

# ARTcycling

Erasmus+ Training Course about upcycling and zero-waste approach

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## WHAT IS ARTCYCLING?

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ARTCYCLING stands for waste management and upcycling through art.

Amounts of waste produced in Europe (481 kg per person) shows that materials are not used efficiently. Waste is seen as unwanted material and its value is underestimated.

The upcycling approach is that you can't throw anything away, because there is no "away". Or like William McDonough & Michael Braungart say in "The UPcycle"; "Human beings don't have a pollution problem; they have a design problem. If humans were to devise products, tools, furniture, homes, factories, and cities more intelligently from the start, they wouldn't even need to think in terms of waste, or contamination, or scarcity." Waste as a resource could be properly managed resulting in green entrepreneurship and creation of jobs; increase of engagement in communities, etc. Upcycling doesn't just offer to reduce our footprint, it is a way to strengthen communities and to boost entrepreneurship. Benefits of upcycling remain not very known and rather a few individuals around the European continent practice zero-waste approach in everyday life.

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## THE TRAINING COURSE

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The ARTcycling Training Course will bring together a total of 32 youth workers and youth leaders from the Netherlands; Germany; Belgium; Greece; Cyprus; Hungary; Romania; Latvia. The main activity, the TC, will be held in The Hague, the Netherlands between 20-28 September 2017. During 7 days participants are going to get a complex insight into upcycling through getting to know the waste-management cycle, meetings with stakeholders, artists, attending craft workshops and practicing zero-waste approach during the whole week. The main objectives of the project are to equip youth leaders and youth workers with knowledge and skills around upcycling, to increase the quality of youth work including creative approaches.

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## ***WHAT ARE THE AIMS OF THE TRAINING COURSE***

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The main aim of this project is to raise awareness about upcycling among youth workers, youth leaders and youth trainers, so that they could become better in supporting their target groups(youth in their home countries).

The training aims to practice zero-waste methods, so that participants can bring it back to their own countries to further promote it among their target groups. During the training we expect youth workers, youth leaders and youth trainers to gain skills and competencies, essential for a trainer, as well as more specific knowledge around the topic of upcycling and how they could use it in youth work in their home countries, promoting environmental-friendly lifestyle.

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## ***SPECIFIC OBJECTIVES***

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# develop key skills and competencies of youth workers, youth trainers and youth leaders in non-formal environmental education;

# to raise awareness on UPcycling and provide the participants with practical knowledge and strengthen their competencies to support their target groups in local communities;

# to help youth workers, leaders and trainers from participating organisations to explore upcycling as a new way to promote environmental friendly lifestyle among youth;

# to build capacity of participating organisations in providing Environmental education with the use of non-formal education;

# to reinforce cooperation between partner organisations and encourage further implementation of joint initiatives;

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## ***NUMBER AND PROFILE OF PARTICIPANTS***

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The Training Course is going to bring together 32 youth workers, youth leaders and youth trainers who are active in youth field and willing to improve their skills and capacity to develop quality activities to promote upcycling and environment friendly lifestyle.

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## *WHAT IS THE CONTENT?*

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To meet the aims and objectives, the training will trigger participants in the following 3 pillars, which are step-by-step incorporated in the program of the training:

1--To provide a clear view on waste, sources of waste, waste cycle and how the system of urban waste-management works, as well as effects of poor waste disposal. Progress will be made towards understanding new ways of waste management and upcycling and getting to know how waste is suitable for upcycling. This will be done through learning by doing. Participants are going to practice zero-waste lifestyle during the training. They will practice upcycling also during workshops themselves and get to know how to use it as a tool to promote sustainable lifestyle and green entrepreneurship. After the training they will be multipliers of the gained knowledge.

2--Improve trainers competencies so that to become better in delivering new knowledge to their target groups. For that we have planned professional development of the participants of the ARTcycle according to the European Training Strategy in the field of youth and will support acquisition of the following competencies: responsiveness to the needs of young people, design of interactive educational activities, ability to create a positive and a supportive learning environment enabling young people to acquire new competencies, ability to facilitate individual and group learning processes, intercultural competence, etc.

3--After the training the participants are going to implement follow-up activities in their own communities. All actions will be made under a coordinated international campaign promoting upcycling and sustainable lifestyle. The project supports partnership building activities and is going to strengthen cooperation between partner organisations, as well as we expect it to result in more projects not only in participating countries, but also internationally. The setting up of the follow-up activities will already be touched upon during the training, so that a stable base can be created.

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## *METHODS*

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The Training course uses the variety of non-formal educational methods. The sessions are planned with usage of interactive sessions, presentations, field trips. Various reflection methods, debates and discussions are used. In addition, evaluation methods such as suggestion box, reflection groups and other are included to measure whether a project was a success. Additionally, role-plays and theater methods are foreseen.

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## **RESULTS AND IMPACT**

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The expected results are that the project will motivate youth leaders and youth workers to promote UPcycling and eco-efficient lifestyle in their communities. They will get inspired to share skills and hold craft workshops for their target groups after the training.

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## **FOOD**

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There will be a cold and warm breakfast, hot meal, dinner and there are two coffee breaks a day. Our organisation promotes a healthy lifestyle, which is why we are going to cook vegetarian. In case you have special preferences or needs, make sure to let us know. Here you may access [recipes which we plan to cook](#). Let us know in case you have any allergies or concerns.

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## **TRAVELING**

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Participants shall book their trip on their own. We would recommend choosing sustainable ways of transportation. In case there are any needs for assistance, let us know.

We expect all groups to travel to the project together with their group leaders. Note, traveling by private transport (taxi, car, etc.) is not going to be covered by the project.

### ARRIVAL:

We expect participants to arrive on the 20<sup>th</sup> of September.

### DEPARTURE:

We expect participants to depart from the venue after breakfast, until 9:30 am on the 28<sup>th</sup> of September. (NOTE, if you want to stay more days in the Netherlands to see the country and to travel, you might do so, but at your own expense. Please, let the organisers know beforehand.)

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## ***COSTS***

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Accommodation and food will be provided by the organisers for the whole duration of the exchange. 100% of travel expenses will be reimbursed up to:

180 EUR for Germany and Belgium

360 EUR for Cyprus and Greece

275 EUR for Romania, Hungary and Latvia

20 EUR for the Netherlands

Please, keep the original itineraries and tickets: you will have to provide them to us in order to get the reimbursement. The reimbursement to the participants will be made after the Training Course (once you provide us all original travel documents).

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## ***CONTACT***

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Should you have any questions or suggestions regarding the project, address them to [youthformobility@gmail.com](mailto:youthformobility@gmail.com)

*Looking forward to meeting you in The Netherlands!*