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## CHAPTER 8

### Good solidarity support practices in 6 EU countries

*This chapter is part of the Baleria Solidarity Manual. The Manual was created within the Erasmus+ Sport project BALERIA – Social Inclusion Programme for Educators, School Kids and Parents.*

*More useful materials:*

*W. [www.baleria.eu/project/](http://www.baleria.eu/project/)*

*FB. BaleriaProject*

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### 8.1. A special Info and Collection Point i.e. 'L'angolo del riciclo'/'Recycling corner' (Italy)

Recycling corner was established, in which participants to the events were invited to bring at least 4 plastic bottles, in exchange for which they were awarded with aluminium Reusable water bottles (i.e. bottles were personalised with the Baleria visual identity). Upon collection/exchange, Baleria project staff interacted with participants, raising awareness on the importance of reducing plastic waste, thus promoting the Baleria project and its values.

The activity is an example of incentivising young and adult citizens to adopt environmentally-friendly behaviours, sharing both information and concrete examples of possible alternatives to harmful behaviours (i.e. the re-usable aluminium bottle can be immediately put to work and substitute the plastic bottles, not only on the sports field, but also in daily life).

### 8.2 Alles rollt: charity sport event (Germany)

The Sage Foundation supports a variety of projects dedicated to inclusion through the charity sport event "ALLES ROLLT". The fundraising of the event is distributed over the following projects: Hilfswerk Niederösterreich (inclusion project), Gabriel Stiftung (Handicapped Sports Equipment), Team ROLIT (Inklusive Transalp des ÖAV). The event is part of the Sage Foundation's \$ 2 Million Challenge worldwide, which raises money for non-profit organizations around the world and is open to all people with and without handicap older than 16 years.

Participants complete a circuit with anything that can roll. These can be bicycles, scooters, wheelchairs, inline-skates, skateboards or longboards, e-bikes and much more. The Sage Foundation into a donation converts the registration fee and each round. With the total sum collected by all participants at the end of the event, "ALLES ROLLT" supports different projects that are dedicated to inclusion.

The main project results are: bringing people with and without handicap together to take part in the charity event; integration of people with handicap at which every participant chooses the own vehicle and the own speed for the circuits.

Read more: <https://www.sage.com/de-de/unternehmen/sage-foundation/alles-rollt/>

### 8.3. Campaign: A place for you (Bulgaria)

In 2011, Association FOR YOU started a series of creative activities, which included groups of young people from a disadvantaged background and a few local volunteers. Since then, the art-social workshops are taking place weekly, and over the years the numbers of participants and ideas increase in number. In 2017, this activity received its own space. Today, PLACE FOR YOU welcomes various activities. Besides the creative workshops, the place also hosts meetings, events, training, international evenings, social initiatives, and more.

Read more: <http://foryoubg.org/en/welcome/>

### 8.4. Campaign equal start (Bulgaria)

A Project for Enhancing the Learning Habits and Cognitive Skills of Children from Ethnic Minorities (Nationwide) is being run by the Centre for Multicultural Dialogue and tolerance AMALIPE. During the school 2018-2019 Center Amalipe, supported the completion of their secondary education (purchased cards for bus transport and textbooks) for 113 young people from all over the country. This is a long term programme, launched in 2011 by the Foundation Trust for social alternative. The students are from poor families, living in villages and small towns, studying in secondary and vocational schools in big cities. To prevent youth and adolescent girls from early school leaving, Centre "Amalipe" is involving them in volunteering activities.

Read more: <http://www.amalipe.com/>

### 8.5. Campaign »Old appliances for children's laughter" (Slovenia)

In 2018, old appliances were collected for a good purpose - for the Red Nose Society. The Red Noses are professional artists, specially trained to work in a hospital. Their task is to bring vital energy and courage to the hospital every day, through various artistic skills, such as music, singing, charm and improvisation, and thereby positively influence the hospital atmosphere and, consequently, make a child's stay in the hospital a little less difficult.

In the campaign, small appliances, which are no longer working, have been collected (from batteries and lamps,) in special green corners, in 64 locations all over Slovenia. This way, in 2018 people gathered 769.215,3 kg of old appliances. The organizers of this project, Zeos d.o.o, a Slovenian Company, that is

primarily active in the field of waste electrical and electronic equipment, committed to allocating 0,01€ for each kilogram of delivered e-waste and waste batteries. That means that 7.692 EUR was transferred for the future the activity of the Red Nose Society in Slovenia.

Read more: <https://www.rdecinoski.org/vsebine/kdo-smo/>

#### 8.6. Campaign: The hidden talents of Bulgaria (Bulgaria)

Among other national campaigns, the TEDY BEAR Foundation supports personal development, education and realization of children in need. The foundation develops a year-round mentoring program. After numerous visits to social services across the country, the team had met many talented children and young people who do not have the chance to develop their potential and build a better future for themselves., due to lack of support and resources.

“The Hidden Talents of Bulgaria” provides full access to: individual work with a trained mentor; participation in seminars, workshops, contests, competitions, trainings, etc . providing; the necessary materials; psychological support; motivational meetings with famous and successful individuals; preparation for University; applying for an internship or a job.

Read more: <https://plushenomeche.org/bg/>

#### 8.7. Christmas gift campaign (Bulgaria)

Association “Operation Teddy Bear” manages the largest Christmas campaign in Bulgaria for making unprivileged children and youth’s dreams come true. Eleven years ago, it was started as a civic volunteer initiative, giving presents to 40 children from a single foster home. Today it is a public-benefit association that not only brings Christmas back to thousands of beneficiaries.

The 2018 Christmas campaign has ended with 9 612 beneficiaries visited and more than 18 000 Christmas presents distributed. The platform for donating will be open again in November 2019.

Read more: <https://plushenomeche.org/bg/>

#### 8.8. Cooperation with School of training dogs for blind people (Portugal)

School of training dogs for blind people is a private social solidarity Institution, which aims to promote, in cooperation with public and private entities, the support and social, cultural and professional

integration of the visually impaired and its scope of action is national. Created in 2000, it emerged as a consequence of a Community Project (HORIZON) and its main social response is Guide Dog Education for the Blind. It has been Baleria supporter and cooperated in Baleria Campus.

Read more: [www.caesguia.org](http://www.caesguia.org)

### 8.9. Donate books to children in refugee centres (Bulgaria)

Donate books is a nationwide campaign, organized by Association I Read. It is the biggest sponsor and promoter of books in Bulgaria. (paper, audio and online). Together with other cultural NGO it organizes promotional public events: Book Festivals, book Fairs, and other socially engaged Campaigns.

“I read” produces, distributes and donates children’s books in several different languages. Their mobile apps, offer an unlimited access to audio books, helping visually impaired people to read.

### 8.10. Examples of randomised kindness (Slovenia)

Random kindness is a project that association Humanitarcek decided to bring to Slovenia. The idea is to encourage people to make a bit brighter days to those around them with their small actions of kindness.

Why not give a valid parking fee card to someone else, if we do not need it anymore? Why not pay coffee to a mother with two children, at the end of a long line in a coffee? Or to give someone your umbrella on a rainy day, if you know that only a step or two separates you from your car? There is no limit. The only obstacle is your enthusiasm and the willingness to help.

In Maribor, they decided to set up a special point of "kindness", so in the Gallery of the Creative, you can get gratis cards of this project in exchange for a smile or good idea. You do not actually need cards. You can optionally attach them while doing the kind deed so you might launch a butterfly effect and someone else will continue what you started.

#### **Some ideas for randomised kindness:**

- Leave the mailman a chocolate on the mailbox
- Leave a flower behind your co-workers wipers on a car... or put it on a her table
- Surprise your co-worker with coffee

- Pay for a coffee at the coffee machine ... and leave a note for the next comer.
- Write some nice thoughts and stick them on the car's glass
- When snowing, clean the car for a random stranger
- Set a basket of pastry at your neighbour's door; invite a homeless person to lunch
- Hand gloves to a street musician in winter and give him a drink in summer
- Apologize
- Give a hug

Read more: From their website / [http://www.humanitarcek.org/NAKLJUCNA-PRIJAZNOST /](http://www.humanitarcek.org/NAKLJUCNA-PRIJAZNOST/)

#### 8.11. Hop to the castle (Slovenia)

Hop to the Castle is a charity event to help children who are treated at the Pediatric Clinic in Ljubljana. It's a run to the Ljubljana Castle, with various routes – for various types of runners. All the money that is collected with startups and charitable contributions, will be donated to one of the Departments of the Pediatric Clinic in Ljubljana, to purchase a device they need. With the event, healthy and active way of life is also promoted and connects people who want to give back to the community from which they originate.

Conceptual design and organizers of this events are two doctors from the Pediatric Clinic in Ljubljana. And the project is under the auspices UKC Ljubljana and the Pediatric Clinic in Ljubljana.

Read more: <https://hopnagrad.si/>

#### 8.12. KORFBALL the sport modality with equality (Portugal)

Promoting sports that incorporate strong values in sport is one of our current goals and projects. One of the modalities is Korfebol. In this modality we seek to promote gender equality. The teams are necessarily mixed. A sport with growth and worldwide visibility. In Portugal we cooperate with CASPAE association, promoting activities and training athletes and coaches.

Read more: <https://caspae.pt/ADCASPAE/corfebol/>



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### 8.13. National Recycling Campaign (Bulgaria)

In Bulgaria a creative workshop “Recycling as a creative cooperation of kids and parents” was created where school children and parents learned about recycling. Children collected and delivered recyclables with the help of parents. They made presents (toys) together with their parents for children in need. They prepared treats to have a party with parents and carved the food (vegetables, fruits) to look delicious.

### 8.14. Plastic bottle recycling activity (Italy)

In Italy the recycling activity was developed during the 10 days of the Vittoria d’Estate Sports Summer Festival within which the Italian Baleria Campus was held.

The Solidarity activity consisted in the Recycling campaign ‘La raccolta è differenziata, la solidarietà no!’ / ‘Waste collection is differentiated; solidarity is not something you differentiate on!’, which aimed to raise awareness on reducing plastic waste as a way of demonstrating solidarity principles (i.e. solidarity with the environment and with endangered natural habitats as well as communities across the world).

### 8.15. Plastic caps for future (Bulgaria)

(#Капачки за бъдеще)

Collecting of recyclable CAPS from Plastic Bottles and Jars, (fundraising) for buying MODERN BABY INCUBATORS for small hospitals. This National Campaign aims to gather tons of plastic caps, and later give them in exchange for modern medical appliances. Many of the hospitals in smaller cities, lack the highest quality modern medical appliances. As a result of this long term Campaign, with the help of thousands of people, in the 149 collecting centers throughout Bulgaria, the Campaign succeeded in only 6 months to collect 32 tons of plastic bottle caps, and buy two highest quality Baby Incubators for the community hospitals in Chirpan and Panagjurishte.

Read more: <https://www.facebook.com/kapachkizabudeshte/>

#### 8.16. Progetto CalcioXenia – CalcioXenia Project (Italy)

The project financed by Friuli Venezia Giulia Region provides the establishment of several soccer teams composed by athletes registered with local sport associations and athletes identified among the asylum seekers in Friuli Venezia Giulia Region. These soccer teams formed in the training days, participated in a final local tournament. The project is coordinated by 8 local sport associations and 3 Municipalities. It targets 82 asylum seekers in Friuli Venezia Giulia Region.

It's objectives are to promote social inclusion, integration and solidarity through sport activities and to strengthen the models of social integration and teamwork in order to help and support people who have fewer opportunities of social inclusion.

The activities include: an activity where the asylum seekers can participate in the training session with the local sport associations that have joined the project, and an organisation of a final tournament composed by 12 soccer teams. The project result is strengthening of the social integration of foreign marginalised communities through sport practices. It is an opportunity to discover and exchange new experiences without barriers and prejudice.

Read more: <http://www.lcfc.it/calciopenia/>

#### 8.17. Progetto Carovana dello Sport Integrato/ The Caravan of Integrated Sport Project (Italy)

The project is a journey-experience, starting in March 2019. It crosses through Italy, stopping in every Italian region. The project promotes the social integration of the disabled people and the acceptance of diversity through sport activities. The traveling group is composed by 18 athletes (with and without disabilities), accompanied by sport educators, trainers, referees, volunteers. During the 40 days of activities the caravan will stop in 20 Italian cities. The coordinators are 50 Local Authorities and Institutions together with 20 high schools. The project is targeted to disabled and not disabled athletes and students of high schools.

The project aims to: (1) Provide new ideas and strategies for the social inclusion of the disabled person through sport activities; (2) Promote Integrated Sport activities and social inclusion through sport activities; (3) Elaboration of the "Charter of Integrated Sport Values". The project results are: (1) A welcome event to promote the social integration, the solidarity and the good values of sport; (2) A demonstrative event on the Integrated Football; (3) An educational event on the Integrated Football

and the “Charter of Integrated Sport Values”; (4) A Final Event (“Bentornata Carovana”) on May 2019 in Rome; (5) The Project will starts on March 2019.

Read more: <http://www.carovanasportintegrato.it/>

#### 8.18. Progetto F.i.s.ch.i.o/F.i.s.ch.i.o Project (Italy)

The project promotes several initiatives related to physical-motor activity, including games and workshops, aimed at improving the process of school inclusion of pupils and students with disabilities. The project is coordinated by a network of 20 secondary schools and several social promotion associations of 8 Italian Regions. Target groups are students with disabilities of secondary schools.

The project aims to: (1) Strengthen the role of sport in the field of education and inclusion; (2) Encourage the sport practices in an innovative way, promoting well-being, solidarity and social inclusion; (3) Develop a relationship between the school and the extra-school sport activities in order to support a personalized curriculum; (4) Create of a network of teachers, associations, experts in sport and psychology for the purpose of coordination, monitoring and evaluation of the project through the following activities: “Sport-hello” – Establishment of an info-point in every network institute, in which it is possible to share and exchange experiences and solutions to identified joint challenges; Workshops – Development of workshop activities in each school network on a specific topic that include the students with disabilities; Photographic contest - Competition called "Un'azione, uno scatto", addressed to all the students of Italian schools, on the topic of “sport and integration”.

As a result the project has improved the process of social inclusion through sport activities in schools and associations network.

Read more: <https://www.progettodefischio.it/index.php>

#### 8.19. Progetto Sport e Integrazione- Sport and Integration Project (Italy)

The project was promoted by the Ministry of Labour and Social Policies and the Italian National Olympic Committee to foster the social inclusion of the foreign people and to combat the violence and the racial hatred through the sport practices. Project coordinators are sporting organisations and schools. Project is targeting children and young people with migration background as well as children and young people who live with economically disadvantaged families.



The project aims to: (1) Promote integration through sport as a two-way process that involves children and young people with a migration background and Italian children; (2) Promote fair-play principles understood as respect of the rules, valorisation of the differences and the oneness and sporting brotherhood; (3) Promote sport as a tool of social cohesion and solidarity; (4) Elaborate a promotion programme to foster the access of the children with migrant background to the sport practice. The main project results are: (1) awareness raising among the world of the sport and the school about social cohesion and integration; (2) Development of a sporting culture characterised by the solidarity, the equality and the mutual respect.

Read more: <http://www.fratellidisport.it/progetto.html>

#### 8.20. Project Healthy Development of Children and Young People through Sport (HDCYPS) (Portugal)

The overall objective of this project is to promote the development of sustainable youth sport network and exchange of best practices by using ball sport (five-a-side football Football, Basket and mini basket, Handball, Volleyball, Beach volley, Rugby, Baseball, softball, Bowling, Golf and mini golf, tennis and ping pong) as a catalyst for transmitting life skills to children and youth in order to reduce violence and other social ills. The children can get off the streets, learn about rules and fair-play and practice conflict resolution without violence

Read more: [http://ipcp.eu/useruploads/files/hdcyps\\_01\\_newsletter-to\\_be\\_translated.pdf](http://ipcp.eu/useruploads/files/hdcyps_01_newsletter-to_be_translated.pdf)

#### 8.21. Project: “No finish line” (Greece)

“NO FINISH LINE”, the greatest Charity Race in the world is held in Athens under the auspices of the NFL International and in collaboration with the Hermes 1877 sports & cultural club and the Stavros Niarchos Foundation Cultural Centre. “NO FINISH LINE” is a Charity Race of 90 consecutive hours, where someone can run and walk for a noble cause. It is a race without time or distance limit, whose kilometres are turned into money, in order to support the work of “Together for Children”, an association of foundations and organisations in the field of child welfare. The race in Athens is part of the “No Finish International” international program and in the 2nd event (2018), 95,295 kilometres were covered by 10,178 participants, (increase of 82% in participation, comped to 2017). 94% in kilometres more increased the donations, that reached the impressive amount of 47,647.5 Euros! According to the by covered kilometres.

In the “NO FINISH LINE” race all the participants can either walk or run at any time of the day or the night they wish, for as many times and any days they want for as long as it pleases them, in the circular route of 1000m around the canal at the Stavros Niarchos Foundation Cultural Centre. Everyone without exception is entitled to participate, regardless of their age and physical condition, young and old, from 1-year-old juniors up to 101-year-old seniors!

Read more: <http://nflathens.com>

Read more: <http://www.nofinishlineinternational.com>

#### 8.22. Project: “One stop” (Greece)

“One Stop” is a small celebration of solidarity, with the goal to give some happiness to people that want to continue to live with decency. It’s vision is to provide opportunities to street connected people so as for them to be independent. The goal is to approach street connected people, giving them access to food, counselling, entertainment, first aid, clothing and personal hygiene. In the next step the goal is to provide space in apartments, in order for them to gain privacy. The general goal is to provide them with the opportunity to develop their skills and/or to be trained in order for them to be autonomous. Every Wednesday and Sunday afternoon at synAthina, we create a small corner open to anyone that wants to have access to free services and activities that should be given to everyone. First aid, laundry, showers, haircuts, warm food, music, games with the kids, legal advice, supply of important information about human rights, shape the effort of this initiative to bring people closer.

Read more: <https://steps.org.gr/en/>

Read more: <https://steps.org.gr/en/> their skills and/or to be trained in order for them to be autonomous.

#### 8.23. Project: SNF RUN - Running into the Future (Greece)

The Stavros Niarchos Foundation’s SNF RUN: Running to the Future evening race return for its fifth consecutive year on June 23, also the occasion of Olympic Day. Thousands of runners started at the Panathenaic Stadium and cross the finish line at the Summer Nostos Festival (SNFestival), the summer’s greatest celebration, which will be taking place at the Stavros Niarchos Foundation Cultural Center (SNFCC). The race included 6K and 10K runs, as well as a 1K run for Special Olympics athletes. The first two races started at the Panathenaic Stadium, at 20:50 and 21:10 respectively, with runners



crossing the city center and then, via Leoforos Syngrou, arriving at the finish line at the SNFCC running track. The SNF RUN: Running into the Future is not competitive in nature, but official times will be kept so that runners can know how they perform. €46,770 Raised for Charity through SNF RUN: Running into the Future.

#### 8.24. Project To Be or Not To Be Equal (Portugal)

A development project on gender equality in small villages in Portugal. All activities involve local people from the village, from dance, music, theatre and other events. A wandering company with the goal of delivering positive messages about equality. In addition to the villages, we also work with companies and internal gender equality plans.

Read more: <https://www.youtube.com/watch?v=0HK4Px0QFA&t=18s>

#### 8.25. Ride a bike to help (Slovenia)

Lions Club Idrija organizes a two-day charity-cycling marathon, where participants collect a symbolic contribution fee for registration. Money they raise is given to Inter-municipal society of blind and visually impaired Nova Gorica for the implementation of the program Helping the blind and visually impaired in overcoming movement and communication barriers.

#### 8.26. RUGBY the sport modality with values (Portugal)

Promoting sports that incorporate strong values, is one of our current goals and projects. One of the modalities is Rugby, where we support a team of young people. Besides participating in national tournaments, also cooperate with charity institutions. Rugby is based on 5 structural values: solidarity, passion, integrity, discipline and respect. Used worldwide for rugby as the basis of sport

Read more: <https://www.facebook.com/beyourrugbyspalvapenacova/>

Read more: <https://www.youtube.com/watch?v=ykMIUyzJW00&t=7s>

#### 8.27. SHUUZ - Collecting (second hand) shoes to raise money (Germany)

The project promotes raising money by collecting second hand shoes. The returns of the collected shoes are transferred by the organization to a pre-selected school or organisation. The collectors pre-select the target institution or organization. Project coordinator is a non-profit organisation s-coll

Service GmbH. Target groups are schools and organisations who would like to raise money for other children.

Why collecting shoes? Every year millions of shoes are thrown away. Often the shoes are still good to wear. They can be worn by people who cannot afford new shoes. The mission fulfils several goals at the same time: (1) raising money for economically deprived children; (2) helping economically deprived people with the collected shoes; (3) making a contribution to the environment, because the shoes continue to be worn and don't end as waste. The project foresees the following activities: (1) Organize boxes for collecting the shoes. Use the Baleria Campus as a central gathering day. Alternatively, a box can be placed in each class or group; (2) Send all collected shoes to Shuuz. It is a non-profit organisation, which takes care of the re-use of the shoes and the financial processing; (3) Shuuz transfers the returns directly to the selected school or institution. The project has improved the process of social inclusion through collecting 2nd hand shoes in schools and give the returns to economically deprived children.

Read more: <https://www.shuuz.de/index.php>

### 8.28. Spendenlauf: Schüler laufen für Plan (Germany)

The project supports schools in organizing fundraising runs. Useful materials and suggestions for the preparation and follow-up of a fundraising run, a checklist for the organization, as well as templates for parents' letters and press releases in a school action package is provided.

The coordinator is Plan International Deutschland e.V. Target groups are schools and organisation who want to implement a fundraising run.

The project aims to raise money for a class or school sponsorship or for one-off donations. This aim is achieved through the following activities: in advance every child chooses sponsors (for example parents, friends etc.), who reward each lap or every kilometre on the sports field with a fixed amount. A sponsor card records who wants to donate and how much money per lap or defined distance. In order for the laps or distances to be counted correctly during the event, the pupils will receive a running card, on which not only the name and the class but also the laps or distances can be entered. After the event, the running cards can be presented to the sponsors and the donations can be collected in the classes. The main project results are: (1) raising money for children in need by doing sport with

the whole class or school; (2) making the participants aware of personal circumstances of other children.

Read more: <https://www.plan.de/engagement-von-und-fuer-schulen/aktionen-fuer-schulen/spendenlauf-organisieren.html>

### 8.29. Talento & Tenacia: la palestra che.../ Talent & Tenacity Gym (Italy)

The project supports the development of a gym for visual impaired people, managed by a start-up in the social fitness sector. The fundraising is finalised to expand the offer and to reach a larger number of end-users. The coordinator is “Audace Savoia – Talento&Tenacia”, non-profit amateur sport club in Rome. The project targets young people with visual disabilities.

The project aims to: (1) Promote social inclusion and vocational training through the development of sport activities; (2) Extension of free activities to a wider audience of young people (i.e. with and without disabilities); (3) Development of simulation activities (‘in the dark’) targeted to non-disabled people, aimed at increasing awareness of visual disabilities through the gym activities, which are completely free, and they are developed by four young athletes-instructors trained on the specific topic of blindness.

The main project results are:

- Integration and inclusion of visual impaired people through free sport activities;
- Development of a start-up in the social fitness sector and inclusion of young athletes with a social disadvantage.

Read more: <https://www.produzionidalbasso.com/project/talento-tenacia-la-palestra-che-unisce-include-diverte-sorprende/>

### 8.30. "ZERO WASTE" programme (Greece)

Greece struggling to promote recycling. Around many parts of the country, and especially in the countryside, garbage is still scattered piecemeal in makeshift dumps. Most Greeks just put their trash in plastic supermarket bags, which are freely available at the till. The economic crisis gripping the country since 2010 has helped a little, with people buying less and throwing away less too. Another recent phenomenon—mass immigration—has also found itself linked to waste management.



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To make a living, many economic migrants now hunt the streets of Athens and other major cities for metal, paper and plastic, hoping to sell it to scrap yards. Roma groups ply a similar trade, and have in the past been chased down by authorities for burning plastic cables to get at the copper within, polluting the environment in the process.

But even today, Greeks are only encouraged to sort out their household waste on a voluntary basis. No fines are involved. Ms. Mary Krimnanioti runs the EU-funded "Zero Waste" programme in Greece, trying to improve the logic behind the municipal waste collection.

Read more: <https://phys.org/news/2017-04-eu-fines-greece-struggling-recycling.html>