



## GREEN VADEMECUM: EUcovillages

### Programme: Erasmus+

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*Participants of EuCovillage Training visiting “Il Parco delle Energie Rinnovabili”*



*in Umbria Italy*

## **SUSTAINABILITY**

Sustainability is understanding our own limits.

Sustainability and auto-sufficiency are created by combining **energy efficiency** and **production of / with renewable energies**.

### ***Renewable energies***

They are the budget that nature is giving to you, to us.

- Solar energy.
- Wind energy.
- Hydro energy.
- Tidal energy.
- Geothermal energy.
- Biomass energy.

Renewable energies are limited so we have to measure the energy we need, our consumption and then plan its use.

### ***Strategies for sustainability***

- Systemic vision, holistic and interdisciplinary approach
- Importance of adapting our mindset (openness to new ideas)
- Raise of awareness
- Importance of training and work on yourself
- Creativity
- Connections with the territory and among communities

### ***Sustainability pillars***

- Environment protection
- Social development
- Economic development

### ***Best practices***

- Switch off all electric devices you don't use at home and outside



- Use a refillable bottle of water
- Use local and organic food
- Organize garage sale or give away things you don't use anymore
- Create your own organic detergents (see tutorials on Youtube)
- Take notes and read digitally
- Reuse as much as you can and share your experience with family and friends
- Walk or bike to school, office, gym...
- Create your own vegetable garden (if you are in apartment, in some pots, with mulching)
- Support local shops and producers by buying in your local area
- Carpooling
- Collect and use rainwater
- Dry your clothes using the sun instead of the drier
- Solar oven to warm or boil water

*New and old technologies to test:*

- Hot air collector (through the sun light creates a warm air until 60-70° Celsius, even when outside is 0°)
- Self irrigation
- Tubes and mirrors to direct daylight into darkest rooms



EUcovillages



*Light Brick for Building*



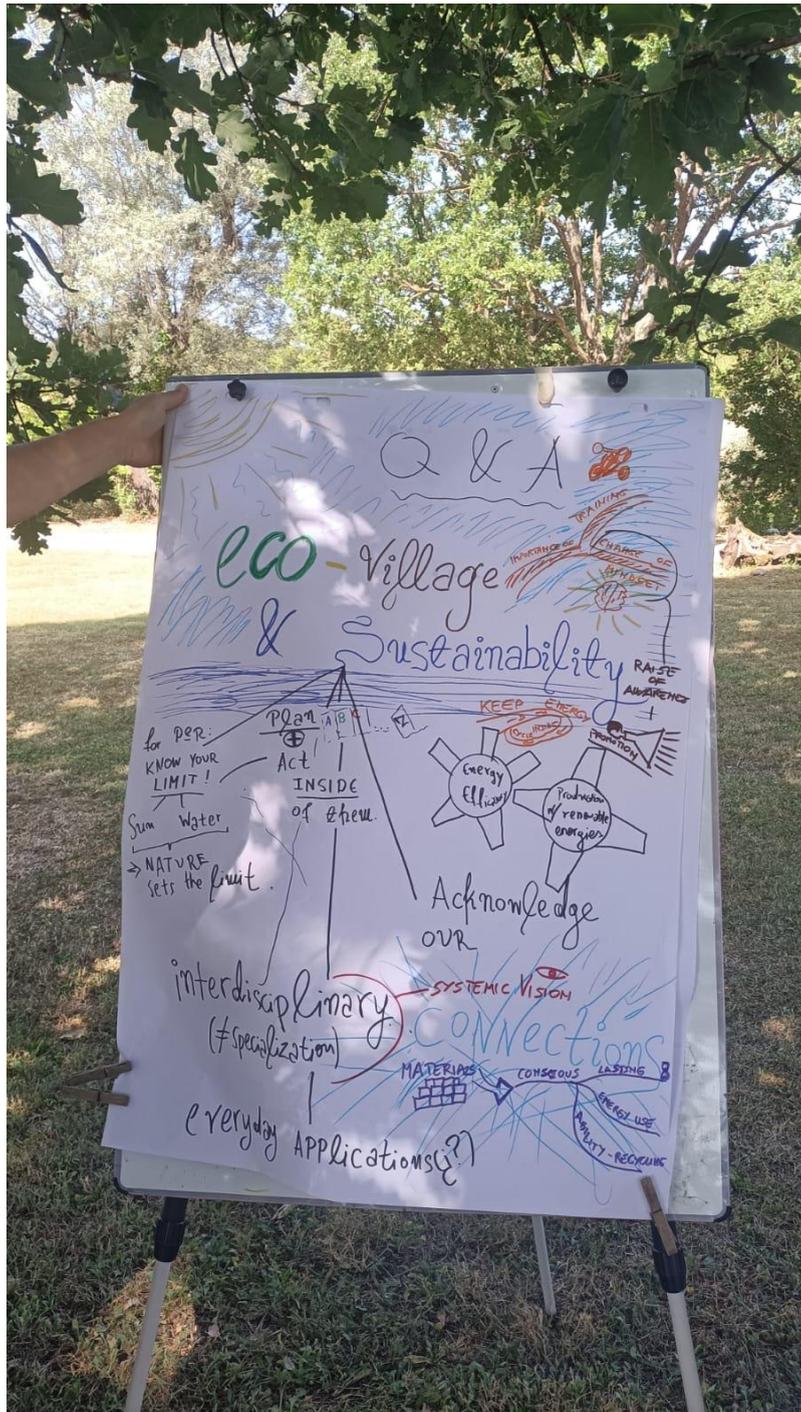
*Self Irrigations*



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*Natural Sun Lamp made by mirrors*



Mind Map Q&A



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*Hot Air Collector*



*Solar Oven for warming or boiling water and cooking*



## **GREEN TRAVEL**

The Green Travel is a Travel that promotes the least emissions of CO2 possible such as by bicycle, carpooling, bus, train. In other words, Green travel focuses on minimizing the impact on the local environment and communities.



*Solar Bike*

## **WHY SHOULD WE USE GREEN TRAVEL?**

- To avert climate change,
- to live in a healthy environment,
- to support local communities by choosing local transportation and to improve entrepreneurial ability by choosing local products and services avoiding unnecessary transports from imports.



For example, with carpooling you support the community because except the service used you can socialize and create bonds with the people you travel with.

Choose local products by rejecting fast line products

## GREEN TRAVEL AND CO2 EMISSIONS (CARBON FOOTPRINT)

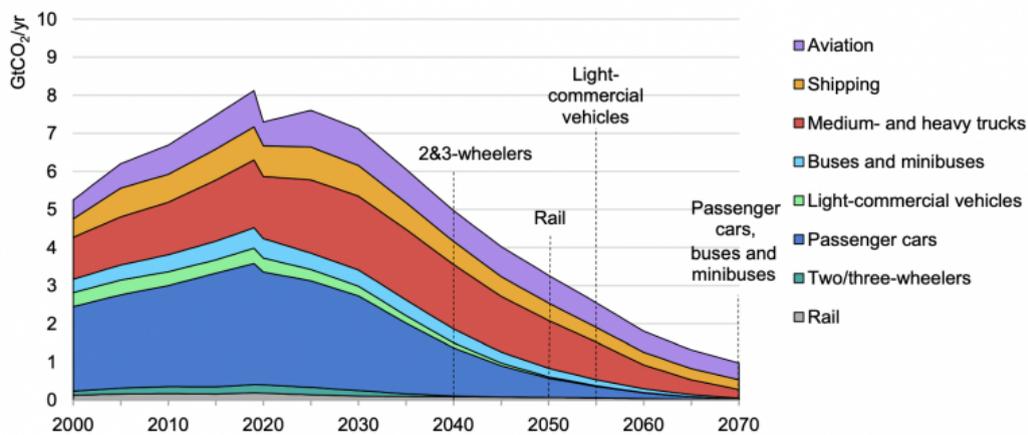
As you can see, the worst polluter is aviation followed by shipping. The graphics above shows the rate of fossil fuel each means of transport will use in the future.

Improving investment on the research regarding the green fuel and engine technology is an important step towards solving the problem.

Calculate your carbon footprint here.

<https://sustainabletravel.org/our-work/carbon-offsets/calculate-footprint>

Figure 3.16 Global CO<sub>2</sub> emissions in transport by mode in the Sustainable Development Scenario, 2000-70



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Notes: Dotted lines indicate the year in which various transport modes have largely stopped consuming fossil fuels and hence no longer contribute to direct emissions of CO<sub>2</sub> from fossil fuel combustion. Residual emissions in transport are compensated by negative emissions technologies, such as BECCS and DAC, in the power and other energy transformation sectors.

## GREEN TRAVEL AND ERASMUS+

When we apply for projects, it is recommended to use maximum two mobilities as a way to minimize our carbon footprint.



Also, when you manage a project it's recommended to choose a place which is already sustainable.

Avoid unnecessary meetings in person when it is possible.

Increase the budget so the participants will be able to afford direct flights and not connection flights.

Last but not least, we should raise awareness by taking little steps to reduce CO2 emissions in our everyday life.

Promote smarter working (remote work) for the workers of the organization.

Promote using car sharing.

## **EUCOVILLAGES: sustainability laboratories**

Ecovillages are community projects designed to be ecological, social, spiritual and economically sustainable.

They are focused on their own self-subsistence that means they relate to their own limits (as resources, etc.).

Every human being has needs in all the above areas and so:

**We don't want to depend only on others for our needs and We want to develop our own resilience.**

We met *Gaia Terra*, a quite new ecovillage in the North East of Italy, and their own experience made in the last years.

They cultivate a lot of indigenous varieties of vegetables, fruits and cereals, and they have chosen, for example, the sorghum culture because they observed that the wild variety was growing spontaneously there.

From that we learn that: **We depend and relate to our land**

They reuse an existing building (a former brick factory) with small houses inside, made of local soil and recycled materials.



To implement the ecology in their material development, it is a need to observe and create, adapt, plan, etc. Even they observe their usual actions to optimize their resources and processes.

**We can try to use, as much as possible, local resources using creativity and systemic thinking.**

Concerning social questions, every community starts to write its own vision in order to attract the most proper people to reach a social common health.

As we saw in *Gaia Terra*, they have a lot of volunteers and visitors. The members of the community know each other and who is responsible for the systemic view and the decisions, so:

**in the associations we can be open to new energies and point of views but we need to know who is in the main circle.**

To avoid the energy wasting coming from conflicts, they practice emotional sharing circles periodically, to keep the community alive.

**We can practice social sustainability to be more ecological.**

The self-sustainability does not cause conflict with sharing and learning techniques, skills and knowledge with other communities, so then we create a net of ideas and different synergies.

Only talking in theory about projects without taking action is socially unsustainable.

**As an association, we can give energy to live celebrating and sharing moments to give strength as a group.**

They use consensual decision making processes, to maximize the common wisdom and reach the needs of both group and individuals.

**As in communities, in a group we can find an active balance between individual and common needs.**

**We can use sociocracy.**