



Positive and
action-oriented
workshops for
organizations
around the
theme "less is
more".

GreenUp with us!

- Meaningful team-building
- Enhancing participants' engagement for sustainability
- Helping our planet in a positive and tangible way
- Interaction with young passionate people
- Saving money long-term



About GreenUp

GreenUp empowers people to live better with less and has that way helped save tons of resources and CO2-emissions.

- We offer simple, fun ways for people to act for sustainability at the personal, group and organisational level.
- Since 2016 we have organised events and workshops for 7'500 of people across Switzerland, and reached 100'000+ people with tips & tricks for a simpler life.
- We are running successful long-term projects on a national and regional scale, such as the <<GoSimple-Programme>> and the <<GreenHubDavos>>
- We have enabled local projects such as an urban garden, a repair-café and made hundreds of local sustainable projects & startups more visible.
- We work Swiss-wide and in German, French, Italian and English.



We are a group of young, ambitious people from business and non-profit realities across Switzerland. We combine our skills to drive our mission forward.

Photo: Some of the GreenUp board, team and volunteer members from across Switzerland at our spring brunch April 2022 hosted by WWF.

The Workshops-Team



Renée LaPlante & Heather Moore from the Board. Both Heather and Renée have worked in corporate contexts and have a big passion for sustainability.



Nicole Keller is GreenUp's Managing Director. She studied Business, became a social entrepreneur and worked on partnerships, strategy and communications in a public-private context.



Barбора and Fernando represent GreenUp's volunteers and freelancers, who are keen on delivering GreenUp workshops.



Gabriella, Anaïs and Jenna coordinate and implement workshops for the different parts of Switzerland: Anaïs for the Romandie, Gabriella for German-speaking Switzerland and Jenna for Ticino.



Our Workshops

Base

Positive, hands-on, non-technical workshops that engage and inspire your people for a resource-light (work)life and society!

1. Waste Rebels

Minimal Waste Workshop; getting hands-on with mini-workshops for a low waste society

3 hours



2. Foodwaste Heroes

Preparing a surprising foodwaste recipe while learning about food and foodwaste

3 hours



3. Plogging

A fun Cleanup Workshop in small groups, with an input about waste and getting to a low-waste society

3 hours



4. Travel Challenge

The ultimate mobility game and journey into slower and alternative forms of moving

3 hours



- All workshops are interactive and feature hands-on activities, plus where possible and desired also mini-excursions or physical activity.
- A workshop can be shortened; for example to 90 minutes.



- A workshop can be customised to your goals and needs.
- Prizes depend on the number of people and the nature of the organisation, plus the amount of customisation.

1. Waste Rebels – *DoItYourself minimal waste workshops*



Participants gain insights into the potential of minimal-waste lifestyles with short and fun DoItYourself (DiY) workshops, such as making deodorant or cleaning spray, plus a range of inspiring examples of how you can reuse and reduce. We furthermore bring a variety of products and recipes for inspiration.

Outcome: One or more products to take away, plus tools to avoid waste and think circularly in everyday (work) life.

2. Food Waste Heroes – a food and foodwaste workshop with a yummy “leftover” recipe to enjoy

Food is the answer to many sustainability challenges, and also a source of great pleasure. We will look at the how, prepare and enjoy a recipe together with “wasted” food, and share knowledge about it over a quiz.

Outcome: Team building in a relaxed social setting, while building awareness of the big food waste challenge we face as a society and at home.



3. Plogging – *actively changing your environment!*



Littering is not just an aesthetic problem; diverse toxics land in soil and especially waters. A factual danger to animals and ... people. During a cleanup we will help tackle this problem and also look at how we can move toward a “less-waste” society! Each plogging takes about 3 hours with breaks. If that is not possible, we can of course shorten the workshop.

Outcome: A fun and meaningful outdoor activity for small and larger teams, that includes concrete inputs about how to act for a lower-waste society.

4. Travel Challenge – *the ultimate mobility game*



In the first part we play our sustainable travel memory game in a way that you would sit together in a train (not a plane or a car!) and we'll look at Europe's train routes. This encourages people to consider the alternatives there are for travel within and for the organisation. In the second part we'll go out if possible and do a fun tour.

Outcome: Individual- and company-wide ideas to reduce travel and find greener mobility alternatives.

Workshops

Plus

Custom! We have invented many workshop concepts and are the masters of positive, interactive concepts that have impact for people and planet. We are really happy to create a custom offer, based on your needs and interests. We can also create a full-day programme in which we combine the previously mentioned workshops, swapping groups over lunch, for example.

If you want a workshop that concretely aims to support sustainability on the workflow, these are 2 options:

1. **PopUp-Store:** This co-creation activity allows people to discover the benefits of a Sharing Economy – by creating an internal shared marketplace.
2. **Less = More @Work:** A fun workshop to set challenges and come up with concrete measures at the workflow / in the organisation.

PopUp-Store - *creating a sharing economy*



Creating a sharing economy together. Having people experience how easy it can be to share—not only our personal resources—but also those of the company.

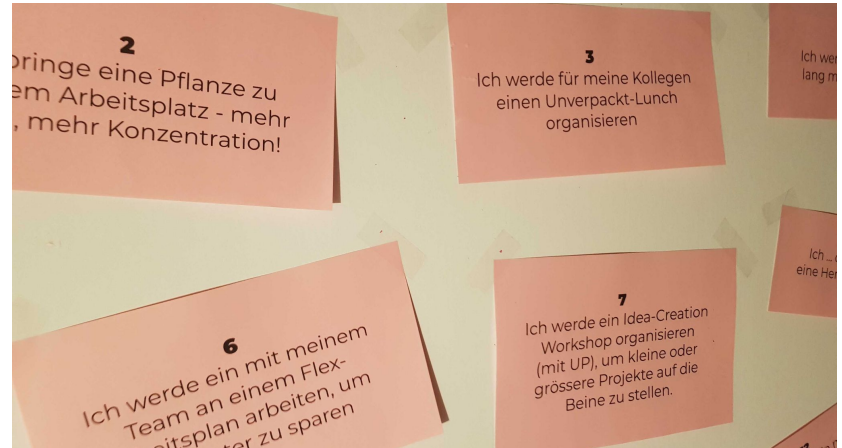
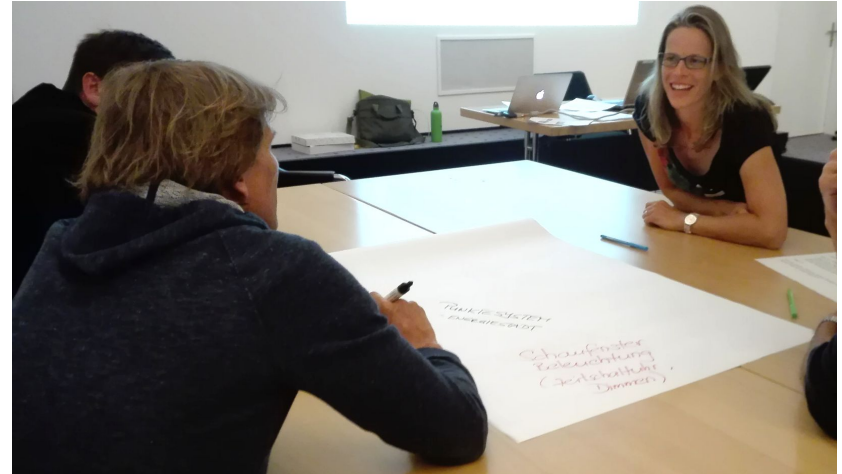
We will create a pop-up store that could also give rise to longer-term projects; one of which could be a company resource-sharing “map.”

Outcome: Participants value physical resources more and think ahead (towards a circular company and economy). Also promotes interaction between all organisational departments!

Less = More @Work

An interactive co-creation workshop which starts with a lucky-wheel and ends up with specific plans and actions for your department or the organisation as a whole.

Outcome: A more sustainable workspace and momentum for further improvements that create a win-win for all.



Working with GreenUp!

Why?

How are we different!



Our core competence is enabling people to act for sustainability, so they “learn by doing” in a positive context. We show people how a simple life can be fun, we inspire and provide them with an experience that provides a basis for further actions and choices.

We are experienced in finding the right tone and means to communicate around the theme and to enthuse people to act, and co-create, which sometimes means not using the word “sustainability” at all.



We are a small team of young, experienced professionals with backgrounds in business, communications and project management. We worked in various ways on sustainability, and all try to live better with less.



We bring a wide range of skills to ensure concrete results.

Pricing

Workshops Base – 3 hours

	<i>Companies / Private Organisations</i>	<i>Large non-profit organisations / Public institutions / Start-Ups</i>	<i>Non-profit projects / Associations / Schools</i>
≤ 10p	100 CHF p.p. (all incl. *)	75 CHF p.p. (all incl.)	50 CHF p.p. (all incl.)
11–20p	95 CHF p.p. (all incl.)	70 CHF p.p. (all incl.)	45 CHF p.p. (all incl.)
21–30p	90 CHF p.p. (all incl.)	65 CHF p.p. (all incl.)	40 CHF p.p. (all incl.)
≥ 31p **	80 CHF p.p. (all incl.)	60 CHF p.p. (all incl.)	35 CHF p.p. (all incl.)

* GreenUp is a non-profit association that is tax-exempt (full name: Verein Umwelt Plattform, UID: CHE-484.763.548). Hence VAT is not applicable and all prices include any material or other expenses, unless additional costs need to be made. For example rental of space.

** For large groups over 35 people we can see together what is possible and works best for all.

Pricing – custom and co-creation workshops

Shorter workshops (90 minutes), or custom workshops, as well as combinations of workshops in a day, will require a custom offer. We will look at your needs and work with your budget to come to a cool final project together.



Our Track Record

We have organised over 25 workshops and projects, and are that continuously across Switzerland, for clients ranging from companies to schools, large organisations and public institutions.



*Plogging /
Cleanups
with WWF
Switzerland
for **@Coty**
on the lake
of
Lausanne*



Sharing Economy
Pop-Up store
@WWF Switzerland



Zero Waste workshops and
inspiration wall for a large
employee event **@Allianz**



A Plogging Challenge
we set up for and with the
@Canton Ticino

Contact



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