



GUIDELINE PROJET

“ROW FOR THE PLANET”

COORDINATOR : LIGUE AVIRON SUD PROVENCE ALPES CÔTE D'AZUR
BENEFICIAIRES : LIGUE AVIRON PROVENCE ALPES CÔTE D'AZUR (FRA),
AAC ALSTER (GER), FANO, CLUB ADRIATIC (RÉGION MARCHE) (ITA).
PROJECT COORDINATOR : DEPIERRE Gaël

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The context today

Ecology report

Eco-responsible approach

What is an eco-responsible approach?



Eco-responsibility refers to all actions aimed at limiting the environmental impact of the daily activity of communities.

Travel, training, nutrition, etc., all these aspects of sporting activity leave an environmental footprint: consumption of energy and raw materials, production of waste, pollutants and greenhouse gases.

We can act individually or participate with our club, our league or federations. We can propose actions, put them in place and apply them to improve our everyday life at work and reduce its impact on the environment





Our goals

The project Row for the Planet aims to create a bridge between environmental protection and rowing by addressing two common critical issues in several European Union countries.

Project countries: France, Germany, and Italy.

Project needs:

- young people between 15 and 23 often give up sport to the detriment of their well-being. Young people who are not very dedicated to competition and are often absorbed in studying neglect sports activity with health risks.
- care for the environment and people is insufficient: the younger generations must be more educated to take care of the planet and their own health. The care of the aquatic environment (lakes, seas, and lagoons) is insufficient and water pollution is worrying.

Our project provides a common solution to two fundamental needs:

- supporting the psychophysical health of young people through sports activities such as rowing

and

- raising awareness and promoting environmental actions for ecological improvement for the benefit of the planet.





Expected short-term and long-term results of the project.

The objective of the actions that will be carried out locally in Hamburg, Fano and in the Sud-Provence Alpes Côte d'Azur region is to give a stronger impact to this eco-responsible approach, by linking our leisure activities to this eco-responsible dimension.

We will then be able to measure whether this project has generated an even increased awareness of this eco-responsibility approach within all the clubs involved in the three partner sports organisations, resulting in specific and tangible actions.

Long term

Many similar actions are being carried out on a regional and even national scale by volunteers trained during the first actions carried out within the framework of the project. Awareness has been raised. Dissemination of the objectives also through the ecological associations involved but also through institutions.

Short term

Awareness raising by the public concerned by the actions, then by those close to the public. Implementation of individual actions on our consumption, travel etc...





Understanding the carbon footprint

Areas of intervention: restoration, travel, education, and prevention.

To inform and educate you about the preservation of the environment.

In order to develop and update a project on sustainable development and eco-responsibility, it is first necessary to get information from local, regional or national associations. The topic of environmental preservation is very complex, and not all associations deal with the same issues. It is therefore necessary to target the actions that you wish to carry out and find the associations that match your needs.

Environmental protection means that steps are taken to limit or eliminate the negative impact of human activities on the environment. Several means can be used for each area.

Why should we try to preserve the environment? Because it means protecting our source of food and drinking water. Everything we eat and drink comes from nature. All pollution ends up in our food: in the water we drink or in the food we eat.

What can we do at our local level? You can raise young people's awareness of the environmental issues by taking practical action such as donating clothes and toys, cooking more and recycling, using the car to a limited extent, etc. Your young people will be more involved in the cause if you engage them in the project.

Training and awareness-raising on environmental prevention

- Training and awareness-raising for club staff and volunteers
By calling on local or national associations for environmental protection and prevention, it is possible to provide clubs and their partners with an educational session. This can be done in the form of a videoconference or during a meeting already planned for another occasion, the objective being not to generate travel only in the context of a meeting.
- Raising public awareness
Following the awareness-raising for club managers and volunteers, it would be interesting, as part of the continuity of the approach, to carry out a wider awareness-raising exercise aimed at club members. As for the first meeting, it is important not to make trips just for the purpose of raising awareness. It should therefore be integrated into an event already in progress.

Sustainable nutrition

- Healthy and sustainable diets are eating practices that promote all dimensions of human health and well-being. They are low impact and low environmental pressure, affordable, safe and fair, and culturally acceptable.





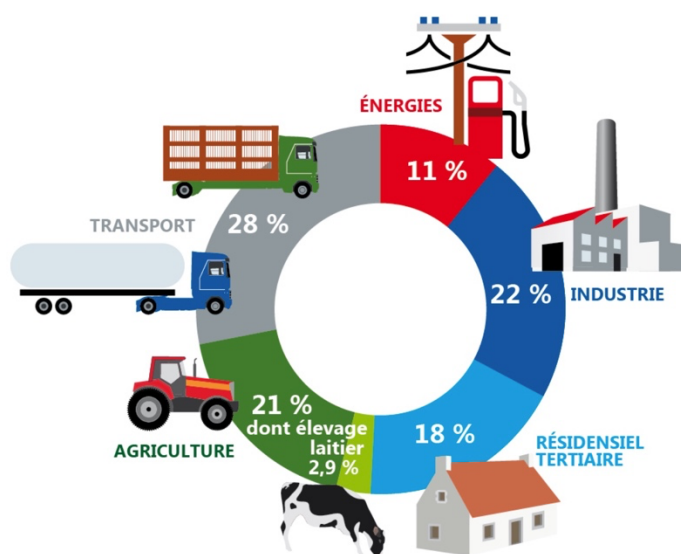
The main focus is on a diet that is optimal for health, ensures a good distribution of the world's food resources and at the same time preserves the environment.

Short cycle, local and season food

To limit our carbon footprint and to enjoy healthy food, eating local food is the best option. This allows us to go through a single intermediary. Several options are possible, either going directly to the farm site or some farmers have a corner shop where they sell their daily produce. If we live far from the countryside, the local weekly markets in our towns and villages are also a good compromise. You will find local and seasonal products. By choosing seasonal products, you can be more confident that they come from our areas.

Carbon footprint

To understand what generates our carbon footprint here is a simple pie chart:



The carbon footprint is an indicator that aims to measure the impact of an activity on the environment, and more specifically the greenhouse gas emissions linked to this activity. It can be applied to an individual (according to his or her lifestyle), a company (according to its activities) or a territory.

[For what purpose, and what is the objective of calculating our footprint?:](#)

The higher the carbon footprint, the greater the impact on the planet. Calculating the carbon footprint then is an indicator for the definition of low-carbon strategies, i.e. guidelines for reducing the volume of CO2 emissions





Reducing the ecological footprint and recycling by giving a second life to our waste avoids the greenhouse gas emissions caused by the extraction of new natural resources.

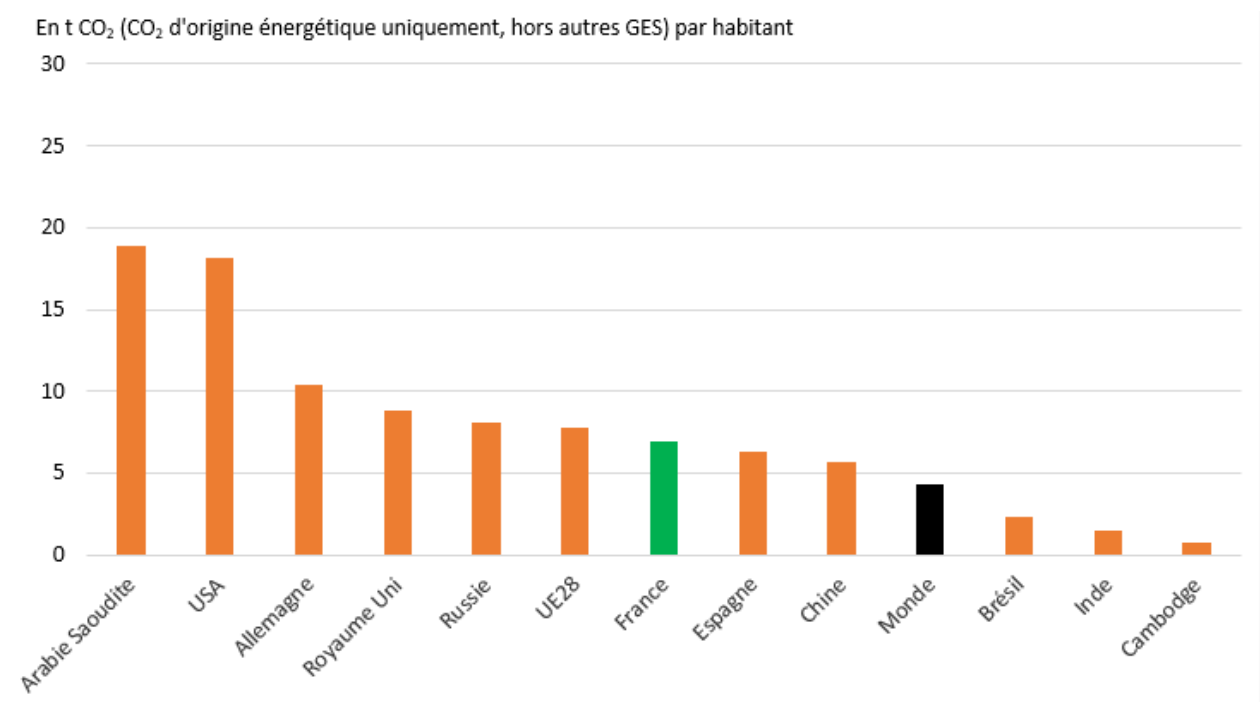
[How do we measure our carbon footprint?](#)

The calculation of CO₂ emissions is based on the following: CO₂ emissions = quantity consumed x emission factor. We collect the data and associate it with an emission factor to calculate our carbon equivalent. Comment calculer son bilan carbone personnel ? Le calcul des émissions de CO₂ est le suivant: **émissions de CO₂ = quantité consommée x facteur d'émission**. On collecte donc les données que l'on associe à un facteur d'émission permettant de calculer son équivalent carbone.

[Some figures :](#)

On a global scale, the footprint is equal to the sum of the national inventories. In relation to the population,

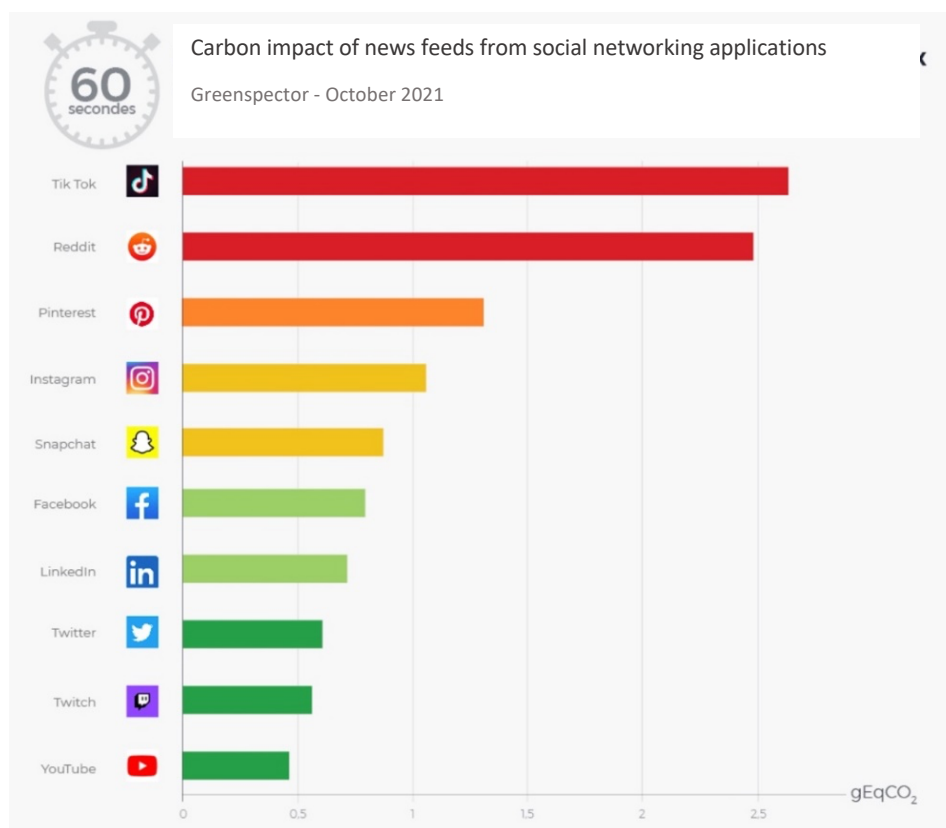
It represents 4.4 t CO₂ /person. The French CO₂ footprint is lower than the average footprint of the inhabitants of the European Union (in 2015 - 6.9 vs. 7.8 t CO₂/person)¹.



Champ: émissions de CO₂ d'origine énergétique uniquement -© Source: OCDE 2021. Traitements SDES, 2021.

¹ Données et études statistiques, Estimation de l'empreinte carbone de 1995 à 2020, Ministère de la transition écologique, 2021.





Waste Management & Recycling

Sorting system

Selective sorting consists of sorting and recovering waste according to its nature: metals, paper, glass, organic material, etc., in order to facilitate its recycling. They can be sorted either by those who produce them or by specialised organisations in sorting centres.

What is the purpose of sorting?

To enable the selective collection of waste; to encourage the reuse of waste or its recycling; to avoid its destruction by incineration or burial; to reduce its energy footprint.

Eco-responsible travel

- o Urban travel



- o Travelling in a different way

The train is not only a convenient means of transport, but also allows you to enjoy the journey and rest, while a car journey will require concentration and energy until arrival. It is therefore important to know what you want to prioritise, comfort and rest or independence.

Compared to other means of transport, such as air freight, sea transport is very cost-effective for distances over 500 km. It is generally considered to be more eco-friendly, given the volume and weight of goods it can handle in a single shipment.

Pooling and solidarity

- o Equipment sharing

Sharing equipment is possible and profitable. On the one hand, sports associations will find a first advantage in the financial cost which will be reduced. On the other hand, from an ecological point of view, this practice must become more and more attractive to sports organisations. Several types of mutualisation are possible in the field of rowing;

- Joint trailers for travel to competitions (encourage inter-club carpooling).
- Lending of equipment during holiday courses (the club hosting the course makes its boats available, thus reducing the carbon footprint of loaded trailers).

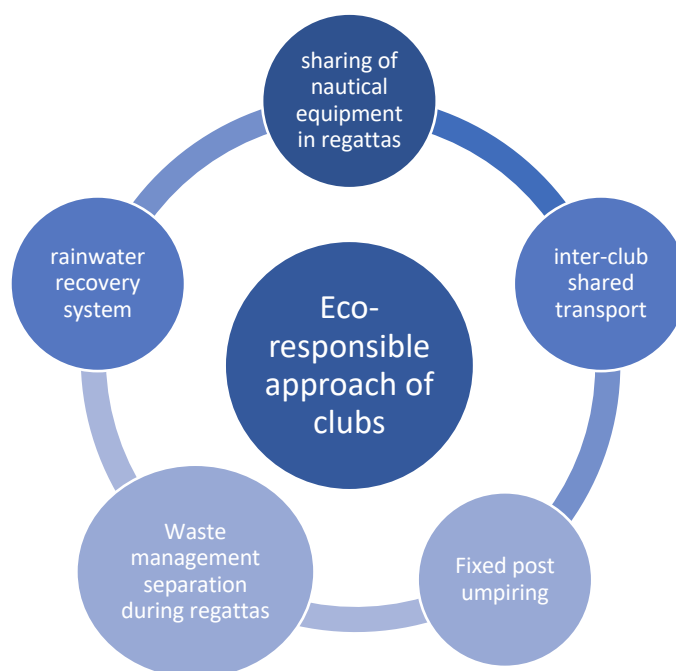


Project Build-up Stages

The place of actions in the associative project

The Ligue SUD Provence Alpes Côte d'Azur has been in an eco-responsible approach for a while now. The various projects are becoming more and more focused on sustainable development. A real commitment has been put in place in the region, thanks to the strength of the proposals made by the managers and volunteers, and several actions have already been carried out. Many of the first actions were the mutualisation of long-distance trips for tractor vehicles, and travel by train rather than by car for the championships.

In a context of continuity of what can be proposed by the Region, the project of eco-responsible camp seemed to be the logical continuation. The project will reach the audience of young people, the other actions were carried out by volunteers, coaches and managers. There is a strong commitment to include young people in the project, as they will have a much greater impact in the future. Including all publics in the associative project is very important to mobilise all subjects. These actions will be coupled with training days and regattas, so there will be no impact on the calendar, thus ensuring a strong presence on the various actions.





Evaluation and assessment of the current situation

Process management

Milestones and action planning to accomplish the project.

Each project partner implemented a specific approach for its project action: the French coordinator, Ligue Paca, selected a group of young people to raise awareness in different clubs and implemented a series of educational/sports actions with an ecological association, Les Perles de la Côte Bleue.

On the other hand, the German club (the Hamburg National Rowing Association) selected young people within several schools, also involving the teaching staff of the science disciplines involved in the action. It also tried to raise the awareness of the entire educational institution through the specific ecology referees and through the student representatives in charge of attending thematic assemblies.

The Italian club, Rowing Club Adriatico, involved other partner clubs of the region and a green association (Coop. La Macina Terre alte) and implemented in team with them some educational actions of environmental discovery, area cleaning (lake and sea) and sport training.

Preliminary steps



Contact local associations and schools that might be eligible to be involved in the project.

The aim is to find associations that match our approach/project.

By going to schools, we can also ensure the involvement of the youngsters.

The first step is therefore to define our project and the expectations that will be generated. In order to carry out the actions that arise from it, we need to approach the right people and have a fairly precise idea of what we are looking for.

During the first contact with the local associations, it is important to be able to address all the points of the project and to discuss the possible actions that will be defined afterwards. The first contact is essential for the continuation of the collaboration.



Arrange a meeting between the coordinators and the green association(s).





Once the objectives have been defined and the guidelines drawn up, it is easier to organise a meeting between the association(s) and the coordinator.

Introduce the project:

- o Introduce the approach used in the project
- o Why this project, the expectations of the project actors and the outcomes that the project coordinator would like to see in the final phase of the project
- o How the association(s) will support us, what are the major contributions that will be provided.



Arrange a meeting between the clubs, project coordinators and the association(s) to discuss the actions to be taken and to involve other local clubs.

Once the objectives have been defined and the guidelines have been written down, it is easier to organise a meeting between the association and the sports clubs (whether or not they are organisers) that will be involved in the project in various areas. When an action is carried out, it can be interesting to introduce people who are not initially involved in the project, as they may later want to take part in it. In the years that follow, it may be important to organise and co-ordinate a similar project.

At this meeting, several points should be discussed:

- o Introduce the approach used in the project
- o Why this project, the expectations of the project actors and the outcomes that the project coordinator would like to see in the final phase of the project
- o How the association(s) will support us, what are the major contributions that will be provided



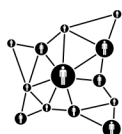
Depending on the action carried out, plan to create a network.

- o Local producers: To achieve our project, it is essential to create a network for local, organic products. This is an integral part of a sustainable eco-responsible project. In general, the association(s) involved in the project already have a network, which can be used; another option is to create a specific project network..
- o Suppliers for the drinks: following the same approach as for the food, the drinks also go through the local market and are supplied locally. To complete this approach, it is essential to provide eco-cups or recyclable cups..
- o Clothing suppliers (eco-designed textiles that promote re-use)
- o Photographer and communication staff: it is important to have a staff in charge of communication. It is very interesting to carry out such a large-scale project, but it is also important to get a broad public involved. The more your project is promoted, the more opportunities you have for other organisations to implement it. The main goal is to promote an action that will be reiterated in order to have a significant impact.





- o Press: the communication staff will also inform the local and national press, which are essential to reach the wider audience. For a project of any size, creating a website as well as social pages will provide increased impact and visibility.



Promote your action via social networks to reach a wider audience.

To keep your actions and your project visible, you need to communicate on a regular basis. The most used and visible networks today are Facebook and Instagram.

Facebook allows you to put text, photos and videos and is therefore more complete social network; however the age group that is active on it is between 25 and 34 years old.

The youngsters between 13 and 17 are less active on Facebook; however this is our project target group; these are the generations that will have the bigger impact on changing our lives.

On Instagram, we will be able to interact with our followers and reach our project target.

70% of users of Instagram are in fact between 15 and 24 years old. We will be more limited in terms of inserting text and communication will be much more visual.



Set up the action day with the audience and the association.

In order to set up the action day, it must first be planned in all details. Make sure that the association you involved in the project can be present, if necessary. Target the public that will be invited to the day and set up the communication. Always bear in mind that the more people attend the event, the greater is the impact of the project.

Set out the action plan for the day in a detailed written document, so that you don't forget anything. Give yourself feasible and clear objectives for the day and identify all important goals to be achieved.

Communicate upstream on the networks to promote the action and raise public awareness.

As previously mentioned, invite the press and a photographer to the event to capture the day and communicate on it.

During the ecological event, you can contact an elected member of the municipality or the regional government: it is important to have an elected official come to the event, as this will add an extra dimension to your project.

Identify the places where you are going to carry out the action, in order to determine all your needs.



Arrange a meeting to discuss the project and its implementation (post-project analysis).

In order to close the action, a survey should be carried out. It is important to know the areas for a possible improvement. Take a step back from the experience and initial expectations. All opinions are interesting, so it is





necessary to contact the participants, the volunteers, the project coordinators and also the green association(s). The association has greater experience of the ecological activities carried out, and will be in a better position to provide us with constructive comments for the future of the project..



Written feedback on the various networks and in the press, as an indicator of the project's success and sustainability.

Following the various actions, reports must be produced. They will be a tangible indicator of project's success (as a first exemple, see annex).





Actions carried out by the French group and its actors

	Action 1	Action 2	Action 3	Action 4
	Awareness meeting	Combining environmental action with an intensive sports training camp	Implementation of an eco-responsible regatta & Extended awareness raising	Dissemination of results in the European Week of Sport
Date	3 november 2022	10 december 2022	4 & 5 february 2023	23 to 30 september 2023
Public	Sport administrators and staff, organisers of sporting events	Young rowers aged 13-14 years	Rowers, parents and attendants	All audiences
Number of people affected	20	40	400	
External stakeholder	Les Perles de la Côte Bleue	Les Perles de la Côte Bleue	Les Perles de la Côte Bleue	

Design and implementation of the project action:

1. Preparation and raising awareness among young people.

As part of the development and implementation of the project action, we raised the awareness of 12 young girls and 12 young boys. They were gathered in Marignane on a Saturday, and we invited a local association to participate, using different tools to raise the interest of the youngsters.





2. Implementation of the project action

The aim of the project activity was to set up a regatta with a low carbon footprint. Surveys were therefore carried out on team and boat movements. It allowed us to realise the size of the carbon footprint of a rowing regatta and therefore to find solutions for future regattas. An eco-friendly bar was set up, so we could offer alternatives to the usual water and soda bottles.

During the weekend of the regatta, the local association was present to raise the awareness of the 300 young people present through activities, surveys etc..



3. Presentation of the results

A report of the regatta is attached in the annex.

4. Short and long term objectives

The project should not only be relevant for the timeframe, but the participants should benefit in the long term. It is designed to increase the understanding of the impact of our carbon footprint, the state of the environment and our rowing areas that require water for our sport activity to continue. Participants should also understand how they can better protect the environment through their own actions and how water bodies can be preserved for all people on and in the water.

Project actions should also give participants an understanding of our impact on the carbon footprint through our travel etc, so to understand the importance of car sharing, boat lending in competition etc.





Actions carried out by the German group and its actors

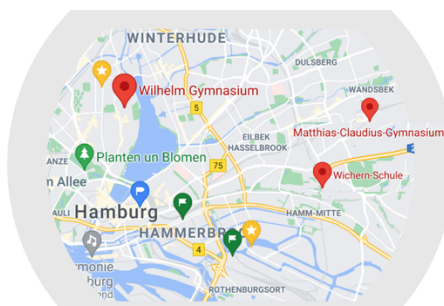
Landesruderverband Hamburg AAC/NRB

<http://www.alsterclub.de/>

The Hamburg National Rowing Association AAC/NRB is working with three large rowing schools in the "Row for the Planet" project, thus creating an even wider framework for dealing with climate and environmental issues.

The Wichern School, the Matthias-Claudius-Gymnasium and the Wilhelm-Gymnasium are three of the most important rowing schools. All three schools also focus in different ways on the topics of climate, environment and the waters we travel on.

Each of the three schools has its own objective for the project, which will be developed in its respective details during the project.



Design and implementation of project actions:

1. Preparation in schools :

The three schools have been meeting in their project groups since October 2022 and are jointly planning the first important steps for the project at their respective locations. The students also use a variety of media (e.g. newspapers, social media, TV and radio news) to be informed about their subjects or the political situation. Schools initially operate autonomously and independently. In this stage, the focus is on preparatory work for the implementation and the creation of a scientific background.

2. Implementation of project actions

In the next stage, the schools implement their planned project actions. Various places in Hamburg are visited for this purpose. These include, for example, the Alster, the Hamburg harbour and the regatta course on the Dove Elbe in Allermöhe.

The financial support gives the groups the opportunity to buy important tools for the projects. The results are documented in a project report.

2. Presentation of results





During a joint meeting of all project groups and associated teachers, the teams will present their preliminary results and have a first overview of what the other participating teams have already discovered. At this meeting, the knowledge achieved should be transferred so that the other groups can also have the opportunity to take the knowledge with them and spread it. In this cycle it is also possible to answer critical questions or to include other issues in the project actions.

4. Dissemination of the know-how and promotion of the project

School rowing in Hamburg is not limited to the three schools, but regular regattas and events of the Hamburg Student Rowing Association take place, where many different schools from all over Hamburg meet and compete. We plan to present the know-how of the three schools in a clear way and explain the whole project. It is also planned that the project will be promoted at these events. This is done through a wheel of fortune, where participants can win promotional gifts with the project logo. This is intended to spread the project to other schools.

For the national competitions, participants will receive cotton bags, which will also carry the project logo.

5. Short and long-term objectives

The project should not only be relevant for the time frame, but the participants should benefit from it in the long term.

It is intended to enhance the understanding of the climate change, the environmental issues and our rowing areas among all participants. Participants should also understand how they can better protect the environment through their own actions and how the river Alster and the river Elbe can be preserved for all inhabitants on and in the water.

They should also give the participants an understanding of a scientific work and train their presentation and discussion skills.

Wilhelm-Gymnasium



<https://www.wilhelm-gymnasium.de/>

1. Project description: the purpose or scope of the project action

Students should use scientific methods to get an overview of the water quality in their rowing areas, discuss with experts what could be done to improve the current situation, implement a selection of these areas and inform other participants.

2. Long-term and short-term objectives behind the project action

In the short term:

- ✓ To acquire evidence-based and operational know-how on the current state of water quality.
- ✓ Help to clean up the Alster while having fun and practising sports. court terme:

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Long term:

- ✓ To know and understand the principles/procedures of a scientific work and be able to assess their importance.
- ✓ Experience the power of self-efficacy - in relation to one's own influence.
- ✓ Appreciate the importance of the local natural area and share it with others.
- ✓ Develop organisational and teamwork skills.

3. Plans for the school after the project

There are already similar projects/visits, which deal with the ecology of the Outer Alster. These can be linked to the activities of Row for the Planet project. Analyses of water bodies are already being carried out in the upper floors, neophytes on the banks of the Alster are being sampled, etc.

4. Actions planned within the project group (possible also outside the school)

- Scientific analysis of water quality (biological and chemical parameters)
- Active cleaning of rowing areas (especially the Alstergrund)
- Playful transmission of knowledge about the sustainability of rowing areas during regattas in and around Hamburg
- Publication of ongoing meetings/actions via various social media channels
analyse scientifique de la qualité de l'eau (paramètres biologiques et chimiques)

5. Cooperation with school environmental officer

A cooperation is in place with the ESD group (Education for Sustainable Development), led by a colleague who is involved in setting up similar projects in the school.

Wichern-Schule

<https://www.wichern-schule.de/>



- Description of the project action

Measurement of microplastics in rowing waters. Distribution on social networks, mainly Instagram. Details of the project action will be defined in the AG in April 2023 in the school.





Matthias-Claudius-Gymnasium

<https://www.matthias-claudius-gymnasium.de/>



1. Description of the project action

The main topic is the deepening of the Elbe: the ecological effects on flora and fauna, the economic effects, the political problems and the real problems in practice.

In addition to the content and technical discussion, an increased awareness of the complexity and multi-layered nature of such large-scale projects should arise.

2. Long-term and short-term objectives behind the project action

- Explanation of the problems behind the deepening of the Elbe -> dissemination in social networks, mainly Instagram. Information messages, like radio or similar, for example

3. Actions planned within the project group (possible also outside the school)

-Visit the port of Hamburg, possibly with a harbour tour or a visit to the maritime museum. In particular, the economic side of the port and its role for the city of Hamburg can also be closely experienced.

4. School environmental officer

- At the moment not. This is also due to the implementation of the project, which is currently independent of the school. A possible merger with corresponding starting points such as projects in the profiles of the higher levels of the school should be considered at a later stage.

Although we do not have direct environmental officers in our school, a climate spokesperson has been elected in each class, whose tasks are to ensure environmental improvements in the class. For this purpose, all the climate spokespersons of the different classes meet several times a year and discuss different projects, such as the progress made in waste separation in the different classes. After the meeting, it is the climate spokesperson's task to explain the results to the class association.





Actions carried out by the Italian group and its actors

Local Activities:

Organization of "Row for the Planet Contest" - a separate waste collection at club level- and "Row for the Planet Days" - rowing and environmental education events with the aim of:

- raise awareness of environmental issues
- keep young people involved in actions for the environment,
- reduce the pollution of water and surrounding environments.

Commitment in training of youngsters between 14/20 years - (in terms of participation and commitment during training sessions) and participation in regional and national regattas.

These events will be organized at Club level and at regional level (4 rallies)

Local Activities detail:

- "Row for the Planet Contest", a separate waste collection at club level: personal commitments to be shared on the social media of the club and the Regional Delegation through daily and constant actions at the club headquarters and the training area through separate waste collection on site.

Row for the Planet Banner / Flag to be displayed at the headquarters,

Row for the Planet Contest detail:

- Selective waste collection: containers marked "Row for the Planet" will be distributed for selective waste collection (paper/plastic/differentiated waste).

- Organisation of a "Row for the Planet Club-Day" during which the children will participate in the cleaning of the training area (beach, park, site, sea, lake).

- Organization of 3 "Row for the Planet Days", rowing and environmental education meetings. These events will be organized at regional level through collective meetings and gatherings.
We planned 3 appointments/gatherings in Fano and Mercatale Lake: April/May/June

"Row for the Planet Days" detail: regional team meetings with the project clubs. These meetings will be organised for collective training (sculling and rowing) and to address environmental education issues through meetings with experts.





We plan to organise 3 "Row for the Planet" days with the athletes who will participate in the July camp. Regional meetings with the participating clubs (14/20 year old athletes). These meetings will be organised for

- Collective training to prepare the international camp
- Environmental education themes through meetings with experts.

In the Row for the Planet Days, we have planned 3 different types of meetings

- Day 1 - discovering the lake and river ecosystem, walking around the lake
- Day 2 - getting to know the marine ecosystem, walking on it along the sea and around the port
- Day 3 - discovering the ecosystem, kayaking in the protected area of Lake Mercatale.

All the local activities will prepare to the participation in the international camp "Row for the Planet Camp" and will partly act as a selection tool for the young people.

Day 1: Lake Mercatale (Headquarter Canottieri Montefeltro/ Sassocorvaro)

"If I were a tree" to know lake and river ecosystem. walking around the lake.

Rowing: mixed gender crews, mixed club crews

Day 1 - detail: "If I were a tree"

learning from trees to look around to create relationships of mutual cooperation with what surrounds us, awareness of biodiversity and biocomplexity of an ecosystem. The perspective of the ground: smartphone in hand, lens open to the world at our feet in search of unusual shots of the animal and plant world to open up to other points of view.

Day 2: Fano Lido Sea (Headquarter Rowing Club Adriatico)

"Virtuous cycle of the environment" to know river-sea ecosystem. Walking on the beach around harbour

Rowing: coastal rowing and beach sprint

Day2 detail: "Virtuous cycle of the environment"

the river carries everything it collects along its route into the sea, polluting it, furthermore on the coasts it would be good to maintain wooded areas to attract humidity from the sea to inland areas, guaranteeing an increase in rainfall. Raising awareness on the relationship between river, sea and forest useful for combating pollution and deforestation.

Day 3: Lake Mercatale (Headquarter Canottieri Montefeltro/ Sassocorvaro)

"Bird watching by kayak" to live ecosystem. Kayak experience in the lake Mercatale protect area

Rowing: mixed gender crews, mixed club crews

Preparation expo

Day 3: "Bird watching by kayak"





navigating fresh waters: deepening the ecology of the river environment through the fundamental concepts of hydrology, river geomorphology, geographical and topographical analysis of a watercourse and detecting the level of water pollution through the study of aquatic macroinvertebrates.

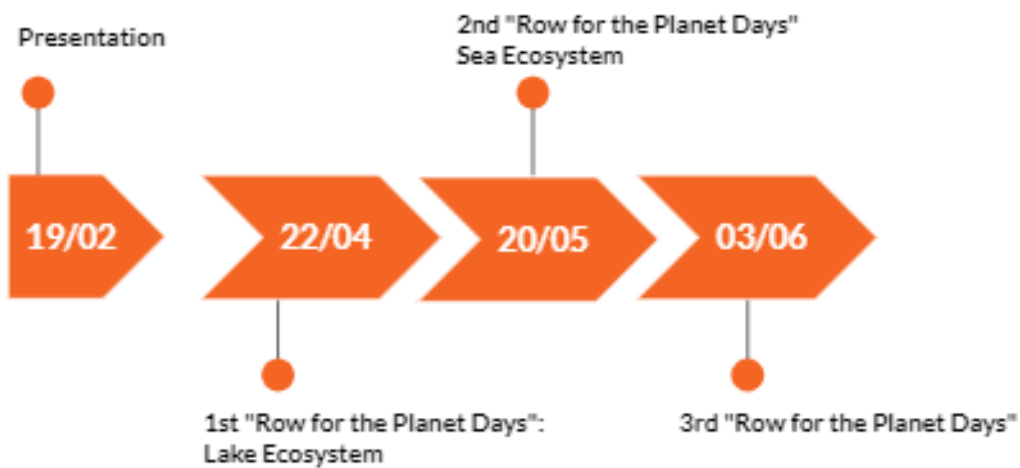
International activities:

The "Row for the Planet Week" (10-day camp, from 10 to 20 July 2023, in France for 8 boys and 8 girls + 2 coaches), which includes:

A conference and exhibition titled "Row for the Planet Expo," documenting our local green rowing events.

A final race "Row for the Planet Regatta".

Timetable





presentation day



Davide and Elena, our testimonials, presented to 7 regional club the project Row for the Planet, and distributed materials to do the separate waste collection.



Separate waste collection in the club



- 1) Canottieri Montefeltro
- 2) Canottieri Pesaro
- 3) Interregional Meeting
- 4) LNI S Benedetto del Tronto





Common actions of the 3 groups

	<u>Action 1</u>	<u>Action 2</u>	<u>Action 3</u>	<u>Action 4</u>
	<u>Meeting 1 : Preparing the overall project</u>	<u>Joint training week (camp)</u>	<u>Conference on water pollution reduction + Exhibition of the actions carried out by each country</u>	<u>Meeting 2 : Project Review & Dissemination Strategy</u>
<u>Date</u>	<u>7 to 9 october 2022</u>	<u>10 to 20 july 2023</u>	<u>13 july 2023</u>	<u>8 to 10 september 2023</u>
<u>Number of people</u>	<u>17 (including 6 young people under 20)</u>	<u>60 (of which 50 are young people aged 15-23)</u>	<u>Audience at the campsite where the conference will take place</u>	<u>17 (including 6 young people under 20)</u>





ANNEX





REGATE DUEL AVENIR 2023

EMPREINTE CARBONE

de l'événement





Le week-end du 4 et 5 février avait lieu au Club Marignanais Des Sports d'Aviron la 5ème édition de la régates Duel Avenir. Cette compétition a réuni 306 rameuses et rameurs âgés de 13 et 14 ans venant de plusieurs régions de France ainsi que d'Espagne et d'Italie au cours d'un week-end ensoleillé.

Pour l'organisation de cette régates, la Ligue PACA d'Aviron a souhaité mettre en œuvre un dispositif particulier afin de connaître l'empreinte carbone de l'événement.

L'association Les Perles de la Côte Bleue, spécialiste de l'éco-responsabilité, a accompagné la structure afin de collecter les données nécessaires à l'élaboration de ce document.





PROVENCE
ALPES CÔTE D'AZUR



ÉNERGIE

Émissions liées aux consommations d'énergie

0 TONNES ÉQUIVALENT CO₂

ÉNERGIE SUR SITE : 0 TONNES ÉQUIVALENT CO₂

GRUPE ÉLECTROGÈNE : 0 TONNES ÉQUIVALENT CO₂



DÉPLACEMENTS

Émissions liées aux déplacements

15,17 TONNES ÉQUIVALENT CO₂

ORGANISATEURS : 0,04 TONNES ÉQUIVALENT CO₂

PARTICIPANTS : 15,13 TONNES ÉQUIVALENT CO₂



RESTAURATION

Émissions liées à la restauration

0,88 TONNES ÉQUIVALENT CO₂

REPAS : 0,87 TONNES ÉQUIVALENT CO₂

VIN : 0,01 TONNES ÉQUIVALENT CO₂



HÉBERGEMENT

Émissions liées à l'hébergement

0,68 TONNES ÉQUIVALENT CO₂

HOTELS : 0 TONNES ÉQUIVALENT CO₂

TRANSPORTS : 0,68 TONNES ÉQUIVALENT CO₂



MATÉRIAUX ET SERVICES

Émissions liées aux matériaux et services

0,46 TONNES ÉQUIVALENT CO₂

AMÉNAGEMENTS : 0 TONNES ÉQUIVALENT CO₂

COMMUNICATION : 0 TONNES ÉQUIVALENT CO₂

SERVICES : 0,46 TONNES ÉQUIVALENT CO₂

AUTRES : 0 TONNES ÉQUIVALENT CO₂



FRÊT

Émissions liées au FRET

AMÉNAGEMENTS : 0 TONNES ÉQUIVALENT CO₂

EQUIPEMENTS : 0 TONNES ÉQUIVALENT CO₂

RESTAURATION : 0,01 TONNES ÉQUIVALENT CO₂

COMMUNICATION : 0 TONNES ÉQUIVALENT CO₂

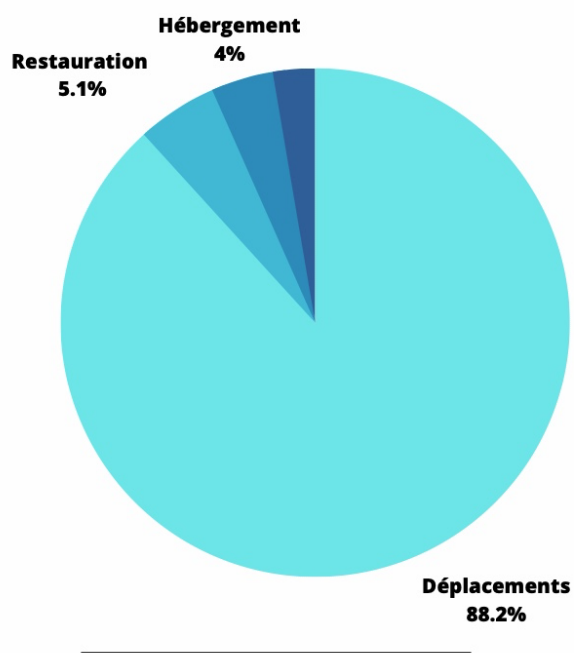
AUTRES : 0 TONNES ÉQUIVALENT CO₂

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RÉPARTITION DES SOURCES D'ÉMISSION



LES ÉMISSIONS DE CET ÉVÈNEMENT SONT ESTIMÉES À

17,19 TONNES ÉQUIVALENT CO₂

SOIT UNE MOYENNE DE 0,09 TCO₂E/PARTICIPANT
LE COÛT TOTAL DE LA CONTRIBUTION DE CES ÉMISSIONS EST
DE 412,56 EUROS

BASÉ SUR LA VERSION 20.0 DE LA BASE CARBONE © DE L'ADEME. CE CALCUL PERMET D'ÉTABLIR UNE EMPREINTE CARBONE





REGATE DUEL AVENIR 2023



MONENVIRONNEMENT-LESPERLES.ORG
LESPERLESDELACOTEBLEUE@GMAIL.COM

