



UR PLANET training programm

eine Initiative von: Greenclusive Project



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Y4UW
AUSTRIA

Welcome

This is a handbook that we have created in an interdisciplinary way with the Greenclusive project team. Its aim is to implement a series of workshops for young people between 14 and 17 years old to encourage them to learn more about concrete actions to fight climate change. .

Before we start, we would like to introduce you to the project. Greenclusive is an eco-empowerment project for young people and teenagers. Through trainings, events and visits, it is expected to generate a process of empowerment and engagement of young people with their ecological environment.

The project is implemented in a transversal way in a local, regional and European context, thus developing local activities and international meetings, both among young people and with politicians from the European Parliament..

The three phases of the project - learn, act, share - run in parallel in 6 European countries, connecting young people from different cultures who are committed to the fight against climate change.

In this handbook you will find proposals for concrete actions to propose to young people. Firstly, a workshop on recycling, reuse and waste reduction, in which they will learn to read the information found on packaging and to make a proper separation of materials; a second workshop on responsible consumption and good practices as consumers proposes a reflection on the things we buy and how they affect the environment; finally, a workshop on eco-entrepreneurship and innovation gives some creative ideas to understand entrepreneurship and contribution from everyday and simple ideas that can have an entrepreneurial potential.

Finally, a workshop on identifying the ecological needs of the environment can help to implement a work camp in which young people reflect on the needs found, propose and discuss constructive ideas to address these needs and then create a strategy, with concrete activities that contribute, fully or partially, to the solution of the problems present in their environment.

GREENCLUSIVE

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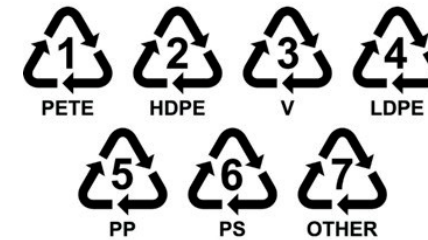
Workshop 1:

Recycle, Reuse and Reduce!



Training

1. Learn about the different plastics and how they should be separated.



01 PET Polyethylene Terephthalate

-Products: Beverage bottles, packaging, polyester fibres, etc.

Contain acetaldehyde and antimony trioxide which are released into the liquid stored in them over time.

At higher temperatures as well as exposure to sunlight, the amount of toxins that can get into the food increases, which is why it should not be heated.

Hormonally active substances can get into the liquid from PET bottles, which is why they should be avoided.

02 HDPE High Density Polyethylene

Products: Plastic bottles, packaging, kitchenware, etc..

May contain chemicals with oestrogenic effects.

03 PVC Polyvinyl chloride; Avoid!

Products Hard PVC: window profiles, drainage pipes etc.

Products Soft PVC: Floor coverings, children's toys, hoses, artificial leather, swimming tyres, seals, etc.

Only plasticisers make PVC supple and pliable. The plasticisers (phthalates) contained in soft PVC are extremely hazardous to health. They are considered harmful to reproduction and can cause infertility and cancer..

04 LDPE Low Density Polyethylene

Products: Freshness bags, films, packaging, plastic tubes, etc.

05 PP Polypropylen

Products: Plastic bags, food packaging, margarine cans etc.

06 PS Polystyrene; Avoid! Products: Styrofoam, yoghurt pots, trays in e.g. packaged sprouts, insulation of electric cables, etc.

If styrofoam or polystyrene foam is heated, styrene can be released, which is suspected of causing cancer.

07 Other: BPA, PC etc.; Avoid! Products: Microwave dishes, CD cases, drinking bottles, sales slips, coatings, etc..

All other forms of plastic fall into this category. Bisphenol A (BPA) is contained in PC (polycarbonate) as well as in epoxy resins (inner coatings of food cans). Even in small quantities, it can interfere with our hormonal balance, disrupts sexual development and has been linked to cardiovascular disease. Biodegradable materials are also labelled 07. Often "bio-plastic" is labelled again in addition. These materials are often somewhat better than other types of plastic, but if possible they should also be avoided. Avoid this plastic in any case, as it often contains toxic substances.

Conclusion

Plastics with the following labels should be avoided as a matter of urgency for the sake of our own health:

- 03 PVC
- 06 PS
- 07 O and PC



2. Waste separation. Are we doing it correctly?

WASTE PAPER



Yes, please: newspapers, magazines, catalogues, brochures, books, writing paper, letters, copybooks and telephone directories, uncoated frozen food boxes, paper bags cardboard boxes (folded or filled with paper), corrugated cardboard

Large cardboard boxes can be disposed of at any of the **waste collection centres!**

No, thanks: composite materials such as milk and beverage cartons, carbon paper, dirty paper, laminated cartons, receipts

ORGANIC WASTE



Yes, please: lawn, tree and hedge cuttings, weeds, shrubs, windfall, leaves, water plants, unseasoned and uncooked fruit and vegetable scraps, stale bread, coffee grounds, tea leaves

No, thanks: plastic bags, eco plastic bags, other eco plastic products, meat, bones, food leftovers, branches with a diameter of more than 8cm, rootstocks, eggs, dairy products, content of vacuum cleaner bags, cat litter, varnished or laminated wood, hazardous waste, composite materials (nappies, milk cartons), soil

CLEAR GLASS

Yes, please: clear non-returnable glass bottles and pickle jars (empty but not cleaned), clear condensed milk and soft drink bottles, clear glass containers, clear wine and liquor bottles

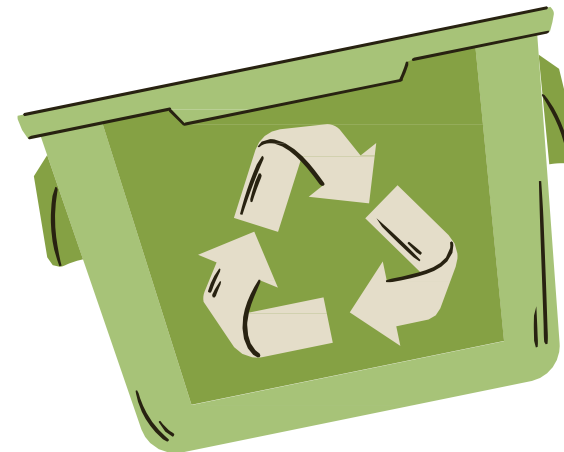
No, thanks: coloured glass, screw tops, bottle caps, corks, lead seals (e.g. from champagne bottles), stoneware bottles, plastic bottles, mirrors, window glass, flat glass, wired glass, light bulbs, china, ceramics, crystal glass, drink glasses

COLOURED GLASS



Yes, please: coloured non-returnable glass bottles, slightly coloured glass, wine and liquor bottles, coloured soft drink bottles

No, thanks: clear glass, screw tops, bottle caps, corks, lead seals (e.g. from champagne bottles), stoneware bottles, plastic bottles, mirrors, window glass, flat glass, wired glass, light bulbs, china, ceramics, crystal glass



PLASTIC BOTTLES, DRINK CARTONS, CANS



Yes, please: plastic bottles for beverages (PET bottles), for supplies (e.g. vinegar, cooking oil, dairy products), for detergents and household cleaners, plastic containers for cosmetics and toiletries, other plastic bottles, e.g. for freezing agents, distilled water and drink cartons (Tetra Pak cartons), beverage cans, food cans, metal foil, metal tubes, metal tops of jars and bottles

No, thanks: returnable plastic bottles, engine oil bottles, lubricant and adhesive bottles, plastic cups, plastic foil, plastic bags, meat trays, styrofoam, rubber foam, wood, textiles, canisters, buckets, cookware, tools, cables, wires, bathroom or kitchen taps, pipes, steel straps, paint, varnish and spray cans, etc. Large sheets of plastic foil, bulky or large metal parts and electrical appliances can be disposed of at any of the **waste collection centres!**

3. Interesting facts

3.1. Let's get to know an example of multi-material packaging.

Tetrapack: A beverage carton - technically correct composite beverage carton - is a disposable packaging made of composite materials for beverages and liquid foods. It consists of plastic-laminated cardboard that is coated on the inside depending on the intended use. Polyethylene, aluminium or EVOH are used.

HAZARDOUS WASTE AND OTHER WASTE

Dispose of your hazardous waste, cooking oils, batteries, energy saving lamps, small electrical appliances, lithium ion batteries, (please tape off poles) and medical drugs at any of the **hazardous waste collection points or waste collection centres.** Bring small amounts of bulky waste, large electrical appliances, wood, styrofoam, large cardboard boxes, green waste and used tires to any of the **waste collection centres.**



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The cardboard gives the composite its shape and stability. The inner coating and - if present - the intermediate aluminium layer provide protection for the contents. The outer coating protects the carton from soaking and increases the barrier properties of the composite.

Advantages

- The beverage carton is impermeable to light and oxygen (if with aluminium foil). This slows down the destruction of certain vitamins.
- It is lighter than glass bottles.
- Beverage cartons take up less volume compared to bottles stacked in crates.
- Compared to tubular packaging (for milk, for example) and foil bags (example: Capri-Sun), it can be stacked on pallets without further outer packaging.

Disadvantages

- The beverage carton is unsuitable for carbonated drinks, which can generate excess pressure.
- It is opaque. This means that the fill level or signs of deterioration such as mold are not visible.
- Investigations by the Chemical and Veterinary Investigation Office Münsterland-Emscher-Lippe in cooperation with the University of Münster show that microplastics pass from the packaging material into the contents and thus directly into the human food chain. Polymers such as polyethylene and polyolefins were found.

Environmental protection

The ecological effects of beverage cartons are controversially discussed and have been assessed differently over the past years.

On the one hand, beverage cartons can be recycled or recovered using various processes and represent an alternative to the conventional returnable glass bottles or disposable PET containers.

On the one hand, beverage cartons can be recycled or recovered using various processes and represent an alternative to the conventional returnable glass bottles or disposable PET containers. In contrast to these, an empty beverage carton takes up less space when folded and weighs significantly less, which reduces the energy required for transport. In 2015, the Federal Environment Agency had an extensive number of life cycle assessments on beverage packaging drawn up in a research project supported by an accompanying group in which almost all relevant stakeholders from the economic environment of beverages and beverage packaging (packaging material and material producers, bottlers and trade as well as disposal) as well as various NGOs and representatives of science were represented, which showed, among other things, that no comprehensive ecological advantage or disadvantage is discernible between the use of reusable glass bottles and disposable beverage cartons.

3.2. Do we know the difference between biodegradable and compostable plastic?

Biodegradable plastic

Biodegradable plastics are plastics that are capable of degrading through the action of micro-organisms found in the environment. However, the micro-organisms that carry out this process differ depending on the biodegradation environment in which the material is found.

On the other hand, the message "biodegradable" is often spread under no certification. In other words, all materials eventually biodegrade, even if it takes hundreds or thousands of years. As a consequence, Belgium has introduced a law stating that products should not be labelled as "biodegradable" as this can lead to doubt and littering.

To avoid this, TUV Austria (which has shown its support for this legislation) performs a certification that is able to specify the appropriate biodegradation environment thanks to its seals. "In order to avoid any misleading communication, the Certification Committee examines each application to verify whether the product certification is acceptable," the international organisation says..

- **Biodegradable Marine:** This seal is very useful because much of the waste we generate on land ends up in the sea. In other words, regardless of where it is consumed, there is a possibility that it will end up in this environment, so marine biodegradability is an added value.

- **Biodegradable in soil:** These materials are very beneficial for agricultural products, as once used they do not need to be collected and decompose in situ. Importantly, the Ok Biodegradable Soil certification ensures that the biodegradation of the material leaves no trace and does not contaminate soils.

- **Biodegradable in water:** Certifies the degradation of the material in fresh water. It does not guarantee degradation in marine water, nor vice versa. Substantially contributes to the reduction of waste in any natural freshwater environment without causing pollution.

Compostable plastic

Materials that degrade into compost, CO₂ and water through the action of micro-organisms present in the environment are called compostable.

So what is the difference between "biodegradable" and "compostable"? Biodegradables degrade in the environment (salt water, fresh water and soil). Compostable generate compost and degrade in industrial composting plants or garden composters.

3.3. What to do with organic waste?

You can safely dispose of biodegradable waste in the trash..

However, if you prefer to dispose of it in a different way, there are several options to dispose of organic waste safely:

- Composting in your garden
- vermicomposting in your yard
- See if your city has an urban composting scheme.
- Donate your organic materials to local gardens or farms.

Bottom line:

- You should not recycle biodegradable waste, as it can stop the recycling process.

- Biodegradable waste simply breaks down over time, while compostable waste breaks down to add nutrients to the soil.
- Biodegradable does not have a timeline attached to it, meaning that a material could technically decompose in the environment, but it could take years.

3.4. Do you know about hazardous waste?



Workshop

1. Do you remember these symbols?

Fill in the table below and give an example of a product that uses this type of plastic as packaging (**Print Annex 1**).

2. Have we done the waste separation correctly in our house?

Fill in the following table naming the waste that goes into each of the containers. (**Annex 2**)

3. For each of the following pictures, describe how you would separate the waste according to its different materials. (**Annex 3**)

In groups, discuss the following topics and present a conclusion to the whole class.

4. Let's come up with a creative idea that we can do with:

- Recycled plastic
- Recycled paper
- Organic waste

5. Let's find 2 influencers on Instagram or TikTok who talk about the environment.





Workshop 2: Responsible consumption

Training

Description: will be presented the basic concepts that are important to understand the context of sustainable living, What not to do to generate consumerism in my surroundings.

Objective: is to answer the basic question, making young people understand the importance they have and will have over time, starting now.

1. What is sustainability?

Synonym: to hold, to cherish, to conserve

Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs. In addition to natural resources, we also need social and economic resources. Sustainability is not just environmentalism. Embedded in most definitions of sustainability we also find concerns for social equity and economic development.

Environmental Sustainability

Ecological integrity is maintained, all of earth's environmental systems are kept in balance while natural resources within them are consumed by humans at a rate where they are able to replenish themselves.

Economic Sustainability

Human communities across the globe are able to maintain their independence and have access to the resources that they require, financial and other, to meet their needs.

Economic systems are intact and activities are available to everyone, such as secure sources of livelihood.

Social Sustainability

Universal human rights and basic necessities are attainable by all people, who have access to enough resources in order to keep their families and communities healthy and secure. Healthy communities have just leaders who ensure personal, labour and cultural rights are respected and all people are protected from discrimination.

The quality of impact that causes little or no damage to the environment is able to persist over a longer period of time.

A way of thinking about the production of goods and the use of services in a way that does not use resources that cannot be replaced and that damage the environment.

2. What is consumerism?

Synonym: swallow, eat, finish, etc. Modern society has taught us that consumption is the basis of the economy.

Consumerism has the consumers or the customer at its core. Consumers are encouraged to buy anything and everything, regardless of whether they require it or not. This gives rise to hoarding, and preoccupation with materialism, that affects not only the environment but also the individual in many ways.

3. What does sustainable living mean?

Put simply, it is a lifestyle in which each of us tries to reduce our use of natural resources to limit the ecological footprint we leave on the planet.

Using what is necessary, which covers the physiological and universally recognised primary needs related to breathing, nourishment (eating and drinking), rest (sleeping), waste elimination and 'reproduction'.

4.1. Do you know the term Greenwashing?

Greenwashing is the process of conveying a false impression or misleading information about how a company's products are environmentally sound.

Greenwashing involves making an unsubstantiated claim to deceive consumers into believing that a company's products are environmentally friendly or have a greater positive environmental impact than they actually do.

Basically, all greenwashing has one thing in common: it distracts from other problems caused by the products of the advertising company.

Here I have compiled a few types of greenwashing for you:

1. Environmentally friendly product belittles entire product range: For example, a fashion company that uses an organic jumper on offer to greenwash its own brand, even though 98 per cent of its own range is not sustainably produced.

2. Green claims and vague statements distract from the core business:

For example, an energy company that advertises wind power even though 99 per cent of its energy comes from coal power.

3. Advertising with self-evident facts:

For example, a hairspray supplier that still advertises its products as "CFC-free" even though chlorofluorocarbons have been banned as a product component since the 1990s.²

4. Companies from environmentally harmful industries are getting involved:

For example, an airline that advertises that the CO₂ emissions of each of its own flights are offset by donations to climate protection projects.

Certainly not classic greenwashing, but nevertheless a marketing measure that conveys to passengers that flying is then sustainable.

5. Invented seals of approval:

For example, when a company creates

its own seal for "grain from controlled cultivation", which at first glance looks like an official, protected seal.

6. Juggling technical data and unclear technical terms:

For example, when companies print technical numbers of ISO standards on their product packaging. This looks professional, but at second glance it is often just trickery.

7. Simply report on greenwashing or sustainability yourself:

For example, a food company that privatizes water sources in arid regions (leading to water scarcity) and reports an article on the most sustainable companies in the world on its corporate website and lists itself in it.

8. Comparison with even more environmentally damaging products:

For example, when a company uses a particularly environmentally harmful offer to put a slightly less harmful product in a better light.

9. Influence on political decision-makers:

For example, when a company persuades the Federal Minister of Food and Agriculture to relax environmental regulations.



How to recognise greenwashing in a shop?

- Look at the brand as a whole, not just a particular piece of merchandise
- Watch out for claims that are not supported by a certificate
- At the same time, do not trust all certifications
- The word natural does not automatically mean good for nature and mankind
- Beware of irrelevant statements
- Biodegradable plastics

4.2. Were you aware of the consequences of the fashion industry?

85% of our Clothes end up In landfills or burned: It might come to a surprise to learn that around 85% of textiles thrown away in the U.S. are dumped into landfills or burned — including unused textiles and unsold clothes. Furthermore, it is estimated that the average American throws away about 37kg/81 pounds of clothes every year— that's the weight of an 11-year-old child! And that's only counting the U.S.

To give you an idea of how big the global textile waste crisis is, imagine a garbage truck fully filled with textiles and clothes being thrown into landfills every single second of the day, every year.

Manufactures and clothing retailers are causing this pollution: A lot of the clothing waste comes from manufacturers—13 million tons of textiles each year— and from clothing retailers themselves. Manufacturers overproduce the supply of clothing, and retailers end up overstocked— as seasons change, the unsold supply ends up thrown away to landfills. Manufacturers are in control of what fibres they use in their textiles, and they are in control of how much product they produce. The fashion industry overproduces products by about 30-40% each season, contributes roughly 10% of all global carbon emissions and is the world's second worst offender in terms of water and plastic pollution. Remember the plastic fibres in your clothes? Our clothes are eventually contributing to the microplastic pollution in our oceans- harming marine life and contributing to climate change. Clearly, textile overproduction is harming our planet.



Workshop

After presenting the basic concepts, a reflection applied to the local context is proposed. The facilitator will try to guide the discussion towards the questions:

1. Do you identify yourself as a sustainable or consumerist person? Annex 4: Example table of consumerism, Why do I rank myself in this classification? and What can I do to change it?

Aim: In this part the reflection will be individual, to make the young person understand for him/herself what kind of person he/she is and what he/she can do (with his/her means or possibilities he/she has in his/her environment or within his/her reach) with his/her individual commitment.

2. in groups of 5 persons, participants will be encouraged to talk about how they live in their different environments: home, school with friends when they go out. etc. They try to answer these questions again:

How do you live sustainably in specific situations?
What determines your decision?

3. in your working group, search for and find an example of greenwashing and present it to the class. Do you have any ideas on how to avoid greenwashing?
4. the consumption of fashionable clothes and products is very common among young people. Do you have any ideas that could help reduce indiscriminate consumption in this sector? Propose an idea to the class.





Workshop 3:

Eco-Entrepreneurship and Innovation

Training

Description: Basic concepts that may be important for understanding the context of a green business or start-up are introduced. The aim is to answer the basic questions of the participants and to create a common definition that will allow them to work together and develop the different phases of the workshop.

1. What is Innovation?

Innovation occurs when existing aspects, elements or ideas are improved. It consists of offering a better solution to people's needs. This can lead to the creation of new elements such as products, materials, ideas, etc.

Innovation is a central part of the economy and business. In business, innovation aims to create new products or services that improve people's lives by building on existing products. The innovation must have an impact on people, society, the economy or the ecology.

The success of a new business or start-up is based on the ability to innovate and offer alternatives that are more acceptable and meet certain criteria that are important to people at the time: Quality, price, sustainability, social or economic impact, etc.

To this end, companies can innovate the final product (market) or the production process (technology), as well as product promotion (marketing) or logistics. It is also possible to innovate in one, several or all phases of the production process.

2. What is sustainable impact?

These are all activities by individuals, communities, organisations or companies that aim to prevent, reduce or control adverse impacts on the environment as a result of social, economic or political behavior.

They do this by creating behavioral alternatives of a political, economic or social nature, as well as through concrete activities and the elaboration of environmental protection measures.

3. What is a green company?

A company that is based on an environmental protection philosophy or that tries to find a solution to an ecological problem with its products and services through innovation is considered a green company, i.e. the entire activity of the company is aimed at achieving a positive ecological impact.

This does not mean that their goal is not to make money, but that the profits they make from their economic activity are due to the fact that their products or services contribute to solving an ecological problem (e.g. redistributing food, reducing the use of plastic, producing ecological products such as detergents or everyday items, etc.) or that the consequences of their activity have a positive impact on the environment; or that the consequences of their activities do not harm the environment but improve it (e.g. organic farming, reduction of intermediate products to prevent pollution, care and protection of natural resources, appropriate control and treatment of natural resources, appropriate control and treatment of the environment, etc.);

or that the consequences of their activity do not harm the environment but improve it (e.g. organic farming, reduction of intermediate products to avoid pollution, care and protection of natural resources, adequate control and treatment of production waste, etc.). In any case, the business philosophy oriented towards sustainability is based on the need to avoid or reduce as much as possible the negative impact of economic activity on the environment.

4. Are all companies with green initiatives green?

Not all companies that engage in sustainable or environmental activities are green companies. Because of the value placed on environmentally friendly products, many companies engage in "green" activities to which they pay a lot of attention, but in their production process or corporate philosophy, the environment is not a priority, and in fact they behave in ways that are harmful to the environment without showing it. This is a marketing strategy known as "greenwashing".

Reflexion

Description: After presenting the basic concepts, a reflection applied to the local context is proposed. The facilitator will try to focus the discussion on a simple but significant problem with which the participants particularly identify.

A debate will be initiated in which the following will be clearly identified: the problem, the actors involved (those causing the problem and those affected), possible personal contributions to solving the problem, how to involve the community, existing businesses or initiatives that can contribute to the solution.

1. identification of a local ecological problem. (e.g. food or water waste, cutting down of trees, waste management or generation, poor consumption habits, civic education on sustainability, lack of green spaces, etc.).
2. who is responsible for this issue? (e.g.: people, businesses, government, supermarkets, restaurants, etc.).
3. who are the people or communities most affected by this issue? (e.g.: vulnerable people, communities, children, older people, young people, society in general, etc.)
4. how can you contribute to solving the problem? (e.g.: Education campaigns, policy change, creation of social projects, creation of alternative businesses, creation of management companies, etc.)
5. how can people be involved in solving this problem in the long term? (e.g.: Awareness programmes, civic education, stricter policies, job creation, etc.).
6. Can a company or business help solve the problem? Does it already exist or could it be created?

Best Practices

Name: Too good to go

Sector: Apps

Country: Present in most European countries

Problem/Suggestion: Food waste by restaurants and supermarkets at or near the end of the day causes significant waste management problems and encourages poor production and consumption habits. The app distributes these foods to make them more accessible to users, promote more responsible consumption and offer the opportunity to save money through the lower price.

Interaction: The actors involved are mainly companies from the food and catering sector and the beneficiaries are consumers.

Keywords: food redistribution, waste reduction, accessibility.

Link: www.toogoodtogo.at



Too Good To Go

Name: Heidenspass

Sector: Creative

Country: Austria

Problems/Suggestions: Large amounts of waste are generated during the production and transport of products by industry. The Heidenspass project recovers industrial material (e.g. plastic from transport vehicles, bicycle tires, CDs, etc.) which is used to make handicrafts and everyday products (e.g. bags, purses, pet accessories, etc.).

Interaction: The project involves the involvement of young people with social integration problems, with whom creative workshops are developed to make handicrafts and accessories. In this way, a vulnerable group of society is involved in a production process.

Keywords: waste reuse, integration, creativity.

Link: www.heidenspass.cc



Name: Das Gramm

Sector: Food

Country: Austria

Problem/Proposal: The traditional use of plastic for most food packaging in supermarkets has a negative impact on the environment. This indiscriminate and unnecessary use is avoided with the proposal of Das Gramm, a retail chain that sells food without packaging, by offering customers to bring their own packaging and containers.

Interaction: This is an activity with a traditional interaction between company and customer.

Keywords: plastic reduction, responsible consumption, quality food.

Link: www.dasgramm.at



Workshop

Description: Participants are encouraged to propose innovative ideas in a symbolic way that could have commercial potential to solve a local problem and specifically work on a business idea or social initiative to raise funds to solve this problem.

It is about creatively demonstrating how an idea with a sustainable philosophy can generate economic resources.

The first step is to work with the group to identify a local ecological problem that can be used for the exercise, i.e. that an economic activity can help solve.

Once the problem is identified, we proceed as follows:

1. identify a creative activity: decide together with the group what kind of product they want to make, following sustainability criteria that they set themselves (e.g. reusing discarded material, recycling, buying environmentally friendly raw materials, setting clear rules for dealing with waste, etc.).

Examples: a calendar with recycled leaves for the year 2023; handicrafts with natural resources such as seeds, pine cones, leaves, twigs, etc.; biscuits, sweets or drinks that can be offered at a local event; artwork made of recycled material, etc.).

2. formation of work teams (production, logistics, marketing): Work teams will be formed according to group dynamics and number of participants. There could be Teams could be formed for different parts of the production process (production phases) or for different aspects of sales (production, sales, logistics, marketing, etc.).

Examples: the production team dealing with the production of the product; the marketing team dealing with the creation of labels or an information brochure about the product; the logistics team dealing with the distribution of tools and raw materials as well as their organization and waste disposal.

3. development of the work: each team starts by carrying out its respective tasks.

It is suggested to have a break in the middle of the session to evaluate the progress of each group and possibly reorganize the teams.

4. product sale or fundraising: depending on the product, a scenario can be created in which the product is sold or fundraised.

Examples: Participants may have created a personalized calendar for their families that is 'sold' to raise money for an ecological activity with the group at a later date; there may be a 'sale' of biscuits or hot drinks at a local event, the proceeds of which are invested in concrete actions to solve a local ecological problem; artwork may be displayed for an 'auction' that can help solve the identified problem.

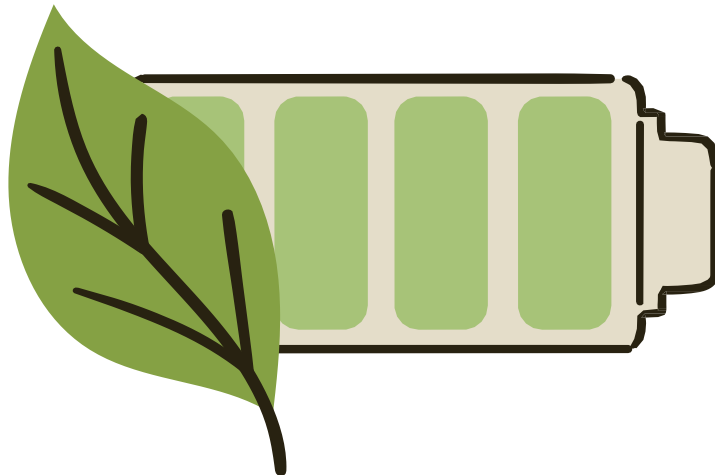
5. investing the profits in green initiatives: finally, a concrete action can be carried out for the benefit of the environment or to solve the problem initially identified. The funds received can be used to donate to an organization dealing with the problem or to carry out an awareness-raising campaign on the problem, as well as concrete actions that directly contribute to solving the problem.

Examples: an awareness campaign for responsible consumption, planting trees and plants to create green spaces, creating a public garden, etc.










ENDNOTES

- The workshop is a guide that can be adapted to the needs of the group with which it is conducted.
- The workshop can be conducted by one person or a group of facilitators, depending on the prior knowledge of the group.
- The suggested duration is between 2 and 4 hours, depending on the depth of the final phase of the workshop.
- If you have a clear idea of the direction, you want the workshop to take, you can prepare materials for the creative phase of the workshop in advance. You can involve the participants in this preparation by asking them to bring potentially recyclable or reusable materials from home.
- A report on the results and impact of the activity is required. It should briefly describe the group you worked with (age, context, cultural background, age group, etc.); briefly mention the results achieved and the process used; mention the main difficulties and the solutions implemented during the workshop; finally, a descriptive note about the facilitator's experience.
- Photographic documentation of each part of the workshop is required.



ANNEX 1

Fülle die folgende Tabelle aus und nenne ein Beispiel für ein Produkt, das diese Art von Kunststoff als Verpackung verwendet

 PETE	01 PET Polyethylene Terephthalate	
 HDPE	02 HDPE High Density Polyethylene	
 V	03 PVC Polyvinyl chloride	
 LDPE	04 LDPE Low Density Polyethylene	
 PP	05 PP Polypropylene	
 PS	06 PS Polystyrene	
 OTHER	07 O Other: BPA, PC, etc.	

ANNEX 2

Haben wir die Mülltrennung in unserem Haus richtig gemacht?

Fülle die folgende Tabelle aus und nenne die Abfälle, die in die einzelnen Behälter gehören

ANNEX 3

Beschreibe für jedes der folgenden Bilder, wie du den Abfall nach den verschiedenen Materialien trennen würdest.



ANNEX 4

Lives in a sustainable way...	Sustainable	Consumer
Decrease consumption of products: buy superfluous new products, which are not essential. Example: I buy new clothes, I buy fewer bags, I buy fewer shoes, I buy fewer TVs, video game consoles, toys, furniture...		
Eating style: I try to eat fruit and vegetables according to the season of the year. Example eat strawberries in December.		
Decrease travel: Example travel more by bicycle, walking, train and bus, and underground.		
Don't smoke and don't do drugs: Tobacco, cocaine, marijuana, take more and more land away from agricultural crops every year or use products that harm the environment... deodorant spray or make-up, etc.		
I reduce packaging and disposable items: I take cloth or reusable bags when I shop at the supermarket.		
At home, we try to buy appliances that save energy. Example: Class A++, A++.... B		
In my home, the heating is always set to maximum power, or I turn the heating on less.		
I either separate waste or I am lazy and throw everything in the communal rubbish bin.		
I never waste water. Example: I don't leave the tap running while I soap up		
I work less. Example: Work less and therefore earn less and therefore consume less.		

- **Sample table of consumerism**

- Mark with an x what lifestyle you have and then try to answer the questions:

- Why do I rank this way? and What can I do to change it?