



Challenge your Eco – Final Report

Hello to all of you!

We look back on four successful weeks of eco-challenge, during which all of us together mastered a total of 541 (!) challenges.

Congratulations to that first of all! We're proud of you!

Time to recap our challenges:

Week 1

In the first week, we gave the project a successful start. Together, we showered 1,186 minutes less than we usually do. That's about 14,232 litres that we saved - in just one week.

We also pulled out 625 plugs and saved a lot of electricity!

Surely this is a good start, but even better is that many of you have also decided to keep doing the challenges in your everyday life - 3 most hardcore people have even decided to take cold showers regularly – respect! ;)

Week 2

In the second week, we continued with the topic of diet:

Super cool is that many of you tried something new this week. We cooked 158 vegan meals together - 245 meals were even seasonal and regional.

All these steps help, and: All of you, without exception, have indicated that you can imagine adopting these new habits in your everyday life.

So please feel encouraged to keep going! Try new delicious vegan dishes, cook for others or recommend your newly discovered organic grocery store.

Because only who tries it himself or herself will notice that eating climate-friendly is often enough enriching and enjoyable.

Week 3

First half done - many of you have stated that you already bring your own bags and pouches for shopping and were therefore able to implement this challenge easily.

More difficult is the handling of plastic waste. Unfortunately, it's a huge problem that you don't get far without plastic packaging in a normal supermarket - despite all awareness about the problem.

All the better that 25 people managed to reduce their plastic waste to a minimum.





Even more people have been able to sharpen their critical view of their plastic consumption through the challenge and 18 letterboxes will no longer be used for advertising. So let's continue to look for and demand plastic-free alternatives after this challenge, so that it will be easier to master a challenge like this in the future.

Week 4

It is certainly not easy to keep questioning and changing your behaviour for an entire month!

Even finer that there were still a lot of people in the last week who pulled off the challenge. Clothes have been upcycled or swapped and many of you have taken a critical look in the wardrobe.

We especially enjoyed the clothes swap party, where we made each other happy with clothes that otherwise would not have been worn anymore.

Where do we go from here?

At the end of these weeks, we would like to thank you all! You have proven to be great, mindful people who took part in many challenges, were open to try new things and helped us a lot with feedback to improve such activities in the future.

Of course, all of you started these weeks from very different preconditions. But whether the weeks meant a complete change for you or whether you are already so environmentally conscious that you were a bit underchallenged:

It is important that you stay tuned and continue to deal with the topic of climate and environmental protection in your everyday life.

And: talk to other people about it.

Cook a delicious vegan meal for someone who eats meat every day.

Swap those abandoned clothes in your wardrobe with your friends.

Support each other with tips on how and where to save plastic.

Only together we can make a difference, so keep going and **challenge your eco!**

If you'd like us to keep you posted about further Beyond Borders projects, feel invited to subscribe here: <https://www.beyond-borders-ev.de/newsletter/> for our newsletter.



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