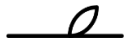


VADOVAS JAUNIMO DARBUOTOJAMS

Projekto numeris: 2020-3-RO01-KA205-094853

2 MODULIS: ŽALIASIS GYVENIMAS - PRISITAIKYMAS PRIE EKOLOGIŠKO GYVENIMO BŪDO



Projekto informacija

PROJEKTAS: greenACT

PROJEKTO PAVADINIMAS: Jaunimo „pokyčių agentai“ klimato veiksmų ir aplinkos tvarumo klausimams

AKRONIMAS: greenACT

PROJEKTO SVETAINĖ: <https://greenactproject.eu/>

PROJEKTO NR.: 2020-3-RO01-KA205-094853

PROJEKTO KOORDINATORIUS: ASOCIATIA D.G.T.





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Projekto informacija

GreenACT is a 20 months' project designed to enhance ENVIRONMENTAL EDUCATION and AWARENESS of YOUNG PEOPLE through the organization of SUMMER SCHOOL PROGRAMME to familiarize young people with the idea of environmental citizenship, based on the fact that the future depends on each and one of us by acting responsibly and positively towards our environment and developing sustainable solutions for addressing environmental challenges. In a period where Earth faces the consequences of climate change and global warming crisis and the need for mitigation of climate change is emerging, Green-ACT aims to support further these YOUTH INITIATIVES and raise more awareness in the 6 countries, by educating young people on environmental issues, inspire them in developing a firm ecological mindset, and invite them to have a positive impact in their communities as active agents.

Partnerystę sudaro 6 partneriai iš 6 šalių: Rumunijos, Lietuvos, Kipro, Slovėnijos, Bulgarijos ir Portugalijos.

Be to, juo siekiama:








- Skatinti idėjų steigti VASAROS MOKYKLAS, skirtas jaunų žmonių aplinkosauginiam sąmoningumui kelti.
- Sukurti GreenACT JUDĖJIMĄ (jaunųjų aktyvistų tinklą) jų veiksmams koordinuoti ir piliečiams įtraukti.
- Sukurti/padidinti organizacijų partnerių gebėjimus veikti mažinant atliekas šalyse partnerėse, skatinant vietos bendruomenes perdirbti ir naudoti pakartotinai.
- Suteikti jaunimo darbuotojams naujų tvarios aplinkosaugos įgūdžių, kurie leistų įgalinti jaunimą.
- Palengvinti minčių šturmą apie iššūkius ir galimus sprendimus tokiomis temomis kaip alternatyvios socialinės ir ekonomikos formos, biologinė įvairovė ir maisto gamyba, tvari gamyba ir vartojimas, transportas ir kt.

Vadovą parengia kiekvienas partneris, siekdamas šių tikslų:

1. to empower youth workers to organize and implement activities for young people, to inspire them to have a positive societal and environmental impact in the world.
2. to engage young people in environmental actions with positive impact.
3. to develop the DATA BANK which will contain a wide selection of tools, resources, teaching material, videos, reports, etc. highly useful for YW and YP.

Šiame vadove bus šie moduliai:

1. Žmogaus poveikis gamtinėse ekosistemose – aplinkos iššūkiai
2. Žalioji gyvenimas
3. Darnios bendruomenės – Ekomiastai
4. GreenACT judėjimas: tapkite aktyviu aplinkos ambasadoriumi
5. ES ir nacionalinės aplinkosaugos politikos
6. Klimato kaita ir mūsų tvarumas

<i>Simboliai</i>	<i>Paaiškinimas</i>
	Apibrėžimas
	Atvejo analizė
	Papildoma medžiaga
	Patarimas
	Užduotis
	Priminimas
	Vaizdo įrašas

Pagrindiniai simboliai



Bendrasis modulio tikslas

The module's main target is to **raise awareness** amongst youngsters when it comes to **environmental issues** through a series of lesson plans. These plans are mainly focused on certain areas of how people can adapt to an eco-friendlier lifestyle through changes that would not disrupt the quality of their lives. The module itself is also full of examples and in detail descriptions of various methods on how people can be eco-friendlier when it comes to their lifestyle.

Temos:

1. Sveiko maisto vartojimas
2. Kompostavimas ir jo nauda
3. Green International Development Cooperation
4. Protingas pirkimas
5. Žalieji susisiekimo būdai
6. Gerųjų praktikų pavyzdžiai



Mokymosi tikslai

1. **Apibrėžti** kompostavimo metodą naudojant reikiamus įrankius ir kaip jį būtų galima panaudoti ar pritaikyti kiekvienam gyvenimo būdui.
2. **To develop certain ideas and types of behaviour** to further procure healthy food
3. **To be aware of different** methods that can be used to adopt an eco-friendlier lifestyle.
4. **To understand** how to pick the best options and buy smart for themselves.
5. **To be able to** recognise the need and importance of various methods of transportation and to choose the best for both themselves, and as well for the environment.
6. **To offer the knowledge** on already existing good practices in terms of already adopting an eco-friendlier lifestyle.

1. Sveiko maisto vartojimas



Sveikas maistas = maistas, aprūpinantis visomis maistinėmis medžiagomis, reikalingomis kūno palaikymui, jo gerovei ir energijos išsaugojimui. Pagrindinės maistinės medžiagos, kurių reikia kiekvienam organizmui, yra vanduo, angliavandeniai, riebalai, baltymai, vitaminai ir mineralai, kurie užtikriną gerą, sveiką ir subalansuotą mitybą.

Jvairus maistas ir jo funkcijos

1. Vaisiai ir uogos: saldūs ir maistingi, jie yra pagrindinis sveikos mitybos elementas. Nuo mažens žmonės skatinami vartoti kuo daugiau vaisių. Vaisių ir uogų, bei jų savybių pavyzdžiai:
 - a. Obuoliai – juose daug skaidulų, vitamino C ir antioksidantų
 - b. Avokadai – sveiki riebalai, daug skaidulų, kalio ir vitamino C
 - c. Bananai – vienas geriausių kalio šaltinių, turintis daug vitamino B6 ir skaidulų
 - d. Apelsinai – vitamino C šaltinis, daug skaidulų ir antioksidantų
 - e. Braškės – labai maistingos, mažai angliavandenių ir kalorijų
2. Kiaušiniai: vienas maistingiausių maisto produktų pasaulyje
3. Mėsa: liesa ir neperdirbta mėsa gali būti įtraukta į sveiką mitybą. Pavyzdžiai:
 - a. Liesa jautiena – vienas geriausių baltymų šaltinių, kai vartojama saikingai ir joje gausu organizmui priinamos geležies
 - b. Vištienos krūtinėlė – mažai riebalų ir kalorijų, tačiau itin daug baltymų
 - c. Ėriena – daug omega-2 riebalų rūgščių
4. Riešutai ir sėklos: nors juose yra daug riebalų ir kalorijų, jie gali padėti numesti svorio
 - a. Migdolai – gausu vitamino E, antioksidantų, magnio ir skaidulų
 - b. Chia sėklos – vienas daugiausiai maistinių medžiagų turinčių maisto produktų pasaulyje
 - c. Kokosai – turi daug skaidulų ir labai naudingų riebalų rūgščių, vadinamų vidutinės grandinės trigliceridais
 - d. Graikiniai riešutai – labai maistingi, juose gausu skaidulų ir įvairių vitaminų bei mineralų
5. Daržovės: vienas iš labiausiai koncentruotų maistinių medžiagų šaltinių. Pavyzdžiai:
 - a. Paprikos – būna kelių spalvų, įskaitant raudoną, geltoną ir žalią. Jos yra traškios ir saldžios ir yra puikus antioksidantų ir vitamino C šaltinis.
 - b. Brokoliai – puikus skaidulų ir vitaminų C ir K šaltinis, palyginti su kitomis daržovėmis, juose yra gana daug baltymų.
 - c. Agurkai – labai mažai angliavandenių ir kalorijų, daugiausia sudaryti iš vandens.
 - d. Svogūnai – turi daug biologiškai aktyvių junginių, kurie, kaip manoma, turi naudos sveikatai.
6. Grūdai: jie suteikia įvairių mikroelementų ir skaidulų. Iš esmės jie yra degalai kūnui. Pavyzdžiai:

- a. Rudieji ryžiai – gana maistingi, turintys pakankamai skaidulų, vitamino B1 ir magnio.
 - b. Avižos – pripildytos maistinių medžiagų ir galingų skaidulų, vadinamų beta gliukanais, kurios suteikia daug naudos: padeda sumažinti cholesterolio kiekį ir maitina žarnyne esančias naudingas bakterijas.
 - c. Kvinoja – daug maistinių medžiagų, tokių kaip skaidulos ir magnis. Tai taip pat puikus augalinių baltymų šaltinis.
7. Pieno produktai: sveikas įvairių svarbių maistinių medžiagų šaltinis. Tyrimai parodė, kad maistingiausias pasirinkimas yra riebus pieno produktai. Pavyzdžiai:
- a. Sūris – viename gabalėlyje gali būti maždaug tiek pat maistinių medžiagų, kiek ir visame puodelyje (240 ml) pieno.
 - b. Nenugriebtas pienas – labai daug vitaminų, mineralų, kokybiškų gyvulinių baltymų ir sveikųjų riebalų.
 - c. Jogurtas – jogurtas su gyvosiomis kultūromis turi papildomos naudos dėl draugiškų probiotinių bakterijų.

Visus aukščiau paminėtus maisto produktus galima įsigyti iš tvarių šaltinių, vietinėse parduotuvėse arba valgyti tam tinkamu sezonu. Geriau valgyti „sezono“ vaisius ir daržoves, kai jų yra, ir nepirkti „nesezoninių“. Taip galite užtikrinti saugų jų auginimą ir geresnę kokybę.

Maisto vartojimas – politika nacionaliniu ir tarptautiniu lygiu

ES lygmeniu yra tam tikrų „Tvaraus maisto sistemų“ politikų. Tvarios maisto sistemos besivystančiose šalyse skatinimo politikos pagrindą sudaro šios naujos Europos strategijos:

Žalioji kursas is built around the Farm to Fork Strategy. It acknowledges the indissoluble linkages between healthy individuals, healthy society, and a healthy environment and completely addresses the difficulties of sustainable food systems.

According to the Strategy, there are four key conditions for sustainable food systems: ensuring that the whole food supply chain—including food production, distribution, marketing, and consumption—has a neutral or favourable impact on the environment;

Assisting in climate change mitigation and preparing for its effects;

Ensuring food security, nutrition, and public health - ensuring that everyone has access to enough, nutrient-dense, sustainably produced food that meets strict standards of quality and safety.

Keeping food prices low while producing more equitable financial benefits along the supply chain, so that eventually the most economical food is also the most sustainable.

The Strategy acknowledges that in order to prevent the externalisation and export of unsustainable practices, efforts to tighten sustainability requirements in the EU food system should be accompanied by policies that help raise standards globally. This is

because the production of commodities can have detrimental environmental and social effects in the nations where they are produced (c.f. EC proposal on promoting deforestation-free food products).

In accordance with its goals and the **Sustainable Development Goals** (SDGs), the Strategy declares that the EU will promote the worldwide transition to sustainable agri-food systems. The EU will increase collaboration in particular to enhance.

By enhancing the resilience of food systems and lowering food waste, the EU will increase collaboration in particular to promote nutrition and reduce food poverty. Cooperation will be in the following areas: food research and innovation, with a focus on climate change adaptation and mitigation; agroecology; sustainable landscape management and land governance; conservation and sustainable use of biodiversity; inclusive and fair value chains; nutrition and healthy diets; prevention and response to food crises, especially in fragile contexts; resilience and risk preparedness; integrated pest management; plant and animal health.

The development of sustainable food systems in developing nations will also help to realize the goals of the new **EU Circular Economy Action Plan** and the international component of the EU Biodiversity Strategy.

The Communication "**Towards a comprehensive Strategy with Africa**" underlines the need for the EU and Africa to collaborate in order to solve the issues of nutrition and food security and achieve the Sustainable Development Goal of eradicating hunger. An agricultural partnership would encourage the development of environmentally sustainable farming methods, support local production, and incorporate biodiversity issues. Setting sanitary and phytosanitary requirements as well as safeguarding natural resources are included in this. Opportunities for sustainable food systems are greatly supported by trade between the EU and Africa.

Following the adoption of the above-mentioned policies

The European Commission has created "a guideline note for integrating climate change and the environment in the agriculture and food systems" in response to the implementation of these policies and plans.

The New European Consensus on Development's framework for action is confirmed and strengthened by these newly agreed initiatives, particularly the importance of sustainable agriculture and sustainable food systems for reaching the SDGs. The new European Consensus on Development highlights the need for sustainable fisheries, agriculture, and food systems that can meet the demands of a growing world population while preserving the environment. To decrease post-harvest losses and food waste, protect soils, conserve water resources, stop, and reverse climate change, the EU and its Member States will promote agroecological practices and measures.

Sustainable agriculture and soils have the potential to reduce greenhouse gas emissions; but, resistance to the effects of climate change has to be improved. The EU and its Member States will support actions to address the effects of illicit fishing, marine pollution, and climate change while promoting sustainable fisheries and aquaculture practices.

In order to address food and nutrition security and promote the transition toward resilient and sustainable agri-food systems, the EU has created geographic and thematic programs for the years 2021–2027.

Did you know?

The participants will be split into 3-4 groups, depending on how big the participant number is. They will be given the task to find an idea for healthy food consumption. Each group will present their idea and will advocate for it, trying to convince the other members of the other groups to join their group. The group with the greatest number of people wins.

Time needed:

- 10 minutes to come up with the idea and how to present it
- 15 minutes to present
- 5 minutes to settle down for the winner group



Galimi klausimai apibendrinimui:

1. Ką darėte?
2. Kokių sveiko maisto rūšių radote?
3. Kaip dirbote komandoje? Ar turėjote strategiją? Kokią?
4. Kaip jautėtės atlikdami šią veiklą?
5. Ko išmokote?

Išvada:

Healthy food is a right everybody should have access to and should consume it. Different legislations, policies and amendments were made on EU and international level. It is important to keep both a healthy mind and a healthy body and through nutrition is the easiest way to maintain a qualitative lifestyle while also protecting the environment.



How to Create a Healthy Plate -
https://www.youtube.com/watch?v=Gmh_xMMJ2Pw



Why do we need to change our food system? -
<https://www.youtube.com/watch?v=Vcl3BQeteCc>



Let's see how It grows!

The participants will be taken to a study visit to a farm or entity that grows healthy food in a sustainable way. This way they will be able to see for themselves how healthy ingredients can grow in their own climate and area. If agreed on, they can even plant certain plants, if both the weather and the farm allow it.



Galimi klausimai apibendrinimui:

1. Kaip sekėsi ir kaip jautėtės įtraukti į tokia veikla??
2. Ko galite pasimokyti iš šios veiklos?

2. Kompostavimas ir jo nauda



Kompostas yra ingredientų mišinys, naudojamas augalams tręšti ir fiziniams, cheminėms bei biologiniams dirvožemio savybėms pagerinti. Paprastai jis gaminamas skaidant augalines medžiagas, maisto atliekas, perdirbant organines medžiagas ir mėšlą. Gautame mišinyje yra didelė maistinių medžiagų augalams koncentracija, taip pat naudingų organizmų, tokių kaip bakterijos, pirmuonys, nematodai ir grybai. Kompostas pagerina dirvožemio derlingumą ir sumažina priklausomybę nuo komercinių cheminių trąšų soduose, kraštovaizdžio kūrime, sodininkystėje, miesto žemės ūkyje ir ekologinėje žemdirbystėje. Komposto nauda yra maistinių medžiagų tiekimas pasėliams kaip trąša, dirvožemio gerinimo priemonė, humuso ar humino rūgšties kiekio dirvožemyje padidėjimas ir naudingų mikrobų padidėjimas, kurie padeda slopinti patogenus dirvožemyje ir taip sumažinti dirvožemio ligas.

Kompostavimas iš esmės reiškia „žaliųjų“ (žaliųjų atliekų) ir „rudųjų“ (rudųjų atliekų) mišinio surinkimą. Žalumynai yra azoto turtingos medžiagos, tokios kaip lapai, žolė ir maisto likučiai. Rudos spalvos yra daug anglies turinčios medienos medžiagos, tokios kaip stiebeliai, popierius ir medžio drožlės. Medžiagos per kelis mėnesius suyra į humusą. Kompostavimas yra atidžiai stebimas, kelių etapų procesas, kuriam reikalingas tikslus vandens, oro ir anglies bei azoto turinčių medžiagų kiekis. Skilimo procesui padeda susmulkinti augalines medžiagas, pridėti vandens ir užtikrinti tinkamą aeraciją, reguliariai vartant mišinį ir naudojant atviras krūvas arba taip vadinamas „pradalges“. Grybai, sliekai ir kiti skaidytojai dar labiau ardo organines medžiagas. Cheminį procesą atlieka aerobinės bakterijos ir grybai, kurie pradines medžiagas paverčia šiluma, anglies dioksidu ir amoniu.

Kompostavimas yra svarbi atliekų tvarkymo sudedamoji dalis, nes maistas ir kitos kompostuojamos medžiagos sudaro apie 20 % svartynuose esančių atliekų ir svartyne biologiškai skaidosi daug ilgiau. Kompostavimas yra ekologiškesnė alternatyva organinių atliekų šalinimui svartynuose, nes sumažina anaerobinį metano išmetimą, o tuo pačiu teikia ekonominę ir aplinkosauginę naudą. Pavyzdžiui, kompostas gali būti naudojamas žemės ir upelių atsatymui, pelkių kūrimui ir svartynų dengimui.

Kompostavimas – tai kietųjų organinių atliekų aerobinio skaidymo būdas. Dėl to jis geba perdirbti organines medžiagas. Kompostas gaminamas, kai irstant biologinės medžiagos virsta į substanciją, panašią į humusą, kuri yra gera trąša augalams. Kad kompostuojantys organizmai tinkamai veiktų, jiems reikia keturių vienodai svarbių ingredientų:

- **Anglis** reikalinga energijai gaminti; mikrobinė anglies oksidacija sukuria šilumą, reikalingą kitoms kompostavimo proceso dalims. Daug anglies junginių turinčios medžiagos paprastai būna rudos ir sausos.
- **Azotas** reikalingas tam, kad vystytųsi ir daugintųsi daugiau organizmų, kurie reikalingi anglies oksidacijai. Daug azoto turinčios medžiagos paprastai yra žalios ir šlapios. Jos taip pat gali būti ryškiaspalviai vaisiai ir daržovės.
- Skilimo procesui reikalingas **deguonis**, kuris oksiduoja anglį. Aerobinėms bakterijoms kompostavimo procesams atlikti reikalingas didesnis nei 5% deguonies kiekis.
- **Vanduo** reikalingas pakankamais kiekiais, kad būtų išlaikytas proceso tęstinumas nesukeliant anaerobinių sąlygų.

Kompostavimo namuose privalumai:

- Kompostavimas yra puikus būdas perdirbti organines atliekas namuose. Maisto likučiai ir sodo atliekos sudaro daugiau nei ketvirtadalį visų atliekų. Maisto atliekos ne tik kenkia aplinkai, bet ir yra brangios perdirbti.
- Kompostas yra svarbi priemonė didinant didelio masto žemės ūkio sistemas. Komposte yra trys būtinos maistinės medžiagos, kurių reikia sodo augalams: azoto, fosforo ir kalio. Jame taip pat yra nedidelis kiekis kitų svarbių elementų, tokių kaip kalcis, magnis, geležis ir cinkas. Kompostavimas yra organinė alternatyva sintetinėms trąšoms, kuriose yra kenksmingų cheminių medžiagų. Tyrimais įrodyta, kad kompostas pagerina dirvožemio gebėjimą sulaikyti vandenį, produktyvumą ir atsparumą. Jis taip pat gali būti naudojamas mažesnėse vietose, pavyzdžiui, privačiame ar mažame sode.
- Rūpindamiesi maisto atliekomis, žmonės geriau žino, ką vartoja ir ko jiems reikia. Taigi, kompostuodami žmonės gali nustatyti savo asmeninį atliekų šaltinį ir stengtis jį sumažinti taip, kad sumažėtų ir paties komposto. Kompostavimas yra puiki priemonė išmokti patenkinti savo poreikius ir nenaudoti per daug.

Priklausomai nuo turimos vietos ir klimato, kompostuoti galima tiek patalpose, tiek lauke. Tai taip pat labai priklauso nuo šaltinio, t.y. virtuvės ir sodo atliekų, taip pat nuo investicijų, kurias žmonės norėtų išleisti ruošdami kompostavimo sistemą.

Kalbant apie lauko kompostavimą, yra du kompostavimo tipai: šaltasis, dar vadinamas pasyviuoju, ir karštasis, dar vadinamas aktyviuoju kompostavimu.

Šaltasis kompostavimas organines medžiagas skaido lėtai, tačiau jam reikia mažiausiai pastangų ir priežiūros. Viskas, kas organiška, galiausiai suyra; šaltas kompostavimas iš esmės yra leisti gamtai atlikti savo darbą su minimaliu jūsų įsikišimu. Jums nereikia jaudintis dėl komposto sudedamųjų dalių santykio, aeracijos ar drėgmės lygio. Jei turite mažai organinių atliekų, kurias norite kompostuoti, neturite daug laiko jas tvarkyti ir neskubate paruošti gatavo komposto, šaltasis kompostavimas yra geriausias pasirinkimas. Tačiau, priklausomai nuo naudojamo šalto metodo, tinkamam kompostui pagaminti gali prireikti nuo vienerių iki dvejų metų. Be to, mažai tikėtina, kad šalto

kompostavimo procese irimo metu pasieks pakankamai aukšta temperatūra, kad būtų sunaikinami patogenai, todėl, priklausomai nuo to, ką dedate į komposto krūvą, gali atsirasti kenksmingų patogeninių bakterijų, grybų, pirmuonių, kirminų ir kitų parazitų. Taip pat jūsų gatavame produkte gali likti piktžolių sėklos.

Karštasis kompostavimas yra greitesnis, bet labiau kontroliuojamas kompostavimo būdas. Šis metodas reikalauja kruopštaus dėmesio, kad skaidant organines atliekas būtų išlaikytas optimalus anglies ir azoto santykis. Taip pat reikalinga tinkama oro ir vandens pusiausvyra, kad pritrauktų deguonimi turtingoje aplinkoje klestinčius organizmus. Idealiomis sąlygomis paruošti galutinį komposto produktą gali prireikti nuo keturių savaičių iki metų. Tinkamai tvarkoma aukšta krūvos temperatūra sunaikins daugumą piktžolių, augalų ligų, pesticidų ir herbicidų, taip pat visas vabzdžių lervas ar kiaušinius. Tačiau yra keletas dalykų, kuriuos žmonės turėtų vengti kompostuoti namuose, pavyzdžiui: sūrj ar bet kokius pieno produktus (išsiskiriantis savotiškas kvapas, kuris vilioja kitas gyvas rūšis), naminių gyvūnėlių atliekos ir kačių kraikas (gali būti žmonėms kenksmingų virusų ar bakterijų), apdorota arba dažyta mediena ir blizgus popierius (gali turėti cheminių medžiagų). Šios atliekos pasižymi įvairiomis reakcijomis, kurias daug sunkiau suvaldyti, todėl kyla didelė rizika, kad kompostas taps netinkamu naudoti ir visas darbas nueis veltui.

Kaip kompostuoti - žingsniai:

- **Nuspręskite, kaip rinksite ir kaupsite** ruduosius ir žalumynus. Surinkite ir laikykite vaisių ir daržovių likučius uždarame inde ant virtuvės stalo, po kriaukle, šaldytuve ar net šaldiklyje. Raskite vietą lauke, kurioje būtų nuolat kaupiami lapai, šakelės ar kitos daug anglies turinčios medžiagos, priskiriamos prie rudųjų atspalvių (kurie bus sumaišyti su maisto likučiais).
- **Pasirinkite vietą komposto krūvai** ir pastatykite arba įsigykite dėžę. Komposto krūvai savo kieme pasirinkite vietą, kuri būtų prieinama ištisus metus ir kurioje būtų geras drenažas. Nestatykite jos prie pat tvoros ir įsitikinkite, kad šalia yra vandens šaltinis. Tiek saulėje, tiek pavėsyje jūsų komposto krūva suirs. Tada pasirinkite dėžės tipą jūsų krūvai. Dėžės gali būti pagamintos iš įvairių medžiagų, įskaitant vielą, medieną ir pelenų blokus. Jie taip pat gali būti uždari, su statinėmis ir stiklinėmis.
- **Paruoškite kompostuojamus ingredientus.** Pabandykite susmulkinti ir sukapti ruduosius ir žalumynus į mažesnius gabalėlius, prieš dėdami juos į krūvą (pvz., kukurūzų burbuoles, brokolių stiebus ir kitus kietus maisto likučius). Tai padės suskaidyti medžiagas krūvoje.
- **Kaip pasidaryti komposto krūvą.** Pradėkite nuo dešimties iki penkiolikos centimetrų sluoksnio, sudaryto iš stambių rudų atspalvių, pavyzdžiui, šakelių ir medžio drožlių. Šis sluoksnis sugers skysčių perteklių, pakels jūsų krūvą ir leis krūvos pagrinde cirkuliuoti orui. Tada, kaip gaminant lazaniją, sluoksniuokite žalumynus ir ruduosius. Jei reikia, sudrėkinkite krūvą trupučiu vandens. Tinkamos sudedamųjų dalių proporcijos jūsų komposto krūvoje suteiks anglies, azoto, deguonies ir drėgmės, kurių reikia kompostuojantiems mikroorganizmams ir kad medžiaga suskaidytų į gatavą kompostą.
- **Prižiūrėkite savo komposto krūvą.** Kai komposto krūvoje esančios medžiagos suyra, krūvos temperatūra iš pradžių pakyla, ypač jos centre. Gerai prižiūrimas kiemo kompostas gali įkaisti nuo 50° iki 70° C. Aukšta temperatūra padeda sumažinti ligų sukėlėjus ir piktžolių sėklas. Reguliarus krūvos vartymas ir maišymas padės pagreitinti irimo procesą ir jį „vėdinti“. Suverskite krūvos išorę į vidų šakėmis.

- **Surinkite baigtą kompostą.** Leiskite komposto krūvai nusistovėti arba baigti irti mažiausiai keturias savaites po to, kai sumaišius ji nustos kaisti ir neliks matomų maisto likučių. Galite atskirti seniausią kompostą krūvos apačioje, kad išgydytų, arba į krūvą nebedėti atliekų. Po sukietėjimo jūsų krūva susitrauks maždaug trečdaliu.

How to use compost

Before compost can be used, it must completely stabilise and mature. Immature compost can not only harm your plants, but it can also attract rodents and other pests to your yard. To allow your pile to mature, you must stop adding material (although in no-turn systems, the bottom of the pile may provide finished compost even if the top of the pile is still active). Look for the following characteristics in finished compost:

- Crumbly and smooth, with no discernible scraps.
- Smells like a rainy forest or rich earth. The presence of ammonia or sour odors indicates that the compost needs more time to mature.
- Dark and rich in colour
- Size: one-third the size of your original pile
- Temperature: Within -12 degrees Celsius of the outside temperature (especially in the middle of the pile)

Once you've determined that your compost is mature, here are some applications for it:

- It can be used as mulch.
- Mix it into your potting soil.
- Incorporate it into crop beds.
- Spread it on lawns.
- Incorporate it into garden beds.
- Feed it to your houseplants.
- It should be added to the soil around fruit trees.

Compost cannot spoil, but it can become too wet, dry, or old. You can still use old compost; it just won't have as many nutrients as new compost.



Let's do it ourselves!

This activity will be done individually. Each participant will need their own supplies and will learn how to do compost. They will first add the soil in the jar, followed by newspaper and scraps, topped with the yard debris. They will repeat the process until the jar is almost full. After that they will add the water to the jar and write their names on it. The jars will be all set in a sunny area and every two weeks they will check the level of compost by marking a sign on the jar with the marker.

Supplies:

- A wide-mouth glass jar
- Organic yard debris (such as fallen leaves, grass clippings, and dirt)
- Old newspaper
- Fruit and vegetable peels, cores, and scraps from the kitchen
- 1 cup rainwater

- A permanent marker

Time:

- 40 minutes for preparation



Possible questions for debriefing:

1. What is the type of composting that seems the most interesting to you?
2. What process seems the hardest?
3. Do you think you could start doing compost on your own or would you be considering doing it?
4. What have you learned from this activity?

3. Green International Development Cooperation

Green cooperation, in shorter words, is established in order to promote bilateral cooperation in the field of ecological efficiency. Development of joint activities on the management of natural resources, including groundwater and minerals within specific areas, green areas, places, and so on.

Denmark signed the **Comprehensive Strategic Partnership** with China in 2008. The Partnership offers a framework for collaboration and concentrates on the areas where China and Denmark concur to step up their collaboration. More information regarding Denmark's strategic partnership with China can be found [here](#).

China and Denmark established a collaborative work program (China-Denmark Joint Work Program 2017-2020) to further advance their partnership. The collaborative work program's second phase, which runs from 2021 to 2024, is now being prepared. The main focus will be bilateral collaboration on putting the UN's global goals for sustainable development into action. It is anticipated that sustainable green transformation across all industries would be a key focal area.

The Chinese Ministry of Ecology and Environment (MEE) and the Ministry of Commerce (MOFCOM) jointly released the "**Green Development Guidelines for Foreign Investment and Cooperation**" on July 16, 2021 (Hereinafter referred to as the 2021 Green Guidelines). The Guidelines give equal attention to commerce and investment. Given that MEE is tasked with providing concepts and knowledge and that MOFCOM is in charge of regulating Chinese overseas projects, including their environmental standards, these Guidelines must be seen as having a significant impact on the push for a green BRI where businesses should "follow international green rules and standards" in their overseas economic activities.

The Export-Import Bank of China (EXIM Bank), China Development Bank (CDB), and China Export and Credit Insurance Corporation (Sinosure), as well as China Export and Credit Insurance Corporation (Sinosure), are all specifically copied in the document, addressing policy banks as the primary sponsor of foreign investments. However, only "actions relevant to the green development of Chinese businesses in outbound investment and collaboration" are covered by the Guidelines, which are primarily applicable to enterprises (not commercial financial institutions).

The Guidelines' investment-related aspects are very consistent with the **nine suggestions of the Belt and Road Initiative International Green Development Coalition's (BRIGC) Green Development Guidance for BRI Projects** (Belt and Road Initiative), which was released in December 2020 and is supported by MEE. The Guidelines were released just a few weeks after the G7 announced the launch of the Build Back Better World (B3W) initiative, which is centered on sustainable development, and only a few weeks after 29 BRI countries announced the Initiative for a Green BRI Partnership, which highlighted the work of the BRIGC and the Green Investment Principles (GIP).



Examples of sustainable development - https://youtu.be/bD-zH_4RbyM

Study visit

The participants will be taken to a study visit to one competent authority that works in a field related to general environmental legislation. They will be shown backstage” how a legislation process looks like and details on how to write one.



Can we do it too?

After the study visit the participants will be split into 5 groups. Each group will try to write a legislation proposal based on the study visit they participated in. At the end, each group will present their proposals and the others will vote on whether they would approve it or not.

Time:

-30 mins to write the proposal briefly

-15 to present it very shortly



Possible questions for debriefing:

- How did you feel during this activity?
- What have you learned?
- What action seem doable for you?

4. Protingas pirkimas

Consumption, or spending by individuals on consumer goods and services, is viewed in economics as the main engine of economic development and a key indicator of how productive a capitalist economy is. According to this definition of consumerism, governments should concentrate on encouraging consumer spending because it accounts for the largest share of GDP, or gross domestic product, in the majority of countries. GDP is the total market value of all the goods and services produced by a nation's economy during a given time period.

A social and economic system known as consumerism promotes the purchase of products and services in ever-greater quantities. With the Industrial Revolution, but notably in the 20th century, mass manufacturing brought overproduction. As a result, manufacturers turned to planned obsolescence and advertising to influence consumer purchasing when the supply of items outpaced market demand. The Theory of the Leisure Class, a book on consumerism written by Thorstein Veblen and released in 1899, analyzed the pervasive ideals and economic institutions that emerged along with the pervasive "leisure time" at the start of the 20th century. Veblen "views the activities and spending patterns of this leisure class as ostentatious and vicarious consumption and waste" in it. Both concern the status display and have nothing to do with functioning.

The nowadays definition of consumerism known as "high levels of consumption" gained popularity in the 70's, perceiving consumerism as a frivolous and selfish act, attributing a negative sense to the meaning of the word.

To combat consumerism, as in the sense of over-consuming, people have to know how to buy "smart". Buying smart is all about how people value the purchases, how they value the products and knowing when to buy and what to buy in order to minimise the over-consumption as well as the waste created after in some cases.

Here are some tips on how to buy "smart":

1. Do some research first: Whether we are talking about electronics, food, or clothes, people could always do small research first. When it comes to food, people could try to look for the best alternatives and even for the closest ones. If people shop locally, the carbon footprint would be lower compared to shopping from imported sources. Some supermarkets offer the option of getting discounted products that are close to the expiration date. If the person knows for sure they need a certain product at that moment, they could opt for the discounted ones since they will use it right away.
2. Know the limits: people could try to stick only to what they need without overbuying. For example, if a certain recipe needs an x number of apples, people could try to buy the x amount, instead of buying more and letting them go bad, eventually throwing them in the trash, thus creating food waste.
3. Be creative: try to use the "waste" created for other purposes. For example, the lemon peel can be turned into candy, thus no need to throw it out. If things could not be transformed into another edible option, people could always try to make compost for the gardens.

4. Plan your menus for several days or the week: in order to stick to a certain quantity and not over-buy, people could always plan their meals ahead. Search for the recipes, and add the total groceries and that's how you can get a weekly shopping list if the meals are planned for the entire week.
5. Don't be afraid to NOT use a brand: typically, a lot of products work just as fine as the "brand" ones. People could try to test other products to see if they work, perhaps in different alternatives (instead of plastic packaging get a cardboard one). If different products with more sustainable packages work just as fine as the "brand" ones, people could switch to this alternative if the price gap would not be an issue for them.
6. STOP buying plastic: a lot of fruits and vegetables come in plastic covers although there is no need for this. Most food products don't need a plastic cover since they have their own natural cover.
7. Make their own little garden: if people have the resources and the space, they could try to have their own little garden. A good tip is to plant your own spices as they don't require too much space beside their own pot. Examples of easy-to-grow-at-home spices: are parsley, oregano, mint, thyme, and dill.

Unfortunately, over-buying, or as is called consumerism, leads to a lot of waste. From electronics waste to fashion waste, to food waste, they all pollute to a certain level. Either air pollution, soil pollution, or water pollution, there is form of it. Through over-buying, there is also a need for overproduction in order for the customers to have their needs fulfilled. Through overproduction, the pollution done by the operations themselves increases. If the buying trend decreases, there won't be a need for overproduction, thus influencing the industries to produce less and less.



How does It grow?

The participants will be split into 5 groups. Each group will get a certain type of plant that can be grown at home. They will all have to make a poster presenting the evolution of the plant, the needed materials, and the environment it needs to be kept in.

Ideas for the plants: <https://herbsathome.co/the-easiest-herbs-to-grow/>

-30 mins to prepare

-15 mins to present



Possible questions for the debriefing:

- How did you feel during this activity?
- What have you learned?
- What action can you take in your daily life in order to reduce your own "consumerism"?

5. Žalieji susisiekimo būdai



Sustainable transportation is any mode of transportation that is 'green' and has a low environmental effect. Sustainable transportation is also about balancing our present and future requirements.

As everybody knows, there are a few green ways / eco-friendly means of transportations. The most famous one is the bicycle, whereas lately the electric scooter's popularity has started to rise, while walking has been the oldest one and still used by everybody. For some years now, people have also started carpooling, with apps being created to carpool with other people going in the same direction as you are.

Transportation is, unfortunately, one of the biggest polluters all over the world. With people all over the world choosing their own comfort via driving their own personal car everywhere, to always using cabs or using services for "private" transportation, to frequently taking flights instead of using other means of common transportation, pollution levels are rising, thus contributing to smog and poor air quality. The poorer the quality, the higher the risk of getting sick is.

The environmental implications of transportation are substantial since transportation consumes a considerable amount of energy and consumes the majority of the world's petroleum. This causes air pollution, including nitrous oxides and particles, and contributes significantly to global warming through carbon dioxide emissions. Road transport is the most significant contribution to global warming in the transportation sector.

Environmental rules in industrialised nations have lowered the pollution of individual vehicles. This has been compensated, however, by an increase in the number of automobiles on the road and increasing utilisation of each vehicle (an effect known as the Jevons paradox). Some routes for reducing road vehicle carbon emissions have been extensively researched.

Energy consumption and emissions vary greatly between modes, prompting environmentalists to advocate for a shift from air and road to rail and human-powered transportation, as well as increased transportation electrification and energy efficiency.

Other environmental effects of transportation systems include traffic congestion and automobile-oriented urban expansion, both of which can deplete natural habitat and agricultural areas. It is expected that lowering global transportation emissions will have a large positive impact on Earth's air quality, acid rain, smog, and climate change. Transportation's health consequences include noise pollution and carbon monoxide emissions.

While electric cars are being built to cut down CO₂ emission at the point of use, an approach that is becoming popular among cities worldwide is to prioritize public transport, bicycles, and pedestrian movement. Redirecting vehicle movement to create 20-minute neighborhoods that promotes exercise while greatly reducing vehicle dependency and

pollution. Some policies are levying a congestion charge to cars for travelling within congested areas during peak time.

Leaving your vehicle at home and choosing for more ecologically responsible forms of transportation will help both you and the city. These are some examples:

- Traffic congestion has been reduced.
- Reduced air pollution and associated hazards like asthma
- Greenhouse gas emissions have been reduced.
- decreased reliance on nonrenewable energy sources
- Lower transportation costs
- Physical activity has increased, as has social engagement.
- Local business support and a thriving economy
- Better health and a higher quality of life

Let's move!



The participants will be asked to switch to public ways of transportation for a week while going to school or any other places. They will have to note down if the public transport is inaccessible for them, if it is too over-crowded at the time they are using it and all details that might seem relevant. After they do the small research, they will be split into groups based on the criteria of using the same route and will be asked to share and compare their results. After analysing all the results, they will try to come with solutions on how to decongest traffic, or how to make it more accessible and better for them in order to use it daily.

- 5 minutes to gather the groups
- 30 minutes to discuss in the groups
- 10 minutes to present their conclusions



Possible questions for debriefing:

1. How was the experience for you?
2. Did you manage to switch from personal vehicles to public transport? Was this a hard change for you?
3. Are you considering using public transport more?
4. How did this experience make you feel?
5. Is there anything missing from your public transport system that you consider should be available?

6. Gerųjų praktikų pavyzdžiai

Some of the best examples of good practices are already done at home by most people, some of them without even realising the impact that their actions have. Here is a quick list of some examples of good practices already done:



- “Reduce, Reuse & Recycle” - a lot of people either properly select their trash to be recycled, or reuse some items. For example, most people reuse their old jars for storage or other things such as jam or to preserve food. Some people reuse the plastic containers from vegetables as storage spaces for other products. Others reduce their own waste by making compost at home for their gardens. All methods are efficient when it comes to doing something for the environment.
- Disposable items - a lot of people have started bringing their own bags when shopping in order to avoid purchasing new ones.
- Household chemicals - some people even started doing their own cleaners and pesticides using natural and biodegradable chemicals. When cleaning surfaces, vinegar is a great help.
- Renewable energy - mainly people that live in houses have also opted to install solar panels. A couple of years ago, governments of some states supported individuals buying solar panels through some compensation, in order to get more and more people to transition either partially or fully to renewable energy.
- Public transport - people have started using more and more public transport instead of their own personal cars. This switch helps with air pollution and clears out more of the streets, allowing the traffic to be lighter.
- Thrift shopping - lately it has become a trend to a thrift shop or to buy from second-hand stores. This action helps combat the fast fashion industry, thus people buying already “used” items for smaller prices, but still in good shape and usable, and not going back to the big stores that don’t necessarily sell qualitative items.



Who did It before?

Participants will be asked to form a line. The facilitator will read eco-friendly change statements out loud such as „I could use toothpaste tablets instead of toothpaste coming from a tube” or „I could get a reusable water bottle and fill it up instead of always buying single use plastic ones” and so on. The participants will be asked to take a step forward if they believe they can do the said changes. In the end, we can tell how easy it might seem for others to be eco-friendly and how hard it would be for some. Discussions can be done after if the participants have any questions.

- 20-30 mins for the game
- 10-15 mins for the discussions



Possible questions for debriefing:

1. How did you feel while implementing the activity?
2. What have you learned from this activity?
3. Do you consider yourself different from the others based on your choices?

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Co-funded by the
Erasmus+ Programme
of the European Union

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