



EUROPEAN FUTURE
GREEN & SUSTAINABLE



Non-formal education tools and methodology for youth workers



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What is Erasmus+?

Erasmus+ is a program that is established and organized by the EU. Its main goal is to support education, training, youth and sport, done mainly through non-formal education.



Erasmus+ has youth exchange, training course and internship programs.

On the training course program participants gain experience in a specific field through training.



Intro - About the project

Please click on the words that are underlined to watch and listen to podcasts, watch the study visit after movie, check out the online youth meeting, and read this guide to green business. During the training courses on this subject, we made them.



The goal of the "European Future—Green & Sustainable" project is to improve the ability of organizations from different parts of Europe to work together across borders. These regions include the West (France), the East (Poland), the South (Spain), the North (Sweden), the East (North Macedonia, Serbia, and Bulgaria), and the West (France).

Partner organizations



France	Association LA GÉNÉRATION DE DEMAIN
Serbia	YOUTH WORKERS ALLIANCE
Spain	BACKSLASH
Bulgaria	AKADEMIYA NA USPEHA
Poland	JUST DO IT
Lithuania	ASOCIACIJA TAVO Europa
North Macedonia	YOUTH COUNCIL NEXT GENERATION SKOPJE
Sweden	POSITIVE YOUTH



PARTNERS



back
/// slash

Next
Generation



YOUTH WORKERS ALLIANCE
VRANJE



Energizers

Activity Name: "The Making of Earth"

Objective:

To energize participants and make a sense of connection through a creative and interactive activity.

Description:

1. Participants form a circle and turn to right (90 degrees).
2. Each person simulates "creating" the Earth by massaging the person in front of them, following these steps:
 - Big Bang: Gentle taps to simulate the explosion.
 - Atoms: Light pinches or pokes to represent atoms forming.
 - Rain: Fingers tapping lightly for raindrops.
 - Mountains: Firm strokes upwards to shape mountains.
 - Animals and Plants: Gentle kneading to symbolize life.
 - Humans: Soft, rhythmic taps to represent human presence.

This activity revitalizes the group and enhances their sense of unity and creativity.

Energizers

Activity Name: "Baguette and Croissant Running Game"

Objective:

To energize participants and promote team spirit through a fun, culturally-themed activity.

Description:

1. Divide participants into two teams.
2. Teams form two lines, one behind the other.
3. The last person in each line runs to the front, hugs the person at the front, and shouts "Baguette!" or "Croissant!" to keep with the French theme.
4. This can be adapted to different countries (e.g., "Burek" and "Ćevapi" for Serbia, "Jamon" and "Sangria" for Spain).
5. The game continues until everyone has had a turn running to the front.

This energizer is a fun way to incorporate cultural elements while promoting physical activity and teamwork.

*If possible, do it outside, in natural environment.

Ice-breakers

Activity Name: "The Eco-Chain"

Objective:

To help participants learn each other's names and discuss the interconnectedness in an ecosystem, metaphorically representing a circular economy.

Description:

1. The facilitator explains the game.
2. The facilitator says their name and an eco-related word starting with the same letter (e.g., "I am Mladen, and my eco-word is Microplastics").
3. The next person repeats the previous name and eco-word, then adds their own (e.g., "Mladen – Microplastics, Alex – Atmosphere. And I am Belinda, and my eco-word is Biodegradable").
4. This continues until the last person, who must remember and repeat all the names and eco-words.

This activity helps participants connect and initiates eco-related discussions.

Ice-breakers

Activity Name: "Silent Line-Up"

Objective:

To enhance non-verbal communication and teamwork among participants.

Description:

1. Participants arrange themselves in order based on:

- Height
- Age
- Number of Erasmus projects
- Shoe size
- Eye color
- Whether they are sporty or lazy

2. The challenge: No verbal communication is allowed.

This activity promotes teamwork and non-verbal communication skills.

*If possible, do it outside, in natural environment.

Ice-breakers

Activity Name: "Make Your Way"

Objective:

To enhance teamwork, problem-solving, and physical coordination among participants.

Description:

1. Stretch a double rope between two trees for each team.
2. Divide participants into two teams.
3. The objective is to navigate under, between, and over the rope without touching it.
4. Participants rely on their teammates for assistance and support to complete the task.

This outdoor team-building game encourages collaboration, communication, and strategic thinking.

*If possible, do it outside, in natural environment.

Ice-breakers

Activity Name: "This or That"

Objective:

To help participants get to know each other better through fun and quick choices.

Description:

- 1.The facilitator presents pairs of options (e.g., tea or coffee, summer holiday or winter holiday, cat or dog).
- 2.Participants move to one side of the room or the other based on their preference.
- 3.This continues with various pairs of options, allowing participants to see who shares similar interests.

This activity is a quick and engaging way for participants to learn more about each other's preferences.

*If possible, do it outside, in natural environment.

Ice-breakers

Activity Name: "Erasmus+ Bingo"

Objective:

To help participants get to know each other through shared experiences and make deeper connections.

Description:

1. Each participant receives a paper with 30 fields listing various experiences (e.g., Participated in more than 5 Erasmus+ projects, Hiked a peak above 2000m, Camped for more than 3 days, Participated in trash-cleaning actions).
2. Participants go around asking others if they have done any of these activities, writing names in the fields (each name can appear 2–3 times depending on group size).
3. The winner is the first to fill all fields, then reads out the names and experiences, sharing stories to deepen connections.
4. Participants keep their papers to reuse for other sessions.

This activity encourages interaction and storytelling, enhancing group cohesion.

*If possible, do it outside, in natural environment.

Ice-breakers

Activity Name: "Eco-Role Chart"

Objective:

To distribute responsibilities among participants and promote teamwork and sustainability throughout the mobility exchange.

Description:

1. Divide participants into teams, assigning each team specific tasks for the duration of the exchange.
2. Tasks include:
 - Time Keepers: Ensure sessions start and end on time.
 - Photographers: Document activities and events.
 - Kitchen Helpers: Assist with meal preparations and clean-up.
 - Eco-Warriors: Promote and ensure sustainable practices (e.g., recycling, minimizing waste).
3. Rotate teams daily so everyone participates in different roles – the reminder (flip-chart paper is always on the wall to remind them)

This method promotes teamwork, responsibility, and sustainable practices throughout the exchange.

Ice-breakers

Activity Name: 'Challenges, Expectations, and Contributions'

Objective:

To identify and discuss participants' challenges, expectations, and contributions using a digital tool to promote eco-friendliness.

Description:

1. Use Mentimeter to gather input digitally.
2. Participants submit their challenges, expectations, and potential contributions via Mentimeter.
3. Facilitator displays and discusses the collected responses in real-time, addressing key points and fostering a collaborative atmosphere.
4. Last day of the project review them together with participants to see if they fulfilled their expectations, overcome challenges and contributed as they planned.

This activity promotes environmental awareness and efficient communication.

1 responses



41 responses



82 responses



Workshops

Activity Name: "Erasmus+ World Cafe"

Objective:

To explore various Erasmus+ topics through collaborative discussion, using a digital format for eco-friendliness.

Description:

1. Divide participants into 5 groups, each with a facilitator (the most experienced participant in the topic).
2. Topics include:
 - Informal, Non-formal, and Formal Education
 - Youthpass
 - University Erasmus Exchange
 - Erasmus+ 2021-2027
 - Youth Exchange vs. Training Course
3. Each group uses a laptop with a pre-made Canva mind map template.
4. Groups discuss their topic for 5-10 minutes, then rotate to the next topic.
5. After all rotations, participants present their work.

This activity encourages knowledge sharing and uses a digital format to reduce paper waste.

Workshops

Activity Name: "Carbon Footprint and Overshoot Day"

Objective:

To educate participants about their carbon footprint and the significance of Overshoot Day.

Description:

1. Provide participants with the following websites to check their carbon footprint:
 - [Footprint Calculator](#)
 - [Overshoot Day](#)
2. Participants calculate their carbon footprint using the provided tools.
3. Present and discuss the results as a group.
4. Facilitate a discussion on the importance of understanding and reducing carbon footprints, and the significance of Overshoot Day.

This activity raises awareness about personal environmental impact and promotes discussions on sustainability.

Workshops

Activity Name: Brainstorming Activity Green Genie

Objective:

Spark creative thinking and generate green business ideas.

Description:

- **Materials:** Large sheet of paper, markers, pictures or magazine clippings representing sustainability themes (optional).
- **Pose a scenario:** "Imagine you have a magic green genie who grants wishes for sustainable businesses." Participants write down their business ideas on the paper, adding details like target audience and environmental impact. (Variations: Use pictures or prompts to inspire ideas, have participants vote on the most interesting concepts). It will last for around 30 minutes in total.

Workshops

Activity Name: Market Research Mission

Objective:

Develop market research skills and understand customer needs for sustainable products/services.

Description:

- Materials: Worksheet with market research questions (e.g., What are consumers' biggest environmental concerns? What sustainable features would they pay extra for?), access to online resources or time for interviews (optional).
- Instructions: Divide participants into groups, assigning each a specific product category (e.g., clothing, food). Groups research target customers, answering the worksheet questions. They then present their findings to the class, discussing potential green business opportunities. (Variations: Conduct mock interviews with classmates playing the role of potential customers). It will last for 45 minutes in total.

Reflection

Activity Name: "Matches"

Objective:

To encourage participants to reflect on their feelings and impressions of the day while practicing time management under pressure.

Description:

1. Each participant receives one match.
2. Participants light their match and share their reflections while the match burns.
3. The reflection must be completed before the match goes out.

This method points out concise, focused reflections and enhances participants' ability to articulate thoughts under time constraints.

Reflection

Activity Name: "Mirror"

Objective:

To encourage self-appreciation and positive affirmation among participants.

Description:

1. Participants sit in a circle around a desk with a closed box, hiding a mirror inside (participants don't know what is inside).
2. One by one, participants stand, go to the center, open the box and say something nice to what they see inside the box.
3. The others remain in complete silence throughout the process.
4. After everyone has taken their turn, a group discussion follows to reflect on the experience.

This workshop promote self-reflection and positive self-affirmation, creating a deep and meaningful group experience.

Reflection

Activity Name: "Circle of Gratefulness"

Objective:

To promote a sense of gratitude and positive reflection among participants.

Description:

1. Participants sit in a circle.
2. One by one, each participant shares three things they are grateful for, either in general or specifically related to the project.
3. Everyone listens respectfully, creating a supportive and positive atmosphere.

This workshop enhances group cohesion and encourages a culture of gratitude and appreciation.

Reflection

Activity Name: "Pizza Evaluation"

Objective:

To evaluate various segments of the program in a fun and visual way – preferably for Mid-term evaluation.

Description:

1. Draw a circle divided into 8 slices on a flipchart, each representing a different segment (e.g., program, group, hotel, food, etc.).
2. Participants place a symbol (e.g., smiley, mushroom) on each slice to evaluate that segment.
3. Closer to the center indicates a higher grade, while further from the center indicates a lower grade.

This method provides a quick, engaging visual representation of participant feedback on different aspects of the program.

Some of the photos from the workshops of our Training Courses











Tips for sustainability



- When running the cold tap to drink, there is water wasted before it runs cold enough, this can be collected in a jug & used for the kettle.
- Any water not drunk, use to water the house plants.
- Only buy food that you cannot make, either due to skills, health or time.
- Buy a reusable water bottle & use this for when out & about, always ask for a jug of water when out eating & refill.
- Shopping bags-only use reusable ones.
- Write down what is inside of your fridge before you go grocery shopping! Plan meals around the food that needs to be eaten first.
- Use E-books and Audio Books! Reduce paper, shipping and water waste by using E-books and Audio books. You can rent new and favourite books for free on apps such as Libby or support the author by buying the downloadable copy.
- Say no to plastic straws. Instead, opt for a reusable glass or metal straw that you can use over and over again! You can even try using a collapsible straw for when you're on the go.





Tips for sustainability



- Buy less than you think that you need. We tend to over buy on food so remove one meal from your meal plan because you'll most likely have an unexpected dinner out or leftovers!
- Measure ingredients carefully! Follow recipes and adjust the amount of ingredients to the number of people eating.
- Chop and store the produce when you get home from the store so creating meals is easy during the week.
- Store your food properly so it doesn't go bad! Look for storage tips from sustainable cooks on how to store your produce plastic-free.
- Ignore the dates. Best-by, sell-by, and use-by are NOT expiration dates. There's no scientific way to predict the exact day something is going to expire so use your best judgement with smell and taste. If it tastes fine - it's probably fine to eat.
- Eat your ends and stems. Are you still throwing the tops of the carrots and beets out? STOP IT. They are delicious!! Beet tops make a great chard substitute and carrot tops make a delicious pesto. Check out this [cookbook](#) for TONS of tips on how to use your scraps.
- Save the peels of your onions, carrots, garlic, and celery ends to make a delicious vegetable stock that you can use to infuse more flavor into rice, quinoa, etc.





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