

THE DECALOGUE

1. MOBILITY

Passion has no limits.

When traveling – even when you fly, which is the most polluting form of transport – you can still do a lot to reduce your environmental impact, choosing to offset your emissions. Don't forget to always flag that option!

In Udine, you will have free public transportation tickets at your disposal, so that you can easily move around by bus!

For any other travel, choose shared mobility when possible: it's good for you, it's good for the environment!

2. RECYCLE

A small act can make a huge difference: don't forget to recycle!

By sorting your waste, you help recycling, give new life to many materials and contribute to the circular economy.

But you can do more! Be mindful when shopping: avoid single-use plastic and, only if you have to, choose 100% recyclable solutions.

In Udine, we will give you a handy aluminum water bottle! Each time you fill it, think about how many unnecessary plastic bottles you are sparing!

3. WATER

In some places, a barrel of water is more expensive than one of oil!

Water resources are among the most precious yet scarce, so they must be protected.

Use only the water you need when showering, brushing your teeth or cleaning, and let it run as little as necessary.

In Udine, just like anywhere else, always remember: every drop counts, whether in the hotel or in the locker room.

4. FOOD

Different places, different dishes to discover!

Choosing local, zero-kilometer products reduces the environmental impact and lets you discover genuine local food and traditional dishes.

Try to minimize the consumption of meat and other animal products, and prefer a healthy diet rich in fruits and vegetables.

In Udine, you can enjoy the best of Friuli Venezia Giulia's delicacies: don't miss the chance to try the *frico* (a cheese and potatoes dish) or the *sclopit* (a herb used in omelets and salads).

5. ENERGY

Between bouts, it's important to refresh your mind!

Oxygenating your body and mind is crucial... but without wasting energy! Never forget to close windows and doors, especially in winter. This way, you will prevent heat dispersion and reduce the energy needs of the buildings where you train or compete.

In Udine, the competition will take place in the large fair pavilions, huge spaces that require a lot of energy to heat. We are committed to using energy from renewable sources as much as possible: with your help, we can save energy!

6. LAUNDRY

The scent of victory is the result of hard work, passion... and quite a bit of sweat!

When washing your sportswear, make sure to use environmentally friendly detergents and avoid high-temperature wash if it is not necessary.

In Udine, even if you are not doing laundry, you can help the environment by properly managing things like your hotel room's towels. If you have any doubts, ask the hotel reception: they'll be happy to help you!

7. SPORTSWEAR

Clothes don't make the man... or do they?

Choose sustainably produced garments and, more importantly, recover and reuse. Do not throw old clothes away with unsorted waste: always use the appropriate containers for textile materials. In doing so, you will help save glaciers, because particles from burning clothes end up in the air and reach the ice caps!

In Udine, thanks to our partners, the fabrics from old advertising materials from previous editions of the competition will have a new life, becoming backpacks, pencil cases and small bags that will replace trophies at award ceremonies!

8. ECOLOGICAL FOOTPRINT

Leave a mark... but only on the piste!

Everything we do has environmental consequences, but there's a way to measure them and find out how to reduce them. Online, you can find several methods to calculate your ecological footprint. We suggest the one proposed by WWF: footprint.wwf.org.uk.

In Udine, you can learn how we've committed to improving the Junior World Cup in terms of carbon footprint. Visit us at the transport office: we'll be happy to give you any information you ask and some useful tips!

9. AVOID WASTE

Would you ever make a pointless attack? Of course not!

In life, just like in sport competitions, wasting energy is never a good idea. With the right approach and with a bit of attention, even small actions can lead to great results: reduce waste to increase success!

In Udine, don't order more food than you will eat and remember that the aluminum bottle that you received is thermal: there's no need to refill it every time you want to drink cool water!

10. RESPECT

Opponents on the piste, friends in life!

Always carry with you the values of fencing and sport, such as respect for others and fairness towards your opponent. Treat everyone you meet – even the most different from you – with kindness and humanity.

Here in Udine, you will meet athletes from over 50 countries around the world. Before lowering the mask, exchange a smile... and may the best one win!