

GREEN SKILLS

FOR HOME



A simple guide to sustainable living

Together Romania Association

First Edition, 2025

Created within the Erasmus+ project “Green Skills” – 2024-1-RO01-KA151-YOU-000205995, involving France, Spain, Slovakia, Poland and Romania.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

© 2025 Together Romania Association. This publication may be freely used for non-commercial purposes with proper attribution.

This guide was born during the Erasmus+ youth exchange "Green Skills", implemented by Together Romania Association between 10–18 May 2024, in Romania. The project brought together young people from France, Poland, Slovakia, Spain and Romania, to explore environmental issues and learn how to adopt a more sustainable lifestyle in their everyday lives.

The idea for this guide came directly from the participants. As they shared experiences and eco-friendly habits during the mobility, they realized how many simple, practical actions can be taken right at home to live greener. Wanting to multiply the impact of what they learned, they proposed the creation of this guide — a tool that could help others start their own journey toward sustainability.

While the ideas and inspiration came from the participants, the guide was compiled, written, edited and designed by Alexandru Iorga, who brought all their contributions together into one accessible and easy-to-follow resource.

Why "Green Skills at Home"?

Because sustainable living begins where we feel most comfortable — in our homes. From the bedroom to the bathroom, the garage to the garden, every corner of our living space can be transformed with small, conscious choices that make a real difference.



Who is this guide for?

For anyone who wants to reduce their environmental footprint — whether you're a young person living in a flat, a family with a house and yard, a teacher, youth worker, or just someone curious about being more eco-conscious.

Free to use and share

This guide is completely free to use, adapt, and share. We invite youth organizations, schools, local authorities, and individuals to distribute it, use it in educational activities, or be inspired to create their own green initiatives.



TOGETHER, one step at a time, we can build more sustainable homes and communities.

Content

For everyone – whether in a flat or house:

- **Bedroom**
- **Bathroom**
- **Kitchen**
- **Living Room**
- **Balcony (if applicable)**

For those living in a house:

- **Terrace**
- **Garage**
- **Garden**
- **Composting at Home**
- **Rainwater Collection**

Bedroom

Sleep Sustainably

Your bedroom is more than just a place to rest — it can also be a space where you make mindful, eco-friendly choices.



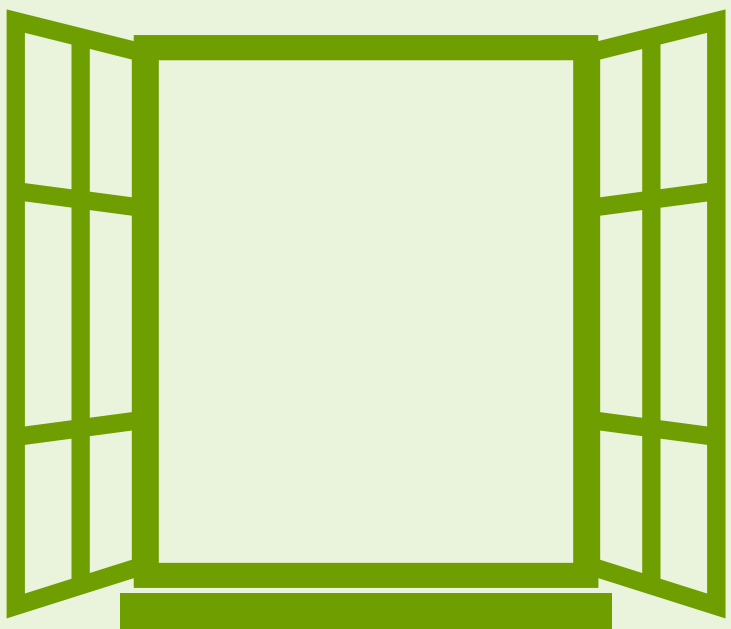
Choose sustainable bedding

- Go for natural materials like organic cotton, bamboo, or hemp for sheets and pillowcases.
- Avoid synthetic fabrics that are made from plastic and shed microplastics when washed.



Save energy while you sleep

- Unplug chargers and electronic devices at night — even in standby mode, they consume energy.
- Use LED bulbs or smart lighting with timers or sensors to reduce electricity use.



Air it out, naturally

- Open your windows daily to refresh the air instead of relying on air fresheners or purifiers.
- Houseplants like peace lilies or snake plants can help clean indoor air naturally.

Clothing and Closet Choices

Your wardrobe also plays a big part in your environmental impact.

Buy less, choose well

- Practice slow fashion: buy clothes less often, choose quality over quantity, and avoid fast fashion brands.
- Organize clothing swaps with friends instead of buying new all the time.





Reuse and recycle

- Donate clothes you no longer wear or repurpose them into rags, tote bags, or craft materials.
- Fix clothes instead of throwing them out — sew buttons, patch holes, and get creative!

Eco-friendly laundry habits

- Avoid using the dryer — hang your clothes to dry whenever possible.
- Use a laundry bag that catches microfibers if washing synthetic fabrics.



Furniture, Decor, and Digital Habits

Even your room's layout and digital devices can impact your footprint.

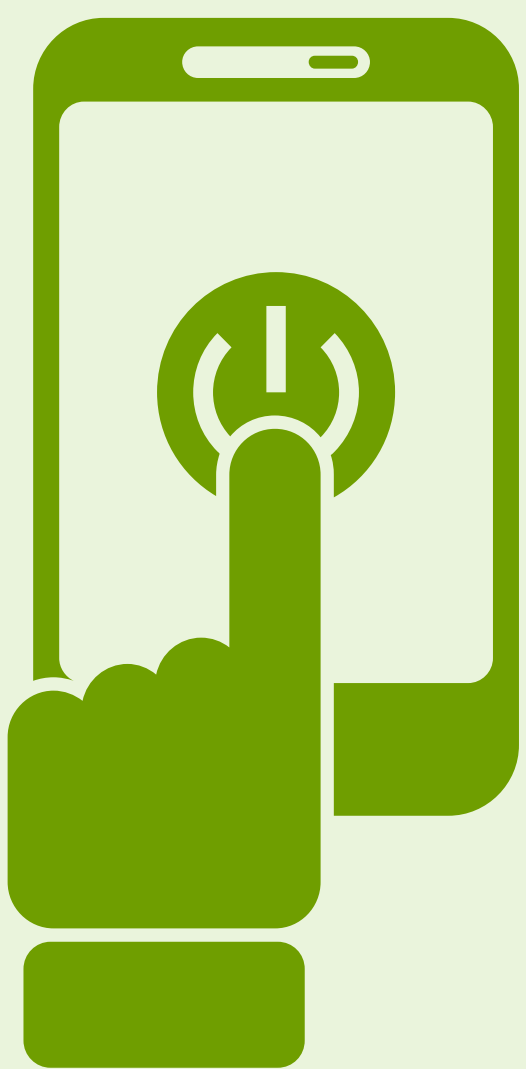


Think second-hand

- Choose pre-loved furniture from thrift stores or online marketplaces.
- Upcycle old furniture with a fresh coat of paint or DIY touches.

Decorate consciously

- Use natural materials for rugs, curtains, and decor (like jute, wool, or cotton).
- Decorate with plants, recycled crafts, or handmade art instead of plastic decor.



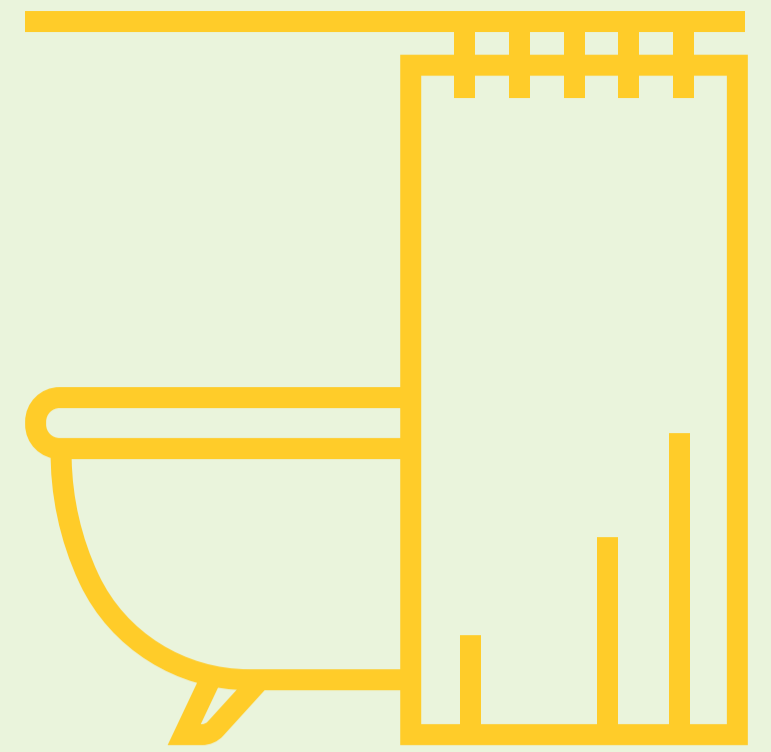
Digital detox & device care

- Turn off devices when not in use. Lower screen brightness to save energy.
- Declutter your digital space — unused apps and full storage can slow down devices and reduce their lifespan.

Bathroom

Save Water, Every Drop Counts

Water is a precious resource, and the bathroom is where we use most of it. Small habits can make a big impact.



Take shorter showers

- Reducing your shower by just 2 minutes can save up to 30 liters of water.
- Consider using a low-flow showerhead to reduce water use without sacrificing comfort.

Don't flush waste

- Never flush tissues, wipes, or other trash — it wastes water and harms plumbing systems.
- If it's yellow, let it mellow: when appropriate, skip unnecessary flushing.



Fix leaks

- A leaky tap can waste hundreds of liters per month. Report or repair leaks quickly.
- Close the tap while brushing your teeth or shaving — this alone saves around 6 liters per minute.

Eco-Friendly Toiletries and Habits

Most bathroom waste comes from everyday hygiene products — often plastic-packed and full of chemicals.

Go plastic-free

- Use bar soap instead of liquid soap in plastic bottles.
- Try shampoo and conditioner bars — they last longer and cut packaging waste.



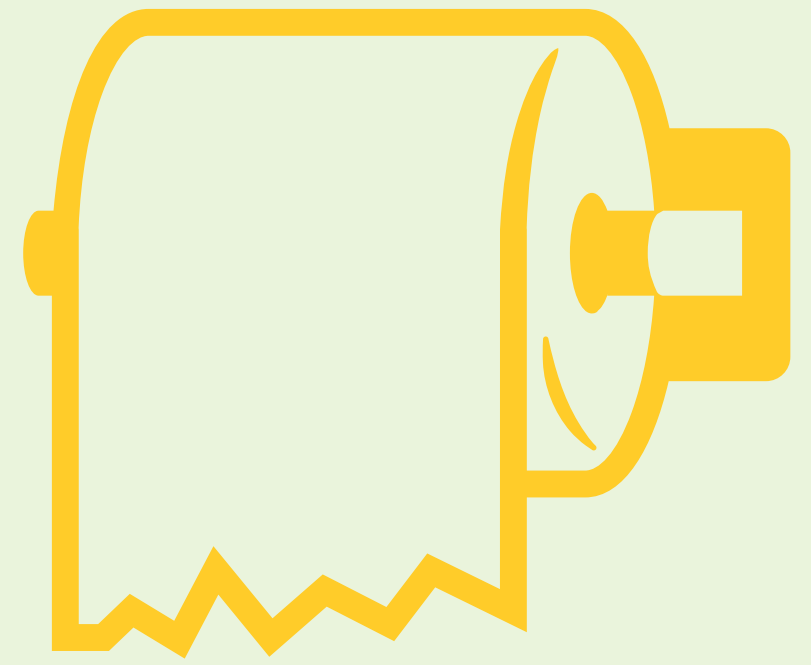


Greener dental care

- Use a bamboo toothbrush instead of plastic.
- Look for toothpaste in glass jars or with minimal packaging.

Rethink paper use

- Choose recycled toilet paper or brands with FSC certification.
- Use only what you need and avoid multi-ply overuse.



Clean Green

The bathroom is where many people use harsh chemicals — but natural cleaning works just as well and is safer for your health and the environment.

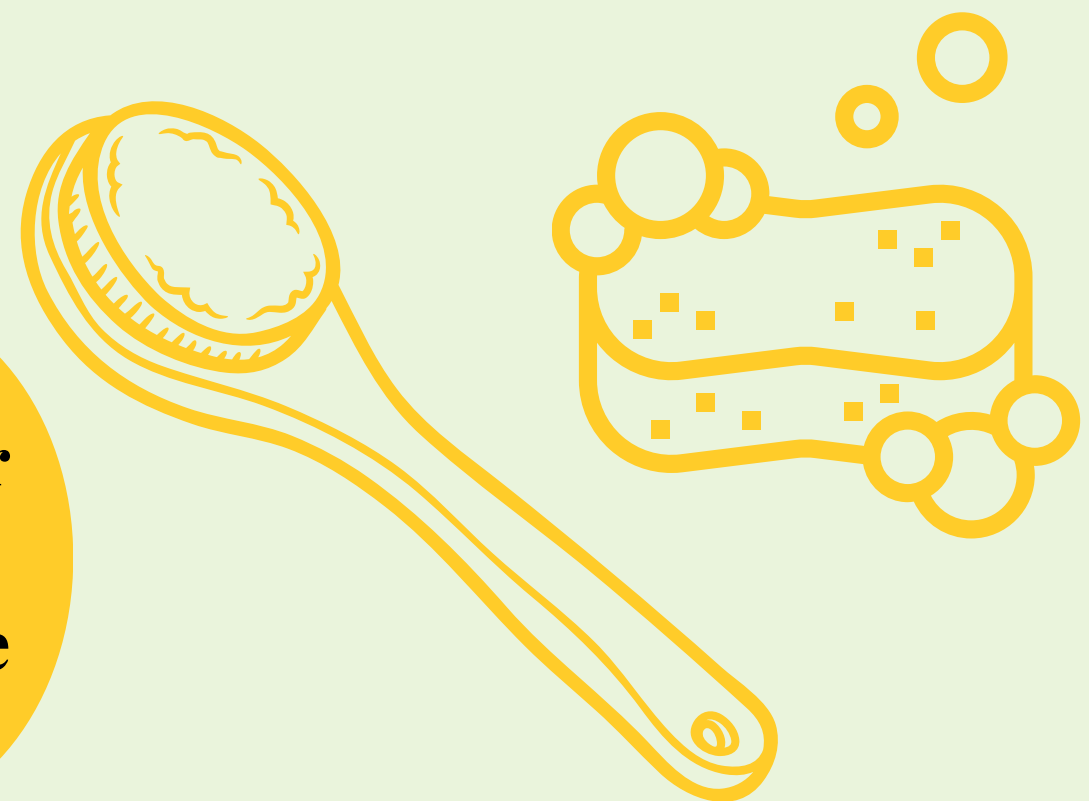


DIY cleaning solutions

- Mix vinegar + baking soda to clean sinks, tubs, and tiles.
- Use lemon juice and water for fresh scent and mild disinfecting.

Sustainable tools

- Switch to compostable sponges, wooden brushes, or cleaning cloths made from old t-shirts.
- Avoid single-use wipes — they're not biodegradable and clog drains.



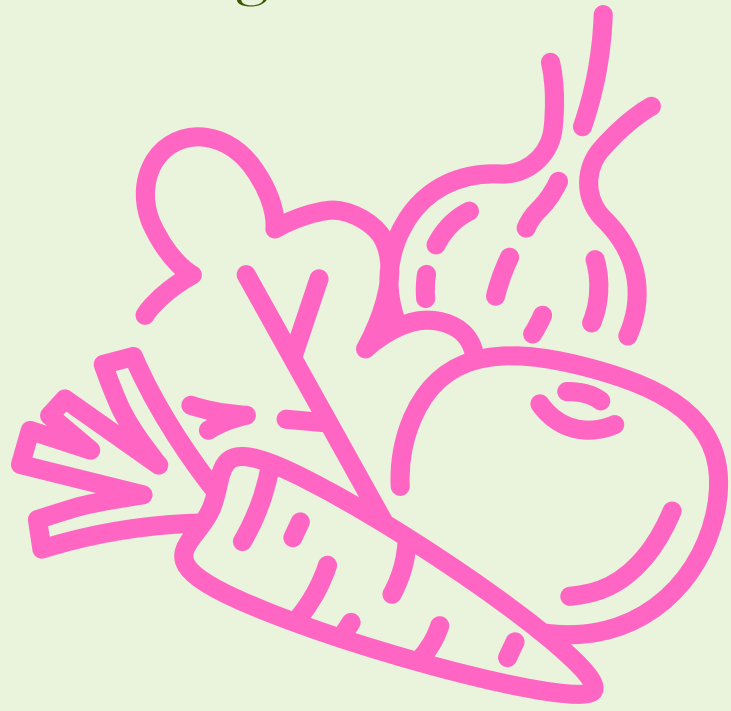
Buy in bulk or refill

- Choose refill stations for cleaning products if available in your area.
- Reuse spray bottles and containers rather than buying new each time.

Kitchen

Sustainable Food Choices

What we eat and how we shop makes a big impact on the planet. The kitchen is a great place to begin living greener.

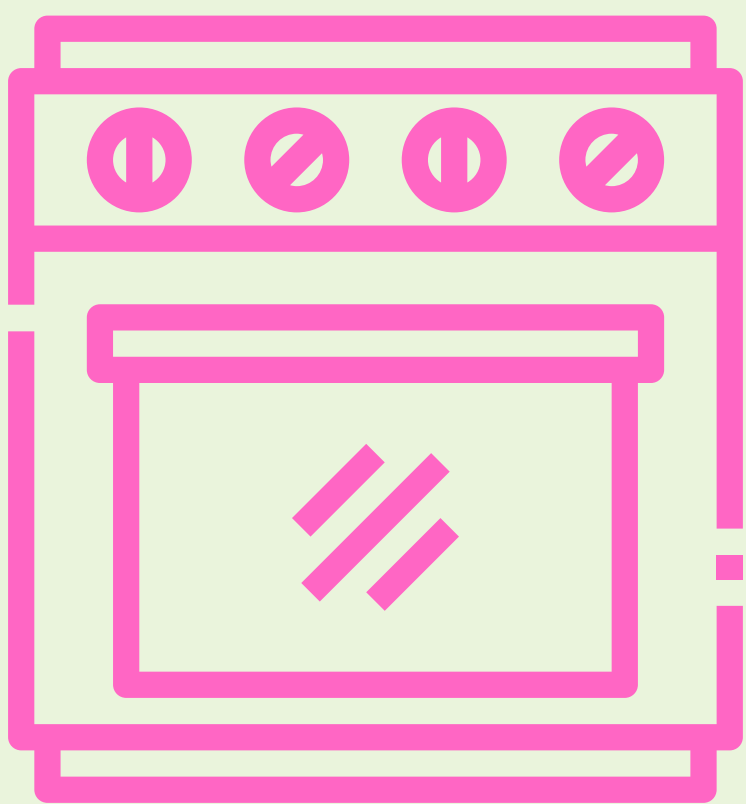


Shop smart

- Buy seasonal and local products — they travel less and support local farmers.
- Choose organic when possible, especially for fruits and veggies with edible skins.

Eat more plant-based meals

- Reducing meat and dairy even a few times a week can lower your carbon footprint.
- Try “Meatless Mondays” or experiment with plant-based alternatives.



Cook what you need

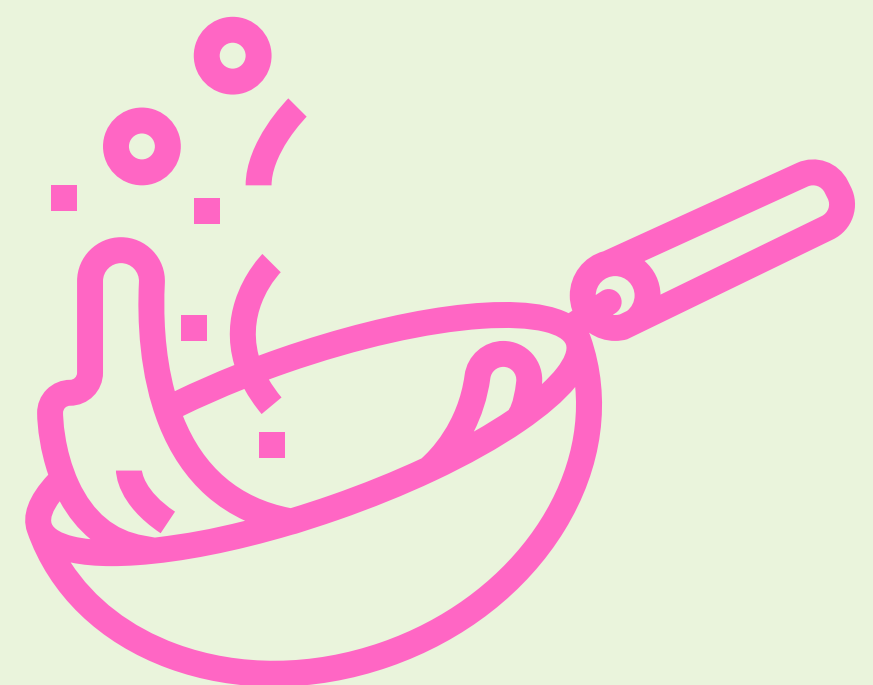
- Plan meals ahead and make shopping lists to avoid waste.
- Get creative with leftovers — turn today’s rice into tomorrow’s stir-fry!

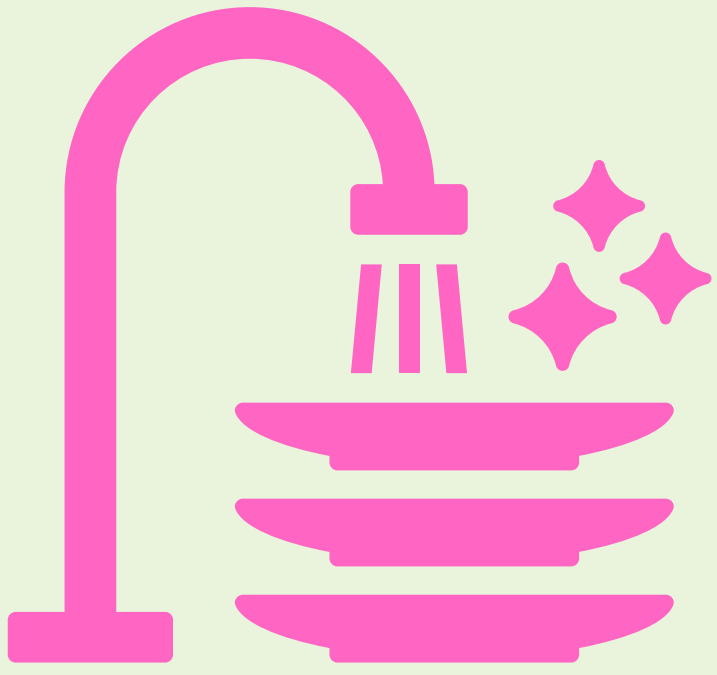
Save Energy and Water While Cooking

Making smart choices while cooking and cleaning helps reduce both bills and environmental impact.

Use appliances wisely

- Match pot size to the burner — using a small pot on a large burner wastes energy.
- Cover pots while boiling to save time and heat.
- Use microwaves, pressure cookers, or toaster ovens when possible — they use less energy than full ovens.



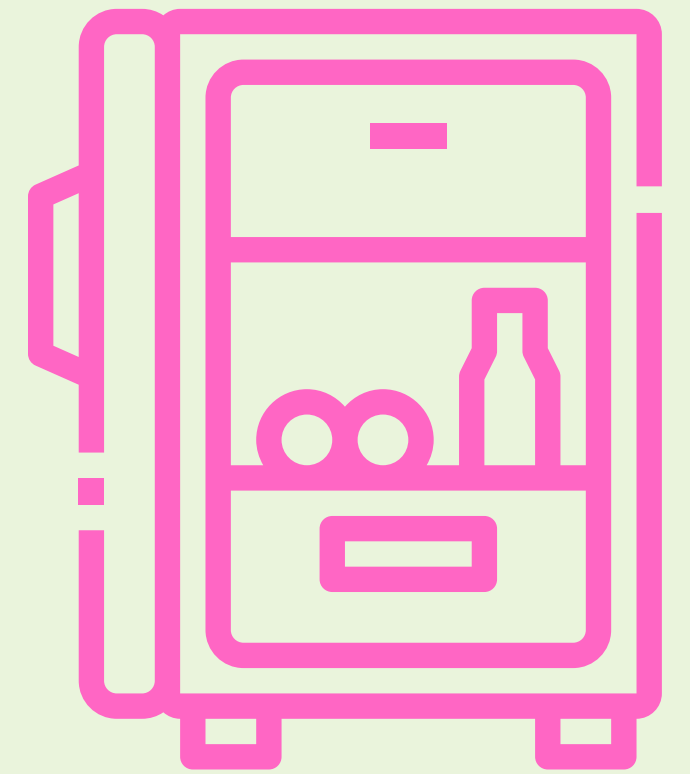


Be water-wise

- Don't leave the tap running while washing dishes. Use a bowl or basin.
- Run the dishwasher only when full, and use the eco mode if available.

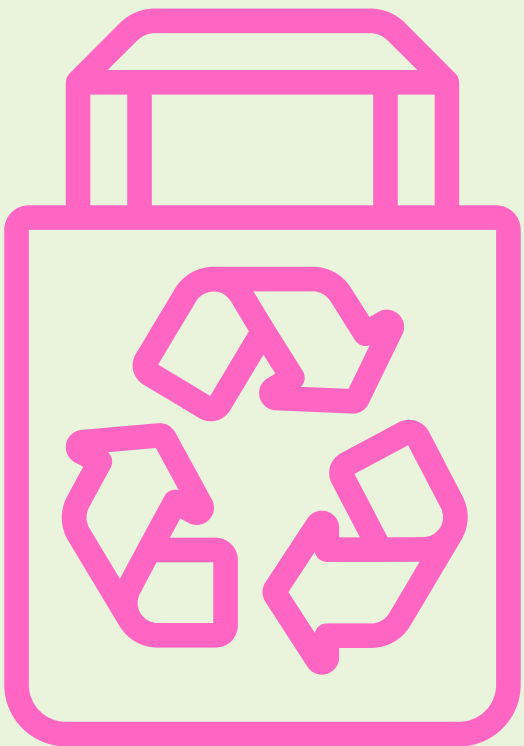
Store food efficiently

- Don't overload your fridge or freezer — airflow is key to energy efficiency.
- Defrost food in the fridge overnight instead of using the microwave.



Waste Less, Use More

The kitchen is often where the most waste is created — but it's also the room where we can make the biggest difference.

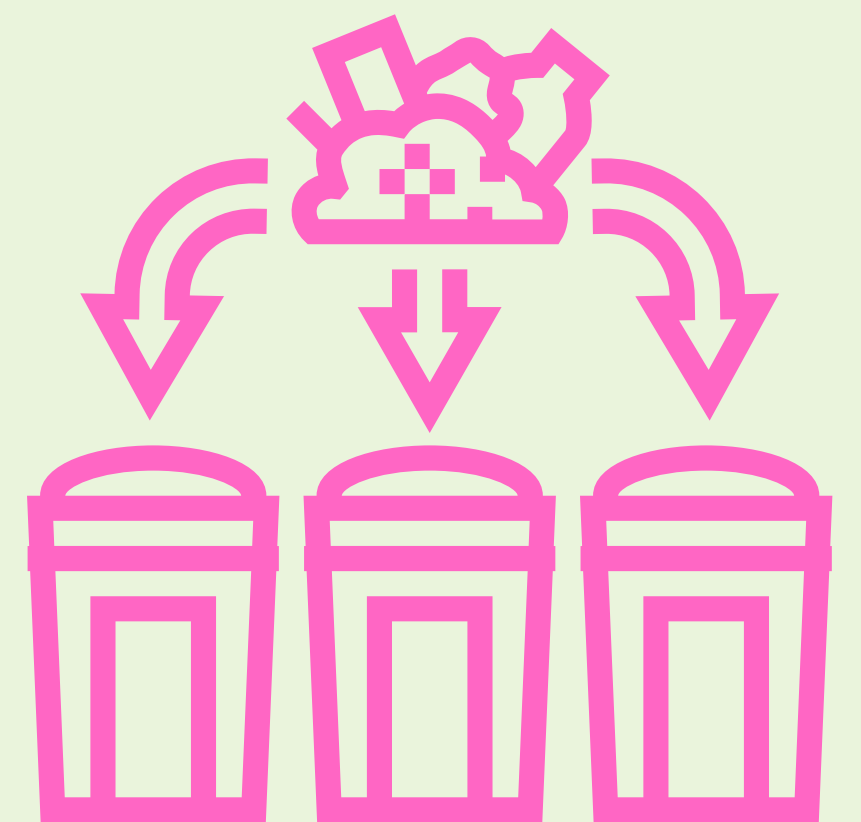


Reduce packaging

- Choose products with little or no packaging — or with compostable or recyclable materials.
- Bring your own cloth bags, jars, and containers when shopping.

Sort your waste

- Separate organic, plastic, glass, paper, and metal if your local system allows.
- Learn the recycling rules in your area — not all plastics are recyclable.



Compost food scraps

- If you have space (even a balcony), set up a small compost bin for fruit and veggie scraps.
- Composting reduces landfill waste and creates natural fertilizer.

Living Room

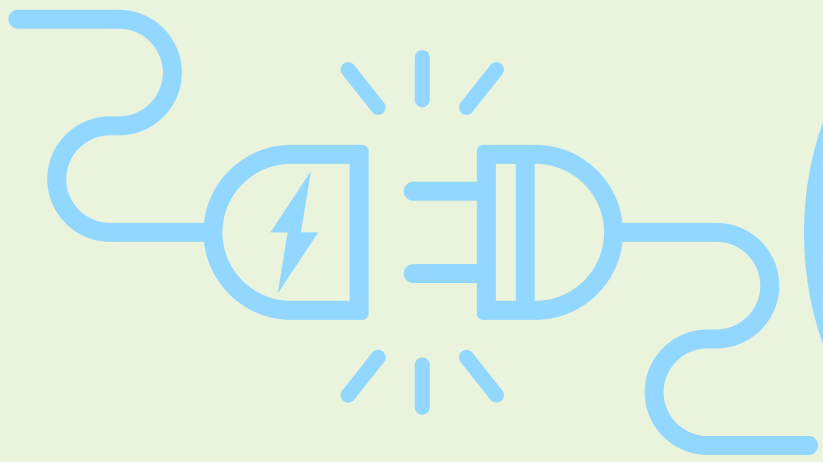
Energy-Smart Habits

The living room is often filled with electronics, lights, and cozy extras — and they all use energy. Let's use it wisely.



Unplug and power down

- Use a power strip and switch it off when you leave or go to sleep.
- Unplug devices like game consoles, TV boxes, and chargers — they use electricity even when off.



Light it right

- Replace bulbs with LEDs — they last longer and use up to 80% less energy.
- Take advantage of natural daylight by keeping curtains open during the day.



Heat and cool responsibly

- Don't overheat the room — 18–20°C is usually enough.
- In summer, use fans before turning on AC. Block direct sunlight with curtains to keep cool naturally.

Furnishing and Decor with Purpose

What's in your living room doesn't have to be new or synthetic to look stylish and feel cozy.

Choose second-hand or upcycled furniture

- Give pre-loved sofas, shelves, and tables a new life — it's cheaper and more sustainable.
- Repaint or redesign furniture instead of replacing it.





Natural decor

- Use plants to bring life to your space while purifying the air.
- Decorate with wood, bamboo, cotton, or recycled materials instead of plastic or synthetic fabrics.

Go low-tox

- Avoid artificial air fresheners or scented candles with synthetic fragrances.
- Choose soy candles, essential oils, or simply ventilate the space regularly.



Entertainment & Conscious Consumption

It's easy to collect more than we need — but being intentional about what we bring into our space makes a difference.



Digital decluttering

- Stream mindfully — video streaming uses energy too!
- Unsubscribe from unwanted services or apps.

Eco-friendly celebrations

- Decorate with reusable items for birthdays or holidays.
- Gift experiences (like a plant, homemade cookies, or a second-hand book) instead of buying new things.



Less is more

- Declutter and keep only what you use, love, or need — fewer items mean less waste.
- Focus on quality over quantity: durable, well-made objects last longer.

Balcony

Small Space, Big Green Ideas

Even a tiny balcony can become a green oasis. With a few smart choices, you can transform it into a space for sustainability and relaxation.

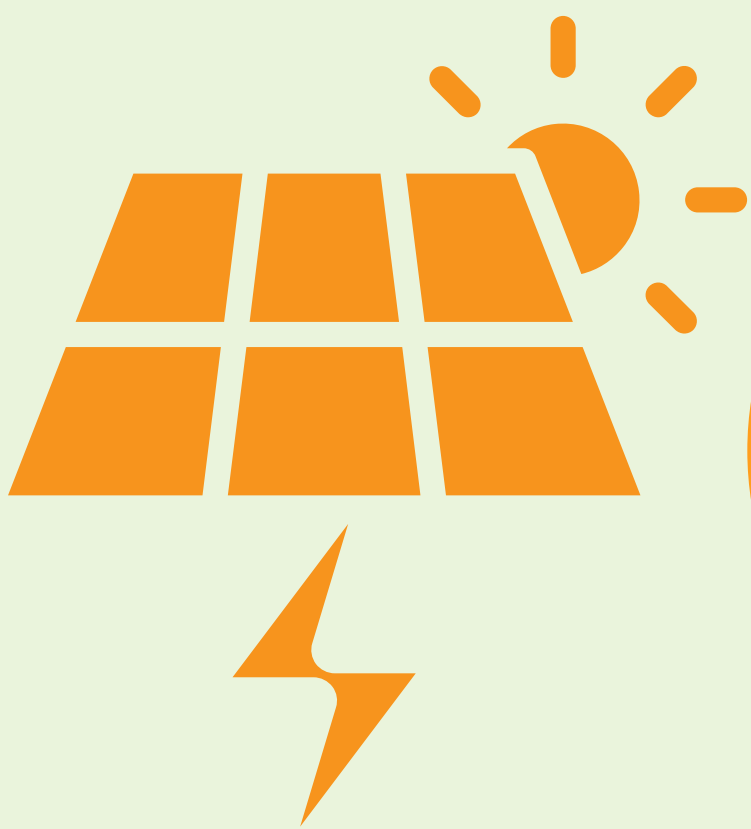


Start your own mini-garden

- Grow herbs, salad greens, tomatoes, or strawberries in pots or vertical planters.
- Use composted soil and recycled containers (like old cans, boxes, or jars).
- Collect rainwater (if allowed) for watering plants.

Attract urban nature

- Plant bee-friendly flowers (lavender, mint, basil) to support pollinators.
- Add a small insect hotel or water dish for birds and bees.



Make it energy-smart

- Use solar-powered string lights for cozy, sustainable evenings.
- Install a small drying rack to reduce dryer use — perfect for sun-drying laundry!

Relax, Reflect, Reuse

Your balcony can become a peaceful eco-corner — not just a place for plants, but a personal sanctuary. With simple, sustainable touches, you can create a space to breathe, slow down, and reconnect with nature — right outside your window.

Use second-hand or DIY furniture

- Repurpose wooden crates, pallets, or old chairs to create seating.
- Avoid plastic furniture — it doesn't last and often ends up in landfills.





Morning coffee, green mindset

- Take your morning tea or coffee outdoors — start your day in nature, even in the city.
- Practice screen-free moments surrounded by plants and fresh air.

Conscious decor

- Use recycled fabrics for pillows or covers.
- Decorate with natural elements — stones, driftwood, or reused glass jars as lanterns.



Conscious Consumption & Minimalism

Buy Less, Choose Well, Make It Last

Sustainable living isn't only about what we use — it's also about what (and how much) we bring into our homes. Shifting to intentional consumption helps reduce waste, save money, and simplify life.



Think before you buy

- Ask yourself: “Do I really need this?” or “Can I borrow or repair instead?”
- Delay impulse purchases — if you still want it in a week, revisit the idea.

Choose quality, not quantity

- Invest in durable items made from natural or recycled materials.
- Support local producers, craftspeople, or ethical brands.



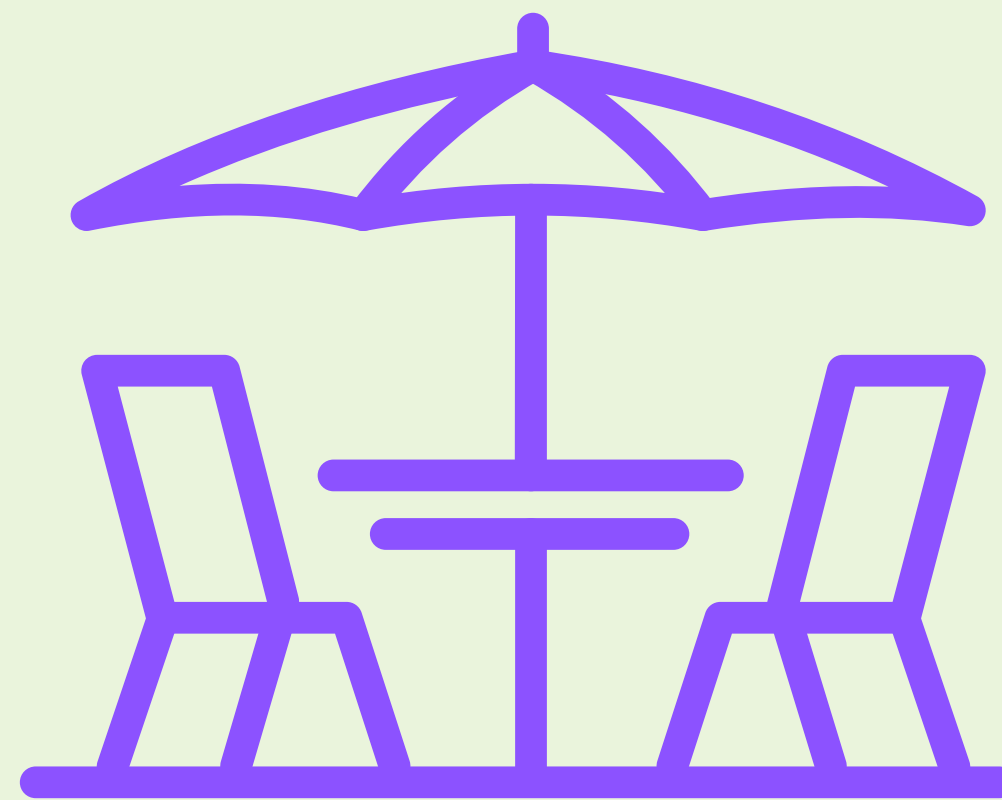
Avoid over-packaging

- Say no to single-use plastic or items with unnecessary wrapping.
- Bring your own bags, containers, and jars when shopping.

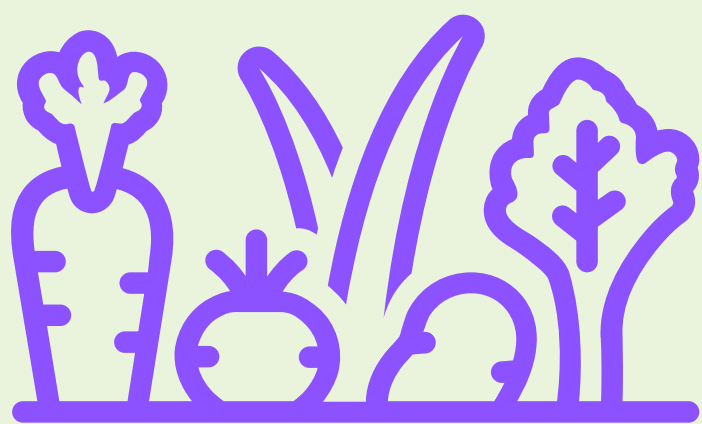
Terrace

Design a Greener Outdoor Living Space

A terrace is a great space to combine sustainability, comfort, and creativity. Whether you use it for relaxing, gardening, or entertaining, it can easily reflect eco-conscious values.



Grow more, waste less



- Use the terrace for a small urban garden with vegetables, herbs, or edible flowers.
- Choose native plants that need less water and attract local insects and birds.
- Start a vermicompost box or compost tumbler for kitchen and garden waste.

Natural shading and ventilation

- Install climbing plants, bamboo panels, or fabric shades to cool your space naturally.
- Choose light-colored surfaces to reflect heat and keep the terrace cooler.



Dine sustainably outdoors

- Use reusable dishware and cloth napkins instead of disposable items.
- Decorate with solar lights, beeswax candles, or handmade lanterns for a cozy, low-impact vibe.

Terrace as a Wellbeing and Eco Action Zone

Your terrace can also be your green escape — a quiet spot to slow down, reconnect with nature, and live more intentionally.

Nature-inspired routines

- Practice yoga, stretching, or meditation outdoors, using natural light and fresh air.
- Start your day with mindful breathing or journaling on the terrace.



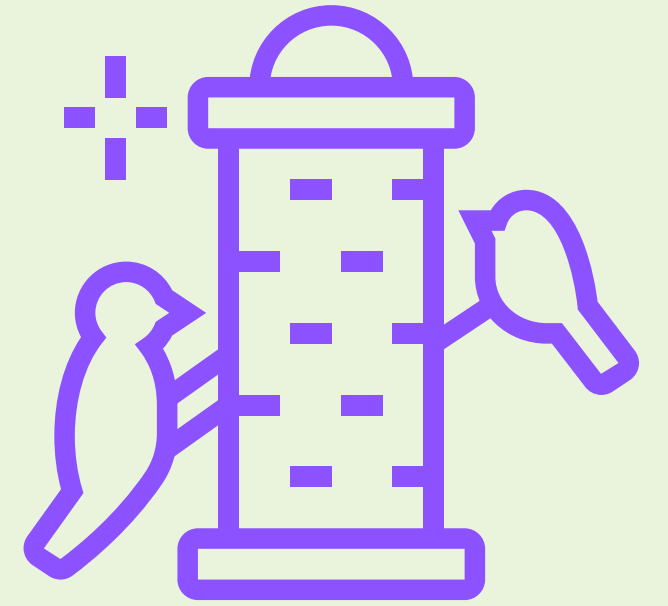


Upcycled and natural furniture

- Build or decorate with reclaimed wood, stone, or metal instead of plastic.
- Reuse old materials like pallets, crates, or plant pots for a personalized, low-impact look.

Creative reuse

- Make a DIY wind chime, bird feeder, or mini greenhouse.
- Use the space to repair, repaint, or repurpose items before throwing them out.



Garage

Clean, Organize, and Rethink Your Storage

A garage isn't just for parking — it's where we store tools, sports gear, bikes, and sometimes junk. Turning it into an eco-friendly zone can reduce waste and support a more organized lifestyle.

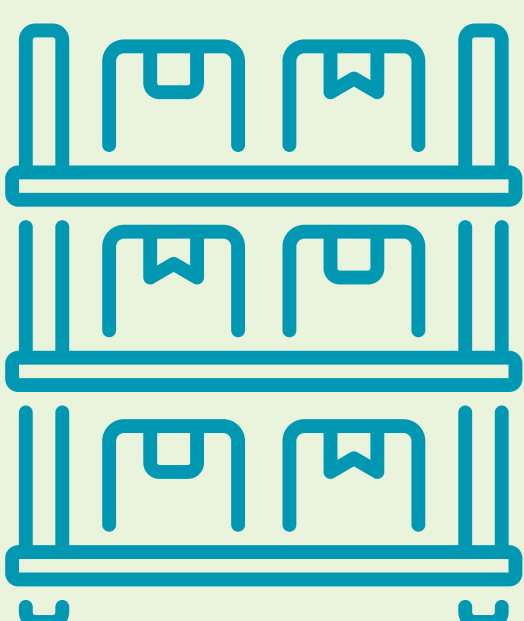


Declutter sustainably

- Sort items into categories: reuse, donate, repair, recycle.
- Dispose of hazardous waste (old paint, chemicals, oil) at proper recycling centers — never in the trash.

Promote greener mobility

- Store and maintain bicycles, e-scooters, or electric vehicle chargers if available.
- Keep bike repair tools accessible to encourage use instead of short car trips.



Organize with purpose

- Use recycled or repurposed shelves for tools and materials.
- Label storage containers so you use what you already have before buying new.

Your Eco-Workshop at Home

The garage is a great place for repairs, projects, and creative reuse — all key parts of a sustainable lifestyle.



Set up a repair station

- Fix broken furniture, electronics, or bikes instead of replacing them.
- Learn basic repair skills — sewing, gluing, tightening — and pass them on!

Store reuse materials

- Keep a box or shelf for scrap wood, glass jars, screws, buttons, or fabric.
- These can be reused for DIY projects, small repairs, or community sharing.



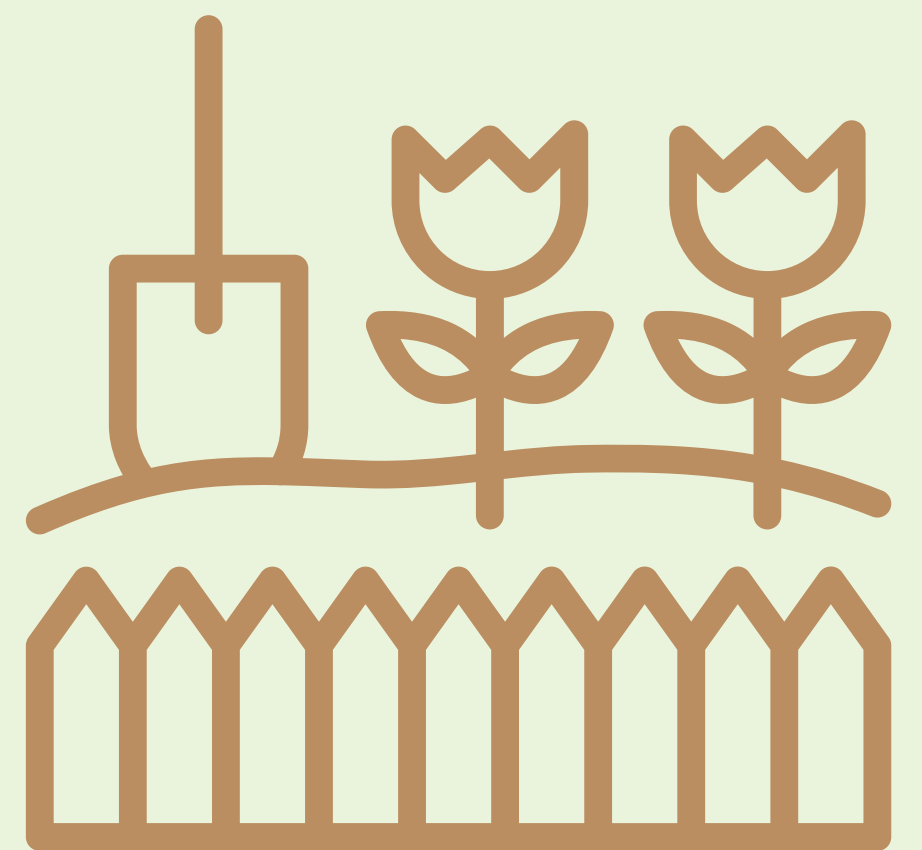
Save energy

- Replace lighting with LED bulbs or install a motion sensor to avoid wasted electricity.
- Insulate the garage door or windows to reduce energy loss in connected parts of the house.

Garden

Grow Green, Live Clean

A garden is a living ecosystem — and your daily choices can help it thrive while benefiting your health and the planet.

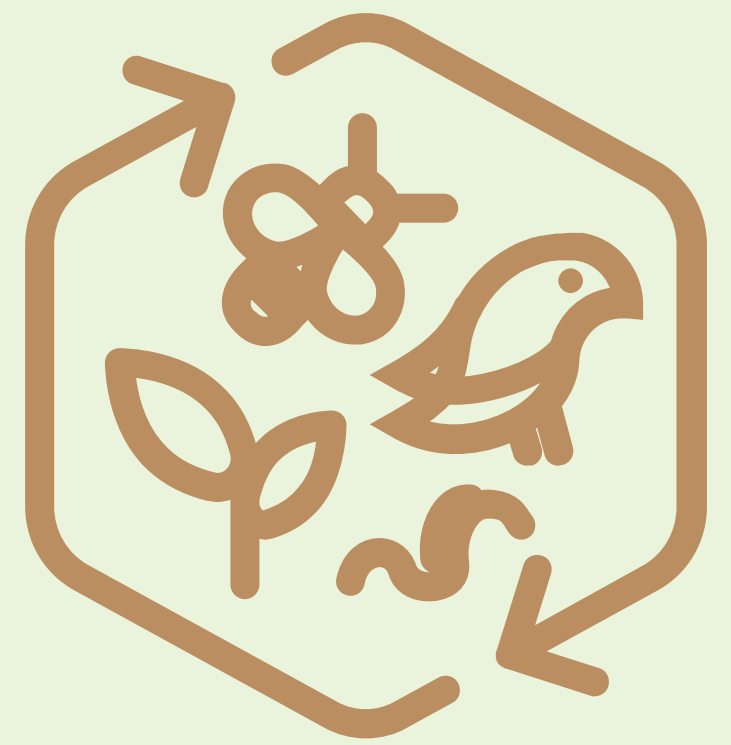


Grow your own food

- Start with easy vegetables (like lettuce, spinach, tomatoes) or herbs (basil, mint, parsley).
- Use compost from your kitchen or yard waste to feed your soil naturally.
- Choose non-GMO, organic seeds when possible.

Support biodiversity

- Plant native species to attract bees, butterflies, and birds.
- Avoid pesticides — they harm helpful insects and pollute soil and water.
- Add a small water source (like a shallow dish with stones) for birds and insects.



Save water, the smart way

- Water in the early morning or evening to reduce evaporation.
- Collect rainwater with barrels or buckets.
- Use mulch to keep soil moist and reduce weeds.

Connect with Nature Every Day

Gardens are not just for work — they're spaces for mindfulness, creativity, and community.



Eco-friendly relaxation

- Set up a sitting area with reused or wooden furniture.
- Create shade with natural elements — trees, vines, pergolas — instead of plastic tents.

Learn, teach, and share

- Use the garden as a learning space for kids or neighbors: planting, composting, observing wildlife.
- Label plants or make DIY signs explaining how your garden supports the environment.



Swap & share

- Organize plant swaps or seed exchanges with your community.
- Offer extra herbs or produce to neighbors instead of letting it go to waste.

Composting

Turn Your Waste into Gold

Composting is nature's way of recycling. By turning food scraps and garden waste into rich, dark soil, you reduce landfill waste and create natural fertilizer — no chemicals needed!



What you can compost:

- Fruit and vegetable peels, coffee grounds, tea bags (no plastic!), eggshells.
- Garden clippings, dry leaves, dead plants.
- Paper napkins, cardboard pieces (non-glossy), and shredded paper.



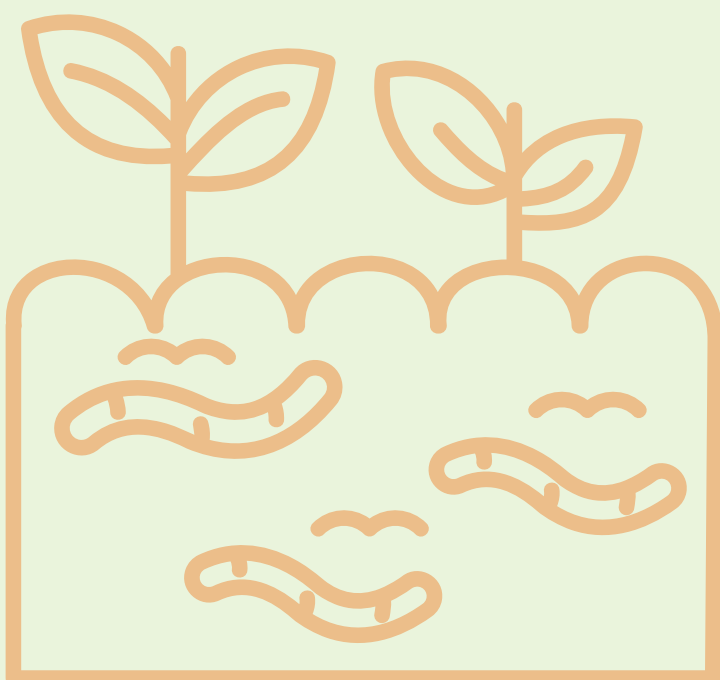
What you shouldn't compost:

- Meat, dairy, oil, cooked food, pet waste — these attract pests and create odor.
- Glossy magazines, plastic-lined paper, or anything synthetic.



Composting options:

- **Balcony or indoor:** Use a vermicompost bin (with worms) or bokashi bin — compact and odor-controlled.
- **Garden or yard:** Start a pile or bin directly on the ground. Turn it every few weeks and keep it moist.



Why it matters:

- Reduces your household waste by up to 30%.
- Creates free, natural fertilizer for houseplants or gardens.
- Supports a circular system — waste becomes nourishment.



Rainwater

Every Drop Counts

Rain is free, natural, and often wasted. By collecting it, you reduce your dependence on treated tap water, especially for tasks like watering plants or cleaning outdoor areas.



Why collect rainwater?

- Saves money on your water bill.
- Reduces pressure on municipal water systems.
- Provides chemical-free water for plants — they love it!

For flats (balconies/terraces):

- Place a bucket or wide container under roof runoff or balcony drainage (make sure it's stable and safe).
- Use the water for potted plants, balcony cleaning, or mopping.



For houses with yards:

- Install a rain barrel under a downspout — cover it with a mesh to avoid mosquitoes and debris.
- Add a tap or hose connector at the bottom to water the garden easily.

Tips for safe use:

- Use collected rainwater only for non-drinking purposes unless properly filtered.
- Clean containers regularly to avoid algae or bacteria buildup.



What Will You Change Today?

Living sustainably doesn't mean being perfect — it means being mindful, making conscious choices, and doing what you can, where you are, with what you have. This guide was created to offer simple and practical ideas for greener living at home. From reducing waste to saving energy, growing your own herbs, or rethinking how you use everyday spaces, each small step matters. Change starts in our homes, and with small daily actions, it grows outward — to our communities, our environment, and ultimately, to our shared future.

We invite you to pick just a few eco-habits from this guide and try them out in your daily life. Start a green corner in your home where you collect reusable items, repair broken things instead of throwing them away, and talk to others about what you're doing. Share your knowledge, your experience, and your inspiration. Change doesn't happen alone — it grows when we inspire one another.

This guide is just the beginning of the journey. It would not have been possible without the passion and contributions of everyone involved. A heartfelt thank you goes to all the international and local partner organizations who supported the initiative, to the leaders and facilitators who guided the learning process, and especially to the participants — young people who shared ideas, worked together, and imagined better ways to live in harmony with the planet.

Local partners



Ateliere Fara Frontiere NGO
Bucharest, RO



Carol I high school
Valea Doftanei, RO



Energetic high school
Campina, RO

International partners



ATLAS NGO
Slovakia



Cabalgando Ideas NGO
Spain



FENIKS NGO
Poland




Youth ID NGO
France




TOGETHER ROMANIA

 www.asociatiatogether.wordpress.com

 +40722809458

 together_romania@yahoo.com

 [together_romania](https://www.instagram.com/together_romania)

 1st Calea Doftanei, 105600/Campina, ROMANIA