



Explore and experience
SUSTAINABILITY
all year round

Integrated training
programme
for your team



**zero
wasters**






Struggling with waste, failing to sort?
Do you wish to introduce your colleagues
to sustainable living?

In an inspiring, holistic, professional and cheerful way?

**Let's join efforts, choose from
our selection of activities**






We educate to gentle lifestyle and motivate individuals in the companies to take their own initiative towards sustainability.

We use the #HeadHeartHand principle in our programs to holistically and harmoniously engage thinking, feeling and creating.

For each program, you will find a #HeadHeartHand tag based on which part of a person the program addresses the most. You can also choose whether you need to engage your team's thinking (Head) in the form of expertise and presentations, or to awaken aesthetic perception and a sense of kindness, joy and meaningfulness (Heart), or to complement creative and refreshing activities (Hand).



INTEGRATED TRAINING PROGRAM

With our comprehensive training program based on the #HeadHeartHand principle, you can achieve your needs and goals, how to communicate, educate, motivate and inspire your colleagues to act sustainably.

We can help you develop your company culture and contribute to the understanding and adoption of corporate changes towards ESG goals. Individual activities help to improve communication and employee relations to the company.

INTEGRATED TRAINING PROGRAM

Let's put together a comprehensive program consisting of activities from these four blocks:





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#headhearhand
Head > Heart > Hand

YOU EXPERIENCE

- lively and interactive presentations
- surprising insights
- practical demonstrations
- discussion and change of perspective

YOU GET

- inspiration for your own zero waste style

YOU WILL FIND OUT HOW

- prevent waste and food waste
- choose non-toxic products,
- on sharing and circularity in practice



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**ZERO WASTE
OFFICE**

REUSE in practice

**how to prevent
FOOD WASTE**

MIKROPLASTICS

**gentle drugstore
and COSMETICS**

**sustainable
PERIOD**



Workshops

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#headhearhand
Hand = Heart > Head

YOU EXPERIENCE

- scents
- joy of crafting

YOU GET

- handmade product
- practical tips
- experinece
- space for individual questions

YOU REALIZE

- sustainability is not difficult



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DIY cosmetics

deodorant, tooth
paste, lip balm, body
butter, peeling

**DIY drugstore
product**

washing
powder,
laundry rinse

Beeswax wrap


reusable wrap

**UPCYCLING
WORKSHOP**

upcycling of textiles,
paper and more

**UPCYCLING for
families with
kids**

upcycling wall
calendar, textile, t-
shirts and more



Teambuildings and EDU events

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Zero waste
PUB QUIZ

EDU SWAP

Learn & brunch

EDU STAND

Zero waste PUB QUIZ

YOU EXPERIENCE

- casual introduction to many sustainability topics
- a fun team competition with deep implications

YOU GET

- inspiration for thoughts
- zero waste kit (winning team)

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#HeadHeartHand
Head, Heart > Hand





Zerowasters

EDU SWAP

YOU EXPERIENCE

- exchange of clothes / other things
- circularity and waste prevention in practice
- good feeling - leftovers for charity

YOU GET

- wardrobe refresh
- know-how on how to organise a SWAP

YOU LEARN

- why it makes sense

#HeadHeartHand
Hand, Heart > Head

Learn & brunch

YOU EXPERIENCE

- lecture on food, zero waste and packaging
- sustainable, healthy and tasty brunch
- pleasant meeting

YOU GET

- zero waste awareness
- inspiration for your own zero waste journey

YOU LEARN

- how to eat packaging- and waste-free, local, organic, healthy and enjoyable



#HeadHeartHand
Hand, Heart > Head

Interactive EDU stand

YOU EXPERIENCE

- zero waste kit in one place
- experienced zero waste guides
- AHA moments

YOU GET

- individual consulting

YOU FIND OUT


- where are your zero waste opportunities

Suitable wherever people stop for as long as they need to.

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#HeadHeartHand
Hand, Heart > Head





Internal communication

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#HeadHeartHand
Head, Heart > Hand

Issue-based
CAMPAIGNE

ZERO WASTE
challenge



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Internal communication

A comprehensive and regular dose of information for you. Choose an issue-based campaign or a Zero Waste Challenge.

YOU GET

- newsletters / contributions to internal networks
- information leaflets
- questionnaire for participants

SUITABLE WHEN YOU WANT

- to reach as many participants as possible
- to communicate deeper and more complex topics to the company



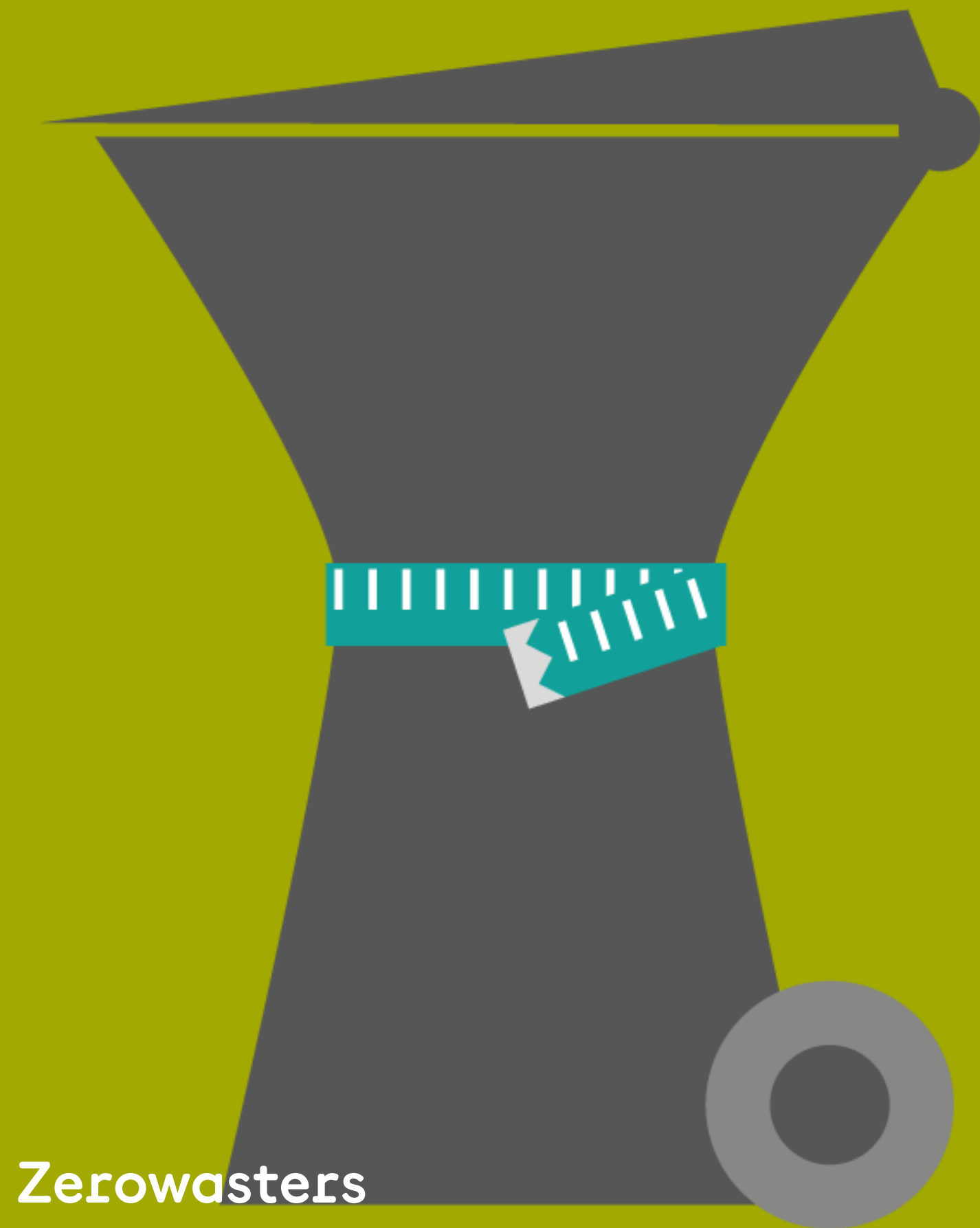
Zerowasters

TOPICS FOR 2024

1. Why to (not) be afraid of plastics
2. From fast ke slow fashion
3. Living non-toxic
4. A sustainable Christmas

Raise awareness of global events:

- 18.3 Recycling and Circular Economy Day
- 31.3 Zero Waste Day
- 22.4 Earth Day
- 5.6 World Environment Day
- July - Plastic Free Month
- September - Zero Waste Week



Zero waste challenge

contains specific practical advice and tips for change.

YOU GET

- elaborated topics with AHA moments and practical tips
- 4 engaging and graphic newsletters/month
- final questionnaire
- zero waste gift for participants

CHOOSE FROM

- Beginners: Live without disposables
- Advanced: Every step counts

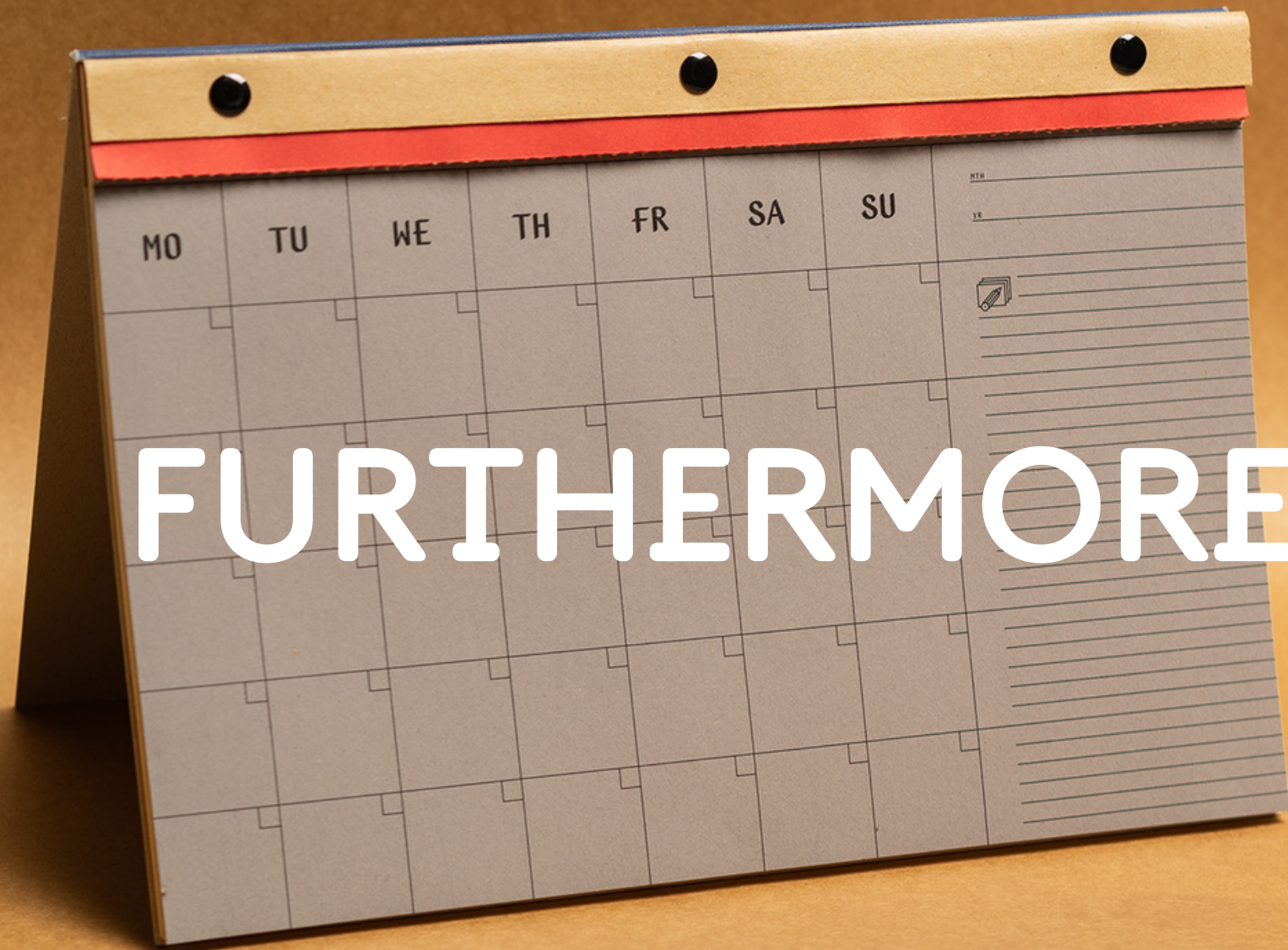
Gifts and sustainable merchandise

YOU GET GIFTS THAT

- do not generate waste
- are reusable
- have been produced sustainably
- can be branded with your logo

OPTIONS ARE MANY

- solid shampoo / solid soap
- beeswax wrap
- upcycle notebook, calendar, etc. (also from your own paper waste)
- cotton pads made from organic cotton
- AND MORE



FURTHERMORE

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#HeadHeartHand
Hand, Heart > Head

Select activities and design your own integrated learning program

LECTURES

MIKROPLASTICS

gentle
COSMETICS and
DRUG STORE prod.

sustainable
PERIOD

ZERO WASTE
OFFICE

REUSE in practice

how to prevent
FOOD WASTE

WORKSHOPS

DIY drugstore
product

DIY cosmetics

Beeswax wrap

UPCYCLING

UPCYCLING for
families and kids

TEAMBUILDINGS & EVENTS

ZERO WASTE
PUB QUIZ

EDU SWAP

Learn & brunch

EDU stand

INTERNAL COMMUNICATION

issue-based
CAMPAIGNE

ZERO WASTE
challenge

GIFTS

“The relationship to sustainability
does not happen overnight”

Martina Kafková

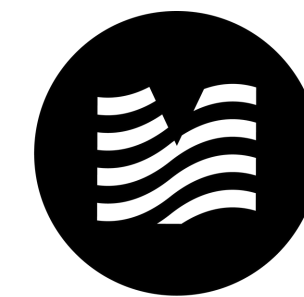
M-Ocean, sustainable event agency



Collaborations:



SKANSKA



M-OCEAN
AGENCY



Zerowasters

“

“We enjoyed the lecture very much in our company. We have a problem with a lot of lunch packaging, so this lecture helped us to spread awareness about how to sort such packaging and especially how and why it is good to prevent it.

Most importantly, however, we also took away a lot from it into our daily lives, how to treat things to have the impact we want. “

Ngoc Anh [Helena] Tran Ba, Apify

“

“The brunch with a lecture on Zero Waste was perfectly prepared and very inspiring for everyone. At the company, my colleagues and I enjoyed a great zero waste breakfast and during the meal listened to an informal lecture on many interesting topics - recycling, zero waste shops, food quality and generally practical tips for living waste-free.

The communication was professional, kind and friendly from start to finish. I really hope that we can establish even more cooperation with Zerowasters in the company.”

Vladimíra Hergetová, Capgemini

About Zerowasters

We spread awareness, inspire and educate about sustainability and zero waste. Since 2017, we have been providing education for individuals, companies and schools on waste prevention.

We organize educational as well as international campaigns for the public:

- ZERO WASTE WEEK
- ZERO WASTE CHALLENGE
- MOST BIZZARE PACKAGING AWARD
- Su-Per (Campaign to promote the topic of sustainable menstrual aids.)



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