



Co-funded by
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ECO HABITS MATTERS



YOUTH EXCHANGE

Bakuriani, Georgia
19-30 April 2023

TABLE OF CONTENTS

Introduction

3

**Reduce your
water use - Sint
Maarten**

5

**Waste Literacy -
Ukraine**

7

**Eco habits in
Armenian
Organisations -
Armenia**

8



**Food waste -
Portugal**

9

**AWORLD -
Georgia**

11

**Nature and
camping good
practices -
Bulgaria**

12

Conclusion

14

About the project:

This booklet has been created in the scope of the Youth Exchange "Eco Habits Matters" which is funded by the Erasmus+ programme of the European Commission.

The project took place in Bakuriani, Georgia. It mainly consisted of two activities: preparatory visit from the 17th to the 20th March and youth exchange from the 19th to the 30th April 2023. It was led by the Bulgarian organisation National Association of Youth Workers in Bulgaria and hosted by the Georgian youth organization Umbrella.

The booklet covers the key questions of why teaching eco-habits to individuals is so important and how eco-responsible behavior can be formed. It includes relevant and useful resources for leading a eco lifestyle, as well as offline and online campaigns with their associated outcomes.

The project "Eco Habits Matters" brought together 30 young people from 6 different countries and aims at stimulating an eco-lifestyle among young leaders from participating countries by sharing practices and creating resources for further dissemination among their peers.

The objectives of the project:

- Equip participants with the competencies and creative tools/methodologies for the promotion of eco-friendly habits in their work and life.
- Explore digital tools (programs, mob apps and etc) in promoting an eco-friendly lifestyle.
- Identify the non-green habits in the youth work process and develop ideas, tips, and hints for changing them into eco-friendly.
- Share the experience of eco-friendly practice and create intellectual visual outcome(s) (booklet, posters, videos etc) for further dissemination in their local communities.

Participating organizations:

[Umbrella \(Georgia\)](#) 

[National Association of Youth Workers in Bulgaria \(Bulgaria\)](#) 

[Aequalitas \(Portugal\)](#) 

[Development & Initiatives \(Ukraine\)](#) 

[L.O.V.E 2 L.E.A.R.N. Foundation \(Sint Maarten\)](#) 

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Reduce your water use!

Bringing awareness to water waste and pollution

The group from St.Maarten introduced the workshop about water. They gave the participants the information, hints, and types of how to sustainable use water resources and don't waste water. They did an activity waterdrop from the compassito manual after their presentation.

More information about the activity can be found [here](#)





Awareness of water waste

The average person uses about 135 liters of water. Everyday we use water for cooking, showering and laundry but are you aware of **how much water is consumed by these day to day activities?**

Taking a shower for just 1 minute consumes about **1.75 gallons** of water so let us imagine how much water is wasted when someone takes a shower for a half an hour.

The consequences

Only 1% of the water in the world is drinkable.

As we continue to use and waste water, it eventually becomes sewage and is disposed of back into the ocean. The sewage contaminates the water and kills marine life. If this continues the amount of water we use will gradually decrease and the results will be disastrous. Polluted water will kill all marine life, kill of vegetation and eventually humanity itself!

WHAT CAN WE DO TO PREVENT THIS?

We have a lot of ways to prevent this and help this environment, such as:

- Turn off the tap when you are brushing your teeth;
- Store rainwater to use;
- Install shower heads;
- Plant drought-resistant trees and plants;
- Avoid excessive use of water;
- Spread awareness of water retention.



PETE



HDPE



V



LDPE



PP



PS



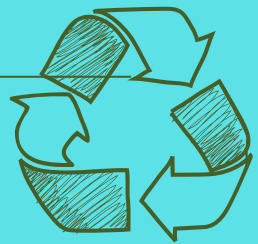
OTHER



The group from Ukraine introduced the workshop about waste literacy. They gave information about plastic resin international codes, what are the 7 main groups and how are they called.

WASTE LITERACY

It is about helping people to understand the impact of the waste generated and seek to promote novel approaches for treatment and re-use to move towards a circular economy.



WHAT IS IT ABOUT?

The plastic recycling number system identifies the type of plastic polymers used in its manufacturing, some of which can be recycled while others are more difficult or cannot be recycled.

There are 7 types of plastic recycling codes above, that will help you recycle right.

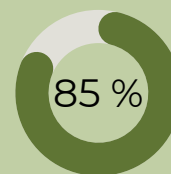
DID YOU KNOW?

REDUCE.
REUSE.
RECYCLE.



Over 75 % of waste is recyclable, but we only recycle 30 %.

Recycling 1 Aluminum can saves electricity for movie night.



Plastic is the most recycled type of waste. Around 85 % of plastic can be recycled.

Recycling 1 ton of paper saves 17 trees.



GOOD PRACTICES IN UKRAINE

Potrib is a brand that makes backpacks and bags from the leftovers of furniture production



Eco-pencils are the student initiative to popularize growing plants and use materials till the end.



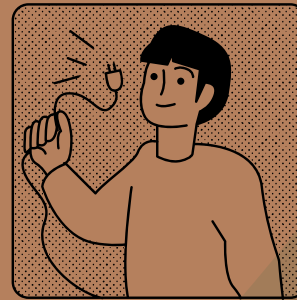
ECO-HABITS IN ORGANISATIONS

The group from Armenia introduced the workshop about eco habits in organisations. They introduced eco-friendly good practices in Armenian different organisations. Then the participants played “Let’s Separate garbage”

Developing eco-friendly habits is essential for creating a sustainable future for our planet.



Please dispose of your trash properly.



Conserve energy!



Recyclable waste

How can an organization be eco-friendly?

- recycling
- reduce waste/compost food waste
- reduce plastic/use biodegradable plastic
- save energy/use solar panels
- reuse paper



Good practices

There is a processing plant for old tires and polyethylene enterprise in the city of Abovyan, Kotayk region.

SOLARA has adopted a strategy to carry out activities in the field of the green economy in Armenia and promote its development.



Eco Garbage NGO collects garbage each day and transports to processing plants.

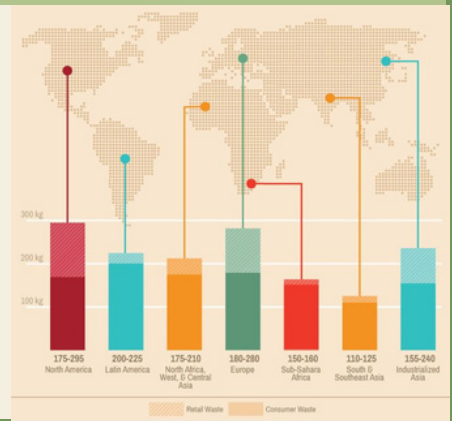
Food waste

Understanding food waste and how to reduce it

The group from Portugal introduced the workshop about food waste and composting. They provided the participants with information on the food waste issue. Also, they introduced solutions to monitoring and measuring food waste. They provided other participants with ways and types of composting.

WHAT IS THE MAIN SOURCE OF FOOD WASTE?

The main sources of food waste are households, food service and restaurants, and supermarkets and grocery stores. In developed countries, consumers are responsible for the largest share of food waste, while in developing countries, inadequate storage and transportation infrastructure, as well as inefficiencies in the supply chain, contribute to food waste.



WHAT GETS TOSSED MOST OFTEN?



HOW TO AVOID FOOD WASTE?



ALARMING FACTS

- The percentage of produced food that is wasted is approximately 1/3;
- The amount of food waste per house in Europe is 25%;
- Food waste is a major contributor to greenhouse gas emissions, causing around 8% of global greenhouse gas emissions.

Good practices in Portugal



Refood is a organization that fights food waste and hunger by collecting surplus food from businesses and redistributing it to those in need through a network of volunteers and partner organisations.

"Minuto Verde" is a programme on RTP (Rádio e Televisão de Portugal), the national public broadcaster in Portugal, that aims to raise awareness about environmental issues and promote sustainable practices.

Too Good To Go is a mobile app that allows users in Portugal to purchase unsold food from local restaurants, cafes, and supermarkets at a reduced price. The app aims to reduce food waste by connecting users with nearby businesses that have surplus food at the end of the day.

The Maré Viva Programme is an environmental initiative launched by the Portuguese government to improve the water quality and cleanliness of Portugal's beaches. The programme focuses on reducing pollution and preserving natural resources to create a more sustainable coastal environment.



AWORLD

The group from Georgia presented the app Aworld and its basic functions and its importance to protect the nature in a digital way.

AWorld in Support Of ActNow, is the gamified App that engages, educates and measures the impact of communities with the goal of creating a culture of sustainability.



AWORLD

AWorld officially supports ActNow.

AWorld officially supports ActNow, the United Nations campaign for individual action on climate change and sustainability.

11,263,094

CLIMATE ACTIONS
TAKEN AROUND
THE WORLD



The mobile app combines lighthearted guidance towards a more sustainable lifestyle with incentives and gamification to bolster engagement. AWorld is the lifestyle app that makes sustainability accessible through habitual changes, a storytelling approach to education and community collaboration.

Good practices in Georgia:

- Preshfood Mobile app that allows people to rescue precious meals at a reduced price while helping businesses handle surplus food. Wasting it damages our environment.
- TENE is a USB cable made of polyethylene waste. It is the first Georgian USB cable and also the world's first GREEN USB cable. This signifies the proceeds from its sales will be directed to cleaning our nature from polyethylene wastes and recycling these wastes.
- Umbrella NGO - Georgian NGO which collects waste for recycling.

NATURE AND CAMPING

GOOD PRACTICES

The group from Bulgaria introduced why appropriate behaviour in nature is important, along with examples of such behavior.



Leave an unattended fire.



Litter.



Throw rubbish or body waste in water sources.



Pick flowers.



Put out the fire when you leave.



Pick up left-behind garbage and your own trash.



Keep the waters clean.



Enjoy the flowers.

Saving the environment doesn't always start with big things.
Take your first simplest step to save the earth,
and it will take care of you.



Good practices in Bulgaria

It is our responsibility to preserve nature and prevent climate change!

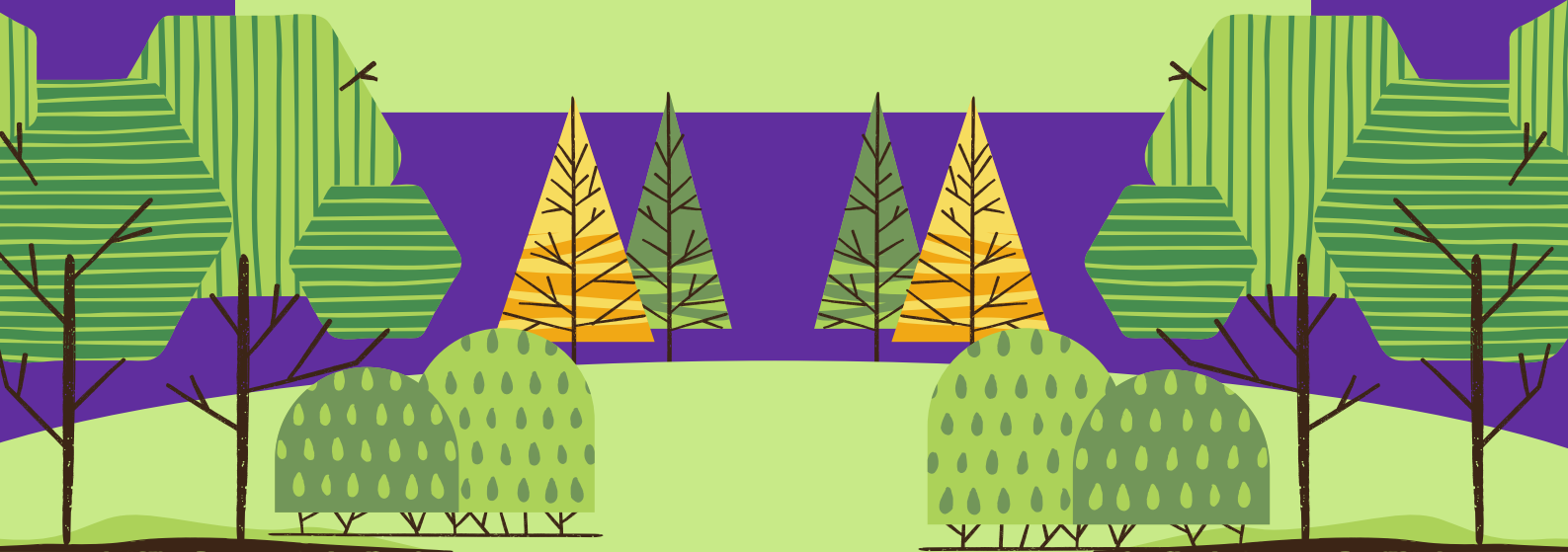
THINGS WE DO:

Students plant trees to celebrate graduate middle/high school.

Small municipalities organise courses for youth, who then share the information with other youth.

A network of volunteers donates free trees to people who can take care of them.

A network of volunteers gathers bottle caps, recycles them, and donates ambulances where needed.



Conclusion:

As a result of the Youth Exchange "Eco Habits Matters", the participants improved their competences in eco habits and became eco habits promoters at both online and offline spaces.



Local actions show a large number of young people (at least in Bakuriani, Georgia) are not aware of several eco-habits that are important to promote sustainable living.

The booklet is a helpful resource for youth workers and young people to increase their understanding of environmentally friendly practices and how even little changes may help reduce pollution that endangers our environment.



Watch our [video](#) from the youth exchange

Thank you for reading this booklet!

Please share on social media to provide as many youth with the opportunity to improve their environment as possible.