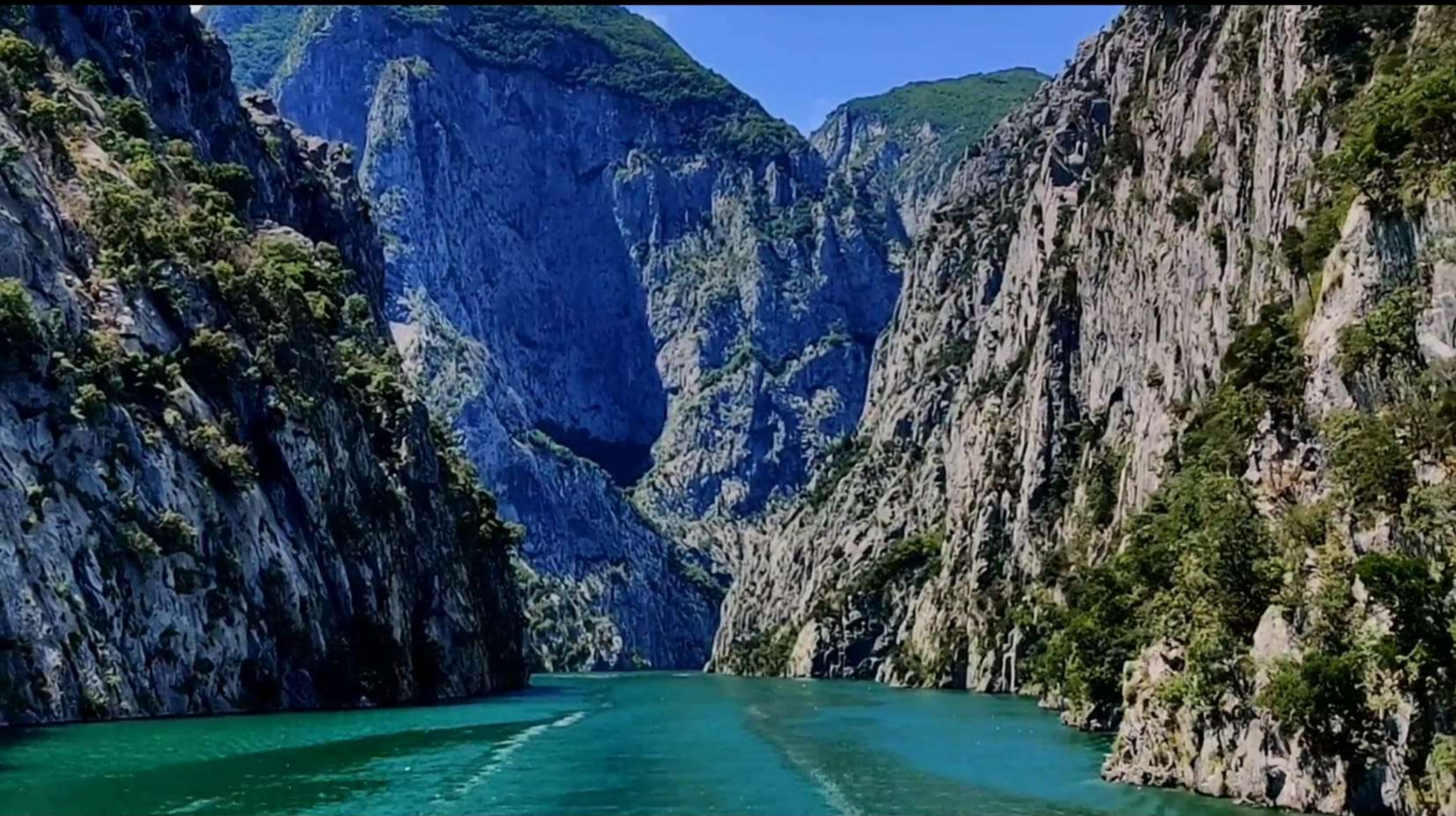


GO NATURAL

BOOKLET

ALBANIA, 3-10 OF JULY 2022



Co-funded by the
Erasmus+ Programme
of the European Union





Healthy &
Sustainable
lifestyle

GO NATURAL

BOOKLET



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HEALTHY LIFESTYLE, SUSTAINABLE FOOD AND ENVIRONMENT

"The soil is drying, the water is evaporating and the forests are burning...so the world is dying. Now tell me; why are we sitting down?"

Even if we are working to make the world a better planet, there is always something more that each of us can do towards a more sustainable environment. If you don't know how, don't worry, we are here to help you.

Being fulfilled and integrated in society, feeling happy and in balance with nature is the main reason that we live for. **Unfortunately, we are doing the contrary of all this...**

Why?

One of the main reasons why we are facing this situation, or better said, that is leading the Earth towards its own destruction (and therefore, all life on it), is the **food situation and habits**, which has a direct impact on our environment.

Our modern society, unfortunately, promotes products that are high in calories, that contain too much saturated fat, fast sugars, food additives, chemicals and also toxins linked to aggressive cooking methods. At the same time, our diets has become poor in vitamins, fibres and minerals.

According to the World Health Organisation, **cardiovascular disease is the leading cause of death** in the world, and is mainly due to smoking, poor diet and obesity. Arterial hypertension and diabetes are also serious concerns of the WHO, as well as overweight, intolerances, allergies...All of those diseases are associated with an **unbalanced diet**.



How did we get to this situation?

This is due to several factors, but the most important and urgent are the food companies that form the **agri-food lobbying**. These companies are exploiting large extensions of fields in order to produce food in massive quantities and in an unsustainable way.

They also use advertising to impact people and nutritional information which is often vague and dangerous to ourselves.

Therefore, **they are damaging in a permanent way the ecosystem**, since they are contributing to the deforestation of jungles and forests. One of the consequences is the enormous quantity of water usage and unhealthy chemicals that are used to produce as much as the world is asking.



Each European, through his way of life, uses **three times more** agricultural land than the available per capita on a global scale. We are overexploiting the planet's limited resources. Which means that we are running out of drinkable water and healthy soil.

We can also mention the **issue of plastic**. The state of our polluted oceans reveals the inability of our governments to manage such quantities of waste because of the costs of waste treatment. In 2016, the number of plastic bottles sold worldwide amounted to **480 billion plastic bottles consumed per year**.

Food waste is estimated at 1.3 billion tons each year, which alone would eradicate hunger in the world. Humans are taking up more and more space on this planet, but they are also more and more numerous.

Here is an estimated approach of the statistics related to the food waste according to the **total production in the world** of each category:

- Fish and seafood → **35% WASTED**
- Meat → **20% WASTED**
- Cereals → **30% WASTED**
- Fruit and Vegetables → **45% WASTED**



Adopting new methods of production, processing and food consumption is therefore becoming a necessity.

Besides these problems previously mentioned, we, as a human race, are endangering the environment by **destroying natural ecosystems** such as natural parks, either by polluting them, massifying them (turning them into tourist attractions), or pushing away the wildlife that inhabits those areas.

It is fundamental to keep these ecosystems healthy, not only for us, but for future generations. We herited the only treasure that the Earth provided, and we are slowly turning it into ashes, **leaving a very dangerous and desolated place for our own children.**



BASICS OF A HEALTHY AND SUSTAINABLE LIFESTYLE

Water

Water hydrates our body, carries vitamins and minerals to areas where they can be used. It is therefore essential to drink **at least 1.5 litres of water a day**. To make sure the quality of the water is good, we can invest in efficient filtration systems such as **water filtered by reverse osmosis**, which is a water purification system that works through very fine filtering, which only lets water molecules through.

Choose original, unprocessed foods

Selecting fresh foods that **have not been industrially processed** is important because those products are usually fresher and lose less vitamins and enzymes. We can also cook more often to reduce the amount of processed food we eat.

Choose a variety out of the product groups

It is essential to eat different types of food to meet our nutritional needs. We can vary the colours on our plate and eat a large amount of vegetables. In general, it is recommended to eat vegetables of different colours, textures, raw or cooked. Green vegetables are recommended to harmonise the acid-base balance of our body.

Avoid fast sugars, choose whole grains

Too much sugar has a negative impact on our health. We can replace it with healthier alternatives, such as fruits or whole grains (cereals).

The wheel of five is a useful tool, which we can rely on to control the amount of different kind of food we consume on a daily basis.



Don't fill, but feed yourself - Choose quality over quantity

In our society, we eat a lot, more and more... while we move less and often work indoors in heated spaces. We should **eat less and choose better products**. We also need to take time to eat and to chew well in order to facilitate digestion.

Select local and seasonal foods, whenever possible

Local foods pollute less since they are not transported as much and they are not subjected to ripening gases, so **they're better for our health**.








The seasons often **give us what we need at a specific time**. For example, when the weather is hot, fruits are precisely juicier, because our body needs more water to avoid dehydration.

In addition, seasonal vegetables grow at their own pace, often in a natural environment and therefore develop natural protection. Finally, local fruits and vegetables often come from rustic varieties, with little or no hybridization.

Use healthy cooking methods

Many vegetables, cereals, fish and poultry can be steamed gently. White and red meats can be cooked in the oven at a low temperature. Barbecues are to be avoided on a daily basis.

The general recommendations regarding foods in the Wheel of Five are as follows:

-  Lots of fruit and vegetables
-  Especially whole grain products, such as whole-grain bread, whole-grain pasta and couscous, and brown rice
-  Less meat and more plant-based food. Vary the diet, switch between fish, pulses, nuts, eggs and vegetarian products
-  Sufficient dairy products such as milk, yogurt and cheese
-  A handful of unsalted nuts
-  Soft or liquid spreadable fats and cooking fats
-  Sufficient amounts of fluid, such as tap water, tea and coffee



IMPORTANCE OF MANTAINING A HEALTHY LIFESTYLE AND HEALTHY EATING HABITS

Better for the planet

Eating healthy and sustainable foods will contribute reducing our ecological footprint, which will help us achieving a healthier planet.

Decreasing the risk of sickness

With a healthy diet, you will decrease the risks of diabetes type 2, cardiovascular diseases and different types of cancer.

Feeling fit. Body and mind connection

Your energy levels will be stable during the day, which will help you feel in a good shape both psychologically and physically.

Maintaining a healthy weight is easier

Eating healthy products contain less calories, sugar and saturated fats which will lead to a balanced bodyweight.

Although it's easy to identify the ways to improve and to take steps forward towards a healthy lifestyle and eating habits, **we often find natural or artificial barriers that complicate this progress.**

Some examples of this barriers are:

- Not enough money nor time and/or knowledge
- Poor eating habits (snacking, junk food...)
- Stressful life rhythm
- Food industries influence
- Obesogenic food environment



IMPROVING OUR HEALTHY LIFESTYLE AND INSPIRING OUR COMMUNITIES

Small steps and create a good action plan

Implementing **small steps towards better behaviour** will make it easier and more sustainable in the long run, following an ambitious and big objective may be perceived as unreachable.

Some examples for getting started are:

- Buy your vegetables from a **small local producer** rather than in a supermarket
- Opt for **animal welfare-friendly farming**
- **Buy food in bulk or at a local market** to avoid plastic waste
- **Buy second-hand** goods & items as much as possible



Finding role models or inspirational healthy influences

Because humans are a social species, we will adopt others' behaviours. Especially if we consider them better than ourselves. If you **surround yourself with healthy examples**, it will be easier for you to maintain your healthy lifestyle habits.

Seeking professional advice

A professional, like a certificated dietitian or physical therapist/trainer **could coach you science based**. It will ensure the quality and sustainability of your progress.

Engaging workshops and community meetings

Taking action in social events will provide knowledge and tips for **adopting new healthy behaviours** and will grant you a social group which can become or bring new friendships.

Also, taking part in these kinds of events will make you feel better, since you are doing good things for the community.

Start doing physical activity daily, even if it's for a few minutes

The beginnings are always hard, yet if you take it easy, you will realise the **progress is a matter of habit** and practising physical activity will become easier by time, since you will get used to it and **see the positive effects that have on you.**

Use sustainable transport such as bicycle, walking, skating, running...

Not only because it is good for the environment and reduces pollution, but it is also healthy and a **great way to implement movement in your daily life.**

Nutritional diary and conscious eating

Writing down your meals can help you **acknowledge your eating behaviours**, which is the first step towards a healthy diet. Also, when you **think about what you consume** and the nutritional value that it contains, you grow wiser and more experienced.

Find the way that suits you, finding your own path

Do not get engaged in goals or models that you think are not going to suit you or make you feel bad/uncomfortable. Take your time to explore and discover the perfect balance amongst all the healthy habits at your reach.

For example:

- Cutting off the amount of times you eat junk food in a month or in a week.
- Replacing snacks with seasonal food or/and dehydrated fruit.
- Reducing the total amount of carbohydrates that you eat daily from 100% to 80%
- Buying your groceries from the local stores and going by foot or using a bicycle.
- Plan your meals with a regular structure, have breakfast, lunch and dinner always at the same time, if possible.



REMEMBER:

Small steps, but constant ones

HEALTHY RECIPIES

As you already know, food is a fundamental basic need for our organism. Our body systems will suffer severe consequences and, eventually, collapse if they don't get enough nutrients to sustain themselves.

Be careful though...not all food is good, as we shown before, in the wheel of five. Despite being an extremely important part of our daily life, we need to be aware of the different kind of food there are, and mostly, to understand and follow a healthy diet.

This will help us being in a good nutritional balance.

Fortunately, food is not only a basic need to get enough of the energy our bodies: people love food! And it's often a social event too; we celebrate with food and it's simply delicious...It makes us feel filled, giving us a satisfaction sensation.

Also, keeping a balanced diet and a healthy lifestyle, will help you being in a good mood and have high levels of energy.

This is the reason we would like to introduce in this part of the booklet some healthy recipes from different countries, so you get some ideas to start your healthy cooking.



Latvian cold soup

INGREDIENTS:

- 500 grams of pickled beets
- 5 eggs
- 5-8 potatoes
- 500 gr of cucumber
- 30 grams of spring onion
- 1l of Kefir
- A teaspoon of mustard

PREPARATION:

1. Boil potatoes and eggs.
2. Finely chop all ingredients.
3. Add kefir, beets and mustard.
4. Let the soup chill in the fridge for 30 minutes.



Rice pilav:

INGREDIENTS:

- 1/3 kg of rice
- 200 grams of carrots
- 1 clove of onion
- 1 clove of garlic
- 1/3 kg chicken breasts
- 10 grams of cooking oil
- 1 liter of water per 300 grams chicken
- ½ teaspoon of salt
- Add spices (by taste)

PREPARATION:

1. Cut the onion and the garlic.
2. Cut the chicken breasts in small pieces.
3. Put oil in a pan, and then put the chicken in the same pan.
4. The ingredients are frying for a bit, followed by adding the onions and garlic.
5. We stew the ingredients for 5-10 minutes.
6. We add the rice in it, and add a bit of water.
7. The process should continue, and we should continue to add water until the rice is half cooked.
8. Then, we put the rest of the water, add the spices, and put it in the oven for 30-45 minutes, depending on the kind of rice.



Sweet healthy snack:

INGREDIENTS:

- 200 gr. Dried fig
- 300 gr. Dried plum
- 200 gr. Walnuts (grinded)
- +100 gr. Walnuts



PREPARATION:

1. Grind the figs, plums and walnuts.
2. Put it in a bowl.
3. Mix all the ingredients.
4. Then, make any shape out of the mixture.
5. We can also roll the shapes in the grinded walnuts.
6. You can also roll it in dark chocolate powder, or choose not to.
7. After that, let it chill for a couple of hours.



Proja

INGREDIENTS:

- 3 eggs
- 200 ml of youghurt
- 100 ml of oil
- 200 ml of mineral water
- Half of teaspoon of salt
- 250 grams of corn flour
- 200 grams of cornmeal



PREPARATION:

Put eggs in a bowl, add salt and mix it.

Add youghurt, mineral water and oil and mix it again.

Add corn flour and cornmeal, mix it put it all in the baking pan.

Bake it for 30 minutes in 250 degrees.

Time: 40 minutes



Gjuvech

INGREDIENTS*:

- ½ kg of potatoes
- 100 grams of greenbeans
- 200 grams of paprika
- 200 grams of carrots
- 100 grams of onion
- 1 clove of garlic
- 100 grams of rice
- 20 ml of oil
- 200 ml of natural water
- ½ teaspoon of salt
- Dried herbs / Spices



PREPARATION:

1. Peel and cut the potatoes, carrots, paprika, onion and garlic.
2. Put all ingredients together in baking pan and mix them with the spices.
3. Put it in the oven and bake for a 45 minutes-1 hour in 250 degrees.

*Vegan option. If you want non-vegetarian or vegan option, you can also add meat (usually mutton, veal, pork...) cutted in dices or small square-shaped pieces.



Rhubarb pie

INGREDIENTS:

- 200 ml of kefir
- 4-6 rhubarbes
- 3 eggs
- 2 tablespoons of greek youghurt
- 1 teaspoon of baking powder
- 300 grams of wholegrain flour
- 200 grams of stevia
- cinnamon



PREPARATION:

1. Mix 2 eggs with stevia then add kefir and mix it all.
2. Add flour and baking powder.
3. Peel the rhubarb and cut it into pieces.
4. Put the baking paper on the baking pan and pour the dough.
5. Put on rhubarbers.
6. Mix one egg, two tablespoons of stevia in a bowl.
7. Pour the mixture over the rhubarb and add cinnamon at the end.
8. Bake in oven for 200 degrees for 20-30 minutes.



Dutch Vegetarian Salade

INGREDIENTS:

- 1 head of lettuce
- 2 tablespoons olive oil
- 2 tablespoons vinegar
- ½ tablespoon mayonnaise
- 1 teaspoon mustard
- 1 shallot, chopped
- 1 tomato, diced
- 3 eggs, not hard-boiled



PREPARATION:

1. Remove the stem from the head and cut the lettuce into pieces.
2. Wash the leaves in cold water and drain in a colander.
3. Mix the oil, vinegar, mayonnaise and mustard well and add the shallot and tomato.
4. Place the lettuce leaves in a bowl and drizzle the dressing over them.
5. Garnish the lettuce with the sliced eggs and serve.



Fit pancakes

INGREDIENTS:

- 30 grams of wholegrain flour
- 1 egg
- 50 ml of almond milk without sugar
- 5 grams of baking powder
- oil
- 15 grams of chocolate chips
- A pinch of salt
- jam without sugar
- sweetener
- strawberries



PREPARATION:

1. Mix flour with egg, milk, baking powder, salt, sweetener and chocolate.
2. Bake pancakes and serve them with strawberries and jam.



TOOLS AND EXERCISES FOR FACILITATORS

Every good learning has a good learning process behind, which can be triggered by someone's own experience, but human beings are used to learn from someone who facilitate this learning process through a wide variety of teaching methods.

We, as a human race, learn listening, observing, thinking, tasting, hearing and touching. We learn by using our senses and our mind.

In this section of the booklet, there are some exercises that trainers and facilitators can use in their own workshops to share a deeper knowledge about different topics.

The facilitator will find the main objective of each activity, the target group and their size, the duration and the description. Of course, these are guiding points, but all of the activities can be adapted at will in order to reach in the best way the group that will perform it.

We hope you like them!



Activity 1

Title: Nutrition, healthy habits

Aim: The aim of the workshop is to go from unconscious behaviour to conscious behaviour.

Important: There is no right or wrong.

Group size: 1 to 30+

Length: 45 to 60 min.

Introduction: Explain the aim of the workshop. (5 min)

Main activity:

- First part. Read the different statements and ask what the participants think about their behaviour, and discuss why it's maybe not so interesting to behave like that. (30 to 40 min).
- Second part: Let them work in pairs and let them think about their life, what they want to change etc. (6 questions). (15 - 25 min).

Tips for facilitation:

Introduction: Everyone is in a circle, seated on a chair. The "teacher" is in the front, in the middle of the circle.

Explain the aim of the workshop. Ask who has his driver's license

Ask who remembers the very first lesson when they had to drive the car for the first time.

Explain: You had to think about a lot of things: you can't hit pedestrians, you have to watch your speed, you have to make sure you follow the signs, ...



Ask: how is it now?

They will probably say that right now it's easy, they do it without thinking, and sometimes they arrive at their job without knowing how. They just do it automatically. Eating/drinking is the same as driving a car. We do it automatically, without thinking. The aim of the workshop is to go from unconscious behaviour to conscious behaviour.

First part:

You are going to ask questions, each person thinks for himself. If the answer is YES, then they stand up. If the answer is NO, then they stay seated.

STATEMENTS (examples):

- I sometimes skip meals like breakfast, lunch and dinner
- I often eat something in between or actually I eat non-stop throughout the day
- I often keep eating, even when I've actually had enough
- I am often not very aware of what I eat, or how something actually tastes
- I often do other things while I am eating, such as watching TV and reading
- When there's something tasty in the house it seems like it's calling my name and then I really have to eat it (I feel some kind of urge)
- I drive to food after an argument or an unpleasant conversation
- I eat more/less/differently/faster when I'm stressed
- After a busy day I often reward myself with something delicious
- I don't drink much water because I don't feel thirsty
- I eat more/less/differently/faster when I'm tired
- I don't recognize the feeling of hunger
- I sometimes eat at night when I can't sleep
- I often eat more at night than during the day
- I can't watch TV without eating something
- I often eat (too) fast
- I often eat secretly
- I often eat when I'm alone

Second part:

Explain that changing your habits is not easy. You first need awareness, then the knowledge, and then you can decide to change things step by step.

IMPORTANT: the things that YOU want to change.

After this explanation read the questions and explain the questions. Then let them work in pairs and let them think about their life, what they want to change etc.

Do you have (un)conscious negative habits?

Which one is the most interesting to bend/to change?

What will it bring you if you leave this negative habit out?

What needs fulfil this habit?

What are you going to do now to replace/unlearn this negative habit?

What can you do to make this habit harder to grab?



Activity 2

Title: Movement session

Aim: to make people move in a different/challenging way, making them understand movement is for everyone and shouldn't be decided in categories, we're all human beings who are designed to move and play, each of us at our own level

Group size: 10-20 (or more, unlimited)

Length: 30-60min

Description:

Introduction in circle (Disclaimer about intensity and listening to your own body)

- Warmup (running randomly through each other, pairing up in couples) Zen archery (trying to hit each other and avoiding contact)
- Mirror exercise (following the hand)
- Bridge taps (challenging each other to touch bodyboards to the hand of the challenger from different positions)
- Shoulder following (following partner with hands-on shoulders trying to get away) Cool down shaking
- Reflection

Tips for facilitation:

Be prepared, be calm, speak loud and clear, give people the option to work on their level/take breaks/etc, drink water



Activity 3



Title: Food waste.

Aim: Learn about food waste and how to save food and don't waste too much.

Group size: 5-10 people per group. Can be multiple groups who do the same exercise.

Length: 40-60 min session.

Description: Every year we are throwing away 1.3 billion tons of food. For many people in the world, food waste has become a habit: buying more food than we need at markets, letting fruits and vegetables spoil at home or taking larger portions than we can eat.

- Give overall information about food waste in the world.
- Divide people into groups and give the task.
- Task is to make a recipe from leftover food
- Each team has 10 min to do the task.
- After preparing, each team needs to present in an active way. Such a theatre, for example. 3-4min for the performance.
- After every performance, 2 min for questions from other groups.
- Summary of the activity led by facilitators.

Tips for facilitators:

Make a shopping list & only buy what you need. If you don't eat everything you make, freeze it for later or use the leftovers as ingredients in another meal. Turn leftovers into soup, smoothies, and sauces. Stale bread can be used for bread crumbs or frozen for later. Jams, sauces or pickles are a good way of conserving food. Best before dates are indicators of quality, not safety—food is often still good after.



Activity 4

Title: Wild edible plant, herbs and mushrooms

Aim: This workshop aims to enhance participants' knowledge about edible wild plants, herbs or mushrooms.

Group size: 10 to 30 people

Length: 30 minutes

Description:



First of all, this kind of workshop is adapted for 10 to 30 people. The number of people depends on how many plants samples the facilitator brought. Before the workshop, the facilitator has to prepare papers with the names of each plant and papers with a description of each plant. In fact, each participant will get one sample or one paper.

For example, for a group of 24 participants, you need 8 samples of dried plants. Also, the facilitator has to prepare 8 identification papers for each sample and 8 papers with the name (Latin and English) of each plant.

The workshop is divided into 3 parts.

First, participants start to do the activity about guessing plants (15 minutes).

At the beginning of this activity, the facilitator gives each participant a sample, a paper with the name or the identification of a plant. Participants have to make groups of three with others who have the same plant. They will use their senses such as taste, sense of smell, sighing and what they have already experienced with plants to guess samples of dried plants. Each participant has to find two partners who have the same plant.

In the end, participants will be in groups of three people.

Secondly, the facilitator uses her/his storytelling skills to narrate a fictional wildcrafting day in nature (10 minutes).

It is also a way to rise the participants' awareness of collecting, harvesting and consuming, protecting plants.

Finally, the facilitator close the session by answering participants' questions with an infusion of plants (5 minutes).

Tips for facilitators:

The facilitator should make a little energiser start the activity.

Handouts

Books :

- Collins gem - Food for free
- Collins gem guide - Herbs for cooking and health
- Nicholas Culpepper's The complete herbal



Activity 5

Title: Breathing workshop

Aim: To calm down, relieve stress, oxygenate the brain and body, connect with body and mind (preferably in a natural environment)

Group size: 5-30 people

Length: 30 min

Description:

- Introduction about the importance of breath
- Who has experience with breathing exercises and meditation?
- Explanation Wim Hof method
- Introduction to breathing technique Disclaimer
- Breath work 3 rounds Cool down
- Group reflection

Tips for facilitator:

Be specific, be precise, give clear and loud instructions, breathe with the group, keep an eye on the comfort of the participants (check-in if necessary),



Activity 6

Title: Good and bad eating habits.

Aim: Critical thinking of certain habits that are mainstream nowadays among youth, reflection on active citizenship.

Group size: 1 - 30+

Length: 60 - 90 min

Description:



The workshop's main aim is to develop critical thinking about bad or “normal” eating habits that are proven to be unhealthy through role-playing and acting.

After a short energizer/icebreaker, the facilitator points out the main aspects of the workshop and explains what is expected of them.

The activity will be divided in three parts:

First part:

Divide the participants into 5-6 groups and give a specific topic or situation to each group

Second part:

Each group will need to create a scenario about their given topic and play a scene for about 2-3 minutes. The topics can vary from: good/bad eating habits, healthy/unhealthy lifestyles, fitness, nutrition etc. The duration of this part can vary from 30 to 40 minutes.

Third part:

After the preparation, all the groups will have 2-3 minutes to present their work in front of the group.

Tips for facilitation:

It's important to be in an open space, preferably outdoors, in order to give enough space and privacy for the participants to prepare and deliver their acting scene

Activity 7



Title: Biodiversity and humans' importance

Aim: Raising awareness regarding what is the importance of the Biodiversity

Important: Biodiversity guarantees health and food safety.

Biodiversity is at the heart of global nutrition and food security. Millions of species work together to provide a variety of fruits, vegetables and animal products needed for a healthy and balanced diet, but they are threatened.

Group: each group 4-6 persons

Length: 35-45 min

Introduction:

Explain the workshop.

First Part: Definition of Biodiversity (20 min).

Second part: Work in pairs (25 min).

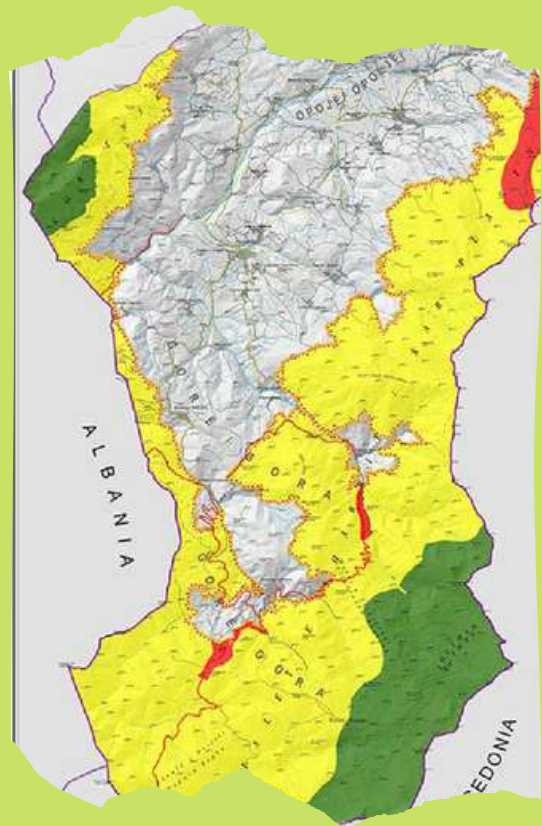
Description:

First Part:

Starting by defining what biodiversity is (Using PPT slides, pictures and videos as a support).

Biodiversity is all the different kinds of life you'll find in one area: the variety of animals, plants, fungi, and even microorganisms like bacteria that make up our natural world.

All the species and organisms work together in ecosystems to maintain balance and support the chain of life. Biodiversity supports everything in nature that we need to survive: food, clean water, medicinal plant, and shelter.



Second Part:

Explain the importance of the activities of the human to the biodiversity by their activities as tourists, pesticides, overusing land, overusing natural resources and wildlife.

For a more interesting presentation, we will use a video.

Divide groups, and encourage them to develop a presentation regarding the actions of the people on biodiversity:

- List the various foods that we eat. Encourage the group to identify which crops, fruits, vegetables and animals are used in their favourite dishes
- Ask where they think their food was grown or originated and which part of biodiversity impact their growing
- Where did your food item originate?
- What are some interesting historical facts about your food item of the area?
- Why is it grown in these location/ these locations?
- What farming methods are used to grow or raise your food item? Describe them.
- Why are these methods used?



Tips for the facilitation:

Divided the group by selecting names of flowers, trees, fruit, animal.

Explain the aim of the biodiversity referring to the topic Biodiversity, Ecosystem, Habitats, Biological diversity, Biodiversity and human health.

Each group will work on the topic referring to the questions below and at the end, they will find the common thoughts! Written all in the flipchart with creative design.

Define biodiversity impact:

- Understanding the notion of biodiversity
- Explore the interconnectivity of ecosystems and species
- Analyze the impact of ecosystems and species
- Identify the human activities that threaten biodiversity
- Examine your local biodiversity or the most important NP
- Identify critical challenges to local biodiversity
- How can we work to mitigate the biodiversity threat



REFLECTION

As we said before, our intention is helping you to achieve and adopt a better lifestyle, becoming healthier and more sustainable. By doing so, you will be able to help others with this change.

We gave you several reasons why it is our obligation to engage this change of behaviour and attitude. You have learned some tools, and now it is your turn to stand up, take actions and lead others to protect our world, our environment, ourselves and the generations to come.



**THANK
YOU**

A group of people, including children and adults, are gathered around a campfire at night in a wooded area. The fire is bright and illuminates the scene. In the background, a cabin with a porch is visible, lit up. The overall atmosphere is warm and cozy.

**FOR
READING**