

HOW TO BRING LAUDATO SI' TO LIFE AT THE WYD?

**YOUNG PEOPLE CARING FOR OUR
COMMON HOME**



**LAUDATO SI'
MOVEMENT**
Catholics for Our Common Home

**JMJ LISBOA
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HOW TO BRING LAUDATO SI' TO LIFE AT THE WYD?

World Youth Day is a wonderful spiritual experience. It offers this beautiful encounter of the universal Church, strengthening the relationship with Jesus Christ and with people in faith, by praying together, talking with each other, doing activities in groups, sharing and having a meal every time with someone else.

Doesn't matter if you are for the first time or it is your another WYD that you take part in. It is always extraordinary - it is a new impulse to faith, hope and acts for the whole community of the host country. We believe that every day will be full of activities, fun and encounters as well as full of spiritual excitement and that God comes in many ways.

We, the Laudato Si' Movement and WYD organizers, would like to invite you to get up, stand on your feet... AND take care of creation! It is going to be a very busy and thrilling week for you, but we really believe that it can also be a beginning of your own, personal eco-journey and we would like to be your guides in standing on your feet to take your first steps in bringing Laudato Si' to your life.

Why? Even Pope Francis invites us to protect our common home, our planet:

*The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, **for we know that things can change**. The Creator does not abandon us; he never forsakes his loving plan or repents of having created us. Humanity still has the ability to work together in building our common home. Here I want to recognize, encourage and thank all those striving in countless ways to guarantee the protection of the home which we share. Particular appreciation is owed to those who tirelessly seek to resolve the tragic effects of environmental degradation on the lives of the world's poorest. **Young people demand change**. They wonder how anyone can claim to be building a better future without thinking of the environmental crisis and the sufferings of the excluded.*

(Laudato Si', 13)

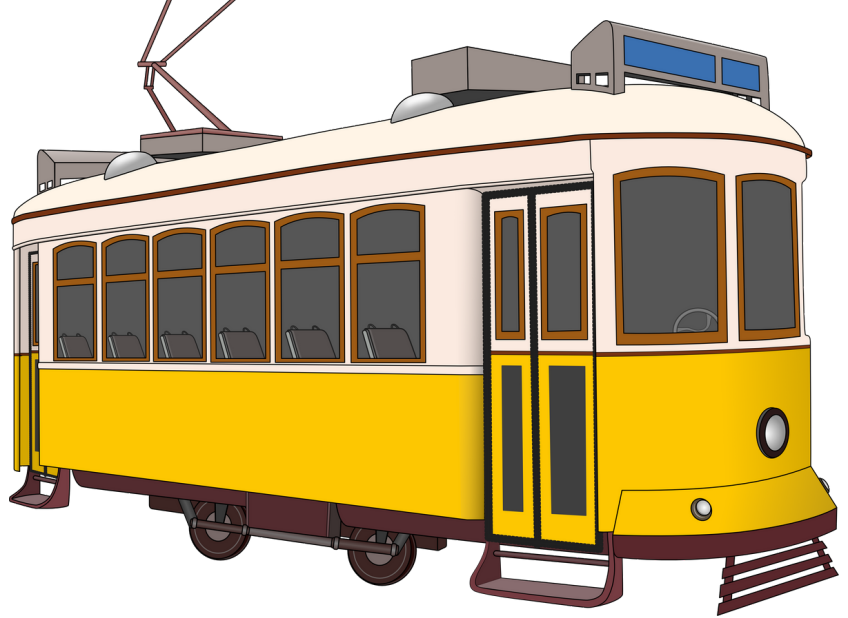
We believe that even the climate change and biodiversity loss is on the critical level, Creator does not abandon us and He really wants us to *hear cry of the Earth and the Cry of the Poor* (Laudato Si', 49) and we also believe that the power in you, young people can be the driver of change. You are in Lisbon to promote peace, unity and fraternity among the peoples and nations in the world. God's Creation also needs unity in protecting it. Only together we have the power to make a significant change. And remember, there is no such thing as too small action to take!



HOW TO START?

This guide is divided into sections to make it easier to find inspiration to take action at the WYD. We hope that those small steps that we invite you to take, those small changes in your habits will show you something about yourself, nature and God in a way that you will want to take back home. We pray for all your attempts in your eco-journey and we also pray that you will have fun exploring Laudato Si' in your life!

1.



TRAVELLING/COMMUTING IN LISBON, PORTUGAL

This pilgrimage is all about travelling, moving from one place to another. Sometimes the hardships of the journey and the road to the destination teach us more and provide more opportunities to train our spirit and willpower than the destination of the pilgrimage. Traveling to Portugal cost you some time and money also it cost some emissions that change our planetary climate. The pilgrims coming from all over the world already produced huge amounts of greenhouse gases (GHG). In many countries, the transportation sector is the largest domestic contributor to climate change. The transport sector was the largest GHG emitter in Portugal in 2019. You can reduce your carbon footprint when you are in Portugal already - check out our ideas on how to do it!

– Use public transportation!

Yes, it is that easy as it is. The public transportation system is great in Lisbon. Most WYD pilgrimage spaces and tourist attractions are very accessible by both tram and metro and you can even do some beautiful day trips by train. The well-known and iconic yellow trams are must see!

– Walk!

It may seem a bit obvious, but it is a quick reminder that during walking you can see more and explore the city better. If there are short distances and you are able to move from one place to another then... why not? Also, you can always use the time for praying, having conversations with your friends, choosing more green paths to be in contact with nature.

– Avoid private transport (taxis, rides on demand app etc.)

studies show that most of the emissions from the transport sector are produced by private vehicles such as cars. Although emissions from car production and vehicle use are not growing as fast as, for example, in aviation or shopping, it's still a problem that needs to be addressed. Greater utilisation of public transport services over personal vehicle use is one of the best ways on how to reduce emissions and helps to save the environment. Many cities have successfully managed to reduce greenhouse gas emissions by as much as 50 percent by reducing or limiting the flow of private cars.

So, let's uninstall all the apps with rides on demand and choose public transport!

Check distances and plan ahead your commuting with public transportation - this tip will help you to plan ahead commuting between places. Use some online maps to check distances and connections. If you have some time and the distance in between places is 30-minute walk - consider going there on foot. The average tempo of walking for young healthy people is 4,5 - 5 km/h. You can check your tempo with your friends and you can plan your daily walks and travels.

Save timetables to check times offline to avoid browsing all the time!

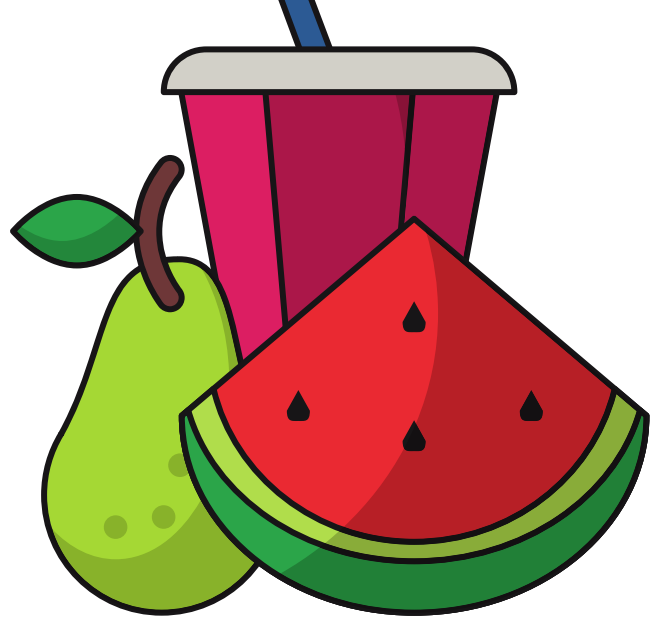
You can find metro timetables here: <https://www.metrolisboa.pt/en/travel/diagrams-and-maps/>

Here you can check all buses and trams on diagram: <https://carris.pt/en/travel/maps/>

More information on Lisbon Urban Trains you will find here: <https://www.cp.pt/passageiros/en/how-to-travel/lisbon-urban-trains>



2.



EATING / DRINKING

Global food waste is a cross-cutting issue that starts during agricultural production and continues all of the way to the landfill. Over 30% of food is lost or wasted each year. This number is even more striking, given the large number of hungry people in the world. Wasted food is not only inefficient, it's a social justice issue. Global food waste has an enormous environmental impact, too. Food waste is a huge source of greenhouse gas emissions and wasted natural resources, and therefore – reducing food waste could help to reduce global greenhouse gas emissions, establish food security, and encourage healthy food systems.

The Portuguese waste one million tons of food annually, which is equivalent to almost 100 kilos per person, warns the United Movement against Waste, on the subject of food waste (2022). Some Portuguese newspapers estimated that around 1,5 million people are expected for the 16th WYD! Imagine how much impact we, as pilgrims, can have on the local environment.

The feeding points at the WYD will be a mixed system, i.e. WYD Lisbon 2023's own areas, restaurants or other feeding points of external partners can be used. To allow for a balanced use of all feeding points, a system is being developed that will allow pilgrims to eat at a certain place and/or pick up their food regardless of the package they have chosen.

So, how can you reduce your carbon footprint here?

– Always check ahead for places of meals' distribution for your group and check means of transportations to get there

Once you and your group will get the info about the feeding points, plan ahead how and when to get to them. Try to avoid being late, so it will make the system work better.

– Avoid food waste at the feeding points

How to do it? If it is not already packed, try to take smaller portions if you see that the served ones are too big, you can always say something in Portuguese like *“porção mais pequena, por favor”* (“smaller portion, please”).

– Try to go vegetarian / vegan

This is something that will help you back to Christian asceticism and bring you to traditions of fasting and training your strong will and your soul while you resign from some consumers' goods. For some of you it can be quite tricky or even triggering, but saving a tonne of carbon dioxide is great but switching to vegetarianism or veganism can save even more. **A Western standard meat-based diet produces about 7.2 kilograms of greenhouse gases per day, while a vegetarian diet produces 3.8 kg and a vegan diet 2.9 kg!** Think of what usually stops you to choose vegan or vegetarian options? In Portugal you have plenty of vegetarian and vegan options. Also, an interesting fact is that **Portugal was officially the first country who has made it illegal not to offer a vegan menu option.** The law was passed in 2017 and it applies to public buildings such as schools, universities, hospitals and prisons right now (as everywhere else people have the choice to go elsewhere to find a suitable meal).

– Avoid single-use packaging and over-packed food

For those few days at WYD you will definitely go shopping to buy some snacks, fruit and other stuff besides what you eat at the feeding points dedicated to WYD pilgrims. Go shopping very consciously: check how things are packed, avoid plastic packaging, packaging that you cannot recycle. Try to avoid such things like fresh vegetables and fruits in plastic, sweet snacks where every single one is wrapped in small plastic packaging; **Don't forget to have a clean tot-bag to put food or fruits inside.**

– Check for recycling system in Lisbon

You will produce waste from food packaging, for sure. We invite you to prepare yourself to get to know where to throw your waste - here is the website where you can learn a lot about recycling system in Portugal:

<https://www.expatica.com/pt/living/household/recycling-in-portugal-110896/> and we invite you to check what coloured recycle bins are for and where to throw out your trash: <https://www.wasteapp.pt/home> (This App is in Portuguese, but you can easily translate it with translating websites/apps)

– Don't waste water!

Maybe it sounds obvious and everyone knows it, but you may not be aware that the last two decades have not only been warmer on average in Portugal, but they have also been the driest since records began. It means that droughts are now more frequent, and unusually wet years are rarer. Last year it was announced a "very significant increase" in the number of areas under "severe drought", which covered 97% of Portugal. This is just one classification lower than the weather service's worst category of "extreme drought."

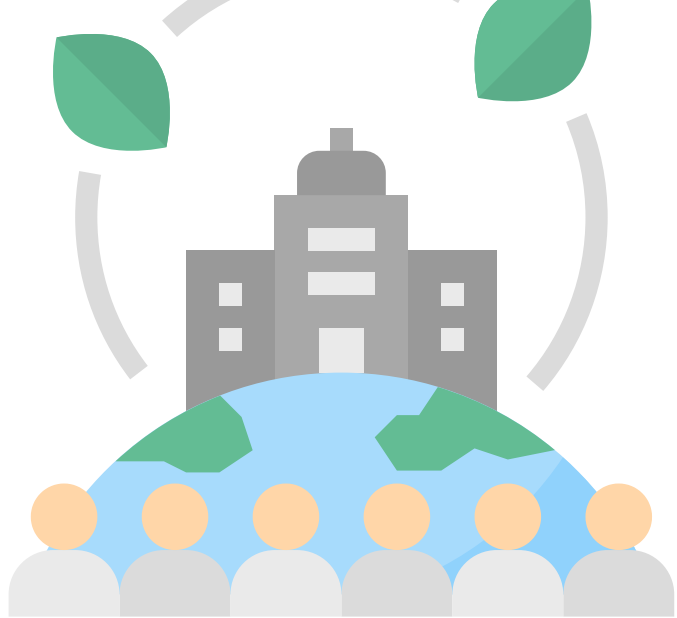
– Check what you can pack and bring to Lisbon to reduce the carbon footprint!

There are some useful, reusable things you can take with you for your pilgrimage to avoid producing additional, unnecessary waste:

- reusable water bottle - **tap water is drinkable in Lisbon**
- reusable lunch boxes to keep lunch/food in a safe way, so you can avoid additional plastic packaging
- reusable cutlery - it can get handy when you order street food and you don't want to use plastic, disposable ones
- tote bag/cotton bag - then you are always prepared to take your packed lunch to your reusable bag, not to the plastic one! There is a possibility to get one at the WYD merch store, so you will also have a nice souvenir after all.



3.



RESPONSIBLE TOURISM

We believe that people of faith always consider themselves as responsible tourists. What actually does it mean, being a responsible tourist? What do you understand as being a responsible pilgrim? Here below are some areas and ideas that can inspire you to be a better pilgrim with more conscious and responsible consumer's choices!

– Drink Organic/Fairtrade coffee/tea

Much like organic certification, fair trade certification lets you know about the origin of a product. Fair trade certified products come from all over the world, but share a common history. Farmers who grow fair trade coffee or tea receive a fair price, and their communities and the environment benefit as well.

– Take photos instead of buying souvenirs

The best way to capture the moment is now taking a photo. Anyone can do it nowadays with their cellphones. And it is definitely better for the climate! Most souvenirs, when not produced locally, travel across the world, producing GHG emissions (transportation). They are often produced from fossil fuels (plastic) and you might not want it once you are back. It is better to have something more personal, with a meaning than another piece of plastic at home.

– When you buy souvenirs, support local artists

Buy authentic Portuguese souvenirs to support local merchants. When you look for souvenirs in Portugal, choose something that is produced there. Think of

– Live with Leave No Trace principles

Have you ever heard about the Leave No Trace initiative? It consists of 7 points that will help you to plan any encounter, especially when you or your group will be invited to spend some time camping or to any activity outdoors, with nature without any harm.

–Do not collect anything (besides trash) from beaches and forests!

Wild plants, pieces of wood, interesting shapes of grasses, beautiful flowers, small insects, shells from Portuguese beaches... they all can look good in your diary or as a small souvenir BUT it can cost you a lot, even high sanctions or a few years in prison! It is because of CITES which stands for the Convention on International Trade in Endangered Species of Wild Fauna and Flora, is a global agreement among governments to regulate or ban international trade in species under threat. Be really careful and do not pick any living or dead forms of life as a souvenir. Also, consider buying things in Portugal that are not connected with animal cruelty in any kind.

LEAVE NO TRACE PRINCIPLES

Plan Ahead and Prepare

Know the regulations and special concerns for the area you will visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use.

Visit in small groups when possible. Consider splitting larger groups into smaller groups.

Repackage food to minimise waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas:

Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails.

Avoid places where impacts are just beginning.

Dispose of Waste Properly

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 15 -20 centimeters deep, at least 100 meters from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 100 meters away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

Preserve the past: examine, but do not touch cultural or historic structures and artifacts.

Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.

Minimise Campfire Impacts

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

Observe wildlife from a distance. Do not follow or approach them. Do not make unnecessary noise. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home.

Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock.

Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.



4.

HYGIENE



These new habits can be very challenging at the beginning but there is no such thing as too small acts for our planet to make. Everything counts and as Pope Francis said in Laudato Si encyclical: “Good education plants seeds when we are young, and these continue to bear fruit throughout life.”(Laudato Si’, 213) So, seed your seeds with new habits and watch them grow!

– Take showers in reasonable time

in 2023 no one should have any doubts about turning off the tap while you are actually brushing your teeth. A running tap uses 6 litres of water per minute. It is a lot! But how about a shower? A water-efficient showerhead uses approximately 9 litres per minute. An older style shower head uses approximately 19 litres per minute - that's 10 litres more! So, make it quick and use a method called “sailors’ shower” - try turning off the water while you soap yourself up or apply shampoo. It's how sailors do it to save water and you get just as clean.

– Use environmentally friendly cosmetics

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– Use environmentally friendly mosquito (insects) repellents

Portugal, like nearly every country in the world, has its fair share of poisonous insects, arachnids, snakes, and even caterpillars. You can prepare yourself to avoid these unwanted encounters by buying some repellents. Also you can consider preparing your own mixture of essential oils (be careful not to use them in direct contact with the sun - use it in the evenings, when mosquitos begin active). Mosquitoes hate the smell of lavender, citronella, clove, peppermint, basil, cedarwood, eucalyptus, peppermint, lemongrass and rosemary. And the most interesting: lemon eucalyptus oil offered 95% protection from tiny parasites like mosquitoes for up to 3 hours. All you need to do is create a mixture by mixing 1 part of lemon eucalyptus oil with 10 parts of witch hazel (*Hamamelis virginiana*) or sunflower oil. What some research shows, despite being free of chemicals and harmful substances, some of the natural repellents are stronger as compared to DEET and other synthetic repellents.



5.



YOUR EVERYDAY ECO-SPIRITUALITY ACTS

Joining the WYD is an extraordinary moment in your life. You travel to Lisbon,

– Spend a few minutes everyday outside, alone in nature

Even if the event is packed with activities and the schedule at the WYD is tight, please, take care of yourself and find at least 10-15 minutes alone, in nature, to have some moments for yourself and to “ground” your mind and soul. Studies show that a minimum of 2 hours a week spent in nature, either at one time or over several visits, is needed to significantly increase your health and well being. Also, try to pray outdoors, in nature.

– Download and use the Laudato Si’ Prayer Book

Do you lack prayers and reflections on environmental topics? Go to [the Laudato Si Movement](#) website and download the Laudato Si’ prayer book which will help you find a suitable prayer for you or the situation you are in.

– Pray and give praise for God’s creation

Look around every time you are outdoors. Look at the pieces of nature created by God’s hands. The physical experience of the grandeur of creation helps raise souls to higher planes as well. Put yourself as a part of this larger picture of Creation and contemplate the greatness of God. As amazing as the Earth is, how much more amazing must the one who made it be? What kind of mind is capable of conceiving of something so beautiful and so loving to bring it to be?

– Pray while shopping

It might feel weird for some of you but in fact it can be a great spiritual exercise in times of overconsumption of goods and to avoid impulsive shopping.

First of all, give thanks for the ability to shop and pray for those who lack resources you enjoy at the moment. Take a few moments as you shop to say “thank you” for the means and ability to go shopping. Ask for the wisdom to be a good steward - every time you shop you have the opportunity to exercise wisdom. Will you buy things just because you can, “that you may spend what you get on your pleasures” (James 4:3)? Will you shop according to God’s values, taking into account not only your desires but also the effects of your purchases on yourself, your family and others? Ask God to help you spend wisely.

Pray for those who grew or made the items you see - ask God to help and bless the farmer who grew your vegetables or coffee beans and the labourers and manufacturer who made the shoes or souvenirs you buy. Pray for those who will receive and enjoy the things you buy and pray for those who serve you in the store.

– Try to listen to “the cry of the Earth and the cry of the Poor” everyday and act on it

Look around and find for yourself an opportunity for an act of kindness towards nature and people. You can pick up trash from the ground, you can turn the light off if someone left it on accidentally. All small everyday acts strengthen your heart and stretch your empathy.

– Join the Rise Up Encounters at the WYD

Rise Up is a new model of World Youth Day catechesis which challenges the youth to reflect about big themes pointed out at Pope Francis pontificate: Integral Ecology, Social Friendship and Mercy. <https://www.lisboa2023.org/en/rise-up>

In order to give young people an experience aligned with the synodal path lived in the Universal Church, a series of Preparatory Encounters is proposed to occur at a local level, in the months of April, May and June of 2023, with content that provides spaces of reflection, listening and sharing, on the themes: Integral Ecology, Social Friendship and Great message of God's love.

You can read more here: <https://www.lisboa2023.org/en/rise-up>

During the WYD Lisbon 2023 week, the Rise Up Encounters, organised in close collaboration with the Dicastery for Laity, Family and Life, will occur on the mornings of the 2nd, 3rd and 4th of August in churches and other spaces near the pilgrim reception places, all divided by language.



6.

ARE YOU LOOKING FOR MORE?

– Plant a tree

St. John Paul II invited us to encourage and support ‘ecological conversion’, seeking to make the goods of the earth available to all (Catechesis of 17 January 2001). It is in this spirit that Pope Francis, in his encyclical *Laudato Si’*, invokes St Francis of Assisi as an example of care for an integral ecology, lived with joy and authenticity (*Laudato Si’* 10). Pope Francis also expresses in the same encyclical the concern for the loss of biodiversity due to the lack of adequate analysis of the substitution of wild flora (*Laudato Si’* 39).

Bearing in mind that “the environment is a collective good, the heritage of all humankind and the responsibility of all” (*Laudato Si’* 95), the World Youth Day Foundation Lisbon 2023, in partnership with the Global Tree Initiative (GTI), launches a worldwide tree-planting challenge that aims to raise awareness of the importance of biodiversity and climate change, bringing to public attention its effects. You can register your tree planting activity and learn more here: <https://www.lisboa2023.org/en/worldwide-tree-planting>

– Sign up for the *Laudato Si’* Animators course

it is a course run by the *Laudato Si’* Movement and become a part of it! You can read more about the course here: <https://laudatosianimators.org/>. *Laudato Si’* Animators are members of the global community of prayer and action who take action in their local parishes and communities, engaging in ecological spirituality, sustainable lifestyles and advocacy for social change. Animators work to bring Pope Francis’s encyclical *Laudato Si’* to life and care for our common home.

– Read the Laudato Si' encyclical

Laudato Si' is an encyclical of Pope Francis published in May 2015. It focuses on care for the natural environment and all people, as well as broader questions of the relationship between God, humans, and the Earth. The encyclical's subtitle, "Care for Our Common Home," reinforces these key themes. An encyclical is a public letter from the Pope developing Catholic teaching on a topic often in light of current events. Laudato Si' is addressed to "every living person on this planet" (Laudato Si 3). Hence, it is offered as part of an ongoing dialogue within the Catholic Church and between Catholics and the wider world. It will be a great exercise for you to learn what the Catholic Church says about climate and environmental issues in light of faith!

You can find the text of the encyclical here:

https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html





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