



# EMBRACE EMBRACE



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# PUBLICATION EMBRACE

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## *Environmental Mobility by Raising Awareness on Changing our Earth*

„EMBRACE“ is a two-year Erasmus+ KA2 project funded Education, Audiovisual and Culture Executive Agency (EACEA) in order to provide a non-formal environmental education and empower young people to be environmentally active. The seven partner organizations located in France, Peru, Greece, India, Italy, Vietnam and Serbia work together to deliver an innovative and effective approach to support the new EU youth strategy, prioritizing youth concern for environmental protection by increasing their involvement in sustainable programs.

*“We are witnessing the growing number of wild landfills in our own environment, sudden temperature changes, direct transition from summer to winter, drying up of rivers, and many other phenomena in nature that directly affect our lives. It is only important that we understand our own role in everything and try to contribute to the preservation of our beautiful planet before it is too late”*

*- Veljko Avramovic*



CHANGES

### Problems

- Global Warming
- The Biodiversity Loss Second Story
- The Water Crisis
- The Pollution Problem
- ...



## *Main aims and goals*

The project aims to increase the capacity of 7 youth organizations to provide non-formal environmental education and empower young people to be environmentally active. Indeed, youngsters are the most exposed to climate changes, increasing pollution and certain health diseases (such as lung cancer, heart disease and acute respiratory infections, notes the World Health Organization) and youth organizations play an essential role in youth education and preparing them to become responsible citizens with global values. Also, the project supports the new EU youth strategy, prioritizing youth concern for environmental protection by increasing their involvement in sustainable programs, while, opens the door to organizations and young people to connect with European partner countries facing similar issues for fostering mobility, education and volunteering.

- **United Societies of Balkans—Greece**
- **DISHA International Foundation Trust—India**
- **Education for Vietnam Organic Lifestyle (EVOL) - Vietnam**
- **3PA (Penser, Parler, Partager, Agir – Thinking, Speaking, Sharing, Acting) - France**
- **BRIGADA DE VOLUNTARIOS BOLIVARIANOS DEL PERU—Peru**
- **NEW HORIZONS—Italy**
- **Razvojni centar za mlade (Development Center for Youth) - Serbia**



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# The Sewing Workshop

The impact is considerable, taking into account that buying a small truck to collect waste costs more than 15,000eur and lasts 5 to 10 years whereas a donkey costs less than one tenth and last longer. Plus the maintenance costs of donkeys are a lot lower and they don't need oil or electricity to run which makes them more cost efficient in a world of ever rising oil prices.

Besides, donkeys can be useful when they are not working collecting waste; on one hand their milk is considered to be the closest to human milk and hence very much valued.

Donkeys are cute and friendly animals that don't pollute the environment like motor vehicles do and are also much quieter!

In addition, they are ideal therapists for people with special illnesses such as autistic children and for people recovering from drug problems: Onotherapy –therapy with donkeys is proving wonders on mentally disabled people. It have social effect because it becomes a way to reintroduce socially excluded people -with mental or addiction problems- thanks to using contact with animals as a therapy –onotherapy– and finally it turns waste collection into a tourist attraction and an education tool.



New Horizons



## Donkey collecting rubbish in streets of Castelbuono, Sicily (Italy)

Castelbuono is a Zero Waste town of 10.000hab in Sicily, Italy, which has managed to develop an innovative system to marry sustainability, social work and economics. They decided to link the recovery of a traditional donkey-breed from Sicily with the challenges of the waste collection in narrow streets and the social work to reintegrate people into society;

It was introduced a method of collecting the waste with the use of donkeys instead of trucks. The old town consists of many narrow streets and steps meaning that it is impossible to pass through them in a motor vehicle.

Donkeys are used to do the door-to-door separate collection of trash. On one hand it makes donkeys useful so that recovering this breed stops being a cost to become an asset and all of this without scaring off the big number of tourists that visit the fantastic medieval castle or buy local products of this Sicilian town.

## Target groups

Youth workers who want to share and propose this practice once they return in their country.

Young and young adults who want to learn how to sew by using the sewing machine and also to do embroidery

Socially excluded people -with mental or addiction problems- thanks to using contact with animals as a therapy, onother-apy;

Local community is more stimulated to waste sorting and recycling;

Tourist benefit to see this particular activity

## Partners

- New Horizons,
- Municipality of Castelbuono
- EVOL Vietnam
- Brigada De Voluntarios Bolivarianos del Peru



## Visit to the Municipality of Tusa: good practice in recycling and waste sorting

Meeting Mayor and ecological operators who explained the D2D collection system in Tusa.

Sorting waste at home for a door to door collection system is one of the best environmentally sustainable waste management methods. Specifically, it refers to the collection system where citizens place domestic waste close to the street in personal waste containers. In Tusa was introduced about 15 years ago for reducing the impact of the trash and garbage, having a cleaner town and environment. There is a calendar as follows:

Monday organic, Tuesday plastic, Wednesday paper, Thursday organic, Friday undifferentiated waste, Saturday organic + glass ad cans. For bulky waste you have to call and book the pick up.

# My environmental reality

The activity starts when the facilitator asks the participants to reflect on environmental issues that they are facing in their own communities and countries. After 5 minutes, the facilitator invites the participants to write on a flipchart all the issues that came to their mind, putting them one under the other. While this process happens, the facilitator invites participants to give a bit more context about the issues they brought up and why are they crucial.

After everyone has shared, the facilitator puts the participants into smaller groups of 4-6 people, and invites each group to select one of the issues mentioned to further investigate. Each group selects an issue and has 30 minutes to discuss about its existence in its local contexts and to investigate data around it on the internet. After these 30 minutes, each group presents in plenary the issues and the discussion that took place in the group for around 10 minutes per group. After that, there 5-10 minutes of Q&A between the group that is presenting and the rest of the group.



## Body Expression

Body Expression is an activity that starts with body warm-up activities such as stretching and progresses into physical activities that are performed in groups and individually. Through the guidance of an instructor, the group is engaged into performing specific poses, which later can be improvised by the participants. In fact, after the presentation of the poses by the instructor, the group is invited to perform the poses in a creative and personal way, encouraging in this way spontaneity, expression and connection with others. It is recommended that a flow between the instructed activities is followed, so that the group engages into a continuous and focused process. What has been really effective for the group's bonding during the implementation process was the following practice: The instructors invites the participants to respond "YEAH" after each time that the instructor says "OKAY?". This has been energizing at the same time for the group, and has been used throughout the whole youth exchange. Requirement: Natural person with experience in the execution of corporal expression workshops and work with human groups, which through them promote integration, reinforce institutional values, identity and healthy lifestyles.





## Target groups

- Age 15+
- International groups. Age 16+

## Partners

- United Societies of Balkans
- DISHA International Foundation Trust
- Education for Vietnam Organic Lifestyle (EVOL)
- 3PA (Penser, Parler, Partager, Agir – Thinking, Speaking, Sharing, Acting)
- BRIGADA DE VOLUNTARIOS BOLIVARIANOS DEL PERU
- NEW HORIZONS
- Razvojni centar za mlade (Development Center for Youth)



## Recreation Workshop (Christmas Edition)

The activity concerns the reuse of used clothes into up-scaled clothes, according to the participants' preference. Participants were invited 2 weeks before by an open call to participate in the activity by bringing old clothes they don't want to use anymore, with the prospect of transforming them into clothes that they will want to use. Through the guidance of an experienced person on sewing and on recreation of clothes, the participants were given ideas on what are potential combinations that they can make, and guidance on how to sew. In parallel with the workshop, there was also the possibility to create Christmas decoration and outfits, given that the event happened around Christmas holidays.



## Climate Fresk

Through a shared understanding of the mechanisms at work, Climate Fresk enables both individuals and organisations to have an open and positive conversation about climate solutions. Participants leave the workshop having formed a strong bond with each other, and well equipped to implement the climate actions that they've identified.

### 1 – Reasoning

Participants discover the game's cards, they think together to link the cards with each other and thus highlight the causes and consequences of climate change.

### 2 – Creativity

After identifying the causes, mechanisms and consequences, the participants trace the links and illustrate the Climate Fresk.

### 3 – Discussion

After this common diagnosis, time for discussion. The aim? To share feelings and reflect on collective solutions, in order to propel action.



## Sustainable building

Throughout history, people have fabricated shelters that fit their surroundings. With a universal set of criteria in mind—including access to tools, availability of materials, and type of climate—individuals from all over the world constantly reinterpret, reimagine, and redefine the concept of home. To many of us, a home is a four-walled fixture on a permanent foundation. But to others, it is a snowy sanctuary, a hidden cave, or even a floating boat. Here, we explore these different types of houses in order to understand how and why such a wide range of shelters exist across the globe.

A sustainable project serves more than the immediate function of the building. It must also meet the needs of the local community, support active street life, promote healthy lifestyles, provide ecosystem services, and create a sense of place. Site selection and design play important roles in both reducing greenhouse gas emissions and helping projects adapt to the effects of climate change. If people can use public transportation, ride bicycles, or walk to the building, the project helps reduce the carbon emissions associated with commuting. A project that is connected to the community by pedestrian paths and bicycle lanes encourages people to walk or bike instead of drive, not only helping to reduce air pollution, but also promoting physical activity.

# World café

The event consists of 4 (it depends on the number of questions) 10-15-minute rounds of group discussion at tables, followed by a group synthesis. After each round, one person stays behind to serve as a “host” of the next round, while the rest travel to other tables as “ambassadors.” In this sense, participants have a chance to go “around the world” and bring their ideas with them from table to table. During the rounds of discussion, encourage participants to link ideas from one round to the next.

Here are some things to consider:

- Spend the first few minutes talking about the last conversation. The “host” can present ideas left at the table, and the “ambassadors” should talk about what they’ve brought from their respective places.
- Leave evidence. Draw key ideas out on the table. For the next group to appreciate the previous conversation, they will need some artifacts to respond to and build on.
- Connect diverse viewpoints and respect contributions. If needed, use a “talking stick” or button to manage each other’s input.
- Look for patterns. By the second and third rounds, themes and larger patterns will emerge in the discussion. Encourage participants to look for these and make them evident by drawing or writing them toward the middle of the tables.

After the last round, it’s time for a town hall discussion to synthesize what the groups have discovered. Referring back to the questions that matter, ask what the answers were at the different tables, and how they are connected.

## Target groups

- Age 12+
- Age 14+



## Partners

- United Societies of Balkans
- DISHA International Foundation Trust
- Education for Vietnam Organic Lifestyle (EVOL)
- 3PA (Penser, Parler, Partager, Agir – Thinking, Speaking, Sharing, Acting)
- BRIGADA DE VOLUNTARIOS BOLIVARIANOS DEL PERU
- NEW HORIZONS
- Razvojni centar za mlade (Development Center for Youth)



## Plastic recycling

EVOL Vietnam have completed the workshop on plastic waste and made eco-brick at Saigon University .

The workshop is co-organized with the Faculty of Environmental Science and more than 30 students. We practiced making a lot of eco-bricks in just 1 and a half hours . Hopefully this workshop will be the beginning of ideas to develop the next workshop from students at Saigon University.

## Plastic waste

EVOL Vietnam is happy being partner with YUU Organization to organize the workshop "Plastic waste" at the YETI Environmental Summer Camp 2022 for 55 ethnic minority students in Vinh Son 1 Orphange, Kon Tum city, Central Highland of Vietnam. The workshop has delivered useful information about plastic waste to the students as well as giving them the solution to tackle plastic waste in the local community by making eco-bricks.

At the same time, we were excited to hear the students shared their point of view about plastic waste in their own community and practices they have done to reduce the waste. We believe what Yuu has done will benefit the students in the long term and we hope to have more opportunity to work with Yuu Organization to organize more workshops like this for more ethnic students in Kon Tum in the near future.

**evol**



## Target groups

Youth workers who want to share and propose this practice once they return in their country.

Local community is more stimulated to waste sorting and recycling.

Students.

## Partners

- New Horizons,
- Municipality of Castelbuono
- EVOL Vietnam
- Brigada De Voluntarios Bolivarianos del Peru
- Razvojni centar za mlade (Development Center for Youth)
- 3PA (Penser, Parler, Partager, Agir – Thinking, Speaking, Sharing, Acting)
- DISHA International Foundation Trust
- Saigon University



## Be like one—Arnaia, Greece

During our stay in Arnaia, together with the project partners, we organized a workshop with the aim of connecting, strengthening the relationship and good fellowship between the participants. Everyone has their partner that they have to keep up with, when they move, so does their partner. Each eventually joins a new partner and so they move together and provoke a reaction from their original partner. A workshop that causes a lot of laughter, strengthening relationships between people, and which represents the behavior of people on planet earth.

Fun and educational workshops organized by EVOL Vietnam were recognized by all participants during the project



# Pollutant Extraction Program in Lake Yaya

## *Description*

This workshop consisted of collecting polluting solid waste around Lake Yaya. Also, the importance of the lake for coastal marine fauna related to the Humboldt Current was explained.

## *Objectives*

Reduce solid waste that contaminates Lake Yaya.

Educate about coastal marine fauna in the Humboldt Current and promote their protection.

Raise awareness among people about the disposal of their waste and the importance of not damaging ecosystems, specifically where marine fauna live, since they are seriously affected by garbage in the seas.



# Waste segregation, recycling and composting workshop

## *Description*

In this workshop, basic concepts of waste segregation, recycling and composting were taught. This is based on non-formal education and didactic learning.

## *General objective*

Educate about the efficient segregation of waste, the recycling process and its importance for the environment. In addition, teach the basic concepts of a compost pile, thus promoting responsible attitudes towards the environment.

## *Specific Objectives*

Make known what waste segregation is, its importance and how to carry it out. Encourage the creativity of the participants around recycling to create new useful products.

# Knowing the Environment to Protect It.

In Peru, the educational policy on environmental education does not pay attention to the practical activities of environmental conservation or transition to an eco-coexistence with the environment. Within the school stage, this knowledge is important because it becomes part of the comprehensive training of new citizens. In that sense, it is important to approach these issues in a practical way and direct these efforts to teach children and adolescents.

Roll-out of the Workshop:

*Introduction* - Presentation of the team and the workshop. (5 min)

*Creation of teams* - 4 or 5 teams will be created. (7 min)

*Bee activity* - The bee game will be played in turns while explaining the importance of bees in the environment. It ends with reflective questions about the activity. (34 min)

*Gardening activity* - The seedlings will be planted, by teams, in an area of the school. It ends with reflective questions about

## Target groups

- Age 12+
- Age 14+
- Young generations
- Youth and adults who want to volunteer for the cleaning of Lake Yaya
- Students of the 3rd year of high school from sections A, B and C of the CECAT "Marcial Acharán" school
- Primary school children of the I.E "Santa María Reyna"

## Partners

- Brigada de Voluntarios Bolivarianos del Perú Filial Trujillo and CECAT "Marcial Acharan" High School
- Mariana Diaz
- Bruno Padilla
- Marco Munar



## Forest at school

As part of the "Forest at School" project, representatives of the public company "Srbijašume" in cooperation with the Development Center for Youth and Children of the Third Grade of Elementary School "Miloje Zakić" from Kuršumlja realized a workshop and a lecture on the topic of flora and fauna in deciduous and coniferous forests and environmental protection and human impact on it. Together with the children and colleagues from the forest farm "Toplica" in Kuršumli, we planted thuja trees in the school yard, which will be enjoyed by future generations. The little ones are introduced to ideas and solutions for solving the burning problems of the planet earth.



## Green embrace reached Raška

Space of the Youth Club of the Raška Youth Office was filled with interesting stories of young people about their experiences from India, France, Greece and Peru, encouraging those present to see all the benefits of youth activism themselves and become part of some future youth story. The essence was to share positive impressions and show that networking of young people from all over the world is an opportunity not only to learn something useful, but also to travel, meet young people from other nations and cultures, and make new friends for life.

Focus of the workshop was on green policy and environmental topics – the greenhouse effect, renewable energy sources, global warming, recycling technologies, and through practical examples, the attendees saw that each of us can deal with recycling even at home, only if there is a good will and raised environmental awareness.





## Target groups

- Young people, students, pupils and volunteers

## Partners

- Razvojni centar za mlade (Development Center for Youth)
- PC “Serbia Forest”
- Elementary school “Miloje Zacic”
- Youth Club “Raska”
- VIII Belgrade Gymnasium



## Belgrade high school students in a “green embrace”

Through interesting examples from practice, educational games, but also the exchange of ideas and opinions with present high school students, one after the other important topics have followed – from recycling and how poorly it is applied in Serbia, to global phenomena such as renewable energy sources, the use of solar panels and the harmful effects of global warming on each of us.

“Our small team makes its active contribution to the green planet, but we need the help of all of you – planet Earth is our home and we must do everything in our power, even through small-scale local actions, to make it cleaner, healthier for life and more sustainable for the next generations”, pointed out Katarina, greeting the present peers.

During the workshop, video materials prepared in the previous part of the project were also shown, in order to draw the attention of young people to the fact that this type of activism is much more than work on the topic of ecology itself – that it represents an opportunity for traveling, socializing, connecting with peers from all over the world, as well as getting to know other peoples and cultures.



**Target groups**  
**Partners**



# *United Societies of Balkans*

United Societies of Balkans (USB) is a non-profit, non-governmental organization based in Thessaloniki, Greece working in the field of youth mobility, participation and facilitating youth awareness about social issues. It was founded in 2008 by the inception of a group of active young people who wanted to address the social issues which affect the youngsters in the Balkans and Eastern Europe.

U.S.B.'s objectives and values are actualized in the society and the needs of the youngsters by:

- Promoting the values of non-formal learning, voluntarism, active citizenship and democracy for the creation of a better future for the European youth;
- Promoting human rights, solidarity and respect for diversity amongst youth and the society;
- Involving minorities and immigrants into youth activities;
- Building healthy cooperation bridges between countries of the area of the Balkans and Eastern Europe with the rest of Europe.



UNITED SOCIETIES  
OF BALKANS GR

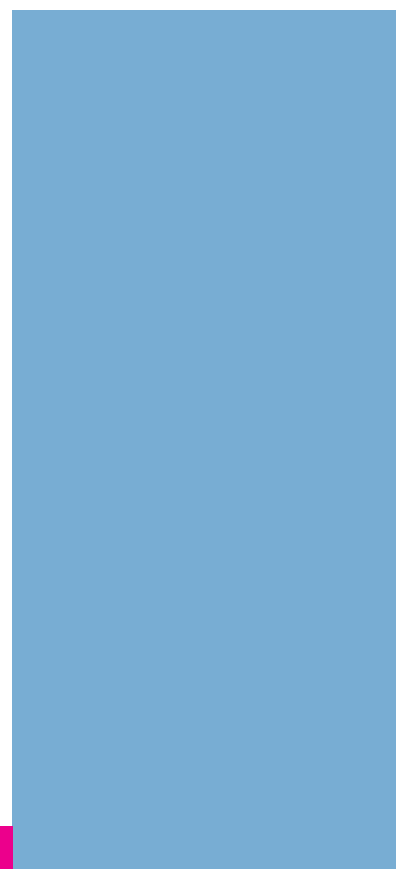
# *DISHA International Foundation*

DISHA International Foundation is experienced in Erasmus + Project partnership, educational non-government non-profit organization based in Aurangabad, Maharashtra, India. They are cooperating with all groups of people in community, but they are mostly focused on work with youth, as India is country with high rate of young people.

They are specialized in the field of capacity building, personality development, foreign languages, communication and soft skills, environmental and social responsibility awareness and providing intercultural experience through hosting volunteers from all over the world, organizing events and seminars increasing general awareness, intercultural differences awareness, realizing individuality and individual responsibility, contributing to community work and social responsibility and active participation of community citizens.

Some of their main objectives are:

- The use of education for positive changes in community;
- To support individuality and self-realization through capacity building and personality development; women empowerment through education, personality development;
- Fighting unemployment, helping young people to become employable
- Improving level of competence skills, cooperation between education and professional/work field.



# *3PA—(Penser, Parler, Partager, Agir – Thinking, Speaking, Sharing, Acting)*



The overarching goal of our activities is to encourage and develop local initiatives and experiences. Their main missions are to accompany, to educate/train and to inform. All of the above are based on the pedagogical principles of practical ecology and ecology for all. In order to include everyone – especially those most distanced from ecological practices – our activities rely on experimenting and trying out. In this sense, 3PA's core principles are collective learning and exchange of knowledge, integration of environmental conscience into every day and professional life, as well as the practical implementation of ecological principles. Accordingly, combining environmentally conscious practices with youth and educational activities are at the heart of our association.

Some of their activities can be subdivided into these main areas:

- The school EVEIL (Ecole de la Vie, de l'Environnement et des Initiatives Locales – School of Life, Environment and Local Initiatives) is charged with creating awareness for environmental topics and environmental education.
- ETRE (Ecole de la TRansition Ecologique – School of Ecological Transition) aims at building awareness for job opportunities in sustainable development and provides training to young adults wishing to pursue a career in the environmental sector.

# *Education for Vietnam Organic Lifestyle*

Education for Vietnam Organic Lifestyle (EVOL) social enterprise aims to support and promote the eco-lifestyle for our better ocean. In order to do that, they raise awareness of urban citizens about reducing single-use plastic through our workshops and community projects. They do host volunteering programs as well to improve mutual understanding of culture and perspective about the global issue- plastic waste in the ocean. EVOL also has building capacity programs for disadvantaged youth and women. We believe EVOL is a place where people who have the same passion and enthusiasm to work for a better ocean and better future can come and put the good impacts on the community.



# *BRIGADA DE VOLUNTARIOS BOLIVARIANOS DEL PERU*

BVBP is a national youth organization founded in 1982, which develops voluntary service activities at a national level, with national seat in the city of Lima and local branches in most regions of the country. They seek social change, the formation of leaders; the personal-social development of young people, their integration and participation in decision-making regarding policies that affect them with permanent sensitivity and social inclusion

Some of their main objectives are:

- Generate youth leaders and leaders
- Make service to the community, the response of young people to the problems that afflict them
- Promote the organization of young people as well as the integration of youth organizations in Peru
- Disseminate the practice and what to do democratic among its members.





# *NEW HORIZONS*

New Horizons is a non-profit organization located in Sicily, Italy dedicated to promoting social development and cultural preservation for the local territory and bridging the rather isolated local community to the dynamic world outside by means of education and training, information service, and international cooperation.



## New Horizons

New Horizons is currently member of Italian Network for the Euro-Mediterranean Dialogue (Anna Lindh Foundation) and, at local level, member of CESV Messina (The Italian Volunteer Centers), a large public network providing support services for NGOs.

Specifically, their working objectives are:

- to prepare young people with necessary skills and competences, thus increase their employability;
- to make the local territory an attractive place to live, work and thrive;
- to develop and implement programs in non-formal education for young people & adults;
- to support active citizenship and integration of all people regardless of their social and ethnic backgrounds



# *Razvojni centar za mlade (Development Center for Youth)*

Development Center for Youth (DC Youth) is a citizens' association established in 2014 with the intention to gather youth and other stakeholder groups of importance from all over the country and be active in the field of human rights education. Most of the activities of DC Youth are based on non-formal education methods, mainly on development and strengthening the network of peer educators and their further acting in local communities they are coming from (through workshops, local actions, researches, advocacy initiatives, etc.). It operates in the areas of youth policy, development of the civil society and activism, and it is aimed at:

- promotion of systematic and organized informal education for young people and general population about human rights and responsibilities and the importance of active participation in the society;
- work on programs of support to achieve and improve the mobility of young people (both internal and external);
- work on improvement of awareness, knowledge and information of young people about different social processes of importance (with a special focus on children and youth from rural areas and vulnerable groups);
- establishing communication and networking of young people from Serbia with their peers in the region and wider..



# CONCLUSION

Dear Reader,

The aim of this publication is to get you interested in starting to deal more actively with the topics of ecology and sustainable development, with full understanding that the life of all of us on the planet Earth depends on how we behave towards it.

This publication also aims to provide you with inspiration and examples of how you can start a local initiative yourself and contribute to a cleaner and healthier planet. From workshops, educational games, specific field actions of cleaning and/or planting, to learning about recycling at home, getting to know the importance of solar panels, developing awareness through videos, strong messages and info campaigns - all this is available to you if you want to animate your peers and take a step towards a greener environment.

In addition, this publication aims to show you that the issues of ecology transcend all boundaries of local communities, countries, and even continents, and are common to all of us, this time connecting on a joint mission young people from Greece, Serbia, Vietnam, India, Peru, Italy and France. Tomorrow it can be you and your peers from different parts of the world.

This publication also aims to show you the power of youth activism and unity, and that there is nothing that we, young people cannot change, only when we firmly decide. Our common firm decision should be that we will do everything to hand over the planet Earth cleaner and better cared for generations to come!

So read, have fun, look for inspiration, start an initiative, contact us for support - given that this publication is in your hands, we know that you are well on your way to joining the network of young activists who have decided to change the world for the better, making it a more quality place to live. We are waiting for you!



