

Rethinking Waste

GUIDEBOOK TO ENVIRONMENTAL EDUCATION

JULY 2019



5 WAYS TO TALK ABOUT WASTE

Environmental education
methods anyone can use

WHAT YOUNG PEOPLE RECOMMEND

Inspirational resources and
advice from young people

A YOUTH EXCHANGE FOR CHANGE

Who we are and why we
make a difference

PUBLICATION MADE BY



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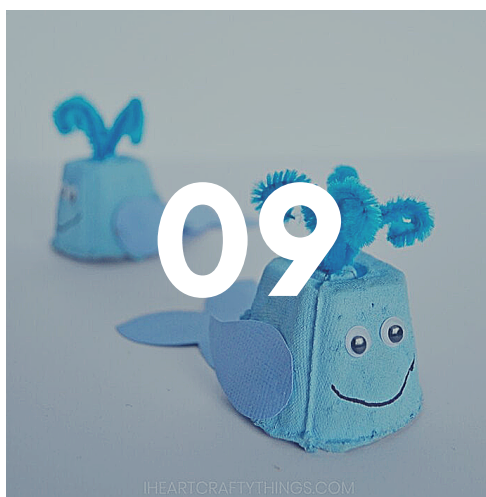
A Waste Picker at the landfill in Pondy cherry, India, 2014
by Patricia Dragan



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editorial

ON RETHINKING WASTE AND EDUCATION

Patricia Dragan
project coordinator

The idea of the "Rethinking Waste" project was born out of the growing need and interest of young people nowadays regarding alternative environmental friendly lifestyles, their desire to become active change makers in their own communities. Looking at the wave of ecological initiatives regarding sustainable design and environmental education aimed at tackling waste reduction and efficient waste disposal, we decided to create a project that empower young people by offering them the necessary learning tools, knowledge and inspirational examples.

Together with our partners, we created the "Rethinking Waste" project that, through the sharing of existing tools and the additional activities (inspirational cafes and developing an activity all together), inspired the youth participants into becoming active citizens.

The Rethinking Waste guidebook you are now reading was created by an amazing group of young people coming from Italy, Romania, Germany and France who shared their ideas, passion and advice with you so that you can also be a change maker in your own community.

a youth exchange for change

The Rethinking Waste youth exchange* brought together a group of 23 young people from Romania, Italy, Germany and France coming from various backgrounds and with different levels of experience, between 18 and 28 years old, with a shared passion for environmental protection.

We designed the “Rethinking Waste” youth exchange as an opportunity to empower the youngsters by offering them the necessary learning tools, knowledge and inspirational examples in order for them to make positive changes in their own communities. Throughout the youth exchange, the participants understood better the waste realities and critical situations in the partner countries, they discovered success stories of social inclusion and youth empowerment through green business and entrepreneurship.



Each partner country association shared an educational tool they have developed (game, workshop, activity) focusing on waste from different perspectives (waste reduction, selective recycling, upcycling and food waste) with the other participants and the local community in Trento. Furthermore, during the youth exchange, the participants created together an interactive installation that was presented during the local circular economy festival, Oltreconomia festival. The young people worked together in a culturally diverse environment, created and implemented activities that helped them develop new competencies and skills. All the environmental education tools shared by the partner organizations and the activity the youth participants created for the Oltreconomia festival, their advice for a sustainable living and resources are shared here in this guidebook.

*A youth exchange is a project funded by the Erasmus+ programme that allows groups of young people aged 13-30 from different countries to meet, live together and work on shared projects for short periods, from 5 to 21 days. Youth exchanges are managed by youth organisations, informal groups of young people or other organizations.

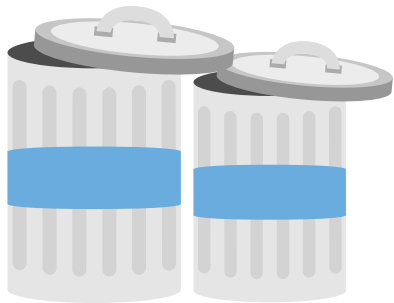
waste realities

How european countries are managing their waste

Data collected by young people from Italy, Romania, Germany and France

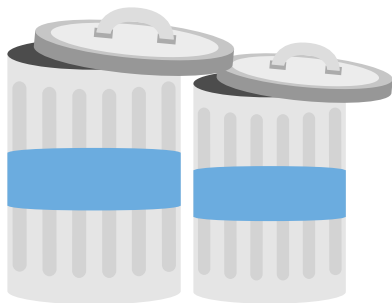
The current European waste situation requires an immediate active involvement of each individual through rethinking the production, consumption and disposal of items. Looking at the latest statistics by Eurostat regarding the amount of municipal solid waste per capita generated in 2016 (Romania 261 kg, Italy 497 kg, France 511 kg, Germany 627 kg), the current rate of recycling (Romania 13%, France 38%, Italy 44%, Germany 66%) and the 2020 European Union Environment Action Programme recycling objective of 50%, we understand that there is the need of implementing behavioral change strategies and practices in order to reach the expected objective and diminish the amount of waste generated yearly.

How much municipal municipal solid waste is produced per capita per year?



<u>261 kg (2016)</u>	<u>511 kg (2016)</u>
<u>497.5 kg (2016)</u>	<u>627 kg (2016)</u>

What is the recycling rate of the municipal solid waste in your country?



<u>13% (2016)</u>	<u>38% (2016)</u>
<u>44% (2016)</u>	<u>66% (2016)</u>

What is the colour code of waste bins in your region?

Trento, Italy



paper glass light organic waste
packaging

Paris, France



paper
plastic
metal

waste glass organic

Berlin, Germany



paper plastic glass waste organic
metal

Bucharest, Romania



paper plastic glass waste
metal





A caccia di ecovigili



6-11 years



4h30



25



MATERIALS

- powerpoint
- waste items
- recycling bins
- positive fines
- an EcoVigile actor

HOW IT WORKS

PREPARATION

The activity is divided into 3 meetings of 1h30. For the first meeting, set the trash in a pile and the recycling bins. Set the powerpoint presentation. For the second meeting, invite the EcoVigile actor and prepare the positive fines. .

1

ACTIVITY

First meeting: make a presentation about the waste situation in your city. Ask the participants to choose one by one a waste item and put it in the right bin. After all the waste is placed in bins, check together if everything is separated correctly and talk about that with the children.

2

Second meeting: invite the EcoVigile actor to talk to kids about the importance of being a responsible person and protecting the environment. Hand out the EcoVigile positive fines and explain that they need to award for a week the good environmental actions of their family, friends and other people, always specifying why.

3

DISSEMINATION

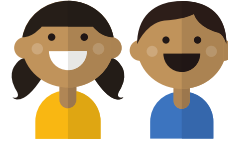
Third meeting: the educator will ask the children to share their experiences and the fines they gave, explaining why were they important.

For more details, contact
infoeh2opiu.org



D'AVENT

Sea PETS



6-12 years



1h30



10



MATERIALS

- glue sticks
- coloured markers
- egg box
- scissors
- coloured paper
- pencils
- self-adhesive eyes

HOW IT WORKS

PREPARATION

1

Cut the egg box into smaller pieces like shown in the picture and place them in the middle of the table. Place all the other materials on the table. Create a pattern for the tail and fins using a thicker paper.

ACTIVITY

2

To create a fish, you need to take a piece of the egg box, that will be the body of your fish and colour it using a marker. The body needs to be fully covered with the colour so take your time. Take coloured paper and use the pattern to create the tail and fins. To attach them to the egg box, use the glue stick. Finally, with a black marker, draw a smile and attach the self-adhesive eyes.

DISSEMINATION

3

At the end, ask the participants to share their thoughts on why is it important to reuse resources that we already have and what do they consider waste.

For more details, contact creativdavent.org



Zero Waste



10-20 years



1h



15



MATERIALS

- turmeric
- coconut oil
- baking soda
- peppermint oil
- jars
- teaspoons
- zero waste materials

HOW IT WORKS

PREPARATION

1

Arrange all the ingredients on the table and all the zero waste materials (reusable items, books).

ACTIVITY

2

Take a jar and add one teaspoon of turmeric, 2 tablespoons of coconut oil, one teaspoon of baking soda and few drops of peppermint oil. Mix everything together until it becomes a paste. Discuss about the natural properties and benefits of the ingredients used for the dental health and overall well-being. Hand out paper tags to the participants to write the recipe and instructions on how to use and conserve the toothpaste.

3

DISSEMINATION

Go through the inspirational materials and discuss about the alternative lifestyle solutions each individual can implement in everyday life.

For more details, contact
info@starkmacher.eu





les petits débrouillards

AUX SCIENCES CITOYENS!

Café Débat



18-25 years



1h30



15



MATERIALS

- thread
- paper
- markers
- handouts
- open space

HOW IT WORKS

PREPARATION

Think of questions regarding food waste (such as Do you prefer apples or mangos? Do you compost?). Choose 8 characters from the list found here:

<http://www.jeudelaficelle.net/spip.php?article251>

ACTIVITY

Start the activity by asking questions regarding food waste. Place the thread on the floor. The participants must choose between yes and no, position themselves on one side or the other of the thread and explain their choice.

Next, divide the participants into 8 groups and distribute the 8 chosen roles. In groups, they must discuss the benefits of each character. Then the participants form mixed groups with 1 participant per character. Now they must convince each other why their role is better and the reasons for their choices.

DISSEMINATION

Share the positive and negative aspects of each role and how people can cooperate for a better system.

For more details, contact

k.wenzel@debrouillonet.org





Ask and answer



15-30 years



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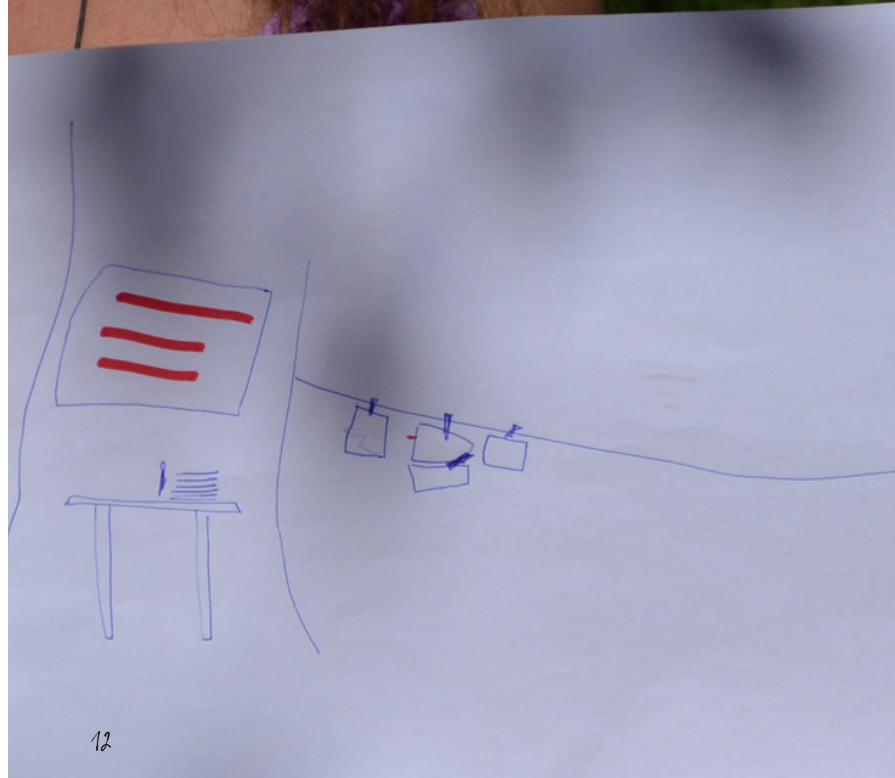


....



MATERIALS

- rope
- clothes pegs
- coloured paper
- markers
- cardboard



HOW IT WORKS

PREPARATION

1

The activity is designed to be organized in an open space (park, garden, courtyard) as an interactive installation. Tie the rope between trees in order to have 2-3 lines. Then clip the pegs on the rope lines. The installation can be left in the open space for few hours.

ACTIVITY

2

Have the participants brainstorm and write on the cardboard signs a series of questions regarding environmental issues (Waste, Sustainability, Energy). Attach the questions to the trees. Place the coloured paper and markers next to the trees and invite passersby to answer the questions. In order to encourage participation, have the participants answering the questions and clip their answers to the rope.

DISSEMINATION

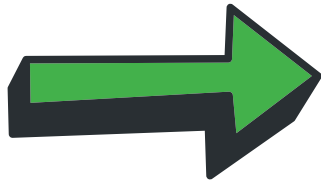
3

After few hours, return to the installation with the participants and open a debate about the answers that are attached.

For more details, contact
info@incoweb.org

Do you want more ideas?

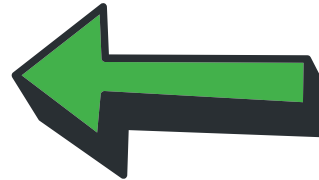
HERE'S WHAT YOU COULD DO



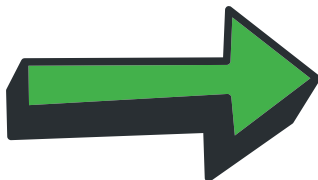
Show "The story of a spoon" video by Greenpeace



Organize a relay race where participants need to put the trash in the right bin.



MAKE AN INSTALLATION OR A COLLAGE FROM TRASH



Make a survey asking "How many plastic items do you carry right now?"

plastic bottle

bag

straw

pen



Young people recommend to

Avoid tetrapak containers as they are hard to recycle

Get a reusable grocery bag

Buy in bulk

Make a list before going shopping

Compost

Buy food and products that are produced locally

Buy only what you need

Go to second hand shops

Avoid buying things based only on their appearance

Choose metal and glass containers that can be reused

Share the excess food before it spoils

Reduce

Make your own eco cosmetics and cleaning products

Check what type of materials your clothes are made of

Repair not replace

Separate your trash properly

Waste can be...



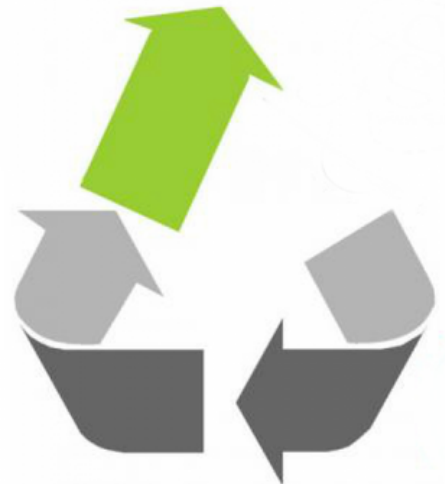
recycled

Recycling is the process of converting waste materials into new materials and objects of the same quality and functionality as the original material (like glass and metal).



downcycled

Downcycling is the process where the recycled material is of lower quality and functionality than the original material.



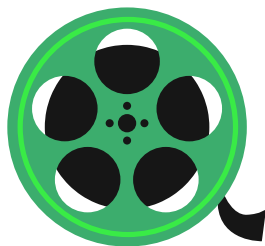
upcycled

Upcycling is the process of transforming waste materials into new materials and products of better quality and environmental value.



all you
need to
know

RESOURCES SHARED BY THE PARTICIPANTS AT THE
"RETHINKING WASTE" YOUTH EXCHANGE



documentaries



A plastic ocean (2016), 1h42, Craig Leesion

Waste Land (2010), 1h40, Lucy Walker



Food, Inc. (2008), 1h34, Robert Kenner

No Impact Man (2009), 1h33, Laura Gabbert



Queen of the sun (2010), 1h23, Taagart Siegel

Chasing Ice (2012), 1h15, Jeff Orlowski



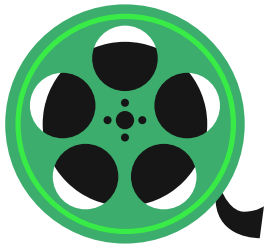
Before the flood (2016), 1h36, Fisher Stevens

Tomorrow (2015), 1h58, Cyril Dion



Artifishal (2019), 1h15, Josh Murphy





documentaries



The true cost (2015), 1h32, Andrew Morgan

Cowspiracy (2014), 1h31, Kip Andersen



HOME (2009), 1h30, Yann Arthus-Bertrand



Trashed (2012), 1h37, Candida Brady



In Transition 2.0 (2012), 1h7, Emma Goude



Racing Extinction (2015), 1h34, Louie Psihoyos



An inconvenient truth (2006), 1h37, Davis Guggenheim



Oceans (2009), 1h44, Jacques Perrin



Planet Earth (2006), 1h, David Attenborough



books



Factfulness (2018), Hans Rosling

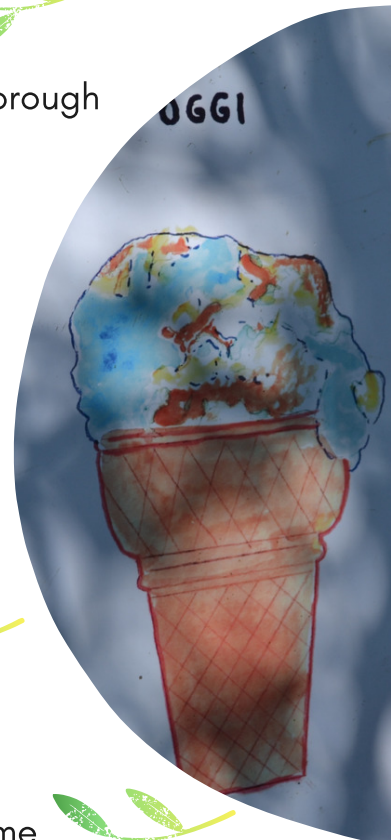
Eating animals (2009), Jonathan Safran Foer



Plastic Free (2012), Beth Terry



Why we disagree about climate change (2009), Mike Hulme





apps



Too good to go (food waste)



Litterati (trash)



CodeCheck (food and cosmetics)



Replace plastic



Beat the microbead (microplastics)



Fruit finder (edible fruit and herbs)



wastelessindia.org



creepvisegrad.wordpress.com



theearthweek.wordpress.com



kartevonmorgen.org



thinkdif.co



365.org



worldcleanupday.org



projectgreenchallenge.com



smarticular.net



ecosia.org



theoutdoormanifesto.org



reciclarecreativa.ro





a different kind of festival

ON ECO ACTIVE
CITIZENSHIP AND
YOUTH PARTICIPATION

It's always important to offer young people the opportunity to get their voices heard, to interact with people from different cultures, to express their ideas, share their talents and knowledge.

One of the most important aspects of the "Rethinking Waste" youth exchange was the collaboration with the Oltreconomia festival, a local annual event organized in Trento focused on circular economy and grassroots movements. The festival promotes local sustainable initiatives that empower people to make positive changes in their communities.

The young people shared with the local community of Trento their national educational activities focused on waste reduction and sustainability. In addition, the youth participants designed specially for the festival an interactive open air survey, where they posted questions like "Climate is changing, why not us?", "What is waste for you?", "Children are the future so why do I waste?". Passersby could reflect on the important topics chosen by the participants and interact directly with them, debating on how could each individual be a change maker and make a difference.

The involvement of the international group of participants at the festival was definitely an added value, where the community of Trento could express their ideas in English, improve their critical thinking and cultural awareness.

talking about waste

Afternoon conversations at Cooperativa Samuele

How did you start working at Cooperativa Samuele?

I arrived at Cooperativa Samuele thanks to a social work programme. I wanted to do something more related to my field. Having studied art, I wanted to do handcrafts and creative activities.

Here everyone tries a bit of everything: from cutting the leather to sewing the final product.

I started with a project aiming at preparing youth for job placement. I arrived here with some weaknesses: I was anxious and I was afraid of making mistakes. This opportunity was useful for me to build a certain self-esteem, to be able to say that it is normal to make mistakes - we all make mistakes and we should learn to accept that a little more. Cooperativa Samuele is the ideal environment to work on your weaknesses, to have a different perspective, to discover yourself more.

The experience at Cooperativa Samuele helped to work on my weaknesses in order to achieve my goals. Having made an artistic journey before arriving here, I wanted to be able to do something related to it. So I decided to go to Istituto Pavoniano Artigianelli per le Arti Grafiche to do a training course related to graphic and design.

What type of work do you do at Cooperativa Samuele?

We make products from recycled leather donated by La Sportiva, a company that produces sport shoes and equipment. The leather they do not use, instead of throwing it away, they are giving it to us.

We also use another leather called Toscana, which is thicker, that we cut with a machine and then we sew it by hand to create bags, wallets, backpacks, pencil-cases and other items.

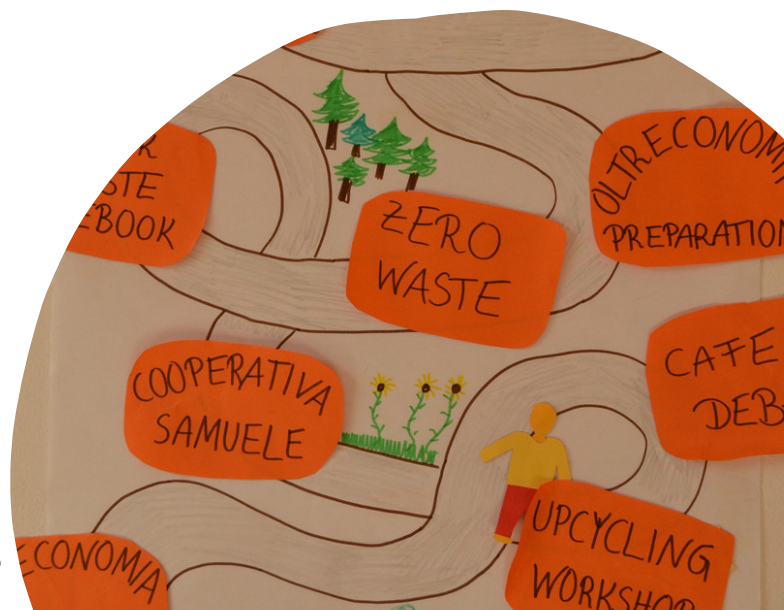
Since here you work with recovered materials, I would like to ask what is waste for you?

Waste is surely generated by an excessive use of too many things, things that we don't necessarily need, but we are influenced by the media which pushes us to buy more and more.

This desire of wanting to buy more and more generates waste. However, if we would adapt to what we have, we would surely buy less and waste less. I see waste as an excess of desire in wanting to have something new.

Why do you think it is important to reuse?

Because nothing is infinite in this world. The Earth has given us certain things and it would be nice if these things had a life cycle as long as possible. If there is this leather that can be reused, why throw it away? You can give it another life because everything on this planet has a value, which we often take for granted. By seeing the potential of an object that would normally be thrown away, it makes it regain value. I think it is useless to throw away something that can be reused. ➔



Do you reuse in your daily life, outside Cooperativa Samuele?

Yes, I try to reuse as much as possible. It is a topic that's important to me. In fact I appreciated Cooperativa Samuele so much because it introduced me to so many realities and associations that deal with this subject.

In my daily life, I try to do some things: if I buy something new, it is because I really need it; if I need something, I first ask my acquaintance if they have it; if I have some clothes, I always try to donate them rather than throw them away. I also try to avoid buying plastic bottles and have my own reusable water bottle.

Which advice would you give to other people in order to adopt a more sustainable behaviour?

Talking about a zero waste lifestyle, I think people are almost overwhelmed or intimidated by the difficulty of the idea and don't try to make changes. Perhaps, rather than thinking of not even trying, it is instead better to think it's okay to do something, even a little, even if it's not perfect, but at least a bit is done.

It's better to try, people don't have to be perfect. It is important to think that every single action can change something without underestimate your own actions. It is better to have more people doing less, rather than few people trying to be perfect. It's better if we all try a little, even the slightest effort would be appreciated ●

Tell me a bit about yourself

I am 21 years old and I come from Argentina. I have started this experience thanks to a project led by social workers. In this project, I am doing an internship in the kitchen as chef, waiter, dishwasher etc.

I basically do everything depending on the needs. I started this experience in October and it lasts between one and two years. I really would like to be a chef.

What are your thoughts on food waste?

I think it is possible to waste less food by consuming less. We should all be more aware about our food consumption because the food that is produced is very expensive. And if we produce less food, we pollute less.

In my house, we waste very little food: left overs are eaten the next day. I think that in order to waste less food at home, it is best to organize the food you have in the house and buy only what is necessary for you when you cook.

How did working at Bar Naut help you to develop?

My colleagues were able to make me feel at ease and I was able to settle in very easily. Since the beginning I was feeling well about the environment and I got used to the schedule, to the rhythm of the job and the food. I learned how to cook fish, as well as eat it (I did not like it before). I improved my skills in peeling and cutting vegetables as it was not my forte.

What is your dream?

I would like to open a restaurant or a street barbecue place where you can get grilled meat treats. Though, this will happen maybe after I gain more experience, I am still young ●





Thoughts on waste

Interview with Marianna Moser
h2o+ association

What is waste for you?

Normally there's a negative understanding of waste, but for me this perspective must be changed. Waste must also be an opportunity, for us to make a commitment to protect our home, our wonderful planet and the future generations.

How could the waste management system be improved at an European level?

In 2019 we must aim for a single waste collection and management system. I am thinking, for example, of the many different type of colors of recycling bins in each country, in every state, even in each municipality. Even more important is the waste reduction - we still produce too much waste and we recycle too little. We must encourage the circular economy.

How could young people reach policy makers in their home towns in order to make a change?

We cannot think of changing the world if in everyday life we do not separate our waste, we always travel by car and we are not involved in the political decisions of our town. We need consistency in our daily actions and only in this way we are able to influence global political choices. I strongly believe in environmental and civic education, it should be mandatory in every school. Only through education we can really make a difference. I have a lot of confidence in young people.

Your advice for young people is...

Think global, act local, everyday and everywhere you are for our common HOME.

Erasmus+

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport. The Programme is made up of three "Key Actions" and two additional actions. They are managed partly at the national level by National Agencies and partly at the European level by the EACEA. The European Commission is responsible for Erasmus+ policies and oversees the overall programme implementation.

Erasmus+ provides grants for activities in the fields of education, training, youth and sport. It offers opportunities for:



individuals to spend a mobility or volunteering period abroad and to receive linguistic training.



organisations to collaborate in project partnerships in the fields of academic and vocational training, schools, adult learning and European sport events.

Erasmus+ also supports teaching, research, networking and policy debate on EU topics.

go to

eacea.ec.europa.eu



Erasmus+



about us

Associazione InCo



<http://incoweb.org>  [associazioneincotrento](https://www.facebook.com/associazioneincotrento)

InCo is a non-profit organization which has the mission of promoting international exchanges between young people, of increasing and improving the level of contact among different cultures, stimulating intercultural sensibility while preventing and combating racism, prejudices and social exclusion.

D'Avent Association



<http://reciclarecreativa.ro>  [davent.org](https://www.facebook.com/davent.org)

D'Avent Association was born in the summer of 2011. The main project is called ReciclareCreativa.RO, an upcycling venture. D'Avent has developed many partnerships with artists, other NGOs, schools and companies, implementing long term programmes of environmental education through upcycling.

Starkmacher Association



<http://starkmacher.eu> 

Starkmacher (est. 2006) is a non-profit civil society organization mainly active at grass roots level with a broad voluntary basis. The overall mission is to strengthen and empower citizens, particularly young people and children, to react positively to current societal challenges.

Les Petits Débrouillards



<http://lespetitsdebrouillardsgrandest.org> 

Les Petits Débrouillards is a network of informal scientific education, aiming at the emancipation of individuals, the improvement of the social system and the development of solidarity. They contribute to form active citizens, able to develop critical opinions.

H₂O⁺

Associazione h2o+

<http://h2opiu.org>  h2opiu

The H2O+ association promotes awareness towards environmental sustainability, natural resources, renewable energy, energy use, waste management and sustainable transportation. The main activities are training and teaching programmes focused on sustainability and active citizenship.

Cooperativa Samuele



<http://coopsamuele.it>  CooperativaSamuele

Cooperativa Samuele is a local social cooperative based in Trento, supporting people with fewer opportunities to acquire new competencies and knowledge that will empower them to find a job. They work with recovered materials (eco leather, textiles) and turn them into new products (bags, accessories).

Oltreconomia festival



<http://oltreconomia.info>  oltreconomiafestival

The Oltreconomia festival is a local annual event organized in Trento focused on circular economy and grassroots movements, promoting local sustainable initiatives that empower people to make positive changes in their communities. They collaborate with a network of environmental organizations.

ASIF Chimelli - Centro Kairos



<http://centrogiovanikairos.wordpress.com>
 KairosGiovani

Kairos Center is a youth center in Pergine that organizes social and cultural activities, offering a platform for young people to implement their initiatives. They are active in the field of interculturality, sustainability and active lifestyle.

Associazione InCo

Interculturalità & Comunicazione



Let's find together the
project for you!

CONTACT US

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INTERCULTURALITÀ & COMUNICAZIONE**

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