



Erasmus +

Eco-Friendly Journey from Daugavpils to Budapest

Even small steps can help protect our planet



The Urgency of Environmental Preservation



Why We Must Act Now

The environmental crisis is not just a future threat-it is a present reality. Forest destruction, ocean pollution, and climate change have had a direct impact on human life and biodiversity.

Our NGOs are here to be part of the solution, mobilize communities, and shape collective action to protect the planet from further destruction.

Deforestation is increasing by 10% every year

Tropical forests continue to shrink due to exploitation and land burning.

Global temperature rise

Triggering extreme weather and melting polar ice caps.

Oceans full of plastic

Plastic waste is killing marine ecosystems and food chains.



Eco-friendly travel isn't just about how we move from one place to another -it's also about **what we bring with us, how we handle waste, and the impact we leave behind**

What is Carbon Dioxide?

Carbon Dioxide (CO₂) is a colorless gas that naturally exists in the atmosphere

It is produced when:

- 01 Humans and animals breathe out
- 02 Fossil fuels such as coal, oil, and gas are burned
- 03 When organic materials decompose

A small amount of CO₂ is necessary for life - plants use it for photosynthesis. But when there is too much CO₂, it becomes dangerous for the planet.

Choosing transport & Oxygen levels



01

It produces **7-10 times less CO2** than a plane.

02

The **oxygen levels remains natural** inside the train, unlike airplanes where cabin pressure is lower.

03

We can make stops in eco-friendly cities such as **Vilnius, Warsaw and Bratislav.**

Eco-Friendly Journey from Daugavpils to Budapest

□ Eco Train Route: Daugavpils → Vilnius → Warsaw → Budapest



Alternative Transport (Airplain Comparison)

Flying is the fastest option, but also the **most polluting one**.



Transport Type	Average CO2 Emissions	Price (Round Trip Riga - Budapest)
Airplane	~250-300kg CO2/person	€200-€400
Train	~30-40kg CO2/person	€100-€150

Even though flights save time, the environental cost is much higher. For an eco-traveler, train or combined train - bus routes are better alternatives.

Thoughtful Packing

For a three-week journey we take only one backpack made only from natural or recycled materials.

- Clothes made of organic cotton and linen
- A reusable water bottle
- A small metal cup and spoon
- A cloth shopping bag instead of plastic ones

This way our luggage is lighter and the transport uses less energy to carry it.



Waste Sorting and Recycling

During our trip we plan to use local waste sorting systems

Vilnius and Warsaw

Waste is separated into five categories

Budapest

there's a program called "Zero waste Hungary", where about 60% of household waste is recycled



Eco-friendly Habits on the Road



Reducing carbon footprint by using public transportation.



Stay in Eco-certified hotels and hostels



buy food from local farmers of “Leave no Trace” - never leave litter or damage nature.



Accommodation and Practice Location



As an example of eco-accomodation, we choose **Green Garden Hostel**. This hostel is renovated family villa. **It has a garden, shared kitchen, free Wi-Fi, and bicycle parking.**

For professional practice we selected **MERNA Design studio**, a Budapest-based interior and architectural design firm focusing on sustainable, modern, and functional spaces.

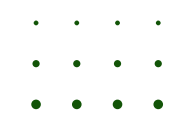
Practice Location

The estimated distance from **Green Garden hostel** to **MERNA Design Studio** is around **4-6km**, depending on the exact studio location.

Travel time would be approximately:

- 40-45 minutes on foot
- 15-20 minutes by bicycle
- 20-25 by public transport





“For most of history, man has had to fight nature to survive; in this century he is beginning to realize that, in order to survive, he must protect it.”—Jacques-Yves Cousteau

