



Protect Yourself



Collection of improved methods and techniques for support climate action

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Project

In the next 50 years we will be called to live the great challenge of sustainability, of building a greener society and economy. As European citizens, we all have a duty to protect and improve the environment around us because it means living better.

Over the past 30 years, the EU has multiplied its initiatives in favor of the environment by placing green growth at the center of its policy. In the coming years, more jobs will be created in order to meet the demand generated by the current labor market.

Although it has allowed the growth of an increasingly evident and widespread ecological sensitivity, the theme of education for sustainability is still too often associated with initiatives aimed almost exclusively at children and new generations.

From a lifelong learning perspective, education for sustainable development must merge with adults. In fact, there is no clear point of connection for adults, for whom it is not easy to identify possible educational paths. The transition to a circular economy requires an urgent need for new knowledge, skills and approaches, and this was our starting point.

With this project we aimed to create a mechanism that supports adult education and allows adults to develop and expand their personal and professional knowledge and skills in the field of environmental protection and the circular economy.

In this Toolkit you will find a collection of 25 non-formal teaching methods tested by 50 educators involved in the project, to allow adults to be able to identify, analyze and evaluate the actions to be taken in favor of the climate and contribute to the development of critical skills of adults with respect to the environmental issue.



Partner



The Petit Pas Social Promotion Association (Italy) is a structured associative reality, with a large number of associates and volunteers who have embraced the mission by recognizing the importance of having inclusive, peaceful and just societies. Petit Pas aims to provide the local and surrounding community with the right knowledge and skills that will allow them to access the labor market and increase their chances of progress.



The ACTA European Center (Romania) aims to develop people's professional and social skills in order to adapt and integrate effectively in a dynamic society.

ACTA Center is a bridge between training and the job market and our staff have experience in educational activities and are motivated by innovative perspectives and interdisciplinary approaches in education.

We actively collaborate with other organizations at European, national and local level, with various target groups, educational institutions, research centers, universities, private organizations, associations, companies, public authorities.



The association des Graphistes de l'Ombre was created in 2006 in Marseille, France.

It is an open participatory network made up of training, communication and design professionals, which operates in a participatory democracy by consensus according to the principles described in its statutes, statutes and regulations.

Our actions to achieve these goals consist of educational programs on a local or international scale, with children, young people, their parents and teachers, trainers, animators who are responsible for them, adults, elderly people, people with disabilities, people far from work.



ACD LA HOYA, was born in 1982 in Elche, Spain, during the third year of the municipality's first democratic legislature. The associative activity has also grown in tandem with the social and political situation of the moment. This association was born out of the population's need to have a social space for meeting and free time for young people. Over time, however, the business has expanded to all age groups.



We are an experienced NGO from Hungary dealing with education management and adult education. We have several projects dealing with distance education, e-learning and competence development. One of our main aim is to give opportunities for young adults to implement their job ideas and other notions. The main function of the KreaTeam Association is to focus on the opportunities for young people and adults (NEETs) to provide services that promote the expansion of the knowledge of them in the fields of community building, skills development, dealing with the impact of EU integration.



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NEWS FALSE OR TRUE?

Purpose

The purpose of this activity is to provide adults with the right knowledge to ensure that they are able to realize how many fake news are circulating on the web and how it would be right to behave in front of any news before sharing it again.

Step by step

The trainer will divide the participants into homogeneous groups, possibly mixed.

2. The trainer, after dividing the groups, will give them a list with 4 mixed news, false and true.

3. Through the web, groups must seek detailed information on the subject, understanding precisely which news is true and which is false.

4. The groups will choose a news to talk about, what are the sources they consulted, from what they understood that this news could be false or true.

Time

2H approx

Materials

PC - Tablet - Mobile
phone

Target group

10-50 Adults



NEWS FALSE OR TRUE?



Feedback

The activity was much appreciated, all the participants agreed and recognized the importance of the development of critical thinking, even more so in this topic, which affects the whole population.

And for this a list of six tips has been created for those who are faced with any news:

- Use fact-checking;
- Read all before to share;
- Check similar information, try to find the original website;
- Don't trust everything;
- Report when we read something false and talk about it with those who have shared this news.
- Try to get our target group to develop critical and analytical thinking

QUESTIONS AND IDEAS FOR EVALUATION

- 1) Why are there so many fake news on this issue?
- 2) Which sites did you consult to get information?
- 3) What is your general behavior in the face of the news? What do you do before sharing it with someone else?



NEWS FALSE OR TRUE?

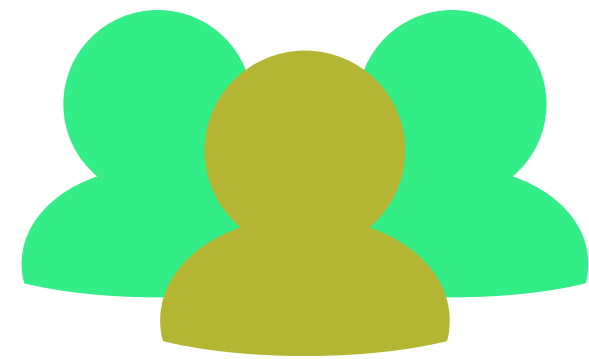
Photos



CLIMATE LITERACY

Purpose

After this activity the participants will be able to better recognize the impact of any human activity on the environment.



Time

60/90 min

Materials

Paper sheets, markers and pens

Target group

10-20 Adults

Step by step

This activity will consist of two exercises.

During the first exercise, the participants will be presented with a short text describing a day in someone's life.

After being presented with this text, the participants must then identify the actions that have a negative impact on the environment, and then provide eco-friendly alternatives.

The second activity will require teamwork.

The participants will be split in 2 groups.

Each group will have to come up with a project idea and describe it with the use of a large sheet of paper.

The participants can use this sheet of paper to design a poster, summarize a plan they have in mind, anything that will help others visualize the idea they have.

In order to better understand what is asked of them, the participants will receive the following structure to follow:

- WHAT is the issue
- WHO is responsible for it
- HOW and WHY is it happening
- WHAT can we do to change this
- HOW do we do it



CLIMATE LITERACY

Exercise n 1

Jonathan woke up late and so he decides to take a cab, because where he works is not very far away.

Before entering the building, he goes and buys cellophane wrapped sandwich and a bottle of water. He then goes to work, takes the elevator up to the 4th floor where his office is, turns on the ancient computer their company still uses and clocks in.

After work, he goes to do some shopping and he picks out some fruits and vegetables which are individually wrapped, some pre-packed instant meals and a couple of plastic bags to carry everything he bought.

After he gets home, he turns on all the lights and starts filling the bathtub with hot water. He lets the T.V. play in the background and gets in the tub.

After the bath, Jonathan starts thinking about diner, so he opens the fridge and to his surprise, notices a bunch of fruits that have gone bad and some milk that has expired.

He decides to order something and 45 minutes later it arrives!

A nice hot meal in a takeout box, a container of sauce on the side, all delivered in a plastic bag with the restaurants logo on it, and look, they even included some paper napkins and plastic fork and knife set, how nice of them and before going to bed, Jonathan throws away all the food he didn't eat and the plastic containers along with it.

Exercise n 2

Imagine the following: The European Union is willing to fund a program related to saving the environment.

In order to receive these funds, you need to come up with a plan, something that you want to do. You don't have to be alone in this endeavor, and as such you can choose to partner up with any firm or company you think could help you.



CLIMATE LITERACY



Feedback

The activity allowed the participants to reflect on their habits, in fact by reading the first story, where it was necessary to change the protagonist's attitudes, more than someone was able to identify with the same.

The second exercise, on the other hand, stimulated the imagination of those present, one of the groups created an application, for example, to allow the development of local trade, consequently reducing the use of plastic packaging for what concerns food.

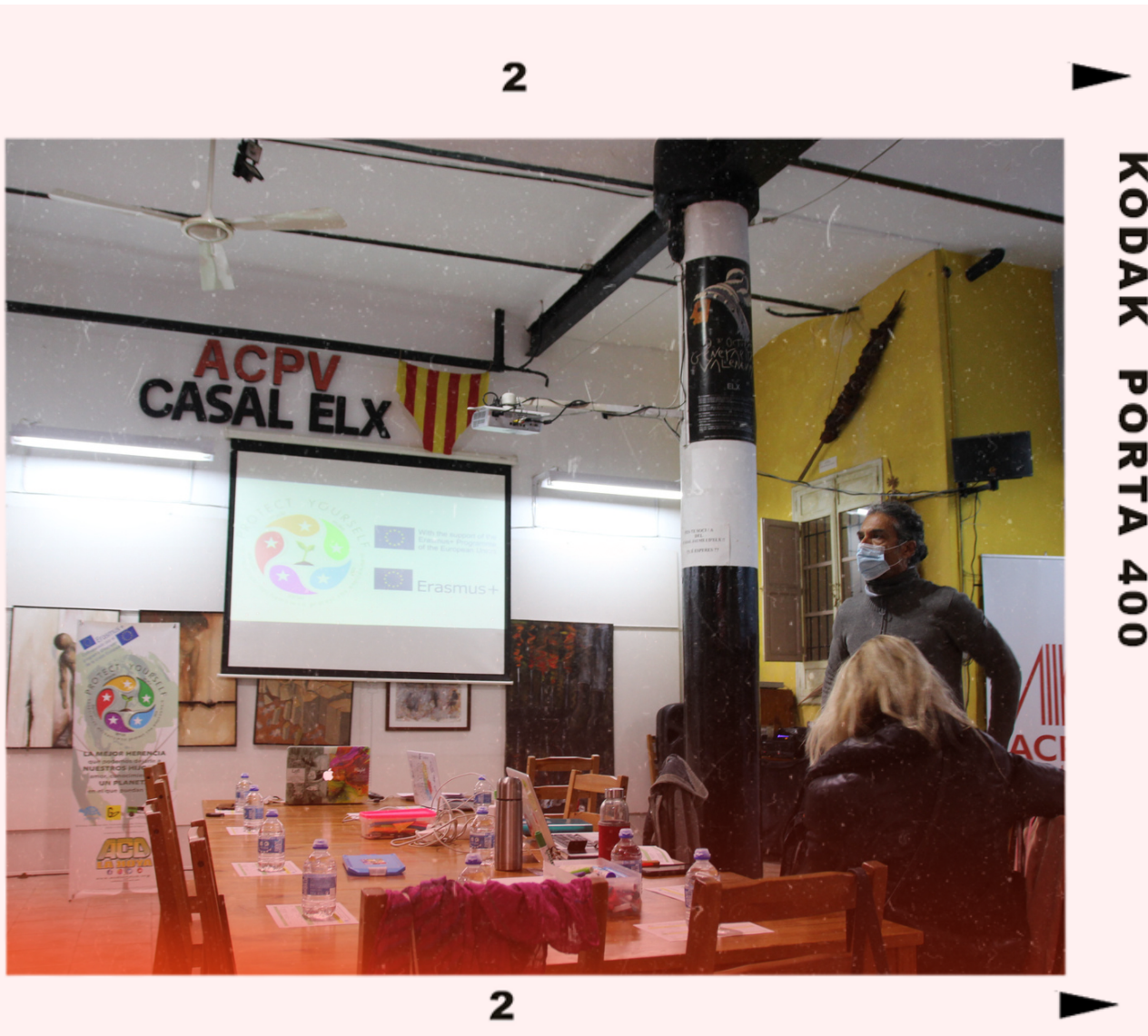
QUESTIONS AND IDEAS FOR EVALUATION

- What is meant by media literacy?
- How did this activity seem to you?
- Do you see yourself in Jonhatan's day or not?

😊	_____
😊	_____
😐	_____

CLIMATE LITERACY

Photos



CLIMATE CHANGE PROTECTION

Purpose

Share, debate and look at the reality of the climate situation in our community and area.



Time

2H

Target group

Adults- Young

Materials

PC-Question

Step by step

- Presentation of the aims,
- The workshop participants assess the climate change related issues, identify needs and then evaluate appropriate responses,
- Provide question and space to share the opinions,
- Small debate in groups,
- Present the results of the debate to the group.



CLIMATE CHANGE PROTECTION



Feedback

All participants interacted actively during this presentation, highlighting the climate problems in each country present, what are the strengths and what are the projects thanks to which action is being taken to protect the environment.

QUESTIONS AND IDEAS FOR EVALUATION

- What are the common problems encountered in European countries regarding the environment?
- What is the EU doing to help states?
- What do states do to solve environmental problems?
- What are citizens doing to make the world a more liveable place, especially for those who will come?



CLIMATE CHANGE PROTECTION

Photos



LE LOUBATAS

Purpose

Make participants aware on how to save energy and preserve the environment through housing.

Step by step

The game already exists and will first be played altogether, after a short explanation of the rules. Then participants will be asked to gather in small teams and to find further questions and answers. This will be shared in a speaking circle, and a debate will occur to talk about the various possible uses and implementations of the game.

Time

1H / 2H

Target group

12 Adults- Young

Materials

Provided : Board game

To provide : table chairs
whiteboard pencils, sheets of
paper, internet connexion.

A projector if you want us to
visually show the context and
previous steps of conception of
this game.



LE LOUBATAS



Feedback

QUESTIONS AND IDEAS FOR EVALUATION

The result of this test was that each participant had a fairly different understanding of the exercise, which probably needs to be much more specified

To conclude the project, the option of having French mobility in the Loubatas guesthouse was mentioned.

Application example:

"How much toilet paper does a French citizen consume in a year?"

2 kg / 4 kg / 6 kg - the answer was 6

Comment: costs 90 € / year / person

Some alternatives:

- Small shower head

- Recycled toilet paper. Only 2% so in the United States

Toilet paper uses 27,000 trees a day.

140l are used to make a roll.

- What is the purpose of this game?
- Do you think this game is useful to sensitize people to our issue?
- What did you like the most? And what less?



LE LOUBATAS

Photos



FIGHT AGAINST FOOD WASTE

Purpose

An awareness seminar where participants will have the opportunity to express their opinions and points of view and to exchange experiences.

They will also have the opportunity to plan together and think together.

Step by step

- acquaintance, introduction,
- introduction of the given topic,
- introduction to the problem to be examined,
- establishing a common position,
- collecting solution suggestions, good examples,
- future opportunities, useful advice.

Time

4 H

Target group

Young volunteers

Materials

- Pre-developed task descriptions
- Internet articles on the subject
- Domestic and international topic proposals
- Descriptions of situational tasks



FIGHT AGAINST FOOD WASTE



Feedback

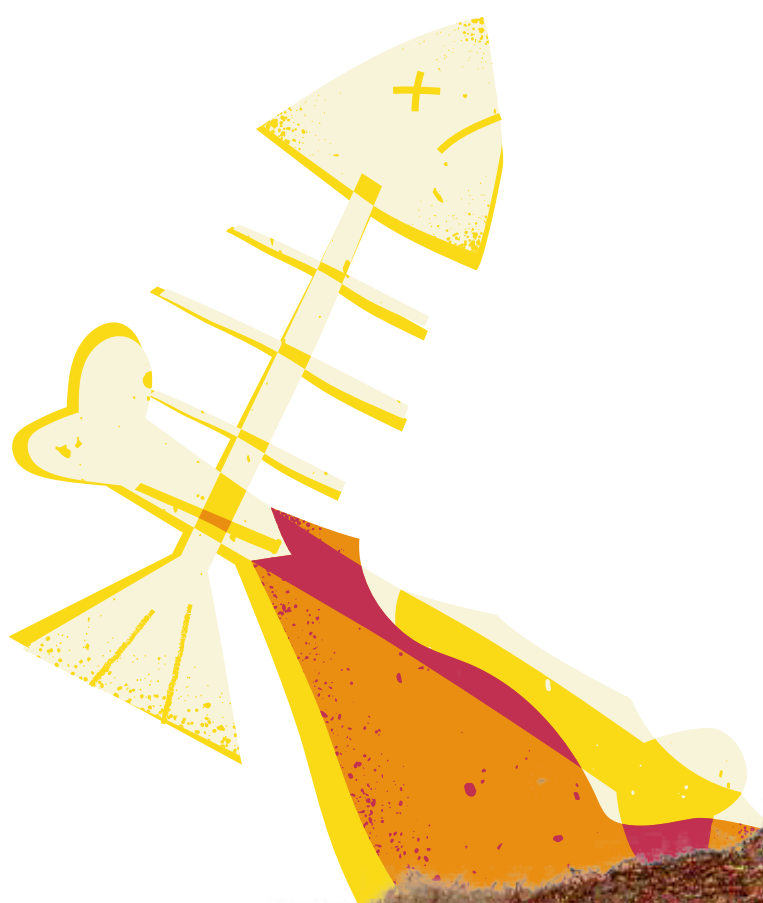
This workshop was carried out by a target group of adults, who therefore find themselves having to educate their children in the proper use of food.

A mission that has been going on for decades and that needs to be completed if we want to safeguard the planet.

The feedbacks were extremely positive, the participants understood the importance of not wasting food and of transmitting this notion to their children or in any case to the youngest and in fact it was decided to continue organizing this type of events to raise awareness more and more every citizen.

QUESTIONS AND IDEAS FOR EVALUATION

- What is the purpose of the workshop?
- How can we make all citizens aware of this issue?
- What activities can we carry out for this?



FIGHT AGAINST FOOD WASTE

Photos



GREEN SKILLS FOR THE FUTURE

Purpose

Comprehensive workshop on the integration of skills in the thematic areas of environment, social studies, politics, democracy, well-being and science.

Promote awareness on the importance of green skills for the future.

Step by step

The workshop is structured and followed with a PPT presentation.

Section 1: benefits to act for the climate. Climate action in EU.

- The facilitator will briefly present the climate action in EU
- The participants will be asked to go through the “Sustainability Goals EU” and decide which of them are related to environmental issues. They will select the item in a Mentimeter presentation. By looking at the results a discussion will start among participants.
- Change in economy towards a circular economy

Section 2: Green skills and green jobs.

- Initial knowledge and ideas on the topic will be gathered through a Mentimeter cloud.
- Definitions on green skills, skills shortage and green jobs will be introduced.
- Video from International Labour Market: Boosting Skills for Green Jobs.

Section 3: From conventional to conventional green jobs

- Green careers. Exploration of the interactive graphics from the GEO-6 Youth document.
- Practical activity: creating a green profile.

Participants will be divided into couples, matched by the same profession. Within the scope of the job assigned, for instance “artist”, each couple will have to create a worker’s profile. Participants will have decided which are the contributions and activity the workers does for climate actions and what are the green skills he or she has. Then, each couple will present to the group how has turned the assigned job into a green job. The group will be open to provide feedback and dialogue on the presentations.

Time

1.30h

Materials

Power Point presentation
Mentimeter presentation

Target group

Adult educators



GREEN SKILLS FOR THE FUTURE



Feedback

In this workshop it was shown how all works can go green.

Participants were amazed by the fact that all the works can be turned green and the process required to make it happen.

Consequently, everyone has reflected on the fact that there is no need to create who knows what job to have a new green job, you just need to update yourself and continue to do your job but being careful to go in a sustainable direction.

All participants actively interacted during this activity, which they found very interesting. For many it was the first time they heard about green skills, linked to the most common jobs. Many were unaware of the possibility, for example, of a lawyer to make their work sustainable. And this process is possible for any job.

QUESTIONS AND IDEAS FOR EVALUATION

- How do you think in general that a job can become a green job? Show us an example
- What did this activity leave you?
- How do you think for example a lawyer can be a green lawyer?



GREEN SKILLS FOR THE FUTURE

Photos



CONSCIOUS CHOISES

Purpose

The purpose of these activities is to understand the impact of food wastage, as well as some ways through which we can reduce the issue.

We will also discuss the pros and cons of using a gasoline-powered vehicle and present other means of transportation that are less harmful for the environment. In the end, participants will be able to make conscious choices, that are better for the planet and for themselves.

Step by step

Participants will be organized in groups of about 5 (the number of groups will depend on the number of participants) and given the following task:

“We will have a brainstorming exercise now. Try to think of as many ideas as you can to reduce food wastage.

What can You do to minimize the amount of food that you throw away?

Think of other ideas too, to minimize other kind of waste too, such as packaging.

You will have 10 minutes for this exercise, try to think of as many ideas, as possible and write them down.

An example would be: when I have some bananas that are about to go bad, I make some banana bread, and I use the banana peel as fertilizer.”

Time

1 H

Target group

Adults, young people divided in small groups

Materials

Sheet of papers, pens/pencils, factsheet with topics, flowchart for evaluating contrarian claims

CONSCIOUS CHOISES

Step by step

For the next activity the groups already formed will receive the following indication:

“Create a poster or an advertisement, which will contain all your reasonings why people should drop the car keys and use other forms of transportations once a week.

Convince the people using any creative method you would like (slogans, images, drawings, lists of benefits).”

The participants can choose to use paper sheets and markers or to use their computer and any kind of program that is to their liking (PowerPoint, Paint etc.) if they would like to be more eco-friendly and not waste paper.



Feedback

This activity has been very profitable, the two have worked very well, thinking of ideas to reduce waste in any form.

For example, one of the two groups has invented an application, which can promote local products at km0 through the game, to avoid transport costs for the goods, to avoid plastic packaging and the reward received by the users of this app, are discounts on local products.

QUESTIONS AND IDEAS FOR EVALUATION

- How did you feel during this activity?
- Do you think you can help protect the environment? Such as?
- Do you feel you are protecting the environment with your attitudes?

CONSCIOUS CHOISES

Photos



CONSEQUENCES OF CLIMATE CHANGE

Purpose

A simulation game about the possible consequences of climate change and its unequal effects on the population.

Step by step

Workshop participants are divided into small groups.

There are four model groups which should have a maximum of 6 persons per group.

Depending on the number of workshop participants, some of the model groups can be repeated.

These are "coastal", "tropical", "northern" and "continental".

Each group is assigned a name and given a sheet with instructions, explaining its peculiar characteristics (the conditions of the area).

characteristics (the conditions of the area where they live).

Time

2 H

Target group

Adults educators, Youth workers and trainers.

Materials

Red and Green cards and fake money papers.

CONSEQUENCES OF CLIMATE CHANGE

Step by step

It is also stated that the objective of each group is to survive (to cope with the possible consequences of climate change).

Decisions must be made by consensus.

Resources are unequally distributed among the countries, and their starting situation is different.

Each group receives a certain amount of banknotes (called "Climoles"): the mainlanders 5000, the tropical 500, the coastal 1000 and the northerners 10000.

Ten cards are placed in the centre of the room, one side of which is the same and the other 4 are red and 6 are green (these colours indicate what kind of cards to take: they are used as dice, shuffling them before each roll and giving you a choice).

Two other types of cards are also placed in the centre of the room: the red "disaster" cards (describing the damage caused by climate change) and the green "income" cards (indicating the benefits obtained according to the type of investment made by each group).

Each turn, the group whose turn it is to roll must decide by consensus whether it wants to invest its money according to a sustainable or unsustainable option.

They can also choose to invest in fair trade, so that the proceeds also benefit the poorest groups.

The sustainable option results in a lower contribution to climate change, but also generates less economic benefits than the unsustainable option (and vice versa).

When 10000 culones (between all groups) are invested in unsustainable options, a red card is added.

CONSEQUENCES OF CLIMATE CHANGE



Feedback

QUESTIONS AND IDEAS FOR EVALUATION

All participants in this activity agreed that it is important to work on the involvement of people and authorities in the different effects and consequences of climate change in our areas.

Within the comments of the groups in the evaluation we had some remarks, such as:

The importance of being aware of the inequalities in the world and being able to help each other.

Lobbying local authorities to prevent possible climatic changes such as DANA, earthquakes, floods, etc.

Within the groups, many of them bet (in a virtual way) to work on fair trade and consequences caused by meteorological or company disasters (spills).

All participants were active throughout the activity, motivating each other and creating a climate of dialogue and work on the consequences of climate change in their environment.

After the activity an informal discussion group was created, where everyone could contribute their ideas, their experiences and different actions to be taken at local level, also how the municipalities are working to prevent the consequences of climate change.

An enriching activity for all participants.

- How did you feel during this activity?
- Do you feel you are protecting the environment with your attitudes?
- Do you think we can live or at least reach a 100% sustainable world?



CONSEQUENCES OF CLIMATE CHANGE

Photos



INNER ECOLOGY

Purpose

Make participants aware on how an ecological awareness starts from inside.

Time

1 H

Target group

Adults, young people

Materials

Ideally a gym, but it can be practiced anywhere in the way we prepared it, including on chairs in a meeting room

Step by step

Create a circle where all the participants will be positioned, who will follow the instructions of the instructor.

<https://youtu.be/ET2ITLx3giE>



INNER ECOLOGY



Feedback

The feedback received after this activity has been extremely positive. All participants actively participated and for many of them it is the first time they interact with such an activity. In addition to the activity itself, which was much appreciated, the discussion that arose afterwards provided all the participants with various ideas to reflect on, one above all was "To do something for the environment, I need to be at peace and relaxed with myself, because everything starts from how we are inside, without inner peace, we cannot think of acting favorably towards our planet".

QUESTIONS AND IDEAS FOR EVALUATION

- What are their purposes?
- Do you think there is a connection between how we feel and the impact we can have on the environment?
- How did this activity seem to you?



INNER ECOLOGY



OPPORTUNITIES AND PROSPECTS FOR GREEN ENERGY

Purpose

Information sessions about green energy. As we become more and more aware of our impact on the environment, the importance of transitioning from conventional energy resources to renewable sources is becoming clearer to consumers.

Green energy is a solution to greater sustainability in our power grid, but the term is met with confusion by some, and commonly used to refer to renewables by others.

Step by step

- acquaintance, introduction
- introduction of the given topic
- introduction to the national and international situation
- collecting solution suggestions, good examples
- useful advice

Time

2x 3h

Target group

Volunteers, decision makers, project leaders, adults

Materials

- pre-developed task descriptions
- Internet articles on the subject
- video presentations about the main technologies about green energy
- national and international collection of good examples
- power point presentations on green energy methods

OPPORTUNITIES AND PROSPECTS FOR GREEN ENERGY



Feedback

This workshop was carried out by a target group of young people who are looking to start new businesses.

It was proposed to them in this workshop to create activities that can respect the environment, without the need to overturn their project, adapting it only to a world that is going more in a sustainable direction.

The guys were surprised to see how any job, any business can be made sustainable.

The feedback has therefore been very positive, with the promise from these young entrepreneurs that they would be committed to making their projects green and with the desire to continue to transmit this information locally and not continuing to organize events of this kind.

QUESTIONS AND IDEAS FOR EVALUATION

- Do you think every business can be sustainable?
- What did you like most about this activity? And what less?
- How did you feel after this activity?



OPPORTUNITIES AND PROSPECTS FOR GREEN ENERGY

Photos



CRITICAL THINKING AND CLIMATE CHANGE

understand arguments

Purpose

Have a common understanding of how to improve critical thinking and analytical abilities.

Time

2H

Target group

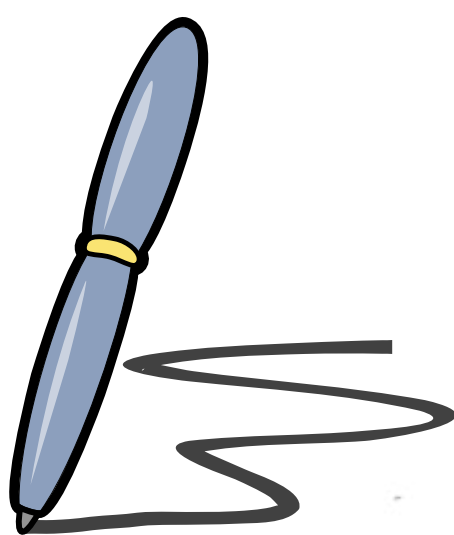
Adults, young people
divided in small groups

Materials

Sheet of papers,
pens/pencils, factsheet with
topics, flowchart for
evaluating contrarian
claims

Step by step

- Divide participants in small groups (2-3 people suggested number),
- Chose a topic and identify its arguments,
- Evaluate the topic using the flowchart method,
- Present your results to the group and compare with the other participants.



CRITICAL THINKING AND CLIMATE CHANGE

understand arguments



Feedback

This workshop was carried out with a target group of young people not very familiar with the topic.

It was really nice to understand how thanks to the presentation of the topic, all of them have committed themselves to start developing their own ideas about it.

The final debate, in fact, was very positive, with all the participants who were thus able to express their opinion and above all listen and adopt the opinion of others.



QUESTIONS AND IDEAS FOR EVALUATION

- How important do you think it is to develop critical thinking?
- What did you like most about this activity? And what less?
- How did you feel after this activity?



CRITICAL THINKING AND CLIMATE CHANGE- understand arguments

Photos



PLASTIC POLLUTION

Purpose

An innovative perspective, starting from the idea that if we learn to take care and be empathetic towards those around us and towards ourselves, we will show the same care for the environment.

Step by step

- Get to know the participants,
- Share the agenda and set expectations,
- Build trust with an icebreaker ,
- Facilitate, activate, and engage all 15 people
- Ask for feedback

Time

2 h

Target group

Youth over 16 and adults

Materials

The necessary workshop materials are provided and prepared in time. plastic materials, papers, pens/pencils, factsheet with topics, flipchart for evaluating the solutions



PLASTIC POLLUTION



Feedback

At the end of the workshop the participants said they understood how the negative effects of food waste and different techniques or ideas that can be incorporated into our daily life to minimize the negative impact as well as learning:

- What is food loss,
- What is food waste,
- The negative impact of wasted food on the environment,
- The huge amount of resources needed to produce food,
- When and where food waste or loss occurs,
- What can we do to minimize food waste.

QUESTIONS AND IDEAS FOR EVALUATION

- What activities produce greenhouse gases?
- What is food waste?
- What resources are spent on producing food?
- How can you reduce food waste?



PLASTIC POLLUTION

Photos



WHY DOES CLIMATE CHANGE HAPPEN?

Purpose

Exploration of participants' knowledge and explanation of the concepts of the greenhouse effect and climate change.



Step by step

The concepts of the greenhouse effect and climate change are explained by asking the participants questions and using a drawing on a mural with the sun, the earth and a living being.

First, each participant is asked to think of three things that come to mind when thinking about climate change and write them down on a piece of paper.

They have one minute to think about it.

At the end of the minute, everyone says what they have thought of.

Their answers are written down in a visible place (on a blackboard if there is one, or on a piece of paper hung on the corkboard).

Based on these answers, and by asking the participants questions to reflect on the origin of the greenhouse effect and climate change, the educator will explain these concepts.

Each process is explained slowly, in a very simple and visual way.

The mural is used for this purpose.

Time

2h

Target group

Adults educators, Youth workers and trainers.

Materials

Big papers, markers and A4 papers.

WHY DOES CLIMATE CHANGE HAPPEN?



Feedback

The reaction of the participants after the activity was very positive.

They all found it a very enriching experience, where they were able to learn and work on the concepts of

the greenhouse effect and climate change.

Opinions of the participants:

- I have been able to analyse the energy consumption that I produce in my daily life and how to improve it.
- The activity was very interesting and I really enjoyed exchanging opinions with other people.
- Being able to think about 3 aspects of climate change has made me rethink my way of seeing things and being able to talk to other people with the same concerns has given me ideas on how to improve.
- Very interesting and enriching.
- It is very important to work on climate change and its consequences from adolescence.

The workshop has allowed us to work on some environmental problems and to come up with possible

solutions, such as:

Waste in the communities : more waste separation containers.

Floods: Cleaning of flood zones.

Electricity prices: Solar panels

Raising awareness about climate change: workshops or actions with children in schools.

This workshop has also allowed us to explain our local experiences in the prevention of air pollution and

climate change to associations and individuals.



WHY DOES CLIMATE CHANGE HAPPEN?

QUESTIONS AND IDEAS FOR EVALUATION

- What do you think about when you feel the "greenhouse effect"?
- How do you feel when it comes to climate change?
- Did this activity help you understand these two terms better?

Photos



GENTLE YOGA

Purpose

Make participants aware on how an ecological awareness starts from inside (step2).



Step by step

Preliminary theoretical part introducing body awareness.

Time

Half an hour to 2 hours

Target group

As well youth over 12 and adults

Materials

One yoga mat / Participant /
Space



GENTLE YOGA



Feedback

The feedback received after this activity has been extremely positive.

All participants actively participated and for many of them it is the first time they interact with such an activity.

In addition to the activity itself, which was much appreciated, the discussion that arose afterwards provided all the participants with various ideas to reflect on, one above all was "To do something for the environment, I need to be at peace and relaxed with myself, because everything starts from how we are inside, without inner peace, we cannot think of acting favorably towards our planet".

QUESTIONS AND IDEAS FOR EVALUATION

- How did you feel during this activity?
- Do you think there is a connection between us and the environment?
- Have you ever experienced this practice before?



GENTLE YOGA

Photos



INTRODUCING AND USEFULNESS OF ALTERNATIVE MODES OF TRANSPORTATION

Purpose

Brainstorming workshops on alternative transportation.

Alternative transportation is an alternative form of commuting other than single occupancy vehicle travel.

Despite the single occupancy vehicle mode having the factor of convenience, alternative modes of transportation provide reduced commuting costs, less wasted time, reduced stress, improved health, reduced energy consumption, and parking perks.

Time

6H

Target group

Adults, young people

Materials

- pre-developed task descriptions,
- Internet articles on the subject,
- workshop materials (paper, pen, glue, post-it...),
- national and international collection of good examples,
- power point presentations on alternative transportation.



INTRODUCING AND USEFULNESS OF ALTERNATIVE MODES OF TRASPORTATION

Step by step

- acquaintance, introduction,
- introduction of the given topic,
- introduction to the national and international situation,
- collecting solution suggestions, good examples,
- useful advice.



Feedback

This activity was organized locally in Eger, Hungary, within an adult training center, in the presence of 8 NGOs.

A very interesting conversation emerged that saw all present, most of them focused on finding ways to reduce pollution from transport.

QUESTIONS AND IDEAS FOR EVALUATION

- What are their purposes?
- What would you do to reduce transport pollution?
- How often do you use private transportation and how often public ones?



INTRODUCING AND USEFULNESS OF ALTERNATIVE MODES OF TRASPORTATION

Photos



LIGHT IN BOX

Purpose

What is upcycling and the difference with recycling.

Step by step

Much importance for the realization of this lamp will be the choice of the lamp base, which will determine how many cassettes we will need.

To assemble the boxes we will use the electrician's cable ties and to give more stability to the structure, we will use hot glue.

We will pass the clamp inside the holes of the audio cassettes horizontally, without tightening it very much.

Before joining them definitively, apply the hot glue to the side of the two cassettes and let it dry, if necessary tighten the clamp at this point.

To join our blocks of audio cassettes we will use the same technique, but this time using the holes placed vertically.

After we have built the walls of the lamp, we are going to fix the base for the light bulb on the base of our future lamp.

After assembling these parts, our lamp will be ready and our audio cassettes will have found a new life.

Time

3h

Target group

Adult, trainers and youth worker.

Materials

- Cassette tapes,
- A base to insert the lamp,
- Electrician cable ties,
- A lamp holder,
- A light bulb,
- One wire with switch,
- Hot glue gun.



LIGHT IN BOX



Feedback

The feedback received after this activity has been extremely positive. All participants actively participated. We believe that the practical activities that lead to a tangible final result are very useful, compared to all other activities, because they leave you something visible.



QUESTIONS AND IDEAS FOR EVALUATION

- What are their purposes?
- Do you consider an activity of this kind effective?
- How did this activity seem to you?



LIGHT IN BOX

Photos



DIALOGUE WITH TALKING TREES

Purpose

An innovative perspective, starting from the idea that one may ~talk with trees~, we have wanted that younger people go out more on trips to nature, read, learn and, why not, ~talk to trees~ in order to protect more the environment.

Time

2/3 H

Target group

Adults, young people

Materials

Smart Phone or Tablets, in order to read the QR codes which are placed next to the trees from the forest (If you want to ensure the repeatability of this workshop you have to come to the Felix Spa Resort near Oradea, because the forest is mapped, or you have to recreate another simile.).



DIALOGUE WITH TALKING TREES

Step by step

Get to know the participants through a game called: Spider Web, to introduce yourself. We use a fir cone, which we throw from one to another. The one who catches it introduces himself by saying his name, his hobbies, likes and dislikes.

Share the agenda and set expectations:

- Each participant must have a Smart phone connected to the internet, which will help to scan the QR codes located along the 3 km of the educational route.
- There are 10 stations on the route.
- Each station has an indicator with 3 QR codes. Once scanned reveals information about the forest, the creatures (you can even hear the sounds of birds), about the fruit trees, but also about the direction of the route.
- All this information is available in 3 languages: Romanian, Hungarian and English.
- The trees urge you to touch their tree bark, to hug them and even challenge you to movement, for example: to jump like a red frog, which lives in the forest and can jump between 1.5 and 2 meters.
- To maintain a clean environment, wooden rubbish bins are placed from place to place (there are separate containers for the selective collection of waste). The City Hall is in charge of raising them, in the area where the forest is located.



DIALOGUE WITH TALKING TREES



Feedback

The feedback received after this activity has been extremely positive.

All participants actively participated and for many of them it is the first time they interact with such an activity.

It was very nice for the kids to interact with the technology on the environment and rediscover many natural places present just a stone's throw from their rooms where they spend most of their time.

The attendees were so happy with the information. They did not realize they had covered 3 km in 2 and a half hours.

Young people said they couldn't discover so many secrets about the environment in any nature walk. They were the lucky ones, who had also encountered deer during their short journey.

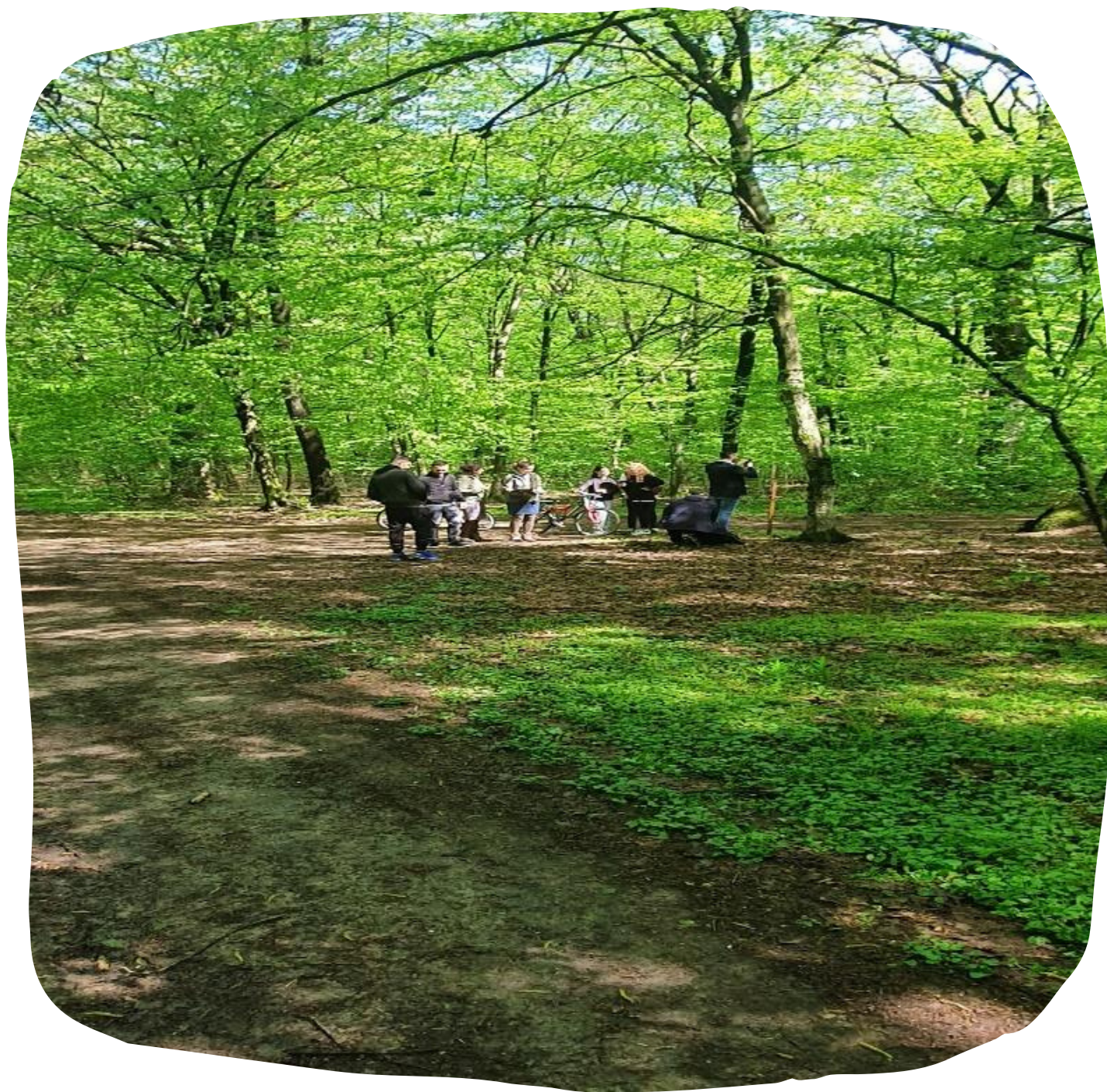
QUESTIONS AND IDEAS FOR EVALUATION

- How did you feel during this activity?
- What do you think of the cooperation between the environment and the digital?
- How would you invite your friend / acquaintance to carry out this type of activity?



DIALOGUE WITH TALKING TREES

Photos



NO POWER IN THE CITY

Purpose

This dynamic simulation, which is based on the hypothesis of a city that runs out of energy supply, will analyse the current high dependence on energy to maintain the way of life.

To this end, four groups will be established, each of which will have to take on the role of a "crisis commission" and come up with ideas that will make it possible to maintain the functioning of the basic aspects of the city.

Time

2H

Target group

Adults educators, Youth workers and young people.

Materials

Different situations and behaviours pre-designated for each group in A4 papers.



NO POWER IN THE CITY

Step by step

Once the activity has been introduced, a simulated scenario is set up to support the activity: a catastrophe has cut off all energy supplies to a city and there is no date for their restoration. On the other hand, the energy reserves have already run out because the situation has been dragging on for a few days.

The City Council has issued a proclamation explaining the situation and encouraging citizens to participate in the crisis commissions that have been formed to help resolve this serious social, economic and ecological problem.

After reading the bando the participants are divided into four groups to form the four crisis commissions.

- Food, conservation and distribution of food and materials,
- Water supply and waste collection,
- Heating, lighting, cooking and cooling energy,
- Means of transport and communication.

These commissions will have to make a diagnosis of the situation and propose alternative measures to solve the problems that are being generated.

Each group can begin their work by making a list of the repercussions of the lack of energy in their sector.

After 15 minutes, each group is given the diagnostic sheet so that they can assess the seriousness of the situation.

Once this task has been completed, the commissions meet as a large group to share the information on each each card. In order, each commission tells its situation and emergency proposals. The The rest of the commissions must assess whether the proposals are viable.

Once all the groups have presented their proposals and all the emergency measures have been seen, a round of interventions is opened to reflect on:

- How much energy is needed and how much is spent unnecessarily,
- Energy dependency and priorities, in case of a reduced amount of energy available. reduced amount.



NO POWER IN THE CITY



Feedback

The feedback received after this activity has been extremely positive.

All participants actively participated and for many of them it is the first time they interact with such an activity.

In addition to the activity itself, which was much appreciated, the discussion that arose later provided all the participants with various ideas to reflect on.

The group was divided into 3 groups, each with a specific task such as "taking care of the food supply in a disastrous situation such as the absence of electricity".

Each group therefore had to find consequences and solutions to this.

The debate that arose at the end of the presentations of the plans of each group was very profound, leading us to the conclusion that most likely without electricity for more than 1/2 months, we could not survive.

QUESTIONS AND IDEAS FOR EVALUATION

- What are their purposes?
- Did this seem like a useful activity?
- What difficulties did you encounter during the activity?

NO POWER IN THE CITY

Photos



ANIMATED WASTES

Purpose

Make participants aware of the problem of plastic wastes, showing through some serious and creative games what the different types of plastic are, where they come from and what they become, especially if they are thrown into the sea.

Step by step

Showing some examples:

Part 1

some plastic wastes (different categories),
table of plastic categories.

Part 2

bags of cleaned small plastic wastes,
glue gun,
paper to design a character and write its story.

Part 3

iPad or smartphone with a stop motion software.

Time

Up to 2 hours (possibly splitted
in several parts)

Target group

Adults, young people

Materials

- Some plastic wastes,
- Table of plastic categories,
- Bags of cleaned small plastic wastes,
- Glue gun,
- Paper,
- Iphone/Tablet/PC.



ANIMATED WASTES



Feedback

Like all practical activities with tangible results, this too has achieved its purpose, that is to raise awareness of the attention to be used in waste recycling.

Most of them in fact, even if we don't know or believe them, can be reused to do anything and it was nice and satisfying to see how the participants got involved during this workshop and created useful objects.

QUESTIONS AND IDEAS FOR EVALUATION

- What are their purposes?
- Did this seem like a useful activity?
- How did you feel after this activity?



ANIMATED WASTES

Photos



BASIC INFORMATION ABOUT WATER REUSE

Purpose

Information sessions about water recycling.

Man-made water recycling, also known as water reclamation or water reuse, centers on using treated wastewater.

Recycling wastewater can extend water supplies, improve water quality, reduce discharge and disposal costs of wastewater, and save energy.

Time

4 X 2 hours

Target group

Project and group leaders, young adults

Materials

- pre-developed task descriptions,
- Internet articles on the subject,
- models of homemade water reuse, technologies,
- national and international collection of good examples,
- power point presentations on water recycling.

Step by step

- acquaintance, introduction,
- introduction of the given topic,
- introduction to the national and international situation,
- collecting solution suggestions, good examples,
- useful advice, practical tips.



BASIC INFORMATION ABOUT WATER REUSE



Feedback

This workshop was carried out with a group of young people.

An attempt was made to sensitize young people to the vital importance of water in our life and in the life of our planet.

All participants actively participated and after a debate where each participant provided their own idea about it, examples were presented on how to safeguard this source.

QUESTIONS AND IDEAS FOR EVALUATION

- How do you try not to waste water?
- What did you learn during this activity?
- What was your opinion before this workshop regarding the use of water? Has your idea changed?



BASIC INFORMATION ABOUT WATER REUSE

Photos



ENERGY FOR MY IDEAL CITY

Purpose

Participants will draw up the "energy plan" for the Ideal City, to exploit renewable energy, cut waste, reduce the use of fossil energy and reduce emissions.

And finally reflect on the application of these concepts: from biomass to wind energy, from solar thermal to photovoltaics.

The ultimate goal of the activity will be to think, plan and present "the ideal city."

Time

4h

Target group

Adults educator, Youth workers and trainers.

Materials

Laptop and video projector, paper, cardboard and recycled materials.

Step by step

The trainer will divide the participants into homogeneous groups, possibly mixed.

This workshop is divided into two parts:

1. Look for a city that needs a change in trend, a city that currently represents waste and consumption.

Then it will aim to familiarize the participants with:

- the different forms of energy (mechanical, thermal, electrical, etc.),
- the possible transformations of energy (from mechanical to electrical, from thermal to mechanical, etc.)
- the use of renewable sources (solar, wind, hydroelectric) in relation to potential of the territory,
- Arouse a critical approach to the environment and energy,
- Know the resources of the area, help reduce waste and emissions.



ENERGY FOR MY IDEAL CITY

Step by step

2. After becoming aware of the environmental situation on which it is urgent to intervene, the participants are made responsible by appointing them as designers of their city.

The ultimate goal of the activity is to think, plan and present "the ideal city."



Feedback

The activity was greatly appreciated by the participants who were able to put themselves in the shoes of those who have to make decisions to change the fate of a city and consequently a small part of our planet as well.

3 groups were formed, 2 national groups (Romania and Hungary), the third group, on the other hand, analyzed what were the problems of two citizens, of two different nations (Spain-Madrid / France-Marseille). It was very interesting to hear the projects and "rescue" plans of each of the 3 groups, who have really committed themselves to this activity.

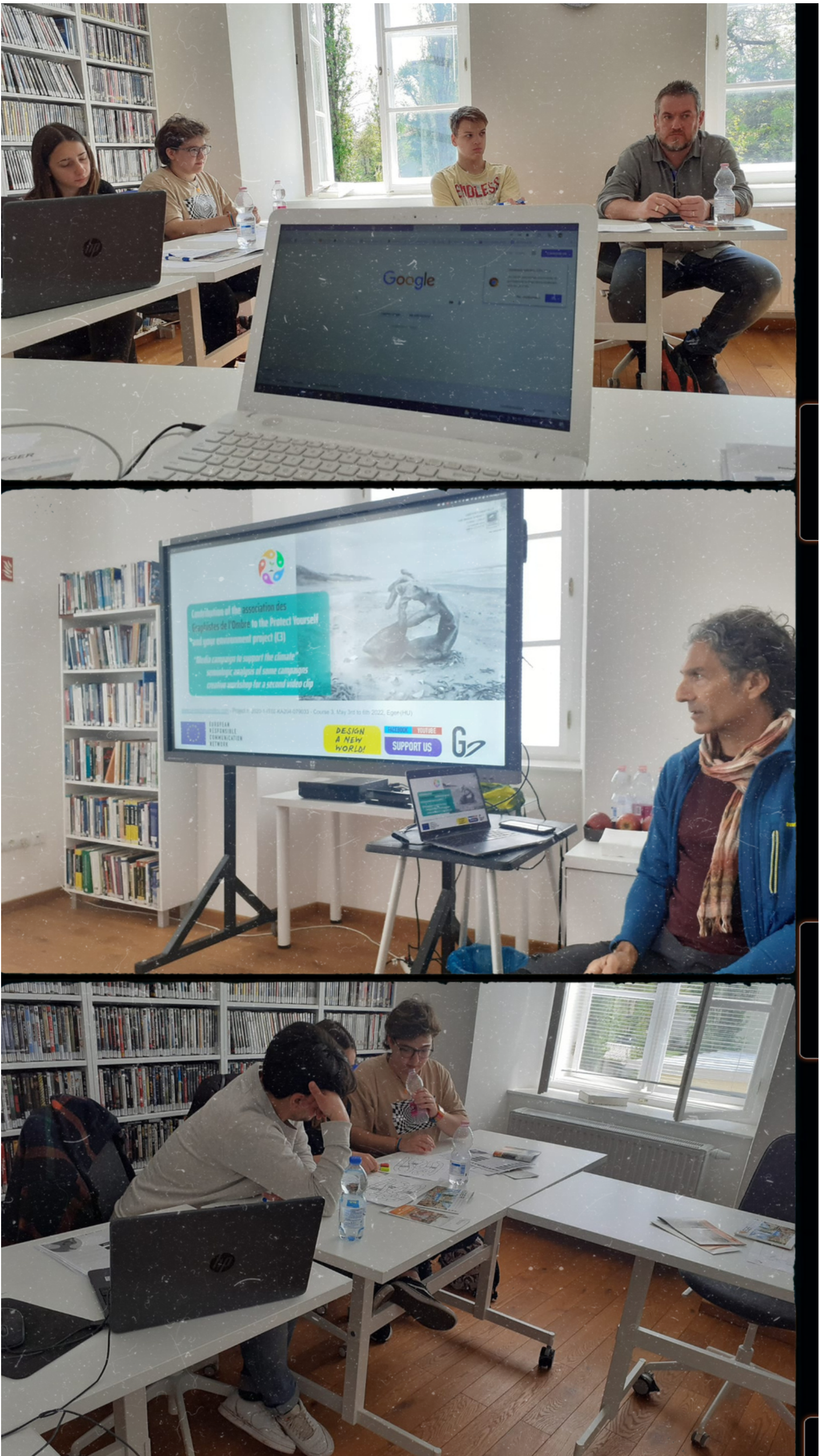
QUESTIONS AND IDEAS FOR EVALUATION

- What do you think a city must necessarily have in order to think about becoming sustainable?
- What did you learn during this activity?
- Do you think teamwork is better or worse in this type of activity?
- What were the difficulties encountered in this activity? And what are the strengths that you have discovered you have?



ENERGY FOR MY IDEAL CITY

Photos



PLANTING TREES

Purpose

Create wooded acres in one day.

Step by step

Share the agenda and set expectations:

- Once on site, all participants are trained by forestry personnel both on the protection of the work (so as not to get injured), and on how a tree is planted. Furthermore, it will be necessary to be equipped with everything necessary (plants, shovels, gloves) to start the reforestation action.
- The seedlings must be prepared in advance and brought to the reforestation site, as well as the necessary tools.
- Participants arrive properly equipped and, after training, start planting.

Time

5/6 H

Target group

Adults, young people

Materials

Seedlings for planting;
Shovels.

- The action lasts 5–6 hours. In addition to the satisfaction of planting some trees, participants have the opportunity to label a planted tree with their own name, thus having the opportunity to see it grow, to return to nature and create a connection with it.

PLANTING TREES



Feedback

From March 22 to April 22 in Romania, this activity takes place in Oradea, involving all the non-profit organizations of the city.

This activity concerns the planting of trees with the names of the citizens who carry it out to raise awareness on the issue of climate change.

It is a very popular and important activity for the whole community of Oradea and in fact about 500 people participate a year.

In addition to the satisfaction of planting some trees, the volunteers had the opportunity to label a planted tree with their own name, thus having the opportunity to see it grow and return to nature.

The participants were so content with the idea that they had spent a day in nature.

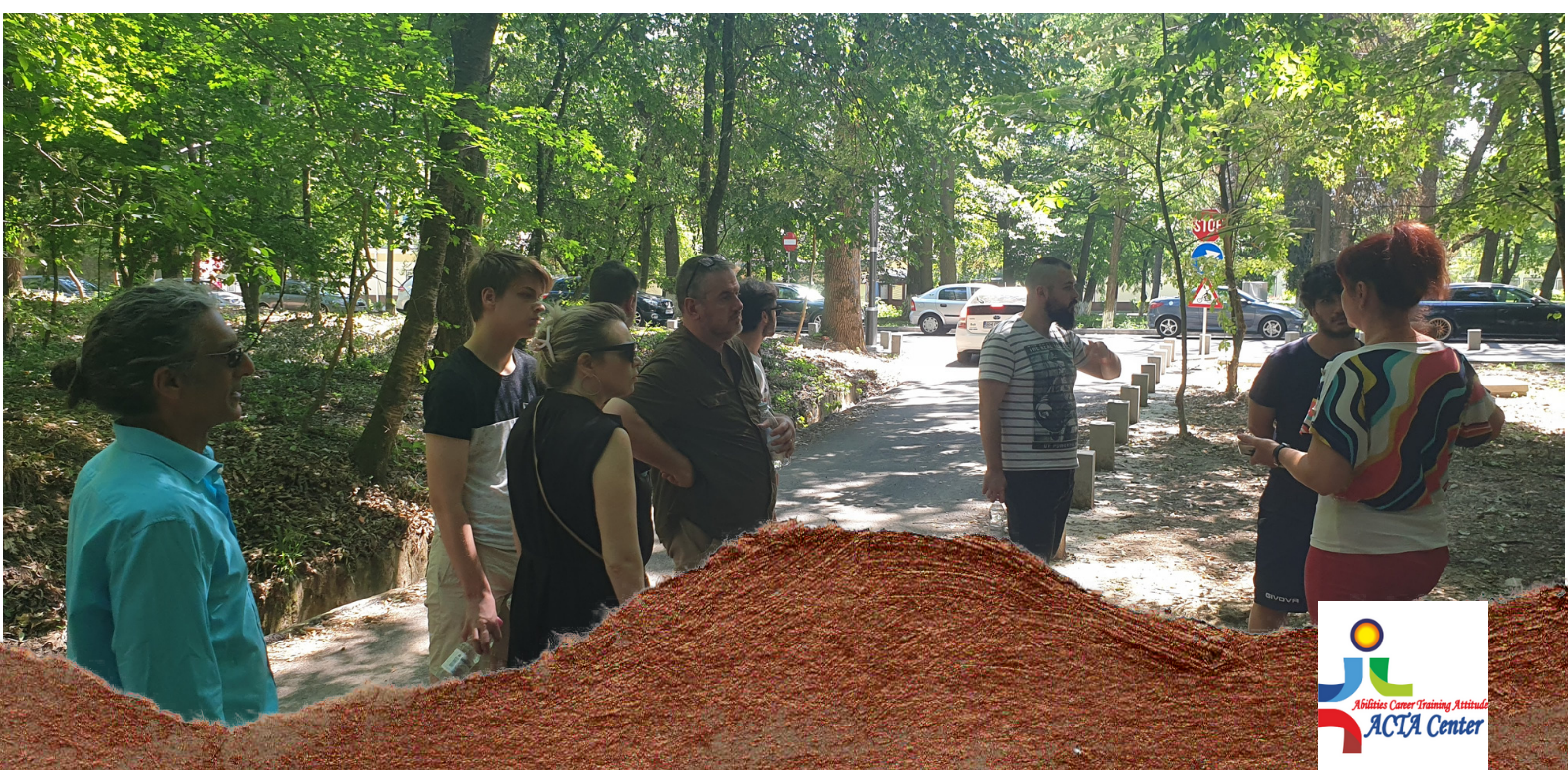
QUESTIONS AND IDEAS FOR EVALUATION

- Do you know any other activities of this type? Describe them
- Do you think this practice can work around Europe to raise awareness among citizens on environmental issues?
- How did this activity seem to you?



PLANTING TREES

Photos



CLIMATE CHANGE

Purpose

Since the appearance of the human being, the planet Earth has been able to regenerate and take charge of the impacts on it, maintaining its balance as a global ecosystem. However, in the last two hundred years, with the industrial revolution, the increase in population and the irresponsible use of resources, a global change is taking place, characterized by serious alterations and environmental problems that break the balance: overexploitation of the oceans, loss of soil, loss of biological diversity, deforestation, water pollution and, among others, global warming, which is leading to climate change.

Time

2.30H

Target group

Adults, young people

Materials

Pens.

Coloured pencils or markers;
computer with Internet connection;
newspapers and magazines; scissors
and glue;
cardboard; paper.

CLIMATE CHANGE

Step by step

Explain climate change through the creation of a comic.

To do this, participants will have to represent what climate change is, its causes and consequences.

The comic will be made on a billboard and will be displayed to the group once finished.

The group will be organized in pairs, who will conduct research on climate change and then represent it on the cartoon in the form of a comic.

Eventually, each couple will show and explain the cartoon they made.

Once all are shown, there will be a brief reflection on the subject.



CLIMATE CHANGE



Feedback

After the activity we had a reflection with the participants in order to know their opinion and to be able to improve.

All the participants agreed that the activity encouraged their creativity and made them think about climate change in an unusual way.

OPINIONS

"The workshop was a lot of fun, because with my partner we worked on different aspects of climate change that we had never thought about before, and we also worked on creativity. It made me think about how to explain climate change in a creative and visual way, something very difficult, personally.

Thanks to this workshop I have been able to improve my creative skills and to be able to work with a partner.

The group work was a lot of fun, because together we were able to communicate what we wanted.

We all represented what climate change is, its causes and consequences, and we also had time to discuss.

After the activity with all the participants, we had a time of reflection and exchange of experiences, which was very enjoyable for the participants, as it allowed them to see how climate change is present in everyone in daily life and how small actions can improve it."



CLIMATE CHANGE

QUESTIONS AND IDEAS FOR EVALUATION

- What is your idea about climate change?
- How did this activity seem to you?
- Do you think this workshop is useful for raising awareness of the problem of climate change?

Photos



MY BEST CAMPAING

Purpose

Participative media workshop
producing personal testimonies related
to how to act for the climate change.

Step by step

Participants, after having learned through
watching some videos of campaigns aimed at
underlining the importance of preserving the
environment, will create a clip with their
campaign.

Time

2H

Target group

Adults, young people

Materials

Part 1 : computer and video projector in
order to show some examples of
communication fighting climate change,
Part 2 : smartphone, microphone, tripod.



MY BEST CAMPAIGN



Feedback

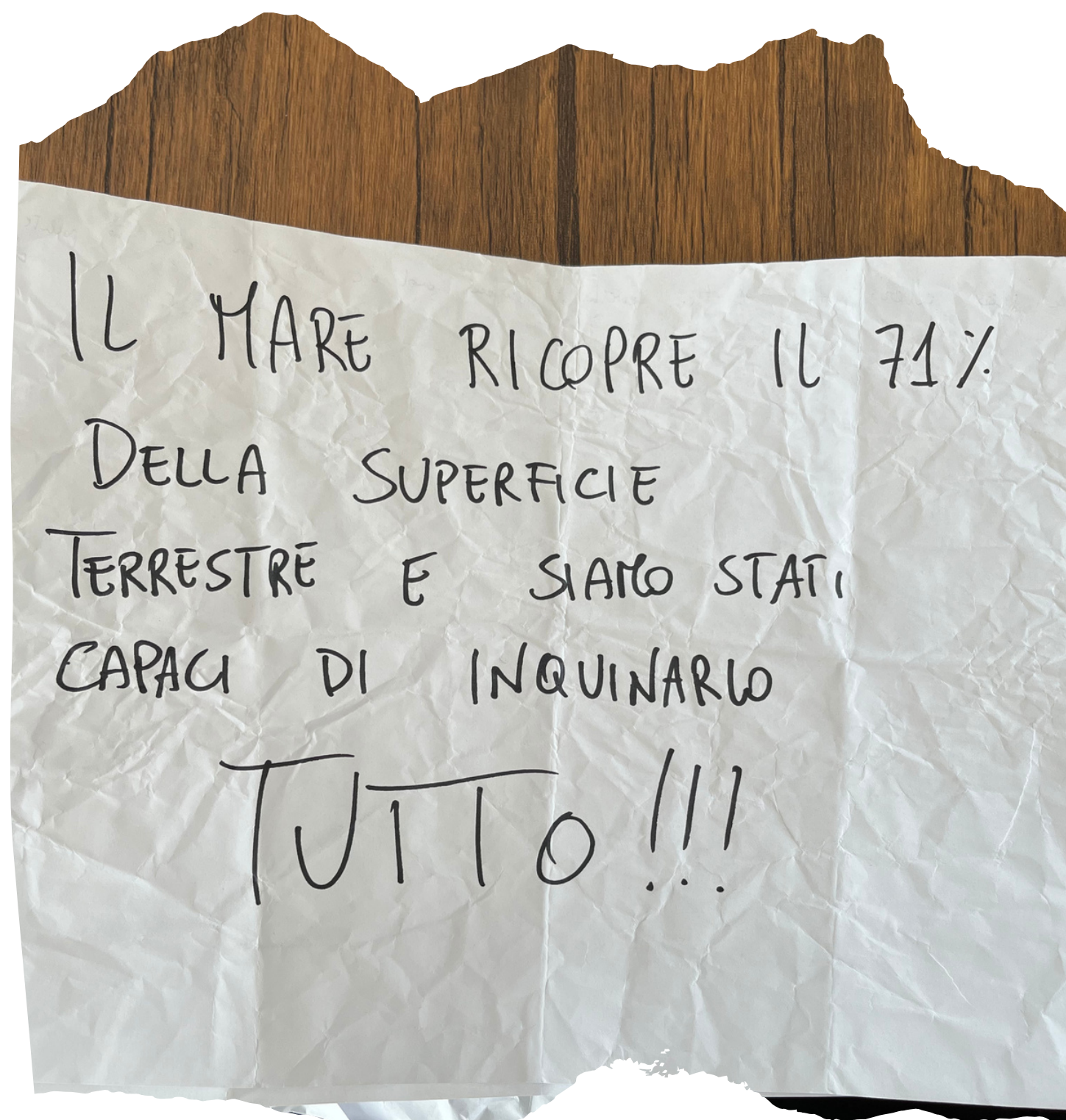
Below is the statement of a participant in this activity: "It was very nice to take part in this workshop, because we both had to think of an innovative slogan, we had to make it our own and we had to shoot a video where we promoted our slogan looking for to pass on our worried thoughts about our planet to others".

Examples:

- The earth is 71% covered with water and we were able to pollute it all!
- We don't have a planet B!
- I can do it, I have to do it better than my father,
- My race is dying out.

QUESTIONS AND IDEAS FOR EVALUATION

- Was it difficult to think of your slogan?
- Do you think someone watching your video can raise awareness on the subject?



MY BEST CAMPAING

Photos

I CAN DO IT,
I MUST DO IT
BETTER THAN MY DAD
MY RACE IS ENDIN



SHAPING ATTITUDES TOWARDS SELECTIVE WASTE COLLECTION

Purpose

Awareness-raising and information sessions, where participants can learn about selective waste collection through good examples and collaborations. They may also wonder why waste should be treated in this way.

Step by step

- acquaintance, introduction,
- introduction of the given topic,
- introduction to the national and international situation,
- own ideas and further steps toward selective waste collection,
- collecting solution suggestions, good examples,
- future opportunities, useful advice.

Time

4 X 1,5 hours

Target group

Adults, young people

Materials

- pre-developed task descriptions,
- Internet articles on the subject,
- national and international collection of good examples,
- power point presentations on selective waste collection.



SHAPING ATTITUDES TOWARDS SELECTIVE WASTE COLLECTION



Feedback

This activity was very useful in presenting all the benefits of carrying out a quality separate collection.

The best thing that could be done was to inform the children who participated in this activity so that they can consequently bring this new knowledge home and with older relatives who always seem little interested in this good practice which instead can give a lot for a more sustainable planet.

The discussion that emerged was very lively and useful and allowed all the participants to enrich themselves.

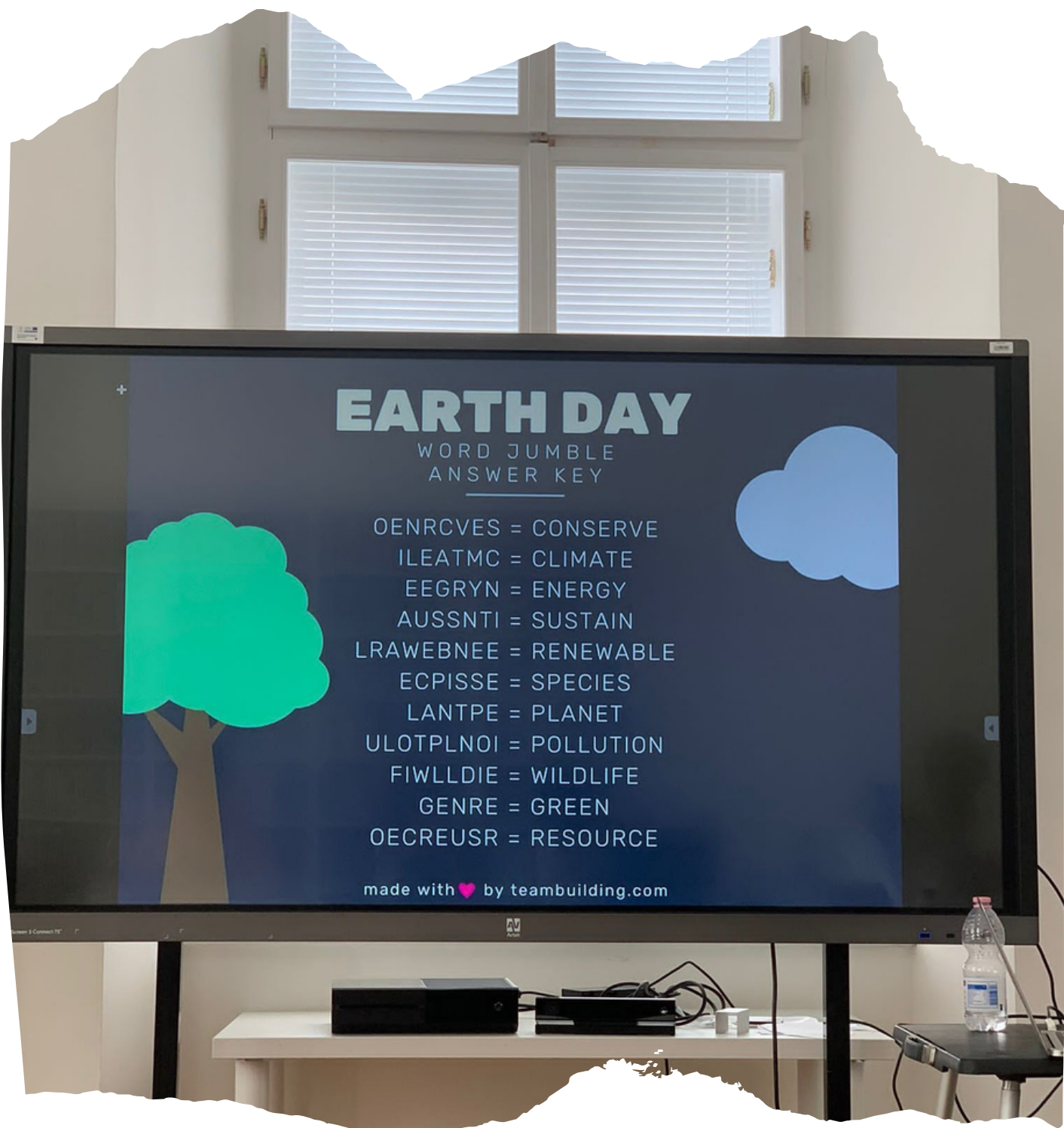
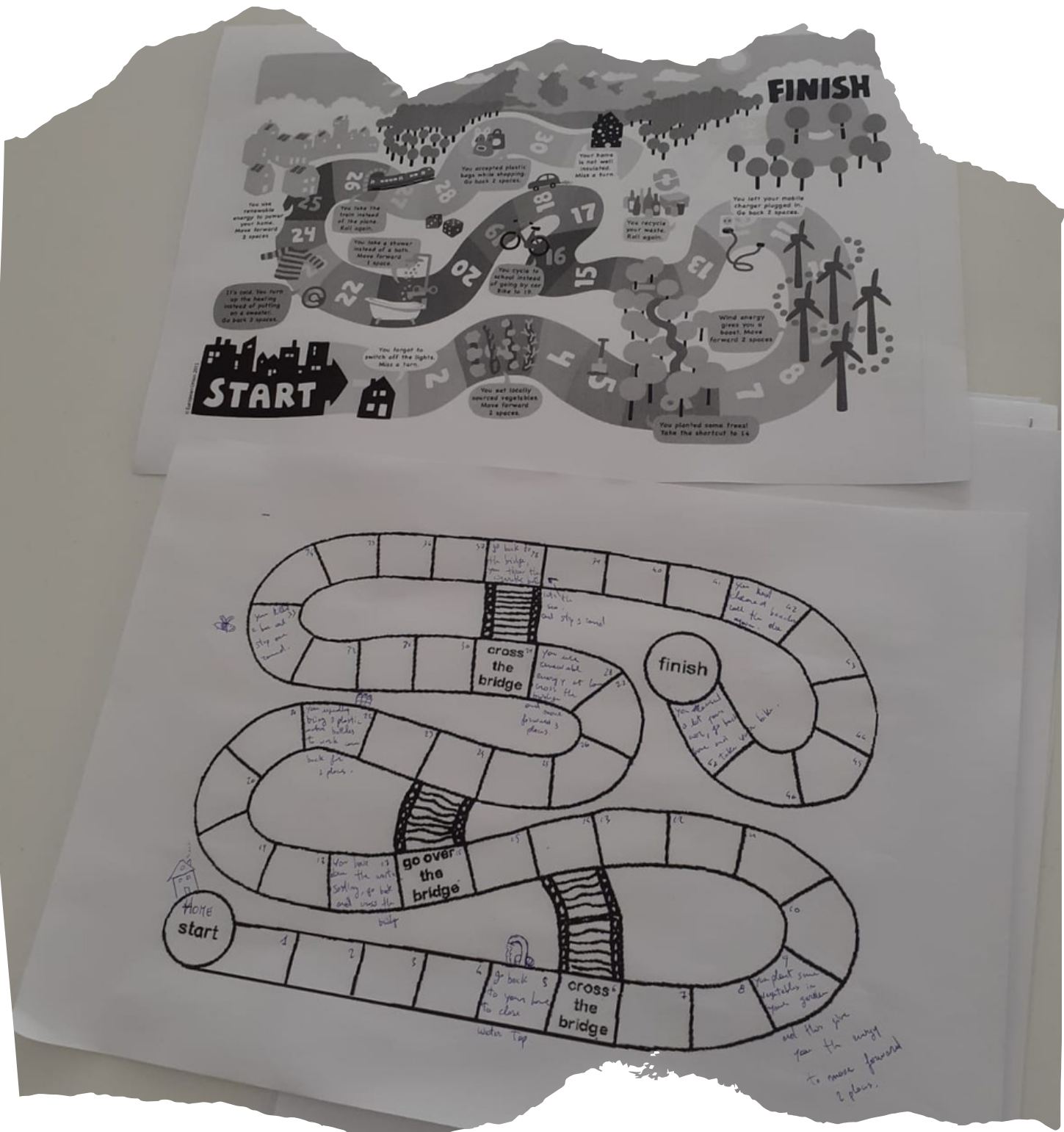
QUESTIONS AND IDEAS FOR EVALUATION

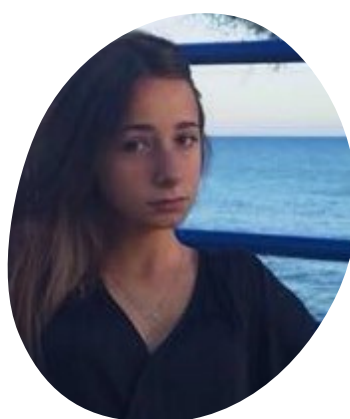
- Do you practice separate collection at home?
- Have you ever tried to explain to those who do not practice the importance of separate collection?



SHAPING ATTITUDES TOWARDS SELECTIVE WASTE COLLECTION

Photos





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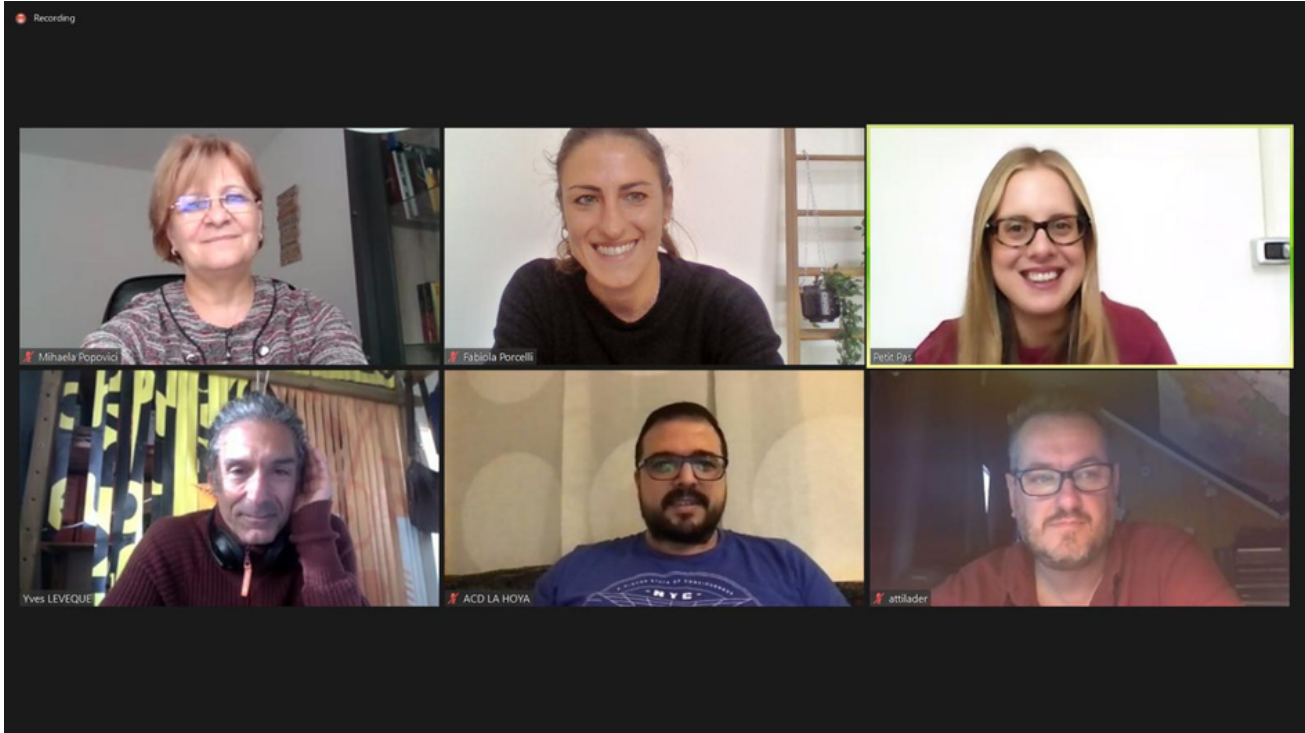
<https://www.facebook.com/groups/protectyourselfandtheenvironment>



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