



Funded by the  
Erasmus+ Programme  
of the European Union



# ONCE GREEN ALWAYS GREEN

January 24 - February 4  
Bakuriani, Georgia



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# Introduction

## What?

The resource was created in the scope of the youth exchange Once Green Always Green, funded by the Erasmus + program of the European Commission. The project took place in Bakuriani, Georgia, from January 24 to February 4, 2022, led by the Portuguese organization AEQUALITAS and hosted by the Georgian youth organization Umbrella.

## Why?

The goal of the project was to bring together 40 participants from 8 countries and explore the ecological lifestyle/habits and share/exchange experiences of ecological habits with each other through workshops and other means. In the period of global warming, developing ecological habits is crucial for addressing environmental issues and the global crisis.

## Main objectives

- To equip young leaders with competencies and creative tools/methodologies for the promotion of an eco-lifestyle in their work and life;
- To identify the non-green habits in the youth work process and develop ideas, tips, and hints for changing them into eco-friendly via mini-blogs series;
- To explore digital tools (programs, mob apps and etc) in promoting green habits;
- To share and mix the experience of visual, digital skills, healthy practice and create intellectual visual outcome(s) (booklet and e-visual resources - posters, videos, pics, etc) for further dissemination.

## How?

The booklet is providing answers to what is the main aspect of green lifestyle and how we can improve it by changing our daily habits including using e-tools. It provides relevant and effective tools for developing eco habits. Also, the outdoor and online campaigns with subsequent results/outcomes are enclosed in the booklet.

## Who?

The booklet was created by the participants of the youth exchange and was designed by the team of facilitators. The names and countries of origin are given below.

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## **Participating Organizations**

Umbrella (Georgia)

V.I.A.C. (Slovakia)

Federation of Youth Clubs of Armenia (FYCA) (Armenia)

Sunflower (Turkey)

AURYN (Spain)

AEQUALITAS (Portugal)

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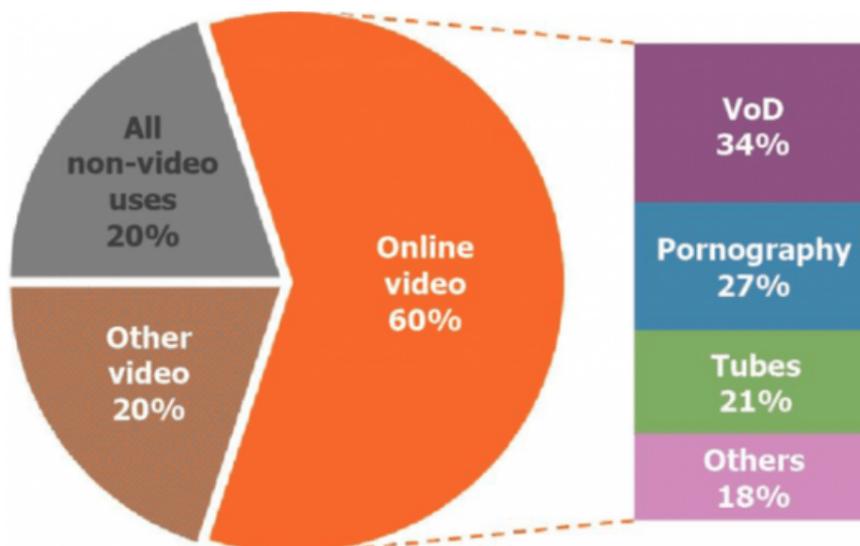
Inês Lacerda

This project has been funded with support from the European Commission. This communication reflects the views only of the authors, and the Commission cannot be held responsible for any use, which may be made of the information contained therein.

# WHAT IS DIGITAL POLLUTION?

Digital pollution is all the pollution generated by new technologies. Our digital needs are important, like Netflix, Google, AirPods, Apps, or emails, to name a few examples. But all of this requires a lot of energy. Increasing energy consumption will increase the emissions of greenhouse gases (GHG).

Online videos alone account for 20% of all digital GHGs!



## \* 5 Tips for Reducing Your Digital Footprint \*

- Delete and unsubscribe unwanted newsletters and spam. One email adds about 20 grams of carbon dioxide into the atmosphere.
- Delete the apps you don't use. On average, a person has 70 apps on their phone, most of which they don't use.
- Close any browser windows that you don't use.
- Unplug your phone when it's done charging. Charging your phone beyond the necessary time consumes more energy.
- Smaller screens consume less energy. When shopping for a new phone, opt for a smaller screen.

# Apps for an Eco-Friendly Lifestyle



## ECOSIA

Ecopia is a search engine that donates 80% of its profits from search and display ads to conservation projects that plant trees all over the world.

[| CLICK TO DOWNLOAD](#)



## AILUNA

Ailuna is a sustainability training app that makes it fun to develop habits that are good for you and the planet.

[| CLICK TO DOWNLOAD](#)



## REFILL

Refill is an award-winning campaign from City to Sea to help people live with less plastic.

[| CLICK TO DOWNLOAD](#)



## iRECYCLE

This app helps you quickly choose a material, find local options, contact recyclers, and map a route to the location.

[| CLICK TO DOWNLOAD](#)



## RECYCLE STACK

A game where you collect garbages and throw it m into the recycling bins in order to protect the animals.

[| CLICK TO DOWNLOAD](#)

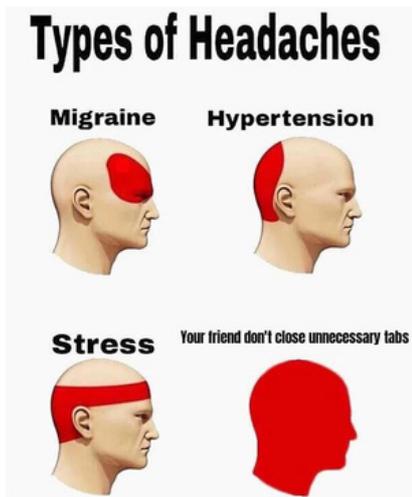
On the next page, you can find an example of a video and meme that the Armenian group members created showcasing some tips on how to reduce our digital impact.



[CLICK HERE TO WATCH THE VIDEO](#)



WORKSHOP PHOTOS & MEMES



-He always closes unnecessary tabs



The Armenian team was responsible for the topic of Digital Pollution  
Credits: Aper Nahapetyan, Veronika Beknazaryan, Tigran Avetisyan, Arusyak Harutyunyan, Artyom Barseghyan.

# OFFICE FOOTPRINT

Companies are large consumers of energy in order to provide goods and services to society, and right now they have feasible options to reduce their energy consumption, through actions that also favor the reduction of expenses, increased competitiveness, and technological innovation.

Betting on the acquisition of new habits that imply less carbon expenditure in our workplace guarantees greater sustainability of the environment, allows proper management of companies, and more efficient use of resources.

## Tips on how to reduce your office footprint



- **Go to work by public or by fuel-free transportation,**  
Like walking or cycling. This way you decrease CO2 emissions, increase your health and you can also save money. If a car is strictly necessary, try to carpool.
- **Avoid eating out, bring your own food to work.**  
Eating out regularly consumes a lot of our planet's resources. Try to bring your own food to work. It's good for your wallet and it's a great way to socialize with your coworkers.
- **Turn off the lights and electronic devices, when possible.**  
Consuming energy wastes our planet's non-renewable resources and it's associated with carbon emissions, harming the environment. Additionally, turning off the lights and electronic devices helps save energy and money. If you can't turn them off, chose LED bulbs or sensors and renewable energy sources.
- **Recycle at work**  
Recycling is the first step to managing our waste. Not only at home but everywhere else, especially at work.

- **Use your own bottle and refill it with tap water at work**  
Single-use plastic is terrible for the environment. At work, it is easy to resort to them. Avoid it by always carrying a reusable bottle.

- **Avoid capsule coffee**  
Chose plastic-free ways of making coffee, like grounded coffee or instant coffee. These alternatives protect the environment by preventing pollution.

- **When you must use paper, choose recycled one**  
Using recycled paper is a way of reducing deforestation and pollution, so it's an eco-friendlier option.

- **Manage the waste of water at work**  
When at work, be aware of the water you waste. Turn off the taps and avoid using a full flush toilet. In the presence of water leaks, tell someone responsible immediately.



[CLICK HERE TO WATCH THE VIDEO](#)

The Portuguese team was responsible for the topic of Office Footprint. Credits: Daniela Delgado, José Lozano, Manuel Coelho.

# ZERO WASTE

Living every day, we create a lot of garbage, throw it in the trash bin, and don't think about where it goes. The same thing, collected separately and recycled, mixed and sent to landfill, have different effects on nature and human health.

Food waste in landfills rots and emits dangerous gases - methane and carbon dioxide (CO<sub>2</sub>), which have a negative impact on people and animals living nearby.

Is it possible to reduce waste production or avoid it altogether? We think yes. Follow the rules of the Zero Waste conception and you will really deal with it!



## THE 5 PRINCIPLES OF ZERO WASTE

### REFUSE

Think about things that you didn't use at all but threw it away. Was it pointless presents and souvenirs or maybe paper ads that you even didn't read? Try to avoid it first.



### REDUCE

There might be things that you can't refuse at all but reduce consumption. For example, choose less packaging at the grocery shops. You don't need to put bananas in a plastic bag. Also, avoid marketing tricks with several layers of packaging. We need only one or sometimes don't need it at all.



### REUSE

Meet your new friends – all reusable things instead of single-use ones! Drink tap water from your own bottle, take away coffee in your own mug, and take your shopper instead of plastic bags. Reduce waste and save money.



## RECYCLE

What to do with the waste that you didn't manage to avoid? Of course, recycle! First of all, you need to find out which things are acceptable for recycling nearby. And after that choose in shops only the types of packaging that you will be able to recycle.



## ROT

Last but not least – is organic waste. Firstly, please, avoid food waste because 1/3 of the food in the world is thrown away. After trying to decompose your leftovers because it might be up to 40% of your daily waste, unfortunately, it's not really decomposing in landfills.



## ZERO WASTER'S BEST FRIENDS

- **Birthday wishlist** – help your friends and relatives not to gift you useless things.
- **Reusable water bottle** – reduce plastic waste and save money by refilling your bottle at home, cafes, and bars.
- **Eco-bags** – fight-free plastic bags that are everywhere.
- **Mug/thermos** – enjoy your hot drinks wherever you want without using fake paper cups.
- **Shopper/backpack** – the easiest way to start reducing ways. Choose a lovely shopper and you will never leave it at home.
- **Composter** – turn your leftovers into gorgeous fertilizer. Even if you are in the flat you can try it with help of special worms.

- **Recycling symbols** – pay attention, not everything that has it might be recycled; find out which materials are acceptable for recycling nearby.
- **Sanitizer** – stop using wet wipes: it's single-use, non-recyclable, and partly made of plastic.
- **Shampoo and soap in bars** – travel-friendly, long-lasting, and often package-free.

To get more tips and develop your eco-skills you can play an exciting and educational board game called "Zero Waste". The game requires printing and is provided in Russian and English.



[CLICK HERE FOR MORE INFO](#)



[CLICK HERE TO WATCH THE VIDEO](#)

The Russian team was responsible for the topic of Zero Waste. Credits: Polina Khotunitskaia, Oksana Kreslavskaia, Armen Gazanchian, Anton Vardanyan, Eduard Muradkhanov.

# Nature and Forest

Forest is one of the oldest ecosystems in the world. It's home to many animals, plants, and people. The structure of the forest is unique and once we destroy it, it will take some time to recover.

If we want to preserve forests for as long as possible, it is important to behave eco-friendly. One of the good habits is eco hiking. Here are some tips to do it the best way possible.

## Eco Hiking Tips



- **Don't be loud**

There are other live beings in the forest.

- **Follow the hiking path and stay on it**

If you leave, you might damage unique fauna and flora.

- **Don't throw the litter**

It pollutes the soil and water.

- **Set up fire only in designated places**

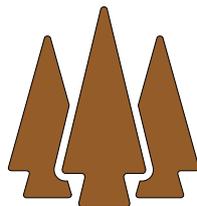
Otherwise, you might start a fire and burn the forest.

- **Don't destroy**

When it comes to animals, don't disturb or kill any representatives of fauna, even the smallest inhabitant.

- **Don't brake sprays**

They serve as a resting place for birds.

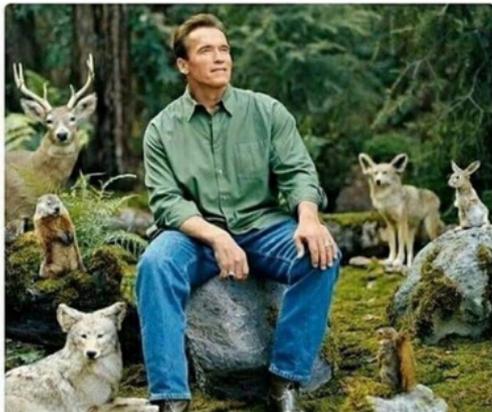


The forest thanks you!

## Time chart with decomposition of some materials



Me, when bring single piece of garbage to the trash bin



[CLICK HERE TO WATCH THE VIDEO](#)

The Slovak team was responsible for the topic of Nature and Forest. Credits: Tomas Letasi, Eva Zofajova, Dorota Sustekova, Rebeka Romanakova, Adrián Chocholáček.

# Consumerism

Consumerism is a trend in the contemporary world that consists of buying and/or accumulating goods and services over and above what is considered basic necessities. Current levels of consumption have a major impact on the environment and the health of ecosystems. Therefore, we need to make changes in our consumption habits to help us achieve a more sustainable society, both ecologically and socially.

What are the differences between consumption and consumerism?

## Consumerism

The attitude of excessive consumption without taking into account real needs, or the negative social or environmental consequences of overconsumption. Consumerism is opposed to responsible consumption.

VS

## Consumption

The act of acquiring goods necessary to satisfy a primary or secondary need.

## Causes

- The power of the **economic factor**: only what is economically profitable is valued and firms do not care about ethical and environmental issues.
- **Interdependence of nations**: everything depends on everything, so only a few products are 100% produced in a single country.
- **Scientific and technological breakthroughs** such as the Internet, genetic manipulation, new devices, and ways of consuming.
- **Welfare society**: increasing salaries lead to new habits of consumption. Social status is determined by the use of certain brands and products.

- **Influence of the media:** advertising and excess information make it impossible to avoid consumerism messages.
- **Homogenization:** single thinking, the excess of information, and the pressure that media put on society leads to sheeple behavior, so individuals tend to act in the same ways as others not to feel alone.
- **Change of traditional values for:** "anything goes", appearance culture, mythification of pleasure, the cult of the body and youth, everything is ephemeral, obsession with efficacy-efficiency, scientific mythification.

## Consequences

- Greater social and economic differences between countries.
- Inside each country, the level of **inequality** becomes more noticeable
- **Loss of personal identity** by confusing who I am with what I have.
- **Destruction of the environment** due to the cutting of trees, indiscriminate use of water and electricity, toxic products, etc.

### How to avoid compulsive consumerism?

We can practice responsible consumption, which is based on knowing the information about the production process and the consequences it produces. Ask yourself these questions:



- Where was this product produced?
- Was the environment respected?
- Were the employees' rights respected?
- Do we know the real production costs?
- Where will the money go and how?

## Fair Trade

It promotes economic relationships between northern and southern countries taking into account ethical criteria and guarantees for southern countries. It trades with small producers, promotes equality among men and women, protects the environment, and rejects child labor.

Moreover, we can implement some tips into our daily lives, regarding energy, clothing, food, or technology consumption:

### Energy



- Unplug electronic devices when they are not being used.
- Reduce the consumption of batteries, paper, and aluminum. You will save energy and stop the degradation of the environment.
- Placing a two-liter bottle in the cistern, taking a shower instead of taking a bath, and using the washing machine and dishwasher only with full loads will help you save water.
- Using public transport and cycling, in addition to saving energy, avoids pollution. If you use the car, share it whenever you can.

### Technology



- Buy technological devices with ethically right choices.
- Take care of your devices and repair them if possible instead of changing them
- Be digitally clean, clean not only your room but also your inboxes or clouds.
- Use the hard disks to store information instead of uploading them to the cloud.
- Give your phone to someone who does not have one or sell it.
- Try not to buy many devices.

## Food



- Buy in neighborhood stores, and reject large surfaces.
- Consume fresh and natural food, from local producers and with minimal packaging.
- Avoid items packed in white cork trays, they are toxic and difficult to recycle.
- Substitute PVC containers for glass ones that hardly make the product more expensive, are recyclable, and do not generate waste.
- Bring your own baskets and bags to the purchase.
- Go to Fair Trade establishments, since their products are made in cooperatives where workers have a decent salary.
- Buy organic products or products that carry an eco-label that ensures respectful production.

## Clothes



- Keep in mind the product cycle: where do they come from? Buy clothes made in our country, and choose recycled fabrics and materials.
- When you wash them, use biodegradable soaps and detergents, and phosphates.
- Reuse your clothes, extend their life: exchange, recycle, fix...
- Don't throw it away, better donate it to Social Services (like Cáritas...), they will redistribute it to the people who need it.



[CLICK HERE TO WATCH THE VIDEO](#)

The Spanish team was responsible for the topic of Consumerism. Credits: Ainoa Herrero Álvarez, Irene Díez González, Carmen Díez Prieto, Aitana Núñez Rodríguez, Sara Fernandez Trapote.

# Food Waste

“Food waste” is food appropriate for human consumption being discarded or left to spoil at the consumer level – regardless of the cause. Food waste refers to the decrease in the quantity or quality of food resulting from decisions and actions by retailers, food service providers, and consumers.

- Throwing away 1 burger wastes the same amount of water as a 90-minute shower.
- Nearly 1 billion people could be fed on less than a quarter of the food wasted in the US, UK, and Europe.
- An area larger than China is being used to grow food that is never eaten.
- \$1 Trillion Dollars’ Worth of Food Is Wasted Each Year.
- Rich Countries Waste as Much Food as Sub-Saharan Africa Produces.



## Ways of avoiding food waste

- Adopt a healthier diet.
- Buy only what you need and don't overconsume.
- Don't judge a fruit by its looks. Buy fruits with spots, it all tastes the same.
- Store your food wisely, keep your food in the correct parts of your fridge.

- Don't waste your leftovers. Request your leftovers at restaurants.
- Create a shopping list.
- Use smaller portions.
- Understand the food labeling system. Search for words such as "best before" when you are buying a product.
- Support your local food producers. You also help fight pollution by reducing delivery distances for trucks and other vehicles.

## What can we do with our food waste?

- We can compost our food.
- We can use leftovers as a food source for street animals.
- We can use the waste, such as teabags and others, as a skincare product.
- We can use the fruit peels to make various teas.
- We can reuse the waste in cleaning, such as lime peels, etc.



[CLICK HERE TO WATCH THE VIDEO](#)

The Turkish team was responsible for the topic of Food Waste. Credits: Umut Erdem, Elif Öykü Aldırmaz, Melih Kınalı, Onuralp Arslan, Mehmet Kaan Çanakçı.

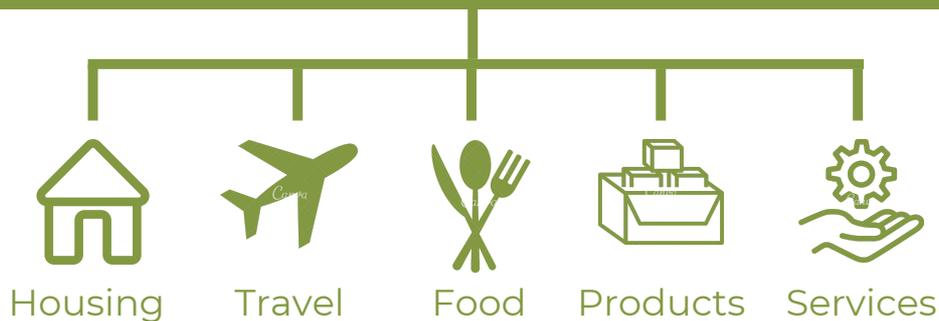
# Personal Footprint

The personal footprint is the greenhouse gases and the total carbon dioxide released due to our individual activities.

This method is promoted by the Global Footprint Network to measure human demand for natural capital. Footprint and biocapacity change every year with the number of people, per-person consumption, efficiency of production, and productivity of ecosystems.

On a global scale, footprint shows how big humanity's demand is compared to what Earth can renew. Country-by-country comparisons show the inequalities of resource use on this planet.

Personal footprints can be broken down into five main categories, which capture all the major ways personal consumption can cause greenhouse gas emissions:



## Earth Overshoot Day

Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year.

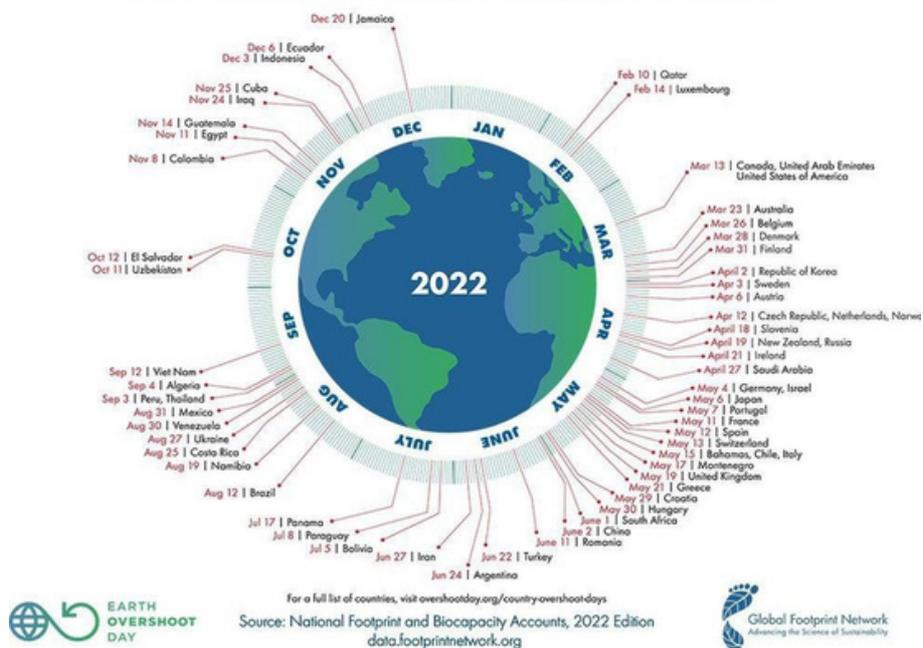
Earth Overshoot Day is computed by dividing the planet's biocapacity (the amount of ecological resources Earth is able to generate that year), by humanity's Ecological Footprint (humanity's demand for that year), and multiplying by 365, the number of days in a year:

$(\text{Earth's Biocapacity} / \text{Humanity's Ecological Footprint}) \times 365 = \text{Earth Overshoot Day}$ .

[Check the website for more information](#)

## Country Overshoot Days 2022

When would Earth Overshoot Day land if the world's population lived like...



This bar chart shows the date of World Overshoot Day for the participating countries.

You can count how many planets do we need if everybody lives like you and when is your personal Overshoot Day.

[Check the website for more information](https://overshootday.org/country-overshoot-days)



## Tips for reducing the Footprint

It is significant not only to be aware of the problem but also to work on decreasing your personal footprint. Let's start with some basic steps to reduce your footprint in several areas of life.

### At home



- Turn off the lights.
- Compost.
- Slow down and dine in.
- Store leftovers in glass jars.
- Reduce, reuse and then recycle.
- Take all of your electronics to certified electronics recycling points

### At work/ university

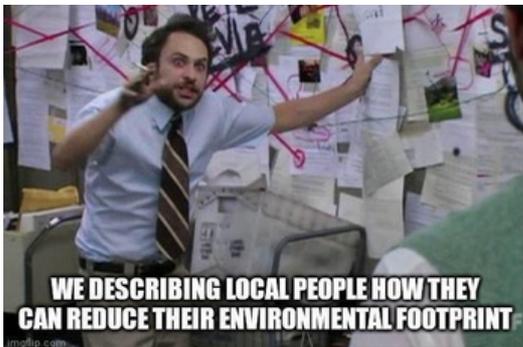


- Switch off electrical devices.
- Raise awareness.
- Cycle to your work/university.
- Be digital (use as less paper as possible).
- Bring your own cup.
- Pack your lunch in reusable containers.
- Say no to disposable straws & cutlery.
- Skip the plastic bags.
- Use less plastic packaging.
- Use public transport.
- If there are instructions on the recycling bin, follow them as best as possible.

On the  
journey



- Travel locally.
- Use your own shopping bag.
- Carry a reusable water bottle.
- Avoid single-use items as much as possible.
- Prefer trains/buses to flights.
- Mind your consumption.
- Don't get carried away by useless souvenirs.



[CLICK HERE TO WATCH THE VIDEO](#)



The Ukrainian team was responsible for the topic of Personal Footprint. Credits: Olena Marchuk, Oleksii Kashtalian, Kateryna Tsopa, Vitalina Shevchenko, Tetiana Tesolkina.

# Waste Literacy



Recycling the waste we produce could significantly decrease the human footprint on the environment and climate crisis. In order to do this, we need to know what and how to recycle. Did you know that each product/item has its specific code to be recognized for recycling?

Those are small codes stamped onto plastic, glass, metal, paper and other products that help us separate properly without mistakes. Can consist of numbers, short abbreviations of the chemical consistence or the name of the material.

## Plastic Codes



PET or PETE, is the most commonly recyclable type of plastic that can be found in food and drink containers, bottles, etc.



High-density polyethylene (HDPE) is the recyclable, non-transparent type of plastic used to produce shampoo bottles, yogurt containers, and more.



Polyvinyl chloride (PVC) is used in most children's toys, is more difficult to recycle, and has dangerous containments such as suspected carcinogens.



Low-density polyethylene (LDPE) is soft and flexible, and can commonly be found in thin plastic bags.



Polypropylene (PP) is also very difficult to recycle and needs to be carefully checked. It can be found in straws, soft-drink cups, and other food containers like utensils.



Polystyrene (PS) is not a recyclable type of plastic unfortunately commonly spread and used in several takeout containers.



Other - Includes plastics not included in the previous six categories, including BPA, polycarbonate, and bio-based plastics.

## Glass Codes



Mixed Glass (GL-70) - Food storage jars.



Clear Glass (GL-71) - Wine bottles.



Green Glass (GL-72) - Beer bottles and other light-sensitive products

However, other kinds of glass, like windows, ovenware, Pyrex, and crystal are not recycled!

## Paper Codes



Corrugated fiberboard (PAP-20) - Cardboard.



Non-corrugated fiberboard (PAP-21) - Cereal and snack boxes



Plain paper (PAP-22) - Newspaper, books, magazines, wrapping paper, wallpaper, paper bags, paper straws

Most paper products can be recycled. However, dirty or greasy paper, along with laminated paper, cannot be recycled. There are three types of paper recycling codes:

## Metal Codes



Steel (FL-40) - Food cans.



Aluminium (ALU-41) - Soft drink cans, deodorant cans, disposable food containers, aluminium foil, heat sinks



Compostable waste logo



[CLICK HERE TO WATCH THE VIDEO](#)

The Georgian team was responsible for the topic of Waste Literacy. Credits: Khatia Vardishvili, Mirian Qebuladze, Medea Pavliashvili.



## ARMENIAN TEAM

[CLICK HERE FOR MORE TOOLS & RESOURCES ON THIS TOPIC](#)



## PORTUGUESE TEAM

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## RUSSIAN TEAM

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## SLOVAK TEAM

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## SPANISH TEAM

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## UKRAINIAN TEAM

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## GEORGIAN TEAM

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# Conclusion

As a result of Youth Exchange Once Green Always Green participants improved their competences in eco lifestyle/habits and became potential green habits promoters at both online and offline spaces.

Local actions show that young people (at least in Georgia, Bakuriani) are not aware of many green habits that are important to sustainable development and environment.

The booklet is a useful tool for the youth workers and young people to deepen their knowledge in green lifestyle/habits and to understand how to improve environmental issues by developing sufficient habits.



*Thanks for reading this booklet, please spread in your social media channels to give as many young people as possible the opportunity to improve their health condition.*

