



SLOVAK  
ECO QUALITY

# Sustainability Treasure Hunt

## Get to Know Brussels via Sustainability Lenses

The "**Sustainability Treasure Hunt**" is an exciting activity focused on promoting sustainability and raising people's awareness of the environment. It uses a range of creative and interactive methods to help participants in the treasure hunt better understand and appreciate the importance of sustainable living. The scavenger hunt is both **playful** and **educational**. Participants are invited to **explore places** or areas where the theme of sustainability is highlighted, such as eco-friendly initiatives, recycling opportunities, green community projects or an inner journey back to nature. In this way, the treasure hunt is a kind of **exploratory journey into the world of sustainability**, with our spiritual world connected to nature leading the way.

### EXPLORE THE CITY TOGETHER AND FIND/EXPERIENCE THE FOLLOWING:

1. Hug a tree. All of you together. For at least 10 seconds.



2. Find a coffee shop where they offer farm to cup, fair trade, organic, and/or sustainably produced coffee. Get one cup, support the family owned little coffee shop business) and enjoy!



3. Take a picture of at least one of you with a living and moving creature – bug, fish, bird, ...



4. Have a plant-based snack! Show us what it was.



5. Find one person whom you never met before and record a short interview about their favorite place on planet Earth, how is it affected by climate change, how they want it to look in 30 years, and what they can and want to do in order to make it reality. Record a video or make an audio recording!



6. Walk barefoot on grass. Feel it. Connect with the ground.



7. Go to a library or a bookstore and show us a sustainability related book you recommend us reading.



8. Make it to a thrift store, second hand store, flea market, pre-loved things store and take a short video on their offer. Share it with us!



9. Find a body of water. Take a picture when you do.



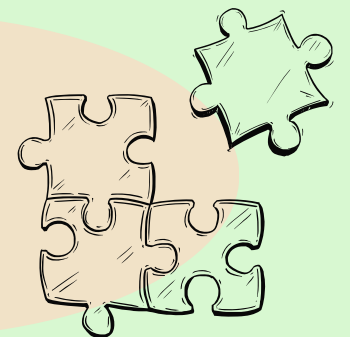
10. Take a picture of a green roof top with Brussels making you the background.



11. Find a place where they repair – shoes, bikes, electric devices, phones, ... and ask how their business is going.



12. Create an artistic piece on what sustainability means in your world. Together with the group. And record it. Be it a song, poem, living sculpture, ... Be creative!



13. Find the most natural spot you can and sit down. Focus on your breath for 2 minutes. Think about a meadow. Smell the sweet fragrance of your favorite spring flower. Be present. ... Once ready, think of a word to describe this experience. And then share it with us.



## HAVE FUN! :)

The Sustainability Treasure Hunt is an opportunity to get actively involved in sustainability efforts, while having fun and learning about the **environment**, energy efficiency, waste reduction and **sustainable living**, and **getting back to nature** in a fast-paced, urban lifestyle. It also promotes **community cooperation** and the spread of environmentally friendly solutions. We in Slovak Eco Quality believe the Sustainability Treasure Hunt is a great way for people to take an active role in promoting sustainability in their own environment and in creating value.