

30-Day Sustainability Challenge

4 Weeks - 4 Main Actions - Small Steps for a Greener Future

Programme Description

The 30-Day Sustainability Challenge was implemented as part of the EcoSense Erasmus+ project, with the aim of encouraging students to adopt simple, practical and measurable sustainable habits in their everyday life.

The challenge was organised into four weeks, with each week focusing on one main environmental action. Through these activities, students explored different aspects of sustainability, such as environmental protection, green mobility, reduction of plastic waste and composting.

The programme followed a practical and experiential learning approach. Students did not only discuss environmental issues in theory, but they actively participated in real actions inside and outside the school community.

Main Objectives

- To raise students environmental awareness.
- To encourage responsible environmental behaviour.
- To help students understand how small daily actions can have a positive impact.
- To connect sustainability education with real-life experiences.
- To promote teamwork, active citizenship and student participation.
- To involve students in practical environmental actions connected to the school, the local community and everyday life.

Questionnaire Implementation and Overall Results

In order to evaluate the success of the 30-Day Sustainability Challenge, a PRE and POST questionnaire was administered to the participating students. The PRE questionnaire was completed before the beginning of the challenge, while the POST questionnaire was completed after the end of the four-week programme. In total, 62 students participated in both stages of the evaluation.

The questionnaire focused on students knowledge, attitudes and daily habits related to sustainability. The comparison between PRE and POST results showed a clear improvement in students environmental awareness and behaviour.

Indicator	PRE	POST	Improvement
Understanding of sustainability	48%	86%	+38%
Awareness of personal environmental impact	44%	84%	+40%
Use of sustainable daily habits	42%	82%	+40%
Willingness to participate in eco-actions	50%	88%	+38%
Average positive responses	45%	85%	+40%

Overall, the results indicate that the challenge was successful, as students demonstrated stronger understanding, greater motivation and more responsible environmental habits after the completion of the programme.

What We Did

Week 1 - Clean Coast, School and Community Action

Main action: Beach, school and neighbourhood clean-up

During the first week, students focused on environmental protection through clean-up actions. They participated in a beach clean-up activity, collected litter and discussed the impact of pollution on coastal and marine environments. In addition, students cleaned selected areas of the school, such as classrooms, corridors and the school yard, and extended the action to the nearby neighbourhood. Through this week, students understood that environmental

responsibility begins from the places they use every day and expands to the wider community.

Week 2 - Move Green

Main action: Bike and Walk to School Week

During the second week, students focused on green mobility. They were encouraged to come to school by walking or cycling instead of using cars. The activity helped students reflect on how daily transportation choices affect air pollution, traffic and personal health. The week promoted healthier and more sustainable ways of moving within the local community.

Week 3 - Reuse Every Day

Main action: Reusable Bottles Week

During the third week, students used reusable water bottles instead of single-use plastic bottles. The aim was to reduce plastic waste at school and help students develop a simple but important sustainable habit that they can continue in their everyday life. Students were encouraged to refill their bottles, avoid unnecessary plastic and inspire classmates to do the same.

Week 4 - From Waste to Soil

Main action: Composting Action at the Local Factory and School Garden

During the fourth week, students participated in an educational action related to composting. They visited the local factory to learn how organic waste can be transformed into compost and how composting supports the circular economy. The activity was also connected to the school garden, where students discussed how compost can be used to improve soil quality and support plant growth. Through this action, students understood how food and organic waste can become a useful resource instead of ending up as rubbish.

What We Focused On

Sustainability Area	Main Action
Environmental protection	Beach, school and neighbourhood clean-up
Green mobility	Walking and cycling to school
Plastic waste reduction	Reusable bottles
Circular economy and composting	Local factory action and school garden composting

Expected Impact

The 30-Day Sustainability Challenge helped students understand that sustainability is not only a school topic, but a way of thinking and acting. Through simple weekly actions, students became more aware of their personal responsibility towards the environment.

The programme promoted active participation, teamwork and real behavioural change. The questionnaire results confirmed the positive impact of the challenge, showing a strong increase in students knowledge, awareness and willingness to participate in sustainable actions.

Final Summary

Overall, the 30-Day Sustainability Challenge successfully combined environmental education with practical action. Students were actively involved in four different sustainability pillars: clean-up actions, green mobility, reusable bottle use and composting. The challenge encouraged students to make small but meaningful changes in their daily lives and helped them understand that every action counts for a greener and more sustainable future.