





Embracing the Circular Economy - Zero Waste Lifestyle in Everyday

 **Date & Time:** : 6 pm CET, 17. June 2025.

 **Location:** Online (YouTube Live)

The **circular economy** is transforming how we create, use, and dispose of resources—shifting away from the traditional **"take, make, waste"** model toward a more regenerative and sustainable future. But how does this apply to your daily life?

Join us for a free **"Embracing the Circular Economy: Zero Waste Lifestyle in Everyday"**, an engaging and practical online event that will equip you with real-world strategies to reduce waste, extend the life of products, and make more sustainable choices—without overwhelming your lifestyle.

Program:

6-6.10 pm Welcome & Opening Remarks

Introduction to the circular economy and overview of the event. (10 min)

6.10-6.30 pm Keynote: Living the Circular Economy at Home

An inspiring talk from a sustainability expert on how everyday actions support circular systems. (20 min)

6.30-7 pm Interactive Workshop: Zero Waste in Practice

Hands-on session exploring practical swaps, DIY upcycling tips, and how to start composting at home. (30 min)

7-7.15 pm Live Q&A Session

Audience questions answered live by the speakers. (15 min)

7.15-7.30 pm Challenge Launch & Closing

Launch of the optional "One-Week Zero Waste Challenge" with tips and resources. Event wrap-up and key takeaways. (15 min)

What You'll Learn:

- **The Circular Economy & You** – Understand how individual actions contribute to a waste-free world
- **Smart Consumption** – Learn how to buy less, buy better, and avoid single-use waste
- **Sustainable Swaps** – Discover easy, affordable alternatives to common disposable products
- **Upcycling & Reuse** – Creative DIY ideas to give old items a second life
- **Composting Basics** – How to turn food scraps into nutrient-rich compost, even in small spaces
- **Real-Life Inspiration** – Hear from zero-waste advocate who have made sustainability part of her lifestyle

Why Attend?

- Gain practical, easy-to-implement zero-waste strategies
- Understand how a **circular economy** benefits people and the planet
- Learn how to **save money** while reducing waste
- Feel inspired and motivated to take action in your home and community



Who Should Join?

- Individuals looking to adopt a more sustainable lifestyle
- Businesses and entrepreneurs interested in circular economy principles
- Environmental advocates, students, and educators
- Anyone curious about reducing waste and making a difference!

Your trainer: Krisztina Milak is an experienced trainer, coach and expert in the well-being and green awareness at Green Life in Practice. If you are looking for a friendly class about daily green action - you are at the right spot!

Join us and take a step towards a waste-free, circular future!