



ERASMUS+ “GREEN TERRA”

BANSKO, BULGARIA





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INTRODUCTION

"Green Terra" was the inaugural project under the Erasmus+ Accreditation program, hosted by "Vidin Fund Chitalishte" in Bansko, Bulgaria, during November 2023. The project brought together participants from four countries: Bulgaria, Serbia, Greece, and Turkey.

Throughout the YE, attendees engaged in a mix of educational and social activities. While enjoying conversations, games, and fun interactions, participants also learned about crucial environmental topics such as recycling and environmental protection. The project encouraged discussions about environmental challenges faced by each participating country and brainstorming sessions to develop potential solutions.

Additionally, the program addressed the issue of food waste, with a particular focus on its impact in the HoReCa (Hotel/Restaurant/Café) sector.





BENEFITS OF GREEN TOURISM

WHAT IS GREEN TOURISM

From its beginning, green tourism was known as a small scale tourism that encouraged people to visit natural areas and minimize the impacts of tourism on the environment. The term is used for businesses with an environmentally friendly activity. However, more and more lately, green tourism has been oftentimes used by businesses that do not put that much effort into making their activity more sustainable and the term became more known for greenwashing. Greenwashing refers to companies that are more interested in becoming known for its green tourism and less for its contribution to the environment and local communities.

INCLUDING

IT HAS A LOWER ECOLOGICAL IMPACT

IT ALLOWS WILDLIFE TO STAY
WILD

RESPONSIBLE TOURISM KEEPS THE
ENVIRONMENT CLEAN

IT SUPPORTS AND EMPOWERS LOCAL
COMMUNITIES

IT PRESERVES CULTURAL
HERITAGE

WHY YOU SHOULD GO TO ERASMUS

Taking a semester or an internship abroad through the Erasmus + program will increase your employability. Increasing employability is one of the main reasons and one of the most significant benefits of the Erasmus exchange program

RESPONSIBLE BEHAVIOR IN THE HOTEL

REDUCING ENERGY



DEFINITION

Energy reduce means when we don't waste electricity for no reason and we use it correctly and with responsibility.



CONCLUSION

By reducing energy waste we respect and protect the environment so there's no bad outcome by reducing energy consumption.

ENERGY REDUCE LIST

- ☐ Don't leave the lights on when you leave the room
- ☐ Take advantage of natural daylight
- ☐ Educate yourself about energy reduce
- ☐ Make sure your room is well insulated
- ☐ Also don't leave the heat turned on
- ☐ Don't use the water heater unnecessarily
- ☐ Always put your trash in the bin
- ☐ Reduse settings on Air Conditioner



RESPONSIBLE BEHAVIOR IN THE RESTURANT

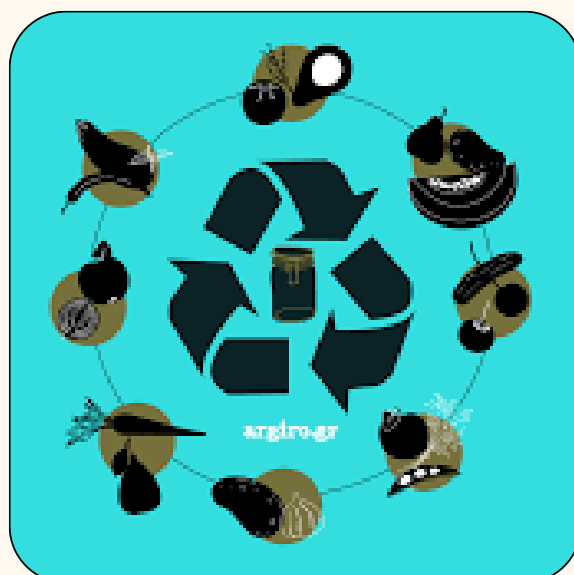


FOOD WASTE DEFINITION

Food waste refers to food appropriate for human consumption being discarded, whether or not after it is kept beyond its expiry date or left to spoil. Often this is because food has spoiled but it can be for other reasons such as oversupply due to markets, or individual consumer shopping/eating habits.

CONCLUSION

This action will minimise the amount of food that being grown away every day and helps the environment by using less materials. That action will be crucial because it will help both the businesses and the environment to develop in a more eco-friendly and efficient way.



FOOD WASTE REDUCE LIST

- ☐ Don't overfill your plate
- ☐ Don't throw away the remainings
- ☐ Taste the food before taking a portion
- ☐ Put the sweet in one plate if you are a group
- ☐ Don't fill up your cup if you won't drink it
- ☐ If you have remaining just save it for lunch
- ☐ Recycling the remainings of the food packaging

RESPONSIBLE BEHAVIOR IN THE CAFÉ



Explanation ecocaffe

Waste in cafes refers to the unnecessary use and disposal of resources. This waste is contrary to sustainability principles and environmental protection efforts and can have negative economic, environmental and social impacts.



Dining etiquette

These cafes embrace environmental responsibilities such as energy saving, recycling and waste reduction



ENVIRONMENTAL CONSCIENCE

- ☐ Awareness raising:* They can raise awareness by informing customers about recycling or environmentally friendly practices

- ☐ Sustainable materials:* More recycled or environmentally friendly packaging materials can be used.

- ☐ Renewable energy:* By switching to renewable energy sources, cafe businesses can reduce energy consumption.

- ☐ Waste management:* Recycling programs can be created and organic waste can be composted to reduce waste.

- ☐ Local products:* They can reduce their carbon footprint by purchasing products from local suppliers.





ECO ACTIVITIES



WHAT IS ECO ACTIVITY?

Eco activities are simple and fun activities to gain responsibility and awareness about protecting the environment. The age range is wide and pretty much anyone can do these said activities.

EXAMPLES OF ECO ACTIVITIES

In the next pages, you can find some of the activities we prepared for you >>



ECO ACTIVITIES

SURVIVE NATURE

AIM:

The aim of the game to develop people's reaction time and movement speed

MATERIALS:

Chairs
Music

TYPE OF ACTIVITY:

Navigating nature

DURATION :

40 minutes

ACCESSIBILITY:

Outside

TARGET GROUP:

group size: any size age:

12-40 years

gender: any gender

PROCESS:

You make a circle with the chair/s in the middle with the number of the being always one less of the player's number. Then the music starts playing and people start moving around the chairs until the music stops.

Then everyone has to sit on a chair.

The person that will not be able to find an empty chair will be eliminated from the game.

Every round a chair will be removed until there's only one player

REFLECTIVE QUESTIONS:

- Did you have difficulty with the task?
- Did you have fun?
- Can you use this in future?
- Do you think it's useful to know this?
- How long did each group take?



ECO ACTIVITIES

RUN & PICK

AIM:

Plogging is an activity that combines physical activity and activism, through poling participants are merged with the environment and make the world a better place. It is a process of garbage exposal while jogging.

TARGET GROUP:

group size: any size

age: 15–85 years

gender: any gender

PROCESS:

Take the group to the starting location, the location can be an urban or nonurban environment, share participants in pairs of two and give each pair to garbage and gloves, give participants a final location.

Post people to step as well as the amount of garbage they raised at the end of the account.

REFLECTIVE QUESTIONS:

- How much litter did you collect during the plogging session? Did anything about the amount or types of litter surprise you?
- How did it feel to pick up and properly dispose of litter that was not your own? What emotions came up?
- What kinds of litter were most prominent during the plogging? What does this say about common waste issues?
- Based on the plogging experience, what actions could you take to reduce litter and your own waste footprint?
- How can small actions like plogging make a difference over time when more people participate?
- What challenges did you face while plogging? How could they be overcome?
- How can you promote plogging to encourage more community involvement in litter clean-ups?
- Would you plog again in the future? Why or why not? How could the experience be improved?

MATERIALS:

Garbage bags

Gloves

Rope

DURATION :

According to the group size, should not exceed 240 minutes

TYPE OF ACTIVITY:

Activism

ACCESSIBILITY:

Outside



ECO ACTIVITIES

TAKE A SELFIE

AIM

The aim is to make the participants work in a team, for a certain time (45 minutes) to complete the task and to get to know the nature.

MATERIALS:

Any type of camera
Good mood

TARGET GROUP:

group size: any size age:
15–50 years gender: any
gender

TYPE OF ACTIVITY:

Nature
Education

DURATION:

45 minutes

ACCESSIBILITY:

Outside

PROCESS:

Groups will be given a paper list of objects on which participants must take their group selfie. Can be played in any green area.

The objects are the following:

1. Tree
2. Mountain
3. Flower
4. Stone
5. Sky

Those who finish first, return to the starting point when the task was started.

REFLECTIVE QUESTIONS:

- Did you have a difficulty with the task?
- Did you have fun?
- While taking pictures with any of the subjects, did you experience any special emotion?
- How long did each group take?
- What did you like the most?



ECO ACTIVITIES

ECO-TRIATHLON

AIM:

To teach ecological diversity to the participating groups and to hold a collage competition to make it fun by taking photos. At the same time, it is aimed to contribute to nature by collecting garbage

TARGET GROUP:

group size: any size
age: 15-40
gender: any gender

PROCESS:

Take the group to the starting point, the location can be an urban or non-urban environment, divide the participants into groups according to the number of participants, provide litter and gloves, give the participants a final location. At the end of the day, they will be evaluated based on the amount of garbage as well as the photos they take. The person who takes 10 pictures wins. The first person who finds any type of endemic creatures (such as, insects, birds, mushrooms, plants will directly WIN

REFLECTIVE QUESTIONS:

- How much did you know about environmental issues before?
- When you think about the garbage you collect, what do you think about the environmental damage of this garbage?
- What are the experiences you gained thanks to the competition?
- Have you become more aware of environmental issues and environmental protection?
- What do you personally plan to do about environmental protection after the event?
- How can you make your own lifestyle and habits more environmentally friendly?
- How many new species of plants have you met?

MATERIALS:

Garbage bags
Gloves
Self-Phone

DURATION:

2 hours

TYPE OF ACTIVITY:

Activism

ACCESSIBILITY:

• Forest



ECO ACTIVITIES

RUBBISH RUSH

AIM:

The aim of the activity to develop people's reaction time and movement speed and clean the environment around

MATERIALS:

Trash bugs
Timer
Gloves

DURATION :

45 minutes

TYPE OF ACTIVITY:

Cleaning up
the area

ACCESSIBILITY:

Open space

TARGET GROUP:

group size: 3+
age: 12-40 years
gender: any gender

PROCESS:

Then we give each person a trash bag. After that we move to an open space and start walking. The players should always be awake because every player has a chance to say at any time "THE RUSH BEGINS" and every has one minute to gather as much trash as he can. Every player can say the key phrase only one time. The player or the team that has the biggest amount of rubbish wins the game.

REFLECTIVE QUESTIONS:

- Did you enjoy the activity ?
- Was it stressful?
- Was it competitive?
- Were the materials hard to find? (Etc gloves, trash bugs)
- What was the most interesting thing that you found ?

TRICKS FOR ECO PASSENGER

*TRAVEL, ACCOMMODATION, PACKING...

Being an Eco Passenger typically means making environmentally conscious choices while traveling. This may involve using public transportation, carpooling, choosing eco-friendly modes of transport, and minimizing carbon footprint during your journeys.



FOR ECO TRAVELERS WE RECOMMEND THESE BASIC TIPS TO TRAVEL MORE ECO FRIENDLY AND SUSTAINABLE

- 1) Minimize plastic use (Bring your own mugs!)
- 2) Use eco-friendly transportations (bicycle, bus etc.)
- 3) Pack Light
- 4) Choose direct flights
- 5) Use eco friendly products for your toiletries (shampoo, soap etc.)
- 6) Use solar energy
- 7) Eat local
- 8) Respect wildlife and nature





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