

COLLECTION OF IDEAS FOR
WORKSHOPS ON
ECOLOGY

Project No. 2021-2-PL01-KA210-
YOU-000049783

second
chance



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From the authors:

You are holding a publication, which is a free treasury of inspiration for ecological workshops for young people. It was created on the basis of experience in working with young people from Poland, North Macedonia and Slovakia. The workshops are varied and, at the same time, easy to carry out. They have been tested in each of the above countries, so we assure you that they are favored among youth. At the end of the description of individual workshops, we have included links to helpful online materials, as well as short information from instructors that can be a tip for future trainers. We believe that educating and working with young people is not only a great experience, but also an effective way to care for the environment around us. The publication was created as part of the "Second Chance" project (no.: 2021-2-PL01-KA210-YOU-000049783), thanks to the Erasmus+ program.

„Try and leave this world a little better than you found it”

~ Robert Baden-Powell

What does it mean to be green?

Currently, society is becoming more and more aware that it is necessary to take ecological actions. The growing awareness of climate change, ecosystem degradation and limited natural resources means that more and more people understand the need to change their habits and approach to the environment around us, focused on care for the common good.

However, being eco-friendly first requires changes in the way of thinking, which should be rooted deeper than just the feeling of staying in the "eco" trend. It is necessary to change attitudes, values and priorities. People who undertake ecological activities are guided by concern for the good of our planet, care for biodiversity, sustainable use of resources, remembering how important the long-term effect of their actions is.

One important example of being green is changing your daily lifestyle. This means taking actions that have a positive impact on the environment. This can include reducing energy and water consumption, reducing greenhouse gas emissions by using public transport, walking or cycling, sorting and recycling waste, reducing plastic consumption and choosing products with a lower environmental impact.

Taking a green approach also requires education. This means having knowledge about the effects of human activities on the natural environment and understanding the consequences associated with them. Environmental awareness allows us to make more informed decisions about our actions and choices.

The fact that people have a large impact on the environment is important for making informed ecological decisions. Through environmental education in schools, we can understand how our daily activities, such as the energy we use at home, our modes of transport and consumption, affect climate change, ecosystem degradation and biodiversity loss. Awareness of these effects prompts us to make more responsible and sustainable choices.

Also, the development of green technologies and innovations plays an important role in supporting sustainable development and reducing the negative impact on the environment. Advances in green technology enable us to use alternative energy sources, such as solar and wind, which are more environmentally friendly. Innovative solutions can help minimize greenhouse gas emissions, optimize the use of natural resources and reduce waste production.

The development of green technologies not only contributes to environmental protection, but can also stimulate economic growth and create new jobs in sectors related to sustainable development. Investing in eco-innovations and ecological enterprises is an important step towards building an economy based on the principles of sustainable development.



Being eco-friendly every day is an important activity that contributes to environmental protection. Nowadays, when climate change, ecosystem degradation and biodiversity loss are becoming more and more visible, it is necessary to take conscious and sustainable actions to protect our planet.

Everyone must remember that each of us has an impact on the environment with our daily choices.

Being ecological is not only a responsibility towards future generations, but also an opportunity to create a better and more sustainable world for ourselves and for all beings living on our planet.

There are many benefits of being eco-friendly every day. Firstly, minimizing energy and water consumption translates into a reduction in greenhouse gas emissions and the burden on aquatic ecosystems. By saving electricity, we not only protect natural resources, but also reduce the use of fossil fuels, which are the main source of carbon dioxide emissions.

Recycling and sorting waste is another important aspect of an eco-friendly lifestyle. By properly sorting waste and recycling materials, we reduce the amount of waste going to landfills and reduce the extraction of natural resources. These activities contribute to the protection of nature, avoiding soil and water pollution, and saving energy needed to produce new products.

Reducing plastic is one of the key challenges in today's world. Plastic is a hard-to-decompose material and is a great danger to aquatic and terrestrial fauna and flora. By giving up single-use plastic packaging, bottles and other items, and using alternative solutions such as cotton bags or glass containers, we can reduce the amount of plastic that ends up in the environment.

Another pro-environmental activity is the promotion of sustainable production and consumption. By choosing local, seasonal and organic products, we support agriculture and production with a lower environmental impact. Reducing food waste by consciously planning purchases and using food leftovers contributes to reducing the use of natural resources and greenhouse gas emissions.

Being ecological should not end only with individual actions, but also with educating others and promoting the value of sustainable development. By sharing knowledge, inspiration and good practices, we can build environmental awareness and change our society into a more responsible and environmentally friendly one.

It is also important that more and more people see the positive effects of an ecological lifestyle and want to join this movement. The popularity of green products, sustainable brands and environmental initiatives contributes to the increase of awareness and commitment to these topics.

As a society, we must remember that every action we take, even the smallest one, can have a positive impact on the future of our planet. Therefore, it is worth making the effort and becoming part of the global movement for sustainable development.



Examples of ways you can use to be greener in your daily routine:

1. Save energy: Turn off lights and electrical appliances when not needed. Replace traditional bulbs with energy-saving or LED bulbs. Also, avoid unnecessary use of air conditioning and heating.
2. Save water: Fix leaking faucets and install water-saving faucets and showers. Also, try not to fill the entire bathtub to bathe, use the shower if you can. Collect rainwater to water the plants.
3. Get involved in recycling and sorting your waste: Become familiar with your local waste separation system and make sure you sort your waste properly. Recycle paper, glass, plastic and metal. Pay attention to packaging and avoid overpacking your products.
4. Reduce plastic use: Avoid single-use plastic items like bottles, cups, straws and shopping bags. Use reusable water bottles, shopping bags made of eco-friendly materials.
5. Choose green transport: Choose public transport, cycling or walking. If you need a car, consider buying a hybrid or electric car.
6. Make your home energy efficient: Try to maintain the temperature in the room. Lower the temperature instead of opening the windows in winter, because you are wasting energy unnecessarily.
7. Buy local and seasonal foods: Choose foods that are produced locally and in season to minimize transportation-related greenhouse gas emissions.
8. Avoid wasting food: Make a shopping list and buy as much as you need, don't stock up too much. Store food properly to reduce waste.
9. Educate yourself and choose wisely: Seek expert knowledge, read popular science articles to learn more about environmental issues. Make informed purchasing choices by supporting companies and brands that are committed to sustainable practices.

Being green should go beyond the framework of a short-term trend. It is an attitude and way of thinking that is essential for long-term environmental protection and sustainable development. It is important that more and more people are involved in ecological activities, trying to create a better future for our planet.

We must remember that small actions that are taken on a daily basis have a big impact on protecting the environment.

We encourage you to make these changes in your life and promote them among others.

A hand-painted red heart is the central focus, rendered with thick, expressive brushstrokes. The heart is set against a plain white background. To the right of the heart, a paintbrush with a wooden handle and a metal ferrule is visible, its bristles coated in red paint. A small, solid red dot is placed just below the heart. The overall scene suggests a creative and eco-friendly activity, likely related to the workshop's theme of ecological cosmetics.

How to create ecological cosmetics

WORKSHOP FOR YOUTH

Title of the workshop:

How to create ecological cosmetics

1. Short theoretical introduction to the topic.

The workshops are divided into two thematic modules, each of which will include practical tasks.

During Module 1. Home Cosmetic Laboratory, participants will take up the challenge of creating glycerin soap by doing Exercise 1. Patent for fragrant soap. It is a creativity exercise as participants will be given the opportunity to decorate the soap to their liking - from planning soap additives to decorative packaging. Another suggestion in this module is Exercise 2. Patent for velvety hand cream. During the exercise, the participants will learn the procedure of making the cream at home.

During Module 2. Cosmetic confectionery, participants will move to the world of confectionery, combining the functionality of cosmetics with their aesthetic value, which is the effective presentation of cosmetics as home baked goods. In this module, participants will perform three practical tasks. Patent for edible shower balls and Patent for sweet bath muffins, Patent for jelly for hands. This module also allows participants to undertake tasks to develop their creativity, combining two different areas which are cosmetics and confectionery.

2. Why this topic is important for young people, who would like to introduce ecological habits into their lives? How this topic could help in ecological and climate crisis?

The basic impulse to change our attitude towards pro-ecological activities is the understanding that each of us can contribute to ensuring that we do not run out of paper or water in the future. The best way to start your adventure with ecology is a household. There

are really many issues that we can change. From waste segregation, shopping with cloth bags, to water and energy saving measures. It will be essential for us to gain knowledge on this subject. It is worth getting to know what harms our environment the most and what actions we can take to prevent it. We can take care of basic skin and body care, not the one that requires specialist help, using the ingredients available in the kitchen. Creating cosmetics at home does not require prior preparation and special purchases. Masks and scrubs can be prepared with food ingredients such as wrapped flakes, natural yoghurt that you just have at home: you just mix them in a bowl and it's ready. Natural cosmetics enjoy growing popularity. Each of us can prepare natural cosmetics with exactly the properties, smell and color that we expect.

Here are the reasons why the topic "How to create ecological cosmetics" can help in an ecology and climate crisis:

1. Low cost: the use of food products to create a home cosmetic.

The idea behind homemade cosmetics is to use ingredients of natural, plant origin, based on ingredients available in the kitchen, such as oatmeal, natural yoghurt, baking soda, black coffee grounds, green tea leaves.

2. Zero waste: making the cosmetic on a regular basis, packaging used repeatedly, any leftovers of the product to be thrown into the bio bin.

When making home cosmetics from food ingredients, you are able to decide how much product you need, so you do not throw anything into the trash. You prepare exactly the amount you use. Empty bottles and jars of raw materials can be reused after thorough washing and disinfection.

3. Safety and high quality of the product.

When making cosmetics at home, you can be sure that the product is fresh, because a homemade cosmetic can be prepared on an ongoing basis like a face mask.



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3. Recommendation of specific links connected with the topic of the workshop

links to websites

1. www.triny.pl/blog/jak-zrobic-mydlo-domowy-sposob-na-mydelka-diy/
2. www.ecoflores.eu/jak-zrobic-domowe-mydlo-przepis
3. www.tipsforwomen.pl/przepis-na-peelingujace-kuleczki-pod-prysznic/
4. www.kosmetykinaturalne.com.pl/blog/6-najlepszych-przepisow-na-domowe-kosmetyki.html
5. www.esencjablog.pl/2019/05/19/proste-przepisy-na-kosmetyki-domowej-roboty-i-nasz-sposob-na-wyciszenie/
6. www.nanowosmieci.pl/domowe-kosmetyki/
7. www.sklep.zrobswojkosmetyk.pl/pl/n/Kolorowe-Babeczki-do-Kapieli-Zrob-to-sam/71
8. Sokolovska L., Vysniauskiene J., Tylaite M., Kosmetyki naturalne DIY, Wydawnictwo Vivante, 2016.

links to youtube videos

1. www.youtube.com/watch?v=AEVUnIXndg8
2. www.youtube.com/watch?v=3mbIOcj26pM
3. www.youtube.com/watch?v=5h0DOx7NB_E
4. www.youtube.com/watch?v=4jG7A3kC0KQ

4. Scenario of the workshop

- Duration of the workshops

Time: 5h

Module 1:

- ✓ Exercise 1. Patent for fragrant soap, In total: 70 minutes (10 minutes lecture - introduction to exercise, 60 minutes practical part)
- ✓ Exercise 2. Patent for velvet hand cream, In total: 50 minutes (10 minutes lecture - introduction to exercise, 40 minutes practical part)

Module 2:

- ✓ Exercise 1. Patent for edible shower balls, In total: 45 minutes (5 minutes lecture - introduction to exercise, 40 minutes practical part)
- ✓ Exercise 2. Sweet bath cupcakes, In total: 65 minutes (5 minutes lecture - introduction to exercise, 60 minutes practical part)
- ✓ Exercise 3. Patent for jelly for hands, In total: 55 minutes (5 minutes lecture - introduction to exercise, 50 minutes practical part)

Summarize the workshop: In total: 15 minutes

- Best target group for the workshop: like size of the group, age of the group

Participants: youth

The ingredients in each exercise have been developed for each individual. But it is recommended to work in groups of three.

- **Learning outcomes of the workshop**

Module 1: Home Cosmetics Laboratory	
The effect of the activities	Thematic scope
<p>Participant</p> <ul style="list-style-type: none"> • know the basics of creating glycerin soap • know how to make a cream with a simple composition • know the basics of combining ingredients • knows how to calculate the proportions of ingredients 	<ul style="list-style-type: none"> • Introduction to the principles of combining raw materials • Discuss the benefits of specific ingredients • Creative selection of soap additives • Creative soap decorations
Module 2: Cosmetic confectionery	
The effect of the activities	Thematic scope
<p>Participant</p> <ul style="list-style-type: none"> • know how to use food ingredients in the production of cosmetics • knows the basics of combining ingredients know • how to calculate the proportions of ingredients 	<ul style="list-style-type: none"> • Food products that can be used as a cosmetic • Creative ways to combine different fields as cosmetology and confectionery

- **Methods used for the workshop**

Creating homemade cosmetics involves the use of methods that are commonly used in the kitchen, such as:

Phase 1: Preparation of ingredients includes activities like:

- ✓ rubbing on a grater
- ✓ slicing

Phase 2: Preparing to combine the ingredients includes activities like

- ✓ heating
- ✓ dissolving
- ✓ mixing

Phase 3: Receiving the cosmetic includes activities like

- ✓ pouring into cake molds
- ✓ forming balls

It is also important to calculate the proportions and use the scale so that the cosmetic is created in a professional way.

- **Materials need for the workshop**

List of ingredients needed to conduct the workshop:

Main equipment:

- spoon (for each participant)
- fork (for each participant)
- knife (for each participant)
- 4 bowls: 0.2l, 0.5l, 1l (for each participant)



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Proportions for one participant	
Lavender glycerin soap	<ul style="list-style-type: none">• 100g of crystalline glycerin soap base• 2 ml of essential oils such as lavender, lemon, lemon balm• 0.1ml of food coloring, eg purple, yellow, green• decoration accessories like:<ul style="list-style-type: none">– 1g of dried flowers like lavender– 1 g of dried orange peel– 1g of crushed lemon balm leaves• silicone mold, eg 6 cm x 6 cm x 2 cm
Butter hand cream	<ul style="list-style-type: none">• 20 g of shea butter• 10 g of oil<ul style="list-style-type: none">Recipe 1.5g jojoba oil, 5g hemp oilRecipe 2.5g avocado oil, 5g sweet almond oil• 10 g of the hydrolate<ul style="list-style-type: none">Recipe 1. 10 g of mint hydrolateRecipe 2. 10 g of lavender hydrolate• 4 drops of essential oil<ul style="list-style-type: none">Recipe 1. 4 drops of peppermint oilRecipe 2. 4 drops of lavender essential oil• jar for 50 ml



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Three different edible bath balls	<p>6 balls (2xwhite, 2xbrown, 2xbeige)</p> <ul style="list-style-type: none">• 60g g of coconut oil• 60g coconut shrimms• 5g of vanilla sugar• 60g cocoa butter• 60g coconut shrimms• 10g cocoa• 10g of honey• 60g coconut shrimms• 0,2 g of vanilla oil
Sweet bath cupcakes	<p>one person 2 muffins:</p> <ul style="list-style-type: none">• 400 g of baking soda• 200 g of citric acid• about 60 g olive / rapeseed oil• about 6g of food coloring• about 0.4 g of essential oil (depending on the density)• 30g of potato starch• 30g of powdered milk• pinches: colored sprinkles, vanilla sugar• 2 silicone muffin molds
Traveler jelly candy for washing his hands	<ul style="list-style-type: none">• 405g of crystalline glycerin soap base• 11 drops of food coloring, eg green• 8.5ml of ethereal, eg rosemary



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Shopping list: minimum for one person:

- 510g of crystalline glycerin soap base
- 2ml of lavender oil
- 2 ml of lemon oil
- 2 ml of lemon balm oil
- 1ml of violet food coloring
- 1 ml of yellow food coloring
- 1 ml of green food coloring
- 1g of dried flowers like lavender
- 1 g of dried orange peel
- 1g of crushed lemon balm leaves
- silicone mold, eg 6 cm x 6 cm x 2 cm
- 20 g of shea butter
- 5g of jojoba oil
- 5g of hemp oil
- 5g of avocado oil
- 5g of sweet almond oil
- 10 g of mint hydrolate
- 10 g of lavender hydrolate
- 60 g of coconut oil
- 180g of coconut shavings
- 6g of vanilla sugar
- 60g cocoa butter
- 10g cocoa
- 10g of honey
- 1g of vanilla oil
- 400 g of baking soda
- 200 g of citric acid



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- 100g olive / rapeseed oil
- 30g of potato starch
- 30g of powdered milk
- food colored sprinkles
- 2 silicone molds for muffins
- ice cube mold min. 15 cubes with dimensions of 3x3x3 cm
- stationery accessories: decorative paper, ribbons, min. three colors, scissors,

- **Instruction how to provide workshop for the trainer – step by step**

Module 1: Home Cosmetics Laboratory

Exercise 1. Patent for fragrant soap

- **Time:**
 - 10 minutes lecture (introduction to Exercise 1)
 - 60 minutes practical part

- **Aim of the exercise:**

The aim of the exercise is to make soap yourself. The assumption is for participants to acquire the skills of measuring, thoroughly mixing ingredients and calculating the proportions of ingredients.

The workshops leader discusses the process of making soap in a home way.

- **Setting up the exercise**

Glycerin soap is a universal product that can be used for all skin types. Various additives can be used to prepare the soap depending on personal preferences and purpose:

- ground and sieved nutshells, coffee beans
- herbs (lavender, rosemary, lemon balm),
- spices,
- dried flowers,
- dried and then ground fruit peels (apples, oranges, lemons)

Tools needed to make homemade soap:

- glycerin base (vegetable and of the highest quality)

- dye - choose the color of the dye according to your preferences.
- essential or fragrance oils
- molds - e.g. an ice mold, cake mold or children's sandbox molds, silicone molds are the best
- additives such as oatmeal, ground coffee, dried fruit peels and flowers (optional).
- **Description of the exercises**

Practical exercise 1. Lavender glycerin soap

Ingredients:

For the dimensions of the soap 6 cm x 6 cm x 2 cm:	Other suggestions:
<ul style="list-style-type: none"> • amount of soap base: 70g + 3-5g (additionally, because the base will settle on the walls) • amount of food coloring: 1-2 drops of dye • amount of essential oil: 1.5ml (approx. 60 drops) <p>When using additives:</p> <ol style="list-style-type: none"> 1. First, prepare ingredients like flowers. 2. Weigh the flowers 3. Subtract the weight of the flowers from the weight of the soap base <p>e.g.</p>	<p>For the dimensions of the soap 8 cm x 6 cm x 2 cm</p> <ul style="list-style-type: none"> • amount of soap base: 95 g + 3-5 g (additionally, because the base will settle on the walls) • amount of food coloring: 1-2 drops of food coloring • amount of essential oil: 2ml (approx. 80 drops) <p>For soap dimensions 6 cm x 2 cm</p> <ul style="list-style-type: none"> • amount of soap base: 60 g + 3-5 g (additionally, because the base will settle on the walls) • amount of food coloring: 1-2 drops of



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<ul style="list-style-type: none"> • 69g + 3-5g of soap base • 1.5 ml of lavender oil • 1 g of lavender flowers 	<p>food coloring</p> <ul style="list-style-type: none"> • amount of oil: 1 ml (approx. 40 drops)
<p>Tools needed to complete the task: per person</p> <ul style="list-style-type: none"> • 100g of crystalline glycerin soap base • 2 ml of essential oils such as lavender, lemon, lemon balm • 0.1ml of food coloring, eg purple, yellow, green • silicone mold • decoration accessories: <ul style="list-style-type: none"> – 1g of dried flowers like lavender – 1 g of dried orange peel – 1g of crushed lemon balm leaves <p>The food coloring should match the essential oil.</p>	

Preparation:

1. Grate a piece of glycerin base on a grater and put it into the dish.
2. Heat using the water bath.
3. Mix from time to time the base to dissolve faster.
4. The base should heat up slowly, it cannot boil over.
5. Add a little dye to the liquid base.
6. Add a few drops of essential oil to the liquid base.
7. Pour the base into molds.

* If the soap is to be with additives: Pour half of the mold, wait for the base to cool and add the ingredients, then pour the rest. You can add the ingredients to the base right away.

If air bubbles appear on the surface of the soap, sprinkle the soap lightly with alcohol (96% rectified spirit).

8. Allow the soap to cool. Depending on the size of the soap, it takes 1 to 2 hours.
9. Remove the finished soaps from the mold.

10. Wrap the soaps in foil or decorative paper to keep them fresh.

After each use, dry the soap thoroughly, then the soap has the correct consistency and will not lose its valuable properties.

Source:

1. www.triny.pl/blog/jak-zrobic-mydlo-domowy-sposob-na-mydelka-diy/
2. www.ecoflores.eu/jak-zrobic-domowe-mydlo-przepis

The workshop leader tells the participants where the cosmetics should be stored and for how long.

*** according to the scale of difficulty

The workshop leader discusses:

- characteristics of hand-made glycerin soap, such as:
 - no allergic reaction,
 - smoothes and intensively moisturizes the skin,
 - reduces skin calluses,
 - softens and increases skin elasticity

Exercise 2. Patent for velvet hand cream

- **Time:**
 - 10 minutes lecture (introduction to exercise)
 - 40 minutes practical part
- **Aim of the exercise:**

The aim of the exercise is to make a hand cream yourself. The assumption is to acquire the skills of measuring, thoroughly mixing ingredients and calculating the proportions of ingredients.

The workshop leader discusses the production of the cream at home.

- **Setting up the exercise**

What should a good hand cream contain?

The substances that are worth looking for in the composition of the hand cream are:

- vegetable oils and butters, which will not only soothe irritated skin, provide it with nutrients and regenerate, but also strengthen its protective barrier.
- natural hand creams are based primarily on the properties of shea butter, which works great in hand care.
- cocoa butter and sweet almond oil are also often included in the ingredients.
- hydrolate is floral water. It is obtained as a by-product in the production of essential oils
- essential oils - the active ingredients of the oils penetrate the dermis and stimulate the skin and hair.

- **Description of the exercises**

Practical exercise 2. Butter hand cream

Ingredients:	Connection suggestions:
<ul style="list-style-type: none"> • 20 g of shea butter • 10 g of selected oil (or a mixture of oils) • 10 g of the selected hydrolate • 4 drops of essential oil <p>Total: 44g of the product</p>	<p>Recipe 1.</p> <ul style="list-style-type: none"> • 20 g of shea butter • 5g of jojoba oil • 5g of hemp oil • 10 g of mint hydrolate • 4 drops of peppermint oil <p>Recipe 2.</p> <ul style="list-style-type: none"> • 20 g of shea butter, • 5g of avocado oil • 5g of sweet almond oil • 10 g of lavender hydrolate • 4 drops of lavender essential oil



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Tools needed to complete the task: per person

- 20 g of shea butter
- 10 g of oil → Recipe 1. (5g jojoba oil, 5g hemp oil) or Recipe 2. (5g avocado oil, 5g sweet almond oil)
- 10 g of hydrolate → Recipe 1. 10 g of mint hydrolate or Recipe 2. 10 g of lavender hydrolate
- 4 drops of essential oil → Recipe 1. 4 drops of peppermint oil or Recipe 2. 4 drops of lavender oil
- a jar of up to 50 ml

Preparation:

1. Dissolve the shea butter in a hot water bath. The temperature of the butter cannot exceed 40 degrees.
2. Take the butter out of the water bath and add the oils of your choice.
3. Mix gently with a wooden spatula until smooth.
4. Set aside to cool.
5. Add the hydrolate to the cooled mass
6. Mix it again until you get a uniform consistency.
7. Add the essential oil and mix thoroughly.
8. Pour the cream into a jar.

** according to the scale of difficulty

Module 2: Cosmetic confectionery

Exercise 1. Patent for edible shower balls

- Time:
 - 5 minutes lecture (introduction to exercise)
 - 40 minutes practical part
- Aim of the exercise:

The assumption is to acquire the ability to use food ingredients in the preparation of cosmetics. It is also a continuation of the implementation of the main goal, which is the development of the ability to measure, accurately mix ingredients and calculate the proportion of ingredients.

- Setting up the exercise

The workshop leader discusses the process of creating shower balls using food ingredients.

Measure:

- 1 tablespoon has a capacity of 15 ml, or 15 g
- 1 teaspoon has a capacity of 5 ml, or 5 g

- Description of the exercises

Practical exercise 1. Three different edible bath balls

Each participant prepares three colored balls:

- white ball - coconut,
- brown ball - cocoa,
- beige ball - honey,

Prepared balls exfoliate the epidermis, therefore their main ingredient is coconut.

Ingredients:

White ball	Brown ball	Beige ball
<ul style="list-style-type: none"> • 2 tablespoon of coconut oil • 2 tablespoons of coconut shrim • ½ teaspoon of vanilla sugar <p>In grams:</p> <ul style="list-style-type: none"> • 30g of coconut oil • 30g of coconut shrim • 2.5g of vanilla sugar 	<ul style="list-style-type: none"> • 2 tablespoons of cocoa butter • 2 tablespoons of coconut shrim • 1 tablespoon of cocoa <p>In grams:</p> <ul style="list-style-type: none"> • 30g cocoa butter • 30g of coconut shrim • 15g of cocoa 	<ul style="list-style-type: none"> • 1 tablespoon of honey • 2 tablespoons of coconut shrim • 2 drops of vanilla oil, <p>In grams:</p> <ul style="list-style-type: none"> • 15g of honey • 30g of coconut shrim • 0,1 g of vanilla oil
<p>Tools needed to complete the task: 6 balls for one person (2x white, 2x brown, 2x beige)</p> <ul style="list-style-type: none"> • 60g g of coconut oil • 60g of coconut shrim • 5g of vanilla sugar • 60g cocoa butter • 60g of coconut shrim • 10g cocoa • 10g of honey • 60g of coconut shrim • 0.2 g of vanilla oil 		

Preparation:

1. Mix all ingredients thoroughly in a bowl.
2. Form a balls.

3. Put the ball aside on baking paper.

* according to the scale of difficulty

Source: www.tipsforwomen.pl/przepis-na-peelingujace-kuleczki-pod-prysznic/

Exercise 2. Patent for sweet bath muffins

- **Time:**
 - 5 minutes lecture (introduction to exercise)
 - 60 minutes practical part
- **Aim of the exercise:**

The aim of the exercise is for the participants to acquire the ability to creatively create cosmetics. Bath cosmetics can be created in an original way, instead of just pouring bath liquid into the bathtub. This method is also an interesting gift because it will be made by yourself. It is also a continuation of the implementation of the main goal, which is the development of the ability to measure, accurately mix ingredients and calculate the proportion of ingredients.

- **Setting up the exercise**

The workshop leader discusses the process of making cupcakes for the home-made bath.

Proportions:

- 1 tablespoon has a capacity of 15 ml, or 15 g
- 1 teaspoon has a capacity of 5 ml, or 5 g



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- Description of the exercises

Practical exercise 2. Sweet bath cupcakes

Ingredients for one cupcake	Ingredients for two cupcakes
<p>Ingredients:</p> <ul style="list-style-type: none"> • 200 g of baking soda • 100 g of citric acid • approx. 30 g olive / rapeseed oil • food coloring in powder: a pinch of food coloring + 1/2 teaspoon of water or in liquid: 1-2 drops • 2 drops of an essential oil, eg orange • 1 tablespoon of potato starch • 1 tablespoon of powdered milk • colored sprinkles, vanilla sugar • silicone muffin molds <p>Total: approx. 363g of total weight</p> <ul style="list-style-type: none"> • 200 g of baking soda • 100 g of citric acid • about 30 g of olive oil • about 3g of food coloring • about 0.2 g of essential oil (depending on the density) • 15g of potato starch • 15g of powdered milk • pinches: colored sprinkles, vanilla sugar 	<p>Tools needed to complete the task: 2 cupcakes per person</p> <ul style="list-style-type: none"> • 400 g of baking soda • 200 g of citric acid • approx. 60 g olive / rapeseed oil • about 6g of food coloring • about 0.4 g of essential oil (depending on the density) • 30g of potato starch • 30g of powdered milk • pinches: colored sprinkles, vanilla sugar • 2 silicone molds

Preparation:

1. Prepare the ball mold (eg muffin mold).
2. Mix the baking soda with the acid.
3. Add powdered milk and starch - optional because these two ingredients can not be added!
4. Add olive oil or other oil.
5. Put some mass aside - it will serve as a decoration for a cupcake.
6. Add the food coloring.
 - * After adding food coloring, the mass must be quickly mixed quickly! Because the mass, after adding the dye, will start to foam quickly.
7. 7. Add essential oil.
8. The whole thing is to have the consistency of wet sand.
9. Put the mass into the molds, tapping it carefully.
10. Prepare the mass you have left out on top.
11. Add a little vanilla sugar to the put aside for a beautiful fragrance.
12. Apply the mass as the cream forms on the muffins.
13. Decorate with colored sprinkles.
14. Put the prepared cupcakes for a few hours (eg all night) in a dry place to dry and harden.

Then just take it out and pack it for a gift or go to a bath by throwing a cupcake into the bathtub.

The workshop leader discusses the rationale for adding ingredients, namely:

- adding potato starch will make the ball float rather than melt. - which is a visual value.

- adding powdered milk will soften the skin - which is nutritious for the skin.
- adding fat like oil will make the skin soft like after applying olive oil. - which is the nutritional value for the skin.

*** according to the scale of difficulty

Source:

1. www.sklep.zrobswojkosmetyk.pl/pl/n/Kolorowe-Babeczki-do-Kapieli-Zrob-to-sam/71
2. Sokolovska L., Vysniauskiene J., Tylaite M., Kosmetyki naturalne DIY, Wydawnictwo Vivante, 2016.

Exercise 3. Patent for jelly for hands

- **Time:**
 - 5 minutes lecture (introduction to exercise)
 - 50 minutes practical part
- **Aim of the exercise:**

The aim is to gain the ability to creatively create cosmetics and combine different fields of cosmetology and confectionery. In this exercise, participants will also make soap (as in Module 1), but in a different form. The small soaps made during this exercise can be used on a picnic trip to thoroughly wash your hands. Soap prepared in this way takes up little space and can be used during the trip. It is also a continuation of the realization of the main goal which is the development of the skills of measuring, thoroughly mixing ingredients and calculating the proportions of ingredients.

- **Setting up the exercise**

The workshop leader discusses the process of creating small glycerin soaps.

- Description of the exercises

Practical exercise 3. Traveler jelly candy for washing hands

The task is to prepare small glycerin soaps

Calculations:

Silicone mold for the preparation of 15 cubes with dimensions of 3 x 3 x 3 cm.

The volume of one cube: 27 cm³

Number of cubes x volume of one cube: 27 * 15 = 405 ml total

From theory: If the mold has a capacity of 100 ml, then to make a soap in it, you need 100 g of base.

405 ml of base are needed for 15 cubes.

You can prepare a stock or keep in mind that the soap bars will be smaller, e.g. 3 x 3 x 2 cm, as part of the base will settle on the walls of the molds in which to mix.

Each participant prepares their own silicone mold:

Ingredients:

for one silicone mold for one person:

- amount of transparent glycerine base: 405g
- amount of food coloring: 11 drops
- amount of oil: 8.5 ml of essential oil, eg rosemary

Preparation:

1. Grate a piece of glycerin base on a grater and put it into the dish.
2. Heat using the water bath.
3. Mix from time to time the base to dissolve faster.

4. The base should heat up slowly, it cannot boil over.
5. Add the dye to the liquid base.
6. Add the essential oil to the liquid base.
7. Pour the base into silicone ice molds.

* If air bubbles appear on the surface of the soap, sprinkle the soap lightly with alcohol (96% rectified spirit).
8. Allow the soap to cool. Depending on the size of the soap, 1 hour to several hours.
9. Remove the finished soaps from the mold. 10. Wrap the soaps in foil or decorative paper to keep them fresh.

*** according to the scale of difficulty

- **Short proposal how to summarize the workshop**

The workshop summary includes

- ✓ discussion of the ways of using the prepared cosmetics
- ✓ a reminder of the method of production and modification through the use of other additives
- ✓ reminding of the methods of producing homemade cosmetics
- ✓ discussing how to prepare cosmetics as a gift for family and friends like how to pack soap or bath cupcakes.

Conclusions from Paulina after the workshops in Łódź:

Workshops on home cosmetics were divided into a theoretical and practical part. Each exercise was preceded by a theoretical introduction, so that the participants were thoroughly acquainted with the presented topic. One of the tasks was to prepare a body and face scrub, using natural ingredients



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from the kitchen, such as sugar, salt, honey, olive oil, yoghurt, etc. The benefits for the skin, various ways of preparing scrubs from food products were discussed.

In order to conduct the workshops effectively, a detailed plan was defined, covering all steps and stages of production of selected cosmetics and home chemistry recipes.

The written materials I created contained information on the individual steps in the production of cosmetics and home chemistry recipes, which not only made it easier for participants to follow the process and understand each stage, but also allow them to later make products from the attached recipes.

At subsequent events of this type, it is worth holding a group discussion and exchanging experiences to encourage participants to share their experiences with homemade cosmetics, as well as to find out what cosmetics from drugstores they use and whether a natural substitute can be used, and whether they have ever used natural solutions such as the use of baking soda in the creation of household cleaning products.

At the next events, I think it would be worth organizing a contest between the participants for the selected type of cosmetic with the option of guessing the ingredients.

A wooden cutting board with a knife and spices. The knife has a black handle and a silver blade. The spices are in small piles of brown, yellow, and red. There are some green herbs on the right side.

Zero Waste Food

WORKSHOP FOR YOUTH

Title of the workshop:

Zero Waste Food

1. Short theoretical introduction to the topic

The workshop is divided into two thematic modules, each of which will include practical tasks.

During Module 1. Zero Food Waste – The Theory, participants will be introduced to the zero waste food style and movement, good practices and will work on creating campaigns for raising awareness on food waste.

During Module 2. Zero Food Waste – The Practice, participants will learn how not to waste food especially at home, to recognize when food is no longer safe and edible, how to cook and store food properly, how to compost and how to prepare zero waste food.

2. Why this topic is important for young people, who would like to introduce ecological habits into their lives? How this topic could help in ecological and climate crisis?

OVER 1/3 OF THE WORLD'S FOOD IS WASTED.

Food waste refers to food that is fit for consumption but consciously discarded at the retail or consumption phases, usually when it goes past the expiration date. Food waste occurs along the entire spectrum of production, from the farm to distribution to retailers to the consumer.

Food waste is not just the trash that we produce or accumulate during or after our meals. Food loss occurs before the food reaches the consumer as a result of issues in the production, storage, processing, and distribution phases.

Rejected items, especially food products from farmers or suppliers, are the biggest contributors to the food waste found in landfills. Most supermarkets will reject ugly or misshapen products and that in turn, will leave the farmers with no other option but to throw them away.



Decomposing food waste produces methane, a strong greenhouse gas that contributes to global warming. Worldwide, one-third of food produced is thrown away uneaten, causing an increased burden on the environment. It is estimated that reducing food waste by 15% could feed more than 25 million people every year.

Globally, reducing wasted food has been cited as a key initiative in achieving a sustainable food future. Sustainable Development Goal 12 addresses responsible consumption and production.

Fighting food waste and contributing for better environment should involve all entities across the food chain, including farms, agricultural processors, food manufacturers, grocery stores, restaurants, universities, schools, and local governments.

Young people should be educated and skilled from earliest age how to contribute in reducing food waste and use zero food waste cooking techniques. They should be introduced to the concept and contribute as volunteers in the local Food Banks, inspire their families on how to support food banks and cook healthier less food waste meals.

Schools should introduce actions for recycling food waste to feed animals, teach students to create compost, bioenergy, and natural fertilizers from wasted food, contributing economically and ecologically to the communities.

Here are the reasons why the topic "Zero Food Waste" can help in an ecology and climate crisis:

1. Food waste harms the environment by contributing to global warming and climate change. Less wasted food on the landfills reduced methane emissions and a lower carbon footprint: Food waste releases methane gas and this gas is far more dangerous than carbon dioxide as it absorbs heat more than other greenhouse gases. Even though the lifespan of methane is shorter than carbon dioxide, the effect of the gas is more potent. The heat that it absorbs can warm the earth in a short time.
2. Controlled food production helps in better management of energy and resources, preventing pollution involved in the growing, manufacturing, transporting, and selling of food
3. By reducing mass consumption on food and donating safe food to the people in need contributes to the community and prevents good food to end on the landfill

3. Recommendation of specific links connected with the topic of the workshop

- 6 tips to avoid food waste in your home
<https://toogoodtogo.com/en-us/movement/households>
- Educational video tailored to children to help them comprehend the food waste problem and adopt environmentally and socially responsible behaviour.
<https://www.youtube.com/watch?v=0eqxgvZNn0I>
- Recipe collection to help turn commonly wasted foods and leftovers into delicious new dishes.
<https://mkt-cms.toogoodtogo.com/api/v1/file/us/en-us/download?slug=remix>

4. Scenario of the workshop

- **Duration of the workshops**

Time: 6 hours in 1 day or 3 hours per day in 2 days

Module 1:

- ✓ Exercise 1: Theory - Gain knowledge on zero waste food style and movement, share good practices in EU and worldwide on preventing food waste – 1h
- ✓ Exercise 2: Practice - Create campaigns for raising awareness on food waste for the social media and as printed materials – 2h

Module 2:

- ✓ Exercise 1: Theory - Learn how not to waste food especially at home, to recognize when food is no longer safe and edible, how to cook and store food properly – 1h
- ✓ Exercise 2: Practice – Prepare 2 zero waste food recipes – 1h
- ✓ Exercise 3: Practice – Make compost – 1h

- **Best target group for the workshop: like size of the group, age of the group**

Participants: Young people aged 14-29 years old

- **Learning outcomes of the workshop**

Module 1. Zero Food Waste – The Theory	
The effect of the activities	Thematic scope
Participant <ul style="list-style-type: none"> • knows how to promote zero food waste • knows basics of creating digital campaigns (content creation and 	<ul style="list-style-type: none"> • Introduction to zero food waste principles • Discuss the benefits of reducing food waste • Raise awareness on zero food waste



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use of Canva)	
Module 2. Zero Food Waste – The Practice	
The effect of the activities	Thematic scope
Participant <ul style="list-style-type: none"> • know how to reduce food waste at home • know how to prepare zero food waste recipes • Know how to make compost 	<ul style="list-style-type: none"> • Learn to be creative with food waste • Gain knowledge on reducing food waste

- **Methods used for the workshop**
 - Work in groups
 - Brainstorming
 - Creative design
 - Use of online tools
 - Selection of ingredients and mixing
 - Preparing and cooking
- **Materials need for the workshop**
 - Notebook or computer and projector
 - Drawing paper and colors
 - Reused plastic container (for the compost), min.20l
 - Food (based on the recipe chosen to prepare)
 - Food remains
 - Cooking utensils (based on the zero food waste recipe you choose to prepare)
- **Instruction how to provide workshop for the trainer – step by step**

Module 1:

- ✓ **Exercise 1:** Theory - Gain knowledge on zero waste food style and movement, share good practices in EU and worldwide on preventing food waste
 - **Time**
 - 45 minutes presentation and 15 minutes discussion
 - **Aim of the exercise**

Participants will gain theoretical knowledge on zero waste food style and movement, share good practices in EU and worldwide on preventing food waste and have the chance to discuss how they can transfer these practices locally in order to prevent food waste.

- **Setting up the exercise**

Participants do not need tools to complete the task, only the trainer needs notebook and projector/TV.

- **Description of the exercise**

The workshop leader presents on what is food waste, become familiar with worldwide good practices on food waste prevention, the Food Bank system and other theoretical knowledge. After the presentation, the participants will start discussion and share their opinion on the presentation topics.

- ✓ Exercise 2: Practice - Create campaigns for raising awareness on food waste for the social media and as printed materials

- **Time**

- 15 minutes presentation for online tools for creating campaigns and design campaign materials
- 60 minutes work in groups
- 45 minutes presentation of the campaign by each group

- **Aim of the exercise**

Participants will gain knowledge on how to use digital tools to design materials for the zero waste food campaign and how to use the social media to implement the campaigns and reach more followers. Also will gain skills how to work effectively in groups and present their campaigns.

- **Setting up the exercise**

Participants should be divided into groups of 3-4 people and have one notebook or desktop computer per group connected to Internet.

- **Description of the exercise**

The workshop leader discusses the following steps:

1. Presentation of the digital tools for designing campaigns as Canva, SurveyMonkey, MailChimp and free image sources
2. Divide the participants in groups of 3 or 4 depending on the number of participants
3. Each group selects the design tool to be used for the campaign and works jointly on the zero food waste campaign
4. After 1h participants select group presenter and present their campaign and methodology for reaching more followers
5. Workshop leader selects best campaign and implements it on the social media through the organisation's profiles and pages

Module 2:

- ✓ Exercise 1: Theory - Learn how not to waste food especially at home, to recognize when food is no longer safe and edible, how to cook and store food properly – 1h

- **Time**
- 60 minutes
- **Aim of the exercise**

Participants will gain practical knowledge how we can recognize good and spoiled food, how to prevent food waste at home, food safety standards at national and EU level, how to cook food properly in order to prevent nutrition lost, how to store food properly.

- **Setting up the exercise**

Participants do not need tools to complete the task, only the trainer needs notebook and projector/TV.

- **Description of the exercise**

The workshop leader presents on how we can recognize good and spoiled food, how to prevent food waste at home, food safety standards at national and EU level, also how to cook food properly in order to prevent nutrition lost, how to store food properly.

After the presentation, the participants will start discussion and share their opinion on the presentation topics.

- ✓ Exercise 2: Practice – Prepare 2 zero waste food recipes

- **Time**
- 15 minutes online research of zero waste recipes based on the available ingredients
- 45 minutes preparation of the recipes
- **Aim of the exercise**

Participants will learn how to prepare zero waste food based on the selected zero waste recipes.

- **Setting up the exercise**

Participants will need ingredients that can be cooked easily (vegetables, fruits, spices), utensils as knife, cutting board, spoon, fork, water and small cooking disk.

- **Description of the exercise**

The workshop leader follows the steps:

1. Provides the participants with ingredients and utensils to be used for the meals
2. Divides the participants in 2 groups
3. Participants work as a group and make an online research and selection of the recipe based on the available ingredients
4. Participants prepare the selected recipe and present it to the other group and the workshop leader

✓ Exercise 3: Practice – Make compost

- **Time**
- 60 minutes
- **Aim of the exercise**

Participants will learn what compost is, how we can make compost at home and how it can be used as bio-fertilizer.

- **Setting up the exercise**

Participants should bring some waste food from home, at least two plastic or wooden containers (at least 20l) are needed for composing the waste food and additional organic waste for the composter, the trainer needs notebook and projector/TV for the initial presentation and video tutorials.

- **Description of the exercise**

The workshop leader explains what is composter and what it can be used for, what organic materials can be used to make one and shows couple of online videos on composting. After the initial presentation, the participants are shown how to make composter at home by using the plastic or wooden containers.

Materials that can be used for the presentations:

Module 1

OVER 1/3 OF THE WORLD'S FOOD IS WASTED

The Environmental Protection Agency provides the “Food Recovery Hierarchy” graphic to explain ways to handle excess food:

- ✓ **Source reduction:** Earliest prevention by reducing the overall volume of food produced
- ✓ **Feed hungry people:** Donating excess food to community sites
- ✓ **Feed animals:** Donating food scraps and waste to local farmers who can use them for animal feed
- ✓ **Industrial uses:** Donating used fats, oils, and grease to make biodiesel fuel
- ✓ **Composting:** Food waste that is composted to produce organic matter that is used to fertilize soil
- ✓ **Landfill/Incineration:** A last resort for unused food

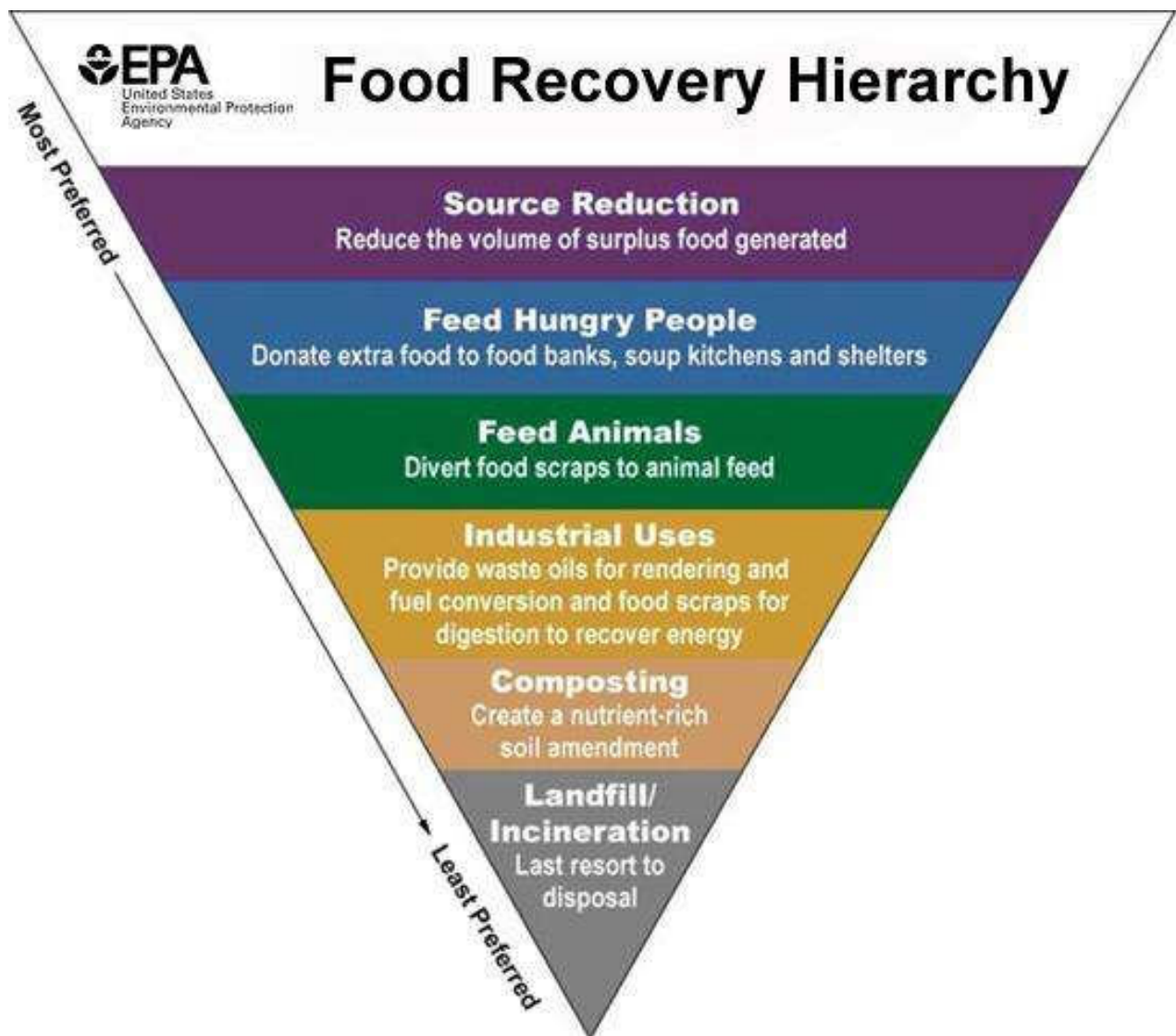


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“Reducing food waste is one of the most important things we can do to reverse global warming.”

- Chad Frischmann, Climate Change Expert





List of the top five most wasted foods and how to use them up.

#1 Bread

Over 240 million slices of bread are chucked away every year. Bread freezes really well, particularly for toast, so make sure you pop in the freezer if you're not going to use it. Stale bread can be turned into croutons, breadcrumbs, eggy bread or even bread & butter pudding.

Recipe ideas: [marmalade pudding](#) | [bread and butter pudding](#).

#2 Milk

Around 5.9 million glasses of milk are poured down the sink every year, but it's so easy to use it up. You can use large quantities of milk in a fruit smoothie, béchamel sauce or make rice (or barley) pudding. If your milk is on the turn have a go at curd cheese or paneer.

Recipe ideas: [rice pudding](#) | [oaty banana drop scones](#).

#3 Potatoes

We discard 5.8 million potatoes each year. Store potatoes in a dark place so they last longer. If they have been hanging around for a while, cook them all up and freeze in portions. Make potato cakes, fishcakes or gnocchi with leftover mash and bubble & squeak with leftover roasties. Par-boiled potatoes can be sliced and sautéed for a quick supper or roasted to make potato wedges (which can be cooked & frozen).

Recipe ideas: [potato dauphinoise](#) | [three-root boulangere](#).

#4 Cheese

Cheese lasts a very long time, so there really is no excuse if you chuck it away! If it's mouldy just scrape it off and use the rest in cooking. Cheese sauce is easy, just make a béchamel and add leftover scraps of any cheese - essential for lasagne, macaroni or cauliflower cheese and lots of other favourites. Finally, most cheese can be frozen.

Recipe ideas: [apple, guinness and cheese soda bread](#) | [spinach and thyme pasties](#).

#5 Apples

A staggering 1.3 million apples are thrown away each year. To make them last longer, store in a cold, dark and well-ventilated place - make sure they aren't touching each other and they are clean and dry.

Recipe ideas: [apple snow](#) | [apple Chelsea buns](#).

Based on FAO & National Geographic research from 2016, almost half of all fruits, vegetables, roots, and tubers produced are wasted along the supply chain.

- Fruits and vegetables: 1400 million tons produced (46% is wasted)
- Cereals: 1197 million tons produced (29%)
- Roots and tubers: 598 million tons produced (46%)
- Dairy: 841 million tons produced (17%),
- Meat: 352 million tons produced (21%)
- Oil seeds and pulses: 227 million tons produced (22%)
- Fish and seafood: 63 million tons produced (35%)

EU households waste over 17 billion kg of fresh fruit and vegetables a year - 35.3 kg of fresh fruit and vegetable waste per person per year, 14.2 kg of which is avoidable - On average, 29% of fresh fruit and vegetables purchased by households in the EU is wasted (De Laurentiis et al., 2018)

Each year an estimated 50 million tons of farmed fruit and vegetables grown in Europe is discarded for being the wrong size or misshapen – that means a third of the crops harvested never reach the supermarket shelves (The University of Edinburgh, 2018)

Up to two-fifths of all fruit and vegetable crops are wasted because they are 'ugly' (The Guardian, 2013). A recent study in Sweden showed that bananas are the most wasted fruit in-store due to brown marks or minor bruises (Mattsson et al., 2018).

Households are wasting around 570,000 tons of fresh meat each year, with a value of £1,300 million, and nearly half of it could be used. That's about 50 million chickens, 1.5 million pigs and 100,000 beef cattle. Globally it's close to 12 billion animals: an extraordinary number of living creatures born just to be wasted (Oakeshott & Lymbery, 2014).

One in three fish caught around the world never makes it to the plate, either being thrown back overboard or rotting before it can be eaten (FAO, 2018)

Korea is a good example of a country that has managed to successfully reduce its food waste. The South Korean government has banned the dumping of food waste in landfills; instead, the citizens are required to recycle it all. Today, 95 per cent of food waste in the country has been recycled.



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And what about urban farming? Urban farms give city dwellers the chance to produce their own food and also learn in the process. This type of farming helps to reduce negative environmental impacts as it promotes sustainable agriculture. Food waste or leftovers are recycled and turned into compost, which means that nothing is wasted.

Plan before you buy things. Know the exact amount of ingredients and materials that you need to make your meals so that there will be no leftovers every time you cook.

Know that the expiration date does not signify that the food can no longer be eaten. It's there to inform the consumer that the product will no longer be in the best condition if the date expires. However, that doesn't mean that the food can't be consumed. There's no need to throw it away.

Conclusions from Anna after the workshops in Łódź:

Before the workshop, it would be worth preparing an initial survey for participants to examine the level of knowledge before the workshop and adjust the workshop to the knowledge of the group. The group in which the classes were conducted was very talented and aware, therefore the workshop could be extended with more difficult issues.

A few activities that enriched the workshop:

- An interactive quiz on food waste in Europe and Poland. The quiz was conducted via the Kahoot platform.
- Learning how to properly store food - group work. Arranging food products in the right places on a paper mock-up.



WORKSHOP

FOR YOUTH

How to recycle used clothing

Title of the workshop:

How to recycle used clothes

4. Short theoretical introduction to the topic.

The workshops are divided into two thematic modules, each of which will include practical tasks.

During Module 1. The Needle Danced with the Thread, participants will take up the challenge of remembering the basics of hand sewing. It is a practical but forgotten skill. Each participant will learn the basics of sewing, learn how to make a blind stitch, how to make a basic stitch (i.e. a seam), how to finish sewing with a knot, how to thread a thread on a needle. In the first practical task, participants will use old clothes like an old T-shirt to make an interesting decoration or as a gift for a loved one. In the second practical task, the participants will sew a heart - Pillow-heart. It will also be an ornament or a gift for a loved one made from an old denim jacket.

During module 2. The Needle and thread dance steps in clothes recycling, participants will use the acquired sewing skills to perform advanced projects such as a tie (Practical exercise 1), a shopping bag (Practical exercise 2), or two types of headband (Practical exercise 3).

5. Why this topic is important for young people, who would like to introduce ecological habits into their lives? How this topic could help in ecological and climate crisis?

Nowadays, the concept of recycling is known to almost every person. Additionally, recycling occurs in almost every area of our lives. The main purpose of recycling is to recover raw materials from waste and reuse them to create new products. One of the types of recycling is clothing upcycling - it involves the use of already available materials, such as

clothes that can be given a second life. Reusing clothes that are already worn out allows not only to protect the environment, but also to give them a completely new, often higher quality.

The upcycling of clothes is especially well known to the elderly. In their youth, when there was a shortage not only of financial resources, but also of products, they often made their own clothes from t-shirt diapers, fragments of tablecloths and curtains. Upcycling applies not only to clothes and textiles, but also to toys that are made of wood. In the times of our grandparents and grandmothers, this method was the result of economy and creativity, and nowadays it is the result of care for the environment.

Here are the reasons why the topic " How to recycle used clothes" can help in an ecology and climate crisis:

1. Fast fashion means mass production of dozens of clothes and products as a new collection even several times a year, and then they are discounted after a few weeks. This results in a huge number of products on the market that ultimately end up in the trash and are replaced with new articles. It is worth facing! In the face of fast fashion, especially the fashion industry is in great need of garment upcycling, and fortunately more and more people see it.
2. Upcycling of clothes is the creative creation of new items from materials that were to end up in the trash. Thanks to this, unnecessary things get a second life.
3. Self-sewing gives a sense of independence. You open up to new challenges, you no longer have to buy what the stores tell you. You can sew yourself or redo things as your needs change, create something unique that no one else has.
4. Self-sewing gives a sense of control, because in emergency situations, when you need to sew on a button quickly, or the garment suddenly bursts at the seams, you can quickly fix it.
5. Self-sewing can also become a hobby that is creative and practical. Such a hobby will help you relax, give you a sense of satisfaction that you are doing something useful.



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6. Recommendation of specific links connected with the topic of the workshop

links to youtube videos

1. www.youtube.com/watch?v=qIzA18bRh0A
2. www.youtube.com/watch?v=mZOby2xnyGM
3. www.youtube.com/watch?v=W-Uq9Fgmy6M
4. www.youtube.com/watch?v=nMIECJ4iHDQ
5. www.youtube.com/watch?v=ebFt2CNlwIk
6. www.youtube.com/watch?v=IEND8OWUhDQ
7. www.youtube.com/watch?v=uDVJxqQj918
8. www.youtube.com/watch?v=rKb15FJvVtg
9. www.youtube.com/watch?v=5WyAeR_Ifv0
10. www.youtube.com/watch?v=5VCAsOaRWis

4. Scenario of the workshop

- Duration of the workshops

Time: 5h

Module 1:

- ✓ Exercise 1. The needle forward – the thread for it
Practical exercise 1. How to sew by hand? - Two hearts; In total: 50 minutes (10 minutes lecture - introduction to exercise, 40 minutes practical part)
Practical exercise 2. How to sew a heart? - Pillow-heart; In total: 50 minutes (10 minutes lecture - introduction to exercise, 40 minutes practical part)

Module 2:

✓ Exercise 1: The Needle and thread dance

Practical exercise 1. Sew a tie for yourself or a friend; In total: 65 minutes (5 minutes lecture - introduction to exercise, 60 minutes practical part)

Practical exercise 2. For shopping with your own bag; In total: 65 minutes (5minutes lecture - introduction to exercise, 60 minutes practical part)

Practical exercise 3. Fashionable and comfortable - sew a headband; In total: 65 minutes (5 minutes lecture - introduction to exercise, 50 minutes practical part)

Summarize the workshop: In total: 15 minutes

Difficulty scale:

* easy,

** difficult,

*** very difficult

- **Best target group for the workshop: like size of the group, age of the group**

Participants: youth

Each participant performs the exercise individually. It is recommended that participants be divided into three groups. This division into groups will help the participants to perform the tasks efficiently because they will benefit from mutual support and the workshop leader will be able to help the people in the group right away, instead of each participant individually.

If the division into groups of three will be applied, it is recommended that a maximum of four groups, preferably three groups, participate in total.



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- **Learning outcomes of the workshop**

Module 1: The Needle Danced with the Thread	
The effect of the activities	Thematic scope
Participant <ul style="list-style-type: none"> • knows the basics of hand sewing • can make basic ornaments using hand sewing 	<ul style="list-style-type: none"> • How to sew manually? • How to thread the needle? • How to finish sewing with a knot? • How to make the basic stitch, or seam? • How to make a blind hem? • How to make a decorative stitch?
Module 2: The Needle and thread dance steps in clothes recycling	
The effect of the activities	Thematic scope
Participant <ul style="list-style-type: none"> • knows the basics of a sewing machine • can make more complex designs using hand sewing and sewing machines, such as a tie, shopping bag, headband 	<ul style="list-style-type: none"> • How to use a sewing machine? • How to sew a tie, shopping bag, headband? • The use of an iron to prepare a design for sewing

- **Methods used for the workshop**

The methods discussed in the workshops are manual sewing.

- The workshop leader will present: How to sew manually?

Start by threading the thread and tying a knot. Draw the needle through the fabric as far as the knot (remember to start from the outside of the fabric) and sew a small, short stitch to

the right or left. Then sew another stitch on the right side of the fabric (one stitch from the last).

- The workshop leader may suggest using a sewing machine to make the participants more professional in sewing.
- The use of an iron is also helpful.

- **Materials need for the workshop**

Tools needed for each participant to complete the task:

Practical exercise

How to sew by hand? - Two hearts	<ul style="list-style-type: none"> • a needle with a small eye and thread • a needle with a large eye and a thicker thread for each participant • thin material to master the basic steps - making a basic seam - preliminary training • thicker material for sewing the heart from Worksheet No. 1. • scissors • ribbon or thread for hanging
How to sew a heart? - Pillow-heart	<ul style="list-style-type: none"> • a needle with a large eye and a thicker thread for each participant • thicker material for sewing the heart from Worksheet No. 2. • scissors • cotton wool to fill • ribbon or thread for hanging • accessories: bracelet beads
Sew a tie for yourself or a friend	<ul style="list-style-type: none"> • a needle with a large eye and a thicker thread for each participant • thicker material on the tie • thinner material for the lining • scissors • the workshop leader can use a sewing machine to help participants



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	complete the task precisely
For shopping with your own bag	<ul style="list-style-type: none"> • a needle with a large eye and a thicker thread and a thinner thread for each participant • thicker material for the bag • thicker material for the handles of the bag • scissors • the workshop leader can use a sewing machine to help participants complete the task precisely
Fashionable and comfortable - sew a headband	<ul style="list-style-type: none"> • a needle with a large eye and a thinner thread for each participant • type of material depending on preferences • scissors • iron • the workshop leader can use a sewing machine to help participants complete the task precisely

• **Instruction how to provide workshop for the trainer – step by step**

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Module 1: The Needle Danced with the Thread

Exercise 1. The needle forward – the thread for it

The aim of the exercise is for the participants to learn the basics of hand sewing. Sewing is not only a sewing machine. Hand sewing skills are useful for sewing a hole, sewing on a button, making decorations such as earrings, sewing in a knee patch.

Practical exercise 1. How to sew by hand? - Two hearts

- **Time:**
 - 10 minutes lecture (introduction to exercise)
 - 40 minutes practical part
- **Aim of the exercise:**

In this task, participants will use old clothes like an old T-shirt to make an interesting decoration or as a gift for a loved one. The participants' task is to familiarize with the help of the workshop leader the most important steps that will help them acquire the skills of the basics of manual sewing, from threading a thread on a needle to making a decorative stitch - the basic seam. Worksheet No. 1 has been prepared for the task.

- **Setting up the exercise**

Tools needed for each participant to complete the task:

- a needle with a small eye and thread
- a needle with a large eye and a thicker thread for each participant
- thin material to master the basic steps - making a basic seam - preliminary training
- thicker material for sewing the heart from Worksheet No. 1.
- scissors
- ribbon or thread for hanging

- **Description of the exercises**

The workshops leader discusses the following basic steps:

Step 1: How to thread the needle

1. Prepare the needle and thread.
2. Cut the threads with sharp scissors to avoid fraying of the thread, which will allow the threads to pass through the needle's small eye more easily.
3. Pass the thread through the eye of the needle, draw it and tie a knot at the end of the longer thread.
4. Make sure the ends of the thread are far from the eyelet to avoid slipping out of the eyelet.
5. Pull the threads until both ends meet.
6. Tie them together by tying a knot at the end.

Step 2: How to finish sewing with a knot?

7. Grasp the needle with one hand and grasp the thread with the other hand.
8. Use the thread to make a small loop around the needle.
9. Gently slide the loop towards the end of the thread while tightening it.
10. Make a firm knot at the end.
11. To keep the knot firmly, repeat this step two times.

Step 3: How to make the basic stitch, or seam?

12. The basic seam can be made in two ways: running stitch or basting stitch.
13. Pull the needle through the fabric, starting with the outside of the fabric until the knot is snug against the fabric.
14. Reinsert the needle a short distance away and repeat this step.

15. When using a longer seam - insert the needle a little further, keeping the same distance from 1 cm to 3 cm. When using a shorter seam - distances smaller than 1 cm.

16. The stitch should be uniform on both sides of the fabric.

The workshops leader gives the participants Worksheet No. 1 with a template for cutting out two hearts. The participants' task is to use a template to cut two hearts out of the prepared material to create a "Two Hearts" decoration as in the figure below (Fig. 1).



Fig 1. Two hearts

The photo comes from the website: www.nadrutachiszydelku.eu/produkt/serce-filcowe/

The workshops leader may also suggest performing complex sewing activities such as blind stitch:

Step 4. How to make a blind hem?

1. Prepare a small square piece of fabric and fold it exactly in half.
2. Select the long edges of the fabric and fold them inwards.
3. Thread the needle thread.
4. Make a knot.
5. Pull the thread through the top of the fabric.
6. Join the two fabrics together so that the thread passes through the fold you have made.
7. Insert the needle parallel on the outside and lead the needle through the tunnel that will form between the seam and the cover fabric.

8. Reinsert the needle parallel on the outside and pull the needle through again.
9. Repeat this step until the end of the fabric.
10. Finish sewing with a knot - make a small stitch, draw the thread underneath and make a small loop, pull the needle through the loop twice and tighten the thread.

The workshop leader may use:

1. www.youtube.com/watch?v=qlzA18bRh0A
2. www.youtube.com/watch?v=mZOby2xnyGM
3. www.youtube.com/watch?v=W-Uq9Fgmy6M

** according to the scale of difficulty

Practical exercise 2. How to sew a heart? - Pillow-heart

- **Time:**
 - 10 minutes lecture (introduction to exercise)
 - 40 minutes practical part
- **Aim of the exercise:**

In this exercise participants will use old clothes, such as an old denim jacket, to make interesting decorations or as a gift for a loved one. The leader gives the participants Worksheet No. 2 with a template to cut out one large heart. The participants' task is to use a template to cut a heart out of the prepared material to create a "Pillow-heart" decoration as shown in the figure below (Fig. 2).

- **Setting up the exercise**

Tools needed for each participant to complete the task:

- a needle with a large eye and a thicker thread for each participant

- thicker material for sewing the heart from Worksheet No. 2.
- scissors
- cotton wool to fill
- ribbon or thread for hanging
- accessories: bracelet beads

- **Description of the exercises**

The workshop leader discusses the following steps:

Step 5. How to make a decorative stitch?

1. Use a heavy thread and embroidery needle.
2. Thread the needle.
3. Use a piece of felt.
4. Pull the needle through the fabric near the edge.
5. Insert the needle diagonally from where the thread is and walk over to the reverse side of the fabric.
6. A diagonal stitch is formed.
7. Now you need to insert the needle through the loop formed and squeeze it.
8. The stitch should be at a right angle.
9. Continue the diagonal seams to the end of the fabric.

The workshop leader discusses how to complete the task:

1. Cut a heart out of the template in Worksheet 2.
2. Attach the prepared template (eg with pins) to the material.
3. Cut out two of the same hearts.
4. If you want to sew beads, it is best to decorate the heart before joining the two hearts and filling them with cotton wool.
5. You can decorate the heart by sewing stars or any shape from colored yarn.
6. After decorating, connect the two hearts and start sewing them together.

7. Use a thread of a color that is contrasting to that of the heart.
8. At the end of stitching, fill the heart with cotton wool.
9. Finish sewing.
10. Sew a thread on the top of the heart so that it can be hung up.



Fig 2. Pillow-heart

The photo comes from the website: www.miastodzieci.pl/zabawy/jak-zrobic-serce-z-filcu/

The workshop leader may use:

1. www.mikatextiles.com/blog/szycie/jak-szyc-recznie-7-wskazowek-dla-poczatkujacych/

** according to the scale of difficulty

Module 2. The Needle and thread dance steps in clothes recycling

Exercise 1: The Needle and thread dance

The aim of the exercise is to use the acquired sewing skills by the participants to perform an advanced project, such as a tie, shopping bag or two types of hair bands.

Practical exercise 1. Sew a tie for yourself or a friend

- **Time:**
 - 5 minutes lecture (introduction to exercise)
 - 60 minutes practical part

- **Aim of the exercise:**

In this activity, participants will use old clothes to make an interesting tie. Not only men wear ties. Women also use this item of clothing in their stylizations.

- **Setting up the exercise**

Tools needed for each participant to complete the task:

- a needle with a large eye and a thicker thread for each participant
 - thicker material on the tie
 - thinner material for the lining
 - scissors
 - the workshop leader can use a sewing machine to help participants complete the task precisely
- **Description of the exercises**

The workshop leader discusses the following steps:

Step 1. Cut out the shape.

1. Fold the paper in half so that it has two layers.
2. We start by drawing a long lean rectangle. Mine is 180 cm long and 8 cm wide.
3. Divide the rectangle into four parts, half vertically and half horizontally.
4. Draw the shape of the tie. In total, you need to draw four lines, that is, on each half. First mark the points. From the left side of the rectangle, there is exactly 5 cm between the lines. In the center of the rectangle they tap together a little and are therefore 3.5 cm apart. Towards the right, they diverge again to be 8 cm apart at the end Each tie ends in a triangle shape (Fig. 4).
5. Cut the first layer across the center (Fig. 5)
6. Shorten the ends of the rectangles to represent a triangle (Fig. 6).

7. In the same way, using the template but with only one layer, cut out the lining. Put the lining inside the tie.



Fig. 1.

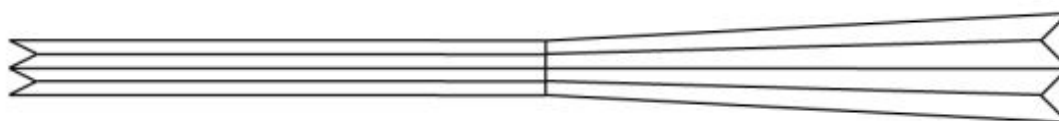


Fig.2.

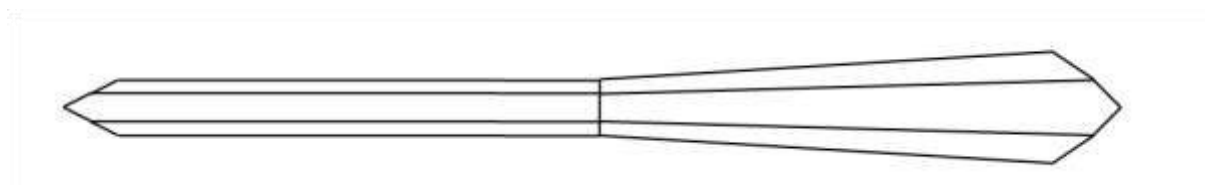


Fig. 3.

Tip: Instead of cutting out a template, you can use an old tie, rip it open, and it will serve as a template.

Step 2. Sewing a tie.

8. Do on the left side of the tie so that you can fold it back on the right side at the end.
9. Fold the sides to a width of about 5 mm and put the pillowcase inside and sew the tie with the side wings.

The workshop leader may use:

www.youtube.com/watch?v=nMIECJ4iHDQ

*** according to the scale of difficulty

Practical exercise 2. For shopping with your own bag

- **Time:**
 - 5 minutes lecture (introduction to Exercise 2)
 - 60 minutes practical part
- **Aim of the exercise:**

In this activity, participants will use old clothes to make an interesting tie. Not only men wear ties. Women also use this item of clothing in their stylizations.

- **Setting up the exercise**

Tools needed for each participant to complete the task:

- a needle with a large eye and a thicker thread and a thinner thread for each participant
 - thicker material for the bag
 - thicker material for the handles of the bag
 - scissors
 - the workshop leader can use a sewing machine to help participants complete the task precisely
- **Description of the exercises**

In this activity, participants will use old clothes to make a shopping bag.

1. Prepare the material.
2. Fold it in half so that it is not necessary to stitch the bottom of the bag.
3. Cut a rectangle out of the fabric. Any size depending on your preferences.
4. Also prepare the handles of the bag depending on your needs.
5. Remember not to be too narrow.



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6. Prepare to sew the sides of the fabric.
7. Turn the fabric inside out. on the left side.
8. Fold the edge 1 cm to the bottom and 3 cm more to create a nice, quite thick "edge"/ fold.
9. Get a double fold.
10. Fasten with pins.
11. Sew the edges.
12. At the top of the bag, fold the edge. Measure out the proportions to the size of the bag.
13. Get ready to sew the bag's ears.
14. Fold the prepared strap in half so that the handles of the bag are strong. Fold on the left side.
15. Secure with pins or press. Sew along the length, turn to the right side.
16. Fold up the ends of the straps and attach with a pin about 1 cm from the side edge of the bag. One strip per side, no cross.
17. Attach the strips approx. 10 cm from the edges.
18. Sew.

The workshop leader may use

1. www.youtube.com/watch?v=ebFt2CNlwlk
2. www.youtube.com/watch?v=IEND8OWUhDQ
3. www.youtube.com/watch?v=uDVJxqQj918

*** according to the scale of difficulty

Practical exercise 3. Fashionable and comfortable - sew a headband

- **Time:**
 - 5 minutes lecture (introduction to Exercise 2)
 - 50 minutes practical part
- **Aim of the exercise:**

Begin the exercise with measuring the circumference of the head - at the height at which the headband will be worn. All the dimensions given below can be freely modified, but it is suggested that the height of the band should be 7-8 cm. The circumference of the band depends primarily on the thickness and flexibility of the material used.

In this activity, participants will use old clothes to make a headband.

- **Setting up the exercise**
 - a needle with a large eye and a thinner thread for each participant
 - type of material depending on your preferences
 - scissors
 - iron
 - the workshop leader can use a sewing machine to help participants complete the task precisely
- **Description of the exercises**

In this activity, participants will use old clothes to make a two types of handbands.

Step by step: Basic headband made of a single layer of fabric

1. Cut a rectangle 10 cm high and wide: the circumference of the head minus about 4 cm
2. Use an iron to iron the long edges approx 1.5cm
3. Then straighten the edges and pin the short edges together. Sew.
4. Fold the seam into two sides.
5. Wrap the previously pressed edges.
6. If you want, you can sew them around, which will prevent the edges from unwinding.

Step by step: Headband with an effective knot

1. Start by cutting a 16cm high rectangle. The length is the head circumference + a knot allowance of about 13-14 cm.
2. Fold the fabric in half, sew the long edges together, leaving a seam opening.
3. Turn over to the right side. Place the seam in the middle and press it.
4. Tie a single knot on the prepared element (do not pinch it).
5. Be careful not to cover the crease hole with it.
6. At this point, you can put it on your head and make sure that the length of the band is appropriate
7. If the length is correct, grab one of the ends of the tunnel, pull it over the knot, then keep on pulling until the ends are even. When stretching, be careful not to twist the seam.
8. Bring the seams together.
9. Sew around.
10. Find the hole in the seam and pull it through.
11. Loosen the knot and slide it over the seam (so as to cover it). Sew through the opening.
12. Make a nice knot.



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The workshop leader can use the video:

1. www.youtube.com/watch?v=rKbI5FJvVtg
2. www.youtube.com/watch?v=5WyAeR_Ifv0
3. www.youtube.com/watch?v=5VCAsOaRWis

- **Short proposal how to summarize the workshop**

The workshop summary includes:

- discuss the basics of hand sewing, e.g. how to finish with a knot, how to make a basic stitch, i.e. a seam, how to make a blind hem, how to sew a decorative stitch,
- discussing various creative ideas n making ornaments that can be sewn by hand,
- overview of the rules of using a sewing machine,
- discussion on how to make a template that will help in the precise execution of the project - such as outline the template, cut out the template, put the template on the material, cut out the material according to the template,
- discussion of creative ways of clothing upcycling.



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Conclusions from Gawet from Łódź:

The part of the workshop that the participants especially liked was making bags and learning new stitches. It would be good to prepare more sewing materials for the next workshop, to be chosen by the participants. It would also be possible to display a video on the projector, which would show how to sew the bag by hand.

The background of the image features several glass petri dishes filled with a fine, shimmering silver glitter. A red paintbrush with a wooden handle is positioned in the upper right quadrant, its bristles resting on the surface of one of the dishes. The lighting is bright, highlighting the texture of the glitter and the vibrant color of the brush.

**MAKING HOME CHEMISTRY FROM
NATURAL INGREDIENTS**

WORKSHOP FOR YOUTH

Title of the workshop:

MAKING HOME CHEMISTRY FROM NATURAL INGREDIENTS

Short theoretical introduction to the topic

We cannot survive without the fresh water we drink, the plants we consume, or the pure air we breathe. To build roofs over our heads and heat our homes, we require natural resources. For us to live and prosper, they are essential, that is why supporting the organic movement is important. It is a significant driver towards a more sustainable future.

Many people have got tons of cleaning products at home. The question is, do we really need all of them?

It is a great marketing technique to sell you lots of things, but for real you can get away with one really good surface spray you can use on all sorts of different things.

So what is wrong with store-bought home cleaning products? Many home chemistry products contain strong chemicals difficult to degrade in nature. For example – washing powder, even after washing, unnoticeable residues of tensides remain on clothes and linen and penetrate through the skin into the body. Of course most of us do not feel anything or even know anything about this process, at least for the moment. Our bodies could deal with a lot of things very well, but imagine how the chemicals just keep piling up. And then one day you can easily find out you have some kind of health problem. People who have sensitive skin, eczema or children are much more susceptible to these negative effects of residual tensides from washing powders. Today, chemicals hiding under the names 'fragrance' and 'perfume' are responsible for a whole range of health problems and also have a negative impact on the environment. People with more sensitive skin often

experience skin irritation, often unaware that their favorite fabric softener, which they pour into the washing machine, is to blame. Other health complications caused by artificial fragrances include respiratory problems, hormone disruption and cancer risk.

Why this topic is important for young people to help in ecological and climate crisis?

The purpose of this workshop is to show that many of the common household products you use every day can be made at home using chemistry. For some people it can seem time-consuming, when they can just go to the store and buy what they need. But what are the benefits of making home chemistry by yourself and why is it important to spread the knowledge about the benefits of using chemical-free products? You will be happy to go green after checking these few benefits of using chemical-free products.

- Green products are cost-effective - we all want to save some money. Since eco-friendly products are designed to serve multiple purposes, you have more opportunities to not waste money. Using one safe outcome for all your cleaning needs means you no longer have to spend on various cleansers. Chemical free products protect your health, environment and save you some money.
- No chemicals mean better health - all of the cleansers that you can buy from the store are doing more harm than you know. Exposure to these chemicals can cause allergic reactions and many other health issues. You know exactly every ingredient that is going into that product. So you are aware that nothing in this product is going to harm anybody: you, your kids, your pet, etc. It is opposed to products that you can buy on conventional store shelves. There are lots of things that are very harmful, if there are warnings to not pour the sink down, if there are warnings to not get your kids to get a hold of it, what is the answer? Of course it is filled with harmful things. Thankfully eco-friendly cleaning products are made of the natural ingredients, which

means few or no chemicals, so you can easily eliminate harmful or irritating substances on your health.

- Serve multiple purposes - eco-friendly cleaning products are intentionally made to serve multiple purposes, so that we can conserve resources. The primary goal of sustainable living is to protect the Earth by preserving our fast depleting resources. You can contribute to this course by using multipurpose eco-friendly cleaning products.
- Reduce environment poisoning - moreover, you will reduce environmental poisoning. The chemicals used in producing the home chemistry are eventually released into the atmosphere as you use them, as well as we need to remember that containers for them are usually non-biodegradable plastics. This eventually leads to water, air and land pollution.

Understanding the importance of every person making small steps to a more sustainable future, we propose to maintain a workshop, where we will give a chance to people to try to make chemistry for their home from natural ingredients. Because *“Small acts, when multiplied by millions of people, can transform the world and save the planet!”*

Recommendations for facilitators

- The facilitator is expected to create an atmosphere that facilitates and encourages communication and activity of the participants since young people need to feel free to

work and discover, interact and share with each other. Be honest and friendly, encourage them and use your sense of humor.

- Invite participants to share their opinion. Make sure there is a balance between the global and the local aspect so that people can see the direct focus of the topic on their own lives.
- The facilitator should ensure group's energy level is up and everyone is ready to have a productive workshop and eco-friendly activities.

SCENARIO OF THE WRKSHOP

Duration of the workshop:

4 hours

Target group:

size of the group – 8-15 people

age of the group - from 15, but it can be adapted to younger age too

Learning outcomes of the workshop:

- To engage people to carry on making green changes through using ecological products in their homes;
- To learn how to produce ecological home chemistry;
- To develop and maintain respect for nature, to realize the impact of human activity on it and learn how to contribute with individual actions to environment preservation;
- To create active, creative and peer-based learning space using the non-formal education.

Methods used for the workshop:

- facilitation frameworks (systems of collaboration and communication that are built for a specific purpose)
- active learning



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- non-formal education

Materials needed for the workshop

For air-freshener

- couple of essential oils(f.e lemon oil and sweet orange oil)
- empty small glass bottles(best to choose dark glass bottle)
- rubbing alcohol(help your blend to last longer)
- 1 pot of water

All-purpose cleaner

- 2 cups of distilled water
- 1 tsp of borax
- Oil
- 1 tsp of liquid castile soap
- 1 tsp of washing soda
- liquid dish soap

Washing powder

- Solid soap/soap flakes: olive, coconut or even animal tallow or bile soap, either grated-soap flakes or you can grate it yourself. 200g w
- Washing soda: used to soften the water. But don't confuse washing soda and baking soda, they have completely different chemical formula. 1500g w
- Sodium percarbonate: used to bleach laundry and also as a disinfectant, effective up to over 60 degrees. It is often added to dark laundry if we want to disinfect it. (Risk of fading unstable colors.) 500g w

- TAED: is added to percarbonate to activate it at temperatures below 60 degrees. 25g

Instruction how to provide workshop for the trainer – step by step

1. Introduction and theoretical input (30 min)

The workshop starts with the welcoming the participants and introducing them the purpose and the objective of the workshop. Facilitator can start the workshop with the getting-know each-others activity in case participants don't know each-others. For example, simple game with the ball – participants can sit in circle, catch the ball and tell the name and what do they expect to gain from this workshop.

After that, facilitator starts to focus more on the topic of the workshop. Facilitator can lead the dialogue with participants with the question like: *What are the benefits of making home chemistry by yourself and why do you think is it important to spread the knowledge about the benefits of using chemical-free products?*

They can summarize on the flipchart the drawbacks of using toxic cleaning products through discussion with participants, or participants can write them on sticky notes.

Afterwards, facilitator can show to participants the videos (one or both): Truth About Toxic Cleaning Products - <https://youtu.be/McURp93WofQ>

Homemade cleaning products vs store brought - <https://www.youtube.com/watch?v=MKC-fPVB5XU>

Workshop (3 hours)

All-purpose cleaner

- 1) start with two cups of hot water
- 2) add three tablespoons of vinegar and 1 teaspoon liquid soap or dishwashing liquid
- 3) transfer the mixture to the spray bottle

- 4) shake the mixture
- 5) spray your counter and wipe clean!

The video showing the whole procedure is available here: <https://youtu.be/axluhQefwCl>

Washing powder

- 1) grate the soap on a fine grater.
- 2) weigh the ingredients for the detergent product according to the recommended doses
(see below)
- 3) mix all the ingredients together thoroughly.

Air-freshener

- 1) put about 6 drops of essential oil (you can divide: 3 drops of one oil and 3 of another)
- 2) make sure you like the smell
- 3) add a little bit of alcohol
- 4) top the mixture off with water
- 5) put on the lid and shake it up
- 6) make a test spray

Conclusion (30 min)

After completing the tasks, facilitator can ask participants questions like:

-Was it hard or time-consuming to make that home cleaning products by yourself?

-Are you planning to continue to do that products by yourself and integrate it in your habit?

-Would you like to continue learning more and attend another similar workshops in the future?

After brainstorming those questions, facilitator can make another short activity - ideas for actions as motivation for participants to continue their eco-friendly lifestyle.

The facilitator can divide participant into two teams.

1st team should think about 5 main questions they need to ask themselves before deciding whether to buy some chemistry product.

2nd team should summarize how every person can contribute to protection of environment (e.g. cut consumption and waste, produce home products, motivate others – e.g. sharing pictures from workshop on social media)

Afterwards, teams should present to each-others results of their discussion.

At the end of the workshop, each participant should take a sample of what they produced together.

Resources

https://www.ecofriendlysport.eu/wp-content/uploads/2022/05/book_IO2_SportProgramForYouth_29.05.22.pdf

<https://cdn2.assets-servd.host/pebble-mag/production/resources/The-Ultimate-Guide-to-Eco-Friendly-Cleaning.pdf>

<https://www.hennepin.us/-/media/hennepinus/business/work-with-hennepin-county/environmental-literature/green-cleaning-recipe-guide.pdf>

<https://livesimply.me/homemade-vs-store-bought-5-important-questions-you-must-ask/>