



Co-funded by
the European Union



Agenzia Italiana
per la Gioventù



STELLA PROJECT

BEST PRACTICES GUIDE

Sport-based initiatives promoting
environmental sustainability



STELLA



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. This content is licensed under the Creative Commons Attribution 4.0 International (CC BY 4.0) licence. This means that reuse is allowed provided appropriate credit is given and changes are indicated.



01 INTRODUCTION

02 LIST OF THE ABBREVIATION

03 INTRODUCTION TO BEST PACTICES GUIDE

04 BEST PRACTICES

- Cyprus
 - Greece
 - Italy
 - Malta
 - Portugal
 - Global
-

01

INTRODUCTION

Project **STELLA**: Sport as a Tool for Environmental Sustainability Learning



Project STELLA is an EU-funded initiative dedicated to integrating environmental sustainability into youth work through sports. The project seeks to empower young people and youth organisations with the necessary tools, knowledge, and inspiration to address climate change and sustainability challenges using sports as an educational medium.



STELLA's Objectives

STELLA aims to enhance the role of youth organisations in promoting environmental sustainability by:

- Raising awareness among young people about their environmental footprint and encouraging ethical behaviours through sports-based activities.
- Providing youth workers, leaders, and trainers with innovative, non-formal education tools centred on sports to foster sustainability awareness.
- Engaging young people as active agents of change in their communities by promoting civic participation and sustainable initiatives.

Sharing best practices and case studies highlighting how sports can be effectively utilised to inspire environmental responsibility.



Key Activities and Expected Outcomes

The project will produce the following:

- This Best Practices Guide is a collection of 75 proven best practices that demonstrate how sports can effectively be used to educate and engage young people in environmental sustainability.
- Training 20 youth workers, trainers, and facilitators through a specialised programme held in Malta in March 2025.
- Conducting 25 workshops across participating countries, engaging at least 500 young people and key stakeholders such as policymakers, educators, and sports coaches.
- The development of online inspirational content on sports and the environment to be shared through newsletters, online magazines, social media profiles and such.
- 10 interviews with relevant stakeholders (sportspersons, academics, environmental experts, policy makers) to inspire youth on sport and the environment.
- A Training Kit with methodological approaches and at least 25 different workshops on different related topics (energy consumption, water consumption, waste management, recycling, sustainable transport, etc.), which will be translated into 5 languages and of which 50 copies will be printed.

PARTNERSHIP & IMPLEMENTATION

Partnership

Project STELLA is a collaboration between five organisations:

- TDM 2000 ODV (Italy)
- Active Zone Outdoor (Cyprus)
- Entrepreneurship and Social Economy Group (Greece)
- SYAJ - Associacao Juvenil Synergia (Portugal)
- TDM 2000 Malta (Malta)



Implementation

Through structured work packages, including training tool development, local actions, and visibility campaigns, STELLA aims to create a lasting impact by fostering sustainable habits among youth and influencing policy recommendations on sports and environmental sustainability.

By leveraging the power of sports, Project STELLA aspires to cultivate a generation of environmentally conscious and socially responsible young individuals committed to sustainability.



02

LIST OF ABBREVIATIONS

- AZO – Active Zone Outdoor
- DIY – Do-it-yourself
- EU – European Union
- EV – Electric Vehicle
- GSA – Green Sports Alliance
- IFF – Inħobb il-Futbol Foundation
- LED - Light Emitting Diode
- NGOs – Non-Governmental Organisations
- OSES – Ocean Sustainability through Education and Sport Project
- SDGs – Sustainable Development Goals
- SEE – Sustainability and Environmental Education in Outdoor Sports Project



- SforAE – Sport for All and the Environment Project
- SYC – Spetses Yacht Club
- UEFA – Union of European Football Associations
- UN – United Nations
- US – United States

INTRODUCTION TO BEST PRACTICES GUIDES

Best Practices Guide: Inspiring Action Through Sport

A core component of STELLA is the development of this Best Practices Guide, which serves as a valuable resource for youth organisations, trainers, and policymakers. This guide compiles 75 best practices, projects, and tools that showcase how sport can be leveraged as an educational tool for environmental sustainability.

Purpose of the Guide

The guide aims to:

- Provide a structured collection of existing best practices, projects, and actions that demonstrate the role of sport in environmental sustainability.
- Offer inspiration and concrete references to youth organisations seeking to implement sustainability initiatives.
- Equip key stakeholders with practical, proven strategies to engage young people in sustainability through sport.



Content and Methodology

The 75 best practices featured in this guide are drawn from diverse sources, including:

- Workshops, projects, and initiatives from partner countries (Cyprus, Greece, Portugal, Italy and Malta) and globally.
- Innovative methodologies and tools that have been developed by organisations actively working in the intersection of sports and sustainability.
- Insights from experts and stakeholders, gathered through desk research, interviews, and direct meetings.

Each best practice serves as a blueprint for integrating sports-based environmental education into youth work, providing organisations and youth workers with adaptable and scalable solutions.



Best Practice Categories

To ensure clarity and ease of use, the best practices in this guide are categorised as follows, with each category represented by its icon:



Projects – Initiatives with a defined start and end date, executed once and not repeated.



Programmes – Long-term initiatives, including recurring annual events or ongoing sustainability efforts.



Activities/Workshops – Short, focused educational sessions (typically 1-2 hours) designed to be replicated.



CSR Actions – Corporate social responsibility initiatives undertaken by businesses to support environmental sustainability through sports.



Competitions/Events – Sporting events and contests that promote environmental awareness and engagement.



Organisations – Entities actively working at the intersection of sport and sustainability, providing valuable resources and expertise.



04

BEST PRACTICES



CYPRUS

1. [5 km for the Tortoises – Raising Awareness for Endangered Reptile Conservation](#)
2. [Exploring Nature Responsibly and Fostering Environmental Awareness through AZO Hiking Events](#)
3. [CYcling in the City for Sustainable Urban Mobility](#)
4. [Track Fest: 1600m Eco-Friendly Races for Everyone](#)
5. [Beach yoga workshop – Promoting well-being in harmony with nature](#)
6. [Dixan "Clean Deep, Clean at the Source" – A Vision for a Cleaner Cyprus](#)
7. [Fostering Sustainable Mountain Engagement Through Climbing](#)
8. [Trail Running at Akamas](#)
9. [Augmentum: Promoting Micro-Mobility in Urban Cyprus](#)
10. [Collective Effort for Cleaner Waters: Coastal and Marine Cleanup in Konnos Bay](#)

GREECE

1. [Athens Marathon – Sustainability Efforts](#)
2. [Kinitiko Ergastiri - Adopting Common Environmentally Friendly Equipment for All](#)
3. [Spetses Yacht Club \(SYC\) Sustainability Initiatives](#)
4. [The Sports Footprint - Super League Sustainability Table](#)
5. [Ecogenia - For Young People, for the Environment, for Greece](#)
6. [Sustainability Initiatives - Hellenic Basketball Federation](#)

ITALY

1. [Climbing for Climate](#)
2. [Greencoach - Incorporating Sustainability in the Governance of Sports Organisations](#)
3. [Re-Boat Race](#)
4. [Eco-Basket](#)
5. [Intergenerational Relay Race](#)
6. [RRR-C EcoSkate](#)
7. [Sportivi Circolari: Campioni di Sostenibilità](#)
8. [Plastic Hunting](#)
9. [Udinese Calcio Sustainability Champion](#)

MALTA

1. [Dive, Land and Snorkel Clean-up](#)
2. [Project Pump It!](#)
3. [Earth Day Hike](#)
4. [Small Island, Big Swim](#)
5. [Clean Run Race Education Sessions](#)
6. [Sustainable Development Directorate Workshop](#)
7. [Kayaking for Cleaner Oceans](#)
8. [Wild Plants and Ancestral Knowledge Workshop](#)
9. [Plastic Free Football Festival](#)



PORTUGAL

1. [Kidical Mass Portugal: Empowering Youth for Safer and Greener Streets](#)
2. [FC Porto: Integrating Social Responsibility and Sustainability into Football Culture](#)
3. [EcoMood Portugal: Pioneering Environmental Education and Sustainability in Portugal](#)
4. [Eco-Friendly Surf Workshop by Portuguese Surfing Federation](#)
5. [Green Citizenship Workshops by Eco-Escolas Network](#)
6. [Greening Sports Events' Workshop by Greenfest Cascais](#)
7. [Eco-Run Lisboa Workshop by Eco-Run Portugal](#)
8. [Nature Conservation and Active Youth by the Portuguese Scout Federation](#)

GLOBAL

1. [Sustainable Transportation at the 2020 UEFA European Championship](#)
2. [Paris Marathon's Zero-Waste Initiative: Reducing Plastic and Promoting Sustainable Participation](#)
3. [Forest Green Rovers: Leading the Charge as the World's First Carbon-Neutral Football Club](#)
4. [Tokyo 2020 Olympic Games: Setting New Standards with a Comprehensive Sustainability Plan](#)
5. [The Sustainable Venues Initiative at the United States \(US\) Open Tennis Championships](#)
6. [Reuse-a-Shoe programme - Nike](#)
7. [Sustainability and Environmental Education in Outdoor Sports \(SEE\) Project](#)
8. [EcoFitness – Introducing Green and Sustainable Practices into Fitness Training](#)
9. [Liverpool Football Club - Reds Going Green](#)
10. [Move for the Planet](#)
11. [Sport Evolution Alliance - Integrating Sustainability in Athletes' Dietary Choices](#)
12. [Trees4Goals](#)
13. [Green Sports Alliance \(GSA\): Advancing Sustainability Across Sports Industries](#)
14. [Australian Open Green Initiative: Setting a New Standard for Sustainable Sporting Events](#)
15. [Kicking Carbon Initiative: Empowering Youth for Sustainable Football Practices](#)
16. [Sport for Nature Initiative: A Global Movement for Environmental Advocacy through Sports](#)
17. [It's Time \(to talk about sustainability\).](#)
18. [LIFE TACKLE: Sustainable Practices in European Football](#)
19. [Promoting Sustainability Through Sports: Erasmus+ Project on Environmental Responsibility](#)
20. [Play Fair for the Environment](#)
21. [Sport for All and the Environment](#)
22. [PlayGreen](#)
23. [Green League](#)
24. [Playing with Corals: Football as a Gateway towards Climate Action and Marine Awareness](#)
25. [Run for the Oceans](#)
26. [Sailors for the Sea – Kids Environmental Sailing programme \(USA & Global\)](#)
27. [Ocean Sustainability through Education and Sport \(OSES\)](#)
28. [Surfing for Environmental Education in Colombia](#)
29. [Green Kayak: Paddling for a Cleaner Future](#)
30. [Formula E](#)
31. [Special Olympics Sports Sustainability Framework \(SSF\)](#)
32. [Football Used as a Tool to educate children on sustainable behaviours](#)
33. [The GAMES Project \(Green Approaches in Management for Enhancing Sports\)](#)



BEST PRACTICES FROM



CYPRUS



5 km for the Tortoises – Raising Awareness for Endangered Reptile Conservation

Introduction:

- Active Zone Outdoor (AZO) members participated in the 7th Radisson Blu Larnaca International Marathon in 2024 under the banner “Running for the Tortoises” to raise awareness about the conservation of endangered tortoises and other reptile species around the world. This unique initiative aimed to engage the running community and spectators in discussions on reptile protection, focusing on habitat preservation and species survival.

Objectives:

- Highlighted the critical situation of endangered species across the globe.
- Educated the public on the importance of biodiversity and the need to protect habitats.
- Inspired individual and collective actions to safeguard endangered reptile populations.
- Encouraged participants to run regularly to improve physical and mental health.

Description:

AZO formed a team of runners to promote the protection of endangered reptile species globally.

Each participant wore a specially designed shirt featuring a tortoise symbol and slogans supporting nature conservation and a fundraising campaign for an organisation dedicated to endangered reptiles.

In addition to the marathon, AZO conducted a campaign to raise awareness about endangered reptile species and the actions people could take to help protect these animals. In addition to the marathon, AZO conducted a campaign to raise awareness about endangered reptile species and the actions people could take to help protect these animals. As part of this initiative, AZO collaborated with local environmental organisations to provide resources and engage participants in interactive workshops and activities focused on reptile biodiversity in Cyprus.





CYPRUS

Impact and Results:

AZO engaged dozens of runners who expressed interest in both participating in the race and promoting the protection of endangered species. By combining a high-profile event like the Larnaca Marathon with a conservation message, AZO successfully raised public interest in protecting tortoises. Awareness-raising activities during sports events proved to be an effective method for engaging the community and encouraging dialogue about nature conservation. A social media campaign before the event further broadened its reach and generated additional support for habitat protection.

Conclusion and Recommendations for Youth Workers:

AZO's participation in the Larnaca Marathon under the banner "Running for the Tortoises" demonstrated the powerful role that sports events can play in conservation advocacy. By engaging the public through accessible and memorable messaging, AZO helped foster a greater understanding of reptile conservation and biodiversity.

This approach to raising awareness at a public sports event is highly replicable and adaptable to marathons or other gatherings in different locations. With running events becoming increasingly popular, there is a valuable opportunity to link physical activity with environmental education. This dual-purpose strategy offers a meaningful platform to inspire action in both health promotion and conservation advocacy. Youth workers and youth organisations looking to replicate this success could consider:

- Involving local schools or nature clubs in pre-event educational activities, such as workshops or field trips.
- Collaborating with conservation experts to offer short talks during events.
- Distributing eco-friendly merchandise, such as reusable water bottles featuring tortoise imagery, to raise awareness and support for endangered reptile conservation.

References

[Photo 1 - Race for the turtles.jpg - personal archive](#)
[Photo 2 - Radisson Blu Larnaca International Marathon.jpg -](#)
<https://www.energyphotos.gr/event/Larnaca-2024/bib/33108/photo/LRC24-43997.jpg>



Exploring Nature Responsibly and Fostering Environmental Awareness through AZO Hiking Events

Introduction:

AZO regularly organises hiking events in nearby mountains to encourage participants to engage in regular physical activity while promoting environmental responsibility. These hikes, held in various scenic locations, offer participants the opportunity to connect with nature, learn about local biodiversity, and adopt sustainable hiking practices to minimise negative environmental impact.

Objectives:

- Encouraging physical activity and appreciation for natural landscapes.
- Educating participants on the region's unique flora and fauna to foster respect for local ecosystems.
- Teaching responsible hiking practices to preserve the environment for future generations.

Description:

During each event, the group is led by an experienced guide who teaches participants about the biodiversity of the area through which the trail passes. Participants learn about local species of plants and animals and are educated on the delicate balance of ecosystems. They also learn basic trail rules that help minimise negative impacts, such as staying on designated paths, not littering, and respecting nature. AZO collaborates with local experts to ensure the highest level of knowledge about sustainable practices. All participants are encouraged to collect any litter found along the trail, with a small prize awarded to the person who collects the most. This way, the event not only minimises the negative impact but also improves the condition of the trails by clearing them of left-behind waste.





CYPRUS

Impact and Results:

The organised hikes have increased environmental awareness among participants in understanding the importance of preserving biodiversity. Feedback shows that participants not only enjoy the physical activity but also gain a deeper respect for nature, with many expressing a stronger commitment to eco-friendly practices.

The events have contributed to a cleaner, safer environment along the trails and reduced waste in natural areas, fostering a culture of responsibility and respect.

Conclusion and Recommendations for Youth Workers:

Organised hikes effectively combine outdoor physical activity with environmental education, highlighting the importance of biodiversity and responsible hiking. These events leave lasting impacts on participants and local ecosystems, fostering a more sustainable future.

The hiking events are highly replicable in any region with natural trails. Its focus on education and minimal environmental impact makes it an ideal activity for communities seeking to promote both physical wellness and ecological awareness.

Suggestions to enhance the impact of future hikes include:

- Incorporate educational tools like QR codes linked to conservation information or local species.
- Collaborate with local conservation organisations for interactive experiences, such as talks or hands-on workshops, which can further deepen participants' understanding of biodiversity and promote sustainable outdoor practices.

References

Photo 1, 2, 3 - personal archives



CYcling in the City for Sustainable Urban Mobility

Introduction:

The CYcling in the City event, organised by the Dutch Embassy in collaboration with the Ministry of Transport, engaged hundreds of citizens and officials in a public ride through Nicosia's Old Town. This annual initiative promotes cycling as a healthy, efficient, and environmentally friendly mode of urban transportation, while encouraging the exploration and adoption of sustainable mobility solutions in Cyprus.

Objectives:

- Promoting cycling in the city as a practical, eco-friendly alternative to car transportation, which will also help reduce traffic jams in the city.
- Encouraging the development of safe cycling paths in the city.
- Raising awareness about the health benefits of cycling.

Description:

For the event, a 13-kilometre route was designated, passing through the historic parts of the city and connecting the districts of Aglantzia, Nicosia, and Strovolos. The route's moderate length allowed for broad participation, including individuals of various ages and skill levels, from children to older adults.

The cycling group was led by the Minister of Transport and included other government officials, local mayors, and members of the diplomatic corps, such as the Dutch Ambassador. This diverse representation symbolised a united call for improved urban cycling infrastructure. Together, the participants demonstrated their shared commitment to a more sustainable, accessible city with lower carbon emissions from motor vehicles.

Impact and Results:

CYcling in the City highlighted the potential of using bicycles as a primary means of transportation in the city. The initiative attracted the attention of a large part of the local community, members of the diplomatic corps, and the media.

The involvement of local politicians created a platform for discussion and an opportunity to highlight the need for new, safe cycling paths and support for alternative modes of transport.





CYPRUS

This public bike ride increased the community's enthusiasm for urban cycling and strengthened the sense of shared responsibility for reducing pollution and traffic congestion.

Conclusion and Recommendations for Youth Workers:

CYcling in the City served as an effective model for advocating urban cycling as a cleaner, healthier, and more efficient alternative to car travel.

With strong community engagement and high-level participation, the event showcased how joint efforts between citizens and government can promote sustainable urban mobility.

The success of CYcling in the City 2023 highlights its potential to be repeated as an annual event, or even held more frequently. With minimal organisational costs and broad support from the community and government, this practice can serve as a model for similar urban cycling events in other cities in Cyprus and abroad, promoting sustainable transportation practices.

To further build on this initiative, youth workers and youth organisations could:

- Integrate educational elements into future events, such as workshops on cycling safety and maintenance, talks on environmental impact, and training on traffic regulations.
- Additional investment in bike paths and secure parking facilities would enhance accessibility and safety.
- Regular organisation of similar events would help to normalise cycling as a vital component of the city's transportation ecosystem.



References

Photo 1 - <https://www.cea.org.cy/en/mikrokinitikotita/cycling-in-the-city-2022/>

Photo 2 - <https://www.gov.cy/en/transport-communications-and-works/cycling-in-the-city-2023-hundreds-of-nicosians-take-to-the-streets-of-the-capital-with-a-bike/>



Track Fest: 1600m Eco-Friendly Races for Everyone

Introduction:

Track Fest is a running event promoting eco-friendly practices in sports and fostering environmental responsibility. Held at Pallouriotissa School Track in Nicosia, it is supported by the Cyprus Energy Agency and the European Union (EU) Climate Pact. The event offers a green alternative to traditional races, aiming to reduce waste, encourage sustainable habits, and raise environmental awareness through competitive track races.

Objectives:

- Promote environmental sustainability in sports.
- Raise awareness of climate issues through the EU Climate Pact info point and informative speeches.
- Foster a community spirit around sustainable practices.
- Create an inclusive racing experience where both experienced runners and beginners feel welcome.



Description:

Track Fest is a series of 1600m races in which participants are grouped according to their recorded/estimated 5k times to ensure fair and engaging competition.

Inspirational athletes are invited as part of the event, enhancing the sense of community and providing additional motivation for participants.

A key part of the event was environmental education.

The event began with a speech on environmental protection, detailing the EU Climate Pact project. Importantly, organisers did not provide printed leaflets but encouraged participants to scan a QR code for additional information, reducing waste. Bib numbers were adhesive (avoiding the use of pins, which are easily lost) and simplified to prevent unnecessary littering. After the race, winners received eco-friendly rewards such as eco-bags and plant seeds wrapped in papyrus. Snacks offered to runners were served without excessive packaging, aligning with the event's eco-friendly policy.

Sustainability booths were also set up, including the EU Climate Pact booth and a collection point for donating running shoes to charity.





This practice was implemented through collaboration with the Cyprus Energy Agency, a non-profit focused on energy and environmental education, and EU Climate Pact ambassadors. Strategic planning and partnerships ensured a seamless integration of eco-friendly practices.

Impact and Results:

Track Fest successfully raised environmental awareness among participants by integrating sustainability into every aspect of the event, including:

- Reduced plastic use, with eco-friendly alternatives for race essentials and rewards.
- Significant community engagement through informational speeches and QR-coded resources, increasing participants' understanding of eco-conscious sports.
- Positive reception from the community, increased interest in sustainable sports events, and a commitment from attendees to reduce personal carbon footprints.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Track Fest demonstrated that sports events can be organised sustainably without compromising the experience or quality of the event.

The key takeaways highlight the crucial role of community engagement in environmental initiatives and the viability of adopting eco-friendly alternatives.

Youth workers and youth organisations can play a vital role in promoting sustainability by:

- Forming partnerships with environmental organisations to gain access to resources and expertise.
- Setting up recycling stations during events can help manage waste efficiently and encourage sustainable practices among participants and attendees.

These steps can help youth organisations contribute to the broader movement for sustainable sports events. This practice is easily replicable in any location with a track or any safe area for organising races. Key factors for replicability include its cost-effectiveness, the use of partnerships for resources, and clear communication with participants on sustainable practices.



References

Photos 1, 2, 3 - <https://www.colorsofrunning.eu/trackfestphotos>



Beach yoga workshop – Promoting well-being in harmony with nature

Introduction:

Beach yoga is designed to encourage women to take care of their physical and mental health while also raising ecological awareness by practising yoga in a natural coastal setting. The series of sessions introduced by AZO takes place on the beach during the full moon, meeting the need for sports activities that engage the community without negatively impacting the environment.

Objectives:

- Promoting physical and mental health through yoga in a natural setting.
- Minimising environmental impact by utilising natural resources and avoiding energy-intensive facilities.
- Increasing understanding of environmental protection and raising awareness of sustainable development by consciously connecting participants with nature.

Description:

It is a series of yoga sessions on a sandy beach, where the natural surroundings help create a peaceful, relaxing atmosphere.

Before and after each yoga session, participants engage in discussions about how clean air, a healthy environment, and spending time outdoors positively influence both physical and mental well-being. The practice takes place at dusk and continues under the light of the full moon, avoiding the need for artificial lighting. After the session, participants use their reusable water bottles, and the organisers provide healthy snacks, fruits to help reduce waste. Afterwards, the entire group participates in cleaning the area, and AZO members ensure that any remaining waste is recycled.





Impact and results:

This initiative engaged around 20 participants per session. Feedback gathered after the practice indicates increased mindfulness and appreciation for the natural environment among the participants. Additionally, by avoiding enclosed facilities, the sessions reduce carbon emissions associated with air conditioning and indoor lighting. The use of reusable water bottles and fruit snacks aligns positively with the waste reduction policy. Through discussions, practice, and direct positive experiences of the environment's impact on our nervous system and overall mental health, participants become more aware of the crucial role a clean environment plays in human well-being. The qualitative benefits include a strengthened sense of responsibility for protecting the natural environment.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

The workshops successfully promote sustainable physical activity that benefits both mental health and environmental protection.

Their affordable and easy-to-implement model offers communities a meaningful way to engage with nature responsibly, showing how sports and wellness practices can prioritise ecological awareness.

Yoga on the beach workshops can be conducted in other coastal regions at minimal cost. The simplicity of this workshop makes it easy to replicate in various locations – not only on the beach but also by lakes, in forests, or urban parks – as the goal is to bring participants closer to nature. Emphasising the natural environment and a low impact on it ensures the sustainability of the project.

To further enhance these workshops, youth workers and youth organisations could consider:

- Providing reusable or biodegradable items such as yoga mats or water bottles.
- Organising discussions on how the environment impacts mental and physical health.
- Combining regular beach clean-ups with yoga sessions to increase sustainability and overall impact.

References

Photo 1, 2, 3 - personal archives



Dixan "Clean Deep, Clean at the Source" – A Vision for a Cleaner Cyprus

Introduction:

Henkel Consumer Brands, in collaboration with Alphamega Supermarkets, conducted two significant clean-up initiatives under the Dixan "Clean Deep, Clean at the Source" programme. These efforts focused on Cyprus's environment, including an underwater clean-up at Landa Beach and a clean-up at Agios Nikandros National Park. The programme mobilised numerous volunteers, working towards a cleaner, more sustainable Cyprus by removing waste from both land and sea.

Objectives:

- To raise public awareness of the environmental impact of waste on both terrestrial and marine ecosystems.
- To encourage active community participation and corporate responsibility for a cleaner, healthier environment.
- To reduce litter and pollution in Cyprus's coastal and natural areas.



Description:

The initiative involved a team of skilled divers and volunteers. At Landa Beach, a group of specialised divers removed 10 kg of waste from the seabed, predominantly plastic, metal, and other debris.

Meanwhile, 35 volunteers collected 130 kg of waste at Agios Nikandros National Park, with plastic making up 110 kg of the total. A non-profit organisation supported the event, assisting volunteers in waste collection and ensuring participant safety. Each participant was provided with protective equipment, including gloves, masks, and litter pickers. These efforts reflect a holistic approach to environmental protection, addressing pollution at its source through practical action and community support.

Impact and results:

Through the Dixan programme, approximately 7 tonnes of waste were removed from Cyprus's underwater ecosystems over the past five years, showcasing the programme's long-term impact.



Each year, the initiative attracted more participants, resulting in visible improvements in the targeted areas. Employee involvement and partnerships with local organisations highlighted the power of collective action. The initiative was met with a positive reception from the local community.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The programme demonstrated how corporations can inspire meaningful environmental action through partnerships, volunteerism, and community engagement. Henkel and Alphamega set a positive example of corporate social responsibility with their impactful message: "Together, Cleaner!" Collaboration has proven to be the cornerstone of achieving lasting environmental results.

The programme is designed to be replicable across various regions and environmental contexts. With support from local businesses, volunteers, and non-governmental organisations (NGOs), this model can be implemented in any coastal or natural area to combat pollution effectively.

It is adaptable to both land and underwater environments, making it versatile and impactful.

Youth workers and youth organisations can build on this approach by:

- Organising clean-ups that include educational sessions to foster environmental awareness among young people.
- Introducing waste sorting stations, partnering with recycling centres, and extending efforts to inland areas or during peak tourist seasons could further amplify the initiative's reach and effectiveness.

By adopting such practices, youth workers and youth organisations can play a pivotal role in promoting sustainability and encouraging collective action.



References

Photo 1, 2 - <https://www.alphanews.live/economy/dixan-katharise-se-vathos-katharise-stin-pigi/>

Photo 3 -

<https://www.kathimerini.com.cy/gr/oikonomiki/epixeiriseis/henkel-kai-alfamega-enosan-tis-dynameis-toys-gia-mia-pio-kathari-kypro>



Fostering Sustainable Mountain Engagement Through Climbing

Introduction:

The rock climbing workshop aims to introduce participants to the sport of rock climbing while promoting sustainable practices in mountain environments. This workshop brings together climbers of all skill levels in a collaborative setting that emphasises respect for natural landscapes and teaches participants how to minimise their impact while engaging in mountain activities.



Objectives:

- Develop climbing skills among participants.
- Promote sustainable mountain practices by educating climbers on low-impact techniques.
- Cultivate a community of responsible climbers committed to preserving the mountain ecosystem.

Description:

The rock climbing workshops consist of two parts. First, participants take part in lessons where instructors provide practical advice on reducing their environmental footprint: they emphasise the importance of using designated paths, avoiding damage to vegetation, and maintaining cleanliness. Participants learn about the ecological significance of mountain ecosystems, understanding how each individual can contribute to their preservation. With this knowledge, participants proceed to the second part of the workshop, which includes practical climbing sessions. These are led by certified climbing instructors and cover key skills, such as safe climbing practices and equipment handling.



CYPRUS

Impact and Results:

The workshops encouraged people with no prior mountain climbing experience to try a new sport. A large number of participants reported that the workshops increased their awareness of responsible outdoor practices. By combining practical climbing instruction with lessons on environmental responsibility, the workshops effectively instilled sustainable values in participants, many of whom continue to apply these practices in future outdoor activities.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The rock climbing workshop showcases how outdoor sports can serve as a platform for promoting sustainable engagement with natural areas. Educating participants on responsible mountain practices fosters a community that values and actively protects mountain ecosystems.

The workshop is highly adaptable to other mountain or natural climbing areas. With minimal resources required, it can be implemented in various locations, particularly those seeking to promote responsible outdoor recreation. Youth workers and youth organisations can build on this approach by establishing stronger partnerships with local conservation groups, offering participants deeper insights into specific mountain ecosystems and their vulnerabilities. This collaborative effort can further reinforce the connection between outdoor activities and environmental stewardship.



References

Photos 1, 2, 3 - <https://www.activezoneoutdoor.cy/rock-climbing-live>



Trail Running at Akamas

Introduction:

The Akamas Trail Race is a series of multi-distance running events where participants can enjoy the natural beauty of Cyprus while being required to adhere to all environmental protection rules, promoting an eco-friendly running trail.

Objectives:

- Promote trail running.
- Educate participants on environmental protection and best practices on trails to reduce environmental impact.
- Highlight the importance of eco-friendly races and inspire other organisers to adopt similar practices.

Description:

The Akamas trail running series is a set of events aimed not only at promoting trail running but also at raising awareness of environmental protection and preserving the unique Akamas region. The events take place in March/April and June/July on the Akamas Peninsula, a region of exceptional natural value, part of which is a strict nature reserve.

This dual focus on sport and sustainability highlights the importance of following the peninsula's environmental protection guidelines. Runners participating in the event can choose from a variety of distances. They are required to carry necessary navigation equipment, as trail markings are minimal to reduce the event's environmental impact.

Aid stations are strategically placed along the route, but are limited to promote runner self-sufficiency and minimise environmental disruption. The organisers also implement a "cup-free hydration" policy, providing water and electrolytes while requiring participants to carry reusable cups, helping to reduce waste.

Impact and Results:

The event attracts international trail running enthusiasts, fostering respect for local ecosystems and educating athletes on sustainable practices. Each year, the races gain recognition for their eco-friendly standards and challenging routes.



CYPRUS

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Akamas Trail Race serves as an excellent example of balancing sportsmanship with environmental stewardship, showcasing the ecological and recreational importance of the Akamas region. The event's framework serves as a model for eco-responsible trail races worldwide, adaptable to various trail running contexts. Youth workers and youth organisations can help expand the race's impact by:

- Organising educational sessions on environmental preservation to deepen understanding of the area's ecological significance.
- Involving more local communities as race supporters to strengthen connections between participants and the environment.
- Raising awareness and support for sustainable trail running through community engagement.
- These initiatives can empower youth to play an active role in promoting environmental sustainability in sports events.



References

Photo 1 - <https://www.cyprustrailrunners.com/akamas-blossom-trail-festival>

Photo 2 - <https://www.facebook.com/photo/?fbid=10157152018606612&set=a.10157139163376612>



Augmentum: Promoting Micro-Mobility in Urban Cyprus

Introduction:

Augmentum, an initiative by OPU Collective, focuses on integrating micro-mobility solutions, such as e-scooters and bicycles, into urban planning across Cyprus. This project emphasises enhancing sustainable mobility while fostering an environmentally friendly and healthier lifestyle for urban residents. It aligns with efforts to reduce traffic congestion and improve city accessibility.

Objectives:

- Advocate for micro-mobility as a viable alternative to motor vehicles.
- Promote eco-conscious commuting in urban settings.
- Collaborate with stakeholders to design safer bike lanes and pathways.

Description:

Augmentum actively engages with local communities and authorities to implement micro-mobility infrastructure. The initiative organises workshops and events that highlight the benefits of bike-friendly urban designs and sustainable transport. It emphasises accessibility, safety, and convenience to encourage public participation in green mobility.

Impact and Results:

The project fosters community engagement and drives discussions on expanding sustainable transport networks. Pilot programmes demonstrated the potential for reduced CO₂ emissions, better traffic management, and healthier urban lifestyles.





CYPRUS

Conclusion and Recommendations for Youth Workers:

Augmentum exemplifies a comprehensive approach to urban sustainability through micro-mobility, paving the way for greener, more livable cities in Cyprus. The scalable model can be replicated in other cities, adapting strategies to local urban contexts for wider adoption of micro-mobility.

To further support this initiative, youth workers and youth organisations could have incorporated training programmes on micro-mobility safety, conducted regular community surveys for feedback, and advocated for the expansion of bike-friendly networks to encourage greater adoption of eco-friendly transport solutions.



References

Photo 1 and 2 - OPU Organisation for Positive Urbanism.jpg -

https://www.instagram.com/p/DCGYK13N55c/?img_index=16&igsh=MWI5ZGRuYzE2YWYxMg==

Photo 3 - [https://www.facebook.com/photo.php?](https://www.facebook.com/photo.php?fbid=122172294986050006&set=pb.61551500180957.-2207520000&type=3)

[fbid=122172294986050006&set=pb.61551500180957.-2207520000&type=3](https://www.facebook.com/photo.php?fbid=122172294986050006&set=pb.61551500180957.-2207520000&type=3)



Collective Effort for Cleaner Waters: Coastal and Marine Cleanup in Konnos Bay

Introduction:

The workshop aimed to raise awareness about the importance of clean beaches, the impact of pollution on marine ecosystems, and human health. The initiative sought to inspire collective action and responsibility for preserving the natural beauty of Konnos Bay. It brought together divers, swimmers, scouts, and students to improve the beach's condition while promoting environmental and social responsibility.

Objectives:

- To assist in the restoration of the natural state of the beach and underwater areas by removing waste that affects local ecosystems.
- To raise awareness among young people and the local community about the importance of protecting the marine environment.
- To instil a sense of responsibility for maintaining the cleanliness of the coastline.

Description:

The seabed and beach clean-up involved coordinated efforts along both the shoreline and underwater areas.

Participants were equipped with the necessary gear, such as gloves, grabbers, masks, and waste bags. The collected trash was then sorted and removed. Volunteers from local schools, sports clubs, and other organisations joined in to maximise the clean-up efforts. The entire action was accompanied by a discussion on the need to protect local beaches and the sea, led by experienced divers, swimmers, and activists.

Impact and Results:

Thanks to the clean-up action, 60 kg of waste were removed. The majority of the waste was plastic, though glass, paper, and ropes were also found.





CYPRUS

The workshop participants, aged 15-18, were deeply moved by the amount of pollution present and the need for responsible beach practices. This action created a space for debate and helped raise awareness among young people about the scale of the problem. The workshop not only improved the cleanliness of the Konnos area but also strengthened the environmental awareness of all participants, leaving a lasting impact on their views on environmental protection.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

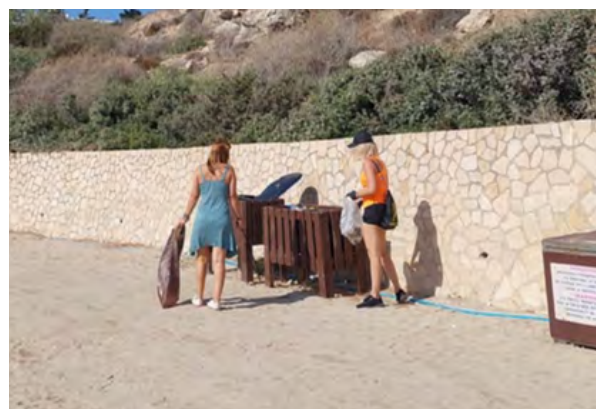
AZO's seabed clean-up workshop successfully improved coastal conditions, raised community awareness, and fostered engagement in environmental protection. The initiative highlighted the positive impact of community-led efforts in marine conservation.

Seabed clean-up workshops can easily be replicated in other coastal regions. Basic equipment such as gloves, grabbers, masks, and waste bags is required, along with collaboration with local environmental groups and experienced divers.

The relatively low cost and simplicity of the workshop make it an ideal model for similar coastal and underwater clean-up efforts around the world.

For similar projects, youth workers and youth organisations could:

- Collaborate with other local organisations to provide specialised resources.
- Incorporate educational meetings with experts to deepen participants' understanding of environmental protection.
- Engage young people as active participants to build a committed community and achieve long-term impact.
- Encourage the use of reusable water bottles or cups to reduce waste and minimise environmental impact.



References

Photo 1, 2, 3 - <https://www.skalatimes.com/2023/11/26/dieksagwgi-kathariotitas-paralias-kai-vouthou-stin-perioxi-konnos/>

BEST PRACTICES FROM



GREECE



Athens Marathon – Sustainability Efforts

Introduction:

During the Athens Marathon, several sustainability and environmental initiatives were implemented, such as a Green Teams volunteering programme, recycling programmes, mitigating waste, and reducing the carbon footprint of the event altogether.

This project also collaborated with the United Nations (UN) Environment Programme to raise awareness about the Mediterranean Action Plan, which focused on strengthening the region's physical environment and contributing to sustainable development.

Objectives:

- Expand community involvement in sustainability efforts.
- Reduce the environmental footprint of the Athens Marathon.
- Reduce overall waste and pollution following the event.
- Contribute to sustainable development.

Description:

Before the Athens Marathon, some volunteers were invited to participate through the Green Teams Initiative, a group responsible for collecting and recycling items during and after the marathon, such as plastic. During the event, the volunteers also provided free water bottles rather than single-use plastic cups. Additionally, several recycling bins were placed around the city. Finally, the volunteers involved in the project also helped create different reuse schemes, not only for water bottles but also for sneakers, running shoes, other training equipment, and sportswear.

Impact and Results:

The initiative has led to several key impacts and results, namely:

- Reduction of Environmental Footprint.
- Waste Reduction and Recycling.
- Community Engagement and Awareness.
- Innovative Sustainability Practices.



GREECE

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The sustainability of the Athens Marathon showed how creative we could be in terms of promoting environmental sustainability and reducing our carbon footprint. Recycling and reusing equipment is a consistent measure we can also strive for. Reusing and handing in old sports clothes and shoes is a creative way to help each other, reduce costs, and promote sustainability. This is likely applicable to much of the material we use within our organisations.

When printing new stickers, merchandise, and so on, we must think of the long-term use rather than designing and consistently consuming new things all the time, which hurts our pockets as well as the environment. What we can learn from the Green Teams Initiative is that community involvement and inclusivity were fantastic tools to reach sustainability objectives. Protecting the environment and promoting sustainability is a goal most of us can stand behind; this united people and provided a sense of community, friendship, and motivation.



References

<https://athensauthenticmarathon.gr/en/volunteering/volunteering-programme/>



Kinitiko Ergastiri - Adopting Common Environmentally Friendly Equipment for All

Introduction:

Kinitiko Ergastiri—The Association of Adapted Sports & Recreation Activities implemented a pilot project in five sports clubs of the C ZERO NETWORK in Greece. The project introduced and promoted eco-friendly practices to athletes with disabilities. This project combined the importance of inclusivity and sustainability in sports for all.

Objectives:

- To promote environmental awareness and environmental sustainability in sports, with a focus on vulnerable groups and individuals with disabilities.
- To enhance the use of eco-friendly and reusable sports materials.

Description:

The practice activities revolved around workshops where the participants learned about the importance of sustainable actions within sports. They learned how small changes could build momentum for bigger impacts. For example, using reusable water bottles instead of single-use plastics could, over time, make a tremendous impact by reducing the plastic use of a sports organisation. The workshops were directed towards individuals with physical and cognitive disabilities. Therefore, the practice was not large in terms of multiple sustainability practices or topics. Still, it demonstrated that small changes could make a significant difference and that everyone could contribute to a sustainable future.



Impact and Results:

During the workshops, a total of 50 participants had either physical or cognitive disabilities. The participants left the workshops with an increased understanding and knowledge of the importance of the reuse philosophy, not only in sports but in everyday life. Additionally, all participants were given reusable water bottles made from eco-friendly materials.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

One of the great things about this practice is that it showcases how all sports clubs and facilities can contribute to sustainability. You do not have to be a large club or sporting federation; regardless of sport, size, or country, everyone can contribute to environmental sustainability.

There are some key suggestions that many youth organisations can implement, namely:

- Provide reusable water bottles for members, participants, or athletes. This simple step applies not only to sporting organisations but to all types of youth groups and helps promote sustainability in daily practices.

- Prioritise inclusivity in all environmental and sustainability initiatives. While this practice focused on individuals with disabilities, inclusivity should extend to everyone, ensuring that all youth can participate and benefit from a sustainable future.
- Integrate inclusive learning actions as a core element of programming. Making sustainability education accessible to all enhances impact and fosters a more equitable approach to environmental responsibility.



References

<https://athensauthenticmarathon.gr/en/volunteering/volunteering-programme/>



Spetses Yacht Club (SYC) Sustainability Initiatives

Introduction:

The SYC has, through its sustainability initiatives, demonstrated on numerous occasions how to incorporate sustainability into its activities, both on land and on water. Through a series of workshops, community engagement, and sustainability projects, the SYC reduces its environmental footprint and the negative impacts that sports can have on marine environments.

Objectives:

- Promote sustainability within marine sports.
- Minimise the environmental impact of marine sports.
- Enhance community engagement to create a sustainable future for all.
- Preserve marine ecosystems and heritage.
- Foster inclusivity for environmental action.

Description:

SYC incorporates sustainability into its operations in several ways. Firstly, education.

Through public-hosted workshops, such as Sustainable Yachting, participants learn about marine environments and conservation. Monthly lessons are also directed towards younger participants, focusing on plastic pollution and climate change. Secondly, several sustainability policies for the club include banning single-use plastics and providing water-filling stations to incentivise the use of reusable equipment. Finally, the club emphasises inclusivity for all, regardless of age.





Impact and Results:

As part of their initiatives, there have been many beneficial outcomes for sustainability. Notably, the ban on single-use plastics, an 84% reduction in plastic water bottle usage, and enhanced civic engagement and knowledge through inclusive and informative workshops.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

While this practice differs slightly from the previous ones mentioned, the sustainability initiatives of SYC showcase how sustainability can be incorporated into any sport at any level. It also demonstrates that there are many different actions that can be taken to reduce the negative impact on the environment. Providing water stations and discontinuing the use of single-use plastics is an affordable and simple start, which is a great first step. Followed by workshops and adapting your specific sports projects, these can be longer-term objectives to strive towards.

References

<https://nosp.gr/en/sustainability/>



The Sports Footprint - Super League Sustainability Table

Introduction:

The Super League Sustainability Table is a creative toolkit that has been used to promote both environmental sustainability and social responsibility within Greek football teams. The sustainability table provides a framework to rank different teams based on a set of indicators that measure their social responsibility and commitment to environmental sustainability.

Objectives:

- Promote environmental and social responsibility among Greek football teams
- Rank clubs based on indicators, including waste management, energy use, social inclusion, and community support

- Encourage healthy (sustainable) competition among football clubs
- Increase fan engagement to push teams to take greater social and environmental action
- Enhance transparency and accountability in football team sustainability policies.

Description:

The Super League Sustainability Table was established to enhance the role that sports play in contributing to positive societal and environmental change. The table utilises several environmental factors like transportation, waste management, water management, food sustainability, and energy use. Additionally, it includes social inclusion, accessibility, support for the community, and equality as means to measure and rank social and environmental impacts.



GREECE

Impact and Results:

As a result of the project, there have been numerous signs of increased social and environmental benefits from Greek football clubs. By using rankings and indicators such as the sustainability table, the project fosters accountability, expectation, and transparency, which pushes football clubs to become more sustainable.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

The sustainability table highlights how positive social and environmental change can occur in various ways. The main takeaway is the creativity of this project, using accountability and transparency, fuelled by competition and fan expectations. With a low-cost initiative, larger organisations are encouraged to make significant changes, making it an inspiring idea that can be utilised on a smaller scale. Everybody likes competition, so sustainability challenges in this regard present a lot of opportunities. For example, it could be applied to smaller-scale activities like recycling the most waste or using the least plastic.

References

<https://www.thesportsfootprint.gr/super-league-sustainability-table/>



Ecogenia - For Young People, for the Environment, for Greece

Introduction:

Ecogenia is a significant project that encourages young people in Greece to contribute to sustainable change, particularly through local, small-scale eco-tourism projects and other forms of environmental education. Established by Lia Papazoglou, the platform enables youth to work on various environmental initiatives.

Objectives:

- Empower young people to take action within their communities.
- Promote local eco-tourism projects and community development.
- Encourage active citizenship and civic engagement among youth.
- Foster international collaboration through youth exchanges, sharing ideas and solutions.

Description:

Ecogenia's projects are focused locally, inspiring eco-tourism by creating eco-trails for participants and collaborating with schools and other stakeholders to deliver presentations and workshops on environmental and climate action.

Notable pilot projects include the creation of a hiking trail in Dorida to promote eco-tourism and connect outlying villages. Another initiative focuses on educating children about sustainability and citizenship.

Impact and Results:

Ecogenia's initiatives and projects have yielded numerous positive impacts. These include youth empowerment, with young Greeks becoming actively involved in building a sustainable future and understanding the importance of local action for global change. Local initiatives, such as eco-trails, have brought attention to lesser-known tourist areas. The project has also fostered civic engagement at various levels, creating a network where individuals can share knowledge, experiences, and solutions to address environmental challenges.



GREECE

Conclusion and Suggestions for Youth Workers and Youth Organisations:

This project demonstrates how environmental sustainability can be promoted not just through sports, but also in other sectors like tourism. Civic engagement should be inclusive and accessible, regardless of location, ensuring that everyone can contribute to building a sustainable future. A key takeaway from this project is the balance between awareness, education, and action. These three pillars inspire engagement and local actions that ultimately contribute to environmental sustainability on a global scale.



References

<https://www.greece-is.com/ecogenia-for-young-people-for-the-environment-for-greece/>



Sustainability Initiatives - Hellenic Basketball Federation

Introduction:

The Hellenic Basketball Federation has implemented a series of sustainability initiatives as part of its commitment to environmental and social sustainability. This includes a range of campaigns aimed at recycling, sustainable travel, environmental impact reporting, and hosting workshops to educate and raise awareness on sustainability issues.

Objectives:

As the sustainability initiatives are diverse, there is also a wide range of objectives for these programmes, including:

- Reducing waste and increasing recycling at major events.
- Promoting sustainable travel habits amongst teams to reduce the carbon footprint of travelling to matches.
- Improving monitoring of the federation's environmental impact.

Increasing environmental awareness and actions within the basketball community.

Description:

As mentioned earlier, this practice is divided into several categories aimed at promoting environmental sustainability. Recycling and waste management at major events focus on increasing waste recycling rates (in terms of kilos) compared to previous events, while also reducing plastic usage and greenhouse gas emissions. For sustainable travel, teams use buses to reduce emissions. Additionally, the federation has hosted workshops and shared their work at international conferences to inspire other teams, sports organisations, and leagues to implement similar sustainability initiatives.

Impact and Results:

Following the implementation of these initiatives, more than 100 recycling bins were placed around the venue during matches, resulting in nearly 4 tonnes of plastic, paper, and aluminium waste being collected, 77% of which was recycled. This not only avoided the felling of trees but also helped reduce carbon emissions and decrease plastic pollution. In 2023, the Hellenic Basketball Federation shared these practices at the Munich European FIBA Federations Conference.



GREECE

Conclusion and Suggestions for Youth Workers and Youth Organisations:

While most organisations may not have the same resources as the Hellenic Basketball Federation, many valuable lessons and practices can be applied to your organisation. For example, consider placing a few recycling bins at your events instead of a large number. You can also create systems where players carpool or, for larger events, rent a bus to cut down on emissions. Another key takeaway from the federation's recycling campaign is reducing plastic use by opting for paper or reusable products instead of single-use plastics. These small steps can have a significant positive impact on the environment.



References

<https://sustainabilityreport.com/2024/08/15/greek-basketballs-crossover-to-social-and-environmental-responsibility/#:~:text=HBF%20is%20also%20the%20first,Environmental%20Responsibility%20Strategy%202024%2D2028.>

BEST PRACTICES FROM



ITALY



Climbing for Climate

Introduction:

Climbing for Climate is an initiative which involves a network of universities across Italy organising outdoor sporting events in natural settings (mainly climbing, but also cycling, trail running, hiking) and other related workshops (where outdoor activities are not possible) to provide a direct view and experience of the effects of climate change on nature.

Objectives:

- To use outdoor sporting activities as a tool to observe and reflect on environmental challenges, particularly climate change.
- To engage people in outdoor activities in nature, helping them better understand their surroundings and local biodiversity.
- To strengthen networking among organisations and universities across Italy by cooperating towards a common goal.

Description:

Climbing for Climate is an initiative that reached its sixth edition in 2024, led by the RUS – Network of Universities for Sustainable Development – in collaboration with the Italian Alpine Club (CAI). It brings together 88 universities and other organisations to organise activities that combine sport and nature observation as a means to explore and understand the impacts of climate change. Each year, a national event is organised (in 2024, it involved climbing the melting icy mountains of Marmolada) to explore nature and discuss the effects of climate change in an evocative location, enabling people to observe these changes with their own eyes. At the same time, the different partners and members of the network organise various local activities involving the community, using outdoor sports (climbing, hiking, swimming, cycling, trail running, etc.) to facilitate direct observation of the effects of climate change on the environment in their surrounding areas.

Where such activities are not possible, universities organise workshops and other activities on their premises.



Impact and Results:

Many people participated in the activities organised by universities across Italy, raising awareness about the effects of climate change. Participants engaged in educational workshops and activities and directly observed the effects of this phenomenon on the environment in their local areas through climbing, cycling, trail running, swimming, and other sporting activities.

The initiative fosters strong networking among universities and organisations across the country, which work on using various outdoor sports to address climate change topics, facilitating experiential learning.



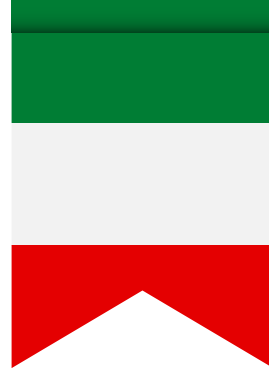
Conclusion and Suggestions for Youth Workers and Youth Organisations:

The opportunity to observe nature with one's own eyes, understand the issues connected to it, and witness how it is changing and degrading in various contexts through engaging activities is certainly a tool that promotes experiential learning and the development of greater awareness, stimulating reflection and active participation.

While organising activities in many locations across the country during the same period provides greater visibility and the opportunity to engage more people, it is also possible for different organisations to tailor actions to their local diversity, the opportunities offered by the local environment, and to offer insights for reflection on the various challenges through different sporting activities.

References

<https://reterus.it/climbing-for-climate-sesta-edizione/>
<https://asvis.it/cal/5810/climbing-for-climate>



Greencoach - Incorporating Sustainability in the Governance of Sports Organisations

Introduction:

The sports industry bears significant responsibility for global environmental pollution. Over the past decade, various initiatives have been developed to incorporate the monitoring and benchmarking of environmental footprints in sports events, but without delivering concrete, sustainable outcomes.

"Greencoach – Incorporating Sustainability in the Governance of Sports Organisations" was a Cooperation Partnership project under the Erasmus+ Sport programme.

The project aimed to improve good governance in sports organisations concerning their environmental impact by monitoring their environmental footprint and adopting sustainable practices in their daily management strategies.

It involved eight different organisations, including NGOs, universities, and football federations, based in various countries (Italy, Spain, Norway, Belgium, Sweden, Lithuania, and France), to maximise the use of their expertise in creating the monitoring and educational tools.

Objectives:

Greencoach aimed to improve good governance in sports organisations by incorporating the monitoring and benchmarking of their environmental footprint and embedding sustainability as a cross-cutting element in the daily management of sports organisations.

- Moreover, the project aimed to:
- Develop user-friendly tools to enhance the competence of sports organisations in monitoring and benchmarking carbon footprint indicators.
- Incorporate environmental footprint monitoring in sports organisations through these tools and encourage continuous improvement.
- Enhance education and awareness of athletes, event spectators, and staff about the environmental footprint of sports and promote ethical behaviours and codes of conduct.
- Generate evidence on the different impacts that can be achieved by implementing specific measures in sports organisations.



ITALY

Description

Greencoach worked practically on creating four different tools to monitor the environmental footprint of sports organisations (mainly grassroots football clubs) and raise awareness among athletes, staff, and others connected to these organisations about environmental sustainability.

The four tools are:

- *The Greencoach Tool*: An online platform that enables sports organisations to understand their environmental footprint, monitor, and benchmark their progress in terms of environmental sustainability.
- *Educational Tools*: Two manuals – one for athletes and one for managers and staff of sports organisations – containing information on topics related to environmental sustainability in sports organisations and events, along with practical educational activities for the target groups.
- *An Evidence-Based Study and Action Plan*: This document contains practical suggestions and tips for reducing the environmental footprint of grassroots sports.

- *Other Support Documents*: Additional resources to better explain and promote the importance and relevance of environmental sustainability to the target groups.

The project was financed by the Cooperation Partnership action of the Erasmus+ Sport programme. The coordinators of Ecoserveis, an NGO specialising in environmental issues, provided the framework for the project. The University of Sant'Anna worked on the research, data collection, and the creation of the tool to measure the environmental impact of football clubs. TDM 2000 International developed the educational tools, while the remaining five partners (football federations from Belgium, Norway, Sweden, France, and Lithuania) acted as practical users of the project's outcomes, providing ideas, data, feedback, and testing the activities implemented.



ITALY

Impact and Results:

The initiative has led to several key impacts and results, namely:

- Reduction of Environmental Footprint.
- Waste Reduction and Recycling.
- Community Engagement and Awareness.

Innovative Sustainability Practices.

Greencoach can provide a solid foundation for other sports or sectors. The workshops created are suitable for various contexts with young people, and are both engaging and enjoyable.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

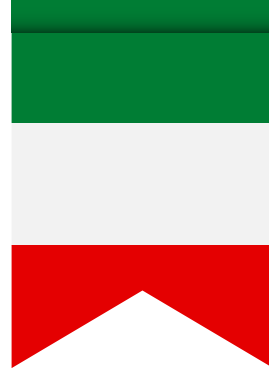
Greencoach demonstrated that the sports world cares deeply about environmental sustainability, recognising the need to address their impact.

One key lesson learned was that sport has significant power in influencing people's behaviour and can serve as an effective tool for educational purposes. Furthermore, sport is a matter of global interest, just as the environment should be.

The educational activities developed are ready to be implemented in any country and can be adapted to other sports and target groups (including young people).

References

<http://greencoacherasmus.eu>



Re-Boat Race

Introduction:

The Re-Boat Race is a boat competition held in Rome, where competing teams from all over Italy participate by building boats made from garbage and recycled materials provided by the organisers. The boats must float on water and be capable of navigating to the end of the race. Teams compete not only in building the boat but also in racing it.

Objectives:

- Improve knowledge of recycling and upcycling practices, ultimately promoting environmental sustainability.
- Highlight the role of sporting practices in promoting better environmental behaviours among different stakeholders.
- Emphasise the importance of creativity in upcycling materials, demonstrating how items that would otherwise be considered trash can be repurposed, while reducing consumption.

Description:

The Re-Boat Race (Regata Riciclata in Italian) is organised by A.S.D. Sunrise 1, a sports organisation based in Rome, in collaboration with several other organisations. The competition requires teams to create their boats using recycled materials provided by the organisers.

The race is not only about building the fastest boat from entirely recycled materials; it is a true ecological celebration. Participants can win various prizes for their creativity and sustainability efforts, including:

- Best teamwork
- The most colourful boat
- The most innovative and smart boat
- Youth Team prize
- Prize for the boat built with the most recycled materials
- Best eco-uniforms
- Best team on social media
- And more.

Other similar events take place in Italy, such as Riciclonda, which is held in the waters of Ravenna in the Emilia-Romagna region.



ITALY

Impact and Results:

The event attracts a large number of enthusiastic participants and spectators, making it a fun and innovative competition. It successfully conveys its key message to a broad audience. The event provides valuable ideas on how to reuse and recycle materials, while encouraging the reduction of consumption and the creative repurposing of materials.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

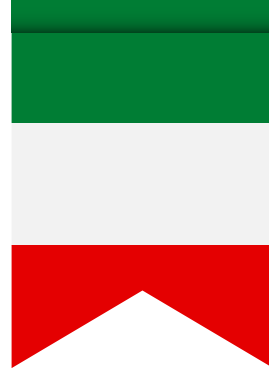
The Re-Boat Race is an engaging and enjoyable activity that can encourage young people to think creatively about the use of old and recycled materials, even in sports. It can spark important discussions and inspire further activities using collected or recycled materials. A more structured reflection and debriefing session on the impact of these practices on the environment could add an extra dimension to the event.



References

<https://www.regatariciclata.it/>

<https://ailravenna.it/events/riciclonda-2022/>



Eco-Basket

Introduction:

Eco-Basket is an engaging and educational activity for children, organised by Ambiente S.p.A., where participants compete in teams to throw various waste items into the correct recycling baskets. Through this fun and interactive game, children learn the principles of waste separation and the correct recycling of materials.

Objectives:

- To raise awareness of the importance of proper recycling practices.
- To provide information on how to sort and separate waste correctly.
- To encourage correct waste collection for recycling.

Description:

The game area is arranged with basketball-style bins, each labelled with a colour and the name of a recyclable material according to the local community's recycling system. Waste items such as plastic bottles, cans, paper, and other materials are provided for the children to sort.

Participants form equally sized teams and take turns within a set timeframe to collect and sort waste by throwing it into the correct basket. Each round lasts two minutes. Team members take turns one by one: the first player picks an item from the "waste box" and must throw it into the correctly labelled basket. If the item lands in the correct bin, the team earns a point.

The team with the most points at the end wins the game. However, all participants are rewarded with a special lunch featuring sustainable, locally produced food, reinforcing broader ideas of environmental responsibility and healthy living.

This initiative enjoys high participation rates and effectively combines sport (specifically basketball) with environmental education and awareness.



ITALY

Impact and Results:

The activity is fun and highly engaging, especially for children, who absorb important environmental lessons while playing. It successfully raises awareness about recycling and everyday sustainable behaviours. It also positively influences parents and other spectators, creating a ripple effect of increased environmental consciousness within the community.

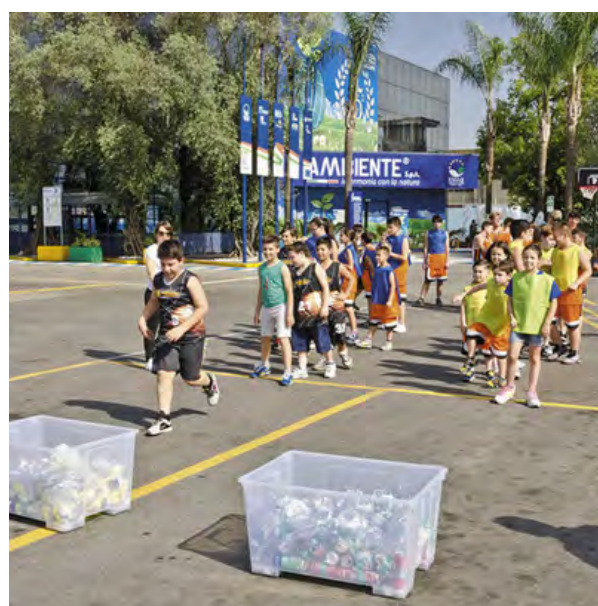
Conclusion and Suggestions for Youth Workers and Youth Organisations:

Eco-Basket is easily replicable and adaptable for various age groups and community settings. It offers an innovative way to explore local recycling practices and environmental habits. It can also creatively utilise waste generated during an event or workshop, turning it into an educational tool and ensuring it is properly sorted.

The concept can be adapted to other sports (e.g., football or handball), as long as there are distinct, clearly marked “goals” or bins for different types of recyclable materials. All materials used in the activity should be safe to handle.

Possible debriefing questions to explore after the activity include:

- Was it difficult to decide where to throw the “ball”? Were you more focused on choosing the correct bin or on getting it into the basket?
- Do you pay the same attention to recycling at home? What about when you’re out in public?
- What improvements could we make in our everyday recycling habits?
- Do you know of any other concepts related to reducing or avoiding the production of unnecessary waste?



References

<https://www.ambiente-spa.eu/da-ambiente-e-di-scena-leco-basket/>



Intergenerational Relay Race

Introduction:

The Intergenerational Relay Race is an innovative sporting activity developed by the Italian Athletics Federation as part of their Run Fest. It uses the familiar format of a relay race to deliver a deeper, symbolic message: the passing of environmental responsibility between generations. By involving participants from various age groups, the race represents the shared duty to preserve the environment and the impact of present decisions on the future.

Objectives:

- Raise awareness about shared environmental responsibility across generations.
- Promote sustainability and the concept of managing shared resources wisely.
- Encourage dialogue between generations about climate change and collective solutions.
- Illustrate the idea that actions today affect the ease or difficulty of tomorrow's challenges.
-

Description:

This is a classic relay race, with one key difference: each team must consist of participants from multiple generations (e.g., age ranges like 15–25, 26–35, 36–45, 46–55, etc.).

The race starts with the oldest team member and finishes with the youngest, symbolising the environmental legacy passed from one generation to the next.

Each runner is placed at predetermined intervals and must pass the baton forward, reinforcing the idea of generational continuity and accountability.

Although competitive in structure, the Intergenerational Relay is a non-professional, non-competitive event designed to foster awareness, reflection, and discussion, both during and after the race.

Impact and Results:

The race proved highly impactful during Run Fest, resonating deeply with participants and spectators alike. It sparked conversation about intergenerational responsibility and the importance of protecting the planet for future generations. It also served as a creative, physical representation of environmental education, helping to engage people more memorably and emotionally than traditional formats.



ITALY

Conclusion and Suggestions for Youth Workers and Youth Organisations:

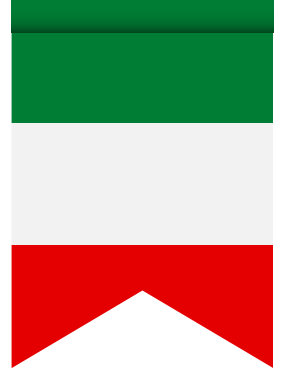
The Intergenerational Relay Race is flexible and can be easily adapted to workshops or educational settings, even where participants don't span all age groups. In those cases, roleplay or other methods (e.g., symbolic distances, obstacles, or character cards) can be used to simulate generational differences. Some suggested variations are:

- Roleplay Version: Assign participants to generational roles with role cards and adjust their distances accordingly.
- Handicap System: Older generations run longer distances, or younger generations face obstacles to simulate environmental burdens.
- Alternative Formats: Replace running with cycling, swimming, or adapted physical activities, depending on accessibility and context.
- Time Trials: Use time-based qualifiers to assign generational roles, helping participants experience and reflect on environmental inequity.



References

<https://www.ambiente-spa.eu/da-ambiente-e-di-scena-leco-basket/>



RRR-C EcoSkate

Introduction:

RRR-C EcoSkate stands for “Recycle, Replay, Reinvent the City – Ecoskate” and is an innovative initiative developed in the Santa Giulia neighbourhood of Milan, Italy. It brings together plastic recycling, skateboarding, and education on sustainable mobility, offering young people a hands-on, creative way to rethink their relationship with their city and the environment.

Objectives:

- Collect plastic bottle caps and recycle them into sporting materials (skateboards and skateboard tools).
- Educate young people in Santa Giulia about environmental awareness through interactive workshops.
- Promote sustainable mobility and physical activity through the use of skateboards.

Description:

The project was founded by skateboarders and eco-entrepreneurs Walter Macaluso and Federico Bianchino, who merged their passions for sustainability and skateboarding. It was initially funded by the city of Milan through the initiative “La scuola dei Quartieri,” which supports local neighbourhood-based projects.

The project unfolds in three phases:

1. Recycle – Bottle caps are collected and processed using special machinery to create eco-friendly skateboard decks and tools used for maintenance.
2. Replay – Young people participate in skateboarding workshops, learning how to ride and care for their new boards.
3. Reinvent the City – Participants are encouraged to envision and design ways to engage with their urban environment using skateboards and other sustainable transport options.

The initiative blends creativity, urban design, environmental responsibility, and sports in a participatory format that empowers young people to become active changemakers in their neighbourhoods.



ITALY



Impact and Results:

The initiative fostered community-wide participation in plastic cap collection, directly improving local waste recycling habits. It provided young people in Santa Giulia with educational workshops that promoted both sustainability and physical activity, while also enabling youth to reimagine and co-design more sustainable uses of their city through eco-friendly mobility. One of the key outcomes was the creation of a social enterprise—Eco-Skateboard—which continues to recycle plastic bottle caps into skateboards and tools, offering an innovative business model centred on sustainability and sport.

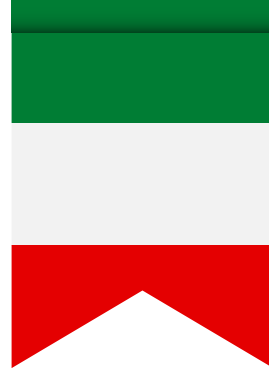
Conclusion and Suggestions for Youth Workers and Youth Organisations:

RRR-C EcoSkate is a powerful and practical example of how environmental awareness and sport can go hand in hand. It not only educates young people on the importance of recycling and sustainable mobility, but also provides them with tangible, useful results they can enjoy and use in their daily lives.

Youth workers can replicate this approach by combining physical activities like skateboarding, cycling, or rollerblading with environmental education. Activities can include local plastic collection drives, do-it-yourself (DIY) workshops on making sports tools from recycled materials, and group sessions to brainstorm greener ways to move and interact with urban spaces.

References

<https://lampoonmagazine.com/article/2021/10/31/santa-giulia-nord-riciclo-plastica-eco-skate/> <https://cmsr.org/news/una-nuova-collaborazione-con-ecoskate/> <https://ecoskate.it/ecoskate-school-educazione-trasversale/>



Sportivi Circolari: Campioni di Sostenibilità

Introduction:

“Sportivi Circolari: Campioni di Sostenibilità” is an inclusive initiative led by Balon Mundial, a sport and social integration organisation based in Torino, Italy. The project promotes circular economy and environmental sustainability by involving young people from disadvantaged neighbourhoods in repairing unused and broken bicycles, learning practical skills, and participating in sports activities rooted in eco-conscious values.

Objectives:

- To provide a learning path on circular economy through sports activities in natural and urban outdoor settings.
- To offer social inclusion opportunities to youth from disadvantaged backgrounds.
- To recycle and give new life to discarded bicycles while teaching repair and maintenance skills.
- To encourage environmentally sustainable behaviours through physical activity.

Description:

The initiative is supported by the *Fondazione Compagnia di San Paolo* and involves several local partner NGOs. It takes place in two neighbourhoods of Torino: Mirafiori and Lingotto, both areas with a high risk of youth marginalisation.

The project is structured in multiple phases:

- A collection of unused or broken bicycles donated by the public.
- Skill-building workshops for youth to learn bicycle repair and maintenance.
- Use of the repaired bicycles in a range of activities: cycling, city cleaning actions (such as plogging), and sport workshops that integrate circular economy education.

Participants also take part in open-air sessions to learn about sustainability, eco-citizenship, and the benefits of reducing urban waste through the reuse of materials. The first edition of the project began in February 2024 and will run until July 2025.



ITALY

Impact and Results:

The project engaged minors (14–16 years old) in outdoor sports, sustainability workshops, and eco-friendly community initiatives. Young adults (18–35 years old) gained hands-on experience in circular economy practices and participated in building a lightweight cycling repair station. Sport educators (25+ years old) received training on the Sustainable Development Goals (SDGs), environmental management, and methods to facilitate eco-education. Meanwhile, the local community benefited from increased environmental awareness, urban space revitalisation, and inclusive community sports and education events. Designed to have a broad reach, the project directly involves approximately 150,000 local residents through its activities, events, and awareness campaigns.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

“Sportivi Circolari” offers a replicable and adaptable model for combining sport, inclusion, and environmental education. By directly engaging young people in hands-on repairing, using recycled sports materials, and participating in meaningful, eco-friendly actions, the project cultivates awareness and active citizenship.

This approach can easily be extended beyond bicycles. Similar models could involve repairing and reusing old sports shoes, balls, canoes, or other equipment, followed by engaging in sport-based activities using the refurbished items. The impact is more powerful when participants can see and use the results of their efforts, making learning tangible, fun, and lasting.

This initiative also opens the door for cross-sector collaborations, connecting youth work with environmental sustainability, social entrepreneurship, and urban regeneration.

References

<https://www.balonmundial.it/sportivi-circolari/#:~:text=%E2%80%9CSportivi%20Circolari%20%E2%80%93%20Campioni%20di%20Sostenibilit%C3%A0,Circolo%20Arci%20%E2%80%9CDa%20Giau%E2%80%9D>



Plastic Hunting

Introduction:

Plastic Hunting is an innovative and engaging activity where teams combine environmental action and competitive sport. Participants collect rubbish from natural areas to earn time bonuses for their teammates taking part in an open water swimming competition. Each team includes a group of "Hunters", who collect litter, and one "Swimmer", who competes in a 2km sea race. For every kilogram of plastic waste collected, the team earns a time deduction from their swimmer's race time, adding a collaborative and ecological twist to a traditional sports event.

Objectives:

- To raise awareness of the importance of keeping natural and urban areas clean and respecting the environment.
- To take direct action to protect the local environment by collecting plastic and other abandoned waste.
- To highlight the sheer volume of waste left around and the urgency of recycling and responsible waste disposal.

Description:

Organised by the NGO N'Sea Yet and the local committee of UISP (Italian Union of Sport for All, one of Italy's sport promotion bodies), Plastic Hunting takes place along

the beautiful marine coastlines of Campania, in southern Italy.

The event is a successful example of combining competitive sport with environmental activism, making it accessible and appealing to a wide audience. Each team consists of one swimmer and a group of hunters. While the swimmer competes in a long-distance sea race (typically 3.6 miles), the hunters collect plastic and rubbish from the surrounding natural area. For every kilogram collected, the team earns a one-second deduction from their swimmer's final race time, offering an exciting strategic element and the possibility to win based not only on athletic performance but also on environmental contribution. Additionally, participants can accompany swimmers in kayaks provided by local sporting associations, encouraging wider involvement and inclusive participation.

The event draws a strong following and has been successfully repeated several times. It offers tangible environmental benefits (through the collection of plastic waste), promotes physical activity, raises environmental awareness, and demonstrates how everyone can contribute meaningfully to sustainability. It also fosters teamwork and community inclusion.



ITALY

Impact and Results:

Plastic Hunting has grown in popularity and visibility, regularly attracting participants and spectators. It effectively promotes environmental values, physical activity, and inclusive participation. On average, each event results in the collection of approximately 70kg of plastic, making a significant environmental impact. Beyond the waste collection, the event stimulates discussion, education, and greater personal responsibility for sustainability.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Plastic Hunting is a replicable and adaptable model that can be effectively used in youth work settings. It offers a fun and physical way to engage young people with important environmental issues, with some suggestions for adaptation, including:

- Shortening the distances to suit different age groups or abilities.
- Modifying the rules (e.g. adjusting seconds per kilogram) to match local conditions.
- Replacing swimming with other outdoor activities, such as running, cycling, climbing, or even an urban scavenger hunt, if no swimming area is available.

In addition to the suggested variations, some possible debriefing questions to explore after the activity include:

- How was the activity for you?
- Were you surprised by the amount of rubbish you found? Could you have guessed the weight?
- Why do you think so much waste is left behind?
- What could be done to prevent this from happening in the future?
- As citizens, what can we do to prevent, act, and respond to environmental damage?



References

- <https://www.areamarinaprotettagiola.it/single-post/presentazione-evento-caccia-alla-plasticaswimming-edition-2022>
- <https://www.uisp.it/napoli/pagina/caccia-alla-plastica-swimming-edition-ii>
- <https://www.ilroma.net/curiosita/liniziativa-solidale/caccia-alla-plastica-swimming-editionsport-tutela-dellambiente-e>
- <https://www.fondalicampania.com/napoli-caccia-alla-plastica-2-km-di-nuoto-a-sostegnodellambiente/>
- <https://www.dalsociale24.it/3-luglio-caccia-alla-plastica/>
- <https://www.facebook.com/events/1185319862231393>
- <https://www.youtube.com/watch?v=yD6gsqyhxWg>



Udinese Calcio Sustainability Champion

Introduction:

Udinese Calcio, a Serie A football club, was awarded the “Championship of Sustainability” in 2023—an accolade recognising the club’s outstanding environmental commitment. Udinese’s strategy includes a partnership with an energy provider specialising in zero-emission solutions, a fully renewable-powered stadium, and football kits made from recycled materials, showcasing how top-tier sport can lead on climate responsibility.

Objectives:

- To operate a zero-emission stadium powered entirely by renewable energy.
- To offset any unavoidable carbon emissions through support for certified environmental projects.
- To promote sustainable practices within professional football.
- To raise awareness and support environmental education among fans and the wider football community.

Description:

Udinese Calcio is a trailblazer in Italy—and ranks fourth across Europe—for implementing environmentally sustainable solutions within a professional sports context. The club, owned and led for over 30 years by the Pozzo family, has integrated sustainability into its core operations, largely enabled by its partnership with BlueEnergy, a company specialising in zero-emission energy. BlueEnergy is also the club’s stadium naming partner.

Key sustainability initiatives include:

- A 100% renewable energy-powered stadium, making it completely carbon-neutral.
- Use of CarbonSink for carbon offsetting, supporting global projects that absorb or reduce CO₂ emissions.
- Team kits produced by Macron using recycled plastic bottles.
- A fan incentive scheme allowing supporters who subscribe to BlueEnergy’s electricity plans to pay their season ticket in 12 instalments via their energy bill.

Strict sustainability standards for all suppliers and partners, encouraging environmentally responsible collaboration.



ITALY

Impact and Results:

Udinese Calcio's actions serve as a strong example to fans, fellow clubs, and businesses alike. The club's strategy not only reduces its environmental footprint but also actively engages supporters and inspires change beyond the pitch.

Concrete results include 2,250 tonnes of CO₂ saved between 2019 and 2022 through the partnership with BlueEnergy, together with over 344,500 plastic bottles being recycled to create official match kits in 2020 alone.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Udinese's example demonstrates that even large organisations can—and must—take meaningful steps toward environmental sustainability. Their efforts are replicable on smaller scales and can serve as a powerful inspiration for youth centres, schools, clubs, and other institutions. Suggestions include:

- Encourage young people to co-design sustainable solutions within their communities or clubs.
- Showcase Udinese as an example that environmental action can align with professional success.
- Explore ways to partner with local sustainable energy providers or introduce recycling initiatives in youth sports.
- Use this case to spark discussion about responsibility, innovation, and environmental leadership in different sectors.



References

<https://www.udinese.it/Apps/WebObjects/Udinese.woa/wa/viewSection?id=38282&lang=esp>
https://www.repubblica.it/sport/calcio/serie-a/udinese/2022/09/28/news/udinese_sostenibilita_ambientale-367707468/
https://www.repubblica.it/tecnologia/blog/stazione-futuro/2023/05/05/news/lo_scudetto_della_sostenibilita_lo_ha_vinto_ludinese-398844812/
https://www.blueenergygroup.it/blueenergy-group-e-udinese-conferma-partnership-sostenibilita-ambientale/?doing_wp_cron=1742577469.0415260791778564453125

BEST PRACTICES FROM



MALTA



Dive, Land and Snorkel Clean-up

Introduction:

The Dive, Land and Snorkel Clean-Up was an initiative organised by Żibel, a Maltese environmental NGO committed to reducing waste and restoring natural environments. This event engaged the community, especially youths, in cleaning up Kalkara's coastal and underwater areas, both on land and in the sea, using the sports of snorkelling and diving.

Objectives:

- To remove waste from Kalkara's land and marine environments.
- To raise environmental awareness among participants and the local community.
- To foster a sense of responsibility and active participation in environmental conservation.

Description:

The clean-up event involved volunteers participating in land and underwater activities. Divers and snorkelers removed debris from the seabed, while land volunteers collected waste along the coastline. During the clean-up, 12 divers, 7 free-divers, and 32 land volunteers collaborated to clear the area.

Impact and Results:

These clean-up efforts successfully removed significant amounts of waste, contributing to the restoration of Kalkara's natural beauty and health. The events also served as educational platforms, increasing environmental awareness and encouraging sustainable practices among participants and the broader community.



MALTA

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Kalkara Clean-Up demonstrated an effective model for community-driven environmental action. Its success highlighted the potential for replication in other areas. To enhance and expand such initiatives, it is suggested to:

- Strengthen partnerships with local councils, schools, and organisations to broaden outreach.
- Secure funding and resources to support larger-scale clean-up operations.
- Implement educational workshops alongside clean-ups to deepen environmental understanding.
- Involve more sea sports, such as kayaking or paddleboarding, to attract diverse participants and expand the scope of clean-up activities.



References

<https://www.zibel.org/event-details/kalkara-clean-up>
<https://www.facebook.com/watch/?v=1103552924150554>
[https://www.facebook.com/events/3943355512568488?context=%7B%22event_action_history%22%3A\[%7B%22mechanism%22%3A%22attachment%22%2C%22surface%22%3A%22newsfeed%22%7D%2C%22ref_notif_type%22%3Anull%7D](https://www.facebook.com/events/3943355512568488?context=%7B%22event_action_history%22%3A[%7B%22mechanism%22%3A%22attachment%22%2C%22surface%22%3A%22newsfeed%22%7D%2C%22ref_notif_type%22%3Anull%7D)
https://www.facebook.com/story.php?story_fbid=1006402478195856&id=100064783386865



Project Pump It!

Introduction:

Project Pump It is an ongoing initiative launched by the Malta Street Sport Alliance in collaboration with Move Malta, aiming to redefine youth engagement in civic affairs through the power of street sports.

Objectives:

- Promote eco-friendly practices and sustainability among Maltese youth.
- Enhance youth health and well-being by integrating street sports with environmental education.
- Foster inclusivity, cooperation, and social connection through informal street sport activities.

Description:

The project includes a series of road shows featuring discussions and workshops that promote street sports and creative activities. These workshops emphasise eco-friendly practices and environmental awareness, educating participants on sustainability topics. Interactive sessions provide hands-on activities, such as DIY recycling projects, to engage attendees in sustainable practices.

Impact and Results:

By integrating environmental education with street sports, Project Pump It aims to cultivate a generation of environmentally conscious youth. The initiative seeks to reduce inactivity and mental health concerns among young people while promoting sustainability and eco-friendly practices. The project's inclusive environments foster diversity, dialogue, and social cohesion, contributing to a more sustainable and connected community.





MALTA

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Project Pump It presents a promising framework for promoting sustainability and environmental awareness through street sports. To maximise its impact, it is suggested to:

- Strengthen collaborations with local schools, sports clubs, and environmental organisations to broaden outreach.
- Secure funding and resources to support the implementation of workshops and educational programmes.
- Develop culturally relevant educational materials that resonate with youth.
- Involve a variety of street sports to attract diverse participants and expand the scope of activities.



References

- <https://mssa.mt/project-pump-it-kick-off-event/>
- <https://mssa.mt/introducing-our-latest-project-pump-it/>



Earth Day Hike

Introduction:

The Earth Systems Association (ESA) organised a coastal hike along the Munxar/Marsaskala area to celebrate Earth Day and promote environmental stewardship. The event combined outdoor recreation with community-driven environmental action, encouraging participants to appreciate Malta's natural beauty while actively contributing to its preservation.

Objectives:

- Promote environmental awareness and responsible outdoor recreation.
- Conduct a coastal clean-up to prevent litter from reaching the sea.
- Engage the community in sustainability efforts through hands-on participation.
- Support local reforestation efforts by raising funds for tree planting initiatives.

Description:

Participants gathered in Marsaskala before embarking on a scenic coastal hike along the Munxar path. The route featured stunning views of Malta's rugged coastline, offering moments to pause and appreciate the landscape. As part of the initiative, hikers picked up litter along the trail, collecting waste to prevent it from polluting the marine environment. ESA provided collection bags and gloves, while participants were encouraged to bring their own supplies.

In addition to the cleanup, ESA collected donations for "Grow 10 Trees Malta," contributing to tree-planting efforts across the island.





MALTA

Impact and Results:

The event successfully removed 11 full bags of litter from the coastal area, preventing waste from reaching the sea while fostering environmental awareness among participants and reinforcing the ethos of "Leave No Trace." The initiative also strengthened community engagement in sustainability efforts and raised funds to support tree planting, contributing to Malta's reforestation goals.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The event demonstrated the power of community action in environmental conservation. To maximise its impact, it is suggested to:

- Organise regular cleanup hikes in different locations to maintain an ongoing environmental impact.
- Strengthen partnerships with local environmental organisations to expand outreach and effectiveness.
- Incorporate educational components on local ecology and conservation practices during hikes.
- Provide incentives for participants, such as eco-friendly giveaways or certificates of participation.



References

https://www.instagram.com/p/C56Y1_EI-Sw/
<https://www.instagram.com/p/C6V0vu4o8FE/>
<https://www.instagram.com/p/C6YS36RljuP/>



Small Island, Big Swim

Introduction:

Small Island, Big Swim was an ambitious endeavour led by ultra-endurance athlete Neil Agius, in collaboration with Wave of Change and Żibel, aimed at raising awareness about the state of Malta's marine habitat and inspiring a collective commitment to protecting the Mediterranean Sea. The project involved a record-breaking, non-stop swim around the Maltese archipelago, covering a distance of approximately 160 kilometres, and three clean-up events.

Objectives:

- Highlight critical environmental issues affecting Malta's marine ecosystems.
- Inspire the public to engage in marine conservation efforts.
- Set a new world record for the longest non-stop, unassisted, current-neutral sea swim.

Description:

Neil Agius commenced his swim from Mellieħa Bay, proceeding southeast and clockwise around Malta towards Gozo, and then back. The planned route around the entire archipelago was 104 km, but Agius swam an additional 56 km to cover a total distance of 160 km. The challenge was expected to take him three days to complete. Throughout the swim, Agius remained in the water continuously, adhering to strict rules that prohibited physical contact with support boats. In collaboration with NGO Wave of Change and marine clean-up specialists Żibel, three clean-up events were organised to coincide with the swim, engaging the community in environmental stewardship.





MALTA

Impact and Results:

By undertaking this monumental swim, Agius aimed to draw significant attention to the importance of marine conservation in Malta. The initiative sought to inspire individuals and communities to take proactive steps in preserving the Mediterranean Sea. Additionally, Agius broke his own world record for the longest non-stop, unassisted, current-neutral sea swim, previously set at 125.7 km in 2021.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

Small Island, Big Swim served as a powerful platform to promote marine conservation and environmental awareness. To maximise its impact, it is suggested to:

- Enhance community engagement through educational programmes and workshops on marine conservation.
- Foster partnerships with local schools, environmental organisations, and governmental bodies to broaden outreach.
- Utilise media coverage and social media platforms to amplify the message and reach a wider audience.
- Encourage public participation in clean-up events and other conservation activities to instil a sense of collective responsibility.

References

<https://www.instagram.com/reel/DAKvECTobD9/?igsh=MWM2dGV3OHltdDMwbG==>

<https://www.facebook.com/share/p/18q85rVJfM/?mibextid=wwXlfr>

<https://www.instagram.com/reel/DASyxcZu1lC/?igsh=MXR6dndxMHZsa2ozbQ==>

<https://www.instagram.com/reel/DAI4BLKo2OH/?igsh=MWFhdG84bXZyZ2MxbA==>

<https://www.instagram.com/reel/DAI4BLKo2OH/?igsh=MWFhdG84bXZyZ2MxbA==>



Clean Run Race Education Sessions

Introduction:

Co-funded by the EU, the Clean Run Race 2024 was a project by Sport Malta aimed at educating children on environmental awareness, sustainability, and the connection between physical activity and nature. The initiative included a series of interactive educational sessions at #OnTheMove - Skolasport, engaging numerous young participants through both learning and sports activities.

Objectives:

- To foster a deep appreciation for nature and environmental care.
- To instil an understanding of the significance of preserving the environment.
- To empower children to become conscientious stewards of the planet.
- To promote physical activity as a way to connect with and respect nature.

Description:

A series of educational sessions were conducted at #OnTheMove - Skolasport, where children actively participated in engaging lessons on environmental conservation and the role individuals play in protecting nature.

These sessions featured interactive activities to ensure a hands-on learning experience, making the topics both accessible and enjoyable for young participants.

In addition to the educational component, the initiative incorporated sports and outdoor activities that emphasised the link between physical well-being and a healthy environment. Running, obstacle courses, and team-based eco-challenges were integrated to reinforce the message of sustainability while promoting an active lifestyle. By participating in these activities, children learned how outdoor sports can be enjoyed responsibly while respecting and preserving natural surroundings.





MALTA

Impact and Results:

There were a number of key impacts and results, namely:

- Increased awareness and appreciation for environmental conservation among children.
- Strengthened understanding of personal responsibility in caring for the planet.
- Encouraged active participation in sustainability initiatives.
- Promoted physical activity as an integral part of an eco-conscious lifestyle.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Clean Run Race 2024 successfully engaged children in meaningful environmental education while promoting the importance of physical activity. Future initiatives can expand participation to include more schools and communities, further fostering a culture of sustainability and active living among younger generations. Encouraging outdoor sports within nature-friendly settings can deepen children's connection to the environment while reinforcing healthy lifestyle habits.



References

https://www.facebook.com/story.php/?fbid=774751334699622&id=100064942863866&_rdr



Sustainable Development Directorate Workshop

Introduction:

The Sustainable Development Directorate collaborated with Ambjent Malta and San Andrea School to educate Grade 11 Geography and Economics students about the 17 SDGs. This initiative aimed to enhance awareness of global sustainability challenges and inspire responsible actions.

Objectives:

- To introduce students to the 17 SDGs and their significance.
- To encourage critical thinking about global sustainability challenges.
- To engage students through hands-on activities and discussions.

Description:

The workshop took place at the Ambjent Malta Education Centre in Buskett. Through interactive discussions and hands-on activities, students explored the SDGs and their impact on global issues such as poverty, inequality, education, health, and climate change. The session provided a practical understanding of how these goals contributed to creating a better world.

Impact and Results:

There were a number of key impacts and results, namely:

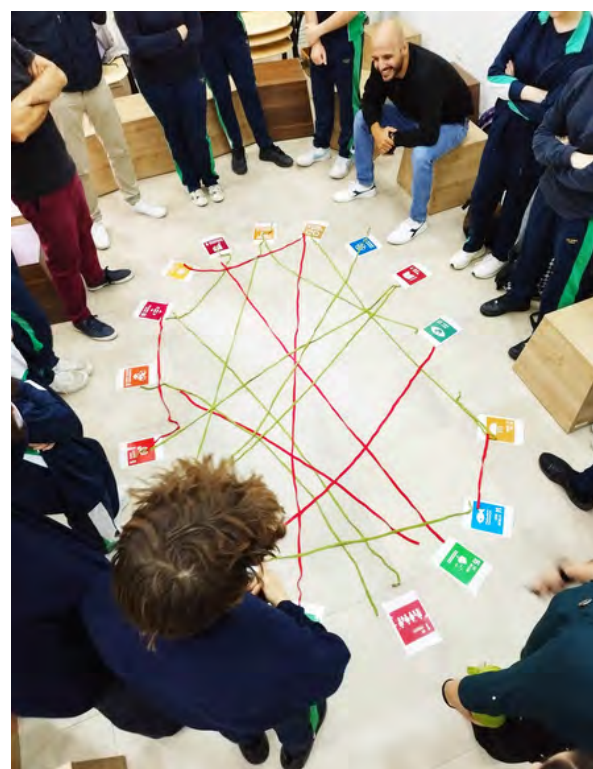
- Enhanced student awareness of the SDGs and their relevance.
- Increased engagement in sustainability discussions and critical thinking.
- Strengthened collaboration between educational institutions and sustainability organisations.



MALTA

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The workshop successfully provided students with an engaging and practical learning experience about the SDGs. Future sessions could explore deeper discussions on specific goals and involve more schools to expand awareness and participation in sustainable initiatives.



References

<https://www.facebook.com/sustainabledevelopment.mt/posts/pfbid02zbvCab7ABmPDxnAbTn8CpZxCzSmxevPo1SMt56WkrGcMQBGHwTmh8nT9m7DeG2Mtl?rldid=JYStcRe6ExL4Gw8Y#>



Kayaking for Cleaner Oceans

Introduction:

Kayaking for Cleaner Oceans was an environmental initiative by Saving Our Blue aimed at combining adventure with sustainability by engaging the public in a kayak clean-up tour. The event provided an opportunity for participants to explore new places while actively contributing to a cleaner marine environment. It also included a land-based clean-up at Mistra Bay, ensuring a comprehensive approach to tackling coastal pollution.

Objectives:

- Remove litter from Fekruna Bay, St. Paul's Islands, and Mistra Bay.
- Promote environmental awareness through hands-on engagement.
- Encourage community involvement in sustainability initiatives.

Description:

Participants kayaked from Mistra Bay across Fekruna Bay and St. Paul's Islands, collecting floating debris with the support of the Environment and Resources Authority. A simultaneous beach clean-up at Mistra Bay was carried out by the Mellieħa Scouts Group and Ambjent Malta's rangers. The event was free, open to participants over 18, and required prior registration due to limited availability.

Impact and Results:

A total of 75 kg of trash was removed from both land and sea, contributing to the restoration of the local coastal ecosystem. The event successfully raised awareness about marine pollution, bringing together different organisations and volunteers to work towards a common environmental goal.



MALTA

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Kayaking for Cleaner Oceans initiative proved to be an effective way to promote sustainability through sports and hands-on engagement. To enhance future events, it is suggested to:

- Expand participation to include younger age groups under supervision.
- Organise similar clean-ups in different coastal areas across Malta.
- Strengthen collaborations with local NGOs, diving groups, and environmental agencies.
- Provide educational talks alongside clean-ups to deepen awareness.

This initiative can be repeated and scaled up to have a greater environmental impact while fostering a stronger community commitment to ocean conservation.



References

- https://www.instagram.com/savingourbluemalta/p/C-NdmwzKsIJ/?locale=nl&img_index=9
- <https://www.facebook.com/savingourbluemalta/posts/pfbid0HBjsQTT8o5j1xgNPUBxjPajsVd4TVF2JXWAgBtRiXqxNsuriPUvVFisHMrLJMk9tI?rldid=yC4BWVo2I9wltgJL#>



Wild Plants and Ancestral Knowledge Workshop

Introduction:

This Wild Plants and Ancestral Knowledge Workshop by Green Fingers Club explored traditional uses of wild plants and trees, focusing on sustainable foraging and practical applications such as medicinal teas, natural mosquito deterrents, and edible plant identification. A key component of the experience was a light hike, allowing participants to explore the natural landscape while identifying useful plants in their natural habitat.

Objectives:

- To explore traditional plant knowledge and its relevance today.
- To understand how to responsibly harvest and grow wild plants.
- To develop practical skills in herbal remedies and natural food sources.

Description:

Participants took part in an interactive tour in Bahrija organised by the Green Fingers Club, which included a light hike through the surrounding area. As they walked, they engaged in hands-on activities such as preparing medicinal teas, learning about edible and medicinal plants, and understanding sustainable foraging techniques. The session included group discussions, demonstrations, and sensory experiences to enhance learning while immersing in nature.

Impact and Results:

There were several key impacts and results, namely:

- Increased awareness of sustainable foraging and plant-based remedies.
- Practical knowledge for integrating wild plants into daily life.
- Encouragement of responsible harvesting practices.
- Enhanced appreciation for nature through direct engagement during the hike.



MALTA

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The workshop provided valuable insights into ancestral plant knowledge and its modern applications. The inclusion of a light hike enriched the experience by allowing participants to observe plants in their natural environment. Participants were encouraged to continue learning about wild plants, apply sustainable practices, and explore further resources to deepen their understanding.



References

https://www.instagram.com/savingourbluemalta/p/C-NdmwzKsIJ/?locale=nl&img_index=9

<https://www.facebook.com/savingourbluemalta/posts/pfbid0HBjsQTT8o5j1xgNPUBxjPajsVd4TVF2JXWAgBtRiXqxNsuriPUvVFisHMrLJMk9tI?rclid=yC4BWVo2I9wltgJL#>



Plastic Free Football Festival

Introduction:

The Inħobb il-Futbol Foundation (IFF), in collaboration with the Ministry of Environment, organised a plastic-free football festival in May 2023 at the Centenary Stadium. The event aimed to promote the Union of European Football Associations (UEFA) U19 European Championship Competition, held in Malta in July 2023, while encouraging sustainability and reducing plastic use through football. Around 500 children from eight schools participated in the festival, which was designed to be both educational and fun.

Objectives:

- Provide an educational experience through football.
- Promote sustainability and environmental consciousness.
- Reduce plastic use and encourage eco-friendly practices.
- Offer a fun and engaging experience for participating children.
- Generate excitement and awareness for the UEFA U19 European Championship.

Description:

The festival saw participation from eight schools, ensuring a broad community reach. To promote the UEFA U19 European Championship, each player received a football kit representing one of the tournament's participating countries, creating a direct connection to the event. As part of its sustainability initiatives, recyclable water bottles were distributed to all players and their classmates, with a water dispenser available to minimise single-use plastic consumption. Additionally, the festival included an educational component, giving children the opportunity to visit the Malta FA's Museum of Football, enriching their understanding of the sport.





MALTA

Impact and Results:

- **School Participation:** Eight schools participated in the festival, providing a wide reach within the community.
- **UEFA U19 Promotion:** Each player received a football kit representing one of the countries participating in the UEFA tournament, directly linking the festival to the championship.
- **Sustainability Initiatives:**
 - Recyclable water bottles were distributed to all players and their classmates.
 - A water dispenser was available for refilling bottles, minimising single-use plastic consumption.
- **Educational Component:** The children had the opportunity to visit the Malta FA's Museum of Football, enriching their understanding of the sport.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The IFF's plastic-free football festival was a successful event that effectively combined sports, education, and environmental awareness. By engaging many school children and promoting sustainable practices, the festival contributed to both the promotion of the UEFA U19 European Championship and a broader understanding of environmental responsibility. To engage youths, the event could include competitions, workshops, digital challenges, and influencer involvement. Adding sustainable merchandise, volunteer roles, and a festival-style experience would enhance appeal, while team challenges and extended activities would encourage participation.



References

Information gathered via personal communication with the Inġobb il-Futbol Foundation.

BEST PRACTICES FROM



PORTUGAL



Kidical Mass Portugal: Empowering Youth for Safer and Greener Streets

Introduction:

Kidical Mass Portugal is a family-friendly initiative that promotes cycling as a safe, fun, and sustainable mode of transportation for children and families. By organising community bike rides and advocating for child-friendly urban mobility, the project encourages a culture of cycling while addressing the need for safer streets in Portugal.

Objectives:

- Advocate for safer cycling infrastructure and child-friendly urban spaces.
- Empower children and families to adopt cycling as a sustainable form of transportation.
- Foster a sense of community and environmental awareness among participants.
- Encourage policymakers to prioritise active transportation in urban planning.

Description:

Kidical Mass Portugal organises group bike rides in cities and towns, creating a safe environment for children and families to cycle together. Key activities include:

- **Community Bike Rides:** Monthly rides where families take to the streets, advocating for safer cycling routes and raising awareness about the importance of sustainable mobility.
- **Workshops and Events:** Hands-on activities teaching road safety, bike maintenance, and the benefits of active transportation.
- **Advocacy Campaigns:** Collaborating with local governments and organisations to promote policies that support cycling infrastructure and child-friendly urban design.
- **Inclusive Participation:** Ensuring events are accessible to all, regardless of cycling experience or socioeconomic background.

The initiative emphasises the importance of reclaiming public spaces for people, not cars, fostering a safer and more sustainable urban environment.

Streets are for Everyone!

Action Weeks 2024: More than 200,000 people at over 1,100 actions!



#KidicalMass #SchoolStreets #BikeBus #Bicibús #PlayStreets #StreetsforKids
WWW.KIDSONBIKE.ORG



PORTUGAL

Impact and Results:

Hundreds of families participate regularly in the initiative, fostering a strong sense of community and shared purpose. The project has also influenced policy by raising awareness among policymakers about the importance of child-friendly urban mobility, leading to improvements in cycling infrastructure across participating cities. Environmentally, the initiative promotes cycling as a daily habit, helping to reduce car dependency and lower carbon emissions. Additionally, it empowers youth by equipping children with road safety skills, boosting their confidence, and nurturing an appreciation for sustainable transportation.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

Kidical Mass Portugal highlights the potential of grassroots initiatives to create meaningful change in urban mobility and environmental sustainability. Youth workers can draw inspiration from this model to:

- Organise similar events that advocate for safer streets and sustainable transportation.
- Partner with schools, families, and local organisations to maximise outreach and impact.
- Use community rides as an educational tool to teach children about safety, environmental responsibility, and active citizenship.

Collaborate with local governments to integrate youth-focused cycling initiatives into urban planning.

References

<https://kidicalmass.pt/>



FC Porto: Integrating Social Responsibility and Sustainability into Football Culture

Introduction:

FC Porto, one of Portugal's most celebrated football clubs, extends its reach beyond the pitch by using its influence to promote social responsibility and sustainability. As part of its commitment to positive community impact, FC Porto has launched initiatives focused on waste reduction, food donation, and emergency relief efforts. These practices were implemented to address social and environmental issues, such as food waste and disaster relief, leveraging the club's popularity to engage fans in collective action and support the local community.

Objectives:

- **Reduce Waste:** Minimise food and drink waste by redistributing items to those in need.
- **Promote Social Responsibility:** Encourage fans and players to contribute to social causes, including hunger relief and disaster support.
- **Community Engagement:** Foster a sense of community and collective action by involving fans in charitable initiatives.

- **Crisis Support:** Provide rapid assistance to communities affected by natural disasters or unforeseen crises, like forest fires.

Description:

The club's practices focus on reducing waste and mobilising fans for social good through initiatives such as:

- **Waste Reduction & Food Donation:** Dedicated collection boxes are strategically placed throughout the stadium to gather leftover, sealed food items and beverages. These items are then donated to local charities and institutions supporting underprivileged communities, thus reducing waste and supporting food security.
- **Zero Hunger Campaign:** To address food insecurity, FC Porto launched the Zero Hunger Campaign, which mobilises fans, players, and the broader community to donate non-perishable food items. The campaign collected over 7,000 food items, which were distributed to various local charities.



Emergency Response & Community Relief: Following severe forest fires in the region, FC Porto initiated a relief campaign that brought together players, fans, and the club itself to support affected communities. Donations were channelled directly to impacted families, providing essential aid and supporting local rebuilding efforts. Each initiative was designed with the community in mind, incorporating dedicated resources and spaces within the stadium. FC Porto partnered with local charities for distribution logistics, engaged fan clubs to drive food collection, and collaborated with local relief organisations for crisis response. Strategic social media campaigns and in-stadium promotions amplified awareness and encouraged participation.

Impact and Results:

The Zero Hunger Campaign has achieved notable impacts both quantitatively and qualitatively. Quantitatively, over 7,000 food items were collected and donated to local institutions, significantly supporting those in need. Additionally, waste collection efforts have successfully prevented hundreds of kilograms of food from being wasted each season.

Qualitatively, the initiatives have fostered a strong sense of unity and responsibility among fans, bolstering community support for the club's sustainability and social campaigns. Many fans expressed a renewed sense of pride in supporting FC Porto, particularly due to its commitment to social causes, reflecting a deepened connection between the club and its community. Ensuring fan engagement in social responsibility campaigns was initially a challenge for FC Porto, as it was difficult to capture their attention and encourage participation. To overcome this, the club leveraged its strong digital presence and the influence of players to promote these initiatives, using player endorsements to increase visibility and motivate fan involvement. In addition, in-stadium signage and announcements were strategically used to encourage participation during matches, making it convenient for fans to engage with the campaigns. These combined efforts resulted in greater fan involvement and a more impactful outreach.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

FC Porto's approach demonstrates how sports organisations can leverage their platform for social good. By addressing both food waste and community support through accessible initiatives, FC Porto has set a valuable precedent for sports teams looking to engage their fans in sustainability and social causes. Key takeaways include the importance of visibility, player involvement, and partnerships with local organisations for effective community impact.

This model can be replicated and adapted to other sports clubs and regions. Key factors for replicability include the low-cost setup of food collection points, partnerships with local charities, and a robust promotional strategy. It is especially adaptable for clubs with dedicated fan bases, as social responsibility initiatives tend to resonate deeply with committed supporters.

Some suggestions include:

- For Organisations: Implement easy-to-access donation points at sports venues and work with local charities to ensure efficient redistribution of collected items.
- For Communities: Partner with sports teams to promote social causes, particularly in areas facing food insecurity or disaster recovery needs.

To scale up, FC Porto and similar organisations could increase donation campaigns during high-attendance games, capitalising on larger crowds to maximise impact. Additionally, developing partnerships with environmental NGOs would help further reduce waste through composting and recycling initiatives, ensuring that sustainability efforts extend beyond food donations to include broader environmental goals. These steps would strengthen the club's commitment to both social responsibility and environmental stewardship.

References

<https://www.fcporto.pt/en/news/20230207-en-fc-porto-joins-the-latest-european-project-on-environmental-management-in-sports>



EcoMood Portugal: Pioneering Environmental Education and Sustainability in Portugal

Introduction:

EcoMood Portugal is a non-profit organisation dedicated to promoting environmental awareness and sustainable practices across Portugal. Through innovative educational initiatives and community-based projects, the organisation addresses pressing ecological challenges and inspires action among individuals and groups. Established by a diverse team of sustainability enthusiasts, EcoMood Portugal operates with the belief that education and collaboration are key to fostering a greener, more sustainable future. This practice was developed to combat widespread environmental degradation and a lack of environmental education, aiming to create a culture of responsibility and action.

Objectives:

The main goals of EcoMood Portugal's initiatives are:

- To raise awareness about environmental issues and empower communities to adopt sustainable practices.

- To integrate sustainability into education by creating engaging learning resources and workshops.
- To promote collaboration among individuals, schools, and organisations in implementing eco-friendly actions.
- To support behavioural change that contributes to long-term environmental health and resilience.

Description:

EcoMood Portugal employs a multifaceted approach to drive environmental education and action:

- **Educational Workshops and Events:** The organisation conducts workshops, lectures, and hands-on activities in schools and communities. These sessions cover topics such as recycling, waste reduction, biodiversity conservation, and sustainable lifestyles.
- **Collaborative Projects:** Partnering with local businesses, municipalities, and environmental groups, EcoMood Portugal initiates projects like tree planting, community clean-ups, and eco-friendly product development.



- **Online and Offline Resources:** They develop and distribute accessible materials, such as guides, toolkits, and digital content, aimed at educating people on how to reduce their ecological footprint.
- **Engagement Campaigns:** EcoMood Portugal organises awareness campaigns, leveraging social media and community events to inspire collective action on climate change and sustainability issues.

The implementation of these initiatives follows a structured process: beginning with research to identify region-specific environmental challenges, followed by building partnerships with schools, municipalities, and environmental advocates. Tailored programmes are then designed to suit different audiences, and their execution is carefully monitored through surveys and environmental metrics to assess impact and guide future improvements.

Impact and Results:

EcoMood Portugal has made significant strides in fostering environmental awareness across the country. Quantitatively, the initiative has led to the planting of hundreds of trees through reforestation projects, the collection and proper management of tons of waste during community clean-up events, and the education of thousands of students and community members on sustainable practices. On a qualitative level, the project has increased environmental awareness among participants, particularly younger generations, while also promoting greater community engagement and collaboration on environmental issues. Furthermore, it has enhanced the capacity of schools and organisations to adopt and implement eco-friendly practices independently.





Conclusion and Suggestions for Youth Workers and Youth Organisations:

EcoMood Portugal exemplifies how grassroots initiatives can address global environmental challenges through localised action. By combining education, collaboration, and direct intervention, the organisation has made sustainability an achievable and tangible goal for communities across Portugal. For youth workers and organisations, this serves as a model for how to inspire and mobilise young people in environmental stewardship, with some suggestions including:

- *For Organisations:* Start by engaging with local communities to identify specific environmental concerns and design programmes that are tailored to address those needs effectively.
- *For Communities:* Take an active role in workshops and hands-on projects, and share the knowledge gained with peers and broader networks to amplify impact.

The next steps for the initiative include expanding the reach of educational programs to underserved or rural areas, ensuring that environmental awareness and sustainability practices are accessible to all communities. Additionally, a robust monitoring and evaluation system will be developed to effectively track the long-term outcomes and impact of environmental projects. Strengthening collaborations with international environmental organisations is also a priority, intending to scale successful practices globally and foster a broader culture of sustainability.

References

<https://www.ecomoodportugal.org/quem-somos>



Eco-Friendly Surf Workshop by Portuguese Surfing Federation

Introduction:

The Eco-Friendly Surf Workshop, organised by the Portuguese Surfing Federation, is an educational initiative aimed at promoting sustainable practices in water sports. Targeting surfers, coaches, young people, and enthusiasts, this workshop addresses the growing environmental concerns surrounding ocean pollution and the ecological impact of surfing. With Portugal being a global surfing hub, the need to balance surfing culture with environmental stewardship has become increasingly urgent.

Objectives:

- Educate participants on the importance of ocean conservation.
- Promote sustainable surfing practices, including the use of eco-friendly equipment.
- Raise awareness about reducing plastic pollution in the ocean.
- Foster a community of surfers who prioritise environmental sustainability.

Description:

The workshop offers a comprehensive and engaging experience designed to promote ocean conservation and environmental responsibility.

It features educational modules that explore the impact of ocean pollution and climate change on marine ecosystems, providing participants with a deeper understanding of current environmental challenges. Practical activities such as coastal clean-up events, waste management techniques, and demonstrations of eco-friendly surfing equipment give attendees hands-on experience in sustainable practices. Additionally, the workshop encourages community engagement through interactive discussions and group exercises, fostering a strong sense of environmental stewardship among participants. The implementation of the workshop takes place in renowned surfing towns like Ericeira and Nazaré, strategically chosen for their strong surfing culture. Held during the summer months, the workshops coincide with the peak surfing season, ensuring maximum engagement. The initiative collaborates with local environmental groups and equipment manufacturers to provide necessary resources and support. To ensure widespread participation, the event is promoted through targeted social media campaigns and outreach to local surfing schools, effectively reaching a larger audience within the surfing community.





Impact and Results:

The impact and results of the workshop are both quantitative and qualitative. On the quantitative side, there has been a significant reduction in litter in participating coastal areas, alongside an increased adoption of eco-friendly surfing practices among participants. Qualitatively, the workshop has fostered enhanced environmental awareness among young surfers, leading to the creation of a growing community that is committed to ocean preservation and sustainability.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Eco-Friendly Surf Workshop illustrates how niche sports such as surfing can act as powerful tools for environmental education and community engagement. By equipping participants with practical knowledge and fostering personal responsibility, the workshop cultivates a culture of eco-consciousness within the surfing community and beyond.

Some suggestions include:

- *For Organisations:* Collaborate with environmental NGOs to strengthen educational content and ensure access to sustainable materials and tools.
- *For Communities:* Make environmental stewardship a regular part of local surf culture by integrating clean-up actions into competitions, workshops, and recreational surf events.

The next steps for the initiative can include broadening its scope to include inland water sports such as kayaking, stand-up paddleboarding, and windsurfing, and promoting eco-friendly practices across various sports communities. Additionally, the development of a set of shared environmental guidelines for water sports schools and clubs will help standardise sustainable practices and encourage their adoption among members. To ensure the continued growth and engagement of the movement, youth-led ambassador programmes will be created, empowering young individuals to take ownership and keep the initiative dynamic and community-driven.

References

<https://sevensseasmedia.org/ericeiras-surfing-rennaissance-a-model-for-eco-conscious-surf-culture/>



Green Citizenship Workshops by Eco-Escolas Network

Introduction:

The Green Citizenship Workshops, part of the Eco-Escolas initiative, aim to instil principles of sustainability and environmental responsibility among young people. Supported by the Ministry of Education and the Environmental Agency of Portugal, these workshops are conducted in schools across the country. Developed to address the need for greater environmental awareness among youth, the programmes empower students to lead sustainable practices within their schools and communities.

Objectives:

- Promote understanding of sustainability and environmental issues.
- Encourage students to adopt eco-friendly behaviours and take ownership of their environmental impact.
- Inspire community-based initiatives that contribute to a greener future.

Description:

The workshops feature a variety of engaging activities aimed at fostering sustainability awareness and practical action.

These include interactive hands-on projects like waste separation, recycling, and crafting eco-friendly products. Educational discussions cover important topics such as climate change, biodiversity, water conservation, and sustainable living, providing students with the knowledge they need to make a difference. Additionally, students work together to design and implement sustainability projects in their schools and neighbourhoods, fostering collaboration and real-world application of what they learn.

The implementation of the workshop takes place in renowned surfing towns like Ericeira and Nazaré, strategically chosen for their strong surfing culture. Held during the summer months, the workshops coincide with the peak surfing season, ensuring maximum engagement. The initiative collaborates with local environmental groups and equipment manufacturers to provide necessary resources and support. To ensure widespread participation, the event is promoted through targeted social media campaigns and outreach to local surfing schools, effectively reaching a larger audience within the surfing community.

Impact and Results:

The impact and results of the workshops are both quantitative and qualitative. On the quantitative side, there has been a noticeable increase in recycling rates and a reduction in waste across participating schools. Qualitatively, students have reported a greater awareness of environmental issues and a boost in confidence when it comes to leading sustainability efforts, demonstrating a shift towards more proactive and responsible attitudes toward the environment.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Green Citizenship Workshops successfully empower young people to take active roles in environmental conservation. By providing practical knowledge and fostering a sense of responsibility, the initiative drives meaningful change at the community level, with some suggestions including:

- **For Organisations:** Develop localised versions of the workshop for diverse communities.
- **For Schools:** Integrate sustainability themes into regular curricula.

The next steps for the programme can include expanding its reach by incorporating digital workshops, making the content accessible to a wider audience and allowing for greater flexibility. Additionally, collaborating with international sustainability networks will provide opportunities to share best practices, broaden the impact, and foster global partnerships in promoting environmental education and action.

References

<https://ecoescolas.abaae.pt/2022-2023-projetos/eco-trilhos/>



Greening Sports Events' Workshop by Greenfest Cascais

Introduction:

The 'Greening Sports Events' Workshop is part of Greenfest, a leading sustainability event in Portugal. This workshop is designed for sports event organisers, providing practical strategies to incorporate sustainability into the planning and execution of sports events. Recognising the environmental challenges posed by large-scale events, Greenfest initiated this workshop to help reduce the ecological footprint of sports activities and promote eco-conscious practices in the industry.

Objectives:

- Equip sports event organisers with tools to plan sustainable events.
- Promote environmentally friendly practices in sports activities.
- Minimise the environmental footprint of sports events through better waste management, resource optimisation, and fan engagement.

Description:

The workshop focuses on:

- Sustainable Practices: Topics include waste management, carbon emission reduction, resource conservation, and eco-friendly event logistics.

Engagement Strategies: Methods to involve participants and fans in sustainability efforts.

- Case Studies: Examples of successful green sports events to provide inspiration and actionable insights.
- Interactive Sessions: Hands-on activities and discussions to enable organisers to develop tailored solutions for their events.

The workshop was first held in Cascais as part of the annual Greenfest event and has since inspired similar initiatives across Portugal. It is conducted annually during Greenfest, ensuring a regular opportunity for engagement and learning. The workshop benefits from strong partnerships with environmental organisations, sports federations, and local authorities, who provide valuable expertise and resources. Promotion is effectively carried out by leveraging Greenfest's platform and its network of partnerships, attracting event organisers and stakeholders to participate and support the initiative.



Impact and Results:

The impact and results of the workshop are both quantitative and qualitative. On the quantitative side, there has been a noticeable decrease in waste generation and increased recycling rates at sports events that have adopted the workshop's sustainability strategies. Qualitatively, the workshop has successfully raised awareness among event organisers and participants about the importance of integrating sustainability into sports, fostering a greater commitment to eco-friendly practices within the sports community.

Conclusion and Suggestions for Youth Workers and Youth Organisations: The 'Greening Sports Events' Workshop has effectively demonstrated the potential of integrating sustainability into sports.

By educating organisers and encouraging collaboration, it has laid the groundwork for lasting environmental change in the event industry. Some suggestions include:

- For Organisations: Partner with local governments and businesses to enhance resources for sustainable events.
- For Event Organisers: Incorporate sustainability training as part of staff development.

The next steps for the workshop can include expanding its reach by introducing online modules and toolkits, enabling global outreach and allowing participants from around the world to access the resources and strategies. This will help to scale the impact of the workshop and make sustainability practices in sports more accessible to a broader audience.



References

<https://ambiente.cascais.pt/pt/noticias/greenfest-23-25-setembro>



Eco-Run Lisboa Workshop by Eco-Run Portugal

Introduction:

The Eco-Run Lisboa Workshop is a key educational initiative of Eco-Run Portugal, conducted during the Eco-Run Lisboa event. This workshop addresses the environmental impact of running events, teaching participants about waste management, responsible trail-running practices, and reducing litter along race routes. The programme was developed to align the growing popularity of running with environmental stewardship.

Objectives:

- Raise awareness among runners and organisers about sustainable running practices.
- Reduce the environmental footprint of running events.
- Promote responsible behaviour among participants in trail-running and road races.

Description:

The workshop includes:

- Educational Modules: Sessions on waste management, sustainable hydration practices, and eco-conscious event planning.

- Community Engagement: Participants are encouraged to join clean-up initiatives along race routes.
- Practical Insights: Demonstrations of reusable race materials and eco-friendly hydration solutions.

Implementation:

The workshop is held in Lisbon as part of the annual Eco-Run event, with plans for potential expansion to other cities. It takes place annually in conjunction with Eco-Run Lisboa, ensuring alignment with the event's sustainability goals. The workshop benefits from collaborations with local environmental organisations, which provide valuable expertise and resources. Promotion is carried out through event registration platforms and social media outreach, effectively engaging participants and raising awareness about the workshop and its sustainable practices.





Impact and Results:

The impact and results of the workshop are both quantitative and qualitative. On the quantitative side, there has been a noticeable reduction in littering and an improvement in waste management during the Eco-Run Lisboa event, reflecting the effectiveness of the sustainability strategies implemented. Qualitatively, the workshop has significantly increased participant awareness about sustainability, leading to a greater adoption of eco-friendly running practices among event participants.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Eco-Run Lisboa Workshop successfully integrates environmental education into a popular sporting activity, fostering eco-consciousness among participants and organisers alike. Some suggestions include:

- For Event Organisers: Include sustainability workshops as a standard part of race planning.
- For Communities: Leverage running events to promote broader environmental initiatives.

The next steps involve developing a comprehensive toolkit for other running events, enabling them to replicate the workshop's success. This toolkit will provide resources, strategies, and best practices to help organisers integrate sustainability into their own events, ensuring a broader impact and fostering a culture of environmental responsibility within the running community.



References

<https://lisbonecomarathon.com/>



Nature Conservation and Active Youth by the Portuguese Scout Federation

Introduction:

The Nature Conservation and Active Youth programme, organised by Fraternidade Escotista Portuguesa, is an educational initiative engaging scouts in environmental conservation. Through hands-on activities, the programme nurtures eco-conscious behaviours and leadership skills among young participants.

Objectives:

- Foster environmental stewardship among youth.
- Develop practical conservation skills in participants.
- Promote active citizenship and community engagement.

The initiative is conducted across Portugal, with a focus on natural spaces and community areas, ensuring that participants are directly engaged with the environment. It is integrated into annual scouting activities and special events, providing continuous opportunities for learning and action. Partnerships with local environmental agencies and NGOs enhance the programme by providing expertise and resources. To maximise impact, the initiative employs strategies such as experiential learning and peer-to-peer teaching, fostering a deeper connection to sustainability while encouraging participants to share their knowledge with others.

Description:

The programme involves:

- Workshops: Topics include recycling, waste management, and biodiversity conservation.
- Service Projects: Activities like clean-up drives, tree planting, and habitat restoration.

Community Outreach: Scouts share their learning with peers and local communities to spread environmental awareness.





Impact and Results:

The impact and results of the initiative are both quantitative and qualitative. Quantitatively, it has led to increased tree planting and improved waste management in the areas where activities take place. Qualitatively, participating scouts have developed a deeper understanding of sustainability and strengthened their leadership skills, empowering them to take active roles in promoting environmental responsibility within their communities.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Nature Conservation and Active Youth programme exemplifies how youth engagement can drive meaningful environmental change. By combining education with action, it inspires a new generation of eco-leaders. Some suggestions include:

- For Organisations: Partner with schools to expand outreach.
- For Communities: Support scout-led initiatives with local resources and funding.

The next steps involve developing digital resources to complement in-person activities, helping to broaden accessibility and engagement. These resources will allow participants to continue learning and taking action beyond physical events, reaching wider audiences.



References

<https://escoteiros.pt/56-caminheiros-de-toda-a-europa-juntam-se-na-suecia/>

GLOBAL



BEST PRACTICES



Sustainable Transportation at the 2020 UEFA European Championship

Introduction:

EURO 2020, hosted across 11 cities in Europe, stood out for its strong commitment to environmental sustainability, with particular emphasis on reducing the carbon footprint associated with travel. Recognising that transportation is a major contributor to greenhouse gas emissions, UEFA implemented innovative measures to encourage eco-friendly travel choices for fans and participants alike.

Objectives:

- Significantly reduced carbon emissions associated with the tournament.
- Promoted public transport, cycling, and other sustainable transport options.
- Inspired host cities to adopt long-term sustainable mobility policies.
- Raised awareness about the role of eco-friendly travel in reducing environmental impact.

Description:

Host cities across Europe introduced various sustainable transportation strategies to lessen the tournament's environmental impact.

Amsterdam, Copenhagen, and Munich offered free public transport to match ticket holders on game days, helping reduce private vehicle usage and traffic congestion. In Copenhagen—a city already renowned for its cycling culture—bike parking facilities were expanded, and fans were actively encouraged to cycle to stadiums, thereby reducing short-distance travel emissions. London and Glasgow deployed electric and hybrid buses for shuttling players, media personnel, and high-level persons, while also investing in the installation of new electric vehicle (EV) charging points. To address the high environmental cost of international air travel, fans were encouraged to participate in carbon offset schemes, supporting renewable energy initiatives and reforestation projects. Furthermore, green mobility apps and walking route maps were developed to provide real-time guidance on sustainable transport options, further supporting low-impact mobility throughout the tournament.



GLOBAL

Impact and Results:

UEFA estimated that the widespread use of public transport by fans and staff prevented thousands of tonnes of CO₂ emissions, significantly contributing to climate goals. Many cities reported a noticeable rise in public transport usage on match days, showcasing the effectiveness of free and accessible travel options.

The event also left a positive long-term legacy, with host cities investing in infrastructure such as EV charging stations and improved cycling lanes—benefits that extended well beyond the tournament itself.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

EURO 2020 proved that sustainable transport solutions could both lower carbon emissions and enhance the overall experience for fans. By offering free public transport, promoting cycling, and deploying electric vehicles, UEFA and host cities achieved an effective blend of sustainability and efficiency. The success of sustainable transport strategies across cities with diverse infrastructures demonstrated the adaptability of these practices.

Initiatives such as complimentary public transport for event attendees, cycling-friendly infrastructure, and carbon offset schemes are highly scalable and could easily be implemented at future sporting events globally.

Youth workers and youth organisations can take inspiration from this model by:

- Collaborating with local authorities to offer free or subsidised public transport for community events.
- Promoting cycling through the installation of temporary or permanent bike lanes and parking facilities.
- Raising awareness of carbon offset programmes and encouraging their use.
- Developing or leveraging green transport apps to provide real-time guidance for eco-friendly travel.

These actions not only reduce environmental impact but also engage communities in meaningful climate action through accessible and sustainable mobility.



References

Photo 1 - <https://en.realbetisbalompie.es/news/social-area/the-forever-green-scooters-arrive-to-uefa-euro-2020-26006>

Photo 2 - <https://www.euractiv.com/section/eet/news/baku-olympic-stadium-newer-can-mean-greener/>



Paris Marathon's Zero-Waste Initiative: Reducing Plastic and Promoting Sustainable Participation

Introduction:

The Paris Marathon launched an ambitious zero-waste initiative aimed at minimising the event's ecological footprint, with a particular focus on tackling one of the most pressing issues at large-scale events—plastic waste. The initiative not only sought to reduce environmental impact but also aimed to set a positive example for other major marathons and sporting events across the globe.

Objectives:

- Reduced the use of single-use plastics such as water bottles and packaging.
- Promoted the use of eco-friendly materials throughout the event.
- Educated participants and spectators on sustainable practices and environmental responsibility.

Description:

As part of its green efforts, the organisers implemented a comprehensive zero-waste policy to significantly lessen the event's environmental impact. Plastic water bottles at hydration stations were replaced with biodegradable, compostable cups, and participants were encouraged to bring collapsible, reusable bottles to further limit waste.

The marathon collaborated with local waste management services to provide clearly marked bins for recycling, composting, and general waste. Volunteers were stationed along the route to educate attendees about proper waste sorting and to ensure adherence to sustainability guidelines. Furthermore, the event also aimed to reduce energy consumption and promote the use of public transportation to and from the venue.

Impact and Results:

The total waste generated during the event was reduced by 20% compared to the previous year. This was largely attributed to the shift towards compostable cups and the widespread encouragement for runners to use personal hydration solutions. Impressively, this switch eliminated nearly 200,000 plastic bottles from the event, marking a significant step towards plastic reduction.

Post-event surveys indicated that over 70% of participants and spectators reported an increased awareness of the environmental impact of single-use plastics and waste.



GLOBAL

This feedback demonstrated the initiative's effectiveness in promoting eco-conscious behaviour among a wide audience.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

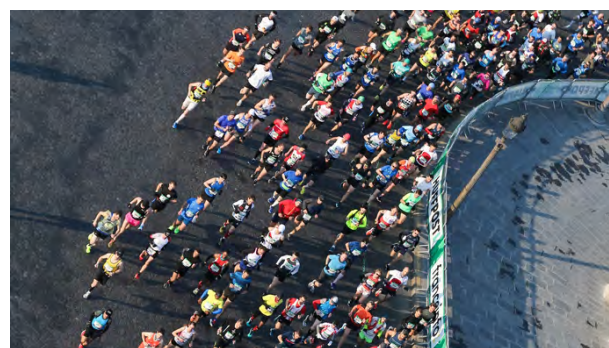
The Paris Marathon's zero-waste initiative exemplified how large-scale events can seamlessly integrate sustainable practices, such as reducing single-use plastics, adopting reusable alternatives, and promoting correct waste disposal.

This model is highly replicable for sporting and public events of all sizes. Essential components for success include the use of compostable and recyclable materials, strong encouragement for reusable alternatives, and strategic partnerships with local suppliers and waste management providers.

This approach serves as a source of inspiration for youth workers and youth organisations, proving that environmentally responsible practices can be implemented effectively, even at massive international events.

If it can succeed at this scale, similar strategies are easily applicable to smaller, local initiatives. Youth workers and youth organisations are encouraged to follow suit, aligning their activities with global sustainability trends while engaging communities in meaningful environmental action.

This approach serves as a source of inspiration for youth workers and youth organisations, proving that environmentally responsible practices can be implemented effectively, even at massive international events. If it can succeed at this scale, similar strategies are easily applicable to smaller, local initiatives. Youth workers and youth organisations are encouraged to follow suit, aligning their activities with global sustainability trends while engaging communities in meaningful environmental action.



References

Photo 1- <https://www.runnersworld.com/uk/training/marathon/a29808666/paris-marathon-carbon-neutral/>

Photo 2 - <https://www.schneiderelectricparismarathon.com/en/a-marathon-with-values/recycling>



Forest Green Rovers: Leading the Charge as the World's First Carbon-Neutral Football Club

Introduction:

In 2018, Forest Green Rovers, a football club in Nailsworth, England, became the world's first carbon-neutral football club, certified by the UN. Led by the founder of the green energy company Ecotricity, the club embedded sustainability into all aspects of its operations, serving as a global model for integrating environmental practices into sports.

Objectives:

- To achieve a carbon-neutral status.
- To raise awareness of environmental issues through football.
- To promote sustainable lifestyles by using the platform of professional football to educate and inspire positive environmental change.

Description:

Forest Green Rovers has implemented several innovative practices to achieve sustainability. The club is powered entirely by renewable energy, including solar panels on the stadium roof and experiments with kinetic energy generated by fans entering the stadium.

Its pitch is maintained without the use of chemical pesticides or fertilisers, relying instead on sustainable practices such as rainwater collection for irrigation. In a groundbreaking move, the club adopted a 100% plant-based menu for all catering services, significantly reducing emissions associated with animal agriculture. To promote eco-friendly transportation, fans and staff are encouraged to use public transport, cycle, or walk to matches, while the club also operates electric vehicles and supports carpooling initiatives. Additionally, Forest Green introduced football kits made from bamboo fibres, offering a sustainable, biodegradable alternative that combines durability and high performance.

Impact and Results:

The club achieved remarkable milestones in sustainability, earning recognition in 2018 as the world's first carbon-neutral football club after cutting its carbon emissions by more than 40% through its comprehensive sustainability programme.



GLOBAL

The club also made significant strides in energy efficiency, with renewable energy sources reducing energy costs by 25% and solar panels providing 20% of match-day energy needs. Waste reduction has been a priority, with single-use plastics eliminated from the stadium and all food packaging made compostable or recyclable. The introduction of a plant-based menu has further lowered the club's environmental footprint, reducing food-related emissions by 40%.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Forest Green Rovers has set a powerful example by embedding sustainability into every aspect of its operations, from energy use to food and fan engagement. The club demonstrates that even small sports organisations can make significant progress in reducing their environmental impact, serving as an inspiration for the global sports community. Its success highlights the potential of sports to drive meaningful environmental change, proving that sustainable practices are both practical and beneficial. Many aspects of Forest Green Rovers' sustainability model are highly replicable for other sports clubs and organisations.

Clubs can adopt sustainable pitch management, reduce meat in menus, and use renewable energy. Other elements for replicating success include fan engagement and educational outreach.

To build on this model, youth workers and youth organisations can:

- Introduce plant-based menus to reduce food-related emissions and promote healthier diets.
- Develop eco-friendly sportswear to minimise the environmental impact of merchandise.
- Implement educational programmes to actively engage stakeholders in sustainability efforts.

These steps can help amplify the role of sports and youth organisations in promoting sustainability and collective action.



References

Photo 1, 2 - <https://playitgreen.com/the-worlds-most-sustainable-football-club/>
Photo 3- <https://www.jeansday.hu/en/blog/zoldpenz-zoldfoci-forest-green-rovers>



Tokyo 2020 Olympic Games: Setting New Standards with a Comprehensive Sustainability Plan

Introduction:

With the theme "Be better, together – For the planet and the people," the Tokyo 2020 Olympic Games aimed to deliver one of the most environmentally conscious and resource-efficient Olympic Games in history. The organising committee implemented a comprehensive sustainability plan that addressed a range of environmental and social issues, including resource management, carbon emissions reduction, sustainable transportation, and social inclusion.

Objectives:

- To minimise the environmental footprint by focusing on energy efficiency, resource recycling, and carbon reduction.
- To promote renewable energy and sustainable transportation systems.
- To educate the public about sustainable practices and social inclusion.

Description:

The Tokyo 2020 Olympic Games were not only a showcase of athletic excellence but also a milestone in sustainability efforts for global sporting events.

Despite the challenges posed by the COVID-19 pandemic, the Games remained committed to a sustainability vision that aligned with the UN's SDGs. The event leveraged innovative practices, from the use of recycled materials in medals to energy-efficient venues and a carbon-neutral footprint achieved through renewable energy.

Impact and Results:

Tokyo 2020 implemented various initiatives aligned with the UN's SDGs. Over 60% of venues were repurposed from previous structures, while new ones used eco-friendly materials like locally sourced timber. The "Tokyo 2020 Medal Project" recycled 78,000 tons of electronic waste into 5,000 medals, showcasing circular economy principles. The Games achieved carbon neutrality with 100% renewable energy and carbon offsets, while sustainable transportation included hydrogen-powered buses and electric vehicles. Waste management efforts recycled 65% of event waste, using clear signage, biodegradable materials, and public education campaigns.

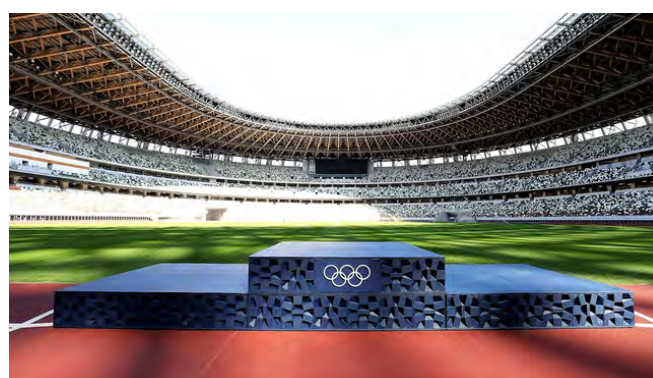


GLOBAL

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Tokyo 2020 set an example for sustainable sports events by incorporating renewable energy, waste reduction, and innovative recycling practices, with its approach providing a valuable model for future global gatherings.

The practices implemented are replicable for future Olympic events and large-scale international gatherings. These practices, including renewable energy use, sustainable transportation, circular economy initiatives, and waste management systems, can be adapted for future events. Partnerships with local stakeholders will be crucial to success. For youth workers and youth organisations, it is essential to embrace these practices by advocating for renewable energy sources to power events, promoting sustainable transportation options, and educating communities on recycling and compostable materials. By integrating these elements into their activities, youth organisations can contribute significantly to environmental responsibility, inspiring future generations to adopt sustainable practices in both local and global contexts.



References

Photo 1, 2 - <https://www.olympics.com/ioc/news/all-you-need-to-know-about-tokyo-2020-sustainability>.

Photo 3 - <https://www.olympics.com/ioc/news/tokyo-2020-highlights-the-possibilities-for-a-circular-economy>.



The Sustainable Venues Initiative at the United States (US) Open Tennis Championships

Introduction:

The US Open Tennis Championships, one of the four Grand Slam tournaments, is renowned for combining elite tennis with sustainability. Held annually in New York, the event attracts over 700,000 attendees. The US Tennis Association's Sustainable Venues Initiative aims to reduce waste, energy consumption, and carbon emissions. By using eco-friendly materials and renewable energy, it has set a global standard for sustainable sports events.

Objectives:

- To minimise environmental impact through sustainable venue management, waste reduction, and energy efficiency.
- To promote environmental stewardship.

Description:

The Sustainable Venues Initiative at the US Open incorporates a range of eco-friendly practices to reduce the event's environmental footprint. The tournament is powered entirely by renewable energy credits, with energy-efficient upgrades, such as Light Emitting Diode (LED) lighting, significantly lowering electricity consumption.

Leadership in Energy and Environmental Design-certified projects emphasise recyclable materials and natural ventilation, while a comprehensive waste management programme achieves a 97% diversion rate through recycling, composting, and the use of digital tickets and eco-friendly packaging. Organisers have also reduced plastic waste with reusable cups, compostable food packaging, and water refill stations. Additionally, they minimise water usage without compromising tournament standards by using water-saving technologies, such as low-flow fixtures and smart irrigation systems. Educational campaigns were also set up to raise awareness among attendees.

Impact and Results:

The US Open has achieved a 97% waste diversion rate from landfills through comprehensive recycling and composting programmes, including composting over 500,000 pounds of food waste in 2019. The tournament has also focused on energy efficiency, with the switch to LED lighting and energy-saving systems reducing electricity consumption, cutting costs, and lowering its carbon footprint.



GLOBAL

In terms of plastic reduction, the US Open eliminated more than 250,000 single-use plastic bottles by providing water refill stations, demonstrating the effectiveness of this eco-friendly initiative. The smart irrigation system for the tennis courts optimised water usage, helping the event save millions of gallons of water annually.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The US Open's Sustainable Venues Initiative is an excellent example of how large-scale sporting events can integrate environmentally conscious practices, such as energy efficiency, waste reduction, plastic elimination, and water conservation. This initiative has significantly lowered the event's environmental footprint while raising sustainability awareness among both fans and participants.

This initiative is highly replicable for other sports events and venues. Practices, such as switching to renewable energy, enhancing waste management, and utilising eco-friendly materials, can be adopted by any large-scale event seeking to reduce its environmental impact.

Youth workers and youth organisations can contribute to similar efforts by:

- Advocating for the use of renewable energy sources and energy-efficient infrastructure at events.
- Supporting comprehensive waste management and recycling programmes.
- Promoting reusable alternatives and sustainable packaging.
- Encouraging the use of water conservation technologies.

By engaging communities in these efforts, youth organisations can help foster a culture of sustainability in sports and beyond.



References

Photo 1 - <https://tennisgrandstand.com/2022/09/02/u-s-open-celebrates-15-years-of-sustainability/>

Photo 2 - https://www.usopen.org/en_US/news/articles/2019-08-20/us-open-green-initiatives-raise-sustainability-standards.html



Reuse-a-Shoe programme - Nike

Introduction:

Nike's Reuse-A-Shoe programme is a fantastic practice that transforms old athletic shoes into materials that can be used for products. The programme was created in 1990 to bolster circularity within sports equipment and wear in the industry. It showcases how we can promote environmental awareness, eco-consciousness, and positive impacts through sports.

Objectives:

- Reduction of waste within the sports industry
- Promoting the circularity of sports equipment use
- Encouraging sustainable practices within sports by fostering awareness and eco-consciousness

Description:

The main part of the practice involves collecting second-hand shoes from 'drop-off' points/bins at Nike stores. These shoes are then recycled into materials that can be used for a variety of purposes, such as courts, tracks, playgrounds, or even parts of new Nike products.

As part of its sustainability initiatives, Nike has also redesigned its shoeboxes to reduce the amount of material used, saving resources and ultimately reducing the need to cut down trees.

Impact and Results:

Since the project was initiated in 1990, there have been countless beneficial impacts. 28 million shoes have been recycled, improving circularity and reducing waste. Recycling these products has also created a precedent for versatile materials that can be used across the sporting industry. The new shoeboxes also save approximately 200,000 trees each year from being cut down. Finally, the dependency on customer engagement with the project and the collection of old shoes highlights the importance of individual actions and how everyone can contribute to a sustainable future.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

One of the main takeaways for youth workers is the application of circularity. It is a crucial step toward attaining a sustainable future and can be incorporated into many different types of organisations and projects. This concept can be tailored to sports organisations in various ways. For example, instead of recycling shoes for material to create new sports products, you could collect old shoes for your organisation so that another member can use them, especially if someone has stopped engaging with the sport or if the shoes no longer fit. This approach also promotes a sense of community and encourages community engagement. It demonstrates how we can promote both social and environmental sustainability at the same time—an essential synergy that should be fully utilised!

References

<https://recyclenation.com/2012/08/nike-reuse-shoe-programme/>



Sustainability and Environmental Education in Outdoor Sports (SEE) Project

Introduction:

The SEE project incorporates environmental action into outdoor sports by using education on environmental topics to protect natural landscapes. By promoting responsible outdoor behaviour and utilising sports leaders and trainers to develop sustainable practices, this project aims to reduce the environmental impact of sports and support physical activity for well-being

Objectives:

- To develop mechanisms that train outdoor sports professionals in communicating environmental best practices within outdoor activities.
- To reduce the environmental impact of outdoor sports.
- To encourage voluntary activities in outdoor sports whilst fostering social inclusion.
- To raise awareness of the importance of physical activities for health while protecting natural landscapes.

Description of the Project:

As mentioned, the SEE project emphasises the importance of sport and physical activity as tools to strengthen social cohesion, health, and simultaneously address environmental impact. By equipping professionals with the tools to foster environmental sustainability through physical activity, this knowledge is disseminated to have a considerable positive impact. The project has four phases. The first phase concerns an analysis of the current levels of environmental education amongst sporting professionals. Secondly, a toolkit is created to be used as a knowledge base for environmental sustainability and outdoor physical activity. Thirdly, this toolkit is tested and evaluated to measure its impact as a knowledge base. Lastly, the findings and best practices of the aforementioned process are shared with the community engaging with outdoor sports and activities.



Impact and Results:

As a result of the four stages of the project, numerous positive impacts have emerged. Sports leaders have attained a high level of environmental education, enhancing their ability to promote and implement sustainable practices within their organisations. Outdoor activities and the organisations involved in the project have significantly reduced their environmental impact, contributing to greener operations. The project's inclusive approach has also strengthened social inclusion, ensuring broader participation across diverse communities. Additionally, participants have developed a deeper awareness of the vital connection between sports, outdoor activities, health, and environmental sustainability, fostering a more holistic understanding of their role in creating positive change.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

There are numerous lessons and areas for replication when looking at the objectives and the process for attaining those objectives. Starting with an analysis of current knowledge levels and challenges, this initial analysis can ensure that your project directs its activities to have a larger impact. Following the establishment of the toolkit, an evaluation is a great way to refine and improve any shortcomings. This can be based on consultation with participants or even experts. Going back and forth to improve and tailor the material to the needs of participants is a crucial process to ensure the usability of the created toolkit. Therefore, the lessons from the process of the SEE project provide a great framework for pursuing your current and future projects.



References

<https://www.seeproject.eu/#:-:text=The%20Sustainability%20and%20Outdoor%20Education,and%20conservation%20organisations%20across%20Europe>



EcoFitness – Introducing Green and Sustainable Practices into Fitness Training

Introduction:

This project incorporates sustainability through green practices into fitness and other physical activities. It is a pan-European project with partners from Greece, Portugal, Spain, and Italy, which provides the tools and resources that enhance environmentally friendly behaviours while simultaneously promoting well-being. This is achieved through a series of activities, including the creation of best practices, green training methods, EcoFitness systems, and a toolkit for users. Through training sessions, EcoFitness open days, awareness campaigns, and social media outreach, this project has had a significant impact and promoted the incorporation of well-being and sustainability into sports, yielding positive societal outcomes.

Objectives:

- Integrate green practices into fitness training to enhance sustainability and social impact
- Develop innovative training methods and promote sustainable sports facilities
- Enhance physical activity and community well-being

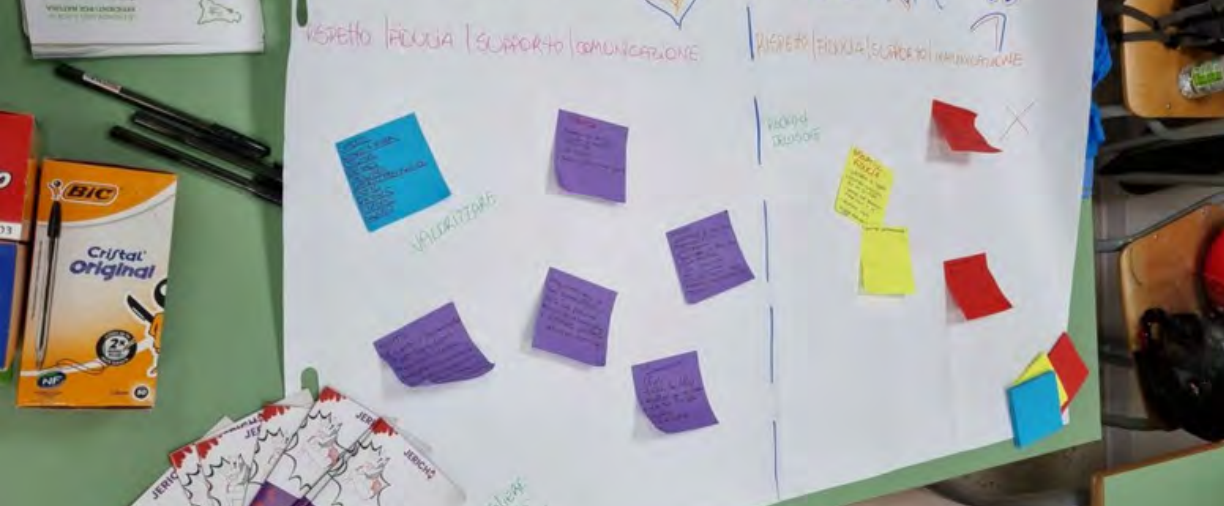
- Bolster environmentally-friendly practices and behaviours with positive ecological impacts

Description of the Project:

This project has facilitated several gatherings, workshops, and training sessions to promote environmental sustainability and the aforementioned objectives. This included the creation of recycling tips and eco-fitness systems for both partner organisations and fitness facilities, hosting training sessions to strengthen the incorporation of sustainability into sports, and creating a foundation for sustainable practices through brainstorming sessions with focus groups.

Impact and Results:

There are a number of both qualitative and quantitative results from this project. Around 120 participants were involved in the testing activities, 160 were active in awareness campaigns, 300 people participated in the open days of EcoFitness activities, and more than 1,000 people were reached through a series of social media campaigns.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

The EcoFitness project demonstrates how we can strive for multiple societal benefits at the same time by incorporating well-being and sustainability into sports. This form of 'collateral benefit' is a fantastic consideration for youth workers and all types of projects. This project also shows the diverse ways in which a project can reach its objectives. A combination of outreach and activities proves to be very valuable. Social media and awareness campaigns are crucial, and workshops, toolkits, and open days — a combination of the aforementioned — are excellent ways to reach out to several target groups and maximise visibility and accessibility for project participation and inclusion.



References

<https://cesie.org/en/project/ecofitness/>



Liverpool Football Club - Reds Going Green

Introduction:

Liverpool is one of the largest football clubs in the world and is committed to promoting sustainability as one of its core values. To promote environmental sustainability, a series of policies and measures have been implemented, ranging from infrastructural changes to the facility's energy and water use, as well as recycling programmes.

Objectives:

In line with the core values and intentions of 'Reds Going Green', several objectives have been set:

- Minimise the environmental impact of the club's operations.
- Implement water-smart solutions.
- Use renewable energy to power facilities.
- Mitigate waste and promote circularity and recycling processes.
- Utilise energy-smart solutions to reduce energy use, such as through the use of low-energy lighting.

Description of the Project:

The sustainability initiatives for 'Reds Going Green' fall into two main categories. The first relates to infrastructural changes, such as the installation of solar panels on the roof and the utilisation of low-energy lighting to reduce the carbon footprint of the Liverpool facilities. Furthermore, water drainage solutions and waterless urinals also contribute to a reduction in water use. The second category involves initiatives that are much more replicable for youth organisations and youth workers, namely waste reduction, recycling, and reusing programmes.



Impact and Results:

As a result of the 'Reds Going Green' initiative, there have been several beneficial impacts on environmental sustainability. Due to the incorporation of solar panels, low-energy lighting, and water-smart solutions, CO₂ emissions, as well as water consumption, have decreased considerably. Furthermore, with the waste reduction and recycling strategies in place, over 55 per cent of waste is now recycled.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The case of 'Reds Going Green' showcases how sustainability initiatives can be incorporated into multiple layers of an organisation's operations and facilities. Whilst infrastructural actions are rarely an option for youth organisations and workers, there are still lessons to be learned. Implementing energy-smart lighting can be incorporated into work facilities and offices, with limited costs. Similarly, for water and waste, providing reusable water bottles and refilling stations, as well as recycling stations, can contribute to sustainable development with low-cost, high-impact solutions.



References

https://www.liverpoolfc.com/anfieldroadexpansion/sustainability_



Move for the Planet

Introduction:

Adidas' "Move for the Planet" is an initiative that uses sports as a platform to promote sustainability. The project aims to reduce the plastic and carbon footprints of sports, contribute to the creation of resilient sports facilities, and produce sports equipment made from recycled materials, all with the goal of fostering a sustainable world.

Objectives:

- Promoting education on sustainability in sports.
- Encouraging sustainable management practices to reduce plastic use.
- Using recycled materials to create new sports equipment.
- Contributing to the development of adaptive and resilient sports facilities.
- Improving accessibility to educational activities related to environmental sustainability.
- Reducing the carbon footprint, promoting circularity, and enhancing water conservation within the sporting sector.

Description of the Project:

The project has hosted numerous initiatives and programmes in many areas of the world. In Greece, bottle caps were recycled to create an artificial football pitch. They have also implemented solar panels or numerous arenas and stadiums, contributing to green stadiums and reducing costs. As a part of the project, they have also financed water retention systems as part of grass pitches, where rainwater has been purified to provide clean drinking water to local communities in South Africa.



GLOBAL

Impact and Results:

While the project is extensive and its outcomes are widespread, here are some notable results from specific initiatives:

- In Greece, 200,000 bottle caps were recycled, turning into 300kg of recyclable material that helped create sports equipment and an artificial pitch that benefits over 800 players.
- In Cambodia, 16 solar-powered lights were installed, enabling the use of the pitch at night and providing electricity to local communities.
- In South Africa, the rainwater retention system on the football field provides 17 million litres of water annually to local communities.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Although not all aspects of "Move for the Planet" will be feasible for smaller sports organisations and youth workers to replicate, valuable lessons can still be drawn. The project promotes sport, inclusivity, and both social and environmental sustainability. This holistic approach leads to benefits not only for the environment but for people as well.

The synergy of addressing multiple areas of sustainability is essential in creating impactful projects. For instance, the recycling initiative that turned bottle caps into new sports equipment is a simple yet effective practice that can be applied on a smaller scale by youth organisations to make a meaningful impact.



References

<https://www.common-goal.org/Project/Details/Move-for-the-Planet>



Sport Evolution Alliance - Integrating Sustainability in Athletes' Dietary Choices

Introduction:

The Sport Evolution Alliance project promotes sustainable food consumption by encouraging eco-friendly diets among athletes across Germany, Greece, Malta, Portugal, Spain, and Turkey.

Objectives:

The primary objective of this project is to contribute to and encourage the use of sustainable food consumption, thereby supporting a societal shift toward healthier and more sustainable diets. This is achieved by:

- Educating athletes on sustainable food choices for health, performance, and the environment.
- Raising awareness of the carbon footprint of dietary choices.
- Providing sustainable dietary guidelines and tools.
- Training nutritionists to guide athletes toward eco-friendly diets.

Description of the Project:

To meet the objectives, several practices were implemented. The project included various online training sessions and awareness programmes on sustainable diets for sports professionals and athletes. In addition, toolkits and guidelines on sustainable diets were developed for athletes and other sports professionals. A digital nutrition tool was also designed for use by both professional and amateur athletes. Furthermore, policy suggestions were made to incorporate sustainable food practices into national dietary guidelines.





GLOBAL

Impact and Results:

The project has delivered a wide range of impactful results. Athletes have shown increased knowledge and awareness of sustainable food choices, leading to a noticeable shift in dietary habits towards more eco-friendly options. The initiative has also fostered the creation of role models and agents of change within the sports community, inspiring others to follow suit. Access to educational resources on sustainable diets has been enhanced, while sports nutrition professionals now have a greater capacity to guide athletes in making environmentally conscious choices. Additionally, the project has encouraged cross-country collaboration and knowledge sharing, strengthening international efforts toward sustainable nutrition in sports.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

One of the key benefits of this practice is its replicability for multiple organisations and sports clubs, regardless of their size or scale. Youth organisations can invite a nutritionist to help educate athletes, or for smaller organisations, conducting research or using online resources is a cost-effective approach. There are many available online materials, including videos, that guide shifting to a more sustainable diet. This might include sourcing locally produced vegetables and goods or serving vegetarian or vegan dishes. Additionally, youth workers can encourage cooking skills to prepare vegetarian or vegan meals that provide the necessary energy and protein for athletes, ensuring the dishes are both filling and tasty.

References

<https://sportevolutionalliance.com/integrating-sustainability-in-athletes-dietary-choices-know-more/>



Trees4Goals

Introduction:

The Trees4Goals initiative is an inspiring project that demonstrates how sport can drive environmental action. Created by footballer Lesein Mutunkei, the project aims to restore forests and combines his passion for football with a commitment to preserving Kenya's natural environment. It highlights the significant impact of local action in creating a sustainable future.

Objectives:

- Promote environmental sustainability through grassroots action.
- Use sports as a platform to restore forests and contribute to a greener future.
- Support reforestation efforts and mitigate the effects of deforestation on the climate and wildlife.
- Inspire environmental conservation and encourage local action.

Description of the Project:

Trees4Goals has a simple yet impactful concept: for every goal scored, trees are planted. Initially, one tree was planted per goal, but this has since increased to 11 trees per goal (one for each teammate). Since the project began in 2018, over 5,500 trees have been planted across Kenya. As part of the initiative, Lesein Mutunkei also engages with schools and participates in various events to inspire young people to take collective action for a sustainable future.

Impact and Results:

Over 5,500 trees have been planted across Kenya, with a significant milestone being the planting of 700 trees in under an hour in the Karura Forest by Lesein Mutunkei and his teammates. These trees contribute to carbon dioxide storage and support wildlife restoration. The project has received global recognition and support. Through community engagement and inspiring others, it has had a tremendously positive impact on a variety of scales.



GLOBAL

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The beauty of the Trees4Goals project lies in its low-cost and creative approach. Similar practices can easily be adapted by most youth organisations, with goal-setting mechanisms that can be applied to any sport. The project demonstrates the importance of creativity and inspiration. Combining sustainability with sports doesn't have to be difficult or expensive; it can be a fun and motivational way to create meaningful change and have a significant impact on environmental sustainability.



References

<https://sportevolutionalliance.com/integrating-sustainability-in-athletes-dietary-choices-know-more/>



Green Sports Alliance (GSA): Advancing Sustainability Across Sports Industries

Introduction:

The GSA is a leading nonprofit organisation based in the US that collaborates with sports leagues, venues, teams, and fans to implement sustainable practices within the sports industry. Founded in 2010, GSA was established to address the environmental impact of sports events, which generate significant amounts of waste, carbon emissions, and water usage. The initiative emerged as a solution to these environmental challenges, leveraging the vast influence of sports to promote sustainability among fans and the wider community.

Objectives:

- **Reduce Environmental Impact:** Decrease waste production, carbon emissions, and water usage associated with sports events.
- **Promote Sustainability Awareness:** Educate sports organisations, athletes, and fans on eco-friendly practices.
- **Set Industry Standards:** Establish practical, adaptable sustainability standards across various sports.
- **Inspire Global Action:** Use the visibility of sports to promote environmentally sustainable behaviours and policies.

Description of the Project:

The GSA collaborates with major sports organisations to implement eco-friendly strategies, which include waste reduction, energy efficiency, water conservation, and public engagement initiatives. Key practices include:

- **Waste Reduction:** GSA encourages the use of recycling and composting stations, as well as minimising single-use plastics at sports venues.
- **Renewable Energy:** Many partner venues have transitioned to renewable energy sources, such as solar panels, to power stadiums and reduce reliance on fossil fuels.
- **Sustainable Transportation:** GSA promotes public transport options for fans and provides incentives for low-emission vehicles to minimise the carbon footprint.

Public Awareness Campaigns: Through on-site promotions, partnerships with athletes, and digital media, GSA raises awareness of environmental issues among fans, encouraging them to adopt sustainable practices in their lives. To achieve these goals, GSA partners with teams, venues, and corporate sponsors, providing resources, workshops, and a network for sharing best practices.

FASTER, FURTHER, TOGETHER

GREEN SPORTS ALLIANCE SUMMIT | 2024

GLOBAL

The Alliance also works with local governments to facilitate eco-friendly policies, such as incentivising renewable energy or providing grants for waste management systems.

Impact and Results:

The impact and results of the GSA have been substantial, both quantitatively and qualitatively. Quantitatively, member organisations have achieved significant environmental milestones, including a 15% reduction in energy use across partner venues, a 30% decrease in waste sent to landfills, and the offsetting of thousands of tons of carbon emissions through renewable energy initiatives. Qualitatively, these practices have fostered heightened environmental awareness among fans and strengthened community engagement. Many teams and venues report increased fan loyalty and greater media attention as a direct result of their sustainability efforts, reflecting a positive cultural shift toward environmental consciousness within the sports industry.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The GSA demonstrates how sports organisations can play an active role in environmental sustainability.

Key takeaways include the importance of partnerships, gradual implementation, and fan engagement as a vehicle for promoting broader environmental action. GSA's success highlights sports' unique ability to drive cultural shifts toward sustainability, with some suggestions including:

- **For Organisations:** Join networks like GSA to access resources and collaboration opportunities. Start with achievable goals, like waste reduction, and expand initiatives as budgets allow.
- **For Communities:** Partner with local sports teams to implement similar initiatives, such as waste management systems or renewable energy sources at community events.

The next steps for the GSA involve scaling up by expanding partnerships to include smaller sports organisations and community teams, ensuring that sustainability practices reach a broader audience. Additionally, integrating eco-friendly design and renewable energy solutions into the construction of new sports facilities will help set a standard for future developments, promoting environmental responsibility from the ground up. These steps will further amplify the positive impact of the GSA and encourage wider adoption of sustainable practices within the sports sector.

References

<https://greensportsalliance.org/>



Australian Open Green Initiative: Setting a New Standard for Sustainable Sporting Events

Introduction:

The Australian Open Green Initiative, launched by Tennis Australia, is a comprehensive approach to reducing the environmental impact of one of the world's largest tennis tournaments. With millions of fans, staff, and players gathering annually, the event recognised the environmental strain caused by its size and operations, particularly in waste management, energy use, and water conservation. In response, the initiative was developed to make the Australian Open a global example of sustainability in sports.

Objectives:

- **Reduce Carbon Emissions:** Decrease overall carbon footprint by implementing energy-efficient technologies.
- **Conserve Water:** Minimise water use through water-saving technologies and rainwater collection.
- **Waste Management:** Cut down on waste through recycling programmes and composting.
- **Community Engagement:** Involve fans and local communities in sustainability efforts and promote eco-friendly behaviour.

Description of the Project:

The Australian Open Green Initiative comprises several practices aimed at reducing the event's environmental impact:

- **Energy Efficiency:** All new lighting installed at venues is energy-efficient, reducing electricity consumption by up to 20%.
- **Water Conservation:** Innovative water-saving measures, such as rainwater harvesting and water-efficient systems, have been introduced, ensuring sustainable water use for the courts and amenities.
- **Waste Reduction:** On-site composting stations and extensive recycling facilities help divert a significant portion of waste from landfills.
- **Green Transportation:** The event encourages fans to use public transportation through partnerships with local transit authorities, reducing emissions from private vehicles.

The implementation of sustainability initiatives involved several key steps to ensure comprehensive environmental impact.

Energy partnerships were established with energy providers to install energy-efficient lighting and renewable energy solutions across facilities. Water initiatives included the installation of rainwater harvesting systems and water-efficient technologies to reduce water consumption. The waste management programmes saw the deployment of waste sorting stations and composting areas to effectively manage organic waste. Additionally, public awareness campaigns were launched, engaging fans through signage, digital platforms, and on-site education to encourage sustainable behaviours and raise awareness about the importance of environmental responsibility in sports.

Impact and Results:

The Green Initiative has demonstrated measurable improvements across several key environmental metrics. Carbon emission reduction has been substantial, with an estimated decrease of over 1,000 tonnes of CO₂ emissions annually. Water savings have been impressive, with a 25% reduction in water usage compared to previous tournaments, largely thanks to rainwater harvesting. Waste diversion efforts have also been successful, with approximately 80% of tournament waste diverted from landfills. Additionally, community awareness has increased significantly, as post-event surveys reveal that many attendees have adopted



GLOBAL

eco-friendly practices following their experience, indicating the lasting impact of the initiative.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Australian Open Green Initiative demonstrates the potential for large-scale sporting events to operate sustainably while engaging communities in environmental stewardship. By integrating efficient waste, water, and energy practices, the initiative sets a standard for eco-friendly sporting events globally. Some suggestions include:

- **Start with Energy and Water Efficiency:** Prioritise high-impact areas like energy-efficient lighting and rainwater harvesting for maximum environmental benefits.
- **Engage the Community Early:** Build awareness among fans and attendees through social media, signage, and workshops.
- **Partner for Sustainability:** Collaborate with local governments, eco-friendly brands, and sustainability experts to share resources and reduce costs.
- **Track and Share Success:** Collect data on environmental impact and share these results to inspire other events and highlight the benefits of sustainable practices.

References

https://ausopen.com/sustainability_



Kicking Carbon Initiative: Empowering Youth for Sustainable Football Practices

Introduction:

The Kicking Carbon Initiative, spearheaded by the English Football League in collaboration with local youth organisations, focuses on fostering environmental awareness among young football players and fans. This initiative was developed in response to the growing need to address carbon emissions associated with football activities, including travel, stadium energy use, and waste generation. It aims to equip the next generation of football enthusiasts with the knowledge and tools to adopt more sustainable practices.

Objectives:

- Reduce the carbon footprint associated with football events and activities.
- Educate young people on sustainable living practices.
- Promote the adoption of eco-friendly habits, such as energy conservation and low-carbon travel.
- Foster a culture of sustainability within the football community.

Description:

The Kicking Carbon Initiative engages young football players and fans through interactive workshops that cover:

- The impact of carbon emissions from football-related activities.
- Strategies for low-carbon travel to games.
- The importance of renewable energy in stadium operations.
- Hands-on activities, such as the “Carbon Challenge,” where participants calculate their emissions and pledge to reduce them.

The implementation of the initiative involved several key steps. Partnerships were established with local youth organisations and environmental experts to design educational workshops that would effectively engage young participants. Resource development included creating materials such as calculators, educational posters, and online tools to simplify the learning process and make the content more accessible. Outreach programmes were rolled out across football academies and community clubs, ensuring wide participation. Finally, engagement was encouraged by having young participants actively track their carbon footprints and brainstorm solutions to reduce them, fostering a sense of ownership and responsibility in the process.

KICK THE CARBON

GRANT UK X BATH RUGBY

GLOBAL

Impact and Results:

The impact and results of the initiative have been notable. In terms of quantitative outcomes, a pilot programme in 2023 recorded a 15% reduction in car-based travel to matches among participating youth, with an increase in the use of public transport and cycling. Qualitatively, surveys revealed that 90% of participants reported heightened environmental awareness, with many committing to adopt greener habits both on and off the pitch. This shows a positive shift toward more sustainable behaviours among the youth involved in the programme.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Kicking Carbon Initiative demonstrates how football can serve as a powerful platform to promote environmental sustainability among young people. By combining interactive education with the universal appeal of sports, the programme instils eco-conscious values that extend beyond the field.

Some suggestions include:

- *For Organisations:* Partner with schools and community groups to expand outreach.
- *For Communities:* Organise local “Carbon Challenges” tailored to specific sports activities.

The next steps for the programme involve scaling it to include other sports leagues, broadening its impact and encouraging sustainability across various sporting communities. Additionally, developing a digital platform for broader engagement would allow more participants to access the resources and tools, making it easier for youth and sports organisations to engage with the initiative and track their progress towards sustainability goals.



References

<https://www.edie.net/premiership-football-club-kicks-off-carbon-outreach-project/>



Sport for Nature Initiative: A Global Movement for Environmental Advocacy through Sports

Introduction:

The Sport for Nature Initiative, a global collaboration between the International Union for Conservation of Nature, UN Environment Programme, and various sports organisations, aims to integrate nature conservation into the world of sports. Recognising the influential role of sports in shaping public attitudes, this initiative was created to leverage sports as a tool to raise awareness and promote action for environmental preservation.

Objectives:

- Promote environmental sustainability in sports events and infrastructure.
- Increase public awareness of biodiversity and the need for nature conservation.
- Engage young people in environmental stewardship through sports-related activities.
- Encourage sports organisations to adopt sustainable practices.

Description:

The Sport for Nature Initiative encompasses several key components:

- *Workshops and Trainings:* Educational programmes for athletes, coaches, and event organisers on sustainable practices and biodiversity conservation.
- *Green Pledge Campaigns:* Encouraging sports organisations to commit to sustainability goals, such as reducing plastic use or conserving water.
- *Youth Engagement programmes:* Activities like tree planting, beach cleanups, and wildlife protection campaigns, often tied to sporting events.
- *Sustainability Guidelines:* Development of a toolkit for organising eco-friendly sports events.

The implementation steps for the initiative involve several key actions. First, global partnerships are established through collaboration with sports federations, NGOs, and governments to drive the initiative and ensure its widespread reach.





GLOBAL

Next, resource development focuses on creating educational materials and sustainability toolkits to equip participants with the knowledge and tools they need to adopt greener practices. Community engagement is fostered by leveraging sports events as platforms for environmental campaigns, raising awareness and encouraging participation. Finally, monitoring and reporting are essential to track the environmental impact of participating organisations and events, ensuring that progress is measurable and sustainable.

Impact and Results:

The impact and results of the initiative have been significant. In terms of quantitative outcomes, over 1 million trees have been planted as part of reforestation efforts linked to global sporting events. Qualitatively, there has been a noticeable increase in environmental awareness among athletes and fans, with many sports organisations adopting green event practices, such as eliminating single-use plastics. These outcomes highlight the initiative's positive influence on both the environment and the sports community's commitment to sustainability.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Sport for Nature Initiative highlights the potential of sports as a vehicle for global environmental change. By aligning the passion for sports with the urgency of nature conservation, this initiative fosters a culture of responsibility and action among young people and sports communities worldwide.

Some suggestions include:

- For Organisations: Collaborate with local environmental groups to tailor activities.
- For Communities: Use sports events as opportunities for hands-on conservation activities, such as habitat restoration.

The next steps for the initiative involve expanding it to include virtual educational campaigns, broadening its reach and making sustainability education more accessible to a global audience. Additionally, strengthening monitoring systems for long-term impact assessment will help track the continued effectiveness of the initiative and provide data to refine strategies for even greater environmental impact in the future.

References

<https://sportsfornature.org/events/>



It's Time (to talk about sustainability)

Introduction:

"It's Time" is a project implemented across several countries, including Portugal, Spain, and Greece, aimed at addressing environmental challenges and sustainability topics. The project features a range of activities, such as a clean-up event in the Valley of Serres, where participants used interactive games to promote eco-friendly practices.

Objectives:

- Promoting sustainability awareness.
- Encouraging active participation in environmental efforts.
- Disseminating knowledge of eco-friendly practices.
- Fostering cross-cultural collaboration.
- Empowering youth as change-makers.
- Involving communities in environmental awareness.

Description:

The project promotes sustainability and environmental awareness while fostering youth participation in global challenges. Participants from Portugal, Spain, and Greece collaborate on activities that use practical, hands-on approaches to inform young people about environmental issues. For example, the Valley clean-up event used interactive learning methods, such as games and fun activities, to ensure sustainability education is engaging and accessible. A significant part of the project is the dissemination of knowledge and experiences. For instance, Greek participants shared their learnings through a live radio broadcast, further spreading awareness. These outdoor, community-based activities address a variety of sustainability topics, such as water conservation, reducing carbon footprints, and sustainable diets.



GLOBAL

Impact and Results:

The project resulted in increased knowledge among participants on various sustainability issues. It successfully raised youth engagement and interest in sustainability, with participants disseminating their experiences through various channels, including radio stations in Greece.



Additionally, environmental benefits were achieved through activities like the Valley clean-up, which also fostered greater community involvement.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

As with other projects highlighted in this booklet, outdoor and hands-on learning experiences are an excellent setting for informal education. A key takeaway from this project is its emphasis on dissemination, not just to share the outcomes but to allow participants to share their own experiences through social media, radio, and other platforms. Often, young people are more inspired by personal stories than by facts and learning materials. This insight can be applied to future projects to enhance engagement and impact.

References

<https://praxisgreece.com/2023/07/dissemination-activity-clean-up-the-valley-of-serres/>



LIFE TACKLE: Sustainable Practices in European Football

Introduction:

LIFE TACKLE (Team Action for Climate Knowledge and Learning for European Stadiums) is a European project co-funded by the LIFE programme of the EU. Its mission is to promote environmental sustainability within the football sector by reducing the ecological footprint of football stadiums and events. By addressing challenges like waste generation, energy consumption, and resource inefficiency, the project aims to integrate sustainable practices into one of Europe's most popular sports, leveraging its wide influence to inspire broader societal change.

Objectives:

- Encouraging football organisations to adopt environmentally sustainable practices.
- Reducing the environmental impact of football stadiums and events.
- Promoting awareness and behavioural change among fans, players, and stakeholders in the football industry.
- Creating replicable models for sustainable management in other sports sectors.

Description:

LIFE TACKLE focuses on implementing and promoting green management practices at football stadiums, addressing critical issues such as waste management, energy efficiency, and fan engagement in sustainability.

To implement this initiative, stadiums undergo environmental assessments to identify their impact and areas for improvement. The project provides tailored guidelines, toolkits, and practical recommendations to stadium managers and event organisers to help them adopt sustainable practices. Pilot actions are then tested and refined across various football stadiums in Europe, including energy-saving measures, waste reduction initiatives, and eco-friendly transportation options. Campaigns are also launched to engage fans and raise awareness about their role in promoting sustainability. Furthermore, partnerships are established with football federations, clubs, and local authorities to ensure the widespread adoption and support of these green practices.



GLOBAL

Impact and Results:

The impact and results of the LIFE TACKLE initiative have been significant.

Quantitative results include a reduction in energy consumption and greenhouse gas emissions in participating stadiums, as well as decreased waste generation and increased recycling rates at football events. Additionally, sustainability clauses have been integrated into contracts with suppliers and service providers, ensuring that green practices are embedded throughout the stadium operations.

Qualitatively, the initiative has led to enhanced environmental awareness among football clubs, staff, and fans. It has also contributed to establishing sustainability as a core value within European football and strengthened collaboration between sports organisations and environmental advocates, fostering a collective commitment to greener practices in the sport.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

LIFE TACKLE demonstrates how sports, as a unifying and influential cultural force, can lead the way in promoting environmental sustainability.

By implementing practical, measurable solutions and engaging stakeholders across the football sector, the project has proven that sustainability and sports can go hand in hand. Some suggestions include:

- **For Football Organisations:** Conduct regular environmental audits and adopt green practices for stadium management and event organisation.
- **For Fans and Communities:** Support eco-friendly initiatives at events and advocate for sustainable practices within sports organisations.

The next steps for the LIFE TACKLE initiative involve expanding the model to include smaller clubs and amateur leagues, ensuring that sustainable practices are adopted at all levels of football. Collaborating with international sports organisations will help create a global framework for sustainable sports management, enabling a unified approach across the industry. Additionally, developing ongoing education and training programmes for stadium managers and staff will ensure that sustainability remains a key focus and that all involved are equipped with the knowledge and tools to implement lasting green practices.

References

<https://lifetackle.eu/>



Promoting Sustainability Through Sports: Erasmus+ Project on Environmental Responsibility

Introduction:

This Erasmus+ project explores the intersection of sports and environmental sustainability by promoting eco-friendly practices and raising awareness about environmental responsibility within sports communities. Implemented by international partners, the project addresses the environmental impact of sports and leverages their influence to inspire positive change. It was designed to mitigate the ecological footprint of sports activities and encourage sustainable development practices among athletes, organisations, and stakeholders.

Objectives:

- Integrate sustainability principles into sports activities and organisations.
- Raise awareness about the environmental impact of sports.
- Develop educational tools and strategies for promoting eco-friendly practices in sports.
- Foster collaboration among sports organisations, educators, and environmental groups.

Description:

The project aimed at reducing the environmental impact of sports activities by developing educational tools and implementing various initiatives. These initiatives included workshops, training sessions, and the creation of guidelines for sustainable sports practices.

To implement this project, research and development were conducted to identify the key environmental challenges faced in sports. Based on the findings, educational tools such as handbooks and online guides were created to help teach sustainability in sports. Training sessions were organised for coaches, athletes, and sports administrators to introduce and encourage sustainable practices within their respective roles. The project also focused on collaboration by establishing partnerships with sports organisations and environmental NGOs to maximise outreach. Pilot actions were tested at sports events, including waste management strategies, energy reduction measures, and sustainable transportation options, allowing the project to refine eco-friendly practices and evaluate their effectiveness.



GLOBAL

Impact and Results:

The impact and results of the project have been notable both quantitatively and qualitatively.

Quantitative results include a reduction in waste produced during sports events due to successful recycling initiatives, as well as energy savings achieved by adopting sustainable practices in sports facilities. Hundreds of athletes, coaches, and stakeholders participated in training sessions, equipping them with the knowledge to incorporate sustainability into their practices.

Qualitative results show an enhanced understanding of sustainability among sports practitioners, with positive behavioural changes, such as a reduced reliance on single-use plastics during events. The project has also fostered stronger collaboration between sports organisations and environmental advocates, leading to a more unified effort in promoting sustainability within the sports community.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

This Erasmus+ project demonstrates how sports can serve as a powerful platform for promoting sustainability.

By integrating environmental responsibility into sports activities and education, the project inspires athletes and organisations to adopt eco-friendly practices, creating a lasting impact on both communities and the environment.

Some suggestions include:

- **For Sports Organisations:** Implement sustainability measures in event planning, facility management, and athlete training.
- **For Policymakers:** Support initiatives that promote environmental responsibility in sports through funding and policy frameworks.

Next steps for the project include expanding it to additional sports disciplines and regions to broaden its reach and impact. Developing advanced educational tools and online resources will help make sustainability practices more accessible to a wider audience. Additionally, collaborating with more stakeholders is crucial to creating a global network of sustainable sports practices, fostering a larger, more interconnected movement towards sustainability within the sports industry.

References

https://ec.europa.eu/programmemes/erasmus-plus/project-result-content/a8e759ba-2df7-4edb-984d-ab078b47f6bb/English_Final_Report.pdf



Play Fair for the Environment

Introduction:

"Play Fair for the Environment" is a manual containing 15 games that use sports activities to teach environmentally friendly behaviours and knowledge. It has been designed by the Play Handball organisation, based in Cape Town, South Africa, to promote environmental education through sport, primarily handball.

Objectives:

- Understanding waste separation and recycling.
- Learning about soil, water, or air pollution.
- Understanding the role trees and oceans play in maintaining clean air.
- Other environmental topics.

Description:

The team sport of handball, along with the training of its basic technical-tactical elements, provides the methodological foundation for learning about four key environmental topics: Waste and Recycling, Fresh Air, Healthy Soil, and Clean Water. The games are designed to train specific sports skills and abilities while also promoting social skills and imparting environmental knowledge to the participants.

The sporting experience becomes a learning experience, creating a basis for reflection and the transfer of specific environmental competencies.

Each game focuses on an environment-specific key competence. Unlike conventional teaching of sports games, where the sport's objective and the acquisition of motor skills are central, the focus of these games is on environmental competence.

In different game forms, such as running and catching games, or passing, throwing, and group tactics games, environmental topics are integrated into the sport activity. Various methods are used to facilitate the transfer from sporting action to environmental learning objectives. Some games focus on making the right decisions as the learning objective. In others, analogies help support the learning and transfer process.

For example, the ball might represent oxygen or clean water, or a failed pass could symbolise littering, reinforcing the connection between sport and environmental awareness.



GLOBAL

Impact and Results:

The Play Fair for the Environment manual contributes significantly to environmental education, particularly in a youth-friendly way, through non-formal sporting activities.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

This is a wonderful collection of activities that can stimulate discussions on environmental issues and promote environmental education through sport. It can be adapted to other team sports as well.

Play Fair for the Environment is a registered trademark, and the manual can be ordered directly from the Play Handball organisation.



References

<https://play-handball.org/en/>



Sport for All and the Environment

Introduction:

The "Sport for All and the Environment" (SforAE) project aims to raise awareness about the benefits of implementing ecological behaviour in sport for all. Its goal is environmental education through sport, promoting physical activity in a safe and clean environment. The project shares the message that physical activity keeps individuals healthy and extends their lives.

Objectives:

- Improve public education on environmentally friendly sports events in conjunction with sustainable development.
- Develop cooperation between sport organisations promoting environmental education through sport, sport events, and activities.
- Increase awareness of the social benefits of physical activity undertaken in a clean and safe environment.
- Prepare recommendations for sport organisations and clubs regarding "green" guidelines.

Compile a list of best practices in the field of environmental education through sport and facilitate the exchange of volunteers involved in the dissemination of project objectives.

Description:

SforAE is an EU project aimed at promoting environmentally friendly sport events through a range of activities. It involved organisations from Poland, Latvia, the Czech Republic, the United Kingdom, and Slovakia. The project facilitated the exchange of experiences and the development of the second edition of guidelines for ecologically sustainable sport events. It also included the organisation of four flagship events and provided promotional materials, such as free canned drinks, for approximately 120 different sports events, all organised sustainably, including the collection and recycling of empty cans.

The project gathered good practices for implementing environmentally sustainable sport events, offering suggestions for future event organisers.



GLOBAL

Impact and Results:

The project directly impacted many sports events (approx. 120) across all partner countries, involving a large number of participants.

Additionally, part of the SforAE project involved compiling best practices for sports events, which were then published in a brochure. These best practices, promoting active lifestyles and environmentally friendly events, also included recommendations for sports event organisers. Several examples were provided, showcasing possible actions to reduce the environmental impact of organised sport events, beyond just recycling efforts.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

This project is highly useful and offers valuable ideas for organising sports events and other types of events for youth workers. It provides practical suggestions for improving environmental sustainability in organised events and highlights how international cooperation can contribute to the development and sharing of good practices.



References

<https://www.sforae.eu/en/#g-dzialania>



PlayGreen

Introduction:

PlayGreen is a European project aimed at young people, promoting environmental sustainability and tackling climate change, now recognised as a climate emergency, through a unique connection with the world of sports. The initiative encourages youth engagement in both sustainable practices and physical activity, using sports events as a platform for change.

Objectives:

- Involve young people interested in the environment and climate change in creating sustainable sports events.
- Strengthen the commitment of sports organisations and their audiences to sustainability.
- Encourage environmentally conscious youth to participate in sports.
- Equip young people with professional skills valuable within sustainable development frameworks.

Promote increased female participation in sporting events.

Description:

PlayGreen empowers young people to contribute to sustainable sports events while actively participating in the climate movement. The project focuses on involving volunteers, particularly young people, who are trained in environmental issues and sustainability practices related to sports. These volunteers then help design and implement green initiatives at major events. In 2019 and 2020, the PlayGreen model was tested at four sports events organised by UEFA federations in Malta, Estonia, Latvia, and the Flemish region of Belgium. Each participating country developed a localised strategy to involve community stakeholders, attract volunteers, and implement sustainable measures at events. Volunteers were guided by national federations, with a strong emphasis on gender inclusivity—each volunteer team was composed of at least 40% women.

To expand its impact, PlayGreen developed three core resources for sports entities interested in replicating the project's approach to sustainability and volunteerism.

Impact and Results:

The project has produced several impactful outcomes. It developed a comprehensive guide on environmental volunteering in sports, providing valuable resources for both organisers and participants. Educational materials were created on organising sustainable sports events with volunteer involvement, empowering event organisers to integrate sustainability into their planning. A study was conducted on the intersection of sustainability and the sports sector, deepening the understanding of this crucial relationship.

The “PlayGreen Tool” was introduced, offering a means to measure the environmental impact of actions at sports events, enabling organisers to track and improve their sustainability efforts. The project also resulted in increased awareness among event organisers and attendees about the environmental effects of sporting events. Moreover, there was a higher participation of women and young people as volunteers in sports events, contributing to more diverse and inclusive environmental engagement.

Conclusion and Recommendations for Youth Workers and Youth Organisations:

PlayGreen presents a strong model for integrating sustainability into sports and volunteer activities. Its resources are adaptable beyond the original context, making them valuable for any youth event that involves volunteers. The project demonstrates how sustainability and youth engagement can go hand in hand, ensuring environmentally responsible practices while empowering young people to gain skills, experience, and confidence through their contributions.



References

<https://ecoserveis.net/en/playgreensports/>
<https://ecoserveis.net/en/donation/playgreen/>



Green League

Introduction:

Green League was a project that aimed to strengthen the connection between sports, sustainability, and the environment through experiential learning methods. The project encouraged using activity as a platform to create environmental awareness and incorporate sustainability practices into sports. Between July 2023 and January 2024, the project hosted workshops and events in Italy, Greece, Cyprus, Iceland, and Slovenia.

Objectives:

- Promote sustainability to a variety of stakeholders within the sports industry:
 - Internal (within organisations and sports clubs)
 - External (sports fans, athletes, and the broader community)
- Contribute to a sustainable future by incorporating sustainability into sports practices.
- Reduce the environmental impacts of sports.

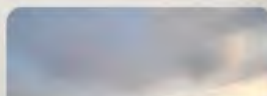
Description:

Green League encouraged various types of practices, projects, and ideas that could be incorporated into several different organisations and sports clubs. Larger-scale practices included sports facilities utilising renewable energy sources like solar or wind, and even implementing energy-efficient lighting systems. However, the project also encouraged other practices which were more applicable to smaller-scale operations and organisations. These included promoting sustainable commuting to sports events through workshops, such as public transport, carpooling, or even using bicycles to attend events. Finally, some practices also included workshops on reducing waste, recycling materials, and composting.

Slovenia



Greece



Impact and Results:

The Green League project implemented projects in five European countries—Italy, Greece, Cyprus, Iceland, and Slovenia—where a total of 600 participants were involved. The project also created many sets of deliverables, including a training package on promoting environmental awareness and eco-friendly practices for sports professionals. Furthermore, the project created a Sport and Environment Local Championship Implementation Guide, which provided information on organising sports events where environmental practices were incorporated with scoring systems. Finally, as part of the project, several additional training materials were created that covered:

- Ecosystem Characteristics
- Threats to Ecosystems from Sports
- EU Legislation on Ecosystems
- Environmental Impact of Sports: Good & Bad
- Planning Eco-Friendly Sports Events
- Raising Awareness for Green Sports Practices

Conclusion and Suggestions for Youth Workers and Youth Organisations:

A key takeaway from this best practice is how it can be applied to multiple scales depending on the size of your organisation. While the red thread is incorporating learning on environmental sustainability through sports, the key points of your activities and workshops are easy to tailor to your audience. So first and foremost, tailor the topics of the workshop to your audience. If you are hosting programmes for sports organisations, green infrastructure like energy and lighting systems is appropriate. If you are hosting smaller sports clubs, topics like waste management, carpooling, and plastic-free equipment are likely to be more relevant and useful.



References

<https://green-league.eu/>



Playing with Corals: Football as a Gateway towards Climate Action and Marine Awareness

Introduction:

Playing with Corals is a project that combines football training with marine conservation, engaging both trainers and children in educational activities. It promotes a healthy lifestyle, environmental protection, and active involvement in coral reef preservation and restoration. Through the training of trainers, the project ensures long-term replicability by equipping football coaches and marine practitioners with the tools to educate and inspire young people.

Objectives:

- To use football as a motivational tool to engage children in environmental conservation.
- To foster resilience among children, reduce their vulnerabilities and enhance their strengths through sport.
- To innovate communication around climate change and environmental sustainability.
- To link sport and practical reef restoration efforts, nurturing a new generation of coral guardians.
- To create a replicable model connecting environmental protection and a healthy lifestyle through sport.

Description:

An initiative led by Italian organisations active in the Maldives, the project uses football training as an entry point to engage young people in marine conservation. By combining sport with interactive education and hands-on coral restoration activities, it enhances environmental awareness while fostering physical and emotional well-being. The program includes the training of 10 football coaches across five islands in the Faafu Atoll (Feeali, Bileiydhoo, Magoodhoo, Dharanboodhoo, and Nilandhoo) over a two-year period. Each trainer is prepared to deliver football sessions that incorporate messages and activities related to coral reef protection.

The project is coordinated by the MarHE Center—an academic centre conducting research and education in environmental sciences and marine biology—together with the University of Milano-Bicocca and Inter Campus, the social initiative of Inter Milan Football Club, and is supported by the UEFA Foundation for Children.



Impact and Results:

Over two years, the project has had the following reach:

- 5 islands in the Faafu Atoll.
- 10+ trained coaches.
- 200 children aged 10–14, with at least 25% being girls (approximately 40 children per island).

The project has successfully developed a cohort of football trainers capable of delivering sport-based environmental education, with a particular focus on coral reef conservation. These trainers continue to inspire young people to become *coral guardians*, ensuring ongoing environmental stewardship across the atoll.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

Playing with Corals demonstrates the power of sport to spark curiosity and commitment among young people regarding environmental issues. It highlights how integrating sport with targeted educational goals can enhance both engagement and impact.

Youth workers are encouraged to:

- Explore sport as a channel for environmental education in their own contexts.
- Adapt the model using different sports or environmental themes.
- Develop long-term programmes that build specialist skills and create a deeper sense of purpose among youth participants.

References

<https://uefafoundation.org/action/playing-with-corals-football-as-a-gateway-toward-climate-action-and-marine-awareness/>



Run for the Oceans

Introduction:

Since 2015, Adidas, in partnership with Parley for the Oceans, has launched the *Run for the Oceans* initiative—inviting runners from around the world to participate in a global challenge. For every kilometre run and tracked via the Adidas Running app, Adidas commits to removing the equivalent of 10 plastic bottles from marine environments, up to a maximum of 250,000 kg of plastic waste. This collected material is then repurposed to produce special lines of Adidas trainers, offering people a simple yet powerful way to contribute to ocean conservation through sport.

Objectives:

- To raise awareness about ocean protection and marine pollution.
- To encourage healthy lifestyles and promote running as a tool for global citizenship.
- To support plastic clean-up initiatives by engaging citizens through physical activity.
- To build a community of environmentally conscious runners worldwide.

Description:

Run for the Oceans is a worldwide campaign that merges sport with environmental action. Participants join the movement by running and tracking their distance using the Adidas Running app. For every kilometre logged, Adidas commits to removing plastic waste from the oceans, with the help of Parley. The collected plastic is transformed into *Parley Ocean Plastic*, a material used in the production of eco-conscious Adidas footwear and apparel.

The initiative not only motivates individuals to engage in physical activity but also fosters a sense of global unity and responsibility towards the environment. Since its inception, it has attracted millions of runners globally, united by a shared passion for running and a commitment to protecting marine ecosystems.

Impact and Results:

The campaign has achieved remarkable impact and results in several areas.



GLOBAL

Its accessibility and inclusivity are notable, as it is open to anyone with a smartphone or fitness tracking device, allowing for widespread participation. Over 3 million runners have joined the initiative, collectively covering more than 25 million kilometres. This global reach underscores the campaign's success in engaging individuals from diverse backgrounds in environmental efforts.

Sustainability has been a key focus, with more than 30 million pairs of Adidas shoes produced using Parley Ocean Plastic in the first six years of the project, contributing to the reduction of ocean plastic. The educational impact has also been significant, with 92 schools participating in 2019, becoming hubs for plastic collection and environmental education. This led to the engagement of over 70,000 children and families in ocean conservation efforts.

The ongoing success of the initiative has inspired the creation of Adidas' broader social responsibility programme, Move for the Planet, which connects physical activity with donations to environmental projects and the development of sustainable sports facilities. This expansion illustrates the lasting impact of the project on both the environment and communities worldwide.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

While the scale of *Run for the Oceans* is large and backed by a major international brand, the concept behind it is widely adaptable and highly inspirational for youth work. The initiative demonstrates how sport can be harnessed as a tool for environmental awareness and action, with suggestions including:

- Create local challenges that reward physical activity (e.g. running, cycling, swimming) with environmental benefits, such as local clean-up actions or tree planting.
- Gamify environmental action, assigning points or time bonuses for sustainability-related achievements.
- Engage local sponsors to contribute donations or prizes based on participants' activity or goals achieved.
- Incorporate creative alternatives such as "Score Goals for Sustainability", where actions on the pitch are linked to eco-friendly outcomes.
- Use the initiative to spark discussions around recycling, sustainable materials, and eco-conscious sports equipment.

References

<https://parley.tv/initiatives/run-for-the-oceans>



Sailors for the Sea – Kids Environmental Sailing programme (USA & Global)

Introduction:

Sailors for the Sea is an international non-profit organisation committed to engaging the sailing and boating community in ocean conservation. Their Kids Environmental Sailing programme educates young sailors about marine conservation through hands-on experiences, embedding sustainability into the sailing culture.

Objectives:

- Educate young sailors about marine conservation, pollution, and the impact of human activities on oceans.
- Promote sustainable boating practices to protect marine ecosystems.
- Inspire the next generation of environmental stewards through activity-based learning and engagement.

Description:

The Kids Environmental Sailing programme integrates environmental education into youth sailing camps, yacht clubs, and sailing schools worldwide, combining sailing activities with hands-on learning.

A key component of the programme is the Kids Environmental Lesson Plans, a structured curriculum that covers topics such as:

- Ocean acidification
- Marine biodiversity
- Plastic pollution
- Sustainable fishing practices

Participants engage in activities like water quality testing, plastic clean-ups, and citizen science projects, giving them practical tools to understand and address environmental challenges. The programme also promotes green boating practices, teaching youth eco-friendly techniques such as sustainable boat maintenance, proper waste disposal, and responsible anchoring practices.

Through partnerships with sailing organisations, the programme is integrated into existing youth sailing education worldwide, ensuring that sustainability principles are woven into the broader sailing community.



GLOBAL

Impact and Results:

The initiative has greatly raised awareness of ocean conservation among young sailors, providing them with the knowledge and skills to make environmentally conscious choices. Many participants have adopted sustainable habits, such as reducing plastic usage and encouraging eco-friendly boating practices within their communities. The programme has also cultivated a strong sense of environmental responsibility, motivating children and their families to take action in marine conservation efforts beyond sailing. By instilling these values early, Sailors for the Sea is helping shape a generation of ocean stewards dedicated to preserving marine ecosystems for the future.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

By integrating environmental education into youth sailing programmes, Sailors for the Sea has successfully created a culture of conservation within the sailing community.

Expanding this programme to additional coastal regions and linking it with school curricula could further amplify its impact. Local governments and organisations are encouraged to support and promote similar initiatives, thereby strengthening youth involvement in marine conservation efforts globally.



References

<https://www.facebook.com/SailorsfortheSea>



Ocean Sustainability through Education and Sport (OSES)

Introduction:

The OSES project focuses on developing tools for sports federations and local actors to educate youth in eco-responsible actions, fostering environmental awareness from an early age through sports.

Objectives:

- Educate young people on sustainable practices through sports activities.
- Develop eco-responsible behaviours among youth.
- Provide resources and tools for sports organisations to promote environmental awareness.

Description:

OSES collaborates with sports federations and local organisations to integrate environmental education into sports programmes. This includes creating educational materials, organising workshops, and developing guidelines for eco-friendly sports practices. The project emphasises the role of sports in promoting ocean sustainability and encourages the adoption of environmentally responsible behaviours among young athletes.



Impact and Results:

The project has successfully raised environmental awareness among participating youth, leading to increased engagement in eco-friendly practices. Sports organisations involved in the project have reported a positive shift towards sustainability, with the adoption of greener practices and policies.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The OSES project demonstrates the effectiveness of using sports as a platform for environmental education. It is suggested that similar initiatives be implemented across various sports disciplines and regions to foster a generation of environmentally conscious individuals.



References

<https://oses-project.org/>

<https://www.emseanet.eu/projects/oses-ocean-sustainability-through-education-and-sport>



Surfing for Environmental Education in Colombia

Introduction:

The Amigos del Mar initiative in Colombia leverages surfing to educate young people about environmental issues, particularly ocean pollution.

Objectives:

- Raise awareness about plastic pollution and its impact on marine ecosystems among the youth of Tierra Bomba.
- Empower young individuals to actively participate in environmental conservation efforts.

Description:

Amigos del Mar employs a multifaceted approach to achieve its objectives:

- *Educational Surfing programmes:* The organisation offers surfing lessons to local children, integrating teachings on the importance of ocean conservation. Participation in these lessons is contingent upon school attendance, thereby promoting education alongside environmental awareness.
- *Recycling Initiatives:* Through the "Olas Paz" (Clean Wave) project, participants collect plastic waste from beaches, particularly bottle caps, and repurpose them into usable items such as surfboard fins. This initiative not only cleans the beaches but also demonstrates the value of recycling.



GLOBAL

Impact and Results

- *Improved Beach Cleanliness:* Regular cleanup activities have led to noticeably cleaner local beaches, reducing pollution and its harmful effects on marine life.
- *Youth Empowerment:* Participating youth have developed a strong sense of environmental stewardship, understanding the importance of preserving their natural surroundings and actively engaging in conservation efforts.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

The Amigos del Mar initiative exemplifies the potential of combining sports with environmental education to foster community engagement and promote sustainability.

By linking surfing with practical conservation activities, the programme not only addresses environmental issues but also instils valuable life skills in young participants. It is suggested that similar models be adopted in other coastal communities to harness the power of sports in driving environmental and social change.



References

- <https://www.theguardian.com/global-development/2024/sep/12/colombia-environment-amigos-del-mar-tierra-bomba-cartagena-plastic-waste-value-water-sports-school-children-surfing?>
- <https://plasticodyssey.org/en/surf-and-solidarity-tierra-bomba/>
- <https://www.facebook.com/FundacionAmigosdelMar/>



Green Kayak: Paddling for a Cleaner Future

Introduction

Green Kayak is an environmental initiative that started in Denmark and has since expanded across Europe and beyond. The project offers people, particularly youth, a chance to kayak for free in exchange for collecting trash from rivers, harbours, and coastlines. It blends outdoor recreation with environmental action, raising awareness about plastic pollution and empowering young people to take direct steps in protecting water ecosystems.

Objectives:

- To raise awareness about water pollution and its impact on marine and river ecosystems.
- To promote active citizenship and environmental responsibility through sport.
- To offer youth a practical, engaging way to contribute to sustainability while learning.
- To provide accessible and enjoyable outdoor activities that combine recreation with environmental education.

Description:

Green Kayak partners with municipalities, kayaking organisations, and environmental groups to set up kayak stations in various cities. Participants—especially young people through schools or youth programmes—can borrow a kayak for free under one condition: they must collect trash during their paddle and share their experience on social media using the #GreenKayak hashtag.

Each kayak is equipped with safety gear, trash-pickers, and buckets. In some locations, Green Kayak runs environmental workshops or collaborates with schools to include clean-up missions as part of eco-curricula or summer camp activities. These events often incorporate reflection sessions and data recording to teach youth about the sources and types of pollution.



Impact and Results:

- Over 100,000 kg of waste has been removed from waterways since the programme began in 2017.
- Operates in more than 8 countries, including Germany, Ireland, Norway, and Japan.
- Thousands of young participants have been introduced to the connection between recreation and environmental action.

Schools and local authorities have integrated Green Kayak into their youth engagement and climate education programmes.



Conclusion and Suggestions for Youth Workers and Youth Organisations:

Green Kayak demonstrates the effectiveness of combining sports (in this case, kayaking) with hands-on environmental education. It's replicable in various forms, with suggestions including:

- Youth workers can initiate similar clean-up events using local water bodies with canoes, paddleboards, or small boats.
- Combine outdoor sports with citizen science, such as tracking pollution data or biodiversity.
- Collaborate with local environmental NGOs and sports clubs to co-create meaningful learning experiences.
- Emphasise the personal impact and local relevance of global issues like plastic pollution to inspire deeper engagement from youth.

References

<https://www.weforum.org/stories/2019/06/danish-scheme-free-kayak-rides-for-picking-up-trash/>
<https://www.greenkayak.org/>
<https://www.unesco.org/en/articles/greenkayak>
<https://www.facebook.com/GreenKayak.NGO/>



Formula E

Introduction:

Formula E is the world's first fully electric motorsport championship, established to showcase the potential of sustainable mobility and accelerate the shift towards a low-carbon future. Since its inaugural season in 2014, Formula E has merged innovation, sport, and environmental consciousness, using racing as a platform to drive advances in electric vehicle technology, renewable energy, and sustainable event practices across the globe.

Objectives:

- Promote electric mobility and renewable energy solutions to a global audience.
- Showcase sustainability innovation through high-performance sport.
- Reduce the environmental footprint of motorsport events.
- Inspire behaviour change among fans, cities, and industries towards sustainable practices.
- Partner with cities to develop sustainable urban mobility solutions.

Description:

Formula E has integrated sustainability across its entire operation, from the design of race cars to the management of events. Some of its key practices include:

- *All-Electric Racing:* All race cars are fully electric, eliminating direct CO₂ emissions during competition.
- *Sustainable Event Management:* Events are certified net zero carbon, with a focus on renewable energy use, sustainable transportation, waste reduction, and local environmental projects.
- *City-Centre Racing:* By hosting races on temporary street circuits in city centres (such as London, Berlin, New York City, and Jakarta), Formula E raises awareness about urban mobility challenges and solutions, while minimizing the need for permanent construction.
- *Second-Life Battery Projects:* Older Formula E car batteries are repurposed for energy storage projects rather than discarded, contributing to a circular economy approach.
- *Partnerships for Progress:* Formula E works with organisations such as UNICEF, the UN Environment Programme, and the World Bank to promote climate action, clean air, and youth engagement on sustainability.



Impact and Results:

- Formula E became the first global sport certified as having a net zero carbon footprint since inception.
- Since 2014, the championship has reached over 400 million viewers globally, elevating the profile of electric vehicles (EVs) and sustainable technology.
- Innovations developed for Formula E have influenced improvements in commercial EVs, including battery range, energy recovery systems, and lightweight materials.
- Through the "Race Against Climate Change" platform, Formula E has supported a wide range of social and environmental initiatives, from clean air campaigns to electric mobility education programmes.
- Events have increasingly set new benchmarks for sustainable sports management, inspiring other motorsports and sporting organisations to adopt greener practices.

Conclusion and Suggestions for Youth Workers and Youth Organisations:

Formula E highlights the power of using sport and entertainment as catalysts for environmental innovation and advocacy. For youth workers and organisations, this best practice shows that:

- Sustainability can be embedded into high-profile events without compromising excitement or engagement.
- Combining education, innovation, and popular culture (like motorsport) is a highly effective way to inspire young people towards climate action.
- Youth initiatives could mirror Formula E's methods by integrating hands-on experiences, competitions, and partnerships with tech innovators to drive environmental awareness.
- Even at smaller scales, events can aim to be net zero carbon through careful planning, sustainable travel promotion, and educational tie-ins on clean energy.



References

- <https://www.fiaformulae.com/en>
- <https://www.facebook.com/fiaformulae/>



Special Olympics Sports Sustainability Framework (SSF)

Introduction

The Sports Sustainability Framework (SSF) was initiated in 2024 by the Special Olympics Europe Eurasia Foundation (SOEEF). It was created as a part of the 'Environmental Sustainability Impact' Erasmus+ funded project. It was established to integrate environmental sustainability into Special Olympics sports events and to inspire systemic change within networks of Special Olympics.

Objectives:

- To provide and promote a structured approach to assess and reduce the environmental impacts of sporting events, especially Special Olympics events.
- To empower event planners and organisers to utilise sustainability tools in order to contribute to environmental sustainability
- To foster systemic change and cultural shifts towards environmentally sustainable and inclusive sporting events

Description:

The framework was created in collaboration with athletes, coaches, organisers, and environmental experts over two years. It covers numerous topics, including:

- Energy use and carbon emissions.
- Waste reduction and recycling.
- Sustainable transport for participants.
- Environmentally responsible procurement.

The framework also provides several tools, such as:

- Event sustainability checklists.
- Resource templates.
- Education materials for staff and volunteers.



GLOBAL

Impacts & Results

The SSF was pilot tested at numerous Special Olympics events, where it contributed to several sustainability improvements. This included a general reduction in waste and an increase in recycling at venues. Furthermore, it contributed to the awareness amongst organisers, volunteers, and athletes of eco-friendly practices. On a final note and as will be discussed in the next section, the SFF provides a model that can be incorporated by other organisations and sporting clubs beyond that of the Special Olympics network.

Conclusion and Suggestions for Youth Workers and Youth Organisations

As touched upon in the previous section, the SFF can be adapted by different sporting clubs and events of different scales, sizes, and scopes. It can especially be useful as a tool and source of inspiration to educate youth on the relevance and link between sustainability and sports, sustainability checklists in event planning, and promoting eco-friendly behavior associated with sports. A checklist plan can be used to encourage minor changes that yield a considerable impact, such as carpooling, using reusable materials, recycling, and so forth. Ultimately, the SFF can be used in several ways to help inspire organizations and sporting clubs to promote environmental sustainability and climate-conscious event management.

References

https://www.specialolympics.org/stories/news/special-olympics-launches-sport-sustainability-framework?utm_source



Football Used as a Tool to edUcate childRen on sustainable behaviours

Introduction:

Football Used as a Tool to edUcate childRen on sustainable behaviours (FUTURE) is an EU project coordinated by the Latvian Football Federation and financed under the pilot call „Sport, People and Planet” in 2023. The project aims to use football as a social tool to foster a culture of environmental sustainability among children aged 6-11 years, increasing their awareness and social norms but also fostering an active approach to sustainability.

Objectives:

- To spread the culture of environmental sustainability through the use of football among young generations
- To provide a monitoring tool to understand the environmental impact of kids' football clubs
- To develop free courses to support football coaches and sport educators in integrating environmental education in their activities
- To provide a methodology to work on environmental sustainability awareness through football

Description:

FUTURE is a project developed by different football federations (Latvia, Bulgaria, Hungary, Lithuanian Grassroots) and other sport and educational providing institutions, to educate young generations (namely kids aged 6-11) in environmental sustainability through football.

This is done in different ways:

- Creating a monitoring tool for environmental impact of football clubs doing activities with kids
- Designing an educational methodology to teach kids environmental respect and awareness through football activities
- Creating online and face-to-face training for coaches and sport educators on environmental sustainability
- Developing an awareness campaigns to involve both the kids and the communities engaging testimonials and different actors to highlight the role of sport in sparking environmental conscience

The project is financed by the EU Pilot Actions fund „Sport, People and Planet” and it's going on throughout 2024 and 2025.



GLOBAL

Impact and Results:

The action produced many outputs: a manual with the methodology for environmental awareness for kids utilizing creative, dynamic football workshops and other methods to teach environmental sustainability; a set of online training modules for coaches and sport educators; a campaign to engage the communities; a monitoring tool to understand the impact on the environment of training and matches of sport clubs.

It's involving a big number of interested people, clubs and other entities (such as schools and NGOs) in cooperating for environmental sustainability education throughout its implementation.

Thanks to the involvement of the football federations and the endorsement of UEFA, it's clear that the methodology and the outputs can have a long lasting effect and engage many clubs and people along the way, also after the duration of the project.

Conclusions and Suggestions for Youth Workers:

The developed methodology can be applied, with some adaptations, also for young people and youth trainers and educators. Some of the ideas are also applicable to youth projects at EU and/or local level. It is important to notice how many sport federations have interest in involving their associates (including young people playing in different sport clubs) in different actions also beyond sport.



References

<https://futureprojecteu.org/>



The GAMES Project (Green Approaches in Management for Enhancing Sports)

Introduction:

The GAMES Project (Green Approaches in Management for Enhancing Sports) is a groundbreaking multi-sport collaboration aimed at improving and promoting environmental sustainability practices within the sports sector. The 30-month initiative, funded by the European Commission Erasmus+ programme, brought together four leading sports organisations—World Athletics, the International Biathlon Union (IBU), the International Floorball Federation (IFF), and the Swedish Floorball Federation (SFF)—to explore strategies that can reduce the environmental impact of their events and operations. Concluding in March 2025, the project successfully demonstrated how the sports industry can be an influential driver in tackling climate change.

Objectives:

- Raise Awareness and Promote Adoption of Climate Change Mitigation Practices among key sports actors, encouraging the uptake of sustainable practices across the sports sector.
- Support Sports Organisations in Developing Strategic Objectives and Operational Frameworks aimed at sustainability and climate change mitigation.

- Develop Training Modules to improve environmental knowledge within the sports sector, ensuring that key stakeholders are equipped with the tools to implement green practices.
- Leverage the Popularity of Sports to increase environmental awareness among the wider public, utilizing the reach of major sports events to advocate for climate change action.
- Analyze Governance and Management Models in athletics, biathlon, and floorball, supporting the development of decarbonisation strategies for each sport.

Description:

The GAMES Project involved a comprehensive effort to integrate sustainability into various sports events and organisations. Researchers from the Sant'Anna School of Advanced Studies in Pisa led the project, collaborating closely with the four sports organisations. Over the course of the project, several key actions were carried out.



GLOBAL

The creation of an interactive database that compiled sustainability best practices from a range of sports events, serving as a valuable resource for the industry.

An in-depth governance and management model analysis, which helped refine World Athletics' Athletics for a Better World Standard, a sustainability evaluation system introduced in January 2024 for all athletics events. Environmental impact assessments were also conducted for high-profile events such as the Zurich Weltklasse athletics meeting (2022), the final of the Wanda Diamond League, providing actionable insights on reducing the environmental footprint of these events. Key webinars and panel discussions were hosted to promote sustainability practices, including a discussion on "Building Collaborations for Sustainable Events" at the 2023 World Athletics Championships and a webinar on promoting sustainability at major events during the 2024 World Athletics Indoor Championships.

Impact and results

The GAMES Project led to significant environmental improvements in sports events, including reduced energy consumption and waste.

Key outcomes include the development of Life Cycle Assessments for major events and the creation of a sustainability best practices database. The project also resulted in increased environmental awareness within sports organisations and their communities, and it helped establish sustainability standards like the Athletics for a Better World Standard for event organisers.

Conclusions and Suggestions for Youth Workers

The GAMES Project has shown that sports can be a powerful tool for promoting sustainability. By collaborating with major sports organisations, the project has successfully integrated green practices into sports events and raised awareness about climate change. Tools like the Athletics for a Better World Standard and the interactive database of sustainability best practices offer valuable resources for future sustainability efforts. For youth workers, the project demonstrates how sports can drive environmental action and engage young people in meaningful sustainability practices.

References

<https://worldathletics.org/athletics-better-world/news/sustainability-sport-games-project-environmental-practices-athletics>

This guide brings to a close a rich and diverse collection of 75 best practices from across Europe and beyond, each demonstrating how sport can be a powerful catalyst for environmental awareness, education, and action. Through workshops, grassroots initiatives, large-scale events, and innovative programmes, the practices showcased here offer practical inspiration for youth workers, educators, and organisations striving to integrate sustainability into their daily work. The guide serves not only as a repository of ideas, but also as a tool for empowerment — enabling youth professionals to adopt, adapt, and replicate effective methods tailored to their local contexts.

Each practice highlights a different dimension of environmental engagement, from waste reduction and sustainable mobility to biodiversity conservation and community activism. Collectively, they affirm the role of sport as a unifying and motivational platform that can connect young people to nature, foster a sense of responsibility, and build habits that contribute to long-term environmental stewardship.

This guide is a key output of Project STELLA – Sport as a Tool for Environmental Sustainability Learning. It embodies the project’s mission to bridge youth work, sustainability, and sport in a meaningful way. By promoting innovative, non-formal educational methods and civic participation, STELLA aims to empower a new generation of environmentally conscious and socially engaged young people across Europe. We hope the insights, tools, and success stories contained in this guide will inspire lasting change — within organisations, communities, and among the youth themselves — as we collectively work toward a more sustainable future."



Scan to visit STELLA's website!



THANK YOU.



STELLA