

GREEN BOOK











INFO

THE GREEN BOOK WAS COLLABORATIVELY AUTHORED BY THE ENTHUSIASTIC PARTICIPANTS OF THE "YOUTH FOR SUSTAINABILITY" PROJECT. WITHIN ITS PAGES, YOU WILL FIND A WEALTH OF VALUABLE INFORMATION ABOUT ECOLOGY, AS WELL AS PRACTICAL TIPS ON HOW TO LEAD A MORE SUSTAINABLE LIFE. THIS BOOK GOES BEYOND BEING JUST AN INFORMATIONAL RESOURCE; IT IS A TANGIBLE OUTCOME OF OUR COLLECTIVE DEDICATION TO ENVIRONMENTAL AWARENESS AND ACTION. INSIDE, YOU'L KNOWLEDGE AND INSIGHTS DISCOVER EXPERIENCES GATHERED FROM OUR RESEARCH DURING THE PROJECT. MOREOVER, THE GREEN BOOK OFFERS Y UNIQUE GLIMPSE INTO OUR JOURNEY THROU THE PAGES OF A YOUTH EXCHANGE DIARY





ECOLOGICAL SITUATION IN HUNGARY

THE ECOLOGICAL SITUATION IN THE EASTERN PART OF HUNGARY PRESENTS A COMPLEX PICTURE. THIS REGION, KNOWN FOR ITS FERTILE PLAINS AND RICH AGRICULTURAL HERITAGE, FACES SEVERAL ENVIRONMENTAL CHALLENGES. ONE OF THE PRIMARY CONCERNS IS RELATED TO INTENSIVE FARMING PRACTICES. EXTENSIVE AGRICULTURAL ACTIVITIES, INCLUDING MONOCULTURE FARMING AND HEAVY PESTICIDE USE, HAVE PUT PRESSURE ON LOCAL ECOSYSTEMS, LEADING TO SOIL DEGRADATION AND REDUCED BIODIVERSITY. ON A POSITIVE NOTE, THERE IS AN INCREASING AWARENESS O THESE ECOLOGICAL ISSUES, AND EFFO UNDERWAY TO PROMOTE SUSTAINABL FARMING PRACTICES, PROTECT CRITICAL HABITATS, AND RESTORE DAMAGED ECOSYSTEMS.



ECOLOGICAL SITUATION IN ROMANIA

THE CENTRAL PART OF ROMANIA BOASTS A DIVERSE AND PICTURESQUE LANDSCAPE, YET IT FACES A RANGE OF ECOLOGICAL CHALLENGES. FORESTS COVER A SIGNIFICANT PORTION OF THIS REGION, AND ILLEGAL LOGGING HAS BEEN A PERSISTENT CONCERN, THREATENING BOTH BIODIVERSITY AND THE LIVELIHOODS OF LOCAL COMMUNITIES. CONSERVATION EFFORTS AND REGULATIONS ARE STRICTER BEING IMPLEMENTED COMBAT THIS TO ADDITIONALLY, AIR QUALITY IN SOME URB AREAS, PARTICULARLY DURING THE W HEATING SEASON, HAS RAISED ENVIRONMENT HEALTH CONCERNS. INITIATIVES AND PROMOTE CLEANER ENERGY SOURCES IMPROVE HEATING INFRASTRI ONGOING.







SITUATION IN

POLAND

THE ECOLOGICAL SITUATION IN THE EASTERN PART OF POLAND IS CHARACTERIZED BY A BLEND OF ENVIRONMENTAL CHALLENGES AND CONSERVATION EFFORTS.

ONE OF THE REGION'S KEY CONCERNS IS RELATED TO AGRICULTURE. EXTENSIVE FARMING PRACTICES, INCLUDING MONOCULTURE AND HEAVY PESTICIDE USE, HAVE RAISED ISSUES REGARDING SOIL HEALTH AND BIODIVERSITY. PROMOTE SUSTAINABLE EFFORTS TO REDUCE AGRICULTURE AND ENVIRONMENTAL FOOTPRINT OF FARMING GAINING TRACTION. THE EASTERN PART OF POLAND IS ALSO HOM TO SEVERAL PRECIOUS NATURAL HABI FORESTS AND PRISTINE INCLUDING CONSERVATIONISTS WETLANDS. ACTIVELY ENGAGED IN PROTECTI THESE AREAS FROM ILLEGAL LOGGING AND HABITAT



ECOLOGICAL SITUATION IN CZECHIA

THE ECOLOGICAL SITUATION IN THE CENTRAL BOHEMIAN REGION OF CZECHIA PRESENTS A DIVERSE LANDSCAPE, MARKED ΒY BOTH ENVIRONMENTAL CONCERNS AND CONSERVATION EFFORTS. THIS REGION, ENCOMPASSING BOTH URBAN AND RURAL FACES ISSUES TYPICA AREAS, URBANIZATION, INCLUDING AIR AND LUTION. WATER RESOURCES, PARTICULAR THE BEROUNKA AND VLTAVA RIVERS, AR REGION. WATER THIS QUALITY IN EFFORTS ARE CONSERVATION IMPORTANCE, AS THEY IMPACT NOT BUT ALSO ENVIRONMENT THF AGRICULTURE AND THE WELL-BEI OF ITS **RESIDENTS.**





HOW CAN WE YOUNG **PEOPLE BE PART OF THE** CHANGE? YOUNGSTERS ROI F IN ECOLOGICAL CHANGE. CAN ADOPT THEY SUSTAINABLE PRACTICES IN DAILY LIFE, REDUCE SUPPORT WASTE, AND **ECO-CONSCIOUS** BUSINESSES. THEIR ADVOCACY CAN RAISE AWARENESS ABOUT ENVIRONMENTAL ISSUES, ENCOURAGING OTHERS AND INFLUENCING POLICYMAKERS. ENGAGING IN CONSERVATION EFFORTS, VOLUNTEERING, AND JOINING YOUTH ENVIRONMENTAL GROUPS CAN MAK SIGNIFICANT IMPACT, FOSTERING A GREEN MORE SUSTAINABLE FUTURE. YOUNG ECO-SCIENCE ABOUT LEARN CAN GROUNDBR INNOVATION, INSPIRING ENVIRONME SOLUTIONS TO PRESSING CHALLENGES. THEIR PASSIO DETERMINATION ARE KEY DRIVERS OF CHANGE FOR A MORE SUSTAINABLE WORLD





5 TIPS HOW TO LIVE MORE **SUSTAINABLY**

1.REDUCE SINGLE-USE ITEMS: USE REUSABLE WATER BOTTLES, BAGS, AND CONTAINERS TO MINIMIZE PLASTIC WASTE.

2.CONSERVE ENERGY: TURN OFF LIGHTS AND DEVICES WHEN NOT IN USE, AND CONSIDER ENERGY-EFFICIENT APPLIANCES.

3.CARPOOL OR USE PUBLIC TRANSIT: REDUCE CARBON EMISSIONS BY SHARING RIDES OR USING PUBLIC TRANSPORTATION.

4.EAT SUSTAINABLY: CHOOSE LOCALLY SOURCED SEASONAL, AND PLANT-BASED FOODS TO LOWE YOUR CARBON FOOTPRINT.

5.REDUCE, REUSE, RECYCLE: MINIMIZE WAST RECYCLING AND REPURPOSING ITEMS, AND SECONDHAND WHEN POSSIBLE.









3 ECOLOGICAL CHALLENGES FOR THE YOUTH

1.CLIMATE CHANGE: YOUTH ARE INHERITING A WORLD DEEPLY IMPACTED BY CLIMATE CHANGE, INCLUDING EXTREME WEATHER EVENTS, RISING TEMPERATURES, AND SEA-LEVEL RISE. THEY FACE THE CHALLENGE OF MITIGATING THESE EFFECTS AND ADAPTING TO A CHANGING CLIMATE. 2.BIODIVERSITY LOSS: THE ONGOING LOSS OF BIODIVERSITY THREATENS ECOSYSTEMS AND FOOD SECURITY. YOUNG PEOPLE MUST WORK TO NSERVE AND RESTORE ECOSYSTEMS. **SPLASTIC POLLUTION: YOUTH ARE CONFRONTED** WITH THE WIDESPREAD PROBLEM OF PLAST POLLUTION IN OCEANS AND PAND ADDRESSING THIS CHALLENGE PEQUIRES REDUCING PLASTIC USE AND PROMOTING RECYCLING AND WASTE REDUCTION.







OUR HUNGARIAN DIARY

- WE ARRIVED AND UNPACKED OUR BELONGINGS AND INTRODUCED OURSELVES TO EACH OTHER TO GET TO KNOW EACH OTHER BETTER.
- THEN, WE WENT FOR A WALK AROUND THE NEARBY LAKE TO ENERGIZE OURSELVES. DURING THE WALK, WE DISCUSSED THE IMPORTANCE OF PROTECTING OUR ENVIRONMENT AND PREVENTING
- POLLUTION. AFTER THAT, WE HAD DINNER AT THE LOCAL DINING ROOM AND HAD SOME FUN TOGETHER IN THE EVENING. WE ALSO HAD A PRESENTATION ON THE ECOLOGICAL IMPACT OF TOURISM.







OUR HUNGARIAN DIARY

- WE WOKE UP AT 8:00 AM, HAD BREAKFAST, AND DID SOME ENERGIZERS TO FULLY WAKE UP. WE ALSO DISCUSSED THE DIFFERENT WAYS TO REDUCE OUR CARBON FOOTPRINT.
- AFTER THAT, WE WERE GUIDED AROUND THE NEARBY PLACES, SUCH AS THE AQUA PARK AND THE PLAYGROUND. WE LEARNED ABOUT THE ENVIRONMENTAL INITIATIVES THAT THESE PLACES HAVE TAKEN.
- THEN, WE HAD LUNCH BECAUSE EVERYONE W GRY.
- AFTERWARDS, WE HAD TWO MORE ENERGIZER USUAL, AND THEN WE WERE ALLOWED TO HA FREE TIME BEFORE DINNER.





OUR HUNGARIAN DIARY

- AFTER WAKING UP ON THE THIRD DAY, WE IMMEDIATELY DID SOME YOGA TO FEEL MORE FOCUSED. WE ALSO DISCUSSED THE IMPORTANCE OF SUSTAINABLE LIVING. THEN,
- WE DID SOME ENERGIZERS AS WELL, JUST TO MAKE SURE EVERYONE WAS AWAKE.
- AFTERWARD, WE WENT TO THE FOREST AND TOOK A WALK TO BE IN NATURE AND RELAX. WE TALKED ABOUT THE DIFFERENT WAYS THAT HUMANS CAN COEXIST WITH NATURE.
- BEFORE DINNER, WE PLAYED BOARD GAMES TOGETHER AND MADE EVEN MORE FRIENDS.
- WE ALSO HAD A PRESENTATION ON THE IMPOR RECYCLING.
- IGHLIGHT OF THE DAY WAS THE INTERCULTURAL NIGHT, WHICH WAS PRES THE ROMANIANS AND THE POLISH.













OUR HUNGARIAN DIARY

DAY 4

- THE FOURTH DAY WAS ENERGETIC. WE STARTED THE DAY BY PLAYING GAMES. WE ALSO HAD A DISCUSSION ON THE CHALLENGES OF CLIMATE
- CHANGE.
 - THEN, WE WERE ASKED TO PRESENT OUR THREE MOST SIGNIFICANT ITEMS FROM OUR HOME COUNTRIES TO THE OTHERS. WE TALKED ABOUT HOW THESE ITEMS ARE RELATED TO THE

ENVIRONMENT.

AFTER DINNER, WE STARTED TO PREPARE FOR THE ERCULTURAL NIGHT, WHICH WAS PERFORMED BY THE CZECH AND HUNGARIAN TEAMS THE ALKED ABOUT THEIR TRADITIONAL DANCES HOW THEY ARE INSPIRED BY NATURE.





OUR HUNGARIAN DIARY

- WE STARTED THE DAY BY DIVIDING OURSELVES -INTO TEAMS. EACH TEAM TOOK A PICTURE OF THEMSELVES AND THEN EDITED THE PICTURE TO INCLUDE A TEXT ABOUT ECOLOGY. AFTER THAT, WE HAD AN ACTIVITY WHERE WE HAD TO WORK IN INTERNATIONAL TEAMS. TWO OF THE TEAMS HAD TO PAINT SOMETHING ABOUT THE PLANET, AND THE OTHER TWO TEAMS HAD TO MAKE NEW THINGS FROM RECYCLED MATERIALS.
- IT WAS A LOT OF FUN TO WORK WITH PEOPLE FROM DIFFERENT COUNTRIES AND LEARN ABOUT THEIR PERSPECTIVES ON ECOLOGY AND JSTAINABILITY. WE ALSO LEARNED A LOT FROM EACH OTHER AND MADE SOME GREAT NE FRIENDS.
- IN THE AFTERNOON, WE HAD A PRESENT THE IMPORTANCE OF BIODIVERSITY. WELLE ABOUT THE DIFFERENT WAYS THAT BIODIVER BENEFITS HUMANS AND THE ENVIRONMENT WE ALSO DISCUSSED THE THREATS TO BIODIVERSITY AND WHAT WE CAN DO TO PROTECT IT.









OUR HUNGARIAN DIARY

DAY 6

WE STARTED THE DAY BY GOING TO THE AQUA PARK AND PRESENTING OUR PAINTINGS AND SCULPTURES ABOUT THE ENVIRONMENT TO THE PEOPLE THERE. IT WAS A LOT OF FUN TO SHARE OUR WORK WITH OTHERS AND TALK TO THEM ABOUT OUR PASSION FOR ECOLOGY.

AFTER THAT, WE WERE DIVIDED INTO TEAMS AND EACH TEAM GOT A PRESENTATION WITH THAT THEME, EVERY THEME WAS ABOUT YOUTH PASS. WE HAD TO DO SOME RESEARCH AND PREPARE A PRESENTATION ABOUT OUR ASSIGNED THEME NTLUNCH, WE WERE AGAIN DIVIDED INTO TEAMS AND WE HAD TO DO SOME VIDEOS WHEREW PRESENTED THE CAMP, TALKED ABOU ERASMUS EXPERIENCE, AND TALKED A ECOLOGY. THIS WAS A CHALLENGIN REWARDING TASK. WE LEARNED A LOTABOU HOW TO COMMUNICATE EFFECTIVELY AND H USE VIDEO TO RAISE AWABENESS ABOUT IMPORTANT ISSUES.









OUR HUNGARIAN DIARY

DAY 7

 TODAY WE VISITED TOKAJ, A BEAUTIFUL REGION IN HUNGARY KNOWN FOR ITS WINE PRODUCTION. WE
STARTED BY WALKING IN NATURE AND ENJOYING
THE FRESH AIR AND THE BEAUTIFUL SCENERY. WE
THEN WENT FOR A SHORT HIKE AND HAD A PICNIC
LUNCH IN THE WOODS.

IN THE AFTERNOON, WE WENT TO THE RIVERBANK AND HELPED TO CLEAN UP THE TRASH. WE FILLED SEVERAL TRASH BINS WITH BOTTLES, CANS, AND OTHER DEBRIS. IT WAS A LOT OF WORK, BUT IT WAS ALSO VERY REWARDING TO KNOW THAT WE WERE MAKING A DIFFERENCE.

WE LEARNED A LOT ABOUT THE IMPORTANCE OF PROTECTING OUR ENVIRONMENT AND TAKING CARE OF OUR NATURAL RESOURCES. WE ALSO LEARNED ABOUT THE IMPORTANCE OF COMMUNICATION SERVICE AND GIVING BACK TO OUR COMMUNICATION



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OUR HUNGARIAN DIARY

DAY 8

- THE FIRST GROUP HAD TO CREATE ECOLOGICAL SLOGANS. THEY CAME UP WITH SOME GREAT SLOGANS, SUCH AS "REDUCE, REUSE, RECYCLE!" AND "THINK GREEN!". WE THEN POSTED THESE SLOGANS ON SOCIAL MEDIA TO RAISE AWARENESS ABOUT ENVIRONMENTAL ISSUES. THE SECOND GROUP HAD TO CREATE A VIDEO ABOUT THE ECOLOGICAL SITUATION IN THE TOWN. THEY INTERVIEWED LOCAL PEOPLE AND EXPERTS ABOUT THE CHALLENGES AND OPPORTUNITIES FOR SUSTAINABILITY IN THE AREA. THE VIDEO WAS VERY INFORMATIVE AND IT HELPED US TO NDERSTAND THE IMPORTANCE OF TAKING ACTON TO PROTECT OUR ENVIRONMENT. THE THIRD GROUP HAD TO PRESENT WAYS WHICH YOUNGSTERS CAN LIVE MORE SUSTAINABLY. THEY TALKED ABOUT THINGS REDUCING THEIR CONSUMPTION, CHOOSING SUSTAINABLE PRODUCTS, AND GET IN ENVIRONMENTAL ACTIVISM.







OUR HUNGARIAN DIARY

DAY 9

TODAY WAS OUR LAST DAY AT THE CAMP. WE STARTED BY DOING SOME GOODBYE ACTIVITIES, SUCH AS PLAYING GAMES AND SHARING OUR FAVORITE MEMORIES FROM THE WEEK. WE ALSO HAD AN EVALUATION SESSION WHERE WE TALKED ABOUT WHAT WE LEARNED AND HOW WE CAN USE OUR KNOWLEDGE TO MAKE A DIFFERENCE. IN THE AFTERNOON, WE RECEIVED OUR YOUTHPASSES. YOUTHPASS IS A EUROPEAN RECOGNITION INSTRUMENT THAT DOCUMENTS THE LEARNING OUTCOMES OF NON-FORMAL INFORMAL LEARNING ACTIVITIES. IT IS A GREAT Y TO SHOW EMPLOYERS, UNIVERSITIES, AND OTHER ORGANIZATIONS WHAT YOU HAVE LEARNED AND ACHIEVED. IT WAS A BITTERSWEET DAY, BUT I AM GRATEF FOR THE OPPORTUNITY TO HAVE PARTICIPATE THIS PROGRAM. I LEARNED A LOT ABOUT ECOLOGY AND SUSTAINABILITY, AND I MADE SOME **NEW FRIENDS.**







OUR LHOTKA DIARY

DAY 1 OUR JOURNEY COMMENCED WITH A WARM WELCOME, WHERE WE ACQUAINTED OURSELVES AND RECEIVED ESSENTIAL INFORMATION ABOUT THE PROGRAM. AN ICE-BREAKING ENERGIZER HELPED BREAK THE INITIAL AWKWARDNESS. THE DAY CONCLUDED WITH A DELIGHTFUL DINNER, FOLLOWED BY SOME FREE TIME

DAY 2 THE MORNING STARTED WITH THE LIVELY ENERGIZERS LIKE "THE SHOUTING GAME" AND "ONE TWO, TREE... STOP!" THE MAIN ACTIVITY FOCUSED ON PRESENTING TASKS THAT WE HAVE DONE DURING THE PERIOD BETWEEN THE TWO EXCHANGES ATTER LUNCH, VARIOUS ENERGIZERS KEPT US ENGACED. WE SHARED OUR THOUGHTS AND FEELINGS IN AN EVALUATION SESSION, PROVIDING FEEDBACK ON THE DAY'S EVENTS. AFTER THE LEADER'S MEETING, IN THE EVENING WE HAD A FUN TALENT SHOW.

















OUR LHOTKA DIARY

DAY 3 OUR SUPERPOWERS WERE UNLEASHED IN THE MORNING ENERGIZER, FOLLOWED BY A DEEP DIVE INTO ENVIRONMENTAL ISSUES*. WE ACTIVELY PARTICIPATED IN DISCUSSIONS AND BRAINSTORMING SESSIONS TO FIND SOLUTIONS*. IN THE AFTERNOON PAVLINA BURIANOVÁ, A PARK RANGER FROM CHKO KOKORINSKO. VISITED US AND ENLIGHTENED US ABOUT HER ROLE AND THE NATURAL FEATURES OF THE SURROUNDING AREA. WE THE PARTICIPANTS WERE ENGAGED IN DISCUSSIONS AND APPLYING THE KNOWLEDGE GAINED DURING THE 2 YOUTH EXCHANGES OUR ERASMUS STAY.

DAY 4 WE KICKED OFF THE DAY WITH THE ENERGIZER "WHAT ARE YOU DOING?" AND DELVED INTO ENVISIONING "THE FUTURE OF MY COMMUNITY" AN ACTIVITY IN WHICH WE HAD TO CREATE A SKETCH OF THEIR COLLEAGUES REGARDING GENERAL PERSONAL INFORMATION AND THEIR RELATIONSHIP W ENVIRONMENTAL ISSUES. AFTER LUNCH, AN EARTHOUAK ENERGIZER SHOOK THINGS UP, LEADING TO VARIOUS ACTIVITIES*. AFTER THE EVALUATION AND THE LEADER'S MEETING, THE EVENING WAS DEDICATED TO FILM PROJECTIONS.



















OUR LHOTKA DIARY

DAY 5 THE DAY COMMENCED WITH OUTDOOR ENERGIZERS THAT PREPARED US FOR AN INTERACTIVE SESSION ON COMMUNITY DEVELOPMENT FROM THE YOUTH PERSPECTIVE. WE* EXPRESSED OUR IDEAS THROUGH SOCIAL MEDIA TOOLS, AND WE CREATED A POST/ A VIDEO/ AN ARTICLE/ A BROCHURE AIMED AT DIRECTING YOUNG PEOPLE'S ATTENTION TO ENVIRONMENTAL ENERGY ISSUES. WE PRESENTED THE RESULTS. AFTER LUNCH WE PLAYED A NET GAME WHERE EVERYBODY GOT A ROLE IN THE ECOSYSTEM. THE DAY ENDED WITH A LIVELY DANCE HOUSE AFTER THE USUAL EVALUATION AND LEADER'S MEETING.

.DAY 6 A DAY DEDICATED TO EXPLORING PRAGUE'S MAIN ATTRACTIONS BEGAN WITH A VISIT TO A LOCAL ORGANIZATION FOCUSED ON THE HISTORY OF AGRICULTURE IN THE LOCAL REGION. IN FACT WE TOURED THE NATIONAL MUSEUM AGRICULTURE, GAINING INSIGHTS INTO VOLUNTEER V DAY WRAPPED UP WITH A SHARED SUMMARY OF EXPERIENCES.







OUR LHOTKA DIARY

DAY 7 WE STARTED THE DAY WITH THE ENERGIZERS "STAND UP IF SET THE TONE FOR THE DAY, LEADING TO MAKING A PRESENTATION FOR LOCALS ABOUT THE TOPIC AND THE PROJECT ITSELF. IN THE AFTERNOON WE HAD A FLASHMOB IN MELNIK. WE SHARED LAUGHS DURING THE SPORT GAMES IN THE EVENING AFTER THE EVALUATION AND THE GROUP LEADERS' MEETING.

DAY 8 THE PARTICIPANTS SPENT MOST OF THE DAY WITH WORKING ON THE GREEN BOOK IN THE EVENING, WE WERE PLAYING BOARD GAMES.



















OUR LHOTKA DIARY

DAY 9 IN THE MORNING WE FINALIZED THE GREEN BOOK. LUNCH WAS FOLLOWED BY A TEA PARTY, AN ACTIVITY DURING WHICH WE WATCHED A VIDEO ON ENVIRONMENTAL ISSUES AND CREATED AND PERFORMED PLAYS IN GROUPS. AFTER THAT WE HELD A PRESENTATION TO LOCAL YOUNGSTERS ABOUT OUR PROJECT*. IN THE EVENING WE HAD A FAREWELL PARTY.

DAY 10 THE DAY STARTED WITH A LOOKING-BACK CEREMONY (DESCRIBE HOW THE CEREMONY WAS MADE), AN EVALUATION SESSION (DESCRIBE HOW THE EVALUATION WAS MADE? PREFERABLE WRITE SOME FEEDBACK RESULTS FROM THE EVALUATION) AND WASLOOWED BY THE YOUTHPAS CEREMONY". AFTER LUNCH WE SAID GOODBYE AND EVERYBODY LEFT FOR HOME.













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