



European Sustainable Energy Seminar

17-19 August, 2026

Venue: Nordic Folkecenter for Renewable Energy, Ydby, Denmark



Policies for Sufficiency as Climate Policies Presentation of sufficiency policies and proposals from Latvia

Janis Matulis, Latvian Green Movement



Presentation is part of Proceedings: https://inforse.org/europe/seminar_2026_INFORSE-Europe_Denmark.htm



Swedish Society
for Nature Conservation



Latvijas Zaļā kustība
Latvian Green Movement



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Erasmus+



Naturvernforbundet
Friends of the Earth Norway



Eesti
Roheline
Liikumine
Estonian Green Movement



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INFORSE-EUROPE
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YEE
YOUTH AND
ENVIRONMENT
EUROPE

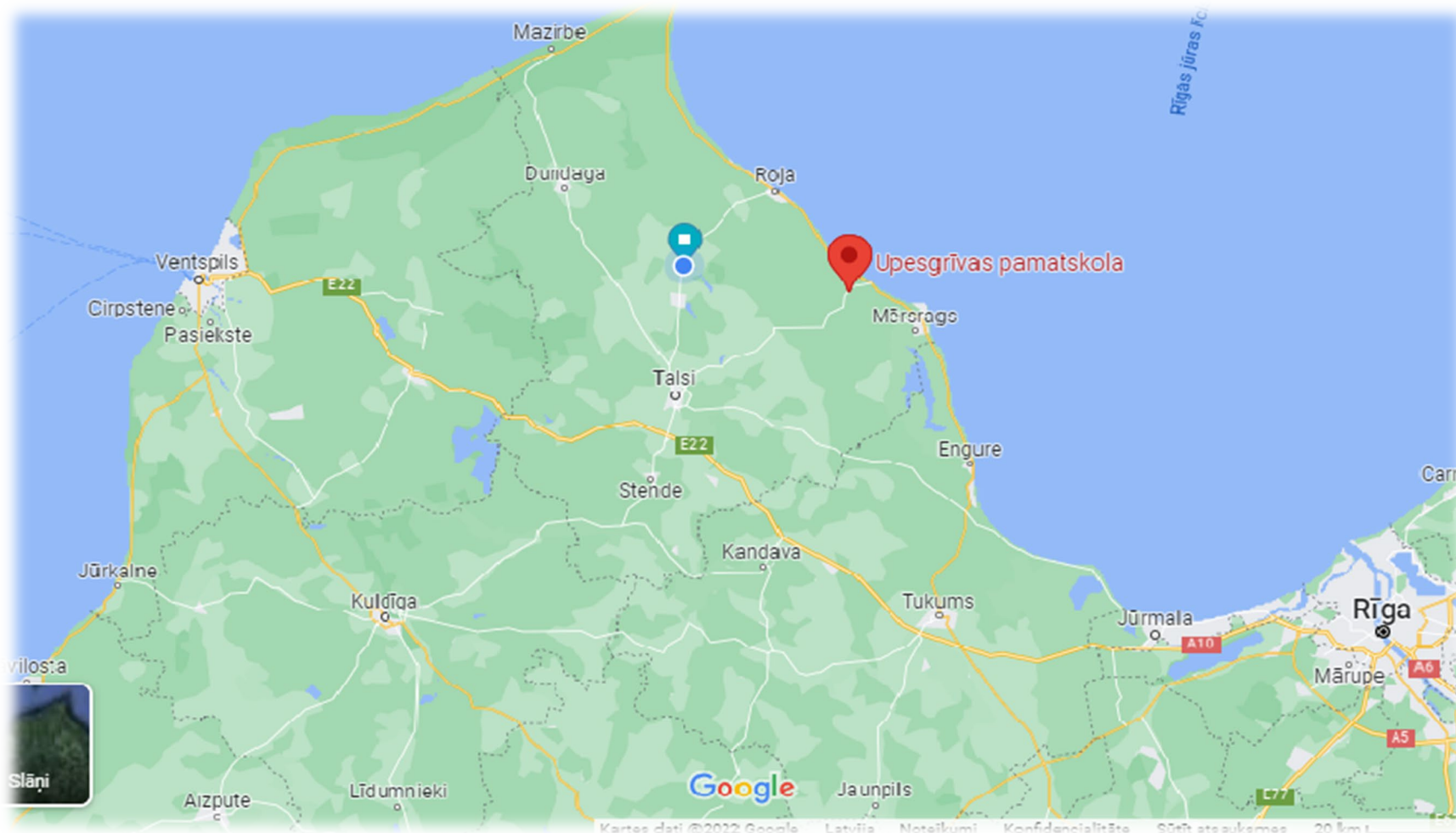


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Our school-the best in Latvia

Address: „Upesgrīvas School", Talsi region,
Distance to the coast: 3.5 km;



Contacts

upesgriva.skola@talsi.lv

[+371 29474154](tel:+37129474154)

A spacious area for
relaxing in your free
time.



School visitors can use government-funded guesthouse services.

- Living in the dormitory
- Accessible toilet



The collaboration with Latvian Green Movement strengthens environmental education through: coastal research → wetland restoration → waste collection competitions → youth forums → biotop awareness and restoration activities



Coastal Clean-up

- We took part in coastal clean-up events.
- We collected and sorted waste.
- We cleaned beaches and dune areas.
- We learned to care for the environment through practical work.



Coastal Research and Environmental Education

- Piedalījāmies “Coast Watch” piekrastes monitoringā.
- We studied beaches, dunes, pollution and the condition of nature.
- We took part in Coastal Youth Forums.
- We expanded our knowledge about climate, the environment and coastal protection.



Grey Dune Restoration

- We took part in preserving Grey Dune habitats.
- We removed young pine trees and reduced overgrowth of the dunes.
- We learned about specially protected coastal habitats.
- We learned why it is important to protect dunes.



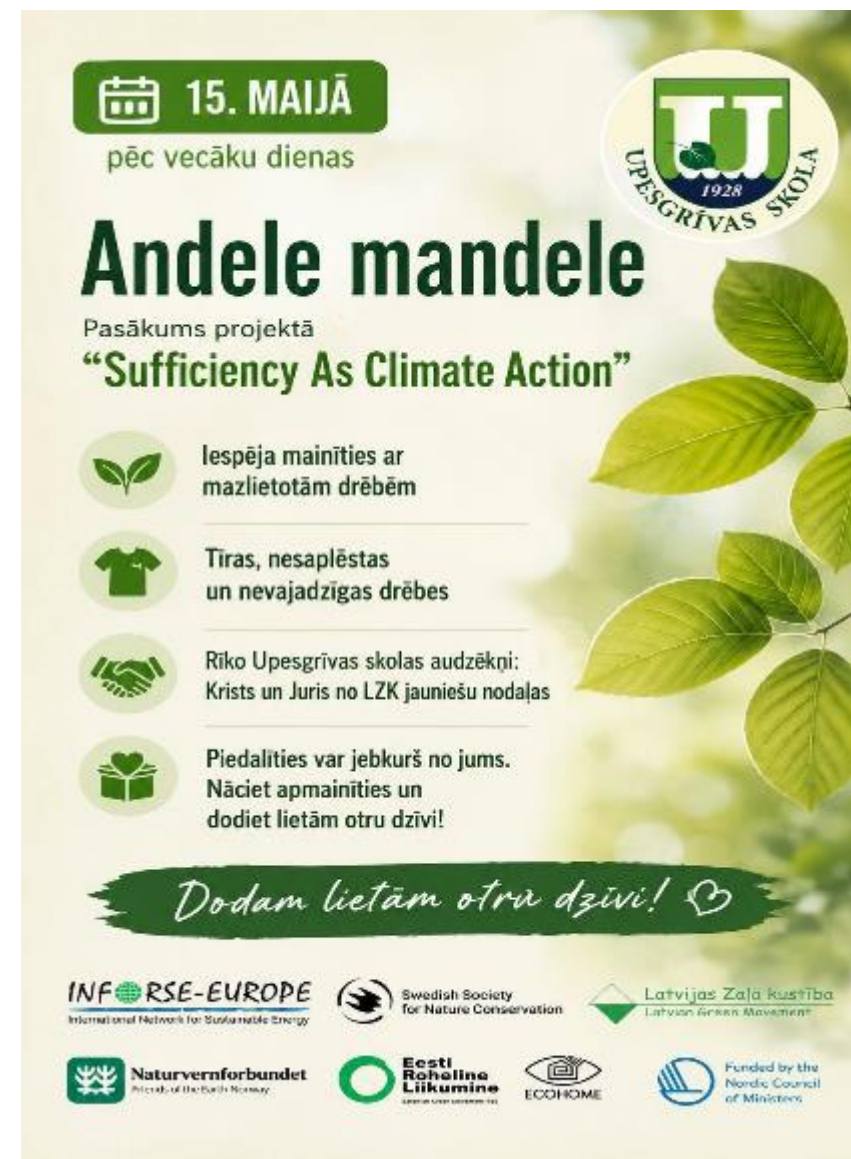
“Clean Games” – Tīrās spēles

- We combined environmental clean-up with team competitions.
- We collected and sorted waste, completed tasks and earned points.
- We developed teamwork, responsibility and team spirit.
- Upesgrīva teams have also achieved prize-winning places and victories.



“Andele Mandele” – Giving Things a Second Life

- The school organized a clothing and household goods exchange event as part of the INFORSE project "Sufficiency as Climate Action". The event aimed to give new life to clothing and household items by recycling resources and reducing waste. The event was prepared with the help of active Upesgrīva students, school staff, and parents. We learned that sustainable consumption also involves practical actions for the climate.
- https://www.tiktok.com/@zalielv/video/7640067368336641302?is_from_webapp=1&sender_device=pc



Why we are the best? We are the greenest.

- We produce our own food;
- We can stay over night all the working days, thus we do not use transport so much;
- We are active in green projects and we teach our school youth about sustainability and climate;
- We learn profession;
- Participation in INFORSE project
 - Participation in Seminar in Tartu, Estonia, April 20;
 - Andele Mandele (second hand things market);
 - The 5th Coastal Youth Forum in our school, August 24 - 26.



Thank you for your attention!

Read more:

Project ***Sufficiency as Climate Actions***



<https://zalie.lv/inforse-projekta-sufficiency-as-climate-action-tiksanas-igaunija/>



https://inforse.org/europe/Sufficiency_as_Climate_Action_Project.htm