

Environmental Sustainability Booklet



International
Campaign
for Sustainability
in Voluntary Service





ESWG BOOKLET

We, as organisations member of the Environmental Sustainability Working Group of the Alliance have the will to transform our communities at the local level, and, through networking, at the international level. We strive for a fairer world, one that is more sustainable, more healthy and with better resources and social justice, that will lead toward the development of people, communities, their happiness and solidarity. This is the main mission that all voluntary service organisations have.

We have to assume, as a goal, the development of working methodologies that strengthen the achievement of that mission, and that our action is not just working for this transformation through the final product of a project but also through our daily personal action and it's effects on our world.

These objectives are fulfilled by organizing work camps aiming to protect and safeguard the environment, which can be widely considered as one of the best indicators of the quality of our life. As matter of fact, environmental sustainability can create economic value by reducing costs as well as social value by improving the quality of our life.

The aim of this booklet is to share some good practice, from the description of some of ours “more sustainable” projects. We hope that it would be useful to inspire new ideas and projects to promote the environmental sustainability through the international voluntary service.



AI -Ukrainian Association for Youth
Co-operation "Alternative-V"
**Alt-05 Park "Meotida" (Donetsk
region) 10.07-23.07.2011 ENVI**



For the first time regional landscape park "Meotida" welcomed a group of international volunteers in July 2011 to work on the natural preservation of the park. The representatives of 7 countries were worried about the state of the smallest, the shallowest, the most limnetic, the most productive and the most distant from the World Ocean on the Earth Sea – Azov Sea.



The volunteers did a lot of work for the natural park that mainly concern saving nature. As

the sun is very strong during daytime, the wakeup call was with the sunrise and the working hours were starting in the early morning and, with a break, continued in the evening. They cleaned the shore out of solid discharge, made fences and roofs for tents with straw, painted the other fences and put signs to prevent people from getting inside the park. Some of the volunteers participated in the operations "save the bird" and "save the hedgehog."



Volunteers had a creative recycling workshop. Using only bottles and natural materials, which were collected on the beach participants created a bird as a sign of endangered species. Moreover, volunteers created a supporting poster in 7 languages. All these were placed near the main entrance to the park, so every visitor could see it. This action was a call to the visitors to keep the area clean.



The volunteers were accommodated in the wooden tents on the Azov Sea shore. In our disposal were only 2 plug-ins for electricity. At night the light was on only while the group was awake and only above the table. It was important to minimize the electricity consumption.

The shower construction was very simple. The water was heating from the sun-light. Each morning the water was pumped up to the reservoir and the volunteers needed to share this amount among themselves and local students. The washing up (dishes and clothes) was done in an old-fashioned way: in the plastic basin, taking into account limited water amount. Sometimes the sand was used instead of detergent. Therefore the consumption of water was minimal.

This place is quite isolated; there are no supermarkets and big shops nearby. Therefore participants were buying biological and seasonal products mostly from the local farmers. Since the water in the park is not good for drinking several big bottles were bought and re-used for the rest of the camp. Volunteers didn't use any plastic cups, plates or cutlery. The paper for workshops and learning part was re-used.

At the free time volunteers used public transport to go to the town/city and walked to the village.





Ecopactes ecochipsable develop Unarec

In the regional organisation études Et chantiers Midi Pyrénées

In every workcamp, we apply eco practices as much as possible.

Areas of actions All events organized by ECMP, weekends and international and local workcamps in South West of France

People involved Local partners such as the town mayor (as much as possible)
Local associations and the inhabitants, Camps leaders, Volunteers

People who organize the actions:

The workcamp coordinator

The youth leader

One person in civil service accompanied by a team of 4 volunteers.



How and when did we start? In 2009, ECMP officialised its campaign regarding sustainable development to be implementing in its actions. This position has been voted by the board members. In 2009, this campaign has been launched by a person in civil service who produced a serie of tools and methods.

Since then, we are careful to install and implement sustainable practices in every action we organize.

How does this look like?

- A pedagogical toolkit in each workcamps is available, it contains posters in French and English that can be placed to facilitate:
- recycling. (In france, glass, plastics, cans, paper can be recycled),
- The use of dried toilet
- Why and how composting (compost is also collected and distributed to local farmers (when possible) or burried in the ground)
- Alternative ways of travelling
- Various flyers about organics food, fair trade, sustainable organizations... books and magazines (the ecologist)

Each workcamp obtains organics basics food such as chick peas, beans, wheat, flour, various cereals..) and the youth leaders are encouraged to prepare vegetarian food as much as possible. Our sustainable campaign make sense when on each workcamp we succeed in

- Installing solar shower and dried toilets
- Eco building workcamps
- Organizing minimum one evening debate about environmental issues (why eating vegetarian?, why using dried toilets? What benefits of buying local and seasonal food?..)
- Providing seasonal and local from producers

2012 Workcamps and sustainable practices

Auzat: recycling and composting facilities, meals with vegetarian proteins, local food (cheese, fruits and vegetables)

Bas Couserans: recycling and composting facilities, meals with vegetarian proteins, local food (cheese, fruits and vegetables) dried toilets

Bonac Irazein: (Altitude 1500m), no water, no electricity!, recycling and composting facilities, solar showers, wood cookers

Esplas de Sérou: recycling and composting facilities, introduction to vegetarian and organic cuisine, meals with vegetarian proteins, natural cleaning dishes, auto washing

Emmaüs: Eco building workcamp

La Ferme de la Bouzigue: recycling and composting facilities, meals with vegetarian proteins, local food (cheese, fruits and vegetables) dried toilets

How do we involve the public?

- By including a session for sustainability in the leaders training
- By informing our will in reducing our impact on the environment and explaining why
- By organizing debates, showing short films, displaying books and environmental magazine

For the past nine years the municipality of Kehl has asked international workcamps to help with environmental protection in their town.

This workcamp attached high value to organic, natural and regional food and gave volunteers the possibility to think about the quality of food and to improve it within their workcamp. One task for the group was to prepare a "CO₂-free" breakfast: The volunteers had the opportunity to buy fresh products from local farmers at the city market and to produce jam on their own. The international volunteers were asked to bring new ideas or habits and new trends from their country.



The camp had a study part: Within the camp, the so-called "Öko-Mobil" (eco bus) was invited. During one day, the group had an information-day about sustainability: What is it? How can we consume sustainably?



In 2012, the group rebuilt and renovated a nature trail in the wetlands of the river Rhine and cleaned a biotope and a pond, which needed to get cleared from rubbish, grass and bushes to prevent the town from flooding. This place is one of the most important green areas of the city's residential zones. Definitely volunteers could learn a lot about the typical vegetation and its ecological richness.

In the second week the volunteers helped the German Society for Nature Conservation (NABU). They took care of the fortification of Sundheim, which was built in the 19th century to protect the city of Strasbourg and needs to be cleaned from time to time. The tasks were to clear the banks of the moats,

cut the bushes and construct some water bodies for the amphibians. This was a good project to learn about protection and conservation of the natural environment.

Although the camp took place in autumn, the group was accommodated in big tents inside the garden of a youth centre. They could use all facilities of the youth centre - kitchen and different rooms to stay and spend time in.

Bikes were at the disposal of the group. They could freely move around, even visiting France, without producing CO₂





LEGAMBIENTE

Montevecchia (Lc) Ca'Soldato - Montevecchia (Lc)
05.08 - 18.08 2012

LOCATION: Montevecchia e Curone Valley park, very important green area rich of biodiversity

PROJECT: The project of Montevecchia and Curone Valley Park is intensive and various: the area is characterized by many different landscapes that need maintenance. The project's aim was to create a network of properly signed paths inside the Park, as well as maintaining the banks and the meadows along the Molgora river, that periodically need interventions of up-keeping.



Volunteers has been involved in mowing meadows and in interventions to paths with particular attention to sign-posting. They also participated to the maintenance and cleaning activities in the Fontanile (old spring) of the town.

This project is a good example of how an environmental activity can also be linked to the valorization of cultural and historical heritage, and in this way, to encourage local communities and institutions to promote a sustainable lifestyle, to strengthen their economy, social life

and tourism.

During the workcamp the volunteers have been advised about how to concretely support sustainability everyday life.

They avoided plastic glasses, plates, knives and forks, limited the consumption of meat, re-used paper, drank tap water, they bought local seasonal and biological products, didn't waste food, trying to be creative in kitchen, reducing waste in general, and collecting it properly.

We also explained them some Italian environmental problems as well as interesting virtuous examples of sustainability project we have been organising in the last years.



Open Nature

LUNAR 18: 1st -15th October 2012
LUNAR 19: 18th - 31st October 2012
LUNAR 20: 2nd - 14th November 2012
LUNAR 21: 16th - 28th November 2012

Location: Mompeo (RI)



Project and local Organization: This workcamp is organized by Lunaria and “Fiume Farfa” Cooperative. The Cooperative is located in the river Farfa area. They promote the values of peace, dialogue, international cooperation and environment sustainability. The cooperative is an ecologically sensitive farm that unites ancient local agricultural tradition with modern organic farming techniques.

The “Fiume Farfa” cooperative tries to harmonize quality of life with respect for the environment developing and carrying out its main agricultural activities and creating an opportunity of information with schools and youngsters. Such activity takes place through a direct contact with schools to inform students on the fundamental role of agriculture in the preservation of environmental and cultural wealth and heritage.

In the framework of the activities, the cooperative foresees the recovery of agricultural techniques with a low impact on environment using abandoned lands not accessible to mechanical means. At the basis of the action planned within an “Educational Farm” there is the protection of the environment and of the traditional historical agrarian landscape.

Workcamp Description: during the different workcamps period each group of 6 volunteers has been involved in different activities in cooperation with local people. They took part in the cleaning of the paths in the natural reserve of “Gole del Farfa”, to the maintenance of the olive groves and to the maintenance of archeological sites.

Volunteers are hosted in the agriturismo, a rustic structure, renovated using environmentally friendly building techniques. Stone and wood have been treated with organic products. A wood stove and solar panels heat the room and the water.

In keeping with the environmental aims, all wastewater was cleaned and recycled via bio-filters, and only organic soaps was used. The food was exclusively vegetarian with season’s vegetables, in order to reduce the use of meat. Volunteers and people from cooperative didn’t use plastic tableware according with the best practises of environment sustainability. During the projects members of the Cooperative give suggestions to volunteers on sustainable behaviours that they may have in their daily lives.

We select this workcamp and we promote it in different rounds because it propose and reach concrete objectives. We can consider this project as a training that instil environment educational values, important tools for sustainability, common responsibility and solidarity.

**An environment educational activity called
“ALIM’ENVIE”**

**Organized by CITRUS –the delegation of the association
“Solidarités Jeunesses” in the Midi-Pyrénées region**



**Implemented within the frame of 2 international
workcamps in the village of Laguépie:**

- Bread-making work camp in Laguépie, from 7th to 28th July 2013: 15 teenagers aged from 14 to 17 years old of eight different nationalities
- Work camp in the ponds of La Mayounelle in Laguépie, from 8th to 29th August 2013: 15 teenagers from 14 to 17 years old from 8 different countries.

This activity has been organized by an intern doing a higher national diploma on environmental studies. She has prepared this project while doing several training periods throughout the year.

The original and innovative project “ALIM’ENVIE” aims at

- Adapting the nutrition and environment themes to a teenage audience, in an international work camp context.
- Helping understand the importance of the local food movement (eating locally-produced food), of good nutrition, of home-made food and home-made cleaning products.
- Making participants aware that a job can also become a life project.

This project is divided into four sessions spread over both work camps:

- ⤴ First session: “From the garden to the plate”, teaching how to grow our own vegetables, about the essential role played by insects on the pollination, the link between vegetable gardens and cooking, as well as about how to create a complete and well- balanced diet.
- ⤴ Second session: “Is it healthy for you?” making participants aware that certain industrial cleaning and toiletry products may contain toxic components, and that we can elaborate some of those products ourselves with safe components
- ⤴ Third session: “Visit to a market-gardening farm” in order to discover its family history, help in harvesting, and discuss about the life choices involved in being a farmer
- ⤴ Fourth session: Assessment of the work camp in order to see what participants have learnt from the three previous sessions, in order to go further into the subject of eating habits, cultural differences and discuss about the different ways to stock up on local products, whether one lives in a rural or in an urban area.



Sustainable project 2012 -CONCORDIA Training LEARN GREEN (Concordia Rhône-Alpes)

This 6-day training was held in the small hamlet of Viel Audon, in Balazuc in the South of France and gathered 14 youngsters from 4 different countries and organizations: Italy – Legambiente, Serbia – YRS-VSS, Greece – ELIX and Iceland – SEEDS. The participants worked together on how to raise awareness about environmental issues and sustainable development. The project aimed at making the participants aware of the environmental education by giving them the necessary skills to spread this concept and thus become key multipliers for the involved organisations.

Objectives

- 1.** Exchange around tools and environmentally friendly practices (water, energy , waste management & recycling) within the framework of the Sustainability Campaign;
- 2.** Develop new tools to spread awareness about environmental issues on workcamps and Youth in Action projects ;
- 3.** Improve and develop technical / scientific skills to conceive new projects and activities about environmental education.

Methodology:

During the training Concordia staff team introduced the International Campaign for Sustainability to the participants as well as the ecological stakes at the European and worldwide levels (Kyoto Protocol, Copenhagen Conference, and Millennium Development Goals). The methodology (non-formal education, training sessions, field visits, presentations of participants, discussions) and the structure of the training have encouraged an active involvement of each participant in order to develop competences and new tools for a personal, social and professional development. The schedule was updated daily after assessment by the trainers of the group's needs, expectations and its evolution.

- ✓ The moving debate and brainstorming made the participants think about their ecological commitment, the reasons that drove them to act in favour of the environmental education
- ✓ The games, simulations and role-playing activities such as the Dardians, made the individuals reflect on the different possible scenarios and exchanges. It was the opportunity to make them realise the relationship between intercultural and environmental education to adjust the tools to raise awareness of the environmental issues
- ✓ The workshops focused on water, waste, energy, enabled the participants to create a toolkit to later reuse the methods approached during the training

Sustainable habits in daily life of workcamp

The accommodation of this training matched the theme of this training. It was chosen because it was in harmony with the ecological values the project was aiming to convey. The activities and daily life were focused on the respect and use of sustainable habits, such as:

- Use of local and seasonal food
- Separation and recycling of garbage (organic, plastic, paper and glass) in recyclable waste containers
- Use of environmentally friendly transportation (walking or public buses for longer distances)



Shyamaghat Himachal Pradesh, northern India and had a lot of work carried out in it by RUCHI and the villagers in 2009-2010. The intent was to make the village a “model rainwater harvesting village” for the area. It was then to be available to show other villages what could be done.

The village has 14 families with a population of 65 people. All belong to the BPL (Below the Poverty Line as defined by the Indian Government, ie they earn less than \$1.00 per day) category. The villagers had very little opportunity to earn money. The villagers each have a small land holding, an average of one acre, and they usually only had irrigation water during the monsoon season lasting hardly for 80 days. They could usually grow just

enough crops for their own families use.

The village does have a spring that is an approximately 15 minutes’ walk downhill at the roadside (the road does not come to the village.) Water is available from this spring for a greater part of the year, but not necessarily the whole year. Much time is spent getting water from here back to the village. In fact the women could take up to four hours a day collecting water. Lack of access to drinking water also meant poor health and loss of mandays. Shortage of water for irrigation was resulting in soil degradation and low farm production and poor quality of produce. Lack of basic toilet facilities and hygiene was causing poor health and other associated problems.

The overall objective of the project was to develop the rain water catchment for the village ensuring a “guaranteed” source of water; To assist in the raising of the villagers standard of living, improve the environmental health of the village and the villagers and to empower the communities through people centred development. In the process, stress was laid on empowerment of the people through their capacity enhancement for self-management of the project after RUCHI withdraws from the village.

The “Rainwater Harvesting” project entailed installing gutters, rainwater tanks and catchments to contain or channel water during the wet/monsoon season. Shyamaghat village now has 12 number 2,500 litre ferro cement tanks providing each house with a supply of water. Water fills the tanks via the roofs of the houses. A series of 5 small check dams was developed on the stream above the village to create a catchment to allow water to percolate into the ground and reinforce the springs that are usually only visible during the wet/monsoon season. 1.5 million litres of water can now be stocked in this catchment. Other water conservation measures including contour trenching, gully plugging and trees plantation were also developed. This is already having an impact on the villagers in terms of increased soil moisture and assured water for irrigation.

Also as part of this project, latrines, effluent pits, compost bins, animal feed stalls and an incinerator were built. Villagers participated in the project and were given training in their use, in the benefits of working together, in health education, gardening and farming practices, environmental understanding, resource management and the value of sustainability.

The check dams, gully plugging, the planting of trees, trenching and the construction of a percolation tank ensures that there is water available at this spring year around. As well, water is available directly from the dams and associated ponding which allows water to be gravity piped directly to the storage tanks and to the percolation and irrigation tanks. This effectively creates a permanent water supply for the village besides making water available for irrigation. 3 hectares of farm land in the village is benefitted through this project with round the year irrigation.



Environmental action in Costa brava
15-29 July 2012 Selva de mar, Catalogne/Spain



It was a 15-day workcamp in the small village of Selva de Mar, in the north of Catalunya, in which 23 youngsters from 13 different countries had been developing three main working tasks connected to the sustainable development of the area, and promoting sustainable habits in their daily life.

Working tasks



1. Removing the invasive plant *carpo brotus*, brought to Spain from the African coast and currently hardly damaging the local plants. The goal of the activity was to help the local biological flora to recover, giving a chance to the local plants to grow and to go back to normal diffusion in the area.

2. Repairing old stone walls, built in order to protect the plants in the mountains from the domestic animals and to indicate the mountain paths. For that purpose an old and traditional method, called dry-stone, was used. The participants had the chance to learn that method for building walls and to try it in practice. Except from repairing the walls, passing the knowledge was also one of the most important points of the task.



3. Helping the information center in Tudela, part of the natural park Cap de Creus, collecting information from visitors in order to help the info center to improve its work and to make it more useful for the passing by tourists.

Sustainable habits in daily life of workcamp

The accommodation of this workcamp was in tents in the countryside and the organization of activities and daily life was focused on the respect and use of sustainable habits, such as:

- Use of local, biological and seasonal food
- Responsible consumption of water and electricity and other material (avoiding use of: paper, plastic glasses, plates, knives, spoons and forks)
- Separation and recycling of garbage (organic, plastic, paper and glass) in recyclable waste containers
- Use of environmentally friendly transportation (walking or public buses for longer distances)

"The unsustainable demand" game

During the visit of the camp Cocat staff team introduced the International Campaign for Sustainability in Voluntary Service to the participants, and proposed them an activity focused on sustainable development called *"The unsustainable demand"*, in order to make them experimenting, playing a game, different kinds of societies and relations of power/use of resources, and then thinking on and debating together the issue (what they experimented in the game, and what they can compare with reality), sharing ideas and experiences of responsible consumption and sustainable development.



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BOOKLET 2013

This document is part of a toolkit elaborated by the **Environmental Sustainability Working Group (ESWG)** of the Alliance. The ESWG was created in 2012 with the aim of promoting the principles of the Sustainability Campaign carried out by the Alliance as well as to support the associations in the enhancement of environmental sustainability in workcamps and in their activities.

The organisations of the ESWG share, with all the Alliance associations, the will to transform our communities. They strive for **a fairer world, one that is more sustainable, healthier and with more balanced resources and social justice**, which will lead toward the development of people, communities, their happiness and solidarity. This is the main mission that all voluntary service organisations have.

Workcamps and voluntary projects are unique opportunities of cultural and social exchange; a way to enhance cooperation and peace between different cultures and people. Furthermore, they are a way to promote active citizenship, thus, they support and improve participation in social life. They also suggest alternative models of economic, environmental and civil development. In this framework, workcamps help building **a conscious relationship between communities and the surrounding environment and nature**. They are conceived as a chance to raise awareness about sustainable good practices among all the actors involved in our projects: volunteers, local communities and administrative councils. Therefore, they can offer viable solutions to the challenge of sustainable development – one of the great challenges of our time.

The aim of this booklet is to share some good practice, from the description of some of ours “more sustainable” projects. We hope that it would be useful to inspire new ideas and projects to promote the environmental sustainability through the international voluntary service.

Vilajuïga: where the wine comes from
September 1st to 15th, 2013. Vilajuïga, Catalonia



It was a 15-days workcamp in the village of Vilajuïga, in the north of Barcelona, in which 22 youngsters from 14 different countries had been developing tasks connected to the sustainable development of the area and promoting sustainable habits in their daily life. The project was hosted by *Centre Excursionista Empordanès*, whose mission is focus on heritage, nature and culture; leading them to organize trekkings and to promote the surroundings and environment.

Working in groups

Recovery of the Vineyards: winery and their wine were the major focus of our interests and the recovery of a disused vineyard helped us to understand the strength and tasks around the wine.

Dry stone structures: dry stone walls and shelters are the oldest buildings known from mankind and, particularly in Empordà, dry stone constructions were and still are a refuge of the north wind (occasionally up to 210 km/h) for animals, cereals and fruits.



Manufacturing of the wine: we worked with local wine manufactures, understanding the entire process behind the wine: from seeds to pure wine.

Paths to a Castle: we recovered a path to Castle of Queremçó, one of the castles most affected by time. The cleaning of access roads was useful to explain its history and why was where it is.

Sustainable habits in daily life and environmental activities

The accommodation of this workcamp was in tents in the countryside and the organization of activities and daily life was focused on respect and sustainable use way of life, such as:

- Responsible consumption of water and electricity, consuming km0 products, minimizing the use of paper, plastic glasses, plates, knives, spoons and forks.
- Separation and recycling of garbage: organic, plastic, paper and glass.
- Use of environmentally friendly transportation: walking, biking, public buses and car pooling.
- Nature walks: practical outputs for the different environments of the Park, aimed at exploring the various animal and plant species in the area, their adaptations and interrelationships.
- Workshops on nature and bird sighting: designed to provide knowledge and techniques and allow participants to make easier the study and enjoyment of the environment.
- Backpacking along the Costa Brava, an exotic and fantastic wild coast.

Eco practices, eco citizenship, sustainable development at UNAREC

In every workcamp and events, we apply eco practices as much as possible.

Areas of actions People involved	<p>All events organized , weekends and international and local workcamps</p> <p>Local partners such as the town mayor (as much as possible) Local associations and the inhabitants, camps leaders, international volunteers</p> <p><u>Special training to people who organize the actions:</u> The workcamp coordinator The youth leader An "eco ambassador"</p>	
How and when did we start?	<p>Since 2010, UNAREC took part officially in the sustainable campaign lead by the Alliance. Every regional branch of UNAREC tends to implement their actions in a sustainable way.</p>	
How does this look like?	<p>A pedagogical toolkit in almost each workcamps is available, it contains:</p> <ul style="list-style-type: none"> • Information about organics food, fair trade, sustainable organizations... books and magazines (the ecologist) • Posters in French and English that can be placed to facilitate: recycling. (glass, plastics, cans, paper can be recycled), • The use of dried toilet • Using natural cleaning products • Why and how composting (compost is also collected and distributed to local farmers (when possible) or buried in the ground) • Alternative ways of cooking : 40% of the workcamps obtains organics basics food such as chick peas, beans, wheat, flour, various cereals..) and the youth leaders are encouraged to prepare vegetarian food as much as possible. <p>Additional practices consist in :</p> <ul style="list-style-type: none"> • Installing solar shower and dried toilets • Eco building workcamps • Organizing minimum one evening debate about environmental issues (why eating vegetarian?, Why using dried toilets? What benefits of buying local and seasonal food?) • Providing seasonal and local from producers • Reducing transport between the accommodation and the work place. 	
2012-2013 Some workcamps and sustainable practices	<p>Auzat: recycling and composting facilities, meals with vegetarian proteins, local food (cheese, fruits and vegetables)</p> <p>Bas Couserans: recycling and composting facilities, meals with vegetarian proteins, local food (cheese, fruits and vegetables) dried toilets</p> <p>Bonac Irazein: (Altitude 1500m), no water, no electricity!, recycling and composting facilities, solar showers, wood cookers</p> <p>Esplas de Sérou: recycling and composting facilities, introduction to vegetarian and organic cuisine, meals with vegetarian proteins, natural cleaning dishes, auto washing</p> <p>Emmaüs: Eco building workcamp</p> <p>La Ferme de la Bouzigue: recycling and composting facilities, meals with vegetarian proteins, local food (cheese, fruits and vegetables) dried toilets</p>	
How do we involve the public?	<ul style="list-style-type: none"> • By including a session for sustainability in the leaders training • By informing our will in reducing our impact on the environment and explaining why • By organizing debates, showing short films, displaying books and environmental magazine 	



Workcamp in Kehl (Baden-Wurttemberg)

For the past ten years the municipality of Kehl has asked international workcamps to help with environmental protection in their town.

This workcamp attached high value to organic, natural and regional food and gave volunteers the possibility to think about the quality of food and to improve it within their workcamp. One task for the group in 2012 was to prepare a "CO₂-free" breakfast: The volunteers had the opportunity to buy fresh products from local farmers at the city market and to produce jam on their own. The international volunteers were asked to bring new ideas or habits and new trends from their country.



The camp included a study part: the so-called "Öko-Mobil" (eco bus) was invited and the group had an information-day about sustainability: What is it? How can we consume sustainable?

The group rebuilt and renovated a nature trail in the wetlands of the river Rhine and cleaned a biotope and a pond. This place is one of the most important green areas of the city's residential zones. The volunteers could learn a lot about the typical vegetation and its ecological richness.

In the second week the volunteers helped the German Society for Nature Conservation (NABU). They took care of the fortification of Sundheim, which was built in the 19th century to protect the city of Strasbourg and needs to be cleaned from time to time. The tasks were to clear the banks of the moats, cut the bushes and construct some water bodies for the amphibians.



Bikes were at the disposal of the group. They could freely move around, even visiting France, without producing CO₂!



In 2013 the Workcamp took care of the preserved area of the "Auenheimer Fort", a fortification built in the 19th century, which was bought by the municipality of Kehl in 2009.

The meadows of the former military area are a natural habitat for many endangered bird and insect species - especially dragonflies.

In the future a flock of goats will be living at the "Auenheimer Fort" to ensure the sustainability of the clearance work done by our Workcamp.

Green workcamps for teenagers

July 13th-26th --- August 4th-17th 2013, Vassieux, France

The organization *Base Nature Vercors* (BNV), located in the Vercors mountains, in the very heart of a natural park, has been hosting for several years many different projects with one goal: to allow a large public to experience life in the wild nature. The location site of BNV, called “La Grange aux loups”, is also meant to become an experimentation base for energetic transition. The organization hosted in summer 2013, in partnership with Alliance member *Jeunesse et Reconstruction*, 2 groups of international teenagers (14-17 years old) willing to try out ecological building techniques and outdoor group life.

For both organizations, **sustainable development remained a central challenge** in the work activity, as well as in the daily life management of these camps:

- ✿ The international volunteers were initiated to diverse building techniques in the respect of tradition, environment and energy saving. For instance they participated to:
 - The building of two eco huts : constructing and putting up the floor, the wood structure, coating with home-made mixture of soil and straw
 - The construction of a kitchen running on renewable energies
 - The daily work in the biological garden



- ✿ In the daily life and tasks of the group, the organizers gave priority to sustainable best practice, as a way of educating the youngsters to act in an responsible way regarding food and energy consumption, transportation, waste processing etc.:
 - buying milk and bread at a local farm
 - consumption of the vegetables produced in the garden
 - composting of the organic trash
 - use of a solar oven for cooking
 - use of organic soap, shampoo and cleaning products
 - promotion of the direct environment for leisure activities: hiking, discovering the natural species, meeting with the neighbour families...

A human and sustainable adventure that meant a lot to every young volunteer involved!

PESCOMAGGIORE WORKCAMP Leg 41, 21/07 - 02/08/2013



Pescomaggiore is a village located at the slope of Gran Sasso massif, along a ridge overlooking the valley of L'Aquila. The town (L'Aquila) was almost completely destroyed by an earthquake in 2009; Legambiente local group in L'Aquila was born in 2010 after recovery activities targeting the damaged cultural heritage.

In Pescomaggiore, the local organization MISA gave life to "Eco-Villaggio Autocostruito" (**Self-Built Eco-Village**) EVA, having self-built some houses with wood and straw-bale; it's a technology which has a great energetic and anti-seismic performance.

In 2013 workcamp, volunteers worked at the cleaning and maintenance of the paths. New marks were designed, built and installed. The team was involved in different activities: carpentry, cutting of plants, reconnaissance walking.



An important aspect of the camp was the educational study part: the participants were involved in a study session about the Self-Built Eco-Village and the straw-bawl construction, and in general about sustainability.

The environmental sustainability was also adopted as way of living of the volunteers: pressure regulators, energy saving light bulbs, recyclable waste containers, compost container, solar shower, compost toilet, rain water collector, phyto purification of waste water were installed in the camp.

The volunteers avoided the use of plastic cutlery; they consumed and promoted local products and limited consumption of meat.

Furthermore the volunteers used environmentally friendly transportation such as walks and bicycles.

Youth Voluntary Center "SODRUJESTVO"

Sustainable project "Clean City"

31.08 – 09.09.2013 ENVI, RU-SOD 6.1



Partner

Our partner is a project "Cheboksary - environmentally friendly and energy efficient city" organised by the city administration. The project is carried out since 2011 and is aimed at improving the ecological awareness and consciousness of citizens. Cheboksary is a city 600 km to the east from Moscow and the capital of the Republic of Chuvashia. It is a beautiful and cosy city with its rich history but unfortunately some parts of the city are polluted with plastic and other garbage. The workcamp will help the citizens to make it cleaner and more beautiful.

Work

Cultural and educational activities; lessons at the university, school and orphanage; cleaning several city areas from the garbage. The action is carried out by nature lovers. Participants will be able to enjoy the beauty of the urban landscape and meet the very friendly local people. Foreign volunteers will work together with Cheboksary citizens and local volunteers. The exact tasks will vary, and volunteers must be flexible in the work they do, and be prepared to implement different tasks. The volunteers need to prepare the presentation about their country and ecological situation there. As a part of the project the volunteers will give interviews in local media.

What did we do?

Together with Russian and foreign volunteers within the project we cleaned in the parks and green places of Cheboksary. The main physical work was mostly in the morning, in the afternoon we attended different schools and universities with presentations about the ecological situation in the countries of our volunteers, also we promoted the sustainable way of living and tried to spread this idea among the pupils, students and local citizens. We also



We also went to the local radio and had a discussion about the ecological situation in the Chuvash region and promoted the idea of volunteering. In the evenings we had our little parties, international evenings, excursions and meetings with interesting people. All the foreign volunteers lived in the families and had the opportunity to observe and take part in the routine life of Russian people.

A different kind of Forest Camp...



The Camp at Fennhof in Ludwigshof, organized by „Naturpark Am Stettiner Haff“ in Mecklenburg Vorpommern was a camp for nature lovers.

But apart from that it was going to become a very special experience of volunteering and sustainable living for everybody.



During the first days the employees of the nature park came to explain the work and how to use different tools such as hammers, nails and motor saws.

An essential part of the camp was education: the participants not only learned how to build a solar shower and a compost toilet but also spent time studying the nature park museum and the surrounding area with its special cultural landscape.

Another important aspect was food. Everyday two people took care of the meal preparation while the others were working. On the third day everybody learned in their own way to appreciate having food at the end of the day: while one group went out hunting at 5:45 in the morning, another group went fishing and yet a third group gathered fruits with which they made jam.



When the group didn't work or build their shower and compost toilet, they experienced the beautiful landscape – riding their bikes, canoing or talking about the different types of forests – and they got to know the history of the area by visiting the „Ukränenland“, a village as it was 1000 years ago.

Life was basic but special and in the end everybody was filled with gratitude and appreciation for this extra special kind of forest camp!

Torsten Dinse

Co-Chairman VJF

Employee/ Deputy Director Naturpark Am Stettiner Haff

Director Landschaftspflegeverband

Region Odermündung e.V.



Mogliazze Ecovillage

23/08/2013 - 06/09/2013 ~ AGRI/CULT



In the 70s, a few friends moved into an abandoned village called Mogliazze, on the Apennine mountains. Today Ecovillage Mogliazze works on the promotion of organic-agriculture, environmental protection and conservation of the traditional buildings. Ecovillage Mogliazze is located in an ancient rural village (Mogliazze, Bobbio) that was built at the end of 19th Century. At the beginning of the 50's, following the economical development of Italian cities, all the inhabitants left in order to go to work in factories.



During the 70's a group of people decided to create an ecological village and to live there sharing believes, activities, houses and meals. Mogliazze belongs to the Italian network of Ecovillages. It works on the promotion of bio-agriculture, environmental protection, and the protection of the traditional buildings of the area.

In addition to these different activities they also organized seminars and meetings to promote bio-agriculture. All the inhabitants of the Borgo (Italian name for ancient and small villages) share meals and social moments.



Volunteers did different kind of works: harvest and transform medicinal herbs and fruits, prepare gardens and harvest vegetables, prepare some products that we sell in Bio markets, take care of some animals (sheep, ducks, bees, cats and dogs) and sometimes there are some masonry work.

Mogliazze is located in a small village near Bobbio, at an altitude of 800 meters, on the mountains of the Apennine chain in the District of Piacenza, north of Italy.

