



being a green volunteer

A bag of tricks to make international workcamps more eco-friendly

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Introduction

Being a volunteer is a matter of choice in which you decide to take part in a social, political or environmental project. On the one hand its purpose is to help local communities and on the other it's intent is to share new ideas, intercultural experiences and to make new friends. Therefore while working for the community, a volunteer develops herself/himself personally - for instance by learning eco-friendly behaviours.

An eco-friendly workcamp is not necessarily an environmental project, it is rather a way to learn and practice green behaviours during any kind of project in order to turn them into a constant mindset. The value lies in the longterm multiplying effect even though immediat changes can not always be measured.

Responsible consumption

Most of the food is shipped between 1500-2500 miles (4000 km) to be delivered to the consumer.
The delivery of products from farmers to consumers increased 25% since 1980.

Responsible shopping

It is important to know the origin of the food as well as the specific difference between the offered products. The volunteers should be aware of fair trade and organic farming concepts and also consider the packaging informations to choose the most environment-friendly goods.

It is mandatory to visit the local stores and markets in order to fill out the sample shopping table on page 4. The table is helpful to compare the necessary information in order to become more aware of unwanted as well as aspired shopping habits.

Where can you buy fresh and cheap food?

A responsible use of work camp budgets can be assured by choosing local producers. Paying attention to the quality of goods is part of the "being green" approach. To facilitate proper shopping through volunteers and to make sure they will not buy GMO, a map containing the following locations is usefull:

- the nearest organic supermarket
- the local market
- the local providers and producers of ecological and therefore chemicalfree goods



Info

Usually every town has local markets where you can find local products for economically efficient prices. Ask for the seasonal products that are produced near the workcamp location or within the region/country. Try to avoid buying imported goods if possible. It is the responsibility of the camp-leader to be aware of the seasonal products. Please complete the table on the following page.



Source: www.foodawarecic.org.uk



Where the product is from	Distance to fetch the product	Means of transport

The following table is an exercise to improve the volunteer shopping focussing a more ethical approach. For the performing volunteers it can be fun as well as informative! The Table is also a good tool to launch debates about the context how the workcamp is organised (agriculture, economy...) and to aware the volunteers of their responsibilities. Their shopping will be more independent due to this exercise.

1. Explanation of the directions and composition of 2, 3 or 4 groups. One group will be in charge of studying one type of market: local market, usual supermarket, discount supermarket, local producers.
2. Each group has the same list of shopping, a pen, a leader and one hour to fill in the table.
3. While one speaker per group explains their results as well as expressing their feelings /difficulties, a coordinator fills in a common table to compare the results of all groups to establish the ideal list for the next shopping. (The list beside is just an example considering local and/or seasonal/basic products in France)

Little exercise for responsible shopping

Product	Price	Seasonal product	Use of GMO	Special product like organic, fair trade...	Type of packaging
Tomatoes (1 kg)					
French endives (1 kg)					
Shallots (1 kg)					
Eggs (x12)					
Rock salmon (1 kg)					
Cod fish (1 kg)					
Potatoes (1 kg)					
Carrots (1 kg)					
Peas (1 kg)					
Brie					
Emmental					
Apples (1kg)					
Bananas (1kg)					
Grape (1kg)					
Strawberries (1kg)					
Coffee (1kg)					
Tea (1kg)					
Milk (1l)					
Sugar (1kg)					
Toilet paper (12 rol)					
Bread (1 baguette)					



Seasonal products

Eating seasonal products avoids the exploitation of farming soil and environmental pollution through transportation. At the same time it rises the quality and joy of nutrition. (This overview is specifically for France)



June

Fruits

Apricot, blackberry, currant, cherry, strawberry, raspberry, melon, plum

Vegetables

Aubergine, beet, carrot, celery, cauliflower, cucumber, fennel, green bean, leaf beet, leaf salad, leek, onion, round-seeded pea, paprika, potatoe, radish, salad, spinach, tomato, zucchini

July

Fruits

Apple, apricot, blackberry, blueberry, cherry, currant, fig, melon, nectarine, peach, pear, plum, raspberry, redcurrant, strawberry, watermelon

Vegetables

Artichoke, asparagus, aubergine, beet, broccoli, carrot, celery, cauliflower, corn, cucumber, fennel, green bean, leaf beet, leek, leaf salad, onion, round-seeded pea, potato, radish, salad, spinach, tomato, zucchini



August

Fruits

Apple, apricot, blackberry, blueberry, cherry, currant, fig, gooseberry, melon, mirabelle, nectarine, peach, pear, plum, prune raspberry, strawberry

Vegetables

Artichoke, aubergine, beet, broccoli, carrot, cauliflower, celery, corn, cucumber, fennel, green bean, leaf beet, leaf salad, leek, onion, paprika, potato, pumpkin, radish, spinach, salad, tomato, zucchini

September

Fruits

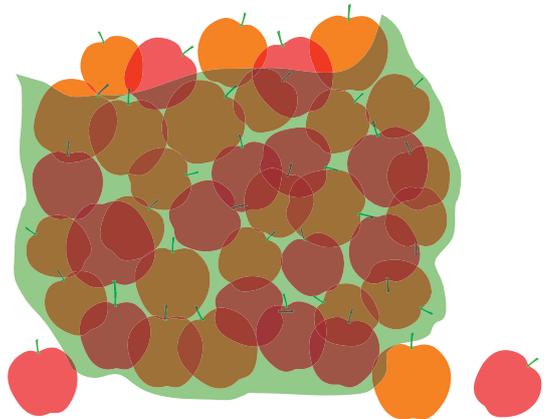
Figue, Framboise, Melon, Mirabelle, Mûre, Myrtille, Pêche, Poire, Pomme, Prune, Pruneau, Raisin

Vegetables

Artichoke, aubergine, beet, broccoli, brussels sprouts, cabbage, carrot, celery, cauliflower, corn, cucumber, endive, fennel, green bean, leaf beet, leaf salad, leek, onion, paprika, potato, pumpkin, radish, salad, spinach, tomato, zucchini

Weight and measure

1 glass	20 cl or 1/5 l
	100 g of flour, cocoa
	150 g of rice
	150 g of sugar
1 bowl	500 cl or 1/2 l
	300 g of flour
	470 g of rice
	440 g of beans, lentil etc.
1 leveled tablespoon	12 g of flour
	12 g of semolina
	18 g of water or 18 cl of water
	15 g of oil or 15 cl of oil
	15 g of salt
	18 g of sugar



Source: www.foodcarecic.org.uk

To see: "We feed the world" is a 2005 documentary in which Austrian filmmaker Erwin Wagenhofer traces critically the origins of the food we eat

Managing food quantities



Every year 18 million tons of edible food ends up in landfills. It is important for green camp leaders to inform the volunteers about the food quantities. The goal is to use less resources, generate the minimal amount of waste and to save money. A Table with sample portions can be found below.

Check list for a responsible green chef

Average amount per person

Dish	Side dish	Main course
Vegetables	100 g	250g
Salad	1 per 6 pers	
Conserves		1 big tin per 5 pers
Carb		
Beans, lentil	30g	60g
Pasta, rice, semolina	30g	60g
Protein		
Fish		100g
Meat		80g

Average amount per person

Dish	Side dish	Main course
Cheese for gratins		5 à 15g
Dough	40g	
Eggs	1	2
Desserts /breakfast		
Stewed fruit		150g
Fruits		150g
Jam		40g
Cream cheese		100g
Butter		15g

Wild plants

Go and discover new food in your environment! Not only the local fruit and vegetables are good for health and environment, but wild plants can be an original way to discover or rediscover your region. Let's look for mushrooms, flowers, wild herbs and make a new salad, soup, desert... For example poppy icecream, nettle soup, dandelion omlette. Enjoy your walk and your meal!

Dandelion Dish

Ingredients for 4 Persons

- 1 pound dandelion greens
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 small dried hot chile pepper, seeds removed, crushed
- 1/4 cup cooking oil
- salt and pepper
- Parmesan cheese

Preparation

1. Discard dandelion green roots and wash greens well in salted water.
2. Cut leaves into 2-inch pieces. Cook greens uncovered in small amount of salted water until tender, about 10 minutes.
3. Fry onions, garlic, and chile pepper in oil. Drain greens and add to onion garlic mixture.
4. Taste dandelion greens and season with salt and pepper. Serve dandelion greens with grated Parmesan cheese.



Source: www.southernfood.about.com/od/collardgreens/r/bl30319f.htm



Nettle soup

Ingredients

½ carrier bag	nettles, tops or young leaves
50g	butter
1 large	onions, finely sliced
1 large	carrot chopped (optional)
2	celery sticks, chopped (optional)
1 large	garlic clove, crushed (optional)
1 l	good chicken, fish or vegetable stock
a pinch	freshly grated nutmeg (optional)
3 tbsp	cooked rice (or 3 rice cakes)
2 tbsp	thick cream or crème fraîche
	salt and freshly ground black pepper

tbsp = tablespoon

tesp = teaspoon

Preparation

1. Pick over the nettles and wash them thoroughly. Discard only the tougher stalks, as the soup will be liquidised.
2. Melt the butter in a large pan and sweat the onion, plus the carrot, celery and garlic if using, until soft but not brown.
3. Add the stock and pile in the nettles. Bring to the boil and simmer for 5-10 minutes, until the nettles are tender. Season with salt and pepper, and with nutmeg if you wish.
4. Purée the soup in a liquidiser with the cooked rice or rice cakes (you will probably have to do this in 2 batches).
5. Return to a clean pan, stir in the cream and reheat but do not let it boil. Check the seasoning, then garnish with a swirl of cream and chopped herbs to serve.

Source: www.channel4.com/food/recipes/chefs/hugh-fearnley-whittingstall/nettle_soup_p_1.html

Links and more: www.plantes.sauvages.free.fr, www.wildfoodplants.com, www.localharvest.com, www.countrylovers.co.uk, www.wilderness-survival.net

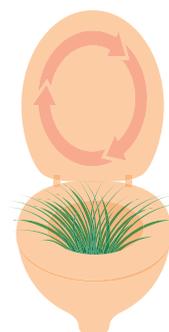
Building a composting toilet

In western countries, 30 to 40 % of drinking water is used for toilets. Dry toilets or compost toilets work without water, composting dejection with paper, sawdust or ashes.

Material

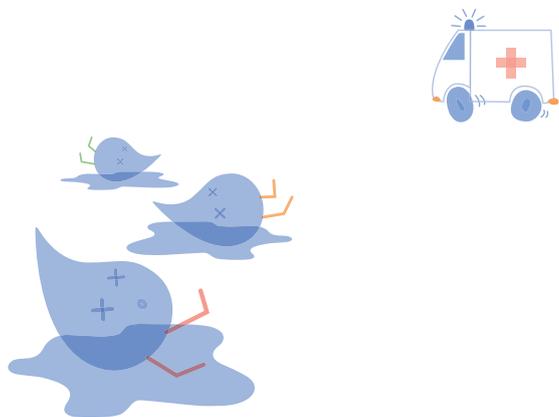
- 1 Piece of wood (50 cm x 50 cm)
 - 4 Bricks or perpends
 - 2 Big buckets
Sawdust (from not treated wood) or ashes
 - 1 Plastic bottle (cut into 2, one part used as a cup)
 - 1 Saw
1. Build 2 walls of 50 cm height with bricks or perpends.
Draw a circle in the middle of the piece of wood and cut it with the saw. To build the seat put the piece of wood on the bricks.
 2. Put one bucket under the seat with a bit of sawdust. Prepare the other bucket with sawdust and the plastic bottle. Every time you go to the toilet, start by putting a bit of sawdust into the bucket and put some more after you are done.
 3. If you have more material, you can build a wood cabin to make the toilets more comfortable. You can also use sheets and hang them with rope to trees to create an intimate place.

According to the conditions of the workcamp and the number of volunteers, organize everyday turns to throw away the content of the buckets. You will have to specify the place of disposal with the local partner.



Water saving tips

Water is a common good. Here you can find a list of eco-friendly behaviours that can help you to reduce half of your usual water consumption during the workcamps. Referring to those eco-tips you will find, as an attachment, several posters that can be used as tools to raise awareness among the workcamps' community.



- Use only two buckets for washing the dishes: one for cleaning, one for rinsing
- Turn off the tap while soaping hands and brushing teeth
- Use just one glass of water when you brush your teeth
- Put one bottle or stone in the flushing tank of toilets
- Try to shorten your shower and if possible use only one bucket to wash



links and more:

www.unesco.org: here you can read documents about the concept of "water's war"

www.aufilmdeleau.org: The aim of this film festival in France is to aware people's consciousness on water problematic

Building a solar shower

A solar shower is a system that permits to take a warm shower with the energy of the sun. Choose the type of construction your volunteers find the easiest to build (rubber bag, tank, can, etc.).



Material

- 1 Can of 20l with a beak
- 1 Rope
- 1 PVC tube
- 1 Plastic tap
- 1 Shower head

1. On one side of the PVC tube you fix the beak of the can and on the other side the plastic tap and sprinkler head needs to be installed.
2. After filling it up with water in the morning, attach the can to a tree in the sun using rope. After the sun heated up the water during the day, you can take a warm shower at night.

3. If you have more material, you can build a wood cabin to make the shower more comfortable. You can also use sheets and hang them with a rope to trees to create an intimate place.

Be careful! The water can become really hot depending to the place your shower is installed. A solar shower works differently in Turkey than in the North of France. Sometimes putting the solar shower in the shade can be sufficient.

Suggestion: Use your infosheets to ask the volunteers to bring a solar shower. It costs between 5 and 10 € in camping stores. It is really small and can be used everywhere during journey.

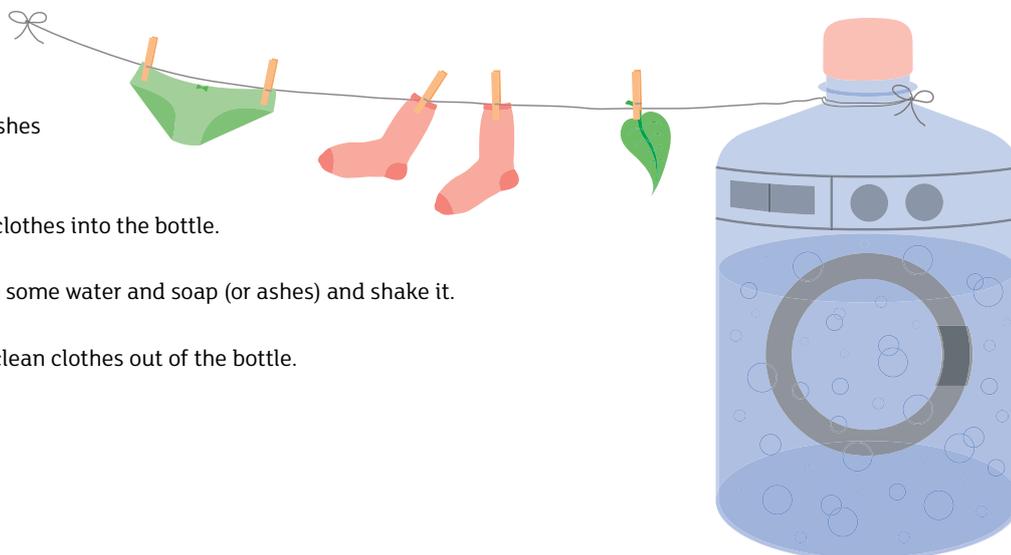
Building a washing mashine

Find an easy way to wash clothes in workcamps without the use of 12 liters of water per kilogram.

Material

- 1 8l bottle
- Soap or Ashes
- Water

1. Put your clothes into the bottle.
2. Fill it with some water and soap (or ashes) and shake it.
3. Take the clean clothes out of the bottle.



Multi-use cleaning product

Ingredients in a 2l-bottle

- 2 tbsp Bicarbonate of soda
- 1 tbsp White vinegar
- 3 tbsp Essential oil or lemon juice
- 2 l Water

Mix in the bottle and shake before every use.

tbsp = tablespoon

tesp = teaspoon

Natural cleaning products

You can pollute less by making cleaning products yourself. Here are some simple examples that can help you.

Dish liquid

Ingredients

3	Lemons
100 ml	Water
200 g	Salt
100 ml	White vinegar

1. Cut each lemon into 4-5 pieces.
2. Mix the lemons with the salt and water.
3. Put them into a saucepan, add the rest of water and vinegar and boil it for 10 minutes while mixing.

Toilet detergent

Ingredients in a spray bottle

1/3	White vinegar
2/3	Water
2 tsp	Essential oil or lemon juice

For washing clothes

For washing machines or washing your clothes by hand, use the Marsiglia's soap.



Recycling art

Tetra Packs used for soups, juices and more contain 6 layers of cardboard, polyethylene plastic and aluminum foil making them really difficult and expensive to recycle.

How to make a recycling art wallet

1. Open the edges of the package and flatten it into a rectangle shape.
2. Then cut off the top and the bottom of the package along the line where it was folded. Take your chance to clean the package some more inside.
3. Fold the sides inwards (use the folds you made when you flattened the package).
4. Fold the package in 3. The top part will become the flap to close the wallet. The part under the flap needs to be cut off.
5. Take some colourful adhesive tape to customize the wallet, putting it on all the edges.
6. Use a small stapler to fix the pockets together.
7. Add some self adhesive Velcro to close the wallet.



The aluminium needs 500 years to decompost, while you can save up to 75-95% energy by creating some new one from the old.

How to make a recycling art ashtray

1. Cut the upper part of the can.
2. Cut the can vertically into equal stripes leaving out just the circle bottom part of the can.
3. Separate the stripes by bending them.
4. Fold each stripe over the next and under the second next one.
5. Fold the sharp edges back not to get hurt and the ashtray is ready!

Source: http://heartofgreen.typepad.com/heart_of_green/2009/03/tetra-paks-recyclable-green.html
Life cycle of an aluminum can, The Secret Lives of Everyday Things, written by John C. Ryan and Alan Thein Durning, published in 1997 by Northwest Environment Watch

Links & more: <http://hubpages.com/slide/how-to-make-a-recycling-money-wallet/971047>

How to make a recycling art shopping bag

1. Take an old t-shirt and cut off the sleeves.
2. Sew the bottom part together and you already have your new shopping bag!



Organic waste

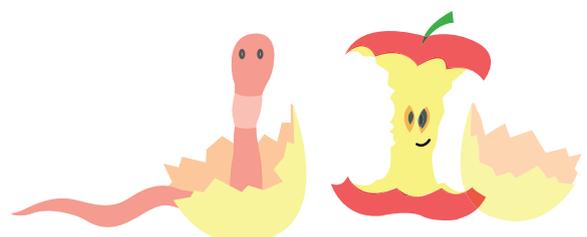
Composting is a process in which organic garbage is transformed into humus. This is organic dung, which is eco-friendly and all bacteria of the waste are killed in this process.

One third of the garbage produced in Europe could be organically treated via composting. This helps to save resources and energy. How to deal with organic garbage?

If you have the possibility, use the food leftovers to feed animals of your neighbours' or the local community. For the other organic garbage, you can create your own compost with your volunteers. For this, you have the following two possibilities:

a) You dig a hole in the ground and put your waste in it. When it is full, put some earth on it. After one year you can use the humus soil for your garden.

b) You can build a „fence“ to delimit the area or you can use shelves, branches or even pallets (ask in a supermarket for them). After some time you can use the lower part as dung in the garden.



Source: www.hortadaformiga.com/gb/fazercompostor.cfm

How to separate garbage for recycling?

The recycling figures vary among countries. Statistically the United States recycle just about 28 % of its waste today. In Europe, Austria heads with 60% of its waste being recycled while other countries such as Greece fall short with only 10% of recycled waste.

Recycling not only facilitates disposal but saves energy, cuts pollution and preserves natural resources. 1 ton of recycled paper saves about 22 trees and 75% of electric energy, and also pollute the air 74% less than producing new paper.

There is no European standard on how to separate garbage but until 2015 every country should separate at least the following materials: paper, metal, plastic, glass.

Please check the system of garbage selection in your country or at one of the following links:

Estonia: www.envir.ee/1003

France: www.economiesolidaire.com

Germany: www.fuerth.de

Hungary: www.kvvm.hu/szelektiv/mit_gyujtsek.php

Italy: www.consorziopriula.it

Portugal: www.pontoverde.pt

Turkey: www.geridonusum.org/geri-donusum-rehberi.html

Switch on your Brain!

Typically 46% of your bills go for heating and cooling your home. 75% of the electricity used to power home electronics is consumed while the products are turned off.

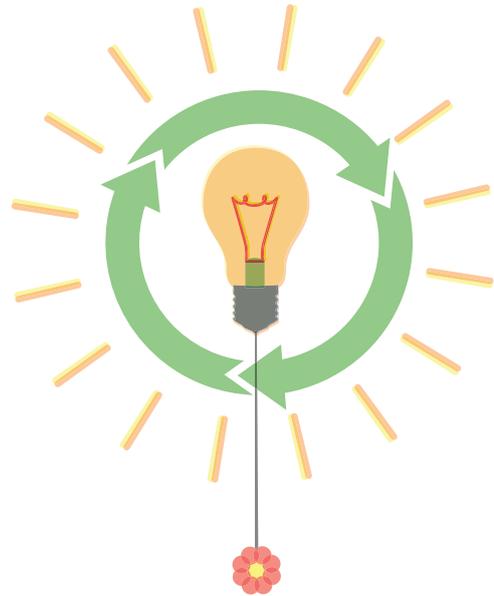
Electrical appliance, PC, mp3 player, games, etc. - they all require energy. The less energy you use, the less energy you will demand. Let's get rid of useless needs for a greener life.

- To save energy, set your thermostat as low as comfortable in winter and high as comfortable in the summer. You can save 3 percent on the day's heating or cooling costs by setting your thermostat back one degree (higher for cooling, lower for heating) in one day.
- When you use the washing machine, wash with cold water whenever possible. Wash and dry full loads to maximize efficiency otherwise let's use the shaking washing machine.
- When you use the oven don't peek if it's not necessary. Cooking temperatures can drop as much as 25° celsius every time the oven door is open.
- Keep lids on pans when you cook; cooking without them requires three times more energy. Use pans with glass lids if you like to keep an eye on what you simmer.
- Select the right pan or appliance. Oversize pans waste energy. The pan you use should match the burner size.
- Keep the coils at the back of the fridge free from accumulation of dust, it can increase energy consumption by up to 30%.
- For greatest efficiency set refrigerators at 4° and freezers at -18° Celsius.

- Use rechargeable batteries producing less garbage.
- Use the greenest way to reach the workcamp, if possible do the same in your everyday life.
- There is a table about CO2 emissions in the atmosphere due to the used transportation:

Emissions CO2

Train	44g/km
Car	118g/km
Airplane	140g/km
Trucks	150g/km



Sources: <http://saveenergy.about.com>: El Paso solar energy association, www.epsea.com: Europe's energy portal, www.energy.eu, www.cargo.trenitalia.it, www.unece.org, www.inforse.org, www.squidoo.com, www.librairy.drexel.edu

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Vir' Volt, Solidarités Jeunesses Ile de France à la Ferté sous Jouarre, organised it's realisation from the 21th to 27th September 2009 during an international seminar, action 4.3 part of the European Youth in Action Program.

Special Thanks to Maïa Sert for her counselling support and to Sandra Fleißig for the graphical realisation.



www.virvolt.org ; www.solidaritesjeunesses.org

Solidarités Jeunesses Angela Assunap Morgalho

YAP Italiy Marco De Filippis
Aurélie Grange
Mario Badagliacca



Cocat (Spain) Mélanie Favand
Yazia Diaz



ESTYES (Estonia) Mark Mohlov
Allan Makarenko
Liis Kilp



YAP Romania Burcu Sufi Demirturk
Lisa Westphal



Via Pacis (Hungary) Luca Elek
Orsolya Csia
Veronika Csia



FILOXENIA (Greece) Triantafyllio Theodorou
Efrosini Theodorou

