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# Don't Throw It Away – Get Creative! Eco-Workshops for Seniors



Silesian Voivodeship



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

# Don't Throw It Away – Get Creative! Eco-Workshops for Seniors

**When:** 9 June 2025, 10:00 - 12:00

**Where:** Dzienny Dom Senior +, ul. Żubrów 23, Międzyrzecze

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



Can we reduce waste without drastic lifestyle changes? "Don't Throw It Away – Get Creative!" is a unique workshop for seniors that proves zero waste is not about sacrifice, but about smart resource management. This event is an opportunity to learn about the 5R principle, discover simple tricks to reduce waste in daily life, and share eco-friendly habits that can be implemented immediately.

### *What will participants learn?*

- Zero waste in practice – Why is it important to reduce waste, and what benefits does it bring to the environment and household budgets?
- The 5R principle – the key to sustainable living – Refuse, Reduce, Reuse, Recycle, Rot. How can these five simple rules be incorporated into everyday routines?
- Discussion panel – An interactive conversation on existing eco-friendly habits and new ideas for waste reduction.
- Upcycling and recycling workshops – Hands-on activities where participants will give new life to waste instead of throwing it away.
  - Old clothes will be turned into reusable shopping bags.
  - Used jars will become spice containers.
  - Unwanted newspapers will find creative new uses.

### *Why is this important?*

- Less waste = cleaner air and a healthier environment – Waste incineration and overproduction of disposable items are major contributors to air pollution.
- Financial savings – Zero waste means spending less on single-use items and taking better care of long-lasting products.
- A better future for the next generations – Small habit changes can have a huge positive impact on the environment and the quality of life for future generations.

"Don't Throw It Away – Get Creative!" is an inspiring workshop that shows how easy it is to adopt zero-waste habits while enjoying real benefits for both the planet and individuals.

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

*I invite you  
Joanna Dudek*

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**GREEN**  
WEEK



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