



DIGITAL BOOKLET

OUR EARTH, OUR VOICE

GREEN GENERATION



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Project
Our Earth, Our Voice

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Chapter 1

Introduction to Environmental Sustainability



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Environmental sustainability is now one of the central themes in the global debate on development, economics and society. There is increasing talk of environmental sustainability, the proper use of resources and reducing pollutant emissions. Responsible interaction with the environment is essential in order to continue producing goods and services while safeguarding the planet, making it available for future generations.

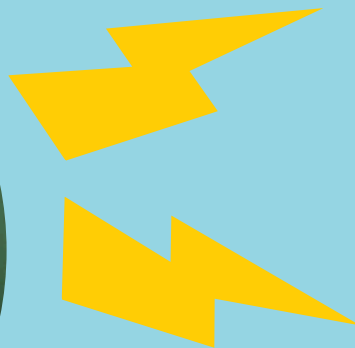
This vision stems from the awareness that the planet's resources are limited and that unsustainable development risks compromising the health of ecosystems and human well-being, both today and tomorrow. Everything revolves around the concept of sustainability. The term “sustainability” derives from the Latin “sustinere” (tinere, to hold; sub, under). In environmental and economic sciences, the term sustainability refers to the condition of development that ensures the needs of the present generation are met without compromising the ability of future generations to meet their own needs.





The concept of sustainability was first introduced at the United Nations Conference on the Environment in 1972 and then formalised by the Brundtland Report in 1987. Starting from an approach focused exclusively on ecological aspects, it has evolved over time to become a broader concept that encompasses environmental, economic and social dimensions.

Environmental sustainability involves adopting behaviours and strategies that reduce the impact of human activities, promote the efficient use of resources, encourage technological innovation and favour circular economy and responsible consumption models. Only after the 1992 UN Conference on Environment and Development did the goal of sustainable development become the new paradigm of development itself.





In 1970, the first Earth Day was established in the United States and later ratified by the United Nations. The idea of creating an “Earth Day” was first discussed in 1962. These were the years of protests against the Vietnam War, and Senator Nelson came up with the idea of organising a “teach-in” on environmental issues. Nelson managed to involve well-known politicians such as Robert Kennedy, who in 1963 travelled through 11 states, giving a series of lectures on environmental issues.

Earth Day finally took shape in 1969 following the environmental disaster caused by the oil spill from the Union Oil well off the coast of Santa Barbara, California, after which Senator Nelson decided that the time had come to bring environmental issues to the attention of the public and the political world.



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On 22 April 1970, inspired by this principle, 20 million American citizens demonstrated in defence of the Earth. Since then, every year on 22 April, millions of people, organisations and institutions celebrate this day with events, demonstrations and dedicated activities.



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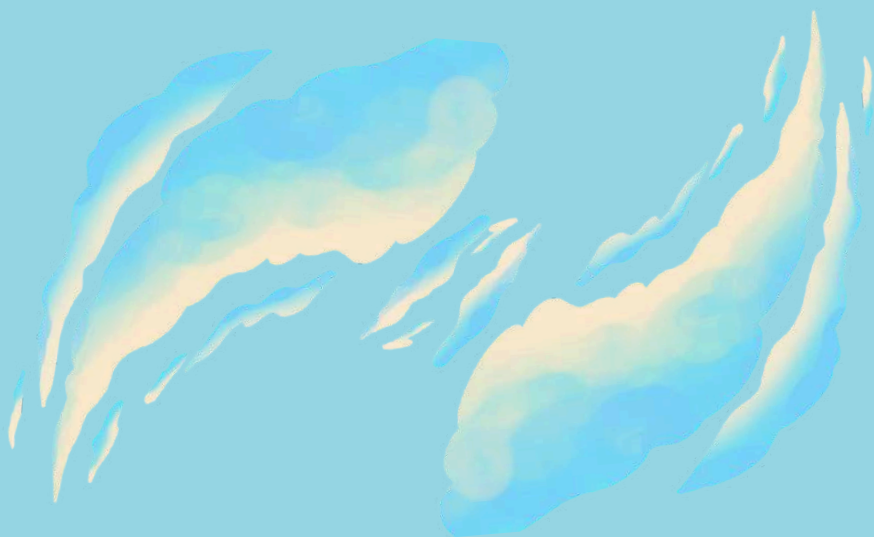
Today, environmental sustainability is recognised as a fundamental pillar for the health of the planet and the quality of life of its inhabitants. Institutions, companies and citizens must make a global commitment to preserve biodiversity, combat climate change and ensure equitable access to natural resources, in line with the 17 Sustainable Development Goals of the UN's 2030 Agenda. The 193 member states of the United Nations that have ratified the 2030 Agenda have recognised the close link between human well-being, the health of natural systems and the presence of common challenges, and have committed to incorporating the sustainable development goals into their political programmes.





In recent years, the international community has strengthened its commitments to protecting the environment and biodiversity through new agreements and initiatives. A significant example is the Global Biodiversity Framework, adopted during the United Nations Conference on Biodiversity (COP15) in Montreal in 2022. Among other objectives, this agreement aims to protect at least 30% of the planet's land and marine waters by 2030 ("30x30 target"), promoting the conservation of natural ecosystems and ecological resilience. These commitments are a fundamental step towards achieving the Sustainable Development Goals of the 2030 Agenda and reflect a growing awareness of the need for concrete action at the global level to address the climate emergency and biodiversity loss.

If sustainability is the long-term goal, sustainable development is the path that leads to achieving that goal. In this context, the transition to sustainable development models is no longer just an ethical choice, but a strategic necessity to ensure a prosperous and inclusive future.





1.2. Climate change

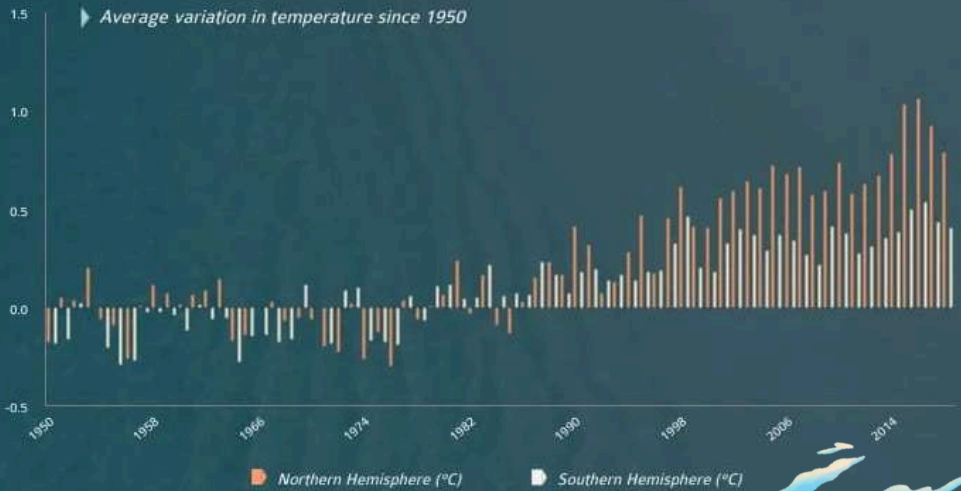
In 2023, the Intergovernmental Panel on Climate Change (IPCC) published its Sixth Assessment Report (AR6). The report confirms that the observed global warming is unequivocally caused by human activity, mainly greenhouse gas emissions such as carbon dioxide and methane, and that the consequences will become increasingly serious and widespread if immediate action is not taken.

The IPCC stresses that in order to keep global temperature rise to 1.5°C above pre-industrial levels, global emissions will need to be halved by 2030, the transition to renewable energy and energy efficiency will need to be accelerated, and production and consumption systems will need to be reformed.





since 1950



In climatology, climate change refers to variations in the Earth's climate parameters, such as temperature, atmospheric pressure and chemical composition, precipitation, cloud cover, ocean temperature, and the distribution and development of plants and animals. The United Nations Framework Convention on Climate Change (UNFCCC) uses the term “climate change” only to refer to climate change caused by humans and the term “climate variability” for that caused by natural causes.





Causes of climate change

Today, we are witnessing increasingly extreme, frequent and devastating climatic phenomena. Scientists agree that human activities, in particular the increase in greenhouse gases released into the atmosphere, are responsible for the climate crisis.

Causes of climate change, its consequences and possible solutions:

Greenhouse gas emissions: the main cause of global warming is the increase in the concentration of greenhouse gases in the atmosphere, mainly carbon dioxide (CO_2), methane (CH_4) and nitrous oxide (N_2O), caused mainly by the combustion of fossil fuels (coal, oil and gas) for energy production, transport and industrial activities. These gases accumulate in the atmosphere, enhancing the greenhouse effect by trapping heat and causing global warming.





Deforestation: removing trees reduces the earth's ability to absorb CO₂ from the atmosphere and releases the carbon stored in wood, thereby increasing the concentration of greenhouse gases.

Intensive agriculture: livestock farming and the use of fertilisers release greenhouse gases into the atmosphere.

Transport and industrial production: the use of internal combustion engine vehicles and the production of goods using non-renewable sources emit additional greenhouse gases, exacerbating the phenomenon.

The increase in greenhouse gases produced by human activities alters the natural balance of the Earth's climate, with serious and widespread consequences for the environment and society.



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Consequences of climate change

Rising temperatures: global average temperatures are rising steadily, with more frequent and intense heat waves.

Extreme weather events: there has been an increase in the frequency and intensity of droughts, floods, storms and forest fires, and these are expected to become increasingly persistent.

Glacier melt and sea level rise: global warming causes glaciers to melt and water to expand thermally, causing sea levels to rise and threatening coastal areas.

Impact on biodiversity: many animal and plant species struggle to adapt to rapid climate change, leading to habitat loss and biodiversity loss.

Impact on agriculture: climate change can cause droughts, floods and heat waves that damage crops, with consequences for food security.

Impact on human health: increase in heat-related illnesses, vector-borne diseases such as mosquitoes, and increased water and food stress.

In summary, climate change is a complex phenomenon with well-defined anthropogenic causes and significant consequences for the environment, society and human health.





**CLIMATE CHANGE IS A COMPLEX
PHENOMENON WITH WELL-DEFINED
ANTHROPOGENIC CAUSES AND SIGNIFICANT
CONSEQUENCES FOR THE ENVIRONMENT,
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Solutions to combat climate change

Climate change is one of the most pressing challenges of our time, but it is not without solutions. Governments, communities, and individuals all have a role in reducing emissions and building a sustainable future. The most effective measures combine technological innovation, responsible behavior, and international cooperation.

A key priority is the energy transition—phasing out fossil fuels and embracing renewable sources such as solar, wind, hydro, and geothermal power. Alongside this, reforestation and forest protection play a crucial role in absorbing carbon dioxide and maintaining ecological balance.



Improving energy efficiency is equally important. This means reducing energy use in homes, businesses, and transport by adopting better building insulation, using efficient equipment, and promoting sustainable mobility solutions like public transport, cycling, and walking.





Another critical step is waste reduction. Responsible consumption, reusing materials, and recycling help minimize resource use and prevent further environmental degradation.

Finally, global challenges require international collaboration. Agreements such as the Paris Climate Agreement set common goals to reduce emissions and commit countries to keep the rise in global temperature well below 2°C compared to pre-industrial levels.

Together, these solutions demonstrate that while climate change is urgent, it can be tackled through collective action, innovation, and a commitment to sustainability.





In recent years, growing attention has been given to Nature-Based Solutions—strategies that rely on ecosystems to address environmental and social challenges. Restoring forests, wetlands, and grasslands, protecting coasts with natural barriers, and managing water and agricultural resources sustainably not only help mitigate and adapt to climate change but also bring co-benefits for biodiversity, health, local economies, and community resilience.

The European Union has committed to achieving climate neutrality by 2050 through a series of ambitious initiatives. The European Green Deal sets out a roadmap for reducing emissions, transitioning to clean energy, promoting the circular economy, and protecting biodiversity. The European Climate Law makes these goals legally binding, requiring at least a 55% cut in emissions by 2030. The Fit for 55 package updates climate and energy legislation to meet these targets, with measures covering renewable energy, sustainable land use, and mobility. In response to recent energy challenges, the REPowerEU plan was launched to accelerate renewable energy deployment, strengthen energy savings, and reduce dependence on fossil fuels.

Together, these approaches reflect a shift towards practical, systemic solutions—combining natural processes and political action to build a resilient and sustainable future.



Biodiversity and resource conservation

The term biodiversity is composed of two words: “bio”, meaning life, and “diversity”. Biodiversity therefore means “the diversity of life”; in practice, biodiversity refers to the variety of life forms. The term biodiversity was introduced in 1988 by American entomologist Edward O. Wilson and defines the variety of life forms present on the planet, including all species of plants, animals, fungi and microorganisms, as well as the ecological interactions that exist between them. Biodiversity can therefore be defined as the richness of life on Earth.

Types of biodiversity

Depending on the levels to which it refers, different types of biodiversity can be identified. There are three main types:

Genetic diversity, i.e. the variety of genes within a given species. Each individual within a species has a unique combination of genes, and greater genetic diversity can contribute to the survival of the species.

Species diversity, measurable in terms of the number of species present in a given area, and based on their rarity or abundance in a territory or habitat.



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Ecosystem diversity refers to the variety of habitats, living communities, and ecological processes that support life on Earth. The three levels of biodiversity—genetic, species, and ecosystem—are deeply interconnected, meaning that the loss of one affects the others and the overall health of nature.

Biodiversity, shaped by billions of years of evolution, is essential for the stability and resilience of ecosystems. It provides vital functions such as oxygen production, climate regulation, air and water purification, soil fertility, and food security. It is also a source of medicines and natural resources that sustain human well-being. Rich biodiversity increases adaptability to environmental changes and lowers the risk of species extinction, making it a true barometer of the planet's health.



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In recent decades, biodiversity has unfortunately been threatened by multiple factors, many of which are linked to human activities, such as deforestation, pollution, global warming, habitat destruction and overexploitation of natural resources. If left unchecked, these phenomena can lead to the loss of entire ecosystems and the variety of organisms that comprise them, with negative effects on human health, food security and the global economy. The conservation of biodiversity has therefore become a priority in order to ensure environmental sustainability and the future of our planet. For this reason, the international community has adopted instruments such as the Convention on Biological Diversity (CBD), which promotes national strategies and global cooperation for the protection of ecosystems and the sustainable use of natural resources.



**BY COMBINING THE POWER OF NATURE WITH
BOLD POLITICAL ACTION, WE CAN TURN
TODAY'S CHALLENGES INTO TOMORROW'S
OPPORTUNITIES FOR A GREENER, HEALTHIER,
AND FAIRER FUTURE.**





Conserving natural resources means implementing practices aimed at preserving the quantity and quality of natural capital for future generations, including biodiversity, mineral, water, and energy resources. Sustainable resource management requires an integrated approach that takes into account the relationships between environmental factors, biological communities, and socioeconomic factors. It is also essential to balance resource use with their regenerative capacity, avoiding irrational exploitation that compromises ecosystem resilience. Only by maintaining biological richness and ecosystem health will it be possible to ensure a balanced, resilient environment capable of supporting human well-being in the long term.





Importance of environmental sustainability for future generations

Environmental sustainability seeks to protect ecosystems and natural resources to secure the health and well-being of people today and in the future. It links the environment with the economy and society, intertwining values such as peace, equality, inclusion, innovation, and civic responsibility. The guiding principle is sustainable development, which integrates three closely connected dimensions:

- Environmental sustainability – protecting natural resources, reducing pollution, preserving biodiversity, and combating climate change.
- Economic sustainability – promoting growth that is fair, inclusive, and does not deplete resources, through responsible business models and green innovation.
- Social sustainability – ensuring equity, access to education and healthcare, gender equality, and respect for human rights.





Because these dimensions are interdependent, progress in one area supports the others. However, is that the development model based on unlimited consumption and disregard for environmental impacts is no longer viable.

The goal of sustainability is to balance human needs with the planet's capacity to regenerate. This requires new approaches across all sectors—from industry and agriculture to urban planning and daily consumption. The circular economy offers a model for this transition, focusing on reducing waste and extending the life of materials through reuse, repair, and recycling.



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The urgency is evident. Climate change, biodiversity loss, pollution, and resource depletion are accelerating, threatening both ecosystems and human societies. Adopting sustainable practices means:

- Preserving resources through efficient use, recycling, and waste reduction.
- Mitigating climate change by reducing emissions, shifting to renewable energy, and supporting sustainable transport.
- Protecting biodiversity by safeguarding ecosystems and recognizing their essential role in stability and resilience.

Every level of society has a role to play—individuals, businesses, governments, and communities—through responsible choices, education, and policy-making. At the global level, agreements such as the Paris Climate Agreement (2015) commit countries to limit global warming to below 2°C, ideally 1.5°C, and to increase climate action financing. The European Union has also placed sustainability at the center of its recovery and growth strategies, promoting ecological transition, sustainable mobility, and green innovation.

Ultimately, environmental sustainability is about responsibility to future generations. The decisions taken today will determine whether they inherit a healthy planet with sufficient resources, stable ecosystems, and functioning climate systems. Ensuring this requires collective commitment, innovation, and conscious management of natural resources.





The role of youth workers in promoting environmental awareness and action among young people

Reducing human impact on the environment and adapting to climate change requires innovative approaches. Environmental education is key—it raises awareness, fosters responsible behavior, and empowers people to act. By learning how their daily choices affect the planet, individuals, especially young people, can adopt more sustainable habits.

Youth are at the heart of this change. Global movements like Fridays for Future have shown their power to place climate issues high on the political agenda. At the same time, the growing green job market creates opportunities in fields such as renewable energy, circular economy, and sustainable resource management. Preparing young people with these skills is vital for a fair ecological transition.

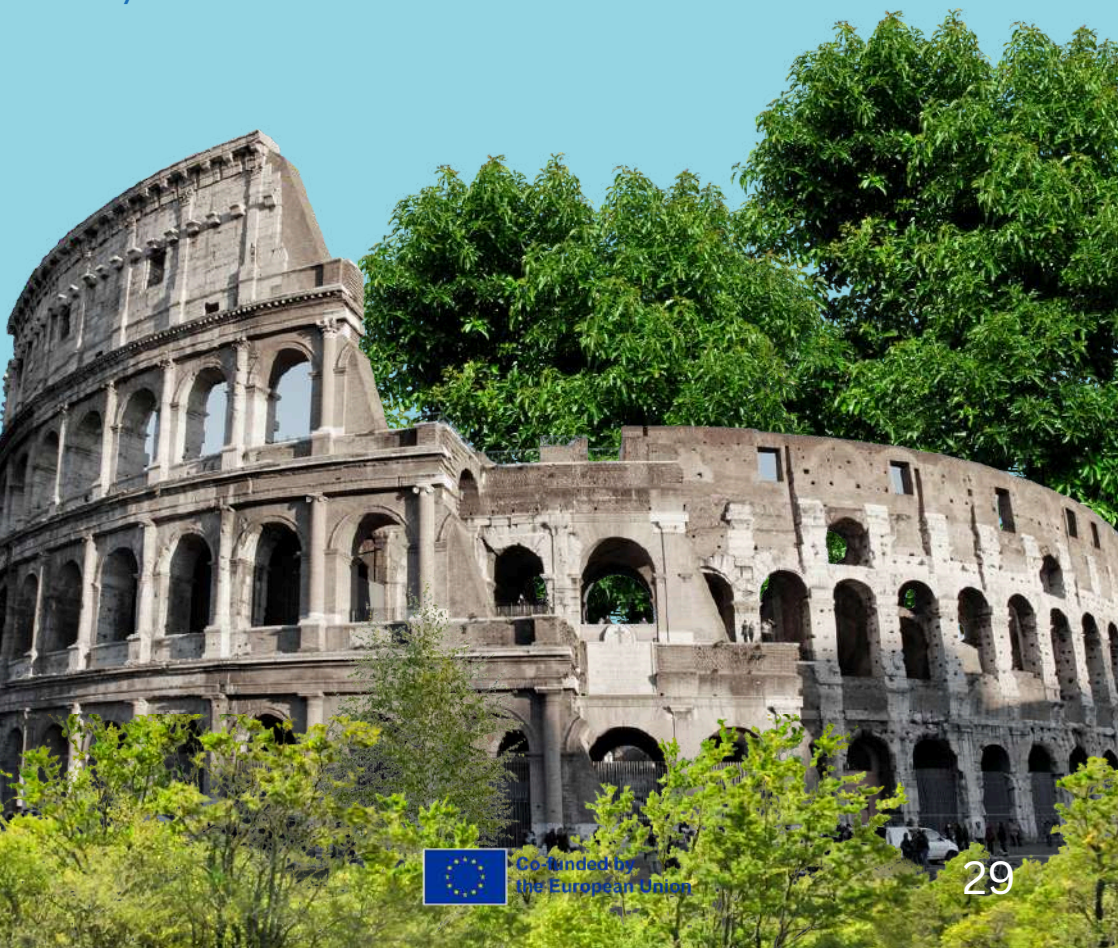
Engaging youth in sustainability is an investment in the future. It promotes not only environmental protection but also social equity, community resilience, and economic well-being. Youth workers play a central role by spreading environmental culture, supporting education in schools, and involving civil society.

New technologies offer additional tools. Platforms for civic engagement, as well as digital solutions like Citizen Science apps, Artificial Intelligence, and Big Data, make it easier to monitor environmental trends, share information, and strengthen collective action. By guiding young people to use these resources, youth workers can help transform awareness into lasting change.





Recognizing the limits of our planet is essential to preserving the natural processes that sustain life. A healthy environment underpins human well-being, prosperity, and social stability. However, achieving true sustainability requires more than policies and technological solutions—it also depends on education, participation, and the active involvement of people, especially young generations. By engaging youth in meaningful environmental activities, supported by youth workers as facilitators of change, we can turn awareness into action and ensure that sustainability becomes a lived reality for communities everywhere.



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Chapter 2

Engaging youth in environmental activities



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Introduction

Sustainability is not only a global challenge but also a generational responsibility. Young people today are growing up in a world where climate change, biodiversity loss, pollution, and resource scarcity are no longer distant threats but daily realities. Their lifestyles, consumption patterns, and collective voices will shape the future of the planet. Engaging youth in sustainability is therefore not an optional activity—it is a necessity.

Youth engagement in sustainability brings multiple benefits. First, it strengthens environmental literacy by helping young people understand the connections between human activities and the natural world. Second, it nurtures critical thinking and problem-solving skills, as they explore innovative solutions to complex issues. Third, it fosters active citizenship, empowering them to advocate for greener policies and participate in community initiatives.

From a broader perspective, youth engagement ensures the continuity of environmental action. While current generations may set the foundation for sustainable policies and practices, it is the young who will carry this mission forward. Investing in their awareness and skills is, therefore, an investment in long-term planetary well-being.

Furthermore, young people are not just passive beneficiaries of environmental education—they are potential leaders, innovators, and influencers. By equipping them with the right tools, knowledge, and experiences, youth workers can help transform concern into action and create a culture of sustainability that resonates beyond project activities.



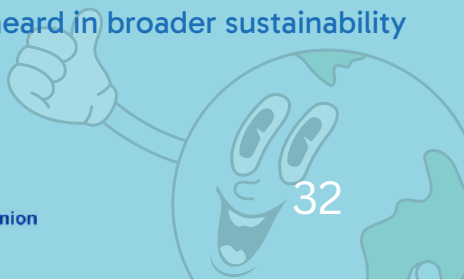


Role of Youth Workers as Facilitators of Change

Youth workers occupy a unique position at the intersection of education, community development, and activism. Unlike formal educators, they often engage with young people in informal and non-formal contexts where creativity, experimentation, and personal expression are encouraged. This makes them particularly well-placed to promote sustainability in ways that feel relevant and empowering.

As facilitators of change, youth workers can:

- **Translate complex issues into accessible messages:** Climate change and environmental science can be overwhelming. Youth workers simplify these topics, making them understandable without losing their significance.
- **Provide experiential learning opportunities:** Through hands-on workshops, outdoor activities, and creative projects, they help young people connect theory with real-life practice.
- **Foster agency and empowerment:** By encouraging participation in decision-making and giving space for youth-led initiatives, youth workers nurture ownership and leadership.
- **Model eco-friendly behaviors:** Young people are highly influenced by role models. When youth workers practice sustainability in their daily routines—reducing waste, promoting reuse, or advocating greener choices—they send a powerful message of authenticity.
- **Build bridges with communities and institutions:** Youth workers connect young people with local stakeholders, NGOs, and decision-makers, ensuring that youth voices are heard in broader sustainability dialogues.





Environmental Issues and Everyday Youth Experiences

For many young people, global issues such as melting glaciers or deforestation in distant regions may feel abstract or disconnected from daily life. However, sustainability is closely tied to their immediate experiences—how they travel to school, what food they consume, the clothes they wear, the waste they generate, and the energy they use at home.





Framing sustainability within the everyday reality of youth makes it not only more understandable but also more actionable. When young people realize that their daily decisions matter, they begin to see themselves as active participants in shaping a sustainable future rather than passive observers of global problems.

This localized and personal approach also enhances motivation. Environmental action is no longer a distant goal for “scientists and policymakers” but something accessible and meaningful in the here and now. Youth workers, therefore, play a crucial role in bridging the gap between the global and the local, helping young people discover that sustainability starts with small steps in their own lives and communities.





Principles of Effective Youth Engagement

Engaging young people in environmental sustainability requires more than simply transferring knowledge. It is about creating experiences, building trust, and fostering agency. For youth workers, the success of any activity depends not only on what is taught, but also on how young people are involved in the process. The following principles can serve as guiding pillars for effective engagement in sustainability initiatives.

WHEN YOUNG PEOPLE FEEL THAT THEIR VOICES ARE HEARD AND RESPECTED, THEY ARE MORE LIKELY TO COMMIT TO LONG-TERM ENGAGEMENT AND SEE THEMSELVES AS ACTIVE STAKEHOLDERS IN SUSTAINABILITY.



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Participation and Co-Creation

Participation is the foundation of meaningful engagement. Rather than positioning young people as passive recipients of information, youth workers should invite them to actively contribute to the design, implementation, and evaluation of activities.

Co-creation ensures that initiatives are relevant, youth-centered, and reflective of their interests. For example, instead of delivering a ready-made workshop on recycling, youth workers can facilitate a brainstorming session where participants decide what environmental challenges matter most to them and design solutions together.

When young people feel that their voices are heard and respected, they are more likely to commit to long-term engagement and see themselves as active stakeholders in sustainability.





Co-creation ensures that initiatives are relevant, youth-centered, and reflective of their interests. For example, instead of delivering a ready-made workshop on recycling, youth workers can facilitate a brainstorming session where participants decide what environmental challenges matter most to them and design solutions together. This process not only increases motivation but also enhances creativity and ownership.



Also, empowerment goes hand in hand with ownership. Young people need to feel that the initiatives they are involved in are not simply “someone else’s project,” but something they have contributed to and can take pride in. Ownership develops when they have responsibilities, decision-making power, and opportunities to shape outcomes.





For example, a youth-led eco-club in a school or community center allows participants to plan their own activities, from organizing clean-up campaigns to creating awareness posters. Youth workers in this scenario act as mentors and supporters rather than directors, providing guidance while allowing autonomy.

Ways to foster ownership and empowerment:

- Offer leadership roles within activities (team leader, spokesperson, event organizer).
- Recognize achievements publicly (certificates, showcases, social media spotlights).
- Encourage youth to propose follow-up actions beyond the initial project.
- Provide training and mentorship so they feel confident taking on responsibilities.

Empowered youth are more likely to transfer what they learn into other areas of their lives, influencing peers, families, and communities with their initiatives.

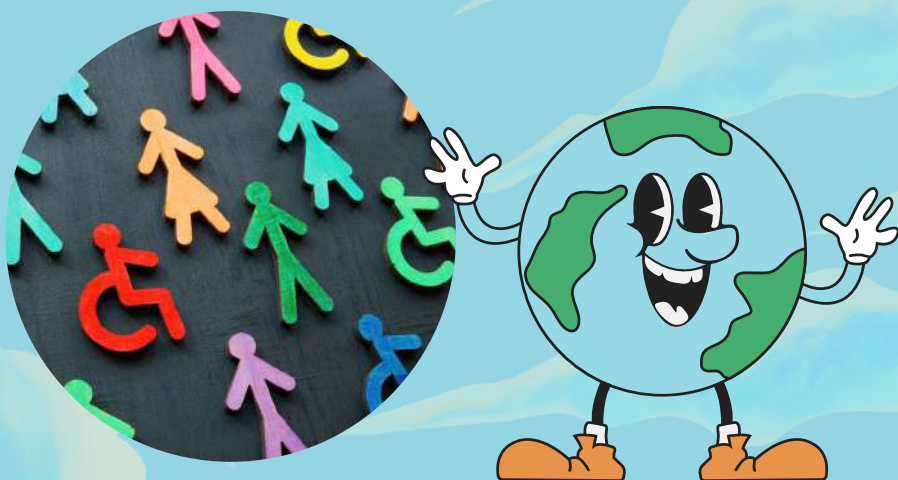


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Inclusion and Accessibility

Environmental engagement must be inclusive and accessible to all young people, regardless of background, abilities, or social circumstances. Youth workers have the responsibility to ensure that marginalized groups—such as young people with disabilities, those from rural or economically disadvantaged backgrounds, or those facing cultural and language barriers—are equally involved.



Accessibility does not only mean physical access to venues. It also refers to the way information is communicated, the materials used, and the methods applied. For example, workshops can include visual aids for participants with limited literacy skills, or digital tools can be adapted for those with different learning abilities.





Key practices for inclusion and accessibility:

- Use simple, clear, and jargon-free language when explaining complex topics.
- Provide materials in multiple formats (text, visual, audio).
- Ensure physical spaces are accessible to all participants.
- Foster an environment of respect where diverse perspectives are valued.
- Actively reach out to youth from underrepresented communities and address potential barriers (e.g., transportation, financial constraints).

**INCLUSIVE ENGAGEMENT ENSURES THAT
SUSTAINABILITY BECOMES A SHARED
RESPONSIBILITY AND OPPORTUNITY, NOT A
PRIVILEGE FOR THE FEW.**



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Fun and Creativity as Motivators

For many young people, sustainability topics can initially feel heavy or even intimidating. To spark genuine interest, activities must be fun, interactive, and creative. When learning is enjoyable, young people are more likely to stay engaged and retain knowledge.

Creativity transforms environmental education into a dynamic process. Music, art, theatre, and digital media can all be powerful tools for expressing environmental messages. For instance, an eco-theatre performance created by youth can reach broader audiences than a lecture, while a TikTok challenge about reducing plastic waste can mobilize hundreds of peers online.

Examples of fun and creative motivators:

- Eco-games and challenges (plastic-free week, zero-waste picnic, sustainability scavenger hunt).
- Artistic projects (murals, upcycled art, eco-fashion shows).
- Storytelling workshops where participants imagine a sustainable future.
- Using technology and gamification apps to track eco-friendly actions.

Fun is not superficial—it is a vital pathway to deep engagement. It helps transform sustainability from a duty into a lifestyle that young people genuinely enjoy and want to promote.





Long-Term vs. One-Time Events

While one-time events such as clean-up actions or workshops can be powerful starting points, sustainable engagement requires continuity. The true impact of youth involvement in sustainability lies in long-term commitment, consistent learning, and repeated opportunities to act.

Youth workers should think beyond individual events and consider how to embed sustainability into ongoing practices, programs, or community initiatives. For example, instead of organizing a single eco-day, a youth group might establish a monthly eco-action club that continues beyond the lifespan of a project.



Strategies for ensuring long-term impact:

- Develop regular programs or clubs rather than isolated activities.
- Integrate reflection and evaluation after each activity to identify future steps.
- Encourage youth to set personal or group sustainability goals and track progress.
- Build partnerships with schools, municipalities, or NGOs that can support continuity.





The principles of effective youth engagement—participation, ownership, inclusion, creativity, and sustainability of impact—provide a strong framework for youth workers. Applying these principles not only enhances the success of individual activities but also ensures that young people develop into confident, responsible, and motivated agents of environmental change.





Practical Tools and Methods

When it comes to engaging young people in environmental sustainability, principles and strategies provide a strong foundation, but they must be translated into practice. Youth workers need concrete methods, tools, and approaches that can be easily adapted to different contexts, age groups, and resources. Practical tools make abstract concepts tangible and give young people the opportunity to learn by doing. They also allow youth workers to move beyond traditional teaching methods and create experiences that are dynamic, participatory, and memorable.

A first step in this process is to design activities that encourage interaction from the very beginning. Icebreakers and energizers with an environmental twist are an effective way to set the tone. For example, a simple “climate bingo” where participants mark off statements such as “I used public transport this week” or “I recycled a plastic bottle today” immediately sparks reflection and conversation. Such activities not only build group cohesion but also make sustainability visible in everyday actions. Energizers can also be linked to physical movement, such as quick games that involve sorting recyclable items into categories, which bring energy to the room while reinforcing key messages.





Workshops remain one of the most widely used tools in youth work, and they can be tailored to sustainability in many ways. A hands-on format works particularly well: participants can build small solar ovens from cardboard and foil, create eco-friendly cleaning products, or experiment with water purification techniques using natural filters. These activities help demystify sustainability by showing that solutions can be simple, affordable, and accessible. Problem-solving workshops are equally valuable. Youth can be given real-life challenges, such as reducing the environmental footprint of their school or youth center, and asked to brainstorm solutions in groups. Storytelling methods can add a reflective dimension, allowing participants to imagine how daily life might look in a fully sustainable community and then compare it with their current reality.





Digital engagement has become increasingly important, especially in a context where young people are deeply connected to technology. Social media challenges, eco-pledges shared on Instagram or TikTok, and online quizzes can extend learning beyond the workshop space and reach a wider audience. There are also specific apps and platforms that track environmental actions, such as reducing energy use or avoiding single-use plastics, and these can be integrated into youth work activities. Gamification is a particularly effective method: creating points, badges, or leaderboards around sustainability actions motivates young people to take small but consistent steps, turning environmental behaviors into fun and competitive experiences.



Outdoor and community-based approaches are another essential tool. Young people often learn best when they can directly connect with nature. Organizing clean-up campaigns, biodiversity walks, or eco-hikes allows participants to see the tangible impact of their actions and build a sense of stewardship for local environments. Gardening projects—whether in schools, youth centers, or community spaces—provide opportunities for long-term learning and responsibility, as youth observe the results of their care and commitment.





Partnering with local NGOs, businesses, or municipalities can further strengthen these activities by providing resources, expertise, and visibility. For instance, a collaboration with a local waste management company might allow youth to visit a recycling facility and then design their own awareness campaign for their peers.

Art and creativity should not be underestimated as methods of environmental engagement. Young people often find it easier to express themselves through creative mediums rather than abstract discussions. Upcycling projects where old clothes become eco-fashion pieces, murals with environmental messages in public spaces, or theatre performances exploring the consequences of climate change can be both engaging and impactful. These methods combine learning with self-expression and reach audiences that might not otherwise be exposed to sustainability messages. Music, photography, and film also provide powerful avenues for youth-led communication, as young people create content that resonates with their peers.





Engaging young people in environmental activities is not just about raising awareness—it is about building skills, confidence, and a sense of responsibility for the future of our planet. When youth are empowered to participate, co-create, and take ownership, they become active changemakers who inspire their peers and communities. By combining inclusion, creativity, and continuity, youth workers can transform sustainability from an abstract concept into a lived experience. Small actions, when multiplied, lead to meaningful change. Together, we can ensure that the voices of young people shape a greener, fairer, and more sustainable world.



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Chapter 3:

Green skills and resources



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Introduction

Welcome to Chapter 3: “Green Skills and Resources,” part of the Our Earth, Our Voice digital booklet. This chapter is designed to support youth workers in integrating environmental sustainability into their work with young people. It serves as an introduction to understanding and applying green skills—knowledge, attitudes, and values that promote a more sustainable future.

The climate crisis and a growing awareness of our environmental impact have made it essential for everyone, especially the next generation, to be equipped with the tools to tackle these challenges. As a youth worker, you are uniquely positioned to be a catalyst for change. You can inspire young people to become active, informed citizens who not only care about the planet but also possess the practical skills to make a difference.





In this chapter, you'll explore a range of topics, from understanding the core concepts of sustainability to practical activities and projects you can implement in your training programs. We'll cover everything from environmental leadership and advocacy to organizing community-based conservation projects. Also, platforms for eco-learning, and relevant websites and links will be listed.

The ultimate goal is to provide resources and confidence to weave environmental education into your work seamlessly, helping to cultivate a generation of young people who are both environmentally conscious and equipped to lead the charge toward a healthier planet. Undoubtedly, youth workers play a crucial role in shaping the next generation's understanding of the environment.





Environmental Leadership

Environmental literacy refers to the knowledge, skills, attitudes, and behaviors that enable people to understand, interpret, and take responsible action on environmental issues. It goes beyond simply knowing about the environment—it's about being able to make detailed decisions and find solutions that support sustainability and ecological balance.

But how is someone able to acquire these literacy skills? You will find out by presenting you the basic component of environmental literacy. First things first, Knowledge. Knowledge is about understanding ecological concepts, such as ecosystems, biodiversity, climate change, and sustainable ways of production. Also, this term includes the awareness of human intervention's consequences to the natural environment, both positive (sustainability) and negative (pollution). Lastly, someone should know in detail the basic environmental challenges, namely pollution, climate change, and resource decrease.

The second component is Skills. To begin with, critical thinking and problem-solving abilities are a must. They are part of the list of the future skills. As climate protection becomes a challenge, these abilities are vital for understanding what is going on. Furthermore, the evaluation of information and its sources is a skill worth mentioning. Literacy is about indicating whether the information you have is valid or not as well as the status of the sources e.g. They are fake ones or valid? Practical skills can be included in this part. It is of the utmost importance for an individual to be in a position to recycle, to not be overconsumptive, and to implement an energy-efficient way of living. So, the combination of both theoretical and practical skills is necessary to be literate.





Environmental Leadership

Critical thinking is accompanied by systems thinking. It refers to the specific skill a person has that helps understanding the interconnections between society, the environment, and the economy. Youth workers do not play solo. They live, act, and are part of a society. This society is moving through economy. The environment affects positively or negatively both the society and the economy. The latter are able to support the efforts for a better and "greener" future.

Last but not least, the personal attitude and the action are basic parts of environmental literacy. To begin with, personal attitude includes the appreciation of nature and the respect for it. Also, to live a life by taking into account if it is harmful for the environment. In action, the participation in environmental protection initiatives is mentioned. Such initiatives may include cleanups, tree planting, or workshops on sustainability.

In conclusion, environmental literacy is the fundamental step towards the training of youth workers. It is theoretical and practical and it passes through all the aspects of human lives. It should be part of these workers so as to be effectively transmitted





Environmental Leadership

Each Youth Worker should be ready to take the initiative and lead by teaching and example. Environmental Leadership offers this ability. However, of what parts does this term consist?

One basic skill every worker and trainer should possess is living as he/she teaches. In other words, the youth worker as a leader has to inspire through personal example. At this point, it is noted that recycling, throwing garbage into the garbage bins, and taking part in collective environmental actions are few.

What is more, youth workers can organize specific workshops for young persons. The subjects of these workshops can be sustainable ways of living, mitigating environmental risks, understanding challenges, and encouraging participation. For example, a possible subject could be the demonstration of ways to reduce the use of plastic objects that are used. The target group may vary, but it is better to target school students, as they are in a phase that builds their character and habits. Also, youth workers as organizers should facilitate teamwork. This is extremely important. Collaboration among individuals except for the private action is a solution to environmental problems. It is not weird that collaborative effort can make the change.

Additionally, a leader has to prepare the future leaders as well. So, by a series of actions such as evaluation of another person's skills and attitude, youth workers can find and train the next generation of leaders. To spot these persons during the workshops is a good option. And this cycle continues as new threats and opportunities arise.



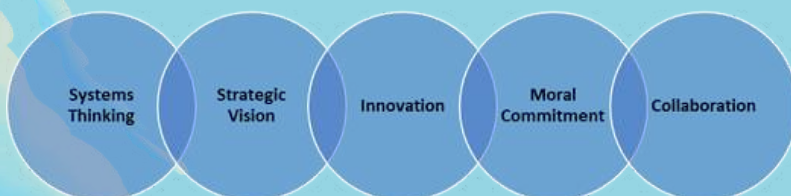
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Another less referred trait of this kind of leadership is Eco-Innovation. An Eco-innovative person is someone that not only possesses the aforementioned characteristics but also thinks about the development of new ideas, products or services in order to reduce and face the damage caused to the environment. The main principles is efficiency in the use of resources, sustainability to maintain the long-term balance, innovation that goes beyond the classic ways of protective decisions, and the willingness to leave a positive footprint on the Earth. Some examples of eco-innovation are the manufacture of electrical bicycles, and the construction of "green" and "smart" buildings, along with services such as clothing or shoe recycling. It is obvious that the benefits of this trait are many. The trigger of creative thinking and aspiration, the encouragement of entrepreneurship, and the creation of sustainable jobs are a few of them.

Conclusively, youth workers can and should act as role models for their society. They have to present leadership skills. It is a common place that the term of the Leader has changed. In the last years, it has contained not only command but also guidance and soft skills. The preparation of the Leaders of tomorrow will be another positive result.





Environmental Advocacy

Advocacy is a crucial skill for youth workers. It enables the protection of Earth's environment along with the sustainable use of its resources. It encompasses several actions that will be mentioned below. In brief, advocacy attempts to influence the general audience and experts to focus on environmental problems and their solutions. As a result, basic steps will be taken to protect our Earth and support the development of future generations. Below, the key concepts of advocacy will be mentioned.

Raising awareness is the first. This action includes a comprehensive and effective campaign. Its target will be to educate the public about environmental issues and the importance of the sustainable way of living. The more people the campaign reaches, the bigger the success will be. The clearer the message, the more successful the campaign will be.

Influencing policy is another action. At this point, the target is the policymakers. The advocacy can happen by lobbying, by marketing campaigns or personalized information, or by legal actions. Environmental protection and sustainability are matters of public policy, and it is right for youth workers to demand that policy makers concentrate on them. Truly, the appropriate policies can help the environment.





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Moreover, the engagement in public discourse is a third action. It is about the participation as a member of the Civic Society in demonstrations or protestations regarding the ban of policies that harm the environment and are unsustainable. Alternatively, it is either about the participation in actions that protect natural resources or holding the polluters accountable. In parallel, it involves the organization of special workshops which will educate the young people to understand the dangers and to think about the solutions.

In a nutshell, advocacy activities are vital for youths working on environmental matters. It is a multifunctional term that supports the general purpose of building a generation of confident and well-educated change makers.



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Skillset Graphic

It is clear that the skills are intertwined. This is an important fact. A Youth Worker should not rely on one or some of the below skills. It should have them all. This is not an ideal scenario. It is possible to acquire them. Working with young people is demanding. So, the approach has to be comprehensive.





Teaching methods for environmental education

Besides acquiring green skills, youth workers should also apply effective teaching methods that clearly communicate the message of each activity. Because environmental education combines theory, practice, and experience, the best results come from integrating all three.

Theoretical learning provides the foundation—courses where participants explore climate change, sustainability, and environmental protection, while also developing critical and systematic thinking. This stage can include lectures, case studies, or discussions.

Practical learning follows, through workshops, seminars, or community initiatives such as plastic-free weeks or mapping green spaces. These activities help participants apply knowledge and exchange perspectives.

Experiential learning is the final and most impactful stage. Outdoor activities, teamwork, tree planting, field visits, or nature walks allow participants to “live” sustainability. By experiencing it first-hand, they are more likely to integrate sustainable habits into their daily lives.

During practice and experiential activities, additional methods like storytelling can be used. Sharing real-world success stories—whether of eco-innovators or community initiatives—makes environmental topics relatable and inspiring, while motivating participants to act in their own contexts.





Moreover, the use of digital tools can be a game changer. In particular, videos, podcasts, animations, and interviews via platforms with persons that support sustainable actions whether they are scientists and activists or policymakers and executives, can add a whole new dimension to the courses. The trainees will have the chance to easily learn as images and motives are stored in mind. The platforms can connect people from different places in the world. As a result, the trainees will learn about the problems in other countries and new ways to tackle the problems in their countries.

Peer-to-peer teaching is a useful interactive method. This method engages the trainees to exchange views, repeat what they learned and check if they have understood what they have been taught. In this place, Youth Worker gives the initiative to its trainees. It is a crucial step, as it cultivates the whole skillset. An extension to that method is the creation of a team in social media. This team will facilitate the transmission of knowledge after the end of the training program.

PEER

2

PEER



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Teaching methods graph





This graph depicts the five main pillars of transformative environmental education.





Online Platforms for eco-learning

Protecting the environment is a collective effort, and education makes this effort stronger. Here, the role and skills of youth workers are essential. Online learning platforms can help them expand knowledge and reskill.

Coursera (www.coursera.org) – Founded in 2012, Coursera partners with top universities (Stanford, Yale, Harvard, London, Yonsei) and companies (Google, IBM, Microsoft) to provide free or paid courses, professional certificates, and even degrees. For environmental education, relevant courses can be found under Physical Science and Engineering. Trainees should always check course fees.

edX (www.edx.org) – Created by MIT and Harvard, edX offers high-quality courses and certifications across disciplines. For sustainability-focused learning, the Environmental Studies section is most relevant.

Udemy (www.udemy.com) – Established in 2010, Udemy enables independent creators to design and share video-based courses. It covers a wide range of topics, including sustainability and teaching methods. Most courses are paid, so trainees should review costs before enrolling. Businesses can also use Udemy for team training. These platforms provide youth workers with flexible opportunities to deepen their expertise, gain certifications, and bring fresh perspectives into their work on sustainability.





FAO elearning academy (<https://elearning.fao.org/mod/page/view.php?id=4534>) is an online platform under the administration of the Food and Agriculture Organization of the United Nations. It offers a variety of courses on food and nutrition security and social and economic development. The content is available in a range of formats, such as technical seminars, e-courses, and blended learning programs. Methods of transmission of the know-how are offered so that the information can be understood. The crucial aim is to enhance the capacity of member countries to achieve the 2030 Agenda for Sustainable Development.

European Education Area (<https://education.ec.europa.eu/>) is a website of the European Union. It is about an effort to foster collaboration among European Union member states to raise more resilient and inclusive national education and training systems. This effort passes through the access of high-quality education training. The interested trainee can browse and find many online addresses that cover different situations and topics.

Last but not least, Catalyst Platform (<https://catalystplatform.eu/>) is an open online courses platform that was created in the context of the Co-Funded by the EU project named “Leading Sustainable, Systems and Business Transformation”- CATALYST. It is a place friendly to students, SMEs, Youth Workers and other persons to visit and attend free courses on sustainable development. The aim of this program is to upskill and share online knowledge from professors and market actors. It also gives a trainee the ability to create networks with other individuals making a positive impact on environmental protection.





Organizing an event

Organizing an event has multiple benefits. It provides practical application of the knowledge and skills presented, showing youth workers how theory can be translated into action. Events such as workshops, info sessions, or open days create opportunities for peer learning and networking, where youth workers can exchange experiences, share resources, and discover new eco-learning platforms together.

An event also increases visibility and impact—by engaging the wider community, schools, NGOs, or local institutions, the message of sustainability reaches beyond the immediate group of participants. Moreover, events serve as a motivational boost, helping youth workers experience first-hand the value of green skills and encouraging them to integrate these approaches into their everyday practice.



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Conclusion

Youth Workers are at the forefront of environmental education and transformation. It can be argued in military terms that they are some of the elite forces which conduct the war against climate change. The fact that they will not only transmit knowledge but also will prepare the future leaders in this field is worth noticing.

To achieve their mission, they have to educate, primarily, themselves. The reskilling in environmental literacy, advocacy, and leadership is an important step. Afterwards, they have to follow the aforementioned teaching methods. As a consequence, they will equip young people with the appropriate knowledge to become changemakers in the race of Earth's protection.



Chapter 4

Case studies and success stories





Case studies provide concrete examples that illustrate how theories and strategies translate into practice. For youth work and environmental projects, they offer a valuable way to observe how challenges were addressed and what solutions proved effective. Unlike abstract guidelines, a case study documents specific actions, outcomes, and lessons, making it easier for our organisations, other institutions, and young people to replicate or adapt them in their own communities.



Inspiration through Success Stories

Success stories complement case studies, adding a personal and motivational dimension. They demonstrate how individuals or groups achieved impact despite obstacles, thus providing encouragement and confidence to others. In the context of sustainability and youth engagement, stories of successful campaigns or initiatives help to humanise complex issues such as climate change, making them relatable and actionable for diverse audiences.



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Relevance for Our Project

In Our Earth, Our Voice, case studies and success stories are essential tools to ensure that our work goes beyond short-term activities. They allow us to capture best practices, such as ecological workshops or creative campaigns, and share them with a broader audience of youth workers and young people. By presenting real-life experiences, our project provides accessible role models and strategies for others to follow, thereby amplifying the long-term impact of our activities.



Strengthening Youth Workers' Capacity

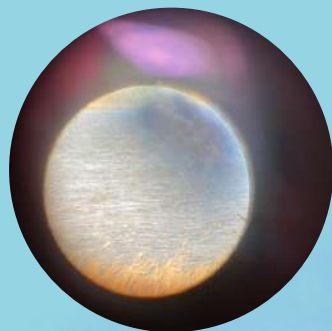
Youth workers benefit greatly from analysing successful examples, as these narratives equip them with new methodologies, creative techniques, and evidence of what works in practice. By reflecting on concrete cases, they are better prepared to adapt environmental education to different groups, including those with fewer opportunities. Ultimately, success stories strengthen their professional competences and inspire them to design more engaging and sustainable initiatives.





WWF Nature Reserve: A Landscape of Wetlands

Le Cesine WWF (World Wide Fund for Nature) Reserve is one of the last surviving wetlands along the Adriatic coast of southern Italy. Situated a short distance from Lecce, it covers approximately 380 hectares of dunes, lagoons, marshes, and Mediterranean scrub. Recognised as a Ramsar site of international importance, the area plays a crucial role in the preservation of biodiversity and in the regulation of local ecosystems.



Haven for Migratory Birds

The reserve is particularly famous as a resting point for migratory birds travelling between Africa and northern Europe. Herons, marsh harriers, little egrets, and a wide range of ducks can be observed throughout the year. This abundance of birdlife makes Le Cesine both a hotspot for ornithologists and a valuable educational site for young people interested in ecology and conservation.





Human Interaction with Nature

Managed by WWF (World Wide Fund for Nature) Italy, the reserve exemplifies how human intervention can support rather than endanger natural systems. Restoration projects, the maintenance of fresh and saltwater lagoons, and the creation of observation huts enable people to experience wildlife without disturbing it. The balance between accessibility and protection reflects a sustainable model of eco-tourism.



Educational and Social Value



Le Cesine is not only an ecological sanctuary but also a place of learning. WWF staff run workshops, guided walks, and public awareness activities that engage schools, local residents, and international visitors. By transforming environmental science into lived experience, the reserve demonstrates how protected areas can inspire both community involvement and long-term stewardship.



Our Experiences in WWF Nature Reserve Discovering Biodiversity Together



During our training course, the group entered the reserve with curiosity and enthusiasm. Guided walks and activities offered the chance to explore the diversity of ecosystems, from lagoons to sand dunes. For many participants, observing rare species in their natural environment was a first encounter with such biodiversity, making the experience extremely valuable and unforgettable.



Creative Exploration in Nature



We combined ecological observation with artistic activities. Photography and video recording encouraged participants to connect emotionally with the landscapes. These artistic activities were used not just to document the day, but to experiment with how ecological values can be communicated through images and narratives.



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Practising Eco-Campaign Skills

The reserve became a living laboratory for practising campaign-making skills. Participants designed short concepts for ecological campaigns using their photos and recordings. This hands-on practice linked the natural inspiration of Le Cesine with the project's wider goal: equipping youth workers with tools for awareness-raising in their own communities.



Shared Reflections and Team Spirit

At the end of our activities, we gathered to exchange impressions. These reflections highlighted not only the beauty of Le Cesine but also the sense of responsibility it evoked. Discussing together reinforced the idea that ecological education is most powerful when experienced collectively, strengthening both environmental commitment and team cohesion.



Case Study 1: Wetland Restoration and Habitat Conservation



Le Cesine was once part of a vast stretch of marshland that ran along the Adriatic coast from Brindisi to Otranto. Over time, significant parts were lost due to drainage and land reclamation for agriculture. This long process of environmental change reduced the wetlands to only a fraction of their original size, threatening many species that relied on the habitat. Historical accounts show that without intervention, the area would likely have become completely degraded.



WWF Interventions

The restoration efforts at Le Cesine have aimed to bring back wetland conditions by managing water flows, preserving the ponds of Salapi and Pantano Grande, and maintaining natural dune and marsh dynamics. These measures are critical because wetlands serve as buffers against floods, support a high level of biodiversity (especially bird species), and play a role in carbon sequestration and climate regulation. In addition, restoration has created opportunities for eco-tourism and scientific research, proving that conservation can benefit both nature and local communities.



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Success Story: A Richer Biodiversity Outcome



As a result of these WWF conservation actions, Le Cesine now hosts more than 180 species of birds, many of them migratory, which rest or breed in the varied habitats (ponds, marshes, dunes, forest patches). Species such as the marsh harrier, little egret, and the common coot are regularly observed. Their presence demonstrates the ecological importance of the site, as migratory species are highly sensitive to habitat loss and environmental disturbance.



Broader Ecological Impact

The reserve's varied environments (sand dunes, reed beds, mixed woodland) allow different fauna and flora to flourish. Thus, the restoration work has tangible ecological effects, demonstrating how protected area management can reverse habitat degradation. The return of amphibians, insects, and rare plants further highlights the broader success of the conservation approach, showing that Le Cesine supports entire ecosystems, not only birdlife.



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Case Study 2: Environmental Education and Public Engagement



Le Cesine is not only a habitat but also an educational landscape. The reserve operates a visitor centre (Masseria Le Cesine) with auditorium, guesthouse, and exhibition space. It offers guided walks, nature trails (some accessible to people with disabilities), observation hides, bird ringing stations, etc. These facilities make the reserve an open-air classroom where science, culture, and environmental responsibility meet, accessible to a wide variety of audiences.



Activities and Access

These facilities allow visitors, schools, and youth groups to engage directly with ecology, understand wetland function, and observe wildlife. The trails are scheduled, often on Sundays and public holidays, and are guided by expert naturalists. By offering regular activities, WWF ensures that knowledge is not confined to occasional events but becomes part of community life. The continuity of educational programmes builds long-term awareness.



Success Story: Workshops, Awareness Days and Community Involvement



WWF runs regular thematic activities and workshops in Le Cesine aimed at raising environmental awareness. Events such as “Primavera delle Oasi” (Spring of the Oases), summer guided visit programmes, and educational days for schools are organised. These initiatives create traditions that people look forward to every year, fostering a strong sense of belonging to the natural environment.



Local Engagement

These include hands-on involvement: environmental education, guided tours, sometimes sessions for children or local community members that help them understand the importance of protecting the wetlands, biodiversity, and sustainable practices. Public engagement is deeply embedded: not just observing but participating. Through such participation, communities feel empowered to contribute to conservation, turning passive visitors into active defenders of the reserve.



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Our Lessons Campaigns as Drivers of Change

Environmental campaigns are powerful tools for raising awareness and inspiring action. By transforming complex ecological issues into accessible messages, they help communities understand why sustainability matters. Campaigns are not only about informing people but also about motivating them to adopt new behaviours that benefit both nature and society.



Key Elements of a Campaign

Designing an effective campaign requires several steps: identifying a clear environmental issue, setting achievable objectives, defining a target audience, and choosing the most suitable communication channels. Visual storytelling through photography and video often makes messages more memorable and persuasive.





The Educational Value of Campaigns

For youth workers, ecological campaigns serve as learning platforms. They combine creativity with planning and communication skills, encouraging young people to collaborate and think critically. By participating in campaign design, young people see themselves not just as observers but as active contributors to ecological solutions.

Linking Ecology and sustainability

Campaigns that connect local issues to global sustainability goals are more impactful. By emphasising how everyday behaviours influence climate change, biodiversity, or resource management, they empower individuals to see themselves as agents of change and to contribute to long-term ecological resilience.



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Our Success Stories: Campaigns in Our Project

Within Our Earth, Our Voice, ecological campaigns became a unifying outcome of the training and activities. Participants used materials created in Le Cesine WWF Natural Reserve — photographs, video clips, and creative reflections — to design awareness campaigns that connected nature observation with public engagement.



From Observation to Communication

The process began with direct observation in the reserve, which was then transformed into visual and narrative content. By linking experience with creative output, participants learned how to translate ecological values into compelling campaign messages that speak to a wider community.





Building Collective Messages

The campaigns developed during the project were not isolated actions but part of a shared effort to strengthen environmental awareness. They reflected the voices of diverse participants while presenting a common message: protecting nature is inseparable from ensuring a sustainable future for all.



Long-Term Impact of Campaign Practice

The materials and skills developed during these campaigns will continue to support youth workers in their local contexts. By practising campaign-making in a real ecological setting, participants gained both confidence and practical tools to design future initiatives that inspire awareness and behavioural change.



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Conclusion: Case Studies as Lasting Inspiration

The exploration of case studies and success stories highlighted the importance of learning from real practices. Whether through observing conservation efforts in Le Cesine or reflecting on our own project activities, participants recognised that tangible examples provide more than knowledge — they offer inspiration and models for replication.



From Experience to Action

Our collective journey demonstrated that youth work and ecology intersect most effectively when stories are transformed into action. Our activities, reflections, and campaigns created in this project not only enriched participants' competences but also generated resources for long-term use. By sharing these experiences, Our Earth, Our Voice contributes to a broader culture of sustainability and civic engagement.



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Erasmus+ as a Catalyst for Creative Action

Our Erasmus+ project created a unique space where environmental learning was transformed into creative action. The experiences in Le Cesine were not only about observing biodiversity but about generating tangible tools for communication. By combining ecological knowledge with photography and video production, participants developed new competences that went beyond traditional youth work methods. This approach underlined Erasmus+ as a catalyst for innovation, where mobility becomes a driver of fresh ideas and practices.



From Training to Tangible Impact

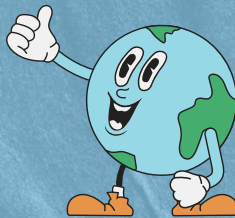
The visual materials produced in the reserve were later shaped into campaigns that travelled back to participants' communities. In this way, the project bridged international experience with local engagement, proving that Erasmus+ can generate results that are both sustainable and scalable. Our Earth, Our Voice thus stands as an example of how European collaboration can empower youth workers to create lasting impact through ecological education and creative dissemination.



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