



#DARE  
TO CARE

## Ecology and sport, two in one



<https://unric.org/en/united-nations-sustainable-development-goals/>

**Goal 15 - Life on Land:** *Protect, restore, and promote the sustainable use of earthly ecosystems, sustainably manage forests, combat desertification, halt and reverse land degradation, and halt biodiversity loss*

**Goal 3 - Health and Well-being:** *Ensure healthy living and promote well-being for all at all ages*

### Activity goals:

- collaborate for the proper disposal of waste and the promotion of proper recycling
- make the landscape more pleasant and beautiful
- raise awareness of the responsibility we all have towards the planet

### Activity:

Taking care of the environment while exercising, this is the formula on which plogging is based, a new way of doing sports that was born in Stockholm in 2016: the idea is to pay attention to the environment by collecting trash found on the street while practicing outdoor sports (the only exercise allowed in this period of pandemic). You can also practice this "exercise" during your daily commute on your way to and back from work or school/university.



Infographic showing how long (in years) different types of waste take to decompose.

Carry it with you at all times, in your purse, backpack or pocket:



Watch the testimony of a young Ambassador of Peace who joined the initiative: <https://youtu.be/whqcBKnt-jA>

**\*\*\* Living Peace acts accordingly to the EU General Data Protection Regulation, which came into force on 25 May, 2018. If you want to share pictures and videos of children and kids, you must send us a consent form signed by their parents or legal guardian(s). You can download the consent form [here](#), and address it to [AMU](#) NGO, which is in charge of data management for the Living Peace International project, sending an email to [privacy@amu-it.eu](mailto:privacy@amu-it.eu). If a consent form cannot be provided, please remember to send us only pictures and videos where people—especially minors—are not recognisable. These include shots taken from above or behind, where you can see the children involved in the activity, but you cannot take a front view shot.**

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