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ECO HABITS + YOUTH WORK

Booklet for youth workers

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INTRODUCTION:

This booklet has been carried out in the scope of the training course **Eco Habits + Youth Work**, which is funded by the *Erasmus+ program of the European Commission*.

The project involved **24 youth workers** from 6 different countries and promoted the ways how **green approach** can be implemented in youth work. During the 8 days of residential meeting in St. Maarten, participants developed relevant competencies and created resources for further dissemination among their peers, including youth with few opportunities.

This booklet is a result of the above-mentioned training course. It provides information about **environmental friendly habits and their implementation in youth work**. It gives an overview of specific tools, activities, and legislations that have been implemented to spread green lifestyles in the participating countries.

The booklet has been created by the participants of the training course, with the support of the trainers.

If you are a youth worker, you should read this booklet and use it in your youth work!

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Consortium



Applicant organization

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Host organization

Love To Learn foundation



Umbrella

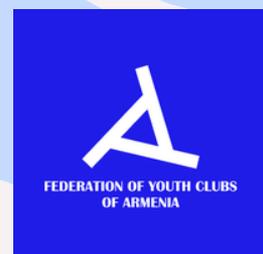
Umbrella - Georgia

**Development & Initiative -
Ukraine**



AEQUALITAS - Portugal

**Federation of Youth Clubs
(FYCA) - Armenia**



OUR ENVIRONMENT

Environment can be defined as a sum total of all the living and non-living elements and their effects that influence human life.

How can we help the environment?



One of the key elements of the environment is water.

Water is necessary for drinking and sanitation, providing for our crops, livestock and industry, and creating and sustaining the ecosystems on which all life depends.

Becoming conscious about rational water use is indispensable to prevent the global water crisis from aggravating soon.

One of the biggest challenges our environment faces at the moment is an enormous amount of waste. Every year we dump a massive 2.12 billion tons of waste. If all this waste was put on trucks they would go around the world 24 times. This stunning amount of waste is partly because 99 percent of the stuff we buy is trashed within 6 months.

One of the most effective ways to combat this problem is recycling. And to do so, we need to understand the literacy of the process.



As youth is the generation to bear the negative effects of environmental problems, it is essential to raise their awareness and discuss the topic with them.

This is why youth workers can and should focus on environmental work to slow down the negative effects.

DIGITAL TOOLS

There are several apps, which can be used to promote green lifestyle in a creative ways. Mainly, those apps are available for IOS and Android users.

Let's check some of them!

① AWORLD in support of ActNow



This app is useful to measure your individual footprint with the UN's lifestyle calculator, to learn about sustainability, how to reduce your emissions and the Sustainable Development Goals, to discover the most effective actions an individual can take to fight climate change today.

↓ DOWNLOAD

[Android](#)

[IOS](#)

② Our Climate, Our Future



Our Climate Our Future is an award-winning video experience that educates young people on the science of climate change and empowers them to take action. Thanks to the variety of educational videos, youth workers can teach climate issues easily.

CLICK HERE

[Website](#)

③ Ailuna



Ailuna helps you develop habits that are good for you and for the planet. The app helps you to set green goals, embrace the low-waste and low-carbon habits needed to achieve them, and track the positive impact you're having on the planet. It is a good tool to make young people motivated to change their habits!

↓ DOWNLOAD

[Android](#)

[IOS](#)

WASTE LITERACY - 3RS

Waste is any substance which is discarded after primary use or is worthless, defective and of no use. Simply, waste is the unwanted or unusable materials.

It is very important to increase waste literacy and inspire individuals to take collective and individual work and actions to work towards solutions.

How can we manage waste?

REUSE

It makes economic and environmental sense to reuse products.

REDUCE

The best way to manage waste is to not produce it. This can be done by shopping carefully.

RECYCLE

The best way to manage waste is to not produce it. This can be done by shopping carefully.



**Implement 3Rs in
your life and
become greener!**

WASTE LITERACY - RECYCLING CODES

Do you know what the codes on the every product mean?

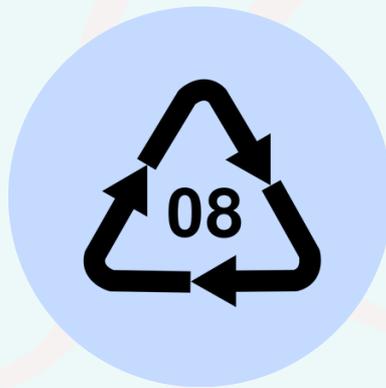
They are the recycling codes, which are used to identify the materials out of which the item is made, to facilitate easier recycling process. It tells us what type of material an item is made from, but doesn't address the recyclability of the product.

Let's check some of them out!



From 1 to 7

PLASTIC



From 8 to 14

BATTERIES



From 20 to 22

PAPER



From 40 to 41

METALS



From 50 to 69

ORGANIC



From 70 to 79

GLASS

ECO YOUTH WORK

In youth work, it is very important to implement a green lifestyle and to promote it not only in the projects with the topic of the environment but in general.

Youth workers together highlighted the challenges and good practices, which are occurred in youth work, related to a green lifestyle.

What are the challenges?

Youth workers aren't educated enough about environmental problems.

Youth workers are enough educated, but with bad habits.

Youth workers developed consciousness, but no support from the government.

The youth workers have no alternatives or no knowledge about alternatives.

Taking care of nature is expensive (e.g - organic food).

Inequality on a resource using processes.

What are good practices?



Eco-friendly rules for organizations



Governmental support to organizations



Sharing own experience in changing habits



Competition for eco-friendly behaviour



Introducing changes for conscious usage of resources



Promoting public transport



Digital tools instead of paper



Food sharing, car sharing

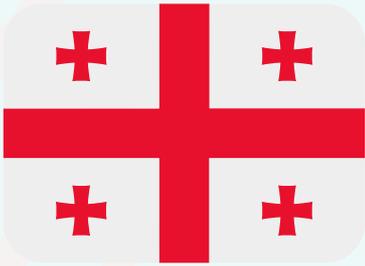


Using eco-bags



Using alternative resources of energy (sun wind)

NATIONAL PRACTICES



Georgia

In Georgia, a youth organization Umbrella works very actively to implement a green lifestyle in their youth work.

In their youth centres, the young people are collecting and recycling waste regularly.

Umbrella often organizes projects with the topic of a green lifestyle, to raise awareness about environmental issues.

During any kind of Umbrella event, they set environmental rules and use reusable materials, such as dishes.



Portugal

In Portugal, taking care of the environment is well-regulated by law. For example, there is the base law for the green transition, which is formulated in Basic Climate Law.

There is also a law, which regulates the usage of plastic and it is about the forbidden use of plastic that you can not use more than one time.



Armenia

Hundreds of thousands of people lay flowers near the complex on the Armenian Genocide Memorial Day. In order to use those flowers instead of garbage in the following days, hundreds of volunteers start drying those flowers and making beautiful gifts from the petals. This initiative is called Second Life for Flowers. Every week, in one of the marzes, NGO FYCA initiates an outbound visit to a cultural monument and they clean the area around the monument with the teenagers and young people living in that community.



Ukraine

Each Ukrainian (50.9%) makes their contribution to saving heat, water, electricity and gas. A slightly smaller number of respondents (44.9%) sort garbage, and pass dangerous garbage (batteries, electronics, mercury lamps, etc.) in special receiving points.

Half citizens of Ukraine (49.5%) are not ready to participate in protest actions in the event of an area of environmental issues that are a threat to health.

PROJECT VIDEO

During the training course, the youth workers created the video, which can be motivational for young people, to start reducing, reusing and recycling and not to let the environment become full of waste!



[CLICK HERE](#)



CONCLUSION

In conclusion, a green lifestyle stays one of the most spread and important issues related to youth work.

Since youth workers implement activities, which affect the environment, they have the responsibility to make a contribution to protecting it.

There are, however, a variety of tools, activities, practices and methodologies that can be used to implement a green approach in youth work.

As a result of the training course youth workers gained some valuable competencies that they can use not only for themselves but more importantly that they can disseminate through their youth work in their respective countries by reproducing some of the tools, activities and methodologies presented during the training and recapped in this booklet.

**Share and use this booklet
and make youth work
greener!**