



# Workshops with GreenUp

Educate, Activate, Inspire

**GreenUp offers 4 action-oriented,  
enriching workshops for organisations &  
institutions.**

**The workshops engage you(r participants)  
in a tangible way for a resource-light  
society and thereby directly support  
company and private sustainability goals.**









# Educate

Participants obtain novel insights based on the latest facts and figures.

This not just raises awareness; it lays the foundation for engagement with sustainability in the organisation.

# Activate

Theory is put into practice.

Participants undertake various activities themselves.

They experience in an entertaining way how easy it is to contribute to a resource-light society.

# Inspire

GreenUp workshops promote lateral and new thinking.

Through excursions, the exchange of ideas and behaviours, participants are naturally encouraged to make positive changes for them and their surroundings.









# Portfolio





# 1. Circular Champions

3 hours – getting experiences and exchanging ideas for a low-waste society

- Enlightening introduction of a minimal-waste life-style and the circular economy
- Hands-on activities: fun, short workshops and inspiration table
- Excursion to a circular project
- Products & recipes to take home
- Extendible with own corporate content, lunch, and/or GreenUp modules



## 2. Food Futures

3 hours – learning and getting active around sustainable food and food waste

- Reflect in an interactive way on our global food system, our choices and impacts
- Prepare a tasty snack with food-waste
- Learn about local initiatives and visit one
- Inspiring recipes to take away
- Extendible with own corporate content, lunch, and/or GreenUp modules





### 3. Nature Keepers

3 hours – cleaning up our environment, learning about and working on a biodiverse society for all

- Challenging and meaningful outdoor activity
- Surprising insights about littering and its toxic impact on health and nature
- Discussion about concrete solutions for everyday life
- Prize for best collecting team
- Extendible with own corporate content, lunch, and/or GreenUp modules



## 4. Travel Explorers

3 hours – exploring sustainable mobility for short and longer distances in a playful manner

- Enriching discussion about our CO2-footprint when travelling privately or for business
- Fun and informative games
- Lively knowledge exchange
- Concrete travel planning and visiting a project
- Extendible with own corporate content, lunch, and/or GreenUp modules



# Why GreenUp?

GreenUp is a Swiss tax-exempt non-profit that has been engaging and empowering thousands of people across the country to live better with less, through our projects, workshops and events.

We have a group of passionate people that facilitates the workshops.



We are a trusted workshop-partner of WWF Switzerland



Our workshop clients comprise these and many more:



## **Food Futures**

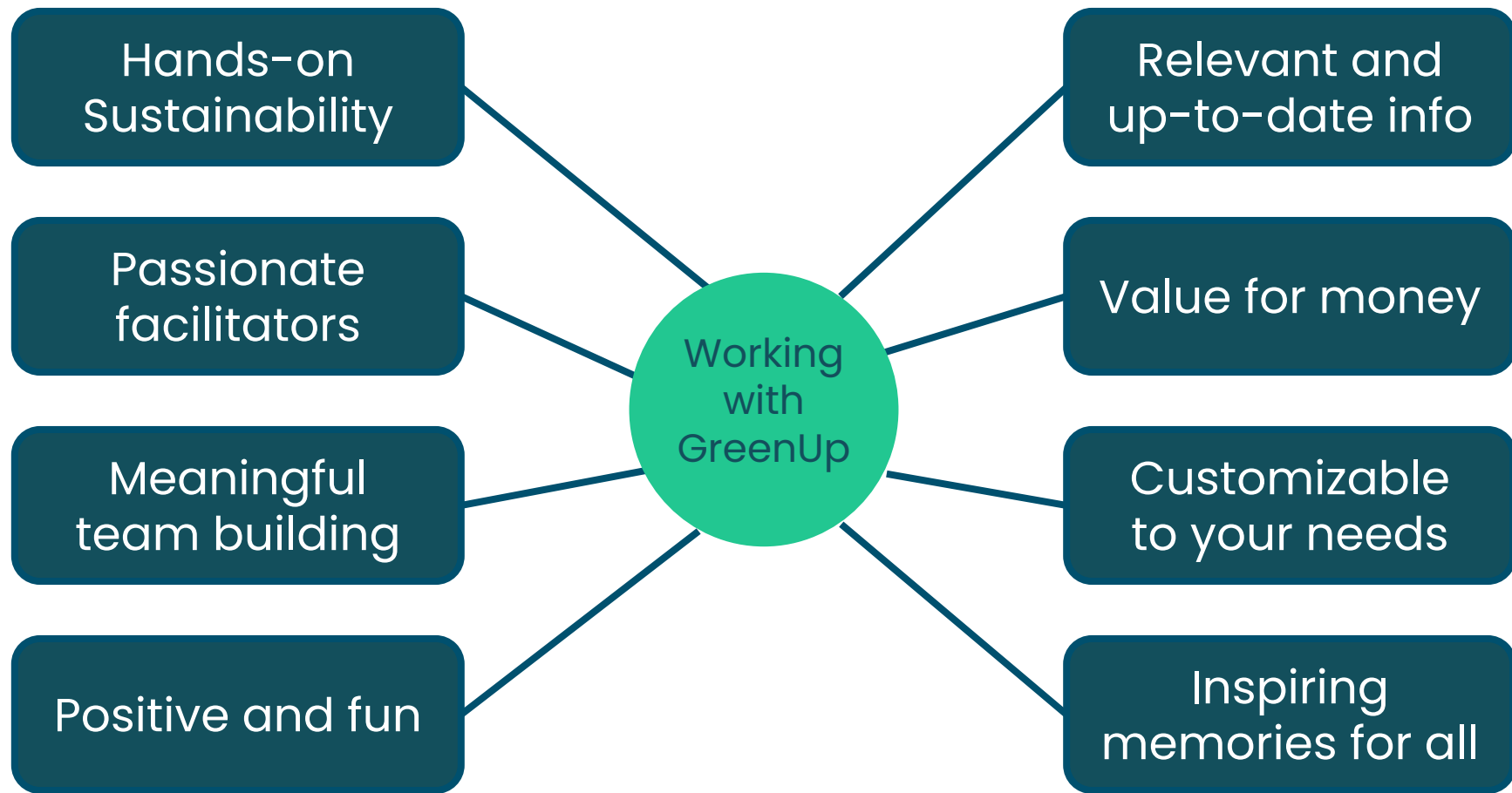
*15 people, Zürich*



"The workshop *Food Futures* by GreenUp was both educational and a great team bonding opportunity. Full of passion and joy, GreenUp shared their knowledge with us and gave us ideas for a more sustainable lifestyle!"

**Stephanie Scheller**

*Hospitality Manager*





# An experienced Workshop Team

Passionate facilitators from across the country



**Nicole Keller**

Managing  
Director



**Anaïs Campion**

Coordinator  
Romandie



**Jenna Mattich**

Coordinator  
Ticino



**Maurizio Bianchi**

Coordinator  
German Speaking  
Switzerland

# Implementation



## DNA of a Workshop:

**We activate people with a fun, engaging activity that makes them experience that a less is more lifestyle is not difficult and brings something at home and at work.** This positive experience triggers the interest to know and do more; in the organisation and at home. We therefore ask them to commit to an action.

## Base elements:

- a) Learning, knowledge exchange based on Q&A / Quizzes
- b) Acting for sustainability and learning about solutions and new ways to act
- c) Reflection, discussion and exchange of ideas

## Positive!

We are open-minded and pick people up where they are.

## Location

We tendentially organise the workshops at your location, or at a location of your choice. We have some locations we know well, that we can help arrange for too.

## Options

We can offer to customise a project, for example by doing a full day with **lunch**, doing workshop a in the morning and b in the afternoon, etc. For additional wishes that are not the standard programme, we ask for an additional financial contribution for conceptual work.

## Duration

Default is 180min (3 hours) – we can do a short version of 90min





## Welcome FELFEL to this 90min Food Workshop with GreenUp



10:30 Kick-off

11:00 All you wanted to know about (our) food (system)

11:30 Preparing a recipe, enjoying & Food Waste Quiz!

12:00 Food solutions

14:00 Action!

14:30 It's a wrap

### OUR VALUES

First hospitality  
Food as food  
Business as business  
Food as food  
Food as food

## A) *Example Programme of a 3 hour workshop:*

### 13:30 **Module 1 – Theory and Practice (80 Min)**

- Introduction
- **Educate:** Thematic fundamentals: “All you wanted to know about...” through Q&A / Quizzes
- **Activate:** Fun activities, Do-It-Yourself-Workshops etc.

### 14:50 **Break (15 Min)**

### 15:00 **Module 2 – Excursion & Reflections on Solutions (80 Min)**

- **Inspire:** Excursion to local initiatives
- **Inspire:** What are solutions in the organisation and at home
- **Activate:** Reflect and decide on possible actions

### 16:30 **Feedback and goodbye (5 Min)**

*B) After each workshop we analyse the survey and share the outcomes with you, we collect images and send you a follow-up email with recipes and other tips on how to continue the journey!*





DURA PIS

DURA PIS

NO TO PLASTIC

**Eau/tonique après-rasage**  
Chaque jour, l'après-rasage est un moment important de votre routine. Choisissez un produit qui vous apporte fraîcheur et bien-être.  
**Variation plus douce**  
Pour une sensation plus douce, ajoutez quelques gouttes d'huile essentielle de lavande.  
**Variation très douce**  
Pour une sensation encore plus douce, ajoutez quelques gouttes d'huile essentielle de rose.

# Costs

Type of Organisation: **A – company, private organisation**  
**B – large NGO/NPO, public institution, start-up**  
**C – small NGO/NPO, association, school**

**Prices:**

- Per Person; depending on group size and duration, incl. staff, material, @client's location
- Extras (e.g. large groups, specific location) offered separately
- VAT not applicable, as GreenUp is a tax-exempt association

Base – 180 min. at your location			
# \ Org.	A	B	C
1-10 p.	100 CHF	75 CHF	50 CHF
11-20 p.	95 CHF	70 CHF	45 CHF
21-30	90 CHF	65 CHF	40 CHF
> 30	80 CHF	60 CHF	35 CHF

Other options
<b>Short variant</b> (90 min)
<b>Custom offer</b> Based on your needs and interests. Adjustments for group size, duration, location, content, catering etc.

Book a Workshop!



## Interested?

Book a short informative appointment over our webform, or schedule it directly over our calendar.



You can also write [workshops@green-up.ch](mailto:workshops@green-up.ch)

Based on your interests, we then make you an offer!



**GreenUp**

p/a Verein Umwelt Plattform

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