

# W-UP TOOLKIT

## The Project and simple, easily replicable upcycling techniques just to try

W-Up: Waste Upcycling Tour, a mobility scheme to raise people up, make them aware of waste management and upcycling issues and create a positive impact in local communities on this topic
















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# TABLE OF CONTENTS

1.W-UP tour project description	pag 4
2. W-Up Tour concept	pag 8
3. Partner description	pag 11
4. Experts presentation	pag 13
5. Content creators presentation	pag 18
6. W-Up tour Vacancies	pag 19
 6.1 Cambodia: environment and waste upcycling	pag 19
 6.2 Thailand: Save the ocean upcycling workcamp and adventure	pag 21
 6.3 Croatia: Art and nature upcycling work camp	pag 23
 6.4 India: Tibetan culture and upcycling workshops	pag 25
 6.5 Italy: Camping, art and upcycling	pag 27
 6.6 Spain: upcycling and environmental entrepreneurship	pag 29
7. Upcycling techniques: methodologies and videos	pag 31
 7.1- Seat with tyre	pag 31
 7.2- Sofa with pallets	pag 45
 7.3- Table with pallets	pag 58
 7.4- Eco-Soap with used oil	pag 62
 7.5- Lamp with washing machine drum	pag 69
 7.6- Furniture with brics from tetra-brics	pag 73
 7.7- Cardboard furniture	pag 79





## 8. W-Up work camps descriptions pag 86

 8.1 W-Up in Cambodia pag 86

 8.2 W-Up in Thailand pag 94

 8.3 W-Up in Croatia pag 104

 8.4 W-Up in India pag 111

 8.5 W-Up in Italy pag 121

 8.6 W-Up in Spain pag 129

## 9. Local workshops: activities and methodologies pag 137



# 1. W-UP TOUR PROJECT DESCRIPTION

The acronym **W\_UP** Tour stands for **Waste Upcycling** Tour, which is a **mobility scheme** to **raise people up**, make them aware of **waste management** and **upcycling** issues and create a **positive impact** in local communities on this topic.







**Upcycling** means turning discarded things into something new, usable, useful and beautiful. It's an **improved form of recycling** that gives new life to the unused things, giving them a new **purpose** and a **much better quality**.



The environmental benefits of upcycling are huge, aside from **reducing** considerably the volume of **waste** being sent to landfill each year, it especially reduces the need for **production** using new or raw materials which means a reduction in air pollution, water pollution, greenhouse gas emissions and often a **conservation of global resources**.

All **partners** involved were expected to acquire **skills** in the environmental sector and to use **non-formal learning competencies** for creating W\_UP tours within their volunteering opportunities. Moreover to **exchange** tools and good practices on non-formal learning, social entrepreneurship and waste-upcycling methods.





# ACTIVITIES



**Training Course** on Waste Upcycling, social entrepreneurship and Non-formal education in Spain especially to training on waste upcycling methods and technical aspects;



**The W-Up tours** were implemented in each partner country and the Tour lasted 15 days. Each country was matched with a country from the other continent;



During the trip the participants discovered the local context on waste management together with the local community and stakeholders dealing with it;



In the last days of the W-Up Tour a **dissemination event** with local authorities and relevant stakeholders was organised to present the outcomes of the mobility and raise awareness in the local communities;



After each W-Up Tour a **local workshop** on waste upcycling was run by each partner organisation with the help of a local expert.





## OBJECTIVES



The aim of the project was to create a **mobility scheme**, labelled W-Up Tour, to support young people and non-profit organisations to develop **entrepreneurial activities** on **waste upcycling** both in Europe and in Asia;



To offer **quality-learning experiences** to **international participants**; raising **awareness** at international and local level on waste issues; financially support non-profit organisations and local communities through **social entrepreneurship**;



To help the **local community** to better manage the waste.

All partners involved were expected to acquire **skills** in the environmental sector and to use **non-formal learning** competencies for creating W-Up tours within their volunteering opportunities. Moreover, they were willing to exchange **tools** and **good practices** on non-formal learning, social entrepreneurship and waste-upcycling methods.

### DISCOVER MORE ABOUT W-UP

<https://www.youtube.com/watch?v=nam311C2VtU>

<https://www.youtube.com/watch?v=L1CPfYcIE3s>





## 2. W-UP TOUR CONCEPT

During the Training Course in Spain, guidelines and quality standards were decided together with the project partners.

### GUIDELINES AND COMMON QUALITY STANDARDS FOR W-UP TOUR

A W-Up Tour is a **mobility scheme** with the aim to support young people and non-profit organisations to develop **entrepreneurial activities on waste upcycling**.



The tour should last between 10 and 15 days (at least 9 nights and maximum 14 nights) and have the following format:

- min. 40% of **upcycling activities**
- min. 40% of **interaction with local community**
- max. 20% of **tourism**

Tourism should be as **sustainable** as possible and should aim at discovering the local context. The tour will be based on **non-formal education** principles.



International participants are required to pay a **participation fee** as **popular** as possible defined by the hosting organisation.

Sending organisations were expected to require an additional fee.

The participation fee cover:

- Food and accommodation
- Technical workshops about upcycling with the local expert
- Materials to be used during the activities
- Local transport if required for workcamp's activities
- Administration charge and costs related with the participation in all activities

While are not included international travels, visa costs, transport to reach the venue, health insurance that was compulsory, and any personal expenses.





## GREEN GUIDELINES

Hosting organisations and participants had to be green and comply with the following guidelines:



Using refillable water bottles



Sorting the garbage



Doing compost



Using shopping bags and avoid disposable items



Consuming local food



## PROFILES

Profiles required to the team staff to run a W-Up workcamp (a staff member might perform multiple tasks):



1 workcamp leader



1 local expert in upcycling



1 volunteer coordinator



1 person in charge of visibility to disseminate the results and show the outcomes of the workcamp on a large scale.



## DISSEMINATION EVENT

In the last days of the W-Up Tour a dissemination event with **local authorities** and **relevant stakeholders** was organised to present the **outcomes** of the mobility and **raise awareness** in the local communities. The dissemination event was held with at least 30 participants representing at least 3 members of local authorities and other 5 relevant stakeholders of the civil society.



## LOCAL WORKSHOP

After each W-Up Tour a local workshop on waste upcycling was run by each partner organisation with the help of a local expert.

The workshop fostered **active participation** of the local community and contributed to help local people look for **innovative solutions** on waste management in their own social contexts.

It should last at least 18 hours (for example in 3 sessions of 6 hours each) and involve at least 30 participants from the local community (for example 10 participants for each of the 3 sessions implemented).





### 3. PARTNER DESCRIPTION



**NO BORDERS** is an Italian association born from the desire of a group of young people to develop their ideas. The young people involved in this reality are people with different experiences at the international level and in project management. The association develops projects in which young people can improve their skills and acquire competencies.



**XERACION VALENCIA** is a non-profit youth cultural association created in Gandia (Valencia, Spain) in February 2014 by an enthusiastic group of youth who decided to quit their regular jobs in order to follow their ideals and get out of the current working system which was not fulfilling their personal goals.



**CAMBODIAN YOUTH ACTION** brings young people from different cultures together to live, share and discuss global issues, with the purpose of personal growth, social engagement, and sustainable development.



**RUCHI** is a non-political, non-profit organisation committed to the development of rural India. It was registered under The Societies Registration Act of 1860 in 1983, and its headquarters are now located at Bandh, a small village in the Himalayan foothills of Himachal Pradesh State, Northern India. Ruchi is now working in over 100 villages in the steep mountainous terrain of the Sirmour and Solan districts.



**ALFA ALBONA** is an association from Labin, Croatia which works in the field of youth information, mobility of young people and social entrepreneurship.

**VSA Thailand** was also partner and actively involved until June 2023; it then decided to quit the project.

VSA is IVS representative in Thailand as the bridge to bring people from various cultures or believing to learn cultural diversity, make understanding by supporting activities of local communities around the world. Imagine, a small group of people with different characters gathering in local communities around the world and supporting local activities with villagers.



## 4. EXPERTS PRESENTATION

### **ION LERA SANCHEZ - Xeración Valencia** **Upcycling expert**



Ion is a "self-retired" software engineer who in 2009 decided to turn his life around by leaving computing behind and trying to turn his greatest passion into his work: travel the World, get to know other cultures and grow personally and professional.

After many experiences abroad, in January 2014 he returned to his hometown (Gandia) and created the association *Xeración València* in order to give

other young people the same opportunities he enjoyed, specialising in environmental projects such as plastic recycling with Precious Plastic or Upcycling. **Ion was the upcycling expert of W-Up project.**

### **JOSEFINA BENEDIT CIGLIUTTI - Xeración Valencia** **Upcycling expert**

Josefina studied urban anthropology in Buenos Aires, Argentina and worked in social integration projects for the last years in her country. She has been living in Spain for the last two years and obtained a postgraduate degree in equality at the University of Castellón. On a daily basis, she works in the implementation of Erasmus Plus projects on gender, feminism and equality issues and collaborates with Xeración as a volunteer mentor and project manager.





## **JELENA BATELIĆ - Alfa Albona**

### **Entrepreneurship, summer camps and textile expert**



Jelena is a youth worker / artist / social entrepreneur dedicated to community building, slow fashion and active participation. She is leading a ngo Alfa Albona from 2012, has established a scheme of the workcamps for youth, and is involved the most in the sphere of volunteering, zero waste topics and social entrepreneurship. She is also a founder of social enterprise Vintage Wave, a fashion brand that is promoting sustainable way of living and slow fashion movement.

## **TANJA BLAŠKOVIĆ - Alfa Albona**

### **Art Specialist**

Tanja is a multidisciplinary artist and educator who works in different fields of art but always with a focus on sustainability. She upcycles and recycles mostly plastics and textile in her work, she teaches kids and adults how to do the same through workshops and she is an owner of a small fashion brand Eston Teco through which she creates small collections by upcycling the textiles.





## **IRENE GIULIANI - Xeración Valencia**

### **Natural cosmetics expert**



Irene studied Environmental sciences at Rome University. She finds it really captivating and important to start spreading environmental knowledge and actions among young people (and not only). She was committed to learn and spread info about how to reuse and reduce waste so she started delivering workshops in educational centres on how to make natural cosmetics to teach children and young people.

## **VICENT PELLICER ROCHER - Precious plastic**

### **Upcycling expert**

Vicent is graduated in industrial design and product development from the UPV in Alcoy and specialized in production processes. For four years, he played a key role in a company dedicated to the construction of wooden houses using the light frame system. He was in charge of designing the structures and managing all aspects related to suppliers, architects, clients and workers.



Currently, he is the director and operational manager of Plàstic Preciós la Safor, taking charge of several projects both in the field of awareness and in the definition and improvement of the industrial processes with which all products are produced.





## **CHRISTIAN CHERUBINI- No Borders**

### **Upcycling and hand crafting expert**



Christian has been passionate about handicrafts, repairs and transforming objects since childhood. Christian conducts workshops about DIY, bicycles and motorbikes repairing, recycling and upcycling, not only with plastic materials but also with wooden disposed objects and metals. Together with CasciNet, he is trying to spread the Upcycling techniques in Milan and often organises workshops in the city.

## **ELISA GADDO' - No Borders**

### **International outgoing volunteering expert**

Elisa has been working in No Borders association since April 2021 as International volunteering outgoing assistant and coordinator, as a universal civil servant before and as a staff member then. After joining an international workcamp herself, she has been in charge of recruiting, sending and preparing Italian volunteers for not-financed projects abroad, both within the ICYE framework and in the workcamp's program.





## **SOPHAT SORN - CYA**

### **International incoming volunteering expert**



Sophat is the president of CYA Cambodia. He has more than ten years' experience in volunteer project management. Sophat coordinates volunteers both incoming or outgoing. Together with CYA staff he organises international workcamps and he is competent in managing all the aspects: logistics, facilitation of activities, coordination with other stakeholders.

## **MAHIP DAGAR- Ruchi**

### **International incoming volunteering expert**

Mahip works as a project coordinator at RUCHI. Mahip has 12 years of experience in organising short and long term voluntary incoming projects promoting inter cultural learning.





## 5. CONTENT CREATORS PRESENTATION

### SIMON EMILIO DI BETTA

Simon Emilio (Milomillemgia in social media) is a content creator since September 2019, especially focused on travelling and outdoor activities. He started travelling making vlogs on YouTube then, during the pandemic, he launched some challenges he could do from home and hit the first 200k followers on TikTok. In July 2021 his first big project: cycle all around Italy meeting his followers. In this period his profile hit 400k followers, his videos got more than 100 million views. Simon Emilio wrote, edited and published his first book: "Al massimo cadì". In may 2022 the second project: a 3000 km walk crossing Italy, France and Spain. It lasted 135 days and at the end the profile almost reached 600k followers.



### MATTEO RIZZI



Matteo Rizzi is an Italian photographer and Content Creator who loves nature and sports and spends his life looking for adventure. He founded the instagram account @matterizzi, a page that over the years has managed to build a loyal and highly engaged community around him about the topics of photography, travel, sports and adventure. The account "matterizzi," community to date has more than 66 thousand people and has a focus on travel, photography and video-making.



## 6. W-UP TOUR VACANCIES

Find out about the W-Up destinations and how they were promoted, here are the vacancies for each work camp.



### 6.1 CAMBODIA: ENVIRONMENT AND WASTE UPCYCLING

[https://changemakingtours.org/w\\_up-tour-in-cambodia-environmental-waste-upcycling/](https://changemakingtours.org/w_up-tour-in-cambodia-environmental-waste-upcycling/)

Environment and W-UP project in Cambodia is defined as a mixture of raising **awareness** campaigns and **change-making** actions organised by CYA in cooperation with project partners and the Ministry of Environment, Cambodia. Environment & W-Up project offer **quality- learning experiences** to international participants; raising awareness at international and local levels on **waste issues**; financially supporting non-profit organisations and local communities through **social entrepreneurship**; working with local communities to have better management of their waste. Throughout the project, International and national participants work together with local people and other stakeholders to create a better community environment, plant mangroves, and join the Waste Upcycling workshop to produce the products from the waste.



## ACTIVITIES



**Mangroves planting:** All participants of the project gather at Trapaing Sangke Fishing community (TFC) to celebrate World Environment Day 2023 by planting 2023 mangrove seeds in a community protected area.



**Waste upcycling workshops:** Local people and participants participate in the workshop to learn about making upcycling products from used car tires and work as a team to make eco-bins, furniture, and more.



**Community cleaning campaign:** participants work together with house's owner to clean it up and place the eco-bin with separate trash sign on it and train them how they can manage their trash separately. Some parts of the house wall are painted with themes related to environment and upcycling.



**Discover the surroundings:** Free day to visit the beaches and the surrounding territory.







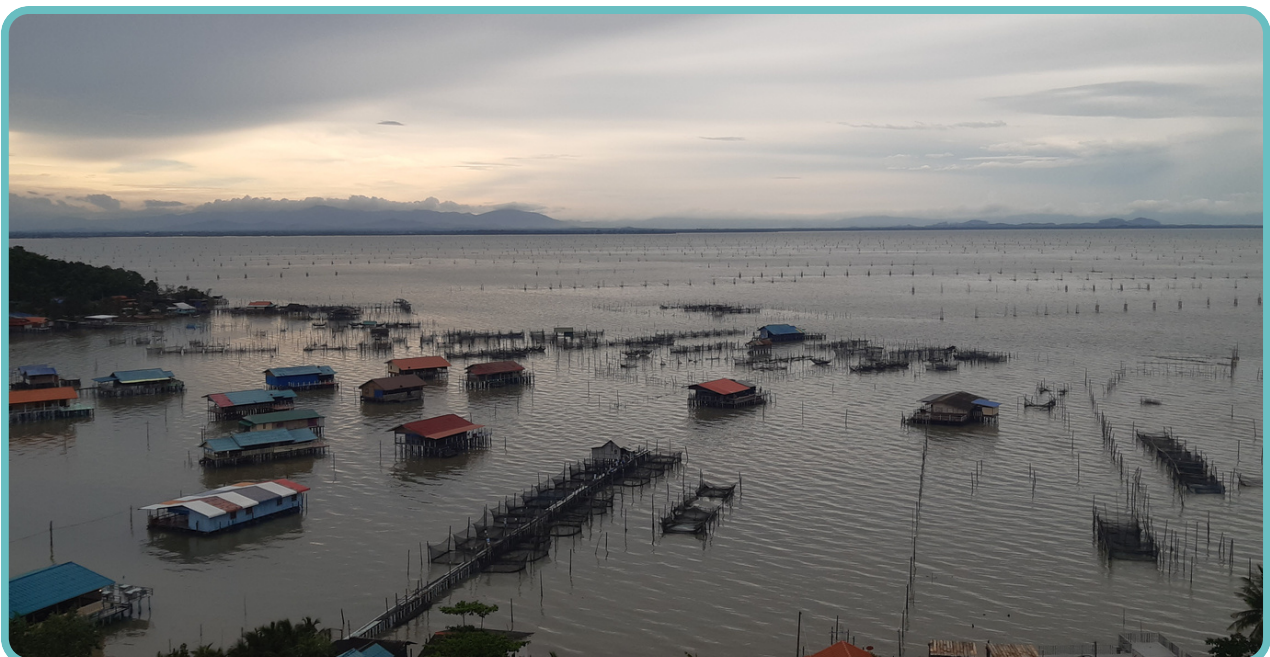
## 6.2 THAILAND: SAVE THE OCEAN UPCYCLING WORKCAMP AND ADVENTURE

[https://changemakingtours.org/w\\_up-tour-in-thailand-save-the-ocean/](https://changemakingtours.org/w_up-tour-in-thailand-save-the-ocean/)

In this work camp, which is part of a larger international project and is carried out in cooperation with the Department of Marine and Coastal Resources in Songkhla, volunteers participate in workshops on upcycling and are trained by a team of international experts. They are then able to make products from waste materials creatively and through the art of upcycling, acquire techniques and methodologies and learn specific skills in this area.

Moreover, participants carry out other activities to protect and conserve marine and coastal ecosystems.

Songkhla is located 720 km south of Bangkok. It faces the Gulf of Thailand, its harbour is the largest among those on the east coast of the Isthmus of Kra, and fishing is one of the leading sectors of the municipal economy. To the northwest of the city lies Songkhla Lake (Thai: Thale Sap), a kind of lagoon separated from the sea by a long strip of land.





## ACTIVITIES



**Recycling and upcycling:** There will be a Waster Upcycling Workshop for volunteers;



**Planting mangroves:** Learn and share the current situation about Songkhla mangrove, observe the mangrove areas, and plant new mangroves;



**Releasing baby crabs into the ocean:** Learn about the crab life cycle and release the baby crabs in the ocean;



**Cleaning beaches:** Collecting trash on Songkhla beaches;



**Visiting the sea turtle conservation centre:** Learn about the turtle situation in Thailand and how to protect/conserves the sea turtles of Songkhla.



## 6.3 CROATIA: ART AND NATURE UPCYCLING WORK CAMP

[https://changemakingtours.org/w\\_up-tour-in-croatia-artnature/](https://changemakingtours.org/w_up-tour-in-croatia-artnature/)

Art&Nature work camp is a youth nature camp as an opportunity for personal development and educational experience. It is an environment where young people can learn and raise awareness about volunteering and its benefits, the importance of protecting the natural environment, the development of global awareness and positive attitudes in terms of greater cross-cultural understanding and active participation, as well as art, recycling and the importance of a zero-waste attitude and sustainable lifestyle. The project gives space for exploration, utilisation, and increase of personal experiences and knowledge, mutual understanding, tolerance, team building, and civil dialogue among young people.

The work camp is located on the Eastern coast of the Istria peninsula of Croatia. This attractive, natural bay, amidst unspoiled scenery and deep blue sea, offers beautiful woodland and rich vegetation, opportunities to relax, and its unspoiled tranquillity. Being several kilometres from the nearest busy road, the camp's visitors can enjoy unbroken peace and quiet. Alfa Albona has 2000 m2 of territory, only 1 minute's walk from the sea.



The work camp is located several kilometres from the nearest busy road, the camp's visitors can enjoy unbroken peace and quiet. Alfa Albona has 2000 m2 of territory, only 1 minute's walk from the sea.





## ACTIVITIES



**Trash to treasure:** Introduction to materials and techniques, experimenting with materials.



**Painting but make it plastic:** Exploring the material further through classic motifs in art such as portrait and landscapes, learn how to take more control of the material and how to use colour and texture in “painting” with plastics.



**Size matters:** Exploring the impact of size in art through creating big art installations.



**Trash to product:** Exploring the use of learned techniques in making products – fashion accessories, jewellery, home goods etc.



**From plastic to fantastic:** Recycling the plastic bags and turning them into something completely new.



## 6.4 INDIA: TIBETAN CULTURE AND UPCYCLING WORKSHOPS

[https://changemakingtours.org/w\\_up-tour-in-india-tibetan-culture-upcycling/](https://changemakingtours.org/w_up-tour-in-india-tibetan-culture-upcycling/)

During the 1st-week volunteers join RUCHI headquarter which is based at a rural location; upcycle discarded tires to make outdoor furniture; Visit schools to create awareness of waste management; Meet the local community to understand cultural diversity. During the 2nd week the group moves to Mcloedganj in Dharamshala which is a tourist town and also the Secretariat of the Tibetan Government in exile. Participants visit Tibetan monasteries, museums, schools and join language classes with Tibetan people.



Bandh in Solan district is a small unknown hilly village with 30 odd families in Solan district of Himachal Pradesh. The area is scenic and peaceful where the living people are dependent on farming. RUCHI is situated 1000 metres off the village. The altitude varies between 1,050 metres (3,200 ft) and 2,000 metres (6,560ft). Due to the high demand of workforce, slums have crept in and are also affecting the villages around.

Dharamshala, popularly known as the 'Queen of the Hills', 'the Scotland of India' is one of the main towns of Kangra valley having a population of about 8600. It is located in the backdrop of snow-clad peaks of the Dhauladhar mountains about 18 kms. northeast of Kangra town. The mountains enfold three sides of the town and the valley stretches beyond to the south. Known for its scenic beauty amidst high pine trees, tea gardens and other timber-yielding trees vying with one another for height, calmness and serenity, Dharamsala's altitude varies between 1,250 metres (4,400 ft) and 2,000 metres (6,560ft).





## ACTIVITIES



**Outdoors tires furniture:** Participating in creating outdoor furnitures from discarded tires for the local community.



**Visit to school and local community:** Visiting the school and the local community to get to know the culture and raise the awareness about zero waste culture and recycling importance.



**Meet local partners:** Meeting the partners RUCHI work with and understand their work on the field.



**Tibetan culture:** Getting to know and understand the tibetan culture by visiting museums, joining classes with monks and talking with the people.





## 6.5 ITALY: CAMPING, ART AND UPCYCLING

[https://changemakingtours.org/w\\_up-tour-in-italy-camping-agriculture-upcycling/](https://changemakingtours.org/w_up-tour-in-italy-camping-agriculture-upcycling/)

This project is held by **CasciNet in association with Associazione No Borders**.

**No Borders** is an Italian association that develops projects in which young people can improve their skills and acquire competencies.

**CasciNet** is a not-for-profit association with the aim of transforming the farm «Cascina Sant'Ambrogio alla Cavriana» into an important place of accessible agriculture and urban economy. CasciNet analyses the needs, problems, strengths, and weaknesses of the reality it encounters and acts in an inclusive manner, through agriculture, art, cuisine, and hospitality to realise a sustainable economic/social model of living.

The workshops is held in the spaces of the CasciNet Association, based in the ancient **Cascina Sant'Ambrogio**. It is an authentic Milanese agricultural farmhouse, located on the edge of the Great Forlanini Park, right where the last countryside gives way to the city. It is a place rich in history, formerly the site of a convent, which for centuries has hosted peasant families, and still today it maintains its agricultural vocation and the atmosphere of a country farmhouse. CasciNet has a farmyard, barns, vegetable gardens, a forest of fruit trees and plants (foodforest) and the hives of the Apineteducational apiary. Participants are hosted in tents, on the green camping area adjacent to CasciNet, and have access to water, toilet facilities and a shared kitchen. In the Cascina there are covered spaces to be used in case of bad weather.





## ACTIVITIES



**Plogging and sorting:** Visiting and discovering the surrounding area where different types of waste will be collected and then organised and divided according to category.



**Waste organisation:** The materials will be broken down and reorganised according to the upcycling project you want to carry out with them. New electronic equipment can be built or art projects completed.



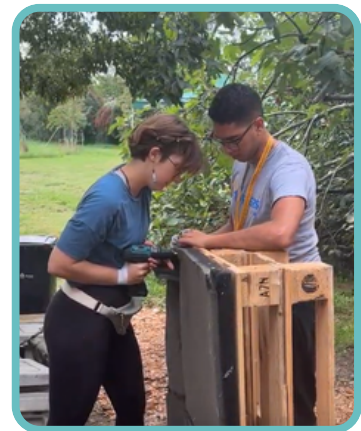
**Precious plastic lab:** With the help of experts in the field, we will learn about pp, the machines used to melt and reshape plastic, and experience their use.



**Visit to the city and museum of interest:** One day will be dedicated to visiting the city of Milan and the Museum of Technology and Science to learn more about the history of materials and their use.



**Upcycling workshops:** Once the materials are ready and after the training activities, artistic and non-art objects will be created for the community space of Cascinet.







## 6.6 SPAIN: UPCYCLING AND ENVIRONMENTAL ENTREPRENEURSHIP

[https://changemakingtours.org/w\\_up-tour-in-spain-upcycling-and-environmental-entrepreneurship/](https://changemakingtours.org/w_up-tour-in-spain-upcycling-and-environmental-entrepreneurship/)

Hosting organisation **XERACION VALENCIA** is a youth cultural non-profit association with offices in Gandia (Valencia) and Narón (Galicia) with the main aim of empowering youth to develop themselves and their critical thinking in order to become active citizens who will improve our society. We follow and practice values of tolerance, human dignity, interculturalism, cooperation, social justice, and integration. As well as practising and promoting sustainable development, healthy life styles and active protection of the environment.



This work camp aims to empower youth by giving them the necessary training to be able to start their own environmental projects/business focusing on Upcycling.

Accommodation is in bungalows (3 people per bungalow) at the [camping L'Alqueria](#) in Gandia. There is a swimming pool and the sea nearby so don't forget your swimming suit! Gandia (capital of the region of "La Safor") is a city with a population of over 80,000 people on the Mediterranean east coast of Spain between the cities of Valencia and Alicante. The climate of Gandia is Mediterranean-subtropical with very mild temperatures during winters (10- 20°C) and very hot summers (25-35°C). The annual average temperature is between 19-20 °C. For the small quantity of rain that Gandia receives each year, the climate can be considered semi-arid.



## ACTIVITIES

During the project, we will be developing workshops in order to create the following products:



Chairs/Seats with old tyres.



Sofa/couch with Pallets.



Table with Pallets



Natural cosmetics: Soap with used oil, deodorant and toothpaste.



Furniture with brics from tetra-brics



Cardboard furniture



Recycled plastic key-rings with plastic waste. We will use the precious plastic machines to produce them. More info: [www.preciousplastic.com](http://www.preciousplastic.com)







## 7. UPCYCLING TECHNIQUES METHODOLOGIES AND VIDEOS

This session will describe upcycling methodologies carried out during W-Up mobilities that can be easily replicated in other contexts.

**IMPORTANT: If you replicate them pay close attention to your safety**

1. Seat with old tyres.
2. Sofa with pallets.
3. Table with pallets
4. Eco-Soap with used oil (natural cosmetics)
5. Lamp with washing machine drum
6. Furniture with brics from tetra-brics
7. Cardboard furniture

**ALL PICTURES ARE TAKEN FROM THE REFERENCE VIDEO**

### **7.1-Seats with tyres (outdoor furniture) model A with rope, model B with fabric.**

There are loads of seat models to build with tyres. Our recommendation is to do previous research on the internet and find the model that will adapt best to your environment and that you like the most. Also very important, try to always use local materials and avoid buying new things as much as possible. Obviously you will need to buy some things in order to make it looks good, but let's try keeping it to the minimum possible.

You can build it as simple or as complex as you want.



Once you have that clear, you should watch the instruction video as many times as possible and have it ready for consultation while building your seat.

One option using all textile: <https://www.youtube.com/watch?v=v45YAgrafws>

[Video source: [Unik Mebel Palangkaraya](#)]

**Materials:** 1 tyre, wood pieces for base, fabric, staples, screws (size depends on tyre, check pictures), foam (between 8 and 12 cms wide), wheels (opt.), wood sheet for base sit (2 pieces between 2 -3 cms wide)

**Tools:** Stapler, screwdriver, cutters, scissors, sawing machine, one drill (6-10)

**Difficulty:** Medium

In order to create any of the mentioned seats (model A or model B) there are some previous common steps to follow:

Step by step method (Video source: SIGNUS ngo, Spain

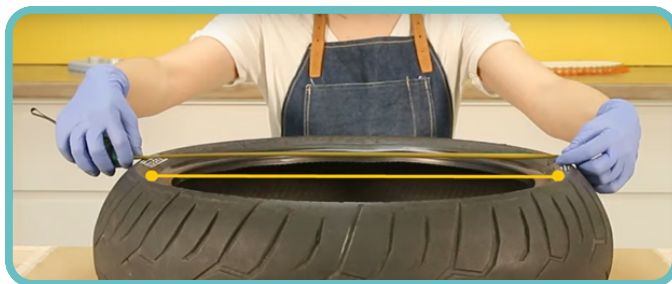
<https://www.youtube.com/watch?v=oZS25vYzaCo>



**Step 1:** Clean the tyre, with water and soap and scratching as much as necessary depending on how dirty and old is your tyre.



**Step 2:** Measure the length from side to side as in the picture (the more detailed the better). You should also decide in what exact position you want to adjust your seat.



**Step 3:** Measure and mark the exact size of the wood to make the top of your seat (diameter).





**Step 4:** Cut both wood pieces to that size.



**Step 5:** Measure and mark the foam around 10 cm. bigger than the wood piece.



**Step 6:** Cut the foam to that measure. Scissors will be enough since it's a soft material, you can also use a cutter.



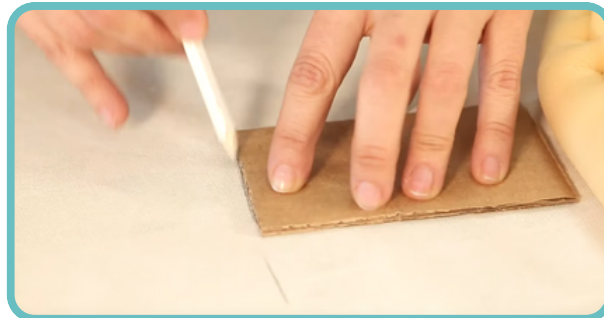




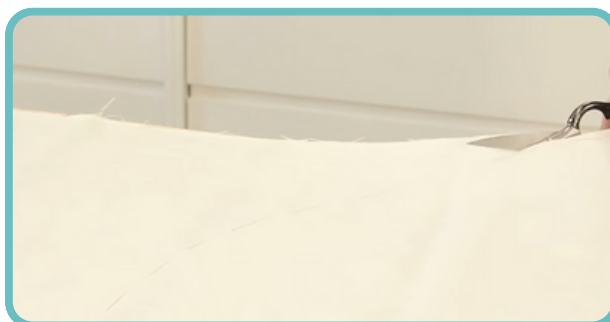
**Step 7:** It's time to hold together the piece of wood with the foam stapling it. Make sure that the foam is tight, so you need to stretch it a bit while stapling it.



**Step 8:** Take measures and mark the fabric in a round shape, considering the size of the foam and the wood, it should be at least double the size of both of them together. Check the size of the fabric making sure that covers the wood and the foam before cutting it.



**Step 9:** Cut the fabric. Scissors should be enough, but depending on the type of fabric you might need a cutter or something similar.





**Step 10:** Time to start stapling the fabric to the piece of circular wood on the bottom part.



**Once you finish this step, the top of your chair is ready! Congratulations!**

Depending on what type of chair you want to make, now you move to **Model A** or **B** for more instructions.



### Model A (Simplest option)

**Materials:** 1 tyre, 1 wood piece for base (between 2 -3 cms wide), screws, wheels (opt.)

**Tools:** Screwdriver, sawing machine, one drill (6-10)

**Difficulty:** Medium

**Step 11:** Paint the whole tyre and let it dry. You will need to make this process several times in order to look completely colourful.





**Step 12:** Paint the bottom piece of wood and let it dry.



**Step 13:** Make holes on the bottom piece of wood and the tyre for the screws type A3.







**Step 14:** Put the screws A3 on the top.



**Step 15:** Put the nuts A3 on the bottom part (inside the tyre), you will need to hold it while screwing.





**Step 16:** Make 4 more holes to attach the legs of the chair. You can decide what type of leg you would like to put on your chair. It could be just 4 equal pieces of wood. You could use for example the wood square pieces from an old pallet.



**Step 17:** Attach the legs from the bottom with the nuts A3.





## YOUR CHAIR IS READY! [Model A]



**Model B** (with rope around the tyre) [Video source: at <https://www.toolsvilla.com/>]

**Materials:** 1 tyre, wood piece for base (between 2 -3 cms wide), thick colourful rope (at least 10mm, around 70 meters), transparent glue for rope

**Tools:** Drilling machine, one drill (6-10)

**Difficulty:** Medium

First of all you have to follow the steps 13 to 16 from the previous instructions. Once that is done, you can start attaching the rope following this tutorial.



**Step 1:** After cleaning the tyre, make a hole at the edge of the inner part. Now it's time to choose the look you want for your chair. You can use common hemp or any other grass available, or you can use a colourful rope.



**Step 2:** Introduce the rope in the hole and make a nut on the inner part of the tyre.







**Step 3:** Cover the tyre with plastic transparent glue using a brush while attaching the rope. You can use generic glue, silicon, hot silicon, or even white glue [it becomes transparent once is dry] whatever you have available. Very important to use transparent glue.

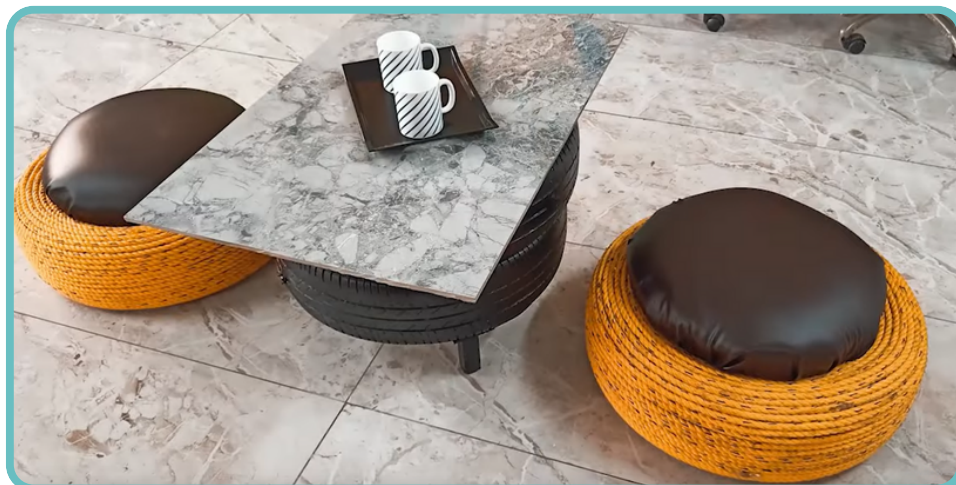


**Step 4:** Keep adding glue and turning it around until the whole tyre is covered. Be patience, it's a slow process but the results are great!





**Extra steps:** You can use the step by step instructions from model A in order to add some legs to your chair. For this you will need to add a round piece of wood to the bottom too.





## 7.2- Sofa with pallets

There are loads of seat models to build with tyres. Our recommendation is to do previous research on the internet and find the model that will adapt best to your environment and that you like the most. Also very important, **try to always use local materials** and avoid buying new things as much as possible. Obviously you will need to buy some things in order to make it looks good, but let's try keeping it to the minimum possible.

You can build it as simple or as complex as you want.

**Materials:** 3 pallets, silicone, 6 long screws for wood, 12 short screws for wood, wood pieces (size to fit the pallets gaps), foam, fabric, varnish or paint (optional), wheels (optional).

**Tools:** sawing machine or manual saw, drilling machine, screwing machine or screw driver, sanding machine, hammer, pick, silicon

**Approximate time for realisation:** At least you will need 2-3 hours to build the most basic one.

**Difficulty:** Depending on the model, but in general it's medium, basic tools are needed.



When building a sofa/couch with pallets there are obviously lots of different options to choose. Our recommendation is to do previous research on the internet and find the model that will adapt best to your environment and that you like the most. You can build it as simple or as complex as you want.

Once you have that clear, you should watch the instruction video as many times as possible and have it ready for consultation while building your sofa/couch.

First of all, it's very important to understand what type of pallets you have. There are many types and many of them are low quality and with different sizes. Our recommendation is to try and find EURO pallets (best quality) or to find 3-4 pallets of the same size, otherwise it will be crazy to build your sofa/couch. You can recognise the EURO pallets with the mark on them as in the picture (EPAL).

SIMPLE MODEL with arms: [https://www.youtube.com/watch?v=I8U\\_bGS2dY8&ab\\_channel=GabboWozHere](https://www.youtube.com/watch?v=I8U_bGS2dY8&ab_channel=GabboWozHere)







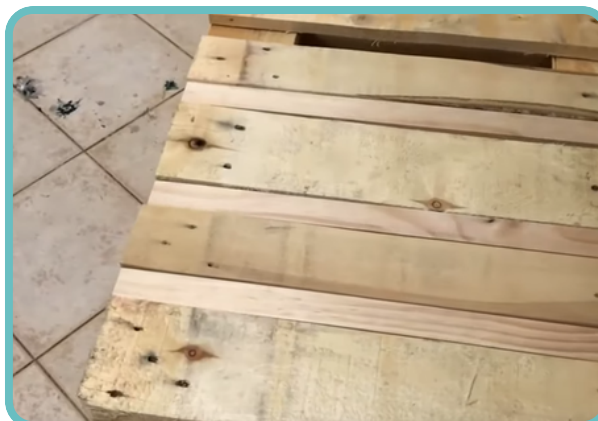
*Step by step instructions:*

**BASIC MODEL WITHOUT ARMS:** <https://www.youtube.com/watch?v=v9HyRK8G4tQ>  
[Video source: Mikey2hands]

**Step 1:** Collect your materials. For this model we will need 3 EPAL pallets and 3 wood sticks of the same size as the wood gaps on your pallets.



**Step 2:** Cover the gaps with the sticks in the right position.





**Step 3:** Screw them to the thick side of the pallet.



**Step 4:** Sand the whole surface with a sanding machine (very recommended) or sand paper. This is the top of your sofa/couch where you will sit, so make sure that it's all stable and equal.





**Step 5:** Apply silicone to the top surface of the other pallet, this one will stay on the bottom, so no need to cover the gaps or sand it.



Apply silicone to these 3 sides.





**Step 6:** Put the first pallet on top of the other and let it dry for at least 20 minutes.



**Step 7:** Cut the 2 pieces of wood on the sides of the top pallet.





Both sides should look like this. Do not cut the one in the middle.



**Step 8:** It's time to work on the resting part of our sofa. We need to cut the third pallet on different spots, full pallet must be cut on the bottom, both sides, while the middle part should be only cut in the mid way.

We know this can be confusing, so as an image can speak more than a thousand words, we show you the next steps with a hopefully clearer image.







First and second cuts on both sides of the pallet.



Last cut on the middle.





**Step 9:** Remove the second piece of wood on the pallet using the hammer and the pick. Be very careful because it's quite easy to destroy the pallet while removing this piece of wood. Do it slowly and with patience.



**Step 10:** Once you remove one side, you can take it out easily.





**Step 11:** This is how your pallet should look.



**Step 12:** Remove the nails that might be still on your pallets with the hammer.





**Step 13:** Let's attach the lounge chair to your sofa/couch following the image below.



**Step 14:** Use long screws to attach both parts where indicated on the picture below.





Make sure that your screws go all the way in until the other pallet as indicated on the picture below.



Attach one or two screws on both sides of the pallet and also in the middle, as indicated on the picture.







**Step 15:** Sand the lounge part and the rest of the pallets and add any colour paint or varnish you like.



**Extra step:** You can add some wheels to the bottom and some cushions of any colour you like. We used black cushions, added wheels and varnished it with flax oil to darken the wood. You can use any other type of natural darkener or colourful mix of paint.





## 7.3- Table with pallets

### Coffee Table

**Materials:** 2 pallets, silicone, varnish or paint, wheels [optional]

**Tools:** Silicone gun, screwdriver or screwing machine, sanding machine, brush

**Difficulty:** VERY EASY

It is possible to make an extremely simple coffee table like the one on the picture below.

Following the steps 1 to 6 of the step by step instructions taken from our BASIC SOFA/COUCH MODEL WITHOUT ARMS you will get this table.



In order to build a working table or even a table for a living room or a kitchen, we will need a little bit more of work, but it's also very simple, easy, cheap and useful.



## Working/Living room/kitchen Table

**Materials:** 2 pallets, 4 to 6 wood pieces, varnish or paint, wheels [optional]

**Tools:** Screwdriver or screwing machine, sawing machine or manual saw, sanding machine, brush

**Difficulty:** VERY EASY

Video source: <https://www.youtube.com/watch?v=iswOt2l68Tk>

SKATT workshop

Step by step instructions:

**Step 1:** Take your pallets and put them one in front of each other. One of them will be the top of your table, the other one the bottom. So the first thing to decide is how tall you would like your table.





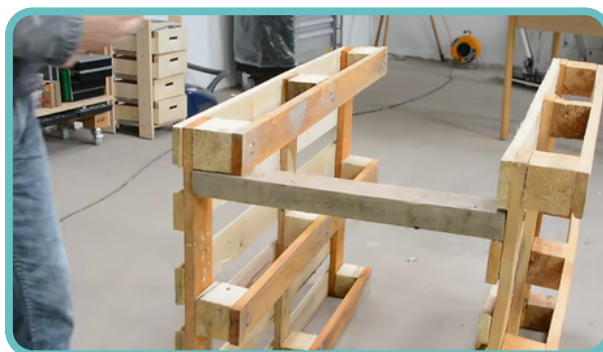
**Step 2:** Once you have it clear, measure and mark the pieces of wood in order to cut them.



**Step 3:** Cut all the pieces of wood to the same size.



**Step 4:** Attach them to the pallets.

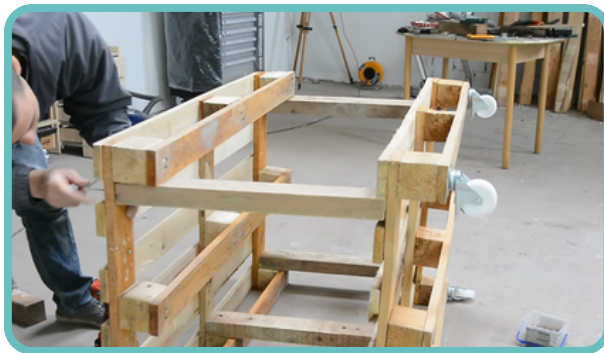




Extra step [optional]: Add 4-6 wheels to the bottom of your table.



**Step 5:** Attach all the wood pieces to your pallets on these positions shown at the picture below and finish sanding all the wood pieces and the pallets, and adding any varnish or paint you want.



**YOUR TABLE IS READY!**







## 7.4- Eco-Soap with used oil (natural cosmetics)

SOURCE: <https://garturstitchfarm.com/blog/cold-process-soap-a-basic-recipe>

Making soap yourself is so easy. I remember being extremely daunted by the idea of the lye the first time I handled it. While it is dangerous if handled incorrectly, the whole process is actually glorifyingly easy, I immediately kicked myself for not starting soap making earlier. The phrase 'cold process' is slightly misleading in that the process is not actually cold, although following the initial melting of any solid oils such as coconut and palm oils, no further external heat is needed.

With natural soap making, a chemical reaction takes place. Many people have the picture in their mind that soap is made by endlessly stirring a bubbling mixture in a large pan over heat and although there is a 'hot process' method which might have similarities to this, most books and instructions on how to make soap only cover the 'cold process' method which is by far the easiest and simplest method. Once everything is mixed, you let the soap cure, or saponify, for about 4 weeks until the soap is ready to use.

This recipe uses coconut and olive oil - coconut for its cleaning properties and olive for its moisturising ones, making it a great all rounder of a soap. This batch makes about 1kg of soap, so plenty to keep you and your friends as clean as a whistle!

Soap making is part of our Natural Home and Beauty Online course, which includes recipes for hot process soap (which uses heat to make the soap ready to use in about 2 days), Castile soap, goat's milk soap and a lot more.



**Ingredients:** 450g coconut oil, 450g olive oil, 133g of lye (Sodium Hydroxide), 297g water, Up to 10g of essential oils of choice (optional)

**Supplies:**

- A slow-cooker or a non- aluminium bowl for heating the oils
- A digital scale
- A stick blender
- A wooden or metal spoon
- A spatula
- Soap moulds (or an old cardboard box lined with parchment paper)
- Gloves and sunglasses or eyewear
- A large bottle of white vinegar for neutralising the lye mixture if it spills on anything.

**Method:**

Note: Make sure that your work area is clean, ventilated and that there are no children nearby. This is not a good recipe to let children help with since Lye is caustic until mixed with water and oils. It is best to have all your ingredients and materials ready before you begin, so you can just mix everything quickly and easily.



**Step 1:** Start by melting your coconut oil. You can do this in the microwave or in a pan.

**Step 2:** Carefully measure the lye and water separately.



**Step 3:** Pour the water into a bowl or large glass jar. With gloves and eye protection, slowly add the lye to the water. NEVER ADD THE WATER TO THE LYE (this is really important). Stir carefully with a spoon, making sure not to let the liquid come in contact with your body directly.





As you stir, this will create a cloudy white mixture that gets really hot. Let this mixture set for about 10 minutes to cool. It should become clear and not cloudy when it has cooled.



**Step 4:** When you have your melted coconut oil, pour it into a bowl and add the olive oil.





**Step 5:** Slowly pour in the water and lye mixture and stir.

**Step 6:** Quickly rinse the container used for the water and lye mixture out in the sink. It rinses well and then re-rinse with white vinegar to make sure all Lye has been neutralised.

**Step 7:** Use the metal or wooden spoon to stir the lye/water mixture into the oil mixture in.

**Step 8:** Once it is evenly mixed, use the immersion blender to blend for about 4-5 minutes or until it is opaque and starting to thicken.



**Optional:** If you are going to use essential oils for scent, add them now.





**Step 9:** Quickly and carefully spoon into moulds. Any container will work, but I like loaf tins lined with parchment paper. I have included instructions for making one out of a box lined with parchment paper.



**Step 10:** Cover the moulds with parchment paper and set in a cool, dry place, away from kids and pets.





**Step 11:** After 24 hours, using gloves remove the soap from the moulds and cut into bars.



**Step 12:** Leave the bars somewhere to cure for about 4 weeks. You can test if they are done by sticking your tongue on them (yes this is really what you do) to see if the lye is still active. It will zing you like a battery if they aren't ready.



## 7.5- Lamp with washing machine drum

**Materials:** washing machine drum, cleaning product, cloth, rope or wire of your choice (to hang it), bulb, lamp holder, paint (optional)

**Tools:** drill, screwdriver

VIDEO SOURCES: <https://www.youtube.com/watch?v=xLAXHB1uC-c>  
<https://www.instructables.com/Turn-a-Washing-Machine-Into-a-Floor-Lamp/>  
Gerardo Gomez

Building a ceiling lamp with an old washing machine drum is extremely simple and the results can be amazing!

The most important thing is to decide what type of rope/string you want to use to hold your lamp, what type of electric wire/cable (there are different colours and qualities) and what type of bulb. We recommend a powerful one so the effect of the holes looks great.



**Step 1:** Clean your drum and choose the type of rope/string you will use.



**Step 2:** Make a hole in the middle of the drum with a driller machine and an iron/metal drill.



**Step 3:** Put the selected cable and you can use any type of light holder you want. They include an adapter to hold the lamp together with the cable, so that's all you need! Also add the string/rope you want to hold the lamp to the ceiling.





**Step 4:** Mount the cable together with the light cap.



**Step 5:** Connect the 3 cables to the light cap.



**Step 6:** Close the light cap and attach it to the drum



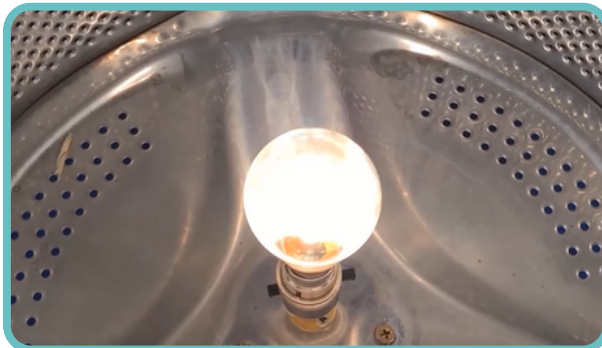




**Step 7:** Depending on the light cap you have, you will have a different system to attach it to the drum.



**Step 8:** Add your bulb, and your lamp is ready!



Extra step: You can paint your drum any colour you like. We recommend spray paint for best results.





## 7.6- Furniture with brics from tetra-brics

Video source: From Trash to Treasure [from minute 13 approx.  
<https://vimeo.com/140213353>]

**Materials:** clean tetra-brics (same type/size), cutter, newspaper or magazine, glue, hot glue or silicone

**Difficulty:** Very easy

### Step by step instructions:

**Step 1:** Collect tetra brics and clean them before you start working with them.  
VERY IMPORTANT: They all should have the same size.





**Step 2:** Cut half of them following the black indicated line on the picture below. Later you will put them together, one of them should be cut, the other one not.



**Step 3:** Put 2 of them together facing up to each other, one of them cut and the other one not cut.





**Step 4:** The results are these blocks that will be used later. At this point you can start thinking on what you would like to build, time to be creative.



**Step 5:** Now it's time to glue them together in order to build bigger blocks. For this you will need to create a wood frame with some wood pieces and a few nails or screws.







**Step 6:** You can also hold them with your hands for a few minutes after you apply the hot glue between the bricks as shown on the image below.



**Step 7:** After glueing them together, you can start covering with newspaper or magazines using hot glue, white glue or any other type of glue available.







**Step 8:** You can apply several layers to the blocks and leave it to dry.

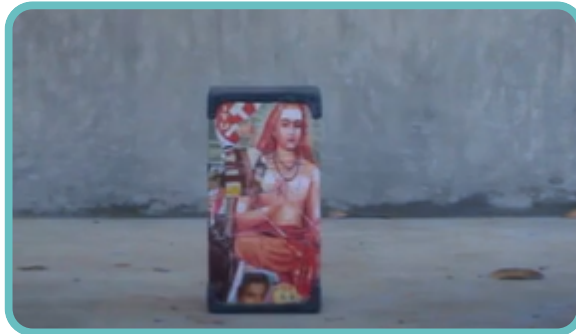


**Step 9:** Once you have several ones, you can start glueing one to each other to have a whole structure of these pieces. You can use it as a table or as a seat for example.





**NOTE:** You can cover your top seat with fabric or be creative and build something else with any type of structure you want to create with your brics.





## 7.7- Cardboard Furniture

There are many different ways of building with cardboard, using glue and attaching layers or just giving different shapes and cutting the cardboard sheets in order to attach them in some way.

**Materials:** Cardboard, pencil, white glue, books or something heavy, a lot of patience.

**Tools:** Cutter

**Difficulty:** Very easy

**CHAIR/SOFA without glue.** You can follow step by step instructions on their website.

<https://www.instructables.com/5-Piece-Cardboard-Lounge-Chair/>





**CHAIR without glue:** [https://www.youtube.com/watch?v=Yui6Nkz3E4Y&ab\\_channel=NordwerkDesign](https://www.youtube.com/watch?v=Yui6Nkz3E4Y&ab_channel=NordwerkDesign)



There are also many other options to be built with cardboard without using glue like this bedside table with step by step instructions made by Adrián Candela. Instructions can be downloaded at <https://adriancandela.com/nit>





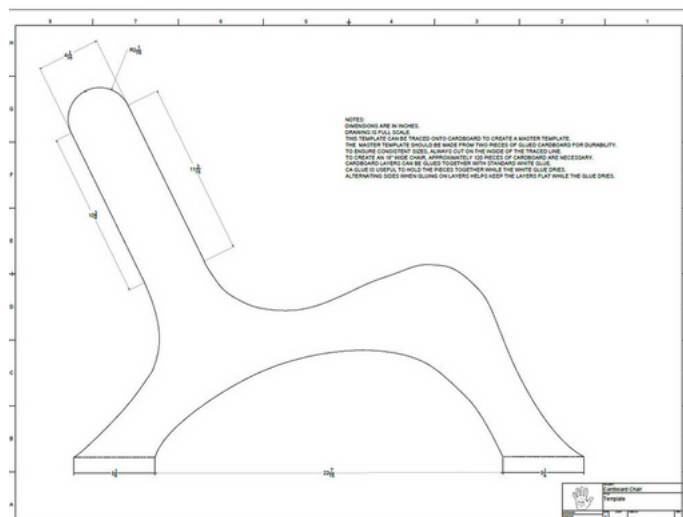
## CARDBOARD CHAIR with glue

**STEP BY STEP INSTRUCTIONS VIDEO** by [Morley Kert](https://www.youtube.com/watch?v=fa9V64BkjpE) [youtu.be/fa9V64BkjpE?feature=shared]

TEMPLATE: <https://morleykert.com/downloads/cardboard-chair-template>

**Materials:** cardboard, white glue, cutter of scissors, paint (optional), magazine/newspaper (optional)

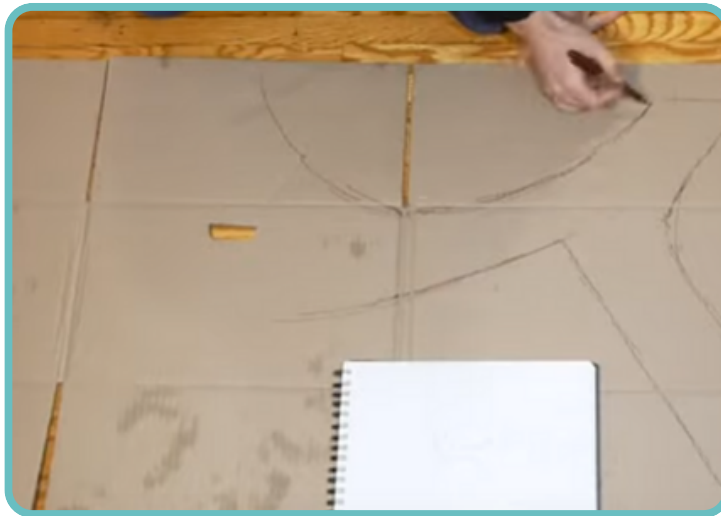
**Difficulty:** Very easy







**Step 1:** Choose a design you like and draw it in one layer



**Step 2:** Test is as many times as you want and make sure it's going to be comfortable





**TESTING:** This was the easiest way for me to test it



**Step 3:** Once you decide your shape, you can start cutting layers and layers to start glueing them together





You need a lot of patience and a lot of glue



You can put some heavy weight on top for a few hours, depending on the glue you are using





Add as many layers as you want depending on the size you choose. The chair in the picture was done with 120 layers, you will need at least around 60 layers to be able to make a usable chair. You can add glued magazines/newspapers, colours, varnish or whatever you want to make it look prettier.

**This is the result!**





## 8. W-UP WORK CAMPS DESCRIPTIONS

### 8.1 W-UP IN CAMBODIA



Cambodian Youth Action Organization (CYA)



03 - 17 June 2023



Trapaing Sangke Eco-Tourism & Center for Sustainable development - Cambodia

### DISCOVER MORE ABOUT W-UP IN CAMBODIA

**CYA Cambogia presentation & activities description video**

<https://www.youtube.com/watch?v=wVJbV4Sg5co>

**Volunteering experience in Cambodia video**

<https://www.youtube.com/watch?v=tl7t6KHycn8>







## TIMETABLE

DATE	Morning	AFTERNOON	EVENING
Sat, 3 Jun 2023	Arrival Day		
Sun, 4 Jun 2023	Moving to Trapaing Sangke Community	Check-in at TFC homestay	Orientation to the project and community
Mon, 5 Jun 2023	Planting mangrove trees	Collecting mangrove seeds	Free evening
Tue, 6 Jun 2023	Continue planting mangrove trees	Moving to CSD and check-in	Introduction to CSD and logistic announcement
Wed, 7 Jun 2023	Introduce to the activities at CSD	Waste Upcycling activities (making chairs and tables from used car tyres)	Free evening
Thu, 8 Jun 2023	Waste Upcycling activities (making chairs and tables from used car tyres)		Free evening
Fri, 9 Jun 2023	Continue Waste Upcycling Activities		Free evening
Sat, 10 Jun 2023	Excursion (Visiting to Kampong Trach tourism site, paper plantation, and Kampot city)		Free evening
Sun, 11 Jun 2023	Visiting to Bokor National Park	Return to CSD	Free evening
Mon, 12 Jun 2023	Painting on the wall "waste up - cycling"		Free evening
Tue, 13 Jun 2023	Painting on the wall "waste up - cycling"		
Wed, 14 Jun 2023	Local workshop "waste upcycling"		
Thu, 15 Jun 2023	Evaluation	Moving back to Phnom Penh	
Fri, 16 Jun 2023	Departure		

## W-UP DESCRIPTION

The Waste Upcycling Tour in Cambodia in 2023 was a **transformative initiative** that aimed to address **environmental challenges** through a **multi-faceted approach**.

This comprehensive project brought together various elements, including **seedling cultivation**, **mangrove reforestation**, **upcycled furniture creation**, and **collaboration** with **government authorities**.





Through these activities, the project achieved **substantial outcomes** that contributed to **environmental conservation**, **community engagement**, and **long-term sustainability**.

The Waste Upcycling Tour project in Cambodia offered a multifaceted and enriching experience:

## WORLD ENVIRONMENTAL DAY COLLABORATION

The journey begins with a unique opportunity to collaborate with the **Ministry of Environment** and provincial authorities in organising **World Environmental Day**.

This event, held on a global scale, serves as a platform to raise awareness about pressing environmental issues and promote **sustainable practices**. Participating in World Environmental Day allowed the project to reach a **broader audience** and engage with various **stakeholders**, including government officials, community members, and environmental enthusiasts.



Together, they discussed and highlighted the importance of **environmental conservation** and shared insights and solutions for tackling environmental **challenges**.



This collaboration laid the groundwork for **future initiatives** and underscored the importance of collective action in addressing environmental issues.



## COLLECTING AND SEEDLING MANGROVES SEEDS

Participants actively engage with the environment by **collecting and nurturing 2,023 mangrove seeds**. This hands-on experience instils a profound connection with nature. Understanding the **significance of mangroves in coastal ecosystems**, participants become stewards of these vital environments.

## PLANTING MANGROVES TREES

Planting **223 mangrove trees** is a tangible act of environmental conservation. Each tree symbolises hope and renewal, as participants work together to **protect coastlines, reduce erosion, and support marine biodiversity**. This transformative experience fosters a deep appreciation for the impact of small actions.





## CRAFTING TABLES FROM USED PALLETS AND CHAIRS FROM CAR TYRES

The project's innovation shines as participants turn waste into **functional art**. **Crafting tables from used pallets and chairs from discarded car tyres** not only reduces waste but also showcases **sustainable design**. Participants gain valuable **skills** while creating practical, **eco-friendly furniture** that becomes a symbol of resourcefulness within their communities.



*In summary, the Waste Upcycling Tour in Cambodia is an immersive journey that transcends recycling.*

It actively engages with the global environmental agenda, connects participants with nature, promotes mangrove conservation, and showcases the power of upcycling. Through these experiences, it **empowers communities**, fosters **environmental stewardship**, and leaves a lasting legacy of **positive change**.





## EDUCATIONAL IMPACT

Throughout the Waste Upcycling Tour, **educational workshops** and **awareness campaigns** were conducted to **empower local communities** with knowledge and skills related to **waste management, upcycling, and environmental conservation**. These educational activities played a crucial role in enhancing environmental awareness and fostering a **culture of sustainability**.



## ENVIRONMENTAL AWARENESS

One of the lasting impacts of the Waste Upcycling Tour was the heightened **environmental awareness** it generated **within the region**. Through its various activities and educational components, the project succeeded in instilling a **sense of responsibility** for the environment among participants and the wider community.

The project's activities not only raised awareness about environmental challenges but also provided **practical solutions and alternatives**. Participants learned that they have the **power to make positive choices in their daily lives**, from **reducing waste** to **conserving natural resources**.

This increased environmental consciousness has the potential to create a ripple effect, inspiring individuals and communities to continue practising **sustainable behaviours** and **advocating for environmental conservation** in the future.





## NETWORKING AND PARTNERSHIP

The collaboration with the Ministry of Environment and local authorities was a significant achievement for the project. These partnerships extended the project's reach and influence, ensuring that its **impact would endure beyond the project's duration.**

Working closely with government authorities created a **supportive and enabling environment for the project's activities.** It facilitated access to resources, expertise, and networks that were instrumental in achieving project objectives. Furthermore, it demonstrated the **alignment** between **community-led environmental initiatives** and **government policies and priorities.**

These networking and partnership opportunities will continue to benefit **future environmental initiatives** in Cambodia, as they solidify the project's position as a trusted and effective contributor to environmental conservation and sustainability efforts.





## LONG TERM SUSTAINABILITY

The Waste Upcycling Tour's impact extends beyond the project's immediate activities.

The successful planting of **mangroves**, for instance, will continue to **benefit the environment for years** to come as these trees grow and mature. Their role in **coastal protection, carbon sequestration, and habitat creation** will endure and strengthen over time.

Similarly, the upcycled furniture serves as a tangible example of **sustainable design practices**. Its presence in local communities not only provides **functional utility** but also **inspires others** to explore creative ways to reduce waste and repurpose materials. The educational component of the project, including workshops and awareness campaigns, has equipped individuals and communities with knowledge and skills that can be applied in their daily lives. This knowledge empowers them to make **sustainable choices** and **continue the project's legacy of environmental stewardship**.





## 8.2 W-UP IN THAILAND



Volunteers Spirit association (VSA)



07 - 18 June 2023



Songkhla -Thailand

### W-UP DESCRIPTION

The W-Up in Thailand was a mixture of **discovery** and **learning**. The first four days were dedicated to getting in contact with the **local reality** and learning more about **Thai culture** and **territory**, but also getting to know and contribute in a small way to the work of some local associations or governmental bodies that deal with **environmental issues**.



# TIMETABLE THAILAND

DAY	ACTIVITIES
7 June	ARRIVAL DAY discover the location, welcome night
8 June	Introduction day, getting to know each other activities, presentation of the programme, Visit to the Folklore Museum of Songkhla. Participation in the confirmation ceremony of a young monk
9 June	Mangrove planting, meeting and debate with the Marine Resource Centre of Songkhla
10 June	Releasing crabs and cleaning the beach together with the students of Thaksin University. Visiting Songkhla old town together with the students.
11 June	Free day and time to explore the area
12 June	Waste upcycling workshop together with 11 years old students of a school
13 June	Waste upcycling workshop with the students in a local school and intercultural sharing activities.
14 June	Awareness-raising activities (presentation and debate) on environmental issues and the harm of using plastic with the students of a local school. Manual upcycling workshop with the students. Tour of the city.
15 June	DISSEMINATION EVENT in a local school: Presentation of W-UP project in general; Presentation about environment, waste management, reduce, reuse, recycle, upcycle topics; Reproducing the Universal Sound of the Nature with our voices activity; Why we need to stop plastic pollution in our oceans - oceana video Debate with the students about the topic and what we can do in our daily life to be more sustainable; Final evaluation of the dissemination event
16 June	Debate among camp participants only on: how we see the problem, what could be done from a practical point of view, what good practices are adopted in our countries of origin. Waste collection in the area surrounding our accommodation. Creation of cases, decorative elements and a sculpture to testify to the environmental problem from materials thrown on the shores of Songkhla Lake.  FINAL EVALUATION OF THE PROJECT AND CLOSING
17 June	Free day and time to explore the area
18 June	DEPARTURE DAY

## VISIT TO THE FOLKLORE MUSEUM OF SONGKHLA

The museum shows the way of **life**, **local culture**, **art**, and **craftsmanship**, in addition to the **historical** and **archaeological aspects**, which represent the **cultural heritage** expressing the **identity** and **indigenous** knowledge of the people residing in **southern Thailand**.





## VISIT TO THE MARINE RESOURCE CENTRE OF SONGKHLA

We visited the centre for the protection and **care** of **sea turtles** in need of **medical treatment**. The centre rescues turtles in need of treatment and then releases them back into the sea. This meeting was useful to learn about the state of Thailand's seas and measures to protect **marine wildlife**. The meeting with experts from the centre led to an interesting discussion on the **condition of the seas** and how **practical action** could be taken to **combat** the **increase in plastic** in the seas.

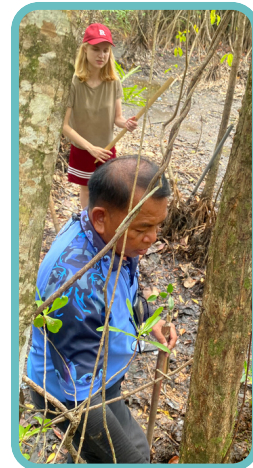






## PLANTING MANGROVES

Through this activity, we discovered how important mangroves are for **environmental protection** and **flood risk mitigation**. It was very satisfying to plant mangroves with our own hands.



## RELEASING CRABS AND CLEANING THE BEACH

Together with **students** from **Thaxin University** and other local environmental organisations, we **released baby crabs** into the sea and **cleaned Chalatat beach** of rubbish, we found mostly small rubbish mainly cigarettes and microplastics.





## FOCUSING ON UPCYCLING

Four days were dedicated to **upcycling workshops**. Three workshop days were held each day in a different **school** and involved **young people of various ages** (mainly primary/middle school) who welcomed us into their classrooms. Together with the local expert, we worked on the production of two different products:



**PHONE HOLDERS** made from a material that in Thailand is called **plastic wood** that is used to make shop signs but is then wasted in large quantities. This material is particularly malleable (thanks to special tools) and it is possible to make many different shapes.





**PLANT HOLDERS** made from **tyres**. Tyres can be cut and decorated as desired and can thus become beautiful plant holders for the garden.



In one of the schools we also managed to have a moment with the students to do some **environmental education** and explained to them the **problem of plastic**, the importance of reducing consumption and changing our habits. This moment was particularly interesting because a debate started despite the language barrier.

For the last day of the project the proposed activity was a slightly different workshop. After a **discussion** among work campers and an exchange of good practices regarding what each of us does in our own countries, we started **collecting rubbish** near our accommodation, on the shores of Songkhla Lake.





From the rubbish we collected, **we made cases** out of plastic bags and a **sculpture** made of many different materials we found, **representing the environmental problem** and the lives of animals in a garbage-ridden environment. We donated the sculpture to the Songkhla Folklore Museum as a memento of the project, but above all hoping that it will raise the environmental awareness of the inhabitants.





## IMPACT AND OUTCOMES

The project benefited the participants and the local community positively, as it fostered the **knowledge** and **cooperation** of a number of **local associations** and organisations and a strengthening of cooperation between **VSA** and these local organisations. In addition, it made it possible to bring the topic of **upcycling** and, more generally, of the **environment** and the **conscious use of materials** into **schools** and among **young people** in the area.

The practical results created are the **phone and plant holders that were donated** to children and schools and **the sculpture** representing the environmental problem and the lives of animals in a garbage-ridden environment **donated to the Songkhla Folklore Museum**.



## DISSEMINATION EVENT

### PROFILES OF PARTICIPANTS

The dissemination event was held on 15 June in a **local high school** during a day of celebrations at school dedicated to workshop activities. The participants were 72 people among **students** between 13 and 19 years of age and **local stakeholders** who were invited by VSA.





## DESCRIPTION OF THE EVENT

The dissemination event took place in the **school assembly hall** and lasted approximately **2 hours**. The event was **managed directly by the work campers**: they introduced themselves, VSA organisation and explained the W-Up project in general presenting the objectives, countries involved etc. Then, a presentation of the specific activities and local expert of the work camp in Thailand was done.



After explaining about the project and why we were there, we introduced them to the **problem of plastics** and the **importance of reducing consumption** and **changing our habits**. Through a sort of **meditation activity** we got more connected to nature before **watching the short documentary** “*Why we need to stop plastic pollution in our oceans*” by Oceana. After this we had a very interesting and **participated discussion** about what we can do in our own small way to change things.



## METHODOLOGIES

A variety of methods were used: from **guided meditation** (to get deeper into the topic and connect with nature as the focal point of the environmental problem), **frontal presentations** with the aid of slides and simultaneous translation, **videos** and **discussion** in plenary.



## IMPACT

This event had a major impact as it involved **many students** from the Songkhla area and **local stakeholders**. The involvement of the **headmasters** of the school that hosted the event, as well as other schools, allowed for greater visibility and strengthened partnerships between VSA and local schools.

## EVALUATION OF THE EVENT


The event was evaluated **very positively** by the students in the final questionnaire. The students pointed out that it was an **engaging** and even **fun time** and that it dealt with a very important topic such as the **environment**, which they rarely get the chance to talk about. In addition, the event also allowed them to interact in **English** with the young people from the school. The management of the event was also appreciated by the headmaster of the school and the other stakeholders present who complimented the success of the event.




## 8.3 W-UP IN CROATIA



 Alfa Albona

 06-13 July 2023

 Tunarica-Croatia

### DISCOVER MORE ABOUT W-UP IN CROATIA

**Alfa Albona presentation & activities description video**

<https://www.youtube.com/watch?v=wVJbV4Sg5co>

**Volunteering experience in Croatia video**

<https://www.youtube.com/watch?v=tl7t6KHycn8>



### W-UP DESCRIPTION

**Art and nature workcamp** was a camp for young people in the natural campsite as an opportunity for personal development and educational experience. It was an environment from which young people could **learn** and **raise awareness** on **waste reduction**, notice the importance on the protecting of the **nature environment**, development of worldwide awareness and positive **attitudes** in terms of increased



**intercultural understanding** and **active participation** as well as on **art, recycling, upcycling**, and importance of the **zero waste attitudes** and **sustainable way of living**. It gave space for exploring, using and increasing personal experience and knowledge, **mutual understanding, tolerance, team building** and **civil dialogue** among youth.

## TIMETABLE CROATIA

DAY	ACTIVITIES
6 July	ARRIVAL DAY Presentation of the camp, expectation, contributions, getting to know each other. Team building and board game
7 July	Hiking trip and cleaning action: green activity and waste separation workshop. Sea activities Earth Mandala Making recyclable pop corn bags Movie night
8 July	Yoga + Zero Waste workshop: natural deodorant making and fun games Kayaking Martial art workshop Plastic bag upcycling Bonfire night
9 July	Sport activity + Zero waste workshop: making natural toothpaste Pedal boat activity Workshop: making new plastic durable products and ornaments Intercultural evening
10 July	Sign language workshop EU youth programmes presentation and nature challenge game Sea activities Upcycling workshop: art mural workshop Tunarica got talent show
11 July	Theatre practice workshop Istrian handmade pasta workshop Last preparation for the dissemination event: finishing the art mural Field trip to old town Labin, visiting the town and the museum, pizza dinner in local restaurant. DISSEMINATION EVENT
12 July	Leisure activity+ kinder garden cabinets and music wall workshops. Sea activities Breathing techniques workshops + making free shop for the local community
13 July	Evaluations + certificates ceremony and sharing nice moments DEPARTURES



## UPCYCLING AND ZERO WASTE WORKSHOP

The upcycling activities were mainly:



Trash to treasure: Introduction to materials and techniques, experimenting with materials;



Painting but make it plastic: exploring the material further through classic motifs in art as portrait and landscapes, learn how to take more control of the material and how to use colour and texture in "painting" with plastics;



Size matters: Exploring the impact of size in art trough creating big art installations;



Trash to product: Exploring the use of learned techniques in making products – fashion accessories, jewellery, home goods etc;



From plastic to fantastic - recycling the plastic bags and turning them into something completely new, making new plastic durable products and ornaments;



Making art mural together;



Learning how to make: natural deodorant and natural toothpaste







## IMPACT AND OUTCOMES

With the **art mural** activity and the upcycling plastic bag activities participants **turn waste into functional art** which was **showed to the local community** and **explained the process**.

Local **NGO's** and local elementary and high **schools** showed interest for their pupils to be involved and to learn the method of upcycling the plastic bags. 6 workshops were planned for November and December 2023 in local schools.



**Cleaning the local bay:** a positive impact was created by cleaning the local bay, which was full of rubbish.





**Making earth mandala:** the mandala was made out of collected trash and had the intention to show some good case practice how to re-use the waste.



**Free shop:** a free shop was established in the camp. It is a place where people can leave the things they don't need any more or don't use anymore and then someone else who wants it can take it for free. The local community and the tourists were using it daily. And now it is still used.



**Cooperation with Red Cross:** Plastic bottles were collected during the whole duration of the camp and returned, for this we got money that was donated to the Red Cross for their project of social kitchen – where people with low incomes can come and take food for free.



**Donation to local kindergarten:** benches and tables used during the workcamp and made out of pallets were donated to the local kindergarten for their outdoor garden.



**Raising awareness** about the importance of waste reduction, upcycling , recycling: What was happening and how things were done in the workcamp was communicated posting daily on social media in order to raise awareness of the local community and to motivate people to think more greener and act more sustainable.





## DISSEMINATION EVENT

### PROFILES OF PARTICIPANTS

The dissemination event was held on 11 July in the old town of Labin. The participants were 73 people: 33 young people aged 16-30, 8 Alfa Albona representatives (aged 26-38), 3 local authorities representing the City of Labin and 19 stakeholders such as local companies, NGOs, local schools, local radio etc.

### DESCRIPTION OF THE EVENT

The event was organised to **show** to the local community and the local stakeholders and authority the **upcycled art mural** that was created during the workcamp *Nature and Art*, as well as to **share what the participants learned** and the **results** of the projects.

Participants shared in a non formal way their **opinions** and **feelings** as well as the **experience** of participating in the project.

The **art mural** was brought to be **visible** and it was a **great attraction** as a lot of people had photos with it, and asked how it was made, so we also had a short introduction to the upcycling of plastic bags on the spot.

We prepared and bought **traditional food and drinks** for everyone, and we had a local artist playing the guitar. The dissemination was a nice event in a relaxed setting, ideal for sharing thoughts about the project and enjoying the music and local tastes.



## METHODOLOGIES

**Non formal** methodologies were used like: discussions, demonstrations, examples of good case practice in the field of upcycling, questions and answers, interactive gathering.

## IMPACT

The event generated a good impact because it involved the **local community**, it was the occasion to share the **results of W\_UP** project and new methods of working with the topic of Upcycling. **New cooperations** with the local elementary and high schools, were established and existing relations with local authorities and stakeholders were strengthened. Moreover it was the occasion for Alfa Albona to meet **new potential local volunteers** and **share new insights and knowledge of the Erasmus +** programme and what it can offer to young people and youth workers.

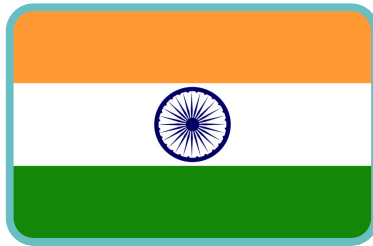


## EVALUATION

The evaluation showed participants liked the event, especially as it was organised in a non formal way of setting and it was inclusive.



## 8.4 W-UP IN INDIA



Rural Centre for Human Interests (RUCHI)



11-23 September 2023



Bandh and Dharamshala - India

### DISCOVER MORE ABOUT W-UP IN INDIA

#### RUCHI presentation & activities description video

<https://www.youtube.com/watch?v=wVJbV4Sg5co>

#### Volunteering experience in India video

<https://www.youtube.com/watch?v=tl7t6KHycn8>



### W-UP DESCRIPTION

The activities were divided in two blocks, the **1st week** was spent at **RUCHI campus** from where it operates, to better understand the problem related to **lack of waste management** practices at individual or institutional level and further more explore **micro initiatives** for **creating upcycled products** using available





waste material at local level in our case it was **upcycling used/discarded tyres into outdoor furniture**.

The **2nd week** of tour was spent in touristic town of **Mcloed Ganj in Dharamshala** area to better understand **Tibetan culture**, history and their struggles today along with understanding the problem of waste due to mass tourism activities happening there.

## TIMETABLE INDIA

DAY	ACTIVITIES
11.09	ARRIVAL DAY Preparation for welcoming the participants Visiting & clearing a fresh water spring Game night
12.09	Introduction & Presentation about RUCHI Planning the tire work : - What was done before - What materials do we have to work with - how people want to do it this time "finding ideas" Fire show + Campfire
13.09	DISSEMINATION EVENT Waste day Patta + session with the Waste Warriors from Kasauli + meet in Patta with school children + Local for waste collecting & Eco Bricks Movie night
14.09	Work On Tyres Campfire & Games
15.09	Work On Tyres Cross Cultural evening
16.09	Departure to Chandigarh + settle down in hotel Rock Garden + Waste recycling store
17.09	Trip from Chandigarh to Dharamshala
18.09	Tushita meditation center Visiting the Namgyal Monastery (Dalai Lama Temple) Meeting with the Youth Tibetan Congress
19.09	Tushita meditation center Visit to The Tibet Museum Library Museum + Nechang Monastery + Tibetan administration
20.09	Visit Norbulingka Institute Dolmaling Nunnery + Tibetan Dance Festival
21.09	Visiting Tibetan Children Village English Class with Local people & Monks at LHA
22.09	Tushita + Activity with Waste Warriors Dharamshala Visiting the Market + English Class with Local people & Monks at LHA
23.09	DEPARTURE DAY



## 1ST WEEK: UPCYCLING ACTIVITIES

The first week was dedicated to the theme of upcycling and environmental issues.

Meeting with Mr Sumandeep Kumar, an entrepreneur from Punjab running a **waste upcycling company** that uses plastic waste and sand from industries to produce eco-friendly inter locking tiles being used for flooring, as well as sharing about the waste issues in his community and waste segregation.



Upcycling project with **old car tyres** and other materials gathered at a local waste collector. At first we showed past projects with tyres and then the materials for this project. Everybody was encouraged to come up with own ideas.



## 2ND WEEK DISCOVERING TIBETAN CULTURE



The 2nd week the group moved to Chandigarh first and then to Dharamshala. In Chandigarh they explored the Rock Garden, an art park made by upcycling different kinds of waste;



Trip to McLeodGanj, Dharamshala:



Visiting The Tibetan Youth Congress NGO and learning about their work to make Tibet a more free country;



English class with LHA NGO: They provide free language courses to Tibetan refugees and other people;



Learning about Tibetan history and culture in the museums and Norbulinka art institute, as well as visiting monasteries and a nunnery.



Moreover another collaboration event took place, together with the **Waste Warriors of Dharamshala**, collecting waste in Bagsunag and learning about their organisation. The major aim was to understand and discuss on **waste foot print created by touristic activities** in a urban surrounding, how to manage and deal with it and further generate ideas promoting waste upcycling at local level.



## IMPACT

The W\_UP project has generated a positive impact on the local community collection. We highlight some of them:



**Knowledge** on how to convert waste plastics to eco-bricks and tiles. This could lead to a reduction in the amount of waste that ends up being burned or thrown in nature;



**New ideas and opportunities** for **social entrepreneurs**;



**Awareness** of the importance of **minimising waste production**;



**Collaboration** with other **NGOs/CBOs** which opens the door for more projects in the future;

The local council got **involved** into the waste topic, and hopefully will take some initiatives;

The students of Patta got more **aware** of climate change and waste issues which might positively affect their future choices.







## **OUTCOMES AND RESULTS**

During the project there was a effective and interesting exchange of knowledge about waste upcycling, especially through the support of our upcycling specialists.

The touristic and the cultural part of the project was done arranging visits to Chandigarh city and Dharamshala area. The project was a cultural learning experience of both Hindu and Tibetan culture and it seemed to be appreciated by participants.

The dissemination event and waste clean-up in Patta raised awareness in the local community and hopefully will slowly bring changes.

The project, besides creating awareness among public, also opens door for new avenues of green enterprises. The well aware youth shall further be motivated and assisted in establishing their entrepreneurship.





## DISSEMINATION EVENT

### PROFILE OF PARTICIPANTS

29 people took part in the dissemination event. They included a mix of members of the local village council of Patta, local shopkeepers, students and school teachers of Patta, other members of CBOs.

### DESCRIPTION OF THE EVENT

The Dissemination event which was a **clean-up** campaign took place the 13.09.23 in the nearby rural village **Patta** (in Solan district, Himachal Pradesh), and was organised by **RUCHI** in collaboration with the **Waste Warriors** from Kasauli.

After a welcome by the representative of RUCHI and Waste Warriors spoke the clean-up started in Patta market square. Trash bags, collecting sticks and gloves were provided and, in smaller groups, we started collecting the waste.

Discussions were held with the local community on how to reduce waste production and use various kinds of plastics to make flooring tiles and discarded tyres to other productive uses like garden furniture and sports items.





Local **children** of the local school were also participating and we explained them about **ecobricks** as one of the possible ways to decrease littering of plastic wrappers in our surrounding at individual level to protect our environment. Then we started making ecobricks with the people.

During the clean-up drive as many local stakeholders were present we facilitated discussion between participants and them on related topics like waste generation, segregation and also shared W\_UP project objectives.



Stakeholders who participated in the clean-up action day visited RUCHI to see the work done by workcamp participants during the week.





## METHODOLOGIES

Methodologies like speeches, presentations and group activities were used during the dissemination event.

## IMPACT

The dissemination event and waste collecting in Patta **raised awareness** in the local community. There are no waste management systems in the countryside and people are used to manage the waste on their own by burning or making a compost out of them. *Since change is a slow process, these kinds of events are necessary and very powerful.*

The collection of all types of waste was new to the local communities and the event raised the level of **waste management knowledge**. The dissemination of information on the use of plastics, tyres and other items for profitable uses stimulated interest in **new income-generating possibilities**.

In the same way the students, shopkeepers and others learned about **climate change** and waste management, which will hopefully help in shaping future behavior and decision making.

The cooperation between RUCHI, Waste Warriors and the local council was strengthened.



## EVALUATION OF THE EVENT

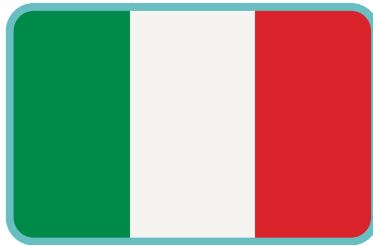
The organisation of the event worked very well, since all stakeholders, students, local youth, school teachers, shop keepers, CBOs, Waste Warriors staff and village council people were **supportive**. The participation of the students and teachers was very good.

The fact that the local council took part in educating, collecting and eco brick making was a very good sign. The council committed to **extend all support** in future too in areas of **waste management**, **upcycling** and **environmental protection**. Unfortunately, the representation of local shopkeepers in physical activity was less as they were more concerned about their businesses. Some of them also had a little motivating speech, but during the waste collecting and making of eco bricks they could not extend desired participation.

*To see sustainable changes, more time and effort is needed* since changing a mindset is a very slow process. However these first steps are fundamental and with **continuing effort, changes can be made**.



## 8.5 W-UP IN ITALY



CasciNet



8-17 September 2023



Milan - Italy

### DISCOVER MORE ABOUT W-UP IN ITALY

**CasciNet presentation & activities description video**

<https://www.youtube.com/watch?v=wVJbV4Sg5co>

**Volunteering experience in Italy video**

<https://www.youtube.com/watch?v=tl7t6KHycn8>



### W-UP DESCRIPTION

The structure of the W\_UP tour in Italy has focused on 3 dimensions: campaigning, discovery and capacity building.





## CAMPAIGNING

**Clean up** campaigns, **collection and segregation of waste** materials by plogging, sorting and segregating and **food saving** by working with *Recup* association; **mobilisation of local communities** by working with **outdoor kindergarten** children during the *Il Vespaio* workshop; Dissemination event to raise awareness on local community and representatives of local authorities and relevant stakeholders and to present project's results and outcomes.

## DISCOVERY

Visit of relevant stakeholders, exchange of good practices, interaction with local community: visit to the *National Museum of Science and Technology Leonardo da Vinci* to discover the history of industrial **production** and the history of **plastics**; visit to the *Depur Art Lab Gallery (Museo Acqua Franca)* to discover the bond between nature, art and waste; visit to Vettabbia Park as an example of **permaculture** and **agroforestry** project.

## CAPACITY BUILDING

Skills development, training on waste upcycling, creation of valuable products from waste to be offered to the local community.





2 full days were dedicated to **practical activities** where participants were divided into **3 groups** according to their interests in order to realise 3 different projects under the supervision of experts: the 1st group realised a **toy for kids' playground** using wooden beams from the old structure of the roof and tires; the 2nd group realised a **relaxing area** under the trees using pallets and a tire; the 3rd group realised a **foldable and packable drawstring shopper** using a mulching sheet and some coloured stripes collected during the plogging session.



Besides that, participants had 1 full day of workshop with *Il Vespaio* association, member of *Precious Plastic*, during which we had the possibility to experiment with the Precious Plastic machines to create **new objects** and gadgets made *from recycled plastic bottle cups and wax*.

Finally, one of the self-funded participants led a workshop on cardboards previously collected from the trash during which we realised the structure of a shelf.



## TIMETABLE

DAY	ACTIVITIES
8 Sep	ARRIVAL DAY
9 Sep	Icebreaking and getting to know each other Rules and organisation of kitchen shifts Fear and expectation and tour of the venue Presentation of the programme Common understanding about upcycling and key concepts Sharing upcycling examples and good practices Practical workshop: building a shelf with cardboards Bonfire night
10 Sep	Plogging: walking and discovering while collecting trash Sorting: segregation and division of waste collected in the morning according to materials, colours, dimension and shapes Round table: discussion on what to realize and how to use collected materials during the following days for upcycling purposes Game night
11 Sep	Il Vespaio workshop: creating new objects and gadgets out of recycled plastic using precious plastic machines. Experimental interactive laboratory with Il Vespaio Movie night
12 Sep	Visit to the Museum of Science and Technology Leonardo Da Vinci with archive access Visit to DepurArt gallery Project
13 Sep	Upcycling practical workshops: creation and self production of objects using the waste collected Intercultural night
14 Sep	Upcycling practical workshops Intercultural night
15 Sep	Free time Visit to Vettabbia Park (permaculture and agroforestry projects) Final evaluation Public event and open air cinema
16 Sep	DISSEMINATION DAY Preparation of the event Creative laboratory with Museum of Science and Technology Round table with stakeholders and local authorities Aperitif and presentation of project results Show
17 Sep	DEPARTURE DAY

## IMPACT OF THE PROJECT

The main aim of the project was to create valuable products from waste to be offered to the local community. Together with CasciNet President, participants **analysed the needs of the community**, the profile of people who usually use CasciNet spaces and the activities that are carried out. On one hand, CasciNet is popular and well known for its beautiful and natural outdoor spaces, which are



now quite abandoned due to the renovation work. Participants noticed that a relaxing area was missing, therefore they **designed a little outdoor living room** under the trees by realising a sofa, an armchair, an ottoman and a table. Waterproof pillows were realised as well to add more comfort and the area was appreciated by the local community and used right the day after.

On the other hand, CasciNet spaces are used also by teachers and children of the outdoor **kindergarten** “Asilo nel Bosco”. Children are used to playing in the grass without any facilities, therefore work campers designed and made a **playground toy** for them. The result was very much appreciated by the kindergarten.

Besides that, having hosted an international workcamp provided the local community with the incredible opportunity to **interact** with participants coming from **all over the world** and thus to enrich each other.

The W\_UP Tour gave to the farm the possibility **to be active again** and to attract people from outside: in fact, it was even organised and promoted a **social dinner** with a movie projection on Friday the 15th, during which workcamp participants could interact with members of local community.

*At the end of the project, CasciNet President admitted that the W\_UP Tour was very impactful because it made the farm and its spaces livable and enjoyable again.*





## DISSEMINATION EVENT

### PROFILE OF PARTICIPANTS

45 people took part in the dissemination event. In addition to the work camp participants another 30 people from the local community, including 3 representatives of local authorities and 5 representatives of stakeholders participated.

### DESCRIPTION OF THE EVENT

The Dissemination Event took place on Saturday 16th September with the aim of disseminating within the local community what has been done during the W\_UP Tour and to raise awareness on the topic.







The schedule of the event was as followed:



**Presentation** of representatives of local authorities and stakeholders **interactive laboratory** with the curator of the *Museum of Science and Technology Leonardo Da Vinci*, who summed up what has been shown to the participants during the tour at the National Museum of Science and Technology. During the laboratory, everyone was asked to choose an **object** connected in some way to the **upcycling concept**: we had to tag it indicating title, year, materials and why that item makes us think about upcycling. The result was the creation of a little **temporary museum** with all the items chosen by all participants at the dissemination event. Thanks to this activity, participants talked about relevant topics such as the **emotional bond between humans and objects**, human ingenuity and creativity, recycling, reusing, etc.



**Round table** with all stakeholders and local authorities to discuss relevant topics related to the W\_UP project



**Aperitif** and show about food waste.



## IMPACT

The most important impact of the activity was the **interest** of all parties (local authorities, stakeholders and CasciNet) **to follow-up with the project** and **keep cooperating** with each other. Specifically, Il Vespaio and CasciNet started a **new partnership** and the former promised to be present at the W\_UP local workshop in order to share good practices and support with its skills and competencies.

The collaboration with the Museum of Science and Technology could lead to an ongoing cooperation between the two parties in terms of upcycling workshops inside the museum laboratories. AMSA and CasciNet had been already collaborating, but the event was an opportunity to **strengthen** their **partnership**. Finally, the presence of the representatives of the municipality was particularly relevant in order to connect policy-makers with the territory and CasciNet reality.





## 8.6 W-UP IN SPAIN



Xeración Valencia



27 September - 6 October 2023



Gandia - Spain

### DISCOVER MORE ABOUT W-UP IN SPAIN

**Xeración presentation & activities description video**

<https://www.youtube.com/watch?v=wVJbV4Sg5co>

**Volunteering experience in Italy video**

<https://www.youtube.com/watch?v=tl7t6KHycn8>



### W-UP DESCRIPTION

The Upcycling workcamp was an **enriching experience** since several activities were carried out with a wide range of learning achievements both on **theoretical** and more **practical perspectives**. On the one hand, the community that was formed by working and living together on a daily basis strengthened the **group** and it's an experience from which we all learnt and enjoyed.



On the other hand, there were dynamics of **debate** and **reflection** on **upcycling** and derived topics: **consumption habits**, **solutions**, economic **systems**, etc. The sharing of these topics and working in teams was satisfactory for the participants and the group could reach a common understanding on several topics related with environmental issues and sustainability.

The practical part was managed through **workshops**, organised in groups daily and rotating every day; the following workshops were carried out: **furniture with tetrapacks**, Precios Plastic project with recycling of plastic, **chairs with tyres**, **eco bins with tyres**, **sofa/tables with pallets**, **natural cosmetics**, **sewing and cardboard building**. All activities and methodologies were within the framework of non-formal education, cooperation and mutual learning.







## TIMETABLE

DAY	ACTIVITIES
27 Sep	ARRIVAL DAY Pizza night
28 Sep	Breaking Ice, getting to know each other, paint me, who is who, presentations & teams Team building - Build it yourself! Game night
29 Sep	Introduction to Upcycling, Dividing into teams, Brainstorming GYMKHANA in Gandia
30 Sep	UPCYCLING WORKSHOPS: Chairs from tyres, Sewing (tyres & hammoks), Tables with pallets, Eco-bins Movie night
1 Oct	Visit to Aula Natura Free afternoon
2 Oct	UPCYCLING WORKSHOPS: Chairs from tyres, Sewing (tyres & hammoks), Tables with pallets, Eco-bins Game night
3 Oct	UPCYCLING WORKSHOPS: Working in teams [Precious Plastic, Natural cosmetics, tetra brics] Intercultural night
4 Oct	Erasmus+ Youth (KA1, KA2), ESC & Young Entrepreneurs presentation Next steps, create your own project! Evaluation & feedback
5 Oct	Preparation of Dissemination event 18h - DISSEMINATION EVENT@TBD Evaluation & feedback Closing night
6 Oct	DEPARTURE DAY

## IMPACT OF THE PROJECT

The project created a considerable impact on the **participants** who were very much involved in the practical activities and who also expressed interesting **follow-up ideas** for the project.

The moment of maximum impact for the project was the **dissemination event**.

It was an interesting opportunity to show the public what we had achieved, who we were, and what our project goals were. The activities were interesting for those who attended the event, allowing them to learn new things about upcycling and recycling. The production of objects made from waste had a tangible impact on the local community.





Creating products through upcycling not only showed creative solutions to reduce waste, but also offered new **economic and employment prospects for the community**. The workshops not only taught practical upcycling techniques, but also provided local residents with the opportunity to acquire useful **skills** to create **valuable items from waste**.



The project was an opportunity to **strengthen the cooperation** with stakeholders and local authorities and the already existing network. This makes significant contributions in the **framework of youth and future projects and initiatives** as not everyone knew about upcycling and the possibilities it can have in terms of youth entrepreneurship.

## OUTCOMES AND RESULTS

The **participants reached a common understanding** on different environmental and sustainability topics during the project, some practical aspects such as how to use tools, built furniture out of "trash", recycling plastic, "Do It Yourself" techniques and so on. Also, **social skills** and community sharing were part of the learnings during our stay together for several days co-living and co-working together.



The **local community learnt about upcycling** and different aspects of it and thought about **new ideas on youth green entrepreneurship**.

There was an **exchange of knowledge** with partners especially with Cambodia - the twin country in terms of aquirement of new tools, techniques, resources and ideas on upcycling to develop on their future work-camp in their country with youth.



## **DISSEMINATION EVENT**

### **PROFILE OF PARTICIPANTS**

60 participants took part in the event. Participants in the dissemination event were people interested and curious about recycling of plastic, upcycling, hand made objects and art crafts, “Do It Yourself” techniques and also people worried about our consumption habits and environmental problems and searching for solutions to this problems.

The stakeholders were different local organisations working with our local community in Gandia and La Safor region.



## DESCRIPTION OF THE EVENT

The event took place the 5th of October in Jardins de la Marquesa, a public and very well known place in Gandia city centre where usually events and activities about different topics are hosted. The space was divided in different sectors. The public was invited to join and we could explain to them about the project.



**There were Precious Plastic machines** at the entrance where a **live workshop** was going on during the whole duration of the event, so anyone who was passing by could get attracted and join.



A bit further there was the **showroom** with all the objects made during the workshops of the previous week and the participants were explaining to the public how they were made and what was the process.

A **natural cosmetics workshop** was also carried out by 2 of the participants of the W-Up, making natural deodorant and body scrub.



A live **mural graffiti** was painted by 2 other participants with the message "*There's no planet B*", and on a big TV screen the **videos** from all the W-Up workcamps and the W-Up project were projected while some **music** was being played.

## METHODOLOGIES

People in the park were approached by asking "*do you know what upcycling is?*" and they were invited to come and see the **machines**, make their own objects done with recycled plastic, check all the **showroom** with the different **objects** done during the W-Up or to create their own **natural cosmetics**.

**Gadgets** such as precious plastic keyrings or the home-made cosmetics were given to draw their attention. Music also brought people together.







## IMPACT

The **local community** learnt **new concepts, ideas, tools, resources** and the development of an international project on Upcycling.

The **participants** during the dissemination event **got inspired** to do things at home with "trash" and will **spread the word** among their network.

Regarding the local **stakeholders**, some of them brought their **own experience** with recycling and upcycling while others were more involved in order to **learn** from our experience and to organise **local workshops** later within their local communities.







## 9. LOCAL WORKSHOPS: ACTIVITIES AND METHODOLOGIES

A local workshop was held after each work camp with the aim of involving **30 local participants to be trained in turning discarded products into something valuable and reusable to start entrepreneurial initiatives.**

The local workshop was meant to provide the local people and, specifically, **marginalised people** with the **knowledge** and the **tools** necessary to develop lasting **entrepreneurial activities** on **waste upcycling** in their communities. The participants were mainly youngsters and other local residents living in rural and marginalised socio-economic contexts. In Europe, instead, local workshops involved some people with migration background, unemployment or living in isolated areas.

The workshop had to: last **18 hours in total**, also divisible into 3 sessions of 6 hours each, to involve **30 participants per country** (at least 10 participants for each session) also with **fewer opportunities**. The majority of participants were from 18 to 30 years old even though the event was open also to people under 18 or over 30.

Workshops were conducted with a **multifaceted approach**: not only manual work was performed but also interactive presentations, debates, games, individual and team work etc.



This comprehensive approach ensured that participants not only acquired **knowledge about waste upcycling** but also gained **practical skills** and the **confidence** to contribute to sustainable waste management in their communities.

The local workshops were also good opportunities to **disseminate the W\_UP project itself**. At the end of the local workshop an evaluation questionnaire was filled by the participants.

The activities carried out during the local workshops were very diverse.

In **Cambodia** participants crafted **5 eco-bins using used car tyres** that are now actively used for trash collection within the DCC community.





In Croatia participants learned how to use plastic bags, how to recycle them and turn into something completely new.



In India the local workshop was a mixture between theoretical Upcycling sessions and manual creation of objects out of waste.







In Italy participants melted aluminium cans saved from the garbage and created new metal shapes while in Spain



While in Spain participants learnt about how to sort plastic waste by types, how each of them reacts when being recycled and, using recycling machines they created their own recycled plastic products.



A heartfelt thanks to the project partners whose commitment and hard work allowed this project to be implemented and to all those who participated and brought energy, knowledge and courage to take the initiative and try to make a change!



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