

2025



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*Connecting
through
Science II:*
GREEN EUROPE

29 July – 6 August

Češkovice, Blansko
Moravian Karst, Czech Republic

Erasmus+ training course addressing the
climate crisis, decreasing our carbon footprint,
and implementing sustainable practices



Co-funded by
the European Union



Project

Connecting through Europe II: Green Europe

Key Action 1 – Training Course

Project number: 2024-1-CZ01-KA153-YOU-000216725

Project Coordinator

Evropské centrum mládeže Břeclav/European Youth Centre Břeclav z. s.,
Czech Republic

Partners

- Filoxenia Diapolitismiki Perivallontiki Organosi, Greece
- Asociația Hair Redivivus, Romania
- Én Kint Egyesület a Békéért és Fejlődésért, Hungary
- Studio Progetto Società Cooperativa Sociale, Italy

Funded

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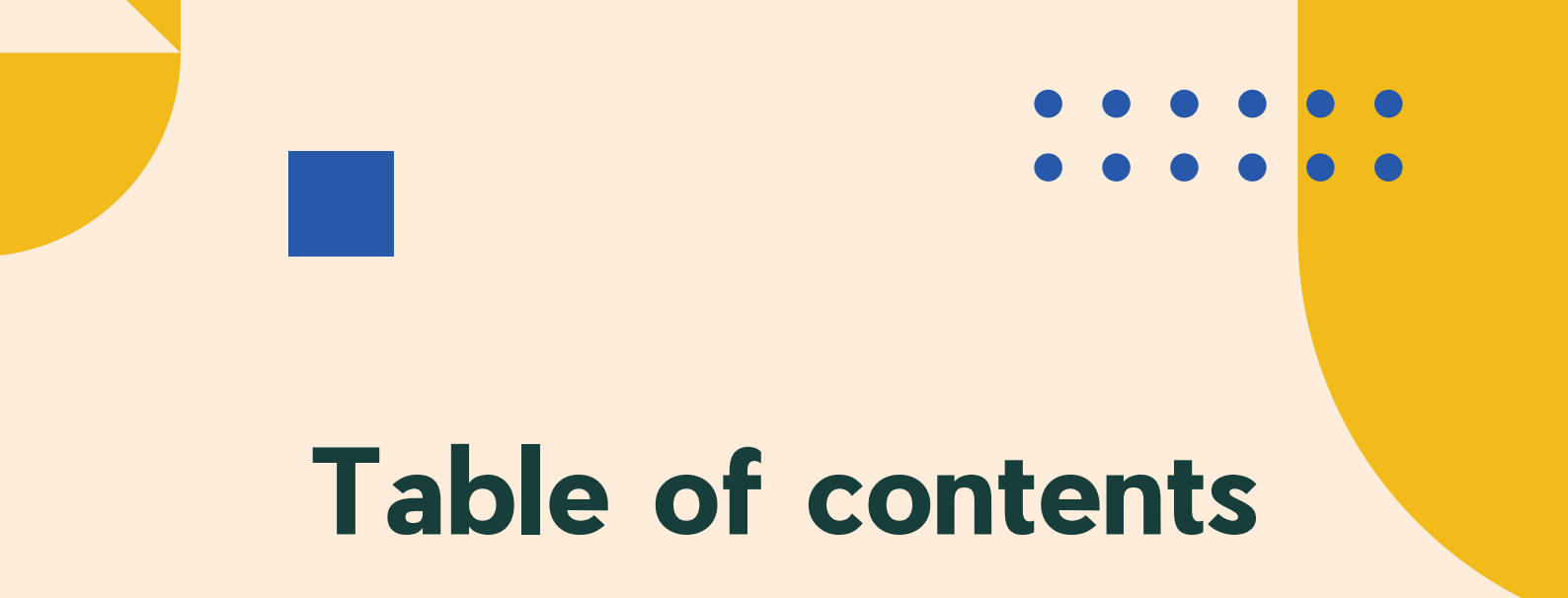


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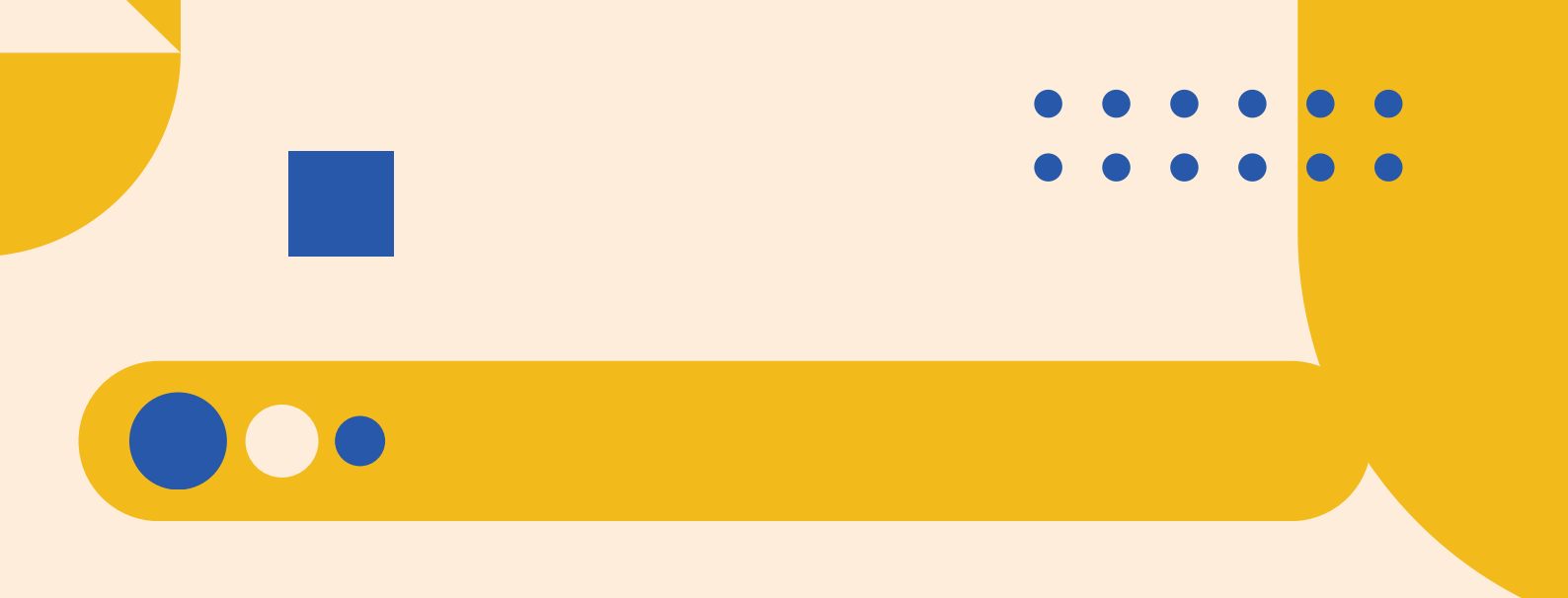
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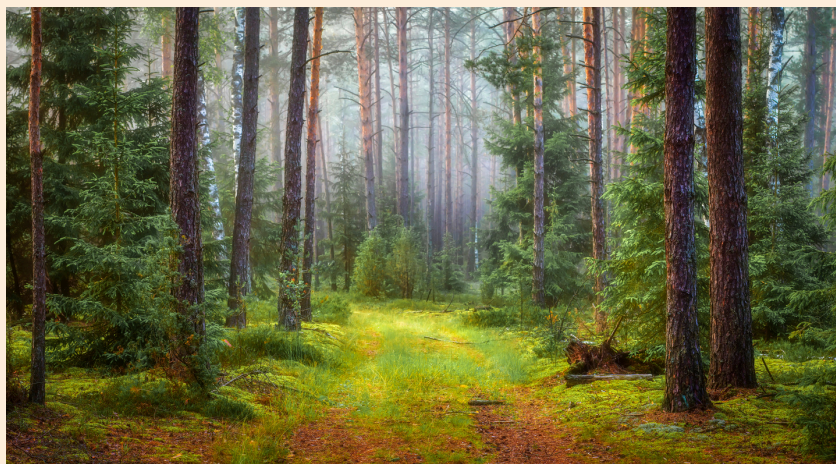




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Introduction

WELCOME



The following booklet captures the spirit, creativity, and collaboration that emerged throughout Connecting through Science II: Green Europe. It brings together the experiences, activities, and reflections of all participating organizations and young people who took part in this Erasmus+ training course project.

The project united participants from the Czech Republic, Greece, Romania, Hungary, and Italy to explore the intersection of science, sustainability, and environmental awareness. Through hands-on experiments, creative workshops, and non-formal learning activities, the participants deepened their understanding of current environmental challenges and discovered innovative ways to promote a greener and more sustainable Europe.

This booklet serves as both a reflection and a resource. It documents the activities implemented during the training course, showcases examples of good practice, and includes testimonies, creative outputs, and dissemination ideas from each participating country. The aim is to inspire youth workers, educators, and organizations to integrate environmental education and sustainable practices into their own projects and communities.

By sharing our collective learning, we hope to encourage others to think globally, act locally, and continue building connections through science, empathy, and environmental responsibility.



Connecting through Science II: Green Europe

The training course “Connecting through Science II: Green Europe” (CtS II: GE) addressed the pressing issues of the climate crisis, carbon footprint, and the promotion of sustainable practices, with a specific emphasis on renewable energy sources, energy efficiency, forests, agriculture, and waste management. This initiative envisioned fostering a greater understanding of these critical subjects among youth workers, empowering them to contribute to environmental sustainability, so this further translated into their daily work with youth. That was the main goal of the implementation of our training course. During our mobility, the youth workers were provided with invaluable opportunities for professional development through non-formal and informal learning experiences.

The emphasis was on practical skills that could be directly applied in their youth work practices. This training course was fully aligned with Erasmus+ Programme’s horizontal priority of “**Environment and fight against climate change.**”

Furthermore, this training course was in alignment with the European’s Commission priority of “**The European Green Deal**” which fully recognizes that climate change and environmental degradation are an existential threat to Europe and the world.



MISSION STATEMENT: Empowering youth workers to become catalysts for positive environmental change through dynamic learning experiences, cross-cultural collaboration, and sustainable practices.

VISION STATEMENT: To foster a network of environmentally conscious youth workers who lead by example, inspire their communities, and drive global action towards a sustainable and climate-neutral future.

COMMITMENT STATEMENT: We are committed to equipping youth workers with the knowledge, skills, and resources necessary to promote environmental sustainability within their communities and youth work activities. Our project aims to create a lasting impact by cultivating a sense of environmental stewardship and fostering cross-cultural cooperation among participants.



OBJECTIVES

The needs of a hosting and sending organizations have been a guideline for the main OBJECTIVES of this training course:

- (1) **Enhance non-formal and informal learning:** provide a dynamic learning environment that emphasizes non-formal and informal learning methods, ensuring that participants gain practical insights and skills that can be applied in their youth work practices.
 - (2) **Encourage cross-cultural collaboration:** facilitate opportunities for cross-cultural collaboration and knowledge exchange among participants, enabling the sharing of best practices and diverse perspectives on environmental issues among youth workers, organizations, communities, societies, and countries.
 - (3) **Promote sustainable practices and green initiatives:** equip youth workers with practical skills and strategies to promote and implement sustainable practices in their communities and youth work activities. Provide participants with tools and knowledge to design and implement green initiatives and projects, contributing to the reduction of carbon footprints and the promotion of environmentally friendly practices.
 - (4) **Connect with Nature:** facilitate experiences that allow participants to directly engage with natural environments. Develop a heightened sense of environmental consciousness by encouraging observation, appreciation, and understanding of the ecosystems around them. Provide dedicated time for participants to reflect on their personal connection with nature.
- 



2

*Together for a
greener Europe*



TOGETHER FOR A GREENER FUTURE

The following pages introduce the dedicated organizations and individuals who brought Connecting through Science II: Green Europe to life.

Each partner organization played a vital role in shaping this training course, contributing expertise, creativity, and passion for sustainability, environmental education, and youth empowerment.

Our collaboration was rooted in shared values and a common vision: to build a greener, more sustainable Europe through the active engagement of youth workers. By combining diverse experiences, cultural backgrounds, and professional strengths, we created a dynamic learning environment that inspired meaningful dialogue, innovation, and action.

Together, we formed not only a project team but a vibrant community of changemakers committed to environmental awareness, mutual learning, and cross-border cooperation. The following pages celebrate these partners, whose commitment and collaboration turned this vision into a reality.



Read on!



European Youth Center Břeclav

NON-GOVERNMENTAL ORGANISATION

Břeclav, Czech Republic

info@eycb.eu

www.eycb.eu



EYCB is non-profit non-governmental organisation founded by young people for young people in 2007. Our main aims and activities are informing and raising awareness of the European Union and its educational programs; promoting self-fulfilment and personal development of young people through educational programs of the European Union and developing non-formal education, intercultural dialogue, international cooperation and active civil society.

In our youth work we offer our youths as many possibilities for their self-development by encouraging them and enabling them to attend educational projects funded through the EU programmes, such as Erasmus+ Youth, European Solidarity Corps and Visegrad Fund.

We strongly believe that by showing youths that they are capable of creating their own goals, plans and personal projects and then successfully executing them, these youths grow internally, they build confidence in their capabilities, skills and knowledge and they become leaders of our communities.





Filoxenia Diapolitismiki Perivallontiki Organosi

NON-GOVERNMENTAL ORGANISATION
Kryoneri Korinthias, Greece

filoxenia@filox.org

<http://filox.org/en/>



The association FILOXENIA, Intercultural-Environmental Organisation is the successor of 2 organisations, which decided to put their experience together, combining the activities of two entities active during the last 20-years in the areas of youth and environment: the Youth Support Organisation "FILOXENIA" & the Environmental Movement of Corinthia. Both of them have to their credit a strong tradition of volunteering and youth work in Greece.

The new association is based in the Cultural Club of the mountainous village Kryoneri (Corinthian Upper-land) and is active in the Greek rural area.

The purpose and activities of the association are promotion of intercultural contact and understanding between citizens, creating a European identity in the context of a united Europe, supporting voluntary work and the principle of self-help society, promotion of ecology, environmental protection and sustainable development of rural areas, organising events to highlight the national and world cultural heritage and creativity.





ASOCIATIA HAIR REDIVIVUS

NON-GOVERNMENTAL ORGANISATION

Buzau, Romania

postoveitolea@yahoo.com

[Hair Redivivus Fb_page](#)



Hair Redivivus Buzau is an independent, impartial and non-profit non-governmental association for and for young people founded in Buzau in 1991 under the name of Hair and reorganized in 2010 as Hair Redivivus.

The purpose of the association is to develop, support and promote initiatives for and by youth at local, national and international level to increase the capacity of young people to act in society at social, civic and cultural level.

Objectives:

- Development among young people and youth workers through non-formal and informal education methods.
- Educating young people through active involvement in the rediscovery, capitalization and promotion of authentic democratic and cultural values.
- Increasing the degree of mobility and international cooperation between young people and youth structures.
- Promoting at the level of young people and the community the sustainability of the environment and of the healthy and active lifestyle through campaigns, ecological activities, sports and physical movement.





MeOut Group

ÉN KINT EGYESÜLET A BÉKÉÉRT ÉS FEJLŐDÉSÉRT

NON-GOVERNMENTAL ORGANISATION

Budapest, Hungary

meoutngo@gmail.com

www.meout.org

MeOut is a leading organization that focuses on innovation and education headquartered in Budapest, Hungary. The MeOut heroes work around the clock and contribute to a more accessible present and future to develop the world by investing time, energy and intellect. We are focusing on over 43 countries. The more educated people with groundbreaking ideas are on earth the better it is for all. We aspire to create a human-centric environment in which colleagues and partners flourish so that they can achieve the most.

We aim to increase the use of innovative eco-friendly and sustainable practices in educational youth work on youth participation to foster an increased dialogue about innovative eco-friendly and sustainable practices within the youth sector in Europe and we believe that we can improve our community through eco-friendly practices. We are organizing each year activities called „Green Days ” during this days we are doing workshops for youth and Eco activities by planting a tree and cleanups in the community for the benefit of the ecological awareness and informing the population about the quality of the drinking water in the community wells.





Studio Progetto Società

Cooperativa Sociale

NON-GOVERNMENTAL ORGANISATION

Veneto, Italy

progettazione@studioprogetto.org

www.studioprogetto.org

Studio Progetto is a non-profit organization founded in Valdagno (VI) in 1989. It pursues the general interest of the community toward human promotion and social integration of citizens, managing health, social and educational services and promoting entrepreneurial activities, aimed at providing employment for disadvantaged people.

Studio Progetto is based in Cornedo Vicentino and operates mainly in the province of Vicenza in North-Eastern Italy, a rural area, historically closed and not well connected with the main centres. It employs around 250 social workers.





3

*The current state
of the environment
in participating countries*



THE CURRENT STATE OF THE ENVIRONMENT IN PARTICIPATING COUNTRIES

This part of the booklet focuses on the description of the environmental state in the participating countries, as presented by the participants.

The aim of this section is to give an overview of the current challenges that the Czech Republic, Greece, Romania, Hungary, and Italy face.

The individual contributions focus on different topics, for example, the Romanian contribution showcases challenges of mismanaged animal control policies, and the Italian contribution shows how climate change differently impacts its distinct regions.

Ultimately, these contributions show that while the individual countries have different and specific environments, all of them are facing the adverse effects of climate change in some way, be it deforestation, desertification, or extreme weather events. Besides climate change-related challenges, all countries face other problems as well, be it insufficient waste management, chemical spills, or poor agricultural practices.

The Czech Republic

The Czech Republic, located in the heart of Europe, is a country of forests, rivers, and varied landscapes. Over the past decades, the country has made significant progress in improving its environmental standards. However, challenges still remain — especially in relation to extreme weather, biodiversity loss, and climate change.

Due to its industrial history and ongoing coal mining, parts of the Czech Republic still struggle with air pollution. Although emissions have decreased since the 1990s, some regions (such as Ostrava and northwestern Bohemia) continue to exceed EU limits for fine particulate matter.

Thanks to investments in wastewater treatment, water quality has improved in recent years. However, pesticides, chemical spills and nitrates still threaten some rivers and groundwater sources. Soil degradation, especially due to intensive farming and erosion, is another growing concern that still isn't taken seriously enough with few mitigation measures being implemented.





The Czech Republic has committed to the EU's climate goals, even though these goals face fierce public scrutiny. The aim of these goals is to reduce greenhouse gas emissions and shift towards renewable energy. While coal is still a major energy source, solar power is gradually expanding, and newly built nuclear blocks will also help meet clean energy goals.

The country is home to unique ecosystems and endangered species, such as the European ground squirrel and Eurasian lynx. Protected areas cover about 17 % of the territory, but habitat fragmentation and invasive species pose ongoing threats.





Greece

Greece is currently facing a range of acute environmental challenges driven by climate change, poor infrastructure, unsustainable development, and weak policy enforcement. The impacts are being felt across natural ecosystems, public health, and the economy—particularly in tourism, agriculture, and energy sectors.

One of the most pressing issues is wildfires, which have increased in both frequency and intensity. In the summer of 2025 alone, over 50 major fires erupted due to record-breaking heatwaves, with temperatures soaring above 44°C. Native forests, including those in protected areas, are burning at alarming rates. The loss of tree cover not only destroys biodiversity but also contributes to air pollution, soil erosion, and carbon emissions. Poor forest maintenance and the absence of a comprehensive wildfire prevention strategy have exacerbated the situation.

Water scarcity is another critical concern. Many regions, especially in the south and on islands, have seen rainfall levels drop by up to 50%. Compounding this is the fact that nearly half of all drinking water is lost due to leaky or outdated infrastructure. Rural areas like Argolida suffer from unreliable or brackish tap water, forcing residents to rely on bottled water.

Pollution and waste management remain persistent problems. Greece recycles only 16% of its municipal waste, far below the EU average of 50%. The majority of waste is dumped in landfills, many of which are illegal or inadequately monitored. Plastic pollution, particularly on beaches and in the sea, is severe: 83% of marine litter is plastic, and surveys show hundreds of plastic items per 100 meters of coastline. Tourism, while vital to the economy, greatly increases the seasonal waste burden, especially on the islands.

Meanwhile, deforestation and desertification are accelerating. In Attica, forest cover has shrunk by 37% in just eight years. Native fir trees in mountainous areas are dying due to drought, pest outbreaks, and reduced snowfall. As a result, once-verdant areas are becoming arid, with long-term consequences for agriculture and biodiversity.

Climate change compounds all of these issues. Greece is warming faster than the global average, experiencing more frequent and intense heatwaves, declining snowfall, and worsening drought. However, national adaptation and resilience strategies remain limited, and climate policy enforcement is inconsistent across sectors. While the country has made progress in renewable energy—cutting coal use and increasing solar power—its climate governance still ranks poorly in implementation.

Finally, policy gaps and weak enforcement hinder progress. Although Greece has passed many environmental laws, they are often ignored or poorly enforced. Coordination between national and local authorities is weak, and many EU environmental directives are only partially implemented or missed entirely. Without stronger oversight, better land-use planning, and real investment in climate resilience, Greece's environmental problems are likely to worsen in the coming years.





Romania

Starting with the presentation of a recent event that occurred in Romania—the tragic death of an Italian tourist killed by a bear—delivered through a short role play, the Romanian team introduced the current environmental situation in the country.

According to the team, the main issue is that Romanian legislation does not align with the realities on the ground.

This was illustrated with the example that, since 2016, bear hunting has been banned in Romania. This ban, combined with the effects of climate change—such as milder winters that prevent bears from hibernating—has led to a significant increase in the bear population. In an area that can support around 5,000 bears, there are now over 14,000. Previously, a mother bear would typically have one or two cubs; now, it is common for them to have two, three, or even four cubs. This population growth poses challenges for both humans and bears.

Humans are increasingly "visited" by bears in areas where such encounters haven't occurred for hundreds of years, significantly altering life in those regions. For bears, the problem is that some are pushed into areas previously inhabited exclusively by humans. They have started scavenging for food, raiding human settlements, or even begging by the roadside. Another concern is inbreeding. A large, unmanaged population increases the likelihood of interactions between bears of the same lineage, leading to health problems.

This case is a clear example of how a law passed without thorough prior research can result in serious environmental issues. Other examples include deforestation, riverbed mismanagement, and unsustainable agricultural practices.

What can NGOs do? They can lobby for changes to laws that have negative consequences, volunteer in animal shelters, and run media campaigns to promote healthy and responsible attitudes. The first step is to change the mindset of young volunteers within the organization, followed by influencing attitudes in the local community, and beyond. In our opinion, changing mentality is the key to solving the problems presented.





Hungary

Hungary is increasingly facing the consequences of climate change and environmental neglect. One of the most visible effects is desertification: once fertile lands are turning into dry, unproductive areas. Combined with prolonged droughts, this has led to a significant reduction in farmland and crop yields, threatening food security and rural livelihoods.

The country is also losing biodiversity at an alarming rate. Wetlands, forests, and grasslands are shrinking, putting native plant and animal species at risk.

At the same time, the country is struggling to adapt to extreme and unpredictable weather. In recent years, sudden storms have become more frequent and more destructive, such as the one in July 2025, which hit the southern part of Hungary, especially the Szeged and Debrecen particularly hard, damaging infrastructure, tearing off roofs (including that of a medical university), and leaving parts of the country without electricity or clean water for days.

In addition to storms, agriculture has also been heavily impacted by unexpected temperature swings. In the past few years, there have been sudden cold snaps during otherwise warm spring periods, which have frozen and destroyed crops that had already begun to grow, causing significant losses for farmers and deepening the crisis in the rural economy.

Hungary's vulnerability to water-related disasters is another major concern. In the fall of 2024, the Danube overflowed its banks, causing severe flooding. Budapest lacks adequate flood protection infrastructure. There are no permanent dams in the city itself, only upstream near Szentendre. Temporary solutions like sandbags were used, but even these were found to be insufficient in some areas, forcing people to evacuate their homes in the capital.

Water contamination is also a lingering problem. One of the worst examples was the 2000 Baia Mare cyanide spill in Romania, which polluted the Tisza River and caused long-term damage to ecosystems in eastern Hungary. Another industrial disaster occurred in 2010, when a reservoir of toxic red sludge from an alumina plant in Ajka burst, killing several people and forcing many others to relocate. Throughout the industrial areas of the county, other irregularities happen frequently due to pollution, e.g. yellow snow during warmer parts of the year near Kazincbarcika.

Hungary's infrastructure is often unprepared for the rising temperatures and extreme conditions. Railway tracks, already outdated in many areas, have warped or buckled during summer heatwaves due to poor maintenance and extreme temperatures. At the same time, the country remains highly dependent on fossil fuels, and its renewable energy sector, particularly wind power, is underdeveloped. Wind energy development is extremely limited due to restrictive zoning laws, and currently, only a small number of wind turbines are operational, mostly in the northeastern region.

Industrial pollution is also a growing issue, especially in connection with the rapidly expanding battery and car parts manufacturing sector. These industries contribute to air and water pollution, raising concerns about the long-term health effects on local communities.

Addressing these challenges requires urgent action, not only better disaster preparedness and sustainable energy development but also stricter environmental regulations and a stronger commitment to green innovation.



Italy

Italy, with its boot-shaped peninsula surrounded by the sea, is a country of unique geographical and environmental characteristics. Its fragile environment, influenced by its complex geology and diverse morphology, presents several challenges. But it also offers opportunities for sustainable innovation.

We can divide Italy into two main areas: Northern Italy and Central/Southern Italy. Each has its own specific environmental problems and responses.

Northern Italy

The environment in the Alps is under serious threat. Heavy rain can cause landslides, and glaciers are melting due to the increasing temperatures. Avalanches and tornadoes that damage forests and buildings are also becoming increasingly common.

The Po Valley, one of the most industrialized areas of Italy, faces air pollution caused by traffic and factories, together with light pollution, which affects both nature and human well-being. In the Po River Delta, there are problems related to the salt wedge, where seawater enters the river system, impacting agriculture and drinking water.



In Venice, high and low tides create constant challenges, including flooding, worsened by rising sea levels.

However, projects like MOSE (a system of movable barriers) have been implemented to protect the city.



Central and Southern Italy

Moving south, the issues change. In many areas, such as Sardinia and Sicily, there are frequent wildfires. Lack of water is another major concern, especially in the summer months.



Earthquakes are common in regions like Abruzzo and Calabria. Heat waves have become more intense as well, with temperatures rising up to 48°C in some areas.

In Tuscany, Emilia-Romagna, and Marche, we see floods, river erosion, and rockslides, often connected to deforestation or poor land management.



Italy's regions show important differences and challenges but fortunately, Italy is also investing in sustainable solutions.

The waste sorting percentage is the highest in Europe, reaching 85%. In order to counter air pollution, there are pedestrian zones in many cities. In the energy sector, wind turbines are being used to generate renewable energy, especially in the islands and by the coast. Hydroelectric power plants, especially in the Alps, provide clean energy and solar panels are becoming more common throughout the country as well.

In conclusion, while Italy faces many environmental problems—from natural disasters to pollution and water scarcity—there are also many positive efforts being made.



4

*Activities focused
on sustainability , environment
& green Europe*



ACTIVITIES FOCUSED ON SUSTAINABILITY, ENVIRONMENT & GREEN EUROPE

In this section, you will find a selection of activity plans developed by the different national teams during our Erasmus+ project. Each activity connects to the central theme of sustainability, environmental protection, and the idea of a greener Europe. The activities reflect a variety of cultural perspectives, creative approaches, and practical ideas that can be used to inspire similar actions in your own community.

The activities are designed to be clear, practical, and adaptable to different settings. Whether you are organizing a children's camp, a training session, or a local community event, you will find activities that suit various age groups, learning styles, and goals.

Each activity includes a description, its objectives, required materials, and a step-by-step implementation guide, making it easy to carry out even with limited resources.

We hope these activities will not only offer inspiration but also empower you to take action towards a more sustainable future.

By using and sharing these ideas, you help extend the impact of this project beyond borders, encouraging meaningful change one activity at a time.

ACTIVITY 1 - UPCYCLING

Aim

- To create art and useful products from waste or unwanted items
- To reduce waste and improve the lifespan of resources

Themes	Methods	Complexity
• Environmental awareness	• Upcycling	• Moderate
Group Size	Time Needed	Materials Needed
• Small / Medium or Large groups divided in teams of 5 participants.	• 75 minutes	• Any kind of trash or useless objects

Description of the activity

The teams will go outside and explore the surrounding area, looking for waste that can be reused in the upcycling activity. They will be encouraged to interact with the locals and ask them if they have stuff they do not use anymore that can be donated. After they gather materials, the groups will have to build and create a piece of art, an installation, or something that can be put to use. In the end, they will present their creations, explain their methodology, and explain how they built their objects.

Debrief:

1. What did you learn?
2. What skills did you improve?
3. How are you feeling?
4. How was the cooperation in your team?

ACTIVITY 2 - SILENT DIALOGUE

Aim

- To acquire knowledge about the discussed topics
- To begin introspection about our contribution and role in the world
- To raise awareness on current issues that affect us all

Themes	Methods	Complexity
• Environmental awareness	• Theoretical input	• Moderate
Group Size	Time Needed	Materials Needed
• Small / Medium or Large groups	• 45 minutes	• Papers • Pens

Description of the activity

Prepare 6 flip chart papers in the room and invite the participants to silently walk around and focus on the topic that is written on each chart. They will be asked to write down (or draw) their ideas, experiences and comments on the topic on the chart, creating a silent dialogue. The topics are: water pollution and waste, land pollution, air pollution, green energy and sustainability, climate change, Recycling. After 20 minutes, we hang the papers up and we let the participants look at the flipcharts and we will comment on the ideas in the plenary.

Debrief:

- 1.What did you learn?
- 2.Is there something you can apply in your daily life?
- 3.Do you feel motivated to improve?
- 4.Do you feel more environmentally conscious?
- 5.Do you feel like you changed your mind about certain subjects?

ACTIVITY 3 - THE ISLAND

Aim

- To develop communication skills and understanding of environmental connections

Themes	Methods	Complexity
• Environmental Awareness	• Simulation	• Difficult
Group Size	Time Needed	Materials Needed
• 20-40 participants	• 1h and ½, up to 2 hours	• flip-chart papers • markers • event tickets

Description of the activity

1. In small groups (4-5 participants) they are asked to draw on a flip-chart paper the shape of an island, to divide it in equal number with the members of the team and each member to draw items that they want to have on their side of the island: environment, facilities etc. The facilitator tells to the group that the ocean surrounding the island is full of sharks, so they are completely isolated (30 mins).



2. One by one, the facilitator gives event tickets and leaves some time for the teams to negotiate and apply the changes that are in the ticket - 5-10mins per ticket.

3. After the tickets were played, the facilitator announces that the ocean is safer now, and, for 5-10 minutes the participants are asked to go and visit the other islands.

4. Debriefing with accent on: how they are feeling, how was the process, how they were dealing with changes etc.

Event tickets models (they can be adapted accordingly to the main topic of the Training or Youth Exchange):

1. A new inhabitant comes to the island and you have to give him 20% of the surface of the island.

2. Island needs to develop tourism.

3. You need to build defensive facilities for an attack from the Western part of the island.

4. A volcano eruption destroys 20% of the surface of the island.

5. A new law requires you to improve the quality of the environment.

6. You have to build a pipeline to transport oil from the Northern to Southern coast.

7. Now you discover that there are another islands in the ocean nearby. Visit them.

ACTIVITY 4 - ECO-RACE

Aim

- Team building through sports activities and reflection on environmental issues

Themes	Methods	Complexity
• Environmental awareness • Teamwork • Active learning	• Outdoor activity • Gamification • Practical challenges	• Moderate
Group Size	Time Needed	Materials Needed
• Medium (15–25 participants) • Large (30–40 participants)	• 90–120 minutes	• Cones and relay signals • Recycled objects • Quiz and mission • Watch, symbolic awards

Description of the activity

Participants are divided in teams. In each stop, they will have to face a different challenge related to environmental topics. Examples:

- Quick waste sorting => participants must run and throw “fake” waste into the correct bins in the shortest time possible (basketball)
- Green Quiz => correctly answer on biodiversity climate and pollution
- Trash art challenge => create a small work of art in 5 minutes with recycled objects found along the route
- True/False => about the countries involved in the project

The team that completes all the tasks in the shortest amount of time and with the highest score in quiz/TD, will receive a symbolic sustainable prize.

ACTIVITY 5 – CIRCULAR ECONOMY CHALLENGE

Aim

- To strengthen the understanding of circular economy principles and encourage creativity in designing sustainable solutions for everyday problems

Themes	Methods	Complexity
• Critical thinking • Communication • Teamwork • Environmental awareness • Circular economy	• Simulation • Case study • Debate • Project-based learning	• Moderate
Group Size	Time Needed	Materials Needed
• Medium (15–20 participants) • Large (20–30 participants)	• 90–120 minutes	• Digital working devices (laptop, phone, projector) • Tables (1-4) • Chairs (15-20) • Recycled materials (cardboard, bottles, caps, etc.)

DESCRIPTION OF THE ACTIVITY

Participants, divided into small groups, will receive a "case study" concerning a common sustainability problem (e.g., food waste in a school cafeteria, plastic waste management, clothing pollution).

Each group will analyze the problem and, using circular economy principles, design an innovative solution. The design phase will include creating a physical or conceptual prototype using recycled materials.

At the end, each group will present their idea, followed by a debate on the different proposals.

The activity will conclude with constructive feedback and a discussion on how to implement these ideas in real life.



ACTIVITY 6 - NATURE AT NIGHT

Aim

- To familiarize oneself with nature in a silent, mindful experience

Themes	Methods	Complexity
• Deeper connection with nature • Light pollution • Environmental awareness	• Observation • Discussion	• Easy
Group Size	Time Needed	Materials Needed
• Medium (15–25 participants)	• 90–120 minutes	• Rural area • Blankets (to sit down) • Flashlights (as safety valves) • Candles or similar

Description of the activity

Participants begin with a short introduction exploring the theme and the impact of light pollution. After setting safety rules and inviting silence, the group embarks on a slow, 30–45 minute silent walk. Along the way, they engage in sensory moments—pausing to listen, smell, observe the sky, and experience darkness. Optional “focus cards” guide personal awareness. The walk concludes with a reflection circle where participants share insights and emotions, discuss nighttime nature, and consider personal sustainability actions. As a symbolic closing, the group performs a quiet ritual—such as blowing out a candle or pledging eco-actions—to honor the night and commit to protecting it.

ACTIVITY 7 - Eco QuAlst

Aim

- To educate students on how artificial intelligence can be used to solve environmental problems, while fostering teamwork, intercultural communication, and creative thinking through a game-based approach.

Themes	Methods	Complexity
• Sustainability • AI • Eco-innovation • Intercultural cooperation	• Game-based learning • Group work • Presentation	• Moderate
Group Size	Time Needed	Materials Needed
• Medium (15–25 participants)	• 60-90 minutes	• Cards • Tokens (optional) • Papers • Markers

Description of the activity

“Eco QuAlst” is a cooperative strategy game where international youth teams act as environmental task forces. Each group receives a real-world eco-crisis and selects AI tools to solve it. They present creative solutions, earning points based on feasibility, innovation, and teamwork. In the final round, all teams collaborate to solve a global crisis, promoting negotiation and intercultural cooperation. The activity ends with group reflection and a showcase of ideas.

ACTIVITY 8 - World Café

Aim

- The aim of this activity is to foster open, inclusive, and reflective conversations among youth about Europe's sustainable future by exploring individual and collective roles in climate action, identifying barriers to sustainable living, and imagining ways to embed sustainability into European identity and policy.

Themes	Methods	Complexity
• Visioning a sustainable Future • Action for the European Green Deal • Barriers to sustainability • Youth engagement in climate action • Sustainability as a European value	• Facilitated group discussions • Rotating conversations • Visual brainstorming	• Low to medium
Group Size	Time Needed	Materials Needed
• Medium to large (20-35 participants)	• 90 minutes	• 1 flipchart per station, markers • Tables (5) • Chairs (15-40) • Sticky notes, stationery and other supplies



Description of the activity

The World Café is an interactive dialogue session designed to engage participants in meaningful discussions around key questions about sustainability in Europe. Through small rotating groups, young people will explore what a truly sustainable future looks like, how they can personally contribute to the European Green Deal goals, and learn about the challenges preventing widespread adoption of sustainable lifestyles. The conversations will also focus on amplifying youth participation in climate action and transforming sustainability from a mere responsibility into a shared European value. By exchanging diverse perspectives in a relaxed, café-style setting, participants will co-create ideas and deepen their understanding of how to drive collective change towards a greener Europe.

Preparation

- Space: Arrange the room with small tables (4–6 seats each), ideally with paper tablecloths or flipchart paper for notes.
- Materials: Pens, markers, sticky notes, and printed question cards (one question per table).
- Time: Plan for about 90 minutes total, depending on group size.

Step-by-Step Guide

1. Welcome & Introduction (5–10 min)
 - Explain the purpose and aim of the World Café.
 - Share the ground rules: listen respectfully, build on others' ideas, everyone contributes, one conversation at a time.
2. Round 1 (10 min)
 - Assign each table one of the 5 questions:
 - **What does a truly sustainable future for Europe look like and what role can we, as individuals, play in achieving it?**
 - **How can we contribute to the European Green Deal goals and what does our government do to fulfil them?**
 - **What prevents people from adopting sustainable lifestyle?**
 - **How can we better include young people to climate action in Europe?**
 - **How can we make sustainability a core part of European identity instead of just a "responsibility"?**
 - Participants discuss the question at their table, taking notes and drawing ideas.



3. Rounds 2-5 (10 min each)

- After 10 minutes, participants move to a different table (ideally clockwise).
- At the new table, participants read the notes left by the previous group and continue the discussion, adding new ideas or reflections.
- Continue rotating until participants have visited all tables.

4. Sharing

- Each table's host (or a volunteer) summarises the key insights and ideas from the discussions.
- Facilitator highlights common themes, surprising ideas, and actionable points.

5. Closing

- Thank the participants for their engagement.
- Encourage them to take their ideas forward in personal or community climate action.

Tips for successful facilitation

- Encourage everyone to speak and listen actively.
- Remind participants to focus on constructive, solution-oriented dialogue.
- Use visuals, doodles, or mind maps on the table paper to make ideas clearer and more engaging.
- Keep time strictly to ensure smooth rotations.
- Capture photos or scan table notes to share with participants afterward.

ACTIVITY 9 – Climate Resilience & Disaster Preparedness Youth Hackathon

Aim

- To empower young people to develop practical, innovative, and community-focused solutions that strengthen Europe's ability to adapt to extreme weather events such as floods, heatwaves, wildfires, and storms. By bringing together diverse teams, the hackathon fosters creativity, collaboration, and problem-solving skills while raising awareness about the urgent need for climate adaptation. Participants will design feasible tools, campaigns, and prototypes that can be implemented locally and scaled across the EU, contributing to the goals of the EU Strategy on Adaptation to Climate Change and promoting youth engagement as active drivers of sustainable, resilient communities.

Themes	Methods	Complexity
• Climate awareness and education • Innovation for sustainability • Community preparedness and engagement • Youth empowerment and participation • Environmental protection and risk reduction	• Simulation • Case study • Debate • Design thinking • Brainstorming and idea clustering • Prototype development • Pitching	• Medium to high



Group Size	Time Needed	Materials Needed
Medium to large (20-35 participants)	One full working day (approx. 7-8 hours), ideally from 09:30-18:00 including breaks	- Digital working devices (laptop, phone, projector) - Tables (5) - Chairs (15-40) - Stationery and Workshop Supplies - Reference and Data Materials - Misc. (prizes, certificates, etc)

Description of the activity

The Climate Resilience & Disaster Preparedness Youth Hackathon is a dynamic, one-day event that brings together young people from diverse backgrounds to collaboratively develop innovative solutions addressing the growing challenges posed by extreme weather events in Europe. Through a combination of expert talks, teamwork, and hands-on prototyping, participants will explore real-life climate risks such as floods, heatwaves, wildfires, and storms, and design practical tools, campaigns, or strategies to enhance community preparedness and resilience. This hackathon fosters creativity, critical thinking, and civic engagement, empowering youth to become active contributors to climate adaptation efforts aligned with the EU's environmental goals. By the end of the day, teams will present their ideas to a panel of experts, gaining valuable feedback and recognition for their contributions to building safer, more resilient communities.

Focus

Practical, community-oriented solutions for preparing for and adapting to extreme weather events in Europe.



Background Context

Europe faces increasing risks from heatwaves, floods, wildfires, and storms due to climate change. The EU Strategy on Adaptation to Climate Change calls for more resilient communities, early-warning systems, and citizen engagement. This hackathon empowers youth to co-create tools and campaigns that can protect lives, ecosystems, and infrastructure.

Programme schedule

Morning Activities:

- Icebreaker activity
- Overview of climate risks in the EU
- Explanation of hackathon rules and judging criteria
- Inspiration Talks (Why must communities act? Technology and youth power in disaster preparedness)
- Team formation and Problem selection:
 - **Flood early-warning solutions**
 - **Heatwave preparedness for vulnerable groups**
 - **Wildfire prevention in rural/forest areas**
 - **Community emergency coordination tools**
- Hack Session #1 - Research & Concept: Teams research their chosen problem, map stakeholders, brainstorm solutions, and draft a concept. Mentors circulate to provide support.

Afternoon Activities:

- Hack Session #2 - Prototyping: Create a basic prototype; app mockup, communication campaign, toolkit, or low-tech device model.
- Pitch Preparation: Teams prepare 5-min presentations, focusing on the problem, solution, target audience, impact, and implementation plan.
- Final Pitches & Jury Q&A: Each team presents for 5 min + 2 min Q&A. Jury includes environmental experts, tech mentors, and youth representatives.
- Awards & Closing: Winning teams announced, certificates



Judging criteria

- 25% Innovation: Is the idea creative and unique?
- 25% Impact: Will it make a tangible difference in climate resilience?
- 20% Feasibility: Can it be realistically implemented with available resources?
- 15% Scalability: Can it be applied in other EU regions?
- 15% Presentation: Clear, engaging, and well-structured pitch

Example expected outputs

- Tech solution: Mobile app for flood alerts & evacuation routes.
- Communication campaign: Social media toolkit to prepare seniors for heatwaves.
- Community toolkit: Low-cost wildfire prevention guides for rural youth.
- Innovation: Low-tech water level sensor for rivers prone to flooding.

ACTIVITY 10 – Cultural dinner

Aim

- To bring people together and immerse themselves in each other's cultures. During dinner, participants talk about prepared topics related to environmental science.

Themes	Methods	Complexity
• Cultural sharing • Communication skills • Environmental awareness	• Debate • Tasting and exploring	• Low
Group Size	Time Needed	Materials Needed
• Medium (15–25 participants)	• 90 minutes	• Food • Cards with topics • Tables (1–4) • Chairs (15–25)

Description of the activity

Cultural Dinner is a social and educational activity designed to foster intercultural exchange and raise environmental awareness in a relaxed and engaging setting. As they taste and explore different cuisines, they also engage in meaningful conversations about pre-selected topics related to environmental science and sustainability.

The activity promotes open dialogue, active listening and cultural understanding. Topic cards are placed on the tables to guide the discussions, encouraging participants to reflect on environmental issues from different cultural perspectives. This format helps build communication skills while deepening awareness of global challenges.

ACTIVITY 11 - Eco-Quest: Sustainability Challenge Game

Aim

- To raise awareness about environmental issues in a fun and engaging way while encouraging teamwork, creativity, and critical thinking.

Themes	Methods	Complexity
• Sustainability • Climate action • Environmental responsibility • Teamwork and problem-solving	• Team competition • Problem-solving tasks • Roleplay and simulation • Reflection and discussion	• Medium
Group Size	Time Needed	Materials Needed
• Flexible (12–30 participants), divided into teams of 3–6	• 60–90 minutes	• Station signs or printed tasks • Recyclable materials for activities

Description of the activity

Eco-Quest is an interactive team-based game where participants move through a series of sustainability-themed stations. Each station presents a challenge, quiz, or task related to environmental issues such as waste reduction, biodiversity, climate change, water conservation, and sustainable living.

Participants collect points for each station by solving riddles, making eco-decisions, or completing physical tasks. The goal is not only to win but also to learn practical solutions and facts about protecting the environment. At the end, teams reflect on what they learned and share ideas they could implement in their own lives or communities.

ACTIVITY 12 - Organizing an Eco-event with no budget

Aim

- To organize a small, local eco-awareness event that brings people together to learn, act, and connect - using only creativity, teamwork, and community resources.

Themes	Methods	Complexity
- Sustainability - Climate action - Environmental responsibility - Teamwork and problem-solving	- Eco-action - Reflection and discussion	Medium
Group Size	Time Needed	Materials Needed
Flexible (12–30 participants)	60–90 minutes	None

Description of the activity

1. Choose a free public location:

We would use a local park, schoolyard, or community center outdoor space that does not require rental or permits.

2. Invite participants digitally:

We would create free promotional posters using Canva and share them on social media, school newsletters, and WhatsApp groups.



3. Plan simple and impactful activities:

Without needing money, we could:

- Host a trash clean-up walk
- Run a recycling race - teams compete to sort recyclable materials correctly
- Invite kids to make posters or chalk art on climate change
- Hold an open mic circle where anyone can share eco tips or stories
- Create a photo wall with signs like "I care for the planet because..."

4. Ask for in-kind support:

We would ask:

- Friends & families to donate old bags, gloves, or paper for the activities
- Local businesses to give leftover fruit, water, or small prizes (e.g., used books, pens)

5. Use volunteer power:

Our team would:

- Bring their own equipment (speakers, camera, chalk, bags)
- Take turns being moderators, guides, and photographers

6. Document the event:

We would take photos/videos and create a digital collage or short video afterward to share the outcomes to inspire others and show impact.

Why this works:

- Zero costs - but high visibility and learning impact
- Empowers the community through action
- Uses creativity, collaboration, and initiative = key Erasmus+ values!



5

*Examples of activities from
Connecting through Science
II: Green Europe*



EXAMPLES OF ACTIVITIES FROM CONNECTING THROUGH SCIENCE II: GREEN EUROPE

These activities were developed as part of the training course and brought together youth workers from five European countries. During the course, participants explored pressing environmental issues through non-formal education, collaborative reflection, and practical experiences.

The ideas you will read about focused on shared learning, cultural exchange, and a strong commitment to building a more sustainable future. Be it activities designed to raise awareness, promote eco-friendly habits, or engage young people in environmental action, these activities offered adaptable, hands-on approaches rooted in real experiences and European cooperation.

The following pages will show tangible results that were produced as outcomes of these activities. The participants had a chance to choose various forms of self-expression, ranging from maps of the local area to collages, posters, or even poems.

Ultimately, all of these contributions show the unique skills and perspectives of the individual participants and highlight that the topics of this course can be approached in a variety of ways.



ENERGISERS

An energiser is a short, dynamic activity designed to boost energy and refresh participants' attention, especially during longer sessions or workshops. Energisers are usually simple, fun, and require very little in the way of materials or preparation.

HI-HA-HU!

Group Type: Whole group, ideally 6+ participants

Duration: 5–15 minutes

Materials Needed: None

Space Requirements: Open space where participants can stand in a circle

Description:

This energetic and silly game is perfect for warming up the group, releasing tension, and getting everyone laughing. Participants stand in a circle. The game revolves around three simple vocal and physical actions: “HI,” “HA,” and “HU.” Here's how it works:

1. One person starts by turning to someone next to them and loudly says “HI!” while making a strong forward arm gesture (like a karate chop).
2. The chosen person immediately turns to someone else in the circle and says “HA!” with the same energy.
3. That person then quickly turns to another participant and says “HU!” in the same way.
4. After “HU,” the circle reacts: everyone throws their arms in the air and shouts “HU!” together.
5. The game then restarts with a new “HI” from a different participant.

The rhythm continues and speeds up as the group gets more comfortable with the pattern. Mistakes and laughter are welcome – they're part of the fun!

Facilitator Tips:

- Demonstrate the movements and sounds first with exaggerated enthusiasm.
- Encourage participants to use loud voices and big gestures.



Popcorn

Group Type: no limit

Duration: 5 minutes

Materials Needed: None

Space Requirements: Open space (indoors or outdoors)

Description:

This energizer is an active, fast-paced movement game based on the idea of popcorn spreading in a pan. It starts with one person as the “popped kernel”, while all other participants crouch on the ground like unpopped kernels – quiet and still. The popped person begins to move around the space, jumping up and saying “POP!” When they touch another participant (gently on the arm or shoulder), that person also jumps up with a loud “POP!” and joins the popcorn team. The new popcorns continue spreading the pop by touching others.

The game continues until all participants are popped and jumping around. When everyone is popped, the group can end in a big final jump and shout: “POP!”



Echo Haka – power through imitation

Group Type: no limit

Duration: 10–15 minutes

Materials Needed: None

Space Requirements: Open space with room to stand and move freely

Description:

This high-energy group activity is inspired by the expressive elements of traditional haka – using body, voice, and facial expressions to build a sense of collective power. Participants do not create their own chant or movements, but instead mirror the facilitator, who leads the group through a series of simple rhythmic movements and vocal expressions (such as shouts, grunts, or syllables).

The key to the activity is immediate imitation: the facilitator stomps, slaps, grunts, jumps – and the group repeats with the same intensity. The facilitator gradually changes mood, volume, speed, and emotion – from calm and focused, to wild and loud, to slow and heavy – and the group follows in full synchrony.

This creates a powerful shared experience where participants express energy and emotion through movement and voice without needing choreography or prior knowledge.

Facilitator Tips:

- Start with simple movements (e.g., one stomp and “HA!”), then slowly build complexity.
- Experiment with contrasts – whispering vs. shouting, slow vs. fast, joyful vs. serious.



TEAM BUILDING

Teambuilding activities are focused on strengthening cooperation, trust, and communication within a group. They help participants get to know each other better, build positive relationships, and develop problem-solving skills within the group. Teambuilding activities can include both fun games and tasks requiring deeper reflection, but they always aim to create a stronger and more united team.

Building bridges

Group Type: Teams of 4–6 participants

Duration: 30 minutes

Materials Needed:

- Everyday items (e.g., paper, rubber bands, pencils, string, tape, paperclips, ...)
- Tables, chairs, or other surfaces to span

Space Requirements: A room with enough space for each team to build and test their bridge

Description:

This hands-on teambuilding activity challenges participants to design and construct a freestanding bridge using only limited, everyday materials. The activity promotes collaboration, creativity, strategic thinking, and communication under time and material constraints.

Each team must build a bridge that spans a set distance (e.g., between two chairs or across a table gap) and fulfills specific criteria set by the facilitator – for example:

- It must hold a certain weight (e.g., a book or water bottle)
- It must reach a minimum length
- It should look clean, stable, or visually creative

The materials can be either provided or limited to what participants already have with them, encouraging improvisation and resourcefulness.

Facilitator Tips:

- Clarify the criteria and rules at the beginning (e.g., no taping structures to furniture).



Touch point challenge

Group Type: 5 participants per group

Duration: 10–20 minutes

Materials Needed: None

Space Requirements: Open space, preferably with a soft floor or grass

Description:

This dynamic and fun team-building activity challenges groups to creatively cooperate and problem-solve using only their bodies. The facilitator calls out a specific number and type of body parts that are allowed to touch the ground at the same time – for example, “5 feet, 3 bottoms, 1 head, and 2 hands.” Each group must then work together to position themselves in such a way that only the stated body parts are in contact with the ground – no more, no less.

This playful physical challenge fosters team communication, creative thinking, trust, and a willingness to step out of one's comfort zone. It's also a great energizer or warm-up game.

Facilitator Tips:

- Begin with easier combinations (e.g., “10 feet”) and gradually introduce more complex or silly arrangements.
- Emphasize safety and ensure participants support each other when trying more creative positions.
- Allow groups a short time limit (e.g., 1 minute) to achieve the shape.



Observer, Actor, Artist

Group Type: Trios (groups of 3)

Duration: 20–30 minutes

Materials Needed:

- Set of images
- Paper and drawing supplies for each artist

Space Requirements: Separate rooms

Description:

This creative teambuilding activity encourages participants to explore their communication, observation, and interpretation skills. Each group of three has the following roles: Observer, Actor, and Artist.

1. The Observer is shown an image (e.g., a simple object, scene, or symbol).
2. The Observer describes the image using words to the Actor, but the Artist cannot hear them.
3. The Actor then performs the Observer's description using gestures, facial expressions, and movement only – no speaking is allowed.
4. The Artist watches the Actor and draws what they interpret from the performance.

The goal is for the Artist to recreate the original image using only the performance as a reference, revealing how communication transforms across different channels.

Facilitator Tips:

- Ensure physical separation or distance between teams to prevent cross-team influence.
- Emphasize the no-talking rule for Actors and Artists.
- Prepare a variety of simple but clear images (e.g., a house, a tree, a dog walking, a person on a bike, etc.).
- You can add a time limit (20–30 minutes total is sufficient).
- After the drawing phase, reveal the original images



ACTIVITIES DURING SESSIONS

River of life

Group Type: Individual participants

Duration: 30–45 minutes + reflection time

Materials Needed:

- Large sheets of paper or flipchart paper
- Markers, colored pencils, crayons

Space Requirements: A quiet space where each participant can focus and draw comfortably

Description:

River of Life is a reflective creative exercise where each participant maps their personal life journey using the metaphor of a river. On a large sheet of paper, they draw a river symbolizing the course of their life so far, including key moments, experiences, challenges, and achievements.

Participants are encouraged to also include significant climate and ecological changes they have witnessed or experienced during their lifetime — these can be represented as obstacles, changes in the river's flow, pollution spots, or other symbols that reflect the environmental impact on their “river of life.”

After completing their drawings, participants can choose to share parts of their river story in pairs or small groups to foster empathy and raise awareness of how personal lives and the environment are interconnected.

Facilitator Tips:

- Encourage honesty and creativity, but respect if someone prefers not to share.
- Provide prompts focused on ecological changes, such as “What environmental changes have you noticed where you live?”
- Use the activity to open discussions about personal and collective responsibility for the environment.
- Adapt sharing time depending on group size and comfort level.



Green hunt

Group Type: Teams of about 5 participants

Duration: 30–60 minutes

Materials Needed:

- Devices for taking photos (smartphones, tablets, cameras)

Space Requirements: Outdoor or indoor area with access to natural or eco-related elements (park, schoolyard, neighborhood)

Description:

Green Hunt is an environmentally themed scavenger hunt designed to raise awareness about sustainability while encouraging teamwork, observation, and problem-solving. Teams receive a list of 2–3 eco-related items or sustainable features they must locate and photograph within a set area.

Examples of items could be:

- A recycling bin
- A solar panel
- A flowering plant native to the area
- A piece of litter that can be recycled
- An example of water-saving technology

Teams must work together to interpret the list, find the items efficiently, and capture clear photos as proof of their findings.

Facilitator Tips:

- Choose items appropriate for your location and accessible to all participants.



- As a part of the activity “Green Hunt,” a map of sustainable practices in the local area was created:



- A collection of sustainability measures in the local area was created:



Eco-Action Day: Clean up & Tree Planting

Objective: To foster direct connection with nature. To make a difference in one day.





Poem

The trees will rise but not too fast,
they lean with wind, yet still they last.

The trees will rise, not all the same,
each finding light in its own fate.

Some trees, hold more than passing time,
A trace of touch, a breath, a sign.

They know that feel of being around,
the warmth of closeness never named aloud.

A part of you will always be
like rings held tight inside a tree.

Examples of other outcomes created by participants of the project include videos, posters, collages, and more.

E+ man saves the day!





What is green for you?



Poster



Poster

Českovice – Erasmus+ Sustainability Mission

Connecting through Science II

Collected
litter



Spotted solar
panels on a house



Found a
food waste
bin

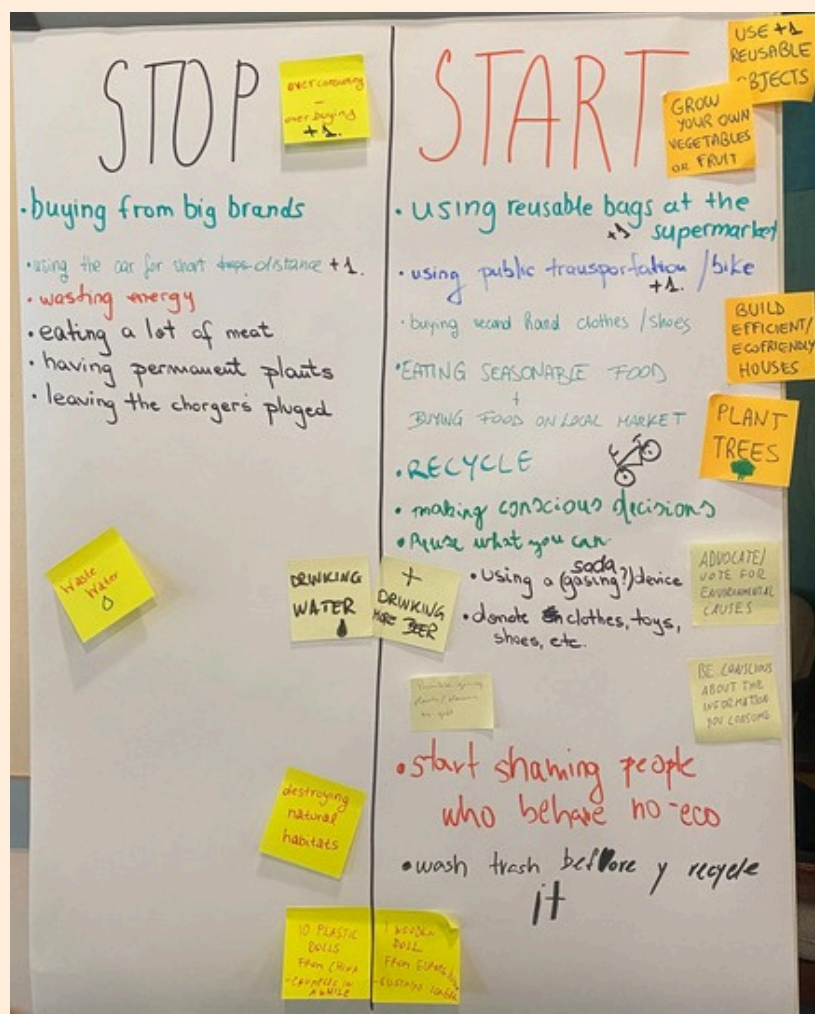


Found a
food waste
bin

Stop - Start

One of the activities focused on identifying actions that support or harm sustainability and the idea of a Green Europe. Together, we created two lists: one with habits we should avoid, and another with positive actions we should follow in daily life.

The activity encouraged us to reflect on our personal choices and understand how small changes can contribute to a more sustainable future.





6

*Dissemination
activities*

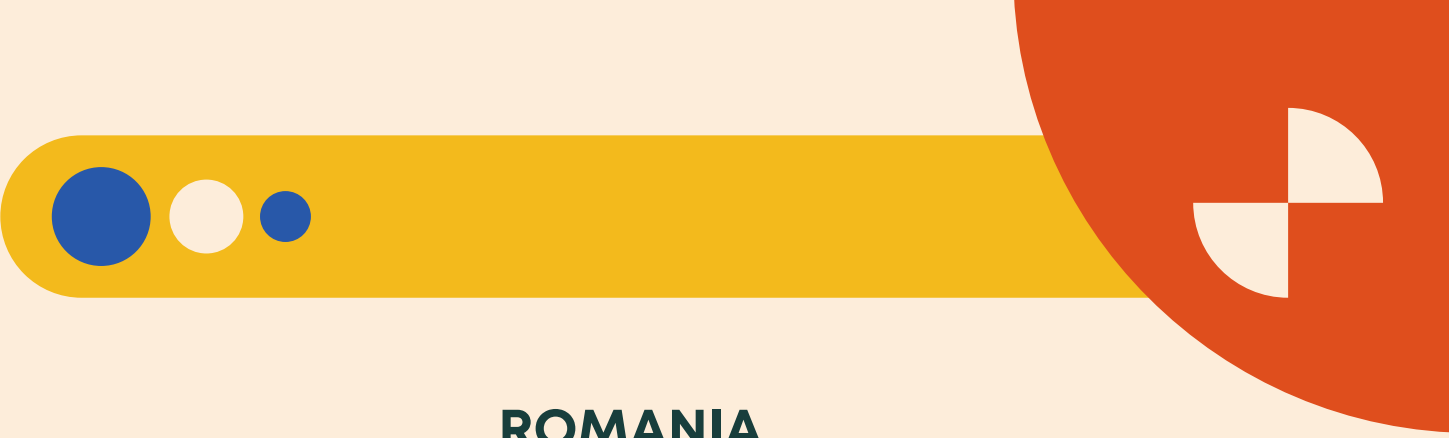


DISSEMINATION ACTIVITIES

Dissemination is the process of spreading the results, experiences, and knowledge gained throughout the project to a broader audience. It ensures that the outcomes of our Erasmus+ project do not stay only within the group of participants but reach others who can learn from, build on, or be inspired by our work.

By sharing what we have created and learned, we contribute to a wider impact beyond the timeframe and location of the project. Through presentations, social media, workshops, local events, or printed materials like this booklet, dissemination helps others understand the value of our activities and encourages the continuation of similar initiatives.

In short, dissemination is about making our project matter — not just for us, but for the communities around us and across Europe.



ROMANIA

We will do a session in our next Training Course on the topic of Circular Economy, which is going to take place from 26 August to 4 September in Buzau, Romania. In the session, we will present the booklet and the social media content from this project.

Aim: To disseminate the final products and the activities that occurred during and after the mobility.

Duration: 30-45 mins

Step-By-Step:

1. General information - What, When, Who, For Whom the training was held. Presentation of aims, methods, etc.
2. Presenting the Simulation (plot) game
3. Presenting outcomes: videos, photos, activity plans
3. Q&A session

Materials needed: projector, sharing the magazine

ROMANIA

🌍🌟 Connecting Through Science II: Green Europe 🌟🌍

From 29.07 – 06.08 we took part in the Erasmus+ training course “Connecting Through Science: Green Europe”, hosted by @eycb.info in Czechia.

🌱 Our participants came back inspired, bringing:

- ✅ New partnerships across Europe
- ✅ Fresh and innovative methods to work with young people
- ✅ Broader expertise in the field of sustainability and youth work

💡 This project was not just about learning – it was about connecting, exchanging, and building together a greener future for Europe.

During the meeting of dissemination of the recent accreditation year, we talked to our amazing volunteers about the experience we had, we did two workshops on the topic of environment and we discussed the way we will approach this topic during the next year.

Thank you to Erasmus+ and @eycb.info for making this experience possible! ❤️

#ErasmusPlus #ConnectingThroughScience #GreenEurope #YouthWork
#Sustainability #EYCB





ITALY

Title of the event: Sharing experiences and good practices (outcomes of the project)

Date and time: 10th September 2025, 9:00 AM

Location: Europe Direct Venezia, Mestre (Venice)

Duration: 1 hour

Target audience: Local youth workers, project participants, NGOs, representatives of Europe Direct, and interested stakeholders

This dissemination event aims to share the outcomes, experiences, and key learnings gained throughout the project with a broader local audience. Held at the Europe Direct Venezia office in Mestre, the session provided a space for reflection and exchange between project participants and stakeholders involved in youth work and European cooperation.

Agenda:

- Welcome and Introduction: Brief description of the context, the venue and goals of the project
- Overview of Activities: Explanation of the main activities carried out during the project, highlighting methodology, tools, and group dynamics
- Key Learnings: Presentation of the competences and soft skills developed during the project (e.g., communication, teamwork, intercultural awareness, energizers)
- Feedback Session: Sharing reflections and impressions from participants

Testimonies:

Presentation of multimedia materials (photos, short video clips, quotes) to illustrate the experience and its impact

Expected outcomes:

- Raise awareness about the project's objectives and results among local stakeholders
- Promote good practices in youth work and non-formal education
- Encourage the transfer of tools and methods used during the project to other contexts



ITALY | POSTCROSSING



Ho deciso di adottare un approccio "vintage" per diffondere il messaggio legato al tema del training course "Connecting through Science II". Essendo un membro attivo della comunità di Postcrossing, ho scelto di utilizzare le tradizionali cartoline postali per comunicare ad altri membri di tutto il mondo la mia partecipazione all'iniziativa Erasmus+ e, nel mio piccolo, sensibilizzare sui temi ambientali. Un modo semplice ma autentico per far viaggiare idee e consapevolezza, una cartolina alla volta.

POSTCROSSING



I decided to take a "vintage" approach to spreading the message connected to the training course "Connecting through Science II." As an active member of the Postcrossing community, I chose to use traditional postcards to share with other members around the world my participation in the Erasmus+ project and, in my own small way, raise awareness about environmental issues. A simple yet genuine way to let ideas and awareness travel, one postcard at a time.



Cos'è **POSTCROSSING**?



Postcrossing.com è una piattaforma che permette di inviare e ricevere cartoline da persone di tutto il mondo. Dopo esserti registrato, puoi inviare una cartolina a un membro scelto casualmente e, in cambio, riceverai una cartolina da un'altra persona. È un modo divertente per connettersi con culture diverse e collezionare cartoline uniche.



What is **POSTCROSSING**?

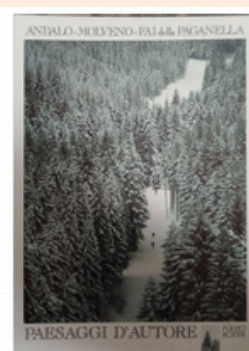
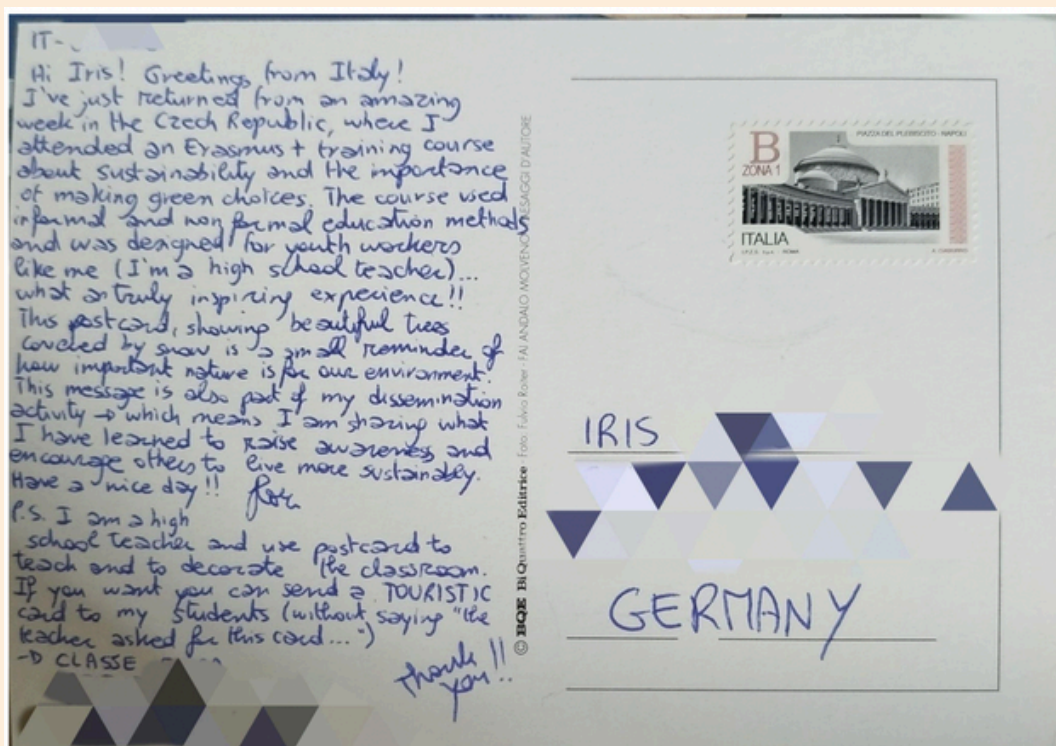


Postcrossing.com is a platform that allows you to send and receive postcards from people all over the world. After registering, you can send a postcard to a randomly chosen member and, in return, receive a postcard from another person. It's a fun way to connect with different cultures and collect unique postcards.

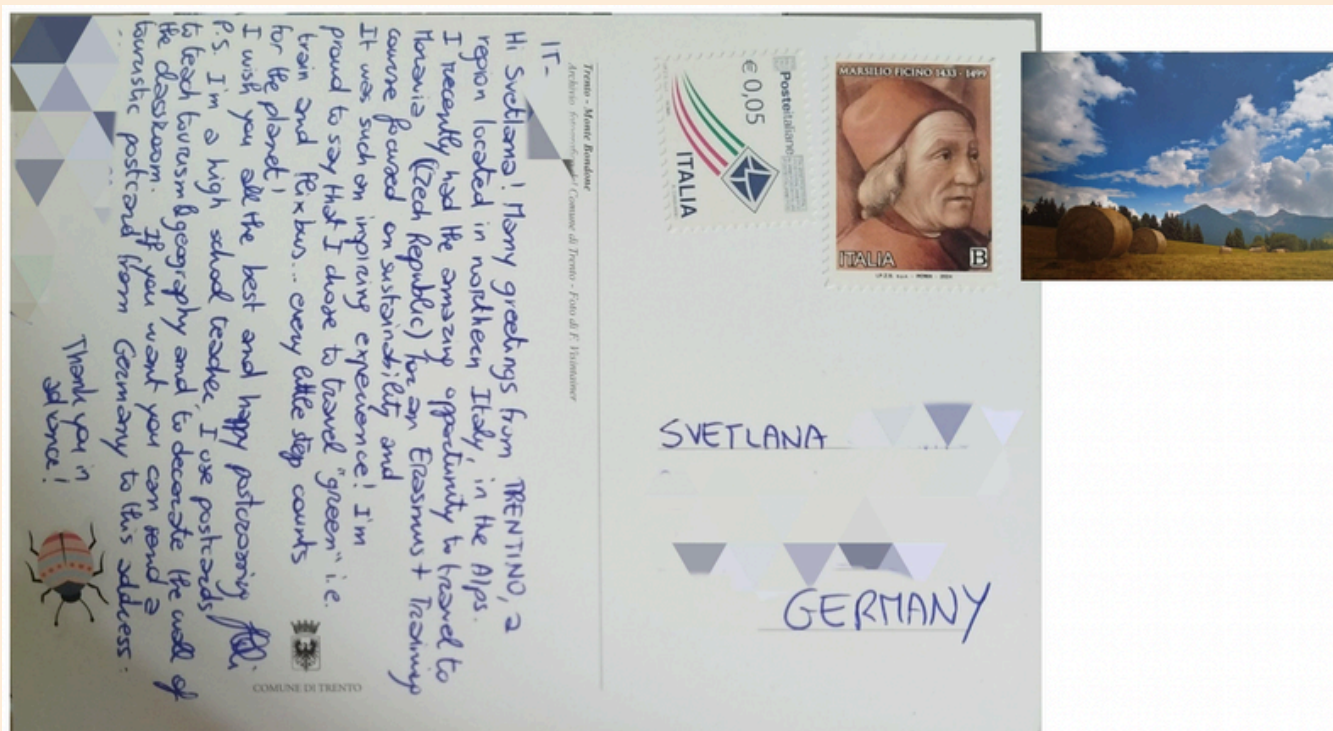
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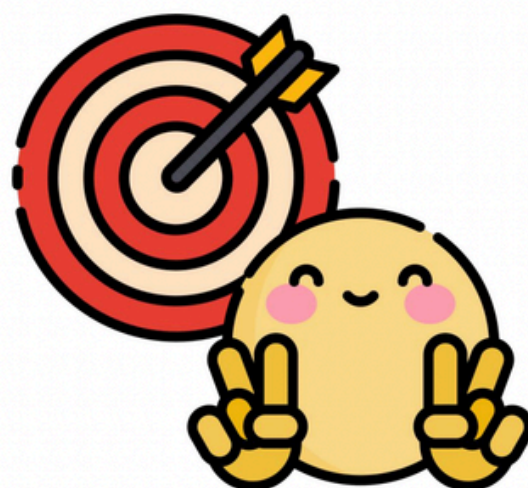
[Svetlana](#) wrote you a message:

"Thank you so much for your wonderful postcard and the cute stamp! I'm really excited about your participation in the courses in the Czech Republic. I try to take every opportunity to join courses and seminars on bilingual education too — they bring not only so many emotions, but also a ton of ideas and the chance to meet fascinating people. Before moving to Germany, I used to organize similar courses for primary school teachers in Belarus, and I really miss those days.

I'll definitely send a postcard to your students — I just need to think about which one would be the best))) Wishing you all the very best! Your students are so lucky to have a teacher with such a big heart!

Happy Postcrossing!
Svetlana"

Svetlana from Germany received my card and wrote this message:



GREECE (XANTI AND THESSALONIKI)

Title: Gone With the Bin

Aim

To clean a park with the aim of removing litter and waste, raising awareness, promoting community engagement, encouraging sustainable habits, and improving public health and safety.

Themes	Methods	Complexity
1) Sustainability 2) Community responsibility 3) Education & awareness 4) Teamwork & collaboration 5) Environmental protection	• Preparation and planning • Litter collection and sorting • Waste disposal and recycling • Awareness activities • Follow-Up and evaluation	• Moderate
Group Size	Time Needed	Materials Needed
• Medium (8–15 participants)	• 60-90 minutes	• Trash bags • Recycling bags • Gloves • Water & snacks • Hand sanitizers & wipes

GREECE (XANTI AND THESSALONIKI)

Gone With the Bin

Dissemination activity by Theodosia Politou and Maria Marchavila

Brief description

Our dissemination activity took place on 16th of August, 2025 at a village nearby our area. Our plan was to clean up a park with the aim to remove litter and waste, raise awareness, promote community engagement, encourage sustainable habits and improve public health and safety.

In the beginning, we figured out it would be wise to consult someone who actually works as a municipal sanitation worker in the area to inform us about which parks or spaces are dirty, so that our initiative would have a significant impact. The lady we spoke to told us that there is a field right at the exit of the village where people driving by tend to throw bottles and all kinds of trash, because it is located very close to the road and it is easy for them to just open their window and get rid of it. So we managed to motivate as many people as we could and as soon as we gathered, we explained them the task more thoroughly, as well as a few things about the training course we attended, in order to spread our experience and also encourage them to potentially participate themselves in the future. After that we took all the necessities with us (trash bags, gloves etc...), two people offered to bring their cars and take us all to the field and then we were off to go. The field was indeed really dirty and repelling and it was such a pity to see flowers literally trying to bloom among all this rubbish. Since we were a lot of people, the actual cleaning part took less than an hour, and we managed to fill up 4 big black trash bags. Not to mention that we had a lot of fun all of us together, even made jokes and bonded as well!



GREECE (XANTI AND THESSALONIKI)



GREECE (XANTI AND THESSALONIKI)

Connecting through Science II: Green Europe

Gone with the bin

Manikas Ioannis

Brief description

On August 15th, 2025, a group of friends, family members, and local residents gathered at a park in Chalkidiki, near Thessaloniki, to take part in a clean-up initiative. The event was inspired by the knowledge and experience I gained through the Erasmus+ program *Connecting through Science II: Green Europe*. Our goal was to collect the litter left behind by partygoers during the busy summer nights.

The activity began with a short energizer session to build team spirit and motivation. All participants were provided with gloves and masks for safety, along with trash bags for collecting waste. Despite the park being more polluted than anticipated, we successfully cleaned the entire area within one evening. Several locals who were present at the park volunteered to assist, although they preferred not to appear in any photographs or video recordings.

The clean-up left everyone with a strong sense of accomplishment. It was rewarding not only to contribute to the well-being of the local environment but also to encourage community involvement and environmental responsibility.

A follow-up visit to the park was made 15 days later. While there was some litter observed near the trash bins—likely a result of the area's heavy tourist traffic—the park remained largely clean. We hope that this effort will have a lasting impact and help foster a greater sense of environmental awareness among both locals and visitors.

GREECE (XANTI AND THESSALONIKI)





GREECE (ATHENS)

Title: Local voices, one future

Description:

A 60-minute, interactive session that explores the meaning of sustainability in Europe with a focus on the Greek context. The workshop combines a short presentation with structured discussion, aiming to deepen participants' understanding and stimulate ideas for local action.

Duration: 1 hour

Step-by-Step Action Plan**1. Welcome & Icebreaker**

Duration: 5 minutes

Goal: Warm up and get participants thinking

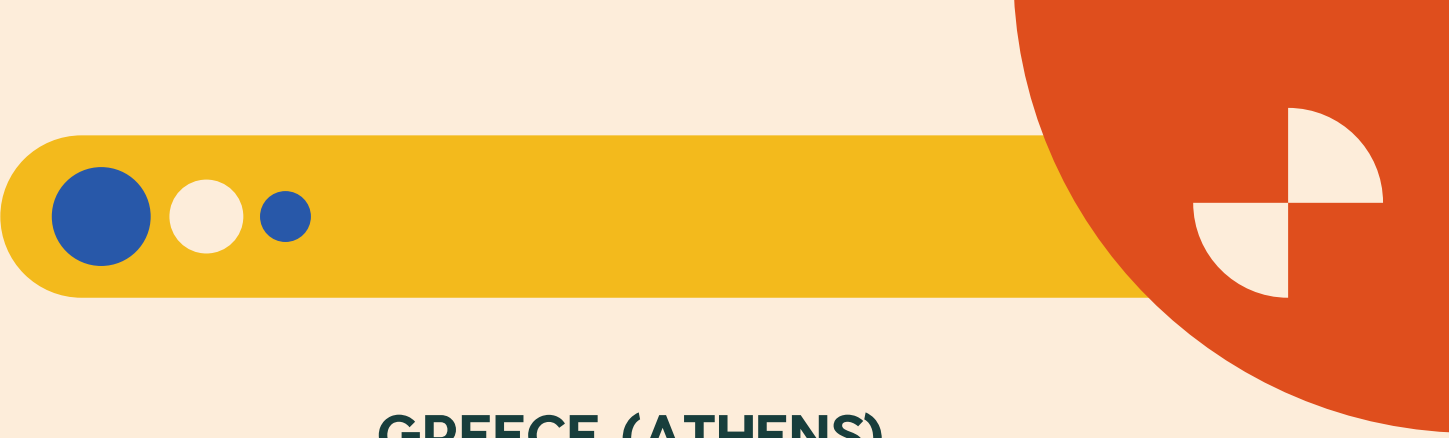
Steps:

- Welcome everyone and explain the goal of the session.
- Icebreaker question: “What’s the first word or phrase that comes to mind when you hear the term “sustainability”?”
- Write on a whiteboard or flipchart to form a quick word cloud.
- Briefly comment on any patterns (e.g., nature, energy, climate).

2. Presentation: Sustainability in Europe & Greece

Duration: 15 minutes

Goal: Provide shared context with emphasis on local relevance



GREECE (ATHENS)

Steps

A. The big picture in Europe

- Climate change and decarbonization
- Biodiversity loss and land use
- Overconsumption and waste
- Environmental justice and inequality

B. Greek-specific challenges and opportunities

- Wildfires, droughts, and land degradation
- Air quality and car dependency in cities
- Over-tourism and waste management on islands
- Renewable energy potential (solar, wind, community initiatives)
- Agriculture and food system pressures

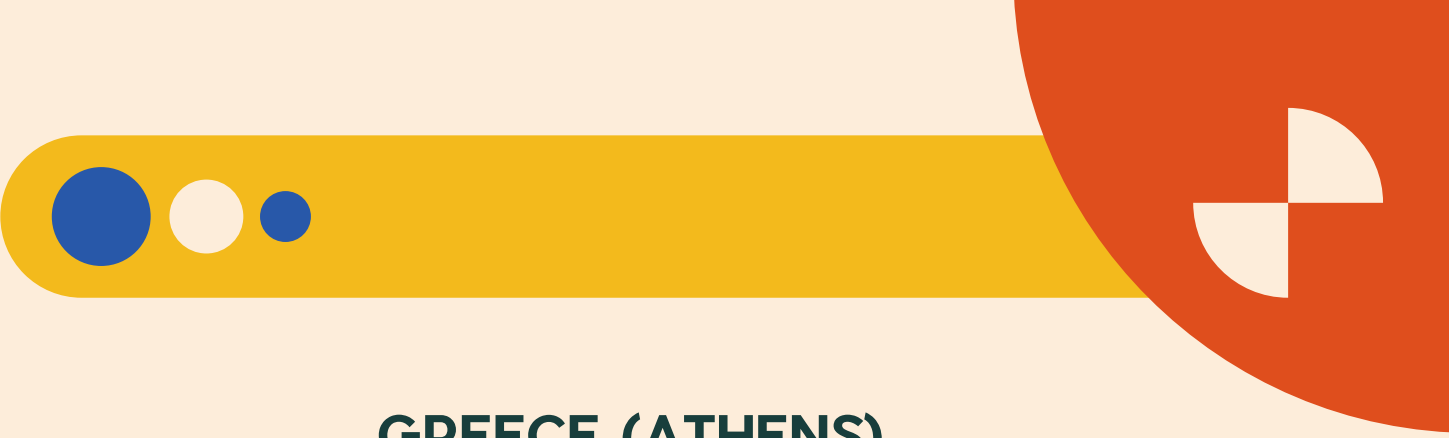
C. Success stories from Greece

- Tilos: First energy self-sufficient island
- Urban gardens and sustainability education in schools
- Recycling pilots and food waste campaigns
- Local producer networks and farmers' markets

3. Group Discussion: What Sustainability Looks Like Here

Duration: 25 minutes

Goal: Encourage personal and local reflection



GREECE (ATHENS)

Questions:

- What are the most pressing sustainability issues in your area?
- What changes (positive or negative) have you noticed in recent years?
- What role do citizens, businesses, or governments play in solving these challenges?
- What makes it hard to live or work sustainably in Greece?

*If useful, categorize answers on a board

***Optional:** Split into 2 small groups, then reconvene for highlights.

4. Shared Reflection: Realistic Action

Duration: 10 minutes

Goal: Shift the focus from analysis to potential action

Stop/start

> “What is one realistic action you (or we) could take in daily life, in your work, or in your community to support sustainability?”

* Encourage participants to spot actions they should stop or start doing to foster sustainability.

* Write answers on a flipchart or “action board”.

5. Wrap-Up & Feedback

Duration: 5 minutes

Goal: End on a reflective and hopeful note

- Summarize key themes from the discussion.
- Invite participants to briefly share:
 - One thing they’re taking away from the session
 - One thing they want to explore or do next

GREECE (ATHENS)



Connecting through Science II: Green Europe

Marios & Rodolfos dissemination activity

Brief paragraph providing a reflection on the dissemination activity:

The dissemination activity with a group of ten young people provided an effective opportunity to share the key outcomes and practices developed during the Connecting through Science II: Green Europe training course. By presenting the project's mission, objectives, and creative activities, the session encouraged dialogue on environmental challenges across different European contexts while also highlighting practical approaches to sustainability. A key moment was the Stop/Start activity, where participants shared what behaviors they would stop or start in order to act more ecologically, resulting in honest reflection and concrete commitments. The small group format fostered active engagement, allowing participants to connect the project's themes to their own lives and consider how the methods could be adapted in their work and communities. Overall, the dissemination not only strengthened awareness of the project's impact but also reinforced the message that collective learning and small daily actions can lead to meaningful environmental change, demonstrating the added value of Erasmus+ in empowering youth for a greener future.



HUNGARY

Activity details

- FORM: Picnic
- LOCATION: Margaret Island, Budapest
- DURATION: half a day, ~6 hours
- AIM: spread sustainable practices and raise awareness on environmental matters
- STYLE: Informal discussion, European Experience Center
- MAIN TOPIC: Sustainability, the environmental situation of our country
- DISCUSSION QUESTIONS
 - What environmental challenges are we facing today?
 - What changes can be predicted for the future?
 - What can we do to prepare?
 - How can you be sustainable?
- DOCUMENTATION: Photos, videos, signed attendance

Activity Plan

- Meet up
- Visit to the European Experience Center – 2 hours
- Picnic in the park (in nature) – 3 hours
- Discussions and debates

Next Step

1. Create and put together a social media post (6 August 2025)
2. Organize a university presentation – Andrej (August 2025)
3. Organize an informal picnic (August 2025)
- 4.* High school presentation – “International opportunities” – Janka (end of September 2025)



HUNGARY

As part of our dissemination efforts, we organised a half-day event in Budapest, combining learning, informal exchange, and sustainability awareness. The programme was designed to be interactive, informative, and engaging, giving participants the opportunity to learn both from structured activities and informal conversations.

The activity started with a visit to the Europe Experience Centre, which opened in the middle of July. Participants had the chance to explore the interactive exhibition, step into a simulated plenary room where they could role play as members of the European Parliament, and try out digital boards and VR tools. This experience gave them first-hand insights into how European institutions work and how decisions, including those affecting sustainability, are made at the EU level.

Following the visit, the group moved outdoors for a picnic in a nearby park. The setting provided a relaxed and natural atmosphere to continue the learning experience. The programme began with an introduction to the organising NGO and its mission, followed by a name game and an ice breaker to create a lively and engaging atmosphere.

Once the group was warmed up, the focus shifted to more structured discussions. We introduced the Erasmus+ programme with input from participants themselves, clarified the differences between youth exchanges and training courses, and shared concrete experiences including another exchange in Croatia and our training course in the Czech Republic, highlighting outcomes and dissemination practices.

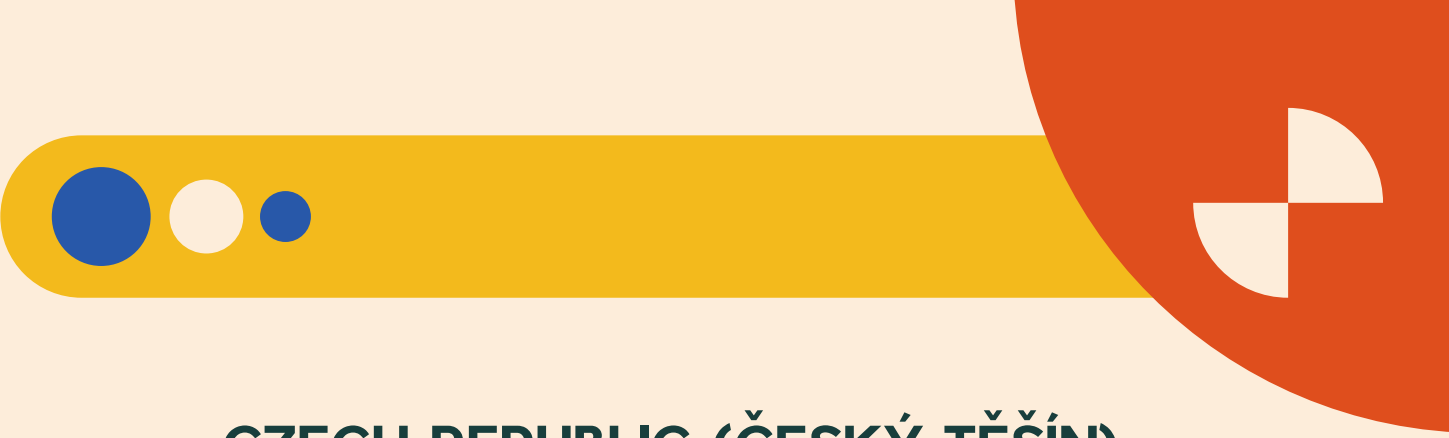
As part of the activity, participants engaged in discussions and debates around key environmental questions:

- What environmental challenges are we facing today?
- What changes can be predicted for the future?
- How can we prepare and act at both individual and community levels?

The day concluded with informal discussions. The event successfully blended structured learning, playful non-formal methods, and meaningful discussions. The combination of structured visits and informal dialogue allowed participants to reflect on the environmental situation in Hungary, exchange perspectives, gain knowledge about the Erasmus+ opportunities, and connect European-level knowledge with local realities. The event not only raised awareness of sustainability and climate challenges but also promoted sustainable practices in everyday life, also leaving space for building connections and enjoying a relaxed afternoon in nature.

HUNGARY





CZECH REPUBLIC (ČESKÝ TĚŠÍN)

Sports day camp (theme: ecology and nature conservation)

Objective:

To show kids the beauty of nature around them, teach them to see environmental connections, and enhance their relationship with protecting the environment through experiences and sports activities.

Program:

The morning part of the program was focused on direct contact with nature. We took the kids on a short rafting trip on the Morava River. During the trip, the kids learned about the river's ecosystem and the importance of protecting it.

During the trip, the kids watched the surroundings and were asked to notice trash, signs of human activity, and other stuff they saw in the river or around it. For example, we talked about debris left behind after floods, water coming from the sewage treatment system, and how human activities affect the river and its surroundings.

The afternoon part took the form of a competitive game, where the children were divided into teams and successively passed through individual points. The activities combined sports performance and environmental education:

Decomposition of waste in nature: the children estimated how long it takes for different types of waste (plastic, glass, paper, cigarette butts, cans, etc.) to decompose.

Sorting races: the children had to run an obstacle course with mixed "waste" and sort it into the correct containers as quickly as possible.

Water resources – the water cycle: teams put together a picture puzzle depicting the water cycle in nature and discussed why water is indispensable and how it can become polluted.

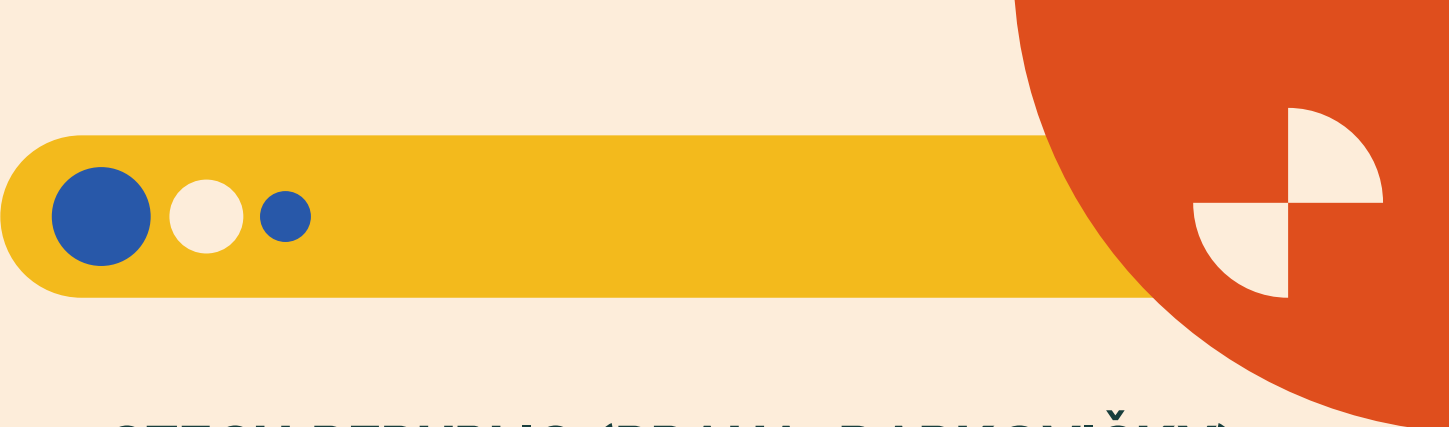
Clean water – filtration: the children tried a simple experiment with water purification – they attempted to filter cloudy water through layers of sand, pebbles, and fabric, and explored ways to achieve cleaner water.

CZECH REPUBLIC (ČESKÝ TĚŠÍN)

Result:

The children experienced the environmental theme in a playful and sporty way, realizing the value of clean nature and the need to protect it from pollution. The morning adventure on the river was an experiential motivation, while the afternoon station provided specific knowledge and skills. The activity showed that environmental education can be both fun and effective.





CZECH REPUBLIC (PRAHA, DARKOVIČKY)

Activity details

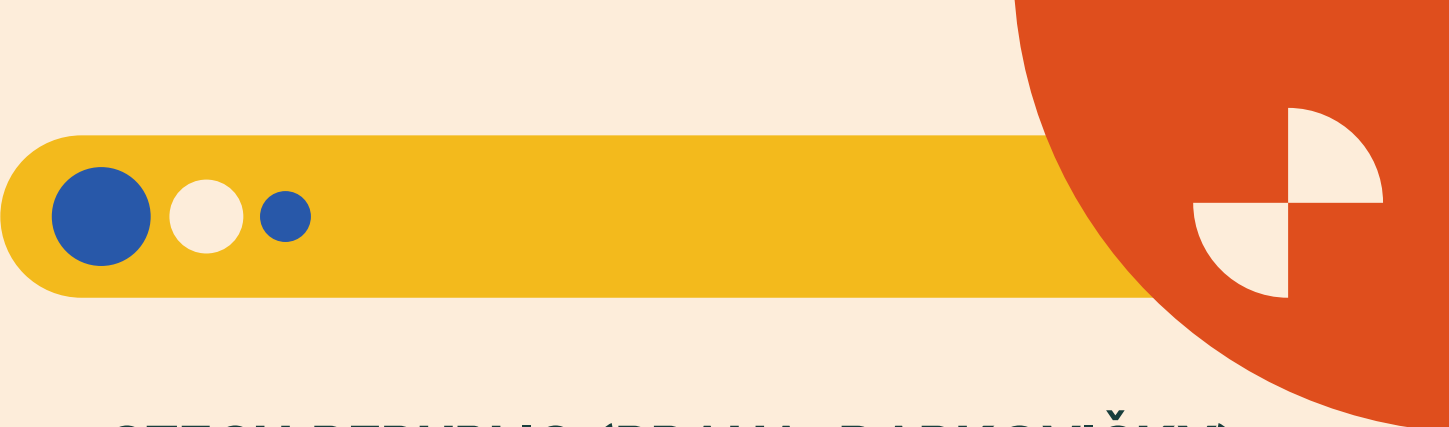
- FORM: Workshop, active day
- LOCATION: Postřelmov, Praha, Darkovičky
- DURATION: half day
- AIM: educate youngsters in the topic of sustainable practices and environmental issues
- MAIN TOPIC: environment, eco-lifestyle
- DISCUSSION QUESTIONS
 - What environmental challenges are we facing today?
 - What changes can be predicted for the future?
 - What can we do to prepare?
 - How can you be sustainable?
- DOCUMENTATION: Photos, videos, signed attendance

Activity Plan

- Meet up
- interactive games and tasks about nature and environmental issues
- shared dinner

Next Step

1. share my knowledge and ideas in our group of scout leaders
2. prepare program
3. implement activities
4. feedback and reflection



CZECH REPUBLIC (PRAHA, DARKOVIČKY)

Reflection Bodywalk (Theme: Environmental Awareness and Engagement)

Objective:

The aim of my dissemination activity was to present the Connecting through Science II: Green Europe project to colleagues outside the core team, share some of the methods I learned during the course, and encourage them to think more deeply about environmental awareness and community involvement. I wanted to combine a brief presentation with a practical experience in nature.

Program:

The activity consisted of two parts – a presentation and a reflection bodywalk, an exercise that particularly resonated with me during the training in Blansko.

Sharing the information about CtS II: Green Europe:

I prepared a concise presentation introducing the goals, values, and main activities of the Green Europe project. The session was attended by my colleagues from Ostrava, who were eager to learn more about the project and its outcomes. We discussed how environmental awareness and scientific engagement can be meaningfully integrated into both academic and community settings, and how these ideas could inspire our work at the university.

Reflection bodywalk:

After the presentation, I led the group into a nearby natural area to try out one of the activities I had experienced during the Erasmus training – the reflection bodywalk. The idea was to spend time outdoors, walk mindfully, and reflect on our relationship with the environment while staying connected to the present moment. This activity, which had left a strong impression on me during the course, provided my colleagues with a unique opportunity to experience nature from a different perspective.

CZECH REPUBLIC (PRAHA, DARKOVIČKY)

Result:

This dissemination activity successfully brought the project closer to my colleagues and gave them a taste of the practical, reflective methods we explored during the training. The combination of theory (the presentation) and practice (the outdoor reflection walk) created a balanced and memorable experience. My colleagues appreciated the opportunity to step outside, slow down, and reflect on how small, mindful activities can foster stronger connections between people and their environment.



CZECH REPUBLIC (Dissemination activity Nr. 3)

Objective:

The objective of this activity was to inform a group of young people about some of the challenges that present threats to the environment.

Description:

The activity took place in Cottbus during the youth exchange Swamp Savers: Youth exchange for Wetland Preservation, but the dissemination activity was attended mostly by Czech participants. During this activity, we discussed the problems our environment faces and ways we as young people can improve it.



CZECH REPUBLIC (Dissemination activity Nr. 4)

Objective:

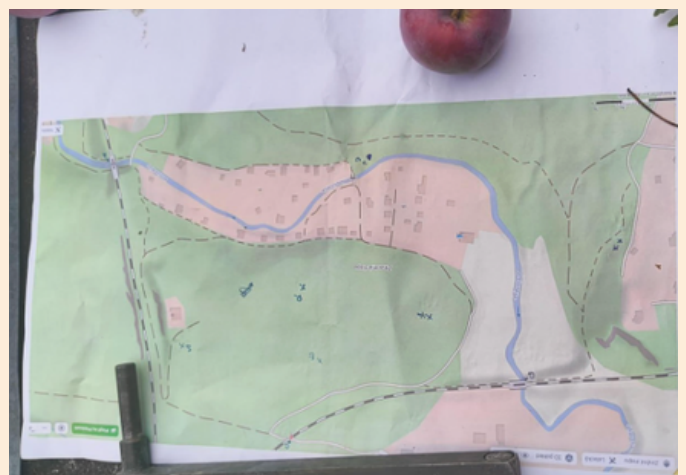
To connect with nature, be more aware of our surroundings and show that sustainability is always an option.

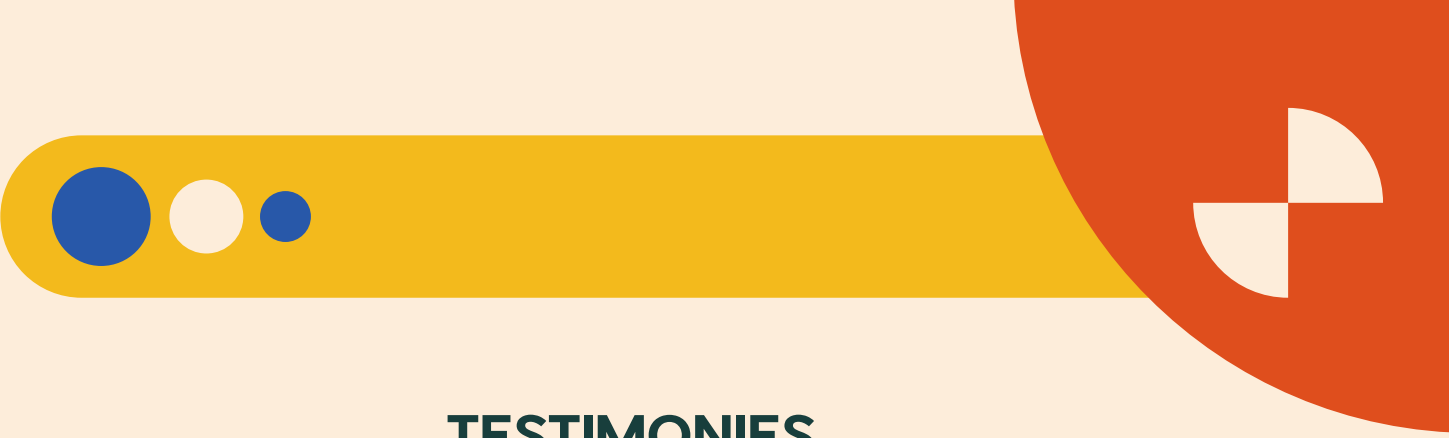
Program:

We began the day by leaving the city by train as a sustainable means of transport. During the journey we explained the advantages of public transport. When we arrived we went into the forest and played a game where the kids were supposed to collect letters that we had placed in the forest beforehand. Thanks to this game they improved their sense of orientation and they got to know another part of our country. They were also encouraged to collect any trash they might find along the way but fortunately it was mostly clean. When we were going back to the village we found out why: the locals are probably very eco-conscious because none of us has ever seen such a variety of trash bins. This allowed us to open a discussion of how our actions can affect our environment.

Results:

The children not only connected more with nature but also with each other. They also improved their map reading skills and learned to pay more attention to their surroundings.





TESTIMONIES

Participating in the “Connecting Through Science II” training course was an enriching experience. The program gave me the opportunity to meet and collaborate with people from diverse backgrounds and cultures. Together, we shared perspectives on environmental challenges in different countries and explored a wide range of sustainable practices that can truly make a difference. I’m truly grateful for the opportunity to be part of such a meaningful experience.

Dobrisan Mihaela - Romania

This Training Course was set in an amazing place, full of nature, peace and quiet. We were lucky enough to have met an amazing group of participants. We managed to create some very nice partnerships that will last (hopefully) for a long time.

Iasmina Florescu - Romania

The project was an unforgettable experience in a peaceful, beautiful natural setting. Surrounded by fresh air and stunning landscapes, we connected, and found inspiration. It was a perfect escape that renewed our energy and love for nature.

Bogi - Hungary

During this week I met a lot of nice people in a nice environment. I enjoyed discussions with my buddies and other people and I hope to establish new partnerships.

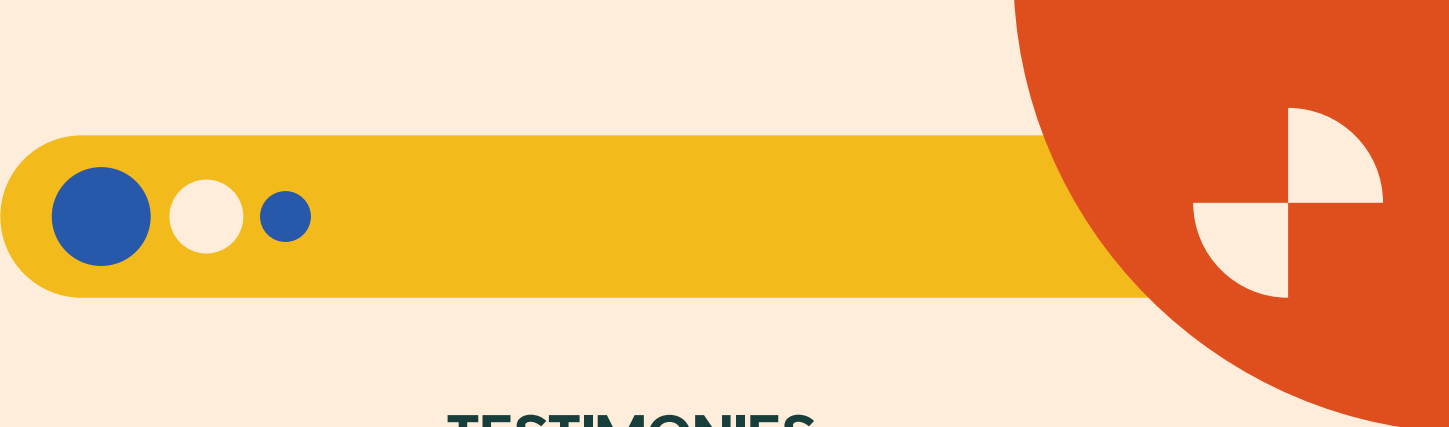
Bogdan Chiriacescu - Romania

It was a first-of-its-kind experience for me. The project was creative, informative, and interactive. It made me aware and definitely changed my way of thinking. I made some great friends.

Theodosia, Greece

The one thing I am going to take away from this project is the tennis elbow from all of the table tennis and of course the amazing memories that we created together.

Andrej - Hungary



TESTIMONIES

I really enjoyed being in an amazing place, in the heart of the nature so we really had the chance to feel connected with nature. My highlight of this training course were the people I have met: a really nice group of participants, open and eager to learn and to create new relationships. I am grateful for making new connections, new partnerships around Europe and to have met old friends.

Bogdan Cristache - Romania

I enjoyed a lot the environment and the fact that I met new people. The discussions were very intense and I found a lot of new things, made new friends, found new partners. We wait all the participants to attend our projects.

Fabi, Romania

This project gave me the chance to learn from more experienced participants about how to start and manage my own organisation, and it opened my eyes to many international opportunities available to young people. It also inspired me with ideas for activities I could bring to my local community. I'm leaving with more confidence, motivation, and a clearer vision for the future.

Janka - Hungary

A few days full of exchanges, ideas, laughter, and growth. What I truly take home from this experience are the connections built with participants from different countries – sharing perspectives and working together has been incredibly enriching.

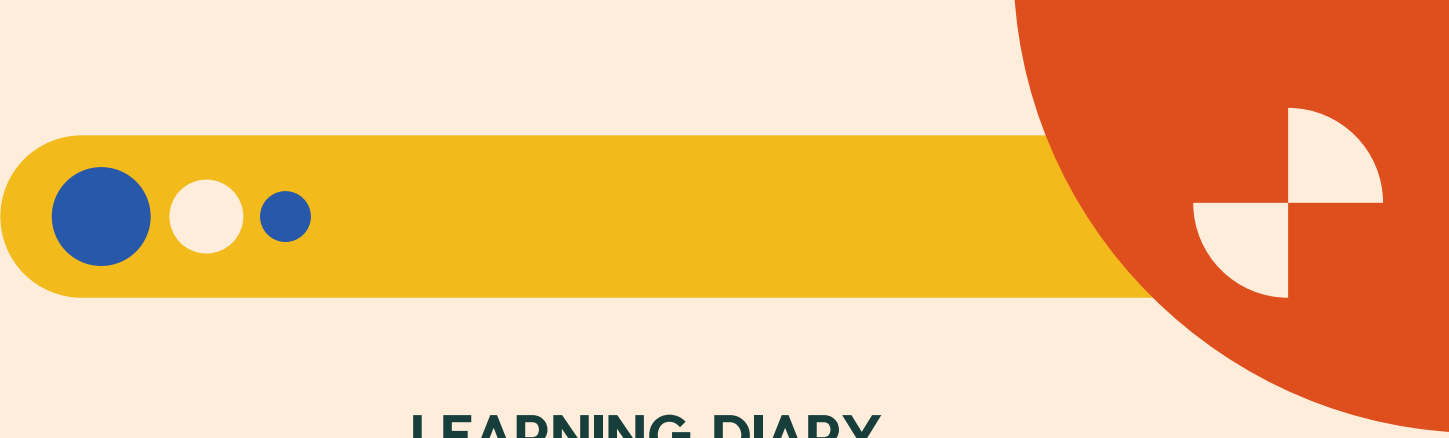
Noemi – Italy

This project was a great experience, I learned a lot of stuff about green practises and will change a lot about my lifestyle because of it. The project took place in a really beautiful environment sorrouned by a lake, greenery and donkeys. I will cherish all the memories I got here for life.

András - Hungary



Learning diary



LEARNING DIARY

The Learning Diary is a personal companion designed to help you connect your experiences from Connecting through Science II: Green Europe with your own journey of growth and awareness. It is not just a record of what you have learned, but an exploration of how you have learned — how you think, feel, and act in relation to the environment and your community.

This section was created based on the needs and insights of the participants, gathered through group discussions and shared reflections during the training course. It reflects the collective voice of the experience — a blend of learning, curiosity, and the desire to live in greater harmony with nature.

Through guided reflections, journaling prompts, and practical tools, this diary invites you to slow down and notice your Ways of Being: the attitudes, emotions, and mindsets that shape your relationship with the world. True sustainability begins within — in how we see ourselves as part of nature, how we make decisions, and how we choose to live each day.

This section encourages you to:

- Reflect on what sustainability means to you personally.
- Explore how your values align with your actions.
- Translate awareness into meaningful daily practices.
- Discover purpose and direction in your connection with nature and others.

The following pages offer space to capture insights, plan mindful actions, and track your personal evolution. Let this diary remind you that every small step, when taken consciously, becomes part of a larger movement toward a more balanced and compassionate world.

***“The greatest change begins not in what we do,
but in who we are becoming.”*** 🌍



Old ways vs New ways of being

Ways of being refer to the attitudes, mindsets, and internal states that influence how a person thinks, feels, and acts in the world. They go beyond actions and goals, focusing on who you are while doing what you do. In the context of Connecting through Science II: Green Europe, this concept invites us to reflect not only on what sustainable actions we take, but also on how we embody values like responsibility, empathy, and connection to nature in our everyday lives.

N O W

F U T U R E

VS



Action Steps

1



2



3





Resources





Find your purpose

What activities or moments make you feel most alive, fulfilled, or connected to something greater than yourself?

How do your personal values align with the impact you want to have on your community or the environment?



Trust yourself.



Every moment is an
opportunity to change
your perspective.





Your dream life is calling What are your dreams?

TIME IS NOW



Today is the beginning of the rest of your life.



Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DAILY *planner*

DATE _____

M T W T F S S

MOOD



WEATHER



QUOTE OF THE DAY



BREAKFAST

LUNCH

DINNER

SNACKS



TO DO LIST

- _____
- _____
- _____

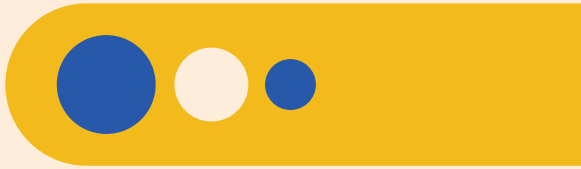
NOTES

TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____

SCHEDULE

- 6AM _____
- 7AM _____
- 8AM _____
- 9AM _____
- 10AM _____
- 11AM _____
- 12PM _____
- 1PM _____
- 2PM _____
- 3PM _____
- 4PM _____
- 5PM _____
- 6PM _____
- 7PM _____
- 8PM _____
- 9PM _____
- 10PM _____



Daily Checklist

☐☐☐☐☐☐

What felt most aligned today?

Duration: / /



YOUR THOUGHTS:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



YOUR THOUGHTS:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly aged or off-white appearance.



The End

Thank you for exploring this booklet and for your commitment to making environmental education more engaging, inclusive, and impactful.

We hope these tools inspire you to adapt, experiment, and create your own meaningful learning experiences.

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