

IF CLOTHES HAD A VOICE

How to fight the climate change through upcycling

Main goal: Empowering young people to be participative in European society and their local societies on climate change, by promoting greater awareness of sustainable consumption, the circular economy, upcycling, and the reduction of waste production.

Ovar, Portugal

YE: 15/06/2022-19/09/2022

+ travel days



Erasmus+

DC
TR



Participants

- 43 participants:
 - 35 *young people*
 - 5 young people per organization
 - 3 young people with fewer opportunities
 - 7 group leaders (1 per organization)
 - 1 facilitator (DCTR)



Participants

GROUP LEADER: Each country needs to have one Group Leader, and this person should be someone with 18 or more years. This person should also have:

- an high sense of responsibility, be used to deal with young people, social inclusion, diversity and culture;
- experience in working with non-formal education;
- knowlege of this Erasmus+ programme and be sensitized about social exclusion, specially in young people.

■ **PARTICIPANTS:** Each country must choose 5 young people in total. They should:

- be from 16 to 30 years old;
- be interested in this project's themes;
- be a good communicator, have responsibility and proactivity and be interested in Erasmus+ programs and so recognize the value of being part of a project like this one.

IMPORTANT: All the participants must bring a piece of clothing (preferably cotton or other soft fabric) to the Youth Exchange to be used for the sewing workshops. We will be doing bags (like tote bags) out of the unused clothing items that are supposed to be used when buying groceries, for example.

IMPORTANT: The ideal would be to have a group heterogenous with youngsters with knowledge in the theme of the project and others, on the contrary, not knowing much about climate change and upcycling. So it's important that you do this assessment before choosing the participants.

Before the Youth Exchange



1 online session with group leaders;



1 session at zoom about 1 week before, with all participants;



There may be an online session with each group, to clarify doubts, if needed;

After Youth Exchange

Online follow-up session: what dissemination actions, what impact and qualitative evaluation (Dissemination Plan);

Follow-up questionnaires about a month after YE;

Questionnaires to partners after YE;

Stakeholders questionnaire;

A booklet will be developed in English. Partners should translate it into their language. They should also make it available on their website and share it on their social networks.

Partners should also send the booklet and/or other relevant information to their national and international network.

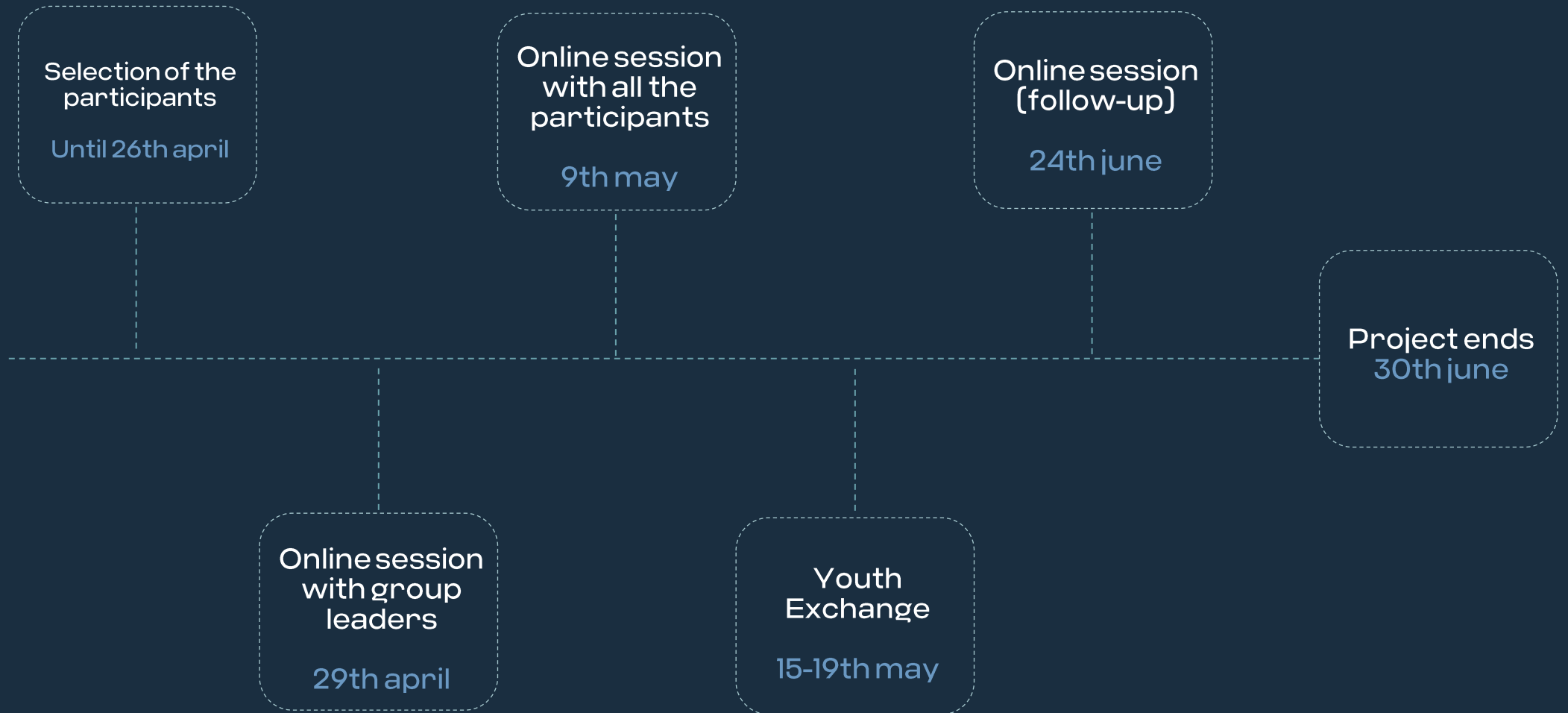
Partners should involve stakeholders.



Participant's data

Please fill in the page of your organisation the Informations about your participants [HERE](#).

The participants should be selected maximum until 26th april.



Plan for the YE

May 14	May 15	May 16	May 17	May 18	May 19	May 20
Arrival Day from 18h forward	Breakfast					Departure Day after breakfast
	Presentation of participants and organisations, project and timetable	Carbon Footprint EU measures for climate change	Sewing Workshop III	Recycling Plastic footprint	Activity in the community: flyers and garbage picking	
	Morning Snack					
	Reflection on the expected learning achievements Youthpass	Greenwashing	Cinema session	Preparation of an activity in the community	Group reflection	
	Lunch					
	"If Clothes Had a Voice": story a piece of clothing	Introduction to upcycling Sewing Workshop I	Visit to the city of Ovar	Sewing Workshop IV	Evaluation, youthpass and debriefing	
	Afternoon Snack					
	Ecological Footprint of the textile industry Reflection	Sewing Workshop II Reflection	Visit to the city of Ovar Reflection	Sustainable behaviours Reflection	Free time	
	Dinner				Dinner - Pizza night	