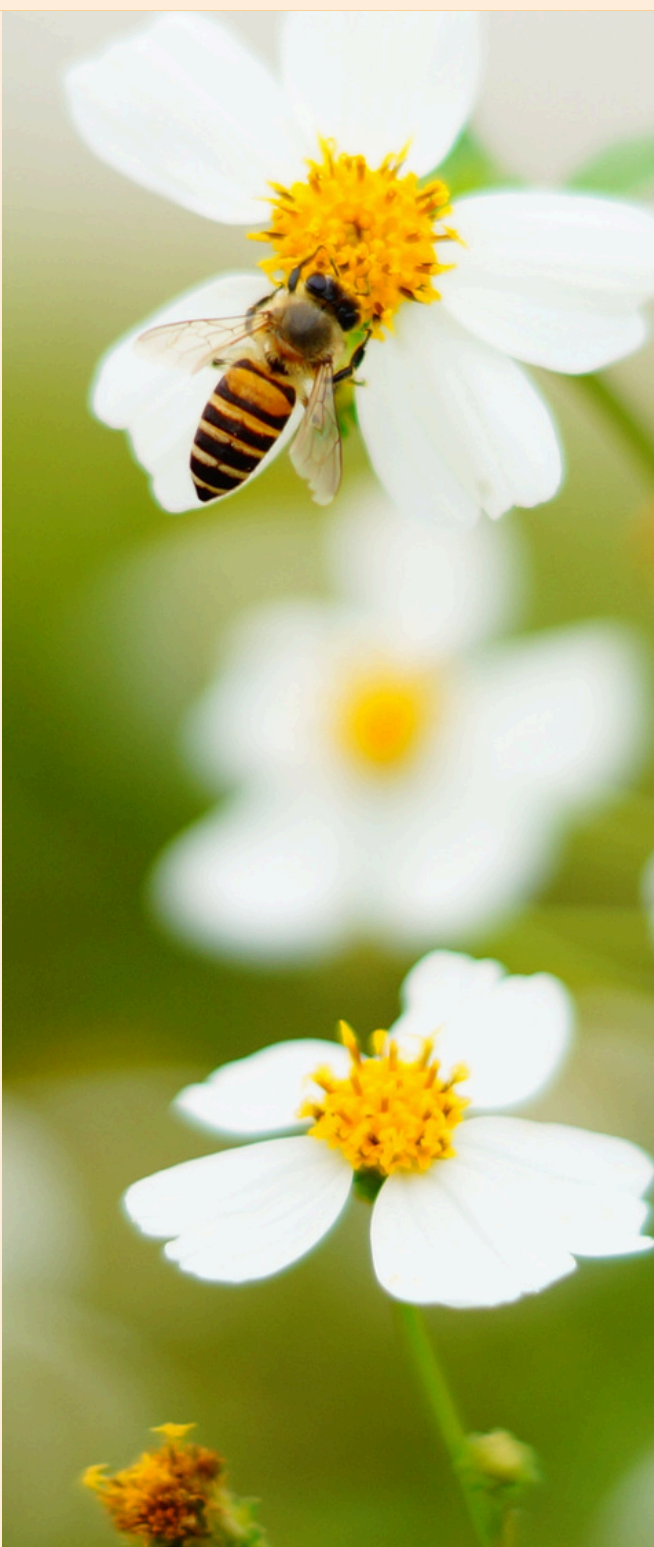


2025

# TAKE THE ECO SIDE TOOLKIT

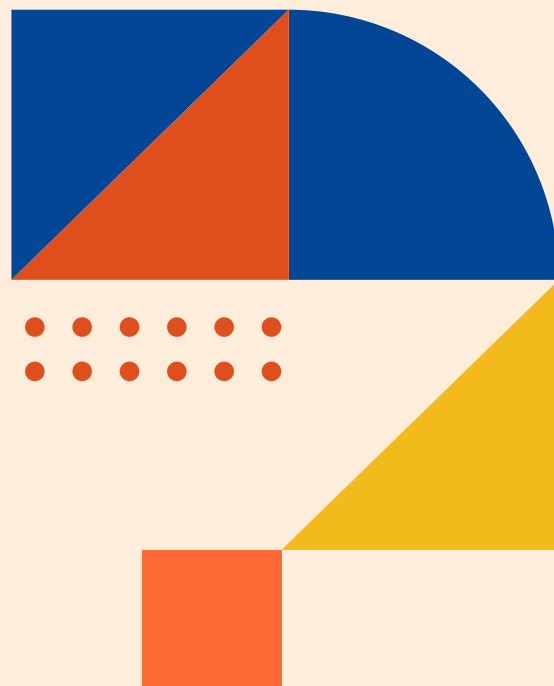


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Tools to Inspire  
Youth in  
Sustainability



Co-funded by  
the European Union



## Project

### Take the ECO Side

Key Action 1 – Training Course

Project number: 2024-1-RO01-KA151-YOU-000223679

## Project Coordinator

Asociația ARYAS, Romania

## Partners

- Amazing Youth, Greece
- Antalya Provincial Directorate of Youth and Sport, Türkiye
- Asociación Arousa Moza, Spain
- Associazione Eurosud, Italy
- Euroactive Bulgaria, Bulgaria
- Euroactive Serbia 2023, Serbia
- European Youth Centre Břeclav, Czech Republic
- Európa Ifjúsága Egyesület, Hungary
- Hellas for Us, Greece
- I am You Peace Global, Bulgaria
- Instytut Roździeńskiego, Poland
- Ökográf Egyesület, Hungary
- Pozitiva Samobor, Croatia
- Sanguedo Portuguese Red Cross, Portugal
- Unique NGO, Türkiye
- United Equality, Sweden

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# Introduction

Take the Eco Side Toolkit was born from a simple but urgent need: to reignite young people's engagement with environmental action. In recent years, youth participation in eco-activities has faced new challenges — climate anxiety, feelings of helplessness, and a sense that traditional actions like clean-ups and tree planting were no longer enough.

This toolkit is a response to these realities. It was created during the Take the Eco Side Training Course held in Side, Türkiye, gathering youth workers, eco-educators and NGO representatives from across Europe. Together, they shared real examples of activities, tools, and methods they use to connect young people with sustainability in creative, meaningful ways.



# What you'll find here?

Inside the toolkit, you will find:

- Workshop concepts and activity ideas tested by NGOs, ranging from eco-survival simulations and greenwashing trials to storytelling projects, theater performances, and eco-themed social media initiatives.
- Practical descriptions of how the activities work, who they are for, what materials are needed, and how they can be adapted.
- Tips and lessons learned from the organizations' real experiences, highlighting what worked well and what challenges to expect.
- Inspiration for developing your own local projects, with examples that are flexible and can be shaped according to your community's needs.

This toolkit is not a set of ready-made, step-by-step manuals, but rather a collection of real-world practices and creative ideas. It is meant to inspire youth workers, educators, and community leaders to design activities that are engaging, inclusive, and impactful.



## ARYAS NGO

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ARYAS NGO supports personal, civic, and social development in youth through non-formal education and international engagement. Established in 2015 and accredited by Erasmus+ in 2021, we empower young people, especially those from rural or disadvantaged backgrounds, to become changemakers through projects on active citizenship, environmental care, social inclusion, and intercultural dialogue.

We have led over 60 Erasmus+ projects and events like youth exchanges, creative camps, and policy campaigns. Our work includes environment-themed mobilities, civic-awareness actions, and arts-based learning that blend sustainability, inclusion, and entrepreneurship. We aim to build essential skills and strengthen European values through inclusive, experiential activities rooted in volunteering, impartiality, and unity, with over 1,000 young people and youth workers gaining hands-on and intercultural experience through our programs.





# TAKE THE ECO SIDE ADVENTURE

## Overview

This activity is designed as an online adventure game hosted on a Google Form embedded in a Google Site. Participants must search for answers using clues hidden in videos, texts, or existing knowledge. Each question leads them deeper into the ecological world, like virtually walking through the Global Seed Vault, to learn by doing and exploring.

The activity was created with the idea that **ecology is not only about action, but also about knowledge**. Youth need to understand the systems they're trying to protect, and the best way to deliver that understanding informally is through play.

## Objectives

This tool aims to support participants in engaging with facts and concepts in a non-linear, game-based format where they are in control of the discovery process.

## Test it yourself

What we're showing you is a ready-to-play version of the game, created specifically for the youth workers participating in the Take the ECO Side training course. However, the format is flexible, you are encouraged to design your own version, based on the topics and messages you want to explore with your group.



[Press here to start!](#)



# How it works?

## STEP 1 - Design the Game Content

Decide what topic(s) you want to introduce (e.g., seed diversity, food security, water scarcity). Build a narrative or loose storyline around it (e.g., “Help the planet recover lost knowledge”).

## STEP 2 - Create Google Form Questions

Use **open-ended questions with response validation**, so participants can only move forward if they provide the correct answer.

Answers are hidden in various types of content such as videos, webpages, interactive maps, or fictional documents, but one of our favorite techniques is using Google Drawings with transparent shapes placed over images to hide clickable clues. This adds an extra layer of interactivity and surprise, keeping participants curious and engaged as they explore.

This format keeps them engaged in active searching and discovery - for example, virtually exploring the Svalbard Global Seed Vault until they find the right room to unlock the next step.

## STEP 3 - Embed everything in a Google Site

Create a simple website using Google Sites. Introduce the context of the adventure and embed the images and the Google Form there for easier access and flow.

## STEP 4 - Guide the Start, Then Let Them Explore

Provide a short introduction and the first clue. From there, participants are free to explore, make mistakes, laugh, and learn. The goal is not perfect answers, but curiosity and discovery.



## Replicability

This method can be implemented by any youth worker or educator with basic digital tools. It works well in non-formal settings, online or hybrid workshops, and even as a learning task between in-person sessions.

The flexibility lies in its design - you decide what to include, how difficult it is, and what they'll discover. It can be adapted to any age group with access to digital devices.



## Tips & Lessons Learned

- Include a mix of fun and educational content—jokes, odd facts, fake missions—to keep engagement high.
- Use transparent shapes in Google Drawings over images to hide clickable clues creatively.
- Design questions as open-ended with response validation so participants can only continue after entering the correct answer.
- Use formatting tricks like CAPS, italics, or bold text to subtly highlight important clues within texts or descriptions.
- Keep clues varied: videos, maps, real websites, fictional news, or riddles.
- Don't make it too easy - let participants feel clever when they figure something out.
- Follow the process and provide extra hints during the game - if participants get stuck and can't finish, they may lose interest or motivation.
- Remind participants: the goal isn't just to finish, but to discover new ideas along the way.





## Pozitiva Samobor

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We are Pozitiva Samobor, a Croatian NGO dedicated to sustainable development, youth empowerment, and positive change. Since 2011, we have been actively investing in young people's growth by promoting active citizenship, environmental awareness, and social responsibility.

At the heart of our work is Greenville Eco Farm, a hands-on educational space where children, youth, and adults learn about organic farming, ecology, and sustainability. Through Erasmus+ and European Solidarity Corps projects, we host international volunteers and lead initiatives that blend technology with nature, such as smart greenhouses, digital incubators, and outdoor classrooms.

We are always looking for partners, sponsors, and donors who share our vision of a more sustainable future. Together, we can build a brighter, more sustainable future.





## THE FALL OF SIDE ROYAL PALACE

This workshop was designed as an experiential learning tool to raise awareness about sustainability, climate resilience, and resource management. By placing participants in a post-apocalyptic survival scenario, it forces them to think critically about how human actions impact ecosystems, how we can build sustainable lifestyles, and how we can prepare for environmental challenges.

### Needs it addresses:

- Simulating life without electricity, clean water, and food highlights the importance of sustainable living and climate adaptation strategies.
- Encourages innovation in water conservation, food security, and renewable energy.
- Helps participants rethink how hotels, cities, and communities can be designed for sustainability rather than waste.
- Develops skills in problem-solving, teamwork, and environmental decision-making.



# How it works?

## 1. Introduction & Story Setup (5-10 min)

Facilitator sets the scene: Climate change has accelerated, extreme weather events have destroyed infrastructure, and Side is now a deserted city overtaken by nature.

Story (adjust the name in line of the location of your activity):

*The year is **2050**. An unknown catastrophe has wiped out modern infrastructure. Electricity, internet, and food supply chains have collapsed. You are among the few survivors stranded in a **deserted city of Side**, where nature is reclaiming the city.*

*The **hotel where you are currently located is fully abandoned** - stripped of all food, water, and essential supplies. The once-thriving halls are now silent, the kitchens empty, and the water systems have stopped working. You must rely solely on the natural environment and whatever limited resources you can scavenge.*

Your **mission**:

- **Find a suitable base camp** within the hotel that offers safety, access to resources, and strategic advantages.
- **Develop a survival plan** using the available environment.
- **Prepare to present** your survival strategy to the group, justifying your decisions and demonstrating how your team would endure in this new reality.

### Do you have what it takes to survive?

Explain the mission: Find sustainable solutions for water, food, shelter, and energy in this new reality.

# Teams

Divide participants into 5 teams, each focusing on a key sustainability challenge.

## 1. Water & Hydration

How will you find and purify drinking water in Antalya without modern utilities? What natural sources could provide hydration? What techniques can you use to collect and store water?

## 2. Food & Agriculture

What food sources are available in this climate? How can you start a small-scale food production with minimal tools? Which local plants or animals could be used for nutrition?

## 3. Shelter & Protection

How can you adapt existing urban structures for survival? How do you build protection from extreme weather conditions? What natural or repurposed materials can be used for shelter?

## 4. Fire & Energy

How can you generate fire without matches or lighters? What are safe ways to cook food or keep warm? Can you create an alternative source of energy using the resources around you?

## 5. Navigation & Communication

How do you navigate and orient yourself without GPS or maps? What are alternative ways to communicate with other survivors? What ancient or natural navigation techniques could help?



## 2. Team Exploration & Strategy Development (30 min)

Each team explores the abandoned hotel and selects a base camp that aligns with sustainable living principles.

Teams work on their eco-strategy, applying real-world sustainability practices:



### Water & Hydration

Rainwater harvesting, solar water distillation, water recycling.



### Food & Agriculture

Urban farming, hydroponics, foraging, permaculture.



### Shelter & Protection

Sustainable architecture, natural insulation, passive cooling.



### Fire & Energy

Solar energy, biomass, wind power, alternative fuels.



### Navigation & Communication

Eco-friendly transportation, local trading systems, emergency signaling.

### 3. Team Presentations (20 min)

Each team presents their climate adaptation strategy in 3 minutes.

Facilitator challenges teams with eco-scenarios (e.g., "How do you prevent water pollution?" "What if your food system fails due to drought?").



### 4. Debriefing & Reflection (15 min)



Discuss how climate change could lead to real-world survival challenges.

Reflect on how modern hotels, cities, and communities could be redesigned to prevent climate collapse.

Facilitator asks sustainability-focused debriefing questions (see next section).

## Resources Needed

**Minimal materials:** No printed handouts, everything is verbal or digital.

**Venue:** A hotel or urban environment that participants can explore.

**People Involved:** 1-2 facilitators to introduce the challenge, monitor teams, and lead discussions. The activity works best with around 25–30 participants, divided into 5 teams of 5–6 people. However, the structure can easily be adapted for smaller or larger groups by adjusting the number of teams or team sizes.



# Making It Work

## How to Implement, Adapt, and Succeed

This activity is highly adaptable and can be implemented in various settings, such as:

- Schools and universities
- Youth groups and community organizations
- Corporate training programs
- Climate action and environmental initiatives

It works well in both **urban and rural environments**, with adjustments to reflect local climate conditions and available resources.

The activity can also be **expanded into a longer program** by incorporating additional elements like sustainability fieldwork, eco-skills workshops, or practical environmental projects.

We recommend **adapting the setup, materials, and team structure based on the size, background, and needs of your group**. Adjusting the focus to local climate challenges will make the activity more relevant and meaningful.

## Debriefing questions

- How does this survival scenario relate to the real-world impacts of climate change?
- Which of the survival solutions presented could realistically be applied in modern cities?
- What role does human behavior play in resource scarcity and climate disasters?
- How can cities like Side (or your hometown) become more sustainable to prevent collapse?
- Which of the sustainable strategies explored today would you be interested in learning more about?
- What can we do as youth workers, educators, or community leaders to build climate resilience?



## Instytut Roździeńskiego

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Our association was registered in 2016, and since July 2017 we have been operating under the name of Roździeński Institute. At the same time, members of our organization have operated in the third sector as members of many organizations operating in the Silesian and Lesser Poland voivodeships, gaining extensive experience in implementing social and educational projects. Our areas of interest include organizing social projects, as well as building partnerships with educational institutions, local governments and other non-governmental organizations.

As part of our association's activities, we organise international projects (financed by the Erasmus+ Programme, the Polish-Ukrainian Youth Exchange Council and the Polish-Lithuanian Youth Exchange Fund), as well as a number of local projects aimed at young people of secondary school and university age, as well as senior citizens.



# GREENWASHING COURT TRIAL SIMULATION

## Overview

This simulation develops participants' critical thinking, communication skills, and understanding of environmental issues, particularly greenwashing and its societal impacts. Participants explore the rights to environmental information, freedom of expression, and freedom of opinion.

## Objectives

- Understand how companies use communication strategies to shape public perception, especially around environmental claims.
- Strengthen participants' ability to critically assess marketing practices.
- Foster skills in structured debate, legal argumentation, and media analysis.

Themes	Methods	Complexity
<ul style="list-style-type: none"><li>• Critical Thinking</li><li>• Communication Skills</li><li>• Environmental Awareness</li></ul>	<ul style="list-style-type: none"><li>• Simulation</li><li>• Case Study</li><li>• Debate</li></ul>	<ul style="list-style-type: none"><li>• Moderate</li></ul>
Group Size	Time Needed	Materials Needed
<ul style="list-style-type: none"><li>• Medium (15–25 participants)</li><li>• Large (30–40 participants)</li></ul>	<ul style="list-style-type: none"><li>• 90–120 minutes</li></ul>	<ul style="list-style-type: none"><li>• Digital working devices (laptop, phone, projector)</li><li>• Tables (1–4)</li><li>• Chairs (15–40)</li></ul>

# How it works?

## 1. Split the group into following roles (teams):



Judge/Judges (1-3 participants)



Company's team of lawyers (4-8 participants)



Prosecutors (4-8 participants)



Jury (4-8 participants)



In case that group is large it's possible to add some other roles eg.

- audience
- witnesses of each team of lawyers
- experts
- journalists

## 2. Present the subject of the trial

A well-known clothing company launched a marketing campaign promoting its products as environmentally friendly and made from recycled materials. Several famous actors participated in the campaign, endorsing the **Good LOOK for PLANET** collection and suggesting that the clothing was **99% eco-friendly** due to innovative production technology and sustainable materials. Scientists specializing in natural resource protection were also involved, though they received substantial compensation for their participation.

However, a journalistic investigation—sparked by a competitor—revealed that only **one-third** of the collection was actually made from recycled materials, while the rest followed standard production methods. Additionally, the company's subcontractors included smaller firms supplying dyes, some of which had been linked to serious environmental damage. Activists accused these suppliers of causing ecological disasters in two nearby rivers, though these claims remained unconfirmed.

Under pressure, the company defended itself by highlighting improvements in packaging and logistics that reduced carbon emissions, arguing that its marketing claims were justified. It acknowledged that only part of the collection used recycled materials but distanced itself from the actions of its subcontractors. This explanation failed to convince many consumers, some of whom felt deceived. As a result, a class-action lawsuit was filed against the company, demanding **\$100 million** in damages to be paid to environmental NGOs.

## 3. Courtroom proceedings

Each team will have time to prepare their statements and then present them in the following way:

- First statement of people's lawyers (up to 10 minutes)
- First statement of companies' lawyers (up to 10 minutes)
- Second statement of people's lawyers (up to 10 minutes)
- Second statement of companies' lawyers (up to 10 minutes)
- Question session (for each of the teams)
- Jury debating and voting
- Final decision of the judge/judges

## 4. Reflection and Group Discussion

After the court simulation, the group gathers for an open discussion to reflect on what they have experienced and learned.

Participants are invited to share their thoughts on how greenwashing influences consumer behavior, public trust, and the broader fight for environmental protection. Together, they explore why critical thinking and access to transparent information are essential tools for promoting genuine sustainability and holding companies accountable.

The session should encourage everyone to connect the simulation to real-world examples and consider practical ways to raise awareness and drive positive change.



### Reflection Questions:

- How did it feel to argue a case where the truth was not always clear?
- What strategies did the company's lawyers use to defend their actions? Were they convincing?
- What role does marketing play in shaping public opinion about environmental issues?
- Why is greenwashing harmful not only to consumers but also to the broader environmental movement?
- How can individuals recognize greenwashing in real life?
- In what ways can we hold companies accountable for false or misleading environmental claims?
- How does media coverage influence our understanding of environmental responsibility?
- What emotions did you feel during the trial? Did your opinion shift at any point?
- What actions can we take as consumers, activists, or youth workers to combat greenwashing?



# Key Challenges

- **Balancing Participation:** Ensuring that all participants are actively involved, especially in large groups.
- **Time Management:** The trial structure must be well-paced to allow time for preparation, argument presentation, cross-examination, and discussion.
- **Engagement & Realism:** Keeping participants engaged and making the case study feel relevant by using up-to-date real-world examples.
- **Ensuring Fairness:** Moderating discussions to avoid bias and ensuring constructive, evidence-based arguments.





## European Youth Center Břeclav

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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.







## THE RIVERBEND WORKSHOP

The Riverbend Workshop is a roleplay-based negotiation exercise designed to simulate real-world environmental and economic decision-making.

It was created to give participants a hands-on experience in navigating complex negotiations, where different stakeholders must balance conflicting interests, limited budgets, and political realities. The core idea is to show that environmental problems, such as cleaning up a polluted river, are not just technical or scientific challenges; they involve economic trade-offs, political pressure, and social impact.

This activity helps participants understand how difficult it is to reach agreements when multiple parties have different priorities and constraints. Instead of discussing solutions in theory, participants step into the roles of key stakeholders, such as business leaders, government officials, and environmental activists, and experience firsthand how tough these negotiations can be.



# How it works?

The workshop is structured as a high-stakes negotiation where participants represent different interest groups trying to agree on a plan to clean up the Riverbend River. Each group receives a detailed briefing outlining their objectives, financial resources, bargaining power, and non-negotiable conditions. There are five main stakeholder groups:



## **The Environmental NGO (Green River Guardians)**

They fight for a full-scale cleanup, strict environmental protections, and holding polluters accountable. They rely on public pressure and activism but have very little financial power.



## **The Mayor of Riverbend**

Balances political pressure from voters, businesses, and state regulators. Their goal is to enforce legal pollution limits without harming the local economy or losing public support. They have limited government funds and must negotiate carefully.



## **The Chemical Plant**

The main source of pollution but also the town's largest employer. They want to minimize cleanup costs and avoid admitting responsibility while keeping their operations running. Their corporate headquarters controls their budget, making negotiations tricky.



## **The Community Association**

Represents local residents, farmers, and fishers who suffer from the pollution. They want a cleaner river and some form of compensation for past damages, but are divided; some fear losing jobs if businesses suffer.



## **The Business & Tourism Council**

Represents local businesses that rely on both the factory and tourism. They support cleanup efforts that boost the town's reputation but oppose high taxes or regulations that could hurt business.

## How to Implement, Adapt, and Succeed?

The session begins with a **briefing on the situation**, followed by **rounds of negotiation** where stakeholders must present their arguments, form alliances, and adjust their demands. To make the game dynamic and unpredictable, the facilitator introduces **unexpected events (twists)**, such as a sudden political challenge, a new investor, or a health crisis that escalates the urgency. The workshop ends with a **final agreement—or a failure to reach one—followed by a reflection session** where participants analyze their decisions and compare them to real-world challenges.

One of the strengths of this workshop is its flexibility and ease of adaptation. It can be run in educational settings, corporate training programs, environmental conferences, or community meetings with minimal resources. Facilitators only need to provide printed role descriptions, a structured negotiation framework, and a clear timeline for discussion rounds. The core mechanics remain the same, but the scenario can be adjusted to reflect different environmental or political issues, such as urban development, climate change policy, or sustainable business practices.

For full details, instructions, and roles,  
see the attached materials.

[Press here to find out more!](#)





## I Am You Peace Global

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Our organization was established in 2017 and is based in Varna, Bulgaria. Since its creation, I AM YOU PEACE GLOBAL has worked to promote values of empathy, sustainability, and respect towards people, animals, and the environment. Our members have participated in numerous international projects and have experience in coordinating and partnering on Erasmus+ activities across Europe.

We focus on creating opportunities for social and intellectual development across different age groups, especially supporting those with fewer opportunities. We also build connections with educational institutions, local authorities, and other NGOs to develop meaningful and inclusive initiatives. As part of our work, we implement international projects (mainly under the Erasmus+ Programme), as well as local activities focused on topics such as environmental awareness, fake news, media literacy, and peaceful communication. Our beneficiaries include young people, adults, and seniors.







## EN-ROADS – GLOBAL CLIMATE SIMULATOR

En-ROADS is a climate policy simulation tool developed by the Climate Interactive team in collaboration with the MIT Sloan School of Management. It was created to help decision-makers, policymakers, businesses, and individuals explore the impact of various climate policy scenarios and understand the pathways to achieving global climate goals, such as limiting global warming to 1.5°C or 2°C.

### Needs It Addresses:

01

**Understanding Climate Change Solutions:** En-ROADS helps users understand the interactions between various policies and their impacts on emissions, temperature, and other environmental factors.

02

**Policy Impact Assessment:** It allows users to model the effects of specific actions—like carbon taxes, renewable energy adoption, energy efficiency improvements, and deforestation reduction—on global emissions and temperature rise.

03

**Decision Support:** It provides a tool for policymakers to test and evaluate different policy interventions to understand how they contribute to meeting global climate targets.

04

**Engagement and Awareness:** En-ROADS fosters public and stakeholder engagement by providing a clear and visual representation of how different climate strategies work together to reduce global warming.

# Who Benefits?

## 1. Policymakers and Government Officials

They can use En-ROADS to simulate the effects of proposed policies on emissions reductions and global temperatures.

## 2. Businesses

Companies can assess the potential impacts of different climate-related policies on their operations, and make informed decisions about sustainable practices.

## 3. Environmental Organizations and Advocates

These groups can use En-ROADS to demonstrate the effectiveness of various climate strategies and advocate for policies that can help meet climate goals.

## 4. Researchers and Educators

En-ROADS can be a valuable tool for research and education on climate change and policy solutions.

## 5. The General Public

Through its accessibility and user-friendly interface, En-ROADS empowers anyone interested in learning more about the pathways to mitigate climate change to actively engage in the conversation.

# How we use it?

We use this tool by starting with a visualisation that shows how climate change affects coastal ecosystems and settlements, using the **Climate Central** platform. This helps participants understand the potential **consequences of a +3°C to +4°C temperature rise** by the end of the century if no action is taken.

After that, we divide participants into five teams, each representing different global interests. Their shared goal is to keep **global warming within 1.5–2°C**, as stated in the **Paris Agreement**. We use the En-ROADS climate simulator to explore how various decisions—such as switching energy sources, introducing carbon taxes, improving energy efficiency, or increasing electrification—impact global temperature trends.

The tool is presented by our team and, after that, we let the participants to test scenarios in real time. Each team presents their plan during a simulation of a UN climate emergency meeting, followed by a discussion on what actions are needed to avoid severe climate outcomes.

## How can you use it too?

This activity can be implemented in high schools or youth events to engage students in climate education and sustainability. The En-ROADS simulator is highly accessible, and every scenario generates a unique link that can be shared with others, encouraging interactive and solution-oriented conversations. The main challenge lies in guiding participants through the simulator effectively and fostering critical thinking during the discussions.



[En-ROADS](#)



[Link to related resources](#)



## Arousa Moza Association

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Arousa Moza is a youth association founded in May 2017, dedicated to empowering young people through local and international projects. The organization focuses on fostering youth development by:

- Organizing cultural, educational, and sports activities, including outdoor and ecological excursions, camps, and art workshops.
- Conducting training programs, seminars, public debates, and knowledge exchange activities.
- Hosting and sending participants in mobility programs within Erasmus+ initiatives.
- Collaborating with public and private institutions to promote youth development.
- Advocating for inclusion, multiculturalism, and tolerance, supporting LGBTI and feminist causes.





# THE TALLEST TOWER

## Overview

The Tallest Tower is a hands-on, team-based activity designed to simulate real-world sustainability challenges. Participants must build the tallest possible free-standing tower using limited materials over three competitive rounds. However, any materials taken and not used are permanently lost, reflecting real-life consequences of waste and overconsumption.



## Why was it created?

The "Tallest Tower" activity was created to strengthen teamwork and strategic thinking while raising awareness about sustainability and responsible resource use. By limiting materials and introducing the rule that unused resources are permanently lost, the activity mirrors real-world environmental challenges and encourages participants to avoid waste and use resources efficiently.

This tool was developed to:

- Educate young people about the importance of sustainable resource management.
- Demonstrate how decision-making affects the environment, emphasizing the long-term consequences of wasted resources.
- Promote creative problem-solving with minimal materials, supporting an eco-conscious approach.



## What needs does it address?

This activity addresses the growing need to educate young people about sustainability in an engaging and practical way. It highlights:

01

**Environmental Awareness:** Many young people underestimate the impact of resource overuse. This activity teaches them that materials are finite and should be used efficiently.

02

**Sustainable Innovation:** Encouraging teams to build the tallest, most stable tower with minimal waste mirrors real-world sustainability challenges, such as eco-friendly architecture and sustainable development.

03

**Waste Reduction Mindset:** By enforcing the rule that unused materials are lost, participants experience the consequences of wasting resources, reinforcing the importance of responsible consumption.

04

**Eco-Friendly Decision Making:** Participants learn to prioritize quality over quantity, understanding that more materials do not always lead to better outcomes, a key principle in sustainability.

## Who benefits?

The "Tallest Tower" activity promotes an eco-friendly mindset among:



### Young participants

They develop a greater appreciation for sustainability and learn practical ways to minimize waste and maximize efficiency.



### Educators and youth workers

The activity serves as an interactive tool for teaching sustainability concepts in a fun and engaging way.



### The environment

By reinforcing resource-conscious behaviors, the activity contributes to a culture of sustainability that can extend beyond the game into everyday life.

# How it works?

## Priorities:

During the activity, teams should focus on the following priorities, progressing from the most basic to the most complex:

- Ensure the tower remains standing on its own.
- Build the tallest stable tower possible with the materials available.

Build the tallest possible tower among all the teams.

## Materials:

A4 paper sheets	Scissors	Adhesive tape
		

## Activity Development:

Participants are divided into 4 or 5 teams, depending on the number of participants.

The activity consists of three building rounds:

- Round 1: 10 minutes
- Round 2: 10 minutes
- Round 3: 15 minutes

Before each round, teams must strategically select the materials they will use.

Important:

1. If a team selects materials but does not use them, they lose them permanently and cannot use them in later rounds.
2. Teams should plan ahead and use materials wisely to maximize their chances of success.

## How to Implement, Adapt, and Succeed?

### Scoring

At the end of each round, the towers' heights are measured, and points are awarded:

- 1st place: 3 points
- 2nd place: 2 points
- 3rd place: 1 point

In the second round, points are doubled.

In the third round, points are tripled.

The final winner is the team with the highest cumulative score after all three rounds.

### Final Reflection

At the end of the activity, a reflection session is organized where teams share their experiences, discuss their strategies, and analyze their choices. Participants are invited to evaluate how efficient and sustainable their use of materials was and what they would do differently. Facilitators guide the discussion to highlight how the activity connects with real-world issues such as responsible resource management, teamwork, and decision-making under constraints.

Ask targeted questions such as:

- What challenges did you face while building the tower, and how did your team respond?
- How did your team decide how many materials to take?
- Did you waste any materials? If so, how could you have used them better?
- How did your strategy change between rounds, if at all?
- What trade-offs did you make between height, stability, and resource use?
- Was it harder to build sustainably or to win the competition?
- How does this experience relate to sustainability and resource conservation in real life?



## EUROSUD

NON-GOVERNMENTAL ORGANISATION

Bari, Italy

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www.eurosudngo.eu



We are EUROSUD, a growing NGO based in Bari, Puglia, dedicated to promoting youth participation, European integration, and social inclusion. We believe in connecting young people from diverse backgrounds, encouraging dialogue, and supporting the development of an open, progressive civil society. Our mission is to foster civic activism and improve the quality of life in our community and the wider region.

Our work focuses on non-formal education, intercultural learning, and mobility opportunities such as training courses, workshops, and youth exchanges. We also promote multilingualism, raise awareness about the European labor market, and support the personal and professional development of young people. Through lifelong learning and cooperation, we aim to build a more inclusive, democratic, and active society.





# BUILDING TOMORROW

## Overview

Building Tomorrow: Practical Steps Towards a Sustainable Future is an workshop aimed at increasing awareness and confidence around sustainability through interactive learning, global case studies, quizzes, and personal action planning. It is suitable for both young people and adults, regardless of prior knowledge.

## Objectives

- Raise awareness about key sustainability challenges and solutions.
- Encourage reflection on individual habits and their environmental impact.
- Promote actionable, daily eco-responsible choices.





# How it works?

## 1. Introduction & Key Concepts:

The workshop starts with a short explanation of three basic, practical sustainability actions:

- Reducing food waste
- Avoiding plastic use
- Saving water

## 2. Word Association Icebreaker

Each participant says the first word they think of when hearing “sustainability.” This helps open the topic in a relaxed way.

## 3. Global Challenges by Continent (Group Work)

Participants are divided into 4 groups. Each group receives one continent and a key sustainability challenge:

- Africa – Access to water
- Asia – Waste management
- Latin America – Food access
- Europe – Renewable energy
- (Topics can be adapted)

Each group discusses the issue and proposes possible country-level solutions, then presents their ideas.

## 4. Sustainability Quiz (Optional)



A fun, non-competitive quiz (**15 questions suggested**, adjustable to time). Groups answer together. At the end, answers are revealed, creating space for further discussion and learning.

## 5. Personal Action Plan (Group Work)

Participants are divided into two groups. Each group creates a list of three concrete sustainable actions they commit to applying in their daily lives. The lists are shared and compared.

## Evaluation Part



## Debriefing Questions



## Final Tips & Tricks

At the end of the activity, participants are invited to reflect on their experience in a relaxed and open atmosphere. The focus is on encouraging personal insights, sharing feedback, and reinforcing the main learning points.

- How did you feel during the activity? Was there any part that surprised or challenged you?
- What did you learn about sustainability that you didn't know before?
- Did your perception of your own daily habits change in any way?
- Was it easy or difficult to agree on three daily sustainable actions as a group? Why?
- How do you think small personal actions can influence larger environmental issues?
- What would you improve or do differently if you were to repeat this activity?

Facilitators are encouraged to close the session on a positive note, highlighting that sustainability is a journey, and every small step counts. Always create space for all participants to speak and feel heard. Smiling and maintaining a friendly tone are part of the methodology.



## Unique NGO

NON-GOVERNMENTAL ORGANISATION

Ankara, Türkiye

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[instagram.com/uniquengo\\_/](https://www.instagram.com/uniquengo_/)



We are a youth-driven and independent civil society organisation based in Ankara, Türkiye. Founded and managed by young professionals, we share a common vision of empowering individuals through education, culture, and international cooperation.

Our work focuses on non-formal education, youth participation, social inclusion, and Erasmus+ project development. We design and implement KA1 and KA2 projects with a strong emphasis on cultural exchange, democratic engagement, and intercultural learning.

We host youth exchanges and training courses, support young people with fewer opportunities, particularly from rural and underrepresented areas, and foster international partnerships across Europe. Our team consists of passionate youth workers, trainers, and volunteers dedicated to promoting EU values and creating a positive social impact.





## Ecograf Association

NON-GOVERNMENTAL ORGANISATION

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Ökográf Egyesület is a Hungarian civil society organisation with over 15 years of experience in youth work, social inclusion, and environmental education. Based in a rural area near Pécs, we are committed to empowering young people through practical, community-based learning that responds to real local needs.

Holding a KA1 accreditation, we have implemented more than 25 EU-funded projects, including over 10 Erasmus+ mobilities and numerous ESC volunteering projects, welcoming more than 70 volunteers from across Europe. Our activities include youth exchanges, training courses, local and national initiatives, and strategic partnerships focused on sustainability and social justice. We work closely with local municipalities, Roma youth groups, and schools. Currently, we are reconstructing a youth and community center co-designed with ESC volunteers and local youth, which will open in summer 2026 as a permanent space for international and local youth engagement.





# CREATING ECOLOGICAL SUSTAINABILITY PLAN WITH TREASURE HUNT

## Overview

The "Creating Ecological Sustainability Plan with Treasure Hunt" workshop was born from the need to combine policy understanding with engaging, hands-on learning. It is designed to make the process of drafting an Ecological Sustainability Plan—an essential document that outlines commitments, policies, and action steps for NGOs—more accessible and interactive.

The workshop uses gamification and treasure hunt methods instead of traditional presentations, addressing the challenge of passive learning and helping participants internalize key ecological concepts. Youth workers and their teams benefit by increasing their environmental knowledge while developing practical skills to tailor and implement policy templates within their own organizations.

## Step-by-Step Process

### 1. Team Formation

- Divide participants into teams of 5–6 people.
- Assign one contact person per team to receive clues and coordinate submissions.

### 2. Riddle Challenge

- Send the first riddle to each contact person's phone;
- The riddle should integrate basic ecological themes and require critical thinking;
- Teams work together to solve it in order to move to the next phase.



### 3. Location Discovery

- Once the riddle is solved, send each team a cropped photo of a location within the venue;
- Teams must identify the location, go there, take a group photo, and send it back to confirm.

### 4. Cross Puzzle Challenge

- After verification, provide each team with a cross puzzle based on ecological and sustainability topics;
- The puzzle should prompt real-world research and internal discussion to complete;
- Teams solve it collaboratively.

### 5. Assembly and Information Session

- Call all teams together in a central room.
- Present a “letter” from the president of the Environment Ministry introducing the ESP concept.

### 6. Document Exploration

- Introduce a twist: the president missed his flight, but emailed the ESP template;
- Ask teams to review the document together, with support from the facilitator;
- Guide them in understanding the policy sections and how to adapt them to their organization’s context.

### 7. Reflection and Wrap-Up

- Facilitate a debrief discussion about the experience and what was learned.
- Encourage teams to brainstorm how they could implement an ESP in their NGOs.
- Close with concrete steps for adapting, publishing, and applying the ESP.



## Additional Tips

- Test all clues and puzzles ahead of time to ensure clarity and relevance;
- Use a consistent, reliable communication method (e.g., WhatsApp or Telegram) for real-time coordination;
- Keep the timing flexible enough to allow deeper discussion during the policy adaptation phase.

## How to Implement, Adapt, and Succeed?

Any organization can replicate this model by following a similar structure. Begin by **identifying the key ecological topics** relevant to your mission, then **create engaging clues and puzzles** that **lead participants through a logical sequence of discovery and learning**. Essential resources include mobile communication tools, access to digital images, and a prepared policy template. Involvement from committed staff who can act as facilitators and team coordinators is crucial.

One challenge may be designing clues that are both challenging and aligned with the intended educational outcomes. However, when implemented successfully, the workshop not only reinforces environmental knowledge but also builds teamwork and creative problem-solving skills, ultimately strengthening an NGO's capacity to act sustainably.



## Euroactive Bulgaria

NON-GOVERNMENTAL ORGANISATION

Sofia, Bulgaria

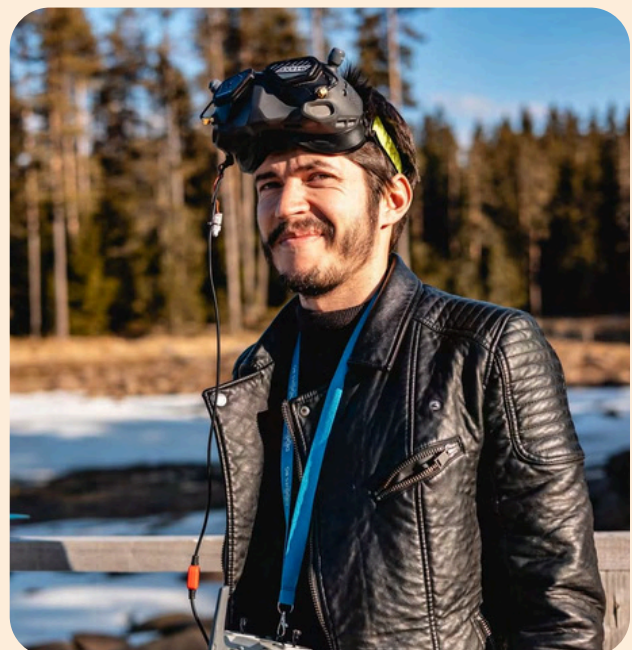
[contact@euroactivebg.org](mailto:contact@euroactivebg.org)

[www.euroactivebg.org](http://www.euroactivebg.org)



Euroactive Bulgaria is a youth-focused NGO based in Sofia, committed to empowering young people through sustainability, creativity, and social inclusion. Our work combines non-formal education with a strong emphasis on environmental awareness, youth participation, and mental well-being. We actively engage NEET youth and underrepresented groups, supporting their involvement in both local and international initiatives.

Through Erasmus+ projects, we organize youth exchanges, training courses, and volunteering opportunities focused on nature-based learning, intercultural dialogue, and artistic expression. Our activities aim to strengthen personal development, build community resilience, and promote European values. With a growing network of international partners, we continuously develop innovative educational tools that support young people in becoming active, confident, and responsible citizens.







## Euroactive Serbia 2023

NON-GOVERNMENTAL ORGANISATION

Belgrade, Serbia

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Euroactive Serbia is a youth-centered NGO based in Belgrade, dedicated to empowering young people through creativity, environmental awareness, digital skills, and entrepreneurship. Our mission integrates active societal participation with intercultural understanding, placing strong emphasis on non-formal education and art-based methods.

Through our strong involvement in the Erasmus+ programme, we offer young people meaningful opportunities to learn, express themselves artistically, and engage with peers across Europe. We are committed to improving the lives of youth by expanding access to education, fostering job opportunities in creative and cultural sectors, and encouraging active involvement in shaping a more inclusive and inspired Europe.

By promoting art, dialogue, and digital training, we aim to support personal and professional growth, strengthen civic engagement, and contribute to a more inclusive, culturally aware, and sustainable society.







# THE HERO'S JOURNEY

## Overview

This activity was designed to support participants **emotionally connect with complex topics**, such as ecology, through storytelling and character development. Using the Hero's Journey framework, participants explore values, emotions, and transformation in a playful, reflective, and hands-on way.

## How to Implement, Adapt, and Succeed?



### Materials Needed

- Paper, markers, scissors;
- Recycled materials (e.g. bottles, cardboard, fabric);
- Hero's Journey diagram (printed, projected, or digital);
- Smartphones or cameras.



## Step by Step

### 1. Introduction

- Introduce the goal: each group will create a character and tell its story related to ecology, using the Hero's Journey model.
- Present the Hero's Journey diagram, briefly explaining each of the 9 steps (see below).
- Emphasize that the story should reflect an environmental challenge, transformation, or lesson.

## The Hero's Journey Diagram

- 01 **The Ordinary World** – The character starts in a familiar environment or routine.
- 02 **Call to Adventure** – Something happens that challenges the character or presents a problem.
- 03 **Refusal of the Call** – The character hesitates or is afraid to act.
- 04 **Meeting the Mentor** – A guide, helper, or insight pushes the character to take the first step.
- 05 **Crossing the Threshold** – The character commits to change and enters a new situation.
- 06 **Tests, Allies, and Enemies** – Challenges arise; the character learns, struggles, and adapts.
- 07 **Approach to the Inmost Cave** – The character prepares for a big challenge.
- 08 **The Ordeal** – A major crisis or confrontation takes place.
- 09 **Reward** – The character gains something valuable (knowledge, strength, item).
- 10 **The Road Back** – The character begins the return to the ordinary world.
- 11 **Resurrection** – A final test, showing growth or transformation.
- 12 **Return with the Elixir** – The character returns home changed, with something to offer.

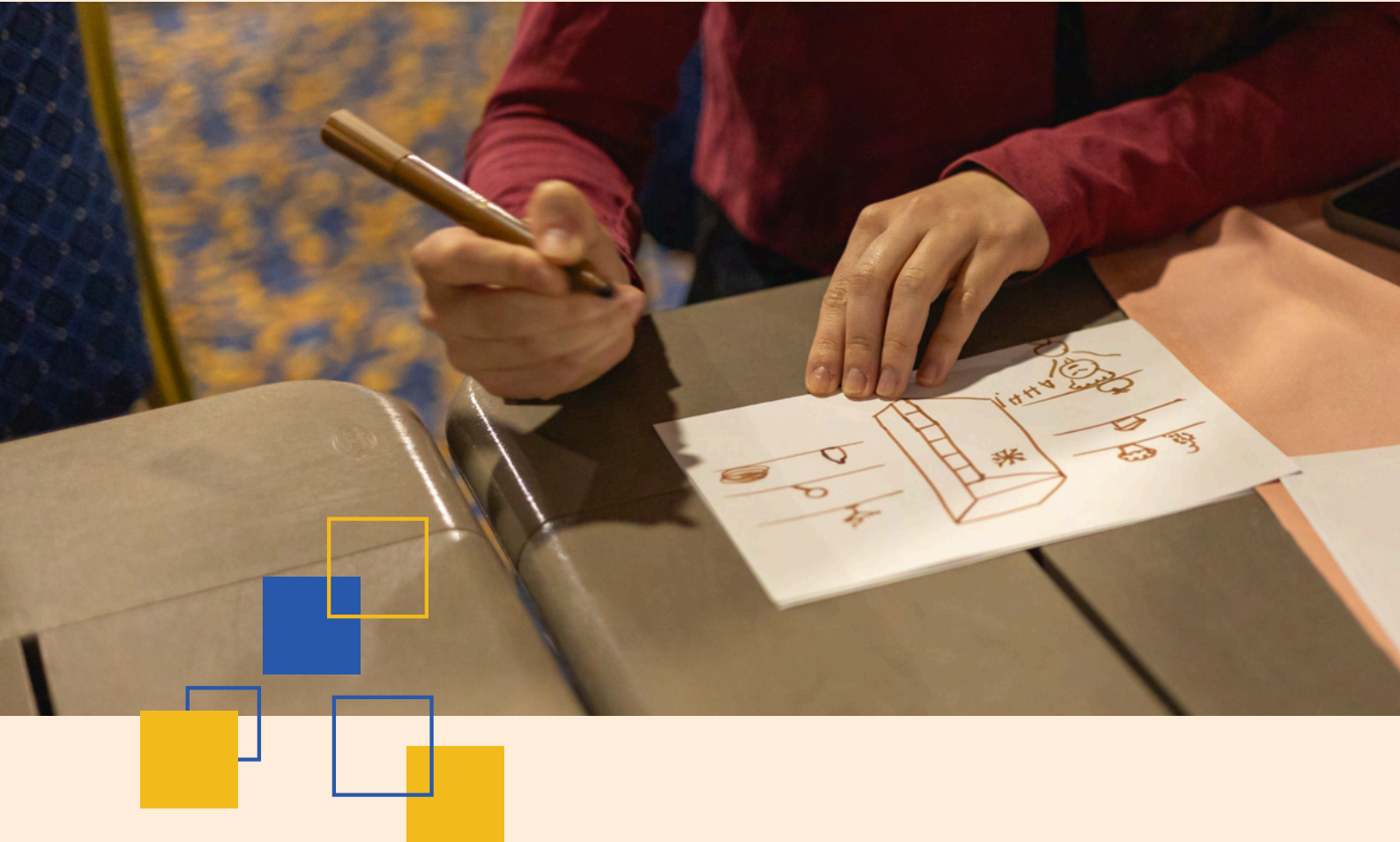


## 2. Character Creation

- Participants create their own character using any available materials—drawings, crafts, recycled objects, etc.
- Encourage creativity and freedom (the character can be abstract, animal, human, etc.).

## 3. Hero's Journey Diagram

- Introduce the 12 key stages of the Hero's Journey with a diagram and short explanation.
- Ensure everyone understands the structure before moving on to storytelling.



## 4. Story Development

- Participants build a story following the Hero's Journey structure.
- For each of the 12 steps, they must produce one image (photo, drawing, or crafted scene).
- Each image is accompanied by a short written description.

## 5. Hero's Journey Diagram

- Participants present their stories to the group.
- They display the 12 images in order and narrate the story of their character's ecological journey.

## Additional Tips

This activity can be easily adapted for other topics such as mental health, sustainability, or inclusion. Facilitators should prepare the Hero's Journey diagram in advance and provide an example story to guide participants.

To save time during presentations, ask groups to submit their images in advance or present them digitally in order. The activity is ideal for workshops that combine creativity with reflection and encourages strong emotional engagement with the topic.





## Antalya Youth and Sports Directorate

NON-GOVERNMENTAL ORGANISATION

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Antalya Youth and Sports Directorate is a public institution under the Ministry of Youth and Sports of the Republic of Türkiye. We provide sports, cultural, and educational programs for people aged 4 to 77, with a strong focus on youth development and inclusion.

Our structure includes 8 youth centers, 20 youth offices, large-scale sports facilities, and spaces for archery, athletics, and swimming. We actively work to prevent violence and discrimination among young people, while promoting equality, self-confidence, and active participation.

Through social responsibility projects and Erasmus+ and ESC initiatives, we support disadvantaged youth and foster their involvement in society. With 7 approved projects and ESC accreditation, we are committed to offering quality mobility and learning opportunities for young people.





## ECO-THEATER: RAISING AWARENESS THROUGH PERFORMANCE

Theatre is a creative and impactful method for addressing ecological topics. This activity engages young people in a process of critical thinking, collaboration, and artistic expression, helping them internalize and share environmental messages in a compelling way.

### Why this activity matters?

- It offers a creative alternative to traditional educational methods, making environmental issues more engaging and easier to understand.
- It helps young people connect emotionally with ecological topics and become more conscious and sensitive to the world around them.
- It gives youth a platform to express themselves and raise awareness in their communities through artistic and meaningful performances.
- It promotes the development of key soft skills such as teamwork, communication, creativity, and critical thinking.



# How it works?

## STEP 1 - Group Formation

Divide participants into groups depending on the number of themes and group size (ideally 4–6 people per group). Assign each group a theme randomly or based on their interest.

## STEP 2 - Scenario Development

Each group creates a short theater play (5–10 minutes) based on their theme. They are free to choose the style (comedy, drama, absurd, pantomime, etc.) and must integrate clear ecological messages.

Groups are encouraged to use available materials to build basic props or costumes. Facilitators should be available to support script development if needed.

## STEP 3 - Rehearsal and Performance

Allow time for rehearsals and encourage teams to test their performances with peer feedback.

Each group presents their play to the rest of the participants or a wider audience (e.g. school, youth center). The audience is encouraged to observe and reflect on the message, clarity, and emotional impact.

## STEP 4 - Discussion and Evaluation

After the performances, facilitate a guided reflection session.

Suggested questions:

- What ecological message did each play convey?
- Which performance made you feel something? Why?
- What solutions were presented or implied?

Invite the audience to give constructive feedback and ask questions.



## Additional Tips

This activity can be easily adapted to different age groups, contexts, and ecological themes. It can be implemented in schools, youth centers, environmental awareness days, or Erasmus+ projects. Scripts may be created by participants or provided in advance, depending on the group's needs.

While having a facilitator with theater or drama experience can be helpful, it is not essential. The format is flexible and works well with both beginners and more experienced participants.

Additionally, performances can be recorded and used later for awareness campaigns or educational purposes.



## Challenges & Recommendations

- If participants are unfamiliar with acting, provide warm-up games or short improvisation exercises;
- Time management is important! Allocate enough time for idea generation, writing, and rehearsing;
- Don't focus only on highlighting problems but also on showcasing solutions and positive examples.



## Impact

- Increases ecological awareness in both participants and audience;
- Strengthens participants' creativity, teamwork, and communication;
- Encourages active citizenship and public engagement through art.





## Portuguese Red Cross of Sanguedo

NON-GOVERNMENTAL ORGANISATION

Sanguedo, Portugal

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We are a humanitarian non-profit organisation, focused on social support, youth engagement, education, emergency services, and active citizenship. With over 2,000 volunteers, our work includes youth programs, emergency care, a Senior University, and solidarity services such as a food market and second-hand store.

Our youth branch runs European Solidarity Corps projects, exchanges, training programs, and community campaigns. We also provide pre-hospital emergency care and offer a wide range of activities for seniors, from crafts to language classes.

We are also strongly committed to ecological awareness. Recent initiatives include the “Bee Active” youth exchange on bee conservation, “Green Day” clean-up actions, “Friendly Nature” green space restoration, and “Beata a Beata”, where ESC volunteers collected over 2,500 cigarette butts to raise awareness about pollution.



Take the ECO Side



# Eco-CROSSings

## Overview

Eco-CROSSings is a digital tool created to engage young people in environmental and sustainable practices by using a platform they already navigate with ease: Instagram.

Designed by and for young people, it encourages the development of eco-conscious habits in daily life, combining creativity, digital interaction, and offline action.

## What needs it addresses:

- Making sustainability relevant and attractive to youth;
- Bridging online engagement with offline action;
- Promoting peer-led environmental communication that is relatable and inspiring;
- Building a community around shared eco-values and practical challenges.

## Who benefits:

Young people who engage with the content gain awareness, knowledge, and practical ideas to live more sustainably. At the same time, both the planet and local communities benefit from the spread of eco-friendly habits.



# How it works?

Eco-CROSSings is managed by young people and follows a weekly content schedule on Instagram. Each day features a different sustainability theme designed to inspire action and engagement both online and offline.

**01****Platform**

Instagram

**02****Management**

Managed by young people

**03****Structure**

Weekly content plan

## Weekly Content Plan

**01**

**Monday – Nutrition Day** - Sustainable, plant-based recipes, weekly meal plans, and tips for reducing food waste.

**02**

**Tuesday – Surprise Theme** - A mystery topic selected by the account team or suggested by followers, always linked to sustainability.

**03**

**Wednesday – Challenge Day** - A creative weekly challenge (e.g., DIY eco fashion, organic recipes, recycled music). The following week, the best contributions are featured.

**04**

**Thursday – Podcast Day** - Casual audio conversations between young people on environmental topics, showcasing real voices and diverse perspectives.

**05**

**Friday – Eco Beauty** - Tips and tutorials of natural cosmetics, sustainable fashion, and self-care using eco-friendly materials.

**06**

**Saturday – Eco Fact** - One intriguing fact about sustainability or environmental science, designed to surprise and educate.

**07**

**Sunday – Quote of the Week** - A motivational quote to encourage reflection and inspire sustainable action for the week ahead.





## Resources Needed

- Instagram account and access;
- Content plan and visual identity;
- A team of motivated young volunteers to create and manage content;
- Basic tools for photo/video editing, podcast recording (optional);
- Scheduled planning and moderation time.

## Additional Tips

To create a strong and engaging Instagram-based sustainability initiative, keep in mind:

- Define your target audience clearly and use language they relate to;
- Keep communication short, visual, and impactful;
- Prioritize consistency and authenticity in both tone and visuals;
- Foster interactivity, originality, and a sense of online community.

Eco-CROSSings is a clear, adaptable way to engage young people in sustainability using digital tools they already know. It connects online creativity with real-life action and can be easily replicated by any youth-focused organization.





## Hellas for Us

NON-GOVERNMENTAL ORGANISATION

Kozáni, Greece

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Hellas for Us was founded in 2015 with a mission to promote active citizenship, social transformation, equality, and inclusion. Our organization initially focused on youth work, offering mobility and educational opportunities to hundreds of Greek youngsters. Since 2017 we have expanded our field of work in adult education, by organizing seminars and training programs, promoting initiatives, and developing innovative ideas.

Through our work, we aim to enhance employment opportunities, boost social equality and inclusion, support the development of skills and abilities, and promote active participation. We organize actions on a global scale, having a powerful network of partners in many countries, and ensuring a long-term impact. Our work is person-centred by analyzing the needs and offering tailor-made services.



# The 5Rs Workshop

## Overview

This activity was created to encourage participants to reflect on practical sustainability through active group work and open discussion. It responds to the need for inclusive, idea-driven spaces where participants can share their thoughts freely, especially those who may be overshadowed in more dominant group settings. The focus is on collaborative learning and idea exchange, with each participant contributing equally. Beneficiaries include youth, educators, or community members seeking to design or improve local eco-initiatives.

## Objectives:

- Promote understanding of the 5Rs of sustainability (Refuse, Reduce, Reuse, Repurpose, Recycle) and their relevance in everyday life.
- Encourage active participation and collaboration through group discussions and peer learning.
- Create a space for inclusive dialogue, where all participants feel empowered to contribute ideas, regardless of personality type.
- Stimulate critical thinking and problem-solving by connecting environmental concepts to real-life actions and local contexts.
- Generate practical eco-ideas and recommendations that can inspire future initiatives in schools, communities, or organizations.



# How it works?

## STEP 1 - Introduction

Begin with a short presentation or talk introducing the concept of the **5Rs of sustainability** (Refuse, Reduce, Reuse, Repurpose, Recycle), explaining why each is essential for everyday environmental responsibility.

## STEP 2 - Group Work

Divide participants into five groups (4–5 people per group). Assign each group one of the 5Rs.

## STEP 3 - Discussion

Each group receives two guiding questions related to their "R" (e.g., What does this mean in daily life? What concrete actions could be implemented locally?).

They discuss for 10–15 minutes and note down key ideas and possible actions.

## STEP 4 - Presentations

Each group presents their conclusions to the whole room. Participants are encouraged to ask questions and build on each other's ideas.

## Additional Tips

- Keep the introduction brief and focused - avoid long presentations;
- Use energizers only if participants seem disengaged, not by default;
- Prepare concise, clear guiding questions for each group;
- Ensure that quieter participants feel invited to share during group work;
- End with a wrap-up where everyone contributes one actionable idea.





## Európa Ifjúsága Egyesület

NON-GOVERNMENTAL ORGANISATION

Magyaralmás, Hungary

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[facebook.com/europaifjusaga/](https://facebook.com/europaifjusaga/)



Európa Ifjúsága Egyesület (Youth of Europe Association) was founded in 2008 to promote the autonomy, personal development, and active social engagement of young people. We support disadvantaged youth, involve young people from small settlements in social processes, and work to strengthen the integration of people with disabilities and minorities.

We work with youth aged 12 to 30 and aim to shape their attitudes and sense of responsibility.

In recent years, we have developed national and international projects focused on inclusion, equality, and youth participation. One of our ongoing initiatives is a monthly local radio show where young people discuss topics important to them. So far, over 1,000 young people have taken part in our international activities.







# EVERYDAY SUSTAINABILITY REFLECTIONS

## Overview

This activity was developed to help participants discover, reflect on, and discuss eco-friendly practices in an engaging and accessible way. It combines movement, peer interaction, and visual thinking to activate different learning styles.

## What needs it addresses:

- Makes sustainability practical, personal, and easy to understand;
- Encourages reflection on current behaviors and opens space to learn from peers;
- Helps participants connect everyday actions with broader environmental goals;

## Who benefits:

Youth participants, educators, or community members looking to raise environmental awareness in a dynamic and inclusive way.



# How it works?

## 01. Energizer: “Tree, Water, Fire, Shoot!”

Kick off the session with an energizer to grab attention and introduce environmental elements in a playful way. Participants pair up and play rounds of a game similar to rock-paper-scissors:

- **Water beats Fire** (it extinguishes flames)
- **Fire beats Tree** (it burns wood)
- **Tree beats Water** (it absorbs water to grow)

Winners move forward to new pairs while others cheer. The last person standing is the winner. No materials needed.

## 02 Human Bingo: Climate Edition

Distribute bingo cards with eco-friendly actions. Participants walk around and find others who practice each action, writing their names in the boxes.

The goal is to complete the full grid. Music can play in the background to energize the atmosphere. Ask participants to keep their bingo cards for the final reflection.

**Human Bingo - Climate Edition!**



Human Bingo – Climate Edition!		
Brings reusable bag to the supermarket.	Turns the running tap off when not in use (e.g. when brushing teeth).	Participated in at least one clean-up event.
Turns off the light when not in the room.	Actively recycles daily waste (used papers, used bottles, etc.).	Uses a reusable water bottle.
Makes something new out of their old clothes.	Uses products in eco-friendly packaging/ form (shampoo bars, deodorant in a cream, etc.)	Fixes everything they can instead of buying new items.

### 03. Association Cards: Reflecting on Daily Sustainability

Divide participants into two groups and lay Dixit cards (or abstract image cards) on the floor. Each participant selects one card and links the image to a sustainable action (e.g., saving water, reducing plastic use, using second-hand clothes).

In small groups, they share their associations and reflect on how these habits can be part of everyday life. End with a big group debrief to highlight key takeaways.

### 04. Final Reflection

Wrap up with a short individual reflection. Ask:

- What can you take for your daily life from today?
- Is there something new you want to try or pay more attention to?

Participants write or draw their answers on the back of their bingo card. Ask if anyone would like to share with the group.



## Amazing Youth

NON-GOVERNMENTAL ORGANISATION

Pireus, Greece

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[www.amazingyouth.gr](http://www.amazingyouth.gr)



Amazing Youth is a youth-led non-profit organisation founded in 2020 during the COVID-19 pandemic. Our mission is to empower young people to take meaningful action in their communities, focusing on themes such as social inclusion, environmental awareness, human rights, digital participation, and active citizenship.

Using non-formal, action-based learning, we support youth, especially those with fewer opportunities, in becoming engaged, informed, and confident contributors to society.

Through Erasmus+ and European Solidarity Corps projects, we organise international exchanges, community actions, and skill-building initiatives that promote diversity, social responsibility, and intercultural dialogue. Our goal is to create inclusive spaces where young people can grow, collaborate, and lead positive change.







## ECO-CREATIVITY WORKSHOPS

This series of non-formal education workshops combines sustainability, creativity, and youth empowerment through hands-on activities such as sewing, macramé, eco-art with recycled plastics, and seed bomb paintball. Each activity is designed to promote environmental awareness while building practical skills and fostering community engagement.

The workshop concepts are easy to implement with minimal resources, emphasize upcycling and reuse, and are especially effective for engaging young people through action-based learning.

Activities include:

- Sewing and macramé for upcycling old textiles
- Eco-art using plastic bottles and beach waste
- Seed bomb creation and paintball for biodiversity restoration
- Sustainable bracelet-making using collected microplastics and metals

These activities are suitable for schools, youth centers, and community projects aiming to link environmental education with creativity and inclusion.

For full details, instructions, and visuals,  
see the attached presentation.

**[Press here to find out more!](#)**





# The Ending

Thank you for exploring this toolkit 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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