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Sustainability Incentives for Participants of the ICU European Cheerleading and Performance Cheer Championship 2025





Contents

| | |
|----------------------------------------------------------------------|---|
| 1. Introduction – Your Contribution Matters..... | 3 |
| 2. Purpose and Objectives | 3 |
| 3. Recommendations | 4 |
| 3.1. Team Leadership, Coaches, Support Staff, and Participants | 4 |
| Encourage participants to use sustainable travel options. | 4 |
| Emphasis on Waste Management..... | 4 |
| Equipment and Accessories | 5 |
| Resource and Energy Conservation..... | 7 |
| Nutrition | 7 |





1. Introduction – Your Contribution Matters

Dear participants of the ICU European Cheerleading and Performance Cheer Championship,

We are delighted to welcome you to Ljubljana, the green heart of Europe, and to Slovenia, a proud holder of the Green Destination title. As organizers, we are committed to sustainable development and environmental protection, striving to make this championship as eco-friendly as possible.

We believe that together we can make a significant impact for our planet. Every step you take, from choosing sustainable transportation to mindful waste management, will contribute to reducing the environmental footprint of this event. By working together, we can demonstrate that sports and environmental responsibility go hand in hand.

We invite you to join us in this green vision and contribute to the sustainable execution of the championship through your actions. Please read the recommendations carefully and share them with all participants, as these measures apply at various levels – from leadership and support teams to coaches and each individual athlete.

Thank you for helping us set new standards for the sporting events of the future!

Your effort matters!

2. Purpose and Objectives

As the organizers of the 2025 European Cheerleading Championship, we are committed to sustainability and environmental goals. Our mission is to create an event that respects nature and the local community. To achieve this, we have implemented a series of measures to minimize the championship's environmental footprint.

Our objectives:

- Encourage the use of public transportation.
- Promote carpooling among visitors.
- Emphasize waste separation and recycling.
- Encourage drinking water from fountains and taps in the venue.
- The organizer, together with partners, will not provide bottled water.
- Prioritize local food for participants' meals.
- Reduce food waste through pre-ordered meals.
- Offer at least 40% of meals as meat-free options.
- In cooperation with partners, the organizer will aim to recycle or donate leftover food to vulnerable groups.
- Provide recommendations for the use of cosmetic products and makeup.
- Encourage participants to use sustainable travel options.
- Organize group transportation for participants to the venue.
- Utilize electric or hybrid vehicles for the organizer's needs.



We believe that, together, we can achieve our environmental goals and set an example for future generations of sporting events. Thank you for being part of this commitment!

3. Recommendations

3.1. Team Leadership, Coaches, Support Staff, and Participants

Preparations for the ICU European Championship begin months before the event itself. When planning your travel, accommodation, and participation in the championship, we recommend the following actions to reduce your carbon footprint and protect the environment:

[Encourage participants to use sustainable travel options.](#)

We recommend that teams located less than 1,000 kilometers from Ljubljana opt for land transportation instead of air travel. Slovenia, as part of the European railway network, has established regular train connections with many neighboring countries and cities. Traveling by train, potentially in sleeper cars — can be a unique and environmentally friendly experience.

For teams requiring air travel, a charter flight offer can be arranged through our partner travel agency.

If you plan to rent a private vehicle for travel to Ljubljana, we suggest choosing an alternative fuel option, such as electric, biofuel, hybrid, or gas-powered vehicles. If driving is unavoidable, we encourage carpooling with other teams. If your team is staying in the same or nearby accommodation and your vehicle allows, we recommend sharing transportation to and from the venue.

During your stay in Ljubljana, we encourage the use of sustainable transportation. Depending on your accommodation location, you may be able to walk to the venue, as Tivoli Hall is centrally located and surrounded by pedestrian paths, making Ljubljana a pedestrian-friendly city.

Ljubljana is also a bike-friendly city, equipped with a network of cycling lanes and a public bike rental system. Download the BicikeLJ app for easy access to rental bikes throughout the city.

Public transportation in Ljubljana is convenient and efficient. The organizers are working to arrange free public transport for accredited participants and ticket holders during the event. Further details on this initiative will be provided later.

[Emphasis on Waste Management](#)

Slovenia has a long-standing tradition of waste separation, which is also in accordance with European guidelines. Please adhere to these practices and inform your participants about waste management in Slovenia.

Waste Separation in Ljubljana:



The organizers will provide enough bins and containers for waste separation at and around the venue. We strongly encourage all participants and visitors to dispose of waste responsibly and separate it correctly.

To minimize waste production, we kindly ask participants to avoid using single-use packaging—such as plastic bottles, cutlery, and plates. Instead, we recommend using reusable bottles made from sustainable materials.

Tap water in Slovenia is clean, safe, and drinkable, so we encourage all participants to refill their own water bottles at public water sources.

At the same time, we encourage participants to stop using single-use bags and instead bring reusable bags made from sustainable materials.

[Equipment and Accessories](#)

Consider using environmentally friendly equipment and accessories even before your arrival. Team apparel, bags, and footwear can be selected in accordance with sustainability standards.

For clothing, we recommend choosing products with sustainability certifications such as EU Ecolabel, The Oeko-Tex Standard 100, GOTS (Global Organic Textile Standard), Cradle to Cradle Certified, and similar.



Competitors at championships are significant consumers of various cosmetic products. Since the team's appearance is often coordinated, we recommend choosing brands committed to ecological and sustainable production. Look for certifications such as EU Ecolabel, Cosmos Standard – AISBL, NaTrue, Ecocert, and Nordic Swan Ecolabel to guide your choices.



COSMOS-standard AISBL
 Organic and natural cosmetics – setting the standard for people and planet



Resource and Energy Conservation

During the championship, we kindly ask you to contribute to energy conservation. Please ensure that any electronic devices are switched off when not in use and not left on standby. Turn off lights when leaving rooms and use heating or air conditioning sparingly.

Slovenian tap water is clean and safe to drink, and we will provide access to public drinking water stations at the venue. At the same time, we encourage you to use water responsibly and avoid unnecessary consumption.

Nutrition

The organizer, in cooperation with food service providers, will aim to reduce the number of beverages offered in plastic bottles and ensure the use of wooden cutlery and reusable drink containers. We will strive to offer fewer meat-based meals, replacing them with equally nutritious vegetarian options.

Food providers will use locally sourced ingredients to prepare meals. To minimize food waste, we kindly ask participants to consume food responsibly. In collaboration with partners, the organizer will make efforts to properly recycle leftover food or donate it to vulnerable groups.

