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GREEN GENERATION

ECO GUIDE

CONNECTED
&
CONSCIOUS

C:E:T Platform
LIETUVA

INTRODUCTION

Welcome to the Green Generation EcoGuide

A proud outcome of the Green Generation Erasmus+ project

Project Overview

This EcoGuide is one of the outcomes of the Erasmus+ project Green Generation. The project aims to equip young people with the tools and knowledge to understand environmental challenges and the impact of human activities on our planet. It encourages the adoption of sustainable habits in everyday life and provides practical skills that empower youth to make a positive environmental impact..

Youth Exchange

From March 30 to April 7, 2025, a Eramus+ Youth Exchange was held at Villa Royale in Markutiškės, near Trakai, Lithuania. The exchange brought together 41 young people from Italy, Romania, Estonia, Turkey, and Lithuania, united by a shared commitment to environmental sustainability.

Co-Created by Young People

During the exchange, participants were divided into four international teams. Each team selected an ecological topic they were passionate about, explored it through research and discussion, and collaboratively created the content now featured in this guide.

Why it matters?

This Ecoguide will help more youths to discover and reflect on ecological topic, and promote more sustainable way of living in daily life.

SUMMARY

Created by and for young people who care about the future of our planet.

1. DIGITAL CARBON FOOTPRINT

What is "Digital carbon footprint"?

Every day, our internet use—whether at work, home, or on social media—creates vast amounts of data stored in giant data centers worldwide. These data centers consume huge amounts of energy to operate and keep cool, resulting in significant carbon emissions.

This invisible environmental impact from our online activities is called the digital carbon footprint. It represents the total greenhouse gases produced by digital technology use, measured in CO_2 equivalents.

Where is all this Data stored in?

Data center

Big structure with server for storage

Cloud services

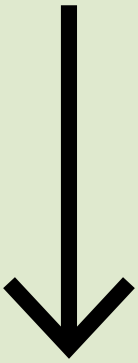
Google drive or iCloud can storage in cloud the datas but they also have big data center around the world

Personal devices

Hard disk, pen drive, ssd, smartphone, PC

Magnetic tapes

Bank and big istitute use that for storage



147
ZETTABYTES
IN 2024

→

402
MILLION
TERABYTES PER DAY

147 ZETTBABY bes s torad 147 million of global electricty

Social Media's Environmental Impact

Curious about which social media has the biggest environmental impact? Thanks to the calculator provided by "Compare The Market", users can see what carbon footprint their favorite application generates.

Platform	CO_2 Emissions per Minute (g CO_2e)
TikTok	2.63
Reddit	2.48
Pinterest	1.30
Instagram	1.05
Snapchat	0.87
Facebook	0.79
LinkedIn	0.71
Twitter (X)	0.60
Twitch	0.55
YouTube	0.46

Why It Matters?

These stats highlight how our daily habits — like scrolling, watching videos, or messaging — directly contribute to emissions.
Reducing usage or switching to less data-intensive platforms can help.

Devices and Digital Pollution

...there is more!

HAVE YOU HEARD ABOUT THE "ECOLOGICAL BACKPACK"?

It's not something you carry — but something your device brings with it.

The weight of all the natural resources required to produce a digital device is called an ecological backpack — it is hidden from view, but is accompanied by significant carbon dioxide (CO_2) emissions.

WHAT'S INSIDE THE ECOLOGICAL BACKPACK?

The invisible weight of every device includes...

PRODUCTION STAGE

Manufacturing digital devices requires energy, raw materials, and shipping. All of which generate carbon emission and pollution.

CONFLICT MATERIALS

The production of high-tech electronics requires complex processes and the use of rare metals such as tantalum and tungsten. These resources are especially valuable, but are often mined in regions engulfed in armed conflict, particularly in Africa. This is why such minerals are called conflict minerals, since their extraction is directly linked to human rights violations and the financing of wars.

SMALLER DEVICE = HIGHER IMPACT

The "paradox of miniaturizarion" : smaller devices require more complex design and resource use.

There are two types of footprint:

Active digital footprint: Traces that a person consciously leaves behind, such as social media posts or filling out online forms.

Passive digital footprint: Traces that are left behind without the user's knowledge, such as time spent on websites or device location data.

How the Internet Pollutes the Environment?

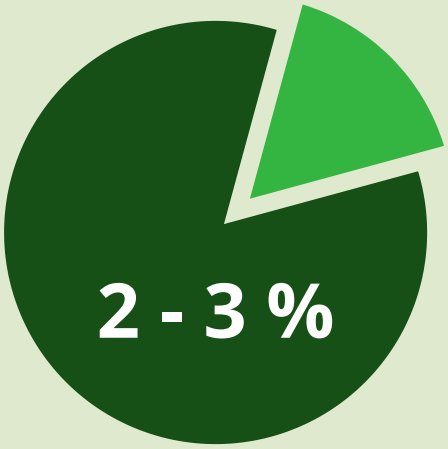
- Data centers: Store and process online activity, require constant power and cooling.
- Network infrastructure: Routers, cables, and towers transmitting global data.
- User devices: Phones, laptops, smart TVs — all draw electricity.

- Most of the electricity used by the Internet still comes from fossil fuels (like coal and natural gas),
- Data transfers = CO_2 emissions due to energy use.

- Cloud services and AI models require huge computational resources.
- Training large AI models can emit tens to hundreds of tons of CO_2, depending on energy source and duration.
- Companies are trying to use more renewable energy, but global demand often outpaces these efforts.

HOW TO REDUCE DIGITAL CARBON FOOTPRINT?

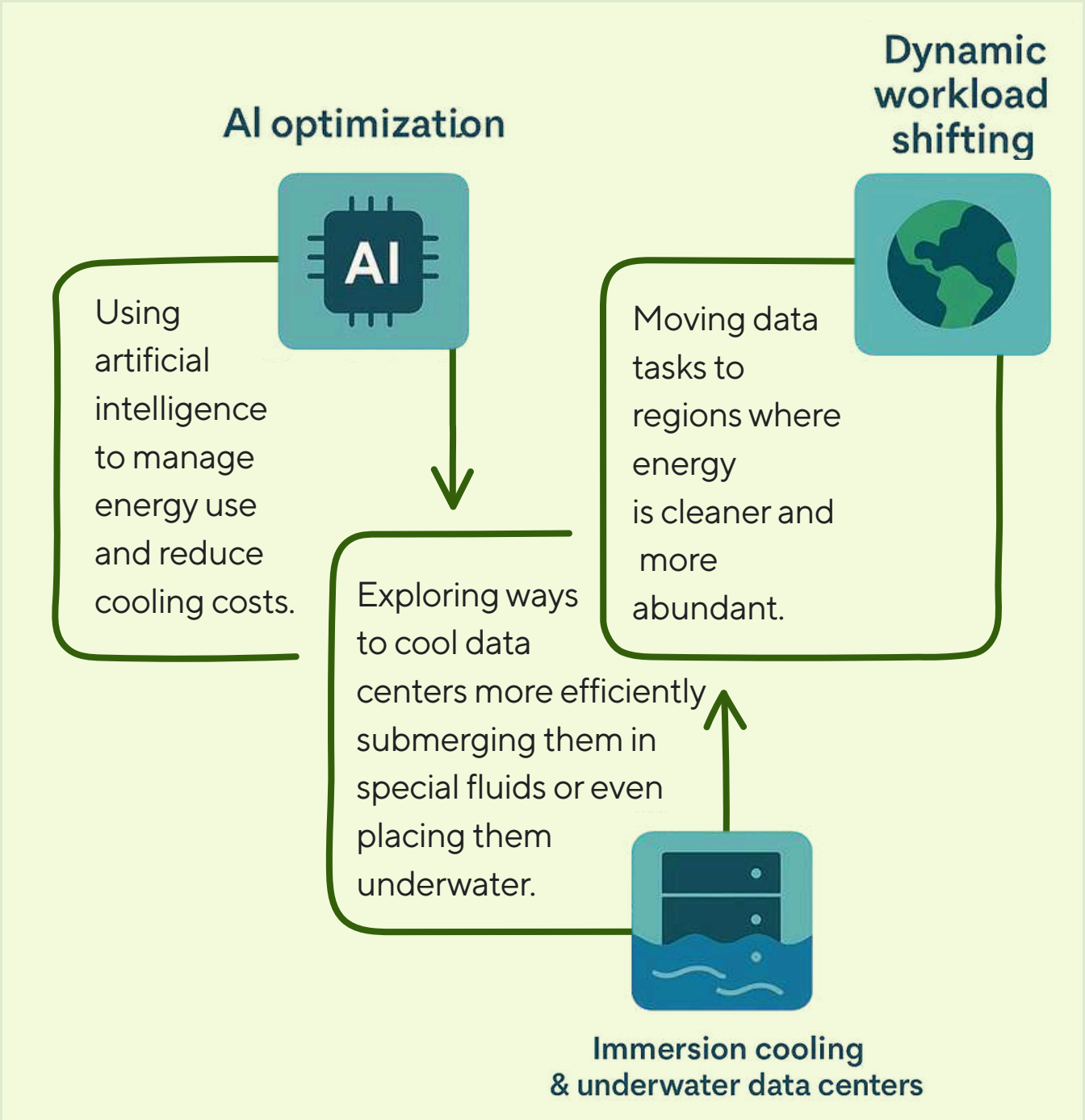
Rethinking our Digital Systems



As our digital lives grow, so does the energy demand behind the scenes. Data centers – the backbone of the internet – use about 2–3% of global energy, and that number is rising.

Rethinking our digital systems means not only improving infrastructure but also being mindful of the digital waste we create — from duplicate files to unused apps. Every click and upload has a footprint. By designing smarter systems and using digital tools more consciously, we can build a more sustainable digital future.

To reduce this impact companies are are investing in greener solutions.



THE FUTURE OF DIGITAL ECOLOGY

The concept of digital ecology offers a comprehensive framework for understanding the intricate and widespread effects of digitalization across various aspects of society, including organizations, industries, personal lives, and even human cognition.

This perspective emphasizes the importance of analyzing digital ecosystems not merely through economic or engineering lenses but by considering their broader ecological implications.

We need to rethink digital systems not just as machines – but as living, growing ecosystems.

CORE PRINCIPLES OF DIGITAL ECOLOGY:

PART-OF-NESS

Everything is connected

Every digital phenomenon exists as an integral component of a larger ecosystem. This interconnectedness means that changes or disruptions in one area can have cascading effects throughout the entire system.

SYSTEMIC WISDOM

-Respect natural limits-

Digital ecosystems possess inherent limits and balances that must be acknowledged and respected. Overstepping these boundaries can lead to unintended consequences, highlighting the necessity for mindful and sustainable digital practices.

INFORMATION ECOLOGY

-Data flows shape behavior-

Unlike mechanical systems, digital ecosystems function as informed, cognitive networks where information flow and processing play a pivotal role in shaping behaviors and outcomes.

Big Data for a Greener World

Building upon these principles, the integration of big data and digital technologies emerges as a powerful catalyst for advancing ecological sustainability, particularly within the framework of the circular economy, facilitating more informed decision-making and promoting sustainable practices.

How it helps:

- Identify waste and resource inefficiencies
- Track and reduce carbon footprints
- Improve recycling and smart city systems

Why it matters:

- 90% of the world's data was created in the last 2 years
- Data centers use ~1% of global electricity
- Big data could reduce industrial waste by 20–30%

Key Aspects of Big Data in Ecological Sustainability:

- **Data as a Valuable Resource:** The accessibility and analysis of large datasets enable organizations to identify patterns and areas for improvement in their environmental footprint. This data-driven approach supports the development of strategies aimed at reducing waste and enhancing resource efficiency.

- **Importance of Data Sharing:** Collaborative data sharing among organizations fosters a holistic understanding of environmental challenges and solutions. Establishing trust frameworks and secure platforms for data exchange is essential to maximize the benefits of shared information.

- **Actionable Insights Leading to Sustainability:** Effectively structured and analyzed data serves as a foundation for actionable strategies that address environmental concerns. For instance, accurately measuring a company's carbon footprint through data analysis is a critical step toward implementing effective reduction initiatives.

Big Data for a Greener World

The future of digital ecology hinges on adopting an integrated approach that recognizes the complex interdependencies within digital ecosystems. By embracing the principles of part-of-ness, systemic wisdom, and information ecology, and leveraging big data for ecological sustainability, organizations can navigate the challenges of digitalization responsibly and contribute to a more sustainable and interconnected world.

2. REFURBISHED TECHNOLOGY

Refurbished technology refers to used electronic devices (like phones, laptops, tablets) that have been professionally restored to full working condition before being resold.

Refurbished tech gets a professional makeover:

Inspection
Each device is tested to find faults or damage

Cleaning
Devices are thoroughly cleaned inside and out

Warranty
Most come with a limited warranty, unlike regular used tech

Repair & Replacement
Broken or worn parts (e.g. battery, screen) fixed or replaced

Reset & Updates
Software is wiped and updated to factory settings

Fixing your devices

1 

DIY Guides – iFixit.com

What is iFixit?

iFixit.com is a free repair manual for everything. It provides thousands of step-by-step guides for fixing smartphones, laptops, appliances, cars, and more.

Over 100 million repairs and counting

Includes teardowns, toolkits, and user-contributed fixes

Encourages a hands-on, repair-first mindset

2 

Repair Cafés – Fix It Together

What happens at a Repair Café?

Bring your broken items (electronics, clothes, appliances, etc.) and work side-by-side with volunteers to repair them. It's not just about fixing things—it's about learning, sharing skills, and building community.

There are more than 2,500 Repair Cafés worldwide!

3 

YouTube Tutorials – Learn by Watching

If you're more of a visual learner, YouTube has thousands of video tutorials to walk you through repairs.

Repairing not only saves money—it helps the planet, empowers individuals, and keeps valuable resources in use. Whether it's DIY at home or with help from others, repairing is a small act with a big impact.

TECHNOLOGY MANTAINANCE

Extending the lifespan of your technological devices through sustainable practices helps conserving resources and reducing electronic waste.
Practical strategies that you can implement at home are:

- **Regular mantainance and cleaning:** 🫧regularly removing dirt and dust form your device reduces the risk of overheating and preserves its performance

- **Mindful charging practices for extended battery life:** 🔋 unplug your devices once fully charged; keep battery llevels between 20% and 80%

- **Protective accessories:** 🛡️ use cases and screen protectors to protect your device from physical damage

- **Software updates:** 💡 latest softwares ensure security and performance

- **Temperature and storage awareness:** 🌡️ protect your devices from extreme temperature, such as direct sunlight and store them in dry and cool places

3. SMART CONSUMPTION

We have always relied on the resources of our planet, but recently, our demand has expanded, and with it, our impact on the Earth.

SMART CONSUMPTION

What is smart consumption ?

Smart consumption refers to making mindful, informed and sustainable choices when purchasing and using goods and services.

It focuses on reducing waste, conserving resources and maximizing the value of what we consume, all while considering environmental, social, and financial impacts.

The idea is to consume responsibly, focusing on quality over quantity and seeking alternatives that are eco-friendly and cost-effective.

MINIMALISM

- Minimalism encourages us to reassess our life priorities, shift away from accumulating possessions of good, and find fulfillment in relationships and activities that add true meaning to our lives.

- The philosophy behind minimalism is more than aesthetic; it’s also about prioritizing quality over quantity, which ties directly into sustainable values.

- In fact, minimalism is the most sustainable consumer activity , because consuming less also means polluting less.
- Adopting a minimalist approach means buying only what is truly essential, giving up everything you don't really need.

Conscious Consumer Habits

Minimalistic Practicies

Intentional Shopping.
When going to the store, create a list of products and items needed. Use what you buy and avoid waste of food. You can also freeze food or share it.

Use Multi-Purpose Items:
Choose items that serve multiple functions, such as a bed with storage drawers, to reduce the need for additional purchases.

Quality Over Quantity:
Invest in fewer, high-quality items that last longer instead of frequently replacing cheaper alternatives. Avoid disposable products.

Limit Duplicates:
Avoid owning multiple versions of the same item unless necessary. For example shoes: you don't need more than one pair of sneakers.

Borrow Instead of Buy:
For infrequently used items, borrow from friends, libraries, or local sharing groups to minimize consumption.

Rethink your needs

Try to avoid everything is not really a necessity, for example:
make up, nail art , daily contact lenses, following trends, using cars for short distances, unwished gifts
It doesn't mean you have to sacrifice everything you like, but you can try to be more conscious of the fact that you are not sustainable when you are buying unnecessary things.

DIY: Create What You Need

Grow Your Own Food:
Start a vegetable garden to produce your own fresh produce, reducing reliance on store-bought items and minimizing packaging waste.

Learn Sewing Skills:
Practice sewing to create your own clothes, reducing the need to buy fast fashion and create personalized, sustainable garments.

Woodworking:
Learn woodworking to make your own furniture, reducing dependence on mass-produced items and giving you control over quality and design.

Metalworking:
Practice metalworking to create tools or decorative pieces, further reducing the need for store-bought products and fostering a sense of accomplishment.

Repurpose and Reuse:
Use materials you already have or find second-hand items to create new, functional products for your home, minimizing waste and consumption.

DIY Home Projects: Take on small projects like building shelves or making home decor items, enhancing your living space while reducing your environmental impact.

Adopting a more self-sufficient lifestyle by producing your own essentials can significantly reduce your dependence on mass-produced goods

Benefits

- **Reduced Environmental Impact**: Fewer resources are used in mass production, and you lower your carbon footprint.
- **Deeper Connection**: Creating your own items cultivates an appreciation for the effort behind each product.
- **Empowerment:** Learning new skills like gardening or sewing can boost your confidence and self-reliance.

PLASTIC POLLUTION

14 MLN TONS every year

=

80% of all marine debris

Every year thousands of seabirds, sea turtles, seals and other marine mammals are killed after ingesting plastic or getting tangled up in it.

Plastic-free: good habits

1 

Bring Reusable Bags

Always bring your own reusable bags for groceries, small purchases, to cut down on waste.

2 

Choose Minimal Plastic Packaging

Support local, plastic-free shops and choose items with eco-friendly packaging.

3 

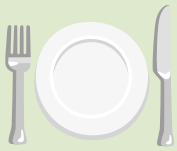
Switch to Solid Cosmetics

Use solid shampoo, toothpaste, and other cosmetics with little to no packaging. Look for stores nearby that offer these products to reduce shipping-related environmental impact.

4 

Choose Natural Fabrics

When buying clothes, especially second-hand, check the materials. Avoid synthetic fabrics like polyester that shed microplastics when washed.

5 

Avoid Disposable Plastics

Invest in reusable products such as cups, plates, and utensils. For parties, ask guests to bring their own cups and help with washing.

6 

Opt for wood toys

Choose wooden toys over plastic ones for children. They are durable, safer, and more environmentally friendly.

7 

Use a Reusable Water Bottle

Carry a reusable water bottle daily. This eliminates the need for plastic bottles and promotes better hydration

8 

Avoid Plastic Bottles for Drinks

Whenever possible, choose glass bottles or drinks on tap instead of plastic bottled beverages.

9 

Recycle When Necessary

Properly recycle plastic items you can't avoid, following local recycling guidelines.

10 

Be Mindful of Plastic Purchases

Before buying plastic items, ask yourself, "Do I really need this?" Mindful purchasing helps reduce unnecessary plastic consumption.

PLASTIC FREE

SUSTAINABLE PRODUCERS:

- AVOID SUPPORTING CONFLICT AND EXPLOITATION
- USE ECO-DESIGN PRINCIPLES
- RESPECT NEEDS OF COMMUNITIES
- CONSIDER THE IMPACTS OF THE WHOLE PRODUCT LIFE CYCLE
- PROVIDE PROOF THROUGH CERTIFICATION
- RESPECT WORKER'S RIGHTS

How Do We Know If a Company is Sustainable?

1 

Review the Website

Examine the company's website for information about where raw materials come from, how products are made, and whether workers are treated fairly. Look for sections like "About Us" or "Sustainability" for insights. Certifications such as B Corp or Fair Trade

2 

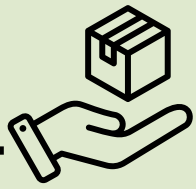
Look for Transparency

Sustainable companies are typically transparent about their processes, openly sharing information about what they produce, how they produce it, and who they work with. Transparency is a key sign of ethical production practices.

3 

Be Wary of Large Corporations:

Multinationals are often not sustainable. Avoid buying from their subsidiaries, as they may still follow unsustainable practices.

4 

Consider the Product Type:

Research the brands you support, whether for products or food.

5 

Watch for Greenwashing:

Be aware of greenwashing, where companies falsely claim to be environmentally friendly. Learn how to differentiate between trustworthy companies and those just claiming sustainability

6 

Prioritize Need Over Consumption:

Avoid buying new products unless necessary. Always question whether the purchase aligns with your values of sustainability.

7 

Remember People Matter Too:

Sustainability is not just about the environment—it also concerns how people are treated. Don't support companies that exploit workers or fail to pay fair wages.

4. FASHION IMPACT

Fashion affects us all — what we wear reflects our style and personality.
But clothing production and consumption also leave a big mark on the environment. Fast fashion, synthetic fabrics, and constantly buying new clothes lead to pollution, water waste, and piles of textile waste.

MATERIALS

There are countless materials used to make clothing — from classic cotton to innovative fabrics made from recycled bottles.
To better understand how fashion affects the environment, it's important to take a closer look at what our clothes are made of.

Natural Fabrics

Cotton, linen, silk, wool

- Renewable, biodegradable
- Cotton requires large amounts of water to grow

Semi-Synthetic Fabriques

Viscose, modal, lyocell

- Made from natural resources (like wood pulp) but chemically processed
- Lyocell is a more eco-friendly choice, uses less water, non-toxic solvents

Synthetic Fabriques

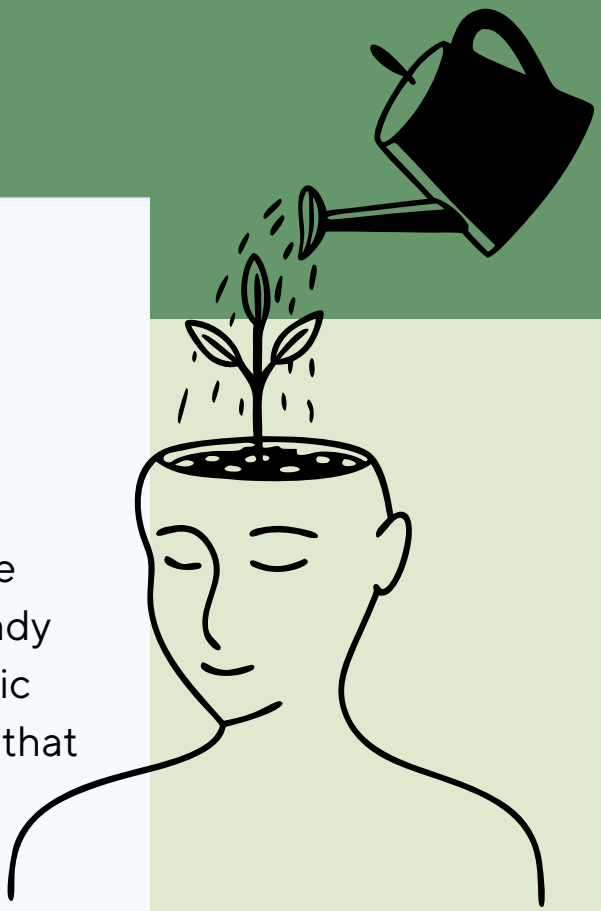
Polyester, nylon, acrylic

- Made from petroleum
- Not biodegradable
- Release microplastics when washed

Natural vs synthetic: which is better?

There's no perfect fabric, but understanding the pros and cons helps us make smarter choices.

Criteria	Natural Fabrics	Synthetic Fabrics
Durability	Can be strong but may wrinkle	Very durable, stretchy, water-resistant
Comfort	Breathable and soft	Can feel less natural, but often moisture-wicking
Eco Impact	Biodegradable, but can need lots of water & land	Non-biodegradable, fossil fuel-based, sheds microplastics
Cost	Often more expensive (e.g., wool, silk)	Usually cheaper and mass-produced



So, why does it matter?

Clothes are made from many different materials — each with its own story. New technologies are constantly changing the way fabrics are produced: today, we already have recycled polyester made from plastic bottles and low-impact fibres like lyocell that use less water and chemicals.

The more you know about your clothes, the easier it is to make choices that match your values — and help the planet.

DENIM: WHY JEANS ARE NOT AS COOL FOR THE PLANET

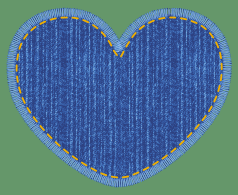
Denim is a wardrobe staple for millions worldwide but few know that the denim industry is notorious for its extremely high water usage, energy consumption, and chemical pollution. In fact, it is one of the most environmentally damaging sectors in the fashion industry. Environmental (un)friendliness is evident in just about every step of denim production, including cotton harvesting, spinning, drying, cutting, sewing, and finishing

For a single pair of jeans

3,780 Liters

33.4 kg CO_2 emissions

SUSTAINABLE DENIM



Friendly denim production measures:

- Use organic cotton grown without synthetic pesticides or fertilizers
- Use renewable energy sources (such as solar or wind power)
- Adopt water-saving techniques (like ozone washing, laser technology is also being usedit reduces water usage by up to 90%)

Turning old into new: Creative Reuse of Materials

More and more designers are embracing creative reuse—turning old clothes and textiles into new, unique, and sustainable fashion.

Dori Lys (Republic of Moldova)

This designer focuses on the circulatory potential of fabric, especially old denim.
She turns second-hand jeans into stylish corsets, belts and into matching fashion sets.
Customers are encouraged to donate old jeans in exchange for discounts.

WATER CONSUMPTION

Water is an essential supply for the global economy and all life on earth. Still fresh water is becoming insufficient by the day. The fashion industry makes no exception from the irrigation of the crops to the household washing machines, every part of these processes requires tonnes of water. The estimates say that about **93 billion cubic metres** of water are used annualy for the fashion industry, which is **4% of the total water usage globally.** More so on curent trends is expected that this amount doubles by 2030.

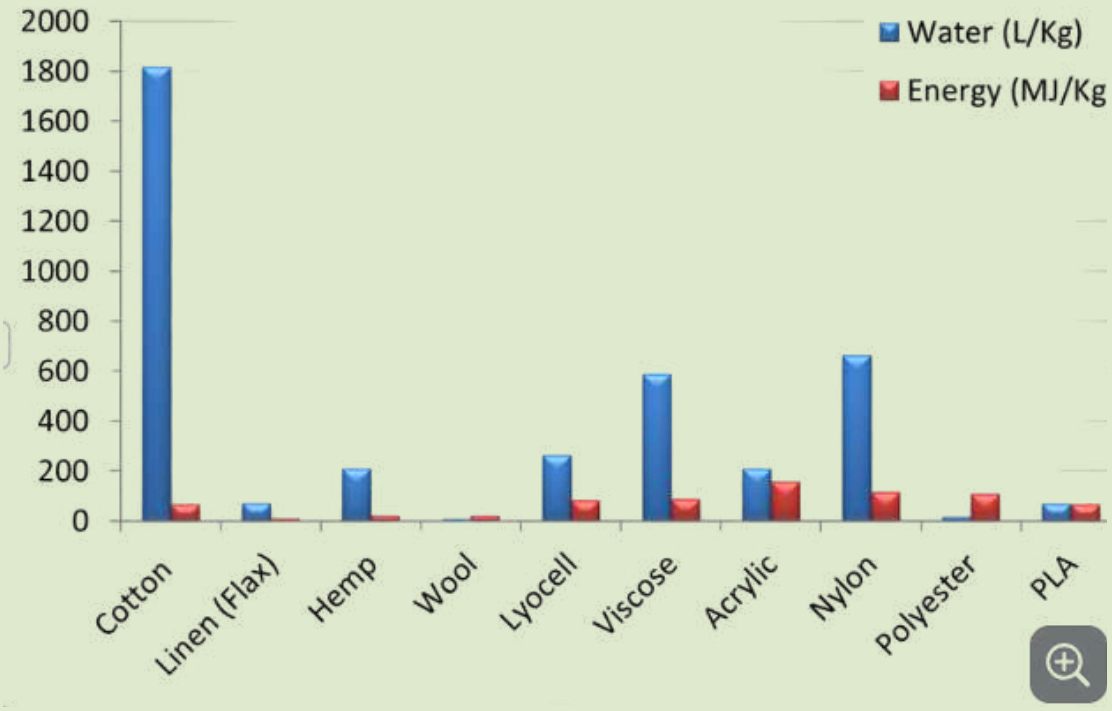
Water consumption for different raw materials

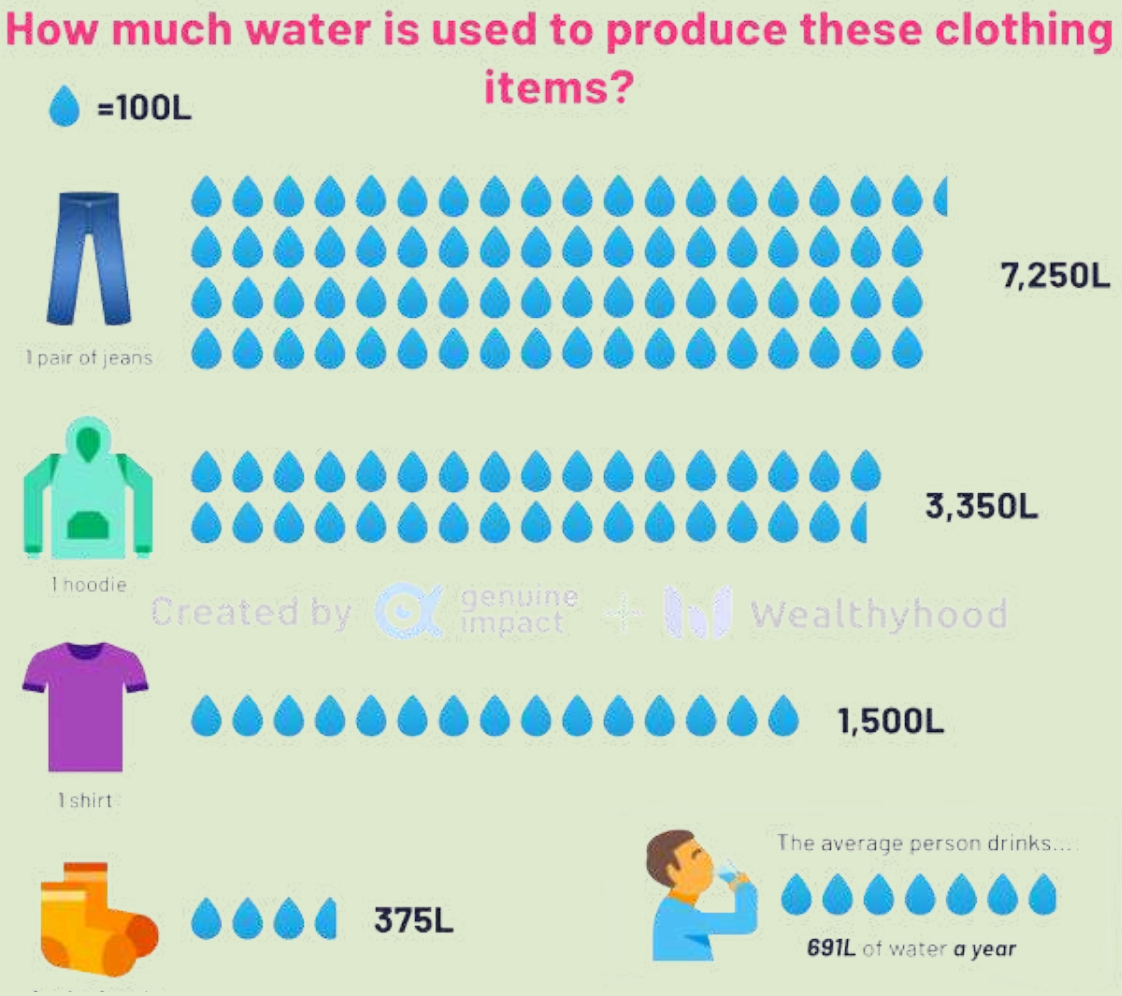
COTTON: As the most-used natural textile and the second most-produced fiber globally in 2020 (24% of total fiber production), cotton requires a staggering 10,000 to 20,000 liters of fresh water per kilogram.

ORGANIC COTTON: generates 98% less water pollution, making it a far more sustainable choice.

CONSEQUENCES:

- In regions like Central Asia, excessive cotton irrigation in non-rain-fed areas has had devastating effects
- The Aral Sea has shrunk to one-tenth of its original size due to water diversion for cotton fields.
- To put this into perspective: producing just one cotton t-shirt takes about 2,500 liters of water, which is enough drinking water to sustain one person for 2.5 years.





To mitigate this issue, several strategies can be adopted:

- Utilizing sustainable materials such as hemp or recycled fibers can reduce water usage.
- Implementing water-efficient technologies in manufacturing can minimize consumption and enhance recycling.
- Promoting sustainable practices like organic farming can further decrease water needs.
- Raising consumer awareness about the impact of their choices can encourage demand for responsible practices.

THRIFTING CULTURE A NEW (OLD) WAY TO SHOP

Why Gen Z Loves It:

UNIQUE STYLE — EVERY PIECE TELLS A STORY

Fashion has always been a reflection of our inner world. The desire to express individuality remains powerful. Reused clothing supports that freedom: each item carries a past, yet becomes uniquely yours. It's not just style — it's storytelling.

AFFORDABLE & SUSTAINABLE

Thrifting or upcycling makes fashion more accessible without compromising on ethics. You can build a distinctive wardrobe without fueling overproduction or spending a fortune — it's a win for your wallet and the planet.

GIVING CLOTHES A SECOND LIFE

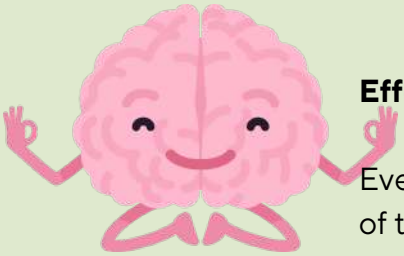
Choosing to reuse extends the lifespan of garments that might otherwise end up in landfills. It reduces textile waste and supports a circular fashion economy — one where creativity replaces disposability.

Thrifting Today

Thrifting is becoming more popular in today's society, especially with the young.
While it is a sustainable way to buy the necessities, it has different sides that should be explored.

Influence of social media

Differently than in the 20th century, people now have unlimited access to the internet. That makes things easier to discover and purchase.
Platforms like Instagram, TikTok and Pinterest are channels for inspiration as well as marketplaces for unique secondhand finds. People showcase their outfits, encouraging others to explore the diverse world upcycled clothing. This digital landscape fosters a community that celebrates creativity and resourcefulness, making thrift shopping not just a trend but a lifestyle.
It has also become a way for young people to explore entrepreneurship, by finding ways to resell the pieces they own but do not use anymore on social media and applications like Vinted.



Effect on mental health

Everything we do, affects us mentally in many ways. Here are some benefits of thrift shopping.

1. Practicing mindfullness. In modern society, we are used to rushing and always staying productive, saving the time. However, in a thrift store, to find anything, you have to slow down. Touch different fabrics and look at unseen things carefully. Think for yourself and decide mindfully.
2. Acting in alignment with the values of sustainability. Not connecting to what truly matters is what makes people rush and use distractions from life more and more. By slowing down and thinking what actually matters, you can start feeling happier. And add to the beauty of reusing.
3. Dopamine. Fast fashion is mass produced and usually lacks the charm. Finding a unique piece feels rewarding and personal, which thrift stores are perfect for.

The Two Sides of Thrifting

Consumption and economy

- However, because of the low prices and simple access, it is easy to fall into the extremes of consumption culture. Second-hand shopping opens up beautiful possibilities for people that genuinely wish to contribute and the ones that survive off it but the tendency of exploiting useful things always comes in as a human factor.
- Because of thrifting becoming trendier, a shift in pricing has raised multiple questions. While the trend has made strides in destigmatizing bargain shopping, wealthier shoppers have begun to frequent second-hand stores, in search of the same items as low-income shoppers, who are the original clientele for those shops.

The Takeaway

Stay mindful.
Trends can change — but values must stay rooted.
Don't replace one cycle of overconsumption with another.
Every individual choice shapes the collective impact.

Fast Fashion & Online Shopping — The Hidden Cost

"Enjoy shopping at the comfort of your house."

How many times have we come across these kinds of sentences? Shopping companies have done a huge marketing job over the years, managing to turn the novelty of online shopping into a common practice in our lives. After all, it is easy and cheap, why bother to go down to buy a dress from a small local shop of some more expensive material?

BEHIND "BUY NOW" BUTTON

- **Impulse Buying:** Platforms like Temu and Shein use marketing tricks to get you to buy quickly without thinking.
- **Psychological Traps:** Flash sales, countdown timers, and fake scarcity pressure people into purchases.
- **Lack of Awareness:** Many shoppers don't consider who made their clothes or how long they'll last.

HUMAN COST

- Many fast fashion items are produced by underpaid workers in unsafe, exploitative conditions, often with no labor rights or protections.
- A split-second decision to buy cheap clothing often translates into 12-hour shifts, low wages, and harsh treatment for someone—possibly even a child—on the other side of the world.
- In Panyu, China, the so-called "Shein Village" hosts over 5,000 factories churning out ultra-fast fashion in grueling, unregulated environments.
- Behind each low-price tag is a high human cost—borne by the most vulnerable.

ENVIRONMENTAL IMPACT

- Over 39,000 tons of used clothes are dumped in Chile's Atacama Desert—now a global symbol of fashion's environmental toll.
- Cotton requires vast amounts of water, worsening water scarcity.
- Synthetic fabrics shed microplastics, polluting oceans.
- About 87% of clothing is landfilled or burned, not recycled.
- Textile waste takes up to 200 years to decompose, contaminating soil and groundwater.
- Burning clothes releases CO_2, fueling climate change.

What to Do with Old Clothes?

1 

Still in Great Condition?

- **Sell:** Use platforms like Vinted, Wallapop, or Facebook Marketplace to give your clothes a second life — and make a little money too!
- **Donate:** Give your pre-loved clothes to thrift stores, charities, or homeless shelters — someone else might love what you no longer wear.
- **Swap Events**: Join or organize a clothing swap! Bring your clothes and exchange them with others — a fun and free way to refresh your wardrobe sustainably.

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Too Damaged to Wear?

- **Create**: Try repairing or upcycling. Turn an old shirt into a tote bag or patch jeans into a cool new look — there are plenty of DIY tutorials available.
- **Recycle:** If you don't have the time or tools, look for textile recycling bins in your area.

How Clothes Get Recycled

- **Mechanical recycling**: Fibers are shredded and spun into new yarn.
- **Chemical recycling**: Fabrics are broken down into base materials and reused.
- **Creative repurposing**: Textiles are transformed into new products, like insulation or cleaning cloths

Tip: *Always check labels or local guidelines before recycling — not all fabrics can be processed the same way.*

10 TAKEAWAYS FOR A SUSTAINABLE LIFESTYLE

- [x] Buy Less, Choose Better
- [x] Give Clothes a Second Life
- [x] Repair Before Replacing
- [x] Try Upcycling
- [x] Recycle Responsibly
- [x] Go for Refurbished Tech
- [x] Use DIY Resources
- [x] Choose Sustainable Materials
- [x] Be a Mindful Shopper
- [x] Extend Product Lifespan

ABOUT US

Central European Trainers' platform is a Lithuanian member of the European CET Platform network. Our goal is to promote personal and professional development of young people, aiming to make them active citizens, building coherent and dynamic European society.
The organisation gathers experienced youth workers, trainers and activists in order to create platform designed to provide flexible support to various types of youth activities, on local, national and European level.

Active Be Cicleta is a Romania association, with the goals of promote sporting, environmental protection and humanitarian aid. The association aims to promote, develop the organisation and practice of road and off-road cycling as a sporting activity intended for the general population as a way of recreation, an ecological way of urban transport and a way of asserting oneself on a sporting level

Bubburriga is an Italian NGO created by youth workers , aimed to empower the local community with new opportunities for youth. A specific focus is making European opportunities and Erasmus Plus programs more known and available for the marginalised youths living in Sardinia island.

Pangea Youth Association is a non-profit organisation from İzmir, Turkey.
The association seeks to advance young people's intercultural learning skills, promote their active involvement in society, and foster their sense of solidarity, understanding, and tolerance. To this end, we organise joint studies, training, and projects with similar organisations at home and abroad to raise awareness and combat marginalisation in society.

Euroopas is an association that act as bridge between Estonia and the EU. which manages educational programs in several European destinations.
The main objective of the association is the promotion of qualified and specific professional profiles, aiming to involve youths from disadvantaged backgrounds. Since its creation, Euroopas and its members have been working to create a non-formal network ofEuropean organisations in the sector,

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