

PRACTICAL. INSPIRING. IMPACTFUL.

# FROM WASTE TO Transformation

SMALL ACTIONS  
BIG CHANGE

PRACTICAL SUSTAINABILITY WORKSHOP



**Learn. Create. Sustain.**  
Turn everyday waste into meaningful ideas for a better tomorrow.



**PRACTICAL LEARNING**

Hands-on activities using everyday waste.



**CREATIVE UPCYCLING**

Discover new uses and spark innovation.



**COMMUNITY IMPACT**

Work together for a cleaner, greener future.



**SUSTAINABLE LIVING**

Simple changes for lasting impact.



ARRIVAL DATE  
8 JULY 2026



DEPARTURE DATE  
LATE 15 JULY 2026  
OR 16 JULY 2026



TIME  
10:00 AM – 1:00 PM



VENUE  
Positive Psychology  
Konya, Türkiye



PROJECT COORDINATOR  
Agah Demirgul

PARTICIPATING COUNTRIES

- Türkiye
- France
- Spain
- Hungary
- Ukraine
- Macedonia

BE PART OF THE CHANGE. Register Today!

## **From Waste to Transformation: Applied**

Sustainability Workshop combines culture, youth, and nature to promote sustainable living through creative and practical learning. The project aims to raise environmental awareness, encourage eco-friendly lifestyles, and inspire innovative thinking in response to climate challenges.

Through hands-on workshops and upcycling activities, participants will transform waste materials into creative products while developing critical thinking, teamwork, and problem-solving skills. The project also supports personal growth, self-awareness, and intercultural collaboration by bringing together young people from different countries and professional backgrounds.

By encouraging creativity, social cooperation, and sustainable action, the project seeks to make sustainability a practical way of life and inspire participants to create positive change in their communities.

### **The main impact of our project, “From Waste to Transformation**

Applied Sustainability Workshop,” is to help participants learn advanced sustainability practices and apply them in both their daily and professional lives, creating a positive environmental impact. As a result of the project activities, an English project booklet and informational videos in the partners’ native languages will be produced and shared through social media, websites, email networks, and stakeholder visits organized by partner institutions.

The project is expected to achieve the following outcomes:

- Promote sustainable lifestyles through practical activities and workshops,
- Encourage the discovery of innovative sustainability practices across different professional fields,
- Increase awareness of the climate crisis and environmental responsibility,
- Teach methods that support sustainable behavior and eco-friendly habits,
- Strengthen respect for diversity and intercultural understanding,
- Explore the psychological barriers behind inaction toward climate change and develop solutions with expert psychologists,
- Improve psychological resilience against climate-related stress and challenges,
- Raise awareness about climate issues at both local and international levels,
- Support the development of foreign language and communication skills,
- Help participants reduce social anxiety and build confidence,
- Provide knowledge about EU projects and Youthpass certification opportunities,
- Strengthen human connections, teamwork, and international cooperation,
- Promote awareness of inclusion, migration, and social solidarity within European values,
- Contribute guidance and new perspectives to institutions and organizations by addressing underexplored aspects of migration and sustainability

## **PARTICIPANT PROFILE**

- Aged between 15 and 55
- Have no restrictions on international travel
- Proficient in English, the common language of the project

- Individuals with limited economic opportunities are encouraged to apply
- Interested in sustainability, youth work, and the project topic
- Have some experience in local or international youth work
- Motivated, proactive, and open-minded individuals willing to actively participate in project activities
- Flexible and adaptable, ready to take on new challenges and intercultural experience



# **Everything You Need To Know About Konya**

Konya is a fascinating city located in central Anatolia, Türkiye (Turkey). Rich in culture and history, Konya has been the capital of many empires and civilisations over the centuries. It is home to many ancient monuments, mosques, and other attractions that make it a must-see destination for anyone visiting





## Project Area

We will conduct our workshop at Komek and also private saloons. For the workshops we usually use Komek to learn techniques on upcycling.





**Accomodation**

Accommodations will be in the shared room separated for men and women.



**Responsibilities for the upcoming participants**

For our projects, we would like each participant to conduct a 5-minute interview with local people about their sustainability habits. The interviews should explore topics such as participants' awareness of upcycling, environmentally friendly behaviors, and the methods they use in their daily lives to reduce waste and support sustainability.

During the interviews, participants may ask questions such as:

- How aware are you of sustainability and environmental issues?
- What does upcycling mean to you?
- Do you practice any upcycling methods in your daily life?
- How do you reduce waste at home or at work?
- What sustainable habits do you regularly follow?
- Have you ever reused or repurposed old items instead of throwing them away?
- What motivates you to adopt sustainable practices?
- What challenges do you face in living more sustainably?

### **What to Bring**

Cultural representations from your country (food, drinks, flags, handmade items, traditional souvenirs, etc.)

Personal care products (toothbrush, shampoo, toothpaste, skincare items, etc.)

Comfortable clothes and shoes suitable for daily activities

Your own laptop or tablet for project-related work and presentations

## Travel Costs Reimbursement

The reimbursement of travel costs will be calculated according to the official Erasmus+ distance bands. The distance between the location of your sending organization and Konya will be measured using the Erasmus+ Distance Calculator.

The reimbursement amount will be determined based on the calculated distance band in line with Erasmus+ funding rules.

You can access the Erasmus+ Distance Calculator here:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

### IMPORTANT!

Please do not forget to keep your boarding passes and all travel documents (bus, train, and flight tickets, etc.) for the reimbursement process.

For more information or if you have any questions about the project, please do not hesitate to contact the coordinator:

**E-mail:** demirgulsuleyman@gmail.com

★ LOOKING FORWARD TO MEETING YOU SOON ★

