

Get ECO, stay friendly

KA1 Erasmus+ project 2021-2022
Training course in Macedonia
Youth exchange in Lithuania



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Good practices and tools

Booklet



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About the project & partners

Environmental protection is a global issue that is relevant between youth, adults, and seniors. No winter in Europe, the average degree of temperature rising, destructive fires in Amazon and Australia, Solomon, Fiji, Tuvalu and other islands sinking are signs of disrupted order of nature. In order to tackle current challenges and prepare for the future, it is essential to unite, invest in young people and youth workers, to strive for inclusive and sustainable growth. To preserve our natural capital we need to speed up the transition to low-carbon, climate-resilient, resource-efficient, and circular economy which will enable us to protect citizens from environment-related pressures and risks to health and well-being.

Aim: to diminish the harmful impact of society on the environment by implementing good practices in local communities of participants.



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About the project & partners

Objectives of the project:

- Raising awareness about waste, recycling and upcycling among people;
- Sharing good practice happening in participating countries to spark the change after the project;
- Increasing the organizational competencies of youth workers in preparing and implementing events and workshops connected with ecology;
- Enhancing the digital skills of youth workers so they are better at using the newest innovations that help the environment;
- Developing a network of eco-friendly organizations that can always share good practices online and spark a change after the project.

Partners:

- MLADINSKI CENTER DRAVINJSKE DOLINE ZAVOD (Slovenia)
- MINE VAGANTI NGO (Italy)
- ASSOCIATION FOR VOLUNTEERISM VOLONTERSKI CENTAR SKOPJE (Macedonia)
- FUNDACJA MODE - MOVE AND DEVELOP FOUNDATION (Poland)
- ASOCIACION JUVENIL ALMENARAS (Spain)



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Good practices & policies

ITALY:

Good practices:

Reduction of black carbon emission

Separation of waste collection

Incorporation of green initiatives into the economic policies

Higher recycling targets

Policies:

Recycling, recovery and reuse policy

Afforestation

Punishment for deforestation

Waste management policy

MACEDONIA:

Good practices:

Kavadarci will be among the first to enter the group of green municipalities where municipal waste will be treated and processed. Instead of a landfill, the waste will be taken to an industrial plant that will process it.

Trash tour

Vending machines for recycling

Eco afterschool activities

Policies:

Vehicles that pollute less will be imported at lower rates.

Preventive acting



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Good practices & policies

POLAND:

Good practices:

Recycling system

People drinking tap water

People using public transport (electric busfleet)/bikes

Well-developed public transport system

A lot of social campaigns

Clean up actions

Policies:

You pay more if you don't recycling

Restaurant using a paper straws

Education at school

SLOVENIA:

Good practices:

Recycling system

Popularized upcycling

Second-hand stores and clothes exchanges

Eco-projects and protests around the country

Policies:

You pay more if you don't recycling

Forbidden traffic in certain areas



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Good practices & policies

SPAIN:

Good practices:

Eco-farms

Greeneries around the cities

Well-developed public transport system

Recycling

Policies:

Fines for car pollution

Non-formal education about ecology

LITHUANIA:

Good practices:

Recycling system (tarmats, glass, plastic, paper, textile, etc.)

Trash pick up marathons

Second-hand stores

Stores, coffee shops, restaurants support client's own packaging and cups, gives discounts

"Darom" initiative

Zero waste stores and initiatives in supermarkets;

Policies:

More financial support from the state to eco-farms

Digitalization

Bigger fees for old cars

Fines for trashing territories



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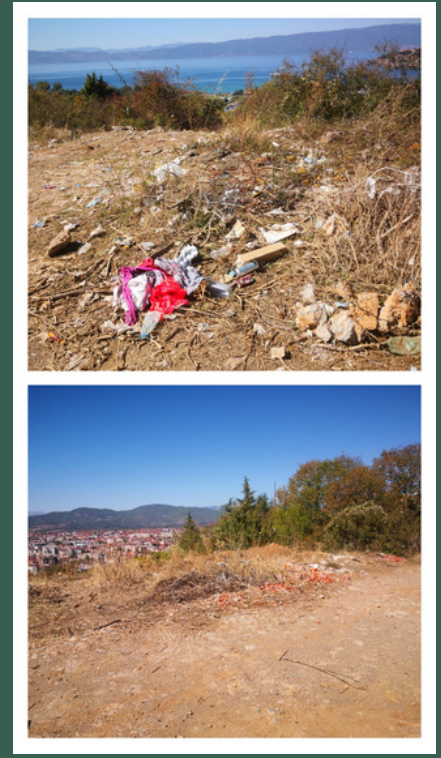
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Activities & Tools

During the training in Struga, Macedonia youth workers took part in team-buildings, debates, discussions, Erasmus+ session, clean-up action, meme creation, learned about the nudge effect, evaluated their own footprint left on environment, met with local business owners and etc.



Footprint calculator - footprintcalculator.org/home/en



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CORNUCOPIA game:
<https://www.calacademy.org/educators/about-cornucopia>



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Activities & Tools

During the youth exchange in Lithuania young people had the chance to dive into upcycling, nature and community garden. Besides those activities, participants were having debates, scavenger hunt, movie session, intercultural evenings, creating social campaigns and upcycling materials by creating bags and board games, cleaning up action, etc.



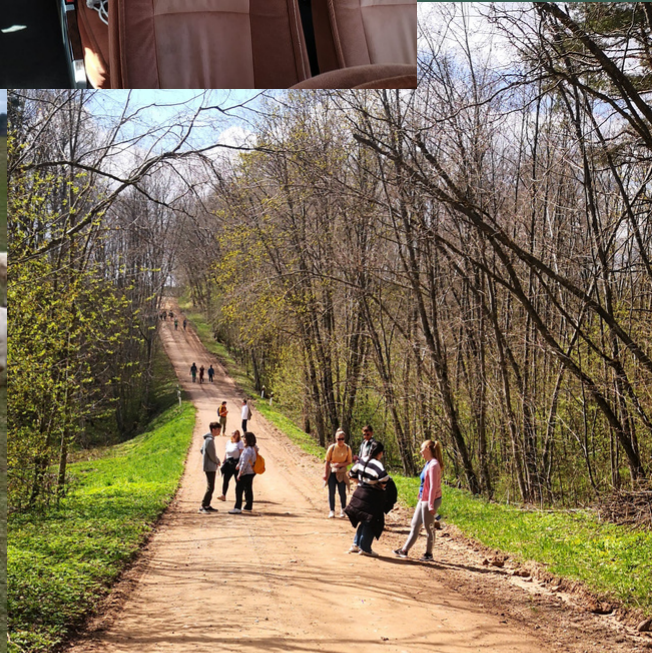
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Board games

Advices for creating eco-board games:

1. Think of the mechanics of the game (how it will look, what do you need to make it, how it will work, etc.)
2. Plot (what is the story behind it? What is the game about? (Our case - ecology, but make it specific.). What's the name of the game?
3. Rules (how else others will know how to play it :P)
4. Playtesting (try it out after finishing, or better, let your friends do it)
5. Cannibalise old game (use games that you haven't played in years and it lays in the closet collecting dust, or maybe you have an old game where parts are missing, etc.)
6. Choose the tokens and/or cards of your game (use old objects, natural objects like stones - color it - or create something new from scraps).



MUSH OR DIE







RULES



MUSH OR DIE

You want to make greybow soup but you got drunk.
A walk through the forest is very difficult for you ~~and~~
~~you are not a good person~~ roll (the dice) to see
what adventures you're going to have.
If you step on a mushroom, take it!
But be careful, try not to DIE!

Rules:

-  = Because of the rain you can't move forward.
You stay in a shelter for **1 round**.
-  = You found a lonely mushroom ghost. Because you hugged
it, it was super happy and gave you more energy.
+3 steps Move **3** steps forward after **hugging a person**
on your right.
-  = You've got a hangover. Move **2 steps back**.
-  = You found a submarine and it brings you to the
nearest lake (a blue field).
-  = You're following a star and you forgot to look for the
mushrooms. Move **4 steps forward** but you can't
pick anything. **+4**
-  = You boosted your shoes. ~~Make 3 steps~~
+3 Make **3 steps**

Step 35 = You went up the ladder what made you hungry.
You ate your mushroom → **leave it** in the pocket.

Step 41 = While you were crossing the river a shark
was trying to attack you but you **sang & danced**
"Baby shark" song and it swam away.
You got tired after it and ate 1 of your
mushrooms. **Leave 1** in the pocket.



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TRASH PANDAS

RULES



Trash pandas

- Here we have our raccoons aka trash pandas. Your goal is to collect as much trash as you can. But! Be careful! There are snakes all around that can harm you but don't worry, you will have trash cans along the way to help you recycle!

All players start at the start. You roll the dice and go forward how many places you rolled. You collect trash on the way. Pick up the trash that is by the square you land on. The trash will bring you different points.

Plastic = 10 points
Paper = 5 points
Organic = 3 points
Unrecyclable = -2 points

When you come on a square that has a snake you go down to where the snake leads you. When you come to a square which has a ladder on you go up the ladder to a new square.

The game ends when the first player reaches the end. The player with the most points wins.

When you land on:



- unrecyclable



- plastic



- organic



- paper

• Before starting the game take all the trash out of the bag and separate it into the four piles (plastic, paper, organic, unrecyclable)

• You can only collect the trash on which you land on first → so if you go down the snake and there is plastic at the bottom, you can't collect it. And if you climb up a trash can and there is trash at the top you can't collect it



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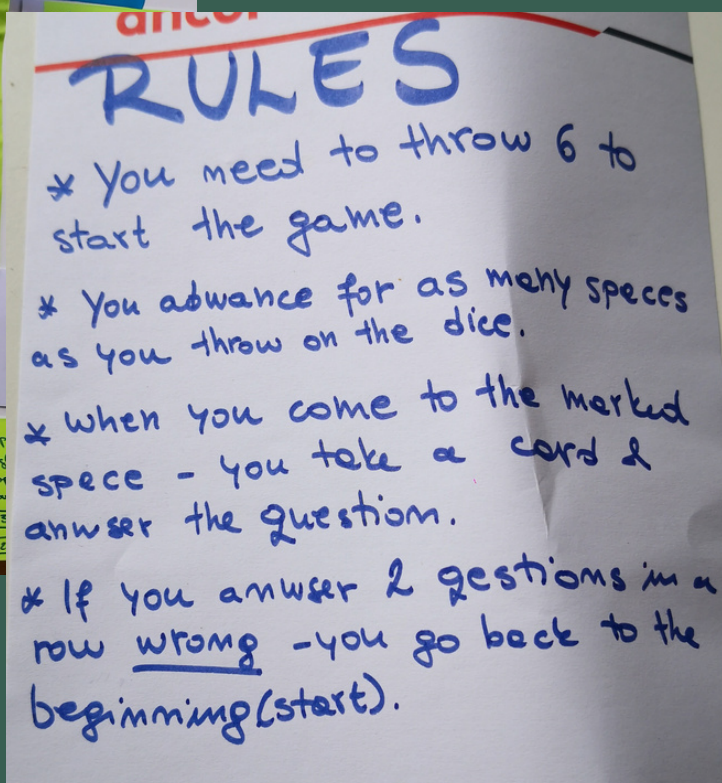
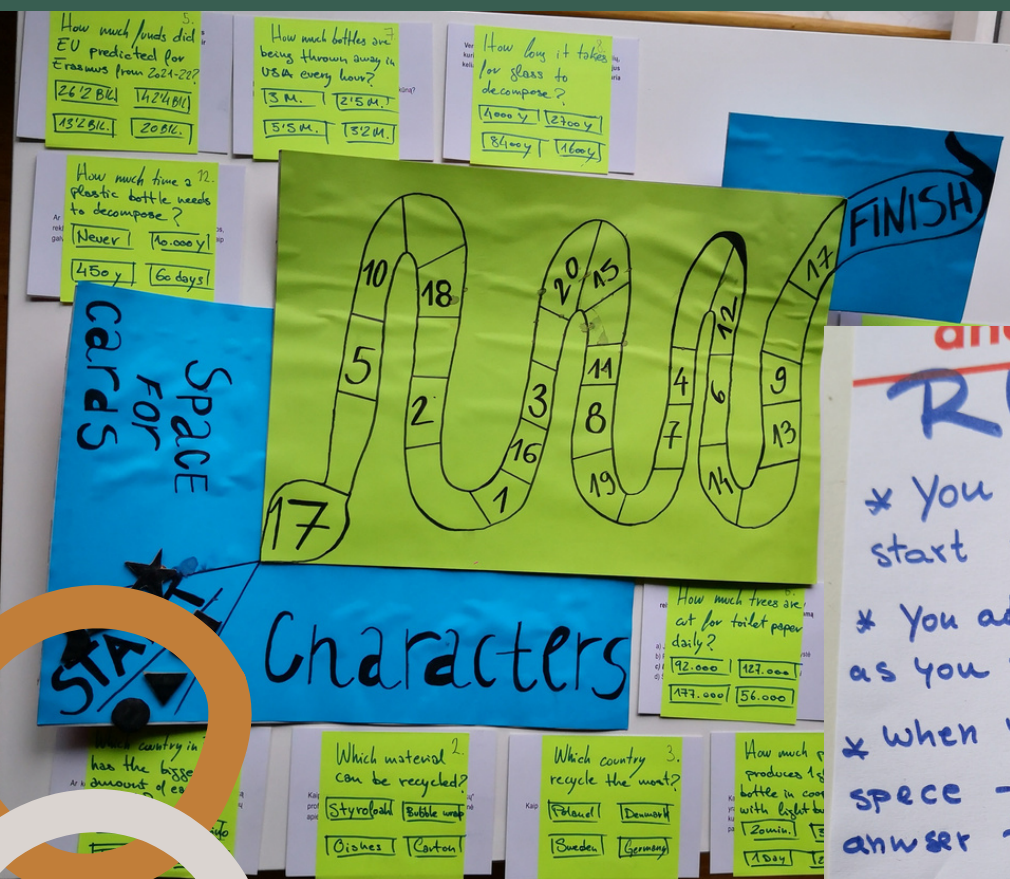
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ECO-SNAK'o



RULES



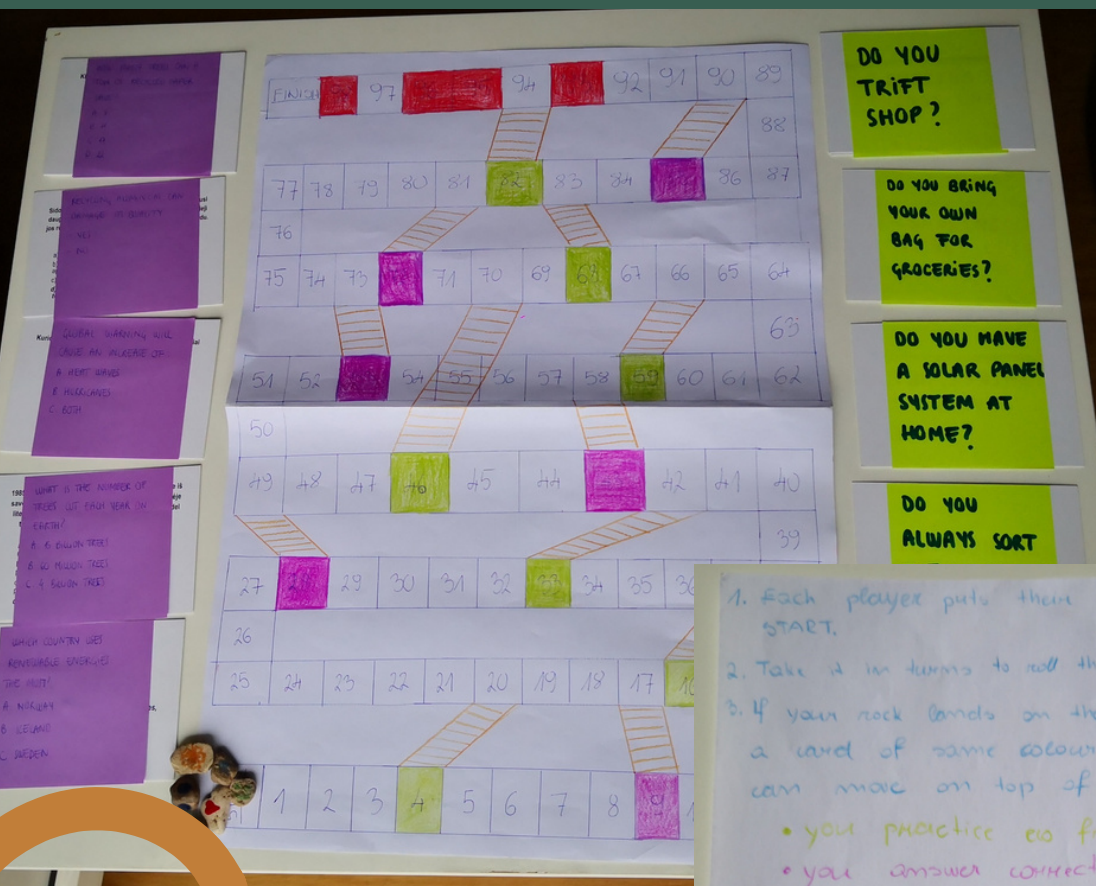
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TO THE TOP

RULES



1. Each player puts their rock on the place that says START.
2. Take it in turns to roll the dice
3. If your rock lands on the bottom of the ladder, you pick a card of same colour and answer the question. You can move on top of the ladder if:
 - you practice eco friendly actions
 - you answer correctly
4. If your answer on purple questions is incorrect, roll the dice again and move backwards
5. To finish you need to throw the exact number needed.
6. If you land on red field, pull a purple card. If you answer incorrectly move back to the beginning.
7. First one to land on FINISH is the winner
8. Right answers to the purple questions is on the back of the cards.



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Sustainable living

*Tips, tricks, ideas

1. Kitchen & grocery shopping

- Eco cloth
- Your own bag (make it from old curtains, clothes, etc., or buy few from the store and reuse it)
- Composting (Californian worms, municipality compost)
- Have your own mug with you (or thermos cup)
- Bamboo/coconut sponge
- Wax/silicon wraps
- Finding recipes for leftovers
- Recycling used oil
- Grow your own food

2. Bathroom, toileteries & wellness

- Handmade bought in bulk products
- Wood/recycled toothbrush/hairbrush
- Reusable menstruation cups/pads/panties
- Safety razors
- Homemade deodorants/balms
- Biodegradable containers
- Using CBD instead of pills
- Homemade remedies from herbs
- Henna and natural products for cosmetics



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3. Bedroom & wardrobe

- DIY stuff (furniture - bed made from paletes, clothes, etc.)
- Hemp clothes
- Fixing your clothing instead of buying new
- More layers instead of heating
- Second-hand/thrift stores
- Big windows and candles for light
- Fair trade

4. Housekeeping & maintainance

- Replace your light bulbs to LED
- Insulate your home
- Microwave instead of stove
- Wash clothes in cold water when optional
- Turn-off unnecessary light at home
- Unplug unused electronics
- Buy detergents in bulk
- Make your own detergents

5. Holidays & gifts

- Eco-tourism (hiking, camping)
- Eco-friendly utensils (metal, wood, etc.)
- Use old newspapers/boxes/fabric to wrap your gifts in. Use textile to make ribbons
- Make or bake the gift yourself
- Experience over things



6. Workspace & Junk mail

- Reusing printed sheets
- Two-sided printing
- Recycled paper
- Lunch boxes and your own mug (bringing food from home)
- Cleaning your email box regularly
- "NO junkmail" sign on your post box
- Using fountain pen instead of plastic pens
- Write things down on your phone instead on the paper sheets or sticky notes

7. Out & About

- Have your own plates/paper plates when going to outside
- Share grill (or other kind of equipment)
- Cloth napkins
- Tap water
- Homemade food
- Take your waste with you and recycle/upcycle if possible
- Quality gear and equipment (invest so it lasts)
- Using public transport or sharing car
- Use bike/walk



For discussion

*Statements

1. Eating meat is dangerous for environment.
2. If you buy second-hand, you can make big difference in the fight of the climate change.
3. Everyone can live zero waste.
4. Plastic should be banned world-wide.
5. Cars should be limited to 1 per household.
6. Tree planting should be mandatory activity in school.
7. Capitalism is the cause of pollution.



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