



for a better environment

Green Sports Games

## TRAINING DAYS

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Training Local Communities period from  
the GREEN SPORTS GAMES project

Project Delivery from  
Activity n.º 5

Co-funded by  
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Erasmus+



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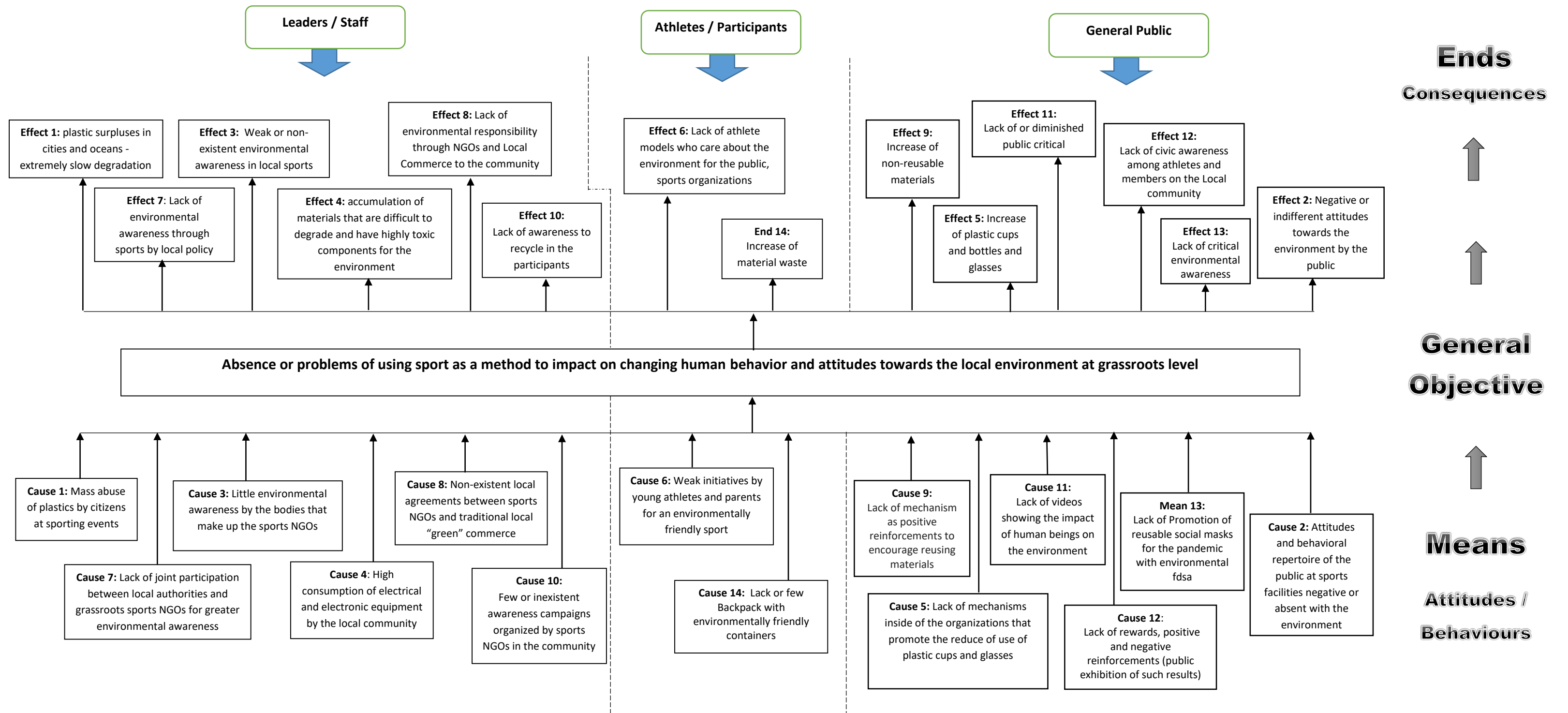
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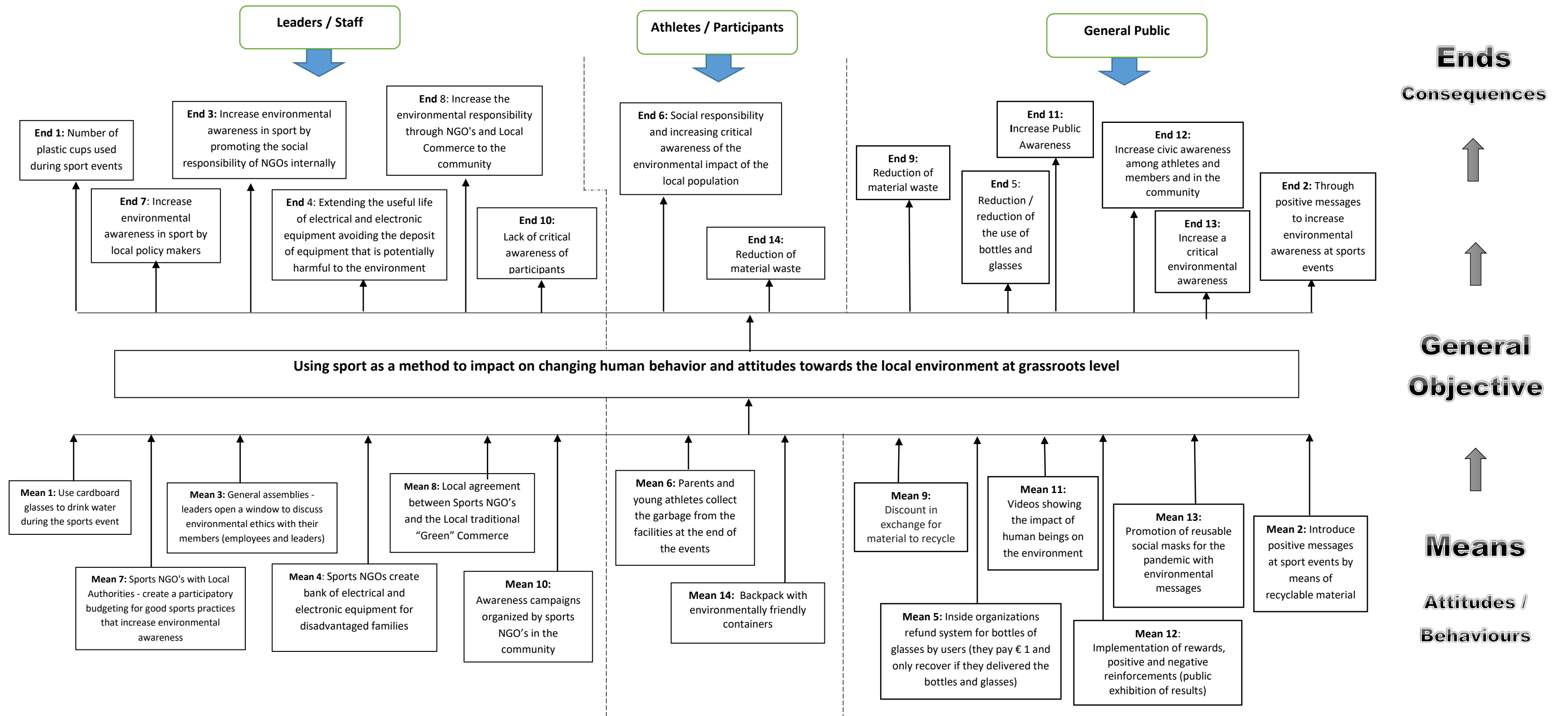
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# **Tree Analysis**

## PROBLEM TREE ANALYSIS



## OBJECTIVE TREE ANALYSIS



# **Activities Plan for:**

- **Investors (Leaders/Staff)**
- **Athletes/Participants**
- **General Public**

## ACTIVITIES PLAN FOR Leaders/Staff

	Hierarchy of Objectives	Objectively measurable and verifiable Indicators	Verification Sources	Assumptions
<b>Main Objective</b>	Using sport as a method to impact on changing human behavior and attitudes towards the local environment at grassroots level	Increase environmental awareness in sport at a local level to decrease environmental impact in the coming years		
<b>Specific Objectives for:  Leaders/Staff</b>	Use sport as a method to raise critical environmental awareness through NGO's leaders / staff;	Increase critical environmental awareness through NGO's leaders / staff		
<b>Results</b>				
<b>Activities  Leaders/Staff</b>	<p>1 - Use cardboard glasses to drink water during the sports event;</p> <p>2-General assemblies - leaders open a window to discuss environmental ethics with their members (employees and leaders);</p> <p>3-Sports NGOs to create a bank of electrical and electronic equipment for disadvantaged families;</p> <p>4-Sports NGO's along with Local Authorities - create a participatory budgeting for good sports practices that increase environmental awareness;</p> <p>5-Local agreement between Sports NGO's and the Local traditional "Green" Commerce;</p> <p>6-Awareness campaigns organized by sports NGO's in the community;</p>	<p>✓ Number of plastic cups used during sport events;</p> <p>✓ Increase environmental awareness in sport by promoting the social responsibility of NGOs internally;</p> <p>✓ Extending the useful life of electrical and electronic equipment by avoiding the deposit of equipment that is potentially harmful to the environment;</p> <p>✓ Increase environmental awareness in sport by local policy makers;</p> <p>✓ <b>Increase environmental responsibility through NGO's and Local Commerce in the community;</b></p> <p>✓ Increase critical awareness of participants;</p>	<p>✓ Checklist to verify the weight of solid waste picked-up after every event, and if it less after every even (plastic, glass, paper and other waste components); annex 1</p> <p>✓ Checklist to verify how many families accessed to the electrical or electronic equipment bank; annex 1</p> <p>✓ Checklist to verify how many NGO's and organizations, stores from the local commerce participated and have contributed to the budget and in what way;</p> <p>✓ Checklist to verify how many electrical or electronic equipment were donated by the organizations; annex 1</p> <p>✓ Checklist to verify the number of hits each awareness campaign has/had in the social networks; annex 1</p>	<p>✓ Reduce the use of plastic;</p> <p>✓ Reduce equipment waste;</p> <p>✓ Decrease the deposit of electrical and electronic equipment in the environment;</p> <p>✓ Increase awareness to recycle and reuse;</p>

## ACTIVITIES PLAN FOR Athletes/Participants

	<b>Hierarchy of Objectives</b>	<b>Objectively measurable and verifiable Indicators</b>	<b>Verification Sources</b>	<b>Assumptions</b>
<b>Main Objective</b>	Using sport as a method to impact on changing human behavior and attitudes towards the local environment at grassroots level	Increase environmental awareness in sport at a local level to decrease an environmental impact in the coming years		
<b>Specific Objectives for:</b>				
<b>Athletes/Participants</b>	Use sport as a method to increase critical environmental awareness through athletes / participants in sporting activities	Increase critical environmental awareness through athletes / participants in sporting activities		
<b>Results</b>				
<b>Activities</b>				
<b>Athletes/Participants</b>	<p>1 - Parents and young athletes collect the garbage from the facilities at the end of the events;</p> <p>2 - Backpack with environmentally friendly containers.</p>	<p>✓ Social responsibility and increasing critical awareness of the environmental impact of the local population;</p> <p>✓ Reduction of material waste.</p>	<p>✓ Checklist to verify the weight of solid waste picked up (plastic, metals, glass, paper and other waste); annex 1</p> <p>✓ Checklist to verify at the entrance how many athletes have adhered to the use of this type of backpack; annex 1</p>	<p>✓ A decrease in the waste from event to event, as people's awareness to recycle increases;</p> <p>✓ Reduction of waste;</p>



## ACTIVITIES PLAN FOR General Public

	Hierarchy of Objectives	Objectively measurable and verifiable Indicators	Verification Sources	Assumptions
<b>Main Objective</b>	Using sport as a method to impact on changing human behavior and attitudes towards the local environment at grassroots level	Increase environmental awareness in sport at a local level to decrease environmental impact in the coming years		
<b>Specific Objectives for:</b>				
<b>General Public</b>	Use sport as a method to raise critical environmental awareness through the general public	Increase critical environmental awareness through the general public		
<b>Results</b>				
<b>Activities</b>				
<b>General Public</b>	<p>1-Introduce positive messages during sport events by means of recyclable material;</p> <p>2-Inside organizations refund system for bottles of glasses by users (they pay € 1 and only recover if they delivered the bottles and glasses);</p> <p>3- Discount in exchange for material to recycle;</p> <p>4-Videos showing the impact of human beings on the environment;</p> <p>5-Implementation of rewards- positive and negative reinforcements (public exhibition of results);</p> <p>6- Promotion of reusable social masks for the pandemic.</p>	<p>✓ <b>Through positive messages, increase environmental awareness at sports events;</b></p> <p>✓ Reduction the use of bottles and glasses;</p> <p>✓ Reduction of material waste;</p> <p>✓ Increase public awareness;</p> <p>✓ <b>Increase civic awareness among athletes, members and in the community;</b></p> <p>✓ Increase a critical environmental awareness.</p>	<p>✓ Checklist to verify the weight of solid waste picked-up after every event, and if it less after every even (plastic, metals, glass, paper and other waste components); annex 1</p> <p>✓ Checklist to verify how many people used the refund system; annex 1</p> <p>✓ Checklist to verify how many people collected waste to recycle (plastic, paper, metals, glass and other waste components);annex 1</p> <p>✓ Checklist to verify how many people adhered to reusable social masks (at the entrance of each sport event); annex 1</p>	<p>✓ Reduce the use of plastic;</p> <p>✓ Increase the use of recycling material;</p> <p>✓ Decrease in waste (masks);</p> <p>✓ Increase the use of reusable materials;</p> <p>✓</p>

# **Analysis Tools (Checklists)**

SOLID WASTE QUANTIFICATION AND ANALYSIS WORKSHEET<sup>1</sup> (to be used by youth workers / educators)

**SOLID WASTE QUANTIFICATION AND COMPOSITION ANALYSIS SORT DATA SHEET – Part I**

SITE INFORMATION (SI): *event area indoor or outdoor / sports venue mediations / within the organizations' spaces/ disposal site / any other site (use one sheet for one site)*

Name of the site information:

Location:

Youth worker / educator name(s):

WASTE COMPONENTS*	NET WEIGHTS	COMMENTS
<b>PAPER:</b>		
White Ledger or similar		
Colored Ledger or similar		
Newspaper		
Cardboard types		
Magazines		
Old books damaged		
...		
...		
...		
<b>PLASTIC:</b>		
Polythene Bags		
Plastic Bottles		
Plastic Cans		
Multi-Layer Packaging		
...		
...		
...		
<b>GLASS:</b>		
Clear Containers		
Green Containers		
Brown Containers		
Plate Glass or similar		
...		
...		
...		

\* Use blank cells to write any other items

Continue 

<sup>1</sup> Source: Adapted from the Asia Foundation Handbook (2008)

## SOLID WASTE QUANTIFICATION AND COMPOSITION ANALYSIS SORT DATA SHEET – Part II

SITE INFORMATION (SI): *event area indoor or outdoor / sports venue mediations / within the organizations' spaces/ disposal site / any other site (use one sheet for one site)*

Name of the site information:

Location:

Sample Information:

Youth workers / educators:

WASTE COMPONENTS*	NET WEIGHTS	COMMENTS
<b><i>METAL:</i></b>		
Aluminium Cans		
Tin/Steel Cans		
Copper		
Composite Metal		
Main appliances		
...		
...		
<b><i>GREEN WASTE:</i></b>		
Leaves		
Grass		
Other Garden Waste		
...		
...		
<b><i>KITCHEN WASTE:</i></b>		
Food Waste		
Fruit peels		
Coffee grounds		
Tea grounds		
...		
...		
<b><i>HAZARDOUS WASTE:</i></b>		
Batteries		
Solvents		
Waste tailings		
Waste paint		
...		
...		

\* Use blank cells to write any other items

SOLID WASTE REDUCTION ASSESSMENT WORKSHEET <sup>2</sup> (to be used by youth workers / educators)

**SOLID WASTE REDUCTION ASSESSMENT WORKSHEET – Part I**

SITE INFORMATION (SI): *event area indoor or outdoor / sports venue mediations / within the organizations' spaces/ disposal site / any other site (use one sheet for one site)*

Name of the site information:

Location:

Youth workers / educators:

WASTE COMPONENTS*	MONTHLY WASTE COMPOSITION		WASTE REDUTION RESULTS	
	Present in waste	Quantity wt., vol., %	Present in waste	Quantity wt., vol., %
<b>PAPER:</b>				
White Ledger or similar				
Colored Ledger or similar				
Newspaper				
Cardboard types				
Magazines				
...				
...				
...				
<b>GREEN WASTE:</b>				
Leaves				
Grass				
Other Garden Waste				
...				
<b>GLASS:</b>				
Clear Containers				
Green Containers				
Brown Containers				
Plate Glass or similar				
...				
<b>PLASTIC:</b>				
Polythene Bags				
Plastic Bottles				
Plastic Cans				
Multi-Layer Packaging				
...				

\* Use blank cells to write any other items

<sup>2</sup> Source: Adapted from the Asia Foundation Handbook (2008)

## SOLID WASTE REDUCTION ASSESSMENT WORKSHEET – Part II

SITE INFORMATION (SI): *event area indoor or outdoor / sports venue mediations / within the organizations' spaces/ disposal site / any other site (use one sheet for one site)*

Name of the site information:

Location:

Youth workers / educators:

WASTE COMPONENTS*	MONTHLY WASTE COMPOSITION		WASTE REDUTION RESULTS	
	Present in waste	Quantity wt., vol., %	Present in waste	Quantity wt., vol., %
<b><i>METAL:</i></b>				
Aluminium Cans				
Tin/Steel Cans				
Copper				
Composite Metal				
Main appliances				
...				
...				
...				
<b><i>KITCHEN WASTE:</i></b>				
Food Waste				
Fruit peels				
Coffee grounds				
Tea grounds				
...				
...				
...				
<b><i>HAZARDOUS WASTE:</i></b>				
Batteries				
Solvents				
Waste tailings				
Waste paint				
...				
...				
...				
...				

\* Use blank cells to write any other items

**ASSESSMENT WORKSHEET – HOW MANY PEOPLE USED ENVIRONMENTALLY FRIENDLY BACKPACKS**

SITE INFORMATION (SI): *event area indoor or outdoor / sports venue mediations / within the organizations' spaces/ disposal site / any other site (use one sheet for one site)*

Name of the site information:

Location:

Youth workers / educators:

	MONTHLY		REDUTION RESULTS	
<i>EVENT 1</i>				
<i>EVENT 2</i>				
<i>EVENT 3</i>				
<i>EVENT 4</i>				
<i>EVENT 5</i>				
<i>EVENT 6</i>				
...				
...				
...				

**ASSESSMENT WORKSHEET – HOW MANY PEOPLE ADHERED TO REUSABLE SOCIAL MASKS**

SITE INFORMATION (SI): *event area indoor or outdoor / sports venue mediations / within the organizations' spaces/ disposal site / any other site (use one sheet for one site)*

Name of the site information:

Location:

Organization Staff:

	MONTHLY		REDUTION RESULTS	
<b>EVENT 1</b>				
<b>EVENT 2</b>				
<b>EVENT 3</b>				
<b>EVENT 4</b>				
<b>EVENT 5</b>				
<b>EVENT 6</b>				
...				
...				
...				
...				







**ASSESSMENT WORKSHEET – HOW MANY ELECTRICAL OR ELECTRONIC EQUIPMENTS WERE DONATED BY THE ORGANIZATIONS TO THE BANK**

SITE INFORMATION (SI): *any other site (use one sheet for one site)*

Name of the site information:

Location:

Investors & Staff:

	QUARTELY DONATIONS		YEARLY DONATIONS	
<b>EVENT 1</b>				
<b>EVENT 2</b>				
<b>EVENT 3</b>				
<b>EVENT 4</b>				
<b>EVENT 5</b>				
<b>EVENT 6</b>				
...				
...				
...				
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...				
...				
...				
...				

**ASSESSMENT WORKSHEET – TO ASSESS HOW MANY HITS EACH AWARENESS CAMPAIGN HAS/HAD IN THE SOCIAL NETWORKS**

SITE INFORMATION (SI): *any other site (use one sheet for one site)*

Name of the site information:

Location:

Investors & Staff:

	MONTHLY		YEARLY	
<b>EVENT 1</b>				
<b>EVENT 2</b>				
<b>EVENT 3</b>				
<b>EVENT 4</b>				
<b>EVENT 5</b>				
<b>EVENT 6</b>				
...				
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# **Perfomance Tools for Activities**

## PERFORMANCE TOOL FOR ACTIVITIES AND PARTICIPATION

**Focus**

**Group**

<b>Leaders / Staff</b>	<b>N° of people involved</b>				<b>Amount of plastic saved</b>				<b>Behaviour Changes</b>				<b>Awakening of Environmental Awareness</b>			
	Activity 1															
	Activity 2															
	Activity 3															
	Activity 4															
	Activity 5															
	Activity 6															
<b>General Public</b>	<b>N° of people involved</b>				<b>Amount of plastic saved</b>				<b>Behaviour Changes</b>				<b>Awakening of Environmental Awareness</b>			
	Activity 1															
	Activity 2															
	Activity 3															
	Activity 4															
	Activity 5															
	Activity 6															
Activity 7																
<b>Athletes / Participants</b>	<b>N° of people involved</b>				<b>Amount of plastic saved</b>				<b>Behaviour Changes</b>				<b>Awakening of Environmental Awareness</b>			
	Activity 1															
	Activity 2															
	Activity 3															
	Activity 4															
Activity 5																