



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



**GreenUp
with us!**

About us ...

- GreenUp engages individuals by showing how a less-is-more lifestyle can be personally rewarding as well as better for the planet.
- We offer simple, fun ways to help people to act for sustainability at the personal, family and group or company level.
- Since 2016 we have organised events and workshops for 1000s 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-Challenge and the Clothing Loop
- We have empowered tangible local projects such as an urban garden, a repair-café and a shop-local voucher scheme, 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 various backgrounds!

Photo: Some of the GreenUp team members and volunteers 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.



Mehdi represents GreenUp's volunteers. Several of them are keen on delivering GreenUp workshops for you.

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



Our Workshops – Base

We engage and inspire employees, clients and citizens through positive, hands-on, non-technical workshops.

A base workshop is 90 minutes and we prefer to **implement on-site**. If desired though we could think of a “hybrid” version (online input with offline exercises). Any workshop can be adjusted to the needs and schedule of the organisation, **and can be extended with a 90-min DeepDive into the topic.**

1. **Waste Rebel** – a minimal waste workshop; getting hands-on for a low-waste society
2. **Food Waste Heroes** – preparing a wonderful foodwaste recipe while learning about food and foodwaste
3. **Travel Challenge** – the ultimate mobility game

Our Workshops – Plus

We run 2 more really cool workshops, that for their full impact need a bit more time!

1. **Plogging:** 3 hours whereby we go out into nature and clean it up, while also talking about the impacts of waste, our consumption and what we can do. A fun outdoor activity with some breaks, which can also be combined with our Waste Rebel – workshop, or shortened if needed.
2. **PopUp-Store/Sharing Economy:** This workshop allows people to discover the benefits of a Sharing Economy—in an easy and fun way—by creating an in-house marketplace at work to exchange goods and services. This marketplace can be active only a day, many weeks or more. The workshop needs joint and internal preparation, and, if desired can be extended with a co-creation part.

Workshops

Base

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 jummy leftover recipe

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. The Travel Challenge – the ultimate mobility game



Play our sustainable travel memory game in a way that you would sit together in a train (not a plane or a car!). This encourages employees to consider the alternatives there are for travel within and for the organisation. We'll look at Europe's train map and bring the learnings together in an interactive brainstorm.

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

Workshops

Plus

4. 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 clean-up 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.

5. Our Sharing Economy – the simply more pop-up store



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.”

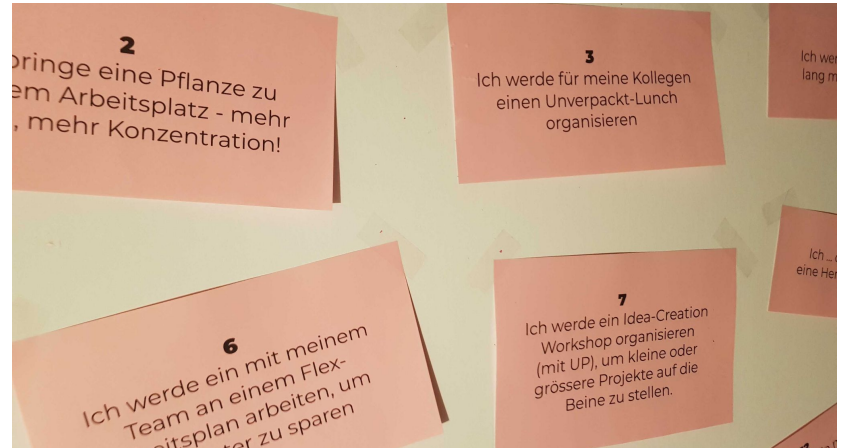
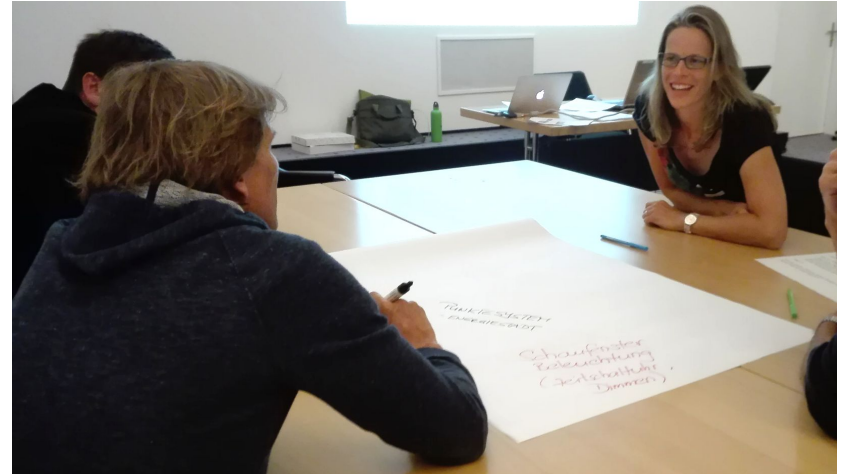
Outcome: Employees value physical resources more and think ahead (towards a circular company and economy). Also promotes interaction between all company departments!

* Bonus Workshop:

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.

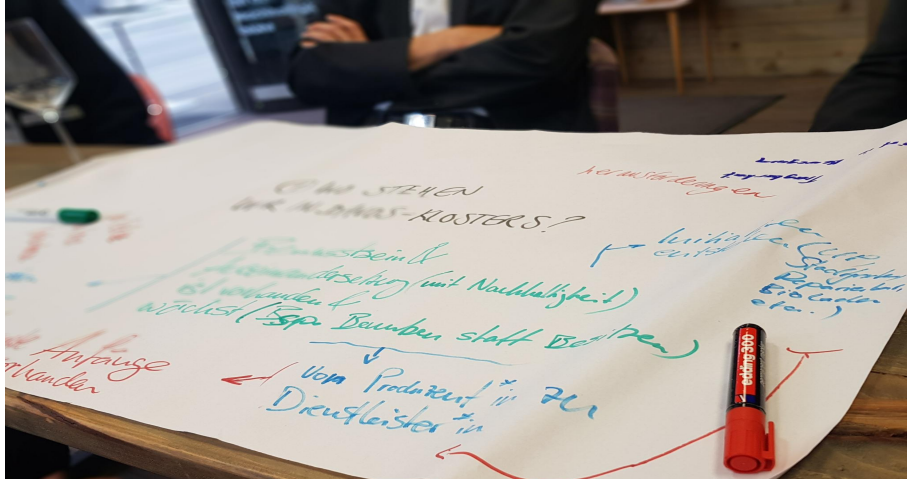
Outcome: A more sustainable workspace and momentum for further improvements that create a win-win for all.



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 projects.** We worked in various ways on sustainability, and all try to live better with less.
- **We bring a wide range of skills to make sure we achieve concrete results.**

How do we work with Organisations?



Different contexts ask for different formats. Our offers can be adjusted to needs and goals, as well as the local context. We are keen to come up with a creative proposal that provides you with a positive feeling and concrete results.

Prices: Workshops can be priced per head or be flat-rate.

Our Track Record

Organisations. Cities. Cantons. Companies. Schools



Sharing Economy
Simply More Pop-Up store
@WWF Switzerland



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



A Plogging Challenge
we set up with the
@Canton of Ticino

Contact

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