



# SportyMentor

## Eco-citizenship Toolkit



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## Introduction

The SportyMentor project aims to mentor disadvantaged young people through the disciplines of environmental and sporting activities. These modes of activity (often with the help of IT) can aid the youngster and help him or her to find the self-belief and confidence that had been missing up until now. It helps to give them a sense of purpose and repose as they participate in mostly outdoor pursuits while at the same time doing things that can help make a difference to their town or environment.

The **eco-citizenship toolkit** is a resource to help the mentors have productive and effective mentoring sessions with their young mentees. It suggests many different sporting and environmental activities that can be used 'out of the box' so to speak. These have been specially chosen so as to fit the objective of empowering disadvantaged youngsters through outdoor activities, and ultimately demonstrating how becoming involved in sport and volunteering can give them a sense of self-respect and be an outlet for personal growth.

The activities included in the toolkit are based on activities that already exist and are intended to be implemented by mentors and mentees in a way that is adapted to their needs and context. The aim of these activities is to provide both inspiration on sporting and environmental mentoring activities, but also concrete ideas for their immediate implementation.

Having this set of possible activities available on the app will help to give the mentors ideas about how they can engage their mentees. If they are struggling to come up with ways of being active through sport or environmental means, they can fall back on these national and international activities.



## 1. Eco-Citizenship Toolkit

The activities for the toolkit were collected by all partners from the consortium. These are activities and tools that were already available in individual countries but adapted and brought to life for the purpose of mentoring disadvantaged youth. They act as a standpoint from which they can be used as real-world ideas or as a platform for introducing youngsters to the wonderful world of environmentalism and sport.

These 18 activities will provide inspiration and will hopefully be a good fit for the SportyMentor project. They will help youths in disadvantaged situations to find fulfilment and purpose through sporting and environmental outlets. All the tools and activities (which will also be available on the SportyMentor App) can be adapted or changed as necessary to fit the national mentoring needs. They can be used on their own, combined with other activities or moulded into something more unique.

This is the list of tools and activities that we have selected;

1. **Combining water sports with environmentalism** (The website Cmon Spot)
2. **Mixing trash pick up with fitness** (Plogging)
3. **Exploration and sustainable transport** (Smoov'Gaming)
4. **Rewards for good work** (TrashBack App)
5. **Creative Sustainability** (#SemFiltros)
6. **Inspiring Growth** (Plantar o Futuro)
7. **Developing outdoor skills in a peaceful environment** (Wood'Kit)
8. **Developing socially through having fun** (COOLBOX)
9. **Circular Care** (Good Planet)
10. **Empowerment through activity** (Cycling on the greenways)
11. **Maturing through lending a hand** (EUVoluntar - on-line platform)
12. **Focusing on ecocentric activities** (Eco-consumption and waste management activity pack)
13. **Put yourself in the spotlight** (Cascade)
14. **Pedalling your way to health** (Geovelo App)
15. **Unique Sandy Trails** (Sand Yacht)
16. **Scaling the heights of possibility** (Trail Dublin Mountains)
17. **Discovering Native fauna and flora** (Bee Pollinators)
18. **Global effort for change** (Let'sdoitRomania!)



## 1.1 Key Objectives of the Eco-Citizenship Toolbox

The main objective of the toolkit is to support mentors in the mentoring process with disadvantaged youth. It is to develop **social inclusion** and **self-control** in an environmentally and digital way. The Result idea is to use mentoring and sports to promote contact with the local environment.

In *project terms*, it is a supporting tool for PR2 (*The Mentoring process with young people with challenging behaviours*) and PR4 (*The Sporty Mentor App supporting the Mentoring process*), and will participate in the transferability of the skills and knowledge developed and gained in PR2.

Through participating in **sports, environmental, and IT** activities, we can develop a two-pronged approach which will benefit both youngsters in need and also the climate and environment around us. *'The contemporary environmental crisis with climate change, biodiversity loss, air pollution and all other local and global environmental problems demand an education that is capable of empowering environmental citizens'* (Hadjichambis, Reis, & Paraskeva-Hadjihambi, 2019).

Young people are preoccupied and engaged with concepts of sustainable development, a circular economy, a low-carbon economy. It is through the new generation that we can give the environment a helping hand and a last chance at regeneration and healing. Through this type of mentoring, youngsters can feel that they are making a difference and feel empowered through positive action. Mentoring, through the principals of the project and toolkit, gives them the suitable tools to support them to adopt environmental attitudes and behavioural change.

This mentoring process will be possible through the use of the SportyMentor mobile app to provide mentors and mentees with available tools, exercises, games, roadmaps, local trials, history aspects of the local places, etc. When planning the mentoring sessions, the mentors and mentees can together select what exercises they will select for the session. They will have the opportunity to select a learning path that combines mentoring, sports, digitalisation and environment.

By merging such different but complementary approaches, we expect to contribute to the young people's enhancement of **awareness, critical thinking, decision making skills** and **problem-solving capacities** to respond to environmental crises. The implementation of this Toolkit will have outcomes related to young people's empowerment for civic participation, namely, to contribute to their awareness on how to apply their environmental rights and duties.



We expect SportyMentor will contribute not only to develop disadvantaged young people's life-skills and healthy lifestyle, but that also the project can play a key role in shaping future environmental citizens. *"Nobody is born an environmental citizen, but anybody can become so by education"* (Hadjichambis, Reis, & Paraskeva-Hadjihambi, 2019). This Eco-citizenship toolkit will comprise such types of tools that will be flexible enough to be adapted not only by other mentoring programmes, but also sport programmes, school programmes, etc. Moreover, they will be made available on the 'sport mentoring tools' bar of the mobile app, meaning that any mobile app user can have free access to them.

## 1.2 Methodology

The toolkit is part of the mentoring dynamic and will be used by mentors to support the mentoring process. Mentors and their mentees will pick activities from the kit (or similar ones based in their own countries) and use them to empower the disadvantaged youngster and show them that there are outlets and activities they can engage in to gain vital self-confidence and an increased liking for themselves.

Mentors and mentees together will pick the **desired activity** and will conduct a mentoring session through this activity - e.g, planting trees to help the forest, going sand yachting or developing their own environmental activities. It will be through these that young people will discover more about themselves and have the chance at developing life skills and competences that will aid them heading into the future.

These activities will harness the ability to form a mutually beneficial relationship between mentor and mentee and will set the disadvantaged youngster on a healthier and more wholesome path.

## 2. The Toolkit in the Mentoring Process

The following table illustrates the different activities and which skills each activity helps to build. There are 6 important **competences** that we are looking to instil and develop in disadvantaged youth in the hope of helping them to build a better self-image, improve their confidence and empower them to take responsibility for their actions and their lives.

The activities were chosen for their ability to enhance these life skills and to give the youngsters the best possible chance at becoming their best, most authentic selves. Some of these will fall into a few different categories, while many will be in just two or three categories.



Skills	Examples of “know-how” to be developed	Activities/Good practices	Tools
Self-knowledge	<ul style="list-style-type: none"> <li>- Identify and name your emotions</li> <li>- Assess your strengths and weaknesses</li> <li>- Know your limits and sport capabilities</li> <li>- Building self-esteem and self-confidence</li> </ul>	<p>Plogging: A healthy body in a healthy environment</p> <p>Cycling on the greenways</p> <p>Trail Dublin Mountains</p>	<p>The website Cmon Spot</p> <p>Self-Assessment tool on Child Protection Policies in Sports</p> <p>Geovelo App</p> <p>EUVoluntar - on-line platform</p>
Self-management	<ul style="list-style-type: none"> <li>- Regulating your emotions</li> <li>- Managing stress</li> <li>- Organizational skills</li> <li>- Use tools to organize yourself</li> <li>- Working on your motivation</li> <li>- Setting clear objectives and sticking to them</li> </ul>	<p>Plogging: A healthy body in a healthy environment</p> <p>Smoov’Gaming</p> <p>Sand yacht at the end of the world</p>	<p>The website Cmon Spot</p> <p>COOLBOX</p> <p>Self-Assessment tool on Child Protection Policies in Sports</p>
Leadership	<ul style="list-style-type: none"> <li>- Take initiatives</li> <li>- Speaking in public</li> <li>- Managing a group</li> <li>- Enable the exchange and transmission of knowledge</li> <li>- Motivate a team</li> <li>- Reward efforts</li> </ul>	<p>#SemFiltros</p> <p>Pilot Projects - Cascade</p> <p>Let’sdoitRomania!</p>	<p>The mobile app TrashBack</p> <p>EUVoluntar - on-line platform</p>



			Eco-consumption and waste management activity pack
Responsible decision-making	<ul style="list-style-type: none"> <li>- Identifying and solving problems</li> <li>- Resolving Conflicts</li> <li>- Make compromises</li> <li>- Analysing situations</li> <li>- Evaluating</li> <li>- Acting ethically</li> <li>- Anticipate the consequences of your actions</li> <li>- Be aware of alternatives and make use of them if they are beneficial to the general interest</li> </ul>	<p>Smoov'Gaming</p> <p>GoodPlanet</p> <p>Cycling on the greenways</p> <p>Trail Dublin Mountains</p>	<p>The website Cmon Spot</p> <p>Geovelo App</p> <p>Wood'Kit</p>
Social Awareness	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Working cooperatively</li> <li>- Developing empathy</li> <li>- Being a good listener</li> <li>- Respecting social norms</li> <li>- Helping/seeking help</li> <li>- Teamwork</li> <li>- Become aware of your environment</li> </ul>	<p>Plogging: A healthy body in a healthy environment</p> <p>Smoov'Gaming</p> <p>#SemFiltros</p> <p>Pilot Projects – Cascade</p> <p>Bee Pollinators</p> <p>Plantar o Futuro</p>	<p>The website Cmon Spot</p> <p>COOLBOX</p> <p>EUVoluntar - on-line platform</p>
Environment friendly	<ul style="list-style-type: none"> <li>- Developing knowledge about the environment</li> <li>- Raising awareness about climate change</li> </ul>	<p>Plogging: A healthy body in a healthy environment</p>	<p>The website Cmon Spot</p>



	<p>- Including actions that benefit the planet</p>	<p>#SemFiltros</p> <p>Let'sdoitRomania!</p> <p>Plantar o Futuro</p> <p>Trail Dublin Mountains</p> <p>GoodPlanet</p> <p>Cycling on the greenways</p> <p>Sand yacht at the end of the world</p> <p>Bee Pollinators</p> <p>Pilot Projects – Cascade</p>	<p>The mobile app</p> <p>TrashBack</p> <p>Wood'Kit</p> <p>Eco-consumption and waste management activity pack</p> <p>The mobile app Geovelo</p>
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## 2.1 The Eco Citizenship activities and mentoring steps

The activities (18) we have selected to be part of the toolkit each correspond to the steps of diagram below. The mentoring relationship as can be seen below has 9 steps. The first 3 steps refer to the introduction and the getting to know the mentee on the part of the mentor and every mentoring relationship is naturally inclusive of these steps. This can be summed up as the 'Building a Relationship' phase.

The middle steps are about the 'Development' of the relationship and of the achievement of the mentees' objectives set out during the initial stage of the mentoring relationship. In this part of the relationship, mentor and mentee already know each other and are working towards a commonly agreed goal.

Similarly, the last 3 steps present in the relationship are about 'Closure'. This is the perfect time to review how the relationship went, whether or not the goals and objectives of the



mentee were met, and the time to leave feedback for both mentee and mentor so as to learn lessons which will guide them in the future. During the SportyMentor mentoring relationship, the mentor will be there with the mentee for every activity and they will of course evaluate how the day went after every session.

## Mentoring Relationship

Step by step process



Matching **Activities and Tools** with corresponding **phases** of the Mentoring Relationship.

STAGE OF THE MENTORING RELATIONSHIP	ACTIVITIES	OBJECTIVES



<p><b>BUILDING A RELATIONSHIP</b></p>	<p>11. Maturing through lending a hand</p> <p>8. Developing socially through having fun</p> <p>2. Mixing Trash Pickup with Fitness</p> <p>4. Rewards for Good Work</p> <p>6. Inspiring Growth</p> <p>9. Circular Care</p> <p>13. Put yourself in the Spotlight</p>	<p>During the initial stage, in which mentors and mentees are getting to know each other, it is important to promote activities that allow the mentor to understand what are the motivations and needs of the mentee in relation to the mentoring process. In this sense, the suggested activities aim to create a fun and safe environment in which they can get familiar with each other and to build the trust that will support the relationship throughout time.</p>
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<p style="text-align: center; background-color: #4a7ebb; color: white; padding: 5px;"><b>DEVELOPMENT</b></p>	<p>5. Creative Sustainability</p> <p>15. Unique Sandy Trails</p> <p>1. Combining Water Sports with Environmentalism</p> <p>10. Empowerment through Activity</p> <p>16. Scaling the heights of Possibility</p> <p>18. Global effort for Change</p>	<p>In this stage, mentor and mentee are already familiar and comfortable with each other. In this sense, the purpose is to provide the opportunities that will allow the mentee defining his/her goals for the mentoring process and the necessary steps to reach them (together with the mentor). By engaging in the proposed activities, mentors can support the empowerment of the mentee and the development of different skills that will take them closer to the objectives previously defined.</p>
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<p style="text-align: center;"><b>CLOSURE</b></p>	<p>7. Developing outdoor skills in a peaceful environment</p> <p>14. Pedalling your way to health</p> <p>3. Exploring your Area through Sustainable Transport</p> <p>12. Focusing on Eco-centric Activities</p> <p>17. Discovering native flora and fauna</p>	<p>The final stage of the relationship is a great moment for mentees to provide feedback in relation to their participation in the process. It is also an important opportunity for mentors to analyze the progress and the difficulties of the mentee in relation to the goals initially established. Therefore, the suggested activities can provide them a chance not only to share their experiences and perspectives towards the mentoring programme but to define the mentee's next steps to fully achieve their goals. Finally, mentors and mentees can also take the activities as a moment to celebrate the closure of the relationship.</p>
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## 2.2 The Eco-citizenship Practices & Tools

This is a short summary of each of the tools and activities that have been selected to go into the eco-citizenship toolkit. These are deemed to have the relevant transferability and can be an example of good practices to use in each country for the purposes of mentoring a young person.

To use the activities, you will download the relevant app or navigate to the activity website. Here there will be the necessary instructions needed to be able to participate in the activity with your mentee. They can be adapted as seen fit to the national context, such as substituting one from your country if they don't have it already. For example, where you live there might not be the ocean, so water sports might not be possible, or there may not be mountains so hiking won't be possible. In this case, you can find other similar activities that would be good for your mentee and provide them with other key skills.

There are also some simple guidelines for using each tool and negotiating every activity. They provide more details and make it simpler for mentors and their mentees to explore and benefit from these activities.

You will also find information relating to the *main objectives* of the particular activity, *do's and don'ts* when doing them with your mentee, the *challenges* you could face while carrying out the mentoring session, the *skills* that the activity promotes and of course how to access the tool or activity through the app or website. There is also the **original activity** that helped to inspire the sporting or environmental theme or idea.

### **1. Combining water sports with environmentalism**

Challenge: Step into the wonderful world of water sports and all the benefits it brings while at the same time learning about the wildlife and birds that make their home in the area and helping to preserve their environment.

Main objective: The main purpose of this activity is to learn more about birds and their habitats and how to ensure their survival for many years to come!

Mentoring Process Phase: **Development**

**Skills and competences that are developed and improved by this activity:**

- i. Self-knowledge



- ii. Self-management
- iii. Responsible decision making
- iv. Environment friendly
- v. Social awareness

#### To Do:

- Use this for practical ways of enjoying both sport and nature with a mentee
- Read the guides for different sporting activities so as to have a better idea on how to enjoy it and keep safe at the same time!

#### Not to Do:

- Engage in activities that are dangerous in certain conditions, e.g. during storms it may be best to avoid those that take place up mountains or in the ocean
- Look for suitable activities if a mentee has physical disabilities as some may not be practical!

Source (original activity):

**The C Mon Spot** website is an original interactive information and awareness-raising tool for the Breton coastline (Brittany region), enabling everyone to play a part in preserving biodiversity. C Mon Spot aims to encourage the practice of water sports while respecting marine biodiversity.

Thanks to C Mon Spot, everyone can now find out about the sensitivity of the coastline to seabird nesting. The website and Facebook page offer an interactive and educational map of the Breton coastline as well as recommendations for adapting sporting activities to avoid disturbing birds and seals. This tool, which was designed using data provided by managers of marine protected areas and naturalist associations, enables the location of beaches and sports spots where there is a risk of disturbance, provides information on the species present and advice on how to avoid disturbing them.

#### *Instructions for using the website*

- **Step 1:** Bring up the home page (<https://www.c-monspot.fr/comprendre/les-especes/>)

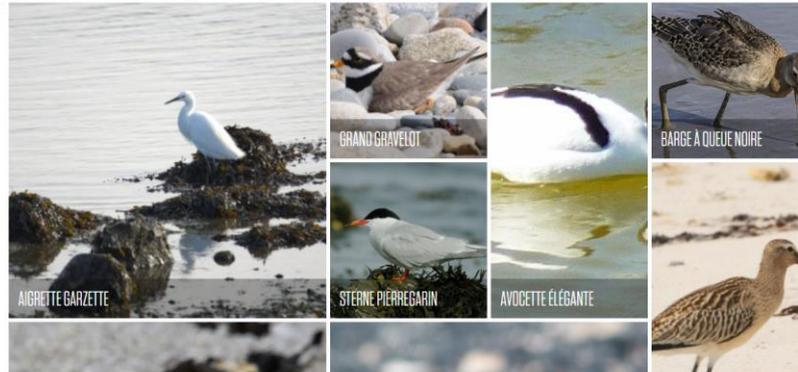


## CONNAÎTRE LES ESPÈCES POUR MIEUX LES PROTÉGER

Des **fiches "espèces"** vous sont proposées pour :

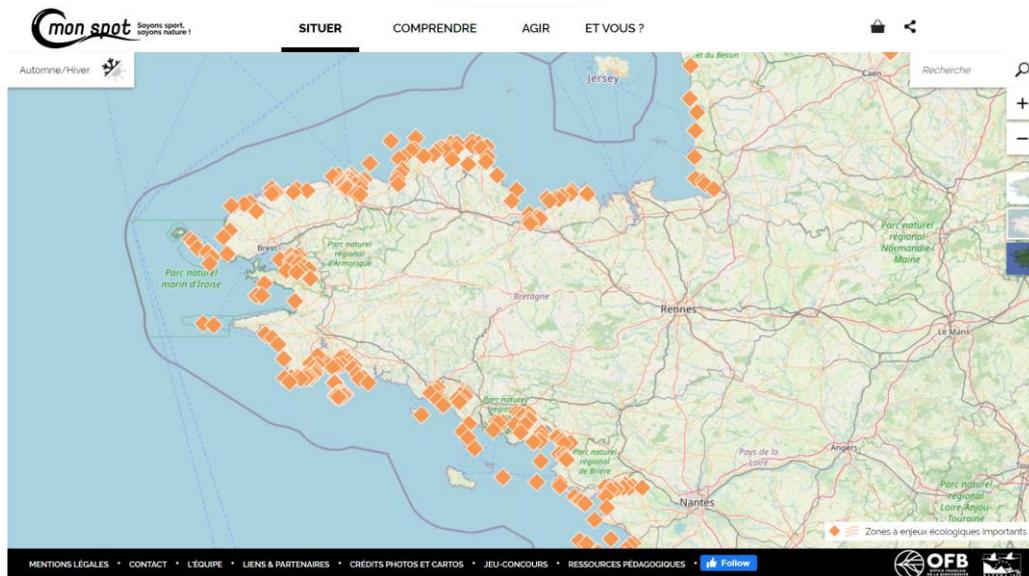
- comprendre les enjeux de préservation de ces espèces.
- disposer de quelques repères pour les reconnaître et mieux les comprendre.
- fournir des recommandations pour un comportement en harmonie avec les sites de pratiques.

Oiseaux hivernants    Oiseaux nicheurs (printemps/été)    Phoques



MENTIONS LÉGALES \* CONTACT \* L'ÉQUIPE \* LIENS & PARTENAIRES \* CRÉDITS PHOTOS ET CARTOS \* JEU-CONCOURS \* RESSOURCES PÉDAGOGIQUES \* COOKIES \* REJOIGNEZ-NOUS SUR

- **Step 2:** Click on 'go directly to map' or 'search by sport' if you know what you are looking for. Choose Map to see where all the activities are in France



- **Step 3:** Choose search by sport to see a handy profile of that sport and tips and instructions of participation

## 2. Mixing trash pick up with fitness



Challenge: The goal here is to improve your overall health and fitness while doing something good for your community. Set targets for both endurance with exercise and with the amount of litter collected.

Main objective: The purpose is to get healthier while being out in the open and at the same time improving the aesthetics of your neighbourhood.

Mentoring Process Step: ***Building a Relationship***

**Skills and competences that are developed and improved by this activity:**

- i. Environment friendly
- ii. Social awareness
- iii. Self-knowledge
- iv. Self-management

To Do:

- Enjoy the satisfaction that comes from getting fitter while also improving the look of your local area.
- Set records for fitness goals while building up the amount of collected trash.

Not to Do:

- Try so hard to 'clean up' your entire neighbourhood that you lose track of the reasons why you're doing this activity. It's fine to also get benefit from this exercise, namely becoming fitter and healthier.

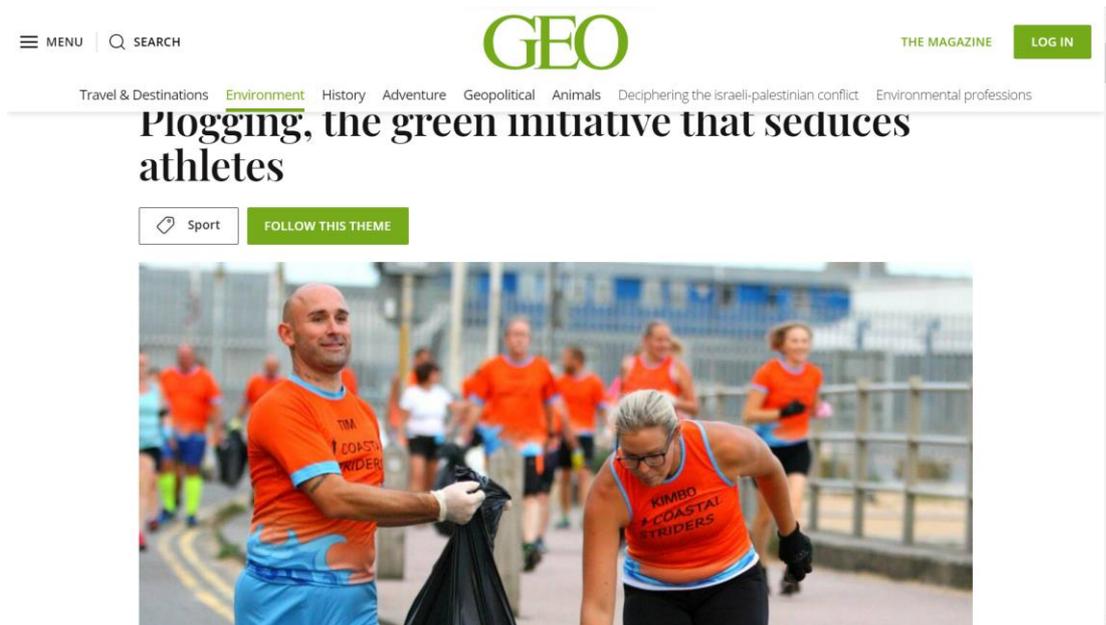
Source (original activity):

For a few years now, **Plogging** has been spreading throughout France and the world. The concept appeared in 2016 in Sweden and comes from the word "plocka upp" (to pick up in Swedish) and jogging. In other words, plogging is defined as running with a garbage bag to pick up the waste found on the way. In this way, plogging is a useful combination of sport and environmental protection.



Instructions for using the website

- **Step 1:** Navigate to the official resource website (<https://www.geo.fr/environnement/le-plogging-linitiative-ecolo-qui-seduit-les-sportifs-196467>)



- **Step 2:** Find out exactly what Plogging is and the facts and figures since its inception.
- **Step 3:** Discover how different countries are getting involved and about the different challenges and initiatives that have been developed!



### 3. Exploring your area through sustainable transport

Challenge: See how many parts of your city or town you can explore using public transport or on foot or by bicycle. Get to know your immediate environment like never before.

Main objective: To learn and become more familiar with the different environmentally friendly ways of 'moving'.

Mentoring Process Step: **Closure**

**Skills and competences that are developed and improved by this activity:**

- i. Responsible decision making
- ii. Social awareness
- iii. Self-management

To Do:



- Use this app to get to know your city better
- Help conserve the environment by using more sustainable forms of movement and transport

#### Not to Do:

- Go out without taking the proper precautions – either cycle safety or knowing where in the city you're going.

Source (original activity):

**Smooov'Gaming** is a large interactive, inter-school urban game, which is the central moment of the Moov'in City campaign. This campaign invites students to rethink their mobility by using environmentally friendly and active modes of transport. The objectives of the different activities of this campaign are multiple for the students:

- To reflect on the impact of their mobility on the environment, comfort and quality of life in the city
- To learn about the tools available to move intelligently in the city
- Learn how to ride a bike in traffic safely
- Experiment, in the framework of Smooov'Gaming, with the most practical and adapted modes of transport to reach various places in town

#### *Instructions for using the app*

- **Step 1:** Download the Smooov'Gaming App (Oh My Guide by Bobbystone sprl) from the App Store



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- **Step 2:** Register your details and allow the app to access your location. Rethink your mobility by learning how to get around the city of Brussels more efficiently
- **Step 3:** Armed with a phone, the city is transformed into a life-size gaming board where students will explore the city in small groups for 3 hours.



#### 4. Rewards for good work

Challenge: Test yourself to see how many pieces of trash you can collect - particularly big ones that you can't dispose of by yourself and need to get help by submitting a photograph!

Main objective: To discover and get satisfaction from doing some good while also benefiting from a reward.

Mentoring Process Step: ***Building a Relationship***

**Skills and competences that are developed and improved by this activity:**

- Environment Friendly
- Leadership

To Do:

- Have fun while making the environment cleaner!



- Enlist family and friends to make even more of a difference after the mentoring session has finished.

#### Not to Do:

- Use it as a way of making a living
- Collect rubbish that is off-limits or risky to get

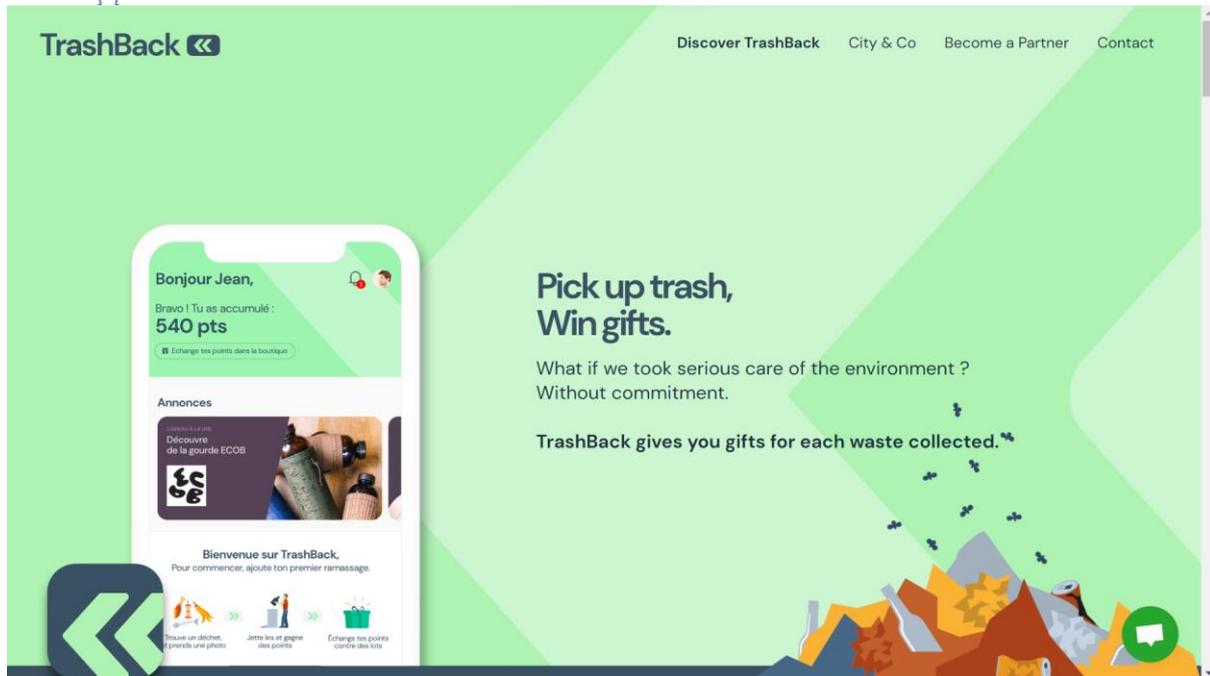
#### Source (original activity):

The mobile application **TrashBack** was created by a Frenchman in 2017 with the aim of encouraging citizens to pick up waste in exchange for a reward. The aim is to make a very useful action fun.

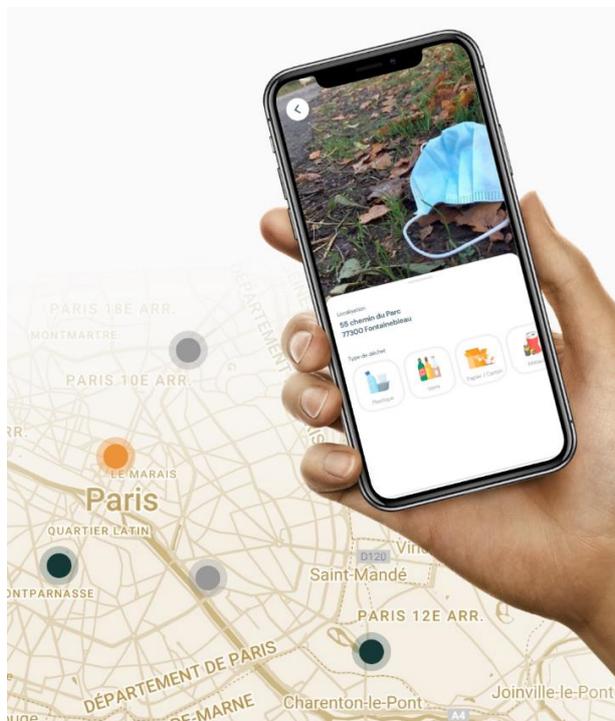
The principle of operation is simple: if you find a piece of waste, all you have to do is locate it and then photograph it on the ground, listing the nature of the object. When you put it in a bin, you just have to photograph it again and send the photo. If you come across a piece of rubbish that you cannot collect (bathtub, tyres, etc.), simply report it with a photo and geolocation. The local authorities will then be contacted and asked to take the necessary steps.

#### *Instructions for using the website*

- **Step 1:** Go to the Play Store and download the TrashBack App (<https://www.trashback-app.com/>)



- **Step 2:** Open it and connect through your **email** or **phone number**
- **Step 3:** Now you are free to earn points and gifts for collecting and disposing of trash in your neighbourhood!





## 5. Creative Sustainability

Challenge: Pick up enough cigarette butts to make your own design or creation. Take photos of your creativity to inspire others.

Main objective: To help clear the streets and parkland areas of a very common scourge, leading to a better vibe and aesthetic atmosphere where you live.

Mentoring Process Step: **Development**

**Skills and competences that are developed and improved by this activity:**

- i. Leadership
- ii. Environment friendly
- iii. Social awareness

To Do:

- Help combat a habit that is a scourge on most cities

Not to do:

- Get frustrated at the amount of cigarette butts on the ground
- Argue with someone who you might see dropping a cigarette on purpose

Source (original activity):

The **#SemFiltros** initiative emerged in June 2018, where, in 30 minutes with 14 volunteers, 2592 butts (from the cigarettes) were collected. Since then, 14 more actions have been carried out and over a year and a half, 1055 volunteers have already been involved and more than 200,000 cigarette butts have been collected. The butts are then handed over to associations or companies that recycle them (as is the case of the Landscape Laboratory in Guimarães) or are used to make artistic pieces of environmental awareness.



Instructions for using the website

- **Step 1:** Enter in the website address - <https://www.bioliving.pt/sem-filtros>

**BIO LIVING ASSOCIATION**  
NATURE AND EDUCATION FOR ALL

COMMENCEMENT WHO WE ARE WHAT WE DO PROJECTS HOW TO HELP NEWS CONTACTS PRESS ROOM

## #NoFilters

**Duration:** June 2018 – Present

**The project**

In the Portuguese context, 7 thousand beats per minute are thrown to the ground due to the rooted and socially accepted practices of thus discarding these toxic wastes. Potatoes contain more than 4700 filtered harmful compounds, and are composed of microplastics and cellulose. Given their light weight, the beats are transported by rainwater and waterways to the sea, today, it is one of the items that most contribute to the pollution of oceans and coastal areas. The cumulative effects are significant, as 11 million cigarettes are produced per minute worldwide at the cost of a very high ecological footprint.



- **Step 2:** Read about #SemFiltros and its history and accomplishments.

- **Step 3:** Get in touch with them by email ([geral.bioliving@gmail.com](mailto:geral.bioliving@gmail.com)) to organise a collection of butts or for general support.

## 6. Inspiring Growth

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Challenge: Keep a 'growing journal' of a tree that you plant to see its progress and how it develops over time. Or come together with family and friends outside of the mentoring process to grow your own 'little forest' and keep a photographic record of it.

Main objective: To repopulate trees that have been cut down in the battle against CO2 and to rehouse native flora and fauna.

Mentoring Process Step: **Building a Relationship**

**Skills and competences that are developed and improved by this activity:**

- i. Environment friendly
- ii. Social awareness

To Do:

- Use your time and energy to make a real difference by planting or looking after a valuable resource
- Get to know nature more by interacting with its most important stalwarts!

Not to Do:

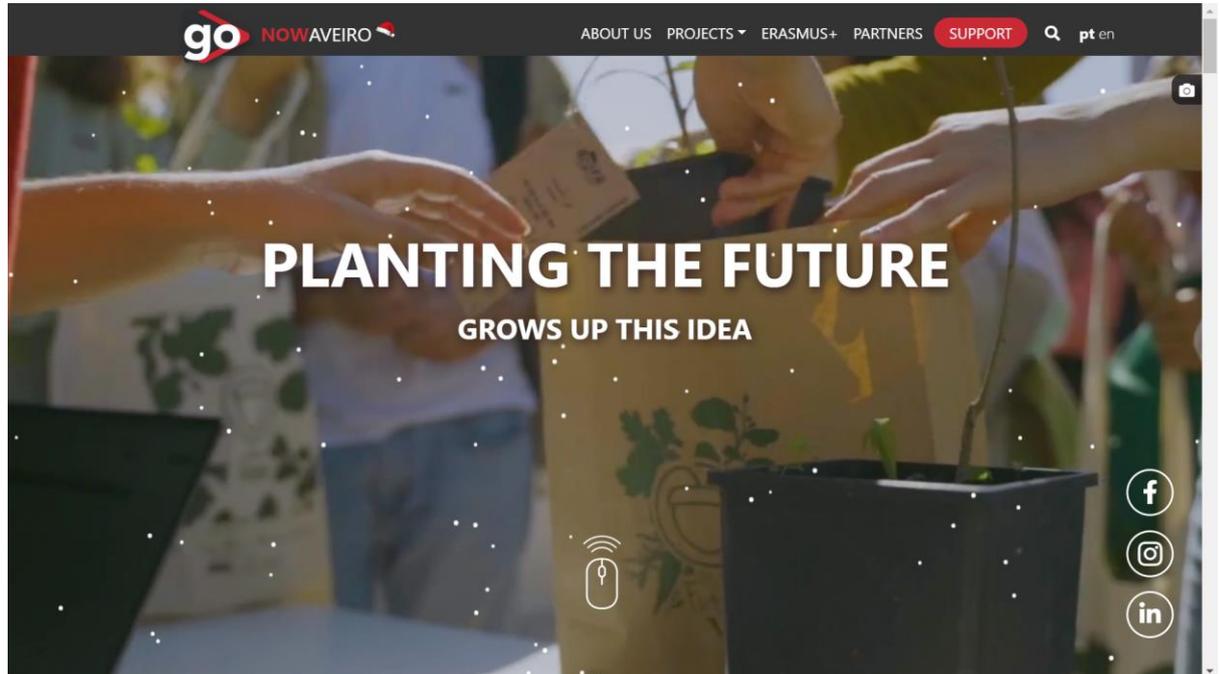
- Feel the pressing need that you need to replace every tree that is felled. By setting a good example, people will naturally follow your lead.

Source (original activity):

**Plantar o Futuro** or "Planting the Future" is based on the idea that small actions can have a big impact and that if each of us plants a tree, one day we will manage to have a forest. We challenge the students, professors and staff of the University of Aveiro to adopt an indigenous tree, take care of it and, finally, plant it and help build a forest!

*Instructions for using the website*

- **Step 1:** Navigate to the official website (<https://agoraaveiro.org/plantarofuturo>)



- **Step 2:** Find out about their **native forest** and discover to impact that this initiative has made on the local environment.



### SMALL ACTIONS, BIG IMPACTS

“Plant the Future” it is based on the idea that **small actions** they may have one **big impact** and that if each of us plant **a tree**, one day we will have **a forest**. We challenge the students, teachers and staff of the University of Aveiro to adopt an indigenous tree, take care of it and, finally, plant it and help build a forest!

Organized by **Now Aveiro** in collaboration with the **Sustainability Group** da **Aveiro University** and the **Estarreja Municipality**, “Plant the Future” represents a movement for the defense and promotion of indigenous forests and their value in climate change mitigation, fire resilience and biodiversity conservation.

[FOLLOW ON FACEBOOK](#)



- **Step 3:** Go to the **FAQ** to find out more how to care and nurture your trees!



## 7. Developing outdoor skills in a peaceful environment

Challenge: See how many different forest activities you can do with your mentee and challenge them to become more comfortable in a woodland setting. Test and develop their survival and resourcefulness skills by dropping fun tests that increase their interest and inspire them to tell others about the fascination of being out in the woods!

Main objective: To give a youngster another outlet where they can become more intimate with their local and natural surroundings, while learning a range of competences that will stand them in good stead and offer them a source of pride in themselves.

Mentoring Process Step: **Closure**

**Skills and competences that are developed and improved by this activity:**

- i. Environment Friendly
- ii. Responsible decision making

To Do:

- Use these activities with your mentees to get them more used to being out in nature
- Advocate the trait of respect for the land around us

Not to do:

- Be wary of risks to do with the forest or the river as any bad experience can have an off-putting effect on youngsters
- Put too much pressure on them at first

Source (original activity):

**Wood'Kit** provides youth camp leaders with 30 activities to implement activities in nature (in the forest and in the river) with young people (children and teenagers) aged 5 to 18, with the following objectives:

- to discover with young people the forest and the river, their roles, their wealth and their functions,
- to be able to experience these activities while respecting these places.

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### Instructions for using the website

- **Step 1:** Open the supplied PDF on your computer to access the different activities of Wood'Kit ([http://www.empreintes.be/wp-content/uploads/2019/05/WoodKit\\_Web.pdf](http://www.empreintes.be/wp-content/uploads/2019/05/WoodKit_Web.pdf))



- **Step 2:** Explore the many fun games and activities that are divided into different age ranges to make it easier to navigate with your mentees.



- **Step 3:** Learn the ways of the wild by actually exploring *natural environments* and empowering young people through activity and discovery!



## 8. Developing socially through having fun

Challenge: See how many activities you can do with your mentee to improve their group dynamics and interaction with others.

Main objective: To help them develop and increase their knowledge under 4 different social themes, while improving their group interaction skills.



Mentoring Process Step: ***Building a Relationship***

**Skills and competences that are developed and improved by this activity:**

- i. Social awareness
- ii. Self-management

To Do:

- Utilise these games to impart important lessons to mentees
- Exploit being able to educate youngsters while being out in nature and having fun

Not to do:

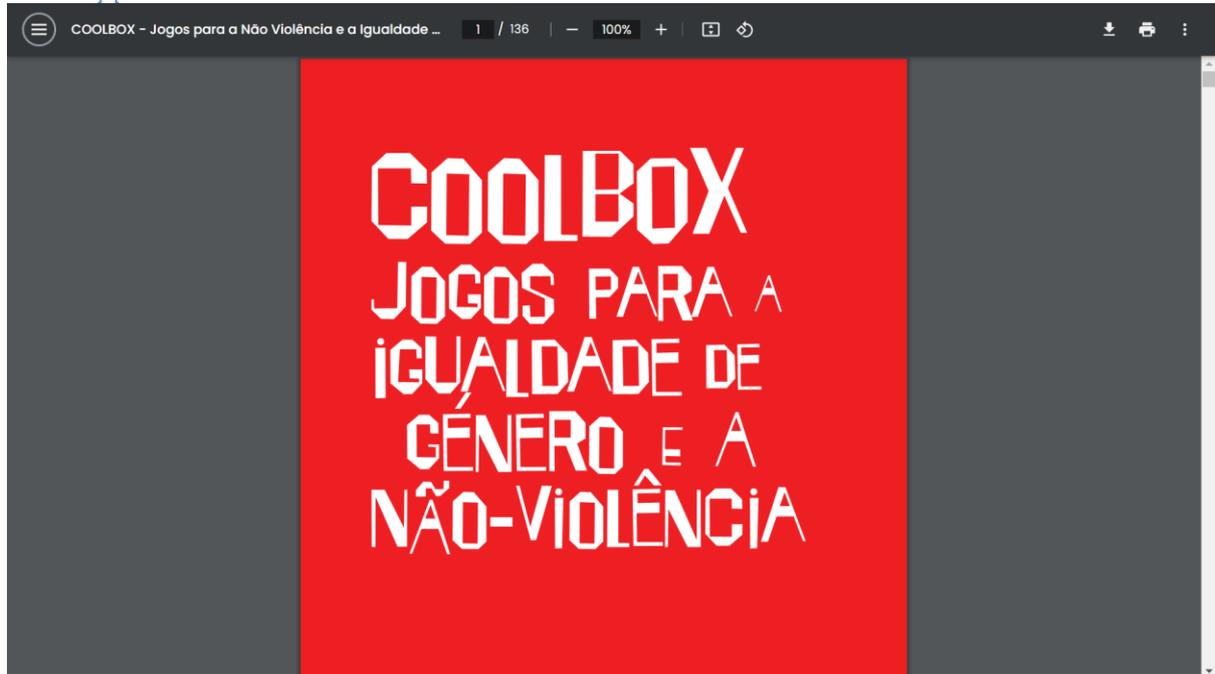
- Get too focused on 'results', but value the process

Source (original activity):

It is the second edition of the **COOLBOX** pedagogical games, on this theme launched by Coolabora. It is a manual, created in a collaborative way, with games and group dynamics capable of creating or reinforcing the civic awareness of children and young people. There are 36 games and group dynamics divided into 4 thematic areas: non-violent conflict resolution; gender equality and gender violence; dating violence and bullying.

*Instructions for using the website*

- **Step 1:** Navigate to the COOLBOX PDF  
(<https://bibliotecadodesporto.ipdj.pt/BiblioNET/Upload/E-BOOKS/COOLBOX%20-%20Jogos%20para%20a%20N%C3%A3o%20Viol%C3%Aancia%20e%20a%20Igualdade%20de%20G%C3%A9nero.pdf>)



- **Step 2:** Discover the type of activities that you would like to do with your mentees from the manual.
- **Step 3:** There is handy instructions and recommendations for age groups, number of people, and materials needed for each activity.



## 9. Circular Care

Challenge: See how many old phones you can collect with your mentee (they can ask immediate family and friends for support in this initiative), you might be surprised just how many can be lying around or forgotten in drawers throughout the house!



Main objective: To get a deeper awareness of how we can repair and reuse items and materials that we thought had died a long time ago. Often, even recycling the individual components can give other products a new lease on life.

Mentoring Process Step: ***Building a Relationship***

**Skills and competences that are developed and improved by this activity:**

- i. Responsible decision making
- ii. Environment Friendly

To Do:

- Teach your mentees about the importance of recycling – especially with products and materials that face shortages due to over production
- Show them how to re-use and the benefits of doing so

Not to Do:

- Make mentees feel guilty about having a new phone, or force them into owning only second-hand stuff

Source (original activity):

Currently, **GoodPlanet** estimates that 1 or 2% of mobile phones are recycled worldwide. Through this campaign, schools are helping to put back into the circulation of raw materials, some of which are at risk of at risk of shortage. Raising students' awareness of this issue is an important link to the future success of the circular economy. In addition, this educational module introduces students to the life cycle of a mobile phone using accessible and interactive working methods interactive working methods, such as a quiz, group discussions, videos, "Did you know?" sheets and much more. The programme is structured on the basis of the five core principles of the EU waste strategy, namely the 5Rs: recycle, repair, reuse, reduce and rethink.

*Instructions for using the website*



- **Step 1:** Go to the official GoodPlanet website (<https://www.goodplanet.be/fr/collecte-de-gsm-a-lecole/#ffs-tabbed-13>)



- **Step 2:** Learn about how sustainability applies to mobile phones and the good that comes from recycling them.
- **Step 3:** Care for a challenge? Read about how you can win prizes for collecting a certain number of phones!





## 10. Empowerment through activity

Challenge: To get outside your comfort zone - often the house - and explore not just your neighbourhood but also the surrounding countryside. Take this 'hobby' to the next level after you've explored it with your mentee by suggesting that they venture farther afield and camp overnight in a tent with some friends!

Main objective: To incur all the benefits that exercise and being out in nature can provide. It is a fantastic stress reliever, while also getting youngsters more familiar and comfortable with being outdoors.

Mentoring Process Step: **Development**

**Skills and competences that are developed and improved by this activity:**

- i. Self-knowledge
- ii. Responsible decision making
- iii. Environment friendly

To Do:

- Explore local areas in your city and country and enjoy yourself to the fullest
- Experience with your mentee what true freedom and self-sustainability feels like!

Not to Do:

- Push cycling if mentees aren't ready for it or if they don't have the relevant equipment for poor weather conditions

Source (original activity):

Cycling is not only one of the best ways to discover nature but also an asset for the environment. The use of bicycles and **cycling on the greenways**: whether for sport or for everyday life, has almost no environmental impact.

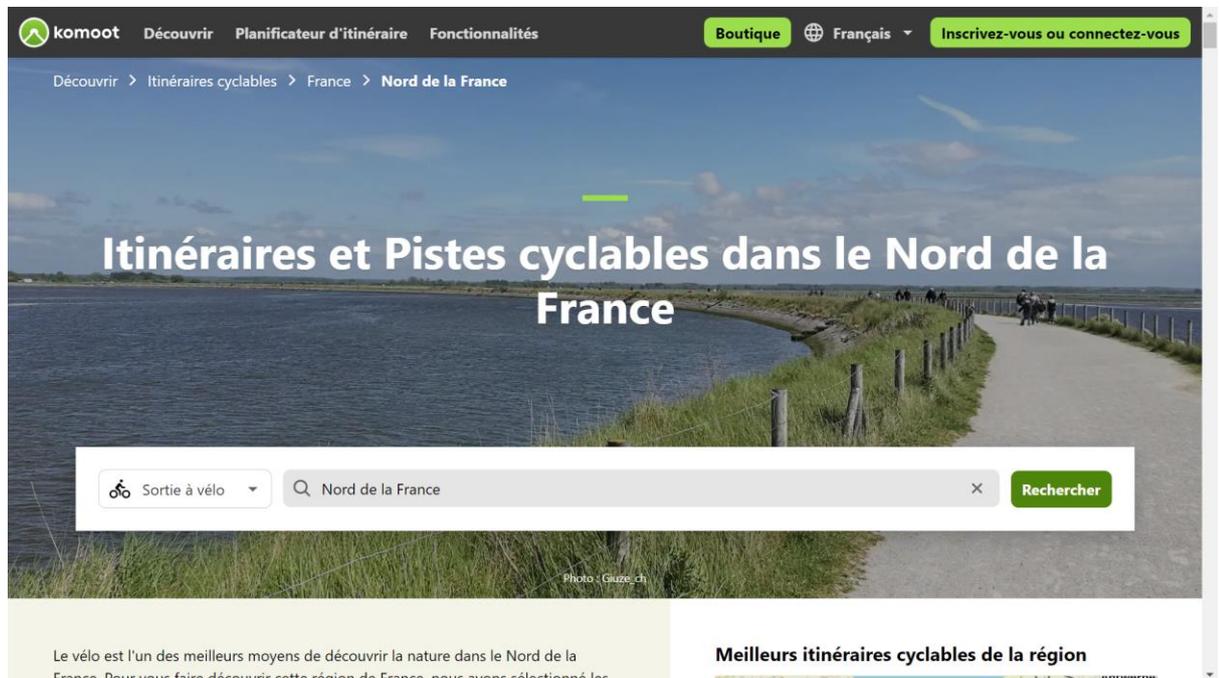
Cycling has many advantages:



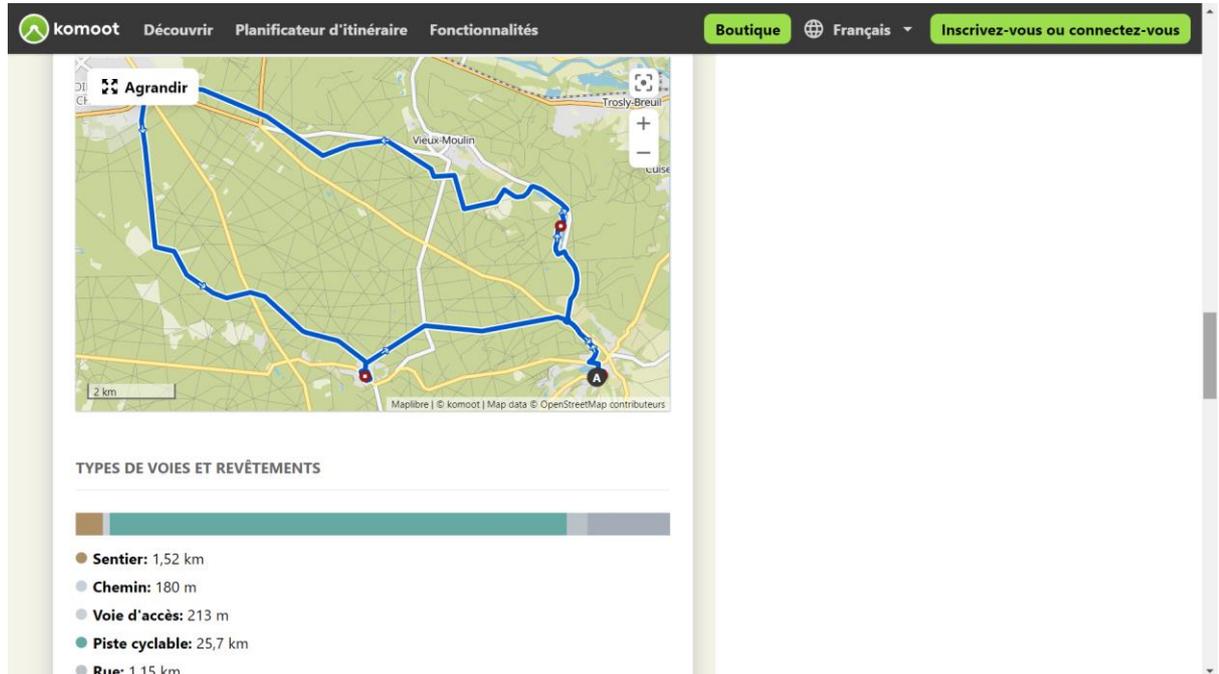
- It's good for your **health**: Cycling allows you to exercise, fight against cardiovascular accidents, obesity and stress.
  - It's good for the **environment**: No greenhouse gas emissions or micro-particles. Cycling improves the quality of life for everyone.
  - It's **friendlier**: The cyclist can easily stop to chat with a friend or cycle in a group.
- It is the **discovery**: By varying the routes it is easy to discover cities, parks, heritage sites...

### Instructions for using the website

- **Step 1:** Go to the French cycling website (<https://www.komoot.com/fr-guide/47646/itineraires-et-pistes-cyclables-dans-le-nord-de-la-france>)



- **Step 2:** Explore the different cycling routes that are provided free of charge.



- **Step 3:** For a more personalised approach, download the app from the **App Store**. Here you can keep a track of all your distances, climbs, and trips taken!

## 11. Maturing through lending a hand

Challenge: To sample the different ways in which you can be helpful and make a difference to people or to your environment. Make a list of the people or organisations that could do with your help and see which ones give you the most fulfilment.

Main objective: To gain fulfilment and notice your own power and self-worth by demonstrating how you can help and make a difference to the people in need around you.

Mentoring Process Step: **Building a Relationship**

**Skills and competences that this activity develops and improves:**

- i. Leadership
- ii. Social Awareness
- iii. Self-Knowledge



### To Do:

- Choose the activities and volunteering opportunities that resonate with the mentee
- One of the proposed activities might just be the spark a youngster needs to further self-knowledge!

### Not to Do:

- Feel like you need to participate in every activity. You don't have anything to prove and any help or assistance you give is both welcome and long-lasting!

Source (original activity):

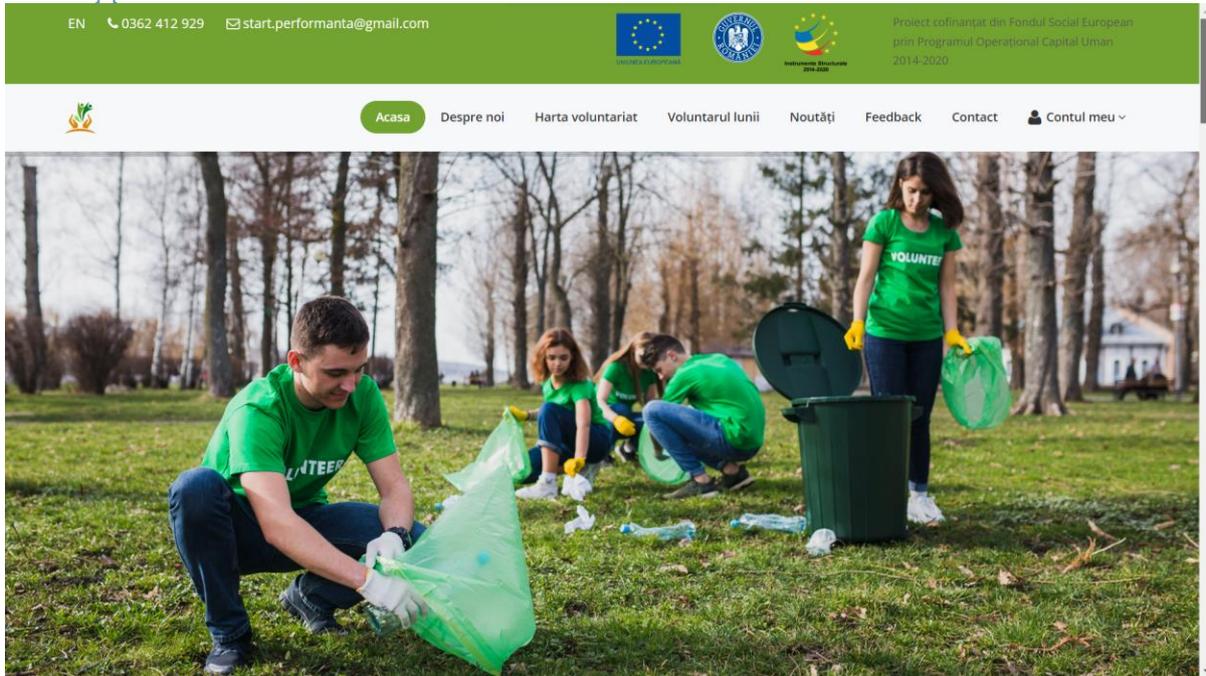
The **EUVoluntar Platform** aims to bring together young people who want to get involved in volunteering activities and organisations that offer volunteering opportunities.

Anyone can volunteer, and this type of activity can be very rewarding, being a great way to meet new people, develop new skills or use existing ones, and even gain professional experience in certain areas.

Volunteering makes a big difference to the community we are a part of. There are many simple actions to give your time to help others - from helping an elderly neighbour to shop or socialise, to building hospitals, working with disabled children, restoring and promoting cultural heritage, overseeing the electoral process or contribution to environmental protection.

### *Instructions for using the website*

- **Step 1:** Go to the project's website (<https://euvoluntar.ro/>)



- **Step 2:** Find out how to volunteer and how you can make a difference with your mentee.
- **Step 3:** Click on the **map** to discover the areas where volunteers are needed and what they are asked to do.





## 12. Focusing on ecocentric activities

Challenge: Try as many activities as you can with your mentee or encourage them to have a competition among their friends to see who can have the most impact with the activities. Record a journal or your results.

Main objective: To use the kit to improve your awareness of eco-centric activities.

Mentoring Process Step: **Closure**

**Skills and competences that this activity develops and improves:**

- i. Leadership
- ii. Environment friendly

To Do:

- Throw yourself into the specialised kit and learn the different ways of being more eco-friendly.
- Allow your creativity to emerge and implement them in original ways!

Not to Do:

- Feel like you need to push your mentee into trying every activity – let it be up to him or her which ones they select.

Source (original activity):

The aim of the **Eco-consumption and waste management activity pack** is to provide a teacher or mentor with a set of tools and a guide to easily carry out a whole series of activities on eco-consumption and waste management with his or her pupils.

The guide details all the proposed activities: objectives, audience, duration, sequence, possible variations...



### Instructions for using the website

- **Step 1:** Enter the official website address (<https://www.coren.be/fr/s-outiller/outils/item/92-valise-d-activite-eco-consommation-et-gestion-des-dechets>)



- **Step 2:** Read more about the project and how you can get involved with your mentee.



- **Step 3:** Alternatively, delve into the kit with a specialised guide that gives detailed instructions for their use, along with worksheets and tables! ([https://www.coren.be/images/outils/Valise\\_dechets/COREN\\_ValiseDechets.pdf](https://www.coren.be/images/outils/Valise_dechets/COREN_ValiseDechets.pdf))



### 13. Put yourself in the spotlight

Challenge: See what you or your group can do when it comes to a certain topic - for example, can you grow a fruit or vegetable garden in your community that can then be enjoyed by everyone who lives there? What about a special initiative that can help people to use less waste or recycle more?

Main objective: To encourage a more diverse utilisation of eco-friendly activities that can have a beneficial impact on the overall look and health or a youngsters environment.

Mentoring Process Step: **Building a Relationship**

**Skills and competences that this activity develops and improves:**

- i. Leadership
- ii. Environment friendly

To Do:

- Discover the power of the individual when it comes to making a difference both personally and, in their community, when it comes to climate and ecology
- Encourage mentees to think outside the box when it comes to important issues

Not to Do:

- If mentees can't think of original ideas or show little interest in developing ideas, leave it alone or let them go at their own pace.

Source (original activity):

The aim of **Cascade** is to mobilise Brussels' youth through the development of ecological transition projects. With *Cascade*, young people make a concrete contribution to the climate and ecological transition by designing and carrying out a project at the level of their neighbourhood, or even the Region.



These can be in the area of growing and becoming more knowledgeable about fruits and vegetables, implementing zero waste initiatives, composting, and more. The possibilities are only limited to the youngsters imaginations.

### Instructions for using the website

- **Step 1:** Navigate to the official website for Cascade (<https://www.bubble.brussels/cascade-projet-pilote/>)



- **Step 2:** Find out all about Cascade – who is involved and the history of the initiative.
- **Step 3:** Click on the **Activities** tab to discover past activities and upcoming ones for 2024!



#### 14. Pedalling your way to health

Challenge: See how far you can cycle in one session, or combine distance with personal states, like calories expended or metres climbed, to test or improve your fitness! Create a photobook of the places and things that you've seen and post it on social media with short stories of your adventures.

Main objective: To encourage the activity of cycling and to demonstrate (in a safe manner) the type of and mood enhancing and positive benefits that cycling brings.

Mentoring Process Step: **Closure**

**Skills and competences that this activity develops and improves:**

- i. Environment Friendly
- ii. Self-knowledge



iii. Responsible decision making

To Do:

- Enjoy safe and developed cycle lanes and routes where mentees can tap into raw and natural creativity and take them outside of normal 'confines'
- Demonstrate to mentees another way of relaxing and enjoying themselves in nature

Not to Do:

- Push mentees to cycle long distances if they aren't ready for them
- Cycle far from home if conditions don't allow for it

Source (original activity):

The French mobile application **Geovelo**, created in 2010, allows you to find the best routes by bike because it favours cycle paths, avoids dangerous areas and adapts to all types of bike (classic, electric, cargo...). Geovelo has already been downloaded more than 800,000 times and has over 150,000 regular users.

Also gives individual stats and allows users to catalogue walks and trips taken! You can see exactly how many calories you've spent and watch in real time as your fitness improves while you enjoy a safe ride in the city or countryside. Available both online and as an app.

*Instructions for using the website*

- **Step 1:** Access the website (<https://geovelo.app/fr/>) or download the Geovelo App from the Play Store



geovelo

Itinéraires Balades et voyages Offres Pro Notre mission [Se connecter](#)

## La navigation vélo sécurisée et citoyenne

Roulez sur des itinéraires sécurisés et adaptés, et aidez votre ville à créer de meilleures pistes cyclables

[Télécharger l'application](#) [Calculer mon itinéraire](#)

★ 4.6 / 5 App Store ★ 4.5 / 5 Google Play | 1.5 million de téléchargements

- Itinéraires vélo fiables et sécurisés
- Impact citoyen pour des villes plus
- Catalogue de balades et voyages
- Statistiques individuelles et

➤ **Step 2:** Sign up to track your statistics and take part in exciting challenges

← **Août à vélo**

Distance

Roulez le maximum de kilomètres que la communauté puisse atteindre

📅 20 jours restants  
Du 01 août 2022 au 31 août 2022

👤 12 432 / 20 000 km roulés par la communauté

**Mon score**

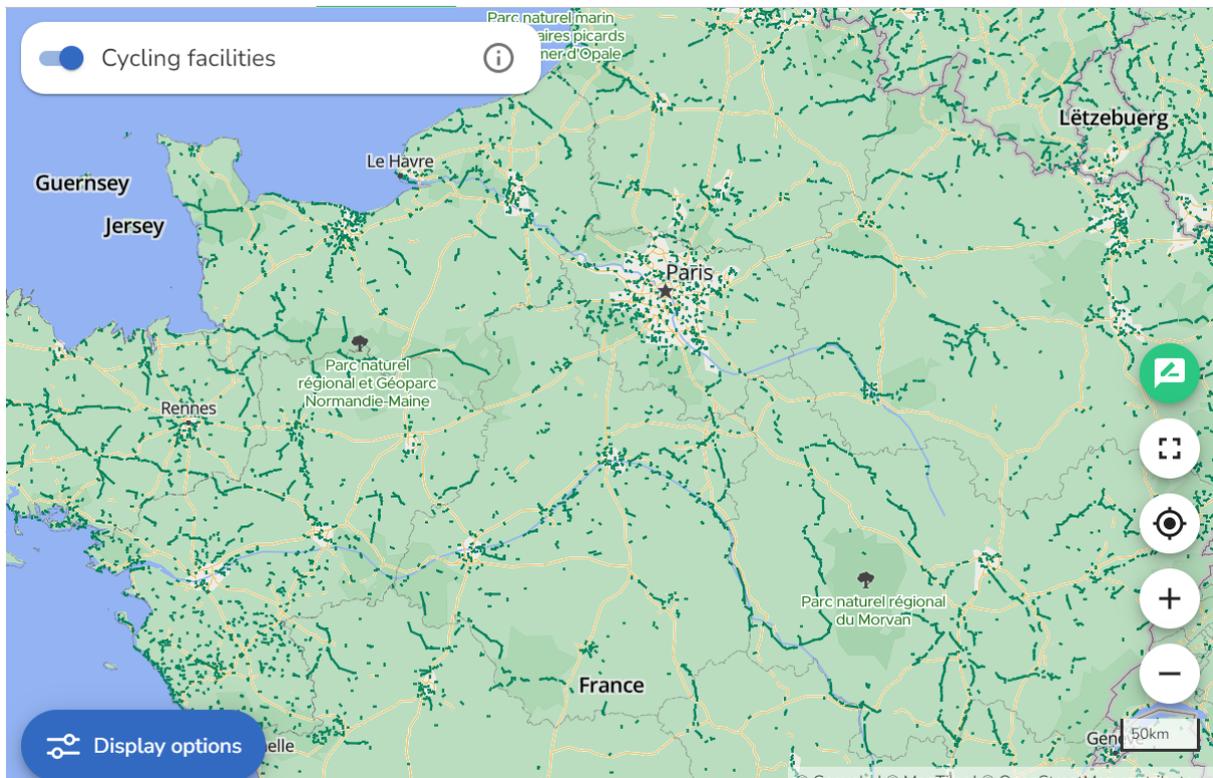
📊 823 km roulés | 🏆 3e / 12012

**Classement**

1	Antoine Régnier	965 km
2	Paul Vivet	855 km
3	Moi	823 km



- **Step 3:** Discover the safest and most reliable cycling routes for you and your mentee!



## 15. Unique Sandy Trails

Challenge: See if you can perfect your technique in this unique activity. Combine swimming or surfing for a more rounded fitness regime and make the beach (and ocean) your second home!

Main objective: To learn a new sport that also combines relaxation with being out in the fresh air. The benefits of sand yachting is an increase in confidence and better sleep due to the sea air.

Mentoring Process Step: **Development**



### Skills and competences that this activity develops and improves:

- i. Self-management
- ii. Environment friendly

### To Do:

- Combine sport with nature and enjoy a more upbeat type of experience!
- Learn about the dangers and advantages of the beach and the ocean

### Not to Do:

- Try this without sufficient supervision or knowledge of particular risks

### Source (original activity):

The **sand yacht** is a three-wheeled vehicle propelled by a sail using the wind. It is practised all year round on large sandy beaches and at low tide and sometimes inland. Sand yachting is not only a sport but also an inclusive leisure activity accessible to all, at all ages and with all types of disabilities.

In France, in the region of Brittany, the sand yacht school at the end of the world wants to be more eco-responsible. For this reason, the school does not have premises and proposes instead a travelling activity in order to limit its impact on the environment and to get closer to all audiences. This also makes it possible to democratise the practice of sand yachting inland and in the cities. In addition, the floats are made of resin and stainless steel so they do not need to be rinsed and do not rust in sea water.

### *Instructions for using the website*

- **Step 1:** Go to the website for sand yacht ([www.charavoileduboutdumonde.com/](http://www.charavoileduboutdumonde.com/))



CHAR A VOILE  
DU BOUT DU MONDE  
cole de char à voile en Finistère

HOME PRESENTATION NEWS THE SPOT THE FORMULAS /RATES OTHER ACTIVITIES MORE

TOUT commence en FINISTÈRE

Beach of Lestrevet - PLOMODIERN  
OPEN ALL YEAR

BRETAGNE

LUDIC by VENGELÉ

Sailing school at the end of the world: with passion and experience, your Jerome instructor introduces you to sailing, a 100% ecological activity. Come and fill up with sensations ! In

- **Step 2:** Find out where you need to go to access the beach, also look at the other fun activities that are available!
- **Step 3:** Use the booking system on the site to book your first experience sailing on the beach.



## 16. Scaling the heights of possibility

Challenge: See how high you can climb or how many peaks you can traverse in your own country. Maximise your fitness and sociability by joining a club or bringing friends along afterwards.

Main objective: To help youngsters get the most from their local environment. To be able to get in touch with nature while also doing something good for your health and, potentially, social life.

Mentoring Process Step: **Development**

**Skills and competences that this activity develops and improves:**

- i. Self-knowledge



- ii. Responsible decision making
- iii. Environment friendly

#### To Do:

- Make the most of the great outdoors and enjoy all the health benefits that comes from hiking with your mentees
- Learn about the different flora and fauna that grows and makes its home in the mountains

#### Not to Do:

- Push mentees too hard if they have never hiked before. It takes a different sort of fitness to hike long distances.

Source (original activity):

Hiking is often an underrated gem when it comes to enjoying the natural scene in your local area or city and the **Dublin Mountain Hiking Trail** is a perfect example of this. It is free and an amazing resource that's generally not too far from where most people are living. One of these trails is just outside of Dublin City and is pretty easily accessible to most. It is relatively new and can be enjoyed and utilised by anyone who wants.

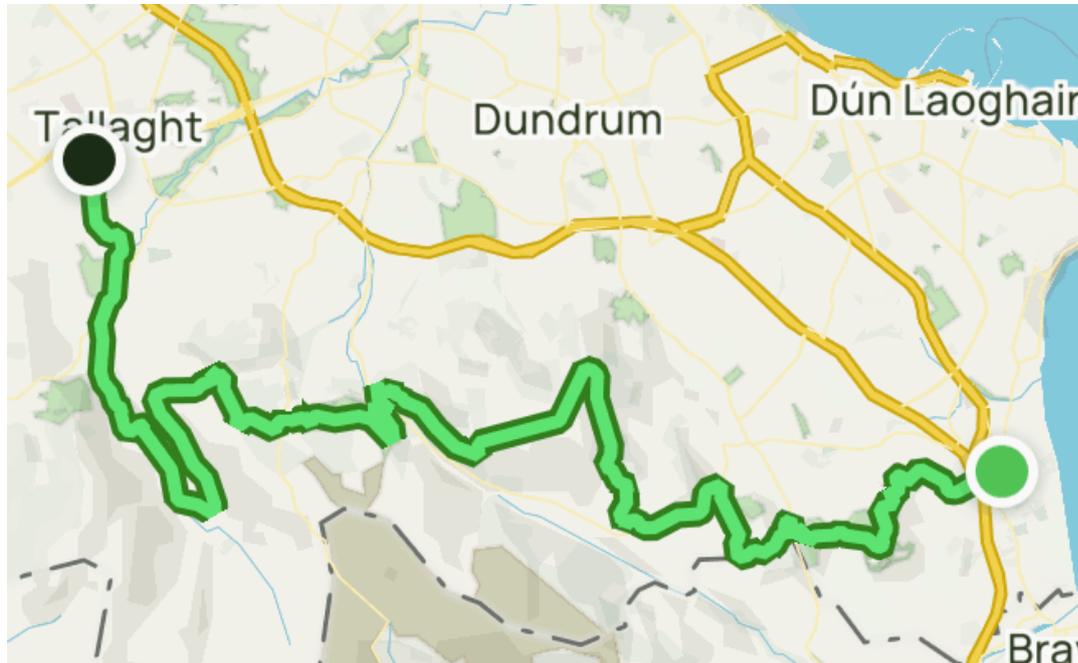
Starting from Tallaght in the west and ending in Shankill in the east, this trail is just over 42kms and is signposted along the way so it's easy to 'stay on track'. There are numerous sides routes for you to take and explore if you get curious or like to get off the 'beaten track'!

#### *Instructions for using the website*

- **Step 1:** Access the Dublin Mountains Way website by going to ([www.dublinmountains.ie/dublin\\_mountains\\_way/dublin\\_mountains\\_way](http://www.dublinmountains.ie/dublin_mountains_way/dublin_mountains_way))



- **Step 2:** Here you can find convenient **maps** and read about the different **sections** of the Way which are broken into three.



- **Step 3:** Delve deeper into the trail by navigating to the **Activities** and **Recreation Sites** tabs or learn more about the **archaeology** of the mountain.



## 17. Discovering Native fauna and flora

Challenge: Discover 3 *native animals* and 3 *plants* from your locality. Dive into the world of protection and environmentalism for the most vulnerable and help the flora and fauna thrive where you live. You could also prepare a social media publication to raise awareness via your social networks about any plants or animals that are endangered.

Main objective: The main purpose of this activity is to promote a more in-depth knowledge of native species and endangered living beings so as to help preserve them and allow them to flourish.

Mentoring Process Step: **Closure**

**Skills and competences that this activity develops and improves:**

- i. Responsible decision making



ii. Environment friendly

To Do:

- Learn all about bees and their vital influence on the food chain
- Get more involved or help educate the mentees to be able to care for or perhaps keep their own bees one day!

Not to Do:

- Force mentees to participate if they have an allergy or fear of bees

Source (original activity):

The **All-Ireland Pollinator Plan** is a framework bringing together different sectors across the island of Ireland to create a landscape where pollinators can survive and thrive. It is implemented by the National Biodiversity Data Centre.

One third of our wild bee species is threatened with extinction. This is mainly because we have drastically reduced the amount of food and safe nesting sites that support them. The All-Ireland Pollinator Plan is a shared plan of action: together, we can take steps to restore pollinator populations to healthy levels.

*Instructions for using the website*

- **Step 1:** Go to the website <https://pollinators.ie/>



All-Ireland Pollinator Plan

- About Us
- Mailing List
- Blog
- Twitter
- Instagram

- Home
- Who are our pollinators?
- Resources
- Wild Bee Festival
- Latest News
- Newsletters
- No Mow May
- Ideas Hub
- Videos
- FAQs

## All-Ireland Pollinator Plan

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One third of our wild bee species is threatened with extinction. This is mainly because we have drastically reduced the amount of food and safe nesting sites that support them. The All-Ireland Pollinator Plan is a shared plan of action: together, we can take steps to restore pollinator populations to healthy levels.

There are simple ways everyone can help, whether you have a business, a farm, a community group, a garden, or a window box. On this website you will find information about our work and campaigns, and free resources to help you learn more about our different pollinators and what you can do to help them.



### The Buzz

The Problem With Wildflower Seed Mixes

- **Step 2:** Read about the Pollinator Plan and keep UpToDate on all the latest news and events.
- **Step 3:** Go to the **Ideas** and **Resources** tabs for inspirational advice and all the information budding beekeepers need to get involved with aiding the survival of these important creatures!





## 18. Global effort for change

Challenge: See how your efforts can impact the world around you. Join forces with others to see what you can accomplish, or set up your own 'squad' to make a difference.

Main objective: To combine efforts and make your community a cleaner and safer place that looks beautiful and can be appreciated by all.

Mentoring Process Step: **Development**

**Skills and competences that this activity develops and improves:**

- i. Leadership
- ii. Environment friendly

To Do:

- Join with others to see what a coordinated and global effort can produce
- Make friends with others who share a similar passion for environmental sustainability

Not to Do:

- Make sure mentees have a say in what they contributions they make

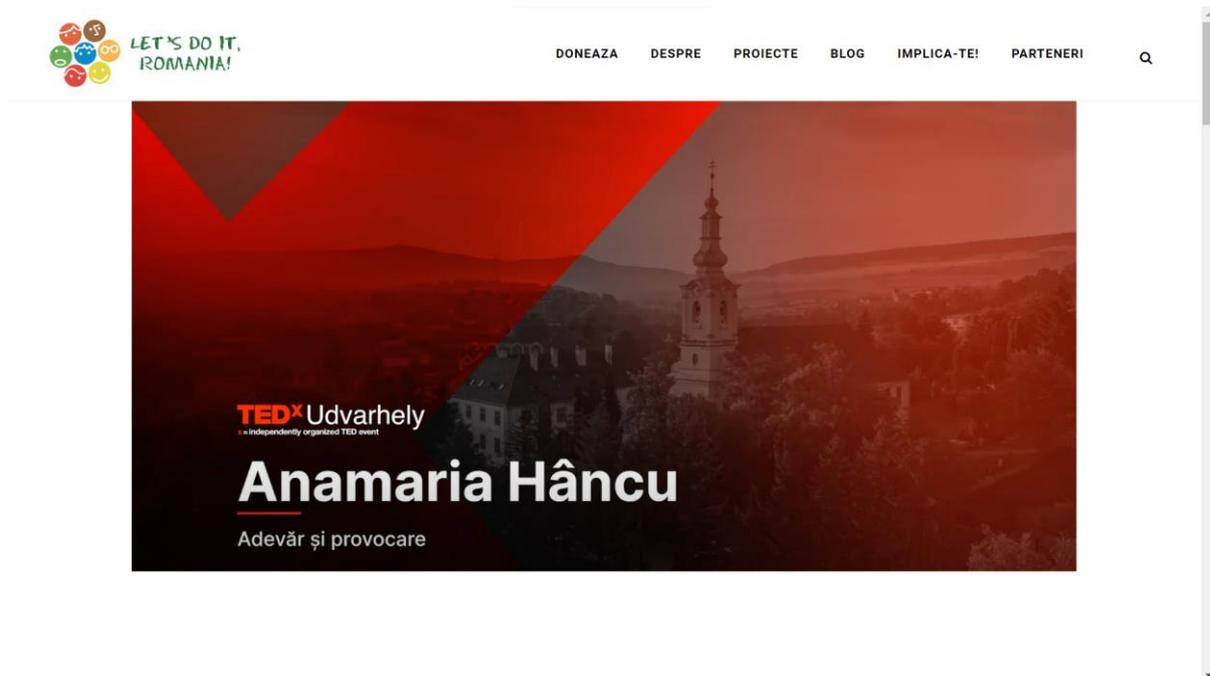
Source (original activity):

**Let'sdoitRomania!** is the largest social movement in Romania and is part of the international Let `s Do It, World! community, with a total of 190 countries and 60 million volunteers involved in the organisation of the Global Cleanup Day, which together collected 303,000 tons of waste. Romania was the 4th country in the Let's Do It, World! community, since 2010, that got involved in such an action and is today considered a model of good practices.



### Instructions for using the website

- **Step 1:** Navigate to the Let's do Romania website (<https://letsdoitromania.ro/>)



- **Step 2:** Read the blog about the activities and successes carried out so far, or download the App (Trashout) from the Play Store to become a 'trash hunter' order a waste pickup or report illegal dumping.



#### Ziua de Curățenie Națională

Cea mai mare mobilizare de voluntari din România, pentru a face curățenie în toată țara într-o singură zi.

#### Aplicația Let's Do It, Romania!

Prin intermediul aplicației poți raporta oricând, gratuit, zonele cu deseuri din oraș sau din natură, care sunt apoi raportate oficial către autorități și curățate.



- **Step 3:** Find out more info about facts and figures and how you can also become involved.





## Summary of the SportyMentor Toolkit

This guide of activities and exercises – websites and apps – is a way to help instil certain principles and develop certain skills of disadvantaged youth. It aims to help young people to achieve a more stable and centred life in ways which they might not have been used to up until now.

The SportyMentor toolkit is to aid youngsters in their search for self-respect and self-sufficiency. Through the areas of sport and environmental volunteering, a mentor and their mentee will participate in different activities with the objective of empowering the young person and demonstrating to them their importance in their own communities.

Through the mentoring process using these unique immersive activities, young people can find a common ground with their environments, the people who live around them, and with themselves on an internal level as well. Mentoring using the toolkit can help people from disadvantaged backgrounds to,

- Build a better sense of identity
- Feel more connected to the people and places that they live
- Feel empowered to get involved with worthwhile causes and initiatives in their communities – perhaps even taking the lead on a few
- Get in touch with their true selves more without the distraction of peer pressure
- Learn that they are more than they previously thought

The **eco-citizenship toolkit** is to be used for inspiration, drawing on some of the already established activities and sports in Europe to begin a mentoring process with disadvantaged youth. The goal is to use these as a springboard to coming up with original and fun activities in each mentor's own country, infusing them and the relationship with their mentee with confidence and creativity!



## References:

<https://euvoluntar.ro/>

<https://letsdoitromania.ro/>

<https://agoraaveiro.org/plantarofuturo>

<https://www.bioliving.pt/sem-filtros>

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