



Co-funded by the
European Union

One Planet, All Beings

***Youth Participation Activity -
Transnational Eco-Empathy
Bootcamp***



Date: October 25 – November 1, 2026



Participants: 10 per country,
aged 15–20



Host organization: Tavo Europa



About the project

The project One Planet, All Beings aims to **empower young people to better understand the impact of their everyday choices** on people, animals, and the environment, **and to become active contributors to more sustainable and inclusive communities.**

Through local actions, international mobility, and youth-led initiatives, the project seeks to strengthen eco-empathy, critical thinking, and civic engagement among young people aged 15–20 in Lithuania and Bulgaria.

The main objectives are **to raise awareness about sustainability as a shared responsibility** that includes environmental, social, and ethical dimensions; **to support young people in developing greener habits** and realistic local solutions; and **to promote youth participation in dialogue** with decision-makers.

In addition, **the project aims to enhance young people's digital, communication, and leadership competences**, while ensuring inclusion of youth with fewer opportunities and fostering cross-cultural cooperation at European level.





Transnational eco-empathy bootcamp

The project **will help young people better understand sustainability and eco-empathy by linking everyday habits** to their impact on people, animals, and the environment. Through research, eco-habit mapping, and shared activities, young people **will reflect on their everyday choices, build key skills, and gain confidence.** Eco-Dialogues and the Final Festival will then allow them to share ideas with peers, decision-makers, and the wider community, transforming reflections into Youth Proposals and concrete suggestions. The expected impact includes stronger youth engagement, better communication between young people and institutions, and greater awareness of local sustainability challenges. The project **aims to challenge policies and to improve trust, mutual understanding, and local practices.**



Eco-Empathy Bootcamp

- **Creative expression**, by designing eco-workshops, visual diaries, and campaign materials. Attitudes and Behaviours
- **Greater eco-empathy**, understanding the interconnection between humans, animals, and nature.
- **A more responsible and proactive approach** to sustainability and community participation.
- **Confidence and motivation** to express ideas, take initiative, and lead positive change.
- **Openness and respect for diversity**, reinforced through cross-cultural collaboration and peer learning.





Interactive and creative non-formal methods

Team-Building Methods:

We start with inclusive team-building methods such as "Mission Impossible", "Speed-Friending", "Bingo", designed to break the ice, build trust, and create a positive group atmosphere. That is the key for a successful project where everyone is connected with each other.

Social Media Campaign:

learning by doing, by creating digital content that informs, inspires, and mobilises others.

Eco-Habit Mapping & Diaries:

Reflective observation and self-analysis on personal environmental impact. Outdoor and Experiential Learning, using nature as a classroom during the Bootcamp and local workshops.

Reflection and Feedback Circles:

After each activity, participants reflect on their learning and connect it to the Erasmus+

Peer Education:

Youth-led sessions where participants learn from each other, enhancing confidence and collaboration.

Storytelling and Digital Story Creation:

Young people express eco-empathy and sustainability messages through visual stories, photos, and videos.

Collective Brainstorming and Design Thinking, co-creating ideas for greener communities.

World Café & Eco-Dialogues:

Structured group discussions where youth and decision-makers share ideas on equal footing.

Youthpass competences

This blend of methods ensures that learning happens by doing, sharing, reflecting, and acting, in line with Kolb's experiential learning cycle (1984) and the principles of non-formal education.

In addition, we would like to underline that to ensure that participants achieve concrete learning outcomes aligned with the project objectives, different tools will be used before, during and after the Bootcamp.

Learning Diaries:

Each participant will keep a personal diary (digital or paper) to write down daily reflections, eco-habits and key learnings.

Pre and Post Bootcamp Surveys:

Participants will do a short self-assessment before and after the Bootcamp to evaluate changes in knowledge, attitudes, and eco-empathy levels.

Group Reflection Sessions:

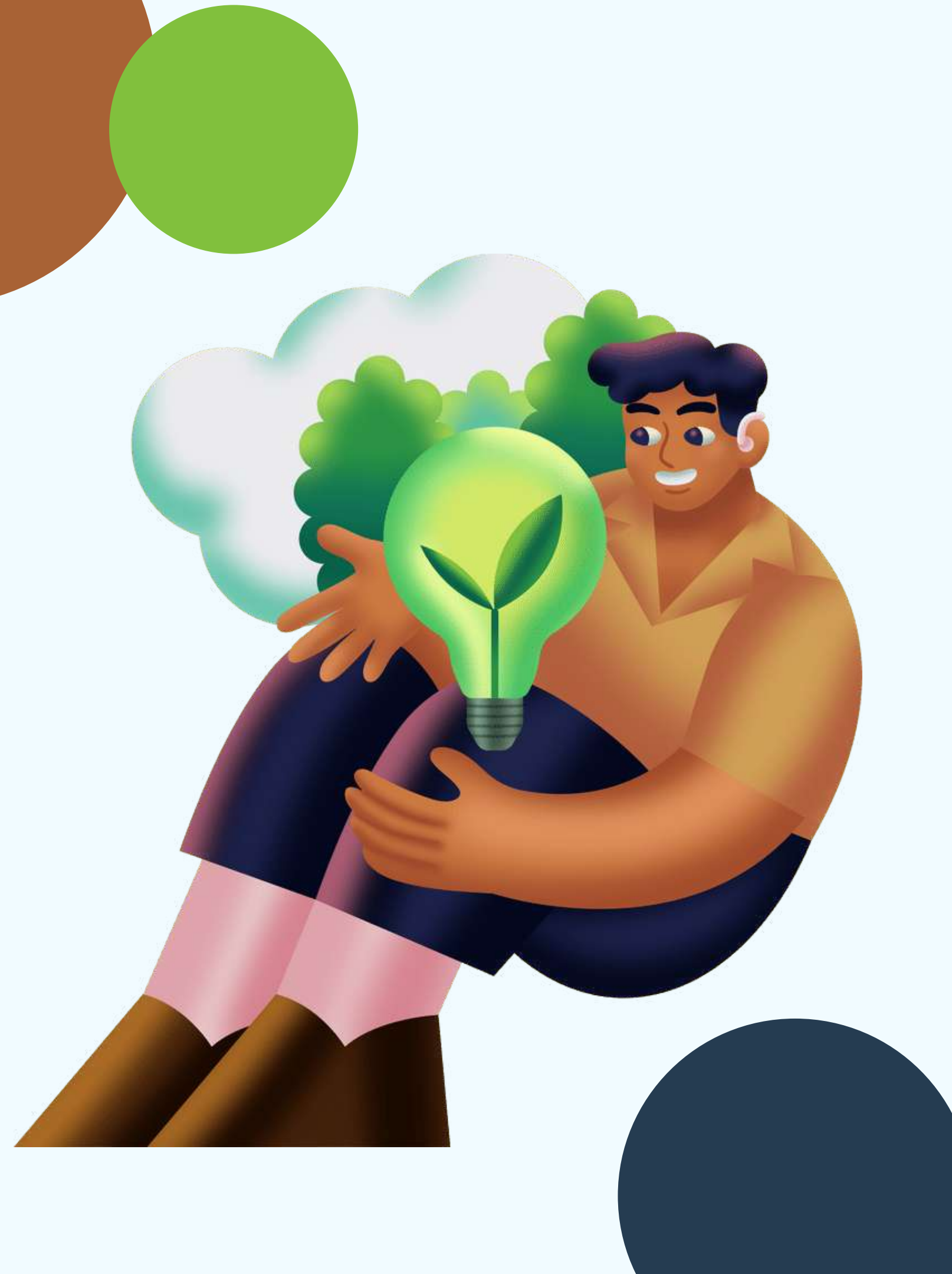
Every evening, at the end of the last activity, we will do a group reflection to share insights, thoughts and challenges. We will first do small group reflection and then a plenary sharing sessions.

Mid-Evaluation:

During day 3 we will share with the participants a mid-evaluation form to assess participants' progress, group dynamics, and satisfaction with the activities.

Youthpass Mapping:

Participants will identify and record competences developed under the Youthpass framework.





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CONTACT US!

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