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AGDUPT

ADdressing skills mismatching in the green sector through Digital Upskilling of veT

UNDERSTANDING

ECOLOGY

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WHAT IS AN ECO MINDSET?

- **A CONSCIOUS AWARENESS OF HOW OUR ACTIONS AFFECT THE ENVIRONMENT.**
- **CHOOSING TO LIVE IN HARMONY WITH NATURE.**
- **REFLECTING ON DAILY HABITS TO REDUCE OUR ECOLOGICAL FOOTPRINT.**

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WHY REFLECT ON SUSTAINABLE BEHAVIOUR?

- Reflection drives change.
- Helps identify unsustainable habits.
- Encourages accountability and conscious decision-making.





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PERSONAL HABITS – A CLOSER LOOK

- ✓ Using a reusable water bottle
- ✓ Walking or biking instead of driving
- ✗ Occasionally using single-use plastics
- ✗ Leaving devices plugged in overnight

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POSITIVE SUSTAINABLE PRACTICES

- Recycling and composting
- Eating less meat
- Supporting eco-friendly brands
- Reducing water and energy use

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AREAS FOR IMPROVEMENT

- Reduce fast fashion purchases
- Shop locally more often
- Avoid excessive packaging
- Educate others about sustainability



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EMOTIONAL & ETHICAL REFLECTION

- A sense of purpose and responsibility
- Empowerment through small actions
- Sometimes challenging, but always worth it

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**WE DON'T NEED A HANDFUL OF PEOPLE DOING ZERO WASTE PERFECTLY. WE
NEED MILLIONS DOING IT IMPERFECTLY." – ANNE-MARIE BONNEAU**

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