

REPORT

training course

YOUTH 4SUSTAIN

Location: Sofia, Bulgaria

Date: 16 - 18 April 2024

Youth 4Sustain

YOUTH 4SUSTAIN training course

The purpose of this report about the Youth 4Sustain training course is to motivate other non-governmental organisations and youth workers to develop similar projects and initiatives to connect and engage youth workers and young people in sustainable practices, and become active and responsible citizens who have a positive impact and can contribute to the creation of more sustainable societies across Europe.

Host organisation:
Foundation for Entrepreneurship, Culture and Education, Bulgaria

Partners:
Multi Kulti, Romania
Connect, Slovenia
World of change, North Macedonia

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Youth 4Sustain concept

According to the United Nations sustainability is defined as “meeting the needs of the present without compromising the ability of future generations to meet their needs.” The notion of sustainability can be divided into three core concepts: **economic, environmental and social sustainability**. The training course Youth 4Sustain allowed youth workers to come together and learn about sustainability and the importance of equipping the younger generation with skills and tools to promote sustainable development. Additionally, the training course explored the EU Youth Strategy (2019-2027) and the Youth goals connected to sustainability and the UN 17 Sustainable Development Goals.

The implemented activities during the training course were aimed at helping participants gain new knowledge, critical thinking and green skills to become active and responsible citizens who have a positive impact and can contribute to the creation of more sustainable societies across Europe. Additionally, the programme of the training course looked at sustainable practices within the three dimensions of sustainability - economic, environmental and social and engage youth in critical debates to empower them to become leaders of sustainable development. By the end of the programme, participants developed a stronger awareness of sustainability and the European Youth Goals, and they were able to exchange ideas and experiences.

TC YOUTH 4SUSTAIN

Specific objectives and reached results

- ✓ To get a better understanding of the importance of developing sustainable practices in economic, environmental and social terms
- ✓ To engage and empower young people and youth workers to be active and responsible citizens.
- ✓ To raise skills and competencies to actively contribute to the achievement of the sustainable development goals (SDGs)
- ✓ To get acquainted with the EU Youth Strategy (2019-2027) and UN 17 SDGs
- ✓ To raise critical and green skills to contribute to the sustainable development of societies across Europe

Date:
15 - 19 April, 2024

Reached Results





On April 15th, youth workers from Slovenia, North Macedonia, Romania, and Bulgaria gathered in Sofia for three days to work together on projects and develop their ideas as active citizens with sustainable goals. It was a wonderful opportunity for collaboration and growth. The idea for the training course was inspired by the United Nations definition of sustainability: “meeting the needs of the present without compromising the ability of future generations to meet their own needs.”

So, we asked the young workers what sustainability means to them and what they need in their lives to be sustainable. Through their responses, the participants found motivation and developed ideas for direct actions to create change.

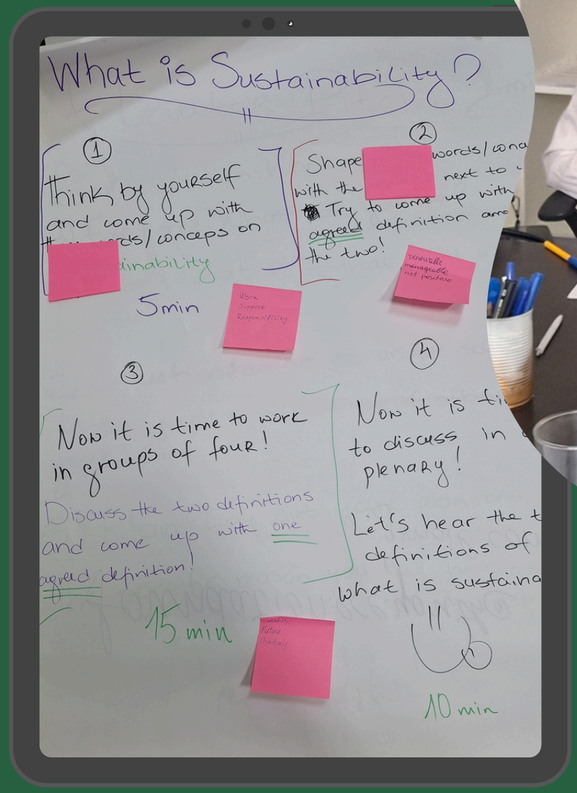
What is sustainability ?

Sustainability is the present work and responsibility to add value while preserving or improving the environment it is implemented into. Some examples would be repurposing, reusing, recycling in the nature preservation goal. Other examples are sustainable work.

Sustainability is the present work and responsibility for an added value and support for the future.

Sustainability is a practice of developing long-term solutions with natural resources preserving the natural world and growing all parts of society in this way.

Sustainability is a practice for the future of developing long term solutions which give us motivation.





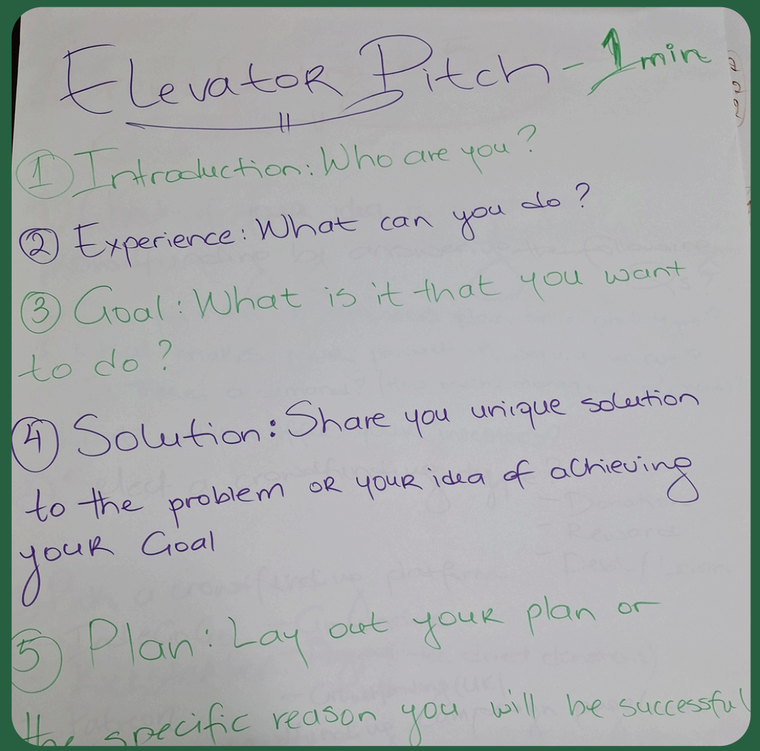
Through the youth workers responses, they found motivation and developed ideas for direct actions to create change.



During the training course, participants gained a better understanding of the EU Youth Goals, specifically the goal of achieving a sustainable, green Europe. The trainers offered a diverse range of approaches to sustainability, covering economic, environmental, and social concepts. After creating their own sustainability projects, participants were introduced to the Canvas Business Model, which helped them understand the stages needed to start a sustainable business, such as customer segment, value proposition, key actions, key resources and partners.

They obtained their presentation skills during the Evaluator pitch activity and got to know better the fundraising campaigns that can help them make their ideas a reality.

With this newfound knowledge, participants were eager to put their ideas into action.



They formed small groups to collaborate on developing their sustainability projects further, incorporating the principles they had learned about during the training. The atmosphere was buzzing with creativity and enthusiasm as they brainstormed innovative ways to address environmental challenges and promote social responsibility within their communities.

Participants began to see the potential impact of their projects not only on a local scale but also on a broader level within Europe. The Canvas Business Model served as a roadmap for them, guiding their strategic planning and decision-making processes as they worked towards establishing sustainable businesses that aligned with the EU Youth Goals.

The *White Paper on the Future of Europe* activity gave the youth workers an opportunity to engage in discussions about the direction the European Union should take in the coming years.

Through this activity, they were able to share their perspectives on key issues such as climate change, migration, and economic growth.

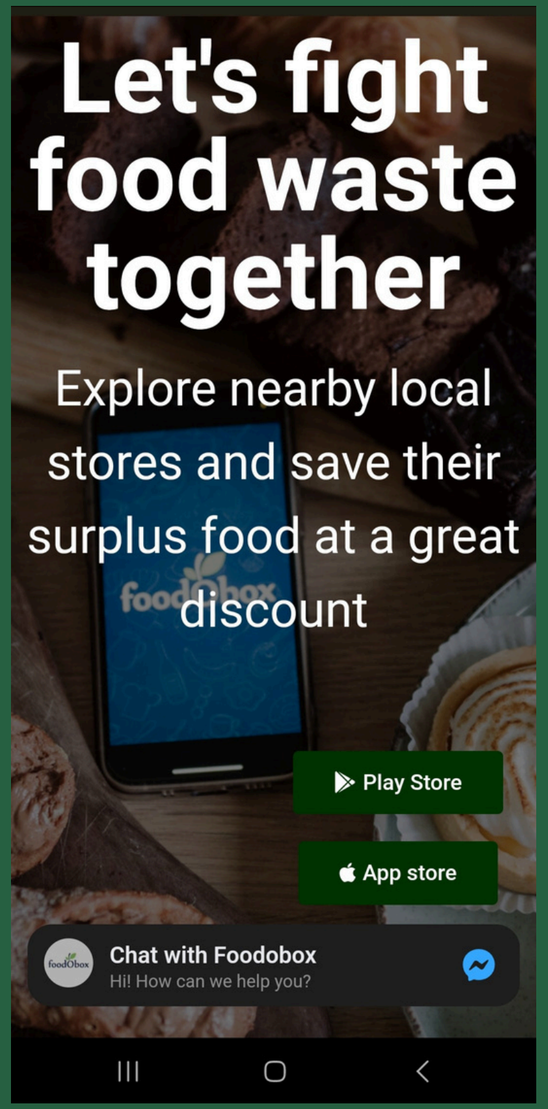
The youth workers also had the chance to develop their critical thinking skills and learn more about the complexities of European politics and policy-making. Overall, the activity was a valuable learning experience that empowered the youth workers to become more informed and active citizens.







Jane Dimitrova, the co-founder of foodObox, gave a presentation on her inspiring journey of starting an app that tackles the global problem of food waste. Did you know that roughly 1/3 of the food produced in the world for human consumption is lost or wasted? The UN Sustainable Development Goal 12.3 aims to halve food waste at the retail and consumer level and to reduce food loss across supply chains. FoodObox is one of the successful practices fighting this global problem.



The 17 Sustainable Development Goals

What are some of the other UN Sustainable Development Goals that the participants were able to showcase through non verbal play and the activity ‘Act it out’? The goals the youth workers chose were #1 No Poverty, #4 Quality Education, #5 Gender Equality, and #14 Life Below Water.



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If you have any other questions, please feel free to contact us:

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