



COMUNE DI SCALA



Erasmus+



ACARBIO

# **Live Sustainable Live Outdoors**

## ***THE MAGAZINE***

*Portugal, Spain, Tunisia, Morocco, Lebanon, Italy*

**Erasmus+ Youth Exchange in Scala,  
Amalfi Coast (Italy)**

**15-25th July 2019**

**Connecting nature and sustainable  
approaches to traditional outdoor games**

Scala, ITALY, 15 – 25 July 2019

## The Erasmus+ Youth Exchange

Welcome and enjoy!

In this booklet, we write about our experience as participants during the Youth Exchange. This includes the programme, the outdoor activities, the cultural exchange, and our personal impressions.

*Best wishes,*

*Chafik, Chiara, Dalila, Gaia, George, Hamza, Laura, Serena, Yasmine, Younes & Hiking Guides Bechir & Cristina for the whole team*



### CONTENT

<i>Summary in EN, AR, IT, PO, ES</i>	–	<i>page 3, 4, 5, 6, 7</i>
<i>About Sustainability</i>	–	<i>page 8</i>
<i>Erasm(us)+</i>	–	<i>page 12</i>
<i>Amazing Camping</i>	–	<i>page 13</i>
<i>How we play</i>	–	<i>page 15</i>
<i>Cultural Nights</i>	–	<i>page 19</i>
<i>Interview with Vincenzo Sannino</i>	–	<i>page 23</i>
<i>Why should you go for a hiking?</i>	–	<i>page 25</i>

# Live sustainable, live outdoor

## Summary ENGLISH

“Live Sustainable, Live Outdoors”, is a youth exchange in Scala (Italy) about sustainable practices, traditional games and volunteering for nature. We are from 6 different countries (Portugal, Lebanon, Italy, Morocco, Tunesia and Spain) and working togheter for a better world and raising awareness to be responsible for the health of the planet.

At the beginning we were getting to know each other with different energizers and games. We started to introduce the topic of the project with our expectations, hopes and fears. Each country group made a presentation about the country's sustainability issues and the different good practices implemented, and prepared an afternoon dedicated to outdoor games and a cultural evening. Furthermore, we

made an hiking & camping trip in the mountains for one night, respecting the nature and having fun at the same time. Eventually we created an event for cleaning the town involving local people.

Each day we were working in groups creating a magazine, videos, podcasts and publishing our work in social media to be visible and raise the good social impact.

At the end of the days, we were summarizing the day and reflecting on our learnings and feelings.

The important messages we want to send are that there is no Planet B. We have to take care of this one. So be a part of the solution, not part of the pollution.

“Be the change you want to see in the world.”

– *Ghandi*



# Live sustainable, live outdoor

## Summary ARABIC

“Live sustainable, live outdoor” هو عبارة عن برنامج تبادل للشباب في مدينة سكالو، إيطاليا، يتمحور حول قضايا الممارسات المستدامة، الألعاب التقليدية وكذلك الأعمال التطوعية المتعلقة بالمجال البيئي.

يمثل المشاركون 6 بلدان وهي: البرتغال، لبنان، إيطاليا، المغرب، تونس، وإسبانيا. نعمل معاً من أجل بناء عالم أفضل، وأيضاً في مجال تطوير مهارات الناس لكي يصبحوا قادرين على صون صحة كوكبنا ومصالحنا الإنسانية.

في البداية، تعارفنا بين بعضنا البعض عن طريق المشاركة بالألعاب جماعية تتضمن تدريبات وطرق تواصل. ثم بدأنا في الدخول إلى محاور وحلقات التدريب المخضض ضمن البرنامج، فكانت لدينا الفرصة للتعبير عن توقعاتنا وتمناياتنا ومخاوفنا ضمن فترة التدريب.

قام الممثلون من كل بلد بتقديم عرض حول الممارسات والأعمال التطوعية والأنشطة المرتبطة بالقضايا البيئية في بلده، كما تمت المشاركة في بعض الألعاب التقليدية، خلال الأمسيات الثقافية التي

أتاحت لكل مشارك التعريف ببلده وخصوصياته.

كذلك قمنا برحلة مشي في الجبال وبتنا فيها ضمن خيم صغيرة، فقضينا أجمل الأوقات ومرحنا كثيراً. وكانت أيضاً فرصة للتقرب من الطبيعة واحترامها. أما النشاط التالي فتضمن حملة لتنظيف أحياء مدينة سكالو بمشاركة من ابنا المدين لذين رحبوا بالمشاركين. وكنا في كل يوم نعمل ضمن مجموعات بهدف إنشاء مواد مصورة ومكتوبة ومدونات صوتية لنشر هذه الأعمال في مواقع التواصل الاجتماعي، لتكون فرصة للتواصل مع اكبر قدر ممكن من الناس بغرض ترك بصمتنا و التأثير بشكل إيجابي على الجميع.

في نهاية كل يوم، كنا نختم أنشطتنا بعرض خلاصة شاملة حول كل ما تعلمناه واكتسبناه، وايضاً حول انطباعاتنا ومشاعرنا حول أمور حدثت معنا.

ليس لدينا كوكب آخر للاهتمام به والحفاظ عليه. نحن كشباب يجب أن نكون جزءاً من الحل وليس جزءاً من المشكل.

كونوا أنتم التغيير الذي تودون رؤيته في هذا العالم!

Ghandi -



# Live sustainable, live outdoor

## Summary ITALIAN

“Live Sustainable, Live Outdoors” è uno scambio giovanile a Scala (Italia) sulle pratiche sostenibili, giochi tradizionali e volontariato per la natura. Siamo 6 nazioni (Portogallo, Libano, Italia, Marocco, Tunisia e Spagna) che lavorano insieme per un mondo migliore e per rendere le persone consapevoli di essere responsabili per la salute del pianeta.

All'inizio stavamo cominciando a conoscerci con diversi energizer e giochi. Abbiamo iniziato introducendo gli argomenti del progetto con le nostre aspettative, speranze e paure.

Ogni nazione ha fatto una presentazione su come la sostenibilità è, e le differenti abitudini che ogni Paese ha; giochi all'aria aperta di pomeriggio e serate culturali di ogni nazione. In seguito abbiamo fatto una

gita in montagna con campeggio, rispettando la natura e divertendoci contemporaneamente. Abbiamo creato anche un evento per pulire il paese coinvolgendo anche i cittadini locali.

Ogni giorno abbiamo lavorato in gruppo creando una rivista, dei video, podcast e pubblicando, i nostri lavori su un social media per avere più visibilità e creare un buon impatto sociale. Alla fine di ogni giornata, sintetizzavamo l'andamento delle attività e riflettavamo su ciò che avevamo imparato e sulle nostre emozioni.

Non c'è nessun Pianeta B. Dobbiamo prenderci cura di questo!

Sii parte della soluzione, non dell'inquinamento.

“Sii il cambiamento che vuoi vedere nel mondo”

– Ghandi



# Live sustainable, live outdoor

## Summary *PORTUGUESE*

“Live Sustainable, Live Outdoors”, é um intercâmbio juvenil em Scala (sobre práticas sustentáveis, jogos tradicionais e voluntariado para a natureza. Nós somos 6 países (Líbano, Itália, Marrocos, Tunísia e Espanha) trabalhando juntos para um mundo melhor e incentivar outras pessoas a serem responsáveis pela saúde do planeta.

Começamos por nos conhecer uns aos outros com diferentes energizantes e jogos. Começamos a introduzir o tema do projeto com as nossas expectativas, esperanças e medos.

Cada país fez uma apresentação sobre como a sustentabilidade é e diferentes práticas que o país tem, tardes de jogos ao ar livre e noites culturais de cada país.

Mais ainda, nós fizemos uma caminhada nas montanhas e acampamento, respeitando a natureza e tendo divertimento ao mesmo tempo. Criámos um evento para a limpeza da cidade envolvendo pessoas locais.

Cada dia estávamos a trabalhar em grupos criando uma revista, vídeos, podcasts e publicando o nosso trabalho nas redes sociais para aumentar a visibilidade e criar um bom impacto social.

Nos dias finais, resumimos e refletimos sobre a nossa aprendizagem e sentimentos.

Não há Planeta B. Temos de cuidar deste.

Se uma parte da solução, não da poluição.

“Se el cambio que quieres ver en el mundo”

– *Ghandi*



# Live sustainable, live outdoor

## Summary SPANISH

“Live Sustainable, Live Outdoors” es un intercambio juvenil en el pueblo de Scala (Italia) sobre practicas sostenibles, juegos tradicionales y trabajos voluntarios para cuidar la naturaleza. Participan 6 países diferentes (Portugal, Libano, Italia, Marruecos, Tunisia y España) trabajando por un mundo mejor y crear conciencia en la sociedad para ser responsables por la salud del planeta.

Al principio del proyecto hacemos juegos y dinámicas para conocernos mejor. Seguimos introduciendonos en el tema del proyecto expresando nuestras expectativas, esperanzas y miedos.

Cada día cada país hace una presentación sobre como funciona la sostenibilidad y las diferentes practicas que cada país hace, por las tardes jugamos a juegos tradicionales y por la noche un evento cultural donde cada país presenta sus costumbres y tradiciones.

Además hacemos una experiencia de senderismo y acampar respetando la naturaleza y divirtiendonos al mismo tiempo. Como también un evento para limpiar el pueblo involucrando a la gente local.

Cada día trabajamos en grupos pequeños creando una revista, un podcast y un video sobre el proyecto y vamos publicando al mismo tiempo todo el trabajo en las redes sociales para hacer nuestro trabajo visible y crear un buen impacto social.

Al final de todos los días reflexionamos sobre lo que hemos aprendido y como nos hemos sentido.

No hay un Planeta B, tenemos que cuidar este. Ser parte de la solución no de la contaminación.

“Se el cambio que quieres ver en el mundo”

– *Ghandi*



# About sustainability

*By Laura*

## What is sustainability?

Sustainability is about the avoidance of the depletion of natural resources in order to maintain an ecological balance.

**Sustainability** is often defined as “Meeting our present needs without compromising the ability of future generations to meet their own needs” (Brundtland Commission 1987).

Most people primarily associate sustainability with environmental conservation but it has three components: environmental conservation, social responsibility, and economic development.

So there are three pillars of sustainability:  
**Environment | Society | Economy**

## Examples:

- |   |  |
|---|--|
| • Store food without plastic                                      | • Zero waste                                   |
| • Outdoor practices   | • Recycling                                    |
| • Go vegetarian/vegan or be aware from where we get the meat/fish | • Bike/foot vs. transport that makes pollution |
| • Eco-garden/local market   | • Make compost                                 |





## Reduce – reuse – recycle: Actions from the project

### •Hiking and camping + recycling

Ecofriendly activity outdoor with a lot of benefits spending at least one night in the wilderness, usually at a designated backcountry campsite or trail shelter far from the city.

*Some important things to consider:*

- Before the activity, make people aware how to protect the nature and make a packing list.
- During the outdoor practice, separate recyclables and burnable waste and build collection points.
- At the end of the trip pack the trash and find a bin. If you cannot find any take the trash home.

### •Picking the trash in the village (Scala) #trashchallenge

As volunteers, we created a public event “Let’s go clean the nature”.

The day before the action we made a Facebook event to let people from the town know and involve them in the activity. This is the first part of

awareness raising to not throw rubbish to public places.

The day of the event we met at the meeting point, some people from the town joined us, and we took garbage bags and gloves. We split into 2 groups and we started the cleaning activity.

We discovered the town was no so dirty and most of the trash we found was cigarettes butts.

This kind of activity can motivate another people to pick the trash in public places when they are going to a walk or practices sport. But we also change ourselves, because now we are more aware and responsible with the nature.

There is also a hashtag (#trashtag #trashchallenge) where people post pictures in social media before (when the place is dirty) and after (when they clean it) their cleaning activity.



# WORLD CAFE

Sustainability discussion  
 Plastic Pollution  
 Littering  
 Food waste & Agriculture  
 Responsible Travel  
 Entrepreneurship & Initiative  
 Ecological Footprint

## World Caffé

A method for discussing in different groups about different topics and then share with the whole group in presentations.

### PLASTIC POLLUTION

1) Refuse  
 2) Reduce  
 3) Reuse  
 4) Recycle

**Plastic Pollution**

1. What is the current situation?
2. How can I be part of the solution?
3. What can be done? (examples)
4. What is the influence of the media?

1. It's mostly in the ocean. → PLASTIC ISLAND

- Fish we eat have microplastics.
- Lot of single use plastic.
- Microplastic pollution in the air (microplastic rain)
- \*Zero Waste initiative in Canada
- Biodegradable (bioplastics)

Packaging made from banana leaves.

- Water bottles
- Fast food
- Medical care
- Shampoo
- Sanitizers
- Biodegradable wet wipes
- Warp (carpet, building, bag...)[entire everything]
- Fast Fashion Plastic & Fake clothes.

TRASH CHALLENGE INFLUENCERS

Buy something and spend all that time into to encourage others to do the same.

MACHINES THAT GIVE YOU MONEY FOR BOTTLES

### LITTERING

**Littering**

1. What is the current situation?
2. How can I be part of the solution?
3. What can be done? (examples)
4. What is the influence of the media?

1. REALLY BAD

2. SPREAD AWARENESS public spaces, encourage people.

- Let others know when they're making it wrong
- Be active. ORGANIZE EVENTS...

3. (more or less) a number

- HARDER PUNISHMENTS
- FAVORABLE TAXES ON NON SUSTAINABLE PACKAGES
- MAKE RECYCLING EASIER
- MAKE TRASH BINS
- WATER BOTTLES
- GREENER DRINKING (always use plastic bottles, think of...)
- ... (more or less) a number
- ... (more or less) a number
- ... (more or less) a number

1) Trash islands in the Pacific Ocean  
 trash in the streets

### ECOLOGICAL FOOTPRINT

**Ecological Footprint**

1. What is it?
2. How can it be useful?
3. How can I improve my ecological footprint?
4. Advantages & disadvantages of the concept?

1. Ecological impact indicator / Input of human activities / consumer / Input of human activities / consumer / Input of human activities / consumer

2. It serves as an indicator to show us (individuals, communities, companies...) how much waste we are producing and if we are using excessive amount of resources, and based on it, adapt multiple.

The Expression should be more promoted around the world

3. Buy fruit and vegetables in a local producers.

4. Caught a lift / Share cars / Public transport.

5. Buy second-hand clothes.

6. When you are washing your tools, and taking a shower, you have to turn the water shut probably unless the water, closed for the shower, water taps... etc.



## World Caffé

A method for discussing in different groups about different topics and then share with the whole group in presentations.

### RESPONSIBLE TRAVEL

**Responsible Travel**

1. What is the current situation?
2. How can I be part of the solution?
3. What can be done?
4. What is the influence of the media?

ERASMUS  
Travel + help

Camping (coachsurfing) vs. Hotel

workaway

public transportation or hitchhiking

Instagram + Lifestyle

YouTube ↑ TOP

### ENTREPRENEURSHIP & INITIATIVE

**Entrepreneurship & Initiatives**

1. How can new initiatives support responsible consumption?
2. How can they solve environmental problems?
3. Best practice examples?
4. How can I be active?

1. No planned strategies learned with metrics to give them legitimacy and raise awareness with cold email and expertise.
2. New alternative / location of use (sustainable material) as well as opening the door for being entrepreneurs and business and their initiatives for inclusion and money (labelling) Examples from countries / Alternatives
3. Zero waste (paper) - makes an impression and credibility
4. Choices (daily life / social initiatives / volunteering / success story)

### FOOD WASTE & AGRICULTURE

**Food Waste & Agriculture**

1. What is the current situation?
2. How can I have an impact?
3. Good practice examples?
4. What is the influence of the media?

The bad use of food: food waste

1. Not balanced situation in the world
2. Food waste MUST be punished! Rich countries do not have to forget their roots (they were poor in the past)
3. Making effort by using food waste

ENERGY

Even small amounts of effort have to use food sustainably

BUYING LOCAL

3. Collective markets when small agriculturalists sell their own vegetables and try to make people more aware by going from people to people

'FRUITA PERA' - UGLY FRUIT

4. Social media is influencing people to buy in fair markets and to have fair habits in a more sustainable way

# Erasm(us)+

*By Chiara, Gaia and Serena*

The population in Scala is divided in three categories at least: the ones who do manual work, for example agriculture and farming, the ones who go elsewhere to practice their work, and the ones who deal with the touristic sector of economy, who are the majority. In Scala this area is characterized mostly by the presence of holiday houses, which serve mainly as places to sleep for tourists, because they spend their days in other parts of the Amalfi Coast.

Therefore, Scala isn't a big tourist destination, because over the years, unfortunately, the potential of the area hasn't been used properly by the population.

In Scala there are many breathtaking places. Indeed, there are "Valle delle Ferriere", "Torre dello Ziro", and "Sant'Eustachio" which are the main touristic destinations.

However, during this summer, for the first

time an Erasmus+ project has been organised in Scala, whose main subject of discussion was how to live sustainably. This represents a completely new experience for this little village.

Many activities and workshops have been carried out about this topic and even though the main goal of this wasn't to attract other tourists, eventually this will happen, too.

Six people from each of the five foreign countries (Morocco, Portugal, Spain, Tunisia, Lebanon) arrived in Italy and for eleven days, together with the local participants they did a lot of activities, such as discussions about the environment, task forces, traditional evenings, events and group games.

This was a great opportunity for us young people to confront each other's cultures, to make new friends and learn about sustainability.



# AMAZING CAMPING

*By Chafik and Hamza*

Since a young age, camping has always been on top of our "to do" list. We kept daydreaming about it until we finally gained enough strength and modest experience which allowed us to live through such an experience which can truly be life-changing.

It was a sunny Thursday, that's when we went together with friends to do shopping for our first-time camping experience. One of our friends, Oussama, is a reference when it comes to camping, so there was nothing to be afraid of. We bought all the necessary things and prepared together with our friends Serena and Gaia.

We prepared ourselves to bring with us a backpack, a sleeping bag, some food, water and other useful tools.

Friday's morning felt misty, and the journey started. We left our accommodation and choose the road towards "Torre dello Ziro", the sun was shining strongly on our backs as we were walking. The distance was very long, amazingly we didn't get tired at all, and the mixture of grass, trees and plants from around us was very particular.

It has been two marvelous days at "Torre dello Ziro". The atmosphere there was predominantly amazing. We had so much fun camping and sharing stunning memories. Even though after all it was indeed quite tiring, still we enjoyed it so much and we feel we learned a lot, such as how to build a tent and how to make fire.



# How we play

*By George*

... And they said we will be quite different. But one thing has unconsciously bonded us all in this experience at the Erasmus+ youth exchange program entitled “Live Sustainable, Live Outdoors”, in Scala, south of Italy. It is neither food nor culture, but the games that united us all. It is obvious that one as a child tends not to have any boundaries when playing games.

In this youth exchange, participants from Lebanon, Morocco, Spain, Tunisia, Portugal and Italy had to prepare games that reminded them of their childhood back in their own countries. So every day groups representing each country had to prepare different games from their past.

The games were all outdoor games and included the use of balls, trombone, sticks, etc... We even played musical chairs and treasure hunt.

After a couple days we, as participants, noticed that the majority of the games that each country was preparing were known and played by everyone as children. It acted as a bridge between all those involved in the activities showing that playing has no cultural boundaries or borders.

And here below are a few photos showing these games and how there is no difference between each of the countries' games and activities.











# CULTURAL NIGHTS

*By Yasmine, Younes and Dalila*

## Portugal

On the first day, the Portuguese team organized their traditional evening. First, they started with a presentation of the most beautiful places to visit in Portugal. Everyone was fascinated by the beautiful views and monuments of different cities, for example Porto, Lisbon, Algarve and Guimaraes.

Then, there was a quiz in which the participants were divided into 4 groups. This quiz had the objective to see the knowledge

of the participants about the country. The participants learned a lot about Portuguese culture and history.

After that, it was time for food. The Portuguese team brought some wine, sweets and typical sausages. They also showed their typical way to cook *linguicas*. It was an amazing show with flames. Finally, the evening had a fun ending. Everyone was dancing to the traditional music and enjoying the different types of food.



## Lebanon

The second night was the time for Lebanon to show their culture. The team started by giving the other participants some facts about the country, with the participants having to agree or not.

They showed us videos about the country, the culture, the beautiful views and the night life. After that, one member of the team focused on the work of AMEL Association. This association has been working for the past 40 years in Lebanon with vulnerable communities,

implementing activities in the sectors of health, education, protection, livelihood, food security and human rights.

In the last part of the evening, they presented some typical food they had prepared before. A typical pizza called “Manoucha”, dried fruits, biscuits called “Baqława” and “Debka” which is also the name of their traditional dance.

They taught the group how to dance belly dance and everybody had a great time.



## Morocco

In the third evening, Moroccan prepared their cultural night. They began questioning the participants about some facts of Morocco. The participants were divided into 4 groups, trying to guess the right answer. It was an opportunity to give them a global idea about culture and history of Morocco. To give more information about their country, they made a presentation which showed the most beautiful cities, historical monuments, traditional clothes and food. Every member of

the team was wearing traditional clothes.

After that, they showed us a Best-Of of a traditional Moroccan wedding. Everyone was amazed by the show and the culture.

Then, the Moroccan team prepared a typical tea for everyone and they served it with a lot of different biscuits.

In the end, it was time for having fun! Everyone enjoyed Moroccan music and their typical dances.



## Italy and Spain

It was time to Italy and Spain present the participants with the fourth international evening

First, the Italian team brought the dinner. They started with Pizza Margherita and then *"Parmigiana di Melanzane"*, a typical dish with the same format of lasagna.

The night had special guests, the Mayor of Scala and the vice-mayor made an appearance to greet the participants of the project.

The team started with a quiz about Italy and they even sang the national hymn during the evening.

By the end, they presented the participants with a video about Amalfi Coast and touristic places.

Later in the evening, it was time to know a bit more about Spain .

The team started with an online quiz, to show some stereotypes about the country and the participants discovered interesting facts. Next, they showed videos about Spain and their city Málaga.

For the night, they brought typical food and sangria, a mixture of red wine with fruits. There were *"salsichón de pavo"*, a type of meat, and cheese and biscuits for everyone to taste. Later on, they showed some dance moves and taught the participants how to dance *"Macarena"*, a famous choreography. One of the members of team also sang a beautiful song in their national language.



## Tunisia

In the last international evening, the Tunisian team was in charge of the party.

When we entered the room, we felt like we were in a restaurant, because of the traditional music and the tables set with traditional food. They had prepared Couscous and a vegetable salad, and it was an opportunity to taste a little of Tunisia.

After this delicious dinner, the team asked other participants about what came to their mind when they heard Tunisia. The answers

were various, some of them were right and others wrong. Next, they showed us a video about beautiful regions of the country and the main places to visit. Also, in their presentation they introduced us to their typical food and discussed about political situation and women's rights.

Finally, they ended the night with traditional music and dances, while we were tasting their typical biscuits, dates and "*Bsissa*".



# INTERVIEW WITH VINCENZO SANNINO

*By George and Dalila*

*Our team interviewed Vincenzo Sannino, also known as Enzo, and we found interesting facts about the President of ACARBIO.*

## **Hello Enzo! Could you introduce yourself?**

I am from the area of Tramonti. I worked for 20 years in the finance. I first worked in a national bank and then I worked for an international corporation that deals with finance. I left all of this work and wanted to start something new. Even at a late age, and while everyone was not encouraging around me, and would not understand why I would leave my career, I started ACARBIO. Now, 10 years later, the association has grown, and I feel very lucky to work in these great cooperation and with very motivated colleagues.

## **What is ACARBIO and what does it do?**

ACARBIO started in 2009 with only an idea on preserving the area of the Amalfi Coast through the encouragement and creation of a Biosphere reserve in the area. At start, it was difficult because we had no skills in getting the funds we needed for our project and every time we were writing project proposals, they were rejected many times. Now today, with all the expertise that we have we are able to implement a variety of

projects.

We are also working on a side project/startup concerning tomatoes and preserving the different types/species of tomatoes of the region of Amalfi. The startup is called "Effecto Costiera" which stands for Coastal Effect. It has been producing tomato products such as sauces and we are currently exporting most of our products to the USA and Canada.

## **What is the main purpose/objective behind ACARBIO?**

The main objective of ACARBIO is to promote the idea of having Coastal Amalfi as a Biosphere reserve, where man and nature coexist together. This means that the area would act as a natural reserve with the addition of the human aspect. We have been working so hard on achieving our goals. Recently it has been difficult due to changes in the politicians of the area. They each have different points of view and it is not easy to convince them. Another objective we are working on is promoting and preserving the traditions and cultures of our area, Amalfi. Our area is built all based on terraces for agriculture and in recent years, it is becoming more and more difficult to plant in them as labor cost is becoming more expensive and machinery is usually prepared for large flat lands. But, at the same time in

these terraces we are producing one of the best organic and top quality fruits and vegetables of the region. So we focus on this and try to promote the products to support the area.

**What is the event that we are attending now and what is the main purpose behind it?**

This event is a series of workshops and activities for 10 days under the title of “Live Sustainable, Live Outdoors”. It is currently located in the town of Scala of the Amalfi coast. The event consists of 36 participants come from Lebanon, Portugal, Spain, Tunisia, Morocco and Italy. And the main idea is to mix youths from different cultural backgrounds and to share their different opinions and backgrounds while focusing on ACARBIO’s objectives that include sustainability and nature. The participants,

coming from various backgrounds, cultures, and religions live all together for these 10 days and learn from each other different techniques on how to preserve nature and live in a sustainable way. And thus with this mix of culture, the participants are able to go back to their own countries and act towards a more sustainable living while implementing ideas they learnt from others.





# WHY SHOULD YOU GO FOR A HIKING?

*By the Hiking Guides Bechir and Cristina for the team*

Nowadays we are surrounded by stress, noise and pollution. Also, we are used to spend a lot of time sitting in an office. We are not connected to nature.

So here we give you a good idea on how to disconnect from busy life and reconnect with yourself: you can go hiking.

The benefits of hiking are that it will

make you feel active and connected to nature. It can help you to renew your energy. Also, you will find beautiful landscapes.

But before going for a hiking, it is important to organize the hiking properly, so you can enjoy it more without any bad surprise, and really connect with nature and yourself.



# WHY SHOULD YOU GO FOR A HIKING?

*By the Hiking Guides Bechir and Cristina for the team*

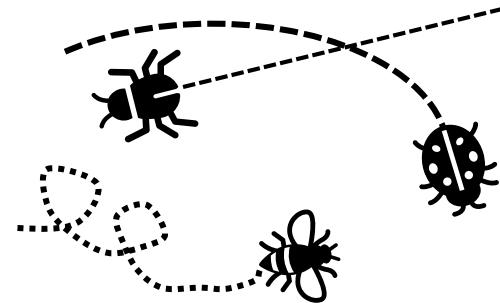


## 10 Tipps for your hike



Luckily, we prepared a list with some good advices for you, that could be useful if you are thinking about going to hike.

1. *Study the route and the camping site before going. Animals & plants and if there are dangerous ones as well.*
2. *Pack the proper luggage. Don't take too many or too heavy hings. The priorities are FOOD AND WATER.*
3. *Prepare a first aids kit.*
4. *Even if you check the weather, you have to carry a rain jacket.*
5. *Wear proper shoes and comfortable clothes. Also, have some spare clothes.*
6. *It would be interesting that you make a survival kit with lighter, flashlight, knife, ropes,....*
7. *Make a packing list to revise it before going and before leaving the place to check you are not forgetting anything.*
8. *If you are going as a group, you should be well connected.*
9. *Try to find a good place for toilets.*
10. *DONT DIRTY THE NATURE.*



„Take nothing but memories. Leave nothing but footprints.“

- Chief Seattle



Scala, ITALY, 15 – 25 July 2019

The Erasmus+ Youth Exchange

**Dedicated to all sustainability innovators,  
outdoor passionates and nature friends.  
Be inspired and inspire others.**

A project by Comune di Scala, financed by the Erasmus+ Programme.  
Enabled and supported by the team of partners:

Comune di Scala

ITALY

Associazione Costiera Amalfitana Riserva Biosfera (ACARBIO)

ITALY

Amel Association International (AMEL)

LEBANON

Mediterranean Forum For Social Development (MFD)

MOROCCO

Aventura Marao Clube (AMC)

PORTUGAL

Asociacion Grupo Desarrollo Rural Valle Del Guadalhorce (GDR  
Valle Del Guadalhorce)

SPAIN

Mediterranean Forum Organisation Of Youth And Sports  
Entertainment (ALSJMO)

TUNISIA

[www.acarbio.org/en/live-sustainable-live-outdoors](http://www.acarbio.org/en/live-sustainable-live-outdoors)

[scala.rogettigiovani@gmail.com](mailto:scala.rogettigiovani@gmail.com)

**Live Sustainable  
Live Outdoors**



**Erasmus+**

