

# Youth Alpine Express

23. – 27. September 2015

Documentation of the second travel:

CIPRA annual conference in Ruggell/Liechtenstein

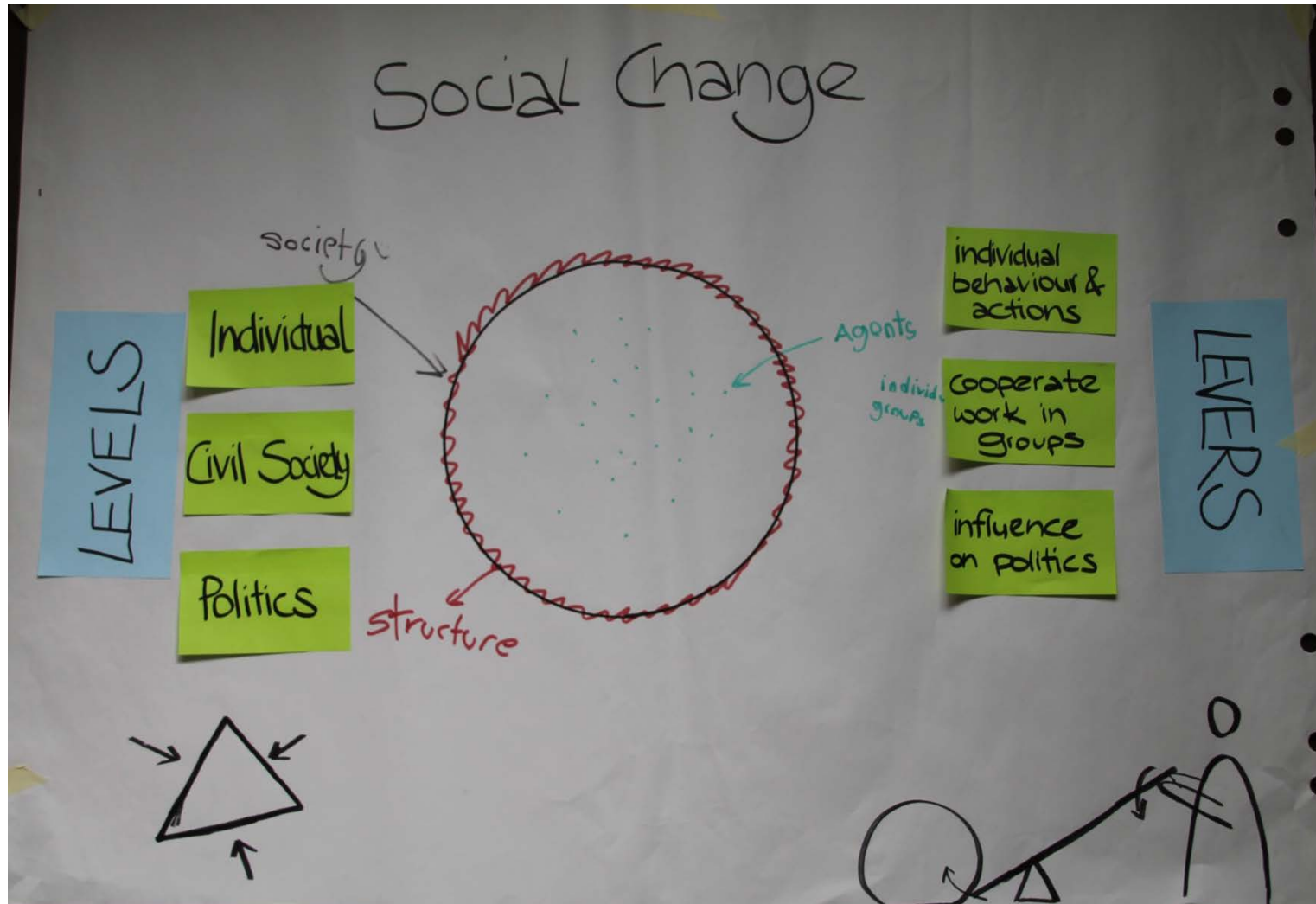
([www.cipra.org/de/jf2015](http://www.cipra.org/de/jf2015))

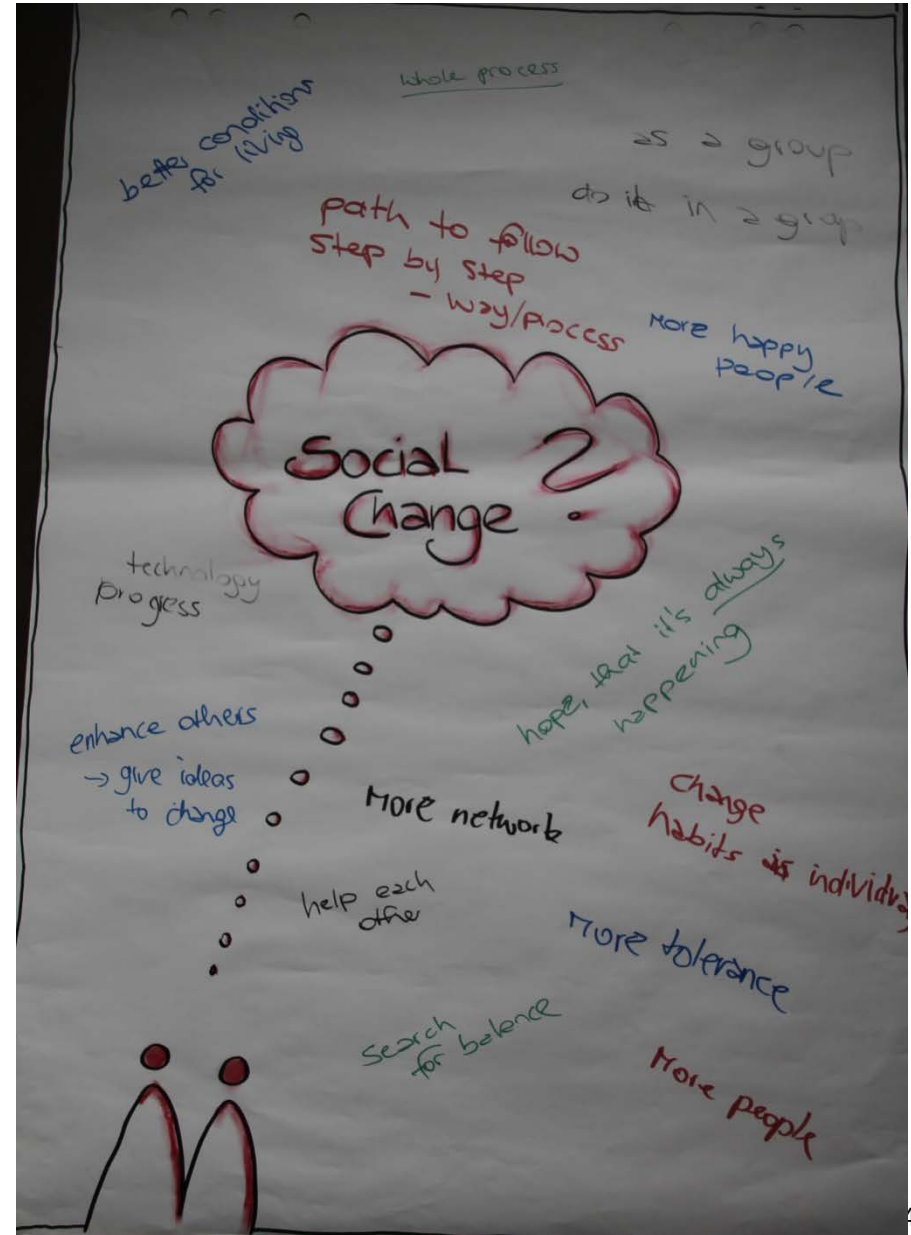
# Workshop on Social Change and Future Challenges

Coaches: Lydia Etzelsdorfer,

Beat Ospelt







# Future Challenges – suggested and chosen

**30 days FUTURE CHALLENGE**

**FOOD**

- once/week local & seasonal food ●●●●●
- meatless Wed & Fri ●
- No food waste ●
- 30 days cooking: no convenience food
- Reduce/No meat consumption ●●●●●

**WATER**

- Shorter shower (before the song ends ☺) ●●●●●
- 30 days only tap water ●●

**MOBILITY**

- less than 5km → walk or bike ●●●●●
- No car if there is public transport ●●●●●
- Share private transport if there is no public transport

**ENERGY**

- Go to bed 1 hour earlier ●●
- Candles and less light in the evening ●
- Switch off electric devices during meals

**CONSUMPTION**

- No products which can only be used 1 time ●●
- Only unpacked products
- No plastic bags ●● ●●●●●
- Recycled paper Xmas gifts

**WASTE**

- Waste-free meals
- Less than 1€ plastic garbage ●
- Shopping-List to reduce waste
- Plastic-free shopping

**youth alpine express**

**30 days Future Challenges**

- shorter shower (before the song ends)
- no plastic bags/no packaging
- 1x week meat
- less than 5km → walk or bike

I agree to 1+ challenge

*Handwritten signatures:* Robin, Franziska, Leonie, Lisa, Anna, Hannah, Lisa, Hanna, Harrie, etc.

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# Workshop/Evaluation on CO<sub>2</sub> points ([www.eingutertag.org](http://www.eingutertag.org))

Coach: Laura Meusburger, Kairos

BELLUNO'S TEAM

| Day | Points per person                   | Persons | Points to offset                  | wasteful activities (3)                     |
|-----|-------------------------------------|---------|-----------------------------------|---|
| 1   | 279<br>281<br><del>279</del><br>246 | 4       | 1115<br>400<br><u>715</u>         | · train<br>· pizza<br>· charging our phones |
| 2   | 91<br>91<br>91<br>91                | 4       | 364<br>400<br><u>-36</u>          | · transports<br>· food                      |
| 3   | 2,7<br>3,6<br>0,8<br>2,2            | 4       | 400<br>9,3<br>400<br><u>390,7</u> | · breakfast                                 |

CHALLENGES:

- heavy baggage
- bad weather
- expensive journey

ADVANTAGES:

- more time to read and study
- new places to visit
- learning new good practices

**CYC ITALY**

**DAY 1**

Points 150  
3 PERSONS 130  
130

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410  
- 300  
110

1 - hitchhiking  
2 - chocolate  
3 - auto  
4 - Italian train ☹️

**DAY 2**


Points 60  
3 PERSONS 54  
54

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168  
- 300  
- 132

☺️ - alternative ways  
- involved other people in the challenge  
- slow living

☹️ - it takes time and planning  
- not compatible with some activities: like travelling  
- (no check! → renounce)

 22 CO<sub>2</sub> COMPENSATED

### SLOVENIAN TEAM

| DAY | POINTS PER PERSON | PERSONS | POINTS TO OFFSET     | WASTEFUL ACTIVITIES             |
|-----|-------------------|---------|----------------------|---------------------------------|
| 1   | ① L: 103          | 7       | 683<br>- 700<br>- 17 | TRAIN, BUS, CHEESE BOARD        |
|     | ② J: 122          |         |                      |                                 |
|     | ③ M: 122          |         |                      |                                 |
|     | ④ W: 100          |         |                      |                                 |
|     | ⑤ A: 68           |         |                      |                                 |
|     | ⑥ K: 68           |         |                      |                                 |
|     | ⑦ E: 100          |         |                      |                                 |
| 2   | ① L: 140          | 7       | 1063<br>- 700<br>363 | TRAIN, KEBAB, BUS<br>SANDWICHES |
|     | ② J: 175          |         |                      |                                 |
|     | ③ M: 165          |         |                      |                                 |
|     | ④ W: 169          |         |                      |                                 |
|     | ⑤ A: 190          |         |                      |                                 |
|     | ⑥ K: 125          |         |                      |                                 |
|     | ⑦ E: 150          |         |                      |                                 |
|     |                   |         | $\Sigma = 346$       |                                 |
|     |                   |         | $\bar{x} = 50$       |                                 |

**CHALLENGES:**

- LUGGAGE
- DISTANCE
- SLEEP DEPRIVED

**ADVANTAGES:**

- NEW CONNECTIONS
- NEW PERSPECTIVES
- ~~BROADENING OUR HORIZONS~~
- EXERCISE

### austrian Team

| Day | Points person per | Persons | Points to offset           |
|-----|-------------------|---------|----------------------------|
| 1   | 189               | 3+1     | 786 -<br>400<br><b>386</b> |
|     | 204               |         |                            |
|     | 220               |         |                            |
|     | 173               |         |                            |

**wasteful activities**

- train
- bus
- meat

**advantages:**

- played Uno
- saw different countries
- met new people

**disadvantages:**

- changed the train
- long journey

Names: Virgil, Luiza, Lisa, Marie & Franziska

| day   | Points per Person   | Persons | Points to offset   | Wasteful Activities       |
|-------|---|---------|--|---------------------------|
| DAY 1 | 42  | 1       | $\begin{array}{r} 42 \\ - 100 \\ \hline -58 \end{array}$ |                           |
| DAY 2 | 125   | 1       | +25  | travelling back & forward |
| DAYS  | $\begin{array}{r} 139 \\ 89.9 \\ \hline 150 \end{array}$              | 3       | +78.9  |                           |
| DAY 4 | $\begin{array}{r} 7 \\ 132.8 \\ 162.8 \\ 85 \\ \hline 30 \end{array}$ | 5       | -22.4  | train<br>cheese<br>meat   |

Challenge

- wait for the bus in the rain
- not finding an affordable place to stay
- biking with all the luggage

23.5  
to compensate! ↩

advantages

- a lot of time to read on the train
- meet people living deep in the alps
- sleep on the train



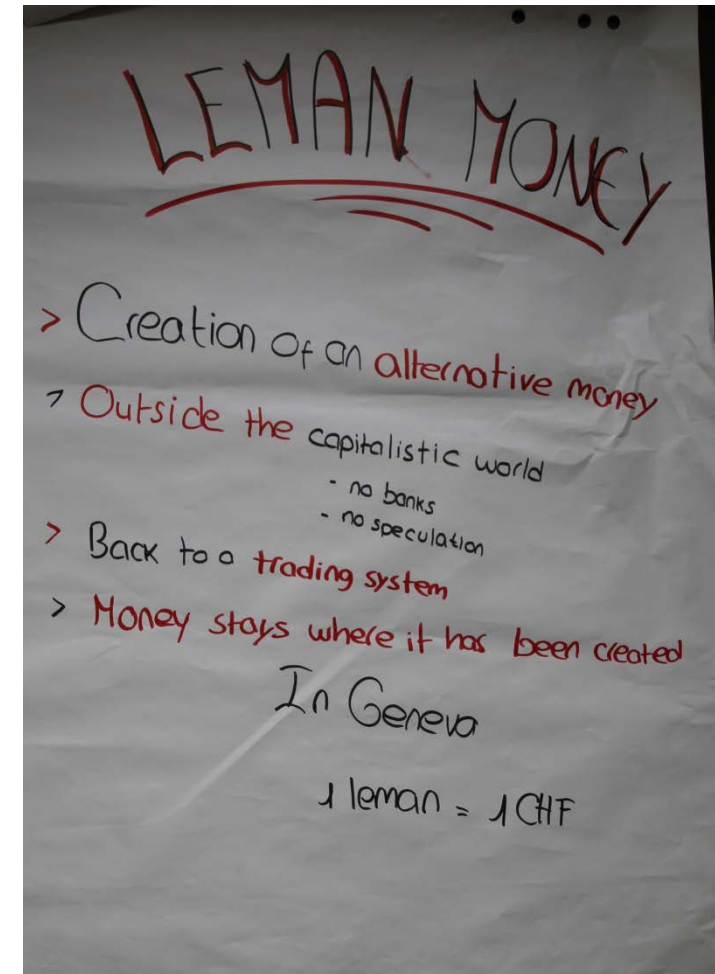
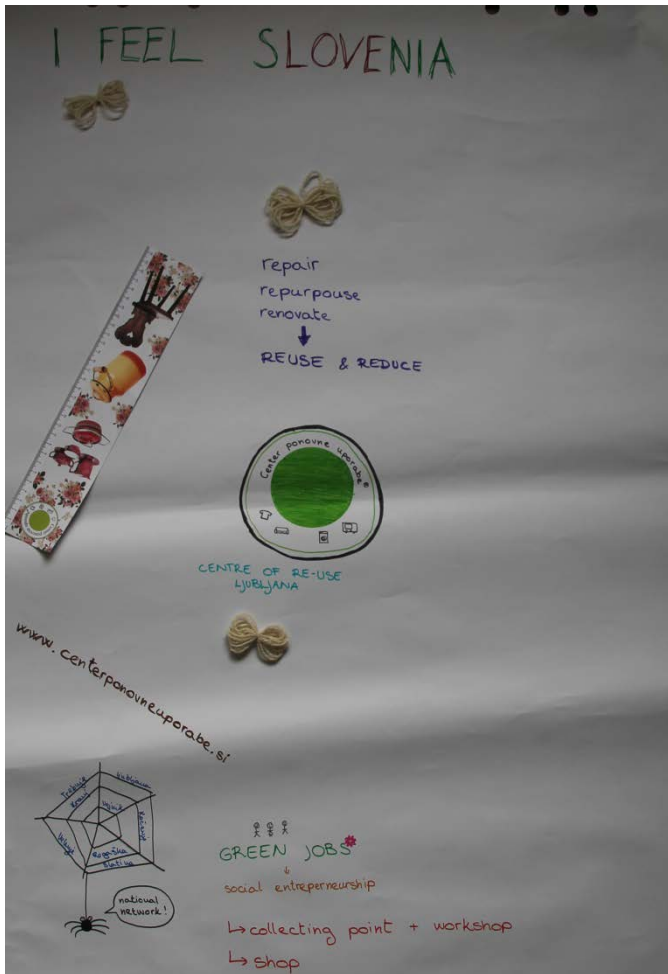
# Good practices visited on the travel through the Alps



## LEGEND

1. Center of Re-use, Ljubljana, SI (<http://www.cpu-reuse.com>)
2. Nadelöhr – das , Innsbruck, A (<http://naehcafe-innsbruck.blogspot.li/>)
3. Leman Money, Geneve, CH
4. Bödmere-Urwald Reservat, CH (<http://www.boedmeren.ch>)
5. Osservatorio sostenibile – In Medias Res/Tasso Barbasso, I
6. Impact Lausanne, CH (<http://www.lausanne-impact.ch>)
7. Chiemgauer, D (<http://www.chiemgauer.info/>)
8. Liebe & lose, Tirol, A (<http://www.liebeundlose.at/>)
9. Incroyable comestibles, Annecy, F (<https://incroyablescomestiblesannecy.wordpress.com/>)
10. Sustainable Mobility, Werfenweng, A
11. Green energy / Meglio a piedi, Bellinzona, I (<http://www.meglioapiedi.ch/>)
12. Energy efficient municipality, Mäder, A
13. HaldiHof Wergis, CH (<http://www.haldihof.ch/>)
14. John Baker, Zürich, CH & Pusch, Zürich, CH (<http://www.johnbaker.ch/>) (<http://www.pusch.ch/>)
15. Bio Top Oberland, DE (<http://biotop-oberland.de/>)
16. Herrmannsdorfer Landwerkstätte, DE (<http://www.herrmannsdorfer.de>)
17. Slow Food International (<http://www.slowfood.com/>)

# Good practices - Photo documentation



④  
**Urwald-Reservat - Bädmeren**

Purpose: To raise awareness within the society about the preserved nature...

- ↑ 500 year old trees and preserved forest
- ↑ seasonal alpine farming
- ↑ special rock formation
- ↑ endangered plants, species
- ↑ rare animals

Information: In a Pavillon on the Pragelpass People can get free information about the preserved forest and the happenings of the last 500 years that made it possible to keep the forest in a natural process.

Contact: Stiftung Urwaldreservat Bädmeren  
www.baedmeren.ch  
in collaboration with ETH Zürich

LU314

**IMPACT**

3,5 days workshop  
with young people between 18-30 years old  
**empowering them to act on the local level**  
by transforming an idea into a concrete project  
**to fight social & environmental issues**

In Geneva, Lausanne, Bern, Zürich, Basel,  
Boopta, Paris, etc.

**GO CHECK ON**  
www.euforia.org

**Chiemgauer**  
ALTERNATIVE CURRENCY

- regional currency (exchange rate 1:1)
- members of community are funding regional projects (consumers)
- suppliers profit from a stable customer community
- projects or institutions that are part of Chiemgauer regional e.V. get funded by 3% (consumers choice)

→ [chiemgauer.info](http://chiemgauer.info)

liebe & loose  
INNSBRUCK

- packaging free supermarket
- producing less waste from food
- opening in the beginning of October (Markthalle Innsbruck)
- selling everything from food to soap ....

⑨ "INCROYABLES COMESTIBLES"  
INCREDIBLE EATABLE FRENCH

Use abandoned places (or unused) to make a garden where everyone can participate and take vegetables.

IT'S AN ASSOCIATION SO YOU CAN CREATE THESE GARDEN EVERYWHERE!

It permit to everyone to have access on healthy and cheap food and to share time with others by gardening.

you can find them on internet searching "Incroables comestibles"

VIRGIL D.



Free Day

car

Werfenweng

elektro Bikes

Solar Panel

cars by electricity


www.werfenweng.at

Werfenwenger Weiss



Anna-Lena, Verena, Max, Leone

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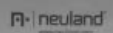
# Green Energy



- **PURPOSE:** reduce CO<sub>2</sub> emissions by using renewable sources of energy
- **AIM:** make sure every building in the city gets its energy from ecological sources
- **DESCRIPTION:** Thanks to popular vote, the city now does not use non-renewable sources of energy for example coming from coal or nuclear sources






**CONTACT INFO:** [www.bellinzona.ch](http://www.bellinzona.ch)

 neuland

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# Meglio a Piedi






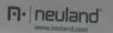
**Purpose:** HELP KIDS TO LEARN HOW TO GO TO VARIOUS PLACES IN THE CITY INDEPENDENTLY AND BY ECOLOGICAL MEANS.

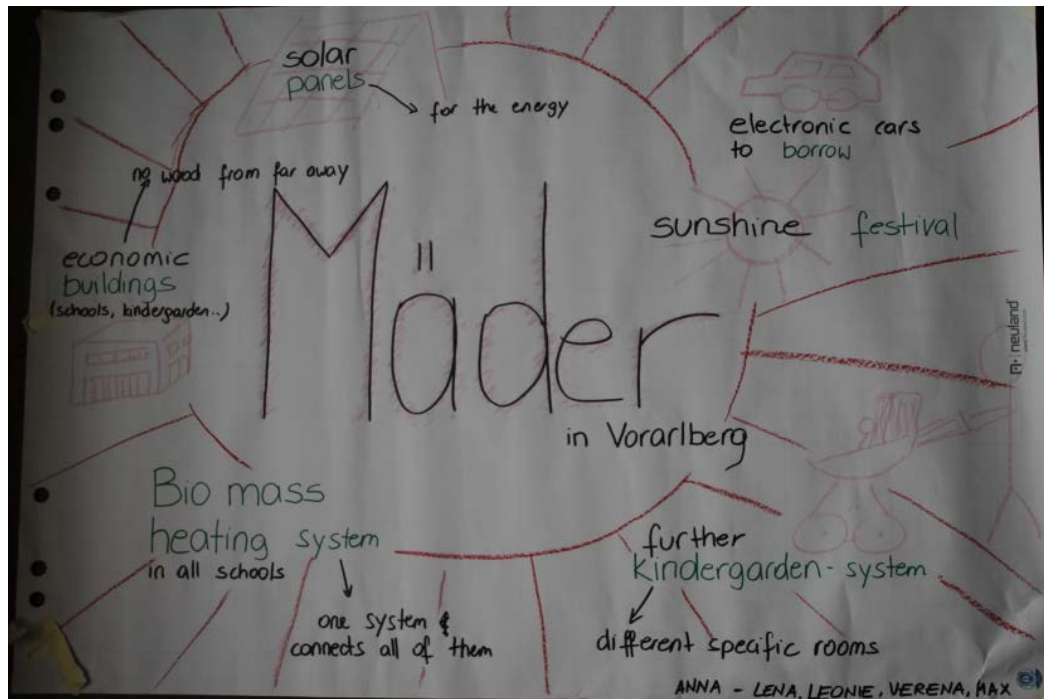
**Aim:** REDUCE TRAFFIC

**Description:** CHILDREN ARE GIVEN A MAP WHICH INDICATES THE BEST WAYS TO GO AROUND THE CITY, WITH THE MAIN PUBLIC BUILDINGS HIGHLIGHTED.

**Contact information:** [www.meglioapiedi.ch](http://www.meglioapiedi.ch)

 neuland



⑮ "Haldihof":

- Production of distillates, dehydrated fruit, soap / cosmetics of organically maintained old fruit trees (from meadows with scattered fruit trees)
- Shop & Café on the farm on the base of forest: People take & leave their money themselves
- 6353 Weggis, Switzerland; haldihof.ch; bio@haldihof.ch

⑯ "John Baker":

- Bakery that produces sourdough bread with seasonal, local, organic ingredients
- Customers get a discount if they bring their own bag; Delivery by bike
- Zürich; johnbaker.ch

⑰ "PUSCH - Praktischer Umweltschutz Schweiz":

- Lessons in schools / for companies about all kind of environmental topics
- for a healthy environment, a sustainable use of the resources and a biodiverse living space rich in species
- Zürich; pusch.ch

⑱ "BioTop Oberrand":

- Community based Agriculture growing organic, seasonal vegetables
- Providing information on these topics for members
- biotop-oberrand.de

Frankiska Kunze