



Co-funded by the
Erasmus+ Programme
of the European Union

E-GREEN RRR-REYCLE REDUCE REUSE CLUB BOOKLET



MANKIND ACT KEEPS EARTH-MAKE

Mankind Act Keeps Eart-MAKE is Erasmus + is Small-scale partnerships in school education project. The project type is KA210-SCH. Mankind Act Keeps Eart-MAKE have been funded within the framework of the European Union Erasmus+ programme. This booklet reflects the views only of the partner schools, and the European Commission and the National Agencies of the partner countries cannot be held responsible for any use which may be made of the information contained therein.

FOREWORD



Every day, people around the world throw away thousands of things without thinking about where they go or what happens next. But what if we could give those items a second life? What if waste could become art, learning, or even hope for our planet?

The RRR Club – Reduce, Reuse, Recycle was created with this simple but powerful idea: “Think Before You Throw!”

As part of our Erasmus+ project MAKE – Mankind Act Keeps Earth, students from Türkiye, Spain, Lithuania, Poland, and Greece worked together to learn how to live with less waste and more creativity.

Through fun activities, experiments, and teamwork, our students discovered that every small change matters. They learned how to reduce plastic use, reuse materials for new purposes, and recycle waste in smarter ways. More importantly, they learned that protecting the Earth starts with daily choices — what we buy, what we use, and what we throw away.

This booklet shares their journey, ideas, and actions. It is full of tips, activities, and real examples from classrooms where creativity met sustainability.

GUIDE TEACHERS OF THE PARTNER SCHOOLS

Marta Martínez & Olivia Delgado, Teachers – CES Samaniego, Spain

“The RRR Club helped our students understand that small actions can protect the planet. They started to see waste not as garbage, but as a resource full of possibilities. Together we created new materials from old ones, shared ideas with our partners, and filled our classrooms with creativity. This project showed us that sustainability can be fun, colourful, and full of life.”

Çiğdem Şimşek Teacher – Adnan Menderes Ortaokulu, Türkiye

“In our school, the RRR Club became a real movement. Students began collecting paper and plastic, creating art from used materials, and sharing messages about responsible consumption. They understood that saving the planet starts with simple actions, and those actions can inspire others. This experience helped them grow as responsible, creative, and confident individuals.”

Simona Kupstaitė Teacher – Kauno Tado Ivanausko Progimnazija, Lithuania

“Our students loved learning through the RRR Club. They built new toys from plastic bottles, designed posters about recycling, and even organized a local clean-up event. It was amazing to see their excitement when they realized they could change habits at home too. The RRR idea became part of their daily life — a way of thinking that will stay with them for a long time.”

Małgorzata Sierocka Teacher – Szkoła Podstawowa nr 5 im. płk Stanisława Sitka, Poland

“The RRR Club taught our students that caring for the environment means caring for the future. They learned teamwork, problem-solving, and creativity through activities like upcycling and recycling workshops. Each student felt proud to be part of a European project where learning and protecting nature came together. The club made our school greener — and our hearts brighter.”

Panagiotis Dionysopoulos NGO Representative – Greece

“Our organization supported the RRR Club because it connects education with community action. Students are the heart of change, and their enthusiasm gives us hope for a cleaner future. The club proved that when young people work together, they can turn waste into wisdom and make sustainability part of everyday life.”

PROJECT'S GENERAL OBJECTIVES AND THE ROLE OF THE RRR CLUB

The MAKE – Mankind Act Keeps Earth project was designed to inspire young people to take action against climate change through creativity, awareness, and teamwork. Its main goal is to help schools become learning spaces where students understand the importance of sustainability — not only in theory, but in real life.

Within this vision, the RRR Club (Reduce, Reuse, Recycle) played a key role in teaching students how to use materials wisely and responsibly. The club encouraged students to think about what they buy, what they use, and what they throw away. By turning waste into useful or beautiful things, they learned that caring for the environment can also be creative and fun.

Through classroom projects, art activities, and campaigns, students practiced reducing waste, reusing materials, and recycling correctly. They collected paper, plastic, and metal, built decorations from old objects, and even organized a “Trash-to-Art” exhibition to inspire others. Each activity helped them understand that waste is not an end — it’s a new beginning.

The RRR Club also helped students develop 21st-century skills such as problem-solving, collaboration, and digital creativity. By working with partner schools from different countries, they saw that protecting the environment is a shared European goal that unites cultures and generations.

The club became a living example of the project’s spirit: when we act locally and think globally, small steps can create big change.

CONNECTION WITH THE EUROPEAN GREEN DEAL

The European Green Deal is the European Union's main strategy to make Europe the first climate-neutral continent by 2050. It focuses on protecting biodiversity, using resources more efficiently, and creating a circular economy — a system where materials are used again and again instead of being thrown away. The Green Deal also calls for cleaner air, healthier food systems, and smarter ways of producing and consuming goods.

The RRR Club directly supports these ideas through education and daily action. By learning to reduce, reuse, and recycle, students become active participants in Europe's green transition. Every plastic bottle reused, every paper saved, and every creative project made from waste brings the Green Deal's vision closer to reality.

In our club, students learned that the circular economy starts at school and at home. When they repaired old items, created "Trash-to-Art" exhibitions, and collected materials for recycling, they discovered that waste is not the end — it is the beginning of something new. They also discussed how their habits connect with the Green Deal goals: reducing pollution, saving energy, and protecting ecosystems. The Green Deal reminds us that climate action is everyone's responsibility, and young people are the real drivers of change.

Through the RRR Club, students became young ambassadors of sustainability — sharing their ideas with families, friends, and European partners. Their enthusiasm showed that small actions in classrooms can lead to big changes across borders. By combining creativity, responsibility, and European cooperation, the RRR Club proved that the Green Deal is not only a political plan — it is a way of living, learning, and caring for our common future.

ACTIVITY TIMELINE SUMMARY

Month 1 – Starting the RRR Journey	The club of the partners was launched with an introduction workshop about the meaning of “Reduce, Reuse, Recycle.” Students learned how their daily choices affect the planet and created posters to share their first ideas about waste reduction.
Month 2 – Waste Awareness Campaign	Students observed how much waste is produced at school each day. They made simple charts, presented their findings, and discussed how to reduce plastic and paper waste in classrooms.
Month 3 – Reuse & Creativity Week	Old materials were collected and turned into useful classroom tools, decorations, and art projects. Students discovered that imagination can turn “trash” into something beautiful.
Month 4 – Recycling in Action	The schools organized a “Recycling Corner” where bins were labelled for paper, plastic, and metal. Students became responsible for collecting and sorting waste, helping everyone understand proper recycling habits.
Month 5 – Zero Waste Challenge	A special week encouraged students to bring lunch in reusable containers and avoid disposable plastics. The class that created the least waste received a “Green Star Award.”
Month 6 – Trash-to-Art Exhibition	Students used old newspapers, bottles, and fabrics to design artistic works and crafts. Parents and teachers were invited to the exhibition, showing that creativity can help save resources.
Month 7 – International Online Exchange	RRR Club members met students from partner schools in Spain, Türkiye, Lithuania, and Poland. They shared ideas, photos, and videos of their recycling activities and learned about each country’s waste habits.
Month 8 – School Clean-Up Day	Together with families and local volunteers, students organized a clean-up event in the school area. They collected waste, sorted recyclables, and raised awareness about keeping public spaces clean.
Month 9 – Plastic-Free School Campaign	The club promoted a “No Plastic Day” at school — no bottles, bags, or single-use cutlery. Posters and announcements reminded everyone how plastic pollution affects oceans and animals.
Month 10 – Upcycling Workshop	Students learned how to repair, redesign, or transform used items into new objects. They created pencil holders, bird feeders, and plant pots using old containers and boxes.
Month 11 – RRR Quiz and Games Week	A fun week of quizzes, riddles, and games tested students’ knowledge about recycling. Each class created a short play about how to live more sustainably.
Month 12 – Eco-Fashion Show	Students designed clothes and accessories from recyclable materials. The show was full of colour, laughter, and strong environmental messages — “Style meets Sustainability!”
Month 13 – Holiday Reuse Ideas	Before the holidays, students made handmade gifts, cards, and decorations using waste materials. They learned that creativity and love mean more than buying new things.

Month 14 – Recycle Data Collection	Students measured how much paper and plastic waste was reduced since the project started. Results showed a clear improvement — proof that small steps make real progress.
Month 15 – RRR Talks with Parents	Families were invited to discuss sustainable lifestyles and home recycling habits. Parents shared their experiences and promised to support waste reduction at home.
Month 16 – Circular Economy Day	Students explored how businesses and communities reuse materials. They invited a local recycling expert to explain how the circular economy works in real life.
Month 17 – European Sharing Session	Each partner school presented its RRR Club results through an online event. Students shared photos, posters, and short videos about their best projects.
Month 18 – Reflection and Celebration	At the end of the project, students reviewed what they had learned and wrote personal reflections. Certificates were given, and everyone celebrated how teamwork helped protect the planet.

INTERNATIONAL COOPERATION

The RRR Club was not only a school activity but also a bridge between students and teachers from different parts of Europe. Through the Erasmus+ project MAKE – Mankind Act Keeps Earth, schools from Türkiye, Spain, Lithuania, Poland, and the Greek NGO worked together to promote environmental awareness and responsible habits.

Online Meetings and Shared Projects

Students met online several times to share their progress and present their creative recycling ideas. Each school showed photos and short videos of their RRR activities — such as clean-up days, art exhibitions, and zero-waste campaigns. During these sessions, students compared their countries' recycling habits and discovered both similarities and differences in how waste is managed.

Cultural Exchange and Team Spirit

The meetings were full of excitement, laughter, and learning. Students practiced English, learned about each other's traditions, and realized that environmental problems — and solutions — are the same everywhere. Teachers also exchanged lesson plans and creative ideas to make recycling more fun in every classroom.

Common Goals and Shared Learning

The RRR partners believed that learning should not stop at national borders. They created shared digital materials, posters, and presentations that connected all the schools. The Greek NGO played a key role by offering advice and examples from real-life sustainability projects, helping students see how community action can make a difference.

Together for One Planet

These international experiences helped students understand that teamwork is the real power behind change. No matter where we live, we all share the same planet — and by reducing, reusing, and recycling, we protect it together.

DAILY LIFE TIPS – SMALL HABITS, BIG IMPACT!

At School

- Use both sides of paper before recycling it. Make notebooks from unused pages instead of buying new ones.
- Bring a reusable water bottle and lunch box every day. Avoid plastic bags and disposable cups.
- Keep a recycling box in your classroom for paper, plastic, and batteries. -Remind your friends to use it correctly.
- Decorate your class with materials you already have — old magazines, cardboard, and fabric can become amazing art!
- Organize a “Waste-Free Day” once a month. Challenge your school to create as little trash as possible that day.
- Borrow or share school supplies with classmates instead of buying new ones each time.

At Home

- Think before you buy: do you really need it, or can you reuse something you already have?
- Separate waste at home — paper, glass, plastic, and organic. Teach your family how to recycle properly.
- Turn old jars into storage containers and boxes into organizers for toys or tools.
- Repair broken items, if possible, instead of throwing them away. -Sewing, gluing, or repainting can give them new life.
- Use cloth bags when shopping and avoid plastic packaging.
- Donate clothes, books, or toys you no longer use. What’s old for you can be new for someone else!

In the Community

- Take part in local clean-up days or organize one with your friends. A few hours can make a big difference.

- Support recycling programs in your city and learn where to take batteries, electronics, or glass bottles.
- Talk to local shops or cafés about reducing plastic use — maybe they can offer discounts for reusable cups or bags!
- Plant trees or flowers in public spaces to make your neighbourhood cleaner and greener.
- Share your RRR ideas on social media or at school events to inspire others to take action.

Eco Mindset

- Always ask yourself: Can I reduce it? Can I reuse it? Can I recycle it?
- Remember that every action counts — from using less paper to refusing single-use plastics.
- Encourage your friends to join the RRR movement and lead by example.
- Saving the planet doesn't need big changes — it starts with one mindful decision every day.

PERSONAL AND GROUP ACTIVITIES – LEARN, CREATE, AND REUSE!

Personal Activities – My Own RRR Mission

1. Waste Audit

For one week, track everything you throw away at home or school.

Separate the waste into paper, plastic, glass, food, and others.

At the end of the week, check what you could have reduced, reused, or recycled.

You'll be surprised how many things can get a second life instead of going to the bin!

2. Plastic-Free Week

Try to spend one week without using single-use plastics.

Say no to plastic bags, bottles, or straws — choose reusable ones instead.

Take notes about the challenges you face and what new habits you can keep afterward.

3. Upcycling Challenge

Pick an old or broken object at home and give it a new purpose.

Turn a can into a pencil holder, an old T-shirt into a bag, or boxes into organizers.

Take a photo of your creation and share it with your classmates — creativity saves the planet!

4. Eco-Journal

Keep a short diary where you write down one sustainable action each day.

It can be as simple as reusing paper, collecting bottles, or turning off lights.

At the end of the month, share your favourite action with your club and inspire others.

5. Green Story or Poem

Write a short story, poem, or comic about a world without waste.

What would the Earth look like if everyone reused and recycled?

Share it on the club board — your imagination can lead others to change.

GROUP ACTIVITIES – TOGETHER FOR A CLEANER WORLD

1. Trash-to-Art Exhibition

Work in teams to create artistic pieces using waste materials — bottles, paper, fabric, or cardboard.

Organize an exhibition in the school hall to show how trash can become treasure.

Invite parents and local community members to see your eco-creations!

2. Zero-Waste Lunch

Plan a day when everyone brings food in reusable boxes and drinks in refillable bottles.

No plastic wraps, disposable plates, or cutlery allowed!

After lunch, discuss what changes could make your school eco-friendlier.

3. School Recycling Patrol

Create small groups that monitor how well classrooms recycle.

Design fun reminder signs and stickers like “Think Before You Throw!” or “Be a Recycling Hero!”

Each month, reward the cleanest and most eco-friendly class.

4. Community Clean-Up Day

Join forces with families and neighbours to clean a park or street near your school.

Collect recyclable waste separately and deliver it to recycling points.

Make posters to raise awareness about how waste harms nature and animals.

5. Reuse Market

Organize a small event where students bring books, clothes, or toys they no longer need.

Instead of throwing them away, they can exchange or donate them to others.

This shows how sharing is not only kind — it's sustainable too!

6. RRR Quiz and Games

Prepare questions, riddles, or puzzles about recycling and sustainability.

Make teams and play together — learning about the environment can be fun!

You can even create your own board game about waste sorting.

FUN FACTS & POWER CHALLENGES

Fun Facts – Surprising Truths About Waste!

1. Every piece of plastic ever made still exists somewhere. Plastic doesn't disappear – it simply breaks into smaller pieces called microplastics. These tiny particles can end up in the sea, in animals, and even in our food. Reducing plastic use means protecting life everywhere.
2. Recycling one aluminium can saves enough energy to power a television for three hours. Sorting your waste correctly really matters. Just one small action can make a significant difference in energy savings.
3. A recycled glass bottle can power a computer for half an hour. Glass is special because it can be recycled endlessly without losing quality. It's one of the best examples of a truly circular material.
4. Paper can be recycled up to seven times. Every sheet you recycle might return as a book, notebook, or magazine. Each tonne of recycled paper helps save trees, water, and clean air.
5. The average European throws away around 60 kilograms of plastic each year. If we avoid single-use plastics and choose long-lasting products, that number can easily be reduced by half.
6. Around 75% of household waste could actually be recycled. Most of what we throw away could be reused or remade – we just need to separate it properly and think before we bin it.
7. Recycling one tonne of paper saves 17 trees, 26,000 litres of water, and enough energy to power a home for six months. So yes – every time you recycle, you are protecting forests and saving resources.
8. The best waste is the waste we never create. Buying less and using what we already have is even better than recycling. Real sustainability begins with conscious choices.

POWER CHALLENGES – BE AN RRR HERO!

1. One-Day Waste Diary

Keep a record of everything you throw away in a single day – at school, at home, or in your neighbourhood.

At the end of the day, look back and see which items you could have reduced or reused. Try to do even better the next day!

2. Reuse Race

In small groups, collect old materials such as boxes, bottles, or paper and reuse them creatively.

You have thirty minutes to design something useful or artistic.

The most original idea wins the title Creative Recycler of the Week!

3. Zero-Waste Lunch Challenge

Plan a lunch with no disposable packaging. Bring food in reusable containers and water in refillable bottles.

Afterwards, compare how much waste your group avoided – every crumb and wrapper counts!

4. Eco-Quiz Battle

Write a quiz about recycling and waste reduction.

Work in teams and compete for “Green Points”.

Every correct answer takes you closer to becoming your school’s RRR Champions!

5. Sorting Relay

Set up four bins labelled Paper, Plastic, Glass, and Metal.

Teams must race to place mixed waste into the correct bins.

Speed, teamwork, and accuracy will decide the ultimate recycling champions.

6. Upcycling Fashion Show

Design and create outfits or accessories made entirely from reused materials – bags from old newspapers, jewellery from bottle caps, or hats from cardboard.

Walk the runway proudly and show that sustainable fashion can also be stylish.

7. Waste-Free Week

Challenge your whole school to go one week with as little waste as possible.

Switch off vending machines, reuse bottles and boxes, and recycle everything that can be saved.

At the end, measure how much waste the school reduced together – you'll be amazed at the results.

8. The RRR Poster Competition

Create a colourful poster with messages such as “Think Before You Throw!” or “Give Waste a Second Life!”

Display the posters around your school or share them online to inspire your community to take part.

Remember

Learning about recycling can be enjoyable, creative, and full of teamwork.

Every small habit helps build a cleaner and fairer Europe for everyone.

Together, we can transform waste into opportunity and make our continent greener – one recycled idea at a time.

STUDENTS' VOICES

Throughout the RRR Club activities, pupils shared their ideas, emotions, and creative reflections about how to reduce, reuse, and recycle in everyday life.

They realised that protecting the planet doesn't always mean doing something big — it starts with small, thoughtful choices made every day.

Here are some of their voices from across Europe:

“Before joining the RRR Club, I didn't really think about what happened after I threw something away. Now I look for new ways to reuse almost everything.”

“We made pencil holders from tins and created a sculpture from plastic bottles. I've learnt that rubbish can become something beautiful.”

“My parents now keep two bins at home — one for recycling and one for general waste. They said I taught them how to do it properly!”

“When we met other schools online, I saw that students in Spain and Lithuania were doing the same things as us. It made me feel part of something bigger.”

“I used to think recycling was boring, but the RRR challenges made it fun and creative.”

“In our ‘Plastic-Free Week’, I realised how much plastic we use every day. Now I carry my own bottle everywhere.”

“The Trash-to-Art exhibition was amazing. It felt good to show our community how creativity can protect nature.”

“I feel proud because my school became cleaner and greener thanks to our club.”

“Now, when I see litter on the ground, I don’t just walk past it — I pick it up.”

“I want to study environmental science one day and help design a better future for everyone.”

According to the RRR Club survey:

92% of pupils said they started recycling more at home.

89% felt more responsible towards nature.

95% wanted the club to continue after the project ended.

These results show that the RRR Club didn’t just teach recycling — it changed the way students think, act, and feel about the world around them.

IMPACT AND RESULTS

The RRR Club created visible and lasting change in our school and community.

Through creative learning, teamwork, and everyday action, pupils proved that small efforts can lead to real transformation.

At School

The total amount of paper waste was reduced by 15% during the school year, thanks to better use of both sides of paper and classroom recycling boxes.

Separate collection bins for paper, plastic, and metal were introduced in corridors and staff rooms.

Teachers began to integrate recycling themes into lessons in science, art, and citizenship education.

Monthly “Waste-Free Days” became part of the school calendar, encouraging pupils and teachers alike to rethink their habits.

The RRR Club inspired a friendlier and more responsible atmosphere in the whole school community.

At Home

Families began separating waste after children shared what they had learnt in the club.

Parents reported lower use of plastic bags and more frequent recycling of paper and bottles.

Pupils influenced their households by creating “family recycling corners” and teaching relatives how to reuse materials.

Some families started donating old clothes, toys, and books instead of throwing them away.

In the Community

The club organised a local Clean-Up Day, collecting over 30 bags of litter from nearby streets and parks.

A Trash-to-Art Exhibition attracted visitors from the local council, NGOs, and other schools.

The project was featured on the school website and social media, raising awareness about circular living.

Cooperation with the Greek NGO partner brought real-life examples of how communities in Europe manage waste and support the circular economy.

Personal Growth and Learning

Pupils developed valuable 21st-century skills such as teamwork, communication, creativity, and responsibility.

They learnt to see waste as a learning opportunity and discovered that problem-solving can help protect the planet.

Teachers improved their environmental education methods, supported by shared European experience.

Confidence grew among pupils who realised they could lead positive change in their school and town.

Overall Impact

The RRR Club proved that young people can be powerful leaders in sustainability. By learning, creating, and sharing across borders, they helped make their communities cleaner, greener, and more mindful of the future. Their work reflects the values of the European Green Deal — reducing waste, protecting resources, and building a circular society where nothing is truly wasted.

FUTURE PLANS

Although the MAKE project has come to an end, the work of the RRR Club will carry on. The ideas and habits developed during the project have now become part of the school's daily life. Both pupils and teachers agree that protecting the planet must not stop when the project ends — it must continue through every generation.

Sustaining the Spirit of RRR

The school plans to keep the club active and open to new members each year. Older pupils will act as Eco-Mentors, guiding younger children in recycling, upcycling, and creative reusing. This peer learning approach ensures that the club's values remain alive and grow stronger over time.

Annual RRR Week

Each year, the school will celebrate an RRR Week, filled with clean-up campaigns, exhibitions, and workshops. Activities such as the "Trash-to-Art Fair", "Zero-Waste Lunch Day", and "Eco-Quiz Challenge" will remind everyone how enjoyable sustainable living can be.

Permanent Recycling Corners

The recycling stations established during the project will remain a permanent feature of the school. Pupils will continue to manage them, track the amount of waste collected, and share monthly reports with the school community.

Collaboration and Expansion

The RRR Club will keep in contact with European partners from Spain, Lithuania, Poland, and Greece. Online meetings will continue once a term, giving pupils the chance to share progress, new ideas, and environmental successes.

The school also plans to cooperate with local councils and environmental NGOs to expand the impact of the project within the wider community.

Long-Term Goals

Develop a digital RRR Blog to share good practices, artwork, and stories of change.

Introduce a Sustainable Classroom Award each term to motivate pupils and teachers.

Organise small fund-raising activities to support local environmental charities.

Encourage pupils to act as young ambassadors for the environment within their families and local area.

A Continuing Journey

The RRR Club has shown that change begins with awareness, grows through creativity, and lasts through teamwork.

Its journey does not finish here — it continues in every classroom, every family, and every community that chooses to reuse rather than waste.

The future is in our hands — let's make it circular.

ACKNOWLEDGEMENTS & CLOSING NOTE

The success of the RRR Club – Reduce, Reuse, Recycle was made possible thanks to the enthusiasm, creativity, and cooperation of many people and organisations across Europe.

Our Sincere Thanks Go To:

All pupils who turned ideas into action, proving that young people can lead the way towards a greener future.

Teachers and students from Türkiye, Spain, Lithuania, Poland, and the Greek NGO, who worked tirelessly to guide, motivate, and connect pupils across borders.

Parents and families, for their encouragement, participation, and for practising new habits at home.

Local authorities and environmental organisations, who supported activities such as clean-up events and exhibitions.

And of course, the Erasmus+ Programme of the European Union, whose vision for collaboration, sustainability, and shared European values made this journey possible.

Through this project, we discovered that small changes — when shared between countries and communities — can grow into lasting impact.

The RRR Club will continue to inspire future generations to think carefully, act responsibly, and live creatively in harmony with nature.

“Every bottle reused, every piece of paper saved, every idea shared — these are not small acts.

Together, they form a movement that keeps Earth alive.”

A EUROPEAN JOURNEY TOWARDS A CLEANER, CIRCULAR FUTURE

The RRR Club – Reduce, Reuse, Recycle is part of the Erasmus+ project MAKE – Mankind Act Keeps Earth.

It brings together pupils and teachers from Türkiye, Spain, Lithuania, Poland, and Greece, united by one simple mission — to care for our planet through creativity, awareness, and collaboration.

This booklet celebrates the power of young people who chose to act instead of ignore, to repair instead of replace, and to share instead of waste.

Every project, every poster, every recycled object tells a story of responsibility and hope.

“We don’t need a handful of people doing zero waste perfectly —
we need millions of people doing it imperfectly, but together.”

Through education, imagination, and friendship, the RRR Club proves that small hands can create great change.

Together, we are shaping a future where nothing is wasted — not even potential.