

RECYCLE, REDUCE AND REUSE

MAKE A DIFFERENCE

INEX MESSENGER

WORKSHOP 2020

BORJA FRAGUELA RODRIGUEZ





INTRODUCTION

This year, during my ESC project, I had the opportunity to create a workshop, and later present it in the workcamps during the summer season.

In this workshop I explain the different types of rubbish and also how to separate them.

I also give important information about the plastic and what we should do with this kind of trash.

At the beginning of the presentation there are one small test to make it more dynamic and at the end there are tips about how to reuse.



Why I did this workshop?

With this workshop I wanted to share my knowledge and at the same time my ideas. Because in this world we all study and work with the aim of having money, love, friends..., and of course all this is very important, but what use is it going to be if we don't take care of our house, the house of all us, that is our planet? Imagine, when a person works to buy a house and then he begins to tear it down little by little. What would we think? We would say that he is crazy. Well that is what we do every day with our house, everyone's house, our planet.

That is why the objective of this workshop is to teach people to recycle. But what is recycling? Recycling consists of separating the different wastes, so that they are later collected and used by different companies in charge of creating new products or energies with them.

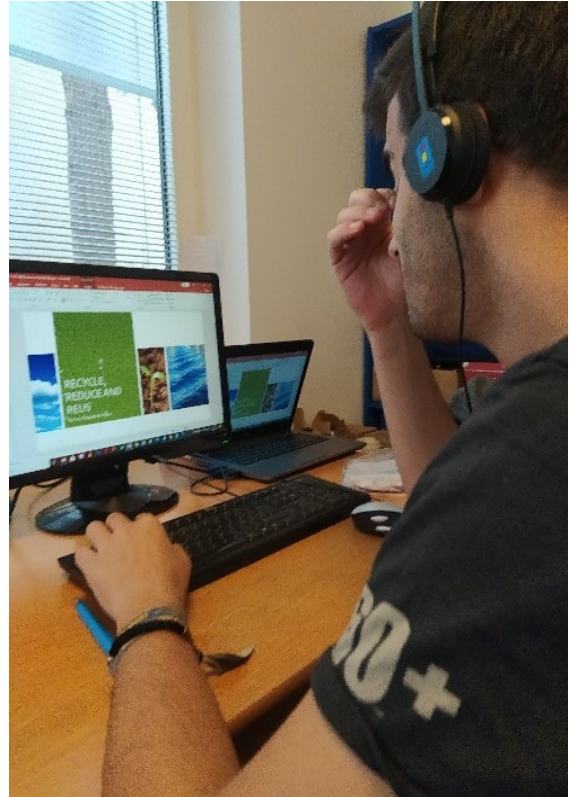
I will also talk about the need to reuse products and not only recycle them, in order to give a second life to products that are more difficult to recycle.



How I did the workshop?

This workshop is divided into three parts. First part starts with a small test, to see how much knowledge people have about how to recycle and which are the consequences of their acts, and at the same time to give some data that can be surprising for some participants. During this test I provide data that will help to understand the second part.

To make it more dynamic, I put a scoring system in which each question gives you one point, so the maximum score would be a 6 and after you can compare with the other people that is playing.



TEST



Which bin does this box go in?

- a) Organic
- b) Plastic
- c) Glass
- d) Paper



What % of glass can be recycled?

- a) 20%
- b) 100%
- c) 40%
- d) 70%

What % of plastic do we recycle?

- a) 35%
- b) 9%
- c) 52%
- d) 28%

How many years does it take for glass to decompose?

- a) 2000
- b) 4000
- c) 1000
- d) 3000

How many years does it take for a plastic bag to decompose?

- a) 40
- b) 150
- c) 350
- d) 80

How many years does it take for a plastic bottle to decompose?

- a) 500
- b) 1000
- c) 400
- d) 200

---/6



Participant had 5 minutes to solve the test and after that I gave them the correct answers to all the questions. After the quiz, starts the second part of the workshop:

The second part is the theoretical part and the one that takes up the most time within the workshop. In it I explain the different types of garbage and how and where we should dispose them. I also talked about the need to reuse and reduce the consumption of plastic.

I begin by explaining the main differences between organic and inorganic waste:

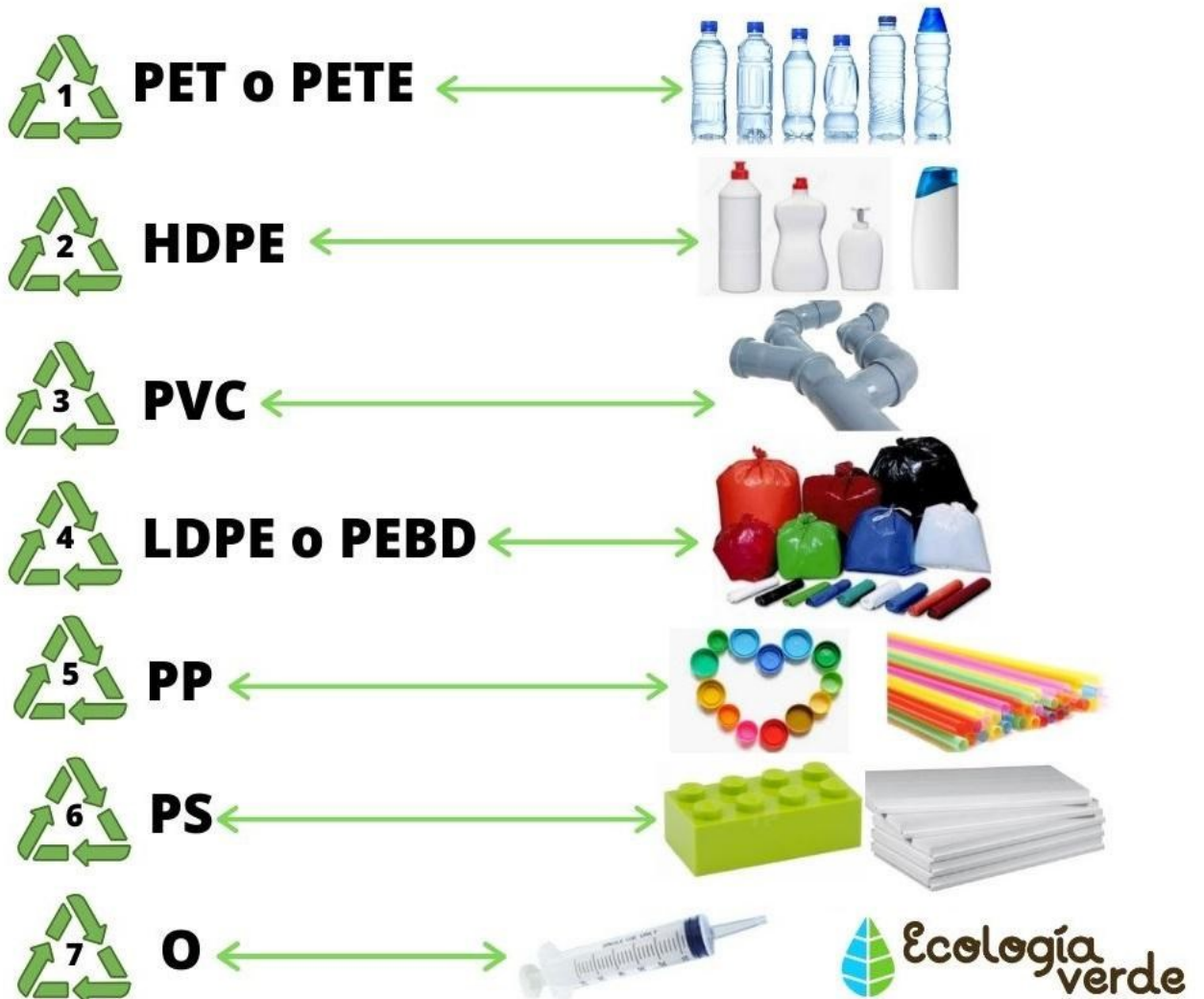
- Organic waste comes from living beings and can be decomposed without any help from unnatural processes. Not all organic waste can be recycled. We can recycle paper and cardboard but no rests of food for example. But with this waste we can make compost.
- Inorganic waste doesn't come from living beings and has very long processes to be decomposed naturally, so the use of unnatural processes is necessary.



After explaining this big difference, I ask the question, should we recycle the plastic or its better to stop using it?

Plastic has a very difficult recycling process. For this reason, it is better to reduce the use of plastic by reusing the products, giving them a new life.

To better understand this statement, I explain through an image the different types of plastic that exist, so that they can see the difficulty of recycling plastic since each type must be separated before processing.



The third and the last part of my workshop is divided into two separate parts. In the first we will all brainstorm about reusing the things. In the second I give some ideas to reuse plastic and give new life to products that we consider waste.

In brainstorming, I ask two questions:

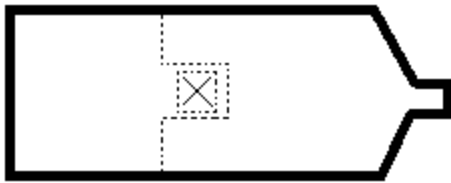
- What does it mean to reuse?
- Do you have some tips how to do it?

With the first question I want to show that each of us have different ideas about what it means for us to reuse something. Despite all these differences, probably all the answers that people say are true.

With the second question, I want people to give their ideas about new products that can be made with plastic bottles or other plastic objects that we consider waste, so new ideas will come up, that people can later try at home.

B
R
A
I
N
S
T
O
R
M

At the end of the workshop, I explain how to make a support for charging the mobile phone, using a plastic bottle and also how to make a system to close a plastic bag using only the cap of the bottle.



*First, we need to take an empty plastic bottle.
The second step is cut the bottle following the lines of the image in the left, and do one hole in the X where will go the charger of the mobile phone.*



*Here you can see how should look the bottle after cut it.
Now what we should do, is fix the borders carefully to make them less sharp.*



In this image you can see the final result, the phone is charging in the wall, this is necessary when the wire of your charger isn't long enough.



For this tip we need to find also an empty bottle and later cut the top part as you can see in this image



The second step is making the borders less sharp. Now we should have the final result.



For use it we only need to put throw the hole of the top of the bottle one bag, and later close the top of the bottle.

Where I did my workshop?

I presented this workshop for the first time in front of my office colleagues, after receiving feedback from them, I corrected some errors. Then I presented it online in front of the volunteers who were doing the training for Inex camp leaders, I also received feedback from them. After this my workshop was ready to be presented at the workcamp in summer.

In August I led the Eco-Slatinka workcamp where I presented my workshop to the volunteers.

It was very interesting to do it in that workcamp because the topic is closely related to the ecological objective of the project. The feedback received at the end of my presentation was very positive.



Conclusion

It has been an incredible experience, the creation and presentation of this workshop. It took a lot of time to create it, but after receiving all the feedbacks, I feel very satisfied with the work. I believe that the people who attended my presentations learned something new and I hope that from now on, they will begin to put into practice everything they have learned and help protect our home, the earth, together.

**THE
END?**

I FORGOT IT... ALL THE ANSWERS OF THE TEST ARE **B!!!!**