



GreenerAge

NEWSLETTER #9

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IN THE SPOTLIGHT




GREENERAGE FINAL OUTCOMES ARE READY!



EVERYDAY TIPS FOR HOME

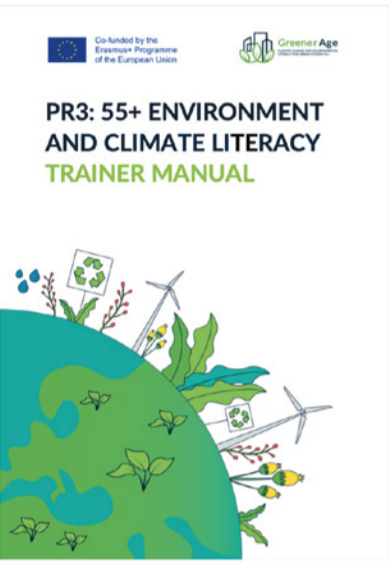
LED IS THE WAY TO GO
By replacing your halogen lamps with LED lamps, you save about 10 euros per lamp per year. LEDs also last longer than regular bulbs.

CHECK THE TEMPERATURES
Are your fridge and freezer set to the right temperatures? The fridge should be at 4 °C and the freezer at -18 °C. Same applies for washing: Washing at 30 °C will help you save energy but it's also more ecofriendly choice.

DISCOVER OUR COMPENDIUM

The GreenerAge 55+ Compendium is out! Dive into our main results and some interesting facts about environmental education, as well as more details about our identified five key areas of sustainable living and some practical tips. Explore these topics [here](#).



FIND OUT OUR TRAINER MANUAL FOR WORKSHOP GUIDANCE


The GreenerAge project has also produced a trainer manual to support facilitators in the preparation of workshops. Considering its multiple aspects and dimensions, we offer this manual to enhance older citizens' sustainable habits and help guide facilitators through this process, with practical and accessible orientations. Learn more about the trainer manual [here](#).



Sustainable Energy

WHAT IS SUSTAINABLE ENERGY?
Sustainable energy, green energy or renewable energy is energy available in an indefinite period and where, through its use, the environment and opportunities for future generations are not adversely affected. The term encompasses energy produced and consumed in a sustainable, balanced and responsible manner, taking into account the energy consumption.

GET INSPIRED!
The Netherlands, along with other European nations, has achieved and advanced the sustainable energy transition. This success is due to a combination of factors: a strong commitment to sustainability, a clear vision, a strong political will, and a focus on innovation and research. They also are resilient, empowering them to take meaningful steps toward a more energy-efficient lifestyle and more progress-oriented practical assistance in implementing these measures.




LET'S TALK ABOUT POLICY RECOMMENDATIONS!

As a policy maker, what can you do? Our policy booklet has been released, including multiple recommendations for good practices that can be applied and developed by policymakers, whose approach needs to include climate change, environmental literacy and how to engage older adults in these processes. Learn more about these suggestions [here](#).

GreenerAge

Welcome to GreenerAge Land!

WATCH THE PRESENTATION



GREENERAGE LAND IS OFFICIALLY OUT!

GreenerAge's project digital literacy platform has officially been launched in 6 languages: Dutch, English, Finnish, German, Polish and Portuguese! We present GreenerAge Land, an accessible gamification interactive platform, where older citizens can explore and learn about our main contents regarding climate change literacy and sustainable habits. To explore and learn more about our platform, visit the [GreenerAge Land](#) or hear and see some of the consortium partners presenting it on video!

WHAT WE HAVE BEEN DOING



GREENERAGE'S FINAL TRANSNATIONAL PROJECT MEETING

The fifth and final Transnational Project Meeting was held in Porto, Portugal by the GreenerAge consortium. The participants who attended in person had the chance to visit Vintage for a Cause, that has some similarities to our project (read below for more information). This meeting served to discuss the main outcomes of the project, including the compendium, trainer manual, and policy recommendations booklet. The final adjustments were made to officially launch our e-learning platform, GreenerAge Land! Know all the details from this meeting [here](#).

VINTAGE FOR A CAUSE

Vintage for a Cause is a Portuguese circular design company and brand, whose aim is to recycle, minimize waste, and use eco-friendly materials while reducing its environmental impact and working towards the Sustainable Development Goals. The company is developing the project **From Granny to Trendy**, which provides sewing workshops, where women over 50 can develop new skills while preserving the environment. This project has been implemented in Esposende, Porto, Gondomar, and Elvas in Portugal, as well as in Zaragoza in Spain. Vintage for a Cause works towards developing affordable ethical and sustainable clothing, using rescue deadstock fabrics, and engaging multiple stakeholders. This sustainable fashion project, mainly focused on its social impact, supplies workshops, fashion shows and professional photography sessions, to empower women and support active ageing. Visit their [website](#) to know more information.

WHO WE ARE



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