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# **Promotion campaign on environmental literacy for college students**

RESPONSIBLE PARTNER

Federação Erasmus Student Network Portugal  
(Portugal)

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## **Acknowledgment**

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## 1. Introduction

The communication campaign on environmental literacy (A5.2) focused on raising awareness among university students and young people aged 18 to 25. Led by ESN Portugal, it was developed through a collaborative process in which project partners contributed to defining the themes, structure, and timeline. A yearly plan was first established and later detailed into a monthly content strategy, allowing for flexibility and alignment with other project activities. Partners were actively involved in adapting, translating, and disseminating the campaign materials in their respective countries, ensuring wider outreach and relevance to different audiences. Implemented mainly through social media platforms, the campaign has demonstrated positive initial engagement and reach.

## 2. Methodology

The methodology for the campaign was built on a collaborative feedback loop led by ESN Portugal and supported by the full consortium. ESN Portugal developed the initial draft of the yearly awareness-raising plan, the subsequent detailed monthly plans, and all core digital assets (graphics and copy). This was presented in January of 2025.

Project partners actively refined the campaign by suggesting additional themes and restructuring the timeline. This alignment ensured the campaign effectively supported other project deliverables.

Partners were responsible for translating campaign content into their native languages and disseminating it via their local communication channels. This decentralized approach maximized reach among diverse youth groups across partner countries.

For the sake of simplification, this report will focus on the contents and results shared in the project's social media account.

### 2.2. Planned vs. Implemented Activities

The transition from planning to implementation saw one major strategic adjustment: the delivery timeline for content. To facilitate better localization, Communication Managers were granted "advanced access" to graphics and copy, to use in their own channels. This allowed partners to adapt and schedule posts tailored to their specific national contexts ahead of time, a shift from the more centralized "simultaneous release" originally envisioned.

### 2.3. Achievement of Results & Quality Evaluation

The campaign results were achieved through a structured consensus-building process and professional design standards. The strategy was formally presented and refined during the partner meeting in Coimbra, ensuring all organizations were aligned on logistics and vision.

The campaign was managed by ESN Portugal's communication department. A mid-term evaluation scheduled for occurred in May of 2025 and served a quality pivot point, allowing the consortium to adjust tactics based on performance data.

Results are documented through the *Yearly Campaign Plan*, *Monthly Social Media Calendars*, *Digital Asset Folders*, and *Coimbra Meeting Minutes*.

## 2.4. Target Group & Benefits

The campaign specifically targets university students and young people (aged 18–25). Messaging was designed to be accessible and highly relevant to student life.

- Thematic Breadth: The campaign bridges high-level project goals with daily youth reality through 9 core themes:
  1. Introduction & Sensibilization
  2. Daily Sustainability
  3. Climate Change
  4. Circular Economy
  5. Environmental Updates & Policy
  6. Resource Conservation
  7. Sustainable Lifestyles
  8. Renewable Energy
  9. Collective Action & Impact

### 3. Activities

#### Content & Timeline

The content and posting dates outlined in this plan are subject to change. Adjustments may be made to prioritize more urgent or timely topics that arise, ensuring the campaign remains relevant and impactful.

|                                                       | Date      | Time for | Theme                                                                      | Post type        | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Content             |
|-------------------------------------------------------|-----------|----------|----------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>FEB<br/>Introduction &amp;<br/>sensibilization</b> | 2/5/2025  | 11AM     | Who we are                                                                 | carousel         | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents</p> <p>#ELCRA</p> | Instagram, Facebook |
|                                                       | 2/5/2025  | 11AM     | 'Why does sustainability matter?' - Introduction to the project & its aims | Linkedin Article | <a href="https://docs.google.com/document/d/156KKraGtxTIADo38zoicG-x-6GXDFzM5OLAVg-eToTg/edit?usp=sharing">https://docs.google.com/document/d/156KKraGtxTIADo38zoicG-x-6GXDFzM5OLAVg-eToTg/edit?usp=sharing</a>                                                                                                                                                                                                                                                                                                                                                                                                               | LinkedIn            |
|                                                       | 2/17/2025 | 3PM      | Who we are                                                                 | Stories          | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=</a>                                                                                                                                                                                                                                                                                   | Instagram, Facebook |

[www.elcraproject.eu](http://www.elcraproject.eu)

| MAR<br>Daily Sustainability | Date      | Time for | Theme                                                                            | Post type | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Social Media        |
|-----------------------------|-----------|----------|----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
|                             | 3/5/2025  | 11AM     | Simple Actions for Sustainability                                                | carousel  | <p>Small Changes, Big Impact!</p> <p>Want to live more sustainably every day? It's easier than you think!<br/>Here are 7 simple habits that help protect our planet:</p> <p>Reduce waste – plan meals &amp; avoid single-use plastics<br/>Choose sustainable products – go for eco-friendly &amp; local options<br/>Save energy – switch to LED &amp; unplug devices when not in use<br/>Walk, bike, or carpool – less pollution, more movement!<br/>Conserve water – shorter showers &amp; rainwater collection<br/>Recycle &amp; compost – give waste a second life<br/>Buy less, choose better – quality over quantity always!</p> <p>Every small action counts. Which one will you start today? Tell us in the comments!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | Instagram, Facebook |
|                             | 3/17/2025 | 3PM      | What is your best sustainability practise?                                       | Stories   | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Instagram           |
|                             | 3/24/2025 | 5PM      | One Week Without Single-Use Plastic" challenge with simple steps to participate. | Stories   | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=&amp;utm_medium=sharebutton">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=&amp;utm_medium=sharebutton</a>                                                                                                                                                                                                                                                                                                                                                                                                         | Instagram           |

| APR<br>Climate Change | Date      | Time for | Theme                                                              | Post type | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Social Media           |
|-----------------------|-----------|----------|--------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
|                       | 4/10/2025 | 1PM      | What is Climate Change?                                            | carousel  | <p>What's Causing Climate Change – And What Can We Do About It?</p> <p>Climate change isn't a distant threat—it's happening now, and it's largely driven by human activity.</p> <p>The Main Causes:    Burning fossil fuels (coal, oil &amp; gas) Deforestation and land degradation<br/>Industrial agriculture and livestock emissions<br/>Pollution from industries and transportation</p> <p>These activities release greenhouse gases like CO<sub>2</sub> and methane, trapping heat in our atmosphere and disrupting the planet's natural balance.</p> <p>But there's hope—and action!<br/>Here's what you can do to make a difference:<br/>Reduce waste &amp; single-use plastics<br/>Choose sustainable transport options<br/>Save energy at home &amp; work<br/>Support reforestation &amp; nature protection<br/>Advocate for climate-conscious policies</p> <p>We all share this planet—let's protect it together.</p> | Instagram,<br>Facebook |
|                       | 4/17/2025 | 3PM      | Testimony of a young person involved in climate- related projects. | carousel  | <p>"Voices for the Planet"</p> <p>Meet one of the young changemakers taking action for a greener future. Through climate-related projects, they're proving that every step—big or small—can drive real impact.</p> <p>#YouthForClimate #ClimateAction #SustainableFuture #ELCRA<br/>#GreenGeneration</p> <p>Would you like a more emotional, fun, or formal version?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Instagram,<br>Facebook |

|  |           |      |                                                                    |         |                                                                                                                                                                                                                                                                                                                                |          |
|--|-----------|------|--------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|  | 4/30/2025 | 10AM | Article about the impact of climate changes in the new generations | Article | Climate change is not a distant threat—it's a defining force in the lives of today's youth.<br><br>From extreme weather events to biodiversity loss, young people are navigating a world where environmental challenges shape their decisions, values, and aspirations. But they're not just adapting—they're leading the way. | LinkedIn |
|--|-----------|------|--------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|

|                         | Date      | Time for | Theme                     | Post type                   | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Social Media        |
|-------------------------|-----------|----------|---------------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| MAY<br>Circular Economy | 5/14/2025 | 1PM      | What is Circular Economy? | Stories with a question box | What is Circular Economy for you?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Instagram, Facebook |
|                         | 5/15/2025 | 3PM      | What is Circular Economy? | carousel                    | <p>What if waste didn't have to be the end of the line?<br/>It's time to shift from a take-make-dispose mindset to a circular one — where resources are reused, repaired, and given a second life.</p> <p>In this carousel, learn:<br/>What the Circular Economy is<br/>Why it matters<br/>How you can apply it in your daily routine<br/>... and how you can make a difference!</p> <p>Swipe through and challenge yourself (and a friend) to take one step towards a more sustainable lifestyle this week!</p> <p>#CircularEconomy #Sustainability #GoGreen #EcoFriendly<br/>#ThinkCircular #ClimateAction #ReuseReduceRecycle<br/>#ELCRA #YouthForClimate</p> | Instagram, Facebook |

|  |           |      |                                        |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                    |
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|  | 5/28/2025 | 11AM | Inspiring Examples of Circular Economy | Case Study Post | <p>From mushrooms to mountains – the circular economy is everywhere. Businesses and communities across the globe are turning waste into opportunity through creativity, innovation, and bold choices.</p> <p>Companies like Patagonia are repairing, not replacing<br/>Start-ups like Ecovative are growing packaging, not making it<br/>Communities like Kamikatsu are leading local circular revolutions</p> <p>These stories aren't just inspiring — they're a blueprint for the future.</p> <p>Know another circular hero? Tag them below!</p> <p>#CircularEconomy #SustainableInnovation #WasteToValue<br/>#GreenBusiness #ClimateAction #ThinkCircular<br/>#EcoInspiration</p> | Instagram/Facebook |
|--|-----------|------|----------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|

| JUN<br>Environmental<br>Updates and<br>Policies | Date      | Time for | Theme                          | Post type        | Content                                                                                                                                                                                                                                                                                                                       | Social Media        |
|-------------------------------------------------|-----------|----------|--------------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
|                                                 | 6/19/2025 | 1PM      | Recent Environmental Successes | carousel         | <p>3 Wins for the Planet in 2025<br/>Clean energy investment hits a global record<br/>U.S. battery storage grows x4 since 2021<br/>Portugal's floating solar farm leads innovation</p> <p>Progress is real—let's keep pushing forward.<br/>#Sustainability #CleanEnergy #ClimateWins #ELCRA<br/>#GreenFuture</p>              | Instagram, Facebook |
|                                                 | 6/23/2025 | 3PM      | Sustainable Partnerships       | Linkedin Article | <p>Sustainable Partnerships Start with Shared Awareness</p> <p>At ELCRA, we know that real change begins with understanding. Through collaboration with like-minded partners, we work to raise awareness about the environmental challenges our communities face— and the collective actions we can take to address them.</p> | LinkedIn            |

|                                                            | Date      | Time for | Theme                                        | Post type | Content                                                                                                                                                                                                                                                               | Social Media        |
|------------------------------------------------------------|-----------|----------|----------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>JUL</b><br><br><b>Conservation of Natural Resources</b> | 7/16/2025 | 1PM      | "What you do to improve your water consume?" | Stories   | Use the Question box from instagram to put on the template                                                                                                                                                                                                            | Instagram, Facebook |
|                                                            | 7/24/2025 | 3PM      | 3 Simple Ways to Protect Natural Habitats    | carousel  | Small actions, big impact    Protecting our planet's natural habitats starts with the choices we make every day. Which of these will you try first?<br><br>#ProtectNature #SustainableLiving #GoGreen<br>#ESNForNature #HabitatConservation<br>#SimpleActionsBigImpac | Instagram, Facebook |

|                                             | Date      | Time for | Theme                                                                            | Post type        | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Social Media        |
|---------------------------------------------|-----------|----------|----------------------------------------------------------------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>AGO</b><br><b>Sustainable Lifestyles</b> | 8/6/2025  | 1PM      | "Rethinking your wardrobe: The impact of fast fashion and ethical alternatives." | Linkedin Article | <a href="https://docs.google.com/document/d/1sp84zQcRKUCBCeQvJitITAIYQzxWUmcBnHEzN5Wjg4/edit?usp=drive_link">https://docs.google.com/document/d/1sp84zQcRKUCBCeQvJitITAIYQzxWUmcBnHEzN5Wjg4/edit?usp=drive_link</a>                                                                                                                                                                                                                                                                                                                                 | LinkedIn            |
|                                             | 8/13/2025 | 3PM      | The importance of Sustainable Habits                                             | Carousel         | The Importance of Sustainable Habits<br>Small actions, big impact.<br>Our daily choices, from what we eat to how we travel, shape the planet's future.<br>When millions adopt small sustainable habits, the results multiply, creating systemic change in communities, businesses, and governments.<br><br>Now... Are you ready to make a difference?<br>Start with one habit today! YOUR ACTIONS MATTER<br>Follow ELCRA for more insights on sustainability & environmental literacy.<br><br>#Sustainability #EnvironmentalLiteracy #ClimateAction | Instagram, Facebook |
|                                             | 8/24/2025 | 6PM      | My Zero-Waste Morning Routine                                                    | Stories          | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=</a>                                                                                                                                                                                                         | Instagram, Facebook |

|                         | Date      | Time for post | Theme                                                | Post type        | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Social Media Channel |
|-------------------------|-----------|---------------|------------------------------------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| SEP<br>Renewable Energy | 9/1/2025  | 4PM           | "Why investing in solar and wind energy is crucial." | carousel         | <p>Solar and wind energy aren't just alternatives, THEY'RE THE FUTURE!</p> <p>From cutting emissions to creating jobs and reducing energy costs, investing in renewables is crucial for building a cleaner and more resilient world</p> <p>Here's why:</p> <p>They're abundant and renewable<br/>They boost energy independence<br/>They protect our health and environment<br/>They create economic opportunities</p> <p>The choice is clear: when we invest in solar and wind, we invest in our future</p> <p>What renewable action would you like to see grow in your community?</p> | Instagram, Facebook  |
|                         | 9/1/2025  | 11AM          | Clean Energy Sources                                 | Linkedin Article | <a href="https://docs.google.com/document/d/15IokPJ1WiKILcHUFb90uHUfnzgYuYzjtRuNN0r7etW0/edit?usp=sharing">https://docs.google.com/document/d/15IokPJ1WiKILcHUFb90uHUfnzgYuYzjtRuNN0r7etW0/edit?usp=sharing</a>                                                                                                                                                                                                                                                                                                                                                                         | LinkedIn             |
|                         | 9/23/2025 | 5PM           | How to Reduce Energy Use                             | carousel         | <p>Saving energy at home is easier than you think!</p> <p>Here are 5 simple practices you can start today:</p> <ol style="list-style-type: none"> <li>1 Unplug &amp; switch off devices not in use</li> <li>2 Switch to LED lighting</li> <li>3 Control heating &amp; cooling smartly</li> <li>4 Save water, save energy</li> <li>5 Cook &amp; clean efficiently</li> </ol> <p>Which of these habits do you already follow?</p>                                                                                                                                                         | Instagram, Facebook  |

|                                   | Date       | Time for | Theme                                                                                   | Post type        | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Social Media        |
|-----------------------------------|------------|----------|-----------------------------------------------------------------------------------------|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>OCT<br/>Collective Actions</b> | 10/3/2025  | 4PM      | "What you can do to save the planet? Get to know some ways (join NGos, Best practices)" | carousel         | <p>Want to help protect the planet but don't know where to start?</p> <p>Small actions create big change, and we all have the power to make a difference!</p> <p>Here are a few ways to start today:</p> <ul style="list-style-type: none"> <li>Join or volunteer with local NGOs and sustainability projects.</li> <li>Adopt eco-friendly habits.</li> <li>Choose greener transport like walking, biking, or public transit.</li> <li>Support local and fair-trade products.</li> <li>Raise awareness and inspire others to take action.</li> </ul> <p>Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future</p> | Instagram, Facebook |
|                                   | 10/22/2025 | 11AM     | "Myth vs. Fact – Sustainability Edition"                                                | Linkedin Article | <a href="https://docs.google.com/document/d/1aiHxXT5Khb32IDyKAaTvyj9uvF6_3_iNHl30zpfuiZs/edit?tab=t.0">https://docs.google.com/document/d/1aiHxXT5Khb32IDyKAaTvyj9uvF6_3_iNHl30zpfuiZs/edit?tab=t.0</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | LinkedIn            |

|     | Date       | Time for | Theme                                 | Post type | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Social Media                  |
|-----|------------|----------|---------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| NOV | 11/10/2025 | 4PM      | THEMATIC POST ABOUT THE COURSE        | Post      | <p>Want to better understand environmental challenges, and learn how to act on them?</p> <p>The ELCRA MOOC gives you the tools to become a more informed, empowered, and impactful changemaker.</p> <p>Through 10 interactive micro-modules, you'll develop environmental literacy, systemic thinking, and the ability to face climate challenges constructively.</p> <p>Rich multimedia Open educational resources<br/>Self-assessment tools Official certification Community of Practice</p> <p>Start learning today → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a> #ELCRA</p> <p>#Sustainability #ClimateEducation #EnvironmentalLiteracy</p> <p>#Students</p> | Instagram, Facebook, LinkedIn |
|     | 11/17/2025 | 11AM     | "How to Sign Up for the ELCRA Course" | Post      | <p>Ready to start your learning journey?</p> <p>Enrolling in the ELCRA Course is simple and completely FREE!</p> <p>Just follow these steps:</p> <ol style="list-style-type: none"> <li>1 Visit <a href="https://lms.elcraproject.eu">lms.elcraproject.eu</a></li> <li>2 Create your account</li> <li>3 Access the Modules</li> <li>4 Complete the Course</li> <li>5 Download the Certificate!!</li> </ol> <p>Start now → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #ClimateEducation #HowToEnroll #OnlineLearning</p>                                                                                                                     | Instagram, Facebook, LinkedIn |

[www.elcraproject.eu](https://www.elcraproject.eu)

|                     | 11/24/2025 | 10AM     | LEARN AT YOUR OWN PACE                 | Stories       | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjg3m5IarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjg3m5IarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>                                                                       | Instagram, Facebook           |
|---------------------|------------|----------|----------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
|                     | Date       | Time for | Theme                                  | Post type     | Content                                                                                                                                                                                                                                                                                                                                                                                                                                 | Social Media                  |
| DEC Campaign Impact | 12/10/2025 | 4PM      | Looking Ahead to 2026                  | LinkedIn Post | <a href="https://docs.google.com/document/d/1tBEY82JOAuxPfKKeiD3VvN63zovfKUpVDsnfK1vz-U/edit?tab=t.0#heading=h.y00qa94geuht">https://docs.google.com/document/d/1tBEY82JOAuxPfKKeiD3VvN63zovfKUpVDsnfK1vz-U/edit?tab=t.0#heading=h.y00qa94geuht</a>                                                                                                                                                                                     | LinkedIn                      |
|                     | 12/23/2025 | 6PM      | Happy 2026 from ELCRA                  | Post          | <p>Happy 2026 from ELCRA!</p> <p>As we welcome a new year, we wish our community inspiration, curiosity, and courage to keep learning and acting for a more sustainable future.</p> <p>May 2026 bring: New ideas<br/>Continued learning Stronger collaboration<br/>Meaningful environmental action Thank you for being part of this journey!</p> <p>#ELCRA #Happy2026 #NewYear #Sustainability #ClimateAction</p>                       | Instagram, Facebook, LinkedIn |
|                     | 12/30/2025 | 11AM     | Thank You for Being Part of the Change | Post          | <p>Thank You for Being Part of the Change</p> <p>Real change doesn't happen alone. It happens through people who care, learn, question, and engage.</p> <p>Thank you for following ELCRA, sharing your ideas, and helping to spread awareness about environmental literacy and sustainability.</p> <p>Whether you joined us through our content, our course, or simply by reflecting on these topics... You are part of the change!</p> | Instagram, Facebook, LinkedIn |

| ELCRA<br>Outreach campaign dedicated to college students |      |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                          |           |          |          |   |        |
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| Post Name                                                | Post | Posting<br>Date | Description EN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Description ES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Files                                                                                                                                                                                                                                                                                                                                                                    | Instagram | Facebook | LinkedIn | X | Tiktok |
| Quienes somos                                            | 5feb | 11am            | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!<br/>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>EL CRA: Empoderando a los estudiantes para un futuro sostenible</p> <p>¿Estás listo para ser parte del cambio? ELCRA tiene como objetivo impulsar la alfabetización ambiental entre los estudiantes universitarios, convertir el conocimiento en acción y abordar los desafíos ambientales.</p> <p>Desde la investigación y la educación hasta la defensa y la construcción de comunidades, estamos equipando a los estudiantes para abordar los problemas climáticos y promover la sostenibilidad, al tiempo que prevenimos los riesgos de radicalización en el activismo.</p> <p>¿Quieres saber más? ¡Lee esta publicación y únete al movimiento!<br/>#AlfabetizaciónAmbiental #Sostenibilidad #EstudiantesUniversitarios #ELCRA</p> | <p><a href="https://www.canva.com/design/DAGdlszDKUM/U4iXvTGxqD8gzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdlszDKUM/U4iXvTGxqD8gzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | x         | x        |          |   |        |

[www.elcraproject.eu](http://www.elcraproject.eu)

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| <p>"¿Por qué es importante la sostenibilidad?" - Introducción al proyecto y sus objetivos</p> |  |  | <p>ELCRA: Empowering Students to Lead the Way in Sustainability</p> <p>In the face of climate change, the role of young people as drivers of environmental action has never been more critical. That's where ELCRA steps in – a project designed to boost environmental literacy among university students, empowering them to take the lead in creating a more sustainable future.</p> <p>But ELCRA doesn't stop at education. The project also focuses on addressing risks of violent radicalisation within environmental activism by equipping students with the skills and understanding to channel their passion for change constructively.</p> <p><b>Project Actions</b></p> <p>Study the phenomena at the heart of the project;<br/>Provide knowledge and skills to participants;<br/>Develop communities of practice;<br/>Promote environmental literacy through awareness-raising campaigns and advocacy activities.</p> <p><b>Project Results</b></p> <p>A research on young people's attitudes towards the climate crisis, environmental activism and risk factors for violent radicalisation;<br/>A Competence framework on the prevention of violent radicalisation of environmental activism through environmental literacy;<br/>An online platform, as a European reference point on the prevention of violent radicalisation of environmental activism through environmental literacy, containing materials, events, research and all content developed by the project consortium;<br/>A multidisciplinary MOOC course on environmental literacy, climate change, environmental sustainability, innovative problem-solving strategies, systemic thinking and systemic change. 10 workshops with students on preventing violent radicalisation in environmental activism through environmental literacy;<br/>A cross-sectoral and multidisciplinary community of practice between academia and other stakeholders in sustainability and environmental activism;<br/>Awareness-raising measures and advocacy activities on project topics are always targeted at university students and higher education organisations;<br/>A document containing recommendations from the research and community of practice. Improvement of university students' knowledge and skills in environmental sustainability.</p> <p>Through its comprehensive approach, ELCRA doesn't just teach students about the environment—it empowers them to shape it. This project emphasizes collaboration, innovation, and constructive activism, paving the way for a generation of leaders ready to tackle global challenges head-on.<br/>☞ Want to learn more? Let's connect! Together, we can empower students to create a more sustainable future.</p> | <p>ELCRA LINKEDIN POST   5 de febrero de 2025</p> <p>ELCRA: Empoderar a los estudiantes para que lideren el camino hacia la sostenibilidad</p> <p>Ante el cambio climático, el papel de los jóvenes como impulsores de la acción ambiental nunca ha sido más crítico. Ahí es donde interviene ELCRA, un proyecto diseñado para impulsar la alfabetización ambiental entre los estudiantes universitarios, empoderándolos para tomar la iniciativa en la creación de un futuro más sostenible.</p> <p>Pero ELCRA no se detiene en la educación. El proyecto también se centra en abordar los riesgos de radicalización violenta dentro del activismo ambiental al equipar a los estudiantes con las habilidades y la comprensión para canalizar su pasión por el cambio de manera constructiva.</p> <p><b>Acciones del proyecto</b></p> <p>Estudiar los fenómenos en el corazón del proyecto;<br/>Proporcionar conocimientos y habilidades a los participantes;<br/>Desarrollar comunidades de práctica;<br/>Promover la alfabetización ambiental a través de campañas de sensibilización y actividades de promoción.</p> <p><b>Resultados del proyecto</b></p> <p>Una investigación sobre las actitudes de los jóvenes hacia la crisis climática, el activismo ambiental y los factores de riesgo de radicalización violenta;<br/>Un marco de competencias sobre la prevención de la radicalización violenta del activismo ambiental a través de la alfabetización ambiental;<br/>Una plataforma en línea, como punto de referencia europeo sobre la prevención de la radicalización violenta del activismo ambiental a través de la alfabetización ambiental, que contenga materiales, eventos, investigaciones y todo el contenido desarrollado por el consorcio del proyecto;<br/>Un curso MOOC multidisciplinario sobre alfabetización ambiental, cambio climático, sostenibilidad ambiental, estrategias innovadoras de resolución de problemas, pensamiento sistémico y cambio sistémico. 10 talleres con estudiantes sobre la prevención de la radicalización violenta en el activismo ambiental a través de la alfabetización ambiental;<br/>Una comunidad de práctica intersectorial y multidisciplinaria entre el mundo académico y otras partes interesadas en la sostenibilidad y el activismo ambiental;<br/>Las medidas de sensibilización y las actividades de promoción sobre los temas del proyecto siempre están dirigidas a estudiantes universitarios y organizaciones de educación superior;<br/>Un documento que contiene recomendaciones de la investigación y la comunidad de práctica. Mejora del conocimiento y las habilidades de los estudiantes universitarios en sostenibilidad ambiental.</p> <p>A través de su enfoque integral, ELCRA no solo enseña a los estudiantes sobre el medio ambiente, sino que los capacita para darle forma. Este proyecto enfatiza la colaboración, la innovación y el activismo constructivo, allanando el camino para una generación de líderes preparados para enfrentar los desafíos globales de frente.</p> <p>¿Quieres aprender más? ¡Conectémonos! Juntos, podemos empoderar a los estudiantes para crear un futuro más sostenible.</p> | <p>Text for the post - ( <a href="https://docs.google.com/document/d/1e22y55IDRcRHs9KB7Mxd15ErLgPbq6BD/e/dit?usp=drive_link&amp;ouid=108596467631510347691&amp;rtocf=true&amp;sd=true">https://docs.google.com/document/d/1e22y55IDRcRHs9KB7Mxd15ErLgPbq6BD/e/dit?usp=drive_link&amp;ouid=108596467631510347691&amp;rtocf=true&amp;sd=true</a> )</p> <p>Image for the Post ( <a href="https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FiZQNYTwSF4_0IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FiZQNYTwSF4_0IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> )</p> |  |  |  |  |  |
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| Quiénes somos                                              | 17/10 | 3pm  | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p>                                                                                                                                                                                | <p>ELCRA: Empoderando a los estudiantes para un futuro sostenible</p> <p>¿Estás listo para ser parte del cambio? ELCRA tiene como objetivo impulsar la alfabetización ambiental entre los estudiantes universitarios, convertir el conocimiento en acción y abordar los desafíos ambientales.</p> <p>Desde la investigación y la educación hasta la defensa y la construcción de comunidades, estamos equipando a los estudiantes para abordar los problemas climáticos y promover la sostenibilidad, al tiempo que prevenimos los riesgos de radicalización en el activismo.</p> <p>¿Quieres saber más? ¡Lee esta publicación y únete al movimiento!</p> <p>#AlfabetizaciónAmbiental #Sostenibilidad #EstudiantesUniversitarios #ELCRA</p>                                                                                                                                                                                           | <a href="https://www.canva.com/design/DAGd14T5hwo/BQUJWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd14T5hwo/BQUJWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | x |  |  |  |  |
| Simple Actions for Sustainability                          | 05/03 | 11AM | <p>Small Changes, Big Impact!</p> <p>Want to live more sustainably every day? It's easier than you think! Here are 7 simple habits that help protect our planet:</p> <p>Reduce waste – plan meals &amp; avoid single-use plastics<br/>Choose sustainable products – go for eco-friendly &amp; local options<br/>Save energy – switch to LED &amp; unplug devices when not in use<br/>Walk, bike, or carpool – less pollution, more movement!<br/>Conserve water – shorter showers &amp; rainwater collection<br/>Recycle &amp; compost – give waste a second life<br/>Buy less, choose better – quality over quantity always!</p> <p>Every small action counts. Which one will you start today? Tell us in the comments!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>Pequeños cambios, gran impacto!</p> <p>¿Quieres vivir de forma más sostenible cada día? ¡Es más fácil de lo que crees! Aquí tienes siete hábitos sencillos que ayudan a proteger nuestro planeta:</p> <p>Reduce los residuos: planifica tus comidas y evita los plásticos de un solo uso.<br/>Elige productos sostenibles: opta por opciones ecológicas y locales.<br/>Ahorra energía: cambia a luces LED y desenchufa los aparatos cuando no los utilices.<br/>Camina, monta en bicicleta o comparte coche: ¡menos contaminación, más movimiento!<br/>Ahorra agua: dúchate menos tiempo y recoge el agua de lluvia.<br/>Recicla y compost: dales una segunda vida a los residuos<br/>Compra menos, elige mejor: ¡calidad antes que cantidad!<br/>¡Cada pequeña acción cuenta! ¿Qué acción empezarás hoy?<br/>¡Cuéntanos en los comentarios!</p> <p>#AlfabetizaciónAmbiental #Sostenibilidad #EstudiantesUniversitarios #ELCRA</p> | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSvBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSvBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | x |  |  |  |  |
| What is your best sustainability practise?                 | 17/03 | 3PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <a href="https://www.canva.com/design/DAGd14T5hwo/BQUJWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd14T5hwo/BQUJWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |
| One Week Without Single-Use Plastic" challenge with simple | 24/03 | 3PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <a href="https://www.canva.com/design/DAGd14T5hwo/BQUJWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd14T5hwo/BQUJWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |

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| What is Climate Change?                                           | 04/10 | 1pm | <p>What's Causing Climate Change – And What Can We Do About It?</p> <p>Climate change isn't a distant threat—it's happening now, and it's largely driven by human activity.</p> <p>The Main Causes: Burning fossil fuels (coal, oil &amp; gas)<br/>Deforestation and land degradation<br/>Industrial agriculture and livestock emissions<br/>Pollution from industries and transportation</p> <p>These activities release greenhouse gases like CO<sub>2</sub> and methane, trapping heat in our atmosphere and disrupting the planet's natural balance.</p> <p>But there's hope—and action!<br/>Here's what you can do to make a difference: Reduce waste &amp; single-use plastics Choose sustainable transport options Save energy at home &amp; work Support reforestation &amp; nature protection Advocate for climate-conscious policies</p> <p>We all share this planet—let's protect it together.</p> <p>#ClimateAction #Sustainability #GoGreen #ActOnClimate #ClimateChange #EcoFriendly #TogetherForThePlanet</p> | <p>¿Qué causa el cambio climático y qué podemos hacer al respecto?<br/>El cambio climático no es una amenaza lejana: está ocurriendo ahora y se debe principalmente a la actividad humana.<br/>Las principales causas:<br/>Quema de combustibles fósiles (carbón, petróleo y gas) Deforestación y degradación de la tierra Emisiones de la agricultura industrial y la ganadería Contaminación industrial y del transporte</p> <p>Estas actividades liberan gases de efecto invernadero como el CO<sub>2</sub> y el metano, que atrapan el calor en nuestra atmósfera y alteran el equilibrio natural del planeta.</p> <p>¡Pero hay esperanza y acción!<br/>Esto es lo que puedes hacer para marcar la diferencia: Reduce los residuos y los plásticos de un solo uso Elige opciones de transporte sostenibles Ahorra energía en casa y en el trabajo Apoya la reforestación y la protección de la naturaleza Promueve políticas que conciencien sobre el clima</p> <p>Todos compartimos esto Planeta: protéjámoslo juntos.</p> <p>#AcciónClimática #Sostenibilidad #CuidemosElClimático #ActuemosPorElClima #CambioClimático #Ecológico #JuntosPorElPlaneta</p> | <p><a href="https://www.canva.com/design/DAGknizQY0/s9rBFnXUHiuLxMIAAnbxsw/edit?utm_content=DAGknizQY0&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=socialmedia">https://www.canva.com/design/DAGknizQY0/s9rBFnXUHiuLxMIAAnbxsw/edit?utm_content=DAGknizQY0&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=socialmedia</a></p>     | X | X |  |  |  |
| Testimony of a young person involved in climate-related projects. | 17/04 | 3PM | <p>"Voices for the Planet"<br/>Meet one of the young changemakers taking action for a greener future. Through climate-related projects, they're proving that every step—big or small—can drive real impact.<br/>#YouthForClimate #ClimateAction #SustainableFuture #ELCRA #GreenGeneration</p> <p>Would you like a more emotional, fun, or formal version?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p>«Voces por el Planeta»<br/>Conoce a uno de los jóvenes agentes de cambio que trabajan por un futuro más verde. A través de proyectos relacionados con el clima, demuestran que cada paso, grande o pequeño, puede generar un impacto real.<br/>#JóvenesPorElClima #AcciónClimática #FuturoSostenible #ELCRA #GeneraciónVerde</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><a href="https://www.canva.com/design/DAGknlVUOnk/_Hu9x1JphXV1KbaiHA7qFg/edit?utm_content=DAGknlVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=socialmedia">https://www.canva.com/design/DAGknlVUOnk/_Hu9x1JphXV1KbaiHA7qFg/edit?utm_content=DAGknlVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=socialmedia</a></p> | X | X |  |  |  |

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| Article about the impact of climate changes in the new generations | 30/04 | 11am | <p>Climate change is not a distant threat—it's a defining force in the lives of today's youth.</p> <p>From extreme weather events to biodiversity loss, young people are navigating a world where environmental challenges shape their decisions, values, and aspirations. But they're not just adapting—they're leading the way.</p> <p>How is climate change influencing youth priorities?</p> <p>A growing interest in green careers and sustainability-driven entrepreneurship</p> <p>A demand for climate-conscious policies in education and employment A surge in youth activism, shaping local and global environmental movements</p> <p>The ELCRA Project is dedicated to understanding and amplifying these shifts. Through research, advocacy, and collaboration, we explore how climate change is reshaping education, employability, and civic engagement for young people across Europe.</p> <p>But here's the question: Are governments, businesses, and institutions ready to embrace this change?</p> <p>Stay tuned as we share insights and strategies to empower youth-led climate resilience. Let's build a future where young voices drive sustainable action.</p> <p>What role do you see young people playing in shaping climate policies and solutions? Join the conversation.</p> <p>#ELCRA #ClimateResilience #YouthForChange #Sustainability #ClimateLeadership #GreenJobs #ClimateEducation #FutureOfWork</p> | <p>El cambio climático no es una amenaza lejana, sino una fuerza determinante en la vida de la juventud actual.</p> <p>Desde fenómenos meteorológicos extremos, hasta la pérdida de biodiversidad, los jóvenes se desenvuelven en un mundo donde los desafíos ambientales moldean sus decisiones, valores y aspiraciones. Pero no solo se adaptan, sino que lideran el cambio.</p> <p>¿Cómo influye el cambio climático en las prioridades de la juventud?</p> <p>Un creciente interés por las carreras verdes y el emprendimiento sostenible.</p> <p>Una demanda de políticas con conciencia climática en educación y empleo.</p> <p>Un auge del activismo juvenil que impulsa movimientos ambientales locales y globales.</p> <p>El Proyecto ELCRA se dedica a comprender y potenciar estos cambios. Mediante la investigación, la promoción y la colaboración, exploramos cómo el cambio climático está transformando la educación, la empleabilidad y la participación cívica de los jóvenes en toda Europa.</p> <p>Pero la pregunta es: ¿Están los gobiernos, las empresas y las instituciones preparados para afrontar este cambio?</p> <p>Manténganse atentos, ya que compartiremos ideas y estrategias para empoderar a los jóvenes en materia de resiliencia climática.</p> <p>Construyamos un futuro donde las voces jóvenes impulsen acciones sostenibles.</p> <p>¿Qué papel creen que desempeñarán los jóvenes en la formulación de políticas y soluciones climáticas? Únanse a la conversación.</p> <p>#ELCRA #ResilienciaClimática #JóvenesPorElCambio #Sostenibilidad #LiderazgoClimático #EmpleosVerdes #EducaciónClimática #FuturoDelTrabajo</p> |  |  |  | X |  |  |
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| What is Circular Economy?              | 14/5/2025 | 1pm  | Stories with a question box                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Stories con un cuadro de preguntas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <a href="https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UgEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UgEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X<br>INSTAG<br>R | X<br>FACEB<br>O |  |  |  |
| What is Circular Economy?              | 15/5/2025 | 3PM  | <p>What if waste didn't have to be the end of the line? It's time to shift from a take-make-dispose mindset to a circular one — where resources are reused, repaired, and given a second life.</p> <p>In this carousel, learn:<br/>What the Circular Economy is<br/>Why it matters<br/>How you can apply it in your daily routine<br/>... and how you can make a difference!</p> <p>Swipe through and challenge yourself (and a friend) to take one step towards a more sustainable lifestyle this week!</p> <p>#CircularEconomy #Sustainability #GoGreen #EcoFriendly #ThinkCircular #ClimateAction #ReuseReduceRecycle #ELCRA #YouthForClimate</p>                                                 | <p>¿Y si los residuos no fueran el final del ciclo? Es hora de pasar de una mentalidad de usar y tirar a una circular, donde los recursos se reutilizan, reparan y se les da una segunda vida.</p> <p>En este carrusel, aprende:<br/>Qué es la Economía Circular<br/>Por qué es importante<br/>Cómo puedes aplicarla en tu día a día<br/>... ¡y cómo puedes marcar la diferencia!</p> <p>Desliza y animate (y reta a un amigo) a dar un paso hacia un estilo de vida más sostenible esta semana.</p> <p>#EconomíaCircular #Sostenibilidad #Verde #Ecológico #PiensaCircular #AcciónClimática #ReutilizaReduceRecicla #ELCRA #JóvenesPorElClima</p>                                                                                                                                                                  | <a href="https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UgEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UgEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x                | x               |  |  |  |
| Inspiring Examples of Circular Economy | 28/5/2025 | 11am | <p>From mushrooms to mountains – the circular economy is everywhere. Businesses and communities across the globe are turning waste into opportunity through creativity, innovation, and bold choices.</p> <p>Companies like Patagonia are repairing, not replacing<br/>Start-ups like Ecovative are growing packaging, not making it<br/>Communities like Kamikatsu are leading local circular revolutions</p> <p>These stories aren't just inspiring — they're a blueprint for the future. Know another circular hero? Tag them below!</p> <p>#CircularEconomy #SustainableInnovation #WasteToValue #GreenBusiness #ClimateAction #ThinkCircular #EcoInspiration #ReuseRevolution #RethinkWaste</p> | <p>Desde setas, hasta montañas: la economía circular está en todas partes.</p> <p>Empresas y comunidades de todo el mundo están transformando los residuos en oportunidades mediante la creatividad, la innovación y las decisiones audaces.</p> <p>Empresas como Patagonia reparan, no reemplazan.<br/>Startups como Ecovative cultivan envases, no los fabrican.<br/>Comunidades como Kamikatsu lideran revoluciones circulares locales.</p> <p>Estas historias no solo inspiran, sino que son un modelo para el futuro.</p> <p>¿Conoces a otro héroe de la economía circular? ¡Etiquétalo aquí!</p> <p>#EconomíaCircular #InnovaciónSostenible #ReutilizaciónDeResiduos #NegociosVerdes #AcciónClimática #PiensaEnLaEconomíaCircular #InspiraciónEcológica #RevoluciónDeLaReutilización #RepensarLosResiduos</p> | <a href="https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UgEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UgEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x                | x               |  |  |  |
| Recent Environmental Successes         | 19/6/2025 | 1pm  | <p>3 Wins for the Planet in 2025<br/>Clean energy investment hits a global record<br/>U.S. battery storage grows x4 since 2021<br/>Portugal's floating solar farm leads innovation</p> <p>Progress is real—let's keep pushing forward.</p> <p>#Sustainability #CleanEnergy #ClimateWins #ELCRA #GreenFuture</p>                                                                                                                                                                                                                                                                                                                                                                                      | <p>Tres logros para el planeta en 2025<br/>La inversión en energía limpia alcanza un récord mundial<br/>El almacenamiento en baterías en EE. UU. se ha multiplicado por cuatro desde 2021<br/>El parque solar flotante de Portugal lidera la innovación<br/>El progreso es real: sigamos avanzando.</p> <p>#Sostenibilidad #EnergíaLimpia #LogrosClimáticos #ELCRA #FuturoVerde</p> <p>Las alianzas sostenibles comienzan con una conciencia compartida</p>                                                                                                                                                                                                                                                                                                                                                         | <a href="https://www.canva.com/design/DAGatpPdD6o/UpYhrBG4QYOkIf8WCIDRow/edit">https://www.canva.com/design/DAGatpPdD6o/UpYhrBG4QYOkIf8WCIDRow/edit</a>                                                                                                                                                                                                           | x                | x               |  |  |  |

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| Sustainable Partnerships                             | 23/6/2025 | 3PM | <p>Sustainable Partnerships Start with Shared Awareness</p> <p>At ELCRA, we know that real change begins with understanding.</p> <p>Through collaboration with like-minded partners, we work to raise awareness about the environmental challenges our communities face—and the collective actions we can take to address them.</p> <p>These partnerships allow us to reach more people, spark more conversations, and inspire deeper reflection on the importance of sustainability.</p> <p>Because when knowledge is shared, impact grows.</p> <p>#ELCRA #SustainablePartnerships #EnvironmentalAwareness #ClimateLiteracy #SustainabilityEducation #TogetherForChange</p> | <p>Las alianzas sostenibles comienzan con una conciencia compartida</p> <p>En ELCRA, sabemos que el cambio real comienza con la comprensión. A través de la colaboración con socios que comparten nuestra visión, trabajamos para crear conciencia sobre los retos medioambientales a los que se enfrentan nuestras comunidades, y sobre las acciones colectivas que podemos emprender para abordarlos.</p> <p>Estas alianzas nos permiten llegar a más personas, generar más debates e inspirar una reflexión más profunda sobre la importancia de la sostenibilidad.</p> <p>Porque cuando se comparte el conocimiento, el impacto crece.</p> <p>#ELCRA #AlianzasSostenibles #ConcienciaciónMedioambiental #AlfabetizaciónClimática #EducaciónenSostenibilidad #JuntosPorElCambio</p> | LinkedIn Text                                                                                                                                       |              |              | X |  |  |
| STORIES "What you do to improve your water consume?" | 16/7/2025 | 1pm | Use the Question box from intsgaram to put on the template                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Usa el cuadro de preguntas de Instagram para colocarlo en la plantilla.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <a href="https://www.canva.com/design/DAGsxWIYW-o/te1V3cEibFD41g5Jchkfaw/ed">https://www.canva.com/design/DAGsxWIYW-o/te1V3cEibFD41g5Jchkfaw/ed</a> | X<br>STORIES | X<br>STORIES |   |  |  |

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| 3 Simple Ways to Protect Natural Habitats                               | 24/7/2025<br>6/8/2025 | 3PM<br>1PM | Small actions, big impact Protecting our planet's natural habitats starts with the choices we make every day. Which of these will you try first?<br>#ProtectNature #SustainableLiving #GoGreen #ESNForNature #HabitatConservation #SimpleActionsBigImpact                                                                                                                                                                                                                                                                                                                 | Pequeñas acciones, gran impacto Proteger los hábitats naturales de nuestro planeta comienza con las decisiones que tomamos a diario.<br>¿Cuál de estas probarás primero?<br>#ProtegeLaNaturaleza #VidaSostenible #VeVerde #ESNParaLaNaturaleza #ConservaciónDelHabitat #AccionesSimplesDeGranImpacto                                                                                                                                                                                                                                                                                                                                                                                                                                           | <a href="https://www.canva.com/design/DAGsxWIYW-o/te1V3cEibFD41q5Jchkfqw/edi1?utm_content=DAGsxWIYW-o&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGsxWIYW-o/te1V3cEibFD41q5Jchkfqw/edi1?utm_content=DAGsxWIYW-o&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |   |
|                                                                         |                       |            | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Texto para LinkedIn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <a href="https://docs.google.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://docs.google.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> |   |   | X |
| Carousel   The importance of Sustainable Habits                         | 13/8/2025             | 3PM        | The Importance of Sustainable Habits<br>Small actions, big impact.<br>Our daily choices, from what we eat to how we travel, shape the planet's future.<br>When millions adopt small sustainable habits, the results multiply, creating systemic change in communities, businesses, and governments.<br><br>Now... Are you ready to make a difference?<br>Start with one habit today! YOUR ACTIONS MATTER<br>Follow ELCRA for more insights on sustainability & environmental literacy.                                                                                    | La importancia de los hábitos sostenibles.<br>Pequeñas acciones, gran impacto.<br>Nuestras decisiones diarias, desde lo que comemos, hasta cómo viajamos, dan forma al futuro del planeta.<br>Cuando millones de personas adoptan pequeños hábitos sostenibles, los resultados se multiplican y generan un cambio sistémico en comunidades, empresas y gobiernos.<br><br>¿Estás listo/a para marcar la diferencia?<br>¡Empieza hoy mismo con un hábito! TUS ACCIONES IMPORTAN<br>Sigue a ELCRA para obtener más información sobre sostenibilidad y educación ambiental.                                                                                                                                                                        | <a href="https://www.canva.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>     | X | X |   |
| Stories   My Zero-Waste Morning Routine                                 | 24/8/2025             | 6PM        | 2 stories; The second one, add a QUESTION BOX in the blank space!!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 2 historias; ¡En la segunda, añade un CUADRO DE PREGUNTAS en el espacio en blanco!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <a href="https://www.canva.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>     | X | X |   |
| Carousel   "Why investing in solar and wind energy is crucial."         | 1/9/2025              | 4PM        | Solar and wind energy aren't just alternatives, THEY'RE THE FUTURE!<br><br>From cutting emissions to creating jobs and reducing energy costs, investing in renewables is crucial for building a cleaner and more resilient world<br><br>Here's why:<br>They're abundant and renewable<br>They boost energy independence<br>They protect our health and environment<br>They create economic opportunities<br><br>The choice is clear: when we invest in solar and wind, we invest in our future<br><br>What renewable action would you like to see grow in your community? | ¡La energía solar y eólica no son solo alternativas, SON EL FUTURO!<br>Desde la reducción de emisiones, hasta la creación de empleo y la disminución de los costos energéticos, invertir en energías renovables es clave para construir un mundo más limpio y resiliente<br>Te contamos por qué:<br>Son abundantes y renovables<br>Impulsan la independencia energética<br>Protegen nuestra salud y el medio ambiente<br>Crean oportunidades económicas<br>La elección es clara: al invertir en energía solar y eólica, invertimos en nuestro futuro<br>¿Qué iniciativas de energías renovables te gustaría ver crecer en tu comunidad?<br>#EnergíaRenovable #EnergíaSolar #EnergíaEólica #AcciónClimática #Sostenibilidad #FuturoVerde #ELCRA | <a href="https://www.canva.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGkczGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edi1?utm_content=DAGkczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>     | X | X |   |
| LinkedIn Article   "Why investing in solar and wind energy is crucial." | 1/9/2025              | 11AM       | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Texto de LinkedIn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Cópia de ELCRA_LK_SEPTEMB                                                                                                                                                                                                                                                                                                                                         |   |   | X |

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| Carousel   5 practices to save energy at home | 23/9/2025 | 5PM | <p>Saving energy at home is easier than you think!<br/>Here are 5 simple practices you can start today:</p> <ol style="list-style-type: none"> <li>1 <input type="checkbox"/> Unplug &amp; switch off devices not in use</li> <li>2 <input type="checkbox"/> Switch to LED lighting</li> <li>3 <input type="checkbox"/> Control heating &amp; cooling smartly</li> <li>4 <input type="checkbox"/> Save water, save energy</li> <li>5 <input type="checkbox"/> Cook &amp; clean efficiently</li> </ol> <p>Which of these habits do you already follow?</p> <p>#ELCRA #SaveEnergy #Sustainability #EnergyEfficiency #GreenLiving</p> | <p>¡Ahorrar energía en casa es más fácil de lo que crees!<br/>Aquí tienes 5 prácticas sencillas que puedes adoptar desde hoy mismo:</p> <ol style="list-style-type: none"> <li>1 <input type="checkbox"/> Desenchufa y apaga los aparatos que no uses</li> <li>2 <input type="checkbox"/> Cambia a iluminación LED</li> <li>3 <input type="checkbox"/> Controla la calefacción y el aire acondicionado de forma inteligente</li> <li>4 <input type="checkbox"/> Ahorra agua, ahorra energía</li> <li>5 <input type="checkbox"/> Cocina y limpia de forma eficiente</li> </ol> <p>¿Cuáles de estos hábitos ya practicas?</p> <p>#ELCRA #AhorroDeEnergía #Sostenibilidad #EficienciaEnergética #VidaVerde</p> | <a href="https://www.canva.com/design/DAGykfzaiuY/Wff1u_VQ7sqULvkyxqtICA/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=share_rebutton">https://www.canva.com/design/DAGykfzaiuY/Wff1u_VQ7sqULvkyxqtICA/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=share_rebutton</a> | X | X |  |
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| Carousel   "What you can do to save the planet? Get to know some ways (join NGos, Best practices)" | 3/10/2025  | 4PM  | <p>Want to help protect the planet but don't know where to start?</p> <p>Small actions create big change, and we all have the power to make a difference!</p> <p>Here are a few ways to start today:<br/>Join or volunteer with local NGOs and sustainability projects.<br/>Adopt eco-friendly habits.<br/>Choose greener transport like walking, biking, or public transit. Support local and fair-trade products.<br/>Raise awareness and inspire others to take action.</p> <p>Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future</p> <p>Which action will you start with today? Tell us below!</p> <p>#ELCRA #Sustainability #ClimateAction #GreenLiving #Environment #TogetherForChange</p> | <p>¿Quieres ayudar a proteger el planeta pero no sabes por dónde empezar?</p> <p>¡Pequeñas acciones generan grandes cambios y todos tenemos el poder de marcar la diferencial!</p> <p>Aquí tienes algunas maneras de empezar hoy mismo:<br/>Únete o colabora como voluntario con ONG locales y proyectos de sostenibilidad.<br/>Adopta hábitos ecológicos.<br/>Elige medios de transporte más sostenibles, como caminar, ir en bicicleta o usar el transporte público.<br/>Apoya los productos locales y de comercio justo.<br/>Crea conciencia e inspira a otros a actuar.<br/>Cada paso cuenta, desde las decisiones diarias hasta la participación comunitaria.<br/>Juntos, podemos construir un futuro más sostenible</p> <p>¿Con qué acción empezarás hoy? ¡Cuéntanos en los comentarios!</p> <p>#ELCRA #Sostenibilidad #AcciónClimática #VidaVerde #MedioAmbiente #JuntosPorElCambio</p> | <p><a href="https://www.canva.com/design/DAG13uoZU5E/pWhYrap4anR0d2vfYZIC2q/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG13uoZU5E/pWhYrap4anR0d2vfYZIC2q/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | X | X |   |
| LinkedIn Text "Myth vs. Fact – Sustainability Edition"                                             | 22/10/2025 | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Texto de LinkedIn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><a href="#">ELCRA LK OCTOBER</a></p>                                                                                                                                                                                                                                                                                                                                  |   |   | X |
| Carousel   THEMATIC POST ABOUT THE COURSE                                                          | 10/11/2025 | 4PM  | <p>Want to better understand environmental challenges, and learn how to act on them?</p> <p>The ELCRA MOOC gives you the tools to become a more informed, empowered, and impactful changemaker.</p> <p>Through 10 interactive micro-modules, you'll develop environmental literacy, systemic thinking, and the ability to face climate challenges constructively.</p> <p>Rich multimedia<br/>Open educational resources<br/>Self-assessment tools<br/>Official certification<br/>Community of Practice</p> <p>Start learning today → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sustainability #ClimateEducation #EnvironmentalLiteracy #Students</p>                                                                | <p>¿Quieres comprender mejor los desafíos ambientales y saber cómo actuar frente a ellos?</p> <p>El MOOC de ELCRA te brinda las herramientas para convertirte en un agente de cambio más informado, empoderado e influyente.</p> <p>A través de 10 micromódulos interactivos, desarrollarás conocimientos ambientales, pensamiento sistémico y la capacidad de afrontar los desafíos climáticos de forma constructiva.</p> <p>Contenido multimedia de alta calidad<br/>Recursos educativos abiertos<br/>Herramientas de autoevaluación<br/>Certificación oficial<br/>Comunidad de práctica</p> <p>Empieza a aprender hoy mismo → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sostenibilidad #EducaciónClimática #ConocimientosAmbientales #Estudiantes</p>                                                                                            |                                                                                                                                                                                                                                                                                                                                                                          | X | X | X |
| Post   "How to Sign Up for the ELCRA Course"                                                       | 17/11/2025 | 11AM | <p>Ready to start your learning journey?</p> <p>Enrolling in the ELCRA Course is simple and completely FREE!</p> <p>Just follow these steps:<br/>1□ Visit <a href="https://lms.elcraproject.eu">lms.elcraproject.eu</a><br/>2□ Create your account<br/>3□ Access the Modules<br/>4□ Complete the Course<br/>5□ Download the Certificate!!</p> <p>Start now → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #ClimateEducation #HowToEnroll #OnlineLearning</p>                                                                                                                                                                                                                                                      | <p>¿Listo para comenzar tu aprendizaje?</p> <p>¡Inscribirte en el curso ELCRA es sencillo y completamente GRATIS!</p> <p>Sigue estos fáciles pasos:<br/>1□ Visita <a href="https://lms.elcraproject.eu">lms.elcraproject.eu</a><br/>2□ Crea tu cuenta<br/>3□ Accede a los módulos<br/>4□ Completa el curso<br/>5□ ¡Descarga el certificado!</p> <p>¡Empieza ahora! → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #EducaciónClimática #CómoInscribirse #AprendizajeOnline</p>                                                                                                                                                                                                                                                                                                                                                                     | <p><a href="https://www.canva.com/design/DAG7sf2eRDI/ct4lz8xZVnxs99hdOIj3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG7sf2eRDI/ct4lz8xZVnxs99hdOIj3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p>   | X | X | X |
| Stories   LEARN AT                                                                                 | 24/11/2025 | 10AM | ---                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                          | X | X |   |

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| Looking Ahead to 2026                  | 10/12/2025 | 4PM  | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <a href="https://docs.google.com">https://docs.google.com</a>                                                                                                                                                                                                                                                                                                        |  |   | x |
| Happy 2026 from ELCRA                  | 23/12/2025 | 6PM  | <p>Happy 2026 from ELCRA!</p> <p>As we welcome a new year, we wish our community inspiration, curiosity, and courage to keep learning and acting for a more sustainable future.</p> <p>May 2026 bring:<br/>New ideas<br/>Continued learning<br/>Stronger collaboration<br/>Meaningful environmental action</p> <p>Thank you for being part of this journey!<br/>#ELCRA #Happy2026 #NewYear #Sustainability #ClimateAction</p>                                                                                       | <p>¡Feliz 2026 de parte de ELCRA!<br/>Al dar la bienvenida al nuevo año, deseamos a nuestra comunidad inspiración, curiosidad y valentía para seguir aprendiendo y actuando por un futuro más sostenible.</p> <p>Que el 2026 nos traiga:<br/>Nuevas ideas<br/>Aprendizaje continuo<br/>Colaboración más sólida<br/>Acción ambiental significativa</p> <p>¡Gracias por ser parte de este camino!<br/>#ELCRA #Feliz2026 #AñoNuevo #Sostenibilidad #AcciónClimática</p>                                                                                         |                                                                                                                                                                                                                                                                                                                                                                      |  | x | x |
| Thank You for Being Part of the Change | 30/12/2025 | 11AM | <p>Thank You for Being Part of the Change</p> <p>Real change doesn't happen alone.<br/>It happens through people who care, learn, question, and engage.</p> <p>Thank you for following ELCRA, sharing your ideas, and helping to spread awareness about environmental literacy and sustainability.</p> <p>Whether you joined us through our content, our course, or simply by reflecting on these topics... You are part of the change!</p> <p>#ELCRA #TogetherForChange #EnvironmentalLiteracy #Sustainability</p> | <p>¡Gracias por ser parte del cambio!<br/>El cambio real no se produce por si solo.<br/>Ocurre gracias a personas que se preocupan, aprenden, cuestionan y participan.</p> <p>Gracias por seguir a ELCRA, compartir tus ideas y ayudar a difundir la conciencia sobre la educación ambiental y la sostenibilidad.</p> <p>Ya sea que te hayas unido a nosotros a través de nuestro contenido, nuestro curso o simplemente reflexionando sobre estos temas... ¡Eres parte del cambio!</p> <p>#ELCRA #JuntosPorElCambio #EducaciónAmbiental #Sostenibilidad</p> | <p><a href="https://www.canva.com/design/DAHAQrF3KQ/cQlPvM7pKrUp19ImQNYurQ/edit?utm_content=DAHAQrF3KQ&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAHAQrF3KQ/cQlPvM7pKrUp19ImQNYurQ/edit?utm_content=DAHAQrF3KQ&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> |  | x | x |

| ELCRA<br>Outreach campaign dedicated to college students |      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                   |           |          |          |   |        |
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| Post name                                                | Post | Posting Date | Description EN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Description ES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Files                                                                                                                                                                                                                                                                                                                                                             | Platform  |          |          |   |        |
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| Who we are                                               | 5feb | 11am         | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>ELCRA: dare potere agli studenti per un futuro sostenibile</p> <p>Siete pronti a far parte del cambiamento? ELCRA si occupa di promuovere l'alfabetizzazione ambientale tra gli studenti universitari, trasformando la conoscenza in azione e affrontando le sfide ambientali.</p> <p>Dalla ricerca e istruzione alla difesa e alla costruzione della comunità, stiamo preparando gli studenti ad affrontare le problematiche climatiche e promuovere la sostenibilità, prevenendo al contempo i rischi di radicalizzazione nell'attivismo.</p> <p>Vuoi saperne di più? Leggi questo post e unisciti al movimento!</p> <p>#Alfabetizzazioneambientale #Sostenibilità #StudentiUniversitari #ELCRA</p> | <a href="https://www.canva.com/design/DAGdlszDKUM/U4lXyTGqxD8qzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdlszDKUM/U4lXyTGqxD8qzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> |           | X        |          |   |        |
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| 'Why does sustainability matter?' - Introduction to the project & its aims | 5feb | 11am | <p><a href="#">ELCRA LIKEDIN POST   5th feb 2025</a></p> <p><a href="#">ELCRA: Empowering Students to Lead the Way in Sustainability</a></p> <p>In the face of climate change, the role of young people as drivers of environmental action has never been more critical. That's where ELCRA steps in – a project designed to boost environmental literacy among university students, empowering them to take the lead in creating a more sustainable future.</p> <p>But ELCRA doesn't stop at education. The project also focuses on addressing risks of violent radicalisation within environmental activism by equipping students with the skills and understanding to channel their passion for change constructively.</p> <p><b>Project Actions</b></p> <p>Study the phenomena at the heart of the project;<br/>Provide knowledge and skills to participants; Develop communities of practice;<br/>Promote environmental literacy through awareness-raising campaigns and advocacy activities.</p> <p><b>Project Results</b></p> <p><a href="#">A research on young people's attitudes towards the climate crisis, environmental activism and risk factors for violent radicalisation;</a><br/><a href="#">A Competence framework on the prevention of violent radicalisation of environmental activism through environmental literacy;</a><br/><a href="#">An online platform, as a European reference point on the prevention of violent radicalisation of environmental activism through environmental literacy, containing materials, events, research and all content developed by the project consortium; A multidisciplinary MOOC course on environmental literacy, climate change, environmental sustainability, innovative problem-solving strategies, systemic thinking and systemic change, 10 workshops with students on preventing violent radicalisation in environmental activism through environmental literacy;</a><br/><a href="#">A cross-sectoral and multidisciplinary community of practice between academia and other stakeholders in sustainability and environmental activism;</a><br/><a href="#">Awareness-raising measures and advocacy activities on project topics are always targeted at university students and higher education organisations;</a><br/><a href="#">A document containing recommendations from the research and community of practice, improvement of university students' knowledge and skills in environmental sustainability.</a></p> <p>Through its comprehensive approach, ELCRA doesn't just teach students about the environment—it empowers them to shape it. This project emphasizes collaboration, innovation, and constructive activism, paving the way for a generation of leaders ready to tackle global challenges head-on.</p> <p>Want to learn more? Let's connect! Together, we can empower students to create a more sustainable future.</p> | <p><a href="#">ELCRA LIKEDIN POST   5th feb 2025</a></p> <p><a href="#">ELCRA: dare potere alle studentesse e agli studenti per guidare la strada verso la sostenibilità</a></p> <p>Di fronte al cambiamento climatico, il ruolo dei giovani come promotori dell'azione ambientale non è mai stato semplice. È qui che entra in gioco ELCRA, un progetto ideato per aumentare l'alfabetizzazione ambientale tra le studentesse e gli studenti universitari, dando loro il potere di assumere un ruolo guida nella creazione di un futuro più sostenibile.</p> <p>Ma ELCRA non si ferma all'istruzione. Il progetto si concentra anche sull'affrontare i rischi di radicalizzazione violenta nell'attivismo ambientale, dotando studentesse e studenti delle competenze e della comprensione per incanalare la loro passione per il cambiamento in modo costruttivo.</p> <p><b>Azioni del progetto</b></p> <p>Studiare i fenomeni al centro del progetto; Fornire conoscenze e competenze ai partecipanti;<br/>Sviluppare comunità di pratica;<br/>Promuovere l'alfabetizzazione ambientale attraverso campagne di sensibilizzazione e attività di advocacy.</p> <p><b>Risultati del progetto</b></p> <p><a href="#">Una ricerca sugli atteggiamenti dei giovani nei confronti della crisi climatica, dell'attivismo ambientale e dei fattori di rischio per la radicalizzazione violenta;</a><br/><a href="#">Un quadro di competenze sulla prevenzione della radicalizzazione violenta dell'attivismo ambientale attraverso l'alfabetizzazione ambientale;</a><br/><a href="#">Una piattaforma online, come punto di riferimento europeo sulla prevenzione della radicalizzazione violenta dell'attivismo ambientale attraverso l'alfabetizzazione ambientale, contenente materiali, eventi, ricerche e tutti i contenuti sviluppati dal consorzio del progetto;</a><br/><a href="#">Un corso MOOC multidisciplinare sull'alfabetizzazione ambientale, il cambiamento climatico, la sostenibilità ambientale, strategie innovative di risoluzione dei problemi, pensiero sistemico e cambiamento sistemico.</a></p> <p><a href="#">10 workshop con studenti sulla prevenzione della radicalizzazione violenta nell'attivismo ambientale attraverso l'alfabetizzazione ambientale;</a><br/><a href="#">Una comunità di pratica intersettoriale e multidisciplinare tra il mondo accademico e altri stakeholder nella sostenibilità e nell'attivismo ambientale;</a><br/><a href="#">Le misure di sensibilizzazione e le attività di advocacy sugli argomenti del progetto sono sempre rivolte a studenti universitari e organizzazioni di istruzione superiore;</a><br/><a href="#">Un documento contenente raccomandazioni dalla ricerca e dalla comunità di pratica. Miglioramento delle conoscenze e delle competenze degli studenti universitari in materia di sostenibilità ambientale.</a><br/><a href="#">Attraverso il suo approccio completo, ELCRA non si limita a insegnare agli studenti l'ambiente, ma li incoraggia a plasmarlo. Questo progetto enfatizza la collaborazione, l'innovazione e l'attivismo costruttivo, aprendo la strada a una generazione di leader pronti ad affrontare le sfide globali a testa alta.</a></p> <p>Vuoi saperne di più? Mettiamoci in contatto! Insieme, possiamo dare agli studenti gli strumenti per creare un futuro più sostenibile.</p> | <p>Text for the post - ( <a href="https://docs.google.com/document/d/1e22y551DRcRHs9K87Mxd5ErLgP8g6BD/e/dit?usp=drive_link&amp;oid=108596467631510347691&amp;rtpof=true&amp;sd=true">https://docs.google.com/document/d/1e22y551DRcRHs9K87Mxd5ErLgP8g6BD/e/dit?usp=drive_link&amp;oid=108596467631510347691&amp;rtpof=true&amp;sd=true</a> )</p> <p>Image for the Post ( <a href="https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FI2QNYTW5F40IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FI2QNYTW5F40IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> )</p> |  |  |  |  |  |  |
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| Who we are?                                                                     | 17feb | 3pm  | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#Environmentalliteracy #Sustainability #UniversityStudents #ELCRA</p>                                                                                                                                                                                           | <p>ELCRA: dare potere agli studenti per un futuro sostenibile</p> <p>Siete pronti a far parte del cambiamento? ELCRA si occupa di promuovere l'alfabetizzazione ambientale tra gli studenti universitari, trasformando la conoscenza in azione e affrontando le sfide ambientali.</p> <p>Dalla ricerca e istruzione alla difesa e alla costruzione della comunità, stiamo preparando gli studenti ad affrontare le problematiche climatiche e promuovere la sostenibilità, prevenendo al contempo i rischi di radicalizzazione nell'attivismo.</p> <p>Vuoi saperne di più? Leggi questo post e unisciti al movimento!</p> <p>#Alfabetizzazioneambientale #Sostenibilità #StudentiUniversitari #ELCRA</p>                                                                                                                                                                                                           | <a href="https://www.canva.com/design/DAGd14T5hwo/BQUUWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd14T5hwo/BQUUWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | X |  |  |  |  |
| Simple Actions for Sustainability                                               | 05/03 | 11AM | <p>Small Changes, Big Impact!</p> <p>Want to live more sustainably every day? It's easier than you think! Here are 7 simple habits that help protect our planet:</p> <p>Reduce waste – plan meals &amp; avoid single-use plastics Choose sustainable products – go for eco-friendly &amp; local options</p> <p>Save energy – switch to LED &amp; unplug devices when not in use</p> <p>Walk, bike, or carpool – less pollution, more movement!</p> <p>Conserve water – shorter showers &amp; rainwater collection</p> <p>Recycle &amp; compost – give waste a second life</p> <p>Buy less, choose better – quality over quantity always!</p> <p>Every small action counts. Which one will you start today? Tell us in the comments!</p> <p>#Environmentalliteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>Piccoli cambiamenti, grande impatto!</p> <p>Vuoi vivere in modo più sostenibile ogni giorno? È più facile di quanto pensi! Ecco 7 semplici abitudini che aiutano a proteggere il nostro pianeta:</p> <p>Riduci gli sprechi – pianifica i pasti ed evita la plastica monouso Scegli prodotti sostenibili – opta per alternative eco-friendly e locali Risparmia energia – usa lampadine a LED e scollega i dispositivi quando non servono</p> <p>Cammina, usa la bici o condividi l'auto – meno inquinamento, più movimento!</p> <p>Conserva l'acqua – fai docce più brevi e raccogli l'acqua piovana Ricicla e fai il compost – dai ai rifiuti una seconda vita</p> <p>Compra meno, scegli meglio – la qualità vince sempre sulla quantità!</p> <p>Ogni piccola azione conta. Da quale inizierai oggi? Diccelo nei commenti!</p> <p>#AlfabetizzazioneAmbientale #Sostenibilità #StudentiUniversitari #ELCRA</p> | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | X |  |  |  |  |
| What is your best sustainability practise?                                      | 17/03 | 3PM  | Qual è la tua migliore pratica di sostenibilità?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |
| One Week Without Single-Use Plastic challenge with simple steps to participate. | 24/03 | 5PM  | Sfida "Una settimana senza plastica monouso" con semplici passi per partecipare.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBjq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |

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| What is Climate Change?                                           | 04/10 | 1pm | <p>What's Causing Climate Change – And What Can We Do About It?</p> <p>Climate change isn't a distant threat—it's happening now, and it's largely driven by human activity.</p> <p>The Main Causes: Burning fossil fuels (coal, oil &amp; gas)<br/>Deforestation and land degradation<br/>Industrial agriculture and livestock emissions<br/>Pollution from industries and transportation</p> <p>These activities release greenhouse gases like CO<sub>2</sub> and methane, trapping heat in our atmosphere and disrupting the planet's natural balance.</p> <p>But there's hope—and action!<br/>Here's what you can do to make a difference:<br/>Reduce waste &amp; single-use plastics<br/>Choose sustainable transport options<br/>Save energy at home &amp; work<br/>Support reforestation &amp; nature protection<br/>Advocate for climate-conscious policies</p> <p>We all share this planet—let's protect it together.</p> <p>#ClimateAction #Sustainability #GoGreen #ActOnClimate #ClimateChange #EcoFriendly #TogetherForThePlanet</p> | <p>Cosa sta causando il cambiamento climatico – e cosa possiamo fare a riguardo?</p> <p>Il cambiamento climatico non è una minaccia lontana: sta accadendo adesso, ed è in gran parte causato dall'attività umana.</p> <p>Le cause principali:<br/>L'uso di combustibili fossili (carbone, petrolio e gas)<br/>La deforestazione e il degrado del suolo<br/>L'agricoltura industriale e le emissioni degli allevamenti<br/>L'inquinamento da industrie e trasporti</p> <p>Queste attività rilasciano gas serra come l'anidride carbonica (CO<sub>2</sub>) e il metano, che intrappolano il calore nell'atmosfera e alterano l'equilibrio naturale del pianeta.</p> <p>Ma c'è speranza – e possiamo agire!<br/>Ecco cosa puoi fare per fare la differenza: Riduci i rifiuti e la plastica monouso<br/>Scegli mezzi di trasporto sostenibili<br/>Risparmia energia in casa e al lavoro<br/>Sostieni la riforestazione e la tutela della natura<br/>Difendi politiche attente al clima</p> <p>Condividiamo tutti questo pianeta – proteggiamolo insieme.</p> <p>#AzioneClimatica #Sostenibilità #VaiVerde #AgirePerilClima #CambiamentoClimatico #EcoFriendly #InsiemePerilPianeta</p> <p><a href="https://www.canva.com/design/DAGknizQY0/s9rBFnXUJHjULxMIAAnbxsw/edit?utm_content=DAGknizQY0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGknizQY0/s9rBFnXUJHjULxMIAAnbxsw/edit?utm_content=DAGknizQY0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | X | X |  |  |  |  |
| Testimony of a young person involved in climate-related projects. | 17/04 | 3PM | <p>"Voices for the Planet"</p> <p>Meet one of the young changemakers taking action for a greener future. Through climate-related projects, they're proving that every step—big or small—can drive real impact. #YouthForClimate #ClimateAction #SustainableFuture #ELCRA #GreenGeneration</p> <p>Would you like a more emotional, fun, or formal version?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>"Voci per il Pianeta"</p> <p>Scopri uno dei giovani protagonisti del cambiamento che sta agendo per un futuro più verde. Attraverso progetti legati al clima, dimostra che ogni passo – grande o piccolo – può generare un impatto reale.</p> <p>#GiovaniPerilClima #AzioneClimatica #FuturoSostenibile #ELCRA #GenerazioneVerde</p> <p><a href="https://www.canva.com/design/DAGknIVUOnk/_Hu9x1JphXV1KbqIH7qFq/edit?utm_content=DAGknIVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGknIVUOnk/_Hu9x1JphXV1KbqIH7qFq/edit?utm_content=DAGknIVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | x | X |  |  |  |  |

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| 3 Simple Ways to Protect Natural Habitats                       | 24/7/2025 | 3PM | Small actions, big impact. Protecting our planet's natural habitats starts with the choices we make every day. Which of these will you try first?<br><br>#ProtectNature #SustainableLiving #GoGreen #ESNForNature #HabitatConservation #SimpleActionsBigImpact                                                                                                                                                                                                                                                                                                                                                                                                         | Piccole azioni, grande impatto. La protezione degli habitat naturali del nostro pianeta inizia dalle scelte che facciamo ogni giorno. Quale di questi suggerimenti proverai per primo?<br><br>#ProteggilaNatura #Stile di vita sostenibile #GoGreen #ESNperlaNatura #Conservazione dell'Habitat #AzioniSempliciGrandImpatto                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <a href="https://www.canva.com/design/DAGsxWYIW-q/te1V3cEibFD41g5Jchkfow/dj?utm_content=DAGsxWYIW-q&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGsxWYIW-q/te1V3cEibFD41g5Jchkfow/dj?utm_content=DAGsxWYIW-q&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |         |  |  |
|                                                                 | 6/8/2025  | 1PM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Testo LinkedIn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <a href="https://docs.google.com/document/d/1X...">https://docs.google.com/document/d/1X...</a>                                                                                                                                                                                                                                                               |   |   | X       |  |  |
| Carousel   The importance of Sustainable Habits                 | 13/8/2025 | 3PM | The Importance of Sustainable Habits Small actions, big impact. Our daily choices, from what we eat to how we travel, shape the planet's future. When millions adopt small sustainable habits, the results multiply, creating systemic change in communities, businesses, and governments.<br><br>Now... Are you ready to make a difference? Start with one habit today! YOUR ACTIONS MATTER Follow ELCRA for more insights on sustainability & environmental literacy.<br><br>#Sustainability #EnvironmentalLiteracy #ClimateAction #HabitsForChange #ELCRA                                                                                                           | L'importanza delle abitudini sostenibili Piccole azioni, grande impatto. Le nostre scelte quotidiane — da ciò che mangiamo a come ci spostiamo — contribuiscono a plasmare il futuro del pianeta. Quando milioni di persone adottano piccole abitudini sostenibili, i risultati si moltiplicano, generando cambiamenti sistemici nelle comunità, nelle imprese e nelle istituzioni.<br><br>E tu... sei pronta/o a fare la differenza? Inizia oggi con una nuova abitudine! LE TUE AZIONI CONTANO<br><br>Segui ELCRA per altri approfondimenti su sostenibilità e alfabetizzazione ambientale.<br><br>#Sostenibilità #EnvironmentalLiteracy #AzioneClimatica #HabitsForChange #ELCRA                                                                                                             | <a href="https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPombw/dj?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPombw/dj?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |         |  |  |
| Stories   My Zero-Waste Morning Routine                         | 24/8/2025 | 6PM | 2 stories; The second one, add a QUESTION BOX in the blank space!!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 2 storie; nella seconda aggiungi una QUESTION BOX nello spazio vuoto!!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <a href="https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPombw/dj?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPombw/dj?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X | STORIES |  |  |
| Carousel   "Why investing in solar and wind energy is crucial." | 1/9/2025  | 4PM | Solar and wind energy aren't just alternatives, THEY'RE THE FUTURE!<br><br>From cutting emissions to creating jobs and reducing energy costs, investing in renewables is crucial for building a cleaner and more resilient world<br><br>Here's why:<br>They're abundant and renewable They boost energy independence<br>They protect our health and environment They create economic opportunities<br><br>The choice is clear: when we invest in solar and wind, we invest in our future<br><br>What renewable action would you like to see grow in your community?<br><br>#RenewableEnergy #SolarPower #WindEnergy #ClimateAction #Sustainability #GreenFuture #ELCRA | L'energia solare ed eolica non sono solo alternative, SONO IL FUTURO!<br><br>Dalla riduzione delle emissioni alla creazione di posti di lavoro, passando per la diminuzione dei costi energetici, investire nelle energie rinnovabili è fondamentale per costruire un mondo più pulito e resiliente<br><br>Ecco perché:<br>Sono abbondanti e rinnovabili Rafforzano l'indipendenza energetica Proteggono la nostra salute e l'ambiente Creano opportunità economiche<br><br>La scelta è chiara: quando investiamo nel solare e nell'eolico, investiamo nel nostro futuro<br><br>Quali iniziative nel campo delle energie rinnovabili vorresti vedere crescere nella tua comunità?<br><br>#EnergieRinnovabili #EnergiaSolare #EnergiaEolica #AzionePerilClima #Sostenibilità #FuturoVerde #ELCRA | <a href="https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPombw/dj?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPombw/dj?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> |   |   |         |  |  |

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| LinkedIn Article<br>  "Why investing<br>in solar and<br>wind energy is<br>crucial." | 1/9/2025  | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Cópia de<br>ELCRA_LK_SEPTEMB                                                                                                                                                                                                                                                                                                                                  |   |   | X |  |  |
| Carousel   5<br>practices to<br>save energy at<br>home                              | 23/9/2025 | 5PM  | <p>Saving energy at home is easier than you think!</p> <p>Here are 5 simple practices you can start today:</p> <ol style="list-style-type: none"> <li>1. Unplug &amp; switch off devices not in use</li> <li>2. Switch to LED lighting</li> <li>3. Control heating &amp; cooling smartly</li> <li>4. Save water, save energy</li> <li>5. Cook &amp; clean efficiently</li> </ol> <p>Which of these habits do you already follow?</p> <p>#ELCRA #SaveEnergy #Sustainability<br/>#EnergyEfficiency #GreenLiving</p> | <p>Risparmiare energia a casa è più facile di quanto pensi!</p> <p>Ecco 5 semplici accorgimenti che puoi mettere in pratica fin da oggi:</p> <ol style="list-style-type: none"> <li>1. Stacca la spina e spegni gli apparecchi che non usi</li> <li>2. Passa all'illuminazione a LED</li> <li>3. Gestisci il riscaldamento e il raffreddamento in modo intelligente</li> <li>4. Risparmia acqua, risparmia energia</li> <li>5. Cucina e pulisci in modo efficiente Quali di queste abitudini segui già?</li> </ol> <p>#ELCRA #RisparmioEnergia #Sostenibilità #EfficienzaEnergetica<br/>#VitaEcologica</p> | <a href="https://www.canva.com/design/DAGykfzaiuY/Wf1uVQ7sqULvkvxtlCA/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sha_rebutton">https://www.canva.com/design/DAGykfzaiuY/Wf1uVQ7sqULvkvxtlCA/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sha_rebutton</a> | X | X |   |  |  |

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| Carousel   "What you can do to save the planet? Get to know some ways (join NGOs, Best practices)" | 3/10/2025  | 4PM  | <p>Want to help protect the planet but don't know where to start?</p> <p>Small actions create big change, and we all have the power to make a difference!</p> <p>Here are a few ways to start today:<br/>Join or volunteer with local NGOs and sustainability projects. Adopt eco-friendly habits.<br/>Choose greener transport like walking, biking, or public transit.<br/>Support local and fair-trade products.<br/>Raise awareness and inspire others to take action.</p> <p>Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future</p> <p>Which action will you start with today? Tell us below!</p> <p>#ELCRA #Sustainability #ClimateAction #GreenLiving #Environment #TogetherForChange</p> | <p>Vuoi contribuire a proteggere il pianeta ma non sai da dove cominciare?</p> <p>Le piccole azioni creano grandi cambiamenti, e tutti noi abbiamo il potere di fare la differenza!</p> <p>Ecco alcuni modi per iniziare oggi:<br/>Partecipa o fai volontariato con ONG e progetti locali per la sostenibilità.<br/>Adotta abitudini più ecologiche.<br/>Scegli mezzi di trasporto più verdi, come camminare, andare in bici o usare i mezzi pubblici.<br/>Sostieni prodotti locali e del commercio equo.<br/>Sensibilizza e ispira gli altri ad agire.</p> <p>Ogni passo conta, dalle scelte quotidiane al coinvolgimento nella comunità.<br/>Insieme possiamo costruire un futuro più sostenibile</p> <p>Da quale azione vuoi partire oggi? Raccontacelo nei commenti!</p> <p>#ELCRA #Sostenibilità #AzionePerilClima #VitaGreen #Ambiente #InsiemePerilCambiamento</p> | <a href="https://www.canva.com/design/DAG13uoZU5E/pW_hYrap4anR0d2vYzIC2g/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG13uoZU5E/pW_hYrap4anR0d2vYzIC2g/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |   |  |  |
| LinkedIn Text "Myth vs. Fact – Sustainability Edition"                                             | 22/10/2025 | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <a href="#">ELCRA LK OCTOBER</a>                                                                                                                                                                                                                                                                                                                                  |   |   | X |  |  |

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| Carousel   THEMATIC POST ABOUT THE COURSE | 10/11/2025 | 4PM | <p>Want to better understand environmental challenges, and learn how to act on them?<br/>The ELCRA MOOC gives you the tools to become a more informed, empowered, and impactful changemaker.</p> <p>Through 10 interactive micro-modules, you'll develop environmental literacy, systemic thinking, and the ability to face climate challenges constructively.</p> <p>Rich multimedia<br/>Open educational resources<br/>Self-assessment tools<br/>Official certification<br/>Community of Practice</p> <p>Start learning today → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sustainability #ClimateEducation #EnvironmentalLiteracy #Students</p> | <p>Vuoi comprendere meglio le sfide ambientali e imparare come agire?</p> <p>Il MOOC ELCRA ti offre gli strumenti per diventare una persona più informata, consapevole e capace di generare cambiamento.</p> <p>Attraverso 10 micro-moduli interattivi, svilupperai alfabetizzazione ambientale, pensiero sistemico e la capacità di affrontare le sfide climatiche in modo costruttivo.</p> <p>Contenuti multimediali ricchi<br/>Risorse educative aperte<br/>Strumenti di autovalutazione<br/>Certificazione ufficiale<br/>Community of Practice</p> <p>Inizia a imparare oggi → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sostenibilità #EducazioneClimatica #EnvironmentalLiteracy #Studenti</p> |  | X | X | X |  |  |
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| Post   "How to Sign Up for the ELCRA Course" | 17/11/2025 | 11AM | <p>Ready to start your learning journey?<br/>Enrolling in the ELCRA Course is simple and completely FREE!</p> <p>Just follow these steps:<br/>1 Visit lms.elcraproject.eu<br/>2 Create your account<br/>3 Access the Modules<br/>4 Complete the Course<br/>5 Download the Certificate!!</p> <p>Start now → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a><br/>#ELCRA #MOOC #ClimateEducation #HowToEnroll #OnlineLearning</p>                                                             | <p>Pronta/o a iniziare il tuo percorso di apprendimento?<br/>Iscriversi al corso ELCRA è semplice e completamente GRATUITO!</p> <p>Segui questi passaggi:<br/>1 Visita lms.elcraproject.eu<br/>2 Crea il tuo account<br/>3 Accedi ai moduli<br/>4 Completa il corso<br/>5 Scarica il certificato!!</p> <p>Inizia ora → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a><br/>#ELCRA #MOOC #EducazioneClimatica #Comelscriversi #ApprendimentoOnline</p>                                                                                                            | <a href="https://www.canva.com/design/DAG7sf2eRDl/ct4lz8xZVnxs99hdQlj3Q/edit?utm_content=DAG7sf2eRDl&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG7sf2eRDl/ct4lz8xZVnxs99hdQlj3Q/edit?utm_content=DAG7sf2eRDl&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>   | X            | X            | X |  |  |
| Stories   LEARN AT YOUR OWN PACE             | 24/11/2025 | 10AM | ---                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | ---                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                   | X<br>STORIES | X<br>STORIES |   |  |  |
| Looking Ahead to 2026   LinkedIn Article     | 10/12/2025 | 4PM  | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Testo LinkedIn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <a href="https://docs.google.com/document/d/1tBEY82JOAu">https://docs.google.com/document/d/1tBEY82JOAu</a>                                                                                                                                                                                                                                                       |              |              | X |  |  |
| Happy 2026 from ELCRA                        | 23/12/2025 | 6PM  | <p>Happy 2026 from ELCRA!</p> <p>As we welcome a new year, we wish our community inspiration, curiosity, and courage to keep learning and acting for a more sustainable future.</p> <p>May 2026 bring:<br/>New ideas<br/>Continued learning<br/>Stronger collaboration<br/>Meaningful environmental action</p> <p>Thank you for being part of this journey!<br/>#ELCRA #Happy2026 #NewYear #Sustainability #ClimateAction</p>                                                                                    | <p>Felice 2026 da ELCRA!</p> <p>Mentre accogliamo il nuovo anno, auguriamo alla nostra comunità ispirazione, curiosità e coraggio per continuare a imparare e ad agire per un futuro più sostenibile.</p> <p>Che il 2026 porti con sé:<br/>Nuove idee<br/>Apprendimento continuo<br/>Collaborazioni più forti<br/>Azioni ambientali significative Grazie</p> <p>per far parte di questo percorso!<br/>#ELCRA #Happy2026 #AnnoNuovo #Sostenibilità #ClimateAction</p>                                                                                                                   | <a href="https://www.canva.com/design/DAAHAQURF3KQ/cQjPvM7pKUp19mQNYurQ/edit?utm_content=DAAHAQURF3KQ&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAAHAQURF3KQ/cQjPvM7pKUp19mQNYurQ/edit?utm_content=DAAHAQURF3KQ&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X            | X            |   |  |  |
| Thank You for Being Part of the Change       | 30/12/2025 | 11AM | <p>Thank You for Being Part of the Change<br/>Real change doesn't happen alone.<br/>It happens through people who care, learn, question, and engage.</p> <p>Thank you for following ELCRA, sharing your ideas, and helping to spread awareness about environmental literacy and sustainability.</p> <p>Whether you joined us through our content, our course, or simply by reflecting on these topics... You are part of the change!</p> <p>#ELCRA #TogetherForChange #EnvironmentalLiteracy #Sustainability</p> | <p>Grazie per far parte del cambiamento</p> <p>Il vero cambiamento non avviene da soli.<br/>Nasce dalle persone che si prendono cura, imparano, si interrogano e partecipano.</p> <p>Grazie per seguire ELCRA, per condividere le vostre idee e per contribuire a diffondere consapevolezza sull'alfabetizzazione ambientale e sulla sostenibilità.</p> <p>Che siate arrivati qui attraverso i nostri contenuti, il nostro corso o semplicemente riflettendo su questi temi... siete parte del cambiamento!</p> <p>#ELCRA #TogetherForChange #EnvironmentalLiteracy #Sostenibilità</p> |                                                                                                                                                                                                                                                                                                                                                                   | X            | X            |   |  |  |

| ELCRA<br>Outreach campaign dedicated to college students |       |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |          |          |   |        |
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| Post Name                                                | Post  | Posting Date | Description EN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Description LT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Files                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Platform  |          |          |   |        |
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| Who we are                                               | Slide | 11 Jan       | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>ELCRA: studentų įgalinimas tvariai atečiai</p> <p>Ar esate pasirengęs būti pokyčių dalimi? ELCRA – tai universitetų studentų aplinkosaugos raštingumo didinimas, žinių pavertimas veiksmais ir aplinkosaugos iššūkių sprendimas.</p> <p>Nuo mokslinių tyrimų ir švietimo iki sklaidos ir bendruomenės kūrimo – mes suteikiame studentams galimybę spręsti klimato problemas ir skatinti tvarumą, tuo pačiu užkertant kelią radikalėjimo rizikai aktyvumo metu.</p> <p>Norite sužinoti daugiau? Perskaitykite šį įrašą ir prisijunkite prie judėjimo!</p> <p>#AplinkosaugosRaštingumas #Tvarumas #Studentai #ELCRA</p> | <p><a href="https://www.canva.com/design/DAGdlszDKUM/U4lXyTGqxD8qzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdlszDKUM/U4lXyTGqxD8qzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> <p><a href="https://www.canva.com/design/DAGdmBiiUvY/8CM4HDN_eJcRathQqUBSCq/edit?utm_content=DAGdmBiiUvY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdmBiiUvY/8CM4HDN_eJcRathQqUBSCq/edit?utm_content=DAGdmBiiUvY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> |           | X        |          |   |        |

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| <p>'Why does sustainability matter?' - Introduction to the project &amp; its aims</p> |  |  | <p><a href="#">ELCRA LIKED IN POST   31st Feb 2023</a></p> <p><a href="#">ELCRA: Empowering Students to Lead the Way in Sustainability</a><br/>In the face of climate change, the role of young people as drivers of environmental action has never been more critical. That's where ELCRA steps in – a project designed to boost environmental literacy among university students, empowering them to take the lead in creating a more sustainable future.<br/>But ELCRA doesn't stop at education. The project also focuses on addressing risks of violent radicalisation within environmental activism by equipping students with the skills and understanding to channel their passion for change constructively.</p> <p><b>Project Actions</b><br/><a href="#">Study the phenomena at the heart of the project;</a><br/><a href="#">Provide knowledge and skills to participants;</a><br/><a href="#">Develop communities of practice;</a><br/><a href="#">Promote environmental literacy through awareness-raising campaigns and advocacy activities.</a></p> <p><b>Project Results</b></p> <p><a href="#">A research on young people's attitudes towards the climate crisis, environmental activism and risk factors for violent radicalisation;</a><br/><a href="#">A Competence framework on the prevention of violent radicalisation of environmental activism through environmental literacy;</a><br/><a href="#">An online platform, as a European reference point on the prevention of violent radicalisation of environmental activism through environmental literacy, containing materials, events, research and all content developed by the project consortium;</a><br/><a href="#">A multidisciplinary MOOC course on environmental literacy, climate change, environmental sustainability, innovative problem-solving strategies, systemic thinking and systemic change, 10 workshops with students on preventing violent radicalisation in environmental activism through environmental literacy;</a><br/><a href="#">A cross-sectoral and multidisciplinary community of practice between academia and other stakeholders in sustainability and environmental activism;</a><br/><a href="#">Awareness-raising measures and advocacy activities on project topics are always targeted at university students and higher education organisations;</a><br/><a href="#">A document containing recommendations from the research and community of practice. Improvement of university students' knowledge and skills in environmental sustainability.</a></p> <p>Through its comprehensive approach, ELCRA doesn't just teach students about the environment—it empowers them to shape it. This project emphasizes collaboration, innovation, and constructive activism, paving the way for a generation of leaders ready to tackle global challenges head-on.</p> <p><a href="#">Want to learn more? Let's connect! Together, we can empower students to create a more sustainable future.</a></p> | <p><a href="#">ELCRA LIKED IN POST   2023 m. vasario 3 d</a></p> <p>ELCRA: studentų įgalinimas vesti tvarumo keliu Klimato kaitos akivaizdoje jaunų žmonių, kaip aplinkos apsaugos veiksmų varomųjų, vaidmuo niekada nebuvo toks svarbus. Štai čia įsitraukia ELCRA – projektas, skirtas universiteto studentų aplinkosauginiam raštingumui didinti, suteikiant jiems galimybę imtis iniciatyvos kuriant tvaresnę ateitį.</p> <p>Tačiau ELCRA nesustoja ties švietimu. Projekte dėmesys sutelkiamas ir į smurtinio radikalizmo rizikos mažinimą aplinkosaugos veikloje, suteikiant studentams įgūdžių ir supratimo, kad jie galėtų savo poryčių siekius nokreipti konstruktyvia linkme.</p> <p><b>Projekto veiksmai</b><br/>Esminių projekto reiškinų tyrimai;<br/>Žinių ir įgūdžių suteikimas dalyviams;<br/>Praktikos bendruomenių plėtojimas;<br/>Aplinkosauginio raštingumą skatinimas per informuotumo didinimo kampanijas ir propagavimo veiklą.</p> <p><b>Projekto rezultatai</b></p> <p>Tyrimas apie jaunų žmonių požiūrį į klimato krizę, aplinkos aktyvumą ir smurtinio radikalizmo rizikos veiksnius;<br/>Kompetencijos sistema, skirta smurtinio aplinkos aktyvizmo radikalizmo prevencijai pasitelkiant aplinkosaugos raštingumą;<br/>Internetinė platforma, kaip europinis atskaitos taškas, skirtas smurtinio aplinkosaugos aktyvizmo radikalizmo prevencijai per aplinkosaugos raštingumą, kurioje yra medžiaga, renginiai, tyrimai ir visas projekto konsorciūmo sukurtas turinys;<br/>Daugiadisciplinis MOOC kursas apie aplinkosaugos raštingumą, klimato kaitą, aplinkos tvarumą, novatoriškas problemų sprendimo strategijas, sisteminių mąstymą ir sisteminius pokyčius, 10 seminarų su studentais apie smurtinio radikalizmo prevenciją aplinkosaugos aktyvizmo srityje per aplinkosaugos raštingumą;<br/>Tarpsektorinė ir daugiadisciplinė praktikos bendruomenė tarp akademinės bendruomenės ir kitų suinteresuotųjų šalių tvarumo ir aplinkosaugos aktyvizmo srityse;<br/>Informuotumo didinimo priemonės ir propagavimo veikla projektų temomis visada orientuojamos į universitetų studentus ir aukštojo mokslo organizacijas;<br/>Dokumentas, kuriame pateikiamos tyrimų ir praktikos bendruomenės rekomendacijos. Universiteto studentų žinių ir įgūdžių aplinkos tvarumo klausimais tobulinimas.</p> <p>Taikydama visapusišką požiūrį, ELCRA ne tik moko studentus apie aplinką – ji suteikia jiems galimybę ją formuoti. Šiame projekte akcentuojamas bendradarbiavimas, naujovės ir konstruktyvus aktyvumas, atveriant kelią lyderių kartai, pasirengusiai spręsti pasaulinius iššūkius.</p> <p>Nori sužinoti daugiau? Prisijunkime! Kartu galime įgalinti studentus kurti tvaresnę ateitį.</p> | <p>Text for the post - ( <a href="https://docs.google.com/document/d/1e22y55IDRcRHs9KB7MxdI5ErLGPBg6BD/edit?usp=drive_link&amp;oid=108596467631510347691&amp;tpof=true&amp;source=for_the_Post">https://docs.google.com/document/d/1e22y55IDRcRHs9KB7MxdI5ErLGPBg6BD/edit?usp=drive_link&amp;oid=108596467631510347691&amp;tpof=true&amp;source=for_the_Post</a> )</p> <p><a href="https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FI2QNYTwSF40IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=design&amp;share&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FI2QNYTwSF40IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=design&amp;share&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> |  |  |  |  |  |
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| What we are?                                                                     | 17/10 | 3pm  | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p>                                                                                                                                                                                                                                                         | <p>ELCRA: studentų įgainingimas tvariai ateitai</p> <p>Ar esate pasirengę būti pokyčių dalimi? ELCRA – tai universitetų studentų aplinkosaugos raštingumo didinimas, žinių pavertimas veiksmais ir aplinkosaugos iššūkių sprendimas.</p> <p>Nuo mokslinių tyrimų ir švietimo iki skaidos ir bendruomenės kūrimo – mes suteikiame studentams galimybę spręsti klimato problemas ir skatinti tvarumą, tuo pačiu užkertant kelią radikalėjimo rizikai aktyvumo metu.</p> <p>Norite sužinoti daugiau? Perskaitykite šį įrašą ir prisijunkite prie judėjimo!</p> <p>#AplinkosaugosRaštingumas #Tvarumas #Studentai #ELCRA</p>                                                                                                                                                                                                                                                                                                                                                                                           | <a href="https://www.canva.com/design/DAGd14T5hwo/BQ-UjWvdKG-VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd14T5hwo/BQ-UjWvdKG-VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | x |  |  |  |  |
| Simple Actions for Sustainability                                                | 05/10 | 11AM | <p>Small Changes, Big Impact!</p> <p>Want to live more sustainably every day? It's easier than you think! Here are 7 simple habits that help protect our planet:</p> <ul style="list-style-type: none"> <li>Reduce waste – plan meals &amp; avoid single-use plastics</li> <li>Choose sustainable products – go for eco-friendly &amp; local options</li> <li>Save energy – switch to LED &amp; unplug devices when not in use</li> <li>Walk, bike, or carpool – less pollution, more movement!</li> <li>Conserve water – shorter showers &amp; rainwater collection</li> <li>Recycle &amp; compost – give waste a second life</li> <li>Buy less, choose better – quality over quantity always!</li> </ul> <p>Every small action counts. Which one will you start today? Tell us in the comments!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>Maži pokyčiai, didelis poveikis!</p> <p>Norite kasdien gyventi tvariau? Tai lengviau, nei manote! Štai 7 paprasti įpročiai, padedantys apsaugoti mūsų planetą:</p> <ul style="list-style-type: none"> <li>Sumažinkite atliekų kiekį – planuokite maistą ir venkite vienkartinio plastiko</li> <li>Rinkitės tvarius produktus – rinkitės ekologiškus ir vietinius variantus</li> <li>Taupykite energiją – perjunkite į LED ir atjunkite įrenginius, kai nenaudojate</li> <li>Vaikščiokite, važiuokite dviračiu ar bendrų kelių automobiliu – mažiau taršos, daugiau judėjimo!</li> <li>Tausokite vandenį – trumpesni dušai ir lietaus vandens surinkimas</li> <li>Perdirbkite ir kompostuokite – suteikite atliekoms antrą gyvenimą</li> </ul> <p>Pirkite mažiau, rinkitės geriau – visada pirmenybė kokybei, o ne kiekybei!</p> <p>Kiekvienas mažas veiksmas yra svarbus. Kurį šiandien pradėsite? Papasakokite mums komentaruose!</p> <p>#AplinkosaugosRaštingumas #Tvarumas #UniversitetoStudentai #ELCRA</p> | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5JiarDq/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5JiarDq/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | x |  |  |  |  |
| What is your best sustainability practise?                                       | 17/03 | 3PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5JiarDq/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5JiarDq/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |
| One Week Without Single-Use Plastic" challenge with simple steps to participate. | 24/03 | 3PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <a href="https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5JiarDq/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/afV1633zxSyBiq3m5JiarDq/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |

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| What is Climate Change?                                           | 04/10 | 1pm | <p>What's Causing Climate Change – And What Can We Do About It?</p> <p>Climate change isn't a distant threat—it's happening now, and it's largely driven by human activity.</p> <p>The Main Causes: Burning fossil fuels (coal, oil &amp; gas)<br/>Deforestation and land degradation<br/>Industrial agriculture and livestock emissions<br/>Pollution from industries and transportation</p> <p>These activities release greenhouse gases like CO<sub>2</sub> and methane, trapping heat in our atmosphere and disrupting the planet's natural balance.</p> <p>But there's hope—and action!<br/>Here's what you can do to make a difference:<br/>Reduce waste &amp; single-use plastics<br/>Choose sustainable transport options<br/>Save energy at home &amp; work<br/>Support reforestation &amp; nature protection<br/>Advocate for climate-conscious policies</p> <p>We all share this planet—let's protect it together.</p> <p>#ClimateAction #Sustainability #GoGreen<br/>#ActOnClimate #ClimateChange #EcoFriendly<br/>#TogetherForThePlanet</p> | <p>Klimato kaita: priežastys ir mūsų veiksmai!</p> <p>Nepamirškime: klimato kaita – ne kažkas tolimo, o šiandienos realybė, kurios pagrindinis variklis esame mes.</p> <p>Kas ją sukelia?</p> <p>Išskatinio kuro deginimas (anglis, nafta, dujos)<br/>Miškų kirtimas ir dirvožemio niokojimas<br/>Intensyvus žemės ūkis ir gyvulininkystės išmetimai<br/>Pramonės bei transporto tarša</p> <p>Visa ši veikla į atmosferą išleidžia šiltnamio efektą sukeliančias dujas (pvz., CO<sub>2</sub> ir metaną), kurios sulaiko šilumą ir ardo natūralią planetos pusiausvyrą.</p> <p>Tačiau yra šviesa tunelio gale! Kiekvienas mūsų veiksmas gali būti svarbus:</p> <p>Mažinkime atliekas ir venkime vienkartinio plastiko.<br/>Prioritetą teikime tvariam transportui.<br/>Efektyviau naudokime energiją namuose ir darbe.<br/>Pridėkime prie miškų atkūrimo ir gamtos saugojimo iniciatyvų.<br/>Būkime aktyvūs piliečiai, remiantys klimato politiką.</p> <p>Mūsų planeta – bendri namai. Rūpinkimės ją kartu!</p> <p>#ClimateAction #Sustainability #GoGreen<br/>#ActOnClimate #ClimateChange #EcoFriendly<br/>#TogetherForThePlanet</p> <p><a href="https://www.canva.com/design/DAGknizQY0/s9BFnXUHiUxMIAAnbssw/edit?utm_content=DAGknizQY0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGknizQY0/s9BFnXUHiUxMIAAnbssw/edit?utm_content=DAGknizQY0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | X | X |  |  |  |  |
| Testimony of a young person involved in climate-related projects. | 17/04 | 3PM | <p>"Voices for the Planet"</p> <p>Meet one of the young changemakers taking action for a greener future. Through climate-related projects, they're proving that every step—big or small—can drive real impact.</p> <p>#YouthForClimate #ClimateAction #SustainableFuture<br/>#ELCRA #GreenGeneration</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p>"Voices for the Planet"</p> <p>Susipažinkite su vienu iš jaunų pokyčių kūrėjų, besimančių veiksmų dėl ekologiškesnės ateities. Vykdydami su klimatu susijusius projektus, jie įrodo, kad kiekvienas žingsnis – didelis ar mažas – gali turėti realų poveikį.</p> <p>#YouthForClimate #ClimateAction #SustainableFuture #ELCRA #GreenGeneration</p> <p><a href="https://www.canva.com/design/DAGknIVUOnk/Hu9x1JphXV1KbqIH7aFa/edit?utm_content=DAGknIVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGknIVUOnk/Hu9x1JphXV1KbqIH7aFa/edit?utm_content=DAGknIVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | x | x |  |  |  |  |

[www.elcraproject.eu](http://www.elcraproject.eu)

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| Inspiring Examples of Circular Economy               | 28/5/2025 | 11am | <p>From mushrooms to mountains – the circular economy is everywhere. Businesses and communities across the globe are turning waste into opportunity through creativity, innovation, and bold choices.</p> <p>Companies like Patagonia are repairing, not replacing<br/>Start-ups like Ecovative are growing packaging, not making it<br/>Communities like Kamikatsu are leading local circular revolutions</p> <p>These stories aren't just inspiring — they're a blueprint for the future. Know another circular hero? Tag them below!<br/>#CircularEconomy #SustainableInnovation #WasteToValue #GreenBusiness #ClimateAction #ThinkCircular #EcoInspiration #ReuseRevolution #RethinkWaste</p> | <p>Nuo grybų iki kalnų – žiedinė ekonomika yra visur. Įmonės ir bendruomenės visame pasaulyje paverčia atliekas galimybėmis pasitelkdamos kūrybiškumą, inovacijas ir drąsius sprendimus.</p> <p>Tokios įmonės kaip „Patagonia“ taiso, o ne keičia<br/>Startuoliai kaip „Ecovative“ pakuotes augina, o ne gamina<br/>Tokios bendruomenės kaip Kamikatsu vadovauja vietinėms žiedinėms revoliucijoms</p> <p>Šios istorijos ne tik įkvėpia – jos yra ateities planas. Pažįsti dar vieną žiedinės ekonomikos herojų? Pažymėk jį komentaruose!</p> <p>#ŽiedinėEkonomika #TvariosInovacijos #AtliekosTampaVertėbe #ŽaliasVerslas #KlimatoVeiksmai #MastykŽiediška #EkoĮkvėpimas #PakartotinioNaudojimoRevolucija #PergalvokAtliekas</p> <p><a href="https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UqEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UqEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | x | x |         |   |  |
| Recent Environmental Successes                       | 19/6/2025 | 1pm  | <p>3 Wins for the Planet in 2025<br/>Clean energy investment hits a global record<br/>U.S. battery storage grows x4 since 2021<br/>Portugal's floating solar farm leads innovation</p> <p>Progress is real—let's keep pushing forward.<br/>#Sustainability #CleanEnergy #ClimateWins #ELCRA #GreenFuture</p>                                                                                                                                                                                                                                                                                                                                                                                      | <p>3 planetos laimėjimai 2025-aisiais<br/>Investicijos į švarią energiją pasiekė pasaulinį rekordą<br/>JAV baterijų saugyklų talpa išaugo 4 kartus nuo 2021 m.<br/>Portugalijos plūduriuojanti saulės elektrinė tampa inovacijų lydere</p> <p>Progresas yra tikras – tęskime judėjimą pirmyn.<br/>#Tvarumas #ŠvariEnergiya #KlimatoPergalės #ELCRA #ŽaliaAteitis</p> <p><a href="https://www.canva.com/design/DAGtpPd6o/UpYhrBG4QYOkf8WCIDRow/edit">https://www.canva.com/design/DAGtpPd6o/UpYhrBG4QYOkf8WCIDRow/edit</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | x | x |         |   |  |
| Sustainable Partnerships                             | 23/6/2025 | 3PM  | <p>Sustainable Partnerships Start with Shared Awareness</p> <p>At ELCRA, we know that real change begins with understanding. Through collaboration with like-minded partners, we work to raise awareness about the environmental challenges our communities face—and the collective actions we can take to address them.</p> <p>These partnerships allow us to reach more people, spark more conversations, and inspire deeper reflection on the importance of sustainability.</p> <p>Because when knowledge is shared, impact grows.</p> <p>#ELCRA #SustainablePartnerships #EnvironmentalAwareness #ClimateLiteracy #SustainabilityEducation #TogetherForChange</p>                             | <p>Tvarios partnerystės prasideda nuo bendro supratimo<br/>ELCRA tiki, kad tikri pokyčiai prasideda nuo supratimo. Bendradarbiaudami su bendraminčiais partneriais, siekiame didinti informuotumą apie aplinkosaugos iššūkius, su kuriais susiduria mūsų bendruomenės – ir apie bendrus veiksmus, kuriuos galime atlikti juos sprendami.</p> <p>Šios partnerystės leidžia mums pasiekti daugiau žmonių, paskatinti daugiau pokalbių ir įkvėpti gilesnių apmąstymų apie tvarumo svarbą. Nes kai žinios dalijamos – poveikis auga.<br/>#ELCRA #TvariosPartnerystės #AplinkosaugosSamoningumas #KlimatoRaštingumas #TvarumoŠvietimas #KartuUžPokyčius</p> <p>LinkedIn Text</p>                                                                                                                                                                                                                                                                                                                                                                                                                                |   |   | x       |   |  |
| STORIES "What you do to improve your water consume?" | 16/7/2025 | 1pm  | Use the Question box from intsgaram to put on the template                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Naudokite klausimų laukelį iš Intsgaram, kad įdėtumėte jį į šablono                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | x | x | STORIES |   |  |
| 3 Simple Ways to Protect Natural Habitats            | 24/7/2025 | 3PM  | <p>Small actions, big impact Protecting our planet's natural habitats starts with the choices we make every day. Which of these will you try first?</p> <p>#ProtectNature #SustainableLiving #GoGreen #ESNForNature #HabitatConservation #SimpleActionsBigImpact</p>                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>Maži veiksmai - didelis poveikis Mūsų planetos natūralių buveinių apsauga prasideda nuo kasdienių pasirinkimų. Kurį iš jų išbandysite pirmiausia?</p> <p>#SaugokGamta #TvarusGyvenimas #GyvenkŽaliai #ESNF arGamtai #BuveiniųApsauga #PaprastiVeiksmaiDidelisPoveikis</p> <p><a href="https://www.canva.com/design/DAGsxWIYW-o/te1V3cEibFD41g5Jchkfaw/edit?utm_content=DAGsxWIYW-o&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGsxWIYW-o/te1V3cEibFD41g5Jchkfaw/edit?utm_content=DAGsxWIYW-o&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                      | x | x |         |   |  |
|                                                      | 6/8/2025  | 1PM  | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <a href="https://docs.google.com/">https://docs.google.com/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |   |   |         | x |  |

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| Carousel   The importance of Sustainable Habits                         | 13/8/2025 | 3PM  | <p>The Importance of Sustainable Habits<br/>Small actions, big impact.<br/>Our daily choices, from what we eat to how we travel, shape the planet's future.<br/>When millions adopt small sustainable habits, the results multiply, creating systemic change in communities, businesses, and governments.</p> <p>Now... Are you ready to make a difference?<br/>Start with one habit today! YOUR ACTIONS MATTER<br/>Follow ELCRA for more insights on sustainability &amp; environmental literacy.</p> <p>#Sustainability #EnvironmentalLiteracy #ClimateAction #HabitsForChange #ELCRA</p>                                                                                             | <p>Tvarių įpročių svarba.<br/>Maži veiksmai - didelis poveikis.<br/>Mūsų kasdieniai pasirinkimai – nuo to, ką valgome, iki to, kaip keliaujame – formuoja planetos ateitį.<br/>Kai milijonai žmonių perima mažus tvarius įpročius, rezultatai dauginasi, sukurdami sisteminius pokyčius bendruomenėse, versle ir vyriausybėse.</p> <p>Dabar... Ar esate pasiruošę keisti situaciją?<br/>Pradėkite nuo vieno įpročio jau šiandien! JŪSŲ VEIKSMAI SVARBŪS</p> <p>Sekite ELCRA ir gaukite daugiau įžvalgų apie tvarumą ir aplinkosauginį raštingumą.</p> <p>#Tvarumas #AplinkosauginisRaštingumas #KlimatoVeiksmai #ĮpročiaiPokyčiams #ELCRA</p>                                                                                                                                                                  | <a href="https://www.canva.com/design/DAGykcZGQ_Y/TGhXU6BIU4K5eXFWPombw/edit?utm_content=DAGykcZGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGykcZGQ_Y/TGhXU6BIU4K5eXFWPombw/edit?utm_content=DAGykcZGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X         | X         |   |  |  |
| Stories   My Zero-Waste Morning Routine                                 | 24/8/2025 | 6PM  | 2 stories; The second one, add a QUESTION BOX in the blank space!!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                 | X STORIES | X STORIES |   |  |  |
| Carousel   "Why investing in solar and wind energy is crucial."         | 1/9/2025  | 4PM  | <p>Solar and wind energy aren't just alternatives, THEY'RE THE FUTURE!</p> <p>From cutting emissions to creating jobs and reducing energy costs, investing in renewables is crucial for building a cleaner and more resilient world</p> <p>Here's why:<br/>They're abundant and renewable<br/>They boost energy independence<br/>They protect our health and environment<br/>They create economic opportunities</p> <p>The choice is clear: when we invest in solar and wind, we invest in our future</p> <p>What renewable action would you like to see grow in your community?</p> <p>#RenewableEnergy #SolarPower #WindEnergy #ClimateAction #Sustainability #GreenFuture #ELCRA</p> | <p>Saulės ir vėjo energija yra ne tik alternatyvos – JOS YRA ATEITIS!</p> <p>Nuo teršalų mažinimo iki darbo vietų kūrimo ir energijos sąnaudų mažinimo – investicijos į atsinaujinančiosios energijos išteklius yra labai svarbios, norint sukurti švaresnį ir atsparesnį pasaulį</p> <p>Štai kodėl:<br/>Jų yra gausu ir jos yra atsinaujinančios<br/>Jos didina energetinę nepriklausomybę<br/>Jos saugo mūsų sveikatą ir aplinką<br/>Jos kuria ekonomines galimybes</p> <p>Pasirinkimas yra aiškus: investuodami į saulės ir vėjo energiją, investuojame į savo ateitį</p> <p>Kokius atsinaujinančiosios energijos veiksmus norėtumėte matyti savo bendruomenėje?</p> <p>Žymos (angl. hashtags): #AtsinaujinantiEnergija #SaulėsEnergija #VėjoEnergija #KlimatoVeiksmai #Tvarumas #ŽaliojiAteitis #ELCRA</p> | <a href="https://www.canva.com/design/DAGyKfzaiY/Wff1u_VQ7sqULvkvxatI/CA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGyKfzaiY/Wff1u_VQ7sqULvkvxatI/CA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X         | X         |   |  |  |
| LinkedIn Article   "Why investing in solar and wind energy is crucial." | 1/9/2025  | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Cópia de ELCRA_LK_SEPTEMB                                                                                                                                                                                                                                                                                                                                       |           |           | X |  |  |
| Carousel   5 practices to save energy at home                           | 23/9/2025 | 5PM  | <p>Saving energy at home is easier than you think!</p> <p>Here are 5 simple practices you can start today:<br/>1⏻ Unplug &amp; switch off devices not in use<br/>2💡 Switch to LED lighting<br/>3🌡️ Control heating &amp; cooling smartly<br/>4💧 Save water, save energy<br/>5🧼 Cook &amp; clean efficiently</p> <p>Which of these habits do you already follow?</p> <p>#ELCRA #SaveEnergy #Sustainability #EnergyEfficiency #GreenLiving</p>                                                                                                                                                                                                                                            | <p>Taupyti energiją namuose yra lengviau, nei manote!</p> <p>Štai 5 paprasti veiksmai, kuriuos galite pradėti jau šiandien:<br/>1⏻ Atjunkite ir išjunkite nenaudojamus prietaisus<br/>2💡 Perekite prie LED apšvietimo<br/>3🌡️ Išmaniai valdykite šildymą ir vėsinimą<br/>4💧 Taupykite vandenį, taupykite energiją<br/>5🧼 Gaminkite maistą ir tvarkykite namus efektyviai</p> <p>Kokius iš šių įpročių jau taikote?</p> <p>Žymos (angl. hashtags): #ELCRA #TaupykEnergiją #Tvarumas #EnergijosEfektyvumas #ŽaliasGyvenimas</p>                                                                                                                                                                                                                                                                                  | <a href="https://www.canva.com/design/DAGyKfzaiY/Wff1u_VQ7sqULvkvxatI/CA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGyKfzaiY/Wff1u_VQ7sqULvkvxatI/CA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X         | X         |   |  |  |

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| Carousel   "What you can do to save the planet? Get to know some ways (join NGos, Best practices)" | 3/10/2025  | 4PM  | <p>Want to help protect the planet but don't know where to start?</p> <p>Small actions create big change, and we all have the power to make a difference!</p> <p>Here are a few ways to start today:<br/>Join or volunteer with local NGOs and sustainability projects.<br/>Adopt eco-friendly habits.<br/>Choose greener transport like walking, biking, or public transit.<br/>Support local and fair-trade products.<br/>Raise awareness and inspire others to take action.</p> <p>Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future</p> <p>Which action will you start with today? Tell us below!</p> <p>#ELCRA #Sustainability #ClimateAction #GreenLiving #Environment #TogetherForChange</p> | <p>Norite padėti apsaugoti planetą, bet nežinote nuo ko pradėti?</p> <p>Maži veiksmai sukuria didelius pokyčius, ir mes visi turime galią prisidėti!</p> <p>Štai keletas būdų, kaip pradėti šiandien:<br/>Prisijunkite prie vietos NVO ir tvarumo projektų arba tapkite savanoriu.<br/>Įgyvendinkite aplinkai draugiškus įpročius.<br/>Rinkitės ekologiškesnį transportą, pavyzdžiui, ėjimą pėsčiomis, važiavimą dviračiu ar viešąjį transportą.<br/>Palaikykite vietinę ir sąžiningos prekybos produkciją.<br/>Didinkite sąmoningumą ir įkvėpkite kitus imtis veiksmų.</p> <p>Kiekvienas žingsnis yra svarbus – nuo kasdienių pasirinkimų iki įsitraukimo į bendruomenės veiklą. Kartu galime kurti tvaresnę ateitį!</p> <p>Nuo kokio veiksmo pradėsite šiandien? Papasakokite mums apačioje!</p> <p>#ELCRA #Tvarumas #KlimatoVeiksmai #ŽaliasGyvenimas #Aplinka #KartuPokyčiams</p> | <a href="https://www.canva.com/design/DAG13uoZU5E/pW4hYrap4anR0d2vYfZfC2g/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG13uoZU5E/pW4hYrap4anR0d2vYfZfC2g/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |   |  |  |
| LinkedIn Text "Myth vs. Fact – Sustainability Edition"                                             | 22/10/2025 | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <a href="#">ELCRA 1K OCTOBER</a>                                                                                                                                                                                                                                                                                                                                    |   |   | X |  |  |
| Carousel   THEMATIC POST ABOUT THE COURSE                                                          | 10/11/2025 | 4PM  | <p>Want to better understand environmental challenges, and learn how to act on them?<br/>The ELCRA MOOC gives you the tools to become a more informed, empowered, and impactful changemaker.</p> <p>Through 10 interactive micro-modules, you'll develop environmental literacy, systemic thinking, and the ability to face climate challenges constructively.</p> <p>Rich multimedia<br/>Open educational resources<br/>Self-assessment tools Official certification Community of Practice</p> <p>Start learning today → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sustainability #ClimateEducation #EnvironmentalLiteracy #Students</p>                                                                               | <p>Norite geriau suprasti aplinkosaugos iššūkius ir išmokyti juos spręsti?</p> <p>ELCRA MOOC suteikia jums įrankius, padėsiančius tapti labiau informuotu, įgalintu ir įtakingu pokyčių kūrėju.</p> <p>Per 10 interaktyvių mikromodulių lavinsite aplinkosauginį raštingumą, sisteminių mąstymą ir gebėjimą konstruktyviai spręsti klimato iššūkius.</p> <p>Turtinga multimedia<br/>Atviri švietimo ištekliai<br/>Savęs vertinimo įrankiai<br/>Oficialus sertifikatas<br/>Praktikos bendruomenė</p> <p>Pradėkite mokytis jau šiandien → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Tvarumas #KlimatoŠvietimas #AplinkosaugosRaštingumas #Mokiniai</p>                                                                                                                                                                                       | <a href="https://www.canva.com/design/DAG7sf2eRDI/ct4lz8xZVxns99hdQl3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG7sf2eRDI/ct4lz8xZVxns99hdQl3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>       | X | X | X |  |  |

[www.elcraproject.eu](http://www.elcraproject.eu)

| <b>ELCRA</b><br>Outreach campaign dedicated to college students |      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                   |           |          |          |   |        |
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| Who we are                                                      | 5feb | 11am         | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>ELCRA: wspieranie studentów dla zrównoważonej przyszłości</p> <p>Czy jesteś gotowy/a, by stać się częścią zmiany? ELCRA koncentruje się na wzmacnianiu świadomości środowiskowej wśród studentów, zamienianiu wiedzy w działanie i adresowaniu wyzwań środowiskowych.</p> <p>Od badań i edukacji, poprzez działania rzecznicze i budowanie społeczności, wyposażamy studentów, by radzili sobie z problemami klimatycznymi i promowali zrównoważony rozwój, jednocześnie zapobiegając ryzykom radykalizacji w aktywizmie.</p> <p>Chcesz wiedzieć więcej? Przeczytaj ten post i dołącz do ruchu!</p> <p>#ŚwiadomośćŚrodowiskowa #ZrównoważonyRozwój #Studenci #ELCRA</p> | <a href="https://www.canva.com/design/DAGdlszDKUM/U4jXyTGqx08gzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdlszDKUM/U4jXyTGqx08gzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> |           | X        |          |   |        |
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| "Why does sustainability matter?" - Introduction to the project & its aims | 5feb | 11am | <p><a href="#">ELCRA LIKEDIN POST   5th feb 2025</a></p> <p>ELCRA: Empowering Students to Lead the Way in Sustainability<br/>In the face of climate change, the role of young people as drivers of environmental action has never been more critical. That's where ELCRA steps in – a project designed to boost environmental literacy among university students, empowering them to take the lead in creating a more sustainable future.<br/>But ELCRA doesn't stop at education. The project also focuses on addressing risks of violent radicalisation within environmental activism by equipping students with the skills and understanding to channel their passion for change constructively.</p> <p><b>Project Actions</b><br/>Study the phenomena at the heart of the project;<br/>Provide knowledge and skills to participants; Develop communities of practice;<br/>Promote environmental literacy through awareness-raising campaigns and advocacy activities.</p> <p><b>Project Results</b></p> <p>A research on young people's attitudes towards the climate crisis, environmental activism and risk factors for violent radicalisation; A Competence framework on the prevention of violent radicalisation of environmental activism through environmental literacy;<br/>An online platform, as a European reference point on the prevention of violent radicalisation of environmental activism through environmental literacy, containing materials, events, research and all content developed by the project consortium; A multidisciplinary MOOC course on environmental literacy, climate change, environmental sustainability, innovative problem-solving strategies, systemic thinking and systemic change. 10 workshops with students on preventing violent radicalisation in environmental activism through environmental literacy;<br/>A cross-sectoral and multidisciplinary community of practice between academia and other stakeholders in sustainability and environmental activism;<br/>Awareness-raising measures and advocacy activities on project topics are always targeted at university students and higher education organisations;<br/>A document containing recommendations from the research and community of practice. Improvement of university students' knowledge and skills in environmental sustainability.</p> <p>Through its comprehensive approach, ELCRA doesn't just teach students about the environment—it empowers them to shape it. This project emphasizes collaboration, innovation, and constructive activism, paving the way for a generation of leaders ready to tackle global challenges head-on.<br/>Want to learn more? Let's connect! Together, we can empower students to create a more sustainable future.</p> | <p>ELCRA: Wzmacnianie studentów, by przewodzili na drodze do zrównoważonego rozwoju<br/>W obliczu zmian klimatu rola młodych ludzi jako motorów działań na rzecz środowiska nigdy nie była tak istotna. To tutaj wkracza ELCRA — projekt stworzony po to, by wzmacniać kompetencje z zakresu świadomości środowiskowej wśród studentów, umożliwiający im przejęcie dowodzenia w tworzeniu bardziej zrównoważonej przyszłości. ELCRA nie kończy się jednak na edukacji. Projekt koncentruje się również na przeciwdziałaniu ryzykom przemocowej radykalizacji w aktywizmie środowiskowym, wyposażając studentów w umiejętności i wiedzę, które pozwalają konstruktywnie wykorzystać ich chęć zmiany</p> <p><b>Działania projektowe</b><br/>Zgłębianie zjawisk leżących u podstaw projektu;<br/>Dostarczanie wiedzy i umiejętności uczestnikom;<br/>Tworzenie społeczności praktyków;<br/>Promowanie świadomości środowiskowej poprzez kampanie podnoszące świadomość i działania rzecznicze.</p> <p><b>Rezultaty Projektu</b></p> <p>Badanie postaw młodych ludzi względem kryzysu klimatycznego; Ramy kompetencyjne dotyczące zapobiegania przemocowej radykalizacji aktywizmu środowiskowego poprzez świadomość środowiskową;<br/>Platforma online - europejski punkt odniesienia w zakresie zapobiegania przemocowej radykalizacji aktywizmu środowiskowego poprzez świadomość środowiskową, zawierająca materiały, wydarzenia, badania oraz wszystkie treści opracowane przez konsorcjum projektu;<br/>Multidyscyplinarny kurs MOOC dotyczący świadomości środowiskowej, zmian klimatu, zrównoważonego rozwoju, innowacyjnych strategii rozwiązywania problemów, myślenia systemowego i zmian systemowych. 10 warsztatów ze studentami poświęconych zapobieganiu przemocowej radykalizacji w aktywizmie środowiskowym poprzez świadomość środowiskową;<br/>Międzysektorowa i multidyscyplinarna społeczność praktyków łącząca środowisko akademickie z innymi interesariuszami z obszaru zrównoważonego rozwoju i aktywizmu środowiskowego; Działania zwiększające świadomość i inicjatywy rzecznicze dotyczące tematów projektu, zawsze kierowane do studentów oraz instytucji szkolnictwa wyższego;<br/>Dokument zawierający rekomendacje wynikające z badań i prac społeczności praktyków. Poprawa wiedzy i umiejętności studentów w zakresie zrównoważonego rozwoju.</p> <p>Poprzez to kompleksowe podejście, ELCRA nie tylko uczy studentów o środowisku - ona daje im realną moc, by je kształtować. Ten projekt podkreśla znaczenie współpracy, innowacji i konstruktywnego aktywizmu, torując drogę nowemu pokoleniu liderów gotowych, by stawiać czoła globalnym wyzwaniom.<br/>Chcesz wiedzieć więcej? Połączmy się! Wspólnie możemy wzmocnić studentów, by tworzyli bardziej zrównoważoną przyszłość.</p> | <p>Text for the post - ( <a href="https://docs.google.com/document/d/1e22y55IDRcRHs9KB7MxdI5ErLGPBg6BD/e/dit?usp=drive_link&amp;oid=108596467631510347691&amp;rtpof=true&amp;sd=true">https://docs.google.com/document/d/1e22y55IDRcRHs9KB7MxdI5ErLGPBg6BD/e/dit?usp=drive_link&amp;oid=108596467631510347691&amp;rtpof=true&amp;sd=true</a> )<br/>Image for the Post ( <a href="https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5Fi2QNYTwSF40IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5Fi2QNYTwSF40IGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=sharebutton</a> )</p> |  |  | X |  |  |
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| Who we are?                                                                      | 17feb | 3pm  | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p>                                                                                                                                                                             | <p>ELCRA: wspieranie studentów dla zrównoważonej przyszłości</p> <p>Czy jesteś gotowy/a, by stać się częścią zmiany? ELCRA koncentruje się na wzmacnianiu świadomości środowiskowej wśród studentów, zamienianiu wiedzy w działanie i adresowaniu wyzwań środowiskowych.</p> <p>Od badań i edukacji, poprzez działania rzecznicze i budowanie społeczności, wyposażamy studentów, by radzili sobie z problemami klimatycznymi i promowali zrównoważony rozwój, jednocześnie zapobiegając ryzykom radykalizacji w aktywizmie.</p> <p>Chcesz wiedzieć więcej? Przeczytaj ten post i dołącz do ruchu!</p> <p>#ŚwiadomośćŚrodowiskowa #ZrównoważonyRozwój #Studenci #ELCRA</p>                                                                                                                                                                                                                                                                                    | <a href="https://www.canva.com/design/DAGd4T5hwo/BQUUWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd4T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd4T5hwo/BQUUWvdKG_VEGD8CAkwoEA/edit?utm_content=DAGd4T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>     | x | X |  |  |  |  |
| Simple Actions for Sustainability                                                | 05/03 | 11AM | <p>Small Changes, Big Impact!</p> <p>Want to live more sustainably every day? It's easier than you think! Here are 7 simple habits that help protect our planet:</p> <p>Reduce waste – plan meals &amp; avoid single-use plastics Choose sustainable products – go for eco-friendly &amp; local options</p> <p>Save energy – switch to LED &amp; unplug devices when not in use</p> <p>Walk, bike, or carpool – less pollution, more movement! Conserve water – shorter showers &amp; rainwater collection Recycle &amp; compost – give waste a second life</p> <p>Buy less, choose better – quality over quantity always!</p> <p>Every small action counts. Which one will you start today? Tell us in the comments!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>Małe zmiany, duży wpływ!</p> <p>Chcesz żyć w sposób bardziej zrównoważony każdego dnia? To prostsze niż myślisz! Oto 7 prostych nawyków, które pomagają chronić naszą planetę:</p> <p>Zredukuj odpady - zaplanuj posiłki i unikaj jednorazowych plastików</p> <p>Wybieraj zrównoważone produkty - decyduj się na przyjazne środowisku i lokalne opcje</p> <p>Oszczędzaj energię - przestaw się na LEDy i wypinaj z prądu urządzenia, których nie używasz</p> <p>Chodź pieszo, jeździj na rowerze, korzystaj ze wspólnych przejazdów - mniej zanieczyszczeń, więcej ruchu!</p> <p>Oszczędzaj wodę - krótsze prysznice i zbieranie deszczówki</p> <p>Segreguj i kompostuj - podaruj odpadom drugie życie</p> <p>Kupuj mniej, wybieraj lepiej - zawsze przedkładaj jakość nad ilość!</p> <p>Liczy się każde małe działanie. Które z nich zaczniesz dzisiaj? Powiedz nam w komentarzu!</p> <p>#ŚwiadomośćŚrodowiskowa #ZrównoważonyRozwój #Studenci #ELCRA</p> | <a href="https://www.canva.com/design/DAGdb-GqBSA/aFV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/aFV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |  |  |  |  |
| What is your best sustainability practise?                                       | 17/03 | 3PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Jaka jest Twoja najlepsza eko-praktyka?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <a href="https://www.canva.com/design/DAGdb-GqBSA/aFV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/aFV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |
| One Week Without Single-Use Plastic* challenge with simple steps to participate. | 24/03 | 5PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Jeden tydzień bez jednorazowych plastików - wyzwanie z prostymi krokami                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <a href="https://www.canva.com/design/DAGdb-GqBSA/aFV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GqBSA/aFV1633zxSyBiq3m5jarDg/edit?utm_content=DAGdb-GqBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x |   |  |  |  |  |

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| What is Climate Change?                                           | 04/10 | 1pm | <p>What's Causing Climate Change – And What Can We Do About It?</p> <p>Climate change isn't a distant threat—it's happening now, and it's largely driven by human activity.</p> <p>The Main Causes: Burning fossil fuels (coal, oil &amp; gas)<br/>Deforestation and land degradation<br/>Industrial agriculture and livestock emissions<br/>Pollution from industries and transportation</p> <p>These activities release greenhouse gases like CO<sub>2</sub> and methane, trapping heat in our atmosphere and disrupting the planet's natural balance.</p> <p>But there's hope—and action!<br/>Here's what you can do to make a difference:<br/>Reduce waste &amp; single-use plastics Choose sustainable transport options Save energy at home &amp; work<br/>Support reforestation &amp; nature protection Advocate for climate-conscious policies</p> <p>We all share this planet—let's protect it together.</p> <p>#ClimateAction #Sustainability #GoGreen #ActOnClimate<br/>#ClimateChange #EcoFriendly #TogetherForThePlanet</p> | <p>Co powoduje zmiany klimatu i co my możemy z tym zrobić?</p> <p>Zmiany klimatu to nie odległe zagrożenie - one dzieją się w tej chwili i w dużym stopniu powoduje je działalność człowieka.</p> <p>Główne przyczyny: Spalanie paliw kopalnych (węгля, ropy i gazu)<br/>Wylesianie i degradacja terenów<br/>Rolnictwo przemysłowe i emisja z hodowli zwierząt<br/>Zanieczyszczenia przemysłowe i transportowe</p> <p>Te działania powodują emisję gazów cieplarnianych, takich jak CO<sub>2</sub> i metan, zatrzymując ciepło w atmosferze i zaburzając naturalną równowagę planety.</p> <p>Ale jest nadzieja - i miejsce na działanie! Oto co możesz zrobić, żeby robiło różnicę:<br/>Zredukuj ilość odpadów i jednorazowych plastików<br/>Wybierz sposoby transportu przyjazne środowisku<br/>Oszczędzaj energię w domu i w pracy<br/>Wspieraj zalesianie i ochronę przyrody<br/>Opowiadaj się za politykami i inicjatywami przyjaznymi klimatowi</p> <p>Wszyscy dzielimy tę planetę - brońmy jej wspólnie.</p> <p>#DziałaniaKlimatyczne #ZrównoważonyRozwój #BądźEko<br/>#DziałajDlaKlimatu #ZmianyKlimatu #PrzyjazneŚrodowisku<br/>#RazemDlaPlanety</p> | <a href="https://www.canva.com/design/DAGkniizQY0/s9rBFnXUHuLxMIAAnbxsu/edit?utm_content=DAGkniizQY0&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social">https://www.canva.com/design/DAGkniizQY0/s9rBFnXUHuLxMIAAnbxsu/edit?utm_content=DAGkniizQY0&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social</a> | X | X |  |  |  |
| Testimony of a young person involved in climate-related projects. | 17/04 | 3PM | <p>"Voices for the Planet"</p> <p>Meet one of the young changemakers taking action for a greener future. Through climate-related projects, they're proving that every step—big or small—can drive real impact.</p> <p>#YouthForClimate #ClimateAction #SustainableFuture #ELCRA #GreenGeneration</p> <p>Would you like a more emotional, fun, or formal version?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>"Głosy dla planety"</p> <p>Poznaj jedną z młodych liderów i liderki zmian, którzy działają dla bardziej zielonej przyszłości. Poprzez projekty związane z klimatem, udowadniają oni, że każdy ruch - duży czy mały - może mieć realne znaczenie.</p> <p>#MłodziDlaKlimatu #DziałaniaKlimatyczne #ZrównoważonaPrzyszłość #ELCRA #ZielonePokolenie</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <a href="https://www.canva.com/design/DAGkniVUOnk/Hu9x1JphXV1KbqIHA7gFq/edit?utm_content=DAGkniVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social">https://www.canva.com/design/DAGkniVUOnk/Hu9x1JphXV1KbqIHA7gFq/edit?utm_content=DAGkniVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social</a> | x | X |  |  |  |

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| Article about the impact of climate changes in the new generations | 30/04     | 11am | <p>Climate change is not a distant threat—it's a defining force in the lives of today's youth.</p> <p>From extreme weather events to biodiversity loss, young people are navigating a world where environmental challenges shape their decisions, values, and aspirations. But they're not just adapting—they're leading the way.</p> <p>How is climate change influencing youth priorities?</p> <p>A growing interest in green careers and sustainability-driven entrepreneurship</p> <p>A demand for climate-conscious policies in education and employment</p> <p>A surge in youth activism, shaping local and global environmental movements</p> <p>The ELCRA Project is dedicated to understanding and amplifying these shifts. Through research, advocacy, and collaboration, we explore how climate change is reshaping education, employability, and civic engagement for young people across Europe.</p> <p>But here's the question: Are governments, businesses, and institutions ready to embrace this change?</p> <p>Stay tuned as we share insights and strategies to empower youth-led climate resilience. Let's build a future where young voices drive sustainable action.</p> <p>What role do you see young people playing in shaping climate policies and solutions? Join the conversation.</p> <p>#ELCRA #ClimateResilience #YouthForChange #Sustainability #ClimateLeadership #GreenJobs #ClimateEducation #FutureOfWork</p> | <p>Zmiany klimatu to nie odległe zagrożenie - to siła, która kształtuje życie dzisiejszej młodzieży.</p> <p>Od ekstremalnych zjawisk pogodowych po utratę bioróżnorodności, młodzi ludzie poruszają się w rzeczywistości, w której wyzwania środowiskowe wpływają na ich decyzje, wartości i aspiracje. Ale oni nie tylko się dostosowują - oni wyznaczają kierunek.</p> <p>Jak zmiany klimatu kształtują priorytety młodych ludzi?</p> <p>Rosnące zainteresowanie 'zielonymi' zawodami i przedsiębiorczością opartą o zrównoważony rozwój</p> <p>Zapotrzebowanie na polityki świadome klimatycznie w edukacji i na rynku pracy</p> <p>Wzrost aktywizmu młodzieżowego, który kształtuje lokalne i globalne ruchy środowiskowe</p> <p>Projekt ELCRA jest poświęcony zrozumieniu i wzmocnieniu tych zmian. Poprzez badania, rzecznictwo i współpracę, zgłębiany to, jak zmiany klimatu kształtują edukację, zatrudnianie i zaangażowanie obywatelskie młodych ludzi w Europie.</p> <p>Tu pojawia się pytanie: Czy rządy, firmy i instytucje są gotowe na te zmiany?</p> <p>Pozostań w kontakcie, gdy będziemy dzielić się wnioskami i strategiami wzmocnienia odporności klimatycznej młodzieży. Zbudujmy przyszłość, w której młode głosy są źródłem zrównoważonego działania.</p> <p>Jaką rolę powinni odgrywać młodzi ludzie w kształtowaniu polityk i rozwiązań klimatycznych? Dołącz do dyskusji.</p> <p>#ELCRA #OdpornośćKlimatyczna #MłodziDlaZmiany #ZrównoważonyRozwój #PrzywództwoKlimatyczne #ZielonaPraca #EdukacjaKlimatyczna #PrzyszłośćPracy</p> | <a href="https://www.canva.com/design/DAGqOxJOLGA/6Q">https://www.canva.com/design/DAGqOxJOLGA/6Q</a> | X | X | X |  |  |
| What is Circular Economy?                                          | 14/5/2025 | 1pm  | Stories with a question box                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Relacje z okienkiem na pytania                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                       | X | X |   |  |  |

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| What is Circular Economy? | 15/5/2025 | 3PM | <p>What if waste didn't have to be the end of the line?<br/>It's time to shift from a take-make-dispose mindset to a circular one — where resources are reused, repaired, and given a second life.</p> <p>In this carousel, learn:<br/>What the Circular Economy is Why it matters<br/>How you can apply it in your daily routine<br/>... and how you can make a difference!</p> <p>Swipe through and challenge yourself (and a friend) to take one step towards a more sustainable lifestyle this week!</p> <p>#CircularEconomy #Sustainability #GoGreen #EcoFriendly<br/>#ThinkCircular #ClimateAction #ReuseReduceRecycle #ELCRA<br/>#YouthForClimate</p> | <p>A co jeśli odpady nie musiałyby być końcem drogi?<br/>Już czas żeby przejść od podejścia 'wziąć-wyprodukować-wyrzucić' do gospodarki o obiegu zamkniętym - w której zasoby są ponownie wykorzystywane, naprawiane i w którym daje się im nowe życie.</p> <p>Z tej karuzeli dowiesz się:<br/>Co to jest gospodarka o obiegu zamkniętym<br/>Dlaczego to ma znaczenie<br/>Jak możesz to zastosować do swoich codziennych czynności<br/>... i jak możesz realnie wpłynąć na zmianę!</p> <p>Przesuń slajdy i podejmij wyzwanie (Ty i Twój przyjaciel) żeby w tym tygodniu zrobić ten jeden krok w stronę bardziej zrównoważonego stylu życia!</p> <p>#GospodarkaOObieguZamkniętym #ZrównoważonyRozwój #BądźEko #PrzyjazneŚrodowisku #Myślcyrkularnie #DziałaniaDlaKlimatu #ReuseReduceRecycle #ELCRA #MłodziDlaKlimatu</p> <p><a href="https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UqEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGqOxJOLGA/6Q5006cLRoxKQpDUJ5UqEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | x | x |  |  |  |
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| Carousel   The importance of Sustainable Habits                         | 13/8/2025 | 3PM  | <p>The Importance of Sustainable Habits Small actions, big impact. Our daily choices, from what we eat to how we travel, shape the planet's future. When millions adopt small sustainable habits, the results multiply, creating systemic change in communities, businesses, and governments.</p> <p>Now... Are you ready to make a difference? Start with one habit today! YOUR ACTIONS MATTER Follow ELCRA for more insights on sustainability &amp; environmental literacy.</p> <p>#Sustainability #EnvironmentalLiteracy #ClimateAction #HabitsForChange #ELCRA</p>                                                                                                     | <p>Znaczenie zrównoważonych nawyków Małe działania, duży wpływ. Nasze codzienne wybory - od tego, co jemy, po to, jak się przemieszczamy - kształtują przyszłość planety. Gdy miliony osób adaptują małe, zrównoważone nawyki, rezultaty się mnożą, tworząc zmianę systemową w społecznościach, biznesie i rządach.</p> <p>A teraz... Czy jesteś gotowy/a, żeby robić różnicę? Zaczniij z jednym nawykiem już dzisiaj! TWOJE DZIAŁANIA MAJĄ ZNACZENIE Obserwuj projekt ELCRA, by dowiedzieć się więcej o zrównoważonym rozwoju i edukacji środowiskowej.</p> <p>#ZrównoważonyRozwój #ŚwiadomośćŚrodowiskowa #DziałaniaKlimatyczne #NawykiDlaZmiany #ELCRA</p> <p><a href="https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPmbw/edit?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social&amp;utm_medium=link&amp;utm_source=social">https://www.canva.com/design/DAGykczGQ_Y/TGhXU6BIU4K5eEXFWPmbw/edit?utm_content=DAGykczGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social&amp;utm_medium=link&amp;utm_source=social</a></p>                                                                                                                                               | X | X |   |  |  |
| Stories   My Zero-Waste Morning Routine                                 | 24/8/2025 | 6PM  | <p>2 stories; The second one, add a QUESTION BOX in the blank space!!</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | X | X |   |  |  |
| Carousel   "Why investing in solar and wind energy is crucial."         | 1/9/2025  | 4PM  | <p>Solar and wind energy aren't just alternatives, THEY'RE THE FUTURE!</p> <p>From cutting emissions to creating jobs and reducing energy costs, investing in renewables is crucial for building a cleaner and more resilient world</p> <p>Here's why:<br/>They're abundant and renewable They boost energy independence They protect our health and environment They create economic opportunities</p> <p>The choice is clear: when we invest in solar and wind, we invest in our future</p> <p>What renewable action would you like to see grow in your community?</p> <p>#RenewableEnergy #SolarPower #WindEnergy #ClimateAction #Sustainability #GreenFuture #ELCRA</p> | <p>Energia słoneczna i wiatrowa to nie tylko alternatywy, TO PRZYSZŁOŚĆ!</p> <p>Od ograniczenia emisji, przez tworzenie miejsc pracy, po redukcję kosztów energii, inwestowanie w odnawialne źródła energii jest kluczowe dla budowania czystszej i bardziej odpornej świata</p> <p>Oto dlaczego:<br/>Są powszechnie dostępne i odnawialne Wzmacniają niezależność energetyczną Chronią nasze zdrowie i środowisko Stwarzają możliwości gospodarcze</p> <p>Wybór jest prosty: inwestując w energię słoneczną i wiatrową, inwestujemy w naszą przyszłość</p> <p>Rozwój jakiego działania związanego z odnawialną energią chciał(a)byś zobaczyć w swojej społeczności?</p> <p>#EnergiaOdnawialna #EnergiaSłoneczna #EnergiaWiatrowa #DziałaniaKlimatyczne #ZrównoważonyRozwój #ZielonaPrzyszłość #ELCRA</p> <p><a href="https://www.canva.com/design/DAGykfzaiuY/Wff1u_VQ7sqULvkvxatICA/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social&amp;utm_medium=link&amp;utm_source=social">https://www.canva.com/design/DAGykfzaiuY/Wff1u_VQ7sqULvkvxatICA/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social&amp;utm_medium=link&amp;utm_source=social</a></p> | X | X |   |  |  |
| LinkedIn Article   "Why investing in solar and wind energy is crucial." | 1/9/2025  | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Cópia de ELCRA_LK_SEPTEMB                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |   |   | X |  |  |

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| Carousel   5 practices to save energy at home                                                      | 23/9/2025  | 5PM  | <p>Saving energy at home is easier than you think!</p> <p>Here are 5 simple practices you can start today:</p> <ol style="list-style-type: none"> <li>1 Unplug &amp; switch off devices not in use</li> <li>2 Switch to LED lighting</li> <li>3 Control heating &amp; cooling smartly</li> <li>4 Save water, save energy</li> <li>5 Cook &amp; clean efficiently</li> </ol> <p>Which of these habits do you already follow?</p> <p>#ELCRA #SaveEnergy #Sustainability #EnergyEfficiency #GreenLiving</p>                                                                                                                                                                                                                                                                                                                             | <p>Oszczędzanie energii w domu jest prostsze niż myślisz!</p> <p>Oto 5 prostych działań, które możesz zacząć już dziś:</p> <ol style="list-style-type: none"> <li>1 Odłączaj z prądu i wyłączaj urządzenia, których nie używasz</li> <li>2 Przejdź na oświetlenie LED</li> <li>3 Mądrze kontroluj ogrzewanie i chłodzenie</li> <li>4 Oszczędzaj wodę i energię</li> <li>5 Gotuj i sprzątaj efektywnie</li> </ol> <p>Które z tych działań już wdrażasz?</p> <p>#ELCRA #OszczędzajEnergję #ZrównoważonyRozwój #EfektywnośćEnergetyczna #ZieloneŻycie</p> <p><a href="https://www.canva.com/design/DAGykfzaiuY/Wff1u_VQ7sqULvkxqtIC/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGykfzaiuY/Wff1u_VQ7sqULvkxqtIC/edit?utm_content=DAGykfzaiuY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                              | X | X |   |  |  |
| Carousel   "What you can do to save the planet? Get to know some ways (join NGOs, Best practices)" | 3/10/2025  | 4PM  | <p>Want to help protect the planet but don't know where to start?</p> <p>Small actions create big change, and we all have the power to make a difference!</p> <p>Here are a few ways to start today:</p> <ul style="list-style-type: none"> <li>Join or volunteer with local NGOs and sustainability projects.</li> <li>Adopt eco-friendly habits.</li> <li>Choose greener transport like walking, biking, or public transit.</li> <li>Support local and fair-trade products.</li> <li>Raise awareness and inspire others to take action.</li> </ul> <p>Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future</p> <p>Which action will you start with today? Tell us below!</p> <p>#ELCRA #Sustainability #ClimateAction #GreenLiving #Environment #TogetherForChange</p> | <p>Chcesz pomóc chronić planetę, ale nie wiesz, od czego zacząć?</p> <p>Małe działania tworzą wielką zmianę i każde z nas ma moc, by coś zmienić!</p> <p>Oto kilka sposobów, żeby zacząć już dzisiaj:</p> <ul style="list-style-type: none"> <li>Dołącz do lokalnych organizacji pozarządowych i projektów związanych ze zrównoważonym rozwojem lub zostań wolontariuszem.</li> <li>Zaadaptuj przyjazne środowisku nawyki.</li> <li>Wybierz bardziej zielony transport, taki jak chodzenie pieszo, jazda na rowerze czy transport publiczny.</li> <li>Wspieraj produkty lokalne i fair-trade.</li> <li>Podnoś świadomość i inspiruj innych do działania.</li> </ul> <p>Liczy się każdy krok, od codziennych wyborów po zaangażowanie społeczne. Wspólnie, możemy kształtować bardziej zrównoważoną przyszłość</p> <p>Które działanie zaczniesz dzisiaj? Podziel się poniżej!</p> <p>#ELCRA #ZrównoważonyRozwój #DziałaniaDlaKlimatu #ZieloneŻycie #Środowisko #RazemDlaZmiany</p> <p><a href="https://www.canva.com/design/DAG13uoZU5E/pWhYrap4anR0d2vYzIC2g/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG13uoZU5E/pWhYrap4anR0d2vYzIC2g/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | X | X |   |  |  |
| LinkedIn Text "Myth vs. Fact – Sustainability Edition"                                             | 22/10/2025 | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ELCRA LK OCTOBER                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |   |   | X |  |  |

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| Carousel   THEMATIC POST ABOUT THE COURSE    | 10/11/2025 | 4PM  | <p>Want to better understand environmental challenges, and learn how to act on them?<br/>The ELCRA MOOC gives you the tools to become a more informed, empowered, and impactful changemaker.</p> <p>Through 10 interactive micro-modules, you'll develop environmental literacy, systemic thinking, and the ability to face climate challenges constructively.</p> <p>Rich multimedia<br/>Open educational resources<br/>Self-assessment tools Official certification Community of Practice</p> <p>Start learning today → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sustainability #ClimateEducation #EnvironmentalLiteracy #Students</p> | <p>Czy chcesz lepiej zrozumieć wyzwania środowiskowe i nauczyć się, jak na nie reagować?<br/>Kurs ELCRA MOOC daje Ci narzędzia, żeby stać się bardziej świadomym, zaangażowanym i skutecznym liderem zmiany.</p> <p>Poprzez 10 interaktywnych mikro-modułów rozwiniesz kompetencje z zakresu świadomości środowiskowej, myślenia systemowego oraz zdolności, żeby zmierzyć się z wyzwaniami klimatycznymi w sposób konstruktywny.</p> <p>Bogate multimedia<br/>Otwarte zasoby edukacyjne<br/>Narzędzia do samooceny<br/>Oficjalny certyfikat Społeczność praktyków</p> <p>Zaczniij uczyć się już dzisiaj → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #ZrównoważonyRozwój #EdukacjaKlimatyczna #ŚwiadomośćŚrodowiskowa #Studenti</p> | <a href="https://www.canva.com/design/DAG7sf2eRDI/ct4Iz8xZVnxs99hdOI3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social">https://www.canva.com/design/DAG7sf2eRDI/ct4Iz8xZVnxs99hdOI3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=social</a> | X            | X            | X |  |  |
| Post   "How to Sign Up for the ELCRA Course" | 17/11/2025 | 11AM | <p>Ready to start your learning journey?<br/>Enrolling in the ELCRA Course is simple and completely FREE!</p> <p>Just follow these steps:<br/>1 Visit <a href="https://lms.elcraproject.eu">lms.elcraproject.eu</a><br/>2 Create your account<br/>3 Access the Modules<br/>4 Complete the Course<br/>5 Download the Certificate!!</p> <p>Start now → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #ClimateEducation #HowToEnroll #OnlineLearning</p>                                                                                                                                                                                    | <p>Gotowi żeby zacząć swoją edukacyjną podróż?<br/>Zapisanie się na kurs ELCRA jest proste i kompletnie DARMOWE!</p> <p>Wykonaj te kilka kroków:<br/>1 Odwiedź <a href="https://lms.elcraproject.eu">lms.elcraproject.eu</a><br/>2 Załóż konto<br/>3 Uzyskaj dostęp do modułów<br/>4 Ukończ kurs<br/>5 Pobierz certyfikat!!</p> <p>Zaczniij teraz → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #EdukacjaKlimatyczna #JakSięZapisać #NaukaOnline</p>                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                   | X            | X            | X |  |  |
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| Stories   LEARN AT YOUR OWN PACE             | 24/11/2025 | 10AM | ---                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                   | X<br>STORIES | X<br>STORIES |   |  |  |
| Looking Ahead to 2026   LinkedIn Article     | 10/12/2025 | 4PM  | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <a href="https://docs.google.com/document/d/1tBEY82JOAu">https://docs.google.com/document/d/1tBEY82JOAu</a>                                                                                                                                                                                                                                       |              |              | X |  |  |

[www.elcraproject.eu](http://www.elcraproject.eu)

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| Happy 2026 from ELCRA                  | 23/12/2025 | 6PM  | <p>Happy 2026 from ELCRA!</p> <p>As we welcome a new year, we wish our community inspiration, curiosity, and courage to keep learning and acting for a more sustainable future.</p> <p>May 2026 bring:<br/>New ideas<br/>Continued learning<br/>Stronger collaboration<br/>Meaningful environmental action</p> <p>Thank you for being part of this journey!</p> <p>#ELCRA #Happy2026 #NewYear #Sustainability #ClimateAction</p>                                                                                 | <p>Szczęśliwego 2026 roku życzy ELCRA!</p> <p>Witając nowy rok, życzymy naszej społeczności inspiracji, ciekawości i odwagi, by stale się uczyć i działać na rzecz bardziej zrównoważonej przyszłości.</p> <p>Niech 2026 przyniesie:<br/>Nowe pomysły Ciągłe uczenie się Silniejszą współpracę<br/>Znaczące działania na rzecz klimatu</p> <p>Dziękujemy, że jesteś częścią tej drogi!</p> <p>#ELCRA #Szczęśliwego2026 #NowyRok #ZrównoważonyRozwój #DziałaniaKlimatyczne</p>                                                             | <p><a href="https://www.canva.com/design/DAHAQurf3KQ/cQjPvM7pKrUp19ImQNYurQ/edit?utm_content=DAHAQurf3KQ&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=sponsor&amp;utm_ref=editon">https://www.canva.com/design/DAHAQurf3KQ/cQjPvM7pKrUp19ImQNYurQ/edit?utm_content=DAHAQurf3KQ&amp;utm_campaign=designshare&amp;utm_medium=link&amp;utm_source=sponsor&amp;utm_ref=editon</a></p> | x | x |  |  |  |
| Thank You for Being Part of the Change | 30/12/2025 | 11AM | <p>Thank You for Being Part of the Change<br/>Real change doesn't happen alone.<br/>It happens through people who care, learn, question, and engage.</p> <p>Thank you for following ELCRA, sharing your ideas, and helping to spread awareness about environmental literacy and sustainability.</p> <p>Whether you joined us through our content, our course, or simply by reflecting on these topics... You are part of the change!</p> <p>#ELCRA #TogetherForChange #EnvironmentalLiteracy #Sustainability</p> | <p>Dziękujemy, że jesteś częścią zmiany Prawdziwa zmiana nie dzieje się w pojedynkę.<br/>Dzieje się poprzez ludzi, którym zależy, którzy się uczą, pytają i angażują.</p> <p>Dziękujemy, że obserwujesz ELCRA, dzielisz się pomysłami i pomagasz szerzyć świadomość o środowisku i zrównoważonym rozwoju.</p> <p>Niezależnie czy dołączyłeś/aś poprzez nasze treści, nasz kurs, czy po prostu poprzez refleksję nad tymi tematami... Jesteś częścią zmiany!</p> <p>#ELCRA #RazemDlaZmiany #ŚwiadomośćŚrodowiskowa #ZrównoważonyRozwój</p> |                                                                                                                                                                                                                                                                                                                                                                                                      | x | x |  |  |  |

| ELCRA<br>Outreach campaign dedicated to college students |      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                 |           |          |          |        |
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| Who we are                                               | 5feb | 11am         | <p><b>ELCRA: Empowering Students for a Sustainable Future</b></p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p><b>ELCRA: Capacitar os estudantes para um futuro sustentável</b></p> <p>Estás pronto para fazer parte da mudança? O ELCRA tem como objetivo promover a literacia ambiental entre os estudantes universitários, transformar o conhecimento em ação e enfrentar os desafios ambientais.</p> <p>Desde a investigação e a educação até à defesa e à construção de comunidades, estamos a equipar os estudantes para enfrentarem as questões climáticas e promoverem a sustentabilidade, prevenindo simultaneamente os riscos de radicalização no ativismo.</p> <p>Queres saber mais? Lê este post e junta-te ao movimento!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <a href="https://www.canva.com/design/DAGdlszDKUM/U4lXyTGqx8qzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdlszDKUM/U4lXyTGqx8qzGCwvqO4-A/edit?utm_content=DAGdlszDKUM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> |           | X        |          |        |
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| 'Why does sustainability matter?' - Introduction to the project & its aims | 5feb | 11am | <p>ELCRA LIKEDIN POST   5th feb 2025</p> <p><b>Sustainability</b><br/>         ELCRA: Empowering Students to Lead the Way in<br/>         In the face of climate change, the role of young people as drivers of environmental action has never been more critical. That's where ELCRA steps in – a project designed to boost environmental literacy among university students, empowering them to take the lead in creating a more sustainable future. But ELCRA doesn't stop at education. The project also focuses on addressing risks of violent radicalisation within environmental activism by equipping students with the skills and understanding to channel their passion for change constructively.</p> <p><b>Project Actions</b><br/>         Study the phenomena at the heart of the project;<br/>         Provide knowledge and skills to participants;<br/>         Develop communities of practice;<br/>         Promote environmental literacy through awareness-raising campaigns and advocacy activities.</p> <p><b>Project Results</b></p> <p>A research on young people's attitudes towards the climate crisis, environmental activism and risk factors for violent radicalisation;<br/>         A Competence framework on the prevention of violent radicalisation of environmental activism through environmental literacy;<br/>         An online platform, as a European reference point on the prevention of violent radicalisation of environmental activism through environmental literacy, containing materials, events, research and all content developed by the project consortium;<br/>         A multidisciplinary MOOC course on environmental literacy, climate change, environmental sustainability, innovative problem-solving strategies, systemic thinking and systemic change. 10 workshops with students on preventing violent radicalisation in environmental activism through environmental literacy;<br/>         A cross-sectoral and multidisciplinary community of practice between academia and other stakeholders in sustainability and environmental activism;<br/>         Awareness-raising measures and advocacy activities on project topics are always targeted at university students and higher education organisations;<br/>         A document containing recommendations from the research and community of practice. Improvement of university students' knowledge and skills in environmental sustainability.</p> <p>Through its comprehensive approach, ELCRA doesn't just teach students about the environment—it empowers them to shape it. This project emphasizes collaboration, innovation, and constructive activism, paving the way for a generation of leaders ready to tackle global challenges head-on.</p> <p>Want to learn more? Let's connect! Together, we can empower students to create a more sustainable future.</p> | <p>ELCRA: Capacitar os estudantes para liderarem o caminho da sustentabilidade<br/>         Face às alterações climáticas, o papel dos jovens como impulsionadores da ação ambiental nunca foi tão crítico. É aí que entra o ELCRA - um projeto concebido para aumentar a literacia ambiental entre os estudantes universitários, capacitando-os para assumirem a liderança na criação de um futuro mais sustentável.<br/>         Mas o ELCRA não se fica pela educação. O projeto também se centra na abordagem dos riscos de radicalização violenta no âmbito do ativismo ambiental, dotando os estudantes das competências e da compreensão necessárias para canalizarem de forma construtiva a sua paixão pela mudança.</p> <p><b>Ações do projeto</b><br/>         Estudar os fenómenos que estão no centro do projeto;<br/>         Fornecer conhecimentos e competências aos participantes;<br/>         Desenvolver comunidades de prática;<br/>         Promover a literacia ambiental através de campanhas de sensibilização e atividades de defesa.</p> <p><b>Resultados do projeto</b></p> <p>Uma investigação sobre as atitudes dos jovens face à crise climática, ao ativismo ambiental e aos factores de risco de radicalização violenta;<br/>         Um quadro de competências sobre a prevenção da radicalização violenta do ativismo ambiental através da literacia ambiental;<br/>         Uma plataforma online, como ponto de referência europeu sobre a prevenção da radicalização violenta do ativismo ambiental através da literacia ambiental, contendo materiais, eventos, investigação e todos os conteúdos desenvolvidos pelo consórcio do projeto;<br/>         Um curso MOOC multidisciplinar sobre literacia ambiental, alterações climáticas, sustentabilidade ambiental, estratégias inovadoras de resolução de problemas, pensamento sistémico e mudança sistémica. 10 workshops com estudantes sobre a prevenção da radicalização violenta no ativismo ambiental através da literacia ambiental;<br/>         Uma comunidade de prática intersectorial e multidisciplinar entre o meio académico e outras partes interessadas na sustentabilidade e no ativismo ambiental;<br/>         As medidas de sensibilização e as atividades de defesa dos temas do projeto são sempre dirigidas aos estudantes universitários e às organizações de ensino superior;<br/>         Um documento com as recomendações da investigação e da comunidade de prática. Melhoria dos conhecimentos e competências dos estudantes universitários no domínio da sustentabilidade ambiental.</p> <p>Através da sua abordagem abrangente, o ELCRA não se limita a ensinar os alunos sobre o ambiente - capacita-os para o moldarem. Este projeto enfatiza a colaboração, a inovação e o ativismo construtivo, preparando o caminho para uma geração de líderes prontos para enfrentar os desafios globais de frente.</p> <p>Quer saber mais? Vamos conectar-nos! Juntos, podemos capacitar os alunos a criar um futuro mais sustentável.</p> | <p>Text for the post - ( <a href="https://docs.google.com/document/d/1e22y55iDRcRHs9KB7Mxdl5ErlGpBg6BD/e/dit?usp=drive_link&amp;oid=108596467631510347691&amp;rtpof=true&amp;sd=true">https://docs.google.com/document/d/1e22y55iDRcRHs9KB7Mxdl5ErlGpBg6BD/e/dit?usp=drive_link&amp;oid=108596467631510347691&amp;rtpof=true&amp;sd=true</a> )<br/>         Image for the Post ( <a href="https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FI2QNYTwSF4_OIGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdl-TEbVM/TwZ5D5FI2QNYTwSF4_OIGJw/edit?utm_content=DAGdl-TEbVM&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> )</p> |  |  |  |  |  |
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| Who we are?                                                                      | 17feb | 3pm  | <p>ELCRA: Empowering Students for a Sustainable Future</p> <p>Are you ready to be part of the change? ELCRA is all about boosting environmental literacy among university students, turning knowledge into action, and addressing environmental challenges.</p> <p>From research and education to advocacy and community building, we're equipping students to tackle climate issues and promote sustainability while preventing the risks of radicalisation in activism.</p> <p>Want to know more? Read this post and join the movement!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p>                                                                                                                                                                                                                                                         | <p>ELCRA: Capacitar os estudantes para um futuro sustentável</p> <p>Estás pronto para fazer parte da mudança? O ELCRA tem como objetivo promover a literacia ambiental entre os estudantes universitários, transformar o conhecimento em ação e enfrentar os desafios ambientais.</p> <p>Desde a investigação e a educação até à defesa e à construção de comunidades, estamos a equipar os estudantes para enfrentarem as questões climáticas e promoverem a sustentabilidade, prevenindo simultaneamente os riscos de radicalização no ativismo.</p> <p>Queres saber mais? Lê esta publicação e junta-te ao movimento!</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <a href="https://www.canva.com/design/DAGd14T5hwo/BQ-UjWvdKG-VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGd14T5hwo/BQ-UjWvdKG-VEGD8CAkwoEA/edit?utm_content=DAGd14T5hwo&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | X |  |  |  |
| Simple Actions for Sustainability                                                | 05/03 | 11AM | <p>Small Changes, Big Impact!</p> <p>Want to live more sustainably every day? It's easier than you think! Here are 7 simple habits that help protect our planet:</p> <ul style="list-style-type: none"> <li>Reduce waste – plan meals &amp; avoid single-use plastics</li> <li>Choose sustainable products – go for eco-friendly &amp; local options</li> <li>Save energy – switch to LED &amp; unplug devices when not in use</li> <li>Walk, bike, or carpool – less pollution, more movement!</li> <li>Conserve water – shorter showers &amp; rainwater collection</li> <li>Recycle &amp; compost – give waste a second life</li> <li>Buy less, choose better – quality over quantity always!</li> </ul> <p>Every small action counts. Which one will you start today? Tell us in the comments!</p> <p>#EnvironmentalLiteracy #Sustainability #UniversityStudents #ELCRA</p> | <p>Pequenas mudanças, grande impacto!</p> <p>Quer viver de forma mais sustentável todos os dias? É mais fácil do que pensa! Aqui estão 7 hábitos simples que ajudam a proteger o nosso planeta:</p> <ul style="list-style-type: none"> <li>Reduza o desperdício – planeie as refeições e evite plásticos descartáveis</li> <li>Escolha produtos sustentáveis – opte por opções ecológicas e locais</li> <li>Poupe energia – mude para LED e desligue os aparelhos quando não estiverem a ser usados</li> <li>Caminhe, ande de bicicleta ou partilhe boleias – menos poluição, mais movimento!</li> <li>Conserve água – tome banhos mais curtos e recolha água da chuva</li> <li>Recicle e faça compostagem – dê uma segunda vida ao lixo</li> <li>Compre menos, escolha melhor – qualidade em vez de quantidade, sempre!</li> </ul> <p>Cada pequena ação conta. Qual delas você vai começar hoje? Conte-nos nos comentários!</p> <p>#AlfabetizaçãoAmbiental #Sustentabilidade #EstudantesUniversitários #ELCRA</p> <p>Traduzido com a versão gratuita do tradutor - DeepL.com</p> | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>   | x | X |  |  |  |
| What is your best sustainability practise?                                       | 17/03 | 3PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>   | x |   |  |  |  |
| One Week Without Single-Use Plastic" challenge with simple steps to participate. | 24/03 | 5PM  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <a href="https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGdb-GgBSA/afV1633zxSyBig3m5jarDg/edit?utm_content=DAGdb-GgBSA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>   | x |   |  |  |  |

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| What is Climate Change?                                           | 04/10 | 1pm | <p>What's Causing Climate Change – And What Can We Do About It?</p> <p>Climate change isn't a distant threat—it's happening now, and it's largely driven by human activity.</p> <p>The Main Causes: Burning fossil fuels (coal, oil &amp; gas)<br/>Deforestation and land degradation<br/>Industrial agriculture and livestock emissions<br/>Pollution from industries and transportation</p> <p>These activities release greenhouse gases like CO<sub>2</sub> and methane, trapping heat in our atmosphere and disrupting the planet's natural balance.</p> <p>But there's hope—and action!<br/>Here's what you can do to make a difference:<br/>Reduce waste &amp; single-use plastics<br/>Choose sustainable transport options<br/>Save energy at home &amp; work<br/>Support reforestation &amp; nature protection<br/>Advocate for climate-conscious policies</p> <p>We all share this planet—let's protect it together.</p> <p>#ClimateAction #Sustainability #GoGreen #ActOnClimate #ClimateChange #EcoFriendly #TogetherForThePlanet</p> | <p>O que está a causar as alterações climáticas – e o que podemos fazer a esse respeito?</p> <p>As alterações climáticas não são uma ameaça distante – estão a acontecer agora e são, em grande parte, causadas pela atividade humana.</p> <p>As principais causas: Queima de combustíveis fósseis (carvão, petróleo e gás)<br/>Desflorestação e degradação do solo<br/>Emissões da agricultura industrial e da pecuária<br/>Poluição proveniente da indústria e dos transportes</p> <p>Essas atividades liberam gases de efeito estufa, como CO<sub>2</sub> e metano, que retêm o calor na atmosfera e perturbam o equilíbrio natural do planeta.</p> <p>Mas há esperança – e ação!<br/>Veja o que pode fazer para fazer a diferença:<br/>Reduzir o desperdício e o uso de plásticos descartáveis<br/>Escolha opções de transporte sustentáveis<br/>Economize energia em casa e no trabalho<br/>Apoie o reforestamento e a proteção da natureza<br/>Defenda políticas conscientes em relação ao clima</p> <p>Todos nós compartilhamos este planeta — vamos protegê-lo juntos.</p> <p>#AçãoClimática #Sustentabilidade #GoGreen #AjaPeloClima #MudançaClimática #EcoFriendly #JuntosPeloPlaneta</p> <p>Traduzido com a versão gratuita do tradutor - DeepL.com</p> | <a href="https://www.canva.com/design/DAGkniizQY0/s9rBFnXUHIul.xMIAAnbxsw/edit?utm_content=DAGkniizQY0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGkniizQY0/s9rBFnXUHIul.xMIAAnbxsw/edit?utm_content=DAGkniizQY0&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |  |  |  |
| Testimony of a young person involved in climate-related projects. | 17/04 | 3PM | <p>Voices for the Planet</p> <p>Meet one of the young changemakers taking action for a greener future. Through climate-related projects, they're proving that every step—big or small—can drive real impact.</p> <p>#YouthForClimate #ClimateAction #SustainableFuture #ELCRA #GreenGeneration</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p>«Vozes pelo Planeta»</p> <p>Conheça um dos jovens agentes de mudança que está a agir por um futuro mais verde. Através de projetos relacionados com o clima, eles estão a provar que cada passo, grande ou pequeno, pode ter um impacto real.</p> <p>#YouthForClimate #ClimateAction #SustainableFuture #ELCRA #GreenGeneration</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <a href="https://www.canva.com/design/DAGknlVUOnk/Hu9x1JphXV1KbqIHA7qFq/edit?utm_content=DAGknlVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGknlVUOnk/Hu9x1JphXV1KbqIHA7qFq/edit?utm_content=DAGknlVUOnk&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>     | X | X |  |  |  |

[www.elcraproject.eu](http://www.elcraproject.eu)

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| Inspiring Examples of Circular Economy               | 28/5/2025 | 11am | <p>From mushrooms to mountains – the circular economy is everywhere.<br/>Businesses and communities across the globe are turning waste into opportunity through creativity, innovation, and bold choices.</p> <p>Companies like Patagonia are repairing, not replacing<br/>Start-ups like Ecovative are growing packaging, not making it<br/>Communities like Kamikatsu are leading local circular revolutions</p> <p>These stories aren't just inspiring — they're a blueprint for the future.</p> <p>Know another circular hero? Tag them below!</p> <p>#CircularEconomy #SustainableInnovation #WasteToValue #GreenBusiness #ClimateAction #ThinkCircular #EcoInspiration #ReuseRevolution #RethinkWaste</p> | <p>De cogumelos a montanhas – a economia circular está em toda parte.<br/>Empresas e comunidades em todo o mundo estão a transformar resíduos em oportunidades por meio da criatividade, inovação e escolhas ousadas.<br/>Empresas como a Patagonia estão a reparar, em vez de substituir.<br/>Startups como a Ecovative cultivam embalagens, em vez de fabricá-las.<br/>Comunidades como Kamikatsu estão liderando revoluções circulares locais.</p> <p>Estas histórias não são apenas inspiradoras – são um modelo para o futuro.</p> <p>Conhece outro herói circular? Marque-o abaixo!</p> <p>#EconomiaCircular #InovaçãoSustentável #ResíduosParaValor #NegóciosVerdes #AçãoClimática #PenseCircular #EcoInspiração #RevoluçãoDaReutilização #RepensarOsResíduos</p> | <a href="https://www.canva.com/design/DAGqOxJOLGA/6Q5006clRoxKQpDUJ5UqEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGqOxJOLGA/6Q5006clRoxKQpDUJ5UqEw/edit?utm_content=DAGqOxJOLGA&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | X |         |         |
| Recent Environmental Successes                       | 19/6/2025 | 1pm  | <p>3 Wins for the Planet in 2025<br/>Clean energy investment hits a global record<br/>U.S. battery storage grows x4 since 2021<br/>Portugal's floating solar farm leads innovation</p> <p>Progress is real—let's keep pushing forward.<br/>#Sustainability #CleanEnergy #ClimateWins #ELCRA #GreenFuture</p>                                                                                                                                                                                                                                                                                                                                                                                                    | <p>3 vitórias para o planeta em 2025<br/>Investimento em energia limpa atinge recorde global<br/>Armazenamento de baterias nos EUA cresce 4 vezes desde 2021<br/>Parque solar flutuante de Portugal lidera inovação</p> <p>O progresso é real — continuamos a avançar.<br/>#Sustentabilidade #EnergiaLimpa #VitóriasClimáticas #ELCRA #FuturoVerde</p>                                                                                                                                                                                                                                                                                                                                                                                                                   | <a href="https://www.canva.com/design/DAGqtpPdD6o/UpYhrB4QYOkf8WClDRow/edit">https://www.canva.com/design/DAGqtpPdD6o/UpYhrB4QYOkf8WClDRow/edit</a>                                                                                                                                                                                                               | x | X |         |         |
| Sustainable Partnerships                             | 23/6/2025 | 3PM  | <p>Sustainable Partnerships Start with Shared Awareness<br/>At ELCRA, we know that real change begins with understanding.</p> <p>Through collaboration with like-minded partners, we work to raise awareness about the environmental challenges our communities face—and the collective actions we can take to address them.</p> <p>These partnerships allow us to reach more people, spark more conversations, and inspire deeper reflection on the importance of sustainability.<br/>Because when knowledge is shared, impact grows.</p> <p>#ELCRA #SustainablePartnerships #EnvironmentalAwareness #ClimateLiteracy #SustainabilityEducation #TogetherForChange</p>                                          | <p>Parcerias sustentáveis começam com consciência partilhada<br/>Na ELCRA, sabemos que a verdadeira mudança começa com a compreensão.</p> <p>Através da colaboração com parceiros que partilham os mesmos ideais, trabalhamos para aumentar a consciência sobre os desafios ambientais que as nossas comunidades enfrentam — e as ações coletivas que podemos tomar para os enfrentar.</p> <p>Essas parcerias permitem-nos alcançar mais pessoas, estimular mais conversas e inspirar uma reflexão mais profunda sobre a importância da sustentabilidade.<br/>Porque quando o conhecimento é partilhado, o impacto cresce.</p> <p>#ELCRA #ParceriasSustentáveis #ConsciênciaAmbiental #LiteraciaClimática #Educação para a Sustentabilidade #Juntos pela Mudança</p>     | <p>LinkedIn Text</p>                                                                                                                                                                                                                                                                                                                                              |   |   | X       |         |
| STORIES "What you do to improve your water consume?" | 16/7/2025 | 1pm  | <p>Use the Question box from Instagram to put on the template</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <a href="https://www.canva.com/design/DAGsxWlYw-o/te1V3cEibFD41g5Jchkfaw/edit">https://www.canva.com/design/DAGsxWlYw-o/te1V3cEibFD41g5Jchkfaw/edit</a>                                                                                                                                                                                                           | X | X | STORIES | STORIES |
| 3 Simple Ways to Protect Natural Habitats            | 24/7/2025 | 3PM  | <p>Small actions, big impact Protecting our planet's natural habitats starts with the choices we make every day. Which of these will you try first?</p> <p>#ProtectNature #SustainableLiving #GoGreen #ESNForNature #HabitatConservation #SimpleActionsBigImpact</p>                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>Pequenas ações, grande impacto Proteger os habitats naturais do nosso planeta começa com as escolhas que fazemos todos os dias. Qual destas opções irá experimentar primeiro?</p> <p>#Proteger a Natureza #Vida Sustentável #GoGreen #ESNForNature #Conservação do Habitat #Ações Simples, Grande Impacto</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <a href="https://www.canva.com/design/DAGsxWlYw-o/te1V3cEibFD41g5Jchkfaw/edit?utm_content=DAGsxWlYw-o&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGsxWlYw-o/te1V3cEibFD41g5Jchkfaw/edit?utm_content=DAGsxWlYw-o&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | X |         |         |

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|--|----------|-----|---------------|--|-------------------------------------------------------------|--|--|---|--|
|  | 6/8/2025 | 1PM | LinkedIn Text |  | <a href="https://docs.google.com/">https://docs.google.</a> |  |  | X |  |
|--|----------|-----|---------------|--|-------------------------------------------------------------|--|--|---|--|

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|-------------------------------------------------------------------------|-----------|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---------|--|--|
| Carousel   The importance of Sustainable Habits                         | 13/8/2025 | 3PM  | <p>The Importance of Sustainable Habits<br/>Small actions, big impact.<br/>Our daily choices, from what we eat to how we travel, shape the planet's future.<br/>When millions adopt small sustainable habits, the results multiply, creating systemic change in communities, businesses, and governments.</p> <p>Now... Are you ready to make a difference?<br/>Start with one habit today! YOUR ACTIONS MATTER<br/>Follow ELCRA for more insights on sustainability &amp; environmental literacy.</p> <p>#Sustainability #EnvironmentalLiteracy #ClimateAction #HabitsForChange #ELCRA</p> | <p>A importância dos hábitos sustentáveis<br/>Pequenas ações, grande impacto.<br/>As nossas escolhas diárias, desde o que comemos até como viajamos, moldam o futuro do planeta.<br/>Quando milhões de pessoas adotam pequenos hábitos sustentáveis, os resultados multiplicam-se, criando uma mudança sistêmica nas comunidades, empresas e governos.</p> <p>Agora... Está pronto para fazer a diferença?<br/>Comece com um hábito hoje! AS SUAS AÇÕES SÃO IMPORTANTES<br/>Siga a ELCRA para obter mais informações sobre sustentabilidade e literacia ambiental.</p> <p>#Sustentabilidade #LiteraciaAmbiental #AçãoClimática #HábitosParaMudança #ELCRA</p> | <a href="https://www.canva.com/design/DAGykcZGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edit?utm_content=DAGykcZGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGykcZGQ_Y/TGhXU6BIU4K5eEXFWPpmbw/edit?utm_content=DAGykcZGQ_Y&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | X | X |         |  |  |
| Stories   My Zero-Waste Morning Routine                                 | 24/8/2025 | 6PM  | 2 stories; The second one, add a QUESTION BOX in the blank space!!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                   | X | X | STORIES |  |  |
| Carousel   "Why investing in solar and wind energy is crucial."         | 1/9/2025  | 4PM  | <p>Solar and wind energy aren't just alternatives, THEY'RE THE FUTURE!</p> <p>From cutting emissions to creating jobs and reducing energy costs, investing in renewables is crucial for building a cleaner and more resilient world</p> <p>Here's why:<br/>They're abundant and renewable<br/>They boost energy independence<br/>They protect our health and environment<br/>They create economic opportunities</p> <p>The choice is clear: when we invest in solar and wind, we invest in our future</p>                                                                                   | <p>A energia solar e eólica não são apenas alternativas, ELAS SÃO O FUTURO!</p> <p>Desde a redução das emissões até à criação de empregos e à redução dos custos energéticos, investir em energias renováveis é crucial para construir um mundo mais limpo e resiliente.</p> <p>Eis porquê:<br/>São abundantes e renováveis.<br/>Aumentam a independência energética.<br/>Protegem a nossa saúde e o ambiente.<br/>Criam oportunidades económicas</p> <p>A escolha é clara: quando investimos em energia solar e eólica, investimos no nosso futuro</p>                                                                                                       | <a href="https://www.canva.com/design/DAGyKfzaiY/Wff1uVQ7sqULvkvxqtICA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGyKfzaiY/Wff1uVQ7sqULvkvxqtICA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>       | X | X |         |  |  |
| LinkedIn Article   "Why investing in solar and wind energy is crucial." | 1/9/2025  | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Cópia de ELCRA_LK_SEPTEMB                                                                                                                                                                                                                                                                                                                                         |   |   | X       |  |  |
| Carousel   5 practices to save energy at home                           | 23/9/2025 | 5PM  | <p>Saving energy at home is easier than you think!<br/>Here are 5 simple practices you can start today:</p> <ol style="list-style-type: none"> <li>1 Unplug &amp; switch off devices not in use</li> <li>2 Switch to LED lighting</li> <li>3 Control heating &amp; cooling smartly</li> <li>4 Save water, save energy</li> <li>5 Cook &amp; clean efficiently</li> </ol> <p>Which of these habits do you already follow?</p> <p>#ELCRA #SaveEnergy #Sustainability #EnergyEfficiency #GreenLiving</p>                                                                                       | <p>Poupar energia em casa é mais fácil do que pensa!</p> <p>Aqui estão 5 práticas simples que pode começar a seguir hoje mesmo:</p> <ol style="list-style-type: none"> <li>1 Desligue da tomada e desligue os aparelhos que não estiverem a usar</li> <li>2 Mude para iluminação LED</li> <li>3 Controle o aquecimento e o arrefecimento de forma inteligente</li> <li>4 Poupe água, poupe energia</li> <li>5 Cozinhe e limpe de forma eficiente</li> </ol> <p>Quais destes hábitos já segue?</p> <p>#ELCRA #PouparEnergia #Sustentabilidade #EficiênciaEnergética #VidaEcológica</p>                                                                         | <a href="https://www.canva.com/design/DAGyKfzaiY/Wff1uVQ7sqULvkvxqtICA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAGyKfzaiY/Wff1uVQ7sqULvkvxqtICA/edit?utm_content=DAGyKfzaiY&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a>       | X | X |         |  |  |

|                                                                                                    |            |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |   |   |   |  |  |
|----------------------------------------------------------------------------------------------------|------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|--|--|
| Carousel   "What you can do to save the planet? Get to know some ways (join NGOs, Best practices)" | 3/10/2025  | 4PM  | <p>Want to help protect the planet but don't know where to start?</p> <p>Small actions create big change, and we all have the power to make a difference!</p> <p>Here are a few ways to start today:<br/>Join or volunteer with local NGOs and sustainability projects.<br/>Adopt eco-friendly habits.<br/>Choose greener transport like walking, biking, or public transit.<br/>Support local and fair-trade products.<br/>Raise awareness and inspire others to take action.</p> <p>Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future</p> <p>Which action will you start with today? Tell us below!</p> <p>#ELCRA #Sustainability #ClimateAction #GreenLiving #Environment #TogetherForChange</p> | <p>Quer ajudar a proteger o planeta, mas não sabe por onde começar?</p> <p>Pequenas ações geram grandes mudanças, e todos nós temos o poder de fazer a diferença!</p> <p>Aqui estão algumas maneiras de começar hoje mesmo:<br/>Participe ou seja voluntário em ONGs locais e projetos de sustentabilidade.<br/>Adote hábitos ecológicos.<br/>Escolha meios de transporte mais ecológicos, como caminhar, andar de bicicleta ou usar o transporte público.<br/>Apoie produtos locais e de comércio justo.<br/>Conscientize e inspire outras pessoas a agir.</p> <p>Cada passo conta, desde as escolhas diárias até o envolvimento com a comunidade.<br/>Juntos, podemos construir um futuro mais sustentável</p> <p>Por qual ação você vai começar hoje? Conte para nós abaixo!</p> <p>#ELCRA #Sustentabilidade #AçãoClimática #VidaVerde #MeioAmbiente #JuntosPelaMudança</p> <p><a href="https://www.canva.com/design/DAG13uoZU5E/pW4hYrap4anR0d2vYzIC2q/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG13uoZU5E/pW4hYrap4anR0d2vYzIC2q/edit?utm_content=DAG13uoZU5E&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | X | X |   |  |  |
| LinkedIn Text "Myth vs. Fact – Sustainability Edition"                                             | 22/10/2025 | 11AM | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <a href="#">ELCRA LK OCTOBER</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |   |   | X |  |  |
| Carousel   THEMATIC POST ABOUT THE COURSE                                                          | 10/11/2025 | 4PM  | <p>Want to better understand environmental challenges, and learn how to act on them?</p> <p>The ELCRA MOOC gives you the tools to become a more informed, empowered, and impactful changemaker.</p> <p>Through 10 interactive micro-modules, you'll develop environmental literacy, systemic thinking, and the ability to face climate challenges constructively.</p> <p>Rich multimedia<br/>Open educational resources<br/>Self-assessment tools<br/>Official certification<br/>Community of Practice</p> <p>Start learning today → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sustainability #ClimateEducation #EnvironmentalLiteracy #Students</p>                                                                    | <p>Quer compreender melhor os desafios ambientais e aprender como agir em relação a eles?</p> <p>O MOOC da ELCRA oferece as ferramentas para se tornar um agente de mudança mais informado, capacitado e impactante.</p> <p>Através de 10 micromódulos interativos, irá desenvolver conhecimentos ambientais, pensamento sistêmico e a capacidade de enfrentar os desafios climáticos de forma construtiva.</p> <p>Multimídia rica<br/>Recursos educativos abertos<br/>Ferramentas de autoavaliação<br/>Certificação oficial<br/>Comunidade de prática</p> <p>Comece a aprender hoje → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #Sustentabilidade #EducaçãoClimática #LiteraciaAmbiental #Estudantes</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | X | X | X |  |  |

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|----------------------------------------------|------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|---|--|--|
| Post   "How to Sign Up for the ELCRA Course" | 17/11/2025 | 11AM | <p>Ready to start your learning journey?<br/>Enrolling in the ELCRA Course is simple and completely FREE!</p> <p>Just follow these steps:<br/>1 Visit lms.elcraproject.eu<br/>2 Create your account 3 Access the Modules 4 Complete the Course<br/>5 Download the Certificate!!</p> <p>Start now → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #ClimateEducation #HowToEnroll #OnlineLearning</p> | <p>Pronto para começar a sua jornada de aprendizagem?<br/>Inscrever-se no Curso ELCRA é simples e totalmente GRÁTIS!</p> <p>Basta seguir estes passos:<br/>1 Visite lms.elcraproject.eu<br/>2 Crie a sua conta<br/>3 Aceda aos Módulos<br/>4 Conclua o Curso<br/>5 Descarregue o Certificado!</p> <p>Comece agora → <a href="https://lms.elcraproject.eu">https://lms.elcraproject.eu</a></p> <p>#ELCRA #MOOC #EducaçãoClimática #ComoInscrever-se #AprendizagemOnline</p> <p><a href="https://www.canva.com/design/DAG7sf2eRDI/ct4lz8xZVxans99hdOI3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAG7sf2eRDI/ct4lz8xZVxans99hdOI3Q/edit?utm_content=DAG7sf2eRDI&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a></p> | X            | X            | X |  |  |
| Stories   LEARN AT YOUR OWN PACE             | 24/11/2025 | 10AM | ---                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | X<br>STORIES | X<br>STORIES |   |  |  |
| Looking Ahead to 2026   LinkedIn Article     | 10/12/2025 | 4PM  | LinkedIn Text                                                                                                                                                                                                                                                                                                                                                                                                                                   | <a href="https://docs.google.com/document/d/1bEY82JOAu">https://docs.google.com/document/d/1bEY82JOAu</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |              | X |  |  |

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|----------------------------------------|------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|--|--|--|
| Happy 2026 from ELCRA                  | 23/12/2025 | 6PM  | <p>Happy 2026 from ELCRA!</p> <p>As we welcome a new year, we wish our community inspiration, curiosity, and courage to keep learning and acting for a more sustainable future.</p> <p>May 2026<br/>bring:<br/>New ideas<br/>Continued learning<br/>Stronger collaboration<br/>Meaningful environmental action</p> <p>Thank you for being part of this journey!<br/>#ELCRA #Happy2026 #NewYear #Sustainability #ClimateAction</p>                                                                                    | <p>Feliz 2026 da ELCRA!</p> <p>Ao darmos as boas-vindas a um novo ano, desejamos à nossa comunidade inspiração, curiosidade e coragem para continuar a aprender e a agir por um futuro mais sustentável.</p> <p>Que 2026 traga:<br/>Novas ideias<br/>Aprendizagem contínua<br/>Colaboração mais forte<br/>Ações ambientais significativas</p> <p>Obrigado por fazer parte desta jornada!<br/>#ELCRA #Feliz2026 #AnoNovo #Sustentabilidade #AçãoClimática</p>                                                                                                         | <a href="https://www.canva.com/design/DAHAQurF3KQ/cQIPvM7pKrUp19mQNYurQ/edit?utm_content=DAHAQurF3KQ&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton">https://www.canva.com/design/DAHAQurF3KQ/cQIPvM7pKrUp19mQNYurQ/edit?utm_content=DAHAQurF3KQ&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton</a> | x | x |  |  |  |
| Thank You for Being Part of the Change | 30/12/2025 | 11AM | <p>Thank You for Being Part of the Change<br/>Real change doesn't happen alone.<br/>It happens through people who care, learn, question, and engage.</p> <p>Thank you for following ELCRA, sharing your ideas, and helping to spread awareness about environmental literacy and sustainability.</p> <p>Whether you joined us through our content, our course, or simply by reflecting on these topics... You are part of the change!</p> <p>#ELCRA #TogetherForChange<br/>#EnvironmentalLiteracy #Sustainability</p> | <p>Obrigado por fazer parte da mudança</p> <p>A verdadeira mudança não acontece sozinha.<br/>Ela acontece através de pessoas que se importam, aprendem, questionam e se envolvem.</p> <p>Obrigado por seguir a ELCRA, partilhar as suas ideias e ajudar a divulgar a conscientização sobre alfabetização ambiental e sustentabilidade.</p> <p>Quer tenha-se juntado a nós através do nosso conteúdo, do nosso curso ou simplesmente refletindo sobre estes temas... Faz parte da mudança!</p> <p>#ELCRA #JuntosPelaMudança #LiteraciaAmbiental #Sustentabilidade</p> |                                                                                                                                                                                                                                                                                                                                                                 | x | x |  |  |  |

## 4. Results

| Platform                          | Date of Post | Format | Views        | Reactions  | Shares    |
|-----------------------------------|--------------|--------|--------------|------------|-----------|
| Social Media - Facebook           | 24/02/2025   | Online | 637          | 14         | 5         |
| Social Media - LinkedIn           | 03/03/2025   | Online | 305          | 18         | 1         |
| Social Media - LinkedIn           | 18/03/2025   | Online | 261          | 8          | 2         |
| Social Media - LinkedIn           | 30/03/2025   | Online | 61           | 8          | 0         |
| Social Media - Facebook           | 18/03/2025   | Online | 815          | 8          | 3         |
| Social Media - LinkedIn           | 08/04/2025   | Online | 52           | 6          | 0         |
| Social Media - LinkedIn           | 09/04/2025   | Online | 91           | 8          | 2         |
| Social Media - LinkedIn           | 14/04/2025   | Online | 168          | 11         | 0         |
| Social Media - Instagram/Facebook | 08/04/2025   | Online | 147          | 14         | 0         |
| Social Media - Instagram/Facebook | 09/04/2025   | Online | 904          | 10         | 3         |
| Social Media - Facebook           | 14/04/2025   | Online | 530          | 4          | 3         |
| Social Media - Instagram          | 14/05/2025   | Online | 180          | 11         | 1         |
| Social Media - LinkedIn           | 13/05/2025   | Online | 101          | 8          | 0         |
| Social Media - Instagram/Facebook | 02/05/2025   | Online | 180          | 1          | 0         |
| Social Media - Instagram/Facebook | 05/06/2025   | Online | 519          | 15         | 3         |
| Social Media - Instagram/Facebook | 13/06/2025   | Online | 373          | 13         | 2         |
| Social Media - Instagram/Facebook | 18/06/2025   | Online | 432          | 14         | 2         |
| Social Media - LinkedIn           | 02/07/2025   | Online | 127          | 8          | 0         |
| Social Media - Instagram/Facebook | 18/08/2025   | Online | 138          | 10         | 0         |
| Social Media - LinkedIn           | 03/09/2025   | Online | 228          | 7          | 0         |
| Social Media - Instagram/Facebook | 03/09/2025   | Online | 1775         | 23         | 23        |
| Social Media - LinkedIn           | 17/10/2025   | Online | 95           | 5          | 2         |
| Social Media - Instagram/Facebook | 01/10/2025   | Online | 156          | 13         | 0         |
| Social Media - Instagram/Facebook | 13/10/2025   | Online | 1198         | 13         | 5         |
| Social Media - Instagram/Facebook | 17/10/2025   | Online | 1399         | 13         | 4         |
| Social Media - LinkedIn           | 09/12/2025   | Online | 91           | 5          | 0         |
| Social Media - LinkedIn           | 16/12/2025   | Online | 213          | 5          | 4         |
| Social Media - LinkedIn           | 08/01/2026   | Online | 33           | 4          | 2         |
| Social Media - Instagram/Facebook | 16/12/2025   | Online | 1286         | 11         | 3         |
| Social Media - Instagram/Facebook | 08/01/2026   | Online | 1020         | 9          | 1         |
| <b>Total</b>                      |              |        | <b>13515</b> | <b>297</b> | <b>71</b> |

You can find below some examples of the posts. All publications can be seen in the project's [Facebook](#), [Instagram](#) and LinkedIn pages.



**WHAT CAN YOU DO TO SAVE THE PLANET?**

**#1**

**GET INVOLVED LOCALLY**

Join or volunteer with NGOs and community projects focused on sustainability, cleanups, or reforestation.

**Change begins in your own community!**

**#2**

**ADOPT SUSTAINABLE HABITS**

Reduce waste, recycle properly, reuse items, and choose eco-friendly products.

**Every small action counts!**

**#3**

**CHOOSE GREENER TRANSPORT**

Walk, bike, carpool, or use public transport whenever possible.

**Fewer cars = cleaner air!**

**#4**

**SUPPORT SUSTAINABLE CONSUMPTION**

Buy local, seasonal, and fair-trade products.

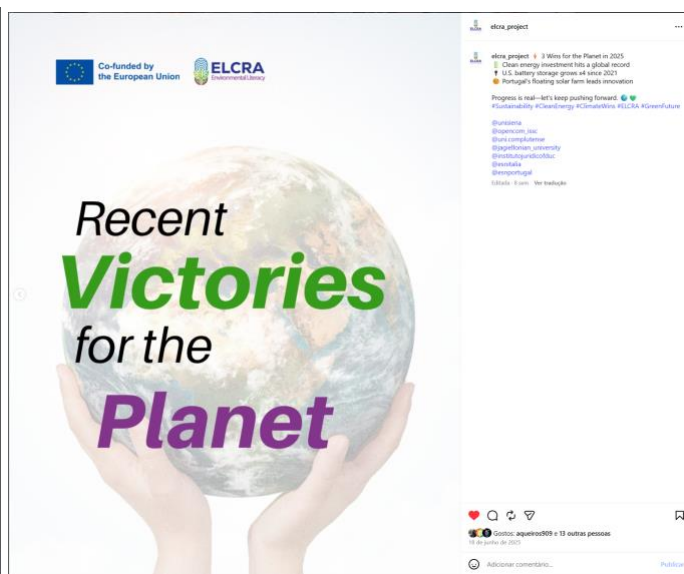
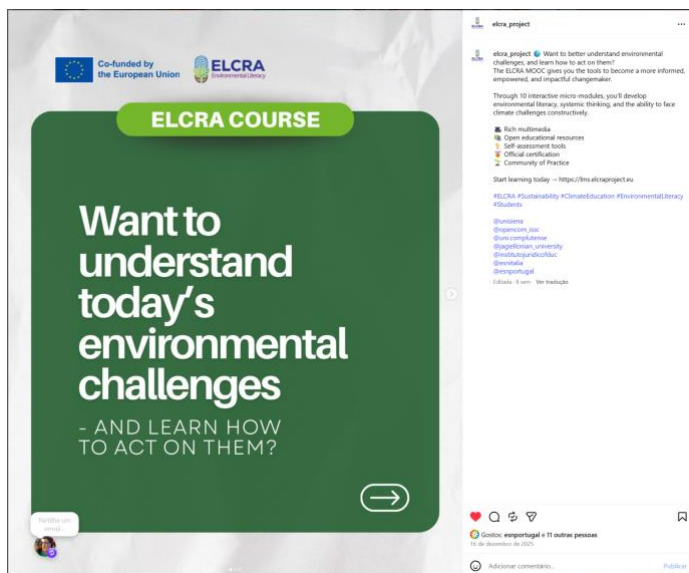
**Support businesses that care for the planet and its people!**

**#5**

**RAISE AWARENESS**

Share what you learn! Educate friends, family, and colleagues.

**Advocating for sustainability inspires others to act too!**



**ELCRA**  
63 seguidores  
11 m • Editado •

Want to help protect the planet but don't know where to start? ❤️

Small actions create big change, and we all have the power to make a difference!

Here are a few ways to start today:

- ➔ Join or volunteer with local NGOs and sustainability projects.
- ➔ Adopt eco-friendly habits.
- ➔ Choose greener transport like walking, biking, or public transit.
- ➔ Support local and fair-trade products.
- ➔ Raise awareness and inspire others to take action.

Every step counts, from daily choices to community involvement. Together, we can shape a more sustainable future 🌱

💡 Which action will you start with today? Tell us below!

#ELCRA #Sustainability #ClimateAction #GreenLiving #Environment #TogetherForChange

Università di Siena  
OpenCom i.s.s.c.  
Universidad Complutense de Madrid  
Uniwersytet Jagielloński w Krakowie  
Instituto Jurídico da Universidade de Coimbra  
ESN Italia (Erasmus Student Network)  
Erasmus Student Network Portugal

## 5. Lessons Learned

The implementation of the environmental literacy communication campaign provided several key insights into managing a multi-national consortium and engaging a youth-focused demographic

The meeting in Coimbra proved that face-to-face alignment is critical for complex campaigns. By involving partners in the "yearly plan" design stage rather than just the execution stage, the project fostered a sense of ownership, ensuring the campaign supported other project deliverables.

Having a specialized lead (ESN Portugal) to develop core assets while allowing partners to refine themes provided a balance between professional design standards and local relevance.

One of the most significant lessons was the move away from "simultaneous release" to "advanced access." Providing Communication Managers with graphics and copy beforehand allowed for adaptation posts to specific national holidays, events, or academic calendars, and advanced access ensured that translations into native languages were not rushed, maintaining the professional integrity of the messaging.

By distilling high-level environmental policy into 9 student-centric themes (e.g., "Daily Sustainability" and "Sustainable Lifestyles"), the campaign successfully bridged the gap between academic theory and the daily lives of 18–25 year olds.

The data suggests that visual-heavy platforms (Instagram and Facebook) often yielded higher "view" counts (reaching peaks of 1,775 views on a single post) compared to professional-leaning platforms like LinkedIn. This confirms that for the 18–25 demographic, high-quality digital assets are the primary driver of reach.

The campaign's success was not just in the content created, but in the **flexibility of the delivery model**. Allowing local partners to act as autonomous "brand ambassadors" with advanced access to materials proved to be the most effective way to ensure wide-reaching, culturally resonant communication.



ENVIRONMENTAL LITERACY  
IN HIGHER EDUCATION CONTEXT  
FOR PREVENTING RADICALIZATION IN  
CLIMATE ACTIVISM

2023-1-IT02-KA220-HED-000161446  
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