Green Narratives: Rethinking Sustainability Through Human Stories
Project nr.: 2025-2-MT01-KA210-ADU-000378683

Worksheet for
THE COLLECTION OF HUMAN STORIES

Personal initiatives for sustainability in your local community

Your story can help raise awareness, encourage people to take action, and show that sustainable measures are not just abstract solutions or policies formulated by decision-makers, but above all our everyday habits, decisions, and actions.

As part of the *Green Narratives* project funded by the EU through Erasmus+ programme, we're collecting real-life stories from people who are carrying out small or large-scale sustainability initiatives in their local communities. We're interested in your experiences: what you're doing, why you decided to do it, what you've learned from it, and what impact your actions have on you, other people, the community, or the environment.

We give preference to **real people, real experiences, and real actions that we can understand, emulate, or draw inspiration from.**

How to use this worksheet?

Answer as personally and specifically as possible. Instead of general explanations, try to describe an actual event, conversation, moment, or change. If you can't remember the exact answer, an approximate description is perfectly fine.

- Write in the first person. This is your story.
- Don't be afraid to include challenges, mistakes, or moments when you didn't succeed.
- If possible, use a specific example or moment that you remember particularly well.
- If you have a photo or other material, you can add it at the end.

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1. About you - a person behind the story

Name and surname (you can also use only your first name or nickname - the way you want to be remembered):

Place/ local community where you are implementing your sustainability initiative:

Your age *(optional):*

A few words about yourself – what you do, your occupation, interests, etc. *(optional)*:

2. Your sustainability story

To start, tell us your story in a few sentences.

What do you do, and how has this practice become part of your daily life?

What inspired you to choose this practice in particular? What does this practice mean to you personally?

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How often do you do it?

Do you do this on your own or together with family, friends, neighbors, coworkers, or other members of the community?

3. How did it all begin?

What inspired you to make a change? Was it a specific event, a person, an experience, a problem, a belief, or simply a desire to do something differently?

4. Impact on your environment

Sustainability isn't just about the impact on the planet. We're also interested in the changes your actions bring about for people and the local community. What has changed as a result of your decision? Think about yourself, your family, your neighbours, your friends, your community and the environment.

- What's different for you?
- Have you noticed any impact on the environment?
- Has your behaviour influenced other people?

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- Has anyone tried something similar because of you?

5. What was the hardest part?

Every change has its own obstacles. Please tell us about them too. It's precisely these parts of the story that can be most helpful to others.

What challenges, doubts or obstacles have you faced?

How have you overcome them, or what helped you to keep going?

6. What's different today? What have you learnt?

7. Your story in one sentence

Complete the sentence:

'To me, sustainability means …' or 'My small change began when …'

8. Your message to others

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If someone wanted to start something similar tomorrow, what advice would you give them? What is one small step they can take without waiting for major changes?

9. Photo or additional material

If you wish, you can attach a photograph, video, link or other material to your story that illustrates your sustainability initiative. The photograph should be your own, or you should have permission to use it.

What does the photograph or material show?

Link for other sources (if applicable):

Consent to use your story

By submitting this story, I agree that the organisation ____ may use my story as part of the Green Narratives project for the purposes of raising awareness, communication, promoting the project and sharing examples of sustainable practices. The story may be published on websites, social media, in publications or other project communication materials.

☐ I consent to the publication of my name and story.

☐ I would like my story to be published without my full name / using my first name or a nickname.

☐ I consent to the use of the attached photographs or other material.

Date: _____

Signature: _____

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