



THE ZONE OF INSPIRATION
AND DEVELOPMENT FOUNDATION

NEWSLETTER #2



DiscoverEU 5 thematic trips around Europe

25 participants

5 groups of 5 people

5 thematic journeys:

- **Make Your Mark! (Italy)**
– climate change
- **Every Drop Counts (Malta)**
– Water Deficit and Saving
- **Plastic Never Forgets (Croatia)**
– Recycling and Plastics
- **Who Lives Here? A World of Biodiversity (the Netherlands)**
– nature conservation
- **Breath of Fresh Air (Greece)**
– Air Quality

Ambassadors of Local Changes about the project:



What is DiscoverEU as part of Ambassadors of Local Changes

A ticket to Europe in the hands of young adults: Ambassadors of Local Changes is an Erasmus+ programme that allows young people to travel by train for free across the European Union.



Our travel preparations

Preparations began with team-building meetings and workshops. Under the guidance of our mentors, we planned eco-friendly train routes, searched for economical accommodations, and learned how to manage a budget. We developed substantive Local Action Projects, preparing educational materials and questions for street surveys. We learned the principles of self-assessment in the Youthpass system. Thanks to the support of the organizers, we felt ready to embark on our journey as Ambassadors of Local Changes.

#DiscoverEU



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Who is an Ambassador Local Changes?

A Local Change Ambassador brings the knowledge, experience, and pro-ecological inspiration gained from European travels and the implementation of their own Local Action Project to their community in Poland. In doing so, they become an initiator of positive change in their immediate surroundings.

Participants

The project participants were young adults. The groups were formed with the principles of equal opportunity and gender equality in mind.



How did we care for the planet while traveling?



- We used **sustainable means of transport**
- We applied the **zero waste principle**, i.e. we stopped printing unnecessary materials and instead used digital documents.
- We used **reusable bottles and cutlery**
- We used **food waste prevention apps**
- We **saved water and energy resources** in our accommodations



The impact of the project on us

"The trip also had enormous skill-building value – we learned how to plan a route, manage a budget, work as a team, and deal with unforeseen situations. Short interviews in English boosted our confidence in international contacts."

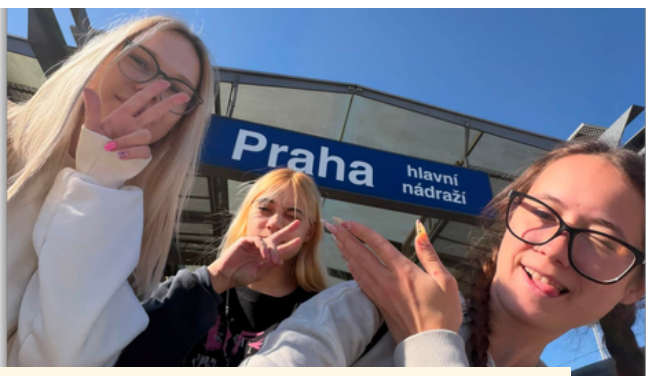
**Participant of the trip to the Netherlands
(Group "Who Lives Here? A World of Biodiversity")**

"We are learning that ecology is not just a theory – it is our everyday choices: the way we travel, the functioning of our cities and the actions we can take together to care for the environment."

**Participant of the trip to Greece
(Group "Breath of Fresh Air")**

"Each stop brings us new experiences, questions, and perspectives. Because when we travel, we not only learn about Europe – we learn to observe it and think about what we can change for the better in our local communities as well."

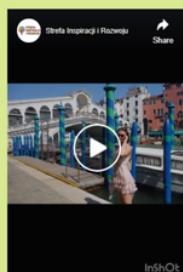
**Participant of the trip to Italy
(Group "Make Your Mark!")**



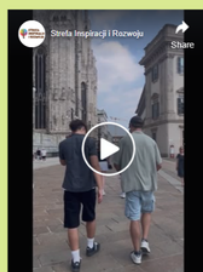
Slideshow from the trip



**Who Lives Here?
A World of Biodiversity
(Netherlands)**



**Plastic Never
Forgets
(Croatia)**



**Make Your
Mark!
(Italy)**

**You can find more
of our travel reports on the
Foundation's social media!**

