

YOUTH EXCHANGE



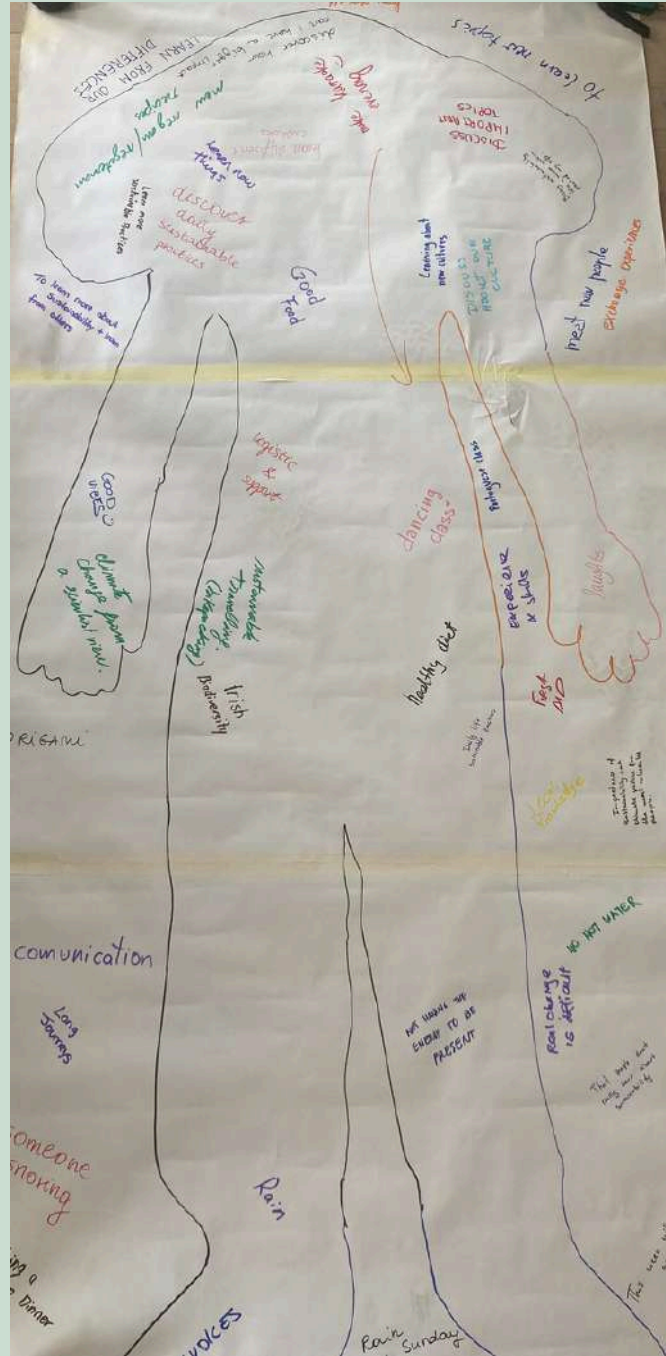
"RETHINK SUSTAINABILITY:
THE IMPACT OF OUR ACTIONS"

GRUMES 03/06/2025 - 10/06/2025

CONTRACT WITH PARTICIPANTS

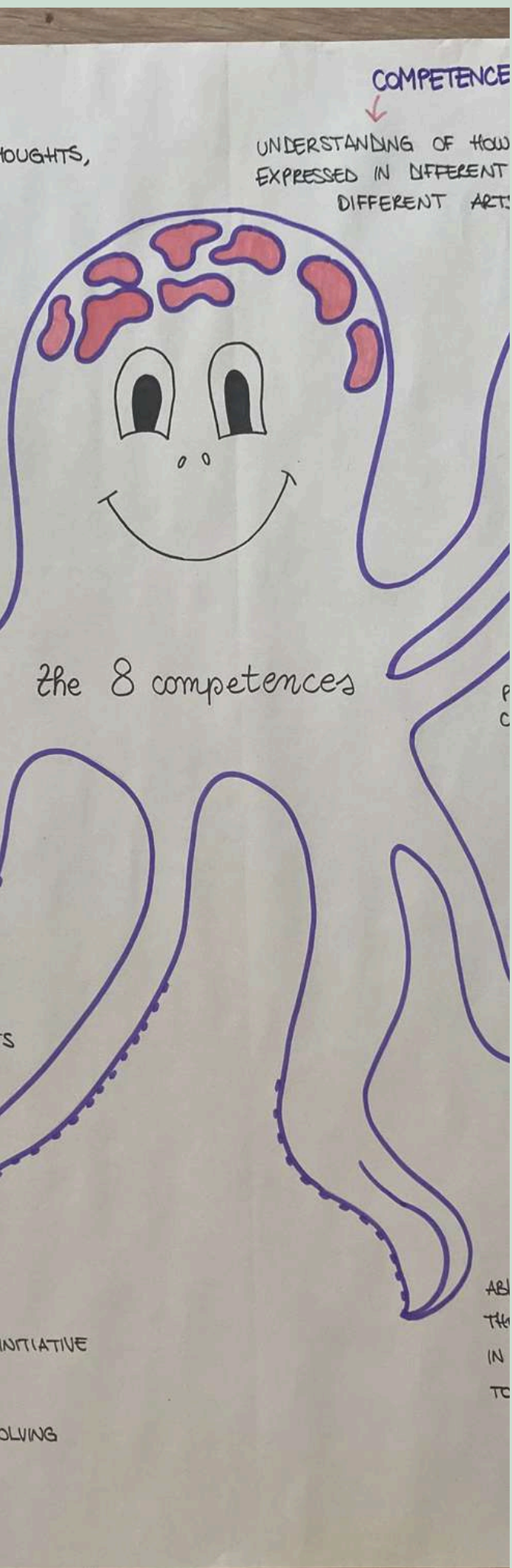
Activity based on making the contract with all the participants and creating together the common rules for everyone to create a nice space

to be humble
not to judge
to pay attention to each
turn off the lights
Gora bora
to be on time
smoking and alcohol outside
we respect each other
to have fun!!!
to keep clean
support each other
to be active



FEARS & EXPECTATIONS

We talked about the things that make us concern and the things that we expect to get from the exchange

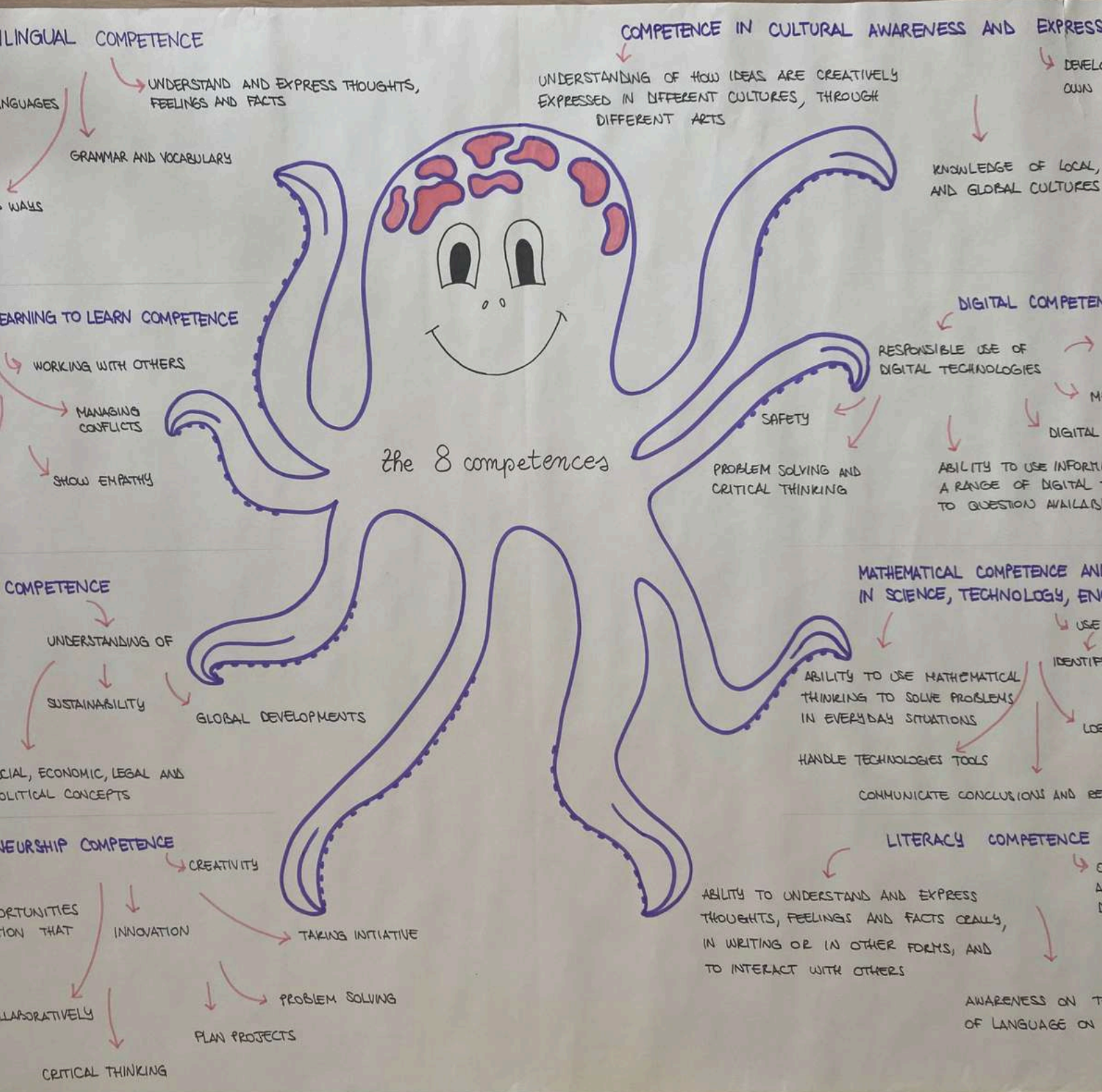


YOUTHPASS AND MY COMPETENCES

THE KEY COMPETENCES ARE:

1. Multilingual competence
2. Personal, social and learning to learn competence
3. Citizenship competence
4. Entrepreneurship competence
5. Cultural awareness and expression competence
6. Digital competence
7. Mathematical competence and competence in science, technology and engineering
8. Literacy competence





THE 8 COMPETENCES

ZASZCZ

saudade

Caliu

BULBULATOR

SLÄINTE

fado

PASTINACA

CHUCHA

Ximpteria

Desenmerda-te

Balelas

DŹDŹOWNICA
(worm)

Write your favorite
word in your native
Language

D'fheadhā

SONAS

XERINOLA

ŻDŹBŁO

Iniziazione

Smugairle rōin

WRITE YOUR FAVOURITE WORD IN YOUR NATIVE LANGUAGE

smugairle
balelas
fodase
dor
pastinaca

ximpteria
sonas
iniziazione
xerinola
chucha

bulbulator
fado
dźdźownica
źdźbło
caliu



WORKSHOPS

Reflecting on the impact of climate change on humans rights and talk about challenges in our countries and communities. Through workshops, we will create powerful messages to raise awareness.



Stunka

Cabritinha - Quim B Kinky

The Lumineers - Oh Hey!

RETHINK SUSTAINABILITY'S PLAYLIST

What's your favourite song?

She's only happy in the sun
- Ben Harper

Shadow - Kingfishr

Shot in the Dark - Kingfishr

green and red of mayo - Saw Doctors

lengat - Laxn Busto

WHAT IS YOUR FAVOURITE SONG?

Shadow-Kingfishr
The Lumineers-Oh Hey!
Stunka
Joan Dausa- Judit
Star of the countdown

Forever - Kiss
Kuduro
N17 - Saw Doctors
She is only happy in the sun



WHAT COMES TO YOUR MIND WHEN YOU THINK OF SUSTAINABILITY?

prevention
recycling
eco balance
be responsible
re-using

lipstick
accessibility
empathy
safety
responsibility

green energy
truth
emergency
future
lifestyle



WHAT COMES TO YOUR MIND WHEN YOU THINK OF HUMAN RIGHTS?

equality
free dom
solidarity
justice
liberty

education
poverty
to have a name
right of education
dignity

truth
water acess
starter pack
basic health care

What is your
environmental dilemma
curiosity / burning
question?

WHAT IS THE ENVIRONMENTAL
SOCIAL IMPACT OF MY
GUACAMOLE?

WHICH FABRIC IS MORE SUSTAINABLE?

WHAT DO ALL THE INGREDIENTS
ON THE LABEL OF COSMETICS
MEAN?

WHAT IS THE DRINKING
WATER TREATMENT PROCESS?
(question for APR 1st)

DO I HAVE ANY
MONEY CAN I
BE SUSTAINABLE?

WHAT HAPPENS TO MY
COOKING OIL?

WHAT IS THE IMPACT
OF A 2 HOUR FLIGHT?

EV cars VS Hydrogen

WHAT IS ENVIRONMENTAL DILEMMA/CURIOSITY/BURNING QUESTION?

- What is the impact of 2h flight?
- What is the meaning of the labels at the cosmetics?
- How can I be sustainable if I don't have any money?
- Which fabric is more sustainable?
- What happens with my cooking oil?
- What is the social impact of the guacamole?
- What is the water treatment process?



WHAT HAPPENS TO MY COOKING OIL?

When thinking about cooking oil, our first thought it's often that, since it is edible and natural, we can just throw it in the environment, but it can actually cause serious problems. It doesn't mix itself with the water, so if we throw it down the drain it can reach groundwater, polluting arable land and drinking water supplies, making them unusable; moreover when the oil reach the lakes or the seas, it forms a layer on the surface that makes the sun's rays less easy to pass through, altering the normal natural balance of marine habitats.

Even where adequate sewage systems are in place, the dispersion of large quantities of these substances causes problems because it could compromise the functionality of the sewage treatment plant and its biological recycling processes.

Moreover it is also important not to use the same cooking oil, because during heating, vegetable oils oxidise and produce substances that are potentially harmful to health.

After its use, the oil should be collected in plastic containers, often provided directly by the municipality, and taken to the appropriate center.

Proper disposal allows us not only to protect the environment, but also to give the collected oil a new life. In recent years, there have been an increasing number of solutions for recycling used oil.



Through the regeneration process, the oil can in fact be:

- transformed into an eco-fuel with a less polluting impact than ordinary oil, such as biodiesel used for heating or fireplaces;
- exploited to make feed for farm animals;
- used as an ingredient to make creams, soaps and vegetable lubricants.



WHAT IS THE WATER TREATMENT PROCESS?

An appropriate water treatment process is necessary to ensure a good water quality, otherwise they can represent one of the main causes of water pollution, damaging human health and the environment. Furthermore, excessive chemical levels in rivers, lakes, or seas can promote the rapid growth of algae and aquatic plants, which, as they die and decompose, may significantly reduce oxygen levels in the water. This would clearly be a problem for the fishes.

The purification cycle involves a combination of chemical, physical, and biological processes. The resulting mud is often contaminated with toxic substances and must therefore undergo additional treatments to make it safe for disposal, such as in specialized landfills or for potential reuse in agriculture.



WATER TREATMENT PROCESS

SIEVING → dirty water is mechanically filtered to free it from large and small solid debris: from pieces of wood to waste that is produced every day (plastic, cotton buds, cigarette butts) and which should never be thrown into the water or the toilet.

SEDIMENTATION PROCESS → It is used to filter the smallest residues, such as sand, earth, oils and fats, which will be eliminated with a process that consists of making the sedimentable bodies settle on the bottom of the tank or making them float in the case of oils and fats.

OXIDATION → It consists of the actual purification treatment of water. Biological oxidative treatment consists in the biodegradation by microorganisms of all organic substances present in the water to be purified, until they are transformed into simpler and environmentally harmless substances.

SECONDARY SEDIMENTATION → This is the final phase of wastewater purification, which comes after the oxidation stage and serves to separate the biological sludge from the clarified or treated effluent. In this stage, the biological sludge settles at the bottom of the secondary clarifier, while the clarified effluent is collected from the surface.

PROCESS OF DISINFECTION → The discharge of purified water into the environment is permitted only after a disinfection process obtained through the dosing of specific chemical products or physical systems (ultraviolet rays).

A top-down view of various cosmetic products and fresh flowers arranged on a light pink surface. In the center, a white tube with a pump dispenser lies horizontally. To its left, a small white jar with a lid is partially visible. Below the tube, another white bottle with a pump dispenser is positioned diagonally. The scene is decorated with several types of flowers, including purple and yellow daisies, blue and purple bell-shaped flowers, and small yellow wildflowers. A central green rectangular box with an orange border contains the title text.

WHAT IS THE MEANING OF THE LABELS AT THE COSMETICS?

Thanks to the ingredients listed on the labels of cosmetics, we can understand the quality of the product as well as identify certain ingredients we are allergic to.

Typically, the ingredients are arranged according to the amount contained and the most important ones are the first 4/5. This description of components follow the international standard INCI (International Nomenclature of Cosmetic Ingredients), that could be European (INCI EU) or American (INCI USA).

For this reason, in many products there is a double description, such as “Aqua (Water)”.

Only plant substances are expressed with their Latin botanical name (“borado officinalis seed oil”), while those that have undergone a chemical process are indicated in English (“sodium laureth sulfate”).

Also we can differentiate ingredients by being careful about the name itself. Here a little explanation:

PERFUMES AND FLAVOURINGS are indicated on the label with the terms "Parfum" or "Aroma".

Nowadays there is also a list of **26 POTENTIALLY ALLERGENIC SUBSTANCES** that must be indicated on the label, usually they are found especially in perfumes.

BOTANICAL SUBSTANCES OR PLANTS DERIVATIVES are indicated on the label with the botanical name (genus and species) followed by the indication in English of the part of the plant and the type of derivative:

Example: lavender essential oil " Lavandula Angustifolia Oil " / aloe juice " Aloe Barbadensis Leaf Juice "

The same applies to **PLANT EXTRACTS**, example: glyceric extract of Calendula flowers "Glycerin (solvent), Aqua (solvent), Calendula Officinalis Flower Extract (name of the plant) "

INCI NOMENCLATURE	ENGLISH NAME	COSMETIC PROPERTIES
Aqua (water)	Water	The basis of most formulations
Glycerin	Glycerine	Surface moisturizer, humectant
Butyrospermum parkii (Shea) butter	Shea butter	Elasticizing, nourishing and
Argania Spinosa (Kernel) oil	Argan oil	Skin conditioning, nourishing, it is a
Mel (honey)	Honey	Moisturizing, humectant
Prunus dulcis (sweet almond) oil	Sweet almond oil	Emollient, elasticizing, very
Aloe Arborescens leaf extract	Aloe arborescens leaf extract	Soothing, protective, moisturizing
Ocimum Basilicum (basil) leaf extract	Basil leaf extract	Basil leaf extract
Olive glycerides oil	Glycerides from olive oil Emollient	Elasticizing

NANOMATERIALS ingredients must be clearly indicated on the label followed by the word "nano" in brackets → Example: titanium dioxide (nan

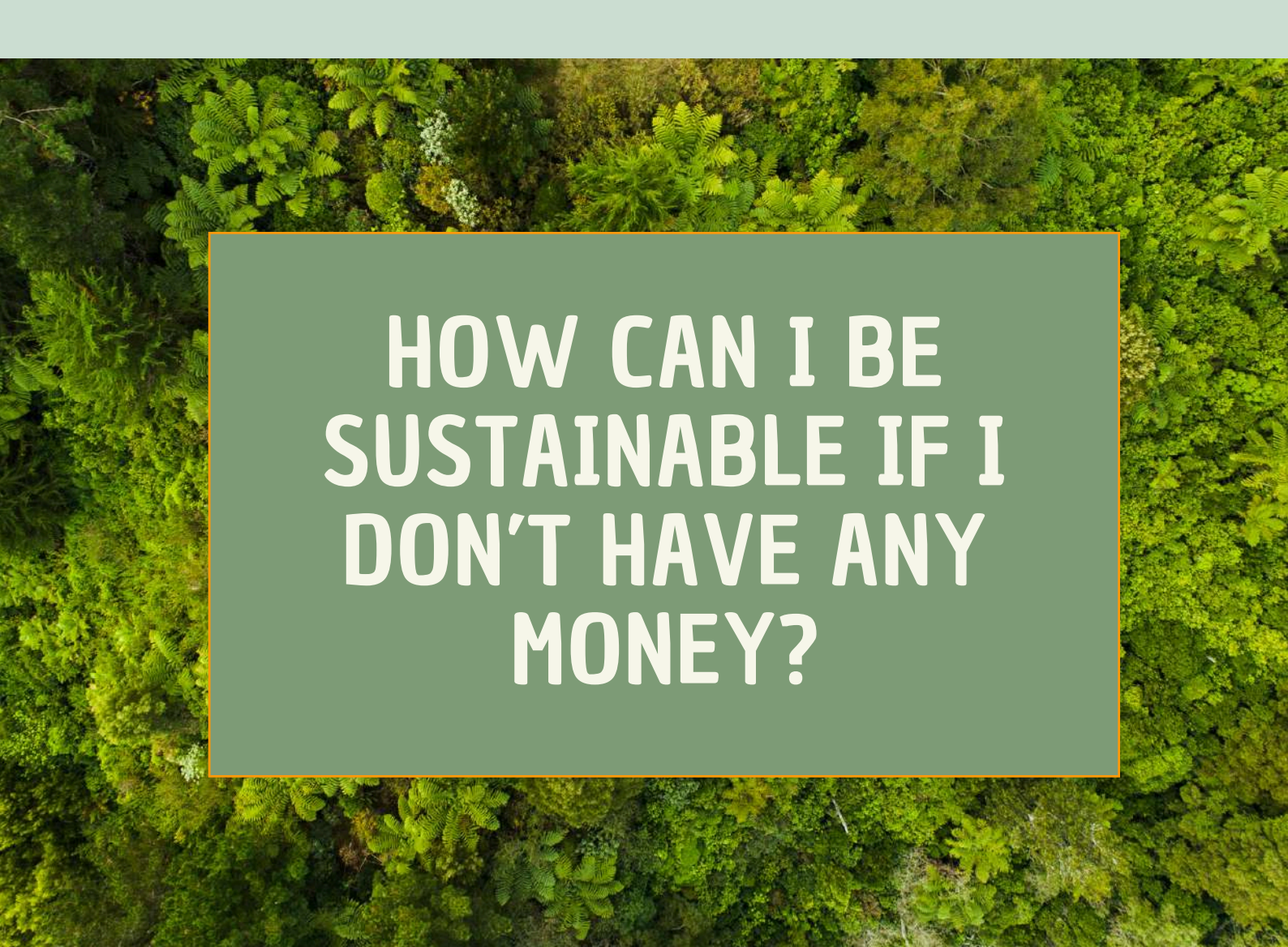
ETHYL ALCOHOL: denatured ethyl alcohol is indicated by the INCI "Alcohol Denat.", non-denatured ethyl alcohol by the INCI "Alcohol".



COLORANTS other than those intended to color hair areas may be listed in any order after the other cosmetic ingredients and are identified according to the Colour Index (CI) number.

Example: Titanium dioxide, when used as a colorant, will be listed as CI 77891

If you are interested in knowing more about the cosmetics' ingredients when you buy them, you can also check the [Cosmille Europe database](#).

An aerial photograph of a dense, vibrant green forest. The foliage is thick and varied, with many ferns visible. In the center of the image, there is a semi-transparent grey rectangular box with a thin orange border. Inside this box, the text 'HOW CAN I BE SUSTAINABLE IF I DON'T HAVE ANY MONEY?' is written in a bold, white, sans-serif font, arranged in five lines.

HOW CAN I BE SUSTAINABLE IF I DON'T HAVE ANY MONEY?

COTTON

Let's start with one of the most popular fabrics: COTTON. It comes from a plant and 90% of its fiber consists of cellulose, leading us to think it is a sustainable material.

However, this natural fiber causes problems due to high water consumption, pesticide levels and pollution when over-farmed. This awareness has started a movement towards more sustainable and ethically produced cotton, such as ORGANIC COTTON that is cultivated without harmful chemicals, and FAIR-TRADE COTTON, which ensures fair trading practices and just compensation for farmers.

Also other organic fabrics are considered eco-friendly, for example:

- **ORGANIC HEMP** has many benefits, including the fact that it grows all around the world, it requires very little amount of water, zero pesticide, and naturally fertilises the soil it grows in.
- **ORGANIC LINEN**, derived from flax plants, needs minimal water and pesticides, and even grows in poor quality soil. Additionally, every part of the plant is used, so nothing is wasted. But because of the dense nature of the fiber, to get a pure white linen, it has to go through a heavy bleaching process. Unbleached linen, characterized by a beige or grey shade, is usually more eco-friendly.



FOOD

Buy Local and Seasonal Produce

→ Choosing fruits and vegetables that are grown locally and in season is a simple yet powerful way to reduce your environmental impact and save money. Since this food doesn't have to travel far, it generates fewer emissions, and its seasonal abundance often makes it more affordable.

Reduce disposable items

→ Instead of buying plastic water bottles over and over again, you can invest in a durable reusable one that can last for years. The same idea works for shopping bags and food containers too. You can also switch to beeswax wraps, which last up to a year, as a sustainable alternative to single-use plastic or aluminum wrap.

Cut down on meat

→ To spend less on groceries and respect the planet, you can consider responsible meat consumption, for example by eliminating it from your diet just once a week. A study conducted by Kantar in the UK found that vegan shoppers spend around 40% less on groceries than meat eaters.

Too good to go

→ it is an app, which aim to reduce the food waste and that allow clients to buy food from shops at a lower price

Being sustainable doesn't have to be expensive, there are many ways to help the environment without spending much money, in fact sometimes it could even help us save some. Here some ideas:



TRANSPORT

Especially during hot summer days or over long distances, for which I recommend first to choose the **bus** instead of a private car, and then opting for **slow travelling** solutions, instead of plane when going far or on holiday.



Cycling or walking are other ways to reduce costs by saving you money on fuel or public transport.



BlaBlaCar

Thanks to this app, you can share a ride with strangers. It could be a great opportunity to meet new people, save money, and even explore less touristy destinations. BlaBlaCar offers.

Every subscriber the option to give a paid ride to someone or to check if there are people available who are doing the same route as you and therefore have a ride characterized by the comfort of the car.

CLOTHES

Conscious Fashion Choices

→ While fast fashion offers inexpensive, trendy clothing, it's really damaging for the environment. Prioritize quality over quantity. Investing in durable, timeless pieces may seem more expensive initially, but they last longer, saving you money over time. Look for sustainable brands that focus on eco-friendly or recycled ones and ethical production practices to make a more conscious and lasting impact.

Shop second-hand or taking part in **clothing swaps** can provide unique, affordable fashion choices. An initiative is for example carried out by **Vinokilo**, a moving shop where you can select your favorite clothes and pay by kilo.

In community swap events you can trade the items you don't need anymore for something that's new to you.

Vinted

→ This app has developed quite a bit in recent years, so maybe you already know it. It's mainly used for clothes, but you can actually find and sell everything on it. The goal is to reuse items and to have the opportunity to sell and give new life to every piece of clothing you have at home.

BODY CARE

Take Shorter Showers

→ It could help reduce water waste and utility bills.



Reusable razor

→ Try to use reusable razor instead of disposable plastic ones

Solid soap

→ It helps avoiding the use of plastic. A solution can also be to buy a big soap refill in case you feel more comfortable with liquid soap.

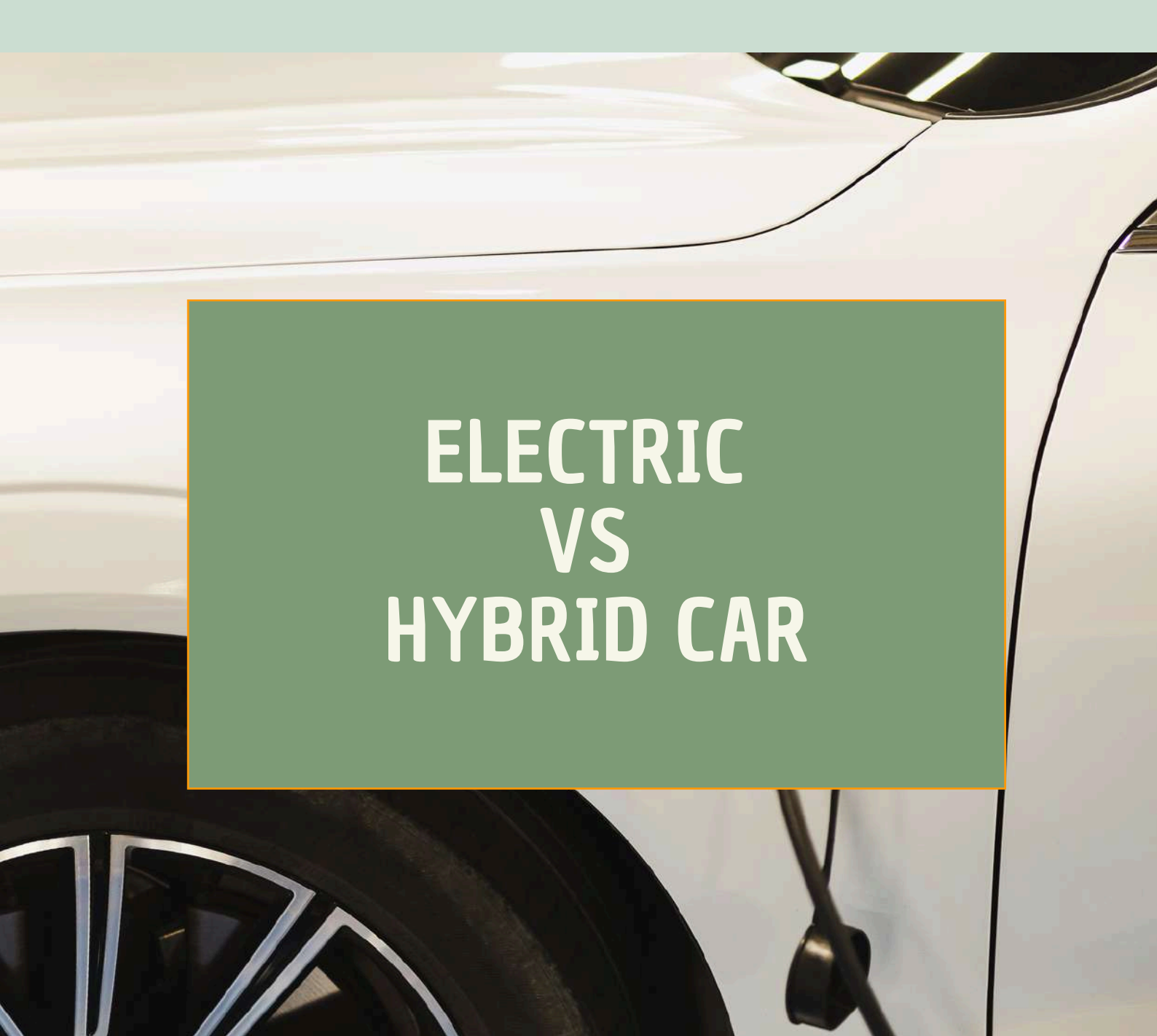


Instead of buying new books you can borrow them from the **library** or from friends. In many places there are also **bookcrossing** boxes in which you can take a book and leave there another one that you don't read anymore.

Unplug devices and appliances that are not in use.

Clean-Up Events

→ Joining community clean-up events is a free way to contribute to a better environment. These events, often held in local parks, on beaches, or around neighborhood streets, also offer a great chance to connect with others who share your values.



ELECTRIC VS HYBRID CAR

What is the basic difference between these two types of car? The electric ones, as the word itself says, have just an electric motor, while the second ones are also supported by a thermal engine. That means that even if they are greener than diesel and petrol cars, they still pollute a little bit, while electrical autos don't produce any direct gas emission, but just the one related to the production of the car itself.

Moreover it is possible to recharge them by using only renewable sources. A contra about it is that they need a long time to recharge completely and they are not fully adapted for long distance travels. Another pro from electrical cars is that they are really silent, therefore also convenient in terms of noise pollution.

HYBRID TYPES

When we talk about hybrid cars, we should consider that there are of different levels:

- **Micro Hybrid:** These cars are not equipped with an electric motor, but only with a Start&Stop device that allows to save fuel while the vehicle is stationary.
- **Mild Hybrid:** The auto is equipped with a little electric motor that supports some functions such as during the starting or that can employ regenerative braking, but is not able to move the car by itselfs.
- **Full Hybrid:** The electric motor can work in autonomie for some kilometers. in questi veicoli ibridi, grazie a un sistema di accumulo dell'energia, il motore elettrico può funzionare anche in autonomia per pochi Km. Furthermore, the energy produced by the internal combustion engine and by deceleration is used to recharge the battery, while it is not possible to recharge the battery with an external energy source.
- **Plug-In Hybrid:** This type of hybrid car is equipped with a battery that, in addition to regenerative braking, can be recharged at a charging station, thus allowing it to travel up to 50-60 km in 100% electric mode.



One advantage of hybrid cars is that they are functional both for long and short travels, since they are not completely dependent on charging infrastructure. On the other hand they have a greater mechanical complexity than electric cars and higher maintenance costs due to the presence of two engines.



So in terms of environmental sustainability, electric cars are a better option, but they are not always so efficient if we need to travel long distances and can't stop for much time.



WHICH FABRIC IS MORE SUSTAINABLE?

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SYNTHETICS

The less sustainable fabrics are the SYNTHETICS ones. Synthetics have different properties to natural fibers, and are often chosen because they are very stretchy, more waterproof, and more stain-resistant than others.

Examples of this kind of fabric are NYLON and POLYESTER. As they come from fossil-fuel-derived resources including petroleum-based chemicals and petrochemicals, they often release microplastics during use and washing. Moreover they need a large amount of energy and water, used for cooling in the energy-intensive process.

This can be particularly dangerous in particular in areas of water scarcity, resulting in reduced access to clean drinking water. Moreover, the excess water from production is full of chemical dyes that can cause harm to plants, animals, and humans.

Environmental and social risks are also linked to the fabrics we take for sustainable. This is the case with MAN MADE CELLULOSICS (MMCFs), such as VISCOSE and LYOCELL, which are made from wood cellulose.



Although renewable and potentially climate-friendly, if produced sustainably, these fibers can contribute to deforestation and threaten the biodiversity and rights of indigenous peoples linked to those territories.



RECYCLED FABRICS

There is for example **RECYCLED COTTON** or **RECYCLED POLYESTER**.

This last is really interesting since traditional polyester is usually one of the worst offenders. It's often made from plastic bottles, therefore, it reduces the amount of plastic waste sent to landfills and skips the intensive process that normal polyester goes through. However, it is worth noting that recycled polyester still releases microplastics when washed.

The same goes for ECONYL, a fibre made from synthetic waste including industrial plastic and ocean fishing nets. The result is extremely similar to nylon, making Econyl a kind of recycled nylon.

Another option for being sustainable is surely buying second hand clothes, so that there is no need for producing new ones! :)

A background image showing a whole avocado and a halved avocado on a light green surface. The halved avocado is in the foreground, showing its pit and green flesh. The whole avocado is in the background, partially obscured by the text box.

WHAT IS THE ENVIRONMENTAL AND SOCIAL IMPACT OF GUACAMOLE?

WATER USAGE

Avocado cultivation is a water-intensive process. Around 320 litres of water are needed to produce just one avocado. This means it takes about four times the amount of water needed to produce almonds for almond milk.

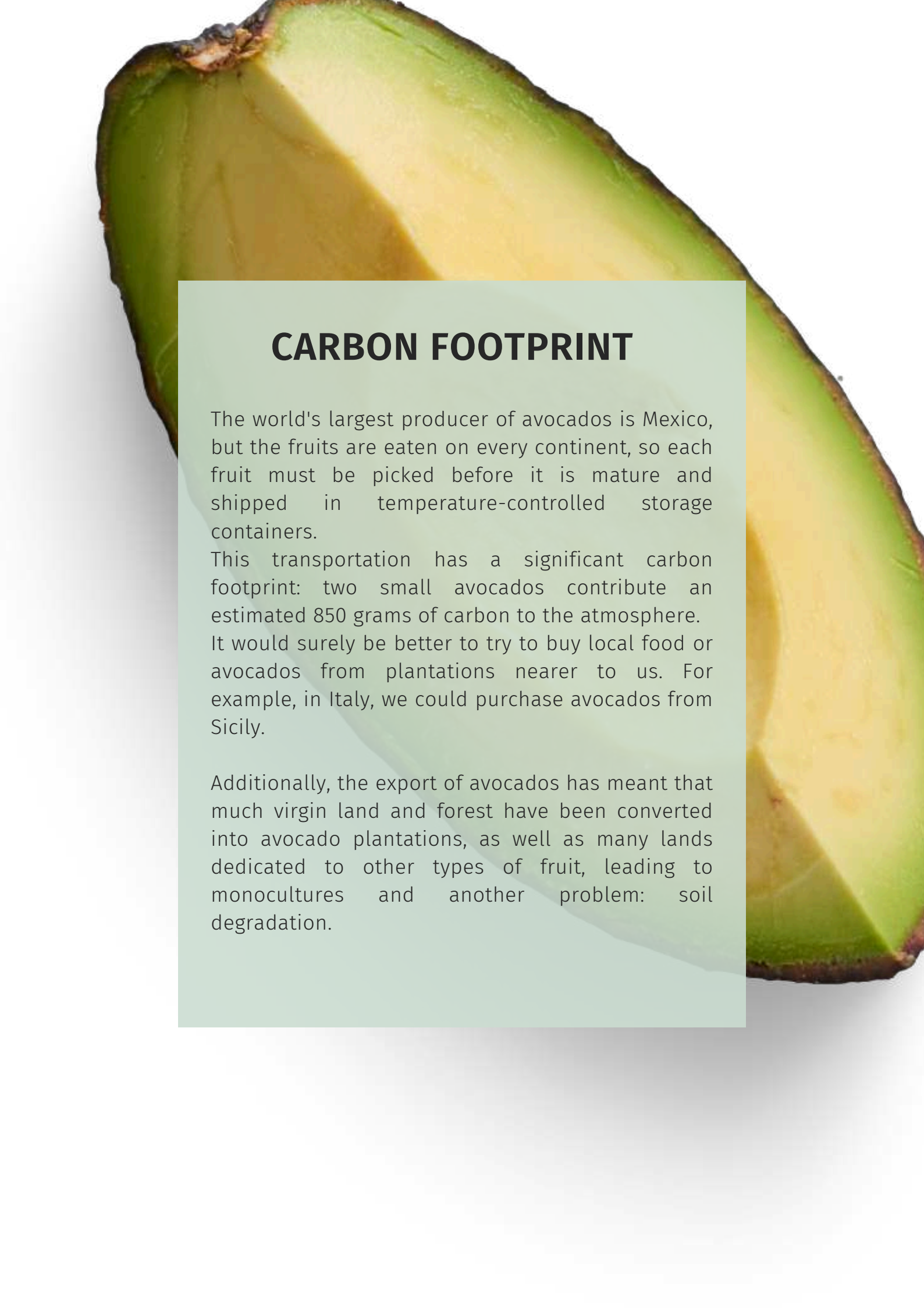
On the other hand, as suggested by the World Avocado Organisation (WAO), avocados require less water than other fruits such as bananas or apples, and so much less in comparison with coffee, chocolate and beef. Here you can see an illustrative graphic.

SOIL DEGRADATION

Monocultures extract all the nutrients from the soil and destroy it year after year. As a result, the soil becomes less and less fertile over time until it is no longer suitable for cultivation.

LOWEST PESTICIDE RESIDUE

Avocados require a very small amount of pesticide during the growing process, thanks to their protective skin. It is significantly low, especially when compared to other produce like strawberries, spinach, pears and peppers. So that the choice of organic production fits perfectly.



CARBON FOOTPRINT

The world's largest producer of avocados is Mexico, but the fruits are eaten on every continent, so each fruit must be picked before it is mature and shipped in temperature-controlled storage containers.

This transportation has a significant carbon footprint: two small avocados contribute an estimated 850 grams of carbon to the atmosphere. It would surely be better to try to buy local food or avocados from plantations nearer to us. For example, in Italy, we could purchase avocados from Sicily.

Additionally, the export of avocados has meant that much virgin land and forest have been converted into avocado plantations, as well as many lands dedicated to other types of fruit, leading to monocultures and another problem: soil degradation.



IMPACT ON LOCAL ECONOMY

In several exporting countries such as Peru, Chile and South Africa, the production of avocados plays a significant role in the local economy.

In Chile, the third largest supplier of avocados to Europe, a study commissioned by the government found that the national avocado industry has created around 35,000 jobs and helped to reduce poverty among the population, especially in rural areas.

However, many workers face poor labor conditions and working rhythms and hours that are close to exploitation. If originally it was a source of income and enrichment for entire countries, avocado cultivation has now attracted the attention of organised crime



WHAT IS THE IMPACT OF A 2 HOURS FLIGHT?

Nowadays, we often fly even to go on holiday to places that can be reached by train. Aviation has become an important pillar of the world economy, but what is the impact of flights on the environment?

Around 3 per cent of global CO₂ emissions come from air traffic. Flying produces 285 grams of CO₂ per passenger (the average is 88 per flight) per kilometre travelled. In comparison, a car produces 42 per passenger per kilometre.

This may seem small in percentage terms, but in absolute terms it is significant, considering that aviation has doubled its CO₂ emissions from 1990 to 2019. According to the International Civil Aviation Organisation (ICAO), it is estimated that aviation will account for one third of all transport-related CO₂ emissions by 2050. This is largely due to the growth in air traffic, which continues to increase year on year.

Most of the air traffic emissions come from long-haul flights, particularly transatlantic flights, which can for example equal the amount of CO₂ produced by a few people in an entire year. Another critical issue is noise pollution caused by aircraft, as this heavily influences the quality of life of people living near airports and harms the surrounding ecosystems.

Approximately 52 million Europeans live less than 20 kilometres from major airports, exposing themselves to particles that can cause hypertension, diabetes and dementia

To reduce the carbon footprint of air travel, we should limit the use of planes, especially short-haul ones, in favour of more sustainable alternatives.

Flying should be treated as an exception rather than the norm. In this spirit, the French government has abolished certain national flights when an alternative train journey of no more than two hours is available. This is a great start, even if the reduction in emissions remains low (0.02% of French air transport emissions).

In addition, lightweight luggage helps to reduce CO₂ emissions. This is because the heavier the aircraft, the more fuel it consumes. For the same reason, travelling in economy also helps the environment, as there is less space occupied by the seats and therefore less weight. As always even if in our little we can still do something!





GRUMES

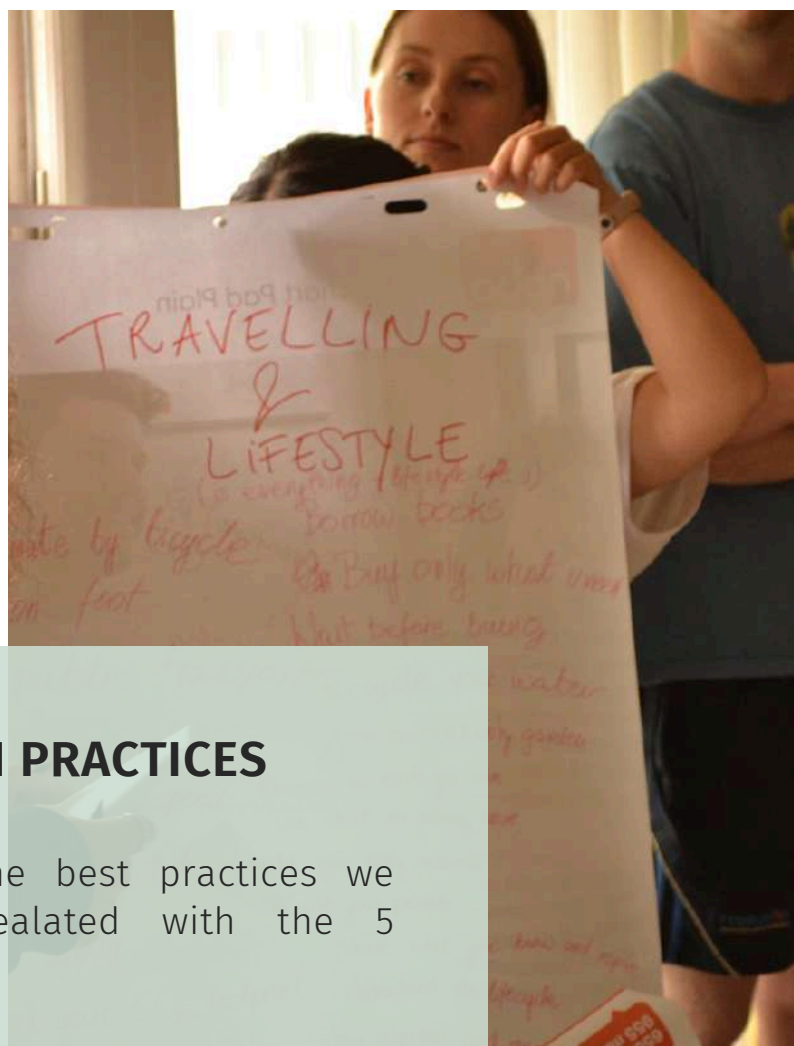
THE SMALLEST SLOW CITY IN THE WORLD

The exchange was located in the Grumes. Small and charming town located in the heart of the Trentino-Alto Adige region, known for its dedication to the ideals of the Cittaslow philosophy. This town offering a slow and sustainable lifestyle.





100+ GREEN PRACTICES

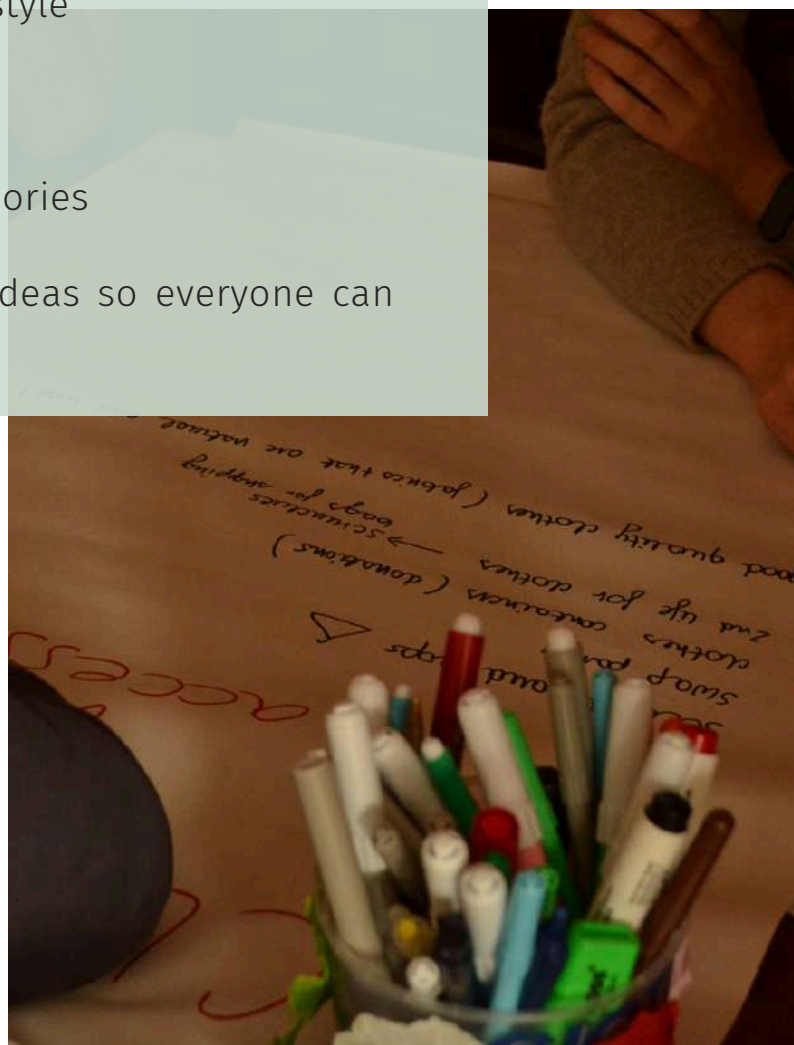


100+ GREEN PRACTICES

We were creating the best practices we know that were realated with the 5 categories:

- Travelling and lifestyle
- Skin care
- Personal care
- Food
- Clothing and accesories

After we shared our ideas so everyone can benefit from it



TRAVELLING &

LIFESTYLE

(is everything + lifestyle life :))

TRAVELLING & LIFESTYLE

Commute by bicycle

Borrow books

Walk by foot

Reduce your speed

Share a ride

Go for an urban trek

Use what you already have

Choose digital ticket

Make your hobby sustainable

Understand the lifecycle

Travel lightly

Join a community garden

Recycle up water

Wait before buying

Share what you know and inspire

Offset your footprint

Use public transport

Regift your presents

Borrow as much as you can

TIPS FOR SKIN CARE

1. Cruelty free products
2. Buy only what you need
3. Know your skin

4. Reusable cotton pads **SKIN CARE**

5. Sustainable packaging
 - Cruelty free products
 - Buy only what you need
6. Re-fillable products
 - Know your skin
 - Reusable cotton pads
7. Reduce skincare steps
 - Sustainable packing
 - Refillable products
8. Don't fall for fake claims
 - Reduce skin care steps
 - Don't fall for the advertisement
9. Protect your skin from the sun
 - Protect your skin from the sun
 - Drink more water, eat healthy food
10. Drink more water, eat healthy food
 - Buy products in your country
 - Look for certified products
11. Buy products from reliable sources
 - Use the right amount of product
 - Look for reliable sources
12. Look for certified products
 - Prioritize solid products
 - Avoid products with microbeads

13. Reuse empty containers
14. Use the right amount of product
15. Look for reliable sources
16. Prioritize solid products
17. Avoid products with microbeads

PERSONAL CARE

PERSONAL CARE

- Use a natural tooth brush
- Use natural shampoo
- Take short showers
- Wait before buying
- Make your own scrub
- Reflect on your habits
- Make your hobbies sustainable
- Use a reusable razor
- Use a natural deodorant
- Use a plastic free toothbrush
- Use a solid soap
- Use eco friendly make up
- Choose reusable period items
- Use the wooden toothbrush

al
te toothbrush
shampoo
owers
ying
scrub
habits
ies sustainable
Choose reusable period
Stay informed and ~~we~~ res
Redd Use a wooden /sasta

FOOD

Buy only what you need

Use a reusable lunch box

Read the label

Eat seasonal food

Have MORE plant-based food

Check your fridge to avoid waste

Leave the peel on

Go to local market

Use a reusable water bottle

Eat small portions

Use a reusable bag

Choose healthy snacks

Empty your pantry

Reuse your jars

Compost your food scraps

Bring a reusable straw

Support local producers

Plant your own herbs

Dispose of your cooking oil safely

Meal plan your week

Use beeswax paper / food wraps

Choose non-toxic cookware

Use loose leaf tea

FOOD

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Read the label

Eat seasonal fruit

Leave the peel on

Go to local market

Use a reusable water bottle

Eat small portions

Choose healthy snacks

Empty your pantry

Use a reusable bag

Reuse old jars

Eat fresh food first

Eat slow food

Learn new recipes

Use leaf tea

Reuse cooking oil

Compost the food

Plan your meals weekly

More plant base food

Stay informed and research

RECIPES
FOOD / DISHES

FOOD.

COOKING OIL

Stay informed & research

Eat slow food when

chilling out

Share what you know

& inspire!

• DO NOT STOP WHEN
YOU'RE HUNGRY

• EAT FRESH FOOD
FIRST

• EAT 'WONKY' FOOD

• REUSE 'ZIPABLE'
WRAPPERS.

CLOTHING & accessories

CLOTHING & ACCESORIES



Second hands

Swap parties

Clothes donation

Good quality of fabrics

2nd life for clothes - bags, scrunchies

Mend your clothes

Choose low impact

Choose sustainable brands

Use natural hair accessories

Choose naked nails

Have a capsule wardrobe

second hand shops

swap party

clothes containers

2nd life for clothes

good quality clothes

mend your clothes

have a capsule wardrobe

choose low impact/upcycled materials/textiles

choose sustainable brands

Use a natural laundry detergents

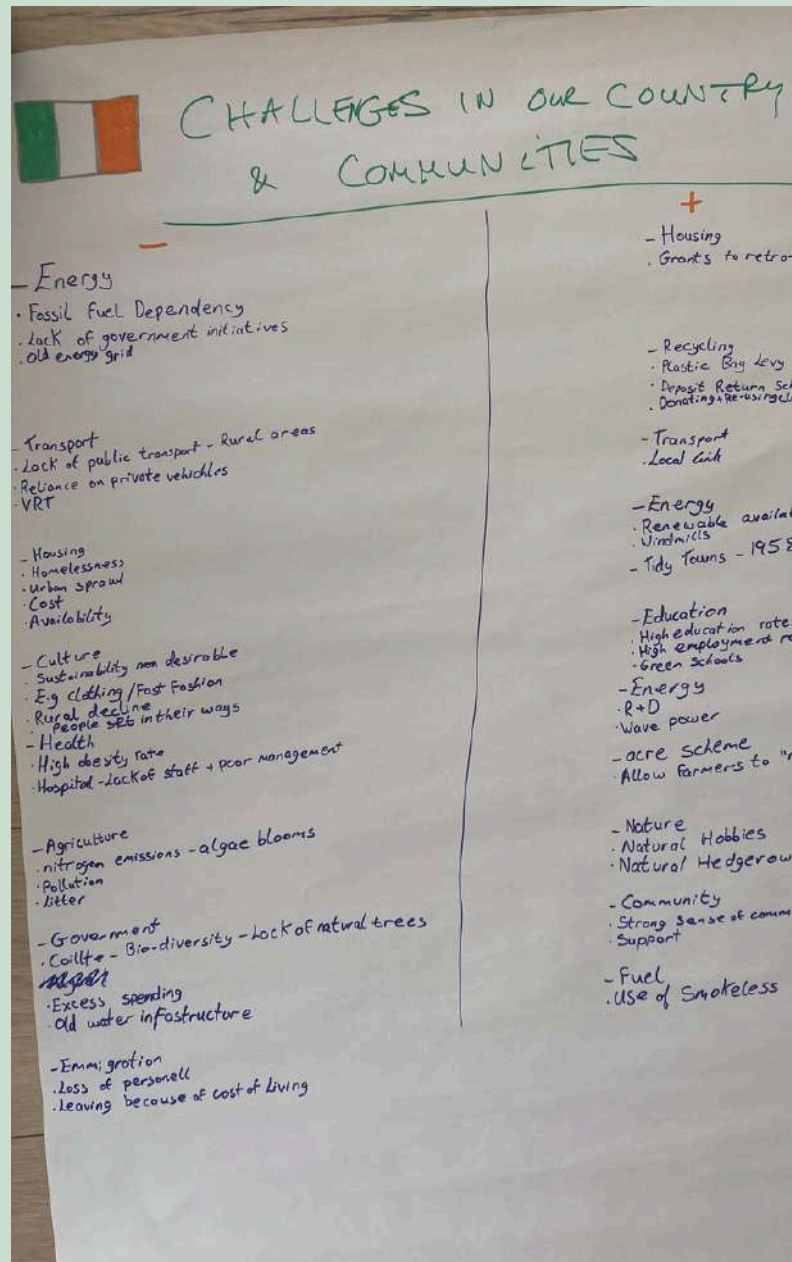
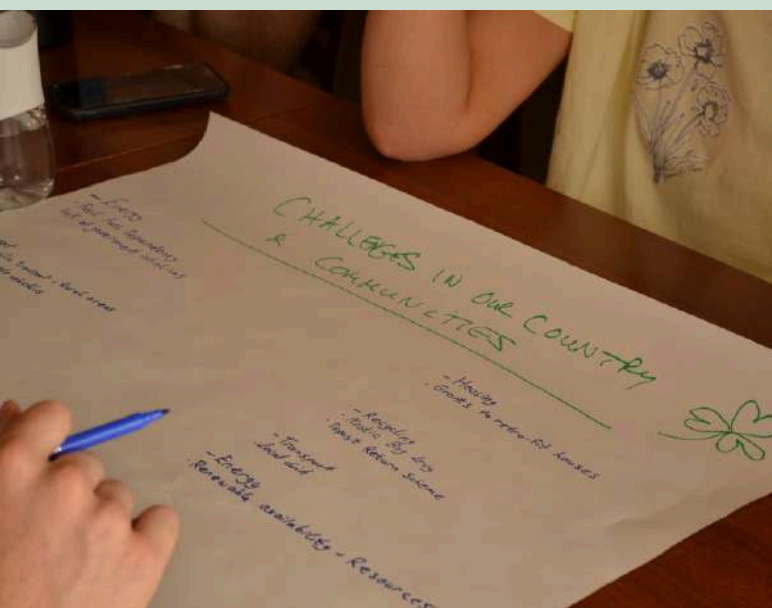
use natural hair accessories

choose naked nails

Use a reusable razor



CHALLENGES IN OUR COUNTRIES AND COMMUNITIES

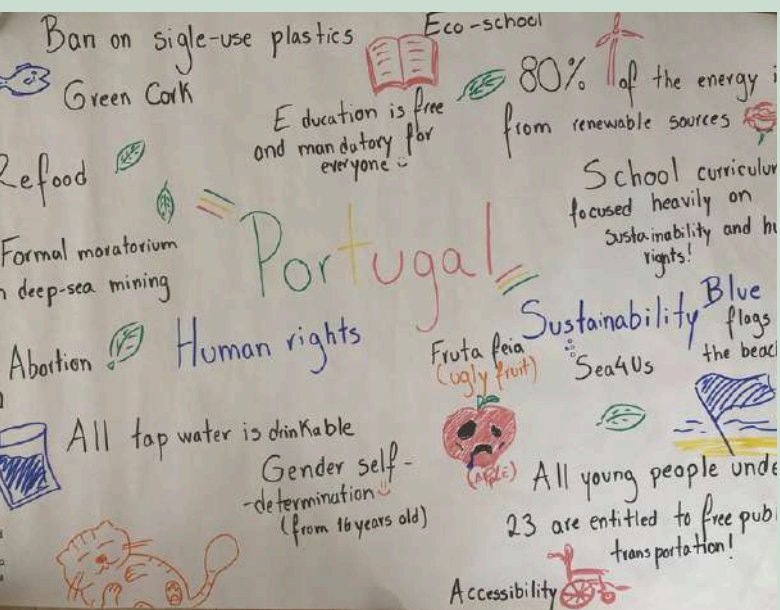
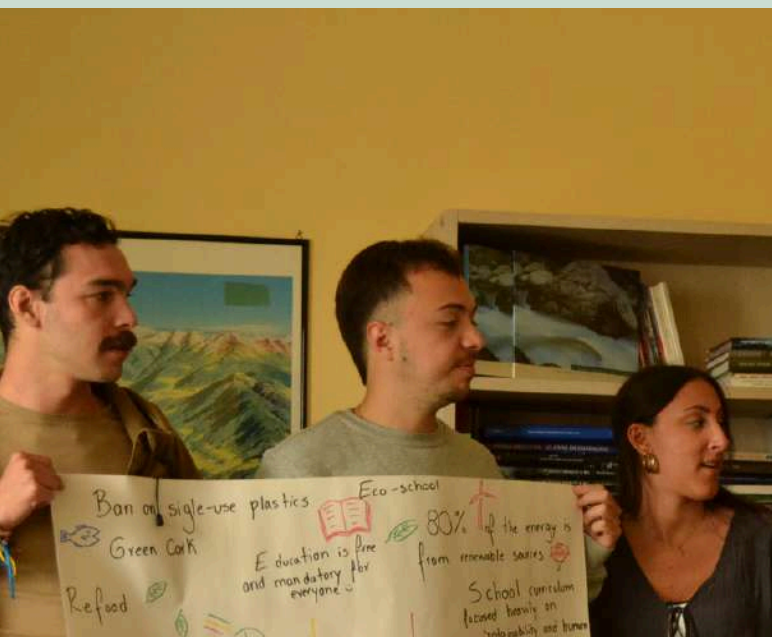


IRELAND

The Irish team presented the things that, according to them, work well in the country, as well as the challenges they still have to face.

The issues mentioned for improvement included a lack of medical services, a lack of biodiversity, and insufficient public transport to rural areas.

The things that are working well include grants for retrofitting houses, donating and reusing clothes, access to higher education with the option to pay in installments, and the widespread use of windmills as a source of renewable energy.

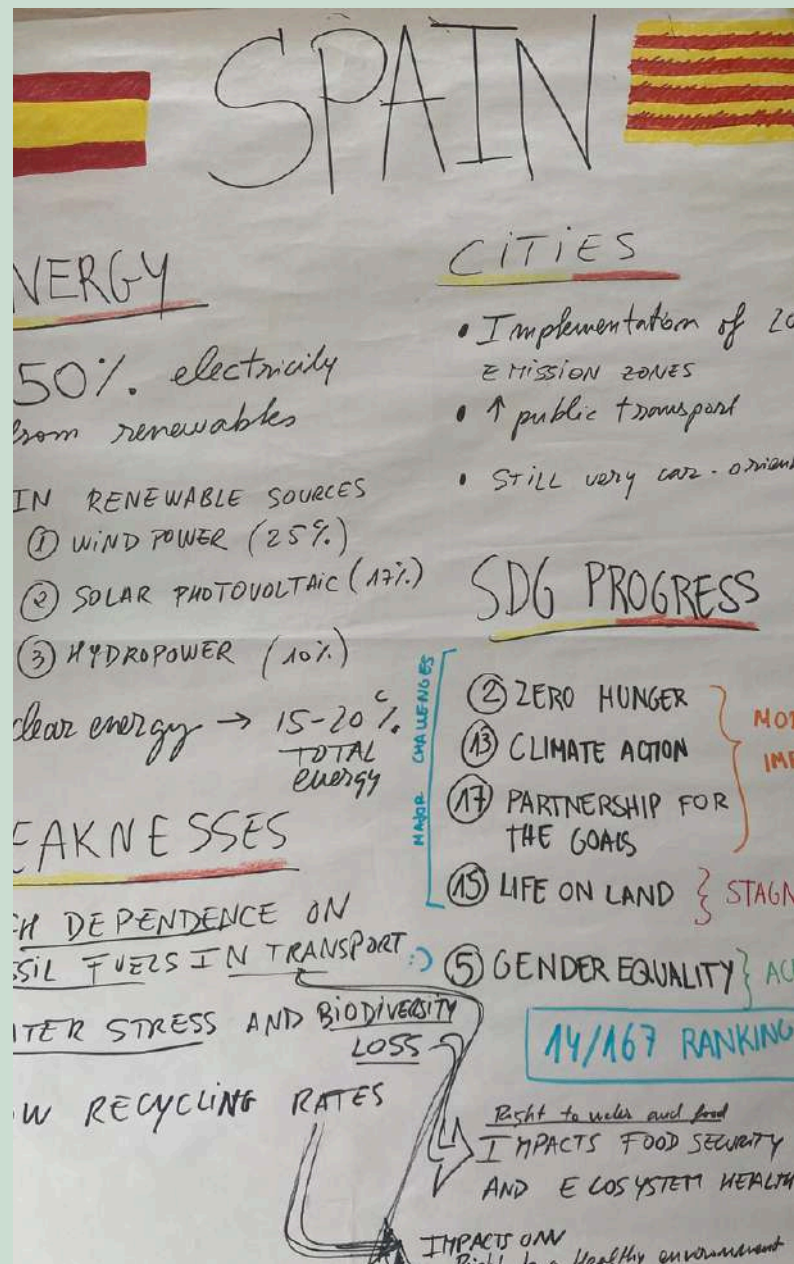


PORTUGAL

The Portuguese team presented the things that, according to them, work well in the country, as well as the challenges they still have to face.

The issues mentioned included ban for one-use plastic items, free and mandatory education for everyone, free public transport for young people up to 23 years old.

The also mentions gender self determination (from 16 years old), drinkable tap water, eco-schools and accessibility for people with disabilities in the public space.



SPAIN

The Spanish team presented the things that, according to them, work well in the country, as well as the challenges they still have to face.

The issues mentioned for improvement included high dependence on the fossil fuels in transport, low recycling rates.

The things that are working well include gender equality, most of the energy comes from renewable resources,

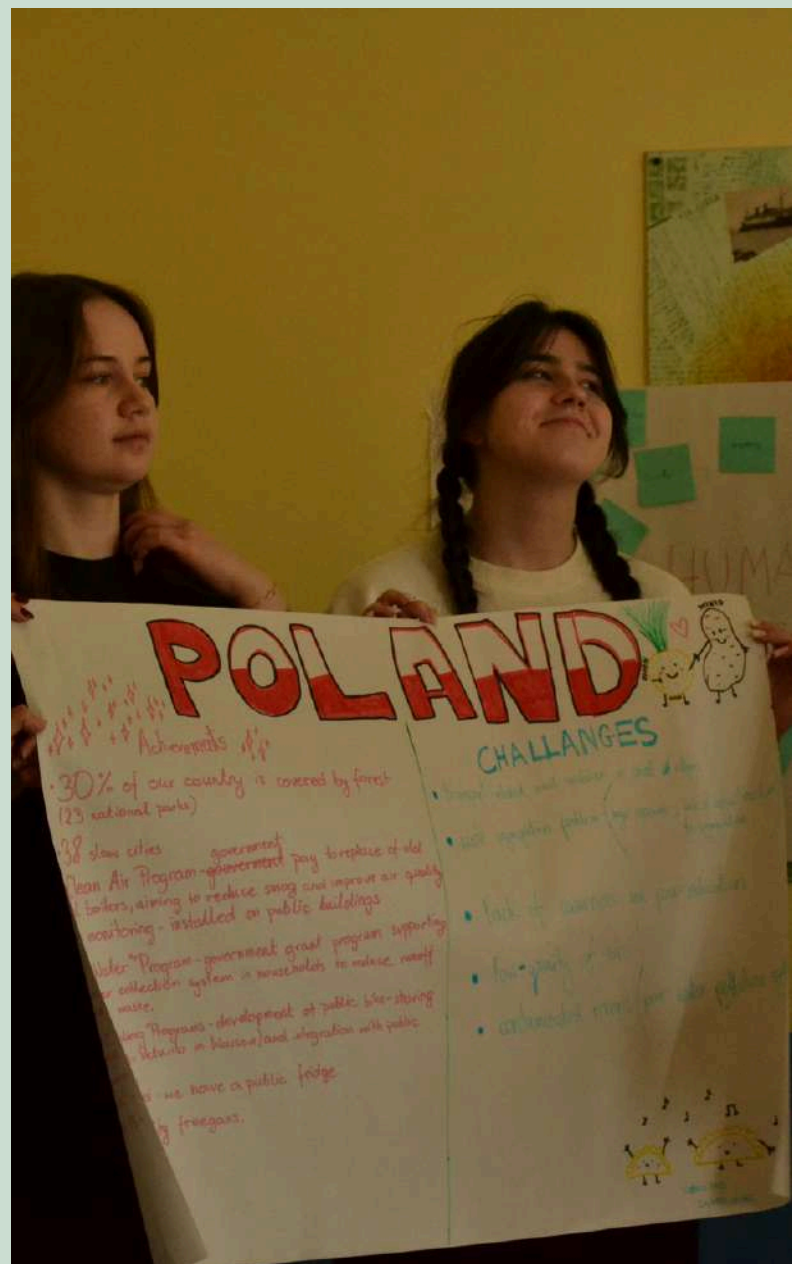
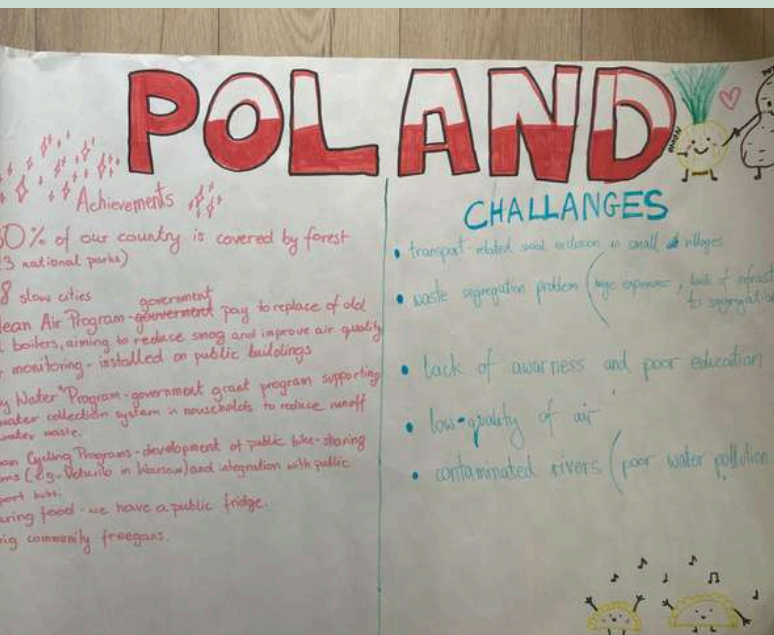


ITALY

The Italian team presented the things that, according to them, work well in the country, as well as the challenges they still have to face.

The things that are working well include gender equality, mental health, environmental sustainability like bicycle paths and drinkable water.

The things that are working as well included migrations (humanitarian corridors), religious network, public transport, too good to go and partnerships.



POLAND

The Polish team presented the things that, according to them, work well in the country, as well as the challenges they still have to face.

The issues mentioned for improvement included not efficient transport in the small villages, low quality of air, contaminated rivers, waste segregation problems.

The things that are working well include many slow cities, 1/3 country covered with the forest, sharing food by the public fridges, air monitoring and "My water program" sponsored by the government.



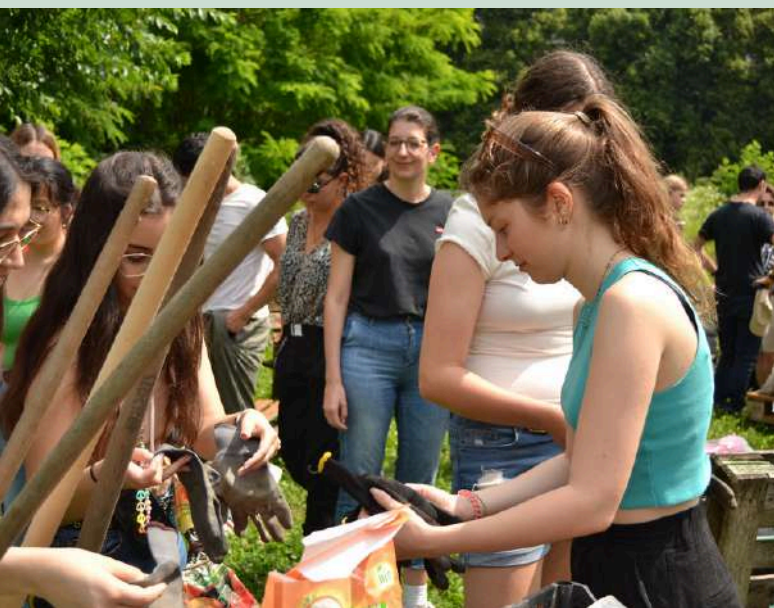
**VISIT URBAN
GARDEN TRENTO
ORTO CLARINA**



URBAN GARDEN

Visiting an urban garden where we will learn about edible plants and how plants can be used in diy bodycare products.





HANDS ON WORKSHOP

We learned about a public garden that is managed by passionate people from the city who contribute their free time to take care of the land and grow food.

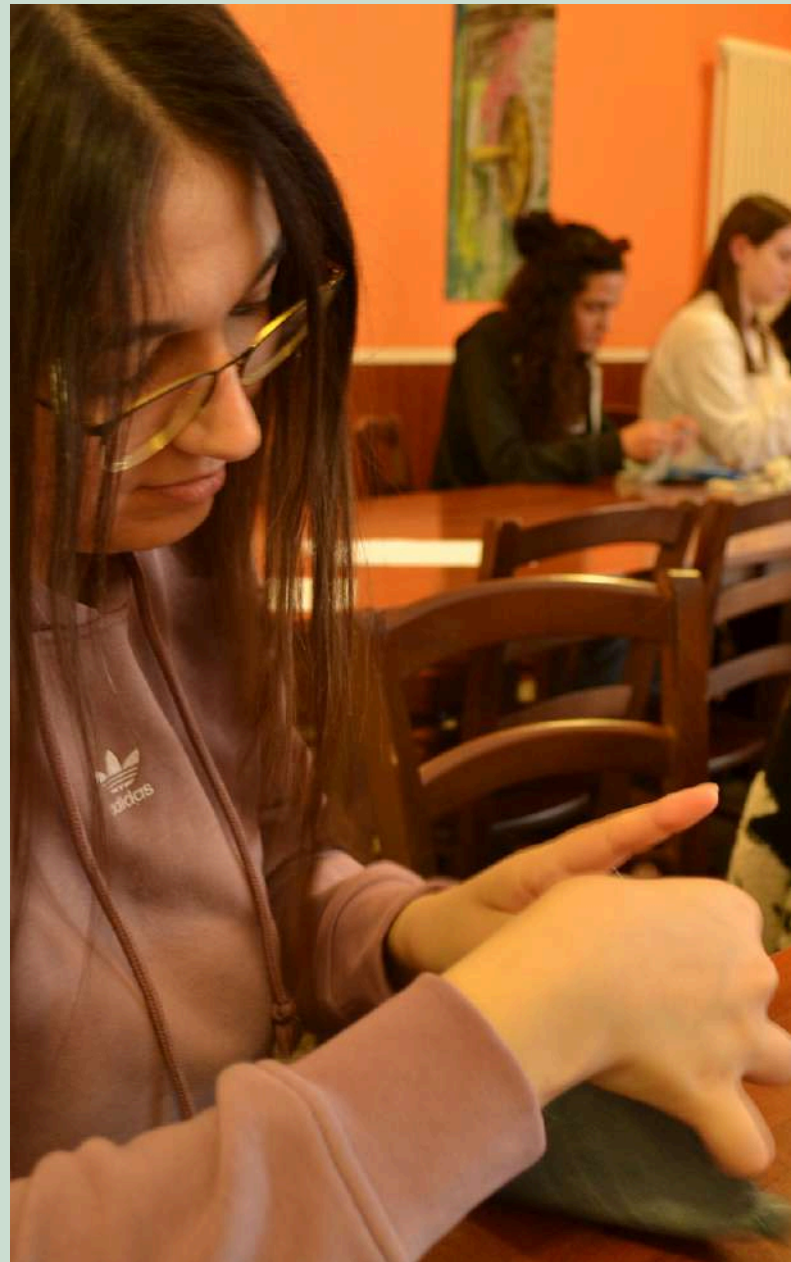
After we had a chance to contribute by ourselves by taking care of the space or plant some herbs

The garden is located in the city center, and everyone who is part of the managing group is welcome to contribute. We were inspired to see how the community of Trento is implementing sustainability on a daily basis.





UPCYCLING, KNITTING AND MENDING



KNITTING AND MENDING

Participants were learning knitting and mending during the workshop. It was an inspiring way to show how important it is to fix things and what we can do to give clothes a second life.

We participated in a crochet workshop using natural materials and compostable/recycled materials (compostable grocery bags)

In this hands-on workshop, we explore how to repair rips and holes in clothing using simple patching techniques. By creating and applying our own fabric patches, we extend the life of our garments while adding a personal, creative touch. This practice not only saves clothes from landfill but also reconnects us with the value of repair over replacement.





HIKE TO RIFUGIO POTZMAUER



HIKE

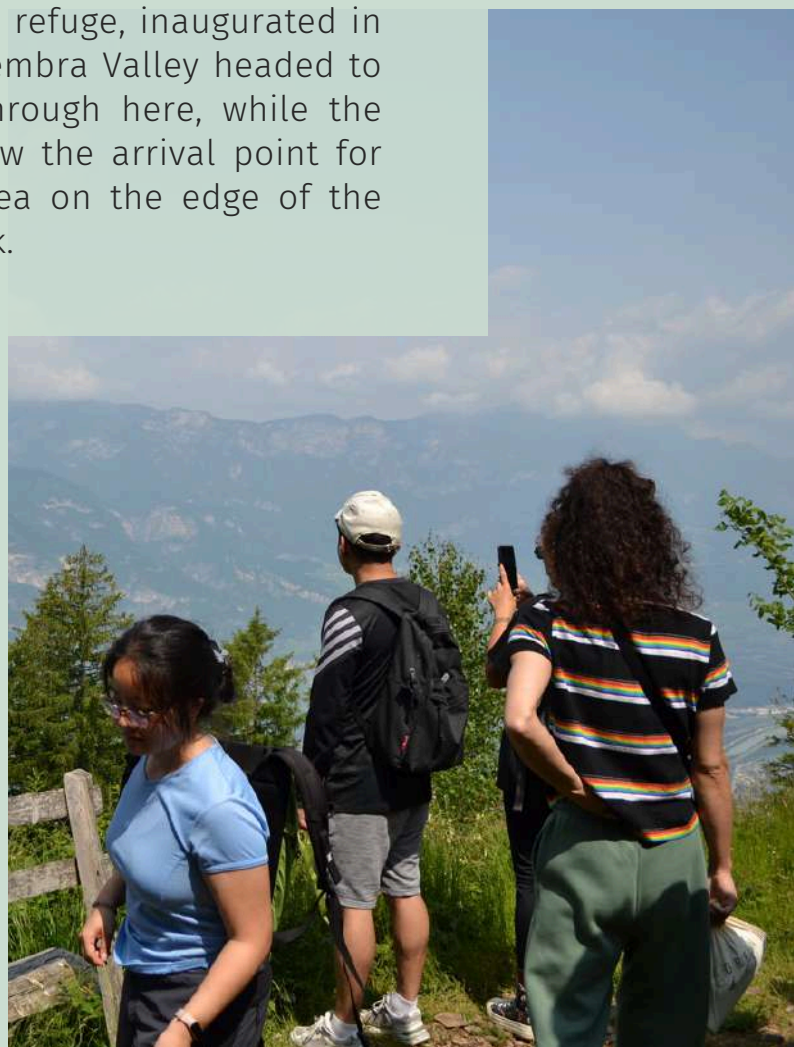
Hike in the mountains and reflecting on alpine biodiversity. It was a chance to also bond with each other and be surrounded by the local nature.





RIFUGIO POTZMAUER

The ancient mountain pastures in the Potzmauer Pass area (between the Cembra Valley and the Bassa Atesina) are now covered in beautiful forests, and the mountain hut has been transformed into a refuge, inaugurated in 2009. Hikers from the Cembra Valley headed to Salorno once passed through here, while the Potzmauer Refuge is now the arrival point for hikers exploring this area on the edge of the Monte Corno Nature Park.





The Potzmauer Refuge was once a mountain hut, abandoned with the disappearance of livestock farming in the valley. It was purchased by the Municipality of Grumes, which renovated it, giving it new life.



Ideal City VERDANA

ARE



healthcare (free)
access to physical
healthcare
access " "
conditions for
medical community
outdoors
(yoga)

EDUCATION



- public education and free for all levels
- more and free/low cost student residencies
- a final project at university for the city relate to sustainability

ENVIRONMENT



- a lot of recycling points
- every neighbourhoods has a green spaces
- public and free or low cost transports with many connections between cities in near distances
- bike paths

IDEAL CITY



IDEAL CITY

The workshp where participants had to create the most perfect city basing on all of the sustainable knowledge they get.

They have created 5 new brand cities where everything function in the most sustainbale way

IDEAL CITY

EDUCATION

ENVIRONMENT

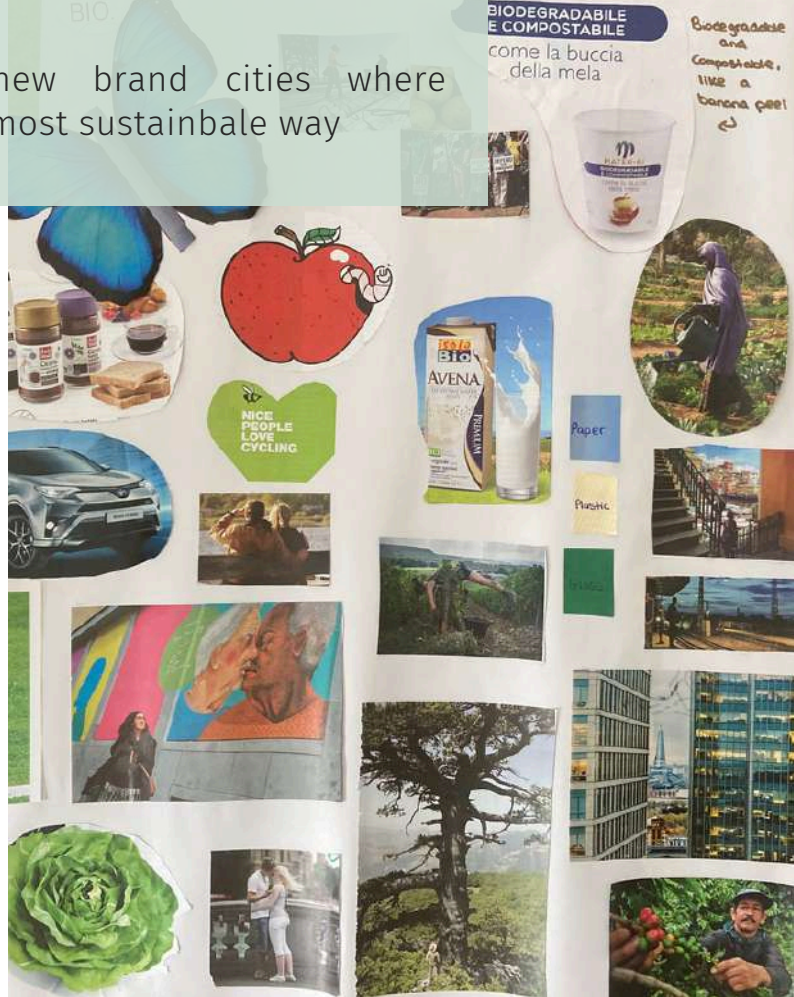
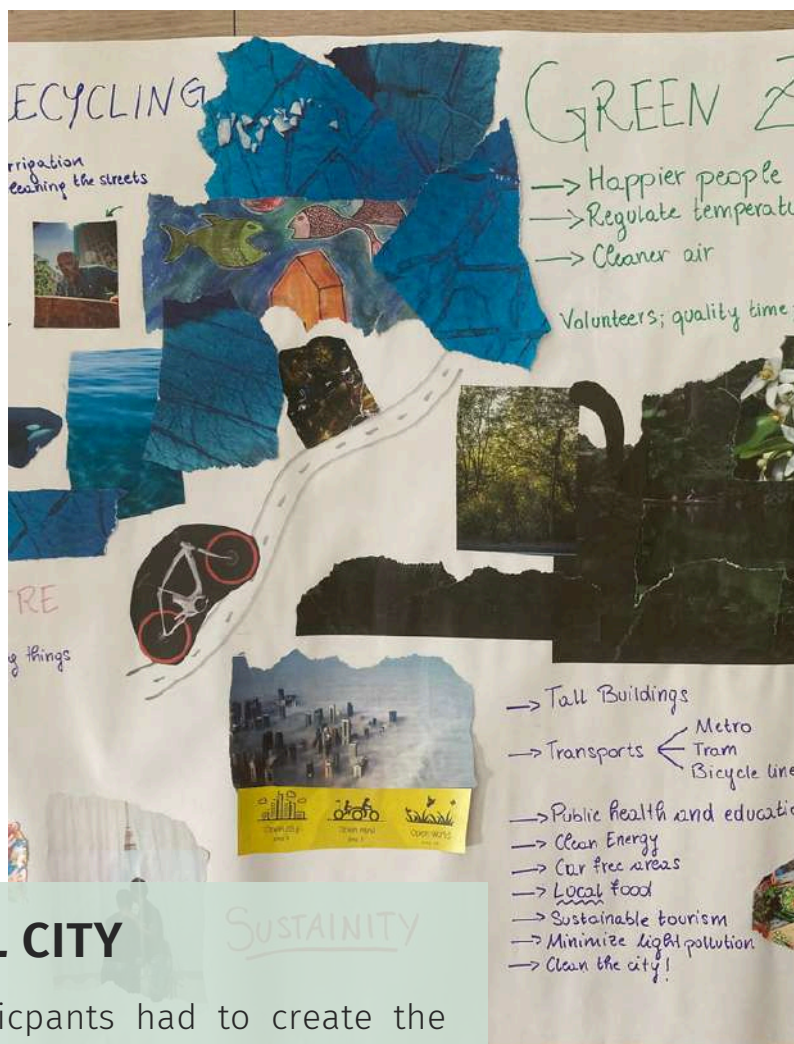
are (free)
physical
are

s for
nity
s

- public education and free for all levels
- more and free/ lowcost student residencies
- a final project at university for the city relate to sustainability

work
together

- a lot of recycling point
- every neighbor has a green s
- public and f on low cost trans with many connection between cities near distances
- bike paths
- common access to drinking water on the streets
- no plastic/dur





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