



## YOUTH WORKERS GUIDE: BTW:Mountain and Green economy

### Introduction

The Erasmus Plus project, held in **Lavarone (Trento-Italy)** in June 2022, supported the training of youth workers in learning about green entrepreneurship in mountain areas. In the activities we have endeavored to support and increase the leadership and diversity of young people who benefit and contribute to meaningful connections with nature and outdoor activities and careers related to the outdoors.

The proposed program of the analysis of the territory and business models with the trainer Juri Bottura was combined with awareness paths in nature with the methodology “Breathe and Feel” with trainer Anna Albertarelli.

The following strategies and practices will support the involvement and leadership of young people in their engagement as Youth Workers, enhancing the experience for sharing in their European country of origin. Youth in the context of this guide refers young adults aged 18 to 30, but many of the practices can be applied to a wider age range.

A useful good practice to involve young people in exploring the possibilities of green business in mountain areas and get suggestions and guidance on how to do it.

**The guide contains links to in-depth open source documents located in Drive. Follow link and QR code.**



## 1. Establish your own circular economy perspective based on the context of mountain culture and history

- **Have Your Commitment to the traditions and history of the mountain place** - Communicate and engage with young people in order to start with your research and materials in mountain areas.
- **Identify the natural resources of the area** - Each mountain area has different resources on which to build a green circular economy. Find out more about the mountain area of your interest. 1) What kind of natural resources does it have? 2) What landscape resources and geographical aspects consider? 3) What are the traditions of the area?
- **Visit the good practices among the territory** - Build partnerships with local entities is a good example of a circular economy. Visit them and learn more about the work processes and other useful elements for your research.
- **Reduce Financial Barriers** - The lack of money prevent the creation of a green business. Search for possible funding, also useful for making the idea more realistic for young people with few opportunities.

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## 2. Identify the green mountain business models for your group of young people

- **Explore with the young group** - What kind of green economy are already existing? - Organize visits to mountain circular economy examples for young people

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In BTW project, were able to:

- **Visit to a Rural cheese factory** - arrange with the owner of the business a visit with your group. Open the possibility to visit the processes and learn more about the management costs
- **Visit to a Sustainable honey production** - arrange with the business owner for a group visit. Open the possibility to visit the processes and learn more about working in relation with the environment
- **Meet wooden artifacts handmaker** - Organize an experiential workshop with a craftsman and involve young people.
- **Visit a few other models spotted during the search.**

### 3. Promote youth entrepreneurship in mountain areas

- **Collect Youth Impressions** -1) Organize a meeting with young people to reflect and provide feedback on your research. Talk about business opportunities in the mountains with the imprinting of circular economy. 2) Provide a youth perspective to the sessions 3) Encourage young people to propose ideas or create new sustainable models.
- **State your commitment** - Presence of youth in your research and communication materials.
- **Sustainability and business in mountain area** - Host calls for mentor youth participation and leadership in conference committees in order to keep youth connected during the event and to encourage peer - to - peer learning and mentorship.

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### 4. Connect young people and their business idea with a deep ecological sense.

- **Use the Breathe and feel nature tools**- Activate a path of sensory ecology. Remember that only if you have fully understood nature and its manifestations will you be able to generate a business in harmony with it. Otherwise you risk acting only for economic profit and neglecting important elements of productive and sustainable circularity.

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## “REFLECTION DURING ACTIVITIES”

QUESTIONS	NOTES
<p>Sensorial Ecology</p>	
<p>What is the difference between silence, listening, hearing ?</p>	
<p>What is the difference between looking, observing and contemplating?</p>	
<p>What is the difference between touching, feeling, perceiving?</p>	
<p>What is the difference between inhaling, smelling?</p> <p>What is the difference between tasting and smelling?</p> <p>What does it mean to grasp and share?</p>	
<p>How do you feel after an activity in nature?</p>	
<p>What feelings did you perceive in physical contact with others?</p>	
<p>Has the experience changed something in you with respect to the natural and/or mountain environment?</p>	
<p>Green economy</p>	
<p>Have you evaluated whether your business idea impacts nature or is it circular?</p>	
<p>What are the sustainability elements of your business proposal?</p>	
<p>Do you have a plan or strategy for engaging stakeholders to support your idea?</p>	
<p>Are youth involved at a decision-making level or represented on planning committees?</p>	

## Feedback from participants

Some participants were interviewed about their feelings during the experience.

- "I felt uncomfortable being in a group, with no interaction."
- "I felt the need to talk, perhaps because of a feeling of boredom or to avoid being very silent with myself. I felt agitated about it."
- "I felt myself adapting to the new conditions and starting to notice and listen to my surroundings. Lots of thoughts at first, then less thoughts and more perception of the surrounding nature."

During this session the participants shared the following findings:

- Be present in the moment.
- Use these techniques to develop focus on tasks.
- Being attentive to the surrounding nature, for example, learning to get it to relax, which allows you to develop your ability to concentrate.
- Turn off your mind and connect with nature.
- Pay attention to your breathing.
- Valuing the senses we have (sight, hearing, etc.).
- Positive impact of hacking on your mental and physical state.
- Understanding that silence is not always empty is scary, it can be the state of self-awareness.

In conclusion, it was a very positive experience for the participants, which allowed them to relax and empathize with nature in a practical way.

*"There is a clear link between the protection of nature and the building of a just and equitable social order. There can be no renewal of our relationship with nature without a renewal of humanity itself."— Papa Francesco*

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