

Technical booklet from the training course

"Up'Cyl'Art"

How to create your sustainable life

from the 20th to the 31st of August 2018
BEDEILLE - France

Addressed to Youth workers, facilitators, trainers, and everyone who would like to change their lives.



Erasmus+

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Statement of intent

Up'Cycl'Art

The main goal of this training course was to lead people to think about the consequences of their consumption, to promote up'cycling and ecology applied to the city. To reach this goal we had other objectives such as:

- 1- To share concret tools about re-using our waste
- 2- Discover and take up practical ecology in cities
- 3- Create thinking spaces about the issues towards responsible ecology in an urban space through an educational point of view.

We also promoted a simple, healthy and organic daily life applying the Zero waste concept as much as we could to experience this change of life and the benefits of it.

We allowed the participants to create together our daily life (common rules etc.) and to propose workshops by themselves in order for them to have an active role in their training. It also allowed to rise their critical thinking with several debates and discussions.

Activities

The 10 days went as the following:

- Discovering Zero waste concept and practical workshop of "do it yourself" (Detergent, dishwashing soap, tooth paste, cookies...)
- Discovering up'cycling by manual workshops (garden pallet, carton solar oven, eco basketry, carton furniture, clothes design with rubbish, growing box with pallets)
- Visiting and getting inspired by a second hand shop.
- Visiting a self reliant community (growing their veggies, raising their animals, producing their bread etc.)
- Participants workshops with:
 - How to collect your own seeds to grow the next year.
 - How to make batics with wax
 - How to build your own compost and what are the benefits
 - How to use a technic of self care.
 - How to make your own deodorant

Sharing know how

At the end of the project we went to a market to propose workshops to bystanders. This way, participants shared their point of view and showed what they learned during the TC.

This part was really important to us because it put into practice the work of the participants, and also allowed the transmission of knowledge to people.

This moment was an intense intercultural exchange between the participants and the local population. It was also a way to increase participant's self confidence.

The booklet

The booklet that you have in your hands is written by the participants of the training course with some help of Solafrika's team.

Every workshop we did is described in this booklet

One or two supervisor(s) was chosen for each activity, and was responsible for the writing and the pictures of the technical booklet.

This booklet was sent to each participant, for them to use as a tool to reproduce and improve the knowledges acquired in the development of their projects in the youth field.

The partners

Up'Cycl'Art has been implemented by eight European organizations through the Erasmus+ program:

Center for Intercultural Dialogue: CID - Macedonia

Biodiversa - Spain

Equipo Mandragora - Spain

International Begegnung in Gemeinschaftsdiensten: IBG - Germany

Alter Ego - Greece

Continuous Action - Estonia

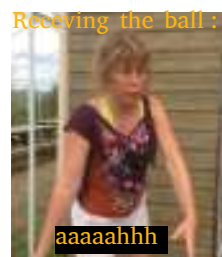
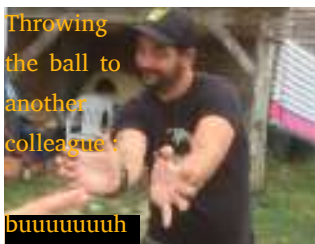
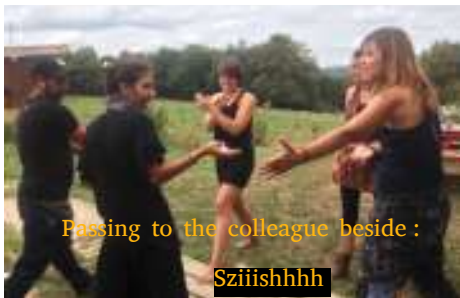
Metta - Slovenia

Solafrika - France

Game box

To start a good day a good energizer is needed. Ice breakers, energizers, are good ways to create a group dynamic, get to know each other and break the barriers on the first meetings. The aim of the activity is to wake us up and get us ready to start the activity in a good mood and energy.

The burning ball



Imagine you have a burning ball in your hands. You need to pass it on as fast as you can. The group is in a circle and starts passing the ball clockwise doing sounds with each movement. The sounds must be loud and played. Everyone can use the movement they want.

Alternative: Once you're warmed up. Each time someone makes a wrong movement, sound or is too slow to react, they are put out of the game .

Samourai

The group should be in a circle.

One person starts to point another one putting their hands together and making the sound : Zaaamh

The person who has been pointed at has to lift up their arms making the sound : zummh.

Then the two participants beside him have to join their hands and aim at the belly of the person in the middle, pretending to cut him, while making the sound : zimh

Passing the ball



The group has to divide in 2 groups being in 2 equal lines .
They have to pass the ball to the next one, one time above the head and next time under the legs. Till arriving to the end and come back.

Next time the ball has to pass from the right side and then to the left.

The first ball to arrive wins!

Earthquake

For this game, you have to be odd.

Set up : Make several homes with two people and one person inside the house (like the drawing).

Game : One person is without home. He can say

-“Human” or

-“Home” or

-“Earthquake”.

If he says Human : All humans have to change their home to another house. The person without house can try to find a house at this point.

If he says Home : all the houses have to move and build another house with someone else. (Be careful, you can build a new house only with the house people).

The guy without home can build a new house with another house person.

If he says Earthquake : Everybody have to move and change their role. The guy without home can build a new house or be inside a new house.

At the end of this part, one person is alone. This person has to say one of the three words etc etc...



The sound of silence

This game is great before doing an activity that needs focus



-Do a circle with all the participants

-Everybody closes their eyes during one minute. Nobody speaks during this time.

-At the end of this time, everybody has to say all the noises that they heard and share with the group. The goal of this game is to have as many different noises as possible.

Zero waste

Zero waste, a philosophy



Zero Waste is a philosophy that encourages the redesign of resources life cycles so that all products are reused.

It is also a philosophy to guide people in changing their lifestyles and practices to emulate sustainable natural cycles to reduce and reject as much waste as possible.

Some numbers

1. A product requires 70 times the weight of it to be produced.
2. 98,5 % of what is extracted and used for the production of an item, is waste.
3. One of the first reasons of plastic in the sea are the nets left by the fishermen.
4. We have the power to change things through the way we consume and make decisions.
5. Around 200 kilos of plastic go into the sea every second and 70 percent sink.
6. All recycling factories recycle different things depending on the area, even in the same country.
7. Each European person produces in average 475kg of waste per year.



What is waste?



It depends on what you consider being waste. What goes into recycling bins is not necessarily waste, everything you can reuse is not waste, everything that goes back to the earth (veggies peel, organic paper tissue, paper bag etc) isn't waste either.

How to go zero waste?

To go zero waste, first of all it's a matter of motivation, so you can start wherever you think it's the easiest.

- ⇒ Reduce the consumption of everything that is thrown without being recycled.
- ⇒ Compost your organics waste.
- ⇒ Buy your food loose as much as you can (pasta, rice, nuts...)
- ⇒ Avoid to buy new stuff and promote second hand consuming.
- ⇒ Do your home made dishwashing liquid, moisturizing cream, toothpaste, cookies.
- ⇒ Recycle more.
- ⇒ Stop using plastic.
- ⇒ Buy locally and according to the season.



Some links to go further:

- * The Zero waste Europe [site](#) and [facebook](#).
- * Zéro waste France [site](#).
- * Practical tool to be Zero waste Bea Johnson [Facebook](#)'page



There are many alternatives to help reduce our waste production and it's all about choosing what has less impact on the environment, being a responsible consumer and thinking if you really need something before buying it.

Concret tools

Tooth paste:

- * 3 table spoons of clay
- * 1 tea spoon of baking soda
- * 5 drops of mint essential oil
- * Some coco oil can be added for the texture
(you can add some sage powder which is good for the gum).



Washing machine liquid:

- * 80g of Marseille soap
- * 1.5L of boiling water
- * 10 drops of essential oil for the smell (lavander)
- * 1 table spoon of Baking soda

Mix before using. For a 5kg machine put one cup of the liquid.

Universal cleaning product:

- * 150ml of white vinager
- * 350ml of warm water
- * 15 drops of essential oil
- * one big spoon of baking soda



Concrete tools to reuse

Cardboard furniture

Quality of the cardboard

The first step is to search for your cardboard. But where to find it ?

The cardboard must be big and without any defect.

Select cardboard that is not wet, with holes, ripped etc.

It's good to have a cardboard with two flutes lines.

To make it stronger always put the cardboard tubes in a vertical position.

Material

- * Cardboard
- * Pencil
- * Cutter
- * Hot glue (with a glue gun)
- * Metallic ruler
- * A square
- * Sand paper
- * A brush
- * Liquid glue
- * Something straight to help cut the cardboard.

SECURITY RULES

The cutter : put the blade perpendicular to the carton, don't push too hard and pass 2 or 3 times on the same line. If you push too hard it can be dangerous, slip and create an accident.

To avoid cuts keep your hand behind the cutter, never in the line you are cutting.

The glue gun : it works by melting glue sticks. When the glue comes out it's really hot so be careful not to touch the glue before it gets cold. Also when you don't need it anymore unplug it and let it cool down before storing it.

Tips to find the cardboard

You will need really large pieces of cardboard.

The best way is to go to the panel beater (carrossier) and ask for the windscreen protection cardboard. Usually they are really happy to give them !

You can also find them in stores where they sell fridges and other big machines.

First step: draw the furniture you need and want



Second step: Create the base

We start by making three major parts. Front, middle and back of the furniture. Really important to do step by step, so everything fits nicely. We simply do the first part, and then we just make it to others



Third step: the bonds



then we make the middle parts, which will allow everything to hold together.

Draw the notch on the middle cardboard. For your furniture to be strong you have to put smaller pieces of cardboard in the middle to link the two parts.

They have to be on the weaker parts of the furniture spaced from 10 centimeters each, perpendicular from the ground.

Now cut the notches. They must be the same width as the cardboard. About 6 mm, but the half of your cardboard size. You can cut all the slices which will link the two cardboards together. Make sure the sense of the flutes is always vertical.



They must be as wide as your furniture. For exemple this one is 35cm if we take back 12mm from the cardboard faces so my slices must be 35 cm minus 12mm. Cut as much as the notches, and make a notch as well to make it fit with the furniture's notch.

Fourth step: Assembly



Make the slices slide into the notches. It must be perfectly fitted. If not make it happen.

Do it for all the slices.

Put the three faces on the table and in the right order. With the set square make sure that they are well lined up. It's an important step if you want to make it right. Keep them like this and glue or take the slices on the two faces.



Fifth step: the dressing

Now that you have the shape of the furniture, its time to do the inside part. In each compartment you did you have to cut some carboard on the same measurment as the floor, the walls and the roof. You can use glue to fix it. Put the outside the same way and put kraft tape on each corner of your fourniture to have a nice finishing



Sixth step: the finishing



To finish your furniture your have to:

First, sand with a really fine sand paper (100).

Second you have to make a clean corner with craft tape.

Third you have to cover your fourniture with newspaper glued with varnish to protect the fourniture from water.

Finally you have to paint it with water proof paint.

Here we decided to let the fourniture being only with news paper.



How to build a solar oven



Material

- * 2 Carboard box : one that can fit inside the other.
- * 2 or 3 newspapers.
- * 1 roll of alluminium paper.
- * One bottle of black painting.
- * One bottle of white glue.
- * One piece of transparent plastic for green house.



Steps

- . Paint the inside of the small box with the black colour.
- . Fill the empty space with newspaper balls.
- . Put a smaller box in the big one.
- . Put the newspaper balls between the smaller and the big box.
- . Wrap the box with another piece of carboard box.
- . Make a hole on the top of the cover in order to enable the entrance of the light through the oven.
- . Put the transparent plastic in the hole of the cover in order to keep the heat in the box.
- . Make reflection currents using the aluminium paper as the aluminium paper is flat.
- . Put the aluminium currents in the good direction so as to allow the light to pass through the oven.
- . Decorate, paint or draw on the surface of the oven.
- . Remember to have your oven in the appropriate place under the sun.
- . Put the fruits or vegetables in the oven and wait for your food.



Growing tray from pallet

Quality of the palets

When you are looking for the palets you need you should take all the same palets. It will really make your work easier. You should check as well if they are not broken or if the wood is not cracked.

The standard pallet is 80cm high and 120cm wide.

Material

- * Palets
- * Crowbar
- * Pencil
- * Mesurer
- * Screw driver
- * A square
- * Sand paper 80.
- * Varnish or oil
- * Screws 70mm* 4mm
- * Nails 40mm*3mm
- * A jigsaw
- * A hammer
- * A cutter
- * A stapler
- * Black tarpaulin (old one from farmers)

SECURITY RULES

The jigsaw : Warn the children that it's not a toy and that it doesn't see the difference between the wood and a finger. Put the thing you want to cut on a table and the part that you want to be left out outside of the table. Then make sure that you will be able to hold the table part strongly. Put one hand on the table part and the other one on the machine.

Make sure the shoe of the saw (the base) is flat against the board. Never start the machine with the blade touching the wood, always leave about a centimeter between the blade and the wood when starting the saw. Put a light pressure on the machine and make it go forward following the line you drew.

The cutter : To avoid cuts don't put your hands in the way of cutter. Warn the children that it's really sharp and it cuts really easily.



Steps

1. First of all you should prepare the space where you will put the tray. The place should be between 60cm and 1m wide in order to be able to work on it only from both sides if needed.
2. Select the amount of palets you need, having the same size to make the work easier. You will keep some palets which will be your structure and some will be used for the wood.
3. From the palet kept for the wood you should collect the board with a crowbar. Take as many boards as you need to fill the hole on the the palet you will keep.
4. Then fill the hole with the board using the hammer and the 40mm nails.
5. Now you have to soften the wood with sand paper in order to avoid splinters and to soften the visible corners.
6. When it's done you have to connect the palets with each other using the 70mm screws. Using other 2 pieces of wood on each junction. Make sure to connect the palets at the same level.
7. Connect the two sides of your tray with another palet that you have cut of the width you want your tray to be. And screw it as well on the sides.
7. Once the structure is finished, you have to put black plastic with a stapler inside to close the holes and to protect the soil from the sunlight, and the wood from rotting in contact with the ground.
8. Now you can fill it with soil.
9. When it's done, paint the palets with oil or varnish to protect the wood against the humidity and to make it last in time.
10. At the end, to finish the lovely flower display, you have to plant the veggies, flowers or fruits that you want to have in your garden. Now enjoy the fruit of your hard work!:D



What is a good soil?

The ground is made of accumulation of dead plants that rot and become soil. So basically you can put any kind of dead plants in your tray. But there are some rules. There should be some soil to start anything to grow inside. But on the bottom you can put dead plants to feed you soil. (know that, then the ground of your tray will go down as the rotening progress. Also on top of your soil when the plants are planted you can mulch the ground and put straw or dead brown leaves which will protect your plant from dehydration.



Flower palets

Material

- * Palets (small one)
- * Pencil
- * Mesurer
- * Screw driver
- * Sand paper 80.
- * Varnish or oil
- * Screws 70mm* 4mm
- * A stapler
- * A jigsaw
- * A hammer
- * A cutter
- * Black tarpaulin (old one from farmers).
- * A wood board at your palet dimensions+ the sides and the bottome/

SECURITY RULES

The jigsaw : Warn the children that it's not a toy and that it doesn't see the difference between the wood and a finger. Put the thing you want to cut on a table and the part that you want to be left out outside of the table. Then make sure that you will be able to hold the table part strongly. Put one hand on the table part and the other one on the machine.

Make sure the shoe of the saw (the base) is flat against the board. Never start the machine with the blade touching the wood, always leave about a centimeter between the blade and the wood when starting the saw. Put a light pressure on the machine and make it go forward following the line you drew.

The cutter : To avoid cuts don't put your hands in the way of cutter. Warn the children that it's really sharp and it cuts really easily.

Steps:



1. Sand the palet.
2. Cut the tarpauline at the right dimension to put it inside the palet. And staple it on the palet. It is to protect the palet from the soil and to hide it from the light.
3. Cut the board of wood at the dimension of the back of your palet and cover it with tarpaulin as well.
4. Cut the sides and the bottom of the palet inside the wood board and cover it with tarpauline.
5. Fix the back, the sides and the bottom to the palet with the screws and screw driver.
6. Now your palet is closed with the inside covered by tarpauline, and you can fill the inside with soil. We recommande to mix compost and real clay soil.
7. when it's filled until the top, you can make some holes with the cutter in the tarpauline and plant your seedling inside.



In the first moment we advise you to keep the palet on a horizontal level and after few weeks start lifting it up progressively.

Recycled haute couture

A good way to reuse your garbage and give free rein to your creativity.

We had a workshop with Veronika, a French artist who makes Recycl'Art for 15 years. She uses all kind of materials that she finds in the garbage. She began doing this because she was aware of the big amount of waste that we create and she decided to transform it in art. She specializes in hats

How can you create a hat with garbage?



1. First of all, you have to keep your waste: bottles, plastics, paper... everything can transform into art, so... Put away everything! Veronika has a huge variety of materials that she collects from everywhere. Even flowers from the cemetery!



2. To make your hat you need to start with a piece of fabric which encloses your head. We close it with staples.



3. Giving free rein to your creativity!! Now is the best moment. Take the materials that inspire you and add them in the fabric with staples.



Tips:

- The staples must close always outward.
- Staple, and all the materials always outward, not in contact with your head.
- Think always in creating volume, no flat shapes.
- You must look in the mirror how is your hat going on very often to decide next material to add.



The most important thing is to not be afraid of failure. Enjoy the creation process. Sometimes a failure can lead us to a new and different idea!



How to prepare a workshop?

Find an aim

First of all, when you're planning a workshop, you should have a goal. This objective will lead your actions and you will shape every thing around it.

You should know what is your target group and its specificities.

Know what are the learning outcomes that you would like the youth to have. Have a common language.

Logistic

* Planning: have a timetable, prepare your activity, have a plan B,

* Money: you should plan how much money you need and where you will find it (from the participants, a grant, donation etc.)

* Resources: transport, people, material, place of the venue.

Safety rules

- * know the emergency numbers.
- * First aid kit
- * European insurance card.
- * Know where are the nearest hospital, clinic and pharmacy.
- * Have an emergency number from the participant.
- * Inform participant on the danger of the place.
- * Set common rules with the group.

Entertainment:

Create an atmosphere:

Put music that fits with the topic, attract the target group, put a dynamic.

Energizers:

are used as ice breakers, easy to understand, showing a local habit.

Motivation:

Having a proper way of presenting the workshop topic, interaction, easy going, open, listen to people, take time to have discussions with them, flexibility, ability of improvisation, little gifts.

Food & drinks:

Can be nice to offer to the participants while having a break, it should be in harmony with the topic.

Advertisement:

Logo of the project, media plan (internet, TV, radio, newspapers, social networks), social publicity, merchandizing (clothes, lighters, T-shirt), photo, posters, videos, informations about your activities. Writing informations about the project.

Human part:

How to work as a team if leader?

1. Meeting to set: the common rules, thinking about the tasks and listing them from the most important to the less. Divide the tasks between different people, (if there are volunteers, they must have someone to accompany them).
2. Everyone works on their own tasks
3. Meeting
4. Workshop
5. Evaluation (can be done with the youth as well) and find ways of improvement.



Testimony of experiences

L'an 01 (shared house)



We are on the farm where some people decided to live away from the big cities, and try to organize their lives on one farm they bought together, and now they live an ecological way of living.

Since 2014 they are on this farm and now there are 8 adults and 2 children living.

Our host gave us coffee, then divided us in three groups and told us to look around the farm, imagine that we bought the house and we don't have money so we have to organize our living here. We have to think how we are going to organize our food, electricity, transport and garbage. It has to be all in an ecological way.

Once we're done walking around we suggested everything they were actually doing on their farm.

On the farm they make and sell their own bread, they share their cars, and some of them use bicycles. To build their house they used ecological materials, and take second hand things from the store near the village they live.

They grow animals, and they use the meat. They also have chickens. They sell eggs.

They sell their garden products, eggs, bread, jam, honey and all the vegetables on their farm to avoid using petrol.

They use dry toilets and sort their garbage. They have compost that they re use in the fields to grow the vegetables or feed the chickens and pigs.

They are planning to produce their own energy but still looking for the best solution.

Recobrada (second hand shop)



Recobrada is a second hand shop which is economically sustainable. It has several missions such as: collecting objects and materials that they repair and sell back in the shop. They raise awareness towards environment and sustainability through workshops (building furnitures with pallets etc.).

The second hand shop involves all the local actors: inhabitants, public institutions, companies and citizen initiatives.

The project was born from the rallying of citizens, all sympathising with environment issues. It allowed 5 employments in 2 years.



"For us everything is a resource"



Solafrika thanks

All the participants



Our partners

The Erasmus+ program and the French National Agency

Center for intercultural Dialogue: CID - Macedonia

Biodiversa - Spain

Equipo Mandragora - Spain

Alter Ego - Greece

Metta - Slovenia

Continuous Action - Estonia

IBG - Germany

Veronique Magny for the Haute Couture

Recobrada for the second hand shop visit and the workshop

L'an01 for the visit and the workshop

Marta U. for all the help

Zero Waste Toulouse for their presentation

Le marché de Ste Croix Volvestre pour son accueil



Cheers to
Ophélie and
Maëva.
Organisators,
trainers and
facilitators
from Solafrika.