

THINKING GREEN IS

A NEW LIFESTYLE !



OUR SUSTAINABLE TEAM




GLOBAL FOOTPRINT NETWORK

After analysing our carbon footprint it appears that we need 4.6 planets




<https://www.footprintcalculator.org/result1>


RESULTS


Your personal Earth Overshoot Day is:

21. Mar 


If everyone lived like you, we would need

4.6 Earths   





Why can't I get my Footprint score within the means of one planet? 

[See Details](#)



Thank you! And we need you...

More than 2 million people use the Ecological Footprint Calculator every year, and that number is growing. Keeping the Calculator fresh and updated takes work. We also have exciting ambitions to make the experience even better. This requires significant resources. At Global Footprint Network, we believe the Footprint Calculator serves a crucial purpose in the world: to help people explore what it means to live on our one planet.

Without you, we do not have the resources to keep it going. The Calculator is critically needed now, when humanity must ramp up its efforts. Please support it.  

With just 20 dollars we can serve 400 users.
Thank you!

[CLICK HERE TO DONATE](#)



**Nothing gets lost,
everything is transformed**

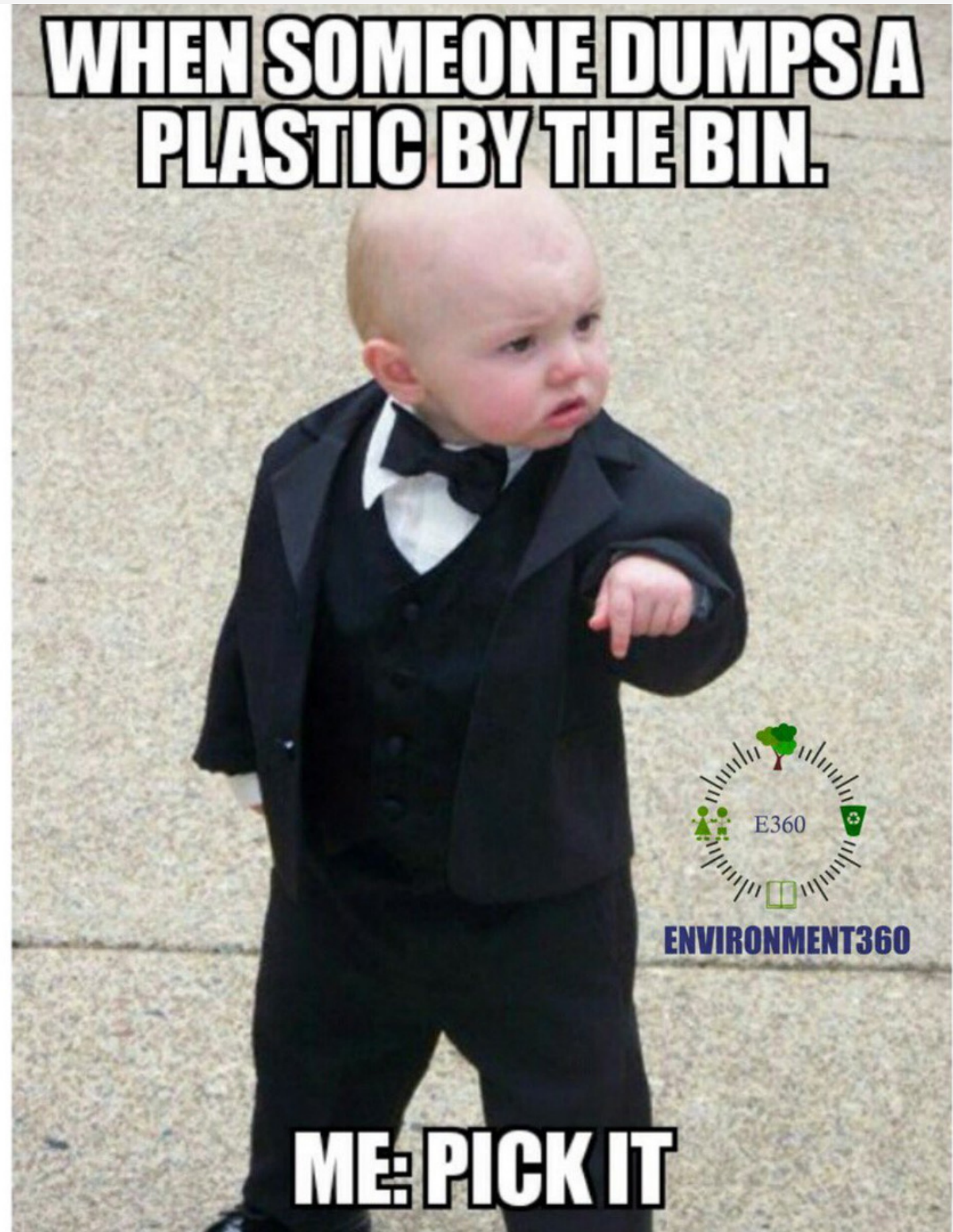




COME ON!

YOU CAN RECYCLE THAT

memegen.com



WHEN SOMEONE DUMPS A PLASTIC BY THE BIN.

ME: PICK IT



There are several similarities between our countries when it comes to recycling as we are part of the EU:

- colors of the specific bins
- there are people with initiatives
- there is NOT enough awareness and education on this

REDUCE

SOLUTIONS:


- take examples from countries that have good results: Denmark, Sweden...
- use apps that are "eco-friendly": Too good to go; GOOD AFTER



MAIN IDEA:

- NOT RECYCLING HAS AN IMPACT ON THE LONG TERM, SO JUST DO (RECYCLE) IT!

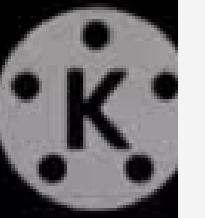
REUSE

INTERESTING FACTS 

- a single recycled plastic bottle saves enough energy to run a 100 W bulb for 4 hours.

RECYCLE

- it takes 500 years for average sized plastic water bottles to fully decompose
- there is no limit to the number of times you can recycle an aluminium can.



KINEMAS



Created with
Magisto

**RECYCLING MAKES ME
FEEL**



AWESOME

CHEF LEFTOVERS

The main goal is to use
as much as possible
from the food without
throwing anything away



Stuffed zucchini flower

ITALY

Baked stuffed zucchini flowers are a tasty and easy-to-prepare recipe of Roman origin. It is an ideal dish to eat as a side dish or appetiser in spring and summer, and is loved by young and old alike.

The filling of baked zucchini flowers can be made with mozzarella and anchovies, as the Romans do, rice, meat, fish or vegetables, as in our case, which make the zucchini flowers lighter than those fried in butter.



Zemlovka- bread pudding

Czech and Slovak Republic

A sweet bread pudding made of apples and old rolls or bread pieces soaked in sweet milk.

The pastry is soaked in milk flavoured with sugar and cinammon. A layer of wet pastry is put on the bottom and a layer of apples is spread on top- zou stack several layers like this.

The fruit is also sprikled with raisins and powder sugar, the mixture is baked until golden.



Pesto from carrot leaves

Czech

Boil carrot leaves in water for 3 minutes. Spill out water and add salt, garlic and olive oil.

Then put pesto in a glass box and leave it to get cold.

You can use pesto for pasta or bread.



Baked sweet potatoes

Romania

Thoroughly wash the potatoes, cut them as small as you would like them, put them on a tray on the baking paper, add some oil and spices and ENJOY!

Promise you won't regret it.



PAPER ART



Instead of wasting paper that has "no more use", people should find ways of using it wisely.



Art 4 Enviroment

In this workshop we recycle materials such as newspaper, cartoon, box from wine. We created art work inspired by enviromental topic.

The result of this workshop was to obtain useful items and reduce waste.



The goal of this activity was to increase creativity and cooperation between teams.



How to make handmade paper

<https://youtu.be/sHbk9UAAXGE>



What percentage of paper is recycled in Europe?

In 2019, 72% of all paper and board consumed in Europe was recycled. The collection of paper for recycling decreased by 2.5% compared to 2018 and reached 57.5 million tonnes.

Paper and board consumption has decreased more strongly compared to 2018 and dropped to 79.8 million tonnes.



FERTILIZER & COMPOST

Compost is a sustainable option for fertilizing and there are a lot of options to create it on your own.



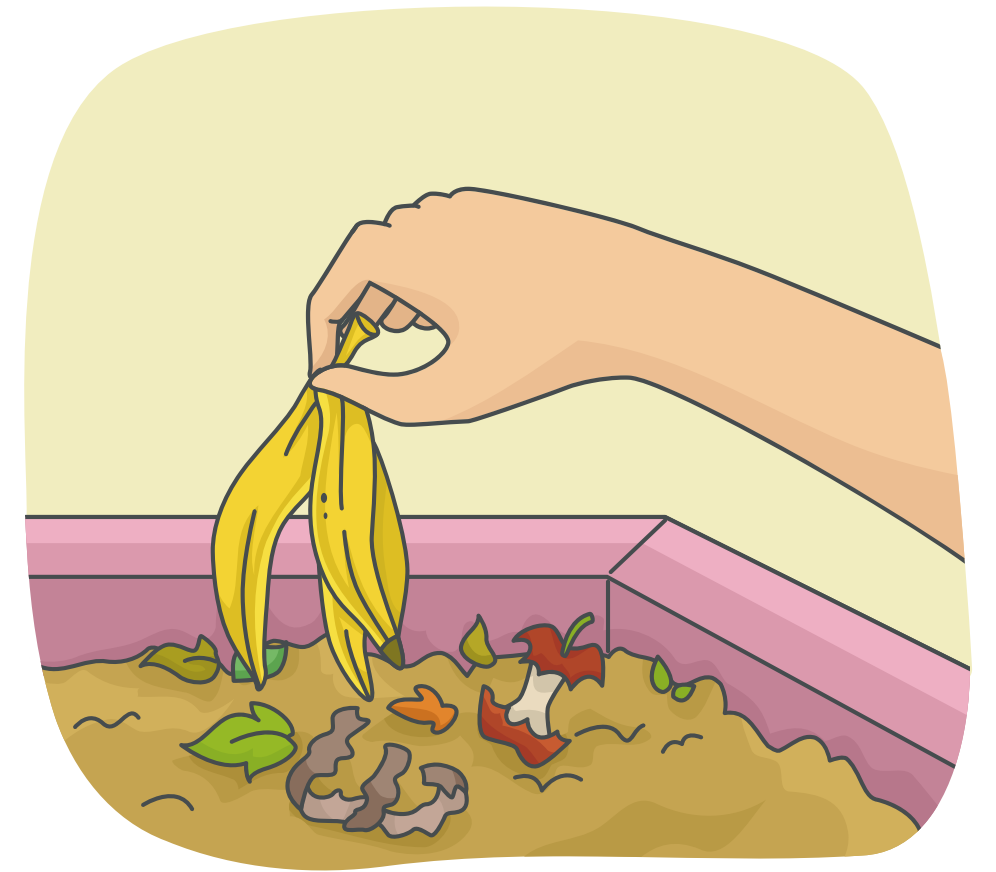
Organic fertilization Workshop

We learnt how to use compost and organic fertilizers made from:

- coffee
- banana
- grass and water
- shells of eggs



Benefits of compost



- Nutrients for plants - With compost, you are creating rich nutrient base for your lawn and garden.
- Recycling in the Kitchen - by composting you get rid of the kitchen waste as vegetable leftovers, bananas peel ..
- Good for the environment - Composting offers a natural alternative to chemical fertilizers

CLEANING NATURE IS FUN!

Not only that it is beneficial to the society, but also picking up trash from the nature is a nice way of spending some time with the right people around.



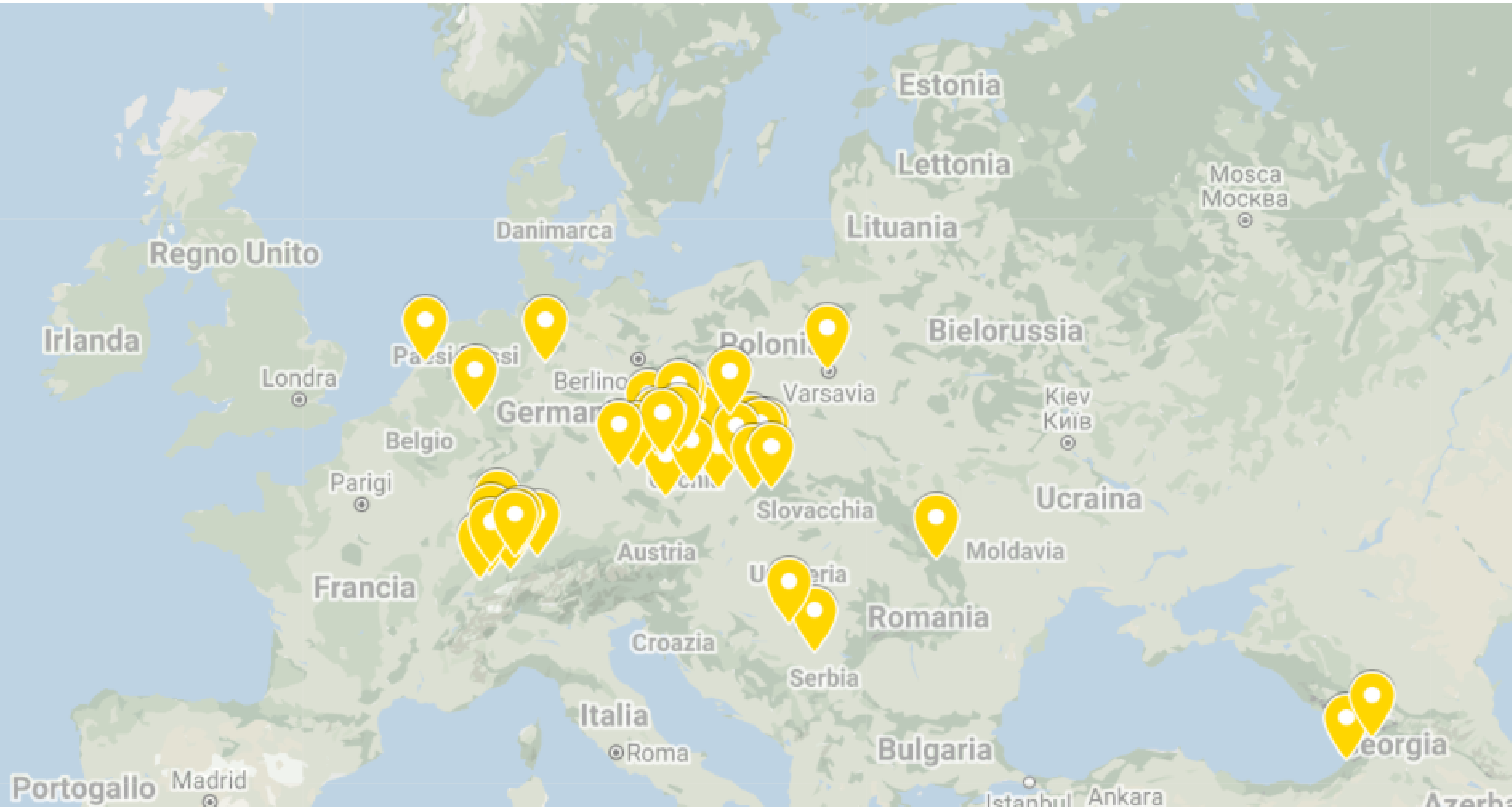
After 2 hours of cleaning...

We were shocked and sad to find so much unexpected waste- from loads of paper, glass and plastic to CLOTHES and SHOES.



Trash Hero the World

<https://trashhero.org/>



LET'S PLANT!



Planting brings benefits both to the nature and to the humans (health).



Something easy to plant

Process:

1. Put soil in a box
2. Seeds
3. Fertilizer
4. Water

What we can plant:

- RADISH
- LETTUCE
- PARSLEY
- (EVERYTHING)



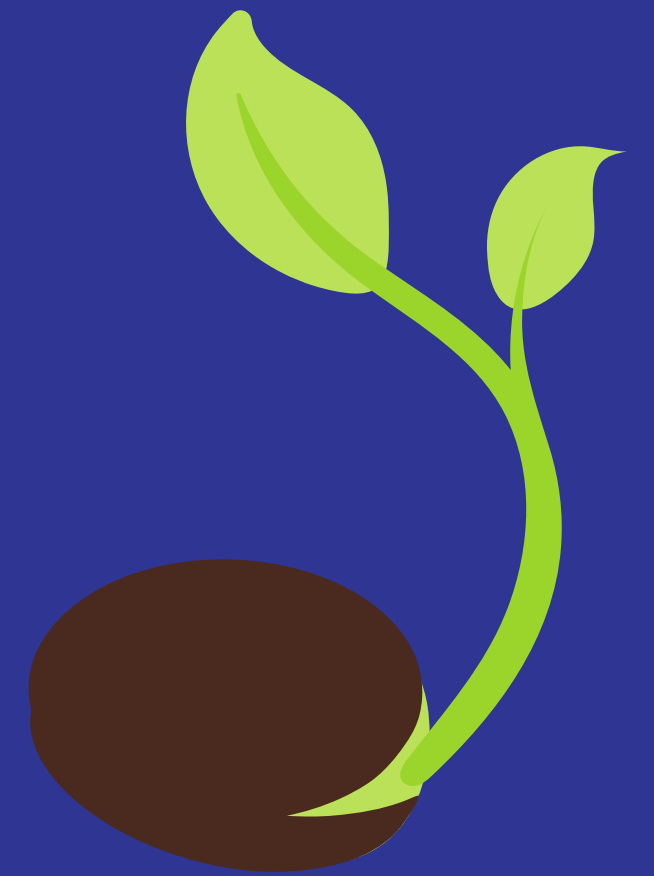
Our Workshop



CONCLUSION

Change comes from little steps, therefore every single small action that we take can have a huge impact, either on short term, or on the long term, by leaving an idea or a suggestion to a person.

THINK GLOBALLY, ACT LOCALLY!



TO BE CONTINUED...

