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## MODULE 4

# Goal Mapping for an Eco-Friendly Life





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# GREEN THREE SEAS FOR YOUTH

## Workshop Modules Series

### **Module4:** Goal Mapping for an Eco-Friendly Life

**Objective:** Enable young people to develop sustainable ideas into projects by working in teams, visualizing their ideas, and finding funding for their realization.

2023 July



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Green Station Cooperative, Poland

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Asociacija Aktyvus Jaunimas, Lithuania

Drustvo Bodi Svetloba, Slovenia

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## WHY DO WE NEED THE GREEN THREE SEAS INITIATIVE FOR YOUTH & WORKSHOP MODULE SERIES?

This module series has been carefully crafted to address the critical need for empowering young people like you to play a pivotal role in the transformation towards an eco-friendly and sustainable future. In this section, we will explore the reasons why this module series is essential and how it aligns with the European Union's efforts to achieve a climate-neutral continent by 2050.

**Addressing the Climate Crisis:** Learn how to combat the climate crisis and become agents of change through eco-friendly living and green careers.

**Preparing for a Green Economy:** Get ready for the emerging green job market and pursue rewarding careers that benefit the planet.

**Empowering the Youth:** Take part in the ecological transformation and influence your communities to adopt sustainable practices.

**Building an Eco-Friendly Mindset:** Develop a sense of responsibility and empathy towards nature by living sustainably.

**Inclusivity and Accessibility:** All young people can participate and benefit from green job opportunities in this inclusive module series.

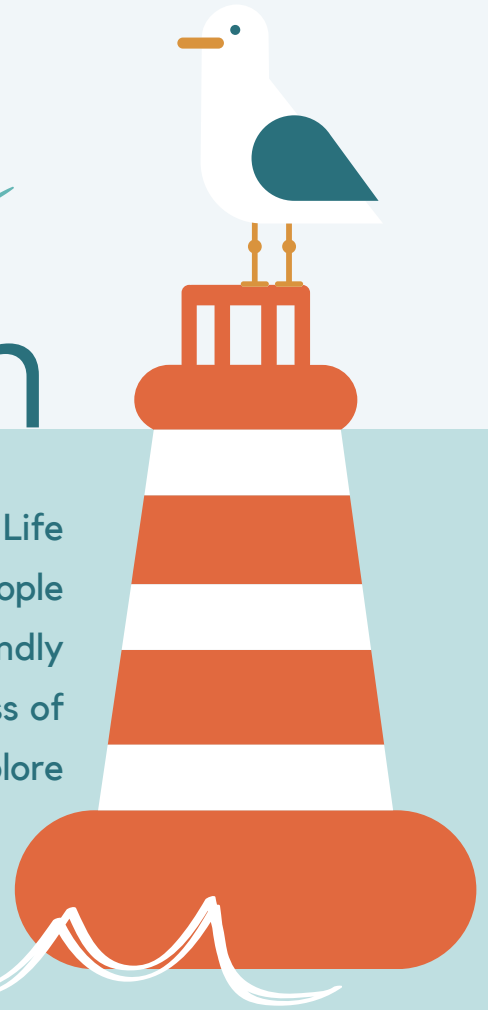


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# Introduction

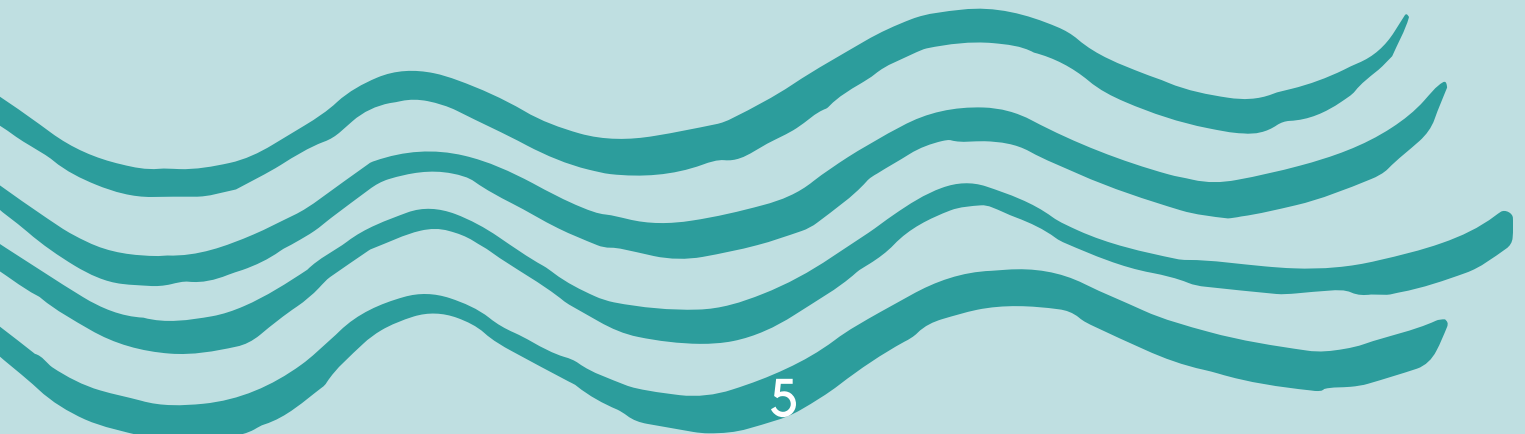
Welcome to the Goal Mapping for an Eco-Friendly Life workshop! This module is designed to teach young people how to plan their lives in an environmentally friendly manner, increasing their awareness and consciousness of the environment while also helping them explore opportunities within the green job market.



## Learning Outcomes

By the end of this workshop, participants will be able to:

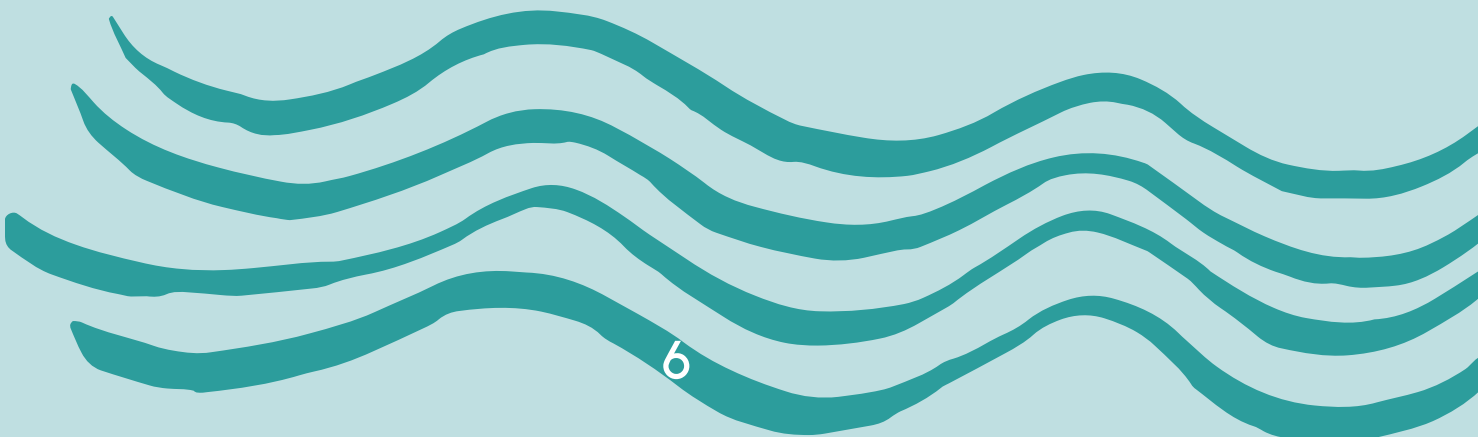
1. Understand the importance of living an eco-friendly life.
2. Identify key components of an eco-friendly lifestyle.
3. Create a personal goal map that incorporates eco-friendly practices.
4. Explore potential career paths within the green job market.





# Sessions

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## Session 1: The Importance of Living an Eco-Friendly Life (30 minutes)

### Activity: Group Discussion

1. Begin by asking participants to share their thoughts on the importance of living an eco-friendly life.
2. Discuss the impacts of our daily choices on the environment and the importance of individual actions in tackling climate change.

### Lecture: Environmental Awareness

1. Begin by asking participants to share their thoughts on the importance of living an eco-friendly life.
2. Discuss the impacts of our daily choices on the environment and the importance of individual actions in tackling climate change.

## Session 2: Key Components of an Eco-Friendly Lifestyle (45 minutes)

### Lecture: Eco-Friendly Practices

1. Introduce various eco-friendly practices that can be incorporated into daily life, such as reducing waste, conserving energy, and supporting sustainable businesses.
2. Discuss the concept of the "Three R's" - Reduce, Reuse, and Recycle - and provide examples of how to apply these principles in everyday life.

### Activity: Personal Reflection

1. Have participants reflect on their current lifestyle and identify areas where they can make eco-friendly changes.
2. Encourage participants to share their findings with the group and discuss possible solutions.



## Session 3: Creating Your Personal Goal Map (60 minutes)

### Lecture: Goal Mapping

1. Introduce the concept of goal mapping and explain its benefits in helping individuals visualize and achieve their objectives.
2. Present examples of goal maps, highlighting the inclusion of eco-friendly practices and career aspirations.

### Activity: Goal Mapping Exercise

1. Provide participants with materials to create their own goal maps, such as paper, markers, and stickers.
2. Instruct participants to create a goal map that incorporates eco-friendly practices into their personal, educational, and professional lives.
3. Encourage participants to share their goal maps with the group and discuss their plans for achieving their eco-friendly objectives.

## Session 4: Exploring the Green Job Market (45 minutes)

### Lecture: Green Careers

1. Present an overview of the green job market, including the types of industries and job roles available.
2. Discuss the skills and qualifications needed for various green careers, as well as potential pathways to enter these fields.

### Activity: Career Research

1. Provide participants with resources to research green careers, such as websites, brochures, and job listings.
2. Have participants identify at least three green careers that interest them and list the skills and qualifications required for each role.
3. Encourage participants to share their findings with the group and discuss how they can incorporate these career goals into their goal maps.





## Conclusion

1. Recap the importance of living an eco-friendly life and the benefits of incorporating such practices into one's personal, educational, and professional goals.
2. Encourage participants to continue exploring the green job market and refining their goal maps as they progress in their eco-friendly journeys.
3. Provide additional resources and support for participants who wish to pursue an eco-friendly lifestyle and career further.

## Session 5: Eco-Friendly Sports Activity (60 minutes)

### Introduction

1. Explain the importance of incorporating eco-friendly practices into all aspects of life, including sports and physical activities.
2. Discuss the concept of "green exercise" and its benefits for both personal health and the environment.

### Activity: Eco-Scavenger Hunt

This activity combines physical exercise with a fun, eco-conscious challenge, encouraging participants to be active while learning about their local environment and practicing sustainability.

#### Materials Needed:

- List of eco-friendly items or tasks (printed or digital)
- Reusable bags or containers for collecting items
- Gloves (optional)

#### Preparation:

1. Create a list of eco-friendly items or tasks for participants to find or complete during the scavenger hunt. Examples include:
  - Collecting litter (e.g., plastic bottles, cans) to recycle
  - Identifying native plants or trees in the area
  - Taking a photo of a local sustainable initiative (e.g., solar panels, community garden)
  - Performing a random act of kindness that promotes sustainability (e.g., planting a seed, picking up trash)



2. Divide participants into small teams (3-4 people per team) and provide each team with a copy of the list and a reusable bag or container for collecting items.

**Instructions:**

- 1.Explain the rules of the scavenger hunt and the importance of being respectful and safe while participating in the activity.
- 2.Set a time limit for the scavenger hunt (e.g., 45 minutes).
- 3.Instruct teams to work together to find or complete as many eco-friendly items or tasks on the list as possible within the given time frame.
- 4.Encourage teams to be creative and take photos or videos to document their progress.

**Debrief:**

- 1.Gather all teams back at the starting point after the time limit has passed.
- 2.Have each team share their findings and experiences with the group.
- 3.Discuss the importance of incorporating eco-friendly practices into sports and physical activities and how this activity has helped participants become more aware of their environment and sustainable actions.



## Eco-Friendly Practices in Sports and Physical Activities

Incorporating eco-friendly practices into all aspects of life is crucial for promoting a sustainable future and preserving our planet's resources. While many people focus on making changes in their homes or workplaces, it's equally important to consider the environmental impact of sports and physical activities. By adopting eco-friendly practices in these areas, we can minimize our carbon footprint, reduce waste, and support the health of our environment.

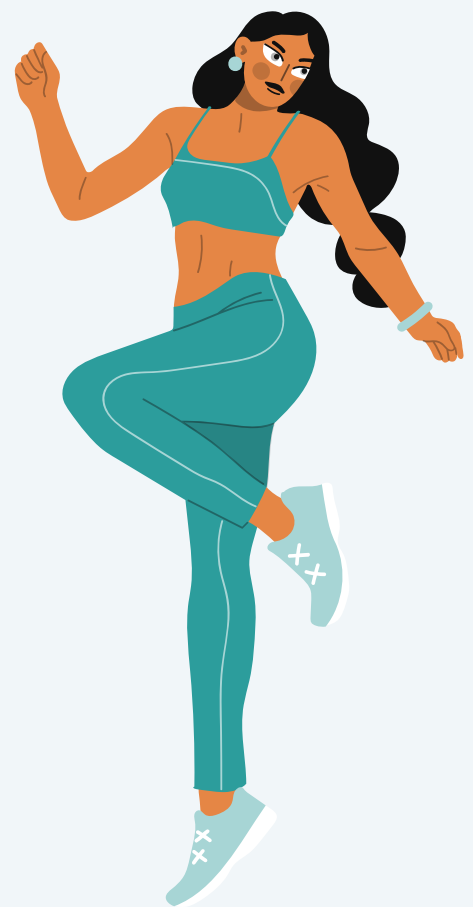
### Green Exercise: A Win-Win for Personal Health and the Environment

Green exercise refers to physical activities that take place outdoors, often in natural settings such as parks, forests, or beaches. This concept combines the benefits of regular exercise with the positive effects of spending time in nature, resulting in improved physical and mental well-being.

#### *Benefits for Personal Health*

Participating in green exercise offers numerous health advantages compared to indoor workouts. These include:

1. **Improved mood and reduced stress:** Spending time outdoors and connecting with nature has been shown to boost mood, reduce stress levels, and enhance overall mental well-being.
2. **Increased vitamin D exposure:** Outdoor activities allow for greater exposure to sunlight, which helps the body produce vitamin D, essential for maintaining healthy bones and supporting immune function.
3. **Enhanced creativity and focus:** Studies have shown that being in natural environments can improve cognitive function, resulting in better concentration, problem-solving abilities, and creativity.



### *Benefits for the Environment*

Green exercise also has significant environmental benefits, such as:

- 1.Reduced energy consumption: Engaging in outdoor sports and activities eliminates the need for artificial lighting and temperature control, reducing overall energy usage and greenhouse gas emissions.
- 2.Promoting conservation and appreciation for nature: Participating in green exercise encourages people to spend more time in natural settings, fostering a greater appreciation for the environment and promoting conservation efforts.
- 3.Supporting local green spaces: By choosing to exercise in local parks or nature reserves, individuals can help support the maintenance and preservation of these vital green spaces, contributing to a healthier ecosystem and community.

By understanding the importance of incorporating eco-friendly practices into sports and physical activities, we can make conscious choices that benefit both our personal health and the environment. Whether it's opting for outdoor workouts, using sustainable sports equipment, or supporting local green initiatives, every action counts towards a greener, healthier future.



## Session 6: Sustainable Sports Tournament (60 minutes)

### Introduction

1. Explain the importance of organizing and participating in eco-friendly sports events that promote sustainability and minimize environmental impact.
2. Discuss ways to make traditional sports activities more environmentally friendly, such as using sustainable equipment, reducing waste, and conserving resources.

### Activity: Eco-Friendly Relay Race

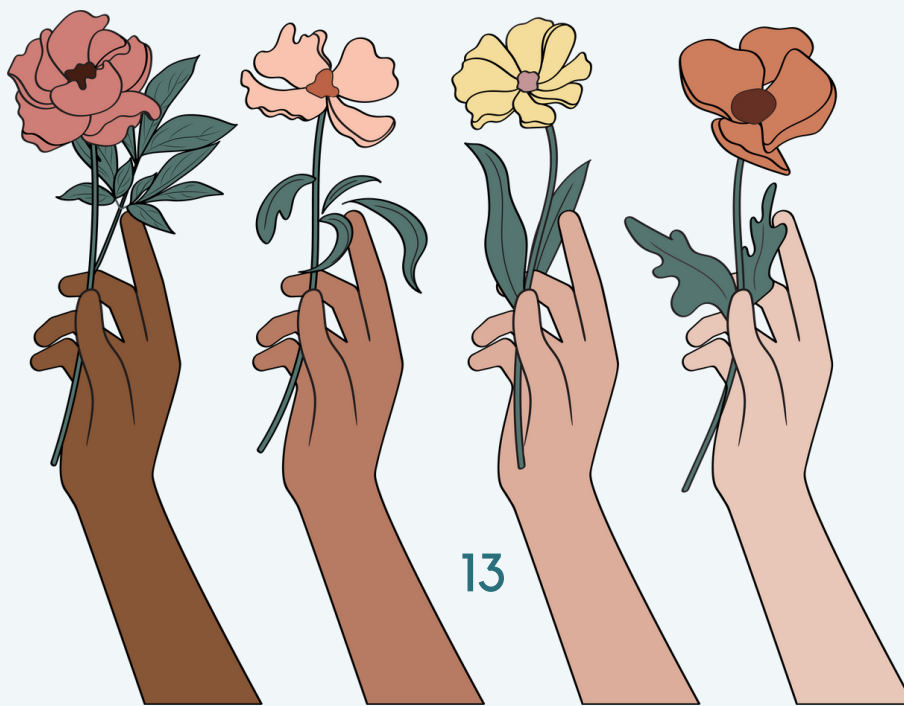
This activity combines team spirit, physical exercise, and eco-conscious challenges, encouraging participants to be active while learning about sustainable practices in sports.

#### Materials Needed:

- Reusable water bottles (one per participant)
- Buckets or large containers filled with water (one per team)
- Small cups or containers for transferring water (one per team)
- Cones or markers to set up relay course
- Stopwatch or timer

#### Preparation:

1. Set up a relay course with cones or markers, designating a starting point, a halfway point where the buckets of water are placed, and an endpoint for each team.
2. Divide participants into equal teams (4-6 people per team) and provide each team with a reusable water bottle, a small cup or container for transferring water, and a bucket filled with water placed at the halfway point of their relay course.



**Instructions:**

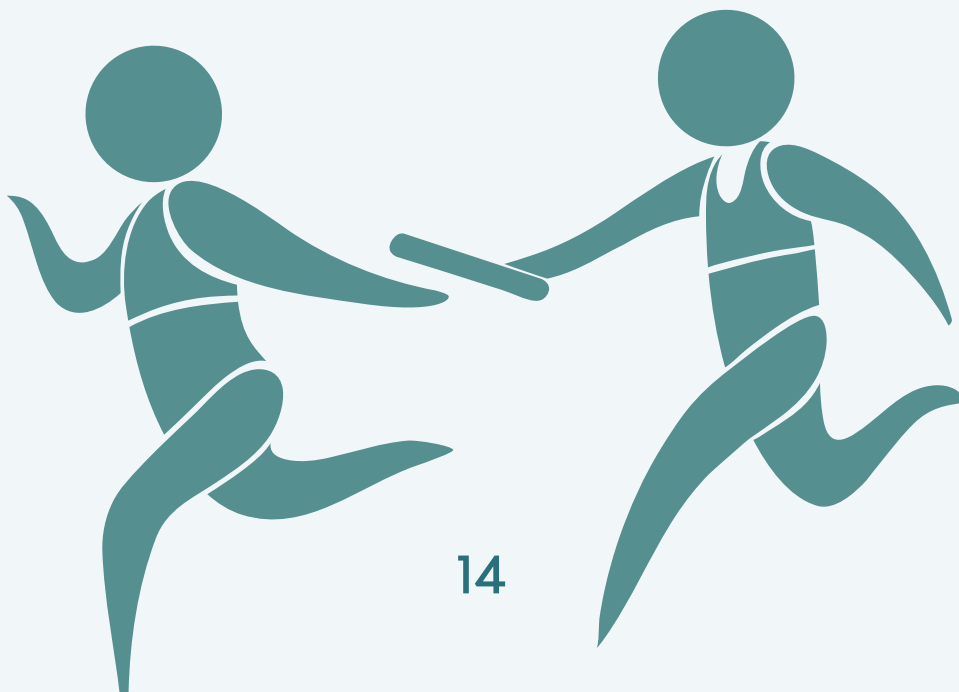
- 1.Explain the rules of the eco-friendly relay race, emphasizing the importance of conserving water and working together as a team.
- 2.Instruct the first participant from each team to fill their reusable water bottle from the bucket at the halfway point using the provided small cup or container. They should then run back to the starting point and pour the water into the next teammate's reusable water bottle.
- 3.The second participant repeats the process, with each team member continuing the relay until all team members have completed the course.
- 4.The winning team is the one that finishes the relay first while conserving the most water (least amount of water spilled during the race).
- 5.Remind participants to be mindful of water conservation and the importance of using reusable bottles throughout the activity.

**Debrief:**

- 1.Gather all teams at the starting point after the race has concluded.
- 2.Discuss the challenges faced during the activity and the importance of teamwork in achieving sustainability goals.
- 3.Encourage participants to reflect on ways they can make sports and physical activities more eco-friendly in their daily lives.

**Conclusion**

- 1.Emphasize the significance of incorporating eco-friendly practices into sports events and activities, such as using sustainable equipment, reducing waste, and conserving resources.
- 2.Encourage participants to organize and participate in sustainable sports events in their communities, promoting environmental awareness and fostering a culture of eco-friendly physical activity.





# Instructions for Trainers



## Session 1: The Importance of Living an Eco-Friendly Life (30 minutes)

### Activity: Group Discussion

#### *Initiating the Conversation*

1. Begin the session by asking participants to share their thoughts on the importance of living an eco-friendly life. Encourage them to consider both the environmental and personal benefits of adopting sustainable practices.

#### *Discussing Environmental Impacts*

1. Lead a discussion on the impacts of our daily choices on the environment, such as the use of single-use plastics, excessive energy consumption, and unsustainable transportation methods.
2. Emphasize the significance of individual actions in tackling climate change and how small changes in our everyday lives can contribute to a healthier planet.

### Lecture: Environmental Awareness

#### *Presenting Key Facts and Statistics*

Share key facts and statistics on pressing environmental issues, such as:

- **Climate change:** Explain the consequences of increasing global temperatures, including more frequent and severe weather events, rising sea levels, and loss of biodiversity.
- **Plastic pollution:** Discuss the impact of plastic waste on marine life, the food chain, and human health, as well as the challenges of managing and recycling plastic waste.
- **Deforestation:** Highlight the effects of deforestation on ecosystems, climate change, and indigenous communities, and discuss the importance of preserving and restoring forests.

#### *Highlighting the Benefits of an Eco-Friendly Lifestyle*

Explain the benefits of adopting an eco-friendly lifestyle, such as:

- **Reducing one's carbon footprint:** By making conscious decisions to minimize waste, conserve resources, and choose sustainable options, individuals can significantly reduce their impact on the environment.
- **Contributing to a healthier planet:** An eco-friendly lifestyle helps protect natural resources, preserve ecosystems, and mitigate the effects of climate change, ultimately benefiting all living beings.





- Improving personal well-being: Living sustainably often involves making healthier choices, such as consuming organic and locally sourced foods, engaging in outdoor activities, and reducing exposure to harmful chemicals.
- Saving money: Many eco-friendly practices, like energy conservation and reducing waste, can lead to cost savings in the long run.

By the end of this session, participants should have a better understanding of the importance of living an eco-friendly life and feel inspired to make positive changes in their own lives to benefit both themselves and the environment.

## Session 2: Key Components of an Eco-Friendly Lifestyle (45 minutes)

### Lecture: Eco-Friendly Practices

#### Introducing Eco-Friendly Practices

1. Introduce various eco-friendly practices that can be incorporated into daily life, such as:
  - Reducing waste: Encourage participants to minimize waste by using reusable items, avoiding single-use plastics, and practicing mindful consumption.
  - Conserving energy: Discuss ways to save energy, like turning off lights and electronics when not in use, using energy-efficient appliances, and considering alternative energy sources, such as solar power.
  - Supporting sustainable businesses: Explain the importance of supporting businesses that prioritize sustainability, including local, organic, and fair-trade products.

#### The Three R's: Reduce, Reuse, and Recycle

1. Discuss the concept of the "Three R's" - Reduce, Reuse, and Recycle - as a fundamental approach to living an eco-friendly lifestyle.
  - **Reduce:** Emphasize the need to limit consumption and waste generation. Provide examples, such as buying in bulk, choosing products with minimal packaging, and avoiding disposable items.
  - **Reuse:** Explain the benefits of reusing items, repurposing old materials, and opting for reusable alternatives. Share examples, like using cloth bags instead of plastic ones, repurposing glass jars, or repairing damaged items.
  - **Recycle:** Discuss the importance of recycling and proper waste disposal. Teach participants how to correctly sort recyclables and dispose of hazardous materials to minimize environmental harm.



### **Activity: Personal Reflection**

#### **Reflecting on Personal Lifestyles**

1. Have participants reflect on their current lifestyles and identify areas where they can make eco-friendly changes. Provide guiding questions, such as:
  - What types of waste do I generate, and how can I reduce it?
  - How can I conserve energy in my daily routines?
  - What sustainable businesses can I support in my community?

#### **Sharing Findings and Discussing Solutions**

1. Encourage participants to share their findings with the group. This could be done in pairs, small groups, or as a whole group discussion.
2. Facilitate a conversation about possible solutions to the identified areas for improvement. Encourage participants to share their own experiences, ideas, and challenges related to adopting eco-friendly practices.

By the end of this session, participants should have a deeper understanding of the key components of an eco-friendly lifestyle and feel empowered to make changes in their own lives to promote sustainability.

## **Session 3: Creating Your Personal Goal Map (60 minutes)**

### **Lecture: Goal Mapping**

#### **Introducing the Concept of Goal Mapping**

1. Introduce the concept of goal mapping as a powerful tool for visualizing and achieving objectives. Explain that goal mapping helps individuals break down their goals into manageable steps, track progress, and stay motivated.
2. Discuss how incorporating eco-friendly practices into goal maps can enhance personal growth, environmental awareness, and career development.

#### **Presenting Examples of Goal Maps**

1. Present examples of goal maps that include eco-friendly practices and career aspirations. Show how these maps can be organized in various ways, such as by category (personal, educational, professional), time frame (short-term, medium-term, long-term), or theme (waste reduction, energy conservation, green careers).
2. Highlight the importance of setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals to increase the likelihood of success.

## Lecture: Goal Mapping

### Introducing the Concept of Goal Mapping

1. Introduce the concept of goal mapping as a powerful tool for visualizing and achieving objectives. Explain that goal mapping helps individuals break down their goals into manageable steps, track progress, and stay motivated.
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2. Highlight the importance of setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals to increase the likelihood of success.

### Sharing and Discussing Goal Maps

1. Encourage participants to share their goal maps with the group, either in pairs, small groups, or as a whole group presentation. This can help inspire others and foster a sense of accountability.
2. Facilitate a discussion about the plans for achieving eco-friendly objectives. Encourage participants to share any challenges they anticipate and brainstorm possible solutions together.

By the end of this session, participants should have a clear and personalized goal map that outlines their eco-friendly objectives in various aspects of their lives. They should feel motivated and confident in their ability to make meaningful changes towards a more sustainable future.



## Example 1: Goal Map Organized by Category (Personal, Educational, Professional)

### Personal Goals:

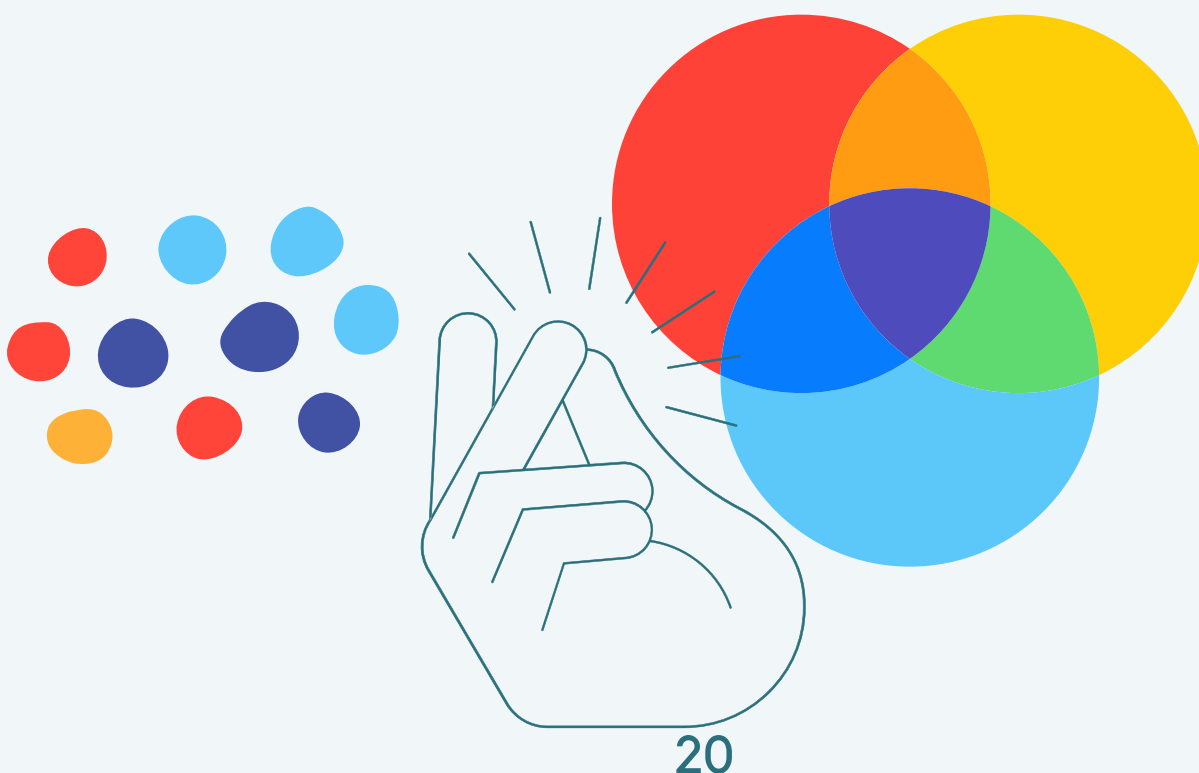
- Short-term: Start using reusable bags and water bottles; eliminate single-use plastics from daily life.
- Medium-term: Plant a vegetable garden at home; start composting kitchen waste.
- Long-term: Install solar panels on the house; reduce overall personal carbon footprint by 50%.

### Educational Goals:

- Short-term: Enroll in an online course about renewable energy; read books on sustainable living.
- Medium-term: Complete a certification program in environmental management or sustainability.
- Long-term: Pursue a degree in environmental science or a related field.

### Professional Goals:

- Short-term: Propose eco-friendly initiatives at the workplace, such as recycling programs or energy-saving measures.
- Medium-term: Network with professionals in the green industry; attend conferences or workshops on sustainability.
- Long-term: Transition to a career in the environmental sector, such as renewable energy, conservation, or sustainable agriculture.



## Example 2: Goal Map Organized by Time Frame (Short-Term, Medium-Term, Long-Term)

### Short-Term Goals:

- Personal: Replace all incandescent light bulbs with energy-efficient LED bulbs.
- Educational: Attend a local workshop on zero-waste living.
- Professional: Volunteer for the company's green committee or start one if it doesn't exist.

### Medium-Term Goals:

- Personal: Reduce household water consumption by 25% through water-saving fixtures and behavioral changes.
- Educational: Complete a course on permaculture design and implement principles at home.
- Professional: Obtain a leadership role in a sustainability-related project at work.

### Long-Term Goals:

- Personal: Achieve a zero-waste lifestyle by minimizing waste production and maximizing recycling and composting.
- Educational: Earn a Master's degree in environmental policy or sustainable development.
- Professional: Establish a consulting firm that helps businesses become more environmentally friendly and energy-efficient.

# TIME



## Example 3: Goal Map Organized by Theme (Waste Reduction, Energy Conservation, Green Careers)

### Waste Reduction Goals:

- Personal: Implement a zero-waste meal plan; create a home composting system.
- Educational: Attend workshops or webinars on circular economy principles.
- Professional: Develop waste reduction strategies for the workplace, such as eliminating disposable cups and promoting recycling.

### Energy Conservation Goals:

- Personal: Install a programmable thermostat; use energy-efficient appliances.
- Educational: Learn about passive solar design and incorporate it into home renovations.
- Professional: Advocate for energy-saving measures at work, like turning off lights and computers when not in use.

### Green Careers Goals:

- Personal: Research potential green careers that align with personal interests and skills.
- Educational: Pursue certifications or degrees to strengthen qualifications for a green career.
- Professional: Network with professionals in the desired field; apply for positions in environmentally-focused organizations.



## Goal Map Template Description

### Title

At the top of the page, include a title for your goal map, such as "My Eco-Friendly Goal Map" or "Sustainable Living Goals."

### Categories / Time Frames / Themes

Depending on your preferred organization method, create separate sections for each category (Personal, Educational, Professional), time frame (Short-Term, Medium-Term, Long-Term), or theme (Waste Reduction, Energy Conservation, Green Careers). You could use columns, rows, or distinct boxes for each section.

### Goals

Within each section, leave space for participants to write their goals. You can provide lines, bullet points, or blank spaces for them to fill in.

### SMART Criteria

Include a reminder of the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) somewhere on the template. This could be in the form of a small infographic, a text box, or a simple list.

### Visual Elements

To make the goal map more engaging and visually appealing, consider adding decorative elements, such as borders, icons, or illustrations related to eco-friendly practices and sustainability. You can also use different colors for each section to help distinguish between categories, time frames, or themes.

### Instructions

Optionally, you can add brief instructions at the bottom of the template, reminding participants to consider their personal, educational, and professional lives when setting their eco-friendly goals. Encourage them to think about the areas discussed in previous sessions and to set SMART goals.

Once you have designed the goal map template based on this description, you can print it as a handout for your participants to use during the goal mapping exercise.

## Session 4: Exploring the Green Job Market (45 minutes)

### Lecture: Green Careers

#### Overview of the Green Job Market

1. Present an overview of the green job market, highlighting various industries and sectors that prioritize sustainability, such as renewable energy, environmental conservation, sustainable agriculture, green construction, and environmental consulting.
2. Provide examples of job roles within these industries, such as solar panel installers, conservation biologists, organic farmers, green building architects, and sustainability consultants.

#### Skills and Qualifications for Green Careers

1. Discuss the skills and qualifications needed for various green careers. Emphasize the value of both technical skills, such as knowledge of renewable energy systems or sustainable materials, and soft skills, like problem-solving, communication, and adaptability.
2. Explore potential pathways to enter these fields, including formal education, certifications, internships, networking, and on-the-job training.

### Activity: Career Research

#### Researching Green Careers

1. Provide participants with resources to research green careers, such as websites, brochures, and job listings. Some useful websites such as [GreenBiz](#) for news and insights on sustainable business practices.
2. Instruct participants to identify at least three green careers that interest them and list the skills and qualifications required for each role. Encourage them to consider their own interests, skills, and experiences as they research potential career options.

#### Sharing Findings and Incorporating Career Goals into Goal Maps

1. Encourage participants to share their findings with the group, discussing the green careers they discovered and the skills and qualifications necessary for those roles.
2. Facilitate a conversation about how participants can incorporate these career goals into their goal maps. Discuss potential steps they can take to gain the skills and qualifications needed for their desired green careers, such as pursuing relevant education, attending workshops, or seeking internships.





By the end of this session, participants should have a better understanding of the green job market and the various opportunities available in eco-friendly industries. They should feel inspired to explore green careers that align with their interests and skills and be equipped with the knowledge to incorporate these career goals into their goal maps.

Here is a list of additional resources and support options for participants interested in pursuing an eco-friendly lifestyle and career further:

### Online Courses and Educational Platforms

- Coursera: Coursera offers a variety of online courses related to sustainability, renewable energy, and environmental science from top universities and institutions.
- edX: Similar to Coursera, edX also provides a range of online courses in sustainability, environmental management, and green technologies.
- Udemy: Udemy offers numerous affordable courses on sustainable living, green building design, and renewable energy systems.



### Books and Publications

1. "Cradle to Cradle: Remaking the Way We Make Things" by William McDonough and Michael Braungart
2. "The Omnivore's Dilemma: A Natural History of Four Meals" by Michael Pollan
3. "The Sixth Extinction: An Unnatural History" by Elizabeth Kolbert
4. "Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming" edited by Paul Hawken



### Websites and Blogs

1. Treehugger: A leading source for news and information related to sustainability, eco-friendly living, and green technology.
2. Grist: An online magazine that covers environmental news, climate change, green living, and sustainable business practices.
3. Inhabitat: A blog focused on sustainable design, green architecture, and eco-friendly innovations.



## Professional Organizations and Networking Opportunities

European Environment Agency



European Environment Agency (EEA): The EEA provides independent information on the environment and promotes sustainable development policies throughout Europe. They offer various resources, publications, and networking opportunities for professionals in the environmental field.



European Environmental Bureau (EEB): The EEB is the largest network of environmental citizens' organizations in Europe, with over 160 member organizations. They provide resources, policy recommendations, and networking opportunities for individuals and organizations working towards a more sustainable Europe.



ICLEI - Local Governments for Sustainability: ICLEI is a global network of local governments and organizations committed to sustainable urban development. They offer resources, events, and networking opportunities for professionals working in sustainability and local government sectors.



The European Federation of Green Roof and Wall Associations (EFB): The EFB promotes the use of green roofs and walls throughout Europe by providing resources, research, and networking opportunities for professionals in the green building and architecture industries.



European Biomass Association (AEBIOM): AEBIOM is dedicated to promoting the use of biomass as a sustainable and renewable energy source in Europe. It offers resources, events, and networking opportunities for professionals in the biomass and bioenergy industries.

By engaging with these European organizations and attending their events, individuals can expand their professional network, learn about the latest developments in eco-friendly practices, and explore career opportunities within the green industry across Europe.

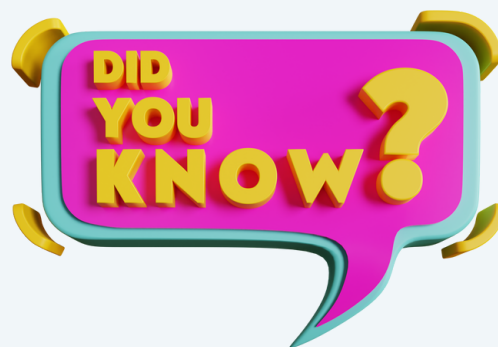


### Job Boards and Career Resources

1. [EnvironmentalCareer.com](#): A job board featuring positions in environmental fields, including conservation, renewable energy, and sustainability.
2. [GreenBiz](#): Offers news, insights, and job listings related to sustainable business practices and green careers.
3. [EcoJobs.com](#): A job board specializing in environmental and natural resource-related positions.

By exploring these resources and engaging with like-minded individuals, participants can continue to expand their knowledge of eco-friendly practices and pursue a career in the green industry.

Permaculture is an innovative approach to sustainable living and design that focuses on creating integrated systems that work in harmony with nature. For those interested in pursuing permaculture further, here are some resources, professional organizations, and networking opportunities related to permaculture in Europe:



### Online Courses and Educational Platforms

1. [Permaculture Association \(Britain\)](#): Offers online and in-person permaculture courses, including an Introduction to Permaculture and the full Permaculture Design Course (PDC).
2. [The Permaculture Academy](#): Provides various online courses, workshops, and webinars on permaculture design, regenerative agriculture, and ecological living.

### Books and Publications

1. "Introduction to Permaculture" by Bill Mollison and Reny Mia Slay
2. "Permaculture: Principles and Pathways Beyond Sustainability" by David Holmgren
3. "The Permaculture Handbook: Garden Farming for Town and Country" by Peter Bane

### Websites and Blogs

1. [Permaculture Magazine](#): An international magazine that covers permaculture projects, innovations, and news from around the world.

[Permaculture Research Institute](#): Offers articles, case studies, and resources related to permaculture design, regenerative agriculture, and sustainable living.

## Professional Organizations and Networking Opportunities



### **European Permaculture Network (EuPN)**

A network of permaculture organizations, practitioners, and educators from across Europe that promotes the exchange of knowledge, resources, and best practices.



### **Permaculture Association (Britain)**

In addition to offering courses, this organization also hosts events, conferences, and networking opportunities for permaculture enthusiasts and professionals.



### **Permaculture Convergences**

Annual gatherings organized by various permaculture organizations in different European countries, bringing together permaculture practitioners, educators, and enthusiasts to share knowledge, ideas, and experiences.

By engaging with these resources and participating in permaculture events and organizations, individuals can deepen their understanding of permaculture principles, expand their professional network, and explore career opportunities within the permaculture and sustainable living sectors.





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