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## What Can the Young Teach Us?

Eco-Workshops for Seniors



Silesian  
Voivodeship

*gmina*  
**BOJSZOWY**

Integrated LIFE project "Silesia. Blue Sky Restored". Comprehensive implementation of the Air Quality Plan for the Silesian Voivodeship. LIFE20 IPE/PL/000007 - LIFE-IP, AQP-SILESIA-SKY



# What Can the Young Teach Us? Eco-Workshops for Seniors

**When:** 30 June 2025, 10:00 - 12:00

**Where:** Centrum Usług Społecznych Senior+, Ruchu Oporu 100,  
43-220 Bojszowy Nowe

**Who:** Joanna Dudek, eco-manager of the Municipality of Bojszowy



Can younger generations teach seniors how to manage resources better? "What Can the Young Teach Us?" is a workshop and discussion that explores how modern technology can help reduce food waste and improve shopping planning in line with zero-waste principles.

## Topics covered:

- Apps that help save money and reduce waste – Participants will learn about tools for meal planning, tracking expiration dates, and creatively using leftovers.
- Smart meal planning – How to avoid overbuying and only purchase what is truly needed? How do younger generations use digital shopping lists, and what can seniors adopt from this approach?
- Generational knowledge exchange – What seniors can teach younger generations about mindful consumption, and what new eco-friendly habits seniors can learn from them?
- Zero waste in action – How can technology support waste reduction and sustainable recycling?

## Why join?

- A new perspective on daily habits – While young people use technology to manage resources, seniors have lifelong experience in food economy. Combining both can lead to real savings and environmental benefits.
- Less waste, better organization – Smart shopping and meal planning reduce food waste while saving time and money.
- Intergenerational integration – Exchanging knowledge and experiences between seniors and younger generations strengthens social bonds and fosters collective action for sustainability.

"What Can the Young Teach Us?" proves that modern technology and traditional wisdom can work together, helping reduce waste and protect the environment.

***This event is organized as part of the LIFE project "Silesia. Blue Sky Restored."***

*I invite you  
Joanna Dudek*



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10 minut błękitu