Report

SustainAble in ACTION

Date: 13- 17 May, 2024

Location: Sofia, Bulgaria



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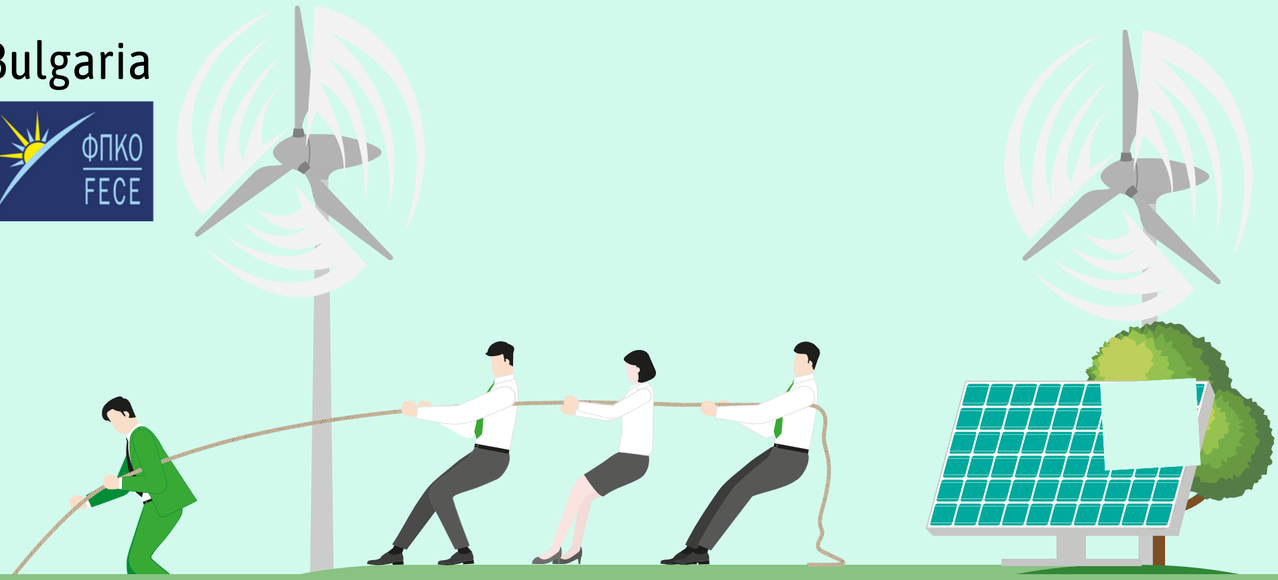
The project SustainAble in Action is aimed at youth workers who are interested in implementing NFIL methods that encourage socially and ecologically responsible behaviour. During the training course participants gained knowledge and skills that will enable them to make a positive impact on their communities and become active members of their societies.

Host organisation:

Foundation for Entrepreneurship, Culture and Education, Bulgaria

List of partner organisations

MultiKulti (RO)
People in Focus (AL)
Tavo Europa (LT)



Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Specific objectives and reached results

- To get a better understanding of the importance of developing sustainable practices in environmental and social terms.
- To engage and empower youth workers to be active and responsible citizens.
- To raise skills and competencies to actively contribute to the achievement of the EU Youth Strategy (2019-2027) connected to sustainability.
- To raise critical and green skills to contribute to the sustainable development of societies across Europe.



TC SustainAble in Action

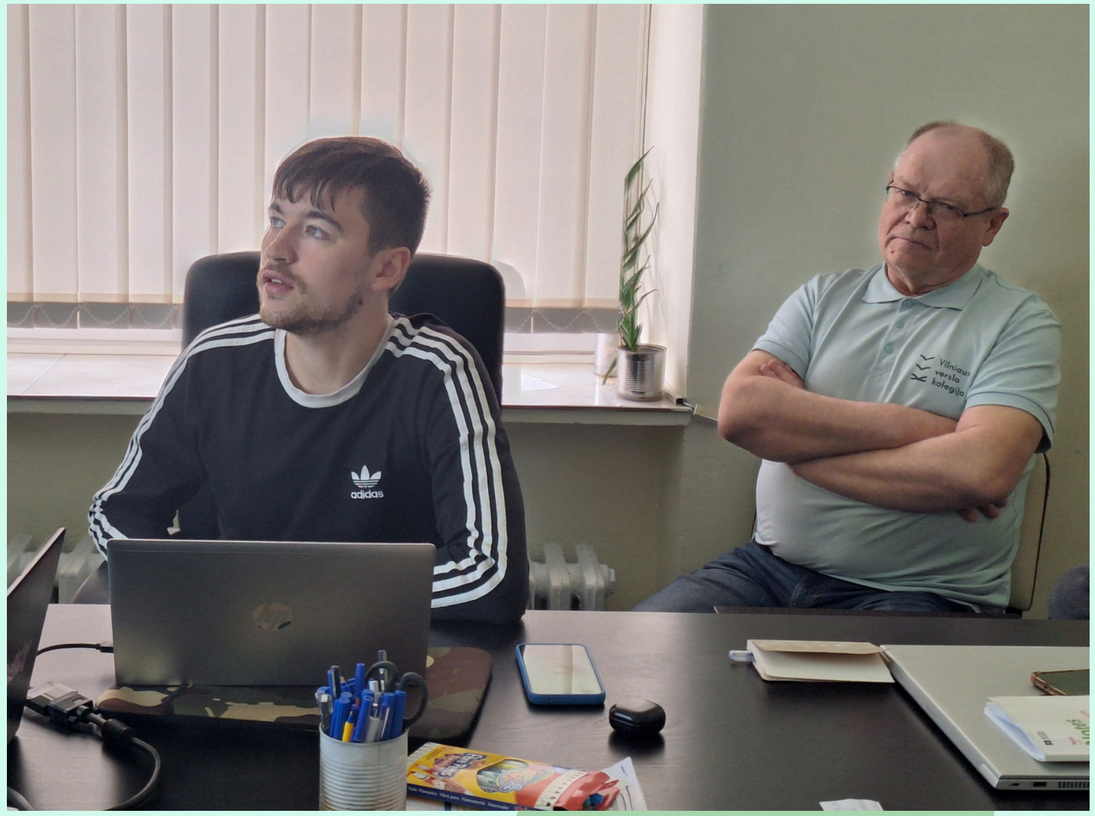
This training course brought together 9 passionate youth workers from Bulgaria, Romania, Lithuania, and Albania, all committed to taking significant actions towards a sustainable and inclusive society. Youth workers explored various environmentally friendly approaches such as reducing waste, minimizing carbon footprints, and opting for sustainable food and mobility choices. These practices are essential for creating a greener future.

The SustainAble in Action training course successfully equipped youth workers with the knowledge and skills to drive sustainable and inclusive development in their communities. Emphasizing the EU Youth Strategy (2019–2027) #10 Sustainable Green Europe Youth Goal, the course focused on fostering environmentally friendly practices and empowering participants to lead social movements and advocacy campaigns. By promoting sustainable practices and civic engagement, the training aimed to create a new generation of youth leaders capable of implementing socially and ecologically responsible behaviors, ultimately contributing to a more sustainable and equitable future for Europe.

Definition of Sustainability

Participants were encouraged to first come up with an individual definition of sustainability. Then, each of them had to find a pair and come up with one agreed definition between them. Further, participants got in groups of four to discuss and create one final definition. The definitions of the group are as follows:

- Sustainability is to live in a way that does not compromise the future of next-generations.
- Sustainability is a combination of environmental, economical and social regulations in order to maintain and ensure the longevity of the existing and future generations.
- Sustainability is a renewable resource of energy and a combination of durability longevity conservation and environmental protection.
- Sustainability is the ability to maintain the future.



Sustainable practices in Sofia



The participants became more comfortable with each other, sharing personal stories and insights about their efforts to live sustainably. By putting all the pieces of a puzzle together in an interactive activity, they created a narrative about the relationship between environmental factors and human behavior. They also explored sustainable practices and places in Sofia. The youth workers visited local markets that promoted organic produce and had conversations about the benefits of supporting local agriculture.





Additionally, the group toured Borisova Gradina Park, where they found recycling bins and many bird feeders. In the park, there is an alley dedicated to the birds. Furthermore, they noted that sustainable transportation is accessible in Sofia.

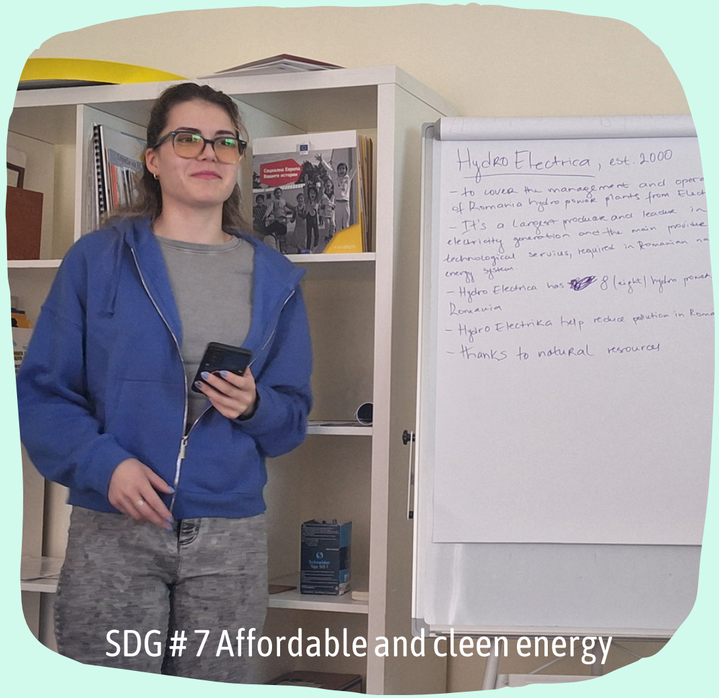




SDG #3 Good health and well-being

Sustainable practices in Europe

After discussing the different aspects of eco-friendly behaviour such as EU labels, and circular economy each participant gave a presentation on responsible sustainable practices in their own countries exchanging good ideas on an international level. Some of the mentioned initiatives were as follows:



SDG # 7 Affordable and cleen energy

- Hidro Electrica - Number one power producer in Romania and one of the largest European hydro companies.

- Let's do it, Romania! - National movement to clean the waste for one day



- Canpack recycling company - One of the world's largest producers of aluminium cans and the only one in Romania.

- EcoCan - Aluminum recycling initiative

Did you know that aluminium cans are the most recycled packaging in the world?

Sustainable practices in Europe

- Teatro a Pedali presentation in Sofia - Interactive electric co-generation system driven by a series of bicycles connected to a storage system, which creates a participatory experience to inspire the public to good sustainable practices.

- People in Focus For Nature initiative - Greening and planting trees in Albania

- Deposit system for single-use beverage packaging in Lituania

SDG# 12
Responsible consumption and production







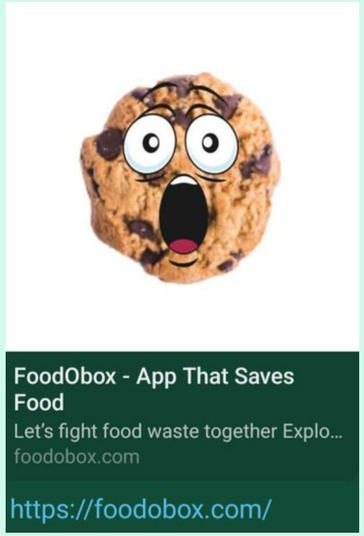
17 Sustainable Development Goals

The participants had the opportunity to better understand the 17 Sustainable Development Goals by performing a role play. Each youth worker chose two of the SDGs and presented them non-verbally to the others so they could guess the goal. A discussion on different aspects of environmental protection followed the role play.

Furthermore, 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.



#5 Gender equality



Did you know that roughly 1/3 of the food produced in the world for human consumption is lost or wasted?

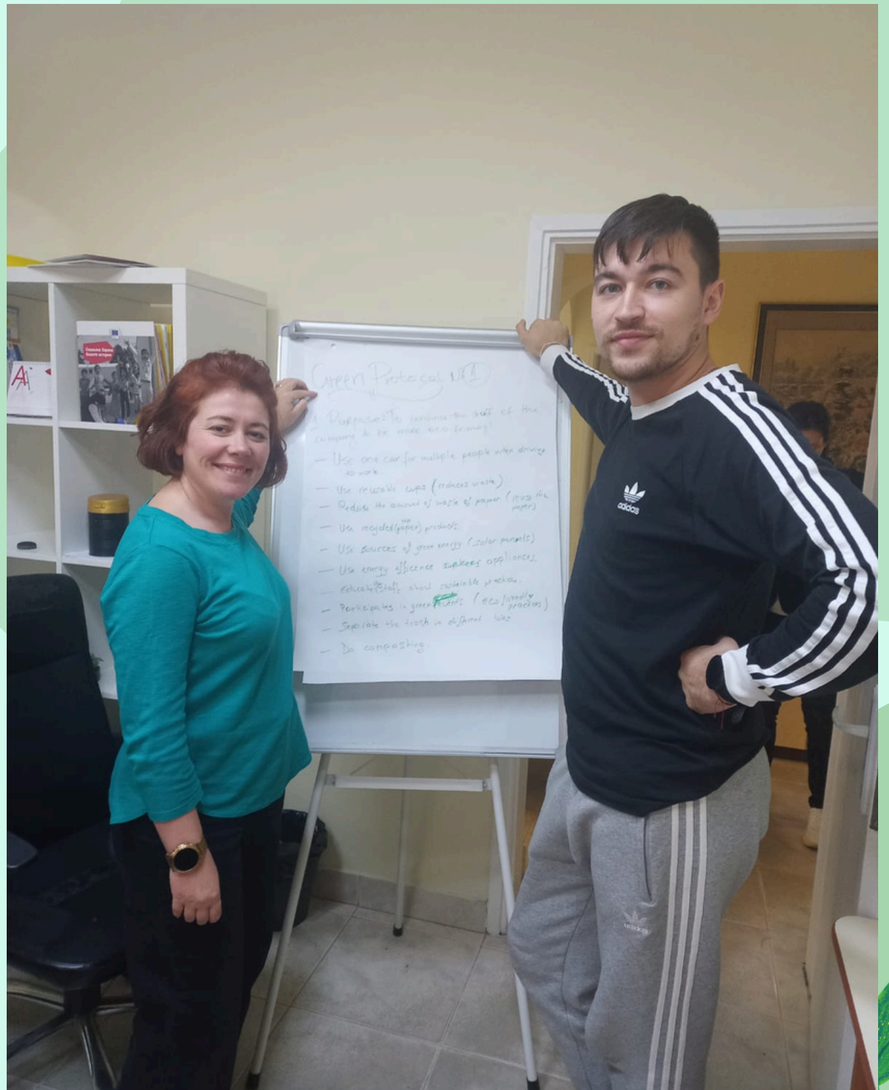
The UN Sustainable Development Goal 12.3 aims to halve food waste at the retail and consumer level and to reduce food loss across supply chains. FoodObox is one of the successful practices fighting this global problem.

Green protocols

As a result of the two intensive days of the programme, 3 green protocols were gradually developed, emphasizing the significance of our everyday activities.

#1 **Purpose: To convince the staff of the company to be more eco-friendly!**

- Use one car for multiple people when driving to work
- Use reusable cups (reduces waste)
- Reduce the amount of waste paper by using both sides.
- Use recycled (paper) products
- Use sources of green energy (solar panels)
- Use energy efficiency suppliers' appliances
- Educate staff about sustainable practices
- Participate in green events (eco-friendly practices)
- Separate the trash in different bins.
- Do composting.



Green protocols

#2 **Purpose: To educate children and students on good eco practices.**

1. Reduce paper consumption
2. Try to use more glass bottles instead of plastic ones
3. Try to reduce energy consumption
4. Use eco-friendly means of transportation
5. Reuse books from older pupils or students
6. Reduce water consumption
7. Use recyclable bags instead of plastic
8. Buy more recycled clothes
9. Recycle your clothes (remodeling, find a new use of the fabric, DIY activities such as painting, ate.)
10. Join social actions dedicated to keep nature clean (planting trees, outhdoor activities to explore nature)

#3 **Purpose: To encourage factories to reduce CO2 emissions for a greener experience and future.**

1. Increase investigations of green technologies
2. Make events with factory managers about green technologies
3. Increased govornment grants for the development of green technologies
4. Organize competitions with prizes for the greenest factory.
5. Educate consumers to use green products.
6. Educate employees about the benefits of green technologies for them and their children.
7. Show factories the benefits of optimizing the supply chain to reduce CO2 emissions caused by door-to-door transportation.
8. Pay less for CO2 taxes
9. Control them frequently to ensure they respect the environmental laws.
10. Promote carbon data transparency

Active participation

The last day was focused on active participation as various instruments were explored. The youth workers were involved in a simulation game of the European Parliament and received an introduction to the sustainable possibilities of the Erasmus+ programme. The training concluded with a group discussion on future initiatives, based on the already created projects by them on environmental, economic and social sustainability, they could undertake, fostering a sense of community and shared purpose.

By the end of the training course, everyone felt inspired and energized, ready to apply what they had learned to their daily lives. The experience not only fostered a deeper understanding of the intricate relationship between humans and their environment but also highlighted the power of collective action in driving positive change.



SustainAble in Action

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

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