

# TOOLKIT FOR YOUTH WORKERS

**Strengthening volunteering structures to achieve greater social inclusion and environmental-friendly values among disadvantaged youth groups.**



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# 1. INTRODUCTION

Welcome to this toolkit, serving as a dynamic resource for youth, youth workers, and those actively involved in shaping non-formal education experiences. This comprehensive guide offers practical tips and engaging activities designed to elevate the impact of those initiatives aimed to foster positive leadership, personal capabilities, and environmentally friendly values among young individuals.

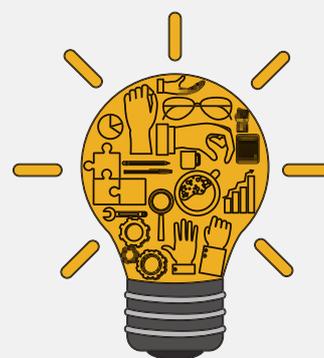
This toolkit contains proven methodologies and activities that support youth workers in creating compelling engagements for all young people, recognizing and nurturing their inherent capabilities. More specifically, our aim is to empower organizations with the tools, knowledge, and motivation needed to instill sustainable practices that contribute to enhanced social inclusion.

By aligning social inclusion with sustainable practices, YouthProAktiv has crafted this toolkit with the overarching objective of illuminating the possibilities of nature-based solutions for fostering social inclusion. This vision is inspired by the fundamental principle of 'Leaving no one behind,' a guiding ethos of the 17 UN Sustainable Development Goals (SDGs) adopted in 2015.

## How to use this toolkit?

This toolkit is thoughtfully organized into two key sections, each providing guidance and essential tools for implementing educational activities or programs in the youth sector.

- The first section introduces positive leadership tailored to the needs of youth organizations, offering practical recommendations and activities to implement with young participants.
- Meanwhile, the second section spotlights sustainability and the adoption of environmentally friendly values within a youth organization's daily operations. This second section also includes a dedicated glossary of terms designed to foster a practical understanding of environmental practices.



## What values does this toolkit promote?

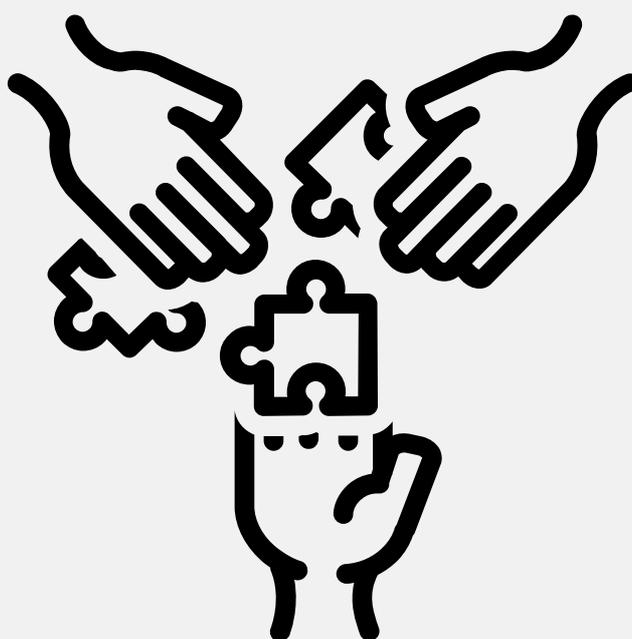


## 2. FOSTERING POSITIVE LEADERSHIP WITHIN YOUTH ORGANIZATIONS

Inclusion, a cornerstone in social and educational policy, champions the principle of providing equal access and participation rights for all individuals in society. It involves purposefully designing institutions and measures to not just accommodate but celebrate diversity, allocating resources to uplift every individual.

In the realm of positive leadership and personal empowerment, youth individuals facing unique challenges, such as those with migrant backgrounds, disabilities, or low household income, are recognized for their distinctive strengths and potential for proactive contribution. The focus is on creating an inclusive environment that not only acknowledges but embraces the diverse talents within the youth group, fostering a collective spirit of empowerment.

The social inclusion of young people is not just a necessity but a catalyst for their holistic development—socially, economically, and personally. By reframing the narrative around positive leadership, the aim is to empower all youth to not only participate but to actively influence decisions, build unwavering confidence, and cultivate agency. This participatory process lays the foundation for lasting structural changes, promoting the proactive engagement of every individual within the youth community.



### **ECONOMIC INCLUSION**

Unrestricted access to job markets and factors of production, offering an extensive range of livelihood opportunities.

### **POLITICAL ENGAGEMENT**

Unrestricted entry to organization, decision-making, and the rights and responsibilities of citizenship.

### **SOCIAL PARTICIPATION**

Unrestricted entry to infrastructure, services, social security and protection, public safety, and social unity.

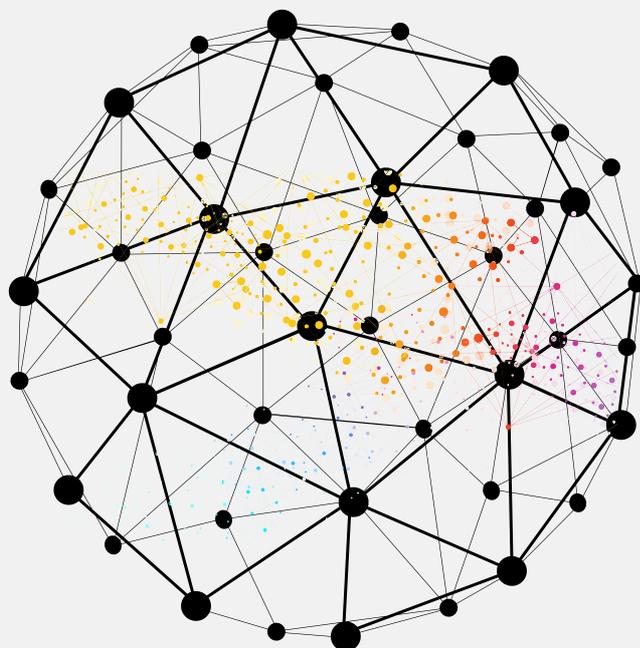
**Social Connections and Power.**  
**SOCIAL INCLUSION**  
**within**  
**organisations and institutions**



## 2.1 KEY CONSIDERATIONS

In designing projects for youth with diverse capabilities, tapping into the knowledge and insights of those with unique strengths enriches youth initiatives. This contribution not only makes projects more relevant to local communities but also ensures inclusivity by tailoring events to meet the actual needs and interests of young people.

Presenting issues like racism, sexism, poverty, and discrimination becomes more impactful when viewed as real forces affecting people's lives. Establishing an emotional connection enables a better understanding of the diverse realities faced by others.



To effectively reach young people with diverse capabilities, tailor projects to their needs. Consider the following:

- Understand the target group's strengths, interests, and unique contributions.
- Analyze past activity composition and identify reasons for non-participation.
- Address practical barriers like timing and financial obstacles.
- Adapt activities to the skills and interests of young people.
- Involve young people in the development and implementation of activities.
- Create an informal and enjoyable format for a safe space and increased confidence.
- Ensure balanced representation and equal voices in events.
- Hold events in familiar spaces for the youth.
- Address financial and logistical barriers with supports and compensations.

## 2.2 SHAPPING IDEAS INTO ACTION: A COMPILATION OF TRANSFORMATIVE ACTIVITIES

This section comprises an intricate array of non-formal education activities meticulously designed for youth workers to engage in and develop alongside young individuals.

### Activity 1: Outlander

**Objective:** Explore the dynamics of teamwork and understand the impact of collaboration on individual experiences.

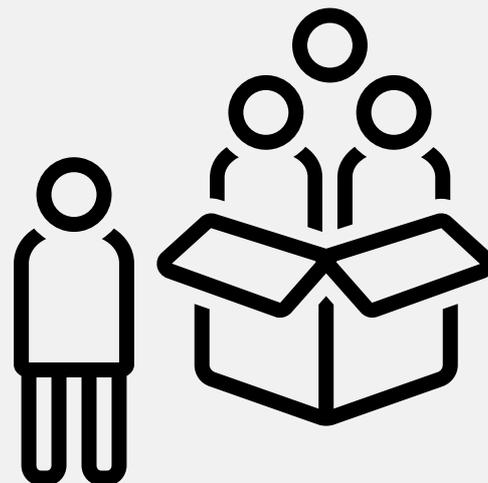
**Duration:** 10 minutes

**Number of participants:** 12 (minimum)

**Age:** 16+

**Difficulty level:** Easy

**Format:** Group activity



#### Instructions:

1. Begin by choosing one volunteer to step outside the room (1 minute).
2. Announce the agreed-upon criterion for group formation, such as hobbies, movies, or travel experiences. Participants briefly discuss and decide on this criterion. Instruct the participants to adopt a specific attitude related to the theme, for example, pretending they are sunbathing on holiday (3 minutes).
3. The remaining participants swiftly form groups based on the agreed criterion, adopting the specific attitude related to the theme (3 minutes).
4. Ask the volunteer to return and guess the theme or criterion of the groups (5 minutes).
5. Repeat the activity with new volunteers, giving as many participants as possible a chance to go outside within the time frame.

**Preparation:** This exercise centers around the positivity of teamwork and collaboration, fostering a sense of empowerment rather than focusing on communication challenges. It serves as a foundation for discussing the dynamics of effective teamwork and understanding individual experiences within a collaborative setting.

**Materials:** None

**Debriefing:** Reflect on the following questions:

- How did participants behave within their groups? Was there a sense of positive leadership and proactivity?
- Was it challenging to collaborate with outsiders? How did participants overcome challenges in a positive manner?
- Did participants enjoy the teamwork aspect?
- How did participants feel when they were outsiders? Were there proactive efforts to include them?
- Did the exercise foster empathy or highlight positive power dynamics within the group?

## **Activity 2: Transforming Narratives: Cultivating Action for an Inclusive Future**

**Objective:** Cultivate empathy and inspire a collective commitment to fostering an inclusive future among youth participants, drawing insights from Nivedha RM's transformative TedTalk on [Make Your Impossible Dreams Come True](#).

**Duration:** 30 minutes

**Number of Participants:** 5-20

**Age:** 16+

**Difficulty Level:** Easy

**Format:** Group Activity

**Instructions:**

1. Play Nivedha RM's TedTalk with the group.
2. Break participants into smaller groups (5-6 members each) and encourage them to delve into the experience by discussing key questions:
  - How did the narrative impact your emotions?
  - Reflect on the single impactful stories you often encounter. How many do you unintentionally reproduce?
  - Identify common elements in these stories.
3. Equip each group with a flipchart and markers for noting down their insights.
4. Allocate 20-30 minutes for group discussions, then reconvene for a plenary session to share main takeaways.



**Debriefing:** Reflect on the following questions:

1. How did the main narrative showcased in the activity contribute to fostering empowerment, action and self-worth among the participants?
2. In reflecting on the experience, what positive impacts emerged from recognizing and celebrating individual stories within the group?
3. Considering the insights gained, how can we collectively commit to actively creating a future where every team member is valued, heard, and seen?

**Tips:**

For efficient time management, consider addressing questions collectively with all groups sharing insights sequentially, fostering a dynamic and enriching discussion.

### Activity 3: The Collaborative Chair Challenge

**Objective:** Foster teamwork, positive group dynamics, and collective problem-solving skills among participants.

**Duration:** 45 minutes

**Number of Participants:** 20-30

**Age:** 16+

**Difficulty Level:** Moderate

**Format:** Group Activity



**Instructions:**

1. Divide participants into two main groups. Ensure that the division allows for a balanced distribution of participants with diverse perspectives and experiences (5 minutes).
2. Instruct each group to express their understanding of group power dynamics using chairs. Participants should do this silently and at their own pace, experimenting with different chair configurations (5 minutes).
3. Challenge each group to collaboratively form a chair configuration that includes everybody in the group (10 minutes).
4. Observation and Reflection (5 minutes):
  - Have each participant observe the final group configuration and reflect on the positive aspects of teamwork and group power dynamics.
  - Encourage discussions within the group about the collaborative efforts and the satisfaction of reaching a common solution.

**Preparation:** Highlight that the activity centers around exploring group power dynamics, teamwork, and achieving a collective solution to a shared challenge.

**Materials:** Depending on the number of participants, arrange the chairs in the center of the training room, with participants forming a circle around them.

**Debriefing:** Emphasize the power of collaboration and positive group dynamics:

- Prompt participants to share their observations and reflections on the collaborative expressions within the group.
- Facilitate discussions on how the activity promotes teamwork, positive group relations, and the satisfaction of reaching a common solution.

**Tips:**

- Keep instructions clear to encourage effective collaboration.
- Remind participants to embrace open communication and creativity during the activity, fostering a positive and solution-oriented atmosphere.

## Activity 4: Transforming Perspectives

**Objective:** Shift the focus towards transforming perspectives on moments of challenge and explore alternative approaches to empower individuals in difficult situations.

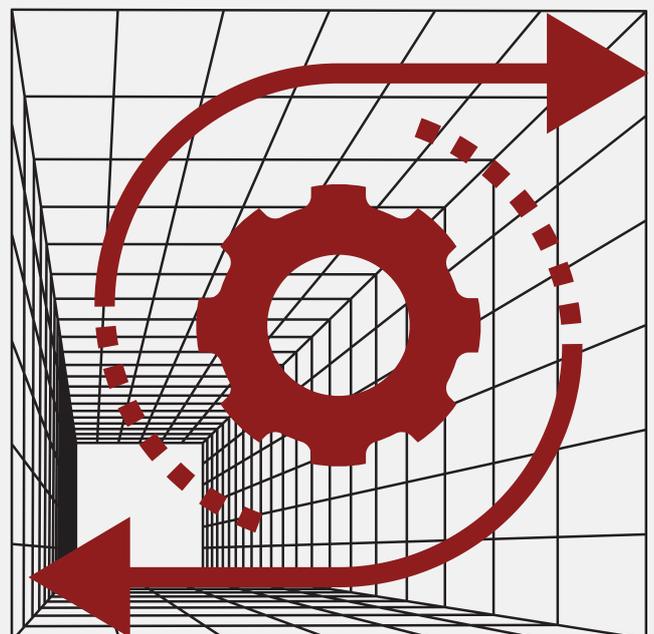
**Duration:** 50 minutes

**Number of Participants:** Variable, organized in groups of 3

**Age:** 16+

**Difficulty Level:** Moderate

**Format:** Small group tableau work



## Instructions:

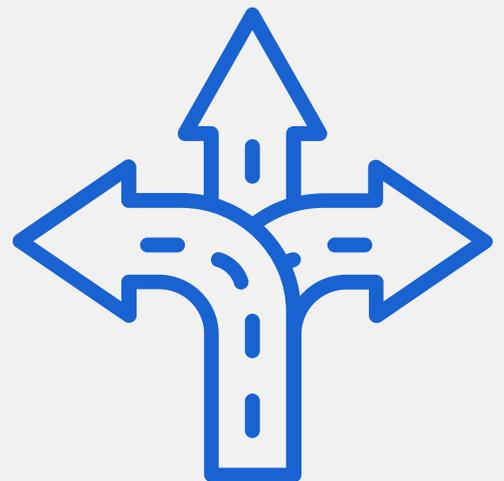
1. Take a moment to think about a situation where you faced a challenge, and envision how you can turn it into a positive outcome. Focus on the desire for a better result (5 minutes).
2. In groups of three, each person takes turns crafting three silent scenes that depict the beginning, middle, and end of your chosen empowering moment (10 minutes).
3. Choose one story from your group. Revisit the silent scenes, but this time, share one positive thought for each person in a predetermined order (5 minutes).
4. Develop the silent scenes further, transforming the positive thoughts into short sentences paired with relevant actions (5 minutes).
5. Present your group's work to everyone. Begin with a scenario that posed a challenge. Seek suggestions on how the person initially feeling disempowered can transform the situation positively. Repeat for all stories, fostering a collaborative atmosphere of empowerment (15 minutes).

**Preparation:** This activity draws inspiration from collaborative theatre techniques. It encourages participants to explore empowering alternatives to challenging scenarios, moving away from traditional oppressive narratives.

**Materials:** None

**Debriefing:** Reflect on the following questions:

1. What creative alternatives had the most significant impact on transforming disempowering scenarios?
2. How can the positive perspectives explored in this activity be applied to real-life situations?
3. What insights emerged from the collaborative efforts in turning disempowerment into empowerment?



## Activity 5: Embrace Trust

**Objective:** Foster a sense of trust among group members by allowing them to experience being trusted and trusting others, promoting awareness of how actions impact others.

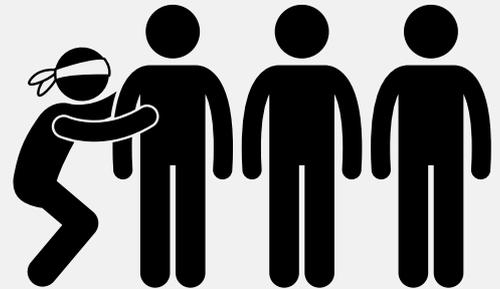
**Duration:** Variable, depends on participant number

**Participants:** 12

**Age:** 18+

**Difficulty Level:** Easy

**Format:** Group activity



### Instructions:

1. Ask the group to nominate a volunteer, emphasizing the voluntary nature of participation. Ensure no one feels pressured. Clarify that the goal is to build trust and responsibility. If uncomfortable at any point, the volunteer can stop the exercise.
2. Blindfold the volunteer and ask them to describe the sensation. Lead them, still blindfolded, to the designated session area. Assign another group member to guide them. Explain that the group's role is to support the blindfolded person as they navigate the chosen course. Facilitate as they negotiate, reflecting on feelings when the guide loses focus. Reverse the roles.
3. Alternatively, have the group work in pairs, taking turns guiding and being guided.

**Preparation:** Ideal for smaller groups previously acquainted. A great kickoff for sessions on positive relationships, friendships, and trust-building.

Materials:

- Good knowledge of the area for creating an obstacle course.
- A scarf for use as a blindfold.

**Debriefing:** Gather feedback after everyone has participated. Explore feelings of dependency, preferences for leading or following, the impact of partner choice, and reactions to receiving inaccurate information. Duration can vary based on the chosen navigation area.

### 3. THE ROAD TOWARDS SUSTAINABILITY

Promoting environmentally conscious practices, integrating green spaces, tools, and activities, and nurturing active citizenship and critical thinking regarding environmental sustainability and climate action are foundational principles for any youth organization. The first essential step towards bolstering environmental sustainability entails a careful assessment of the organization's impact on the natural environment, followed by strategic measures to minimize this ecological footprint.

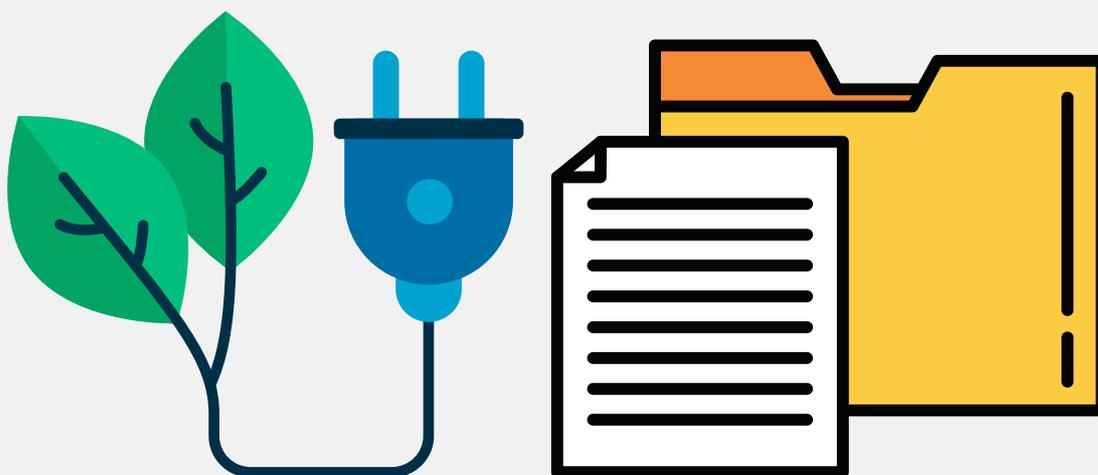
We firmly believe in facilitating young people's access to valuable information on environmental sustainability engagement and green practices. By providing these resources, we empower them to act autonomously and make conscientious decisions about their lifestyle choices and the ecological footprint they leave behind.



### 3.1 DEVELOPING AN ORGANISATIONAL GREEN STRATEGY

Effective sustainability initiatives depend on active collaboration among diverse stakeholders, both internal and external. A dedicated green team, comprised of board members, team leaders, project managers, and volunteers, assumes a dual role. Beyond fostering awareness about environmental sustainability within the organization, the team takes the lead in identifying and implementing strategies for sustainable practices.

This green team, reflecting a diverse cross-section of organizational roles, shoulders the crucial responsibility of creating a comprehensive guiding document. Serving as a blueprint for orchestrating activities with a keen focus on environmental consciousness, the document addresses facets such as accommodation, travel, water consumption, energy efficiency, and waste management. More than a set of rules, it stands as a foundational framework, reinforcing the organization's unwavering commitment to ecologically responsible practices.



For targeted actions tailored to youth organizations, we have curated a vital checklist (refer to section 3.3) outlining environmentally-friendly practices. These are purposefully crafted for seamless integration into the organizations' daily operations, training sessions, and projects, forming the foundation for an effective Green Strategy.

## 3.2 ACHIEVING SYSTEMIC CHANGE: A LIST OF PROPOSED ACTIVITIES

This segment encompasses a comprehensive range of non-formal education activities thoughtfully crafted for youth workers to participate in and cultivate alongside young participants.

### Activity 1: Eco Discovery Challenge

**Objective:** Introduce participants to the concept of ecological impact by exploring actions in their surroundings that influence the environment. Encourage discussion to raise awareness and stimulate critical thinking.

**Duration:** 60 minutes

**Number of participants:** Minimum of 2

**Age:** 16 +

**Difficulty level:** Easy

**Format:** Group activity



#### Instructions:

1. Form groups of at least 2 participants. Prompt them to contemplate how ecological impact manifests in their daily lives. Provide a template for discussion, focusing on these life areas:
  - School/Work
  - Mobility (traveling, commuting, etc.)
  - Local Environment (city, town, villages, region)
  - Family and Friendship Relations
2. Use a projector, flipchart, or notebooks for visualization and discussion, fostering both conversation and visual exploration.
3. Reconvene as one group to discuss the outcomes. Identify similarities, differences, and encourage critical reflections and disagreements. Recognize the diversity in participants' choices.
4. Inquire if there are changes participants would like to make or envision in these life areas concerning ecological impact. Take the opportunity to share information on how to initiate projects and provide support for turning ideas into reality.

**Preparation:** The facilitator should have knowledge of ecological impact and understand the environmental implications of daily choices. Awareness of local, regional, or national initiatives related to the topic is beneficial.

**Materials:** Flipchart paper (optional)

**Debriefing:** Reflect on the participants' experience. What did they learn, and do they see the activity as valuable? Discuss the potential usefulness of these insights in their lives.

## Activity 2: Eco-Impact Spotlight

**Objective:** Recognize and critically analyze positive environmental efforts by companies, emphasizing their contributions to sustainability.

**Duration:** 60 minutes

**Number of participants:** 4-20

**Age:** 15 +

**Difficulty level:** Medium

**Format:** Group activity



### Instructions:

1. Initiate a brainstorming session where participants list severe environmental threats. Record suggestions on one side of a flip chart (10 minutes).
2. Encourage participants to think of products or companies actively addressing these threats positively. Record these on the other side of the paper, linking efforts to the respective companies (10 minutes)
3. Form small groups (4-5 people) and provide each group with two examples of positive environmental initiatives by companies. Ask them to analyse the initiatives using a list of questions and briefly discuss the group answers (10 minutes).
4. Promoting Environmental Awareness (30 minutes):
  - Introduce the concept of promoting positive environmental actions.
  - Distribute flipchart paper to each group. Instruct them to select a product and create an advertisement highlighting the company's positive environmental efforts. The goal is to enlighten consumers about the true nature of the product in a positive light. The advertisement could be a poster, short video for TV, or radio (not exceeding 1 minute). Allow 20-30 minutes for this task.
5. Reconvene the groups and have each present their new advertisement, focusing on positive corporate contributions to environmental causes.

**Preparation:** Print examples of positive environmental initiatives or arrange to project them.

**Materials:** Examples of positive environmental actions, copies of the list of questions, paper, and pens.

**Debriefing:** Start with brief feedback on the advertisements and reflect on the following questions:

- What positive aspects did you discover about companies' environmental efforts?
- How effective are these positive initiatives in raising environmental awareness?
- What personal steps can you take to support and promote companies with positive environmental efforts?

### Activity 3: Eco-Awareness Campaign Creation

**Objective:** Elevate awareness about everyday environmental actions, encourage participants to contemplate alternatives to their choices, and acquaint them with the process of constructing a campaign.

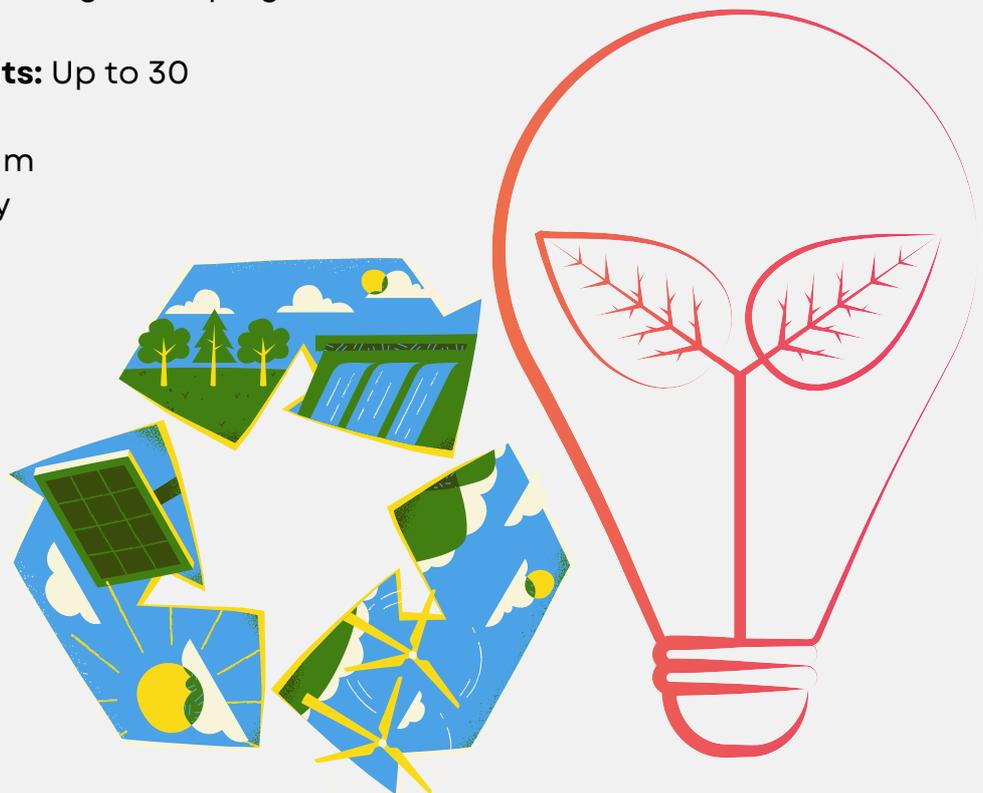
**Duration:** 90 minutes

**Number of participants:** Up to 30

**Age:** 15 +

**Difficulty level:** Medium

**Format:** Group activity



## Instructions:

1. Begin by forming groups of 3-4 participants. Prompt them to ponder their ecological impact and identify three commonalities. Bring the groups together to share their insights.
2. Within their small groups, task participants with selecting one action to build a campaign around. It can be any action discussed during the sharing moment (e.g., using a bike instead of a car, mindful eating, improved recycling, buying second-hand, etc.).
3. Guide them to consider:
  - The message they wish to convey. Encourage research on online publications, movements, or sources supporting their cause.
  - The target group they aim to reach and the persuasive arguments they will employ.
  - The name and slogan for their campaign—a memorable, compelling name and slogan enhance campaign impact.
4. Once the message is clarified, prompt them to create a product, such as a logo, poster, or commercial (a theatrical sketch, for instance). Encourage creativity.
5. Facilitate presentations, allowing each group to showcase their final campaign to others.

**Preparation:** Familiarize yourself with creating impactful communication messages related to your background on the topic.

**Materials:** Computer/smartphone with internet access, notebooks or paper for brainstorming.

**Debriefing:** Gauge participant belief in the persuasiveness of the campaigns and inquire about any newfound insights during the campaign creation process.

**Tips:** This activity pairs well with an informational session on initiating youth projects.

## Activity 4: What's my Carbon Footprint?

**Objective:** Prompt young individuals to contemplate their actions, lifestyles, and daily choices, fostering awareness of their environmental impact and encouraging changes in their daily routines.

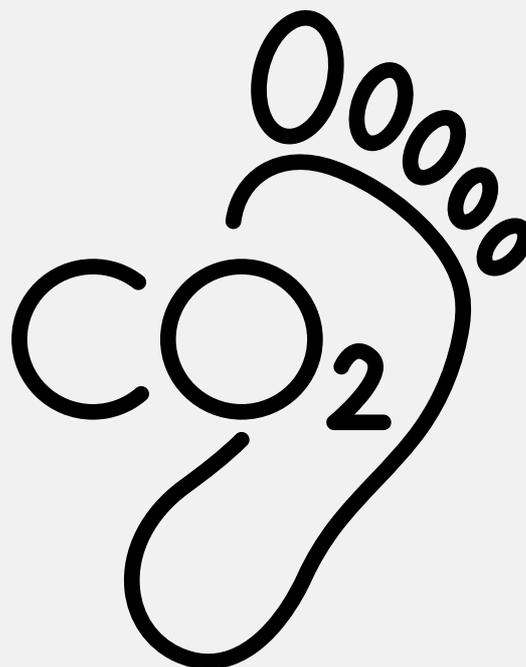
**Duration:** 60 minutes

**Number of participants:** Minimum of 2

**Age:** 16 +

**Difficulty level:** Medium

**Format:** Group activity



### Instructions:

1. Distribute a Carbon Footprint sheet and a marker to each participant.
2. Initiate a discussion on the concept of a “carbon footprint”.
3. Encourage participants to reflect on 10 areas of action: housing, water, recreation, heating, electricity, transport, food, waste, travel, and consumption.
4. Instruct them to color in the section of the footprint applicable to their lives for each of the 10 areas.
5. Review scores collectively, fostering discussions on surprises or observations about individual results.
6. Facilitate brief comments and reflections, followed by a few minutes for participants to individually review their questionnaire and identify up to three actions to reduce their scores.
7. Allow 5-10 minutes for this, then return to the group to share participants' commitments to reducing their footprint.

**Preparation:** Review the quiz beforehand, ensuring questions are understandable; print out the Ecological Footprint Calculator for each participant.

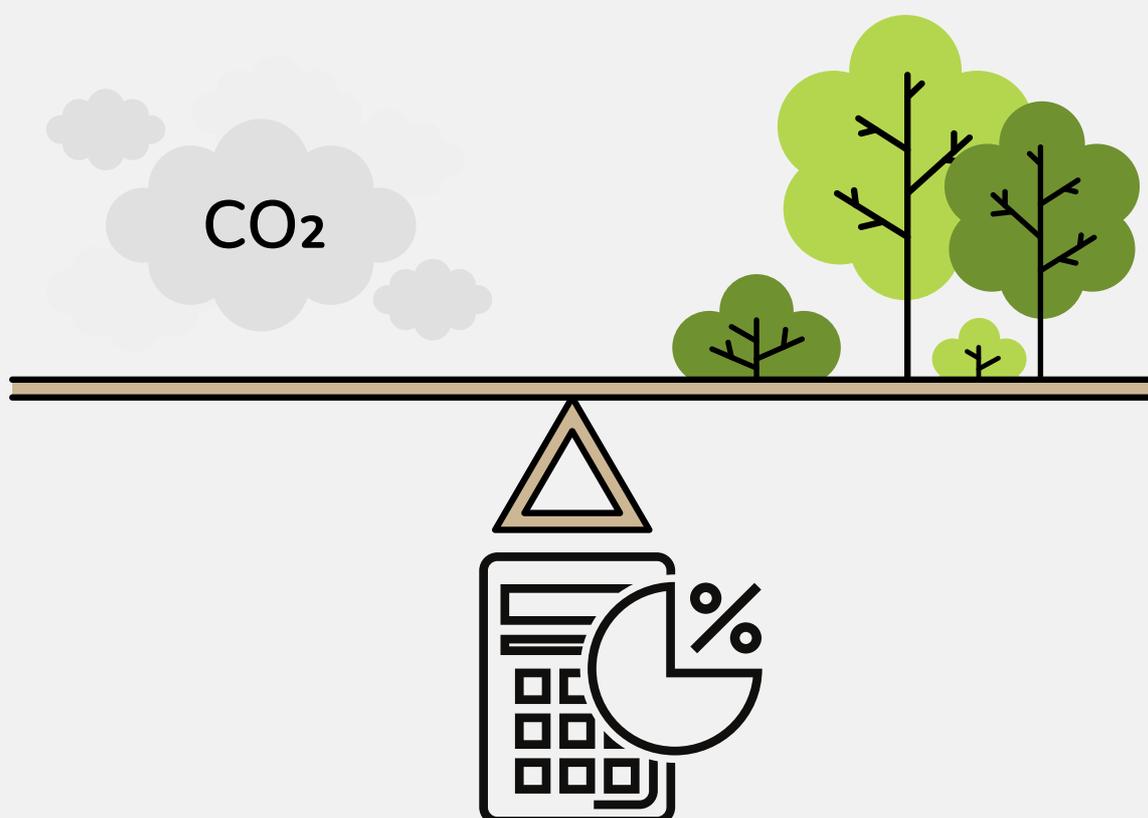
**Materials:**

- Activity Support 1: Carbon Footprint.
- Activity Support 2: 10 Areas of Action.
- Pens and markers.

**Debriefing:** Reflect on the following questions:

- What actions did participants propose to reduce their footprints? How does individual behavior influence climate change on a global scale?
- In what ways can individuals empower themselves to benefit the environment?
- What can be done to preserve Earth's resources, both personally and at broader levels?
- How do personal actions align with national and international environmental goals?

**Tip:** Online tools like the [Eco Footprint](#) calculator can aid individuals in assessing their environmental impact.



## Activity 5: Needs and Wants

**Objective:** Understand the distinction between needs and wants, recognize the connection between consumption and sustainability, and identify ways to reduce environmental impact.

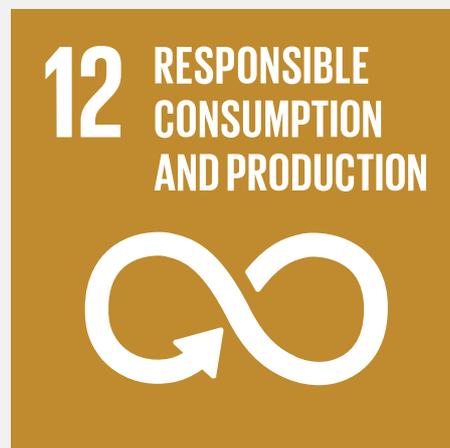
**Duration:** 45 minutes

**Participants:** Minimum of 5

**Age:** 16+

**Difficulty Level:** Medium

**Format:** Group Activity



### Instructions:

1. Participants form pairs or small groups and receive an envelope containing “needs and wants” cards.
2. Instruct groups to categorize the cards into two piles: items necessary for a healthy life (needs) and items not essential but nice to have (wants). Take 5 minutes for this task.
3. After 15 minutes, facilitate a discussion on their choices, noting disagreements on a flip chart. Discuss questions such as:
  - Which cards were challenging to classify as needs or wants? Why?
  - Was there disagreement in your group regarding card classification?
  - Identify cards clearly falling into needs or wants categories.
4. In the second round, have groups shuffle the cards and categorize them into:
  - Items that end up being thrown away or wasted (at least partially).
  - Items that are not thrown away or wasted.
5. Allow 5 minutes for this task, then debrief the entire activity.



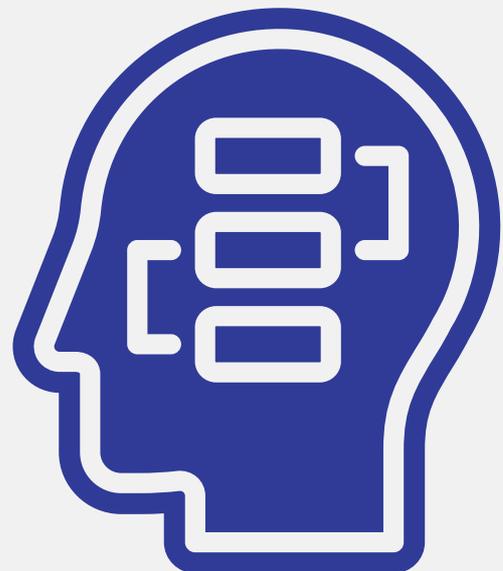
**Preparation:** Create card sets and envelopes. One set per pair or small group.

**Materials:** “Needs and wants” cards.



**Debriefing:** Reflect on the following questions:

- How did you distinguish between wants and needs? Was it easy?
- Why do you think there was disagreement in classifying cards as needs or wants?
- How do unfulfilled needs and wants make you feel, and what's the difference?
- Are there people globally or in your community lacking basic needs?
- Do we “discard” some of nature's offerings (sunlight, water, trees)? How can we utilize them better, and why does it matter?



### 3.3 CHECKLIST



#### **Accommodation & Venue:**

- Choose a green-certified venue with energy and water conservation programs.
- Provide eco-friendly hygiene products with minimal packaging.
- Limit private vehicle use; encourage eco-friendly transportation.
- Maximize natural light, remind participants to conserve energy.
- Reuse materials from past events.
- Use environmentally friendly cleaning products.
- Minimize the use of air conditioning and unnecessary heating.

#### **Food & Consumables:**

- Prefer local and organic products to minimize environmental impact.
- Opt for seasonal fruits and vegetables.
- Minimize packaging; encourage refilling systems.
- Remind participants to bring their own water bottles.
- Choose reusable or compostable crockery for take-away services.
- Label recycling bins clearly for proper waste disposal.

#### **Waste-Management:**

- Launch or enhance existing sustainable waste management programs.
- Implement recycling and composting initiatives across various locations, including offices, fields, and training facilities.
- Encourage suppliers to minimize waste in their deliveries.
- Establish a safe disposal strategy for electronic products and hazardous waste.
- Promote the reuse or upcycling of equipment and furniture.
- Develop clear signage to inform employees, volunteers, and visitors about ongoing waste management efforts.
- Provide staff and volunteers with training opportunities.
- Gamify waste management initiatives by organizing contests among teams or groups. Each group aims to reduce their baseline waste, energy, and water numbers by a specified percentage each week and/or month.

## **Transport:**

- Prioritize public transport over private vehicles.
- Provide information on public transport accessibility.
- Consider digital meetings to avoid unnecessary travel.
- Encourage low-emission transportation.
- Compensate for air travel emissions using carbon offset programs.

## **Printing & Paper:**

- Go paperless; display information digitally.
- Check if participants need paper copies before printing.
- Display general information visibly instead of providing printed copies.
- Plan material collection and inform participants accordingly.

## **Reducing the digital footprint:**

- Set monitors to standby mode after short periods of inactivity.
- Reduce screen brightness for energy efficiency.
- Delete unnecessary data stored in the cloud.
- Optimize file sizes before emailing.
- Use file hosting services with download links for large files.

## **Education:**

- Include sessions on environmental protection and sustainability.
- Invite local producers for educational seminars.

### 3.4 GLOSSARY OF TERMS



**3 Rs (Reduce, Reuse, Recycle):** A waste management concept that involves modifying consumption habits.

**Carbon Footprint:** The quantity of greenhouse gases, specifically carbon dioxide, emitted by an activity or product during a specific period.

**Carbon Offset:** Compensating for emissions by supporting an equivalent carbon dioxide reduction elsewhere.

**Circular Economy:** A model of production and consumption emphasizing sharing, leasing, reusing, repairing, refurbishing, and recycling materials and products.

**Climate Change:** A statistically significant alteration in the mean state or variability of climate, persisting for an extended period due to natural or human-induced factors.

**Climate Emergency:** Urgent and serious issues caused or likely to be caused by changes in the world's weather, particularly the warming of the Earth due to increased carbon dioxide levels.

**Digital Footprint:** Traces of data generated while using the Internet, encompassing visited websites, sent emails, and submitted information.

**Digital Sobriety:** Focus on reducing the ecological impact of daily digital lifestyles.

**Ecological Footprint:** The impact of human activities measured in terms of biologically productive land and water required for goods consumption and waste assimilation.

**Energy Efficiency:** The ability of a device or building to use relatively little energy for the power it needs.



**Environmental Label:** Internationally recognized communication of a product's environmental credentials in response to consumer demand for information.

**Environmental Sustainability:** Interacting with the natural world and using resources in ways that do not compromise the ability of future generations to meet their needs.

**E-Waste:** Discarded electronic products, such as computers, televisions, and cell phones.

**Green Information System:** Designed to minimize greenhouse gas emissions throughout its lifecycle, from content creation to disposal.

**Green Media and Information Literacy (Green MIL):** Enhances critical thinking skills for identifying, selecting, using, and multiplying reliable information on environmental issues.

**Green Public Procurement (GPP):** Public authorities seeking goods, services, and works with reduced ecological impact throughout their lifecycle.

**Greenwashing:** Conveying a false impression or providing misleading information about a company's environmentally sound products.

**SDGs (Sustainable Development Goals):** 17 universal goals adopted by all UN Member States to end poverty, protect the planet, and ensure peace and prosperity by 2030.

**Sustainable Development:** Development that meets present needs without compromising the ability of future generations to meet their own needs.

**Water Footprint:** A measure of humanity's use of fresh water in volumes of consumption and/or pollution.

**Zero Waste:** Conservation of all resources through responsible production, consumption, reuse, and recovery without environmental threats.





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