



The Green WE Make



COMUNE DI
MINORI
ANTICA BIEGGIENNA MINOR



Erasmus+

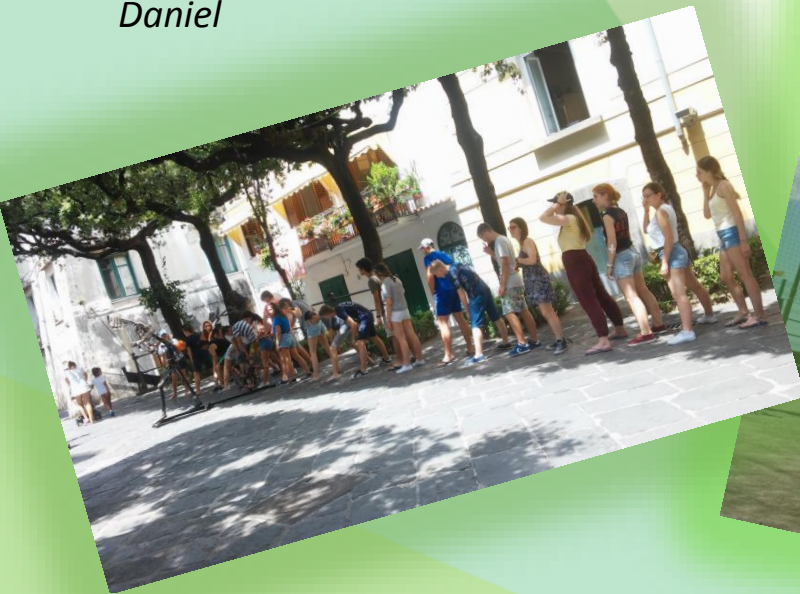
FROM PARTICIPANTS TO PARTICIPANTS



Hello,

this magazine will give you an opportunity to look inside of our project what is called Green we make. Within the confines of this project some participants from all around the world got together, because they want to know more about sustainability, how to protect the nature and to learn some useful tricks, tips and techniques what other countries use. If I raised your interest about our project, this magazine was written for you.

Daniel



Claudia, Daniel, Daniil, Danuta, Gabriel, Iwan, Jaroslav and Maria
for the whole Team of participants:

Andriy, Arthur, Bence, Dasha, Darina, Diana, Gyopi, Harmat, Ihor, Istvan, Julia, Lada, Laur,
Levi, Liza, Lorena, Masha, Maria, Maria, Nastya, Sanda, Sasha, Vika, Yana

THE PROJECT



Daniel & Gabriel

Within the confines of the project, “The Green WE Make” made by the Municipality of Minori and supported by Erasmus+ and ACARBIO. Participants from all around the world came together to learn something useful from each other to change the current situation of the sustainability in their countries.

On 14th of July, 36 people from six countries, Italy/ Spain/ Belarus/ Ukraine/ Moldova/ Romania came together in Minori (SA), Italy with the same motivation, to learn about the nature and at the of the project they become more than friends, they become a big family. They learned together a lot about each other's traditions by presenting every night one culture from six different countries.

One of the good experience what we had was the hiking. During the hike, we had the possibility to have a better contact with the nature, to admire the beautiful views and to become closer friends with each other. We had a small bonfire where we sang different songs all together and cooked food.

Another great thing that the project offered us was learning about each other's traditions. We had the possibility to learn about the cultures, to dance traditional dances, and to eat traditional food from all 6 countries that were here as participants. Furthermore, we prepared typical and traditional childhood outdoor games, to strengthen the community and to remember the value of being in nature, without technology.

We also were separated in different working groups such as: journalists, hiking team, podcasters, video editors and social media. We had to do some tasks so at the end of the project we would also learn more about these domains in which we took part.

Learning about sustainability is very important in our days, because people started a long time ago not to care about the environment and that is why our nature is in a critical situation. Such kind of projects like “The Green WE make” are teaching us useful things like: how to keep the nature clean, how to make economies on energy or water, that we need to sort the garbage and to recycle it and last but not least, how to spend a night in the mountain, having hardly any infrastructure.

In conclusion we can say that it is very good that there are such people that organise such projects like this, and take responsibility to learn the others such vital things that not a lot of people are taking in consideration. Also, they are connecting people from different countries and that have different cultures and afterwards, they become friends and the world becomes a better place to live in.

MY FIRST ERASMUS+ EXPERIENCE

María

For me it is my first Erasmus. When they told me that I had been selected, I was very happy, and I thought it would be a great experience.

First of all, I met my mates and the truth is that we have a very good relationship since, the best thing about living an experience like this is to share it with others. We are not only learning or practicing our English, but also knowing a little more about the culture and the customs of others, we learn it playing games and sharing food, since each night it's up to a different country to teach the others something typical of their country, like a dance or a meal.

I am delighted to know the personality of each person and see how each of them brings something new and interesting to this project. The best of all is when we all get together and make team games, since they are games that allow you to know more about the personality.

We are also getting a lot of awareness about the environment and I love the idea of sleeping in the mountains. I did it before, but there are many people who did not and I'm sure they will repeat it again. I have a very good experience and I hope to repeat it one day.



24-HOUR EXPEDITION IN THE MOUNTAINS

DANIIL

I think that everybody like beautiful Landscapes. But one of the best, it's when you stand on the highest point of the mountain and just enjoying.

In the middle of the project, every one of us has opportunity to see this view and relax under the sun. But not everything is wonderful. Before that you will see the beauty of the nature you should overcome big distance. It was not easy, but we have done it. And thanks to our strong character and good team-work we had unforgettable night near the camp-fire. We sang songs, played different games and guitar, grilled sausages and just enjoyed nature.

In the morning, we went to the village with amazing landscapes. It was Tramonti. Of course, we had a difficult way like before, and our trip was so long, but we have got new experience and have challenged ourselves. Moreover, after our hard work we got so tasty present from Antonio and his team – Pizza party.

I think that everybody got only good and unforgettable emotions from our camping and will use it in future.





10 TIPS FOR YOUR HIKING TRIP

YOUR HIKING GUIDES

The best way to make your hiking enjoyable is to plan ahead. On the trail, you'll want to make smart choices and rely on yourself. Here are some smart tips that can make your trip fun:

1. Never hike alone. You need to have a partner in case of need.
2. Know how to get to your destination. Buy a map and carry a compass.
3. Along the way, you may need to refill your water supply, know where to find water.
4. Always look at the weather forecast. Wear layers that you can remove.
5. Your safety is your own responsibility. Stay on the trail and don't take shortcuts.
6. Keep your backpack as light as possible. Water and food should be the heaviest items in your back.
7. Wear comfortable shoes and clothes.
8. Always carry your trash with you. Don't leave litter on the trail.
9. You should never hike with an empty stomach. Be sure to eat before, during and after you hike.
10. Plan to end your hike before sunset. If you do end up hiking in the dark, bring flashlights with extra batteries or a headlamp.

UNDER THE SAME SUN

A HIKE FOR PROMOTING SUSTAINABILITY

DANIIL

Everybody know that the topic "NATURE" is so important nowadays. But not everybody respects the nature. That is why we went to Ravello, we wanted to send the message to other people. We played guitar and sang songs about our surrounding and how it is important for us to protect it. Thanks to our short performance (flash mob) it has happened. Many people surrounded us and tried to understand our ideas. And I think that they have understood the main idea of our theater.



SHARING THE CULTURES

JAROSLAV

TRANSLATION: GABRIEL



Modern people are developing their level of culture every day in different forms and it has big changes in social life. Although the culture is not influencing people only in their way of thinking, but also in their way of acting and living, thing that gives us the opportunity to develop the modern life.

During these days of the project, every team from Italy, Moldova, Romania, Belarus, Ukraine, Spain tried to share their culture with each other as much as possible, speak about their unique traditions, show interesting and old games that were played by their parents in their young ages, sing the songs, teach others national dances and to try traditional food. Every evening that we spent together, everything was so amazing and interesting that if felt like we became one big nation that shares one culture. It was like we became parts of different nations that presented their culture, and we had the opportunity to understand how every country is thinking living and how they care about different things.

It was such a great experience that every participant from this project remained with unforgettable impressions, learned about nature, how to keep it clean and left with great memories.

SPEND YOUR LIFE USEFUL

DANUTA

TRANSLATION: GABRIEL



What you remember the most when you think about your childhood? Maybe you remember the same as I do. Perhaps you had (and I am sure that you had) situations when you did something alone, like reading books, painting, or making different sculptures from dough. But you forgot them, or maybe you didn't have these situations.

While I was here I understood that you can get the best and unforgettable memories when you spend your time together with others. Unfortunately, in our days traditional games are forgotten because people in modern society don't play them anymore. That is why, here at this project we tried to remind them and to share them with other participants from this project and in this way, we shared our culture with others and understood more about their countries.

The world is changing, and it will change even faster day by day and this is a normal process, but it doesn't mean that we shouldn't keep with us our tradition. Remember, the more traditions we have in our life, the less stress we will have. Spend your life useful.



A PROJEKT

*HUNGARIAN
TRANSLATION: DANIEL*



A “The Green WE Make” projekt keretein belül, melyet az ACARBIO egyesület szervezett meg Minori város önkormányzata és az Erasmus+ támogatásával önkéntesek a világ minden tájáról összegyűltek, hogy tanuljanak valami újat, az országuk.

Fenntarthatóságának növelése érdekében. Július 14 -én, 36 fiatal, Olaszországból, Spanyolországból, Fehéroroszországból, Ukrajnából, Moldovából és Romániából összegyűltek egy közös célért, hogy megismerjék a természetet. Az együtt töltött idő alatt nem csak barátokká, hanem egy nagy családdá váltak. Közösen megismerték egymás kultúráját, mivel minden este egy ország bemutatta a maga jellegzetességeit.

Az egy legjobb tapasztalat szerzési lehetőség, a projekt fénypontja, a közös túrázás volt. Ez alatt lehetőségünk adódott jobban megismerni egymást és a természetet, mivelhogy gyönyörű tájakat járhattunk be. Este tábortűzet gyújtottunk, ahol különböző jellegzetes dalokat énekeltünk közösen, majd együtt készítettük el a vacsoránkat. Később a projekt lehetőséget adott nekünk arra, hogy megismerjük, megtanuljuk egymás hagyományos táncát, kis betekintést nyerhettünk egymás kultúrájába az ételek és italok megkóstolása által. Majd gyermekkorunk jellegzetes játékait eleveníthettük fel azért, hogy összerázzuk a társaságot és értékeljük az természetben való létet, hanyagolva a modern eszközök használatát. A projekt alatt több munkacsoportra oszlottunk például: újságírók, túra csapat, podcast készítők, videó vágók illetve egy média csapat. Mindezek a feladatok által rengeteget tanulhattunk egymástól, fejlődött a kommunikációs készségünk és az angol nyelvtudásunkat. Napjainkban a fenntarthatóságról tanulni és beszélni kell, mert az emberiség már nagyon régóta nem törődik a környezetével, ennek következtében a természet mára már kritikus állapotba került. A “The Green WE Make”-hez hasonló projektek hasznos információkkal látnak el minket, a környezetvédelemmel, a természeti kincsek megőrzése-, a víz és energiafelhasználás és pazarlás megelőzésével kapcsolatban. Megtanuljuk, mi az az újrahasznosítás és, hogy hogyan tehetjük ezt a saját országunkban. Hogyan élhetünk jól csupán a felhasznált energia és nyersanyagok töredékével.

Végezetül elmondhatjuk, hogy nagyon jó az, hogy még vannak ilyen szervezetek amelyek ilyen és ehhez hasonló projekteket szerveznek és felelősséget vállalnak az emberiség bűneiért és próbálják megelőzni a lassan megelőzhetlent. Összehoznak különböző kultúrákat, nemzeteket mert miután ők barátokká, családdá válnak, kis lépésekben de a világ is jobb, békésebb és nem utolsó sorban fenntarthatóbb hely lesz

IL PROGETTO

ITALIAN

TRANSLATION:



Entro i confini del progetto "The Green WE Make", realizzato dal Comune di Minori e supportato da Erasmus+ e ACARBIO. I partecipanti di tutta l'Europa si sono riuniti per imparare qualcosa di utile dagli altri per cambiare la situazione attuale della sostenibilità nei loro paesi. Il 14 luglio 36 persone provenienti da sei paesi, Italia / Spagna / Bielorussia / Ucraina / Moldavia / Romania si sono riunite a Minori (SA), Italia con la stessa motivazione, per conoscere la natura. Al progetto diventano più di amici, diventano una grande famiglia. Hanno imparato molto insieme sulle tradizioni degli altri presentando ogni notte una cultura da sei diversi paesi.

Una delle buone esperienze che abbiamo avuto è stata l'escursione nelle montagne. Durante l'escursione, abbiamo avuto la possibilità di avere un contatto migliore con la natura, di ammirare le belle vedute e di diventare amici più stretti l'uno con l'altro. Abbiamo fatto un piccolo falò dove abbiamo cantato diverse canzoni tutte insieme e cucinato cibo.

Un'altra grande cosa che il progetto ci ha offerto è stata l'apprendimento delle rispettive tradizioni. Abbiamo avuto la possibilità di conoscere le culture, di ballare danze tradizionali e di mangiare cibo tradizionale da tutti e 6 i paesi che erano qui come partecipanti. Inoltre, abbiamo preparato giochi all'aria aperta tipici e tradizionali, per rafforzare la comunità e ricordare il valore dell'essere in natura, senza tecnologia.

Inoltre siamo stati separati in diversi gruppi di lavoro come: giornalisti, team di escursionisti, podcaster, redattori di video e social media. Abbiamo dovuto svolgere alcuni compiti così alla fine del progetto avremmo anche imparato di più su questi domini in cui abbiamo preso parte. L'apprendimento della sostenibilità è molto importante ai nostri giorni, perché le persone hanno iniziato molto tempo fa a non preoccuparsi dell'ambiente e questo è il motivo per cui la nostra natura è in una situazione critica. A questo genere di progetti come "The Green WE make" ci stanno insegnando cose utili come: come mantenere la natura pulita, come fare economie sull'energia o sull'acqua, come fare il riciclaggio, e, ultimo ma non meno importante, come passare una notte in montagna, senza quasi nessuna infrastruttura.

In conclusione, possiamo dire che è molto positivo che ci siano persone che organizzano progetti del genere come questo, e si assumono la responsabilità di imparare gli altri come cose vitali che non molta gente sta prendendo in considerazione. Inoltre, collegano persone di paesi diversi e hanno culture diverse e in seguito diventano amici e il mondo diventa un posto migliore da vivere.

PROIECTUL

ROMANIAN

TRANSLATION: GABRIEL



În cadrul proiectului "The Green WE Make" realizat de municipalitatea Minori și susținut de Erasmus+ și asociația ACARBIO, unii participanți din întreaga lume s-au întâlnit, au învățat ceva util între ei pentru a schimba situația actuală a mediului incunjurator din țările lor.

Pe 14 iulie, 36 de persoane din șase țări, Italia / Spania / Belarus / Ucraina / Moldova / România s-au întâlnit din același motiv, pentru a afla mai multe despre natură, iar pe parcursul proiectului au devenit mai mult decât prieteni, au devenit o familie.

Ei au învățat împreună multe despre tradițiile fiecăruia, prezentând în fiecare seara tara din care fac parte.

Una dintre experiențele bune pe care le aveam era drumul in munte. În timpul excursiei, am avut posibilitatea de a avea un contact mai bun cu natura, de a admira priveliștile frumoase și de a deveni mai apropiați unul de celălalt. Am avut si un foc de tabara linga care am cântat împreună cintece la chitara și am pregătit mâncare la foc.

Un alt lucru minunat pe care proiectul ni l-a oferit a fost să învățăm despre tradițiile altora. Am avut posibilitatea să învățăm despre culturi, să dansăm dansuri tradiționale și să mâncăm mâncăruri tradiționale din toate cele 6 țări care au participat aici. Mai mult, am pregătit jocuri tipice și tradiționale din copilărie în aer liber, pentru a ne aminti de jocurile parintilor si bunelilor nostri.

De asemenea, am fost separați în diferite grupuri de lucru, cum ar fi: jurnaliști, echipa de drumeții, podcasteri, editori video și social media. A trebuit să facem niște sarcini, astfel în ăt la sfârșitul proiectului să învățăm mai multe despre domeniile în care am participat.

Învatarea despre mediul inconjurator este foarte importantă în zilele noastre, deoarece oamenii au început cu mult timp în urmă să nu mai aibă grijă de mediu și de aceea natura noastră se află într-o situație critică. Astfel de proiecte precum "The Green we make" ne învață lucruri utile cum ar fi: cum să păstrăm natura curată, cum să economisim energie sau apă, că trebuie să sortam gunoiul și să îl reciclam și nu în ultimul rând, cum să trăiești în natura, având minimum necesar.

În concluzie, putem spune că este foarte bine că există persoane care organizează astfel de proiecte și își asumă responsabilitatea de a învăța pe ceilalți lucruri vitale despre natura pe care nu le iau în considerare mulți oameni, facind astfel pamintul un loc mai bun de trait pentru noi.

ПРОЕКТ

RUSSIAN
TRANSLATION: DANIIL



В рамках проекта «The Green WE Make», созданного ассоциацией ACARBIO и поддерживаемого Erasmus + и сообществом Minori, некоторые участники со всего мира собрались вместе, чтобы узнать что-то полезное друг от друга, чтобы изменить текущую ситуацию устойчивости их стран.

14 июля 36 человек из шести стран, Италия / Испания / Беларусь / Украина / Молдова / Румыния, приехали по той же причине, чтобы узнать о природе, и в течении проекта они становятся больше, чем друзьями, они становятся семьёй.

Они много узнали о традициях друг друга, представляя каждую ночь одну культуру из шести разных стран.

Много хороших впечатлений у нас оставил поход. Во время похода у нас была возможность лучше общаться с природой, полюбоваться прекрасными видами и стать ближе друг к другу. У нас был костёр, где мы пели разные песни вместе, и жарили сосиски .

Еще одна замечательная вещь, которую предложил нам проект- это изучение традиций. У нас была возможность узнать о культурах, танцевать традиционные танцы и есть традиционную пищу из всех 6 стран, которые были здесь в качестве участников. Кроме того, мы готовили традиционные детские игры , чтобы укрепить сообщество и помнить о ценности природы, без технологий.

Мы также были разделены в разных рабочих группах, таких как: журналисты, группа походов, подкасты, видеоредакторы и социальные сети. Мы должны были выполнить некоторые задачи.

Изучение устойчивости очень важно в наши дни, потому что люди давно начали забывать об окружающей среде, и поэтому наша природа находится в критической ситуации. Такие проекты учат нас полезным вещам : как сохранить природу чистой, как экономить энергию или воду, что нужно сортировать мусор и перерабатывать его ,и наконец как жить в дикой природе, имея минимум.

В заключение можно сказать, что очень хорошо, что есть такие люди, которые организуют такие проекты, и берут на себя ответственность за изучение других такими жизненно важными вещами, которые не так много людей принимают во внимание. Кроме того, они соединяют людей из разных стран , и после этого они становятся друзьями, и мир становится лучшим местом для жизни.

EL PROYECTO

*SPANISH
TRANSLATION: CLAUDIA
AND MARIA*



Dentro de los confines del proyecto “ The Green We Make “ creado por el municipio de Minori y llevado a cabo por Erasmus + y la asociación de ACARBIO ; algunos participantes de todo el mundo se han juntado , para aprender algo de cada uno que pueda cambiar la sostenibilidad de sus países .

El 14 de Julio 36 personas de 6 países , Italia , España, Bielorusia, Ucrania, Moldavia y Rumania llegaron con el mismo motivo, para aprender sobre la naturaleza y gracias al proyecto se convirtieron en más que amigos, se convirtieron en una gran familia. Juntos aprendieron un poco sobre cada tradición, presentando cada noche una cultura de los 6 países diferentes. Una de las mejores experiencias que vivimos fue el senderismo, durante este tuvimos la posibilidad de tener contacto con la naturaleza, de admirar lo bonito que eran los paisajes y así congeniar mejor con cada uno. Hicimos un fuego donde todos cantamos e hicimos de comer juntos. Otra cosa genial que nos ofreció el proyecto era la de aprender algo sobre cada tradición, tuvimos la posibilidad de aprender sobre cada cultura, de hacer bailes tradicionales y comer comida tradicional de 6 países diferentes que estaban como participantes. Más allá preparamos juegos tradicionales y típicos para niños para fortalecer la comunidad y recordar el valor que tiene vivir en la naturaleza sin tecnología.

También nos juntamos en diferentes grupos: periodistas, equipo de senderismos, locutores, editores de videos y redes sociales. Tuvimos que hacer diferentes tareas y al final del proyecto también habremos aprendido más sobre estos dominios de los que hemos sido participantes.

Aprender sobre sostenibilidad es muy importante en estos tiempos, porque la gente empezó hace mucho tiempo a dejar de cuidar el medioambiente y por esto nuestra naturaleza está en una situación muy crítica. Asociaciones como “the green we make” nos están enseñando cosas como: mantener la naturaleza limpia, como ahorrar agua y luz, reciclar y por último pero no menos importante, como vivir en la naturaleza con lo mínimo.

En conclusión podemos decir que somos muchas personas que organizan un proyecto como este y tomamos la responsabilidad de aprender las cosas vitales que no todo el mundo tiene en cuenta. También están conectando muchas personas de varios países y a pesar de tener diferentes culturas después de todo se convierten en amigos y el mundo se convierte en un mundo mejor para vivir.

FURTHER CONTRIBUTIONS

COORDINATION _DANIIL & IWAN

TEXT EDITING _____ CLAUDIA

GRAPHIC DESIGN _____ IWAN

PICTURES _____ THE TEAM OF
THE GREEN WE MAKE

LAYOUT _____ THE TEAM OF
THE GREEN WE MAKE

