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**Together
for a
responsible
community!**

**- course support -
part 2**



COURSE SUPPORT

- Work-shop: Information and promotion -

România



Erasmus + project: "**Together for a responsible community**"

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1. Summary

(Guide of 3R; Guide of colors)

1.a: Guide of 3R:

When it comes to protecting the environment, the benchmark is the 3Rs - Reduce-Reuse and Recycle rule. The 3 Rs stand for Reduce - Reuse - Recycle. To these, two more steps have been added: Recovery and Disposal.

Reduce means reducing the amount of waste we generate.

Reuse means finding new ways to use things that would otherwise be thrown away.

Recycling means turning something old and useless (a wooden tray) into something new and useful (like a table or a dustpan).



1.b: Guide of colors:

Blue – paper and cardboard

Examples: A4 sheets, paper scraps, newspapers, magazines, post-it notes, envelopes, boxes, photos, paper bags, newspapers, paper-board packaging; beverage cartons, egg cartons, maculature, pizza boxes, etc.. **All recyclables must be clean and perfectly dry.**

Yellow - plastic and metal

Examples: plastic foils and bags, plastic cans and jars, toys, protective packaging, plastic cans and containers from various beverages (PET), plastic stoppers, plastic containers for food drinks, clean bags or foil, food sprays, metal packaging (cans, stoppers, tins, etc.),

Green-Glass

You can collect glass jars and containers from drinks and food.

Not to be collected: vases, glasses, glassware, high temperature glass, ceramics, porcelain, flowerpots, light bulbs and lamps, glass and mirrors.



Grey/brown – biodegradable

This is the waste from which compost is made, a fertiliser that can be made by people living at home in their own backyards.

You can recycle: vegetable scraps from the yard, coffee grounds, egg/nut shells, bread, vegetable and fruit scraps, wet products (newspaper, cardboard, shredded wood, dirty napkins, dirty paper), fresh or cooked fruit and vegetable scraps, leftover bread and cereals.

Black

Residual waste: this includes all waste that cannot be recycled.

You can't recycle nappies, the contents of a vacuum cleaner bag, food scraps (meat, dairy, vegetable, eggs), disposable nappies, absorbents

Red

Red means 'hazardous waste', e.g. empty paint and paint packaging, used car oils, packaging contaminated with hazardous substances, certain medical waste;

Special waste

This category includes the following sub-categories: textile waste (clothing, footwear), vegetable waste (grass, trees, grass cuttings, etc.), bulky waste (furniture, carpets, mattresses, etc.). These are collected free of charge during collection campaigns on the basis of an established programme.

For special categories of waste, for example bulky items, it is recommended that owners ask their local town hall or owners' association how this is done.

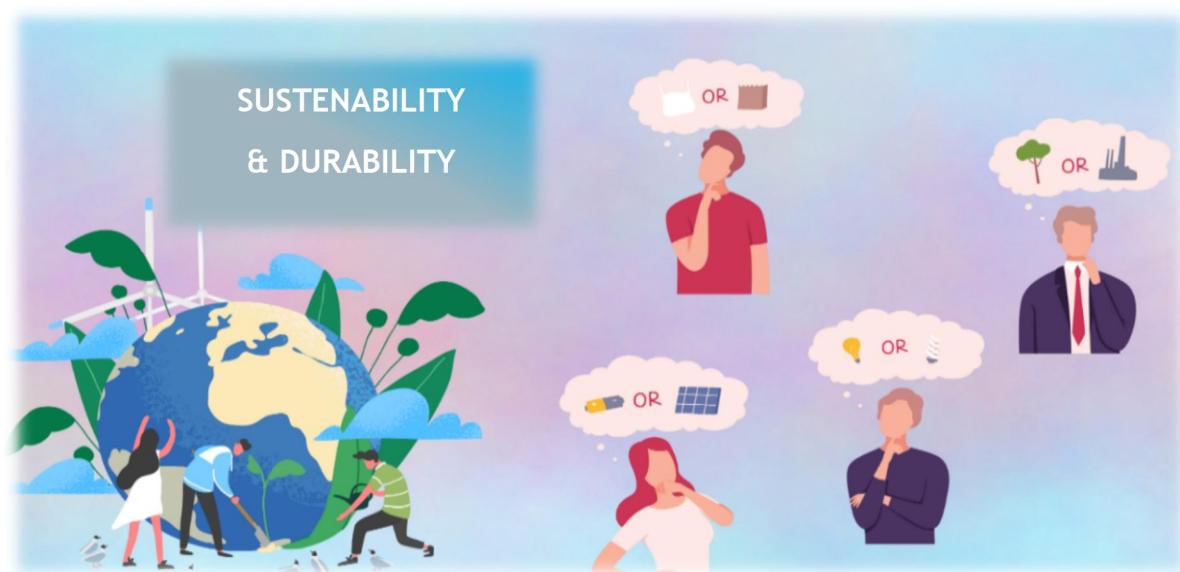


2. SUSTAINABILITY, DURABILITY, SUSTAINABLE DEVELOPMENT

Sustainability is the ability to exist and develop without depleting natural resources for the future. **Durability** is the ability to endure in a relatively continuous way in different areas of life. In the 21st century, it generally refers to the ability of the Earth's biosphere and human civilisation to co-exist.

Sustainable development (Brundtland Report) is defined as development that "meets the needs of the present without compromising the ability of future generations to meet their own needs". There are three main pillars that are promoted: environmental protection, social development, and economic development.

Through small actions and collective actions, we can support this sustainability process, realising the benefits but also the risks we are taking if we ignore the planet's signals.



3. ENVIRONMENTAL DEGRADATION LONG-TERM NEGATIVE EFFECTS

⌚ Impact on human health:

The first and most important long-term negative impact concerns the most valuable thing people have: their lives. Specific causes, such as poor air quality in overpopulated areas, lead to the deaths of at least 300,000 people worldwide. In addition, other reasons, such as toxic waste dumps, cause serious diseases such as cholera, and for some countries this is a very difficult problem to solve.

⌚ Poverty:

Poverty is a situation where people do not earn enough money to cover their basic needs and ensure a certain acceptable standard of living. . Extensive environmental degradation leads to poverty because people cannot use their land to produce the much-desired products that ensure their survival.

⌚ Atmospheric changes:

The combination of serious land degradation effects, such as landfills and land pollution, leads to negative synergies against the atmosphere.

Biodiversity loss: Biodiversity loss is one of the most worrying long-term effects of environmental degradation.

⌚ Lack of natural resources:

The increase of price of natural resources, especially water, whether for watering or drinking, is seen as a serious problem in the chain of environmental degradation worldwide.

⌚ Economic collapse:

The economic effects of environmental degradation are also considered to be another major problem that needs to be clearly assessed in order to provide sustainable solutions

Social exclusion:

Rapid environmental degradation has led to widespread social exclusion as people, especially young people, find it difficult to become more socially active. This includes activities in schools at all levels, access to sporting events where teamwork and participation is required, and other social activities that fit in with daily activities.



4. BENEFITS OF PROTECTING THE NATURAL ENVIRONMENT

We can group the main reasons into 2 main categories:

1-The first reason is related to: **protecting the ecosystem**. Without realising it, or sometimes knowingly endangering the ecosystem. So protecting forests, oceans, animals and all living things is within our power.

2-The second reason is related to: **protecting humanity**. We are intelligent beings; we are also the decision and action makers in the food chain. We as humans have the ability to understand and see the problems facing our planet. We also have access to many resources and solutions to protect it. The picture we have of the world now is different from 100 years ago, for example:

➊ Protecting the environment **protects humanity**. Pollution, for example, is one of the most dangerous factors affecting the environment. It affects the quality of food leading to the ingestion of toxic substances. Digestion of toxic substances can cause health problems.

➋ Protecting **food resources**. The environment helps protect the ecosystem, so changes affecting the ecosystem put many species at risk of extinction, requiring environmental protection:

➌ Rebalancing the **climate**. Trees, for example, play a crucial role in climate. Large forests tend to influence weather patterns, creating their own microclimates and a balance in ecosystems results in **rainfall**.

➍ Protecting **drinking water resources**. 20% of our drinking water comes from forests. In forest ecosystems, rain and moisture are transformed into groundwater that is collected as freshwater for drinking.

➎ **Better physical health** goes hand in hand with the air quality generated by the forest or in parks. This can help improve lung health and there are many recreational activities to be found there too.

⌚ **Preventing global warming.** Intentional deforestation or uncontrolled burning accelerates global warming, making the Earth hotter.

⌚ **Prevention of soil erosion** through responsible farming practices. Conservation could prevent soil erosion:

⌚ **Benefits for mental and emotional health.** The visual and mental stimulation that the forest provides enhances our imagination and is a source of motivation.

⌚ **Benefits in terms of tourism and medicine.** Tourists are mainly attracted by areas such as forests and botanical and zoological gardens which are all part of our environment.

5. COMPOSTING

- Practical solution for the household -

As for household waste, it can be disposed of by **composting**.

Composting is the best way to recover organic waste of all kinds.

Composting is the process of decomposition and transformation of solid organic matter by micro-organisms (mainly bacteria and fungi) into a stable material that can be used (depending on its characteristics) in agriculture, instead of chemical fertilisers or in land improvement (soil improvement).

Composting can be done in households, in open heaps, in special plastic compost bins or in other containers.

The steps of the composting process are:

1. Collect all biodegradable and vegetable waste from your household: fruit and vegetable scraps, eggshells, flowers, branches, grass, straw, hay, twigs. Remember to separate these types of waste from other waste.
2. Place a 10-15 cm layer of broken branches or other garden waste at the bottom of the composter.
3. Alternate a layer of biodegradable waste with a layer of dry garden soil.
4. Use the finished compost as a natural fertiliser.

6. SUPPORT GROUP FOR A GREEN COMMUNITY

❶ The group is a force for lasting change. Each member of the community is responsible for taking care of the environment in their area.

Examples of good practice are passed on from generation to generation, among friends, family members even in cases where there are people who are not aware or who have not yet realised the impact of their actions on the environment. One person in a locality cannot succeed in changing the whole group and there is a risk that the efforts they make, on a large scale, will not be visible (e.g. one person throws rubbish in the bin, 10 others throw rubbish away). But one person can set an example and others can follow so a group can help a whole community.

❷ Neighbours, friends, acquaintances can help each other with clean community measures by following a simple list of community measures:

1. When in public places, do not throw waste on the ground, look for the nearest waste bin (e.g. cigarette butts, packaging, etc.).
2. If they find rubbish on the ground, pick it up and take it to the special areas in the municipality.
3. Introduction of group thinking: Lines such as "I won't pick up someone else's rubbish", "Let them come and pick it up" are not in favour of the common cause, the important thing is to protect the environment.
4. For disadvantaged or elderly people, support should be offered for recycling, collection, disposal (e.g. an older neighbour can be helped by a younger family and when they have to dispose of larger and bulky items they should be physically supported).
5. Joint decisions. These are particularly good for special category waste. Some involve certain costs, so neighbours or friends can get together and on a mutually agreed day call the relevant institutions or, if necessary, transport certain waste to them.
6. Community outreach and information. If it is observed over a longer period of time that certain members of the community are not coping with the recycling rules, they should be informed and helped by members who know the rules.
7. Cleaning up animal waste. Special bags can be used to clean up the physiological needs of pets in public areas and then dispose of them in the appropriate places.

8. Get informed and donate. Clothes or certain objects can be a valuable asset for other members of the community. Ask if there are people in your area who need them. Possibly organise donation days with a larger group.

9. Give up uncontrolled fires for waste disposal, a solution would be point number 5 for an action in the interest of nature

10. Stop "communal" dumps (throwing rubbish at the end of the village, in small streams, in wells, etc.)



7. OBICEIURI SĂNĂTOASE PENTRU O FAMILIE BIO

 A family that maintains healthy principles is an example to an entire community.

Healthy habits for families:

- parents to start small actions that children naturally take up (e.g. sorting waste into different bins)
- parents to promote an organic mindset focused on actions not consumption (involve children or all family members in shopping to buy as much as needed to promote a healthy mindset)
- the younger generation to engage in interaction with the elderly and explain 3R actions (e.g. throwing plastic bottles away separately after they have been pressed)
- promote habits such as turning off lights, washing clothes when the car is full, unplugging appliances when not in use.
- use alternative modes of transport as much as possible, e.g. bicycles. Nature walks are also good for both physical and mental health and for creating a relationship with nature. Avoid transport if possible, in favour of walking.

8. GREEN WEEK FOR A RESPONSIBLE COMMUNITY

As big changes start with small steps, Green Week is a prime example that can easily be adopted by any family:

⌚ *Monday* - electricity consumption day (check if you have turned off the light bulb, buy LED bulbs, unplug appliances when not in use)

⌚ *Tuesdays* - buy from local producers (these can even be your neighbours who can offer you healthy and quality products)

⌚ *Wednesday* - donation day (donate unused clothes or items you no longer need to a family in need)

⌚ *Thursday* - reorganisation day (give up disposable items such as plastic straws)

⌚ *Friday* - special waste day (collect special waste items with your neighbours and inform an accredited company to come and collect them; also collect batteries and electronics that you no longer use and take them to special collection points - some are even in supermarkets)

⌚ *Saturday* - replace plastic shopping bags with biodegradable or cotton ones.

⌚ *Sunday* - election day. You can choose one, two or all three: a) paper, b) plastic, c) glass. Collect from the house if there are any items left from the 3 categories and sort them in the right place. For example, if there is paper left around the house that is not useful, tear it up or cut it up and put it in the appropriate bin.



SAPTĂMÂNA VERDE



MONDAY check that you have turned off the light bulb, unplug appliances when not in use	TUESDAY buy from local producers	WEDNESDAY donate clothes you don't use or items you no longer need	THURSDAY give up disposable items
FRYDAY collect special waste items and inform an accredited firm to come and collect them, recycle batteries	SATURDAY replace plastic shopping bags with biodegradable or cotton ones	SUNDAY You can choose one, two or all three: a) paper, b) plastic, c) glass. select objects from the 3 categories and sort them in the right place	



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