

Green Europe: A Journey of Learning and Transformation

On October 13, I flew to Paris and traveled a few more kilometers to Les Ulis, where I spent the next seven days on the training course “Green Europe”. Les Ulis, a French commune, provided a unique setting that allowed the group, who accompanied me on this project, to explore sustainability in various aspects, from environmental conservation to social responsibility.

The course covered topics such as waste reduction and management, plastic recycling, sustainable agriculture and environmentally friendly practices. Involvement in local projects and with people from other countries, and therefore from different realities, made this educational and inspiring journey possible. After completing the sustainability training, I found the experience incredibly enlightening and impactful. The course provided a comprehensive understanding of sustainability and many practices that I apply in my daily life, but also in my professional sector.

The course also emphasized the practical applications of sustainability principles. I learned how to implement ecological practices in our daily lives, from swapping the thousand plastic bags from the supermarket for cloth bags, coffee cups for a mug with an inspiring message, unplugging all appliances and sockets before leaving the house, as well as reducing the use of many plastics that are not even recyclable, making it clear that sustainability is not just a concept, but a way of life.

The interaction with people from different countries was a significant aspect of the experience. The course brought together individuals from diverse cultural backgrounds, promoting a rich exchange of ideas, traditions and perspectives. This diversity enhanced the learning process and provided an overview of sustainability challenges and solutions from different parts of Europe. We gained insights into how sustainability is approached in different parts of the world and how citizens do or do not embrace sustainability.

This interaction encouraged people to adapt and develop intercultural communication skills and promote mutual understanding and respect. Furthermore, with the help of the trainer's objectives, it was possible to promote future collaborations and projects in the field of sustainability, but also on other areas and topics of great global need.

Overall, the sustainability training course at Les Ulis was an enriching experience that certainly left a lasting impact. In addition to the knowledge acquired, this trip also facilitated personal growth. I left the course with a greater awareness and a strong desire to contribute to positive change.



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