

Innovative Environmental Education ECO-COMPASS MODULE 4

Active participation in the creation of a green society

Training material for participants

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Inovatívne budovanie ekologického povedomia a kultúry rozvíjaním environmentálnych zručností a formovaním postojov občanov s mentálnym postihnutím

Innovative building of ecological awareness and culture by developing environmental skills and shaping the attitudes of citizens with mental disabilities



Innovative Environmental Education ECO-COMPASS – Training material for participants

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The main objective of the project is to support social inclusion and lifelong learning of people with mental disabilities by developing their environmental skills and competencies, shaping their environmental attitudes and responsibilities through education based on international experiences. The project specifically focuses on supporting and developing international cooperation of participating organizations, building, and strengthening partnership networks and professionalization of organizations.

Innovative Environmental Education ECO-COMPASS ensures developing the environmental skills and competences of professionals and people with mental disabilities, shaping their environmental attitudes and environmental responsibility through innovative education based on international experience.



Coordinated by civic association Spoluprácou pre lepšiu budúcnosť - Veľký Meder and edited by ECO-COMPASS consortium
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1. Introduction

This section, is about how we can contribute to the development of a green society. Everyone is equally responsible for their own behaviour. How to act as an environmentally friendly person? We will learn why we need to protect nature, what environmentally friendly thinking is like and why we need to take care of our environment for a better future.

"Responsible consumer behaviour" - this section is about how to buy. Why should we write a shopping list, what products should we buy, why should we buy environmentally friendly products, why should we buy from local producers, what are the rules of conscious shopping.

"Waste collection and recycling" - in this section, we can learn why waste must be sorted, what kind of waste can be sorted, what colour container and what kind of waste can be thrown away. We will also learn why we compost waste in gardens, why we cannot throw hazardous waste into the waste collection container and what kind of waste can be recycled. We also get an answer to what is made of plastic bottles by recycling them.

"Transport and nature conservation" - in this section, we will learn how to protect our environment by making the right decisions when we decide to travel on foot or by bicycle instead of the car. In the city, instead of the car, we choose public transport, bus, train or the metro. This is also how we protect nature. We can learn about climate change and the harmful effects of gasoline and diesel.

"Motivation for a sustainable lifestyle with the help of social activities" - in this section we can learn about "green motivation". We will tell you how we celebrate "Earth Day" together, "That World Animal Day", "Bird and Tree Day" and "World Bee Day". What do we do on these holidays and what do we call attention to?

How to celebrate "Earth Day", "World Animal Day", "Bird and Tree Day" and "World Bee Day". What do we do on these holidays and what do we call attention to?

If you buy less, you collect waste selectively, you recycle waste, you travel on foot instead of the car, you also protect the environment!

2. Active participation in the creation of a green society

2.1. Responsible consumer behaviour



2.1.1. What is important to know?

The most important question of the 21st century is whether humanity can solve the problems appearing in its environment and society. Can you transform your thinking and behavior for a good and sustainable future. (Imre, G. V. (2013). Társadalmi részvétel helyi környezeti ügyekben.)

Responsible consumer behaviour

- Nowadays, consumption is increasing to a great extent.
- Economic growth has limits and limitations, which we must take into account.
- This is why environmentally conscious behaviour is important. This means a lifestyle change in our lives.
- In our decisions, we must take into account the protection of our environment and reduce our own consumption.
- It is necessary to reduce our consumption in order to protect our environment and society.

Many research has been devoted to examining and explaining shopping habits. Who buys what product in which store. Sometimes the purchase is also influenced by our mood.

We know two types of consumption. One is functional consumption, the other is symbolic consumption.

Functional consumption is consumption when we buy and consume the products we need. We only buy as much as we need. When shopping, we often compare the quality and prices of individual products. In this case, we usually choose the cheap and medium quality product.

Another form of consumption is **symbolic consumption**. In this case, we buy products that we don't really need. In such cases, shopping is an experience for us, it improves our mood. This is called experience shopping.

Let's be responsible consumers. This means conscious and critical consumption. It is based on two expectations.

The first: consume less, the second: what you consume should be sustainable.

Responsible consumption is characterized by: awareness – pre-considered purchases.

Forms of conscious shopping:

- – **task-oriented shopping**, the goal of which is to complete the task as soon as possible. In such cases, the products necessary for the individual or the family is purchased.
- **smart shopping**: in this case, the customer buys products, which price and quality are suitable for him.
- **buying discount products**: in this case, the customer can buy the product cheaper; in this case, be careful not to buy a low-quality product, and don't buy unnecessary ones from the cheap ones either.
- **constant hunting for good products**: in this case, the customer constantly monitors when the desired product appears and when it is cheaper.
- **obtaining an individual offer**: in this case, the customer can receive a special good price offer for the given product..

Critical consumption means that when buying, we review the quality of the product and whether it is expensive.

A condition for sustainability is environmental awareness.

Sustainable development is achieved by observing the rules of environmental protection (environmentalizmus). This means harmonizing the rules of economic + environmental + social development.

It is important to learn about the way the product is produced. Buy healthy, high-quality products.

The **"green" consumer** learns about how the product was made before purchasing. Was the production environmentally friendly? Such products are marked with a green mark. The best-known green (environmental) mark on products is "EU - Jour Europe". There is also a list of green products, published under the name "Catalog of green products with environmental EU label".

Why buy "green" products?

These products come from a nature-friendly environment and have natural ingredients. These products are often sold in recycled packaging and have an (environmental) green label. Such a textile brand is, for example, the "GOTS" biotextile brand (Global Organic Textile Standard), a textile produced from natural materials. The raw material of biotextile products is most often bio-wool, bio-cotton, bio-linen. Their production requires great care. Most often, the plants and animals required for the raw material are grown in organic farming. No artificial fertilizers or chemicals are used in the cultivation of organic plants.

The raw material produced in this way is also processed and packaged in an environmentally friendly manner.

When buying a cleaning agent, it is important to consider that the product is environmentally friendly, since it is used in the kitchen near food.

The customer card can also be an environmentally friendly "ecological card". It is made of biodegradable material, so it can be composted together with natural materials.



Organic products are not cheap, but they are of high quality, healthy, and by purchasing them you contribute to the protection of our environment.

Toy - green product characteristics: made of natural materials, ingredients: wood, post, mat.



In summary: The four points of an environmentally friendly, smart purchase:

1. We should write a shopping list: Write down only what you need.

2. We should buy fresh goods from local producers at markets.

When buying, we not only think about what and how much we buy, but also that the product comes from an environmentally friendly environment.

3. Pay attention to the packaging.

We put the purchased goods in baskets made of natural materials, canvas bags and satchels instead of advertising bags made of plastic.

4. Take some time to learn about the ingredients. The use of additives makes food tastier and more desirable, but this happens at the expense of our health. Therefore, choose products that contain only a few additives (flavor enhancers, dyes, preservatives).



2.1.2. Questions

Responsible consumer behaviour

1. How many types of consumer behaviour do we know?
2. What does the term "green consumer" mean?
3. What is symbolic shopping?
4. What is conscious shopping?
5. Why should we buy "organic" products?



2.1.3. Practical tasks – worksheets

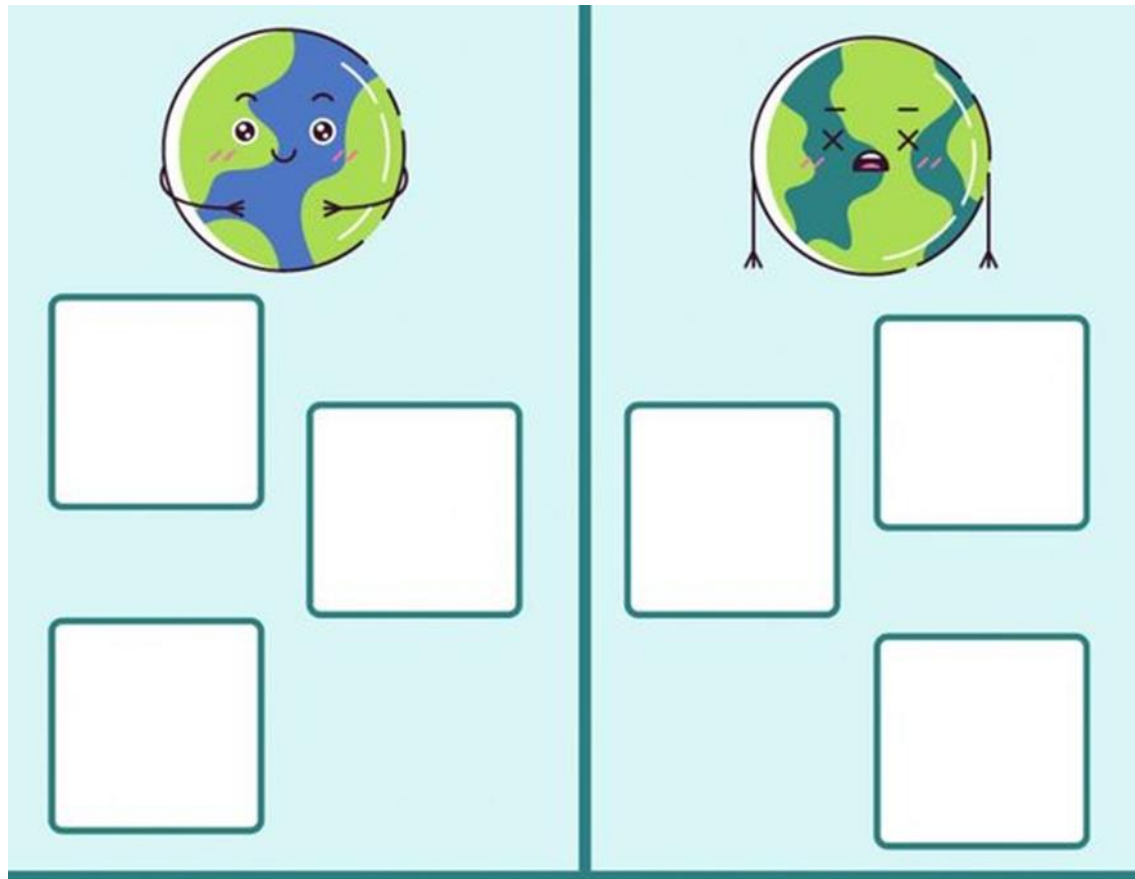
Responsible consumer behaviour

Worksheet 1 - Tell me what you see in the pictures!





Worksheet 2 - Cut it out and stick it in the right place!



2.2. Waste collection and recycling



2.2.1. What is important to know?

Waste collection and recycling

In order to protect our environment, it is very important to correctly separate, classify and recycle waste.

What is selective waste?

It means the separation of waste of different materials.

Why should waste be collected selectively?

So that it can be recycled.

What kind of waste can be collected selectively?

Paper, plastic, glass, metal.

Recycling is a common task with which we can contribute to the protection of our environment.

Selective waste collection calendar

Every city and village plans in advance which days the collected and sorted waste will be taken away from the houses. At this time, the big garbage trucks go to the houses to take away the waste. The municipality tells you when and where the garbage truck goes to pick up the waste.

We use containers marked with different colors to collect individual waste.



In the **blue container**: we collect only clean paper-based waste.



Allowed: This can include newspapers, booklets, envelopes, books, wrapping paper and cardboard boxes. Boxes and cartons must be flattened before throwing them away so that they take up as little space as possible.



Prohibited: It is not allowed to throw food residues and other oily, greasy papers into the container. Do not throw in used tissue, paper towels and napkins either. Diapers and used sanitary napkins must not be thrown here.



We collect plastic-based waste in the **yellow container**.



Allowed: This includes soft drink and mineral water PET bottles, household bottles, cosmetic bottles, clear films and plastic bags found in households. This includes the rinsed sour cream and yogurt cups. Plastic bottles must be placed in the bin flattened.



Prohibited: Do not throw chemical, greasy bottles or plastic toys here.

Not all plastics can be collected selectively. Plastic types with these codes (designations) can be recycled and thrown in the yellow bin:

PET: Code 1. HDPE: code 2, LDPE: code 4 PP: code 5



We collect glass in the **green container**. Colored bottles (wine and beer bottles) without lids or caps are placed here.



Allowed: This can include mason jars and glass bottles.



Prohibited: Do not throw window glass, mirrors, light bulbs, glasses, medicine bottles, porcelain here.



Metal waste is collected in the **red container**.



Allowed: This includes aluminum beverage cans and metal cans.



Prohibited: you must not put cans with leftover food here.



We put organic waste in the **brown container**. In houses with gardens, organic waste is placed directly on the garden compost.

Textiles and clothing are placed in separate bins designated for this purpose.

The rest of the waste is collected in collection containers. These are called **communal** containers. But we can't put hazardous waste here. Such dangerous waste is medicine, used oil, paints, bicycle tires. We can drop them off at designated locations. Return the remaining medicine to the pharmacy..

Electrical and electronic waste is placed in the collection containers of specialist shops. E-waste is, for example, a broken washing machine or refrigerator. Electronic waste, for example, is a broken computer, printer, or camera.

In some stores, we can hand over plastic bottles and metal cans to automatic machines. After that, the machine prints out a label with the value of the delivered waste. This amount can be redeemed in the store.



Recycling

Recycling – a new product from the selectively collected waste

Raw material → finished product → waste → secondary produced raw material
→ finished product



The benefits of recycling:

- we save energy
- we save raw materials
- there will be less waste
- environmental protection - less carbon dioxide enters the air

Fewer trees need to be cut down for paper production, less iron ore needs to be mined by recycling metal, and cashmere, wool can be reused. Textiles, clothes, carpets and other products can be made from PET bottles.

Plastic is one of the most harmful materials, so it is worth replacing it with another material that is environmentally friendly.

Environmentally friendly is a substance that does not pollute the environment, does not harm plants, animals or people.

Plastic already pollutes during its production, and later during its use as well. **Most plastics do not decompose in 500 years.** The biggest problem is **single-use plastics**, because there are so many of them.

Recycling art – many artists use discarded objects in their works.



2.2.2. Questions

Waste collection and recycling

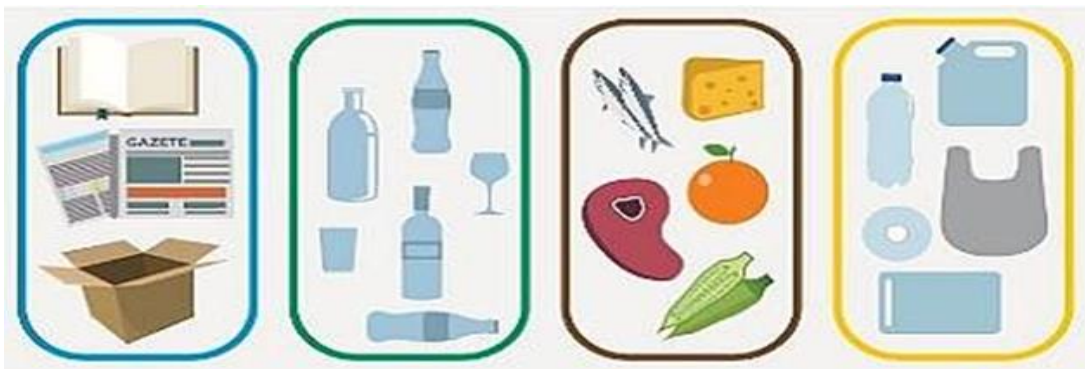
1. In which collection container do we throw the washed plastic yogurt box?
2. What kind of waste do we put in the brown container?
3. What do we do with expired (old) medicine?
4. What are the benefits of recycling??
5. Where do we put electrical and electronic waste?



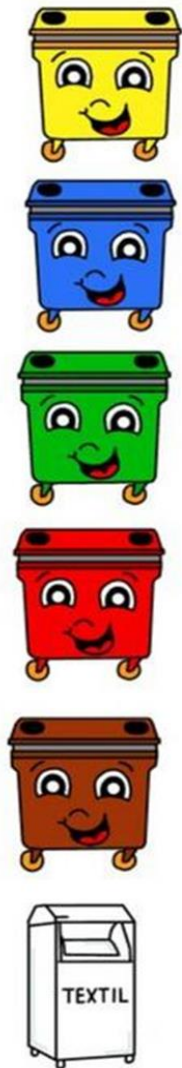
2.2.3. Practical tasks – worksheets

Waste collection and recycling

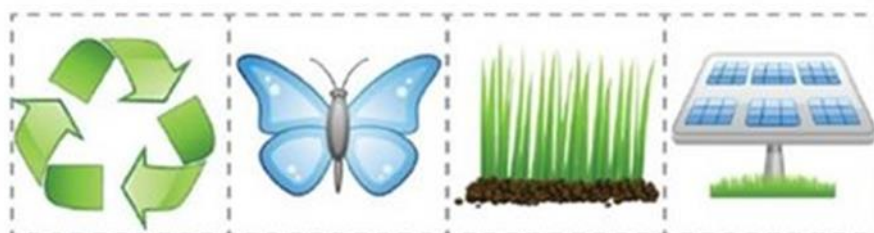
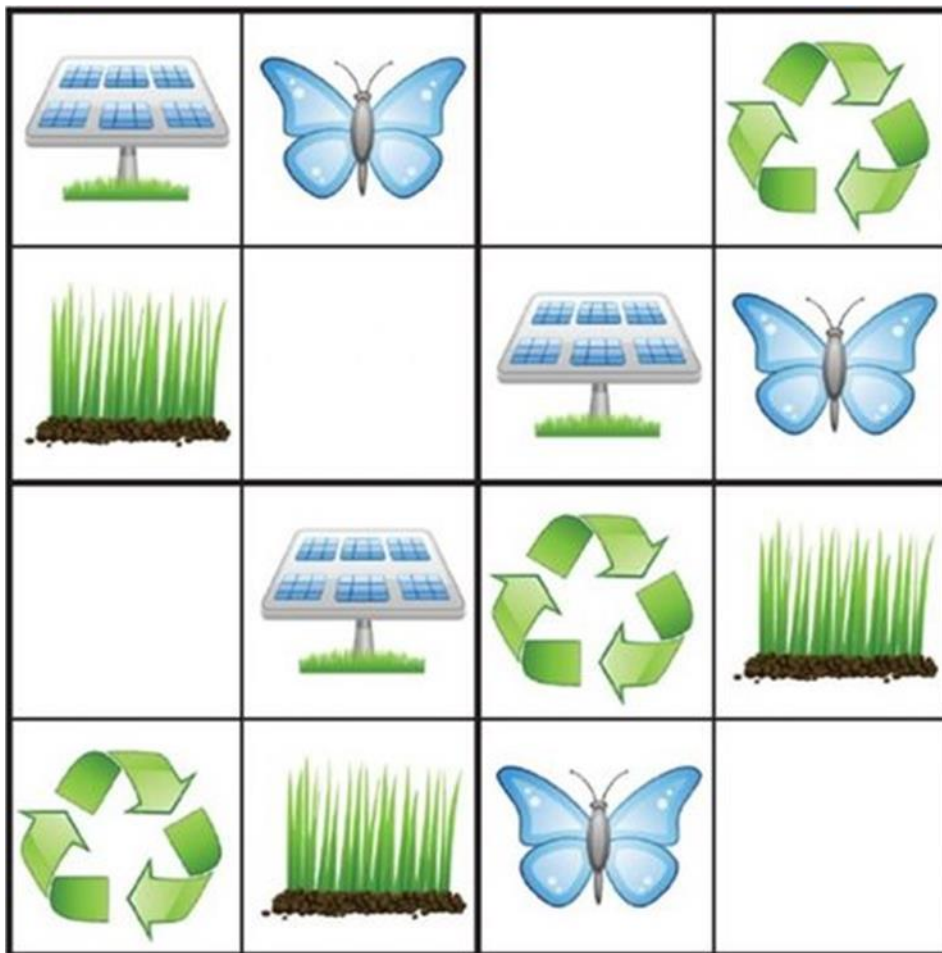
Worksheet 1 - Selective waste classification. Cut it out and put it in the appropriate container!



Worksheet 2 - Connect!



Worksheet 3 - Sudoku - Cut it out and put it in the right place!



2.3. Transport and nature conservation



2.3.1. What is important to know?

Transport and nature conservation

Well-developed transport is important for everyone. We know that means of transport: cars, trains, planes pollute the air to a large extent. Harmful substances are released into the air. 14% of harmful substances enter the air due to traffic. Ships traveling on water pollute the waters of rivers and seas. The more cars on the road, the more polluted the air. Whenever possible, go on foot or by bicycle. Instead of a car, travel by public transport, by bus, tram or metro. This is how we protect our environment.



We decide how we drive:

In today's world, it was necessary to build new roads to make everything accessible. Nowadays, modern roads connect cities and villages. There are a lot of cars on these roads. These cars release a lot of harmful substances into the air. This pollutes our environment a lot, we cause a lot of damage with it.

It doesn't matter what means of transport we choose. We often choose the more comfortable way. We travel by car instead of bicycles. This is not always a good decision. We must learn to protect nature. Instead of driving, **let's walk or bike more**. This is how we reduce the use of gasoline and diesel.

In the future, old cars will be replaced by new electric cars.

We know that it is more pleasant to sit in a comfortable car than to travel on public transport. That's why we decide what we choose. We choose comfort or we choose to protect our environment. Many people travel together on **public transport**. This is better than everyone traveling in a separate car.



Protecting our environment should be more important than our comfort!

It is worth planning the various tours and class trips in an environmentally friendly way. This allows us to experience new experiences. Not everyone has traveled by bus, train or ship in their lives so far, these new travel experiences can bring great joy.

Traffic damages the environment to a great extent. When new roads are built, **the size of open space and farmlands decreases**. Man and his environment mutually affect each other. The more harmful gases enter the air, the greater the global warming will be. The seasons slowly disappear, everything changes. Various species of animals and plants become extinct. It is better to prevent trouble and take care of our environment. We must protect the values of nature! We must participate in the protection of nature! We have a responsibility to protect our environment! We must not only think about today, but also about the future! We also have to think about what will happen to nature in 50 years. Videos were made about the world and nature being in danger. These warn us that we must also protect nature.

Fossil fuel: gasoline and diesel.

Exhaust gases are produced when the car is used. These harmful gases reduce the ozone layer. This causes a **greenhouse effect**. As the ozone layer decreases, so does warming.

The consumption of gasoline and diesel must be reduced. That is why we will use electric cars instead. There is much harm and destruction in the world. Smog and air pollution are a big problem in big cities. You can barely feel the change of seasons. In the past there was real spring, summer, autumn and winter.

Environmentally friendly transport and travel:



Good advice:

- Get around on foot, by bike or scooter! - it's environmentally-friendly.
- If you have one, use an electric bicycle or scooter instead of a car!
- Use public transport instead of a car! (bus, tram, subway)

- Try to fill the car as much as possible- carpooling.
- Use a low-consumption car!
- Choose trips inside of your country!
- Travel less and less with plane! – the plane pollutes the air.



The fight must be continued, let's protect nature while we can!



2.3.2. Questions

Transport and nature conservation

1. What is environmentally conscious transport?
2. What car would you buy? Why?
3. What transport are you using, when you are going on a trip?
4. Does traveling damages the environment?
5. What do you think is more important - protecting our environment or our comfort?



2.3.3. Practical tasks – worksheets

Transport and nature conservation

Worksheet 1 - Say what you see in the pictures!





Worksheet 2 - Correct / incorrect? Mark with the appropriate smiley!



2.4. Motivation for a sustainable lifestyle with the help of social activities



2.4.1. What is important to know?

Pollution of our environment is a big problem. There is less of the raw material. People live a wasteful life, they don't save. The population is growing rapidly and the climate has changed.

If we want to continue to live a good life, we have to change our lifestyle. We must live an environmentally conscious life. We have a responsibility to the future generation. Protecting and developing our environment is a social task. It affects all people.

We must protect our environment. We must save water, electricity and fuel. The amount of waste must be reduced. Sort and recycle the waste! In all areas of our lives, let's take care to protect nature. We call this "green motivation".

Environmentalists often found organizations. The volunteers participate together in various events and activities. They collect garbage and plant trees together. Volunteers help at animal shelters. They make feeders for the birds. Those who are active in these voluntary organizations can learn many new things. It is important that people recognize the work of volunteers. The volunteers deserve praise. The one who is praised, does his work with even more joy afterwards.

Every person's behavior affects their environment. We are all responsible for our planet and humanity. Everyone should start living a new environmentally conscious life in their own lives. We must protect our environment. The raw material must be used sparingly. Basic needs must be provided for all people.

Volunteers realized that they can work together with others more successfully for common goals. Working together brings more joy.

In schools and universities, students participate in many activities. They collect garbage together in their surroundings or in parks and forests. Some of them participate in social work, helping the people or nature in need. During volunteer work, they learn many things that will be useful to them later on.

In the workplace, it is also important that employees take care of their environment. Develop environmentally friendly habits at your workplace as well.

Our biggest task is to set a good example. Let's show that we protect and protect our environment ourselves. Our goal is to create a good relationship between nature and people.

Everyone can do something useful for the environment. Children should be taught, for example, how to make bird feeders. In such cases, we explain to them how useful it is to feed the birds in winter. How many endangered birds can be saved. A lot of small things go a long way even in good deeds.

Visiting national parks is important. Here, animals and plants feel safe in their natural habitats. People visiting here get closer to nature.

Visiting nature trails, zoos, botanical gardens, arboretums and walking in nature has a good effect on people. At this time, people become aware of how beautiful nature is and that it is worth protecting.

Our common interest is the protection of nature and our environment.

On environmental protection days we raise awareness of:

- to protect the soil
- to water purity
- to protect plants
- to protect animals
- to protect the landscape
- to protect monuments
- to nature reserves.

Environmental protection days are celebrated almost everywhere in the world. These days mostly draw attention to environmental protection. We can find out how much we can do to make our environment more beautiful.

Various organizations organize events on these days.

Some notable environmental days:

March 6.	World Energy Saving Day
April 22.	We celebrate Earth Day with a joint effort to protect our environment. In such cases, members of civil organizations plant trees in parks and squares.
March 22.	It is World Water Day, the purpose of which is to direct attention to the importance of clean water and the threat to fresh water resources.
May 10.	Day of birds and trees. This day is the day of nature and wildlife.
May 20.	World Bee Day
June 5.	World Environment Day
June 8.	World Oceans Day
September 22.	World Car Free Day
September 27.	World Tourism Day
October 4.	World Animal Day - on this day, activists of civil organizations act for the rights and welfare of animals.

We must do everything we can to protect our environment!



2.4.2. Questions

Motivation for a sustainable lifestyle with the help of social activities

1. How do we drive on World Car Free Day?
2. Why is "World Water Day" important?
3. What is sustainable living?
4. What does energy saving mean?
5. Why do we organize environmental protection days?



2.4.3. Practical tasks – worksheets

Motivation for a sustainable lifestyle with the help of social activities

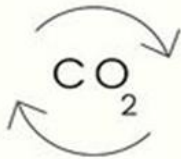
Worksheet 1 - Spying on Earth

Look for the pictures, items below in a large picture, count how many of them there are! Put as many dots (or enter numbers) under the bottom pictures as you can find!



					
tree	plant	water	bin	Earth	Sun

Worksheet 2 - Discuss the meaning of each picture/pictogram!



3. Quiz

1. What is conscious shopping?

- a) pre planned
- b) wasteful
- c) experimental
- d) spender

2. In which collection container do we throw the used tissue?

- a) blue
- b) communal collector
- c) hazardous waste
- d) yellow

3. How long does it take for the plastic bottle to break down in nature?

- a) 2 years
- b) 10 years
- c) 40 years
- d) more than 100 years

4. Which is not a means of land transport?

- a) car
- b) ship
- c) bicycle
- d) e-scooter

5. When is Earth Day?

- a) April 22.
- b) January 1.
- c) March 8.
- d) December 6.

Correct answers:

1. a), 2. b), 3. d), 4. b), 5. a)

Coordinator



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