



TO MAKE A  
TABLE,  
YOU NEED  
A FLOWER

Morfasso, 21-27/11/2023





# THE PROJECT

**“To make a table you need a flower” is a youth exchange promoted by Erasmus + programme and its aim is to raise awareness about the environment and climate action.**

**Erasmus + Programme is financed by the European Union and it gives youngsters many opportunities to learn new knowledge about different topics. During this Youth Exchange young people from Bulgaria, Spain, Italy and Macedonia met in Morfasso (Italy) in order to share opinions, ideas and good practices concerning sustainability and circular and sharing economy.**

**The mission of this project is based on educating, helping, and supporting people, promoting initiatives in the field of training and youth development. Its objective is to improve the quality of daily life in young people with the intention of a better future. All the activities we have done were taken from non-formal education methodologies and learning by doing.**





# THE PROJECT

**The objectives of the project are:**

- **Provide creative and innovative tools with concrete examples of sustainable daily actions to reduce environmental impact.**
- **Raise awareness about the circular economy and promote your idea.**
- **Strengthen youth entrepreneurship, creativity and initiative and build a new partnership.**

**We are experiencing a climate change crisis and therefore it is essential to empower young people to act as agents of change for sustainable development.**

**Moreover, during the project we also created an attached group in which everyone felt safe and had the opportunity to share opinions without being judged. We improved our soft skills and competences and each participant will measure the impact of the project by filling the youthpass right after the project.**





**Each night we had a different Intercultural night in which each country presented its own culture.**

**The first night was Macedonians' turn. They represented us nature through a video and, after a Quiz, they danced two typical dances: Makedonsko devojce (where we could all join) and Pajdusko oro. We also ate ajvar with cheese, resani, choco stobi flips, smoki stobi flips, lokum. It was delicious!!**

**The second night, Bulgaria showed us a video showing their national culture landmarks followed by some historical facts, and also did a Kahoot Quiz. We ate lukanka, rakia, sweets named after Bulgarian resorts. After that, a fulfilled table of dishes and sweets was presented and everybody left with a huge smile on his face.**





# INTERCULTURAL NIGHTS

Next turn was Spanish team. They introduced us the nature and culture followed by a dynamic quiz game. They also introduced 3 traditional festivities where we all were involved: sevillanas dances ("mírala cara a cara") which are from Andalucía, the Caga Tió (Pooping Log) from Catalunya and we celebrated "Campanadas", the New Year's Eve celebration eating grapes. Finally, they surprised us with tortilla de patatas, polvorones and mantecados, cookies, embutido, Lacasitos and Ratafia.

Last night was Italian night. They prepared a Kahoot to introduce some Italian traditions and curiosities. Then they taught us the true Italian language, GESTURES, in a very funny way, asking us the meaning of each gesture.

Then they represented a traditional dance from south Italy, called Tarantella, in which everybody was involved and raised the atmosphere.

Finally they prepared some amazing and delicious food like homemade pizza, pandoro with mascarpone cream and they served us Limoncello.





# GETTING TO KNOW ABOUT CIRCULAR ECONOMY

**The circular economy is a new model of production and consumption that guarantees sustainable growth over time. With the circular economy we promote the optimization of resources, the reduction in the consumption of raw materials and the use of waste, recycling it or giving it a new life to turn it into new products.**

**Some of the features of the circular economy are:**

- **All biodegradable material return to nature and non-biodegradable material is reused.**
- **Reintroduce into the economic circuit those products that no longer correspond to the initial needs of consumers.**
- **Find a second life for spoiled products.**
- **To make energetic use of waste that cannot be recycled.**
- **The circular economy also proposes to eliminate the sale of products in many cases to implement a system of rental of goods. When the product finishes its main function, it returns to the company, which will disassemble it to reuse its valid parts.**
- **Elimination of fossil fuels to produce the product, reuse and recycle.**
- **The eco-conception: Considers the environmental impacts throughout the life cycle of a product and integrates them from its conception.**
- **Industrial and territorial ecology: Establishment of a mode of industrial organization in the same territory characterized by an optimized management of stocks and flows of materials, energy and services.**



# GETTING TO KNOW ABOUT CIRCULAR ECONOMY



In addition, the advantages of the circular economy are:

- **Protect the environment.** It reduces emissions, minimizes the consumption of natural resources and reduces the generation of waste.
- **Benefits the local economy.** You can benefit the local economy by promoting production models based on the reuse of nearby waste as raw material.
- **Promotes employment.** It stimulates the development of a new, more innovative and competitive industrial model, as well as greater economic growth and more employment.
- **Promotes independence of resources.** The reuse of local resources can promote less dependence on the import of raw materials.

In conclusion, the objective of the circular economy is, therefore, to make the most of the material resources available to us by extending the life cycle of products. The idea arises from imitating nature, where everything has value and everything is used, where waste becomes a new resource. Thus, it is possible to maintain the balance between progress and sustainability.





# 9 Rs OF SUSTAINABILITY

We all know and are very clear about the 3Rs (reduce, reuse and recycle) for a more sustainable and environmentally friendly life. You may or may not be aware of them in your daily life. Although sometimes it can be difficult, their application will be the basis if you want to start having a more sustainable lifestyle on an environmental, social and personal level. From these, over the last few years and with the birth of the circular economy concept, 6 more R's have been added to the list. But don't panic because, although it may not seem like it, they can make our lives even easier when it comes to consumption thanks to their marked order. The 9Rs are as follows:

## 1. Rethink / Respect

To begin with, let's think about what goals we want to achieve and what our current consumption dynamics are. What are your beliefs about sustainability? What are your barriers? It is important to start questioning what sustainability is and how we can introduce it, little by little, into our lives.

For respect, one of the most important things to consider is the awareness and information we have about the manufacturing process of products. For example, if we want to buy a jumper, we will ask ourselves where it has been made, with what material, the resources that have been used (energy, human...) and how they have been used. In this way, we will automatically contribute to protecting nature and the people behind it.

## 2. Refuse

It is not only enough to know where we buy, but also to recognise what is necessary for us and what is not.

Do I really need the jumper?

Learning to buy only what is necessary is another way to reduce our environmental impact, as every product or resource will always have a cost behind it.

## 3. Reduce

Following on from the previous point, if we consider that we need the jumper, we will ask ourselves the question of quantity: do I need 3 or is one jumper enough?

This can also be transferred to the consumption of petrol, water, meat... Ask yourself: What can you reduce in your daily life?

## 4. Reuse

Try, as far as possible, to use reusable products and avoid single-use products. For example, use cloth shopping bags, menstrual panties or a reusable bottle.

Also, if you buy something that has a container, you can save it for another use.



# 9 Rs OF SUSTAINABILITY

## 5. Rehome

You can give another home to things you no longer need or want. If they are in good condition, you can donate them to charity, give them away or sell them: there are apps and other platforms that are dedicated to buying and selling second-hand products, or you can also participate in a second-hand market.

Maybe you don't want it, but someone else might need it!

## 6. Repair / Repurpose

Before you throw away a product that is not in very good condition, ask yourself if it can be repaired (by you or someone else). Can you sew up the hole in the jumper, or add a patch?

If not, you can also transform it and find another purpose! Yes, you can transform the jumper into a bag!

## 7. Restore

Restore vital carbon stocks by planting trees or flowers to fight against the loss of biodiversity, the increase of greenhouse gases or soil erosion and flooding, among other things.

You can also support different organisations to do this.

## 8. Recycle

It is important to sort the leftovers that we have not been able to use or save. Keep in mind that some materials cannot be recycled, and for those that can, we have a container for them.

## 9. Rot

Connected with the previous point, the organic remains can be used as compost for our vegetable garden.

In conclusion, once we have started to consume responsibly and consciously, it will be easy to identify what our possibilities are. Responsible consumption will help the planet, but also ourselves.





# LIVING LIBRARY

In the living library, we were split into four groups and each group had to discover from the group leaders different good practices concerning sustainability and circular economy. They were as follows:

**1. BIOTREM:** it's a factory for the production of households made of dry straw and, sometimes, of rice. They are 100% biodegradable and its manufacturing process is environmentally friendly.

**2. Vinted:** an app in which everybody can sell their unneeded clothes and buy from the others. It is a way to rehome our clothes, to give them another life with someone else. It can be exchanged for money or it can also be exchanged for other products. In this way, buying second-hand clothes will contribute to the reduction of emissions, overproduction and overexploitation of resources.

**3. ECO pallets for heating:** As we have seen during the project, heating with ECO pallets is one of the most environmentally friendly ways to heat our homes. It falls under the umbrella of biomass boilers. Pellets are small cylinders extracted from wood, thus directly from nature.

First of all, it reduces the consumption of oil and electricity, which in itself is a great achievement. But in addition, it has been proven that it generates 0 per cent CO2 emissions.

In addition, the ash it generates can be used as compost, as it is biodegradable.

**4. Too Good To Go.** Its primary goal is to fight the growing issue of food waste. To do so, it provides a solution for food service providers to sell their food surplus which otherwise would have been wasted at the end of the business day.

Consumers will have access to a 3 to 5 euro "magic bag" with an original value of 10 to 15 euro, being able to buy food that's worth three times the amount they paid. Consumers don't know what is in the box. The app indicates how much money you saved and the amount of greenhouse gas emissions avoided.





# WORLD CAFE'



The world café is an interactive activity that allows a spontaneous interaction among participants and encourages the shiest participants to share their points of view. Thanks to this activity we were able to discuss sustainability and circular economy through some specific questions in groups.

## *What are the pros and cons of having a garbage recycling system?*

The pros of having a garbage recycling system are the opportunity to give goods and materials a second life and therefore the reduction of wasting. Another important pro is the promotion of a sustainable lifestyle related to the protection of the environment by reducing emissions (reduce air and water pollution) and by saving energy and resources. On the other side the cons are especially related to the expensive costs this system has and the difficulties some people, in particular in some areas, have to separate the materials.



# WORLD CAFE

## *How could we increase our motivation toward sustainable actions?*

We all agree that nowadays the most efficient way to influence people is the use of social media, so also concerning our topic it could be useful to create contents with institutions and influencers. Moreover, it could be helpful creating eco-campaigns to share not only on social media, but also on traditional media. Finally, another interesting idea we came up with is the Guerrilla marketing, a marketing strategy in which, in this case, surprise and unconventional interactions can be used in order to promote good practices and eco-action.

## *What can be done in the educational system in order to raise awareness for sustainable actions?*

Concerning the educational system we came up with some interesting ideas and opinions and we all think that using informal and non-formal education is the best way to have an impact on students. At the same time teachers should give good example by their own.

Some activities we thought about are: competition based on the idea for eco-friendly lifestyle, inviting guests to talk about the topic, making workshops to promote green practices, promoting and providing sustainable transports for students and teachers.



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# RETE CAUTO

**RETE CAUTO represents a group of social companies, and they define themselves as a workplace of creativity, social and environmental innovation for making, learning and sharing integrated sustainability.**

**Thanks to Marco we learned what integrated sustainability is and that it is obtained by blending 3 dimensions: economic growth, social inclusion, protection of the environment.**

**Concerning the economic dimension they design sustainable solutions in waste management and energetic efficiency to improve the quality of the territory they live in, through their operative and consulting services, strategic consulting, education and environmental training services.**

**Talking about social inclusion Marco told us that each service, each project, each business action they do is a tool to create job placements and to give an answer to the social needs of the community they operate in.**



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# RETE CAUTO

**Finally, the economic sustainability for CAUTO is related to their nature of being a not for profit social company. Their goal is the job placement for disadvantaged people, but without income they wouldn't survive. They reach high performance and service levels even though they often have to deal with variables which are not typical of just any traditional company.**

**After this presentation Marco showed us different initiatives and good practices CAUTO does in the province of Brescia like the Reuse Island or the Community Bank.**

**We can say that CAUTO is a good example of green and sustainable business and this meeting helped us to reflect on how many goods and food we waste in our daily life. It's time to change our habits and to find realities similar to CAUTO in our areas to actively contribute with the growth of integrated sustainability.**





# 1010 WAYS TO BUY WITHOUT MONEY

**1010 ways to buy without money** is a non profit initiative born in Spain and consists in buying stuff from others without actually paying money for it. The aim is to encourage people not to buy new objects and to reflect about what they really need. An important point to understand is that money is not the only means of exchange and during the activity we discussed different ways to pay for physical stuff without actually paying money. For example with different services, by doing any activity which amounts the value of the product. For the activity, everybody had to bring an object from home and we made an open market related to our topic, so in favor of sustainability and respecting the environment.

Here you can find some examples of activities: planting a tree, not consuming anything packaged in plastic (foil/bag), reducing the use of water and saving energy.



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