



“Julefrokost”

- Sustainably

Motivation

2018 was the year where the Sustainability Influencers were founded and had their first Christmas together. In celebration of this, we wanted to have a big Danish Julefrokost (e.g. the notorious Danish tradition for a Christmas party). To walk the talk, we wanted to see how to make such a party sustainable. To partake in the celebration, we invited colleagues & friends. We even invited our partners and associates, for a reception beforehand, to make a bigger fuss out of it.

It has become custom that parties are about overabundance and being care free. A contrast to the everyday life. However, we wanted to prove that we could create a great party, one about community and celebration of life, while still caring about our consumption and impact.

Still, one does have to think about guests' expectations. Do the guests have strong relations to traditions or are they willing to compromise and learn something new? Are we bold enough to push people regardless of their expectations? Further, there is the issue of how sustainable these parties can be. Considering the budget and conflicts. Where should one compromise and what should be prioritized?

We found that the way to create a sustainable Christmas party was to be conscious of our prioritizations. To us, the most important thing was not to give in to overabundance and think about the keywords: reuse and recycle. We are of the belief that collectively we can achieve greater awareness on the sustainability issues. Therefore, we encouraged all guests to come together in creating the best Christmas party collectively, by adding their own details to the party.

We ended up having a modest yet grand party, as all people involved created the magic.

Some would call sustainability common sense. But the preparations of the party taught us that common sense depends on perspective, even between the Sustainability Influencers. Thinking sustainably is about being aware, understanding and caring. While sustainable actions are not yet implicit, one must consider every detail of party planning to make it as conscious as possible, and something you personally can vouch for.

The following inspirational paper is made based on a Christmas party, but the principles, thoughts and concepts can be used for any given party or even in everyday life. It is all about being conscious of our choices, and aware of our impact, while enjoying life.

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Inspiration & Considerations

A sustainable event can be made within any range of budget. Homemade food or decorations, reusing, recycling, buying seasonal and local often helps the budget. Making the guests engaged in the party by including them in creating the evening together, proved beneficial for us. It helps the budget and creates a feeling of community and understanding of the concept of a sustainable party.

NB! The party does not need to be about sustainability, but it should become common practice that we are aware and take responsibility of the way we act. Sustainability is not a party theme, it is a way of thinking.

These ideas and concepts are meant to be copied and pasted – go crazy and create the most fun inspiring party you can think of within the sustainable framework.

Enjoy!

Food:

- Organic, local and seasonal

Buy as organic, local and seasonal as possible. Buying organic, seasonal vegetables is often, in contrary to many beliefs, not that expensive. Buying local produce is an important aspect to consider, as organic produce is not necessarily sustainable. Buying produce that is in season can also help keep the budget down.

- Meat

Meat is fine but consider it as a luxury. If you choose to order meat, then buy it of high quality, local and organic. Always choose quality over quantity. The meat can be a lush addition but should not be the main component. When shopping or ordering catering, many companies and kitchens are now creating beautiful and delicious alternatives to meat, that you can explore.

- Be conscious of your priorities

If you really crave something that is not perceived as very sustainable, then serve it and enjoy it, as long as you are conscious about the luxury it is.

- Bring food container

Encourage guests to bring containers to take home leftovers from the dinner. This will ensure that no food goes to waste! (And students will surely be happy.)



Beverages:

- Apple Glögg

Glögg made on apple juice is delicious and it is cheaper than glögg made on wine (Danish apple juice is also a local product in contrast to wine). To accommodate guests who do not drink alcohol, add the preferred alcohol to the cups afterwards.

- Modesty

Buy organic, local beverages, non-alcoholic alternatives, and at an amount that is enough for the concept of the party. If you have bought too much, remember alcohol can always be kept and used for the next party.

- BYOB

If on budget, ask the guests to bring their own alcohol. If it is a part of the concept, they will understand.

- Recycle

Remember to recycle all bottles and cans – and don't use one-time-use cups. #noplásticosfantastic

Decorations:

- Compostable decorations

Use decorations you find on the forest ground – do be aware of the laws regarding cutting branches of trees.

- Reused decorations

The different thrift shops often have Christmas decorations. Otherwise encourage guests to bring some of their old decorations from their dusty boxes, instead of creating new ones. Make a party-box of all the gathered decorations to be re-used in the coming years.

- Personal decorations

Urge the guest to bring a decoration that has personal value to them, as a way of creating the evening together with the guest.



Activities:

- Take a walk with warm glögg in your hands.

A way to calm down and small talk while enjoying the nature and fresh air.

- Make a decoration section

This can be used for a reception before the party. Make a table where people can cut and fold hearts from old newspapers and magazines. It worked great as a conversation starter.

- A very awesome dancefloor

Self-explanatory – it's not a new edition, but important.

- Kitchen team

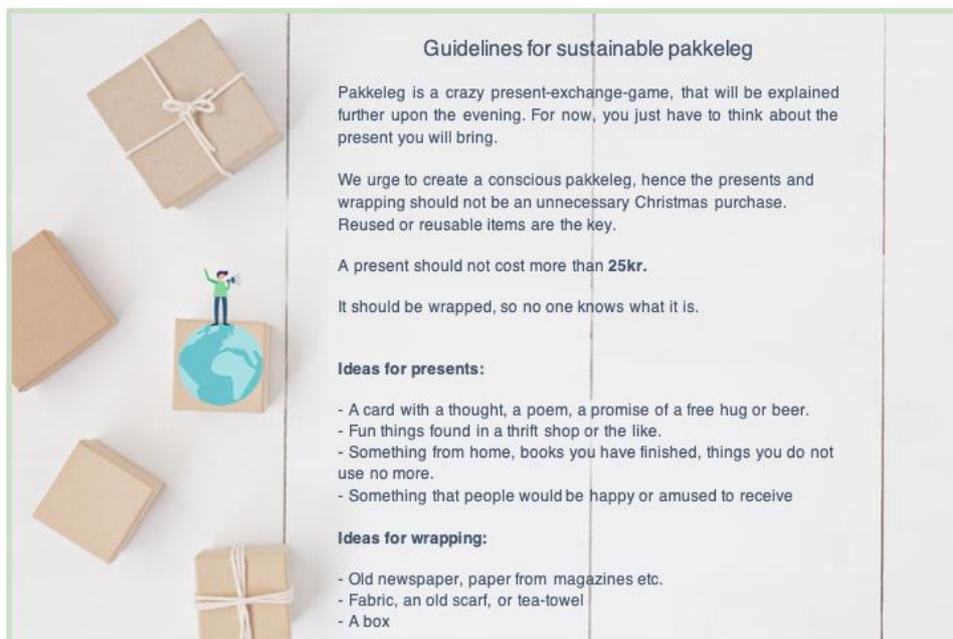
A group of volunteers to collect plates and quickly clean up the kitchen for the greater good.

- Entertainment

Maybe you have a musician or comedian in your network – call them and ask if they want to help in making the best party of the year.

- Sustainable "pakkeleg"

Find a Dane that understand the rules. We found that this game was hilarious standing around a table. It is especially convenient if you are many people. Warning: Potential for people running and fighting for their presents. The guidelines of how to think the game sustainable, follows:



Guidelines for sustainable pakkeleg

Pakkeleg is a crazy present-exchange-game, that will be explained further upon the evening. For now, you just have to think about the present you will bring.

We urge to create a conscious pakkeleg, hence the presents and wrapping should not be an unnecessary Christmas purchase. Reused or reusable items are the key.

A present should not cost more than **25kr.**

It should be wrapped, so no one knows what it is.

Ideas for presents:

- A card with a thought, a poem, a promise of a free hug or beer.
- Fun things found in a thrift shop or the like.
- Something from home, books you have finished, things you do not use no more.
- Something that people would be happy or amused to receive

Ideas for wrapping:

- Old newspaper, paper from magazines etc.
- Fabric, an old scarf, or tea-towel
- A box



