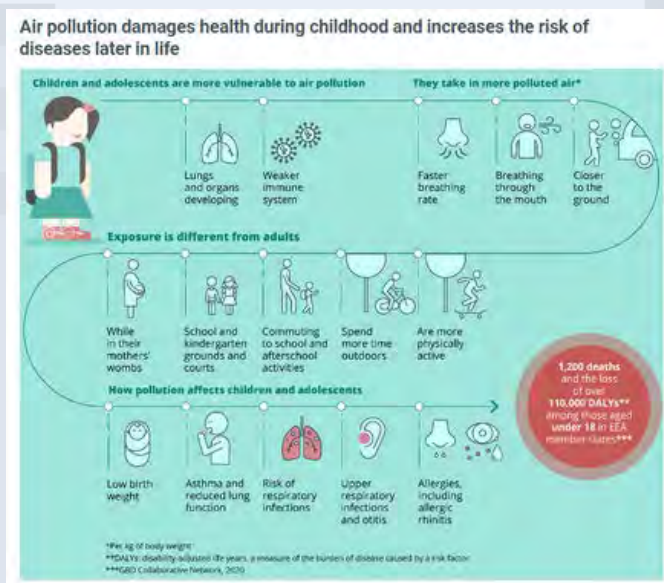
"One of the best projects of my life. Good people and good activities made it has been one of the greatest experiences of my life. I want to come back to San Saba and Italy."

GREAT MEDIA TO TACKLE THE TOPIC SOURCES



European Environment Agency

UN environment programme



<https://www.eea.europa.eu/en/topics/in-depth/air-pollution>

<https://www.unep.org/interactive/air-pollution-note/>

RAISING AWARENESS VIDEOS



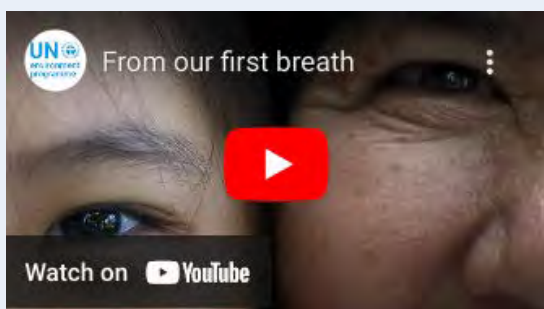
<https://www.youtube.com/watch?v=vhqY6T1JPLO>

Air pollution from fossil fuels is linked to around 4.5 million deaths each year and costs the world US\$8 billion every day. It is a problem that we know how to solve. And leaving behind fossil fuels - coal, gas and oil - is a big part of the solution. [#CleanAirNow](#)



https://www.youtube.com/watch?v=xEodej_M7TI

Together, nitrogen, oxygen and argon make up 99.93% of our air. So what's the other .07%? Find out what makes up the air you breathe.



<https://www.youtube.com/watch?v=13Xh4oSVH6E>

From the first breath to our last, air is our inseparable companion. Find out how you can [#BeatAirPollution](#) at www.worldenvironmentday.global



<https://climatekids.nasa.gov/menu/watch/>

Explore a comprehensive collection of enlightening videos and valuable information addressing the most pressing inquiries regarding Air Pollution, Our Planet, and Climate Change! This project, funded by NASA for Kids, offers invaluable resources applicable to individuals of all ages.

7 TIPS 4 CLEAN AIR

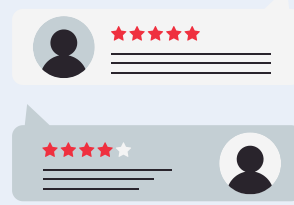
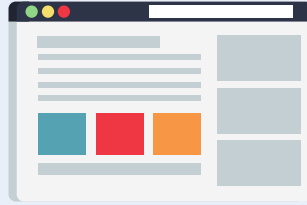
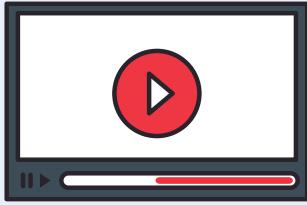
1. Choose cleaner transportation: Walk, bike, or take public transport instead of driving.
2. Save energy: Turn off lights and appliances when not in use to conserve energy.
3. Keep the air clean indoors: Open windows for fresh air, avoid smoking inside and use natural cleaning products.
4. Reduce, reuse, recycle: Minimize waste by using reusable items and recycling materials.
5. Go green with energy: Consider using renewable energy sources like solar power.
6. Plant trees and greenery: Help the environment by planting trees and supporting green spaces.
7. Spread the word: Raise awareness about air pollution and advocate for cleaner air in your community.





DISSEMINATION MATERIAL

CREATED DURING THE PROJECT



WEB PAGE

<https://www.bethechangeitaly.com/post/clean-air-for-everyone-it>

"BREATH FREE" - FINAL EVENT (VIDEO PLAYLIST)

https://www.youtube.com/playlist?list=PLc_PVdNfRgbmMth28t97D0wvgkxLqzD3B

BEACH CLEANING (VIDEO)

<https://youtu.be/ADW3IRzOwOE>

INSTAGRAM/TIKTOK/ SOCIAL MEDIA NETWORK

https://www.instagram.com/reel/CuKHrC-RMH_/

<https://youtube.com/shorts/fNl4CIDv0Mo>

https://www.instagram.com/reel/Cs0awFZv_MC/

https://www.instagram.com/reel/Cs4D_qvM6IB/

<https://www.instagram.com/reel/Cs3DivKIs8C/>

<https://www.instagram.com/p/Cs80-GlMEiz/>

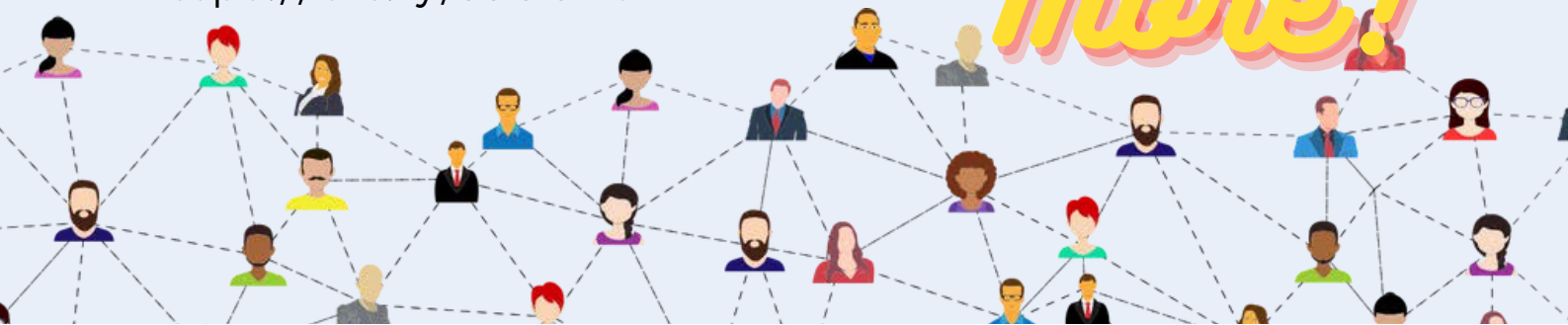
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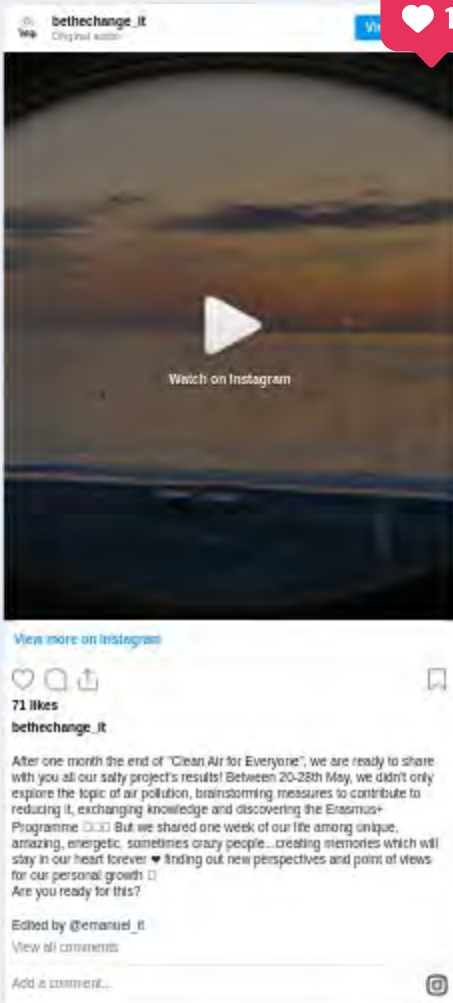
<https://bit.ly/3NE9bnK>

<https://bit.ly/448JAtU>

<https://bit.ly/3JGGYeE>

and much more!





The top right corner of the page features a graphic of the European Union flag, showing a blue field with twelve yellow stars arranged in a circle. The graphic is partially obscured by the text.

WHAT IS THE ERASMUS+ PROGRAMME

Erasmus+ is a European Union (EU) program that aims to support education, training, youth, and sport in Europe. It provides funding for individuals and organizations to participate in exchange and mobility activities within the EU and beyond.

Erasmus+ offers a range of opportunities, including study and work placements, traineeships, and volunteering projects. It also supports cooperation and innovation in the education and training sectors, as well as in youth and sport.

MOBILITY PROJECTS FOR YOUNG PEOPLE

Erasmus supports non-formal learning mobility of young people in the form of **Youth Exchanges**, with the objective to engage and empower young people to become active citizens, connect them to the European project as well as help them acquire and develop competencies for life and their professional future.

More specifically, Youth Exchanges aim to:

- foster intercultural dialogue and learning and feeling of being European;
- develop skills and attitudes of young people;
- strengthen European values and break down prejudices and stereotypes;
- raise awareness about socially relevant topics and thus stimulate engagement in society and active participation.

The Action is open to all young people, with a special focus on those with fewer opportunities.

YOUTH EXCHANGES

OVERVIEW

A youth exchange allows a group of young people from different countries to meet, live together and work on shared projects for a short period.

Youth exchanges take place outside the school environment.

On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. Participants' learning experiences are recognised through a Youthpass.

DURATION

Youth exchanges last between 5 and 21 days. This excludes travelling time.

CONDITIONS

Youth exchanges are open to people between the ages of 13 and 30 yo. To be a group leader in a youth exchange, you must be at least 18 yo.

FINANCIAL SUPPORT

The EU grant supports travel as well as practical and activity-related costs necessary for the exchange.



Erasmus+

EU programme for education, training, youth and sport

More info at <https://erasmus-plus.ec.europa.eu/>



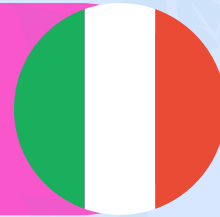
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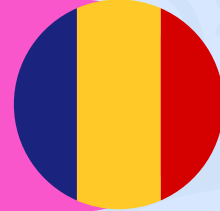
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per la Gioventù*



BE THE CHANGE ITALY



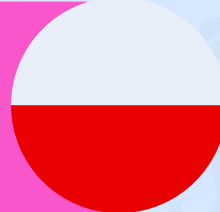
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