





2012-1-GR1-GRU06-10543-3

Grundtvig Partnership



*ADULT AND ELDERLY SUSTAINABLE DEVELOPMENT EDUCATION ALLIANCE
(ASEA)*

SUSTAINABLE DEVELOPMENT AND SUSTAINABLE LIFESTYLES E-BROCHURE

PROJECT INFORMATION:

Coordinator: Association TOTIUS MUNDI UNA DOMUS - Messina, Italy
President: Dorina Coca Coman

Partners:

1. Association Elephant Musik- France
2. Elektra Cultural Center -Cyprus
3. Fredensborg Aftenskole - Denmark
4. Duha Tangram-Cz. Republic

PROJECT WEBSITES:

www.asea-project.com

Coordinator website: <http://totiusmundiunadomus.wordpress.com>

The Project, financed by the European Commission, under the Grundtvig Programme is a learning partnership with a duration of 2 years, from 01/08/2012 to 31/07/2014.

Project coordinator email address: <totiusmundiunadomus@gmail.com>

Project coordinator telephone number: **(0039)3493995917**

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INTRODUCTION

The project aimed at improving the awareness of adult and elderly people on sustainable development and connected issues. After identifying the training needs of the target group, partners scheduled and organized a number of training courses for adults and elderly people, with topics from the seven EU key intervention areas:

Climate change and clean energy

Sustainable transport

Sustainable consumption & production

Conservation and management of natural resources

Public Health

Social inclusion, demography and migration

Global poverty and sustainable development challenges.

The topics were adapted to the profile (age, studies, interests, etc) and the everyday needs of the target group, in order to have a direct impact on the attitudes and other relevant aspects of everyday life. A wide plan of dissemination is to be utilized in order to promote the ideas and values of sustainable development that can improve human life, while, at the same time preserving the quality and productivity of Earth's ecosystems. This will contribute to minimize the gap between generations, offering at the same time to elderly people the opportunity to feel members of the wider European family.

The objectives of the project:

- A series of training courses for adults and aged people (over 60) on Sustainable Development and related issues.
- To create an Agenda for Adult and Elderly People Life Long Education on Sustainable Development
- To introduce an innovative institution in Europe, the “European Concert and Festival Sustainability Label”

More specifically:

1. To increase public awareness and understanding about sustainable development (S.D)
2. To make adults and older people aware that present and future generations have the right to a clean, productive, and enjoyable environment (intergenerational equity)
3. To organize local surveys among the adult and elderly people, in order to identify educational needs in the field of SD, including all the aspects that comprise the content of the term
4. To organize a series of training courses as a respond to the educational needs identified by the above mentioned surveys

5. To improve adult and elderly people knowledge about SD and the new opportunities for employment in the «green economy».
6. To involve local, regional, national and European partners and stakeholders, in the effort to improve people's awareness on SD
7. To identify the entry points for integrating education for SD into the LLP courses (i.g. environmental education, global, health, peace, citizenship, human rights, consumer and development education)
8. To equip adults and elderly people with the knowledge, skills and attitudes they need to make conscious choices directed to achieving and preserving the planet on which both they and future generations are dependent
9. To contribute in the effort of reducing the ecological footprint of the partners and also of the local society, using an array of different approaches towards a pro-environmental behavior
10. To train a minimum number of 50 adults and elderly people (per partner) in order to make them capable of coping with everyday problems, connected with their “ecological footprint”, but also with their health and entertainment
11. To utilize learner –centered, holistic and active teaching approaches in the training courses
12. To introduce a «European Concert and Festival Sustainability Label», in order to facilitate the mitigation of the impacts of music concerts and festivals on the European Environment.

Partnership projects

This action gives European citizens the opportunity to take part in projects in European countries other than their own, allowing them to learn and share their knowledge and experience.

Projects support partnerships and exchanges between local organizations located in countries participating in the EU's Lifelong Learning Program.

The program funds a range of activities, including particularly those supporting adult learning staff to travel abroad for learning experiences, through exchanges and various other professional experiences. Other larger scale initiatives involve, for instance, networking and partnerships between organizations in different countries.

BENEFITS:

This action gives partners the opportunity to:

- increase personal, linguistic, social and intercultural skills and competences
- contribute to the development and implementation of non-profit activities, and beyond this, contribute to the community as an active citizen

- learn and/or share specific task-related skills (this learning was given appropriate recognition by the participating organizations).

The hosting and sending organizations and their communities will get the chance to:

- exchange experience, knowledge and good practice,
- develop European collaboration around a particular theme
- develop a greater European outlook

Funding is provided as a lump-sum grant to each organizations taking part in the project.

The level of the grant is based on pre-defined flat rate amounts which depend on the activities, mobility, the length of the visits and the countries involved.

Coordinator's profile:

Association of volunteering “**TOTIUS MUNDI UNA DOMUS**” was founded in 2009, is a member of local and regional Volunteering Bodies, has a long experience in local volunteering, particularly among young people and elders. Throughout the years we have developed many contacts at European Level that enable our members to participate in different projects and initiatives. Our cooperation with rural areas has given us the opportunity to work with several target groups that need social support such as the elders and young people. We carry on activity in the field of human solidarity and integration of foreign persons at risk of marginalization, not integrated or those on way of integration, living in Messina (Italy). Our purpose is to make them feel at home, by using social, cultural, educational and administrative means in order to contribute to their integration. We organize various activities with foreign communities in Messina: meetings, workshops, seminars, cultural multi-ethnic celebrations etc.. Our volunteering activity targets, especially, people arrived in Italy for job, family, political, social or other reason, migrants, disables, orphans, disrupt families, refugees. We organize with the foreign communities many meetings near the place where they live to give them comfort and hope, taking concrete actions in order to insure them good living conditions, inform them about legal documents, health assistance, education and a good place in the community. Overall, we try to help them integrate in our civil society. Many of them do not know Italian language and they need somebody to understand them, to communicate with.

Our volunteers speak their language and help them in preparing documents to legalize their stay in Italy, register for medical assistance, enroll to education system, etc..

In the period of festivities (Easter, Christmas, New Year Eve, etc.) they search places where to meet together and we organize these events with them.

We try to be there when they need us and to break the barriers of language, culture, mentality, religion, education, etc. for an unique aim: to stay better together, to form a sole entity.

Our association also cooperates with academic establishments such as national research centers and Universities. It also encourages local communities and NGOs to participate actively in EU projects and gain valuable experiences. Towards this aim, the organization provides technical support, project management and training in a broad array of subjects in order to improve the technical and administrative capacity of local communities and NGOs.

In addition, the organization coordinates seminars, educational activities and produces research reports on European Issues and policies. Several of our staff and members have participated in the EU “Youth” program and young people from volunteering organizations in rural areas had the opportunity to participate in educational activities abroad. We have extensive knowledge of

the Youth EVS program, SVP program and other Volunteering opportunities that we present in lectures.

Partners Profile:

ELEKTRA Cultural Centre -ΠΟΛΙΤΙΣΤΙΚΟ ΚΕΝΤΡΟ «ΗΛΕΚΤΡΑ»

President: Michaelides Kostas

Contact: tel. 22-662459 /+35799-555516

email: anaxagoras1@cytanet.com.cy

ELEKTRA Cultural Centre is an organization from Nicosia – Cyprus which has been functioning very successfully on a voluntary basis from internal members for the last 6 years. EKT is active in training and giving physical and psychological support to disadvantaged people mainly youngsters and women who are the most vulnerable in the local society.

In many cases EKT's users are foreign people, immigrants of different nationalities who suffer from both economic and social isolation problems.

EKT has highly specialized professionals (Psychologists, speech Therapists, Social Workers, Teachers) who engage on many projects aiming at giving answers to these social needs.

By means of special programs based on both individuals and groups necessities, EKT provides:

- Psychosocial support, aiming at social inclusion, to poor or unemployed people that live on welfare;
- Psychological support to youngsters with violent behaviours or with problems due to drugs abuse
- Information and training.

EKT has designed special “information and training” programs for various target groups whose aims are:

- Arising people awareness of the social needs that are required and of any potential problems that they might have due to their conditions
- Knowing and understanding the social realities that exist in Cyprus
- Helping them to become accustomed to the local way of life, while keeping their traditions and customs.

Within its “information and training” programs, EKT organizes various activities, which involve both local and foreign people, indeed to fully facilitate social inclusion. Many of the provided services have an informal character and are based on the voluntary contribution of EKT members and sponsored from social actors.

Through some limited funding, EKT organizes small events and activities such as excursions, intercultural evenings and sport events.

Those activities help participants to get together and at the same time interact with local people, local culture for understanding the environment we are living and we must be aware about the protection of the natural and cultural heritage as European added values.

2. Association Elephant Musik

President: Guy Khalepsky

Contact: Tel. +33 6 61 96 86 22

mepstein@eseniors.eu

<http://www.elephantmusik.fr/>

Elephant Musik association aims at the creation and promotion of alternative music from traditional rhythms and remixed world music.

We achieve this by teaching the younger generation about traditions a, and especially musical ones, but also by organizing group work and concerts which enhance the need of an ethical work together and solidarity.

We strongly believe in the importance of lifelong learning and that participation in artistic learning paths acquires a central meaning related to self-development, especially in contexts of high level of exclusion and social disadvantage. Many people do not have the opportunity and experiences of self development, to be included in society and actively involved in the local and European context.

We believe that a key competence for lifelong learning is to develop well-educated and well-trained citizens who participate in stimulating learning opportunities for citizens from a number of partner states and extend their intercultural awareness, examine their own attitudes and accept the norms of other cultures.

Our main objectives are to:

- Encourage our trainers to share their self made teaching and training methods
- Encourage trainers to share their methods of construction and organization of workshops : sharing of reflective practices and how they relate to quality in adult learning.
- Enhance active citizenship and EU citizenship through informal arts learning
- Enhance transfer of knowledge and traditions between generations

We aim to achieve these objectives through:

- The strengthening of cooperation and exchanges of information between partner institutions
- Gaining a clear understanding of informal and non-formal artistic training methods
- Collection and analysis of experiences and obstacles
- Sharing of workshop practices through e-learning, web broadcasts of workshops to allow maximum learner involvement

Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony, that permit fulfilling the social, economic and other requirements of present and future generations.

Life long learning is one condition as well as maintaining traditions and transferring them thru intergenerational communication.

3. Fredensborg Aftenskole - Fredensborg Denmark

Contact: Tel. 0045- 48484017

post@fredensborgaftenskole.dk

www.fredensborgaftenskole.dk

The aim of Fredensborg Aftenskole is to provide informal education to adults.

Fredensborg Aftenskole's Course Catalog is always inspiring, offering a great variety of subjects in fields such as: Art, creativity and play, antenatal preparation courses, movement teams, debate arrangements with themes such as: “What does Christmas mean to you?”, “divorce families in stormy weather” “healthy economy”.

Teachers are invited for teacher meetings in the form of art exhibitions, theatre etc. Fredensborg Aftenskole offers courses for blind and partially sighted adults at Blindecenter Bredegaard, an institution for blind and partially sighted, see website www.blindecenterbredegaard.dk Due to the great variety of subjects Fredensborg Aftenskole has several activities relating to the domain covered by the project. When investigating and debating what a Green attitude is, you discover that it is possible to obtain a Green attitude in many fields.

In Denmark we still have clean water in the taps and fresh air. We have tradition for people working for the environment. They have obtained very basic results, for instance

we have a great variety of organic products in the super markets, and for instance, we can choose Green electricity to our homes.

We need to intensify the process of creating Green solutions, and motivation for implementation of Green solutions is important. In order to reach this goal everybody should become active citizens. It should be interesting to investigate new fields of Green attitudes. In what ways do we take care of each other? Maybe the well being of each individual spiritually speaking and not just in terms of material wellbeing is an interesting issue. In Denmark we face problems like for instance “stress” - How to create new strategies in order to face this problem? Maybe we already have a lot of ideas. In the field of movement we have yoga and meditation – inspiration from the East.

In the field of music we have for instance musicians working for the non-plugged music.

Silence is important too.

OBJECTIVES

- TO educate adults towards a sustainability development,
- to design and to equip teachers to educate European to become aware of the resources of the earth, to become ecological citizens.

Education for sustainability and ecological citizenship in Europe is a challenge for teacher formal and non formal education in the new Century

to find out about problems of realizing sustainable development in Euro

4. DUHA TANGRAM - Praga- Czech republic

President: Maria Wolfova

Contact: Tel. 00420 606 845 850 tangram@centrum.cz; marie.wolfova@atlas.cz

www.tangram.iplace.cz

DUHA TANGRAM is an organization for people situated in Prague and focused on varied projects with people in their free time.

It is a non-profit organization.

We strongly support creativity and motivation of our members; they are also encouraged to help by preparing the projects, to express their opinion and suggestions to become active as European citizens. Our activities are to promote the value of cultural diversity, focused on national culture, history, photography, national habits and tradition, handicrafts (ceramics, silk painting etc.), music, dances, nature, sport events etc.

By most of the projects we build an „integrated group”, that means a group where there are also integrated disadvantaged people with special needs. The members get in touch with each other, find new friendships and learn how to help each other. It is a good experience for both sides, improving their personal development, adapting their knowledge and skills to be involved in the society, to get European dimension.

The members of our organization are interested in volunteering, learning foreign languages, meeting and establishing friendship with people from other European countries, learning about their culture, tradition, about European heritage.

This helps adults to learn and share experience breaking the barriers, strengthening adults; solidarity for a future Europe.

It is very important our participation for this project, discovering to protect the recourse of the earth, about our really contribution for a future Europe.

The Initial number of partners on the application form was 11 and, due to selection process, only 5 partners were accepted. Therefore, the program, activities and outputs has been modified accordingly, to fit to the reduced number of partners accepted.

Mobilities:

Each country had to make 12 mobilities throughout the period of the project.
The mobilities effective were, as follows:

1. Totius Mundi Una Domus- Coordinator -Italy -15 mobilities
2. Fredensborg Aftenskole –17 Denmark mobilities
3. Association Elephant Musik- France 12 mobilities
4. ELEKTRA CULTURAL CENTER-Cyprus 12 mobilities
5. Duha Tangram-Cz. Republic 12 mobilities

Background and Objectives:

- The rationale, background, and motivation for this project.
- What/who your common activity / topic / target group is/are.
- The general and specific objectives of the project

- The project activities which you intend to develop during the course of the project besides the exchange of volunteers
- The expected results and outcomes

1. The project idea derived from the fact that from the end of the 2nd World War, the humanity has experienced an unprecedented development in all the aspects of human life. This kind of development had serious impact on the ecosystems of the Earth, threatening the capacity of the planet to sustain present and future generations' welfare. Turning societies and economies in Europe to "sustainable development" or "green development" is an urgent necessity. The balance between welfare and preservation of the ecosystems on which society is dependent for resources and maintenance of life on Earth, is the challenge of the next two decades. Education will play a crucial role in achieving sustainable development. The next two decades will be decisive with regard to the solutions of the main problems of our planet. EU Strategy for Sustainable Development states: "Education is a prerequisite for promoting the behavioural changes and providing all citizens with the key competencies needed to achieve sustainable development". In this framework it is of paramount importance the improvement of public awareness on Sustainable Development and its contribution to the welfare present and future societies and generations. European Union has adopted six priorities as key intervention areas (climate change, health, social exclusion, sustainable transport, natural resources and global poverty). As it is widely accepted that the citizen's awareness and their pro-environmental actions play major role in making the environmental policy successful, the present project is going to organize an intervention in the local society of each partner and in the wider European societies, through Adult Life Long Learning Projects on Sustainable Development. The main intervention was introduced through the Adult and Elderly Life Long Learning Agenda for Sustainable Development, encompassing education on issues included in the six intervention areas identified by EU (see above). The project will contribute in the achievement of the targets, celebrating 2012- European Year of "Active Aged and Solidarity between generations". Also, the intervention will include the effort to introduce a "European Concert and Festival Sustainability Label" in order to reduce the relative ecological

General objectives:

improve the quality and accessibility of mobility throughout Europe of people involved in adult education and to increase its volume, so as to support the mobility of at least 7.000 of such individuals per year by 2013

To improve the quality and to increase the volume of co-operation between organizations involved in adult education throughout Europe

To assist people from vulnerable social groups and in marginal social contexts, in particular older people and those who have left education without basic qualifications, in order to give them alternative opportunities to access adult education

Specific objectives:

1. To increase public awareness and understanding about sustainable development (S.D)
2. To make adults and older people aware that present and future generations have the right to a clean, productive, and enjoyable environment (intergenerational equity)
3. To organize local surveys among the adult and elderly people, in order to identify educational needs in the field of SD, including all the aspects that comprise the content of the term
4. To organize a series of training courses as a respond to the educational needs identified by the above mentioned surveys

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Mobility

Number of meetings in the participating organisations: 5 meetings, one for every institution involved.

Target groups:

- adults and elder people, no matter nationality, backgrounds, poor, lonely, disadvantaged.
- persons less fortunate, at risk of marginalisation, with special needs, in the special centre, located in disadvantaged area, immigrants, travellers, gypsies,
- People different background, with low level of culture, that are interested to be educated
- parents and grand parents who wants to give a good education for their children, to understand and to give them good advices, to be a model, to plant enthusiasm, to refresh their attitude,
- adults that want to learn more, to socialise, to become tolerant, flexible, to adapt their competences to the needs of European society.
- adults in difficulty, young or older, discouraged persons, who lost their jobs, or hopes,
- persons who want to adapt their knowledge, competences, abilities,
- Lonely adults without their own family
- persons that are living in disadvantaged socio economical area
- adults, learners living in rural area, or anywhere.

Project outcomes and results :

- Web
- Logo
- Survey
- A series of training courses for adults and elderly people on sustainable development and sustainable lifestyles. The training courses content will respond to the needs of adult and elderly people, as identified by the surveys.

- A sustainable development and sustainable lifestyles e-brochure. This brochure in an electronic form, was published on the website of the partnership and also on the partners website.
- Press releases at least one in 6 months, by each partner.
- Reports from the transnational meetings, accompanied by pictures. Each partner in cooperation with the coordinator has the responsibility to write the report and publish it accordingly.
- Sustainable Development Dictionary in all the languages of the partners and in the working language.
- The music events (concerts, festivals) [ASEA MEETING DENMARK – SUSTAINABLE CONCERT 16.05.2014](#)
- Short videos from the music events were uploaded to Youtube, in order to disseminate the message of sustainable development.

Articles, newspapers and press releases

<http://www.comunitasolidali.org/index.php/news/3784-Un-progetto-eur>

[ASEA ARTICLE DENMARK AFTER VISIT IN MESSINA](#)

<http://www.sn.dk/fredensborg/eu-samles-til-koncert-i-biografen/artikel/407756>

<http://www.sn.dk/fredensborg/eu-samles-til-koncert-i-biografen/artikel/407756>

ASEA ARTICLE CYPRUS PUBLISHED IN THE NEWSPAPER PAPHOS NET

https://totiusmundiunadomus.files.wordpress.com/2012/12/asea-denmark-ditregnvand-hc3a6fte_mail-2012.pdf>ASEA DENMARK ditRegnvand hæfte_mail 2012

[Article Torillon ASEA](#)

[ASEA ARTICOLO DEDICATO AL NOSTRO PIANETA](#)

[ASEA ARTICLE CYPRUS PUBLISHED IN THE NEWSPAPER PAPHOS NET](#)

march 2014

[ASEA ARTICLE ITALY – CLIMATE CHANGE](#)

(march 26th, 2014)

[ASEA ARTICLE ITALY – LONELINESS](#)

<http://cesvmessina.it/index.php/comunicastampa/2904-Si-presenta-a-Messina-un-progetto-europeo>

<http://cesvmessina.it/index.php/component/jevents/icalrepeat.detail/2013/05/10/918/-/->

<http://cesvmessina.it/index.php/news/2906-Presentato-progetto-europeo-a-Messina>

<http://www.messinaoggi.it/News/Cronaca/2013/05/02/L-AGENDA.-APPUNTAMENTI-DEL-3-MAGGIO-8213.html>

<https://it-it.facebook.com/cesvmessinaneews/posts/524361777621684>

<http://cesvmessina.it/index.php/news/2906-Presentato-progetto-europeo-a-Messina>

<http://www.costajonicaweb.it/cesv-conferenza-stampa-totius-mundi-una-domus/>

<http://messina.sicilians.it/2013/05/03/3-maggio-11-30-presentato-il-progetto-europeo-di-apprendimento-per-adulti-e-anziani/>

<http://www.messinaoggi.it/News/Cronaca/2013/05/02/L-AGENDA.-APPUNTAMENTI-DEL-3-MAGGIO-8213.html>

Videos

Videos have been realized and published by the coordinator and partners in the project website, websites of the partners and Youtube, Tripadvisor, ASEA group Facebook, forum and blogs etc., as follows:

1. http://tripwow.tripadvisor.com/tripwow/widget_terms.html -> [Adult Sustainable Development Education Alliance Slideshow](#): A.S.E.A.-Meeting's trip to [Messina](#) was created with TripAdvisor TripWow!

2. Video on Youtube from the Press Conference of the project meeting in Messina -Italy <http://www.youtube.com/watch?v=ylMEaTWPIZA> / <http://www.asea-project.com/> (output)

3. Video on Youtube from the meeting in Prague 12-15 DIC. 2013 <http://www.asea-project.com/> (output)

4. Video on Youtube from the meeting in Cyprus – Nicosia <http://www.asea-project.com/> (output)

2. Video on Youtube from the Training course in Denmark <http://www.asea-project.com/> (output) / http://www.youtube.com/watch?v=_0i04wvBo-0
www.youtube.com/watch?v=iQ3SfHvFDuA

Power Point presentation

[ASEA CZECH Our activity](#)

Power Point presentation of Prague workshop :

Power Point presentation of workshop Italy: www.totiusmundiunadomus.wordpress.com

[ASEA CZECH EASY CAT AND FLOWER](#)

[ASEA CZECH EASTER IN CZECH](#)

Posters, flyers, booklets:

[ASEA SUSTAINABLE CONCERT POSTER](#)

<http://totiusmundiunadomus.files.wordpress.com/2012/12/asea-poster.pdf>

<http://totiusmundiunadomus.files.wordpress.com/2012/12/asea-poster-messina1.pdf>

<http://www.sn.dk/fredensborg/eu-samles-til-koncert-i-biografen/artikel/407756>

[ASEA BROCHURE EASTER RECEIPT](#)

[BOOK-NATURAL TREATMENTS](#)

Partnership activities

Trans-national meeting in France (Kick-off meeting)

Programme:

Thursday 13 December

10 am to 13 am :

kick off meeting at "La Maison des associations" du 11eme

8 rue Général Renault 75011 PARIS

12 to 2 pm :LUNCH TIME

2 pm to 5 pm :Working time at "La Maison des associations" du 11eme 8 rue Général Renault 75011 PARIS

8 pm Diner and Concert for Sustainability, at "Le café gourmand" 1 rue Charles François Dupuis 75003 Paris

Friday 14 December

10 am :Visit of a traditionnal French Market

Meeting point : subway menilmontant line 2

11.30 Visit of Macaq Association

12 to 1.45 pm :LUNCH TIME

2 pm to 3 pm :visit of TALAKATAK Association

Meeting point :bus station menilmontant line 96 at 1.45

3 to 5 pm : Working time at "La Maison des associations" du 11eme

8 p.m. Meeting and dinner at Brasserie FLO restaurant 7, cour des Petites Ecuries, 75010 PARIS

15 December 2013 Ecological tour and cultural visits of Paris

16 December 2013 Ecological tour and Cultural visits of Paris

Participants:

1-TOTIUS MUNDI UNA DOMUS-Coordinator

2-Association Elephant Musik-France

3-ELEKTRA CULTURAL CENTER-Cyprus

4-Fredensborg Aftenskole-Denmark

5-Duha Tangram-Cz. Republic

The working session included the presentation of the project objectives, discussion focused on the role of each partner in the implementation strategies of each institution, interactive discussions about redistribution of tasks of the 6 partners rejected from the partnership and deadlines for their implementation, we made up the schedule and the responsibilities of each partner for the next meeting. We decided that the next meeting will be held by the coordinator's country (Italy) in Messina, in the period 30 April-3rd May 2013.

The program included un-plugged concert, cultural visits and ecological tour of Paris, by day and by night, on foot, using no means of transportation.

Participants visited the following associations in Paris: La Maison des associations du 11eme, Macaq, and Talakatak, where we have been presented recycled, reused, materials in the benefit of the community, we took pictures and made videos throughout our visits. Every of both institutions had organized volunteering activities, the common theme and dates, trying to connect through our cooperation the result, the values and impact on community.

As a result we'll begin to work for a Cultural booklet, some directives that was used and finalized in the exchange activities.

All partners met each-other and built a professional and friendly relationship. A revised working plan was prepared, we organized the contest for the project's logo, we discussed the motto of the project: "Nothing in excess". Italian coordinator has presented the plan of activities to be performed by each partner according to the project. At the end of the meeting the partners discussed on key issues of SD. We decided the next meetings dates. All the materials are documented in the websites.

Trans-national meeting in Italy

Discussed the tasks of the project achieved/to be achieved, deadlines, problems solving. Italy organized a press conference, workshop, exhibition, study visits, documented in the minute of the meeting uploaded in the website. The second meeting was closed with the ceremony for granting the certificates. Dissemination of the second meeting was made through TV, Video on Youtube, newspapers, brochures, websites, blogs, posters, etc..

Second Project Meeting - Association Totius Mundi Una Domus -Messina -Italy

30 APRIL- 3 MAY 2013

Participants:

- TOTIUS MUNDI UNA DOMUS-Coordinator
- 2-Association Elephant Musik-France
- 3-Elektra Cultural Center -Cyprus
- 4-Fredensborg Aftenskole-Denmark
- 5-Duha Tangram-Cz. Republic

Programme of the meeting

TUESDAY 30 APRIL 2013

8.45 Welcome meeting at the hall of the Hotel Sant'Elia -Messina. Departure by coach to the Horcynus Orca Park <http://www.horcynusorca.it/>

9.30-12.00 Working session at Parco Horcynus Orca (located on the Strait of Messina – between two seas and many legends (the most famous is the legend of “Scilli e Caride”) http://en.wikipedia.org/wiki/Between_Scylla_and_Charybdis

Study visit on Environment Protection and Valorization and dissemination organized with associations Ecosmed Messina and Horcynus Orca Foundation.

Workshop with partners : tasks already fulfilled by the partners and the objectives to be achieved during this session.

12.00-19.00 Ecological visit at Fiumedinisi (brochure of Fiumedinisi will be provided) organized with Association “I Saporì Del Mio Sud”- Messina (President Mr. Domenico Saccà)

13.00 Sustainable consumption – Typical lunch at Farmhouse “Casale Rumanò”

Surprise time: Artistic performance in the afternoon and gifts. In the afternoon: Meeting with assoc. Assovolò (President Antonio Vucci) – Fiumedinisi (ME) – Workshop: Painting, sculpturing, modeling recycled and reused materials and objects

20.00 Dinner

WEDNESDAY 01 MAY 2013

08.30 Meeting in the hall of the hotel Sant'Elia and departure for Ecological visit of Volcano Etna's Park and Taormina. In the evening “Bellevue” of Sicily from the top of Taormina (Castelmola). Workshop with Environmental and Forest Guard Authority. Facultative ecological visit to the Etna's Craters at altitude 3000 m. (cold weather- jackets, trousers, hat, requested)

13.00 Lunch on Etna Volcano at Refugio Sapienza

15.00-20.00 Visit Taormina: City tour, Visit of museums, churches, Corvaia Palace. Training session with Forestal Guard authority. Parade of “Carretto Siciliano”

20.00 Dinner in Pizzeria at Giardini Naxos, on the Ionic Sea

THURSDAY 02 MAY 2013

07.30 Departure from the hotel Sant'Elia

Training session at Giardini Naxos .Meeting with assoc. “Università della terza età”

Visit of Forza d'Agro

Training session on sustainable development

20.00 Dinner

FRIDAY 03 MAY 2013

9.45 Meeting with partners at CESV -Messina -Press Conference. Meeting with organizations, associations and mass-media. Working session: participants inputs: Evaluation and dissemination of the partnership ASEA. Discussion about the project's achievements and objectives to be fulfilled

13.00 Lunch

16.00 Working session : Associations “Proloco” Villafranca – Rappresented by Antonio Bonaccorso, Association Eccoci – Spadafora –(President Cettina Ilacqua) /Laboratory of recreating, painting, sculpture, modeling of recycled and reused objects organized with the association “Assovolo” (President Antonio Vucci) Fiumedinisi (ME)

20.00 Farewell dinner and Ceremony of awarding the certificates

DESCRIPTION OF MEETING IN MESSINA

<http://www.youtube.com/watch?v=y1MEaTWPIZ4>

At the meeting were present all 5 partners: France, Cyprus, Denmark, Czech Republic and Italy.

Introduction of the meeting was made by the Italian partner.

We discussed about the objectives of the project achieved already:

Each partner has spoken about how they have organized surveys among the adults and elder people in order to identify a target group of people to whom performing training courses on sustainable development. Each partner has spoken about how they have organized training courses with adults and elder people.

The motto of the project, proposed is: “nothing in excess”.

French partner has organized “repair cafés - instead of throwing garbage into the bin - they repair it – and people bring outworn computers and televisions to the café in order to have it repaired and recycled – Since our first meeting French television came to make a little documentary film about the repair café. The politicians and schools support their work, and volunteers are important too. Together we made visits to TALAKATAK Association http://talacatak.org/?page_id=37 at our meeting in Paris, and the leader of this association, Lionel was participating in our second meeting in Messina, bringing recycled instruments along, used during concert organized by Elephant Music and TALAKATAK and telling about the association. At our meetings we debated ways of reducing the CO2 pollutions, and Lionel suggested that we switched off the electric light at the meetings. It is an example of how our project is a learning partnership – in this process we debate our contribution to taking care of the environment. Lionel had philosophical inputs at the meetings – instead of restrictions it is better with positive arguments – maybe it feels better to eat from a porcelain plate than eating from a plastic plate. We do things when we love them – when we like them. How can we produce “love things” – to have a good feeling. And maybe the “concept of art” should be broadened to include also the term of consumption. Lionel also emphasized the importance of dialogue between people – not just by computers, but the real live contact. On the opinion of Cypriot partner cyber space is a very valuable tool of communication. Interesting issue to debate.

The Czech partner explained that they have had several activities after the first meeting in Paris. At the repair café in Paris they had received a textiles as a gift, and this material they had recycled into a shopping bag, intending to replace plastic bags when shopping. During the visit, the Czech partner has presented several models – easy models in order be sewed without having a lot of experience in sewing. The Czech partner also had prepared a power point presentation on Easter traditions, as we had decided at our first meeting to create information about our Easter traditions to be shared with our partners at our working sessions. They presented this power point at our meetings in Sicily, but we didn't have a sharing of traditions as we planned, so this task is still waiting for us. The power point showed for instance decorate

eggs. The Czech partner brought whips made of branches from willow trees. Men whip the woman in order to refresh them as a tradition at Easter ;-)

The Czech partner gave examples of activities of recycling they have in their association: woollen pullovers are washed many times in hot water; they become smaller and smaller, and they create out of this recycled material for instance toys for children. Pure wool is a very good material they said, and it is natural. We debated the fact that natural material is better than polyester and other synthetic textiles. Interesting issue to debate the different materials used for clothing and other textiles in connection with sustainable development. The Czech partner explained to us what kinds of activities they intend to prepare for our meeting in Prague.

They have a house in the mountains near Prague – they invite blind and physical handicapped people to participate in training courses – they have a lot of materials in the country house for the purpose of making workshops related to sustainable development. They emphasized the importance of nature – staying in nature – taking care of nature by for instance not using cars when possible.

The partners have done several walks on foot during the meetings in Italy -Messina instead of using bus/car/train, etc.. Again this is an example of exchanging ideas in our learning partnership.

The Italian coordinator is telling about activities in which school children are involved– new ideas that old people are teaching the children in order that they learn the old handicrafts – and bringing children out in nature in order to see the animals – they do not always know nature very well – they are invited to see how people lived before – in order to create a better future for Sicily. The old ways might inspire the children, and knowing your “roots” is very important for your understanding of our lifestyles today - to understand that how we live today is not the only way of living. The old people is a source of inspiration and knowledge too. Maybe they know ways of taking care of the environment that we can learn from. – in order to create a better future for Sicily. The Italian partner is also taking care of the problem of loneliness. Associations “I sapori del mio Sud” and “Assovolò” (are two associations that have organized workshops and laboratories of handicrafts during the working session in Messina) have been present to the meeting, holding speeches – saying that they hoped we would leave Sicily with a good feeling, and wishing for strengthening the relationships between our countries. Antonio, from the association “I sapori del mio Sud” told about the language campus they create - old teachers together with children age 11-15 in the mountains, staying for 15 days learning English in nature.

The Cypriot partner informed us about using solar energy in houses in Cyprus in order to cover the need of heating and warm water in the houses.

The income in Cyprus mainly comes from tourism, but finding new forms of industries is important. The industries could be for instance recycling garbage and other industries helping the environment (he mentions that they do so in Norway) Searching for new technologies would create new jobs too. Biogas energy is an example of renewable energy..

The Cypriot partner liked the idea of repair café, and told us about new jobs paid by the town hall in Cyprus, and he told about a man who has great success with a real café with local food: a friend opened a coffee shop in Cyprus – he serves traditional coffee – home made lemonade – home baked cakes – we painted the shop together – more people started to come. People would play backgammon – he moved to an old house. He had a yard – cut the lemons. He would wake up – cycle – only products produced locally.

The Danish partner explained about the activities in Fredensborg Aftenskole, and informed about some of the initiatives taken since our first meeting in Paris: working sessions about Paris related to sustainable development issues. For instance they have made music workshops

playing on the instruments I bought in TALAKATAK association, and were talking about reducing CO2 emission by using CFLs in Paris.

CO2 emission also was an issue related to springtime and songs about springtime.

Fredensborg is situated in a forest area and anemones are plentiful in springtime. Global heating might result in changed flora and fauna – so that springtime as we know it in Denmark disappear. Sustainable development is also about awareness that our actions affect people's lives and nature far away from us. As an example of this we mentioned the polar bears in the polar circle depending on ice for their survival. If they can't hunt the seals at the ocean they do not have enough lard for survival at the hibernating period.

The Danish partner, also, have had working sessions about Easter traditions. We were blowing eggs and we spoke about Easter traditions of decorating eggs with onion shells, coffee grounds and other natural material. We were tasting the omelettes and talking about animal welfare. As consumers we decide how animals are treated when shopping. Talking about seal skin made the partner from Cyprus comment on animal welfare – and I plan to investigate this issue in depth after the meeting. I spoke about a concert/debate day at Blindecenter Bredegaard – Martin Cholewa and Lise were performing – springtime songs, etc. “Our famous Danish poet Hans Christian Andersen has made a poem about a little bird, and this poem has been set to music by Gade. I told about Hans Christian Andersen's fairytale “The nightingale” - the morale of this fairytale is that the real nightingale is to be chosen – not the artificial bird. In our folk traditions and fairytales we find beautiful ethics” said the Danish Partner.

How are we disseminating our Grundtvig project? Without paper!!!! We decided to think about the environment when disseminating. This project is not only about recycling - but also about reducing the amount of material to recycle. We should stress in our dissemination the good example of disseminating without paper.

THIRD PROJECT MEETING PRAGUE 12-15 DIC. 2013

Trans-national meeting in Czech Republic

During the meeting, held in Prague, we discussed the tasks of the project achieved/ to be achieved, deadlines. In our previous meetings all partners agreed that an interesting issue of workshops would be the traditions in our countries, focusing on the old traditions because are simple, not commercial, are ecologic and don't spoil the environment. During this meeting we organized workshops on wool and other materials recycling –each country made toys out of recycled wooden clothes.

Programme:

12th									December						
9.30	–	meeting	in	the	seminar	room,	info	about	activities	of	each	organisation	for	our	project,
Workshop	–	recycling	of	old	woolen	material									
13.00	–	lunch	in	one	of	the	restaurants	in	the	near	area				
16.00	–	visit	of	famous	Prague	Brewery	with	the	drinking	of	beer	(12	Euro	pro	person)
13															December
9.30	–	continuing	in	the	workshop										
Info	–	about	our	next	activities										
Possibility	of	the	using	nature	material	in	typical	Czech	products						
13.00	–														lunch

16.00 – Visit of Prague Christmas Market to find some of typical nature products
20.00 – facultative – typical old Czech black light Theater (about 20 Euro)

14th

December

Day

for

cultural

activities

Wenceslas Square, Old Town Square, Old Town Hall, Charles Bridge, Petrin Hill

DESCRIPTION OF THE MEETING

During the meeting held in Prague, we discussed the tasks of the project achieved/ to be achieved, deadlines. In our previous meetings all partners agreed that an interesting issue of workshops would be the traditions in our countries, focusing on the old traditions because are simple, not commercial, are ecologic and don't spoil the environment. During this meeting we organized workshops on wool and other materials recycling –each country made toys out of recycled wooden clothes.

Making handicrafts from recycled materials, while singing, telling stories, playing games together -are connected to it and, bring people together. So, during the meeting in Czech Republic all the partners participate organized workshop on wool recycling – each country made toys out of recycled wooden clothes,

Day 1- 12/12/13

1. 9.30 – start of the meeting

Czech partner made their presentation on wool recycling.

Danish partner explained that they will prepare a logo that will fulfill the objective “Introduce a European festival sustainability label in order to facilitate the mitigation of the impacts of music concerts and festival son the European environment”. They will also prepare a text about describing what it means. Last meeting will be held in May 2014 in Denmark. Denmark will prepare a Green concert

Italian Coordinator has realized and published articles, posters, DVD, short videos from the partnership activities and questionnaire for evaluation will be sent by the Italian partners to all partners. E-brochure is created and published on the website of the project by the Italian coordinator. Also, the sustainable dictionary is to be created by the Coordinator with the contribution of all partners.

The website of the project is updated by the French partners . They will print t-shirts with the logo of the project for all partners. Suggestions for sustainable concert and music festival in Denmark will be made by Danish and French partners, the same suggestions to create costumes from recycle materials will be done with contribution of partners. For the concert there will be no lights, no cost. It should be a sustainable concert.

Additionally, will be open a stand with all our biological products (wine, cheese)

We decided that the motto of the label “Nothing in excess” proposed should be included in the logo of the project.

During the meeting we talk about our common European roots for example. Danish discovered the story of Schila and Caridde. To become more aware of our responsibly as European people to realize our common European values.

Danish partner made their presentation. They also prepared a magazine in Danish with articles about what they have done. They will translate it in English as well. After that, they talked about their work, about promoting sustainability, about teaching blind people. Blind people work, they go to festivals and give concerts.

The Cyprus partners made their presentation on energy saving in Cyprus households.

End of meeting at 1.00pm

– Day 2- 13/12/13

1. 9.30 – start of the meeting
2. Workshop on wool recycling – each country made toys out of recycled wooden clothes
3. the partners agreed that the final meeting in Denmark will be held on May, 15 or during the last week of May.

FOURTH PROJECT MEETING – NICOSIA, CYPRUS 26-30/03/2014

Program:

26/03/2014 Arrival of the participants at their accommodation place –Advice: to be close to Old Nicosia town

27/03/2014

9:00-13:00

In the morning Session 1:

- Welcoming and review of current progress on the project so far. Issues that need to be further addressed
- Strategic Planning for the remainder of the program
- Allocation of tasks to fulfill our project goals

13:00 14:30 Lunch time

14:30- 16:00

In the afternoon Short walking tour along the Buffer Zone within Old Town

Discussion of papers on Environmental awareness

28/03/2014

09:00-12:30

In the morning FIELD VISITS

1) UNIVERSITY OF CYPRUS- Photovoltaic Technology group on Renewable Energy Sources

2) Recycling Plant of scrap metals and other material

13:00 14:00 Lunch time

14:00- 16:00

In the afternoon Free time to visit city centre.

29/03/2014

30/03/2014 Cultural day

Departure

Description of the meeting:

The meeting was hosted by ELEKTRA CULTURAL CENTER ΠΟΛΙΤΙΣΤΙΚΟ ΚΕΝΤΡΟ «ΗΑΕΚΤΡΑ» - Nicosia, from 25 to 30 march 2014.

During the visit in Cyprus we made the report of activities performed/ to be performed on the project, study visits and workshops at University of Cyprus (renewable energy and energy savings) and Center of recycling - Nicosia. All activities are documented in the minute of the meeting and uploaded in the website.

27.3.14

Partners from Denmark Italy, Cyprus and Czech R. were present.

The partners agreed that the logo designed by the Cyprus team could be accepted and adopted to the project.

Cyprus explained the logic behind the logo. The windmills represent the sustainable concept and it is a traditional landmark for Cyprus because there are many windmills in various areas of the island. The stars represent the EU and the concept of cooperation while the green arrow is related to the green idea of restarting.

Denmark suggested printing t-shirts with a logo linked to the sustainable concept and suggested the image of Icarus. They will send the idea to the Cyprus team which will prepare the design on computer and forward it to the partners for approval.

All the results obtained from the surveys by the Cyprus team will be sent to all partners before the meeting in Denmark.

The partners talked about the website of the partnership to be updated. The partners suggested disconnecting the website from the mother website (Elephant Musik) and uploading all material to the new one. The French partners agreed to take on that task in the past.

The coordinator of the project underlined the important point of the meeting program which is the review of current progress on the project and together we analyzed the stage of fulfillment of the project assignments and which of them are still pending. According to the project Work Program we matched all the tasks from the program with the results achieved.

- 28.3.14-

Field visits

In the second day of the project meeting, there were 2 key field visits. The first one was done in the University of Cyprus where the research on solar panel technologies were presented and the second visit was done in a scrap metal site where used metal materials were processed in order to be reused as a raw material.

At the University of Cyprus we visited the unit of photovoltaic and renewable energy <http://www.ucy.ac.cy/pvtechnology/> where the postdoctoral students were doing research on the materials used in solar panels, temperatures, techniques and the technologies used to achieve maximum efficiency from solar panels. The researchers made presentation on their field, including their cooperation with other local and European companies in the field of renewable energy. We have seen their indoors work and testing of solar panels and the solar park outside in the University.

Later on we visited the scrap metal company who undergoes a selection process in order to classify the different kind of renewable materials, such as batteries, aluminum and cooper metals that are then scraped, processed and pressed in order to be separated and packaged. In order to work with these metal items, large equipment is used to compress the different metal materials. The final outputs are renewed raw material that is shipped to other countries that reuse the material to produce products made out of those metals.

Then we proceeded with the evaluation of the project and we gave the certificates to the participants. The group had lunch together and the official working session was over. In the next day, individual cultural programs were suggested to each group based on their preferences.

FIFTH PROJECT MEETING – FREDENSBORG, DENMARK

13-15/05/2014

Programm:

1 st day	Morning	Afternoon	Evening
Wednesday 14th of May			
Second day- Thursday 15th of May	8.00-9.00 Breakfast at "Fredensborg Danhostel" 9.00 Delivery of programme. 9.05 Departure. Walk through Fredensborg city to Fredensborg Skole Vilhelmsro. 10.00 -11.00 Guided tour at Fredensborg Skole Vilhelmsro, a new buildet public school, taking care of the environment.	12.00 Lunch 13.00 -15.00 Guided tour at Blindecenter Bredegaard 15.00-16.00 Coffee, cake and concertat Blindecenter Bredegaard 16.00-17.00 Beautiful walk through the Fredensborg Castle Park,back to "Fredensborg Danhostel".	Fri time We suggest: Copenhagen Christiania Tivoli Departure København H at 23:45, arrival Fredensborg st. at 00.39
The third day Friday 16th of May	8.00-9.00 Breakfast at "Fredensborg Danhostel" 9.00-11.00 Common ASEA meeting. Lokal trackto Helsingor.	Kronborg (Hamlet) Helsingor Walk through Helsingor old city.	19.30: Sustainable Concert at Fredensborg Old Bio: Lise, Martin, Ivan, Jens, Pierre De Meireles, Talakatak, Nina Coman from Sicilia. Ceremony of Certification.
Departure day Saturday the 17th of May			

Sustainable concert

Fredensborg Bio 16th of May 2014, ASEA Grundtvig Learning Partnership.

Martin Cholewa tenor singing and horn, accompanied by Lise Wille Cholewa, piano.
Lise introduced the music, explaining how it relates to sustainability.

Ivan Kemnitz introduced the concert by accompanying common singing at the piano – well-known summer songs in Danish.

The program started with poems by Hans Christian Andersen set in music by Danish composer Niels W. Gade and Norwegian composer, Edvard Grieg. Martin Cholewa was singing, Lise Wille Cholewa accompanied on the grand piano .

Fredensborg bio is situated in very beautiful surroundings – Fredensborg is a nature area – the royal castle, Fredensborg Slot is surrounded by a big park with lakes and woods. Hans Christian Andersen visited Fredensborg many times, and the Danish dancer and choreographer, August Bournonville (his father was French), lived in Fredensborg:

”Min lille fugl” - (My little bird) music by Gade, refers to a theme Hans Christian Andersen also used in one of his most famous fairytales ”The nightingale” - The song is a longing for the bird (his muse?) - the bird has disappeared the green leaves of the trees. The fairytale ”The nightingale” is comparing the artificial nightingale and the natural, real nightingale, and the real nightingale surpasses the artificial, it has birdsong with great variety, and is healing the dying emperor of China.

Songs from collection of seven songs ”Melodies of the heart” - poems by Hans Christian Andersen, music by Edvard Grieg. The song ”The Poet's Heart”, describes the poet's sensibility to nature: ”The tides of the ocean do you understand? The soul of sweet music that rings o'er the land? Can you tell the scent of flowers fair? Sunbeams flashing through the stormy air? The theme of birdsong can mortals impart? Then think not to fathom the poet's heart! ..His soul surges more than the ocean tides, the spring of all music in him abides, flowers' sweet fragrance dwells there entire, within him there burns an unquenchable fire, in hope and longing the spirit contest: they struggle with death in the poet's breast! (English translation) This song is an example of the way an artist was considered in the romantic period, and also an example of pantheism. The song ”Two Brown Eyes” has elements of folk music in it. Grieg was inspired by folk music and the tunes of the Norwegian folk instrument – the hardanger fele. The song ”I love you” I presented asking the French and Czech partner to translate the sentence ”Jeg elsker dig” Miluji te (in Czech) Je t'aime (in French).

The theme is ”Love” - a theme in accordance with our ASEA project. The coat of arms for Fredensborg Kommune is two swans posed creating a heart between them. The swan is a the Danish national bird, and also is very famous due to Hans Christian Andersen's fairytale: ”The ugly duckling”. We performed ”The swan” by French Composer Saint-Saëns – horn accompanied by piano.

We also performed music from the repertoire of the famous Danish Composer, Carl Nielsen: ”Den milde dag er lys og lang” (The mild day is bright and long) – it is a song from ”Fynsk forår” (Funen spring) The song is about a young man in love – he notices Ilsebil, carrying ”klinket fad” (mended dish), and is hoping that she loves him.

The next point of the concert was Pierre Meireles accompanying his singing on guitar. Maybe it is better to let him introduce his music himself in a attached file.

And then the group TALACATAK also performed very elegant Brazilian music. They had brought recycled instruments, but the interesting thing is also, that they had made the instruments right on the spot before the concert – creating instruments out of empty beer cans, and finding in the street a plastic bucket.

After the formal part of the concert – we had a more informal gathering– everybody were improvising, and Ivan Kemnitz was accompanying out singing and dancing on his instruments brought for this occasion – accordion and also several saws – one of them found in waste.

ASEA – Sustainability Workshop

Bottled Water banned:

The 2009 United Nations Climate Change Conference, commonly known as the Copenhagen Summit, was held at the Bella Center in Copenhagen. Green initiatives were taken to reduce the center's CO2 emissions, and at the conference itself water in plastic bottles was banned. Drinking fountains were established with ordinary Copenhagen tap water.

This is an example of reducing the CO2 - footprint.

We are five countries participating in a Grundtvig Learning Partnership (ASEA) about sustainability: Paris (France), Messina (Sicily in Italy), Prague (Tjeck) Nicosia (Cyprus) and Fredensborg (Denmark).

One of our tasks is to create a “label” of “sustainable concerts”.

What is a sustainable concert?

I think defining sustainability is an ongoing process. We have learned from each other during the two years the partnership has lasted. New ideas emerge and implementation is taking place. Also society is changing, finding new solutions to the problems we face.

But here are some points you could take into consideration when arranging a concert/festival: Reducing CO2 - footprint: choosing location using alternative energy (windmill, solar energy, etc.) in general, choosing acoustic music, energy-saving bulbs, etc., local bands, serving locally produced food/drinks, tap water, recycled clothes, decoration from recycled materials, advertising in cyberspace, posters on recycled material, etc.

Physical and mental health: silence (sounds of nature), organic food and drinks, tap water, natural environment, socializing, bringing generations together, inclusion of weaker groups, good communication, dancing, etc.

Taking into consideration needs of the third world – people far away from us, and also taking care of nature far away from us.

The list is long – sustainability is taking care that future generations have access to a “good life” like we have – the earth's resources are not unlimited.

We can try to make a change - we can try making the effort creating a new path taking care of the environment. You have to use your brain in order to do so – it takes a lot of courage too. Changing old habits that are not suitable for implementing the sustainable lifestyle is a process. You need to have knowledge, sometimes it costs extra money, but often you save money. Sustainable lifestyle is a learning process. Motto of our Grundtvig Learning Partnership (ASEA) is: nothing in excess!

Good luck with it!

“Label of sustainable concerts”

TRAINING COURSES

ENERGY EFFICIENCY IN CYPRUS

IN THE LAST FEW YEARS, AFTER THE HIKE OF GAS PRICES PEOPLE BECAME MORE CONSCIOUS ON ENERGY EFFICIENCY. AFTER THE MARI EXPLOSION IN JULY 2011 PEOPLE BECAME A LOT MORE; FOLLOWING THE DESTRUCTION OF CYPRUS MAJOR POWER PLANT. THE DESTRUCTION WAS DUE TO AN EXPLOSION OF MILITARY MATERIALS STORED IN THE NEARBY MILITARY

BASE. Of Cyprus' economy, the EU estimates that the cost of expansion to the island could amount to 2 billion euro, with cost of the power plant itself coming to 700million.

Cyprus' energy policy is aligned with the EU energy strategy and is formulated by the Energy Service of the Ministry of Commerce, Industry and Tourism, with key aspects being the Security of Energy Supply, Competitiveness and the Protection of the Environment.

The Energy Service implements, inter alia, the energy policy through the monitoring and coordination of the supply and distribution of adequate quantities of energy at the lowest possible cost to meet domestic demand, the promotion of programs for the rational use of energy and the exploitation of the indigenous renewable energy sources. The Energy Service also coordinates the establishment of Vasilikos Oil Terminal (VOT) while it takes measures to restrict industrial pollution through the installation of control systems. It is also responsible for harmonizing energy national legislation with that of the European Union. The Energy Service is also responsible for implementing relevant policies regarding the exploration of hydrocarbons in the Exclusive Economic Zone of Cyprus. A positive aspect in Cyprus is the discovery of energy fields under the sea.

Currently, the government supports the production of electricity through photovoltaic systems and there are several initiatives towards this end. There are many grant schemes and systems such as:

- Net metering PV for homes, measuring production and consumption of electricity
- Development of PV parks
- Solar heaters for Homes which is a tradition for Cyprus
- Isolation for homes
- Solar water pumps for swimming pools and irrigation

The design of a home is also an important factor to save energy and smart design uses methods to make houses with low energy costs. Towards this end, the government had adopted the EU regulation for Energy Performance of Buildings which is obligatory since 2010. The certificate can be issued by Qualified Experts.

Energy performance certificate for buildings

- The certificate approach of the EPBR is implemented in national level
- The maximum validity of the certificate is 10 years
- The applicability of the certification concerns all buildings except ---
- The certificate is produced before the construction works and a sampling inspection after completion
- The quality check of the input data is included in the EPBR
- The compliance check is based on the total energy performance

The eligibility criteria to be a qualified expert for energy performance certification for the category of residential buildings, apply only to natural persons who:

- have at least 3 years of proven experience as a designer or engineer;
- are registered members at the Cyprus Scientific & Technical Chamber in the field of Architecture or Mechanical Engineering or Civil Engineering or Electrical Engineering;

- hold a certificate of success in written examinations for residential buildings organized by the Energy Service.

An important factor of energy efficiency is considered the air-conditioning units, which are controlled by a separate system by our national Electric Authority of Cyprus. Moreover, new technologies are supporting air-conditioning, since there are certain low cost, and low energy consumption air coolers.

Among the main Community legislation for the sector are:

- the Construction Products Directive (89/106/EEC),
- the Boiler Directive (92/42/EEC) and,
- the buildings provisions in the SAVE Directive (93/76/EEC).

Cyprus review

Over the period 2000-2010, the energy efficiency index for the whole economy (ODEX) decreased by 13% compared to 12% for the EU. Most of this energy efficiency improvement came from industry, particularly from undertakings under the Emissions Trading Scheme (ETS) (cement and brick industry). Energy efficiency slightly improved in the building sector in recent years with the EPBD implementation and due to financial support schemes for the existing building stock. The transport sector, which is the largest final energy consumer (~56% of final energy consumption), contributed less to energy efficiency improvements.

Industry

The efficiency in the industrial sector has improved by 29%. In the non metallic minerals branch, which consumes approximately 50% of final energy consumption in industry and falls under the scope of EU- ETS, the energy efficiency index has decreased by 40%. This is mainly reflecting the efficiency improvement in the cement industry, which has undergone major renovation in order to save energy and reduce its emissions. The industry has developed new efficient processes, CHP technology, waste heat recovery and also use of wastes for energy and biomass. Also there has been systematic training of industry managers and engineers in energy management, good practices. Cyprus does not have any steel, glass or paper industry. The food branch, not subject to ETS, has shown deterioration in energy efficiency.

Households

Between 2000 and 2010 the global energy efficiency index has improved by 23%. The technical Odex has improved by 11%, mainly after 2007. This is due to the fact that Cyprus has entered the EU in 2004 and implemented policies and measures in energy efficiency after the accession which have started to deliver energy savings after 2008. Prior to EU accession there was no energy efficiency legislation such as mandatory building codes. The slight improvement is mainly attributed to efficient electrical appliances, free CFL lamps and use of solar water heaters (85% of households). Significant energy savings in the household sector are expected in the coming years due to the impact of the EPBD (minimum energy efficiency requirements in building shell and heating/cooling equipment) which started to be

implemented in 2008. Stricter efficiency requirements will be imposed in 2013 for new buildings in view of the road map for nearly zero energy buildings set by EPBD recast.

Transport

This sector shows a 9% improvement in the period 2000-2010. This development is mainly caused by efficiency improvements for cars, as a consequence of the penetration of new, cleaner and more efficient cars. This is partly linked to the change of the legislation in fuel taxation in 2000: diesel is now almost priced at the same level as gasoline, resulting in the phasing out of inefficient vehicles and a shift towards smaller and more efficient cars. In addition, some effective measures have been applied in the last few years, such as grants for scrapping old vehicles, vehicle taxation based on CO₂ emissions. Public transport (bus) is not well developed and has decreased drastically over the last 10 years, which affects the ODEX. Aviation has a high share (~15% of final energy consumption). The index for aviation has improved by 17%, due to efficient fleet and better management.

Energy Efficiency Policy measures (from Ministry of Commerce)

Institutions and programmes

The Ministry of Commerce, Industry and Tourism is responsible for the adoption and implementation of energy efficiency policy including RES, energy efficiency. The Cyprus Institute of Energy (NGO) was founded in 2000 to assist the Government in the promotion and implementation of policies and measures in RES and energy efficiency. One of the main tasks of the Institute is the operation of the Governmental financial support schemes for investments in RES/energy efficiency and providing technical support to the Government with the negotiation, transposition and implementation of EU energy policies. It also provides technical assistance and advice to public authorities for RES/energy efficiency policies and assists in the market facilitation via the development of local sustainable energy markets.

Industry

The main financial instrument used is the governmental financial support schemes for the promotion of RES/energy efficiency. The fund is created by imposing a levy of 0.5 cents/kWh for all categories of electricity consumers (€23 million/year). Sectors covered are: households, industry, tertiary, transport. The financial incentives are provided in the form of grants and subsidies for energy efficiency investments (30% - 50% aid depending on the technology) and feed-in tariffs for CHP/RES electricity sold to the national grid. The basic criterion used for the evaluation of any energy savings investment proposal is to achieve a 10% primary energy savings after the investment.

Households, Services

Governmental financial support schemes for financing energy saving investments are used extensively in this sector. Since 2004 there have been thousands of applications and grants provided. For the household sector, subsidies apply to thermal insulation, solar thermal heaters,

geothermal heat pumps, and PV. For the tertiary sector, all technologies are eligible provided they satisfy a 10% primary energy savings. Since the operation of the program more than 50,000 applications for investments have been received and the majority of them have been approved.

Cyprus has enacted a primary legislation for the energy performance of buildings (in compliance with directive 2002/91/EC). Secondary legislation for setting minimum efficiency requirements, thermal building codes are enforced since 1/1/2008. Prior to accession to the EU, Cyprus did not have any mandatory building codes on energy efficiency. Therefore after the full implementation of the EPBD the impact in terms of energy savings is expected to be high.

Electricity consumption in Cyprus has increased by 70% in the last 10 years attributed to air conditioning. The government has decided to promote and subsidise CFL lamps (5 lamps per household for free). The scheme has a budget for the purchase of 2 million lamps over five years. Thus around 1 million lamps have been distributed to consumers via the utility company.

Transport

The main type of action used is to provide grants for the purchase of hybrid, electric, or flexible-fuel vehicles and the reduction of other registration fees. A second instrument used is the new national law for the taxation of vehicles which includes provisions integrating engine capacity and CO2 emissions criterion providing reduced taxation for smaller, clean and efficient cars. In 2006 a scrappage scheme for old cars has been implemented. The first phase includes grants to remove 15,000 vehicles.

The Ministry of Communications and Works has submitted an action plan for public transport which includes the radical upgrade of the public bus system. Among other measures 6 new companies will be created, one for each region and one among main cities. More than 1000 new efficient buses will be purchased and new routes are applied. Also a new bus service has started to connect cities with airports.

On the synopsis of that constitutes “nothing in excess” via the ecological perspective.

Doubtless, there is a plethora of information in regards to ecology and the environment. In fact the overabundance of the information may in fact make the population lose track of what is going on both at local and global scales. It makes it hard for individuals to digest analyze and or find a path on how best to do their own individual part. All this information is massive and unfiltered and remains scattered in a wide plateau that feels as if it is out there in another planet, rather than in our own. We are constantly bombarded with information related to possible extinctions of rare species, flora, fauna and or own self-destructive tendencies in regards to overconsumption and inadequate recycling. All of the above are true and the point I am trying to confer is that , without regarding the kind intentions and/or efforts by so many people spread all over the globe that try whole heartedly to reserve massive damages that were initiated primarily from the onset of the industrial revolution. It just might be that this in itself however good and/or beneficial as a whole, might not be enough to contain or overt possible

future damage to the last remaining vestiges of what was once pristine territories. There is exponential rise of population growth which by itself alters the balance of power that fights for ecology-recycling. The needs of that geometric growth of the numbers of humans on the planet are so massive that overtake all else. So in essence all of the above mentioned efforts by so many preservationists inevitably falter on the crushing rising tide of numbers of added billions that inhabit the same flora, fauna. Nowadays there are more tigers kept in zoo's and shelters rather than in the wild. Soon after if the very same Progression continues unabated, most species will be howled in zoo's or other special places so as to preserve at least the last vestiges of what ones was. That however is and can never be a solution. Since ecology is interrelated to everything else. If one species vanishes others follow. That in itself is a vicious circle that is at the epicenter what nature is. Much like in Plato's philosophy that preoccupies itself with the one and the whole. If the one goes, the whole does not exist, for the whole cannot be a whole if the one ceases to exist. Therefore all ecological zones and systems are interrelated to such a vast extend that nothing can be amiss. The analogy is like a soul that is without a crucial part. Much like poem that we lost a few precious lines and its meaning may never reach its unity and plurality.

The main hypothesis of this text is that as long as man remains absent of a philosophical basis vis a vis his relations to the environment as a whole, either be recycling or species preservation, he/she in turn acts sporadically in isolation of others or of the whole population at large which in turn negate in a great degree those efforts.

Just imagine the population of a small country that have digested the philosophical perception "nothing in excess" in their interrelation and interconnectivity with the environment they occupy. That country will have houses built that are in tune with the environment and emit the least damage to the environment. They would use as much as possible bikes, recycle and be in unison with the area that they inhabit, allowing the environment to be sustainable for all other species. The education of these people in this imaginary country would not think separately themselves from what is outside their backyard.

People nowadays live in self isolation sheltered in their own houses and use the outer as if it was of no importance "nothing in excess" postulates this idea that man transcends that usual modality and thrives on the one and the whole as in the symmetrical unison. The mind of the individuals ought to be self aware of what he/she propagates in continuity in daily basis vis a vis the environment.

After all it a law of thermodynamics that every action has an equal and opposite reaction. None can escape from his/hers interaction, with the environment.

As stated on the introduction, presently people are overloaded with information but nowhere is there a systematic effort for having people attain a philosophical direction that allows them to comprehend that each action of an individual may tip the scales of nothing "nothing in excess". Therefore that maxim serves as a continual reminder of what to do and what not to do. It gives as a sense of purpose and a goal that thrives on responsible behaviour that in itself allows us to feel better about ourselves and nature as a whole. Ecology after all is another form of philosophy in action through the man that inhabits part in the here and now.

TRAINING COURSES IN DENMARK

Fredensborg Aftenskole has held a row of seminars at Blindecenter Bredegaard as planned in our Grundtvig Learning Partnership : ASEA /Adult and Elderly Sustainable Development Education Alliance Minute). Learners were blind and partially sightseeing adults.

Our teaching method is to integrate the topics related to the ASEA in small sequences in the lessons plan, since this is the best way to meet the special needs of our learners.

Friday 8th of March 2013

I have brought the instruments made of recycled material to class. I allow the learners to play on the instruments, describing the instruments, and explaining how to play them. I have brought these instruments to class several times, and last time I let my learners guess the material used for creating the instruments. For instance the maracas is made out of an empty Orangina bottle, and the handle is made out of bicycle tubes wound around a piece of broomstick. The blind learners use the fingers as "eyes", and to "bring the world" to them is very valuable. Some of them suggested that the handle was wound with snakeskin, so this is an example of how difficult it is to get to know the world. I told them about our visit in Paris to the place where they produced such instruments – the people we met there were very friendly, and the instruments are produced in order to allow poor children to have access to music instruments. I told them that the tradition of creating instruments of recycled material is very common in for instance Africa too, allowing poor people access to music making. I brought a mini drums to put on the table and played on with chopsticks.

I explained to the learners the kind of tins used for this. For instance an empty tin from chestnut puré from Ardeche was part of the drums. I was asked what kind of food people eat in France, and I told them that France is known for its delicious food. I asked them if they know baguettes or flûtes, and also the cheese camembert?

We were singing the French canon translated into Danish: "Frère Jacques" (Mester Jacob), and I sang it in French. I played music on CD by the French composer Gabriel Fauré. I asked the learners to guess what instrument was used in the piece. I asked if they enjoyed the music. I asked them if they knew the name of a very wellknown French composer, and they mentioned Claude Debussy. We were talking about Clair de Lune – and I told about the piano piece composed by Debussy called "The snow is dancing". I played part of it on the piano, and told them that a concert together with my husband is forthcoming – a concert related to the subject of our ASEA project. The CO2 emissions are creating climate changes, and the experts now agree that the ice in Greenland is melting. We might get new fish in our waters – for instance sardines are to be found in Danish waters – this fish is common in the Mediterranean.

<http://www.klimatilpasning.dk/sektorer/natur/planter.aspx> Spring as we know it in Denmark is going to change due to climate changes. The white anemone might disappear, due to climate changes, and we talked about the woods around Fredensborg the forest floor covered by white anemones in springtime. We were singing a very wellknown with text of Kay Munk, called "Den blå anemone" (The blue anemone) I accompanied the song on the piano, and I explained what it means to accompany. I told them that I am going to perform this song at the concert with my husband. I played music from a CD – we listened to a recording of community singing in Fælledparken during the Second world war. We also listened to the songs with text by Hans Christian Andersen - "Konen med æggene" - and "Hvor Nilen vander ægypterens jord" . "Konen med æggene" is a very wellknown poem by

Hans Christian Andersen. A peasant woman is on her way to a fair carrying a basket on her head filled with eggs for sale. She is calculating how she can optimize her profit, but in the end she loses all her eggs. "Hvor Nilen vander ægypterens jord" is a song with a historical issue, and it describes love of Danish nature.

[https://www.google.dk/search?](https://www.google.dk/search?hl=da&tbs=isch&tbs=simg:CAQSVAnonOVUsgBO7BpACxCwjKcIGi4KLAGBEgbVB9YH)

[hl=da&tbs=isch&tbs=simg:CAQSVAnonOVUsgBO7BpACxCwjKcIGi4KLAGBEgbVB9YH](https://www.google.dk/search?hl=da&tbs=isch&tbs=simg:CAQSVAnonOVUsgBO7BpACxCwjKcIGi4KLAGBEgbVB9YH)

Since my journey to Paris to visit our French Partner, I have included the topics of ASEA in my teaching – also talking about my experiences in Paris – telling about Christmas in Paris – how they take care to save electricity in the big city – as we also do in Denmark – for instance using CFLs, and I told my learners how to my surprise – I saw many bikes in Paris – since I thought only Denmark was known for this means of transportation, very efficient in energy saving.

How to reduce the CO2 emissions is a task in our ASEA Grundtvig Learning Partnership.

The first training course is about sustainable behaviour, since TALAKATAK association, visited in Paris, manufactures instruments from recycled materials. Mention that in Africa for example they also produce music instruments from recycled materials.

About music - Claude Debussy's composition "The snow is dancing" as opening to talk about CO2 emissions - climate change information. Also on changes in circumstances far away from Denmark, to raise awareness about the effects of our actions over long distances - that the ice in Greenland for example is melting. Told about a poem by Hans Christian Andersen, having the moral that material greed is not very good (the peasant woman loses all her eggs). Told about Christmas in Paris - that they are saving on the electric light and use energy saving light bulbs. Told also that I saw bicycles in Paris, so they are like people in Copenhagen aware of alternative means of transportation. We were singing songs together. The key priorities were included in this training course.

Long description of training course:

Our teaching method is to integrate the topics related to the ASEA in small sequences in the lessons plan, since this is the best way to meet the special needs of our learners.

I have brought instruments made of recycled material to class, bought in TALAKATAK association in Paris. I let the learners touch the instruments, describe the instruments, and explain how to play them. I have brought these instruments to class several times, and last time I let my learners try to guess the material used for creating the instruments. For instance the maracas is made out of an empty Orangina bottle, and the handle is made out of bicycle tubes wound around a piece of broomstick. The blind learners use the fingers as "eyes", and to "bring the world" to them is very valuable. Some of them suggested that the handle was wound with snakeskin, so this is an example of how difficult it is to get to know the world. I told them about our visit in Paris to TALAKATAK association producing such recycled instruments – the people we met were very friendly, and the instruments are produced in order to allow poor children to have access to music instruments. I told them that the tradition of creating instruments of recycled material is very common in for instance Africa too, giving poor people access to music making. I brought a mini drums to put on the table and played on it with chopsticks. I explained to the learners the kind of tins used for this. For instance an empty tin from chestnut purée from Ardeche was part of the drums. I was asked what kind of food people eat in France, and I told them that France is known for its delicious food. I asked them if they know baguettes or flûtes, and also the cheese

Camembert? We were singing the French canon translated into Danish: "Frère Jacques" (Mester Jacob), and I sang it in French. I played music on CD by the French composer Gabriel Fauré. I asked the learners to guess what instrument was used in the piece. I asked if they enjoyed the music. I asked them if they knew the name of a very well-known French composer, and they mentioned Claude Debussy. We were talking about Clair de Lune – and I told about the piano piece composed by Debussy called "The snow is dancing". I played part of it on the piano, and told them that a concert together with my husband is forthcoming – a concert related to the subject of our ASEA project. The CO2 emissions are creating climate changes, and the experts now agree that the ice in Greenland is melting. We might get new fish in our waters – for instance sardines are to be found in Danish waters – this fish is common in the Mediterranean.

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How to reduce the CO2 emissions is a task in our ASEA Grundtvig Learning Partnership

Rainwater should not be considered a problem. This is because water is a problem when landing in

wrong places. Used properly, drainage water is a valuable resource that can provide more lush and

greener gardens and green spaces.

Landscaping in Garden Company, Ann Lilja, is talking about how you as gardeners can use rainwater in your garden, while getting completely new qualities in the form of lush rain ask, meandering channels or coatings that allow water to seep into the ground.

Possibilities are many. For example you can bring a "rain bed" as a recess in the garden or a bed

with blooming perennials, or set up a water barrel or tank in order to collect rainwater for watering garden plants. You can also bring a coating that allows water to penetrate, so it can seep into the ground and back part of the natural water cycle. Or you can put a green roof on your house, your carport or garden shed.

Several municipalities in Denmark are already underway both in gardens and in public areas and

you get a glimpse of projects both from home and abroad.

You are given advice on what you can do specifically in your own garden and what you need to

remember before you get started .

Welcome to a night of rain water signs

Registration at the bottom of this page, or at the library.

USING RAIN WATER IN YOUR GARDEN - AND STOP FLOODING

The sewers overflowing, basements and roads under water and sludge gushing smelly water in lakes

and streams. The Danish sewer system can not take large amounts of rainwater. But as gardeners

you can help the environment and do something to prevent flooding by managing rainwater on your

own site. And it may even provide exciting to have solutions and save you the cost of irrigation. As

gardeners you will probably not realize it, but water falling on your rooftop and in your driveway ,

run with all probabilities down through the sewerage system and to the treatment plant.

Especially

in cities where rainwater is carried with the waste water, giving major problems during heavy downpours. There is no room for extreme rainfall in the sewer, so often dirty water finds its own

way and is a great nuisance to homeowners and drivers and for life in lakes and streams.

CLIMATE CHANGE CAUSES PROBLEM

Climate change makes it even more difficult to make room for the water underground and increase

the risk of flooding. The problem is that the rain does not fall evenly, but either in very large quantities or completely absent. If we could control when the rain fell, it was more straightforward

because the garden does need the water. But you can actually do something to distribute the water

residence time in the garden over the long term by making beds and depressions where water may

be temporarily so it does not create " traffic jam" in the sewer. You can also collect it in a barrel or

underground storage tank. By saving some of the water in containers you have even water to use in

the garden at times with less rain, which is another result of climate change .

How do we survive the 7 major crises!

The world is facing seven major crises - economic, environmental, energy, security, climate, health and basic survival is under pressure worldwide. Each day 200 species go extinct, red lights flashing and the imbalances are growing exponentially.

Our current actions do not seem to solve the problem - on the contrary. What do we do? Listen to Martin's bid for options that include involving paradigm shift in the collective consciousness and the "boundless creativity" - all the uncovered resources that we so far have only scratched the surface of.

Martin Spang Olsen

Cand. mag. philosopher, artist, etc. Head of MSO productions. Lecture on creativity, learning and health.

Fredensborg Aftenskole sets the stage for this debate, in collaboration with Fredensborg Bibliotek and Agenda 21

Registration at the bottom of this page, or at the library.

It's FREE !!

Martin Spang Olsen's website :

<http://www.martinspangolsen.dk/1/forside.html>

I created together with Martin Cholewa a H.C. Andersen monologue - Martin is acting H.C. Andersen with only props – a high hat!. Lise is acting Dorothea Melchior wearing a long recycled

dress, bought in "Svalerne" <http://svalerne.dk/index.php?page=english> a shop selling recycled clothes in Østerbro (area in Copenhagen). Selection of article:

The Swallows is a Danish humanitarian organization based on voluntary work. The funds collected

by the organization are donated to support local grass-roots movements in Bangladesh and Tamil

Nadu, South India. The Swallows is a self-supporting, politically and religiously independent organization. **Our purpose:**

- To support the development of popular movements among the landless, women, tribal people, and other poor people through organization.

- To give outcasts and oppressed people in the third world empowerment to be able to fight their way out of poverty.

- To inform people in Denmark about the complexity of problems related to the development through different information activities. The purpose of these activities is to increase understanding of the industrialized countries' responsibilities for poverty in the world at a popular level as well as at state level.

Lise is introducing the afternoon, telling about the ASEA Grundtvig Learning Partnership. She is

informing the audience that H.C. Andersen lived in a country house "Rølgæd" owned by the

wealthy, Jewish family – the Melchior family. H.C. Andersen had rooms and a balcony with view

to the sea "Øresund" . According to anecdotes, she got to know at "Østerbro Lokalhistoriske Forening" H. C. Andersen had his own key to "Rosenvænget", a closed area for the rich people.

The family considered H.C. Andersen a genius and took very good care of him. Dorothea Melchior

brought him a fresh flower from the garden every day. In this way the play begins, Dorothea is bringing H.C. Andersen a rose. We then begin our Christmas show – playing Christmas music and

H.C. Andersen is doing paper cuts – he was very talented at this – he cuts a sun out of paper.

We are

singing Christmas songs together with the audience, among others " Barn Jesus i en krybbe lå "

poetry by H.C. Andersen H. C. Andersen remembers his past, his arrival to Copenhagen as a young boy (14 years only) trying to enter the Royal Danish Theatre as a dancer, accompanying his

dance steps, tapping on his hat. He has another paper cut – a dancer. She is for decoration the christmas tree. In the middle of our performance is the "heart" H.C. Andersen created the first christmas heart in Denmark. His falling in love with a well known Swedish singer, Jenny Lind is

described – he is greeting her with his glass of champagne, and after we are singing two song from

"Hjertets melodier" poetry H.C. Andersen and and music composed by the Norwegian composer

Edvard Grieg. Lise is reading a fairy -tale by H.C. Andersen – about a christmas tree. Lise illustrates the fairy-tale by stepping on the ground. The last props is a fan! He is telling about christmas celebration in Rome together with good friends in Villa Borghese – the tree was laurel

tree and on it they put oranges and small presents. We have brought oranges to the audience as

refreshment. "The birth of Venus" - he is talking about this painting – the Venus born in foam

TRAINING COURSES IN ITALY

Re-use the traditions

In a global world traditions remain the sign, the clew of the peoples, the living blood that pours in the veins of peoples, the living sap of our roots, the living seal which must be conserved with great care, consciousness and responsibility, to be handed over from one generation to another, by means of some cultural " messengers " . By word of mouth human values were " delivered " in a popular language, with a particular, original and genuine spirit. never spoiled by any type of modern influence or fashion. Nowadays, the new generations have a different way of perception of the old values and let's help them understand and preserve a better " product " of our identity. Are you ready to do a memory exercise and search in your own self poems, folk songs or put on some folk cloth and sing a song ? And if you were not able, would you try, instead of throwing away the value, " re-use", I mean recycle it and grant to the usage, to the tradition a new form, a modern one, which the new generations could accept and

understand with proper means. Take an old folk traditional song and put it in a modern key, re-use the root and this way maintain the tradition alive. And all this in order to perfect our traditional preparation, the emblem of our identity. So, there are lots of usages and traditions that pour in or veins ever past and present and future and we have the serious training mission to identify the representative treasure that we possess, reuse its roots and offer a modern interpretation that can remain alive forever due to the generations to come.

Climate change

Actually , we know that these phenomena are caused by atmosphere pollution.

1) We have to change the energy production system (conversion of petroleum to gas) without interrupting the whole mechanism which is already " born " for the actual production, for transports, progress, research : aeolian energy (wind) and sun energy.

2) Another conversion is turning road type transport to naval one, petroleum to gas. All this, to wealth benefit (try to return to natural food). With pollution abolition and pharmacology help I think that:

a) some skin and tumoral diseases will be defeated

b) social level will have more wellness

c) poverty will diminish.

The different states will gain more money and economy touch equilibrium.

Recycling

Regarding the solidarity in recycling, reusing and less consuming, I think it is of major importance that each of us, in his or her own country, town and personal place, could become an active " promoter " of not only the idea of recycling, but give an example, be a " model " for the others in this sense. It is also important to know, exactly, to pay attention to the persons, their capacity to understand the great importance of the work to do, in order that they themselves could transmit to the others the same ideas. So, there a sort of an active continuation is created, of recycling, reusing, less consuming and more saving, helping saving anything possible at the proper place. This " opera " continued by everybody is dedicated to our planet and can be developed well from generation to generation, at school, in family, in all the communities of citizens. What is fundamental is that the earlier in age is done, the better.

It is easier, maybe, work with younger brains, with children who easier understand the concept of recycling. But even adults are very receptive to this argument and eager to fulfill it. To be concrete, I myself try to " teach " others how to save, to reuse materials like those we all have at our homes. For example, various types of packing, lots of utensils and domestic tools, which apparently don't present any importance, with some ingenious and creative spirit, aren't thrown away but saved.

I'll expose some of my intentions, which will demonstrate to you all how it is possible, with some artistic talent and creative intelligence, that one can put recycling ideas into good practice. What is significant is learning from others, even not having lots of skills ; one can

obtain the conscience of working from others. We, all, are characterized by features that we may not know unless we get them revealed somehow, in circumstances that come on the spot. So, we can, for instance, sit around a table, put some rests of materials on it, different tools and compose with our hand and proper inspiration who knows what forms and figures. We can get elements of nature recycled in a particular way, from rests of sheets of paper, for example. Very impressive is the fact that from different parts of sea fruits, from metallic rests, different domestic small objects, one can " give birth " to a wonderful " presepe ", that is to define the birth of Jesus, a Catholic tradition here in Italy. This event, I mean Christmas, the concept of it by means of these " presepes ", made from recycled materials, is very alive in my mind. It would be special an idea linked to this Christmas tradition for a future session of our meetings and I'd be glad to talk and show you something from the numerous expositions organized.

Sustainable life style

Scarto cibo

Il cibo che si butta via è come se venisse rubato dalla mensa di chi è povero di chi a fame ! Il superfluo sprecato è furto nei confronti del povero. Nel contesto di un'economia globalizzata che non si cura degli sprechi nell'odierna " cultura dello scarto che contagia tutti " Papa Francesco ci ammonisce con un richiamo antico eppur attualissimo al cibo , da sempre elemento -simbolo delle ingiustizie sociali , dell'abisso tra abbondanza e miseria. Il cibo , il mezzo più semplice e antico che l'umanità ha per esprimere amore ,affetto , solidarietà , amicizia , desiderio che l'altro viva , diventa strumento di sopraffazione quando ne smarriamo il senso , quando lo consideriamo un bene per noi inesauribile.

" Comandano i soldi ! Comanda il denaro ! Comandano tutte queste cose ce servono a lui , a questo idolo, E cosa succede ? Per difendere questo idolo si ammucciano tutti al centro e cadono gli estremi , cadono gli anziani, perché in questo mondo non c'è posto per loro ! (...) E cadono i giovani che non trovano il lavoro , la dignità " sono le parole di Papa Francesco.

La persona umana è in pericolo : questo è certo , la persona umana oggi è in pericolo , ecco l'urgenza dell'ecologia umana.

E il pericolo è grave perché la causa del problema non è superficiale , ma profonda : non è solo una questione di economia , ma di etica e di antropologia . Ciò che domina sono e dinamiche di un'economia e di una finanza carenti di etica.

Se si rompe un computer è una tragedia , ma la povertà , i bisogni , i drammi di tante persone finiscono per entrare nella normalità. Se una notte di inverno , per esempio , qui vicino in una via , muore una persona , quella non è notizia. Se in tante parti del mondo ci sono bambini che non hanno da mangiare ,quella non è notizia , sembra normale. Non può essere così ! Eppure queste cose entrano nella normalità : che alcune persone senza tetto muoiono di freddo per la strada non f notizia. Al contrario , un abbassamento di dieci punti nelle borse di alcune città , costituisce una tragedia. Così le persone vengono scartate , come se fossero rifiuti.

Questa cultura dello scarto tende a diventare mentalità comune , che contagia tutti. La vita umana , la persona non sono più sentite come valore primario da rispettare e tutelare, specie se è povera o disabile , se non serve ancora - come il nascituro - o non serve più - come l'anziano. Questa cultura dello scarto ci ha resi insensibili anche agli sprechi alimentari , quando in ogni parte del mondo , purtroppo , molte persone e famiglie soffrono fame e

malnutrizione. Una volta i nostri nonni erano molto attenti a non gettare nulla di cibo avanzato. Il consumismo ci ha indotti ad abituarci al superfluo e allo spreco quotidiano di cibo, al quale talvolta non siamo più in grado di dare il giusto valore. Riflettiamo insieme su tutte queste parole di Papa Francesco !

Loneliness

This is an increasing phenomenon of non integrated social cases, of immigrated people. Sometimes, immigration is a forced one and depends, almost always, more on economic necessity than on touristic or social one. Each one, lives better in the proper country (state), with proper childhood memories, habits, tradition or religion, almost always very diverse. If this is the problem, the powerful states, from economical point of view, offer financial support to create production and consuming societies in the less powerful countries. If solitude (abandon) is due to person's old age, this one would be obliged to apply to social or old age centers in the proper city.

Global poverty

POVERTA' GLOBALE

Poverta' globale è IL PIÙ MALE DEI MALI non solo per la poverta' economica ma soprattutto per la mancanza di cure, medicine e, qui, la mortalità infantile (solo in Africa ci sono stati oltre 10 milioni di morti infantili nei ultimi anni 2012-2013).

Ancora non si è sconfitta la malaria, la tubercolosi, diarrea (bevono acqua con fango proveniente da scorie da fogne a cielo aperto, ecc).

Dei farmaci attuali, io penso che:

- a) Scompariranno diverse malattie (derma dei tumori);
- b) socialmente ci sarà più benessere
- c) si andrà ad attenuare la poverta'
- d) Gli stati avranno più soldi e l'economia sarà più equilibrata tra popoli.

ALTI CASI DI POVERTA': aiutare non con il sistema politico attuale, migrazione di questi popoli "poveri".

Prima gli aiuta ad sbarcare e poi gli aiuta a morire. (clandestinaggio in tutta l'Europa)

Per abolire tutto ciò, secondo me:

1. Dare lavoro, come ?! Tutti gli stati europei sono proprietari di spazi, di terreni, di mari infiniti dove si può produrre:
 - Legnami
 - Agricoltura
 - Bestiame
 - Allevamenti
 - energie alternative (fotovoltaico -eolico)

- artigianato
- orto-frutta
- miniere
- strade

Perché (nell'equilibrio dei sistemi) non dare questi tipi di lavori "duri" a questi immigrati che continuamente sbarcano clandestinamente nei confini dell'Europa?
Perché non si trova "A FARE" "lavoro"?!?

Social exclusion

L'ESCLUSIONE SOCIALE

Storicamente i popoli si sono esclusi ed inseriti per scopi di turbe mentale ma al mio parere (molto democratico, cattolico e sociale) è più difficile "escludere" che "includere" nuclei sociali e nuclei familiari. "Inserire" sta come "aiutare" socialmente ed economicamente sia i singoli che intere popolazioni (stati), contribuendo alla distribuzione razionale del lavoro (vedi sistema Giappone).

In altri casi, l'esclusione o l'auto-esclusione, se mentale, gli aiuti oltre che economici dovranno venire da cure (medicine) e di assistenze sociali (continue e giornaliere).

Con inserimenti anche se minimi e ripetitivi daranno ai sostenibili ed anziani sollievo alla propria vita sociale.

COOPERATION AND COMMUNICATION BETWEEN PARTNERS

The partnership initiated and ensured open channels of communication with each one of the partners on a regular basis and with diverse means.

Internet as the utmost means of communication of the present times was used as aiding the spread of the culture of sustainable development, which lies at the heart of the project.

An e-mailing list with all partners' details was set up at the beginning of the project by the coordinator and passed on information to all the partners at any time.

The website of the project (ASEA) was set up by the French partner and, also, the coordinator website, very important means for communication of our activities through partners and to the wider public on European level. Each partner uploaded his own activities (text, pictures, video, data, etc) at the common space viewed by all, included the public. At the same time the partners linked their own website with the common ones, thus improving the number of visitors and potential beneficiaries of the project.

Partners had the option of creating their own wiki, in order to let the members of the national group, work together on a specific topic.

In addition to e-mail exchange, typical phone, mobile phone, fax, web based communication means, such as yahoo messenger, msn or Skype, were utilized to ensure mutual cooperation and communication.

All partners had to respect the deadlines and all common agreements and inform all the other partners about any changes. Regular reminders and keep posted messages about the progress of the project were sent by the coordinator to all partners, such as reports of project meetings, minutes of other common activities. Also all partners were responsible of informing the rest of the institutions about the progress of the local activities planned and organized.

The music events, songs, the series of lessons for the wider public and topics of the lessons and training courses, was uploaded in the website.

Short videos from the music events was uploaded in the Youtube space available for the project.

The contact person in each institution had the responsibility to receive the messages from the partner institutions and pass them on to the project core group in the institution.

All partners must reply to messages in a timely manner in order to prevent delays and loss of information and to make sure that activities are organized as scheduled.

PARTICIPANTS INVOLVMENT IN PLANNING, IMPLEMENTATION AND EVALUATION OF PROJECT ACTIVITIES

All partners were equally responsible to keep effective communication in order to ensure achievement of the proposed objectives successfully.

All partners formed a Sustainable Development Committee to organize and implement the project activities

All partners organized one project meeting and took care of all the necessary arrangements (requests about accommodation or meals-food allergies etc) agreed in due time by partners.

All partners were responsible to send their regular reports to their NAs and keep the official documents organized.

Partners contributed to the realization of the activities listed in the action plan, as follows: project website was prepared by the French partner, Sustainable e-brochure was realized by the coordinator, SD dictionary in the language of the project and partners languages was realized by the coordinator with contribution of all partners. Workshops, an agenda for training courses addressed to adult and aged learners, a series of lessons for elderly people in the framework of the agenda, questionnaires-surveys, evaluation,. A number of video, posters, articles, slideshows, PowerPoint presentations, photos were realized with contribution of all partners during the project and in the stage of dissemination and valorization activities.

Each partner institution realized a file of the project in paper and another in e-form in own and common websites, including all relevant data.

All participating countries were responsible for the timely implementation of the project and the dissemination of the ongoing project outcomes and results.

All partners provided motivation for participation of elderly people in order to participate in awareness events.

An effort was made to have partners establish both professional and friendly relations. Each partner was responsible for the project management (including financial) within the institution.

All partners were responsible to write an activity report after the project meeting they have hosted, in cooperation with the coordinator.

The coordinator had the responsibility to inform all partners about changes in the project and take their opinion in account. The final report will be created by the coordinator based on partners' contributions. The coordinator organized the agenda of the project meetings, based on partners' proposals. The coordinator established deadlines within the project for the planned activities, in accordance to institution specific priorities and needs. All participants' staff and learners were actively involved in the project activities from planning, to implementation and evaluation. From the early stages of the project the partners conducted the surveys in order to identify the training needs of adults and elderly on the sustainable development (SD).

The learners, adults and elderly people over 60 years of age, were in the center of the project. All the training courses were addressed to this particular audience. They were involved in these courses not just as attendees, but very actively, forming small groups and working on knowledge, values and attitudes that SD introduces to our lives.

The «Year of active ageing» directed the training and education of elderly people to certain topics, as employment, social protection and inclusion, public health, information society and transport, topics included in the wider field of the education for SD.

The adult and elderly learners exchanged ideas, good practices, and experience and know how, on an array of different thematic areas that have been discussed during the courses. They, actively, worked to identify environmental friendly solutions for different environmental, societal and health problems in a variety of settings (public space, home, etc.). They were supported to be involved in local activities-campaigns for issues of everyday life, assigning them different tasks, from planning to implementation, promotion, evaluation and dissemination of the events. Learners gave their opinion regarding training courses and evaluation of the learning activities. This way, they practiced key competencies, building self-esteem and respect for others and mutual understanding.

After assigning tasks to partner institutions during the first project meeting, we involved learners in the process of the implementation of the project. Learners have had also the opportunity to attend the concerts organized by certain partners in home town, followed by a wide public discussion on key issues of SD, as they derive from the lyrics of the songs performed.

During the project meetings, a number of learners were actively involved in the preparation process, in the activities that have taken place during the meetings, and in the

evaluation sessions after the meetings. Duties assigned to the learners were arrangements for accommodation, local transport, planning an agenda for visitors considering all aspects required, etc.

Preparation of participants

This phase had included developed plans and programs, conducting meetings and surveys, involving people, fundraising, designing or completing small intervention projects, completing evaluations forms.

The partner organizations had design positions necessary for the completion of the activities. These volunteers were in charge of developing the procedures through which the cultural activities will become a way to start a meaningful transnational dialogue with the target groups.

An important part of this step of the project was also be educating others in the organization about involving participants, as the mobility will not act independently, but within the general plan of our organization.

We had trained our participants, preparing them for the activity, for meeting our partners, also useful material, announcements were provided. We had meetings with our members, searching for people willing to participate. A broad consultation had taken place, employing roundtable discussions small and large groups, workshops and brainstorming, to a certain form of training, preparing the activity, useful material, announcements were had been provided..

We had organized training of participants, language, IT literacy, training on the cultural background of the partners countries .

We had offered information on the project, logistics and organization of the trip, activities to carry out in the host partner organization.

Implementation

During the two years of the project the partner institutions had managed and implement the project, they were in touch continuing before and after the mobility, they had send each other articles, presentations, photos, comments about the impact of their activities under the supervision of the coordinator.

The role of the coordinator was very important as a guide of activity and ensuring the exchange of information with the partners.

In every institution there was an information point about the partners involved.

The partners had maintained the communication and exchange of materials through emails, Skype, on the platform <http://www.asea-project.com/> and face book group of the project ASEA. Each partner institution had organized meetings to disseminate the knowledge and the results to his local community.

Finally, the participants were interviewed regarding their experience, their aspirations and the activities that were carried out.

Evaluation tools were been scheduled to enhance efficiency and productivity, along with support and guidance, using questionnaires, information form, periodic evaluations, exit interview write-up, final evaluation by the mentors and volunteers

Evaluation was needed because partners need to know how they're doing, that their work is appreciated and necessary. In order to achieve that, we had organized surveys to ensure the European value of the activities and their expected impact on the learners - adults and elders. The partners assessed their own work and the others' work, as well as their results through specific questionnaires corresponding to the different stages of the project.

THE ROLE AND TASKS OF PARTNERS

Involved in the project the partners had an essential role and the tasks were distributed equal, giving them the chance to be active.

All partners were equally responsible to keep effective communication in order to ensure achievement of the proposed objectives successfully.

All partners will form a Sustainable Development Committee to organize and implement the project activities

All partners will organize one project meeting and take care of all the necessary arrangements (requests about accommodation or meals-food allergies etc) agreed in due time by partners.

All partners were responsible to send their regular reports to their NAs and keep the official documents organized.

All partners contribute to the realization of the activities listed in the action plan: a project website, workshops, an agenda for training courses addressed to adult and aged learners, a series of lessons for elderly people in the framework of the agenda, questionnaires-surveys, evaluation, dissemination and valorization activities etc.

The Concert of Sustainability was organized and implemented by the partners DK and FR.

Each partner institution will realize a file of the project in paper and another in e-form in own and common websites, including all relevant data.

All participating countries were responsible for the timely implementation of the project and the dissemination of the ongoing project outcomes and results.

All partners will provide motivation for participation of elderly people in order to participate in awareness events.

An effort was made to have partners establish both professional and friendly relations. Possible disagreement or problems were solved by mutual correspondence and understanding.

Each partner is responsible for the project management (including financial) within the institution.

All partners were responsible to write an activity report after the project meeting they have hosted, in cooperation with the coordinator.

The coordinator was responsible to inform all partners about changes in the project and take their opinion in account. The final report will be created by the coordinator based on partners' contributions. The coordinator is responsible to organize the agenda of the project meetings, based on partners' proposals as well. The coordinator is responsible to establish deadlines within the project for the planned activities (the deadlines should be realistic and in accordance to institution specific priorities and needs).

Training Courses

Italy

DEDICATED TO OUR PLANET

Written by Ileana Nina Coman – member of Totius Mundi Una Domus

Regarding the solidarity in recycling, reusing and less consuming, I think it is of major importance that each of us, in his or her own country, town and personal place, could become an active " promoter " of not only the idea of recycling, but give an example, be a " model " for the others in this sense. It is also important to know, exactly, to pay attention to the persons, their capacity to understand the great importance of the work to do, in order that they themselves could transmit to the others the same ideas. So, there a sort of an active continuation is created, of recycling, reusing, less consuming and more saving, helping saving anything possible at the proper place. This " opera " continued by everybody is dedicated to our planet and can be developed well from generation to generation, at school, in family, in all the communities of citizens. What is fundamental is that the earlier in age is done, the better.

It is easier, maybe, work with younger brains, with children who easier understand the concept of recycling. But even adults are very receptive to this argument and eager to fulfill it. To be concrete, I myself try to " teach " others how to save, to reuse materials like those we all have at our homes. For example, various types of packing, lots of utensils and domestic tools, which apparently don't present any importance, with some ingenious and creative spirit, aren't thrown away but saved.

I'll expose some of my intentions, which will demonstrate to you all how it is possible, with some artistic talent and creative intelligence, that one can put recycling ideas into good practice. What is significant is learning from others, even not having lots of skills ; one can obtain the conscience of working from others. We, all, are characterized by features that we may not know unless we get them revealed somehow, in circumstances that come on the spot. So, we can, for instance, sit around a table, put some rests of materials on it, different tools and compose with our hand and proper inspiration who knows what forms and figures. We can get elements of nature recycled in a particular way, from rests of sheets of paper, for example. Very impressive is the fact that from different parts of sea fruits, from metallic rests, different domestic small objects, one can " give birth " to a wonderful " presepe ", that is to define the birth of Jesus, a Catholic tradition here in Italy. This event, I mean Christmas, the concept of it by means of these " presepes ", made from recycled materials, is very alive in my mind. It would

be special an idea linked to this Christmas tradition for a future session of our meetings and I'd be glad to talk and show you something from the numerous expositions organized by me.

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RE-USE OF TRADITIONS

Written by Ileana Nina Coman – member of Totius Mundi Una Domus

In a global world traditions remain the sign, the clew of the peoples, the living blood that pours in the veins of peoples, the living sap of our roots, the living seal which must be conserved with great care, consciousness and responsibility, to be handed over from one generation to another, by means of some cultural " messengers ". By word of mouth human values were " delivered " in a popular language, with a particular, original and genuine spirit. never spoiled by any type of modern influence or fashion. Nowadays, the new generations have a different way of perception of the old values and let's help them understand and preserve a better " product " of our identity. Are you ready to do a memory exercise and search in your own self poems, folk songs or put on some folk cloth and sing a song ? And if you were not able, would you try, instead of throwing away the value, " re-use", I mean recycle it and grant to the usage, to the tradition a new form, a modern one, which the new generations could accept and understand with proper means. Take an old folk traditional song and put it in a modern key, re-use the root and this way maintain the tradition alive. And all this in order to perfect our traditional preparation, the emblem of our identity. So, there are lots of usages and traditions that pour in or veins ever past and present and future and we have the serious training mission to identify the representative treasure that we possess, reuse its roots and offer a modern interpretation that can remain alive forever due to the generations to come.

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Denmark

I think defining sustainability is an ongoing process. We have learned from each other during the two years the partnership has lasted. New ideas emerge and implementation is taking place. Also society is changing, finding new solutions to the problems we face.

But here are some points you could take into consideration when arranging a concert/festival:

Reducing CO2 - footprint: choosing location using alternative energy (windmill, solar energy, etc.) in general, choosing acoustic music, energy-saving bulbs, etc., local bands, serving locally produced food/drinks, tap water, recycled clothes, decoration from recycled materials, advertising in cyberspace, posters on recycled material, etc.

Physical and mental health: silence (sounds of nature), organic food and drinks, tap water, natural environment, socializing, bringing generations together, inclusion of weaker groups, good communication, dancing, etc.

Taking into consideration needs of the third world – people far away from us, and also taking care of nature far away from us.

The list is long – sustainability is taking care that future generations have access to a “good life” like we have – the earth's resources are not unlimited.

We can try to make a change - we can try making the effort creating a new path taking care of the environment. You have to use your brain in order to do so – it takes a lot of courage too. Changing old

habits that are not suitable for implementing the sustainable lifestyle is a process. You need to have knowledge, sometimes it cost extra money, but often you save money. Sustainable lifestyle is a learning process. Motto of our Grundtvig Learning Partnership (ASEA) is: nothing in excess!
Good luck with it!
“Label of sustainable concerts”

Cyprus

Golden

Mean

The concept of Aristotle's theory of golden mean is represented in his work called Nicomachean Ethics, in which Aristotle explains the origin, nature and development of virtues which are essential for achieving the ultimate goal, happiness (Greek: eudaimonia), which must be desired for itself. It must not be confused with carnal or material pleasures, although there are many people who consider this to be real happiness, since they are the most basic form of pleasures. It is a way of life that enables us to live in accordance with our nature, to improve our character, to better deal with the inevitable hardships of life and to strive for the good of the whole, not just of the individual.

Aristotle's ethics is strongly teleological, practical, which means that it should be the action that leads to the realization of the good of the human being as well as the whole. This end is realized through continuous acting in accordance with virtues which, like happiness, must be desired for themselves, not for the short term pleasures that can be derived from them. This is not to say that happiness is void of pleasures, but that pleasures are a natural effect, not the purpose. In order to act virtuously, we must first acquire virtues, by parental upbringing, experience and reason. It is very important to develop certain principles in the early stages of life, for this will profoundly affect the later life. Aristotle's ethics is centered at a person's character, because by improving it, we also improve our virtues. A person must have knowledge, he must choose virtues for their own sake and his activities must originate from a firm and unshakeable character, which represents the conditions for having virtues. If we behave like this, our happiness will have a positive influence on other people as well, and will improve their characters.

The golden mean represents a balance between extremes, i.e. vices. For example, courage is the middle between one extreme of deficiency (cowardness) and the other extreme of excess (recklessness). A coward would be a warrior who flees from the battlefield and a reckless warrior would charge at fifty enemy soldiers. This doesn't mean that the golden mean is the exact arithmetical middle between extremes, but that the middle depends on the situation. There is no universal middle that would apply to every situation. Aristotle said, "It's easy to be angry, but to be angry at the right time, for the right reason, at the right person and in the right intensity must truly be brilliant." Because of the difficulty the balance in certain situations can represent, constant moral improvement of the character is crucial for recognizing it. This, however, doesn't imply that Aristotle upheld moral relativism because he listed certain emotions and actions (hate, envy, jealousy, theft, murder) as always wrong, regardless of the situation at hand. The golden mean applies only for virtues, not vices. In some ethical systems, however, murder can be justified in certain situations, like self-defense.

The importance of the golden mean is that it re-affirms the balance needed in life. It remains puzzling how this ancient wisdom, known before Aristotle re-introduced it, (it is present in the myth of Icarus, in a Doryc saying carved in the front of the temple at Delphi: "Nothing in Excess," in the teachings of Pythagoras, Socrates and Plato) can be so forgotten and neglected in the modern society. Today's modern man usually succumbs in the extreme of excess, which can be seen in the uncontrollable accumulation of material wealth, food, alcohol, drugs, but he can descend into deficiency as well, like

inadequate attention to education, healthy sport activities, intellectual pursuits, etc. Since Aristotle was interested in the studying of nature, he, like any great person, quickly realized the importance of balance in nature and the tremendous effect it has on keeping up so many forms of life in nature going. Since human beings are from nature, which gives them life, isn't it reasonable to conclude that humans should also uphold the balance, just like nature? The problem is that the vast majority of people are unwilling to admit that they are not at the top of nature, just a part of it. The reason for this are the limits of human perception, which cannot grasp the complex ways that nature, that vastly intricate and greater system, operates, so they fear it because they don't fully understand it. That's why people invent god who is primarily concerned with them, because it is their arrogance and pride that propells their desperate need of wanting to be the center of everything, wanting to know everything, or at least pretend so. They explain away death, pain, suffering, thus robbing their lives of its natural aspects, turning it into a bus station to heaven, where they just keep waiting and waiting for a ride, while doing nothing.

The people in modern society need to overcome their pride and arrogance and look in nature for guidance, because we all depend on it. Staring into the sky and imagining ourselves in heaven will not accomplish anything; it is better instead to accept our role in the world and appreciate the beauty of life, and death, which gives meaning to it. We don't need "new" and "progressive" ways of life when the ancient wisdom of the world's greatest thinkers is in front of us, forgotten in the dusty shelves in some crumbling library. The balance, the golden mean of which Aristotle talked about must be recognized as beneficial and important, as it is in nature itself.

Project sustainable after European funding

The organisations will try to get funding to visit each other after the project finishes. Through the contacts and lasting friendships that were established we believe that we could enhance our cooperation in other EU and national projects. The organisations expect to make the most out of this opportunity, in order to improve initiatives that involve adults and elder people. We can exchange our experiences, our knowledge, motivating new adults and other persons to join our innovative actions and initiatives.

The result of the project was disseminated on long term basis and we will continue the cooperation, sharing good practice, in TV, newspapers, websites and in any other media means that we have access to.

During the implementation period of the project, the partners will determine a set of standard procedures to identify the consistency and relevance of training, compared to the skills needed by the adults and elderly people in the local society of the partners.

The clearest manifestation of integration into going activities is that the exchange of experiences on the training about Sustainable Development will certainly have an immediate effect in all of the participating institutions, concerning the adults and elderly training.

All partner institutions will integrate the project activities into their ongoing training and activity calendar, since the topic of the project is directly related to the charter of the associations/institutions and refers to a theme of training for all.

In addition to that, almost all partner institutions have adult education and training courses and festive events, in which the scheduled activities fit very well, so that the activities will perfectly complement not only the aims in charters , but regular activities as well. Since we

aim to provide adult and elderly people training on key issues of Sustainable Development, the staff and learners benefit from the project at the highest degree.

All partners have an adult education or educational service department, which integrates activities such as preparing materials for seminars, organizing workshops, realization of Power Point presentations, keeping a file and a diary of the project, doing case studies, completing and analyzing questionnaires, realization of informative materials (leaflets, a brochure etc), realization of an agenda for adult and elderly people education and training, uploading materials on the project website, writing reports, planning and organizing project meetings etc . This means that all the planned activities can be easily realized in the current everyday life of the institution. Issues like environment protection and education, civics, green architecture, everyday health care, education for sustainable development, culture and environment studies, etc, are widely addressed in the partner institutions, thus ensuring the success of the project through the accomplishment of the proposed objectives.

The organisations will try to get funding to visit each other after the project finishes. Through the contacts and lasting friendships that was established we believe that we could enhance our cooperation in other EU and national projects. The organisations expect to make the most out of this opportunity, in order to improve initiatives that involve adults and elder people. We can exchange our experiences, our knowledge, motivating new adults and other persons to join our innovative actions and initiatives.

The result of the project was disseminated on long term basis and we will continue the cooperation, sharing good practice, in TV, newspapers, websites and in any other media means that we have access to

The project was very important for the beneficiaries, the adult and elderly learners, to learn and understand the appropriate ways of dealing with issues connected with sustainable development (SD).

As active citizens of EU, the participants learnt to cooperate, to work in groups, to review habits towards the reduction of their “ecological footprint”. They, also, improved their skills to communicate effectively using modern means of communication. They exchanged views and ideas about the equity of present and future generations.

In compliance with: EU Strategy for Sustainable Development (2001 and 2006, 2009 and 2010,) and with the UN Decade for Education for Sustainable Development (2005-2014) and the Recommendations of the European Parliament and the Council of 18 December 2006 on key competences for lifelong learning and, also, with the European Year of Active Ageing (EU Com. Sept. 2010), the project strived to enrich adult and elderly people with key competencies in the field of SD.

The “Adult and Elderly Life Long Learning Agenda for SD” and a series of training courses for adults and elderly people (over 55) on the same topic, made a very important contribution in the effort to introduce valid and effective learning activities in the field of adult and elderly lifelong education and training.

Sharing examples of good practice and implementing them in own institutions or at home, created a feeling of being part of the larger European family, sharing the same ideals and values, the same mentality towards sustainable solutions for everyday life.

- Development of know-how in the field of sustainable communities was shared between partners and are disseminated all over EU.

- The central issue of “intergenerational equity” was transversely integrated in the learning activities for the adults and elderly learners, so to improve critical thinking towards SD.
 - The project also enhanced cultural interactions between partners, through the exchange of visits and the recognition of local, regional and national identities.
- Our institutions had got new European values.

EVALUATION

During the 1st project meeting the process and the tools of the evaluation was determined and agreed. The evaluation was directed towards the activities and the objectives. Each objective was evaluated for achievement, impact, transferability, quality, feasibility and applicability. The same evaluation was applied to the products. Monitoring and evaluating the activities of the project will take place in all the stages of the project.

More specifically assessment was applied:

1. to the products of the project as stated in the corresponding field of the application.
 - Participants will evaluate and assess the quality, adequacy and relevance of the knowledge acquired from the learning courses.
 - A “before –after” questionnaire was delivered to the participants, in order to locate changes in “green lifestyle” habits.
 - Participants had to answer questionnaires in order to assert the extent and depth they adopt sustainable ways of coping with the needs of their everyday life and if they became able to reduce their ecological footprint.
 - Concert and music festival organizers was interviewed in order to assert if they were aware and have integrated the prerequisites and indicators to obtain the European Concert and Festival Sustainability Label.
2. to the partners’ communication, in order to assess the interaction between them,
 - For every project meeting and also for every learning activity-course, a record of the participants was kept by each partner. For each and every project meeting the organizer was responsible for keeping and publishing the minutes.
3. to the intermediate and final reports.
4. to the positive impact on the local and the wider community was estimated by:
 - A survey directed to the audience of the concerts and music festivals, to estimate the participants awareness of the need of Label.
 - The frequency of references at the project
 - Feedback from other institutions or representatives of other educational centers and/or authorities at local/regional or international level
5. The effectiveness of project visits and meetings was estimated by:
 - Pictures, posters and press releases uploaded in websites, local or national media
 - Activity reports of each of each transnational project meeting published in websites and local or national or international media and websites.

COMMENTS

IMPACT

The impact of the project is important, taking in account the number of partners involved and the groups of people targeted.

The estimated impact of the project is expected to be significant in the following areas:

- In the wider community of adult and elderly people education and training, through the local surveys that will reveal and identify the training needs of adults and elderly people on sustainable development (SD).
- In the wider community of adult and elderly people education and training, thanks to the publication of the Agenda for Adult and Elderly People SD Education and of a series of training courses organized by the partners and also, through the dissemination of the results and outcomes of the courses.
- In the field of unemployment, as the courses will give ideas and suggestions for jobs in the SD area.
- The project is expected to raise awareness of adults and elderly people on facts such as SD in everyday life, including health issues, social exclusion, natural resources, etc.
- The project is expected to contribute to the overall increase of knowledge in the local society, teaching adults, elderly people and their families, effective and efficient methods of living according to the principles of SD.
- The project will also contribute to the well being of people, improving the quality of life within the partner institutions and also in the local communities, through creating a set of suggestions regarding recycling, reuse and reduce of raw materials, energy and other products within the institution and also within households.
- The objectives of the project, when realized, will help all participants from different countries to produce a positive effect on the lives of present and future generations (intergenerational equity).
- Staff, learners and their families will have the opportunity to share experience and good practice, to discuss, brainstorm and provide meaningful feedback. The project itself from its early stages to the dissemination and valorization steps will represent guidance for other educational institutions, youth and adult centers, communities.
- Travelling in the framework of project meetings will have a positive effect on people's feeling members of the wider EU family.
- A clear indication of the European added value of the project is the elimination-mitigation of the "ecological footprint" of concerts and music festivals, through the implementation of the European Concert and Festival Sustainability Label.

COMMENTS:

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<http://cesvmessina.it/index.php/news/2906-Presentato-progetto-europeo-a-Messina>

<http://www.costajonicaweb.it/cesv-conferenza-stampa-totius-mundi-una-domus/>

<http://messina.sicilians.it/2013/05/03/3-maggio-11-30-presentato-il-progetto-europeo-di-apprendimento-per-adulti-e-anziani/>

The France's partner has built the project website:

www.asea-project.com

COMMENTS:

For information and details on more partnership projects on adult education:
http://ec.europa.eu/education/grundtvig/doc/svp09_en.pdf

DISSEMINATION:

The dissemination process started from the first year of the project. We organized stands in our association to present: posters, leaflets, slide-shows, videos, PPT presentations, materials received from the partners, to make the project visible to the whole institution: staff, learners and their families.

Through meetings at local level held at the City Hall, centers of associations, other institutions, we organized press conferences, presentations, exhibitions, roundtables, debates, to let the organizations and local community know about the progress of the project.

Each project meeting was followed up by extended dissemination of materials, available to anyone in the institution and in the local society.

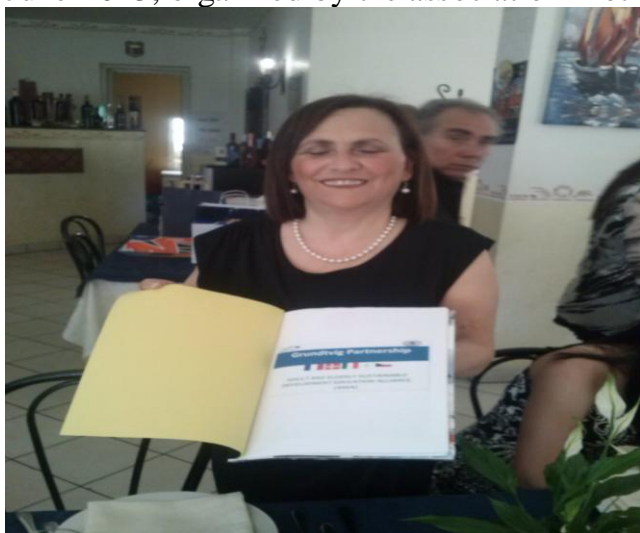
Our project has a great importance for everyone because it deals with the Sustainable development. The debates organized on the seven UE priorities had an immediate impact to others. Newspaper articles, interviews, press releases, internet, etc. are regularly released in order to keep the public informed in order that the results to be used by others.

PRESS:

Press conference, Interviews

Disemination at local level:

Italy – Meeting of local authorities and associations from Messina at Messina Town Hall on June-2013, organized by the association Totius Mundi Una Domus.



2012 "European Year for Active Ageing".

<http://ec.europa.eu/social/main.jsp?langId=en&catId=89&newsId=860>

The European Commission has on September 6, 2010 proposed that 2012 be designated as the "European Year for Active Ageing".

The initiative aims to help create better job opportunities and working conditions for the growing numbers of older people in Europe, help them take an active role in society and encourage healthy ageing. It comes as Europe's policymakers grapple with a steadily ageing population and its impacts on public services and finances. The European Parliament and Council are expected to endorse the initiative by the beginning of next year.

The EU is in a process of significant population ageing. From 2012, the European working-age population will start to shrink, while the over-60 population will continue to increase by about two million people a year. The strongest pressure is expected to occur during the period 2015-35 when the so-called baby-boom generation will enter retirement.

This presents challenges for sustainable public finances, in particular the financing of health care and pensions, and could weaken the solidarity between generations. But this view neglects the significant actual and potential contribution that older people — and the baby-boom cohorts in particular — can make to society.

The proposed European Year for Active Ageing is designed to serve as a framework for raising awareness, for identifying and disseminating good practice and, most importantly, for encouraging policymakers and stakeholders at all levels to promote active ageing. The aim is to invite these players to commit to specific action and goals in the run-up year 2011 so that tangible achievements can be presented during the European Year itself in 2012.

Active ageing includes creating more opportunities for older people to continue working, to stay healthy longer and to continue to contribute to society in other ways, for example through volunteering needs to be supported by a wide range of policies at all levels of governance. The EU has a role to play in areas such as employment, social protection and inclusion, public health, information society and transport, but the primary role is for national, regional and local governments, as well as civil society and the social partners.

2013 AS THE "EUROPEAN YEAR OF CITIZENS"

2013 marks the 20th anniversary of the establishment of Union citizenship under the Maastricht Treaty that entered into force on 1 November 1993. The European Commission therefore proposed to designate 2013 as the "European Year of Citizens". Vice-President Viviane Reding, EU Commissioner responsible for Justice and Citizenship, commented on this occasion: "The European Year of Citizens is a good opportunity to remind people what rights

they have thanks to the European Union and what the European Union can do for every one of us."

The challenges for the "Year of Citizens" are:

raise citizens' awareness of their right to reside freely within the European Union and of how they can benefit from EU rights and policies;

stimulate citizens' active participation in EU policy-making;

build debate about the impact and potential of the right to free movement, especially on strengthening cohesion and people's mutual understanding of one another.

http://ec.europa.eu/commission_2010-2014/reding/factsheets/index_en.htm

European Year 2014

[Written Declaration calling for the designation of 2014 as European Year for Reconciling Work and Family Life](#) (EY2014) has been brought to the attention of the members of the European Parliament.

The [Confederation of Family Organisations in the European Union](#) (COFACE) and the EY2014 Alliance are asking [members of the European Parliament](#) to sign the declaration for a European Year 2014 that aims at the promotion and sharing of successful policies and practices and raise awareness on the fact that creating and promoting policies that enable the reconciliation of work and family life would be a win-win situation – both for individual EU citizens, as well as for the European Union as a whole.

Background

COFACE launched the idea of the European Year for the Well-being of Families 2014 at the major European Family Conference held in Brussels with the official support of the Belgian

Presidency of the EU in October 2010. Since 2010, the initial proposal has gained support from several members of the European Parliament and European level NGOs. The initiative was also supported by the last Trio Presidency, and mentioned in two European Economic and Social Committee Opinion documents as well as in several EPSCO Council Conclusions papers. A number of Member States of the EU have also shown positive signs of support.

After one and half years advocacy activities COFACE, in accordance with its membership, slightly tailored the focus of the European Year to: **2014 European Year for Reconciling Work and Family Life**, which direction received positive feedback from the European Parliament and the European Commission.

The proposed 2014 European Year would build on the achievements and continue to pursue the policy objectives of the previous years, having relevant cross-cutting issues at its heart, starting with 2010, the European Year for Combating Poverty and Social Exclusion, 2011 the European Year of Volunteering, the 2012 European Year of Active Ageing and Solidarity between Generations and the 2013 European Year of Citizens.

2014 also coincides with the upcoming 20th Anniversary of the International Year of the Family (IYF). The United Nations General Assembly proclaimed 1994 as the International

Year of the Family with the objective to follow-up processes aiming to respond to the current challenges faced by families. The objective of the IYF is to develop concrete measures and approaches to address national priorities concerning family policies and issues. Additionally, in 2012, the International Day of Families focus revolved around the topics of work-family balance which clearly expresses the growing international importance of the question.

Furthermore, 2014 is the year of the 5th European Demography Forum organised by the European Commission and also the year of the next European elections, when political parties can present their programmes with a reinforced work and family life reconciliation content which could be attractive to voters.

What are the main problems identified?

Today, European families have to cope with the increasing conflict between their family and work life. The EY2014 would offer an appropriate opportunity to focus on European trends impacting work and family life balance policies capable of responding to the new challenges faced by families.

The highlight of work and family reconciliation policies has been put on the European agenda for many years now due to the past and current difficulties in almost all EU Member States such as demographic challenges, poverty and inequality, social exclusion, lack of economic efficiency etc. These reconciliation measures should be mainstreamed across all relevant policies (employment, social services, social security, education, etc.) at EU and national level.

At the same time adequate family and work life balance policies enhancing gender equality, increasing women's participation in the labour market or providing flexi-time arrangement can contribute to meet today's challenges. Though, according to a recent European Commission staff working document, progress is slow, and as there is a high pressure to fight the economic crisis and its consequences, progress towards gender equality as an objective can be postponed. Furthermore, childcare facilities provided during working hours or after school hours are inadequate in some EU Member States and there is a lack of services for children and other dependent persons as well.

It is evident that EU Member States are facing challenging problems causing strains on their social systems. To successfully tackle these difficulties reconciliation policies should focus on financial resources, quality services and adequate time arrangements.

The proposed core themes of 2014 should be:

- Ensuring work-family life balance
- Social integration
- Tackling child and family poverty
- Quality employment (care services, decent wage, job security, working condition respectful for family life...)

What are the main policy objectives of the European Year 2014?

The European Year of Reconciling Work and Family Life 2014 should seek to achieve the following objectives:

- Raise awareness of reconciliation policies in European and EU Member States level.
- Urging efforts and get new political commitment to respond to current problems affecting families, especially the knock-on effects of the economic and social crises.
- Triggering discourse and disseminate good practices on family and work life reconciliation policies in EU Member States level.
- Assess and promote comprehensive family friendly policies and their subsequent implementation

The objectives of the European Year should also:

Contribute to the EU 2020 Strategy which:

- aims to lift at least 20 million people out of poverty and social exclusion, therefore respond to questions such as child or family poverty,

- promotes to raise to 75% the employment rate for women and men aged 20-64, which implies the endorsement of work-life balance policies for women and men throughout the life-course, thus boost women's participation in the labor market, strengthen gender equality and contribute to reply to demographic challenges.

































Grundtvig Partnership - 2° Meeting Messina



ADULT AND ELDERLY SUSTAINABLE DEVELOPMENT EDUCATION ALLIANCE (A_{SE}A)



2013 "European Year of Citizens"

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