



# WORKBOOK

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03	11 March 2025	Diana Pazaurek EVTKE

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## Introduction

BE WATER helps reducing the environmental impact of youth camps on water basins and empowering the participants and youth professionals as active players in the process and become active agents of change for the camps to maintain ecological balance and preserving biodiversity, providing habitat and sustenance for many species and ensure water resources and quality, through reduced pollution, reduced disruption of the natural water cycle, leave a positive legacy for the environment and society.

BE WATER develops a workbook for organisations and professionals active in the organisation of the aforementioned type of camps, guiding them on how to make their activities more sustainable and reduce the environmental impact. It also develops an activities toolkit for organisations and professionals active in the organisation of water-related camps to empower their (potential) participants in becoming active agents of change before, during and after these camps.

The present workbook based on desk research involving relevant literature and practices & experiences:

- identifying the needs and challenges faced by the youth professionals
- empowering young people to become active agents of change in relation sustainability/circularity.

With conducted in-depth interviews, partners delved into factual and evidence-based understanding regarding the realities of organising these kinds of events and obstacles concerning its sustainability and circularity. The other primary research forms were the online surveys, which targeted youth professionals and youth participants as well from Hungary, Spain and from across Europe. Therefore the team identified obstacles, areas of expertise, and preferences for learning resources.

## Motivation

### *European perspective*

Europe and the rest of the globe face an existential threat from climate change and environmental deterioration. In order to address these issues, the European Green Deal will make the EU a competitive, resource-efficient, and modern economy, guaranteeing:

- zero net greenhouse gas emissions by 2050
- economic growth independent of resource use
- no place or person is left behind.

On the other hand, our life depends on clean water to survive. It is a vital resource for both nature and humans, as it helps control the temperature. It is also essential for agriculture, the economy, and energy production. Numerous factors, such as pollution from industrial chemicals, pesticides, fertilisers, medications, and climate change, affect water.

One of the pillars of EU environmental protection is EU water policy. The regulations guarantee the purity of our drinking and bathing water while safeguarding fresh and saltwater ecosystems and water resources. The Water structure Directive establishes the primary structure and goals for European water policy within the framework of the European Green Deal. (European Commission: European Green Deal, 2019)



Source: European Commission

The primary goals of the EU are to guarantee the good condition of all water bodies throughout Europe and to ensure that all Europeans have access to enough water of high quality. The long-term sustainable management of water, the reduction of water pollution, and the preservation of aquatic ecosystems are the goals of EU regulations.



Despite the above trends, only 40% of surface water bodies achieve good ecological status. (European Commission: Water Framework Directive, 2000)

### ***Camp organiser's perspective - Advantages***

By embracing circular economy principles and prioritizing sustainability, camp organizations can not only minimize their environmental impact but also enhance their operations, attract a loyal customer base, and inspire future generations of environmental stewards.

There are several factors contributing to the sustainability trend. Many operations are looking for ways to increase their efficiency because running camps is becoming more and more expensive. Organisations can save money and reduce long-term expenses by implementing sustainable practices. Pro-environmental actions that encourage the preservation and care of natural resources are becoming more and more crucial as global warming and other environmental changes endanger ecosystems worldwide. By lowering their ecological footprint and enhancing the planet's health for both current and future generations, camps that implement sustainable practices help achieve these objectives. In light of this, a growing number of parents support greener camp initiatives that incorporate sustainable best practices and inspire kids to value and preserve the environment.

Additionally, sometimes camp staff, board members, and youth themselves are pushing for sustainability.

Notwithstanding obstacles, focussing on more environmentally friendly methods can be the answer, whether your camp wishes to:

- Reduce costs;
- Preserve the environment;
- Raise awareness among youth participants & chaperones;
- Enhance educational programs;
- Form new alliances and friendships;
- Look for new financial resources etc.



Beyond the enjoyment and thrill of being outside, youth camping provides a multitude of advantages. Participants explore nature and participate in a variety of adventure activities, which helps them develop vital life skills, resilience, and personal growth.

Whether it's learning how to build a fire or pushing themselves on a ropes course, camping encourages kids to try new things and venture outside of their comfort zones. As youth learn a new skill or negotiate uncharted territory, these experiences can also boost their self-confidence.

Children have a rare opportunity to connect with nature and cultivate an awareness of environmental stewardship by taking part in outdoor learning activities. Campers can gain knowledge about wildlife, various ecosystems, and the value of sustainability.



Canoeing, hiking, and archery are just a few of the adventure sports offered by camping programs that can suit a wide range of interests and preferences. In addition to giving campers an enjoyable and interesting way to stay active, these activities promote cooperation and communication skills.

All things considered, camping for young people provides a rich and fulfilling chance for introspection and personal development. Children can cultivate a love of the natural world and acquire important life skills by venturing outside of their daily routines and embarking on new adventures (CRRHospitality, 2024).

## Definitions

### **Circular economy:**

As Allan Macarthur says: "It's a system where materials never become waste and nature is regenerated. In a circular economy, products and materials are kept in circulation through processes like maintenance, reuse, refurbishment, remanufacture, recycling, and composting. The circular economy tackles climate change and other global challenges, like biodiversity loss, waste, and pollution, by decoupling economic activity from the consumption of finite resources. The circular economy is based on three principles, driven by design:

- Eliminate waste and pollution
- Circulate products and materials (at their highest value)
- Regenerate nature

Underpinned by a transition to renewable energy and materials, the circular economy is a resilient system that is good for business, people, and the environment."

### **Sustainability:**

As an issue on camp managers' minds, we must first start with defining this concept. Sustainability is defined in Webster's as "using a resource so that the resource is not depleted or permanently damaged." (Webster, 2015) In other words, sustainable practices are actions to help our camps' natural resources last. (American Camp Association (2016))

### **Renewable energy:**

Renewable energy is an effective way to reduce carbon footprint and promote eco-conscious camping. Various green energy solutions are suitable for campgrounds and they offer a sustainable power option for outdoor accommodations. e.g.:

- LED Lighting: Replacing traditional bulbs with LED lighting
- Energy-Saving Appliances: refrigerators and air conditioners with Energy Star ratings
- Insulation Techniques: foam insulation.
- implementing renewable energy sources: solar panels. (CRR Hospitality, 2024)

### **Waste management:**

Campsite waste refers to the various types of waste generated by campers during their stay at a campsite as well as any waste generated by the business owners or employees. Waste management involves a combination of strategies aimed at minimising waste generation and maximising recycling and disposal efficiency such as:

- Encouraging campers to reduce waste
- Implementing a system for collecting and redistributing reusable items left behind,
- Establishing a good recycling programme,
- Educate campers,
- Establishing composting facilities for organic waste (Waste managed 2025)

## Action plan - Phase 1: Design & Planning

To be able to organise a successful and sustainable camp for youth, first you need to start with a plan. The plan contains and specifies every detail for the camp, which can be expected. In the same time, it prepares you for unexpected change and obstacles and gets easier to overcome of these. It is important to consider sustainability at the design stage. Think about the possible sustainable alternatives when you plan the tasks.

As the world becomes increasingly digital and screen-focused, youth camping programs and trends are more important than ever in engaging and enriching young people. Studies have shown that outdoor education and summer camps have long-lasting positive impacts on personal growth, leadership development, and environmental stewardship (CRRHospitality, 2024). Therefore, during the first phase camp organisers need to plan the following tasks with the above in mind:

### 1. Define Purpose & Target Audience

- **Clear Objectives:** Establish specific, measurable, achievable, relevant, and time-bound (SMART) goals.
  - Examples:
    - Enhance campers' teamwork skills.
    - Foster environmental awareness.
    - Improve campers' communication and presentation abilities.
    - Provide a safe and inclusive environment for personal growth.
- **Target Audience:**
  - Age group (e.g., 8-12, 13-17)
  - Interests (e.g., sports, arts, nature, technology)
  - Special needs considerations (e.g., dietary restrictions, physical or learning disabilities)
  - Determine the desired camp size and camper-to-staff ratio.

### 2. Choose Location & Dates

- **Location:**
  - **Safety:** Prioritize safety with secure facilities, proximity to medical services, and a low-risk environment.
  - **Accessibility:** Consider transportation options for campers and staff, including proximity to airports, train stations, or public transport.
  - **Amenities:** Evaluate the availability of suitable accommodations (cabins, tents), dining facilities, recreational areas, and essential amenities (water, electricity).
  - **Environment:** Select a location with natural beauty that aligns with the camp's theme (e.g., a lake for water sports, a forest for nature activities).

#### Dates:

- **School Calendar:** Avoid scheduling during exam periods.
- **Weather Considerations:** Choose dates with favourable weather conditions for planned activities.
- **Staff Availability:** Ensure key staff members are available during the chosen dates.

### 3. Develop Budget & Secure Funding

- **Cost Estimation:**
  - Rent/lease costs
  - Food and supplies (including snacks, beverages, and special dietary needs)
  - Staff salaries/volunteer stipends
  - Transportation (including camper transportation and field trip costs)
  - Insurance (liability and accident)
  - Marketing and promotional materials
  - Equipment and materials (sports equipment, art supplies, camping gear)
  - Contingency fund for unexpected expenses



- **Funding Sources:**
  - Registration fees from campers
  - Grants from foundations or government agencies (e.g., Department of Education)
  - Sponsorships from local businesses or organizations
  - Fundraising events (e.g., bake sales, auctions, raffles)

#### 4. Plan Daily Schedule & Activities

- **Balanced Schedule:**
  - Integrate structured activities with free time for relaxation and socializing.
  - Ensure adequate rest periods throughout the day.
  - Incorporate a variety of activities to cater to different interests.
- **Engaging Activities:**
  - **Team-building exercises:** Examples: Scavenger hunts, cooperative games, problem-solving challenges
  - **Outdoor activities:** Hiking, swimming, kayaking, nature walks, campfires
  - **Arts and Crafts:** Drawing, painting, pottery, jewellery making, woodworking
  - **Science and Technology:** Experiments, nature studies, robotics, coding workshops
  - **Special Events:** Talent shows, movie nights, campfires, guest speakers (Camp Keystone, 2023)

#### 5. Recruit & Train Staff

- **Staffing Needs:** Determine the number of counsellors, activity specialists, medical staff, and support staff required.
- **Staff Recruitment:**
  - Conduct thorough background checks and reference checks.
  - Prioritize candidates with experience working with youth, excellent communication skills, and a positive attitude.
- **Staff Training:** Provide comprehensive training on:
  - Camp policies and procedures
  - Child protection guidelines (e.g., recognizing and reporting child abuse)
  - First aid, CPR, and emergency response procedures
  - Risk management and safety protocols
  - Communication and conflict resolution skills
  - Adaptability and leadership skills,
  - Patience and empathy
  - Problem solving abilities (Camp Tekoa, 2023)



Source: Camp Tekoa

#### 6. Marketing & Registration

- **Marketing Campaign:**
  - Develop a website or social media presence.
  - Create flyers, brochures, and promotional videos.
  - Utilize local media outlets (newspapers, radio, community boards).
  - Leverage word-of-mouth referrals from past campers and community members.
- **Registration Process:**
  - Implement an efficient online registration system.
  - Collect necessary information (medical forms, emergency contacts, dietary restrictions).

- Clearly communicate registration deadlines, fees, and payment instructions.

## 7. Logistics & Preparations

- **Food & Supplies:**
  - Plan nutritious meals and snacks that cater to diverse dietary needs.
  - Create detailed shopping lists and ensure adequate supplies are ordered in advance.
- **Equipment & Materials:**
  - Gather necessary equipment and materials for all planned activities.
  - Conduct safety checks on all equipment (e.g., tents, canoes, sports equipment).
- **Transportation:**
  - Arrange transportation for campers to and from the camp site.
  - Plan for transportation to off-site activities (if applicable).

## 8. Camp Leadership & Management

- **Clear Roles & Responsibilities:**
  - Establish clear roles and responsibilities for all staff members.
- **Open Communication:**
  - Maintain open and consistent communication between staff and campers.
  - Encourage feedback from campers and staff throughout the camp session.
- **Address Issues Promptly:**
  - Address any issues or concerns promptly and effectively.
- **Create a Positive & Inclusive Environment:**
  - Foster a positive and inclusive environment where all campers feel welcome and respected.

### Additional tips:

Site Selection and Environmental Policies: Choose a campsite that has established environmental policies, such as recycling programs and water conservation measures.

Transportation: Encourage carpooling, biking, or the use of public transportation to reduce carbon emissions. Providing bike racks and safe pathways can promote sustainable travel within the camp.

Energy Usage: Implement renewable energy sources, such as solar panels, to power camp facilities. This not only reduces the camp's carbon footprint but also serves as an educational tool for campers about the benefits of renewable energy.

Water Conservation: Install low-flow faucets and showerheads to minimize water usage. Implementing rainwater harvesting systems can provide water for irrigation and other non-potable uses.

Waste Management: Establish comprehensive recycling and composting programs. Clearly labeled bins for different types of waste and composting food scraps can significantly reduce landfill contributions.

Sustainable Food Practices: Source food locally to reduce transportation emissions and support the local economy. Planning meals to minimize waste and composting organic scraps contribute to sustainability. (Looksee, 2024)

Educational Activities: Incorporate environmental education into the camp's curriculum. Workshops on topics like wildlife conservation, plant identification, and sustainable living can foster a deeper connection between campers and nature. (Scouts, 2024)

Community Involvement: Engage the local community by using local products and organizing tours around the camp. Involving local people as presenters of sustainable development can enhance the learning experience for participants.

## Action plan - phase 2: Implementation

An organised strategy that strikes a balance between environmental preservation, education, and logistical planning is needed to implement a sustainable youth camp at a water basin. Below is a step-by-step guide, which needs to overlap sometimes with the first phase (Design & planning):

After the planned tasks from first phase, you need to bring the plan to life:

### 1. Before the participants arrive, check again for the following:

- Finalized Logistics: Confirm all reservations (location, transportation, equipment rentals). Finalize staff schedules and assign roles. Prepare a detailed camp schedule with activity times and breaks. Gather all necessary supplies (food, medical kits, activity materials). Conduct a final safety inspection of the camp site just in case.
- Staff Orientation: Conduct a mandatory staff orientation to review: Camp policies and procedures.
- Safety protocols and emergency procedures, Child protection guidelines, Specific roles and responsibilities and communication protocols.
- Camp Site Setup: Set up the camp according to the plan, ensuring proper spacing of tents, dining areas, and activity zones. (If you stay in one place during the camp)
- It doesn't matter where you are, establish clear boundaries and designated areas!

### 2. During Camp

- Daily Schedule Adherence: Follow the daily schedule as closely as possible, while remaining flexible to adjust based on weather, camper needs, and unforeseen circumstances
- Activity Implementation: Ensure activities are engaging, age-appropriate, and supervised effectively. Provide clear instructions and safety guidelines for each activity.
- Staff Supervision: Maintain constant supervision of campers, especially during free time and outdoor activities. Address any behavioural issues promptly and appropriately.
- Mealtimes & Nutrition: Provide nutritious meals and snacks that meet dietary needs. Create a relaxed and enjoyable dining atmosphere. Preferably use local ingredients.
- Evening Activities: Plan engaging evening activities, such as campfires, games, or talent shows.

### 3. Camp Communication

- Open Communication Channels:
- Maintain open communication between staff and campers, and between staff members.
- Encourage campers to express their feelings and concerns.
- Daily Staff Meetings:
- Conduct brief daily staff meetings to discuss the previous day's activities, address any issues, and plan for the upcoming day.





#### 4. Safety & Well-being

- **Constant Vigilance:** Ensure the safety and well-being of all campers at all times.
- **Medical Attention:** Have a designated medical staff member available to address any health concerns.
- **Emergency Procedures:** Be prepared to handle emergencies effectively by having a clear emergency plan in place.

#### 5. Continuous Improvement

- **Analyse Feedback:** Carefully analyse all feedback from campers and staff.
- **Identify Areas for Improvement:** Identify areas for improvement in camp planning, activities, staff training, and overall operations.
- **Make Adjustments:** Implement changes based on the feedback received to improve the camp experience for future years.

## Action plan - phase 3: Follow-up

#### 1. Post-Camp

- **Camp Cleanup:** Thoroughly clean the camp site and leave it in better condition than when you arrived.
- **Equipment Maintenance:** Clean and store all equipment properly for future use.
- **Evaluation & Debriefing:** Conduct a post-camp staff meeting to debrief, discuss successes and challenges, and gather feedback.
- **Gather Camper Feedback:** Collect feedback from campers through surveys or interviews.

#### 2. Continuous Improvement

- **Analyse Feedback:** Carefully analyse all feedback from campers and staff.
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## Self-reflective questions and checklist

After reading the content in the present workbook, it is now time to think and reflect on how you can apply these insights to your own camp activities. To help you we have created some questions which help you in the way and a set of checklists which support you in making the ideas more concrete (*We left space between the questions for your answers.*)

### Self-reflective questions:

Why do I want to organize a sustainable camp activity?
What steps can I take to ensure my camping has minimal impact?
How can I educate campers, youngsters about the importance of sustainability?
How can I ensure my waste disposal plan is effective?
What alternatives can I use to reduce my environmental impact further?
What lessons have I learned from this camping experience?
How can I improve sustainability efforts for future trips?



The checklist that follows guarantees that every component required for a sustainable camping experience is present.

### **Checklist for phase 1:**

	<i>Make sure your preparations follow best standards for camper safety, legal compliance, and environmental preservation by using this as a reference.</i>
	Technical details (e.g.: why? for who? where and when? for how much?)
	Planned the activities and its necessary equipment
	Recruit & train your staff
	Marketing and communication properly done
	Preparation for lead and manage the camp
	Possible sustainable practices adapted

### **Checklist for phase 2:**

	Double-check the reservations
	Campsite & Games to play – ready!?
	Discussion regularly with staff and youth
	Know and follow safety rules & emergency procedures
	Brainstorming for improvements with staff and campers

### **Checklist for phase 3:**

	Take Out What You Bring In
	Ready for store your clean tools
	Brainstorming for improvements with staff and campers
	Implement the possible changes

### **Optional checklist:**

	The chosen campsite has environmental policies
	Alternative transportation option promoted

	Implemented renewable energy sources
	Minimized water usage, implemented rainwater harvesting systems.
	Recycling and composting programs
	Educational Activities such as workshops & games
	Community Involvement

## Good practices

Sustainability has been adopted by numerous prosperous camps worldwide, providing inspirational models for others to follow. In addition to demonstrating that sustainability is feasible, these examples improve camping by strengthening bonds with the natural world and lessening ecological footprints.

### ***Example 1: Urban environmental education camp for pre-schoolers.***

An urban environmental camp was designed and evaluated at the University of Navarra for 4-5-year-olds to foster a connection with nature. A tested Activity Guide was used, and evaluations were made with a child-friendly graphic scale and educator observations. Held over four weeks in summer with 70 participants, 89.2% had a positive experience, particularly enjoying outdoor practical activities. The camp highlights the potential of urban spaces for environmental education.

The activities that children liked the most were:

- Textures: recognizing different materials present in the soil only by touch
- Material collection and Land Art: involving the gathering of material for the Land Art sculptures while exploring new parts of the campus
- Flora Tale: second day's tale about seeds, trees and forests.
- Seeds + Planting: different types of seeds were presented to children. After that, bean and lentil seeds were prepared for planting so then the participants could bring them home and take care of them

According to educators' opinion, the activities which children enjoyed the most were the ones involving handicrafts and hands-on experiences ("Land Art" and "Seeds +Planting") in which kids had to create different things by themselves. This agrees with the results obtained on children's evaluations where "Textures" was the best valued activity.

Therefore, the results pointed out the importance of practical work to evoke students' interest and to motivate them to learn. Moreover, working hands-on provides other benefits such as more realistic and exciting experiences for children (Holstermann et al., 2010).

Practices implemented	How can I make these ideas work for my camp activity.
Activities with handicrafts and hands-on experiences: <ul style="list-style-type: none"> <li>• Land Art (and material collection)</li> <li>• Seeds and planting</li> <li>• Textures</li> <li>• Flora Tale</li> </ul>	

### Example 2: How to run a sustainable camp?

Scouts is an organisation, which actively engages and supports young people in their personal development, empowering them to make a positive contribution to society. They gathered the most important advices on how to run a sustainable camp (2022):



Source: Scouts

Practices implemented	How can I make these ideas work for my camp activity.
<b>Saving water and energy</b>	
<b>Raise awareness.</b> Have posters to remind people to turn things off, such as: <ul style="list-style-type: none"> <li>• Turn taps off while they brush their teeth</li> <li>• Unplug anything not in use</li> <li>• Turn lights off.</li> </ul>	
<b>Switch out cleaning products</b> <ul style="list-style-type: none"> <li>• Use natural or eco-friendly cleaning products, such as dish soap.</li> <li>• Hang out clothes to dry on washing lines to avoid tumble dryers.</li> <li>• Find campsites with eco-toilets to help reduce water usage.</li> </ul>	
<b>Rethink how you drink water</b> <ul style="list-style-type: none"> <li>• Ask everyone to bring reusable water bottles and flasks for drinks. e.g.: you can even ask to be a BPA-free</li> <li>• Use buckets to catch any overflowing water from drinks dispensers and use it to water plants.</li> </ul>	

<b>Save water</b> <ul style="list-style-type: none"> <li>• Avoid having water fights, as this can waste water. Go puddle jumping instead.</li> <li>• Use sponge ball alternatives for single-plastic water balloons.</li> <li>• Make rain-water gauges and collect rain to water plants.</li> </ul>	
<b>Turn lights off</b> <ul style="list-style-type: none"> <li>• Use solar lighting outside.</li> <li>• Switch to LED bulbs inside.</li> <li>• Use rechargeable batteries for torches or equipment.</li> <li>• Turn your heating and electronics off at home while you're away.</li> </ul>	
<b>Ecotravel</b>	
<b>Get ready to ride</b> <ul style="list-style-type: none"> <li>• Encourage everyone to walk or cycle to the venue.</li> <li>• Invite people to bring their bikes or scooters to camp to help them get around the site.</li> <li>• Remember, you can run some bike or scooter related activities.</li> </ul>	
<b>Use public transport</b> <ul style="list-style-type: none"> <li>• Choose campsites that are accessible by public transport.</li> <li>• Ask people to car share, including adult volunteers.</li> <li>• Mention car shares at the parent and carer meeting to help people connect.</li> <li>• Look for an electric minibus or coach to rent.</li> <li>• Plan activities that you can get to on a bus, tram or train.</li> </ul>	
<b>Cooking and food planning</b>	
<b>Plan your meals</b> <ul style="list-style-type: none"> <li>• Cook with foods that are in season.</li> <li>• Plan meals that use loose fruit and vegetables.</li> <li>• Try some Veggie bakes or Pot pie pockets.</li> </ul>	
<b>Shop sensibly</b> <ul style="list-style-type: none"> <li>• Choose to go organic if you can.</li> <li>• Aim to shop locally.</li> <li>• Visit a local farmer's market or zero-waste shop.</li> <li>• Take a trip to pick-your-own fruit.</li> <li>• Take re-useable shopping bags.</li> </ul>	
<b>Minimise food waste</b> <ul style="list-style-type: none"> <li>• Write a shopping list, so you don't buy any unnecessary items.</li> <li>• Use sensible portions for your group, making sure people know they can always ask for more.</li> <li>• Compost any food waste with Creative composting.</li> </ul>	

<p><b>Look after leftovers</b></p> <ul style="list-style-type: none"> <li>• Safely store any leftovers, if you can.</li> <li>• Use tinfoil, beeswax wraps or reusable boxes to store or wrap food. But nowadays, the hand-made reusable sandwich bags are quite popular as well.</li> <li>• Use or donate any perishable food before you leave.</li> <li>• If there's food left at the end, offer it to your group to take.</li> </ul>	
<p><b>Switch out plastic</b></p> <ul style="list-style-type: none"> <li>• Make sure any cutlery and tableware is reusable and avoid single-use plastics. Metal and reusable plastic are good options!</li> <li>• You could try out biodegradable plates and cutlery alternatives. Also you can look for the bamboo cutleries, which could be used after for handicrafts.</li> <li>• Swap out plastic straws for paper or metal straws.</li> <li>• Use fabric or PVC tablecloths and fabric napkins that can be rewashed or wiped down and reused. In case you can also ask your participants to bring one or two.</li> </ul>	
<p><b>Go green to clean</b></p> <ul style="list-style-type: none"> <li>• Bring cotton dishcloths and tea towels.</li> <li>• Switch to reusable bamboo kitchen roll.</li> <li>• Try to find biodegradable washing up liquid and soaps.</li> </ul>	
<p><b>Cook wisely</b></p> <ul style="list-style-type: none"> <li>• Try to avoid disposable barbecues, as they're only single use.</li> <li>• Invest in a portable barbecue for your group to use?</li> </ul>	
<b>Eco-friendly programmes</b>	

<p><b>Get gardening</b></p> <ul style="list-style-type: none"> <li>• Plant some seeds, such as sunflowers or strawberries.</li> <li>• Create upcycled planters or decorate plant pots.</li> <li>• Make wildflower seedballs.</li> <li>• Put together a mini-garden in a baking tin.</li> <li>• Use peat free soil, as it's better for the environment.</li> </ul>	
<p><b>Help clean up the area</b></p> <ul style="list-style-type: none"> <li>• Organise a litter pick or beach clean up, depending on where you go. Remember to wear gloves, use litter picks and wash your hands well afterwards.</li> <li>• Make posters to encourage people to put litter in bins and clear up dog waste.</li> </ul>	
<b>Enjoy nature</b>	



<ul style="list-style-type: none"> <li>• Make some butterfly or bird feeders.</li> <li>• Build a bat box or bee house.</li> <li>• Go on a nature scavenger hunt.</li> <li>• Try den building.</li> <li>• Find mindfulness in nature, with a walk or forest-bathing.</li> <li>• Have fun jumping in puddles.</li> <li>• Go cloud watching or star gazing.</li> <li>• Plant some trees.</li> </ul>	
<b>Get creative</b> <ul style="list-style-type: none"> <li>• Upcycle your unwanted t-shirts into tote bags.</li> <li>• Avoid glitter, balloons, water balloons, and glowsticks, as they're often single-used plastics.</li> </ul>	
<b>Food, foraging and fires</b> <ul style="list-style-type: none"> <li>• Go foraging for blackberries to create delicious fruity crumbles.</li> <li>• Use eco-fire starters and firelighters if you're making a campfire.</li> <li>• Choose Forest Stewardship Council (FSC) certified, sustainable logs for a campfire.</li> <li>• If your group's collecting wood, opt for fallen timber instead of cutting wood off trees. Freshly cut wood can burn very badly, too.</li> </ul>	
<b>Learn how to be greener</b> <ul style="list-style-type: none"> <li>• Teach everyone about eating food that's in season.</li> <li>• Wise up to waste and learn how long rubbish takes to break down.</li> </ul>	



Source: Scouts

Practices implemented	How can I make these ideas work for my camp activity.
Manage waste	
Have green messaging	


<ul style="list-style-type: none"> <li>• Reduce paper messaging, such as letters, where possible.</li> <li>• Send information digitally via email, including digital consent forms.</li> <li>• Have a WhatsApp group to help send out information.</li> <li>• Tell everyone you're planning an eco-friendly camp to encourage sustainability.</li> </ul>	
<p><b>Reduce paper usage</b></p> <ul style="list-style-type: none"> <li>• Make sure any paper used can be recycled.</li> <li>• Choose FSC certified paper.</li> <li>• Use both sides of the paper</li> <li>• Laminating paper prevents it from being recycled. Only laminate things that could be shared with another group or will be reused.</li> </ul>	
<p><b>Use sustainable toiletries</b></p> <ul style="list-style-type: none"> <li>• Use recycled toilet paper.</li> <li>• Ask everyone to bring facecloths to avoid wet wipes.</li> <li>• Sustainable toiletries (such as organic and vegan options, shampoo bars, toothpaste tablets, bamboo toothbrushes, and reef-safe, plastic free sun cream) can often be better for the environment, although they can be expensive.</li> <li>• Take normal toiletries, rather than buying miniatures.</li> </ul>	
<p><b>Recycle</b></p> <ul style="list-style-type: none"> <li>• Have clearly labelled bins for recycling</li> <li>• Have a compost bin for any food waste.</li> <li>• Keep and store the scraps from crafts – you never know when they may useful!</li> </ul>	
<p><b>Battle of the bins</b></p> <ul style="list-style-type: none"> <li>• Use compostable bin liner bags, instead of plastic bin bags</li> <li>• Line the bin with a few sheets of newspaper, instead of bin bags</li> <li>• Use the bin as a 'naked bin', and simply wash it out as needed.</li> </ul>	
<p><b>Look out for litter</b></p> <ul style="list-style-type: none"> <li>• Always take litter home with you if you're camping.</li> <li>• Look after the whole campsite with a litter pick, or find a local beach and organise a beach clean. Remember to wear gloves, use litter picks and wash your hands afterwards.</li> </ul>	
<p><b>A clean machine!</b></p> <ul style="list-style-type: none"> <li>• Your cleaning materials could be eco-products.</li> <li>• Aim to use re-useable kitchen roll.</li> </ul>	

- Instead of paper towels, try to use micro-fibre cloths, dishcloths or tea towels to clean up spillages.


Here are some ideas for communicating your ideas for a sustainable camp and make the campers part of the change.

#### Energy saving







#### Water saving




#### Ways to save water at home




**Shorter showers**  
On average, a shower uses 10 litres a minute



**Turn off taps**  
A running tap can use six litres every minute



**Fully load appliances**  
Filling washing machines and dishwashers can save up to 4,000 litres a year



**Fix leaks**  
A leaking toilet wastes 400 litres a day on average

Source: Thames Water BBC

#### Waste selection

#### Sustainability in general



### Example 3: Brave Camp's sustainability



The Bátor Tábor Foundation was established in 2001 to create social value on a non-profit basis. The most people know the organisation for its experiential therapy camps. In 2021, the main sustainability goal of the organization was to develop long-term climate goals.

The Foundation did many improvements during the last years such as:

The Bátor Tábor Foundation's School Programme for the whole society as a whole, the aim is to create a class community healthy connection between children in a community, promoting develop empathy and tolerance.

Increasing use of renewable energies energy efficiency improvements in buildings (boilers and replacing heat pumps and windows), we are also contributing to the to the target.

Our volunteers and staff are involved in all the activities that affect many we run a carpool system for trips involving several people. On our programmes and at our campgrounds, we try to provide all the essentials, costumes and equipment. At our campsite in Hatvan and in our office in Budapest, we recycle waste collection.

Our carbon emissions and fuel use emissions and fuel use, we are contributing to the fight against climate change mitigate climate change.

We have engaged an external expert to review our energy use. In 2023, we generated 3508 kWh of energy with our on-site solar panels installed in 2022. This represented 9.27% of our total energy consumption.

We have accelerated our energy saving efforts in line with our climate objectives. As a result, we have reduced by 54% by 2023 compared to the base year 2019 our total (direct and indirect) emissions. Our direct emissions showed a 21% decrease, partly due to, our natural gas consumption which fell by more than 40%, on the other hand, our use of LPG and, thirdly the consumption of our vehicle fleet has fallen by almost 10%. Indirect emissions a 64% reduction through a reduction in electricity consumption.



Further changes were introduced:

- reduced paper-based information collection and data storage
- digital data storage is also being optimised
- optimised the inventory of camp programmes and are trying to replace new stock with existing supplies, and some programmes requiring more environmentally friendly tools have been reformed.

The above-mentioned sustainable modifications support the Bátor Tábor to reach its sustainability objectives and to maintain their previous successful work.

Practices implemented	How can I make these ideas work for my camp activity.
Strong community with empathy and tolerance	
Increasing use of renewable energies energy efficiency improvements in buildings: <ul style="list-style-type: none"> <li>• boilers</li> <li>• replacing heat pumps</li> <li>• windows</li> </ul>	
Volunteers and staff involvement in all the activities	
Recycle waste collection	
Reduced paper-based information collection and data storage	
Digital data storage optimised	
Optimised the inventory of camp programmes	

## Closing remarks

As you finish with your camp activities as camp organiser, stop for a moment and think about the changes that you made with the participants. The effect that you have, the knowledge that you passed on. You not just organised the camps but you've also made room for development, friendship, and lifelong memories.

Camping offers young people a rich and rewarding opportunity for self-reflection and personal growth. Camp organisers need to make changes and adapt practices so their camps become more sustainable.



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