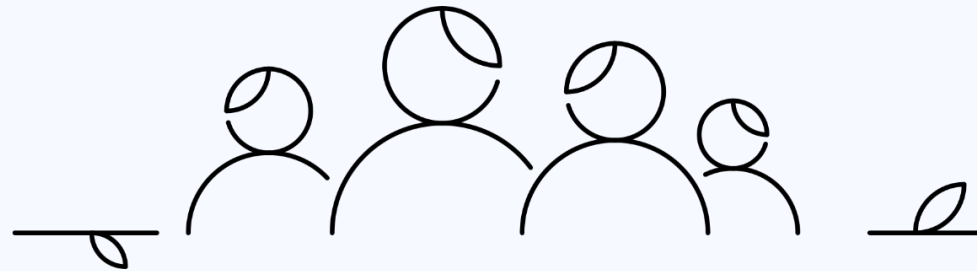


greenACT

D.G.T. ASSOCIATION

Project number: 2020-3-RO01-KA205-094853

- GREEN LIVING- ADOPTING AN ECO-FRIENDLY LIFESTYLE



YOUNG PEOPLE'S HANDBOOK

This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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

TOPICS

1. Healthy food consumption
2. Composting and its benefits
3. Green International Development Cooperation
4. Buying smart
5. Green ways of transportation
6. Examples of good practices



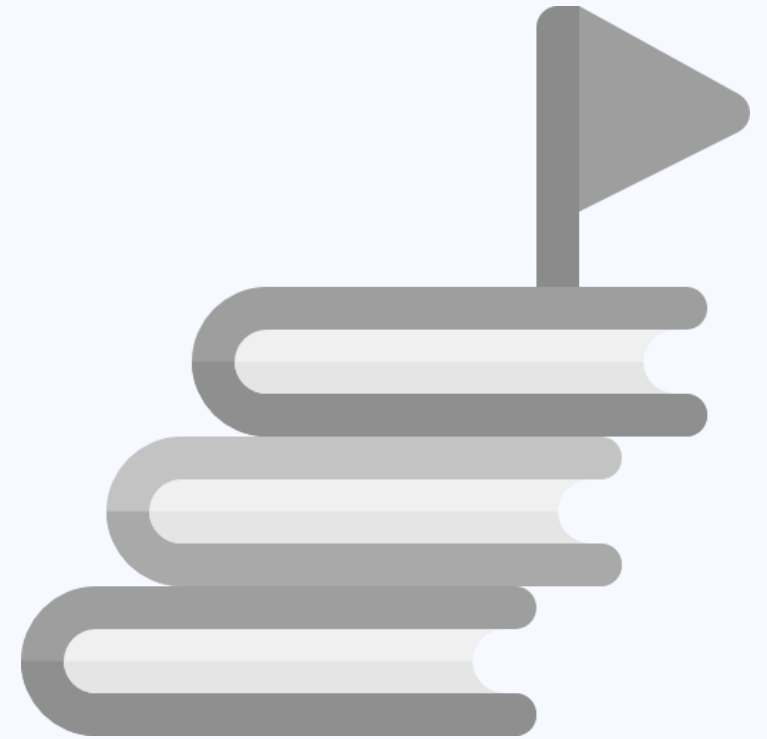
SHORT DESCRIPTION










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 a 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.

LEARNING GOALS

- 1.To define composting methods method through the needed tools and how it can be used or adapted to each lifestyle
- 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.



KEY SYMBOLS

Symbols	Explanation
	Definitions
	Case study
	Additional Resources
	Tips
	Activities
	Reminder
	Video

1. DIFFERENT ECOSYSTEMS AND THEIR IMPORTANCE



Healthy food = food that provides you with all the nutrients you need to sustain your own body, its well-being and to be able to retain energy. The key nutrients each body needs are water, carbohydrates, fat, protein, vitamins and minerals in order to have a well, healthy and balanced diet.

Different types of food and their roles:

- **Fruits and berries:** sweet and nutritious, they are a key element of a healthy diet. Starting from a young age, people are encouraged to consume as many fruits as possible
- **Eggs:** among the most nutritious foods on the planet
- **Meat:** lean and unprocessed meats can be included in a healthy diet.
- **Nuts and seeds:** although they are high in fat and calories, they may help in weight loss
- **Vegetables:** some of the most concentrated sources of nutrients.

1. Food consumption - policies at national and international level

The Green Deal 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 favorable impact on the environment;

1. Food consumption - policies at national and international level

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.



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

Small reminder:



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.



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



Questions for debriefing:

1. What did you do?
2. What types of healthy food did you find?
3. How did you work in your team? Did you have a strategy? Which one?
4. How did you feel doing this activity?
5. What have you learned?

2. COMPOST AND ITS BENEFITS



Compost is a mixture of ingredients used to fertilise plants and improve the physical, chemical, and biological properties of soil. It is typically made by decomposing plant matter, food waste, recycling organic materials, and manure. The resulting mixture contains a high concentration of plant nutrients as well as beneficial organisms such as bacteria, protozoa, nematodes, and fungi. Compost improves soil fertility and reduces reliance on commercial chemical fertilisers in gardens, landscaping, horticulture, urban agriculture, and organic farming. Compost benefits include providing nutrients to crops as fertiliser, acting as a soil conditioner, increasing the humus or humic acid content of the soil, and bringing beneficial microbes that help to suppress pathogens in the soil and affect soil diseases.

2. COMPOST AND ITS BENEFITS



Composting, at its most basic, entails gathering a mixture of 'greens' (green waste) and 'browns' (brown waste). Greens are nitrogen-rich materials such as leaves, grass, and food scraps. Browns are carbon-rich woody materials such as stalks, paper, and wood chips. The materials degrade into humus over a period of months. Composting is a multi-step, closely monitored process that requires measured inputs of water, air, and carbon- and nitrogen-rich materials. The decomposition process is aided by shredding the plant matter, adding water, and ensuring proper aeration by turning the mixture on a regular basis in a process that employs open piles or "windrows." Fungi, earthworms, and other detritivores break down the organic material even more. The chemical process is managed by aerobic bacteria and fungi, which convert the inputs into heat, carbon dioxide, and ammonium.

Composting is a method of aerobically decomposing organic solid waste. As a result, it has the potential to recycle organic material. Compost is made by decaying biological matter into a humus-like material that serves as a good fertiliser for plants. To function properly, composting organisms require four equally important ingredients:

- Carbon is required for power generation; microbial oxidation of carbon generates the heat needed for other parts of the composting period. High carbon materials are typically brown and dry.
- Nitrogen is required for more organisms to develop and reproduce in order to oxidise the carbon. High nitrogen materials are typically green and wet. They can also include brightly colored fruits and vegetables.
- The decomposition process requires oxygen to oxidise the carbon. Aerobic bacteria require oxygen levels above 5% to perform the composting processes.
- Water is required in sufficient quantities to maintain activity without causing anaerobic conditions.

Benefits of doing compost at home:

- Composting is an excellent way to recycle organic waste at home. Food scraps and garden waste account for more than a quarter of all waste. Besides food waste being bad for the environment, it's also expensive to process.
- Compost is a critical tool for enhancing large-scale agricultural systems. Compost contains three essential nutrients that garden crops require: nitrogen, phosphorus, and potassium. It also contains trace amounts of other essential elements such as calcium, magnesium, iron, and zinc. Composting provides an organic alternative to synthetic fertilisers that contain harmful chemicals. Compost has been shown in studies to improve soil water retention capacity, productivity, and resiliency. It can also be used on smaller areas, such as a private garden or a small one.
- By taking care of the food waste, people become more aware of what they use and what they need. Thus, by composting, people can identify their own personal source of waste and try to minimise it in such ways that the compost itself would be reduced too. Composting is a great tool to learn how to stick to your own needs and to not over-consume.

Types of composting:

- **Cold composting** degrades organic matter slowly, but it requires the least amount of effort and upkeep. Anything organic ultimately decomposes; cold composting is basically letting nature do its thing with minimal intervention on your part. You don't have to worry about the compost ingredient ratio, aeration, or moisture levels. If you have little organic waste to compost, don't have much time to tend to the process, and aren't in a hurry for finished compost, cold composting is the best option. However, depending on the cold method used, it can take one to two years to produce usable compost.
- **Hot composting** is a faster but more controlled composting method. This method necessitates careful attention to maintain the optimal carbon-nitrogen ratio for decomposing organic waste. It also necessitates the proper balance of air and water in order to attract organisms that thrive in an oxygen-rich environment. Under ideal conditions, the final compost product could be ready in four weeks to a year. If properly managed, the high temperature of the pile will kill most weeds, plant diseases, pesticides, and herbicides, as well as any bug larvae or eggs.

How to do compost - steps:

- Determine how you will collect and store your browns and greens. Collect and store your fruit and vegetable scraps in a closed container on your kitchen counter, under your sink, or in your fridge or freezer. Set aside an area outside to store a steady supply of leaves, twigs, or other carbon-rich material for browns (to mix with your food scraps).
- Set aside room for your compost pile and construct or purchase a bin. Choose a location in your yard for your compost pile that is accessible all year and has good drainage. Avoid putting it right next to a fence and make sure there is a water source nearby. In the sun or the shade, your compost pile will decompose. Next, select a bin type for your pile. Bins can be made from a variety of materials, including wire, wood, and cinder blocks. They can also be enclosed, with barrels and tumblers included.
- Prepare your compostable ingredients. Try to chop and break up your browns and greens into smaller pieces before adding them to the pile (e.g., corn cobs, broccoli stalks, and other tough food scraps). This will aid in the breakdown of the materials in the pile.

- How to Make a Compost Pile. Begin with a four- to six-inch layer of bulky browns like twigs and wood chips. This layer will absorb excess liquids, raise your pile, and allow air to circulate at the pile's base. Then, like lasagna, layer your greens and browns. If necessary, dampen the pile with a little water. The right proportions of ingredients in your compost pile will provide the carbon, nitrogen, oxygen, and moisture that composting microorganisms require to break down the material into finished compost.
- Keep up with your compost pile. As the materials in your compost pile decompose, the temperature of the pile rises at first, especially in the centre. A well-maintained backyard pile can reach temperatures ranging from 50° to 70° C. High temperatures aid in the reduction of pathogens and weed seeds. Turning and mixing your pile on a regular basis will help speed up the decomposition process and aerate it. Turn the outside of the pile inward with a garden fork.
- Collect your completed compost. Allow your compost pile to cure, or finish, for at least four weeks after it has stopped heating up after mixing and there are no visible food scraps. You can either separate the oldest compost at the bottom of the pile to cure or stop adding materials to your pile. Your pile will have shrunk to about one-third of its original size after curing.

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.



Do you know what to do?

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. China and Denmark established a collaborative work program (China-Denmark Joint Work Program 2017-2020) to further advance their partnership. 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 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



1. Study visit

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



2. 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 whether they would approve it or not.

Time:

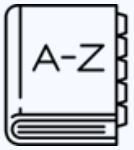
- -30 mins to write the proposal briefly
- -15 to present it very shortly



Possible questions for debriefing:

1. How did you feel during this activity?
2. What have you learned?
3. What action seem doable for you?

4. BUYING SMART



Consumerism = “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.

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.

Tips on how to buy “smart”:

1. Do your research first: try to look for the best alternatives and even for the closest ones. If you shop locally, the carbon footprint would be lower compared to shopping from imported sources. Also keep in mind that some supermarkets offer discounted prices for items that are about to go bad. So if you know for sure you will soon use a certain item, you could try to buy a discounted one, instead of letting it go to waste;
1. Know the limits: try to stick only to what you need and do not buy extra things. If you manage to settle down the amounts of products that you need, this shouldn't be a problem;
1. Be creative: repurpose the “waste” you created by using it for something else. If no edible option is available, perhaps you can try to make compost;
1. Plan ahead of time: you can try to organise yourself and plan your meals in advance. By doing this, you can have pretty exact measurements and quantities, thus avoiding waste or over-buying

Tips on how to buy “smart”:

5. Don't be afraid to NOT use a brand: have you ever tried a product cheaper from a different brand? Even better if their packaging comes in a sustainable form and the products does its job properly.
6. STOP buying plastic: a lot of fruits and vegetables come in plastic covers, despite them having their own natural cover. Why would an apple need to be put in a cardboard box topped up with transparent foil while it has its own peel?
7. Make your own garden: if you have the appropriate space, you could even try to make your own little garden space at home. Some easy to grow herbs to start off would be: parsley, oregano, mint, thyme and dill.



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

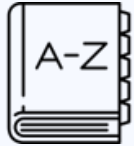
-15 mins to present



Possible questions for 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. GREEN WAYS OF TRANSPORTATION



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.

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. EXAMPLES OF GOOD PRACTICES

Here are some of the next examples of good practices that are already done by others:

- “Reduce, Reuse & Recycle” - a lot of people either properly select their trash to be recycled, or reuse some items.
- 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 the air pollution and clears out more of the streets, allowing the traffic to be lighter.
- Thrift shopping - lately it has become a trend to thrift shop or to buy from second hand stores.



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. At 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?

REFERENCES

- 1.WHY GREEN INDUSTRIAL POLICY SHOULD BE A PRIORITY AREA OF DEVELOPMENT COOPERATION - [.https://kina.um.dk/en/about-denmark/green-diplomacy/green-cooperation](https://kina.um.dk/en/about-denmark/green-diplomacy/green-cooperation)
- 2.Interpretation of the “Green Development Guidelines for Foreign Investment and Cooperation” - <https://greenfdc.org/interpretation-of-the-green-development-guidelines-for-foreign-investment-and-cooperation/>
- 3.How the world embraced consumerism. - <https://www.bbc.com/future/article/20210120-how-the-world-became-consumerist>
- 4.Britannica - definition of consumerism - <https://www.britannica.com/topic/consumerism>
- 5.Consumer Protection - Guide to buying smart - <https://www.consumerprotection.govt.nz/general-help/guide-to-buying-smart/>
- 6.The easiest herbs to grow - <https://herbsathome.co/the-easiest-herbs-to-grow/>



<https://greenactproject.eu/>



This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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