

reBuild



Youth Initiatives Compendium



Co-funded by the
Erasmus+ Programme
of the European Union

Youth Initiatives Compendium

WP3 – O3.4

Summary of the Project

The COVID-19 pandemic has centrally affected all spheres of youth's mental, social and professional wellbeing. Despite this general sense of loss and hopelessness, young communities across Europe have once again proven their resilience and ability to create and to move on. The further engagement of youth is key to supporting the recovery after this unprecedented crisis.

With a view to enhance young people's preparedness to respond to such social emergencies as COVID-19 in the future, the project REBUILD addresses the challenges faced by youth communities with particular attention to those groups of young people who are most at risk of social marginalisation, or who have found themselves even more marginalised as a result of the pandemic.

The project REBUILD is a project co-funded by the European Education and Culture Executive Agency of the European Commission (Key Action 3 – European Youth Together) and the Erasmus+ program. Its aim is to empower youth organisations and informal groups of young people, especially underrepresented young people, and to enhance their democratic participation, dialogue, civic engagement, and networking at the local and the EU level in order to support the rebuilding of more inclusive and greener societies able to better adapt and respond to the challenges of the COVID-19 emergency.

The project's activities first mapped social solidarity, and environmental/green lifestyle initiatives carried out by youth organisations and informal groups in each country during and in the aftermath of the crisis in order to stimulate the exchange of good practices and to develop local and transnational networks. Later on, in the framework of the project, more than 168 underrepresented young people were trained in project design, project implementation and awareness-raising campaigning to foster innovative forms of civic participation. These young people, divided in teams and guided by Youth Ambassadors, will now implement their own initiatives.

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Executive summary



As part of the Rebuild project, we delivered workshops on capacity building, project design and campaigning to underrepresented young people from 6 European countries. These young people will now be given the financial and professional support to implement different initiatives on social and environmental solidarity that aim to respond to challenges faced by youth communities in the aftermath of the Covid-19 pandemic.

As a result, 25 initiatives will be carried out by youth from Italy (5), Cyprus (4), Spain (5), Lithuania (3), Martinique (4) and Greece (4).

These projects will cover various matters, such as: hate speech towards migrants, prostate and testicular cancer, waste management, environment protection, inclusion of people with down's syndrome, community building, and much more.

Different methodologies and approaches will be used for the implementation of these initiatives. Some of them will consist in organising events for the local community, delivering workshops on specific topics, developing applications, carrying out awareness raising campaigns, etc.

This compendium is a compilation of all ideas developed by the teams during the REBUILD training workshops and described by the teams themselves.

Initiatives from Italy

Rebuild Mediterraneo

The project, created by Comunità Mediterraneo, aims at creating a co-designed social area for the minors living in a residential community in Palermo who are conducting the initiative. The terrace of the community will be co-constructed with the young people living in the community starting from their skills and interests, and will include an area for sports, one for socialisation and an urban garden where they can cultivate healthy vegetables for the community.

Purpose of the project:

To improve the living conditions of young people living in community settings.

Project objectives:

1. To co-design and co-build an area for sports, gardening and socialisation with recycling material.
2. To grow healthy vegetables for the community in an urban garden.
3. To improve the skills and abilities of young people living in community settings.

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Activities:

1. **Co-design of the area** – creation of a project of the area of the terrace based on our interests and skills.
2. **Creation of an urban vegetable garden** – creation of the vases; selection, procurement and planting of the vegetables.
3. **Creation of an open-air living room** – design and construction of benches and tables with recycling material.
4. **Decoration of the terrace with murals.**

5. Creation of a small workout space – creation of a boxing bag and placing of equipment.

6. Social Media Campaign – collection and publication of content to raise awareness about the project topics.

Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: young people of the community, educators (indirectly). The boys have different interests, expressed by the work that will be carried out during the project, such as agriculture, art, sports.

Target group: people of the community, both the current and future ones.

Tools and materials:

Tools and materials: pallet boards, plywood boards, wood and soil processing and preservation materials, tempera, crops.

Human resources: expert personnel for woodworking.

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Environment and context:

The context is that of a youth community in a suburban neighbourhood of Palermo. Living all the teens together, it is necessary to create an open and social place both to encourage outdoor activities and coexistence, where they can also cultivate their passions.

Useful links:

Instagram account: <https://www.instagram.com/rebuildpalermo/>

Vlog: <https://www.facebook.com/profile.php?id=100087473940763>

Rebuild campaign hashtags:

#RebuildMediterraneo

Stellaria Eco Festival

This project, created by Comunità Stellaria, aims at raising awareness around waste dumping through a multicultural sport event in the city of Palermo. The event will be organised in the green areas used to play sports by the young people living in the community for unaccompanied minors who will organise the event. The group will organise a *plogging* contest (waste collection running contest) to clean the area and then a tournament of international sports and a social dinner.

Purpose of the project:

To raise awareness around waste dumping in sport areas.

Project objectives:

1. To organise a multicultural sport and dinner event on the topic of waste management.
2. To clean a public sport area from garbage.

Activities:

- 1. Preparation of the event** – planning of the tournaments and the social dinner.
- 2. Communication of the event** – through social media before, during and after the event.
- 3. Event** - management of the event with the plogging contest, tournament of sports such as soccer, dama, cricket.
- 4. Social Media Campaign** – awareness rising around the topics of the project.

Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: young people of the community, educators of the community (indirectly). The community welcomes unaccompanied foreign minors, who have arrived in Palermo from different countries. Uniting them is a strong interest towards outdoor sports

and cooking, as well as a sensitivity towards the environment, in particular to recycling.

Target group: local community, young people of Palermo.

Tools and materials:

Materials: tournament materials, dinner ingredients, venue rental for the dinner.

Environment and context:

The context is the city of Palermo, especially its green and public areas, often used by the youth to play sport. Given the at-times unserviceable condition of green spaces, the community has decided to cope with this situation, trying to improve awareness of the environment through sports.

Useful links:

Instagram account: <https://www.instagram.com/rebuildpalermo/>

Vlog: <https://www.facebook.com/profile.php?id=100087473940763>

Rebuild campaign hashtags:

#RebuildEcoFestival

The Map Amuni Compa

The project, created by GAP Senegal and conducted by unaccompanied minors from different countries, aims to create a digital map of all places of interest for newly arrived migrants (sports areas, religious areas, stores, social spaces, national associations, etc) in order to help them orient in the city of Palermo. The project aims to facilitate the inclusion of newly arrived migrants in the city through the informal knowledge of other young migrants who have gone through the same journey, in a horizontal peer to peer support. The young people conducting the project will also act as facilitators.

Purpose of the project:

To facilitate the social inclusion of newly arrived migrants.

Project objectives:

1. To create a digital map of all places of interest for newly arrived migrants.
2. To sponsor the initiatives to reach as many people as possible.

Activities:

1. Research and identification of places to be included in the map - sport areas, aggregation places, prayer sites, markets and stores, useful services - (phone, money transfer, work support).

2. Map finalisation – creation of the map on GoogleMyMaps with addition of photos, videos and written descriptions translated in different languages.

3. Promotion phase - creation and distribution of gadgets and stickers to distribute to promote the tool.

4. Social Media Campaign - communication of the topics of the project through social media.

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Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: young people of the community, educators of the community (indirectly). The community welcomes unaccompanied foreign minors, who have arrived in Palermo from different countries. This project idea was born from a shared desire to combine their knowledge about places of interest for foreign young people and to help young people who will face the path of inclusion that they have already experienced.

Target group: future migrants arriving in Palermo.

Tools and materials:

Materials: stickers and bracelets with a QR code.

Tools: website domain.

Environment and context:

The context is the city of Palermo, where many unaccompanied foreign children arrive. Although there are many places that support their inclusion, it is often difficult to move around the city and get to know such places. For this reason, the community decided to create a digital map to facilitate this knowledge and spread it as much as possible.

Useful links:

Instagram account: <https://www.instagram.com/rebuildpalermo/>

Vlog: <https://www.facebook.com/profile.php?id=100087473940763>

Rebuild campaign hashtags:

#RebuildAmuniCompa

Cubotto – the interactive ashtray

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The project, created by Tu Sei La Città, aims at prototyping and equipping local businesses with an interactive ashtray that will sensitise people not to throw cigarettes on the ground.

Purpose of the project:

To raise awareness on environmental care and respect for the public space.

Project objectives:

1. To prototype one multifunctional and interactive ashtray as an element of urban furniture.
2. To raise public awareness on the proper disposal of cigarettes.
3. To establish partnerships with local businesses and disseminate good practices.

Activities:

1. Analysis of the local context – research on the smoking habits of people in Palermo and selection of local businesses interested in participating in the project.

2. Design of the ashtray prototype – design and test of an interactive ashtray with catchy sentences.

3. Prototype construction – construction of the prototype of the ashtray.

4. Launch event – organisation of a launch event to present the prototype placed in a local business.

5. Monitoring - planning and conduction of a monitoring of the use of the ashtray.

6. Social media campaign – conduction of a campaign to sensitise on the topic of cigarette disposal.

Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: the group is guided by the members of *Tu sei la città*, a youth organisation located in Palermo which focuses on issues such as the environment and redevelopment of abandoned places. The group includes people with diverse backgrounds united by a strong interest in their city and its preservation.

Target group: smokers and venue managers, local community, occasional visitors to the areas where the ashtray will be placed.

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Tools and materials:

Materials: eco-friendly material for the construction of the prototype.

Human Resources: *Tu sei la Città* team.

Environment and context:

The context is the city of Palermo, specifically the historical centre, where garbage remains a significant challenge. Outside the local nightclubs and bars, the streets are often covered with cigarette ends that make the city dirty and polluted. This is because of the habit of throwing cigarette ends on the ground and of the lack of awareness about the environmental impact caused by this action.

Useful links:

Instagram account: <https://www.instagram.com/rebuildpalermo/>

Vlog: <https://www.facebook.com/profile.php?id=100087473940763>

Rebuild campaign hashtags:

#rebuildTuSeiLa

RebuildYourThoughts

The project aims to counter hate speech and stereotypes about migrants by empowering citizens to identify these stereotypes in local media. The media are responsible for reproducing ethnic and racial stereotypes, often with harmful effects. The choice of words is not random and each term used has an effect and weight, deeper than we think. To this end this project will create a framework to pinpoint stereotypes, conduct an analysis of three local newspapers and raise awareness through social media.

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Purpose of the project:

To address hate speech towards migrants in Palermo by raising awareness in the city of Palermo on the need to recognize stereotypes in the media.

Project objectives:

1. To publish a research report about stereotypes towards migrants in local media.
2. To develop guidelines to help citizens identify stereotypes.
3. To run a local communication and dissemination campaign to raise awareness around Palermo, also through social media.

Activities:

1. Desk research and creation of a framework – identification of a framework for the analysis of stereotypes in media, identification of some core events covered by the local press, and choice of some local newspapers to focus on.

2. Analysis – analysis of the articles chosen based on the framework and discussion of the findings in the group

3. Creation of a report and of a guide – writing of a report on the results of the analysis, some guidelines for the identification of stereotypes, and creation of communication material to disseminate the findings.

4. Social Media Campaign – awareness raising online and offline on the basis of the report findings.

Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: students in international relations and cooperation, interested in deepening the topic of social inclusion in their local context.

Target group: citizens of Palermo, social media users and (indirectly) migrants.

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Tools and materials:

Tools: computers, newspapers.

Materials: notebooks, bookmarks, posters.

Human resources: one graphic designer.

Environment and context:

The context is the city of Palermo and the general population reading the chosen newspapers. Very often news is reported with migrant people as protagonists, who are portrayed with stereotypes, which can either be negative or positive (the hero migrant). It is important to give people the tools they need to read stories objectively and truthfully.

Useful links:

Instagram account: <https://www.instagram.com/rebuildpalermo/>

Vlog: <https://www.facebook.com/profile.php?id=100087473940763>

Rebuild campaign hashtags:

#RebuildYourThoughts

Initiatives from Cyprus

71BarberQue

On the 26th of November 2022, the group called 71, will organise a shaving and barbecue day under the concept of the Movember month, which is the dedicated month for raising awareness for prostate and testicular cancer.

Purpose of the project:

The purpose is to raise awareness for prostate and testicular cancer together with socialising.

Project objectives:

1. To promote the check ups for prostate and testicular cancer.
2. To smoothen the stereotype of male prostate and testicular cancer.
3. To network with different stakeholders.
4. To show examples of good practises and self assessment check.

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Activities:

1. Shaving of the moustache.
2. Barbecue.
3. Information by a specialist on the seriousness of prostate and testicular cancer and how someone can be self checked.
4. Facepainter to draw moustaches to kids and females.

Duration of the initiative:

6 hours on November 26th 2022

Characteristics of the group involved:

Group implementing the activities: Underprivileged individuals, specialists such as doctors and nurses, youth, stakeholders.

Target group: General population and especially men over the age of 35.

Environment and context:

Prostate cancer is one of the leading causes of death for men. It can be prevented by acting proactively and getting informed about the exams and precautions. Moreover men love barbeque! That's why the initiative will combine both, in an awareness information festival where they will share methods of proactiveness and at the same time they will shave their moustaches in an act of raising awareness. The initiative will be implemented by underage scouts, aged 15 - 17 years old.

The event will take place on the field of A&B Primary School of Nicosia at Kaimakli, on the 26th of November 2022. It will be an open event in which people will be able to participate at any time, and which will be followed by a barbecue event organised by the volunteers of the initiative.

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Useful links:

Facebook event: <https://fb.me/e/3EriJmikP>

Instagram post: <https://fb.me/e/3EriJmikP>

Rebuild campaign hashtags:

#71BarberQUE

#71REBUILD

Zero Food Waste Cyprus

Zero Food Waste Cyprus was born in 2018. With the help of young volunteers every Saturday and Wednesday afternoons we go to two local markets, one in the South and one in North Cyprus, and collect the fruit and vegetables that would have otherwise been thrown away. We then transfer the food to a designated space, where people from the local community are welcome to pick it up free of charge. Our current beneficiaries are mainly refugees and asylum seekers.

Purpose of the project:

Our initiative is well aligned with target 11.6 of SDG11, reducing the adverse environmental impact of cities through municipal waste management. By involving volunteers in our Saturday Aftermarket action we are promoting a sustainable culture around food, we eliminate food waste that would have contributed to increasing biomass waste on landfills and we provide alternative methods of handling such an important resource when deemed inedible. Further, by distributing food to people in need we are helping to end poverty, in line with SDG1. Since our beneficiaries are mainly people from vulnerable groups, by providing them with free of charge vegetables and fruits we are easing their financial vulnerability and we are promoting a healthy and nutritious diet.

Project objectives:

1. To collect as much as possible from the food that would have been thrown away at local markets in both parts of Cyprus.
2. To measure each produce saved and characterise it in bins, hoping to offer useful insights to the market vendors.
3. To distribute the edible food to anyone in need of free fruits and vegetables.
4. To compost the inedible food.
5. To raise awareness on how to reduce food waste to the local communities.

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Activities:

1. Our topic is the direct reduction of waste food through our market actions and indirectly through awareness raising.
2. To achieve the direct reduction of food waste we will source volunteers and attend fruit markets to collect, sort, weigh and distribute food to people in need. For the indirect awareness raising part we aim to host events where we cook with “waste food” as well as eco-bazars selling “waste food” converted into long-lasting products.

3. For the market actions we have managed to form a network of volunteers whom we invite at the markets for the collection and distribution to be carried out. For the events, we will first calculate the logistics and the budget needed to carry them out, staying within the upper limit of 200 euros per event. The logistics would include the materials needed for the event, the hosting location and the general execution of it broken down in steps (workshop activities, bazaar stands, dining location and set-up, kitchen equipment, etc.). We will then create promotional material and start sharing our event on our social media platforms. Afterwards, we will source some of our volunteers to help us on the day.

Duration of the initiative:

Active since February 2018

Characteristics of the group involved:

Group implementing the activities: Our group is diverse in various angles. We range in age from 19 to 36 and each one of us has a different background. One member works as an accountant, able to help with logistics and budget, another member is a chef able to demonstrate ways of cooking “waste food” and turning it into long-lasting products. Another member is involved with ERASMUS+ projects able to connect us with the EU network, another is an environmental researcher able to give us insights on the statistics we collect and connect us with local institutions. Another team member is a communications expert, helping in the dissemination and promotion of our project and our last 2 members are university students that are able to raise awareness in their respective universities and involve young people in the initiative.

Target group: Our target group includes all members of the community who are willing to learn about the reduction of food waste. Our beneficiaries are predominantly refugees and asylum seekers, while our volunteers are a mix of young locals and refugees.

Tools and materials:

To implement our market activities, we are currently using boxes for the collection and distribution, we are using a scale to measure items and cars to transport food to our distribution location. For the events we plan to have we will need tables that we can source from the hosting location, small decorations, cooking equipment and speakers.

Environment and context:

Through our initiative we are reducing food waste and promoting a sustainable and circular lifestyle. Food waste ending up in landfills, the current method of disposing municipal waste in Cyprus, imposes several environmental issues, from the pollution of underground waters to the release of methane and promotion of harmful biological growth around the landfill.

Useful links:

Instagram account: https://www.instagram.com/zfw_cy/

Facebook account: <https://www.facebook.com/ZeroFoodWasteCyprus>

Website: <https://zfwcy.org/>

Facebook event: <https://www.facebook.com/events/575288594359878>

Rebuild campaign hashtags:

#Rebuild2022 #RebuildEU

Πελ (Painting Embraces Liberty)

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Πελ is an independent art project that started in April 2022 by Pantelis Nicolaou, Elena Adamou, and Liana Ghukasyan. Today the group is composed of 7 interdisciplinary artists with the addition of Andia Ntoa, Yiannis Avraamides, Natalie Charalambidou, and Vasilis Vasiliou. The project aims to make arts' benefits accessible to everyone by bringing colour to places that lack it. The team is interested in visiting detention centres, nursing homes, campuses for refugees, and schools with special education units to organise creative activities and create more pleasant environments through art.

Purpose of the project:

It is scientifically proven that every form of art can help combat any mental and physical illnesses. Imagery, colours, nature, and painting change people's feelings and have a positive effect on their mental and psychosomatic conditions. Indulging in artistic creation is a method with therapeutic properties. Positive results are particularly evident in closed structures with people facing physical or mental illnesses. The team seeks to beautify and add colour to a particular space through creative activities and visual interventions with the ultimate goal of improving the mood of its patients or inhabitants, staff members, and visitors. The focus is mainly on painting murals with their help and, in this way, creating a collective experience for all to remember.

Project objectives:

1. To improve the mood of the people inhabiting detention centres, homes for the elderly, campuses, schools, and institutes for people with special needs.
2. To create a pleasant environment through painting.
3. To share a collective creative moment.
4. To talk about inclusivity and equality.
5. To raise awareness on how art can make a difference in the well-being of people.

Activities:

1. The first two murals were created in August 2022: one at a detention centre and the other at a nursery house. The next mural will be created at a nursery school with a special education unit.

2. A structure in need of artistic intervention is first decided by the team. The team then meets directors or people in charge of the institution and discusses the implementation of the action further. The murals' theme is then discussed, followed by preparatory sketches and the one deemed most ideal to be painted on the wall is chosen.

3. Before deciding on the final mural sketch, the team talked to the psychologist of the school, the principal of the school, and the parents' association. With their input, the team chose 'Underwater Sealife' to be the theme of the painting. The images of nature and water always calm the mind and balance the feelings. The mural is to be painted in a doodle form so that everybody can follow the lines and colour in the empty spaces. The final step will be finding a day when children, teachers, and parents can join the team to express themselves through collectively painting while making the school a more beautiful place. For the promotion of the activity on social media, a professional video maker/photographer will film the whole process.

Duration of the initiative:

The team has been active since August 2022 and the team will continue organising creative activities in Cyprus and abroad.

Characteristics of the group involved:

Group implementing the activities: The implementing group is connected by a love for the arts. The team members are all creators in different fields which include painting, textile design, jewellery design, accessory design, street art, video making, and photography. The teams' professional fields extend to psychology, Pinterest management, and teaching.

Target group: The targeted group includes primary school students who face socioeconomic difficulties.

Tools and materials:

For the technical part tools and materials consist of architectural paints, special wall markers, paint brushes, paint rollers, extension sticks, masking tape, gloves, aprons, stencils, tables, paint containers, water containers, and ladders. Music will be played to further create a pleasant atmosphere.

Environment and context:

Schools by rule have a universal cold white colour. This transfers the lack of creativity, and lack of mental stimulation to the kids as well as to the children attending the school. Moreover it can drop the mood of the children since in many cases they can compare it with the prison environment. With the PEL project, the children of the school, together with their parents and teachers, will unite with the guidance of the experienced artists and form the new image of their school by painting and creating murals on their walls. With this activity the children will change their mood when entering the school and feel the “ownership” of the environment.

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The action will take place at a primary school in the Larnaca district, in January 2023, together with the volunteering group, teachers, kids and their families. The event will last all day, from morning until late afternoon.

Useful links:

Instagram account: <https://www.instagram.com/pel.artproject/>

Rebuild campaign hashtags:

#Rebuild2022 #Rebuild

Laserfest Pioneering

The Laserfest and Pioneering event, organized by Kaimakli team volunteers, will take place on the 5th of February in Nicosia, Cyprus. The participants will be introduced to the sustainable way of involving new ideas or methods to crafting and playing. Firstly with the Pioneering they will use sustainable tools such as ropes and woods to create a bridge, instead of nails and glue. Then with the lasertag festival they will experience the new greener type of gameplay instead of paintball which has a negative impact to the environment due to the waste materials.

Purpose of the project:

The purpose of the project is to introduce the participants to an environmentally friendly fun approach, to engage youth and adults in team building activities, and to raise awareness on the importance of environmental care.

Project objectives:

1. To know the different types of pioneering tools and resources.
2. To show good examples of sustainable methodologies in handcrafting.
3. To experience the new greener methodologies of gameplay.
4. To take initiatives in group work and teambuilding.

Activities:

1. In regards to the Pioneering, the team will build up a sample of the final output so that the participants are able to see the bigger picture. Then the participants will be separated into smaller teams of 4-5 people and they will work on the basics of rope management, knots, woods, arts and crafts. With the help of the organisers and the trainers they will eventually build up the pioneering structure.

2. In regards to the Laserfest, the team will open up an invitation to the youth and adults of the Nicosia region, and initiate the experience on the day of the event. The groups that will play will have to be in teams of 5-7 each, and they will compete against other groups from the region. Special emphasis will be given to the environment friendly gameplay and the eco concept of it.

3. Both of the above activities show the way that concrete results combined with sustainable materials in a fun way can be passed within the community. The participants can play and experience the eco style gameplay in its fullest.

Duration of the initiative:

8 hours on the 5th of February 2023

Characteristics of the group involved:

Underprivileged individuals, specialists such as doctors and nurses, local entrepreneurs, Local Youth Council, local groups (scouts, football teams), youth.

Tools and materials:

Tree trunks, ropes, sticks, laser guns, venue.

Environment and context:

The city of Nicosia has a diverse and multicultural background. Schools host a significant number of students from 3rd countries. Local communities and initiatives such as the Kaimakli Volunteers, bring together these students as well as the youth in general, into productive gameplay. Through the initiative, the local community will have the opportunity to explore an environmental game together, form bonds and establish connections outside of the structure format of the school.

Useful links:

Facebook post:

<https://www.facebook.com/photo/?fbid=518134573743083&set=gm.1244963493033897&idornativity=1235677517295828>

Facebook post:

<https://www.facebook.com/photo/?fbid=515926487297225&set=gm.1242603309936582&idornativity=1235677517295828>

Rebuild campaign hashtags:

#71laserfest

Initiatives from Spain

Heartsafe

This project was created by Lucia Platero, María Leal, Bruna Paulini, Javier Sánchez, David Sevilla, Pedro Moya and Miguel Ángel Sánchez. Its aim is to bring knowledge about CPR (cardio-pulmonary resuscitation), how to act in case of injuries, healing wounds or first aid to highschoools, sports clubs...

Purpose of the project:

To let young people have the important and necessary information we think we did not have about health and situations of danger in sports.

Project objectives:

1. To raise awareness in young people about the importance of CPR practices in their lives.

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Activities:

1. First of all we have to talk with emergencies and ask if they can help us and if we can explain the cpr process with the licence we have for having assisted on the basic cpr day.
2. The next thing we have to do is prepare the topics we are going to talk about.
3. Then, we have to ask the centres if we can impart our cpr and first aid lessons.
4. The last thing is going to those centres and helping people to save lives.

Duration of the initiative:

We thought going to 4-5 centres to impart 45 minute lessons could be perfect.

Characteristics of the group involved:

Group implementing the activities: 17 and 18-year-old students in the first year of physical activity and sports sciences.

Target group: secondary and high school students as well as athletes from lower categories of different sports and sports clubs.

Tools and materials:

CPR mannequins, team uniform, first aid box.

Environment and context:

According to statistics from the Spanish Society of Cardiology, cardiovascular diseases are a leading cause of death in Spain, accounting for 30% of all deaths. In Andalusia, the region where Málaga is located, cardiovascular diseases are the leading cause of death, with 8,697 deaths recorded in 2019.

In addition to this, Málaga province is also a popular tourist destination, with a high influx of visitors throughout the year. This can put a strain on the healthcare system, which may not always be equipped to handle emergencies.

Given these factors, a youth-led initiative to teach CPR in Málaga province can be extremely relevant and important. It can equip members of the community with life-saving skills and help reduce the number of unnecessary deaths due to sudden cardiac arrest.

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Useful links:

Instagram account: <https://instagram.com/heartsafe?igshid=YmMyMTA2M2Y=>

Youtube channel: <https://www.youtube.com/@heartsafe>

Tiktok account: www.tiktok.com/@heartsafe

Rebuild campaign hashtags:

#safeliveswithheartsafe

Break the limits

This project, created by Raquel Damas, Marta Melero, María Martos, Cayetano Marfil, Francisco Javier Delgado, Saúl Ocaña and Sergio Moreno, consists of a social european project in which we

are going to try to solve a current problem in our society: inclusion of down's syndrome people in the society. We plan to achieve this by using sports as a tool for inclusion and social transformation.

Purpose of the project:

To promote the inclusion and integration of people with down's syndrome in our society through sport.

Project objectives:

1. To achieve the development of the sports abilities of people with down syndrome.
2. To show the potential they have to clubs and associations.
3. To integrate and include people with down's syndrome in the society completely.

Activities:

1. Create sports activities for people with Down's syndrome in order to have fun during a programmed day.
2. We are going to use dynamics and games. We will also organise competitions.
3. Firstly, we want to have a close relationship with them. Then, we have planned to do amusing activities focused on Judo, but also zumba and other games. Finally, we will organise a competition.

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Duration of the initiative:

It will be a process that will last 2 or 3 months.

Characteristics of the group involved:

Group implementing the activities: We are considered hard working people who are very excited about doing it. We all like working with the public, this is another reason why we have chosen a social project.

Target group: people with down's syndrome.

Tools and materials:

We are using social media to have public support and to attract people. Besides, we are going to

create billboards. And the most important part will be the Nagare Club, which is going to lend us their installations for activities.

Environment and context:

The situation for people with Down Syndrome in Málaga, like in many other places, can be challenging due to the stigma and discrimination that they may face in society. This can often result in exclusion from social activities and limited opportunities for education and employment.

The project aims to use sports as a tool for inclusion and social transformation, and can be extremely relevant and important in the context of Málaga. By creating opportunities for people with Down Syndrome to participate in sports activities, the project can help break down barriers and promote inclusion.

Málaga is known for its sporting culture, with a strong emphasis on football and other team sports. However, many people with Down Syndrome may not have access to these activities or may feel excluded due to their condition. The project can provide an avenue for them to participate in sports and engage with their peers, potentially leading to greater social integration.

Furthermore, the project can also help raise awareness about the capabilities and potential of people with Down Syndrome, challenging the stereotypes and misconceptions that exist in society. By promoting inclusion and social transformation, the project can have a positive impact on the community in Málaga and beyond.

Useful links:

Instagram account: <https://www.instagram.com/breakthelimits2023/>

Rebuild campaign hashtags:

#breakthelimits

Diversión sin limitación

This project, created by Alicia Ruiz Moreno, Álvaro Majada Orosa, Pablo González Cañizares, Lucía Vallejo Martín, Laura Merlini Vivar, Daniela Escalante González and Natalia Jurado Portabales, is about helping the initiative of including and introducing people with special needs in our society, and making them feel as a part of it, and not excluded.

Purpose of the project:

The main reason we are doing this project is because we want to change people's way of thinking about groups with special needs. We want to make a statement to make people aware of the importance of creating a world where everyone feels included and comfortable in their own skin.

Project objectives:

1. To create a new general mindset.
2. To make people more open-minded.
3. To give visibility to topics that are not as talked about as they should be.
4. To develop skills such as teamwork and collaboration.
5. To show the importance of physical abilities and sports.
6. To show how everyone can do different kinds of activities adapting them to their specific needs.
7. To make everyone feel included and comfortable in their skin.
8. To raise awareness about equality in the sports field.
9. To open new possibilities for people we are going to work with.

Activities:

1. We are going to work with groups of people with functional disabilities and other difficulties like financial circumstances.
2. In this project we will be doing activities with groups of people with the characteristics we have already talked about. We are going to do principally outdoor and physical activities. We want them to move themselves a little, do some sort of mobility and develop their coordination skills. This way we will achieve our main goal with these activities: to make them do more than one thing at a time in order to make them have fun and never be bored!
3. The activities will consist of mobility circuits with several stations where they will have to do different things. Depending on the age of the group we are working with and the disabilities they present, we will adapt the circuits to their necessities, making more active exercises, or mobility and coordination ones, maybe introducing more races with variations or making something more competitive.
4. With our activities we will get our groups to move more than what they do on a normal day, we will make them have fun with their friends and, the most important thing we will achieve: make them know they can do physical activities just like every other person and that their disabilities and

different circumstances don't prevent them from going on with their lives and doing what they want.

Duration of the initiative:

We would like to do more than one activity with different groups, collaborating with various associations, sports groups or school centres. Each activity will have a duration of, approximately, 2 hours.

Characteristics of the group involved:

Group implementing the activities: We are a group composed of 7 people, 5 girls and 2 boys. We all come from the same university major, where we study sports and physical education. We are really excited and beyond grateful to have the opportunity to do this project. We believe we can do a very interesting, fun and helpful program that can have a really big impact on society.

Target group: The group we are going to work with are people with functional needs and disabilities, which means they have problems adapting to the world because it is made for people who don't have any sort of different features. We will do activities for people in wheelchairs, deaf and blind people, people who have any sort of mobility problem or difficulty, people with medical issues, etc. Same way, we will also work with people with financial struggles or who have had a difficult time in the past and nowadays are trying to make a better life while they are interns in juvenile centres.

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Tools and materials:

On the one hand, we are principally talking about people with functional needs, so we may need some materials to make adaptance easier. On the other hand, we will need general materials like cones, small fences, chairs or tables, basketball, football and/or tennis balls, whistles and a rope. Also, the groups doing the activity must bring comfortable and sportive clothes and appropriate shoes. They could bring sunscreen and a cap as well if it is too hot and sunny. We will distribute water and pieces of fruit to each one (tangerines, apples, bananas or pears).

Environment and context:

In Málaga, there are organisations and initiatives that are working towards inclusion of people with special needs in the community. However, more efforts are needed to create a truly inclusive society that values and embraces diversity.

The project that aims to help the initiative of including and introducing people with special needs in our society is relevant in the context of Málaga because it can help break down barriers and promote inclusion. By providing opportunities for people with special needs to participate in social activities and engage with their peers, the project can help combat social isolation and foster a sense of belonging.

Furthermore, the project can also help raise awareness about the capabilities and potential of people with special needs, challenging the stereotypes and misconceptions that exist in society. By promoting inclusion and making people with special needs feel valued and included, the project can have a positive impact on the community in Málaga and help create a more accepting and inclusive society.

Useful links:

Instagram account:

<https://instagram.com/diversion.sin.limitacion?igshid=YmMyMTA2M2Y=>

Tiktok account: <https://www.tiktok.com/@diversion.sin.limitacion? t=8XopDegj7f3& r=1>

E-mail: diversionsinlimitacion@gmail.com

Rebuild campaign hashtags:

#diversionsinlimitacion #diversionsinlimite #inclusion-social #Rebuildeu

Rebuild your world

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We are currently witnessing a notable deterioration of our planet's environment, due to the negative actions of human beings. For this reason, Javier Gil, Cristina Linares, Lucia Flores, Ruben Aguilar, Vincenzo Bussolotti, Ismael Lopez and Maria Ayala have created a project to transmit a series of values to the new generations so that they can have a more respectful way of life with the environment.

Purpose of the project:

The general objective, for which we have decided to carry out this project, is to make children and young people aware of the importance of recycling through environmental education. Once these children have internalised the subject, our final objective is to make them aware of the importance of recycling in their daily lives.

Project objectives:

1. Show them which bin they should throw the rubbish in, depending on the material.
2. To show them, through workshops, the different uses we can make of these materials instead of throwing them away.
3. And finally, as we are students of physical activity and sports science, we want to make

objects with these reusable materials with which they can play physical games.

Activities:

1. The content that we are going to show is the importance which recycling has on our planet.
2. Our teaching method will be mainly active, participative and cooperative, since most of the time we will be doing playful and active activities, where any child will be able to participate and where they will learn to work in a group.
3. We will carry out three activities: a talk to explain the importance of waste and to give them an idea of what to do with it; a workshop in which they will make sports objects and then carry out a treasure hunt divided into groups, to show them how waste can be used to make such fun things

Duration of the initiative:

The duration of the mentioned activities will be between 8-10 hours.

Characteristics of the group involved:

Group implementing the activities: a group of students from the University of Malaga who are concerned about the great deterioration that our planet is suffering, which has made us choose this project theme.

Target group: school children.

Tools and materials:

The materials will be mainly reusable material and specific material to make the handicrafts (paint, scissors, glue, etc).

Environment and context:

Málaga, like many other places in the world, is experiencing the negative effects of climate change and environmental degradation. The region has seen an increase in temperatures, changes in precipitation patterns, and more frequent extreme weather events such as floods and droughts. Additionally, Málaga is also home to a diverse ecosystem that is threatened by human activities such as deforestation, pollution, and urbanisation.

In this context, the project promotes a more respectful way of life with the environment, which can be extremely relevant and important. By transmitting a series of values to the new generations, the

project can help raise awareness about the impact of human actions on the environment and promote more sustainable lifestyles.

Useful links:

Instagram account: https://instagram.com/rebuild_your_world?igshid=YmMyMTA2M2Y=

Tiktok account: <https://www.tiktok.com/@rebuildyourworlddd? t=8XoZDhlvbWg& r=1>

Rebuild campaign hashtags:

#Rebuildingsocietythroughyouthengagement #youth #rebuild #engagement #aij #Erasmusplus #europeanproject #europeanyouthtogether #activecitizenship #ilj #malaga #málaga #iniciativainternacionaljoven #participation

Volver a ser

The aim of this project, created by José Luis Aguilar Reguero, Antonio Alba García, Adriana Alcarazo Aguilar, Tomás Gallego Jiménez, Miguel Gómez Benavides, Juan Alfonso Lanzas Osorio and Sara López Martín, is to reduce sedentary life during the pre-adolescent stage and avoid future health problems in early ages.

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Purpose of the project:

Reducing sedentary lifestyles in the adolescent population with high BMI.

Project objectives:

1. Improve physical condition.
2. Encourage healthy eating habits.
3. Familiarise with flexibility exercises.
4. Evaluate the impact.
5. Make families aware of the seriousness of this issue.
6. Create limits on the use of screens.
7. Make an improvement in body composition.

Activities:

We are going to work directly with schools to gather information by doing physical and theoretical tests. We want to implement an activity plan that will include basic physical exercises in function of the results of the initial tests. These will include flexibility exercises.

1. "We know food" activity.

Through various seasonal games, we will look at the respective season's food. The participants will have to create teams to collect the macronutrients they have obtained during the tests and achieve the most varied diet possible.

2. "Guidance" activity.

We are going to carry out an activity related to guidance. The class will be divided into groups, and each group will be given a map with a route with several controls. At each checkpoint they will have to complete a challenge in order to achieve a part of the physical activity pyramid. Once the route has been completed, each group will have to put the pieces obtained in order to build this pyramid.

3. "Sit and reach" activity

We will use the sit and reach (SR) test. It is a test to measure the flexibility of the hamstring muscles. For the "sit and reach" test the subject adopts a sitting position on the floor barefoot, with legs straight and feet in contact with the measuring box, pressing the heels against it and then pushing a little box to measure the flexibility.

Duration of the initiative:

2 months

Characteristics of the group involved:

Group implementing the activities: A group of students from the University of Malaga who are concerned about sedentary life during the pre-adolescent stage and avoid future health problems in early ages have created a project to achieve this aim. As a group, we share the same university major, which focuses on sports and physical education. We feel incredibly enthusiastic and grateful for the opportunity to work on this project.

Target group: We are going to work with three groups (5th and 6th grade of primary school), in which there is a lot of cultural diversity. We can also differentiate pupils with special needs, be it obesity, autism or even the need for linguistic support.

Tools and materials:

Sit and reach box, measuring tape, human resources (monitors, parents, students, etc.), bibs, map, hoops, balls, ropes, weights, plicometer, etc.

Environment and context:

Like many other places in the world, Málaga is facing an increasing problem of sedentary lifestyles, particularly among pre-adolescents. This is due to various factors, including increased screen time, lack of physical education in schools, and fewer opportunities for physical activity in urban areas.

The consequences of sedentary lifestyles can be severe, leading to various health problems, including obesity, diabetes, heart disease, and other chronic conditions. In Málaga, the problem is particularly pressing as the region has a higher than average prevalence of obesity and related health issues.

In this context, the project is highly relevant and necessary. By targeting pre-adolescents, the project aims to promote healthy habits and physical activity from an early age, reducing the risk of future health problems and improving overall well-being.

Additionally, the project can also contribute to the overall physical activity levels of the community, promoting a healthier and more active lifestyle. By involving schools and community organizations in the project, the impact can be expanded, reaching a wider audience and potentially creating a culture of physical activity and healthy habits in Málaga.

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Useful links:

Instagram account: <https://www.instagram.com/volver.a.ser/>

Tiktok account: <https://www.tiktok.com/@volver.a.ser>

Rebuild campaign hashtags:

#Rebuildingsocietythroughyouthengagement #youth #rebuild #engagement #aii] #Erasmusplus #european project #europeanyouthtogether #activecitizenship #ilj #malaga #málaga #iniciativainternacionaljoven #participation #sports #sedentarism #lifestyle

Initiatives Lithuania

from

Žaliasis ovalas (en. The Green Oval)

The project, created by Liepa Landžiūtė, Aurimas Kubilius, Martynas Petrulis, Gustė Ramanauskaitė, Milda Ramanauskaitė, Emilė Korbutaitė and Milda Vizgirdautė, encourages people to think about the environment more and to think about our daily activities and the impact these activities have for the thriving of the environment in the future. It encourages young people to be more physically active, reuse various materials and act green!

Purpose of the project:

Raise awareness of youth about the importance of every single daily act that can make a change for the future and save the environment, as well as strengthen their bodies by being physically active.

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Project objectives:

The goal is to show young people ways how everybody can be environmentally friendly and motivate them to start to lead a more sustainable way of life.

The objectives are:

1. To encourage creativity with tools that would normally be thrown away.
2. To gather rural communities and share information about recycling and ways of saving the environment.
3. To organise activities involving young people to create things by reusing old materials.

Activities:

Activities will be carried out during which green, sustainable lifestyle, recycling, nature conservation and sorting, composting will be promoted.

1. **Bike ride** - we will ride around the lake on a path specially equipped for bicycles, thus encouraging less use of cars.
2. **Hike to our city's water treatment facility** - we will visit the water purification laboratory, find out how our city water is cleaned and even see part of the process with our own eyes.
3. **Hiking trip in the surroundings of Pajevonis** - we will collect leaves, berries and other natural goods and admire nature.
4. **Hiking trip to Alvitas community house and candle making** - we will enjoy nature and hike to Alvitas community house, where we will make candles from used candle wax.
5. **Hiking to Čyčkai and making candles with community members** - we will march to Čyčkai and make candles from used wax.
6. **Creative activities with construction waste in Gižai Community House** - using construction waste we will create anything that our imagination will allow.
7. **Creative activity with construction waste in Bartininkų community** - using construction waste we will create anything that our imagination will allow.

We will show people that some things can be used a second time, maybe even more than two times, and that instead of a car or a bus, you can choose a bicycle or walking.

Duration of the initiative:

October 10th 2022 - February 10th 2023

Characteristics of the group involved:

Group implementing the activities: a group of seven young people aged 15-16 from different parts of Vilkaviškis region. We try to spread the idea that we can save environmental resources among our peers and help save our planet Earth by taking small steps individually or as a group every day.

Target group: every person because it is never too late to change one's habits and act in an environmentally friendly way.

Tools and materials:

Heater, pot, wax, old table cloth, tiles, wallpaper, glue, paint, pencils, pens, dry plants, etc.

Environment and context:

Young people living in our city are not interested, or little interested, in the topic of sustainability. Few people talk about it, although this topic is very important on a global scale. Because we care and we want to spread the word about sustainability to people our age, because we think they have a lot of influence, we decided to take our initiative. This is a great chance to get them interested and thus spread the word about a sustainable lifestyle.

Useful links:

Facebook profiles:

<https://www.facebook.com/liepa.landziute>

<https://www.facebook.com/rasa.venclove>

<https://www.facebook.com/milda.ramanauskaite.94>

<https://www.facebook.com/guste.ramanauskaite.583>

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

Instagram:

https://www.instagram.com/the_green_oval/

Rebuild campaign hashtags:

#ZaliasisOvalas #TheGreenOval

Žalias stogas (en. Green roof)

The main idea of this project, created by Benas Danikauskas, Dainora Kazokaitytė, Emilija Šemetaitė, Ugnė Džiovelytė, Austėja Jaseliūnaitė, Benediktas Umbrasas and Raminta Merkelytė, is to add a variety of plants that are able to produce large amounts of oxygen to roofs and to spread awareness about sustainability.

Purpose of the project:

To spread awareness about sustainability. Engage youth and elderly alike into joining us to create a better environment for everyone.

Project objectives:

1. Collect resources (plants that produce high amounts of O₂, wooden pallets).
2. Find a suitable roof for our project.
3. Advertise our idea on social media, so people support it and can help us out with volunteer work or resources.

Activities:

1. We will create a green roof model where people could spend time, which will motivate people to take more interest in environmental issues.

2. We will:

- a. collect resources
- b. advertise the idea
- c. build the green roof model
- d. accomplish the idea
- e. create an event to promote the idea.

3. We will spread awareness about sustainability and environmental issues.

Duration of the initiative:

5 months: October 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: young, enthusiastic people from the gymnasium and professional schools and college that want to make a change in our environment.

Target group: every age demographic that is not yet following the changes in our environment.

Tools and materials:

Wooden pallets, woodworking tools and resources, plant care products and plant storage units.

Environment and context:

We noticed that there is a lot of unused space on rooftops. With this in mind, we started to think about how we could contribute to solving the environmental problems. We decided to raise several issues related to car pollution, air quality and cleanliness, and the impact of green spaces on them.

Useful links:

Instagram account: https://www.instagram.com/zali_stogai/

Rebuild campaign hashtags:

#greenroof

KARTU (en. “TOGETHER”)

Our team, consisting of Laura Palikšaitė, Sandra Ždanaitė, Raminta Lipnickaja, Adriana Pučkavaitė, Karina Adamovičiūtė, Akvilė Bučelytė, Silvija Sinytė and Justina Simonaitė, brings a divided community together through various events. We try to do our best to connect people by giving them opportunities to come together, not only to have fun but also to do good things. We organise different activities, like: tematics evenings, party nights, concerts, and education, we go to different social homes, participate and create campaigns.

Purpose of the project:

The fundamental reason why we are implementing this project is because of the lack of community between different people. Sometimes, especially nowadays, people forget how important it is to remain friendly and how important it is to lend a helping hand to those who really need it. We want to remind and show that only together we can overcome any difficulties and how much fun it is to experience all the fun together too.

Project objectives:

1. To keep up-to-date.
2. To know people's needs and wants.
3. To show examples of communicating.
4. To know how to find a common language with every person.

Activities:

1. Organise different events to bring different people together not only to have fun, but also to experience something new, make new friends and finally get rid of the feeling of loneliness.

The process:

- identify the problem
- find a solution - think of an event that can solve the problem
- organise an interesting, useful, relevant event.

Events we will organise: Halloween party, pizza's night, cocktail night, movie night, activities at the STRŪNA Social welfare house, activities at the kindergartens, 10 educational days with young people with disabilities, education with young people with disabilities, activities in a retirement home, movie night, Christmas party, game nights.

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Duration of the initiative:

5 months: October 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: eight amazing, young, enthusiastic girls who really want to make this world more friendly and to fill it with sincere smiles.

Target group: everyone, including people who are "out of the picture", who haven't had a hug in a while, etc.

Tools and materials:

Sweets, toys, postcards, tickets, invitation booklets (paper), decorations for events, items for education: cushions, yarns, and foodstuffs, ...

Environment and context:

There is a huge divide between different people, such as the young and the old. Also, people don't accept people with disabilities, and the elderly, and especially those living in old people's homes are neglected. That's why we've decided to launch our initiative.

Useful links:

Instagram account: <https://www.instagram.com/kartu.svencionys/>

Facebook account: <https://www.facebook.com/profile.php?id=100087257258357>

Tiktok account: <https://www.tiktok.com/@kartu.svencionys>

Rebuild campaign hashtags:

#rebuildKARTU

Initiatives Martinique

from

KARE'A

KARE'A is first and foremost the meeting of six minds that are as different as they are complementary, united in an associative project. Together, we aim to create cultural and artistic events, in the dynamic of promoting our local Martinican artists.

Purpose of the project:

The goal of the project is to address the near absence of exchange or work spaces for artists in Martinique that are suitable for the development of networks and the transmission of skills. With KARE'A we want to respond to this problem by revitalising local artistic and cultural life. All in a dynamic of eco-responsible awareness.

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Project objectives:

1. Revitalising cultural and artistic life in Martinique.
2. Promoting local artists.
3. Encouraging the development of networks and the transmission of skills between local artists.
4. Promoting eco-responsible behaviours.

Activities:

1. **Organising an event** to promote local artists. This event will also be an opportunity for them to exchange and to network.
2. **Setting up workshops** for local artists to share their knowledge and skills (in the long term).
3. **Creation of a socio-cultural, eco-responsible space** that would be a place of meeting and

exchange for local artists, and that could host workshops or other cultural events like concerts or exhibitions (in the long term).

Duration of the initiative:

The first event will take place on the 8th of March 2023, then we will evaluate the options for a further development of the project.

Characteristics of the group involved:

Group implementing the activities: 6 young adults from Martinique of different ages and backgrounds, connected by their love for art and music.

Target group: artists from Martinique and the local community.

Tools and materials:

To organise the event we will need the sound and microphone equipment, as well as a suitable space. We will promote the project on different social media platforms.

Environment and context:

The French overseas departments and regions, which have a total population of nearly three million, are sorely lacking in structures dedicated to artists. Martinique suffers from this virtual absence of exchange or work spaces for artists that are suitable for the development of networks and the transmission of skills. Our project is a response to this problem.

Useful links:

Instagram account: <https://www.instagram.com/an.karea/>

Rebuild campaign hashtags:

#karea #ankarea

Recycl'Récup

The project, created by students of BTS MSE (Environmental Services), aims to raise awareness about environmental protection and upcycling through creation of useful objects made with natural elements or reused materials (like egg trays, palm leaves, bottle caps, etc).

Purpose of the project:

The purpose is to raise awareness about the importance of nature conservation and environmental protection.

Project objectives:

1. Creating useful objects using natural elements (like palm leaves) and reused materials (egg trays, shoeboxes, bottle caps, ...).
2. Promoting reuse of materials and upcycling.
3. Raising awareness about environment protection.

Activities:

1. Conception and design of objects that can be created with reused and/or natural materials.
2. Creation of the objects in the spirit of upcycling.
3. Creation of 3 different kits designed for 3 different age groups (kids, adults, seniors) - each kit will contain different objects depending on the specific needs of each age group.

Duration of the initiative:

4 months: December 2022 - March 2023

Characteristics of the group involved:

Group implementing the activities: students in environmental services whose objective is to promote upcycling and eco-friendly behaviours.

Target group: local community.

Tools and materials:

Computers, natural materials and reused materials.

Environment and context:

In our household waste and recycling bins we find packaging that could have a second life. In a context of environmental preservation, waste re-utilisation appears to be a major challenge in Martinique. For these reasons, we want to show the local population different ways of reusing their garbage.

Useful links:

Instagram account: https://www.instagram.com/recycle_recup/

Rebuild campaign hashtags:

#recyclrecup

Madin' Daily Green

The project, created by students of BTS MSE (Environmental Services), consists in creating an interactive outdoor escape game that educates on environmental issues in Martinique.

Purpose of the project:

The goal is to raise awareness on environment protection in Martinique.

Project objectives:

1. Raise awareness on the environmental issues in Martinique.
2. Create a game that can be played by people of different ages and backgrounds - ultimately bringing those people together and creating an intergenerational bond.
3. Invite people to spend their free time outside and in an active way.
4. Invite tourists but also the local population to discover the beauty of Martinique.

Activities:

1. Establish a list of questions for the escape game.
2. Find spots around the island where the questions will be placed.
3. Create an online platform for the game.
4. Generate the QR code that takes players to the platform.
5. Stick the QR codes in different spots around the island.

Duration of the initiative:

The game will take around 2 hours to be completed.

Characteristics of the group involved:

Group implementing the activities: 18- to 19-year-old students of BTS MSE interested in environmental protection.

Target group: tourists, but also local population including students and retired people.

Tools and materials:

An online platform to answer the questions.

Environment and context:

On September 15th 2021, Martinique was designated as a World Biosphere Reserve. The island's nature is unique on a world scale; it presents a strong originality and an important richness of the terrestrial and marine environments. Unfortunately, the pollution and irresponsible behaviours of both tourists and locals put at risk the preservation of this nature. We decided to create this project in order to protect our island.

Useful links:

Instagram account: https://www.instagram.com/escape_game.mq/

Rebuild campaign hashtags:

#madindailygreen

Rebuildjean

The project, created by a group of sewing students, consists in creating new products from clothes intended for disposal, and particularly from jeans.

Purpose of the project:

The purpose is to participate in the recovery of secondary raw materials in the field of textiles and fashion. We also want to raise awareness among young people about waste and recycling of clothes, and to participate in the reduction of fashion's industry water footprint.

Project objectives:

1. Create a circular economy circuit - partnerships with clothing shops for the recovery of their textile waste.
2. Create new products from clothes using the recovered materials.
3. Raise awareness of the environmental impact of the fast fashion industry.

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Activities:

1. Deconstructing clothes to recover raw materials.
2. Designing and creating new products and clothes.
3. Commercialising the products made from reused materials (in the long term).

Duration of the initiative:

4 months: December 2022 - March 2023

Characteristics of the group involved:

Group implementing the activities: students on a complementary training course for local initiatives (FCIL): Customised sewing, renovation, transformation and creation of clothing.

Target group: local community.

Tools and materials:

Small cutting and sewing equipment, wooden dummy, industrial sewing machines.

Environment and context:

As an island, Martinique lacks in infrastructure and adequate waste collection and disposal systems of textile waste. To offer a solution to this issue, we decided to collect old jeans and to give them a new life.

Useful links:

Instagram account: <https://www.instagram.com/rebuildjean/>

Rebuild campaign hashtags:

#rebuildjean

Initiatives from Greece

Green Recess

The project aims to provide information, raise awareness and motivate young children to adopt a more environmentally friendly behaviour. The initiative focuses on the process of composting and its benefits. The aim of this project is to train young children through non formal activities on how they can conduct composting and to adopt this behaviour. The team raised awareness about composting to young children in the elementary school that they visited but also to other young people and citizens through their social media campaign.

Purpose of the project:

To raise awareness among young children about the benefits of composting and promote a more sustainable and greener lifestyle to future generations.

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Project objectives:

1. To inform young people on the process of composting.
2. To train young children in the composting process through experiential learning.
3. To run a local communication and dissemination campaign to raise awareness about composting and its benefits.

Activities:

1. Activity n°1 - GET TO KNOW US!

In order to effectively teach students how to compost and promote a more sustainable lifestyle, it is crucial that they not only understand the technicalities of composting, but also the motivation behind it. By taking the time to introduce our team and explain the purpose of our voluntary project, we thought that we could build a connection with the students and create a more meaningful learning experience.

- Introducing our team: we will start by introducing our team to the students, explaining who we are, what we do, and why we are there.

- Explaining the purpose of the project: we will take our time to explain the purpose of our project and why it is important. We will discuss the benefits of composting and how it can help the environment, reduce waste, and create nutrient-rich soil.
- We will use visual aids: powerpoints which incorporate visual aids such as photos and easy-to-understand statistics in order to help students understand the composting process and its benefits.
- We will show them their upcoming results: before going to the school we will practise the composting procedure on our own in order to deeply understand how it actually works.
- We will play a simple game: is it compostable or not? At the end of our visit we will play a little game while showing the students pictures of different materials and asking them whether it can be composted or not.

2. Activity n°2 - I LIKE IT PICASSO!

Following up on our previous session where we introduce the concept of composting to the children, on our second visit we will take a more creative approach. We will suggest that the children express their understanding of compostable and non-compostable materials through drawing.

- In order to be fair, beforehand we will create notes with different compostable materials on them.
- We will make a briefing of what we learned in our previous visit.
- We will make the children choose blindly from the pile of notes the material that they were going to draw.
- After they finish, we will make a large collage of their drawings and stick it on one of the classroom's walls, so that the students will never forget what kind of materials can be put in a compost bin.

3: Activity n°3 - OUR OWN COMPOST BIN!

Following up on our previous visits, during our third visit, we will provide the students with an opportunity to apply the knowledge they had gained from our first two visits by guiding them in creating their own compost bin. We will encourage the students to use their creativity and problem-solving skills to design a functional and effective bin that will allow them to compost their organic waste.

- We will tell the children beforehand to bring their own compostable materials from their households in the classroom.
- We will prepare the container of compost the night before. We will poke holes in various places to make sure the compost will have the adequate oxygen for the procedure.
- When in class, we will show the children a Youtube video on how we created our compost in August to remind them of the procedure.
- We will hand down gloves to let them keep in mind that while composting we should always follow the rules of good hygiene.

- We will pour some soil in the bottom of the container.
- Let the children come to the bin in groups of two or three and throw their compostable materials in it, while always guiding them in putting them in the right analogies of brown and green materials.

4. Activity n°4 and n°5 - MOVIE NIGHT!

After two months of collecting and composting organic materials, the students will receive their very own batch of nutrient-rich organic fertiliser.

- Firstly, we will begin by watching a video that chronicles our journey over the past two months, highlighting the progress.
- We will distribute the compost to the children, giving them a chance to see the tangible results of their hard work and to take home a valuable resource that they will be able to use to grow plants and vegetables.
- Finally, we will take time to reflect on the lessons learnt throughout the project, discussing the new understanding of composting and sustainability.

Duration of the initiative:

6 months: August 2022 - January 2023

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Characteristics of the group involved:

Group implementing the activities: Green Recess is a group of young people who are passionate about nature and dedicated to taking voluntary actions to make a positive impact on the environment. The team comprises five individuals ranging in age from 23 to 25, all of whom share a deep commitment to promoting sustainability and green living. Their enthusiasm for environmental causes has led them to create this initiative, which they hope will inspire others to take action towards a more sustainable future.

Target group: Implementing a composting project with fifth graders targets students who are typically 10-11 years old. At this age, they are old enough to understand the basic concepts of composting and the importance of sustainability, but still young enough to be excited about hands-on learning and outdoor activities.

Tools and materials:

Compost container, compostable materials (this includes all the organic material that will be added to the container; common examples include fruit and vegetable scraps, yard waste such as leaves and grass clippings, and coffee grounds), gloves, water, carbon-rich materials (this includes brown materials such as leaves, twigs, and shredded paper that help to balance the carbon-to-nitrogen

ratio in the compost pile), nitrogen-rich materials (this includes green materials such as food scraps, grass clippings, and other nitrogen-rich organic matter that help to provide the necessary nutrients for the composting process), visual aid (powerpoint presentations and videos shown to the children so that they can get a better understanding of the composting process).

Environment and context:

The initiative will take place in a classroom setting, where the students will be able to engage in hands-on activities and interactive discussions to learn about the importance of composting and other eco-friendly habits. The context of the initiative was influenced by the increasing awareness of environmental issues and the desire to make a positive impact in the local community.

Useful links:

Instagram account: https://www.instagram.com/green_recess/

Facebook account: <https://www.facebook.com/GreenRecess/>

Tiktok account: <https://www.tiktok.com/@greenrecess>

Website: <https://green-recess.com/en/home-page/>

Bins mapping

The project aims to map the recycling bins in the area of Piraeus. Then the team will create an application that provides the location of the recycling bins in this specific neighbourhood. The team will prepare QR codes and is planning to stick them in the different bins of the area which will explain which kind of waste corresponds to each bin.

Purpose of the project:

To raise awareness about the importance of using the right bin for the different types of waste.

Project objectives:

1. To locate the different types of bins in the Piraeus area.
2. To raise public awareness of the waste division
3. To encourage citizens to use in a proper way the bins.

Activities:

- 1. Research** – conduct research for the different types of bins and what should be included in each of them.
- 2. Mapping of the bins** – map the bins and divide them in categories based on their functionality.
- 3. Application development** – creation of an application that provides you with info about the bins' location and functionality.

Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: the team members approached Amazing Youth for volunteering and then they got informed about the Rebuild project. The project gave them the training and the resources to develop their idea for identifying the different types.

Target group: local community and especially young people that are living in the Piraeus area.

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Tools and materials:

An application to digitally map the bins.

Environment and context:

In Athens, there is a lack of locating the bins. The majority of local people are not aware of the purpose of the different types of bins.

Useful links:

Application: <https://play.google.com/store/apps/details?id=com.eco.navigator&hl=en&gl=GR>

A tree of life

The project, created by Foxes, aims to improve the central local park of the city of Heraklion. The team together with the municipality and the consultation of experts aim to conduct a tree planning event. Moreover, they plan to organise an informative event for the local community for tree planning. Finally, they aim to invite the local community to visit the park and vote with cigarette butts in a specific box if they would like to have more green spaces in the city.

Purpose of the project:

To improve the central park of Heraklion in Crete, create a greener and a more friendly space where the citizens can enjoy their free time.

Project objectives:

1. To conduct a tree planting event with the guidance of experts.
2. To raise awareness to the local community about the importance of respecting the green spaces.
3. To motivate the local community to actively participate in future environmental activities

Activities:

1. Communication with the stakeholders and the experts – the team will come in contact with the municipality planning together the initiative. They will consult agriculturalists in order to guide them in choosing the right plants and show them how to plant them.

2. Tree planting – the team together with the local authorities and other young people - that got informed about the project and wanted to contribute to it - will plant the trees in the park.

3. Dissemination event – the team together with the local authorities will organise an informative event in order to raise awareness about the tree planting in the park and the importance of respecting the park and keeping it clean.

4. Vote – the team will make a voting box with cigarette butts with different questions that they will change every week and the citizens will be able to cast their vote by throwing their cigarette butts in a different box. Some of the questions will be the following: “Do you prefer more green parks in the city?” and “Should more green initiatives be implemented in the city of Heraklion?”.

Duration of the initiative:

5 months: August 2022 - December 2022

Characteristics of the group involved:

Group implementing the activities: Foxes is a group of young people passionate about environmental education and trying to engage the local community in social change initiatives.

Target group: The activities will focus on different groups. First of all, the general public of all ages. The idea is to encourage them to visit the local park, take care of it and transform it into an open place of socialisation and creativity. Moreover, we will focus on young students that would like to offer a volunteering activity and re-create their local reality. Lastly, we will focus on local authorities to introduce them to our team and goals and how we can cooperate on having a positive impact.

Tools and materials:

Tools and materials: seeds, equipment for planting, box for voting.

Human resources: expert personnel for tree planting.

Environment and context:

The central park in the city of Heraklion has been quite abandoned. The locals did not visit the park that much because there was the need for more plants and flowers.

Useful links:

Instagram post: <https://www.instagram.com/p/ChsxYCrq494/?igshid=YmMyMTA2M2Y=>

Instagram post: <https://www.instagram.com/p/ChsrMihK3kv/?igshid=YmMyMTA2M2Y=>

The Re-liders

The scope of the Re-liders initiative is to get in touch with qualified officers at seaside municipalities in Greece and engage them into a dialogue about the best practices with regards to trash containers in coastal areas. Aside from spreading awareness about the impact of overflowing trash cans on human health and the environment, the ultimate goal of this project is to raise funds for a region with low budget in order to replace non appropriate containers, especially in provinces.

Purpose of the project:

To raise awareness about the harmful effects that the damaged bins have on the environment.

Project objectives:

1. To facilitate an informative session in an environmental conference.
2. To raise awareness about the importance of having appropriate bins especially in the coastal areas.
3. To prepare a policy brief for the stakeholders.

Activities:

1. Research – the team will conduct research on the existing bins in a specific neighbourhood in Athens (Vouliagmeni) and will make a mapping of the overflowing and damaged bins. The team will also make an open call through social media inviting people to send pictures from different places in Greece where damaged bins and bins that are not appropriately used by the citizens can be found.

2. Informative event – the team will participate in an environmental conference in the National Technical University of Athens raising awareness and exchanging views on the problem that we face every summer.

3. Policy paper - the team will prepare a policy paper addressing the issue of the overflowing of the trash containers and will have meetings with different municipalities about this topic and how this challenge can be overcome.

4. Social Media Campaign – awareness rising around the topics of the project.

Duration of the initiative:

4 months: November 2022 - February 2023

Characteristics of the group involved:

Group implementing the activities: the team of Re-lders consists of young activists brought together by the Greek environmental organisation All For Blue.

Target group: young people, local community and authorities, general public.

Tools and materials:

Powerpoint presentation, QR codes providing information, policy paper.

Environment and context:

In Athens, there is an environmental threat because of the existence of damaged bins. There is a lack of information regarding the danger and lack of funds to replace the damaged bins.

Useful links:

Information about the project on All For Blue's website: <https://allforblue.org/el/rebuild/>

Instagram post: <https://www.instagram.com/p/Co-ISGxOdiz/?igshid=YmMyMTA2M2Y=>

Instagram post: <https://www.instagram.com/p/Cl6cEQclZCE/?igshid=YmMyMTA2M2Y=>

Conclusion

The REBUILD project provides the groups of young people with financial, professional and logistical support to carry out environmental/green lifestyle initiatives. These initiatives will range from waste management and environmental protection to integration of people with special needs and revitalisation of local cultural life. The teams will have 4 months to develop these project ideas, implement them, and evaluate their work during national contests.

In May, 6 winning teams (1 from each partner country), selected during national contests, will attend the International Youth Summit in Brussels, where they will be able to connect with foreign peers and engage in dialogue with stakeholders, fostering their sense of belonging to the EU and giving them a voice in the creation of more inclusive and greener societies.

A Youth Strategy Paper to key EU policy makers in the field of youth engagement containing evidence-based policy recommendations about lessons learnt from youth teams' experiences and tips on how to replicate the REBUILD model and youth-led initiatives in order to inspire new ones will also be drafted.



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