CIRCULAR ECONOMY FOR YOUTH

**TRAINING PROGRAMMES
AND ACTIVITIES
ON CIRCULAR ECONOMY
FOR YOUNG PEOPLE**

Co-funded by the
Erasmus+ Programme
of the European Union

Partners:

Wales - Coordinator [Pontydysgu Ltd]
Belgium - [ACR+]
France - [Youth Express Network]
Greece - [Active Citizens Partnership]
Italy - [UCSA]
North Macedonia - [CID]

Designed by Margaux DOS SANTOS - Youth Express Network

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The « CEYOU » partnership

INTRODUCTION

In 2019, young people and students from Europe and all over the world took to the streets to demand action to halt environmental damage and climate change. The CEYOU partnership recognised this vital message and looked for a way to help. The development of Circular Economy is seen as central to reducing damage to the environment and developing positive change. The European Commission has adopted an action plan to help accelerate Europe's transition towards a Circular Economy and this project, CEYOU, has been part funded by the Erasmus+ programme. This Toolkit was created in the frame of « CEYOU: Circular Economy for Youth ».

The project is coordinated by Pontydysgu Ltd (Wales), in collaboration with 5 other organisations coming from 5 different countries:

- ACR+ from Belgium
- Youth Express Network from France
- Active Citizens Partnership from Greece
- UCSA from Italy
- CID from North Macedonia

Their common objective is to develop tools to facilitate interactive dialogue between youth organisations and local authorities in order to promote Circular Economy practices. The main priority for the CEYOU project is to promote, engage, connect and empower young people around Circular Economy as a means to deal with the dangers to the environment and climate change.

The project aims to empower them to take positive actions and initiatives within their local communities, to develop networks and exchange practices at local, regional, national and European levels.

The objectives of the project are to:

- Develop guidelines for the establishment of permanent forums for dialogue between youth organisations and local authorities to promote Circular Economy practices, and set up those forums;
- Develop and implement training programmes and activities for young people in the field of Circular Economy;
- Promote dialogue through bringing together Circular Economy organisations and youth organisations on a European, national and regional basis;
- Develop and exchange Open Educational Resources (OERs) for young people to support them in facilitating Circular Economy initiatives;
- Develop a mobile app to guide young people in setting up initiatives around Circular Economy.

THE PARTNERS

Pontydysgu Ltd - *Wales*

Pontydysgu is a Wales-based education research and training organisation with remote offices around Europe. They work in e-learning, teacher training, careers and employment, media literacy, maker spaces, learning environments and all things digital.

ACR+ (Association of Cities and Regions for sustainable Resource management) - *Belgium*

ACR+ is an international network of cities and regions sharing the aim of promoting a sustainable resource management and accelerating the transition towards a Circular Economy in their territories and beyond. Circular Economy calling for cooperation between all actors, ACR+ is open to other key players in the field of material resource management such as NGOs, academic institutions, consultancy or private organisations.

Active Citizens Partnership - *Greece*

Active Citizens Partnership is a Non Profit Organisation with extensive experience to design and support programs that address contemporary social needs and protects and helps vulnerable groups at national and European level. With the assistance of the State and the European Union, they have developed measures to prevent and tackle social problems and to assist vulnerable groups.

CID (Center for Intercultural Dialogue) - *North Macedonia*

The Center for Intercultural Dialogue (CID) is a civil society organisation working to promote intercultural acceptance and active citizenship through capacity building processes, education and youth work. The organisation's activity focuses on many aspects which are of interest for young people: from provision of services and information, to research and support for policy-making and networking.

UCSA (Ufficio Comune per la Sostenibilità Ambientale) - *Italy*

The goal of the UCSA is to facilitate and/or strengthen the environmental and energetic management, and the adaptation to climate change of municipalities lacking human capacities and/or financial resources, allowing them to reach otherwise unattainable goals.

Youth Express Network - *France*

Youth Express Network is a European network of grass-root youth organisations. Its vision is to reach an inclusive society, where young people, their needs and participation are recognised, valued and appreciated. To reach this goal, they organise international activities bringing together youth organisations, social/youth workers and young people with fewer opportunities and encourage young people with fewer opportunities to make their voice heard in local, regional and international institutions.

WHAT WILL YOU FIND IN THIS TOOLKIT?

This toolkit is the second tool developed in the frame of the CEYOU project. Its aim is to support young people and youth organisations in developing and implementing training programmes, activities and events in the field of Circular Economy. In this document, you will find:

- Basic theoretical knowledge on the concept of Circular Economy
- Recommendations on accessible eco-friendly habits to start your own circular journey and lead by example
- Resources and contacts to share with participants when organising and event on Circular Economy
- Advice on non-formal education and how to facilitate an inclusive event
- Templates for training programmes
- Ideas of non-formal activities on Circular Economy

The content gathered in this document will hopefully enable youth organisations and young people to become active around different areas of circular economy. Although the events subsequently developed are imagined to be delivered face to face, they can also be adapted to online formats, depending on the context and geography of the target public. The events we have in mind include non-formal and activity-based learning as well as formal training. We expect and hope young people themselves will take leading roles in identifying issues and in designing their own event.

All resources created in the frame of the CEYOU project are complementary. Aside from the toolkit your are exploring now, find more information on Circular Economy on the other CEYOU documents:

- **GUIDELINES - Establishing permanent forums of dialogue between local Authorities and Youth Organisations on Circular Economy.**

This report is the first result of the CEYOU project. It aims to share good practices on establishing a dialogue between youth organisations and decision makers. The project's partners explored various ways of implementing forums at local level, through literature reviews and practical experience. After a brief overview of circular economy and youth participation, the document presents the local contexts in CEYOU partner countries, shows some case studies of engagement methods and outlines some key steps to follow to develop a dialogue space.

- **ONLINE RESOURCES FOR YOUR CIRCULAR INITIATIVES - Steps and resources to ideate and implement a project or object on Circular Economy.**

Targeted to those at the start of their journey, this document is intended to guide them through the wide range of Open Educational Resources (OERs) already available online. Articles, videos, tools, the toolkit organises a variety of resources following the different phases of project realisation - from inspiration, to ideation and implementation. It can be used both individually and in group.
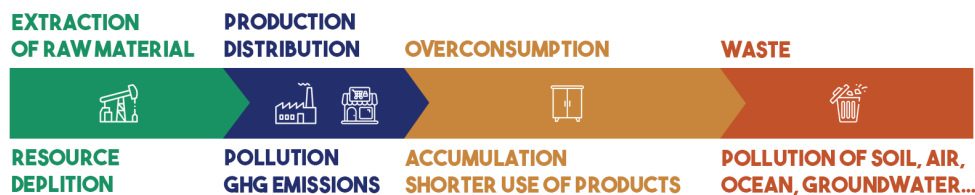
Circular Economy - In theory

Before sharing ways to implement and practice Circular Economy in various fields, one needs to understand the theory and principle of Circular Economy.

WHAT IS CIRCULAR ECONOMY?

Our current industrial model works with a take-make-waste dynamic. It is linear. We extract finite resources, produce and distribute new things every day, consume/use them, and then dispose of them.

The linear model is at the root of many problems among which: the destruction of finite natural resources, the waste of energy and water, the production of carbon emissions and pollution… all of which are slowly damaging human health and natural systems.

EXTRACTION OF RAW MATERIAL	PRODUCTION DISTRIBUTION	OVERCONSUMPTION	WASTE
RESOURCE DEPLITION	POLLUTION GHG EMISSIONS	ACCUMULATION SHORTER USE OF PRODUCTS	POLLUTION OF SOIL, AIR, OCEAN, GROUNDWATER...

Circular Economy is an alternative to this industrial model and to the way we produce, consume and dispose of things. It is a systemic approach aiming at benefiting businesses, society, and the environment. Contrary to the 'take-make-waste' linear model, Circular Economy is regenerative and restorative.

It is designed to keep products and materials in use as long as possible, to transition to renewable energy sources and to gradually decrease the extraction of finite resources and the production of waste and pollution, thus eventually allowing natural systems to regenerate.
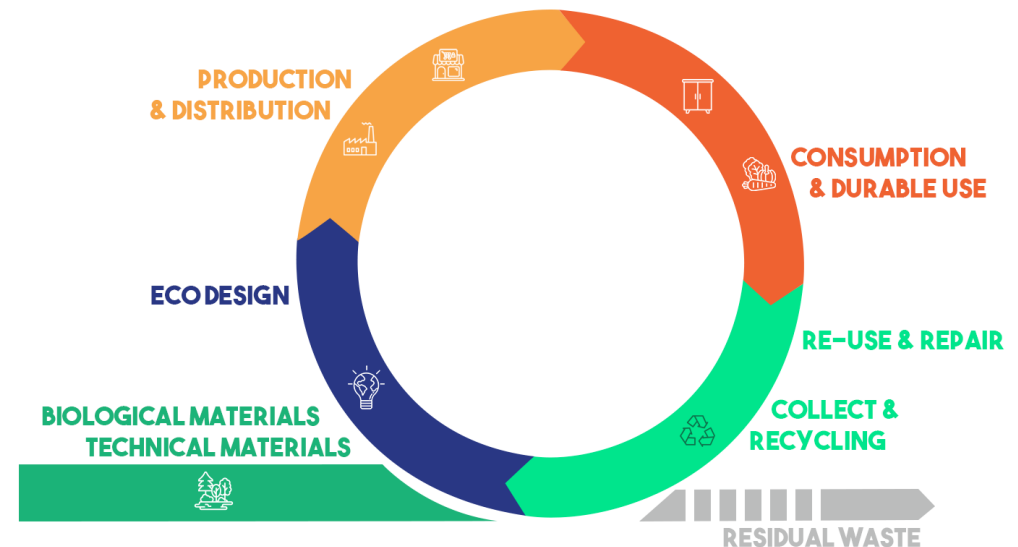
FREQUENTLY ASKED QUESTIONS

We have reached a point in Human History where it has become necessary and possible to change our industrial model. By limiting our consumption, using minimal resources, reusing and recycling whenever we can, setting a new perspective on our consumption habits and waste management, we can transition to a Circular Economy.

Let's explore Circular Economy by answering frequently asked questions:

Why is our consumption pattern a problem?

We are consuming more resources than our planet is able to produce. *Earth Overshoot Day* is a good indicator of this phenomenon. Each year, *Earth Overshoot Day* marks the day when humanity's demand for natural resources and services exceeds the amount that Earth is able to regenerate in that same year. In 2019 for example, it took us less than 7 months (July 29th) to consume all of the ressources the planet was able to both regenerate and absorb (waste) (Source: Global Footprint Network). This over consumption results in a deficit that is maintained and constantly increasing as earth population also grows more and more each year. It has harmful consequences on climate change, natural resources stocks and biodiversity.

What natural resources are running out?

Because natural resources are being overexploited for the production of goods and services, they are getting depleted on a global scale. Some even have reached a critical threshold and their capacity to regenerate is compromised. For example:

- Almost 60% of marine fish are being exploited at their maximum sustainable level and 30% are overexploited (Source: FAO - The State of World Fisheries and Aquaculture 2016).

- Sand is being used extensively in the construction industry to make concrete. However, it is a non-renewable resource and sand quarries are producing less and less of it. To compensate for this shortage, the extraction of sand from rivers and oceans is growing, disturbing the entire natural balance.

- Many metals (copper, silver, zinc, nickel) could be depleted by 2030, at the current rate of consumption.

With strategic resources becoming increasingly scarce, the question of access and sharing arises. This scarcity will lead to higher prices for raw materials, but also risks of instability, social tensions, and even geopolitical conflicts.

Can we reduce the impact of products on the environment?

All companies can improve the environmental performance of their products to various degrees:

- Composition of the product: improving the product by reducing its mass or eliminating dangerous substances;

- Design: fully rethinking a product by integrating environmental issues into the designing process (perspective of the product's life cycle);

- Product innovation: developing products adapted to the anticipated evolution of market needs;

- System innovation: putting an end to existing productions and creating new models (for example favouring use over possession).
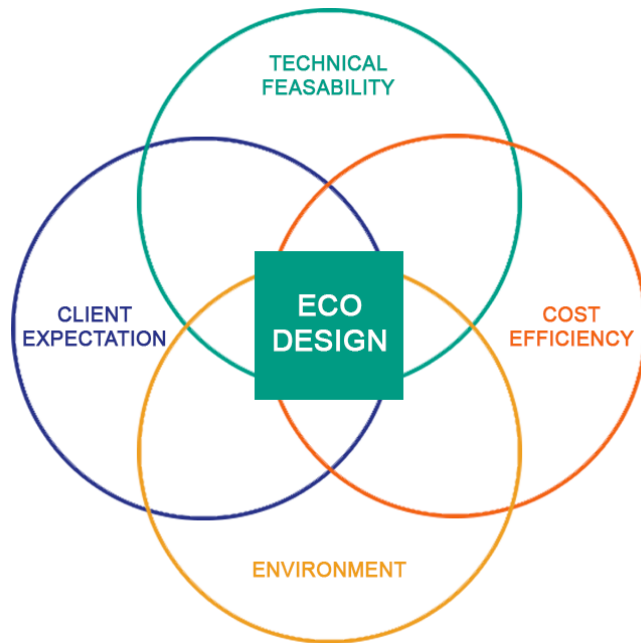
A study by ADEME (Agency de l'Environnement et de la Maîtrise de l'Energie) has shown the many advantages of ecodesign for companies:

- it has a positive impact on business (between +7% and +18%);
- it often allows production costs to be reduced (-2% on average) thanks to savings on raw materials, optimisation of logistics, etc;
- it is beneficial for the company's reputation;
- it strengthens the commitment of employees and cohesion within the company;
- it improves the skills of the staff involved.

Can all of our waste be recycled?

The recovery rate of household waste in the European Union was 47% in 2018 (Source: Eurostat), a rate that could be improved. The rest of our waste ends up in the regular waste bin, and is then incinerated or landfilled and therefore lost to recycling. For plastics, the rates have reached a ceiling: only 30% of plastic waste is recycled at the European level.

YES Recycling is awesome: Recycling is essential because it reduces the use of raw materials and saves between 60% and 97% of energy compared to a material made from non-recycled resources. There are a number of organised recycling streams that perform well. In a country like France, recycled steel and cast iron account for 51% of materials used in production, recycled glass 58% and paper and cardboard 66%.

BUT: Recycling has its limits because not all materials can be recycled efficiently or recycled at all:

- The use of recycled plastic is hampered by both technological and economic obstacles: its use rate is only 6%;
- Paper fibres can only be recycled up to 5 times;
- Steel can sometimes be contaminated with copper;
- Some rare metals mixed with other materials to form alloys cannot be separated for recycling.

The case of the smartphone is revealing: nearly 50 different metals are found in a smartphone but less than 10 are currently recycled (either because they are present in too small quantities

or because they are inseparable due to their agglomeration with other metals).

Recycling is not enough to meet the demand. Even with optimal recycling, we will always need to exploit more raw materials, especially if consumption continues to increase. Beyond recycling, other actions are therefore necessary to limit our consumption of resources.

Why is it important to make things last?

Keeping things for as long as possible limits the environmental impact. It saves resources and limits the amount of waste thrown in our bins. It is also an efficient way of reducing the impact of manufacturing. For many objects such as furniture, clothing, computers and telephones, it is the manufacturing phase that has the greatest impact on the environment. In the case of the smartphone, it represents 75% of the impact.

Because of the Buy-Use-Bin culture we've been engaging in for decades, we have lost the habit of maintaining and repairing our objects. We often are encouraged to think that buying a new object will be less expensive, or more convenient, quicker... It is estimated that one in two appliances brought back to customer service is not broken: no spare parts are needed to get it fixed. The issue might be due to a blocked pipe or limescale. Hence the importance of good maintenance.

From the 1st of January 2021, a repairability index will be compulsorily displayed in France on five categories of equipment: washing machines, laptops, smartphones, televisions and lawnmowers.

How does planned obsolescence affect the environment?

Planned obsolescence is the set of techniques intended to reduce the lifespan or use of a product to encourage the purchase of new ones. It is more often applied to electrical and electronic appliances.

There are several types of planned obsolescence:

- **Functional obsolescence:** the product stops working or can no longer perform its primary function due to a technical defect.

- **Indirect obsolescence**. the product is no longer usable due to an associated product that no longer works and is neither repairable nor replaceable.

- **Customer service obsolescence**: the product cannot be repaired by the manufacturer, and nothing is planned to cover the reparation or replacement of the product. In most cases, this will discourage the customer from looking into repairing their product, as the reparation price will often end up being superior than a new device.

- **Psychological obsolescence**: the consumer replaces the product that is out of fashion or no longer meets their demands for innovation (design, functionalities, etc.).

Planned obsolescence impacts the environment because the manufacturing of these products generates pollution and significant costs which only benefit the companies that produce them. It also has social implications, in terms of employment, or inequalities for example.

Can Circular Economy also improve other societal issues?

Circular Economy aims at lowering our impact on the environment, but it also fosters more cooperation, more solidarity and more activity at local level. Many enterprises of social and solidarity economy have been created over the past years, a lot of which are using the principles and values of Circular Economy. These enterprises do not only aim at generating profit but also put importance on their employees, democratic governance and responsible management (embracing sustainability, ethics, and responsibility).

For example: repair cafés and collaborative repair workshops are blooming. Free and open to all, they are run by volunteers who share their knowledge with people and support them in learning how to repair their broken items. By giving objects a second life, they contribute to reducing the amount of waste, especially electrical and electronic waste. They also raise awareness on environmental problems linked to waste and overconsumption, and encourage cooperation and solidarity.

Does Circular Economy create jobs?

Circular Economy can contribute to business competitiveness and economic development. It is estimated that the sector represents a potential of 700,000 additional jobs in Europe (Source: Circular Economy Action Plan, The European Green Deal), some of which have yet to be created. Most of these jobs are local, permanent and non relocatable. Circular Economy involves a wide range of activities, such as recycling, eco-design,

reuse and repair... According to a European study (Source: European Parliament, 2016), repairing just 1% of currently discarded objects would create 200,000 jobs in Europe.

What actions should be taken to change the industrial model?

The creation of a new model of production and consumption depends as much on collective actions as on individual actions. Initiatives at all levels can provide answers for a more respectful and waste-free society.

Example: Possible actions applied on the lifespan of a Smartphone

RECYCLING
- dispose of the phone in a recycling point specialised in smartphones

MANUFACTURING
- eco-design the smartphone (Fairphone) to lower the impact from the beginning of its conception
- set up a rental system

USE
- keep your phone as long as possible
- repair it yourself or have it repaired by a professional

SMARTPHONES

BUYING
- question your need to buy the item
- buy second hand
- rent

Advice for companies and local authorities

- Optimise the functioning of the organisation, both in the factory and in the office, to consume fewer resources and choose resources that have less impact on the environment;

- Eco-design each product, ensuring that its manufacture uses as few resources as possible, uses as many recycled materials as possible, and can be recycled easily;

- Think about environmental and social criterias when releasing it to the public (price, accessibility, maintenance…);

- Encourage donations and reparations within the organisation;

- Facilitate recycling so that most of the materials can be reused as recycled raw materials.

Involving young people and peers

In recent years, schools, high schools, universities and other institutions have been organising concrete actions such as toy collecting, composting canteen waste, collecting electrical and electronic waste, etc.

The "European Week for Waste Reduction" (EWWR) is one of the events that support the implementation of such initiatives, raising awareness and stimulating the interest of young people and their teachers in building a more sustainable world. All it takes is a little space and creativity to create a group action (colleagues, neighbours, students).

What can I do to contribute to this change?

To learn more ideas and practical tips YOU can implement right away to have a better impact on the environment, go to the part entitled « Showing change ».

These frequently asked questions and their answers were partly adapted from a document created in 2019 by *The French Agency for Environment and Energy Management*. Find it in more details through this link (French): https://librairie.ademe.fr/dechets-economie-circulaire/919-l-economie-circulaire-en-10-questions-9791029712968.html

My own Circular Economy action

When teaching an audience about Circular Economy, you can choose to explain the general idea of Circular Economy, but you can also choose to focus your attention and group effort on one environmental cause or particular issue.

Narrowing down your focus on an issue that is particularly visible and relevant in your public's surroundings is a good way to mark their minds and help them grasp the potential of Circular Economy. Maybe your city is on a coast and you can show your audience how plastic pollution affects the ocean and their own environment. Maybe your audience is young and is therefore heavily targeted by the fashion industry's marketing strategies.

Find here below a non-exhaustive list of some fields to which Circular Economy can be applied (including some of the industries that have the biggest impact on climate change). We deliberately chose not to include too many numbers because climate figures are constantly evolving, but you will find more information on the Ellen MacArthur Foundation's website.

SOME FIELDS OF ACTION

Food

Our current food system is directly and massively responsible for a large part of environmental issues such as greenhouse gas emissions, overuse of land and destruction of wild habitats, overuse of freshwater, pollution of water, and threat to biodiversity.

Changing the way we produce and consume food is one of the most impactful things we can do to ensure a better future for our planet.

Some key directions are:

- Growing food in a regenerative way, preserving natural resources and supporting ecosystems instead of damaging them;
- Sourcing food locally, when it makes sense;
- Making the most of food, avoiding food waste and using organic byproducts to improve soil fertility;
- Designing and marketing food products that are healthier to both people and natural systems;
- Eliminating or ecodesigning food packaging;
- Lowering meat consumption.

Fashion

Fashion is one of the world's most polluting industries. Its impact is greater than international flights and maritime traffic combined: it emits huge amounts of greenhouse gases, uses (and wastes) drinking water, relies on non-renewable resources and pushes people to over consume clothing they don't need and end up wearing for very short periods of time, thus creating waste that could be avoided.

Some key directions are:

- Supporting business models that increase the durability of clothing;
- Using safe and renewable materials;
- Boosting clothing care;
- Recycling or upcycling unused and damaged clothing;
- Making durability, quality and resale more attractive.

Transport

Transport represents almost a quarter of Europe's greenhouse gas emissions and is the main cause of air pollution in cities. It is through transport that we burn most of the world's resources of petroleum. Within this sector, road transport is the largest contributor to global warming (cars and trucks), right next to planes and boats.

Some alternatives to this issue are:

- Shifting to low-emission or zero-emission mobility;
- Increasing the efficiency of the transport systems (public transport, road congestions…);
- Speeding up the deployment of low-emission energy alternatives for transport (renewable energy…);
- Encouraging slow travel (cycling, walking);
- Facilitating car-sharing or public transport;
- Promoting local mobility and consumption.

Plastic and waste management

Plastic is a versatile material that could theoretically be recycled and reused multiple times. Our linear system does not compose with this information and most of the time, our use of plastic ends up being incredibly wasteful. Same can be said for many other materials.

Some ideas to implement in a new model:

- Redesigning a system that eliminates waste and pollution;
- Innovating to ensure that the materials we use are reusable, recyclable, or compostable;
- Organising clean-ups;
- Promoting reuse models.

Digital pollution

It is not the first thing that comes to our mind when we think about our negative impact on the environment, but digital pollution is becoming more and more concerning.

The digitalisation of our culture leaves a mark on our environment, from the manufacturing, use and disposal of our gadgets, to the data we stock and the material, energy and infrastructures our virtual world requires to function.

Here are some ideas that could help:

- Prolonging the lifespan of our digital devices and optimising their design;
- Promoting and encouraging the repair and recycling of digital devices;

- Limiting our online presence and stocking of data.

SHOWING CHANGE

Individual choices and small changes of habits are crucial to the global transition to Circular Economy. Consumers are at the heart of Circular Economy and their decisions and behaviour can give direction to our whole industrial system.

Because each individual plays an important role in this specific topic, it is one of the most important points to convey to your audience when hosting a training, workshop or any event focusing on Circular Economy.

As we explained earlier, any topic within the field of environment can easily come with overwhelming negative feelings: feeling that the cause is lost already, feeling that one is too small to truly be able to change anything at all, feeling illegitimate to tackle the issue, being afraid of making mistakes, not knowing where to start… Leading by example is a very efficient way to slowly unload these worries and demonstrate with evidence that anyone can do it and be successful in their journey.

Some circular and sustainable habits

Do you really need this product? Question the necessity and usefulness of this new item or service in your life. No harm in purchasing something that will bring you joy, or going on the trip of a lifetime. The important thing is to weigh your decisions and take its environmental impact into some consideration.

Avoid over-equipment. Are you using most of the items in your wardrobe? Do you have two kitchen appliances that do roughly the same thing? Some of our purchases are often motivated by trends and marketing strategies. A good exercise is to narrow down your possessions once you realise they haven't proven useful in a long time. Of course, don't throw those away: donate them or find a new use for them if you're creative.

Repair... Rent, borrow, buy second-hand or buy reconditioned appliances as an alternative if you decide you need to purchase a new item. If you decide to buy something new, you can also research eco-efficient appliances (check for official environmental labels) or more ethical, eco-friendly and/or local products.

Avoid "single-use" products (wipes, cutlery, plastic bags or water bottles, etc.). Lots of alternatives exist now to substitute these items we've gotten used to reaching for automatically. A good exercise to get started is to scan your home, one room or one spot at a time: dish-washing station (dish soap, sponge, hand towel...), kitchen (saran wrap, aluminum foil…), handbag (take away cutlery, lunch box...), bathroom (showergel, luffa...), make-up station (cotton pads, cotton swabs…), etc. For each element you throw away regularly, research into more long lasting and eco-friendly alternatives. These alternatives are often more economical in the long-run as well.

Avoid packaging. More and more shops or brands now offer packaging that has lower impact such as paper, or no

impact at all: zero-waste dispensers for example. If these alternatives don't exist yet, why not suggest to your local farm to develop a zero-waste offer, or bring your own cloth bags to the market and ask them to use yours instead of plastic bags.

Favour local and seasonal products, especially fruit and vegetables: they require less transport and do not grow in heated greenhouses. Moreover, they are fresher and often less expensive. Eating local and seasonal products will also support your local agriculture and economy, and buying your food at the market will be better for your health because your diet will have less additives and chemicals, and produce less waste.

Sort out your waste. There are recycling channels for many items. For example, cooking oil is very polluting and disposing of it in the sink can damage lots of liters of water. Batteries are also harmful to the environment, and some food waste can be composted or directly reused as fertilizer! Learn about the different kinds of waste that you produce and dispose of it accordingly.

Research on the values and practices of the companies you buy from. Boycotting harmful firms, or Buycott: actively choosing companies that are aligned with your ethical and sustainable values, is a great way to use your consumer buying power. Support your local businesses, businesses that are openly eco-friendly, businesses owned by marginalised communities etc… You can apply this advice to the companies you buy things from, but also service providers such as your bank or your energy providers (green energy).

Reduce your animal product consumption. Meat or fish consumption is well-known now to be massively harmful to the environment as it indirectly impacts: climate change, deforestation, soil degradation and the ocean's pollution. Adding to that the many concerns over animal welfare, biodiversity unbalance… Lowering our consumption of meat, fish and animal products are amongst the most impactful changes you can do for the planet.

Rethink your ways of transportation. Try to choose more sustainable ways of transportation. Walking and cycling considerably reduces CO2 emissions, and using your local public transport to commute to work is also a better alternative than using a car. Slow & local travels are recommended and allow you to (re)discover the beauty of local treasures. You can also use trains, buses or car-sharing to reach your travel destinations whenever possible.

Spend more time in nature. Go out and identify green spaces around your area and purposely spend some time outside. It can be a daily hour walk in nature or an urban park. Go on hikes in the wild, visit local or national parks & protected areas. Being in nature reduces stress and is overall beneficial to your health, but it is also good for the environment: feeling more connected to nature helps grasping the importance of protecting it. + you'll be supporting nature focused businesses (guides, instructors…).

Get involved in the change! There are multiple ways you can get involved. One way is to get involved in local politics. The

system needs to change, and systems change from the inside or when people put a lot of pressure on them. Another way is to volunteer in organisations that are actively changing things such as Extinction Rebellion, Fridays for Future, Sea Shepherd, Fashion Revolution, Zero Waste. You can donate, give some of your time or contribute with your skills. You can also look within your community: what environmental problem needs solving in your community or what innovation could your community benefit from?

Find stories of positive change! Disconnect from the depressing mainstream narrative on the climate emergency. There are a lot of amazing things happening in transition groups all over Europe and the world. Positive magazines have new threads where you can find this type of news: follow people who share these stories and make an active choice to feed your mind with positive examples.

Learn about other small changes you can make to have a better impact on the environment, visit Your plan, Your planet a digital experience created by the Ellen MacArthur Foundation.

Narratives for change

Since the beginning of time, humans have used the power of stories to teach and transmit knowledge. Stories stimulate our imagination, curiosity and emotions. Applied to the topic of Circular Economy, testimonies and real-life examples allow the public to relate more with situations different from their reality. It

can be a great tool to invite people into the topic, spark their curiosity to get more information or even to get involved right away, at their level.

International organisations

Organising a field visit or getting in contact with volunteers from global organisations can be efficient to demonstrate the opportunities or get a concrete idea of how one can get involved at their own level. Here is a list of international NGOs that are active in Europe in the field of Circular Economy:

- Zero Waste Europe
- Extinction rebellion
- Rreuse
- Friends of the earth
- Surfrider Europe
- Seas at risk

Visual resources

Very often, climate change, global warming and the current climate emergency are explained through the depiction of shocking facts about polluting industries and alarming predictions of scientists about our planet and our life expectancy as a species.

The following resources have proven to be impactful and show accurately the colossal damages of industries on the environment and the consequences of these damages on biodiversity and the planet. This list is non-exhaustive and only

includes some visual resources (documentaries/mini-series/ youtube videos...) that you'll be able to show or share in the frame of an event on Circular Economy. Although shock is one way to raise awareness, we'll also share with you on the next part more positive narratives to convey this crucial need to change.

- Ellen MacArthur Foundation **[YOUTUBE CHANNEL]**

- *Before the Flood* (2016) : A look at how climate change affects our environment and what society can do to prevent the demise of endangered species, ecosystems and native communities across the planet

- *This Changes Everything* (2015) : A look at seven communities around the world with the proposition that we can seize the crisis of climate change to transform our failed economic system into something radically better.

- *Climate Change: The Facts* [BBC] (2019) : comprehensive rundown of the current situation.

- *Our Planet* (2019) [Mini series] : explores Earth's important habitats and the life they support, and shows how they're being affected by rising temperatures and sea levels, ocean acidification, and subsequent wildlife population decline.

- *Cowspiracy: The Sustainability Secret* (2014) : an environmentalist seeks to find the real solution to the most pressing environmental issues and true path to sustainability.

- *Seaspiracy* (2021) : a filmmaker sets out to document the harm that humans do to marine species - and uncovers alarming global corruption.

- *The True Cost* (2015) : documentary film exploring the impact of fashion on people and the planet.

- *RiverBlue* (2016) : around-the-world river adventure uncovering and documenting the dark side of the global fashion industry.

A few words on Eco Anxiety

Eco-anxiety is the anxiety related to climate change and environmental degradation. Like anxiety, it results in a certain uneasiness and pervasive fears, rational or irrational. This overwhelming concern for the future of the planet can become quite crippling as it leads to the gallery of symptoms that come with it, from insomnia to depression or eating disorders. Also called "Earth sickness", "Spleen green" or "Green burn-out". It is a chronic fear of a doomed environment. Eco anxiety is not listed in the WHO international classification of diseases, but there has been a boom in psychological and psychiatric consultations for nearly 10 years.

Eco-anxiety catches those who have a lot to lose (Global North), but also vulnerable populations, those whose houses cannot withstand the hurricanes. It concerns just as much those who "think" about changes, who read and document themselves, as those who experience them. For the latter we will speak of a form of "melancholy linked to the loss of the known environment" = SOLASTAGIA.

Some solutions to this feeling of hopelessness can be:

- Strengthening your emotional resilience;
- Frugality: consuming less, being consistent, leading by example;
- Being in the Action, volunteering, campaigning, advocating;
- Disconnecting from social networks, distancing yourself from infobesity;
- Sharing solutions, mutual aid, and experience;
- Staying connected to real people, "you are not alone";
- Reconnecting with Nature: going for a walk in the forest, mountain, park.

Finding hope in positive stories and imagination

Rob Hopkins is an activist and writer on environmental issues, and the founder of the Transition Network and the international Transition Towns movement. In an interview given to Youth at Work Partnership, he explained "*We really have to reframe the story. In my work, I try to say to people: we could create a future that would look quite different from today, but that would be so much better, where we would have more time, more space, more connections with other people, more interesting work, where we would live in more beautiful diverse places.*" (watch the full interview here).

Shifting the perspective and deciding to approach the climate emergency as an opportunity for innovation and progress instead of a depressing lost battle can also be a good way to invite the public into the concept of Circular Economy. Here are some more visual resources that invite the viewer to hear the stories of people who are actively making a change and to imagine a better future.

Showing good examples and accessible actions to empower people

- *Tomorrow (Demain)* (2015) : Instead of showing the worst that can happen, this documentary focuses on the people suggesting solutions and their actions.
- *Paris to Pittsburgh* (2018) : empowering documentary consulting climate scientists, geologists, politicians, and local pioneers to understand what some cities are actually doing to achieve the goals set by the Paris agreement.
- *Kiss the ground* (2020) : the film optimistically showcases those championing regenerative agriculture, running composting and sustainable waste management facilities, and fighting to restore balance to the planet through the dirt under your feet.

- *2040* (2019) : Positive vision of the future in 2040.
- *What if…* (2020) [TedX] : Rob Hopkins, cofounder of Transition Network, opens a new perspective on how to approach the climate emergency and the importance of imagination. What if we saw this transition time as an opportunity to imagine a great future?

CE training, workshops and activities

After covering the basic knowledge needed to host an event on Circular Economy and describing a selection of fields it can be applied to, let's multiply our impact and dive more on how to launch an event or training on Circular Economy intended for youth and youth organisations.

HOW TO ORGANISE A CE EVENT

Programme templates

Before developing the programme of an event, you should determine your aim and your objectives (What are you trying to achieve? What will your audience be learning along the way?).

You should also identify the resources you'll be working with:

- How much time do you have to achieve your goal?
- What material do you have at your disposal? And how can you benefit from your location and its surroundings?
- Who is your target audience, but most importantly, what learning experience will be the most effective with them?
- What will your target audience be expecting, needing, wanting to learn?
- What impact do you hope to have on your audience?

Once you've answered these key questions, you (and your team) will be able to start developing your programme.

Here are some tips to follow during this process:

Find a good balance between active and passive methods, not everyone can stay focused for a long time. Vary the sessions according to the level of focus your audience will have to engage in: standing or moving / sitting on a chair, group discussions / individual reflection, talking lots / using their hands…

Check & adapt the choice of activities to your group, taking into consideration their age, background, level of knowledge on your specific topic…

Put yourself into your participants' shoes, breaks are important. Anticipate the needs of your participants in order to ensure their well being.

Alternate the methods you use. There are 4 types of learning methods. Try to switch methods regularly and design your programme in smaller units.

Communication (interaction, dialogue, mediation)	Self-directed (creativity, responsibility, discovery)
Activity-based (practice, experience)	Socially focused (partnership, team work, networking)

Write your session outline. When preparing your programme, compose a session outline describing your sessions with as much details as possible. This document will be helpful during the event if anything unexpected happens and puts you off the track.

Build your programme with a logical flow. For example: preparing team building activities before working in groups ; explaining theory before putting it into practice…

Get fresh air. It is always good and beneficial to bring your group outdoors if you can. Whether it is during the breaks or integrated into the programme, allow your participants to change perspectives: organise an afternoon of field visit, a small touristic tour (if in another city or a foreign country), outdoor activities.

Here are examples of programmes that could be developed in the field of Circular Economy.

Programme for a 4-5 hours workshop (half a day)				
30 MINUTES	**30 MINUTES**	**3 HOURS**	**30 MINUTES**	**30 MINUTES**
Introduction	Name game / Icebreaker	WORKSHOP Break WORKSHOP	Restitution	Evaluation

Programme for a day-long activity				
Morning				
30 MINUTES	**30 MINUTES**	**2.30 HOURS**	**30-45 MINUTES**	**30 MINUTES**
Introductions	Name game Icebreaker	WORKSHOP Break WORKSHOP	Restitution	Evaluation
Afternoon				
1 HOUR	**1.30 HOURS**	**30 MINUTES**	**1.30 HOURS**	**30 MINUTES + 40 MINUTES**
LUNCH BREAK	WORKSHOP Break	Restitution Evaluation	WORKSHOP Break WORKSHOP	Restitution Evaluation (Last workshop) + DAY Evaluation

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
AM Introduction + Name games + Icebreakers	AM Activity 1 + Restitution and reflection	AM FIELD VISIT 1	AM Activity 3 part 1	AM Activity 4 + Restitution and reflection
PM Team building + CIRCULAR ECONOMY IN THEORY	PM Activity 2 + Restitution and reflection	PM FIELD VISIT 2	PM Activity 3 part 2 Restitution and reflection	PM Evaluation + Goodbyes

Facilitating skills and must-have

Non-formal education practitioners often use the word "Facilitator" to designate a person in charge of preparing, organising, and presenting a non-formal event (seminar, workshop, activity). According to the definition of the Council of Europe : "A facilitator is someone who "makes something happen", who helps, and who encourages others to learn and develop their own potential." (*Compass, Council of Europe*)

Facilitating a non-formal event requires some key elements to ensure a successful experience for all of the participants:

creating a safe and inclusive space, inviting participants to learn through experimentation and exploration, conveying the idea that every individual will be giving and obtaining something from the shared experience.

Here are some tips and ideas that were shared by experienced youth facilitators, volunteers and professionals when asked how to be inclusive and successful when facilitating:

Inclusive Youth Work

Diversity

- Think about the participants' background and their potential special needs
- Prepare variations of your activities and methods to suit people with special needs
- Think about your own bias and try to challenge them, think out of the box
- Try to use examples reflecting various realities (mind the gaps)

Language

- Use gender neutral pronouns or nouns (they instead of she/he - « Everyone » instead of « Guys »)
- Use non-offensive vocabulary (don't use terms that can be discriminatory)
- Hire an interpret if needed (foreign language or sign language)

Show a good example

- Be kind and polite
- Be friendly: body language, volume and tone of your voice, vocabulary
- Admit when you don't know something
- Build trust
- Show some vulnerability
- Share bits of your own story, be open and honest
- Show your participants that you are their equal
- Listen
- Be patient
- Give them space

Empower your participants

- Enable them to use their skills and strengths
- Validate them, express your support and trust « You can do it!», « I'm here to help you if needed »
- Support them in making their own analyses and choices
- Don't anticipate their opinions, don't impose any direction or action, live them free to take part or not in any activity
- Respect your participant's freedom, opinions and choices
- Don't cut people or finish their sentences
- Give responsibilities to your participants

Create a safe space

- Check if people feel comfortable
- Offer « exit issues » to allow people to remove themselves from triggering situations (nothing is mandatory)
- Use trigger warnings or content warnings

- Don't assume, don't question (if you have to ask, do it cautiously, politely, privately)
- Use non-violent communication
- Respect privacy and confidentiality

Non-formal Education

Ensure the best learning experience

- Think about your participants' profiles and adapt your session's format and flow to your audience
- Get an idea of the motivations and expectations of your public: try to meet their interest
- Stay positive and flexible, anything can happen and opportunities can come from any situation
- Keep your information simple

Anticipate and expect the unexpected

- Prepare a plan B for any crucial element of your session
- Think carefully about the things you'll be saying: try not to exclude anyone, and to have a positive impact

Prepare and set good foundations

- Ask in advance if any of your participants have special needs
- Check the place beforehand / Or check your materials if online
- Research your topic and keep yourself updated
- Explain your role as a facilitator
- Establish mutual rules

Don't forget to learn too

- Reflect on your own emotions and sensibilities
- Be welcoming of any new knowledge your participants will share with you

Keep it simple

- Repeat briefly what the person before you just said to make sure everyone understood
- Use visualisation or graphic facilitation to explain complicated points
- Use accessible vocabulary and explain technical words

Pay attention

- Feel the atmosphere
- Stay connected to your intuition and identify the right moment to move on, or stop (reflection has reached a conclusion, something wrong happens, the participants are lost…)
- Anticipate any trauma that could be triggered

Use feeling / senses as a tool

- Use metaphors to convey your message
- Use colour to make structure your info
- Stretch between sessions
- Invite participants to use their senses

Be safe

- Be kind to yourself, stay safe
- Take space and time for your own emotions

- Look after your own energy as an activist, many people can get burnt out

Source: "Inclusion toolkit - Working with young people from vulnerable groups" - Youth Express Network

Examples of visual supports and session outlines (Annexe)

We gathered in our the CEYOU website a few examples of sessions' supports: a session on Eco Anxiety, a session on Eco-friendly Fashion and a workshop on Strategic planning within the context of Circular Economy. Find there scripts and visual presentations that you can use while implementing a session on these topics, or to get inspired on the structure of a session. You will also find a template to create your own session outline.

EXAMPLES OF ACTIVITIES AND WORKSHOPS

NAME GAMES

Round of table - introduced by Youth Express Network

This is the most simple way of introducing the group. Facilitators invite the participants to introduce themselves by telling their name and explaining shortly why they are here.

Variation: participants can also share one random fact about themselves such as their occupations, home towns, favorite television programs, or the best books they have read in the last year. The exercise can also be linked to Circular Economy by asking participants to mention, for example, one thing they do to help others, or an idea to save the planet.

Story of my name - introduced by Youth Express Network

When introducing themselves, each participant briefly tells the story of their name (its significance, or why and how this name was chosen for them). It can be about their first name, second name, family name or even nickname.

Remember my name - introduced by Youth Express Network

The participants are in a circle. One of the facilitators can start the game in order to show an example. The first person will state their name and associate it with a movement. The movement can be a dance move, or a simple hand gesture, but you can also ask for the movement to be something eco-friendly in order to stay in the topic of Circular Economy (ex: mime an eco-friendly good habit). A variation without the movement can also be to state Name + something starting with the same letter.

Once the first participant has shown their sequence, the second participant repeats that same sequence, and proceeds to add their own sequence. The third participants will then repeat the 1 and 2 sequence and add their own on top of that. This will then be repeated until the circle is over. For an addition of fun, the First participant, who didn't have much difficulty, can take on the challenge of repeating the whole sequence.

ICEBREAKERS

The following activities are fun games that can be useful to start light interactions between the participants and to allow them to break the ice and become more acquainted with each other. They will also encourage participants to mingle with each other. It can easily be adapted to introduce some elements of the topic.

Treasure hunt - *introduced by Youth Express Network*

TIME NEEDED

30 minutes - 1 hour

MATERIAL NEEDED

- Copies of the Treasure hunt printed for each participant or small teams
- Pens
- Small prizes

INSTRUCTIONS

- Prepare a list of objects to look for (see example below).
- Divide the participants into small groups.
- Optional: For more fun, you can let the groups decide on a group name, draw a flag, and invent a "rallying cry"!
- Explain the game: the teams will have to go on a quest and gather all of the items on the list as quickly as possible (You can use the list below, add more items to the list, or make your own). You can do one round for each item and deliver points for the quickest of each round. The first team to gather all of the items or to get the best score wins.
- The facilitators verifies the accomplishment.

EXAMPLE

Here are examples of things you can ask your participants to gather:

- an object that can be recycled
- an object that can be used for something other than it's formal purpose
- an object that helps preventing waste
- something that comes from earth/nature
- something that is made out of plastic

CE BINGO - *introduced by Youth Express Network*

TIME NEEDED

30 minutes - 1 hour

MATERIAL NEEDED

- Copies of the Bingo grid for each participant or small teams
- Pens
- Small prizes

INSTRUCTIONS

Optional: If you have your participants' contact before the event, and are able to communicate with them, you can ask them to describe to you what eco-friendly habit they already implement in their personal life. According to the answers they will give to you, generate a Bingo grid and insert in each square various habits that are already implemented by your participants. (You can generate Bingo grids on this website: https://myfreebingocards.com/bingo-card-generator)

- Print the Bingo grid before the activity, one for each participant.

- Distribute one grid per participant.
- Explain the game: each participant will have to go talk to other participants and find out who implements the eco-friendly habits written on the Bingo grid. Once they find a person, they write their name on the corresponding square of the grid. One person's name can not be used twice. The first person to fill in their Bingo Grid announces it publicly.
- The facilitator announces that the game starts.
- Someone finishes their grid and announces BINGO! > The facilitator can decide if they stop the game or let some time for people to finish and meet more participants.

EXAMPLE

Someone who knows hot to sew and repair clothes	Someone who only takes showers (no baths)	Someone who composts food at home	Someone who recycles glass
Someone who owns a reusable water bottle	Someone who buys second hand clothing	Someone who uses public transportation	Someone who bikes to work
Someone who doesn't eat meat	Someone who goes to work by feet	Someone who works from home	Someone who has owned the same mobile phone for the past 5 years
Someone who has already volunteered	Someone who deletes their emails regularly	Someone who brings their own lunch at work	Someone who has second hand furniture at home

All those who - introduced by Youth Express Network

- Taking the same type of affirmations as in the CE BINGO, gather your participants in a circle or a line.
- The facilitator announces the affirmations, ex: I have already volunteered / My town recycles plastic.
- All of the participants who agree with the affirmation, take one step forward. The floor is open for them to tell more details on the story if they want to.
- Once the facilitator's list of affirmations is finished, the floor can be opened to any participants who would like to suggest an affirmation in order to continue the game. Of course the list of affirmations has to have some link with the topic, preferably.

Walk and Talk - introduced by Youth Express Network

DESCRIPTION

With this activity, the participants will get to know each other and share pieces of their lives with each other, all while introducing the topic of Circular Economy.

TIME NEEDED

1 hour

MATERIAL NEEDED

- Papers with 1 conversation starter per piece of paper

- Get for a walk outside. Divide the group in pairs and distribute to each pair one piece of paper with one question to discuss for 2 minutes.
- After the pair has discussed the question, they can swap their question with another pair and create a new pair.
- Continue until all questions have been answered.

EXAMPLE

Example of questions:
- The story of… Your last slow travel
- The story of… Your happiest memory from the past year so far
- The story of… Your journey (personal / professional life) since you got involved in this CEYOU project
- The story of… The things you/your organisation organised within the CEYOU project (implementation of local workshop, multiplying event etc
- The story of… Your best digital talent
- The story of… Something immaterial that you brought here with you and want to share with others in the group
- The story of… The last thing (object, clothes, etc…) that you bought second-hand
- The story of… A circular enterprise that you like
- The story of… A circular entrepreneur in your close friends / family circle
- The story of… The name of your city (invent one if you don't know it)
- The story of… Your name
- The story of… The last time you took a walk

TEAM BUILDING ACTIVITIES

Team building activities are vital to ensure a good atmosphere during longer projects such as seminars, trainings or youth exchanges. If your group is going to work together for several days, planning a few team building activities during the first day will contribute to:

- Building a connexion between the participants
- Building a team spirit
- Discovering the various group dynamics in place
- Learning various communication methods, compromise and working together to reach a common vision
- Creating memories and having a good time all together
- Building healthy foundations within the group atmosphere so the rest of the event can be good
- Implementing the notions of safe space, respect and inclusion, from the beginning
- All while introducing elements of the main topic too

Mission impossible - introduced by Youth Express Network

DESCRIPTION

This activity can be used with a group from 12-50 people or even more. It is a participant-self-managed activity. It needs some preparation before, and observation during, but the facilitators are not supposed to intervene during the session. The activity can take place either inside or outdoors. It can also be adapted to an online activity.

The main aim is for the group to figure out ways to organise themselves and communicate efficiently with each other. Everyone wins or everyone loses. It is a great way to show differences of personalities and how to balance these dynamics and be mindful to leave room for everyone to participate and feel included.

TIME NEEDED

30-45 minutes
+ 15-30 minutes of debriefing

MATERIAL NEEDED

- List of Missions
- Pens, tape and paper
- Any other material that the missions might require (envelopes, camera, treasures, puzzle, information..).

TIPS

- In order to make this activity fun for everyone, an immersive atmosphere can be built during the session : pirate treasure hunt, James Bond mission… Videos can be used, clues and more complexe keys can be included etc.
- Anticipate and adapt your missions if you have participants with special needs.
- Make sure the missions are visible for all the group at all time.

INSTRUCTIONS

PREPARATION

- Elaborate the list of missions. The missions should be balanced: some activities should require the participation of all participants, but others should be individual and others should require the group

to divide strategically. Some can require general knowledge, others can require searching the internet. Some may be physical and other cerebral. Some can also be creative (group moto, rules, anthem…). Some can be very easy and you can pop one or two very difficult tasks among the list. The title of the game is Mission Impossible, so it should be a little bit difficult to do within the time frame.

- Print or write the instructions on a A1 paper or projected on a screen. Decide how the participants will discover the missions (one way can be to stick an envelope under each chair of the participants, or you can prepare a video in the style of a James Bond or Mission Impossible movie « Your mission should you choose to accept it »)
- Prepare all the elements that the group will need to find, and the material they will need to organise themselves

TASKS

- For added difficulty, you can make this activity completely self-managed and not talk at all as a facilitator. Explain the game through the handout delivered to the participants, or through a video. Start it once all the participants are seated on their chairs.

  OR, Explain the game yourself, read all of the missions, and set some ground rules if you want to ensure a specific mindset and dynamic during the session. Some rules can be:

  - Everyone needs to play a part in at least one task

  - Don't force anyone to do something they don't want to, you can always find a solution around a task

  - It is not a competition, you all win or lose together

  - Be kind and inclusive, be mindful

  - Each task must be validated by the facilitation team (specify if the validation is to be done at the end or after each task, if needed,

mention the proof you will need within the Missions List)

  - The facilitators will not help you!

- Announce that the mission will be under a strict timer. Ask if the participants have any last questions.

- Launch the countdown and timer! During the activity, observe the dynamics, keep notes of any eventful phase of the process that will need to be discussed later. Also, keep track of the realisation of the tasks.

- Once the timer is over. Gather the group in a circle.

OUTCOME

Go over each task of the mission and announce the good accomplishment or failure of each task. Announce the outcome of the game. If the team lost and didn't accomplish the mission, keep the speech positive.

DEBRIEFING

The debriefing is crucial to invite a group reflection on the group dynamics and team spirit, the role of a leading person, how you respect and include everyone. Some questions you can ask:

- How was this activity? How do you feel now?

- Are you satisfied with how the group managed each task? What would you change? What would you like to point out? Was something frustrating? What was the most exciting part? What made you feel proud?

- Did you notice any power dynamics? Were there people that were leading more? How did it make you feel? What is the responsibility of a leader? What kind of other important roles are there in a group (spoiler: everyone is important)?

- With which task were you the most comfortable (individual, small groups, big group)?

If you'd like to add some theory to the session, you can talk about the group dynamics and the differences of powers in a group.

THIS IS YOUR MISSION IMPOSSIBLE

Should you accept this mission, you will have 40 minutes to accomplish the following 13 missions. You will be followed by our 4 silent secret agents. We have eyes everywhere, so cheating will not be tolerated. You will not receive help from anyone outside of your group, so be united. Leave no one behind. You all win, or you all lose.

The deadly timer will start once you have read all of your missions.

MISSION 1: (Note for facilitator: Activity of MIND - for SMALL GROUPS)
You will find puzzle pieces under some of your chairs. Complete the puzzle. A missing piece is hidden somewhere in the room.

IMAGE SOURCE : FREEPIK - FR.FREEPIK.COM

MISSION 2: (nff - BODY - ALL GROUP)
Take a group picture with all participants, trainers, and staff

MISSION 3: (nff - CREATIVITY - SMALL GROUP)
Find a name and draw a Logo for your group! The logo should incorporate a square, a moustache, and the color blue.

MISSION 4: (nff - MIND - ALL GROUP)
Take a picture for each group of participants born in the same month.

MISSION 5: (nff - BODY - SMALL GROUP)
Take a picture with people forming the words CEYOU, using their own bodies to make each letter.

MISSION 6: (nff - MIND - INDIVIDUAL)
How do you say plastic cup, climate change and solar panel in all of your languages? Gather all of the translations on paper.

MISSION 7: (nff - BODY - SMALL GROUP)
Gather 7 reusable water bottles!

MISSION 8: (nff - CREATIVITY - INDIVIDUAL)
On a big paper, create a group inspirational piece of art, each of you drawing a small thing or sentence that represents something you'd like to see happen for the planet's future.

MISSION 9: (nff - MIND - ALL GROUP)
Come up with a set of rules to be followed by the whole group during the whole duration of the event, to ensure inclusion of all participants, kindness and respect.

MISSION 10: (nff - CREATIVITY - SMALL GROUP)
Any Union needs an anthem. Prepare a short song about this training, and your group. You will have to perform this song for validation at the end of the mission.

MISSION 11: (nff - BODY - ALL GROUP)
Create choreography using body percussion. All participants should know it. You will have to perform this choreography for validation at the end of the mission.

MISSION 12: (nff - BODY - INDIVIDUAL)
Each member of the group needs to subscribe to the Instagram account of Youth Express Network: @YouthExpressNetwork, and answer the quiz currently in the Y-E-N Stories. (QUIZZ - What should I do with this t-shirt? THROW IT IN THE GARBAGE / USE IT AS A PJ / BURN IT / MAKE A HAND BAG WITH IT

MISSION 13: (nff - BODY - ALL GROUP)
Applaud at the same time for 2 minutes.

Perfect Island - *introduced by Youth Express Network*

DESCRIPTION

With this activity, the participants will be divided into groups of 4-6 people. They will be invited to imagine their perfect island. This activity will allow participants to imagine a positive future and innovative methods together, all while introducing notions of Circular Economy.

TIME NEEDED

2 hours

MATERIAL NEEDED

- Paper
- Pens and colours
- One big A1 paper for each group, with the borders and type of island already written-drawn (more info below)

INSTRUCTIONS

PREPARATION

Before the session, prepare the A1 papers drawing the islands' borders and a small description of its characteristics (examples below).

To guide your participants on the types of initiatives they can imagine, show a list of various fields their ideas can be applied to:

- Food and agriculture and resources: what is cultivated, what is consumed, where does food and goods come from on your Island?

- Mobility: what kind of transport is used on your Island?

- Leisure (sports/arts/culture): what activities are popular on your Island?

- Knowledge (education/health/science/technology/innovation)
- Governing & Citizenship
- Clothing
- Construction and architecture
- Economy, trade and distribution

TASKS

- People are divided into small groups and get to discover their island (see below). They are then presented with the first task to accomplish:

- (10-15 minutes) Imagine individually 3-5 ideas of systems, infrastructures, regulations or initiatives of Circular Economy to implement to make your island awesome and super eco-friendly. You are free to imagine other characteristics to the island to feed into your ideas, just as long as they are realistic (What animals are on your Island? What is the main activity in your Island? What is cultivated on your Island?). Get inspiration from similar existing Islands. You can use the internet to research and learn more on Circular Economy initiatives.

- (1 hour) Share your ideas and come up with 5 main ideas (self-organised, choose your decision system). You can choose from the ideas presented by your group members or come up with new ones, compromising and composing, brainstorming together. Once your 5 propositions are chosen, draw your island and prepare a presentation

- (30 minutes) Present your island to the rest of the group.

OUTCOME

Presentation of the Islands. There are no winners. The islands will all happily cohabit in the world, maybe even share resources and exchange innovations.

DEBRIEFING

- Did you enjoy this activity?

- What did you like? Were there any difficulties?

- How did you compromise within the group? What system of decision did you implement? Did you manage to decide on a common vision?

- Was it easy to imagine solutions to develop on your Island? What inspired your ideas?

- What would you like to see implemented in your city, or in the real world?

- Do you think these Islands could work together and share their resources or techniques? In which way?

EXAMPLE

ISLAND A - The city-island

This island is a piece of land that is highly dependent on tidal action. It gets partially submerged during high tide. It does not produce many resources. Its main advantage is that it is connected to the mainland when the tide is low and has access to many external resources.

ISLAND B - The volcanic Island

This island is of volcanic origin. It is difficult to travel from one point to the other on this island as it is all forest and volcanic mountains. Some say the volcano in there might wake up, but for now, it is asleep and allows access to thermal water.

ISLAND C - The sand island

This island is made up of sand that has been accumulating for thousands of years. It has rainforests and sand dunes. It has a tropical wet and dry climate and it is not subject to extreme temperatures due to the moderating influence of the ocean, but humidity is consistently high. It is flat and often windy. Cyclones and storms are not rare.

ISLAND D - The ice island

This Island is located in the extreme north, and is partially covered with ice. It is subject to cold polar winds. The duration of daylight is very short in winter, and nights are very short in summer. There is water in every shape or form : ice, snow, flowing rivers and also geysers.

IMAGE SOURCE : BRGFX - FR.FREEPIK.COM

CIRCULAR ECONOMY IN THEORY

The following activities aim at: transmitting knowledge on Circular Economy using non-formal education, testing the knowledge of participants in a fun way, creating interactions and reflections between the participants, raising awareness on the importance of the topic and showing examples of already existing circular alternatives or solutions…

CE quizz - introduced by Youth Express Network

DESCRIPTION

This activity is a quizz on Circular Economy. It will allow the participants to discover interesting informations on the topic of Circular Economy.

TIME NEEDED

15 minutes

MATERIAL NEEDED

- Quizz application, website or presentation
- Buzzer

INSTRUCTIONS

- Decide if participants will compete individually or in teams (You may opt for teams if you are trying to get the participants used to working as a group). This may be a good way to encourage social interaction among friends or teamwork among a class of students.

- You may create strict rules around how competitors play against each other, including pressing a buzzer or raising a hand when they have the answer to a question. You may also note how the competitors earn points in the quiz (5 points for every question they answer correctly for example). You may decide to include a mix of easy questions and difficult questions in the content so the competitors can still be challenged and have fun. Having a variety of questions can also keep the competition interesting and engaging for any spectators in the room. If you are comfortable using technology, you may use an existing quiz show program or online quiz applications.

EXAMPLE

QUESTION 1: The mass of packaging waste generated each year in Europe is of the same order as the mass of:

a - 40 Eiffel Towers   b - 400 Eiffel Towers

c - 4,000 Eiffel Towers   d - 40,000 Eiffel Towers

(1 Eiffel Tower = 10,000 tonnes) 45 million tonnes!
32.5% of the total mass of household waste
(Source: European Environmental Toolkit for Citizens, European Commission)

QUESTION 2: How much natural resources will the next 2 generations consume?

a - More than the previous 4 generations?
b - More than the previous 40 generations?
c - More than the previous 4,000 generations?
d - More than the previous 40,000 generations?
(The generations of humans that preceded them over the last million years)

QUESTION 3: What is the volume of clothes thrown away each year by the French?

a - 3 kg

b - 5 kg

c - 11 kg

d - 15 kg

(i.e. 3 pairs of jeans or canvas trousers, 2 adult sweaters, 2 light dresses, 2 shirts, 3 t-shirts, 2 skirts, 1 jacket, 1 bathrobe, 1 coat, 1 down jacket, 1 trench coat)

(Source: European Environment Agency: https://www.eea.europa.eu/publications/textiles-in-europes-circular-economy)

QUESTION 4: What is the average wage of a textile worker in Bangladesh?

a - 0,10 €/h

b - 0,29 €/h

c - 2,48 €/h

d - 6,13 €/h

QUESTION 5: What proportion of textile workers do not have the opportunity to negotiate their wages?

a - 20%

b - 50%

c - 70%

d - 90%

QUESTION 6: How many litres of water are needed to make one pair of jeans (in non-organic cotton)?

a - 20 litres

b - 100 litres

c - 1,000 litres

d - between 7,000 and 10,000 litres (or 285 showers)

Spot the waste, stop the waste - introduced by Youth Express Network

DESCRIPTION

The aim of this activity is to allow participants to reflect and consider the weight and impact of their consumption and waste, and the alternatives that can be implemented to lower their impact on the environment, to raise awareness on the emergency of the climate crisis, and to open their mind on the feasibility of a life with lower impact on the environment. This activity can be adapted to various contexts: in a conference room, during a walk in the city or during a study visit at a recycling center…

TIME NEEDED

Varies depending on the context

MATERIAL NEEDED

This activity is based on your environment and surroundings, so you shouldn't need material, but you can also print cards if objects are not available around you. If so, print on cards images and names of various sources of waste from daily life that can find Zero Waste or low waste alternatives, for example: plastic water bottle, shower gel, cotton swabs, single-use razor, kitchen sponges, paper towel, plastic cups, plastic bags… (More examples below)

A solid knowledge of circular economy, waste management and eco-friendly alternatives will be needed from the facilitator that will lead this activity. This knowledge can be acquired through research before the activity.

- To learn more on the impact of waste: Ellen Macarthur Foundation
- To learn more on zero waste alternatives to be implemented in daily life: Zero Waste Europe
- To learn more facts and figures about your local reality regarding waste production and waste management: contact your local recycling facility, municipality or NGOs focused on the topics of waste reduction and environment at local level

INSTRUCTIONS

With this activity, you will invite your participants to scan their surroundings and gather examples of waste that can be prevented or lowered. The aim is to **spot an object** that produces waste and either:

1- name and explain existing alternatives that can be implemented, or

2- imagine a solution.

You can do this in various contexts:

For a short activity - Conference room

If your event is limited in time and you can't explore your surroundings, you can convert this activity into a picture-based game. Two ways:

1- Show with cards or a visual presentation images of daily objects that can find an alternative, and let the floor open for participants to reflect and imagine alternatives (You can also divide them in smaller groups to have better conditions for brainstorming).

2- Show pictures or illustrations of daily scenes, and ask your participants to spot the waste that can be prevented, following the style of a "Where's Wally?" game.

Week-long seminar - Hotel, youth center…

If you are hosted in a large facility such as a hotel, hostel, or youth center, invite your participants to explore the place and its many different rooms: hall and check-in desk, bedrooms, bathrooms, kitchen/canteen, conference room, lounge…

They can either gather objects, or take pictures of objects.

Day-long outdoor activity - Walk in the city or leisure activity

You can do this activity in the context of a day-long promenade or touristic activity. Organise a leisure day with typical activities: lunch and pic-nic, cultural visits, tourist activities. You can also purposely take your group to strategic spots such as a supermarket, a clothing shop, a fast-food/take-away restaurant…

Study visit - Recycling facility or community cleaning event

If you have such a place in your area, getting in contact with a recycling center or waste management structure can be a great context for this activity. You can also organise a cleaning event in a public square or natural park. Having your participants see what happens to their waste once they dispose of it is one of the most impactful ways to show the impact our consumption has on the environment. Once in the facility or during the event, you can ask your participants to try to visually identify some items among the waste they will see pass through the machines or their bags and have them note and reflect on how to prevent these items from reaching the waste management facility.

PREPARATION

To prepare for this activity, you should scan your surroundings and anticipate the kind of objects the participants will be able to find and analyse. Your participants should be able to find multiple objects, and you should be able to answer your participants' questions and come up with ideas of alternatives for most objects you will be shown. If the activity takes place outside, plan a programme of the spots you will visit or get in contact with the places you will visit so they know you will come with a group. Anticipate any legal or potential disruptive points such as taking pictures in public places, or disrupting a shop with a large amount of people.

TASKS

- Explain the activity to your group. Also clarify the safety rules. (You can adapt the following tasks however is most fitting your context)
- Participants will be divided into smaller groups
- During the hour/day, they will have to explore and scan their surroundings to **SPOT** objects or other sources that produce waste: either they gather the objects into a bag, or they take pictures of the objects to show them later. (Set a time for the end of the exploration, and a meeting point).
- **STOP** the waste: for each object or source of waste found, come up with at least 1 alternative to decrease or prevent the waste from being produced (it can be an existing alternative OR an invented one)

OUTCOME

Once the exploration is over, participants will meet at a final place to debrief and exchange their findings. Each group (or individual, in that case, open the floor and don't force each person to talk) tells their adventure and shares the ideas of alternatives they found for each object.

DEBRIEFING

Ask the participants how they felt during the activity?
What did they learn?
Do they think this waste will still exist in 20 years?
How difficult would it be to lower this waste?
What will they bring home from this activity?
Is there any alternative they think they would like to try to implement at home?

EXAMPLE

Here are a few examples of wasteful items and their possible alternative (for cards, visual presentation…)

Plastic toothbrush > Wooden toothbrush
Plastic cup > Ceramic mug
Plastic water bottle > Reusable water bottle
Plastic sponge > Luffa or wooden brush
Disposable razor > Safety razor
Plastic straw > Stainless steel, bamboo or glass straw
Plastic wrap > Bee's wax wrap
Paper towel > Fabric napkin
Aluminum foil > Silicone baking mats
Plastic bags > Reusable bags

Mapping Circular Economy - introduced by Youth Express Network

This activity aims for participants to share knowledge and learn about successful circular initiatives. It is a collaborative session and the whole group should aim at mapping + than 20 circular local/regional initiatives, from their city / region / or country (change this number depending on the number of participants, make it an ambitious target, around 5 per groups).

TIME NEEDED

Around 2 hours

MATERIAL NEEDED

- A screen for visual slides
- A mapping grid printed on a A2 paper for each group (see template below)
- Pens and colours

INSTRUCTIONS

TASKS

- Participants will be divided in groups of 4. The effort is collective but the groups will be small to allow a more confortable brainstorming.
- Introduce the activity and explain the mapping grid.
- The activity should be fun, participative and flexible.
- During 80 minutes, the groups will try to think of as many circular initiative as possible. Each time a group finds one, they announce it to the group. For example saying « We got one ». A counter is

shown in the room (hence why the goal should be ambitious). The groups should not communicate with each other.

- The use of their phones or internet can be allowed if the groups run out of idea but, to encourage their brainstorming, we recommend you leave that option to the last 10 minutes of the activity, as a final sprint.

OUTCOME

- Ask your participants to stop writing after 80 minutes of brainstorming. Any initiative mentioned several times will only count for 0,5 in the final score (to encourage the participants to find less mainstream circular initiatives).
- You can designate corners of the room for each field and invite the teams to draw the logos of the initiatives, and put them up according to their field. Ask each group to share 2-3 initiatives of their choosing.
- Open the floor for anyone to share circular economy initiatives that they are involved with on a personal or professional level.

DEBRIEFING

What did you gain from this session?
What type of initiative could be interesting for your city/region/country?

TIPS

- Optional: This activity can be followed by a Networking time. If the participants are involved in the field of Circular Economy and they have shared their initiatives with each other, create a platform so they can stay in touch and work together in the future.

- Be ready to help participants come up with circular initiatives. Have a list of mainstream well known examples of Circular Economy initiatives.

For each Circular Initiative, note: its name, location, description in 4-5 words… (created by, type of initiative…).

Try to identify a variety of initiatives: educational, governmental, start-ups, social and cultural enterprises, organisations, businesses, medias, individuals…

	MANUFACTURING (raw material, plastic, paper, chemical, medicines, furnitures, equipments)	FOOD (nutrition, food waste, agriculture, restaurants, beverages, bars…)	TEXTILE (fashion, clothing, decoration…)	ELECTRONICS (phone, computer, appliances, hygiene, entertainment, toys…)	CITY LIFE (infrastructure, mobility, energy, waste, culture, leisure…)	OTHER (services, tourism, marketing, travel, health…)
RESOURCES (biodegradable, renewable, clean, raw material, packaging…)	Initiative B, USA, creates notebooks from rocks (rock paper)		Initiative A, France, creates fabric from lost socks…			
DESIGN (eco-design, optimisation…)				Initiative C, UK, creates biodegradable phone cases…		
BUSINESS MODEL (rent, resell, lease, recondition…)			Initiative D, Lithuania, allows customers to get in contact and exchange clothing			Initiative G, country G, allows individuals to share their car when they don't use it
PRODUCT LIFE (reuse, share, redistribute, repair, donate…)		Initiative E, Danemark, allows restaurants and supermarkets to donate their unsold food to people				
WASTE MANAGEMENT (recycle, compost, energy from waste…)					Initiative F, city F, system of taxe on people's waste to encourage people to produce less waste	

INNOVATION AND BRAINSTORMING

Now that you have entered the topic of Circular Economy, explained to your participants the concept and how it translates in real life with existing successful initiatives, let's give your participants the opportunity to imagine their own Circular initiatives, find solutions to actual needs relevant to their community and develop their own Circular product or service.

Circular Design - Introduced by ACR+
Original idea of OpenIdeo Barcelona Chapter & EWWR

DESCRIPTION

This activity will allow participants to look at the life-cycle of products and think of innovative ways to lower their environmental footprint. Participants do not need to have prior knowledge of circular economy, it is up to the facilitator to explain the key concepts. The facilitator will need to feel comfortable with the subject, although they don't need to be circular economy experts. The participants will be asked to analyse an everyday product's life cycle and spot waste reduction opportunities.

TIME NEEDED

1 hour 30

MATERIAL NEEDED

- Internet connection
- Video-conferencing platform if online
- Post-its and A1 papers if offline

INSTRUCTIONS

PREPARATION

To prepare for this session, go through the following link: https://drive.google.com/file/d/15KRzjuH3HvfHUAxKy7VI2nUbN82AImX3/view?usp=sharing (basic readings about circular economy & design thinking).

If you hold the workshop online, choose a platform that allows to separate participants in break-out rooms so that they can work in small groups. It is advisable that one co-facilitator is present in each break-out room to stimulate discussion. The same applies in the case of a physical workshop.

TASKS

- Introduce the concept (15'): Kick off the activity with a brief introduction of the theoretical concepts participants will experience and apply throughout the session, namely: circular economy and life cycle thinking. Focus on the core principles. Take a look at slide 6 of the attached presentation for some guidance and check out these resources for further reference:
  Circular Design Toolkit by Ellen MacArthur Foundation: https://drive.google.com/file/d/1aT45Vuw7HNYBs-ri_Kw0NA2kYIgTrrB6/view?usp=sharing
  A Guide To Life Cycle Thinking by Leyla Acaroglu: https://medium.com/disruptive-design/a-guide-to-life-cycle-thinking-b762ab49bce3

- Map out your product's life cycle (30'): Once clear with the key concepts, go straight into the learning-by-doing part of the activity. Get participants to document the entire life cycle of a chosen product (e.g. jeans, t-shirt, phone, home appliance) from start to

finish (see the template on the previously linked document). Start your life cycle map with the list of materials you made and find out how they are extracted and processed. When you get to the end of life, think through all the possibilities such as landfill, littering and recycling. If participants are stuck, encourage them to use the Internet to figure out how things are made. Or simply go ahead and make some good guesses! It's about learning, not being perfect!

- Identify your circular opportunities (15'): Once the life cycle has been laid out and discussed, it's time to rethink the typical linear process of take-make-dispose by identifying opportunities for circularity. Get participants to note down opportunities for circularity at each stage of the life cycle. During this step, the most useful tip is to remind participants of the three principles of circular economy:
  (1) design out waste and pollution,
  (2) keep products and materials in use, and
  (3) regenerate natural systems.

- Define your circular challenges (5'): After all opportunities have been written down, run a silent voting session. Give each participant 3 votes and ask them to stick them on the circular opportunities they like the most. Once the most voted opportunity has emerged, transform it into your circular design challenge for the second half of the session. The best way to do it is to rephrase it into an How might we…? statement that opens up more opportunities for creativity and ideation.

Check out this explanation to learn more about this design technique: https://www.designkit.org/methods/3

OUTCOME

- Ideate a solution (15'): Give participants some "alone" time to brainstorm and note down on post-its solutions to tackle the identified circular design challenge. If participants are stuck, consider giving them some inspiration by sharing proven strategies for circular design.

Check out this article to get some hints: https://medium.com/disruptive-design/quick-guide-to-circular-economy-business-strategies-b3d6a000facf

- Run a voting session to prioritise the best ideas, discuss with the group and consolidate the ideas that got the most votes into one single concept. This is your circular solution to the design challenge!

DEBRIEFING

- Reflect and celebrate (10'): Recap with the group what was done, highlight key takeaways, and open the floor for discussion and reflections. Don't forget to celebrate the fact that in less than 2 hours you managed to realise how much waste goes into our everyday products, identify an opportunity to close the loop and come up with a potential solution to rethink the system. From a wasteful value chain to a sustainable, circular and regenerative one: this is a big deal! Congratulations!

HOW NOW WOW - *Introduced by Pontydysgu Ltd*

DESCRIPTION

This exercise is a way of sorting out your ideas for a circular economy initiative into an action plan. The concept is used by computer game designers and helps to identify what is possible and achievable.

TIME NEEDED

1 hour

MATERIAL NEEDED

- Paper and pens if face to face
- Collaborative whiteboard such as Miro if working remotely

INSTRUCTIONS

PREPARATION

Start by brainstorming your wish list for a sustainable and circular economy. What does it look like? Who is involved? What will happen? There are no bad or wrong ideas, put everything on your list - you can always improve on the ideas later.

TASKS

Next take each idea one at a time and decide is it something that can easily be done now? Is it something for the future? Or is it something new and innovative that you can work on as a team? You can organise all of your ideas in a grid (*see picture) Next assign members of your group to do anything you have added to the « Now » section if it is not

already happening in your area. Then you can work together on the « Wow » ideas, choose one and see what you can achieve.
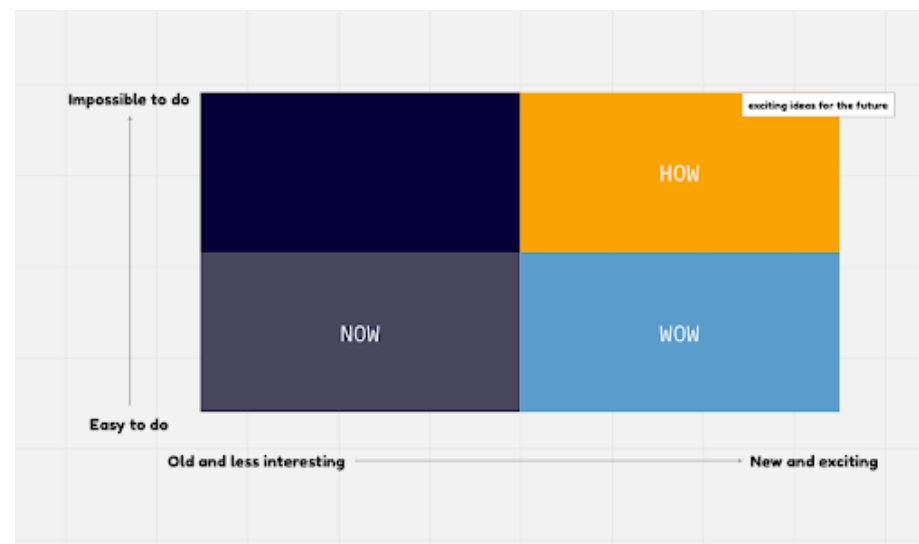
EXAMPLE

Find an example of the outcomes of this activity on this link: https://miro.com/app/board/o9J_krdtEf8=/?fromEmbed=1

HACKATHON - *Introduced by UCSA*

DESCRIPTION

This hackathon project is a way to engage young people in identifying circular economy project and services to be implemented in a specific context. Hackathons are events used by organisers to solve problems they deeply care about, in an organised chaos kind of environment. In this context the hackathon process can be adapted to train and

empower young people on Circular Economy principles and practices and to identify and co-design projects and services that can be developed in a specific context.

TIME NEEDED

A typical hackathon usually lasts 24 hours, including a full night where developers work non-stop to define their outputs. In the context of the CEYOU project, the hackathon can be shorter (e.g. two half-day sessions in one weekend, or in several sessions.

INSTRUCTIONS

PREPARATION

Definition of the hackathon rules and a call for participation to invite people to join the event

EVENT

There are many different ways to organise the hackathon. Traditionally it's a one full day of work and winners are elected at the end of the event.

It can also be organised remotely, online. As very long call conferences are complicated, the process can be divided into different sessions:
- Presentation of participants and teams
- Experts introduction of the topic
- Ideation, development and selection process
- Co-design of the proposals

OUTCOME
- Presentation pitches
- Jury evaluation
- Awards ceremony

DEBRIEFING

At the end of the hackathon, it's important to discuss with participants on follow-ups of the initiative and to ensure the duration of the partnerships that were created.

EXAMPLE

Find an example of a Hackaton live event on this link: https://www.facebook.com/UCSA.eu (May 2020 - Language: Italian)

CIRCULAR ECONOMY IN PRACTICE (WORKSHOPS)

With the next activities, your participants will get to experience first hand some alternative circular methods and principles, and get to organise their own local action to raise awareness and practice Circular Economy.

UPCYCLING TEXTILE - *introduced by Youth Express Network*

DESCRIPTION

This workshop will include two textile productions: the creation of a tawashi (japanese sponge made out of old clothing), and the creation of a no-sew bag. It can be organised with a group. It aims at showing easy ways to avoid throwing away textile, reuse and repurpose clothing that we don't want to keep. It also will allow you to inform young people on the impact of fashion and overconsuming clothes, through a fun, practical and simple activity.

TIME NEEDED

Around 2 hours

MATERIAL NEEDED

- The tawashi workshop will require textile in the shape of a « sleeve »: socks, leggings, tights, pants or the sleeves of a long-sleeved t-shirt or cotton sweater. For the bag, you will need a t-shirt (short or long sleeve). Clothes or textile that would have been thrown away: the clothing items can be old clothes, damaged clothes, clothes that don't fit anymore or that are out of style or any other textile.

- Only for the tawashi workshop: you will need a tawashi board OR a make one, with a small square wood plank + 20 nails + a hammer. See pictures below:
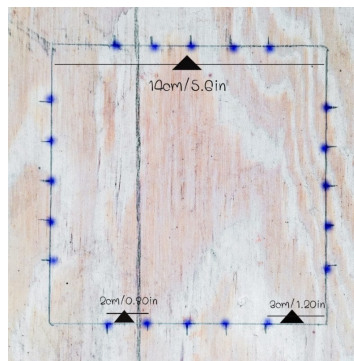
- Scissors

- Tables and chairs to be more confortable

- *Optional* : to customise your bag, you can use tie-dye, heat transfer paper or fabric pens.

TIP

It could be useful to work in partnership with a professional sewer for more complex workshops on textile upcycling, if you intend to create more complex clothing and need sewing machines, or want to teach more complexe sewing techniques as well, such as the patchwork technic.

INTRODUCTION

This workshop is focused on textile, eco-friendly fashion. Introduce your workshop with a presentation of the context, maybe explain the impact of fashion waste. It is also very important to explain the various ways a person can dispose of their unwanted clothing: highlight the fact that your clothing might serve or fit other people, talk about selling, and donating. Upcycling and repurposing is only one way of making clothing circular.

PREPARATION

Before the event, make sure you have enough clothing for all your participants. You can invite them to bring their own unwanted clothing. Allow them to choose and/or exchange their clothing to get an item, color or pattern that suits them.

TASKS

TAWASHI WORKSHOP

- Cut your socks, tights or leggings into 10 rings up to 8cm thick.
- Attach the rings to the nails vertically: secure one ring to the nail closest to you on the left and stretch it to attach it to the opposite nail.
- Attach 4 more rings vertically.
- Weave the remaining rings horizontally, alternatively over and under the vertical rings: attach a ring to the top left nail on the left side of the square, and pass it over the first vertical ring, under the second vertical ring, over, under and over and then hook it to the opposite top right nail on the right side of the square.
- Continue and attach 4 more rings horizontally, but weaving the opposite way with each new ring.

- The final phase will hold the sponge in its shape. Unhook any ring from its nail, then unhook a second ring right next to it. Pass this second ring into the first ring. Hold on to the second ring and let go of the first ring. The second ring now becomes the "first ring". Continue this step all around your square. Tighten as you go, as needed.
- The final ring that you end up with is the hook that you'll use to hang and dry your tawashi sponge! You can tie it with a knot so the sponge will hold its shape.

- Watch this video to learn how to make a tawashi: https://www.youtube.com/watch?v=AAz8dUZO3TY

NO-SEW BAG WORKSHOP

- Cut off the arms of the shirt
- Cut a deeper U neckline
- Cut the extra fabric from the bottom of the t-shirt to adjust the bag to the size you want (optional).
- At the bottom of the t-shirt, cut fringe strips about 7 cm long and 2 cm wide.
- Tie the front and back fringe pieces together (on the inside for a neater look).
- Custom phase (optional). Invite your participants to customise their shirt with colors or a message.

- Watch this video to learn how to make a no-sew bag: https://www.youtube.com/watch?v=zgpaM3u2zng

OUTCOME

The participants will go home with a useful item, made out of clothing that would probably have ended up in a landfill.

DEBRIEFING

When debriefing with your participants, you can open a group reflection on other objects that can be reused easily, and waste that can be prevented.

ZERO WASTE RECIPES - introduced by Youth Express Network

DESCRIPTION

Food is part of our vital needs and it is a significant source of waste because of over-packaging and overconsumption. We have gotten used to throwing away wrappings and food without consideration of the impact this waste produces on the environment. Plus, although recycling is part of a solution, it is often wrongly assumed to be a perfect and clean answer, when it is in reality only partially efficient. Approaching food can be a good pedagogical way of showing how one can change perspective on the way they consume and dispose of food.

This cooking workshop will allow participants to learn accessible, easy recipes to prevent food related waste and make the most of food using food scraps in a circular way.

Some inclusion points are nonetheless important to keep in mind: people don't all have the same access to food (cost or quality), culinary know-how varies from one individual to the other, and aggressive commercial strategies reach us at different levels. Moreover, some people have different diet restrictions or choices, so keep this in mind.

TIME NEEDED

The duration will depend on the recipe and the available material

MATERIAL NEEDED

- Depending on the recipe, it could be convenient to have access to a kitchen, or at least some cooking utensils.
- + Ingredients needed

INSTRUCTIONS

PREPARATION

For this activity, you will have to search zero waste or eco-friendly recipes on the internet that can be made with the material available at the location of your event.

You will find examples or recipes below. Here's a list of topics that should/could be discussed through the group brainstorming (research more information to be prepared and able to answer and teach valuable info to your participants):

- Consuming meat has an impact on the environment.
- Instead of throwing away vegetable scraps, composting them reduces methane emissions and creates natural fertiliser.
- From plastic wraps to sponges, the kitchen is one room of a house that creates a lot of waste. Share alternatives that can prevent this waste production.
- Zero waste or Low waste cooking is beneficial for the environment and also allows you to save money.
- Buying local and in bulk, avoiding transformed and over packaged products.

TASKS

- Gather your group in the room and invite a group reflection and discussion of the topics mentioned above. What is the waste produced in the kitchen? What are methods or tips that you can implement to avoid such waste? What food scraps that are usually disposed of can actually be used for other purposes?
- Show alternatives to food waste and waste management in the kitchen.
- Start the cooking workshop with your chosen recipe.

OUTCOME

Your participants should have produced a recipe that they can make later at home, and learn alternatives to lower their impact on the environment.

DEBRIEFING

Questions that can be used to initiate debriefing: How was this activity? Do you think these alternatives are easy or hard to implement? What idea will you bring back to your home?

<div style="background-color:#a8432c; color:white; padding:8px 40px; display:inline-block;">EXAMPLE</div>

GARDEN SCRAPS PESTO

The following pesto recipe is convenient because it will not require many utensils and it is a cold recipe (If you can access a oven or stove, you can look for more complex recipes on the internet following the key word "Zero Waste Recipe").

It is made out of vegetables' scraps, and can be applied to at least 2 vegetables that are very nice to eat raw as appetizers: **carrots and radish**.

The aim of these recipes is to produce Zero or very little food waste. Any waste produced should be of vegetable origin and should go into a compost. This is very important: to ensure that no other waste is produced, make sure to buy the vegetables and other ingredients in bulk, with as few packaging as possible. Prepare your carrot sticks or fresh radish, and make sure you keep the **radish stems and carrot tops**.

PESTO RECIPE

☐ Garden scraps (radish stems OR carrot tops)

☐ 1/2 cup extra virgin olive oil

☐ 1/2 cup parmesan cheese

☐ 1 garlic clove

☐ 1/4 cup pinenuts or nuts

☐ 1/2 cup pistachios

☐ 1/4 tsp sea salt

☐ 1/4 tsp black pepper

☐ 1 lemon juiced

Grind and mix all the ingredients, and you get a pesto, ready to be spread on a piece of bread !

YOUTH EVENT EVALUATION

Once your session is over, comes the time for debriefing, evaluation and feedback. This method of closing a session is important for participants to take a step back and observe what they learned and what they will bring back home from the day. The feedback is also crucial for the organiser, and to optimise future events.

Fears, expectations and contributions - Introduced by Youth Express Network

This evaluation tool is used both at the very beginning of an event, and at the end, for evaluation purposes. The first phase of this process usually takes place on the first hour or day, after the Welcoming words and introduction of the event. It needs to occur before diving into the topic, so that the participants don't know many details on the topic yet.

- Dedicate a wall or board in your room to the outcomes of this session.
- Distribute 3 small papers of 3 different colours. Show your participants the meaning of each colour: one color for their Fears, one color for their Expectations, one colour for their Contributions.
- Open a reflection time so your participants can write in each paper their feelings before entering your event:
  - ➡ Fears - What about this event are they a little bit anxious about? What challenge would they be uncomfortable to face? Present this category as a way to lay down some apprehensions your participants might have.

- ➡ Expectations - Why did they join this event? What are your participants hoping to learn and bring back from this event? What do they expect will happen?
  - ➡ Contributions - What will your participants be able to bring to the table, from their skills, knowledge or personality?
- Once all of the participants have finished filling their papers, invite them to stick them on the dedicated wall. Open the floor for each category so anyone who wants to share their thoughts can.
- This wall or board of feelings will be helpful for you and your team to get an idea of the direction to go towards in order to fulfill your participants' expectations.
- This tool also comes handy as an evaluation tool. During the evaluation process, invite your participants to go back to their post it and reflect, and assess how their expectations, fears and contributions were met.

Evaluation form - Introduced by Youth Express Network

A more formal way to go would be to create an online form to receive the feedback and evaluation of your participants. Using an online application, create a detailed form to gather evaluation on various criteria such as: methodology, learning outcomes, group's contribution, personal contribution, realisation of expectations, logistics (accommodation, food, rooms, working rooms, material). You can also ask for suggestions or feedback on the atmosphere, team, organisation…

This evaluation form can be combined with a more non-formal evaluation such as the one we presented above.

COMMUNICATION STRATEGY

Once your session and action have been organised, time to promote it and spread your impact. Here are a few methods you can use to promote your CE event.

COMMUNITY ENGAGEMENT - introduced by Pontydysgu Ltd

DESCRIPTION

For your circular economy activities to be successful you may need to get members of your community involved and engaged with what you are doing. Here are some of the ideas and activities we have used in order to create a buzz and get people talking along with some tips for how to implement them yourself.

TIME NEEDED

Between 3 and 8 hours depending on what you decide to do.

MATERIAL NEEDED

- Blog or social media account.
- Small items or idea for prizes such as seeds or soap.

INSTRUCTIONS

PREPARATION

Look out for awareness weeks or events at a local, national or international level. We suggest European Week for Waste Reduction. Use the resources already available as a way to engage your local community. For example in Pontypridd CEYOU challenged local organisations to put themselves on the EWWR map by promoting a small event. The result was three community competitions and the launch of a new Zero Waste blog.

TASKS

Pick an existing event to join in with. You can use the materials provided by the event organiser and won't have to start from scratch raising awareness.

- Encourage some local groups, organisations, schools and businesses to get involved.
- Think up some activities to appeal to different age ranges. See if local businesses will donate a small (eco friendly) prize such as an item for a hamper.
- Think about how you will collect the competition entries and who will choose the winner. Will you have a judge or pick names from a hat? Choose an end date and let people know how the competition works. - Share the competition details as widely as you can.
- Don't be discouraged if there are only a few entrants, you are still raising awareness and creating a buzz for future events and that can only be positive.
- Pick one or two ideas to concentrate on and do them well. Remember to share information about your plans and activities as well as your competition. You can set up a free blog at Wordpress.com https://zerowastecynon.wordpress.com/european-week-for-waste-reduction/

EXAMPLES

Tried and tested examples;

Zero Waste Poster competition

Youth Forum participants and local young people were challenged to create a zero waste awareness poster. Local charity Little Lounge

donated a self-care eco-hamper for the winner and a local member of the UK parliament picked the winner. The competition was circulated on social media and emailed to local schools. The schools set the work as homework. https://zerowastecynon.wordpress.com/2020/12/03/zero-waste-poster-entries/
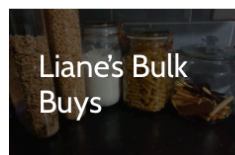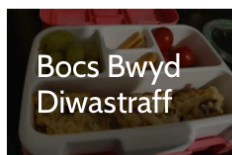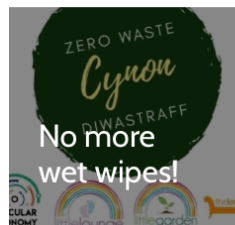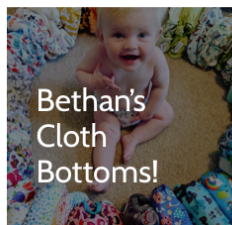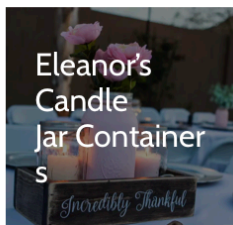
Zero Waste Hacks

We asked local people to send us their zero waste hacks. The ideas were published on a blog site we also set up to help spread the word about some circular economy activities. We put the entries into a hat and picked out one at random. The winner received a small hamper of eco friendly products donated by local eco businesses.

https://zerowastecynon.wordpress.com/your-zero-waste-hacks/

Your Zero Waste Hacks

Thanks for all your great entries to our European Week for Waste Reduction competitions. The competition is over but we will still publish your ideas so drop us a line at zerowastecynon@gmail.com or via our facebook page.

Eleanor's Candle Jar Containers

Bethan's Cloth Bottoms!

No more wet wipes!

Veg-net scourers

Bocs Bwyd Diwastraff

Liane's Bulk Buys

CREATING AN INFOGRAPHIC - introduced by Pontydysgu Ltd

DESCRIPTION

Members of Pontypridd Youth Forum met online for a workshop with CEYOU to collect ideas for circular economy projects which could be carried out during lockdown. The result was the infographic - Staying green in Quarantine The graphic shares easy to action hints and tips for environmentally sound and circular economy activities.

INSTRUCTIONS

Hold a face to face or Zoom session with young people, we also had parents present. Introduce the idea of creating a top ten list to encourage people to stay environmentally friendly, or ways to reduce waste or any other topic you think of. Brainstorm a list of ideas to include Choose the best ideas. Work with a smaller group to add the ideas to a graphic. You could use an infographic template on the Canva graphics tool. Publish your graphic and encourage your networks to share it widely.

EXAMPLES

Here you can find the graphic created by Pontypridd Youth Forum http://ceyou.eu/2020/04/06/pontys-young-online-activists/

UCSALab Circulab Talk - *Introduced by UCSA*

DESCRIPTION

This activity allows you to disseminate Circular Economy through interviews on experiences. Its two main objectives were to raise an awareness campaign on active experience and to implement circular economy services at local level.

TIME NEEDED

A month

MATERIAL NEEDED

- Human resources, digital platform and internet connexion
- Template for questions

INSTRUCTIONS

INTRODUCTION

Chose the topic for the talk (Exemple: First talk - design and reuse as key instruments of circular market; Second talk - fashion and handmade cloths for a value regeneration)

PREPARATION

- Chose the guests for the talk and contact them
- Chose the digital platform to use (Streamyard)
- Involve youth to decide on questions for the talk
- Test the streaming

TASKS

- The moderator introduces and talks during the streaming and coordinates the participants.
- The moderator could also manage the platform or leave this role to an external person
- Anticipate the questions to the guests - If possible, interact through questions from the chat or facebook

OUTCOME

- Increase in followers on the facebook page
- Dissemination of the CEYOU project
- Networking between the different organisations
- Enthusiasm from the young people involved in the activity

EXAMPLES

https://www.facebook.com/896684417156589/videos/406830257131663/?__so__=channel_tab&__rv__=all_videos_card

https://www.facebook.com/UCSA.eu/videos/759300284929114/?__so__=channel_tab&__rv__=all_videos_card

https://www.facebook.com/events/439598967054273/

Ideating a CE product or service (IO4)

You might want to organise an event, but your idea could also be launching a product or offering a service in the field of CE.

In any case, the CEYOU toolkit « Online Resources for your Circular Initiatives » will direct you towards resources already available online that will be of great help at the beginning of your CE initiative. This toolkit gathers various tools, websites or videos according to the different phases of project-making - from inspiration, to ideation and implementation. The document can be used individually or in group. It will guide you through the steps and offer you some appropriate OERs for making your idea happen, all with a circular perspective. Find this toolkit on the CEYOU website.
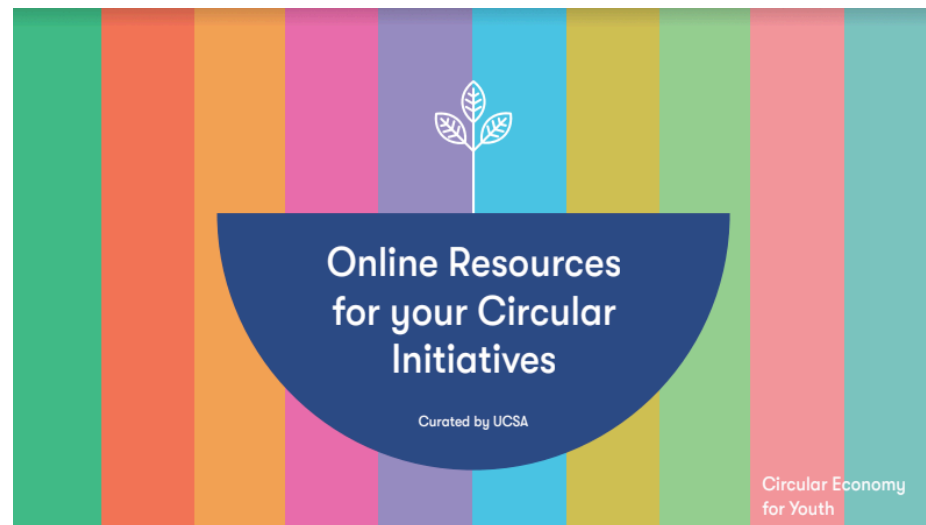
Now you have the tools and tips to start your Circular Economy adventure and organise trainings, workshops and events on Circular Economy for young people, youth organisations and other people!

Have a nice event!

CIRCULAR
ECONOMY
FOR YOUTH