



Innovative Environmental Education ECO-COMPASS MODULE 4

Active participation in the creation of a green society

Theoretical background for lecturers and advisors

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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 – Theoretical background for lecturers and advisors

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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

In connection with the ever-increasing influence of man on the environment, one of the most topical concerns today is the issue of environmental education. Its importance is highlighted by the fact that environmental education is a comprehensive topic.

Environmental problems, whether local or global, affect us all, because we influence them to a greater or lesser degree, sometimes consciously or unconsciously.

Environmental protection is one of humanity's most important problems today. One of the key roles in the development of skills and the formation of attitudes is played by conscious and systematic lifelong environmental education, the purpose of which is to guide people's value orientation, encourage and educate them for creative thinking and a reasonable environmentally conscious attitude.

What are the most successful methods and forms of education suitable for adults with intellectual disabilities in the field of environmental education? What are the most important skills that need to be developed in the field of environmental education for the immediate target group?

To answer these questions, the partners of three European countries - Slovakia, Hungary and Romania - developed a mixed curriculum within the framework of the EU-funded ECO-COMPASS project. The content is based on the analysis of good practices examples carried out in the three partner countries and the summary results of the workshops organized with the participation of specialists, which was prepared on the basis of the identified needs of adults with intellectual disabilities in relation to the development of environmental protection skills and competences, the formation of their environmental attitudes, and the applicable methods and forms of education. More information about the partner organizations participating in the project can be found on the project's website: <https://eco-compass-project.eu/>

The curriculum consists of four modules:

Module 1 Ecological skills and competences in individual life

Module 2 The importance of ecological values and attitudes in the family

Module 3 Sustainable development in the workplace and work-life balance

Module 4 Active participation in the creation of a green society

Our aim is to contribute to the formation of ecological awareness and eco-culture, to the development of ecological skills and competences, problem-solving ability, critical thinking and creativity with the help of the mentioned topics.

The theoretical background material was prepared for lecturers and advisors, for whom it is necessary in their daily activities to be able to properly ensure the development of the environmental protection skills and competences of adults with intellectual disabilities, and the formation of their environmental attitudes and environmental responsibility.

2. Introduction and learning objectives of the Module 4

The theme *"Active participation in the development of a green society"* covers a group of questions in which we seek answers to how the individual can responsibly contribute to the development of a green society. For the members of our target group, it is very important to make it clear that everyone must participate in this work. It is particularly important to convince people with disabilities that they too are active members of society and that they must also take responsibility for their behaviour. When discussing the topic in detail, it is possible to point out problems that threaten the sustainability of our planet's development. For the participants of the target group, we try to find an understandable solution to the questions that arise and to explain it logically. To lead and convince our friends with disabilities with arguments about the importance of environmental awareness. To teach members of the target group about ECO awareness in various areas of life. We point out that a lifestyle change is necessary. In almost all areas of our lives, we can change our behaviour in such a way as to contribute to the protection of our environment for a better future.

We have a chance to make our environment sustainable with a conscious environmentally friendly lifestyle, reducing our needs, selective collection of waste, recycling, and environmentally friendly transport.

In the *"Responsible consumer behaviour"* topic, we point out that in a growing consumer society, it becomes necessary to reduce our consumption. We provide instructions on how to shop consciously, where it is appropriate to shop, and what aspects to consider when choosing products. Why should we buy ECO products? Why it is important to learn about the way the product is produced, the environment it comes from, and the technology it was produced with. Here you can find information about the rules of smart shopping.

Within the framework of the *"Waste collection and recycling"* topic, we introduce the rules of separate waste collection and its importance to the members of the target group. This section deals with non-sortable and hazardous waste, the essence of separate waste collection and recycling. About the advantages of recycling, the importance of saving raw materials and energy.

The topic *"Transport and nature conservation"* provides guidance on how we can contribute to the protection of our environment with our correct decisions. When we prioritize the environment and nature awareness instead of our own comfort. When we decide to travel on foot or by bicycle instead of a car, or when we choose public transportation instead of a car. This section discusses the harmful effects of fossil fuels, the greenhouse effect, climate change, and the future of new electric vehicles.

"Motivation for a sustainable lifestyle with the help of social activities" - in this part, we examine the active participation of communities in building a green society. Our common interest is the protection of nature and our environment, which is why this section talks about "green motivation", the three factors of sustainable development, and the close connections

between social and economic development and environmental protection. We introduce the famous holidays. How to celebrate "Earth Day", "Animal Day", "Bird and Tree Day" and "World Animal Day" together. What do we do on these holidays and what do we call attention to?

Learning objectives:

- acquiring environmentally friendly thinking
- increasing ecological awareness
- developing a sense of responsibility in the field of eco-thinking
- to provide guidance for learning an environmentally conscious lifestyle
- learning the rules of responsible consumer behaviour
- learning the rules of selective waste collection
- learning the recycling forms and importance of selective waste
- draw attention to the importance of choosing an environmentally friendly means of transport
- convincing the members of the target group of the importance of active participation in social activities
- to give guidance on environmentally friendly living.

3. Active participation in the creation of a green society

One of the most important questions of the 21st century is whether humanity can cope with the increasingly serious global environmental and social problems, and whether it can at the same time transform its thinking and behaviour for a more sustainable, liveable future. (Imre, G. V. (2013). Social participation in local environmental matters.)

3.1. Responsible consumer behaviour

Today, we are witnessing a large-scale increase in consumption. However, economic growth has strict boundaries and limits, neglecting it can lead to serious problems. That is why environmentally conscious behaviour is important, which means a lifestyle change in an individual's life when he takes into account the protection of his environment in his decisions and consciously limits his own consumption.

Our current situation requires a reduction in consumption due to the problem of environmental and social sustainability.

A lot of research has been done to find an explanation to explain customer behaviour. Consumer behaviour is often guided by spiritual influences.

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

Functional consumption means rational and justified shopping. In this case, the customer is not too emotionally attached to the purchase process. Rational purchase means the purchase of products that satisfy a necessary, rationally explainable need. In this case, the buyer most often compares the quality and prices of individual products and most often strives for average quality.

Another form of consumption is **symbolic consumption**. In this case, we buy products that we don't really need, only the experience of shopping improves our well-being, this is called experience shopping.

The responsible consumption of the individual is a fundamental factor for society. This means conscious and critical consumption. It is based on two expectations.

On reducing consumption and making consumption sustainable.

When it comes to responsible consumption, the responsible shopping that precedes it is important: awareness - pre-considered shopping.

Less consumption is preceded by a few recommended forms of purchase:

- task-oriented shopping, the goal of which is to complete the task as soon as possible. In such cases, products important to the individual or the family must be purchased.
- smart shopping: in this case, the customer prefers a product with a price-value ratio that suits him.

- purchase of discount products: in this case, the customer can buy the product cheaper; in this case, it is recommended that the customer does not buy cheaper and excessive quantities at the expense of the quality of the product.
- constant hunting for good products: in this case, the customer constantly monitors the appearance of the product and its price.
- obtaining an individual offer: in this case, the customer can receive a separate price offer for the given product.

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

Sustainability presupposes environmental awareness.

Sustainable development is achieved by taking into account the principles of environmental protection (environmentalism). This means the coordination of economic + environmental + social sustainability.

Saving electricity, heat, water and fuel improves the quality of life in our environment.

It is important to learn about the ecological conditions of the product's production and to buy healthy quality products.

Even before purchasing, the "**green**" consumer inquiries about how the product was made and how environmentally friendly its production was. Products that are marked with a green mark represent some guarantee for environmentally conscious shopping. The best-known green (environmental) mark on products is "EU - Jour Europe". The list of the "Catalog of green products with environmental EU label" is used to guide the customer.

Why should we buy "green" products?

These products come from a nature-friendly environment, have natural ingredients and these products are often marketed in recycled packaging and are labelled with an environmental label. Such a textile brand is, for example, the "GOTS" biotextile brand (Global Organic Textile Standard), a textile produced from natural materials. Strict and controlled ethical and ecological standards and conditions must be met for the production of products with this designation. The raw materials of the products are organic wool, organic cotton, and linen, the production of which requires great attention. Most often, the cultivation of plants and animal breeding necessary for the raw material is carried out in the form of organic farming. In the cultivation of organic plants, without artificial fertilizers and chemical treatment.

The raw material produced in this way is followed by environmentally friendly processing and packaging.

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", which is made of ecologically degradable material, can be decomposed by 99%, so it can be composted together with organic materials.



Organic products are available at a slightly higher price, but they guarantee good quality, healthy wear and protection of our environment.ñ

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



In summary: The four guidelines for environmentally friendly, smart shopping:

1. Write a shopping list: Write down only what we need.

2. Buy local products from farmers at the farmer's market.

When making a premeditated purchase, we not only think about what and how much we buy, we should also think about if it comes from an environmentally friendly environment.

3. Pay attention to the packaging.

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

4. Find out the list of the ingredients. Preservatives, flavour enhancers, colorants make up the world of unhealthy e-numbers. The use of additives makes food tastier and more desirable, but this all happens at the expense of our health. Therefore, choose products that contain only a few additives.

3.2. Waste collection and recycling

From an environmental point of view, the proper separation, classification and recycling of waste plays a major role in our society.

Selective waste collection is a fundamental condition for an environmentally conscious lifestyle.

Selective waste collection: refers to the separate collection of waste of different materials. In such cases, we consciously place the waste in a suitable, designated place.

The goal of selective waste collection is **recycling**.

The recycling of materials requires less energy than the extraction, transportation and processing of raw materials in the production of new products. Soil and air pollution can also be reduced by recycling waste. Some of the waste we accumulate can be recycled as secondary raw materials. Recycling is a common task with which we can contribute to the protection of our environment.

Selective waste collection calendar

In every city or village, a local waste management company determines the dates of selective waste collection together with the competent municipality. In such cases, door-to-door waste collection takes place.

We use containers marked with different colours to classify individual waste.

In this way, we collect paper in the blue container, plastic in the yellow container, glass in the green container, metals in the red container, and organic waste in the brown container. In houses with gardens, organic waste is composted directly in the gardens. Textiles and clothing are placed in separate bins designated for this purpose. Electrical (e.g., broken washing machine, refrigerator) and electronic (broken computer, printer, camera) waste is placed in the collection containers of specialist shops. In some shops, you can hand over plastic bottles and metal boxes to automatic machines, and you can then buy them locally.

Waste requiring special treatment can be sent to a landfill. These are e.g., damaged solar panels, lighting fixtures, batteries, construction waste, tires, paint waste.

Only clean paper-based waste is collected in the blue [container](#).

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

Prohibited: throwing food residues and other papers containing oil, grease and solvents into the container, including used tissue, paper towels and napkins. It is also forbidden to throw diapers and used sanitary napkins here.

We collect plastic-based waste in the yellow [container](#).

Allowed: PET bottles of soft drinks and mineral water, household bottles, bottles of cosmetic products, clear films and plastic bags found in households go here. This is where the rinsed sour cream and yogurt cups go. Plastic bottles must be placed in the bin flattened.

Prohibited: throwing chemical, greasy bottles or plastic toys here.

Not all plastics can be collected selectively. The packaging triangle on plastic goods, i.e., the waste treatment marking (PIC code), provides guidance in this regard.

These types of plastic 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**. Coloured bottles (wine and beer bottles) without lids or caps are placed here.

Allowed: This can include mason jars and glass bottles.

Prohibited: You must not place window glass, mirrors, light bulbs, glasses, medical glass, porcelain here.

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

Allowed: This includes aluminium beverage cans and metal cans.

Prohibited: cans contaminated with food residues.

Other non-hazardous waste is collected in municipal containers.



Recycling

Recycling – means the conversion of selectively collected material that has become waste into raw material and its reuse.

The English word "**recycling**" better expresses that it is an environmentally conscious circulation of materials.

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



The benefits of recycling:

- energy saving
- raw material savings
- less waste
- environmental protection
- less CO2 emissions

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

Plastic is one of the most harmful materials to our environment, so it is worth replacing it with another material that is environmentally friendly. Plastic already pollutes during its production, and later during its use, and **most plastics do not decompose even in 500 years**. The use of plastic also contributes significantly to climate change. **Single-use plastics are the biggest environmental protection challenge.**

Recycling art – many artists use recycled materials or unused objects in their works.

3.3. Transport and nature conservation

Traffic damages the environment to a great extent. Travel alone is responsible for 14% of global emissions.

How can we be sustainable through our transport decisions?

We can reduce carbon dioxide emissions by:

- Using public transport.
- Flying less often.
- Cycle or walk whenever we can.

In today's world, transport networks are being built in more and more places. We are trying to build connections with as many cities as possible by building new roads, thus simplifying our transportation. In the 21st century, our transport emits a lot of harmful substances. In many cases, we choose the more comfortable way, but this does not have a good effect on our natural environment. Nature is a sentient being around us that we must learn to protect and at the same time teach the younger generation to protect. Looking to the future, very few roads are possible, but, certainly, the time of cars using fossil fuels is over. In the future, an abundance of electric vehicles will be on the streets, as humanity is trying to protect itself against excessive environmental and air pollution.

First of all, it doesn't matter how we travel in our little ecosystem. Getting into a comfortable car is much more harmful than getting on a bus or any other form of public transportation. Choose your means of transport in an eco-conscious way. The reason why we don't use public transport instead of cars is simply that people are comfortable. We can achieve the most by setting a personal example. Let's choose public transport, thereby setting an example for the younger generation and everyone else who is willing to pay attention to their environment. Convenience may be important, but for the sake of humanity and the future, discarding comfort in exchange for nature is a consideration. It is worthwhile to plan the various tours and class trips in an eco-conscious way in the most environmentally friendly way possible so that young people with disabilities can even gain new experiences. Not everyone has travelled on a train or even a ship in their lifetime, these new travel experiences give them a new perspective.

Secondly, environmental protection is essential in order to be able to talk about the future. We must protect our environment. Our environment and transport are almost connected in the world. In many cases, environmental areas are endangered by the fact that more and more roads are being built. Fortunately, more and more groups in Europe are stepping in if something like this were to happen, and they are trying to redesign the roads. The environment is kind of in sync with us. The more greenhouse gases we emit, the greater global warming will be. Nature is therefore trying to transform itself together with us. The seasons are slowly disappearing, and together with them, various animal and plant species will also disappear from our land. It is important to know and plan for what will happen in the future. Every step we take must be thought through and our knowledge must be passed on to young people so that they can learn from it. Various documentaries and awareness-raising videos are useful to raise people's attention and activate them that our world and nature are in danger and need to be protected. In many cases, these videos give people the strength to dare and try to search for the problem and do something about it, it gives us a kind of hope that the future is not lost, because in the next generation lies a power that can save our world.

Furthermore, our technological development in recent years has created the possibility for us to replace fossil fuel-powered means of transport. Little by little, the world is transitioning to electric means of transport. This can be perfectly seen in the spread of electric scooters and bicycles. Electric and other non-fossil-powered vehicles still have their drawbacks, but now

there is more and more competition in this field, and these problems will be solved sooner or later. By using these tools, we can build a better future, so that less greenhouse gases enter the atmosphere and thus we do not damage the ozone layer.

It is important for people with disabilities to understand what fossil fuel and renewable fuel are and why it is important for us to use renewable sources. We always take and take from nature, but after a while, we will have nothing to take from it. People with disabilities are able to understand these concepts, especially if we give them this knowledge in a playful way.

It is certain that technology and the world will evolve. The development will provide a huge opportunity to help nature and rethink the means of transport. Our task is to guide as many people as possible to the path to notice why and in what way we damage nature, and what methods could be used to combat this. It is our duty to show people with disabilities how much damage and destruction is happening in the world, how much trouble smog from cars causes in China, and how you can no longer feel the seasons, even though you could in the past. It is completely in our hands what the future will look like and what the means of transport will be in the future.

In conclusion, the fight for preserving nature must continue. It is our duty to spread the knowledge of how much damage greenhouse gases cause in the atmosphere. We have to show that the protection of nature is often more important than our comfort. The time of means of transport using fossil energy sources is over, and the age of electric and renewable means of transport has arrived.

Environmentally conscious transport and travel:

- If possible, **choose public transport!**
- If possible, choose a **bicycle, skateboard**, or other **vehicle with a low ecological footprint** instead of the car!
- If you can, try the **electric scooters!** The environmental impact of e-scooters is low compared to cars.
- If traveling by car is unavoidable, try not to travel alone! **Let our relatives, friends and colleagues join us as passengers**, so the fuel consumption per person can be reduced.
- When buying a new car, if possible, choose an electric car! The environmental impact of cars running on fossil fuels is more negative than that of electric cars!
- If you buy a car that runs on fossil fuel, try to choose a vehicle **with low fuel consumption!**
- **Staycation** - the combined expression of the English words stay and vacation means vacation at home. The essence of the movement is the discovery of the living environment as a tourist.
- Let's discover the joys of **domestic tourism!**
- The ecological footprint of our foreign roads can also be significantly reduced. If our destination can be reached by **train**, try to choose that!

- When buying a plane ticket, choose to **pay the carbon dioxide emission fee!** This amount is used to reduce the impact of natural damage caused by greenhouse gases emitted during flight!
- **Couch surfing** - private individuals make their homes available to strangers for free. In this way, we can reduce our ecological footprint, since private apartments with low harmful substance emissions operate as small hotels. Another advantage is significant savings and organic contact with local culture!

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

Nowadays, environmental pollution is taking on large proportions due to the rapid exploitation of energy sources and raw materials, irresponsible and wasteful lifestyles, the economic model based on fossil energy, large-scale population growth, and climate change. All this led to environmental, social, and economic problems on a global scale.

The current serious crisis situation motivates us to act for the sake of continuous sustainability. It is necessary to transform people's thinking for a sustainable, liveable future. Here, eco-responsibility, awareness of obligations, and behaviour related to future generations play a major role.

Promoting sustainable development and environmental sustainability is a social task.

Environmental sustainability is supported by energy efficiency, reduction of harmful emissions, water purification, water conservation, reduction of the amount of waste and their recycling, finding environmentally friendly solutions, and developing an environmentally conscious way of life. We want to consciously protect and protect our environment in all areas of life. We call this kind of lifestyle "green motivation". It is important for individuals to commit to a good cause and participate in social activities. Voluntary activities and participation in the activities of social organizations provide an opportunity for participants to learn new things and develop, which can be an additional motivation for them. Social recognition and positive feedback also play a big role in motivation. It is important for our society to value the activities of civil voluntary organizations, as this strengthens the commitment of the organization's members.

Every individual's behavior affects their environment, so it is important that we all take responsibility for our planet and our fellow humans. Everyone should start living a new environmentally conscious life with their own values and individual life. A long-term sustainable lifestyle is not only about environmental protection but also about the economic and social factors associated with it. So not only do we need to protect the environment, but we also need to ensure that we use resources sustainably and provide basic needs for all people.

Participation in social activities plays a big role in people experiencing that they can work together more successfully and with a greater sense of responsibility for common goals.

In schools and universities, students are given many opportunities to participate in social activities. Such activities can be, for example, environmental protection activities, when they collect garbage in their surroundings or in nearby parks and forests. Other times, they participate as volunteers in social projects and help those in need with their work. Voluntary work is very useful for students, as they can get to know many useful things during the work and acquire skills and values that will be useful to them later on.

In the workplace, it is also important for employees to be motivated in creating a long-term sustainable lifestyle. In such workplaces, people have the opportunity to develop environmentally friendly habits and actively participate in their workplace's sustainability program.

The most important thing to do in order to increase and transfer motivation is to show positive examples, to show that the natural environment that surrounds us is a place that is worth it and must be protected. Our primary goal is to create a good relationship between nature and young people, to convince them that everyone can do something useful for their environment. It is important to regularly participate in activities affecting our community. Young people should be taught e.g., to make a bird feeder and explain to them how useful it is to feed the birds in the winter, thereby saving how many endangered birds they can save. All good actions for a good cause can mean a lot in protecting our environment.

Visiting national parks is important. This also gives us a kind of motivation to protect our environment, since the preservation and care of national parks can only really prevent the remaining small natural oases in the world, which provide a natural habitat for many species of plants and animals. It is important for people to visit these protected places to stay in touch with the nature around them. Nature trails, nature walks, and visits to zoos, botanical gardens, and arboretums have great power. At this time, people become aware of how beautiful nature is and that it is worth protecting. Regular nature walks also have an extremely good effect on the human psyche.

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

On various environmental protection days, we draw attention to the protection of our values:

- geological values
- hydrological values
- botanical values
- animals
- landscape values cultural-historical values
- protected areas.

Environmental protection days are celebrated almost everywhere in the world. These days mostly draw attention to environmental protection and how much we can do to make the environment around us more beautiful. On these days, different social organizations celebrate with different events and programs. It is important to celebrate these days and involve the local community in various activities, from children to adults, from preschoolers to the elderly. On these days, it is important to explain to the participants exactly why this day was born, and

what we are calling attention to. The programs should be interesting, attention-grabbing, and interactive, and should be useful for nature and the environment.

Some significant 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 freshwater 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 so that the next generation can live a liveable life.

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5. Outdoor activities

5.1. Responsible consumer behaviour

Activity No. 5.1.1	
MODULE 4	Active participation in the creation of a green society
TOPIC 1	Responsible consumer behaviour
Title of the activity	"Bio", "Nature", "Eco" products in cosmetics
Pedagogical objective	Ecological thinking and the development of ecological skills among adults with intellectual disabilities.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	50 minutes
Settings	Classroom, Drug store
Size of the group	10-12 participants
Method	Group session, guided discussion.
Tools	Camera.
Description of the activity	

Task: Continuation of a guided conversation with the participants of the target group. Topic: what are the characteristics of "Bio", "Nature" and "Eco" products. What are their ingredients, what environment do they come from, what is their packaging and why do we buy these products. In the second part of the task, the target group visits a drug store, where they look for products with this marking and, if possible, take pictures of the products with this marking, and familiarize themselves with their composition.

Text of the instructions for participants

Instructions for participants: It is recommended to find out in advance about the characteristics of cosmetic brands on the Internet.

Summary – Self-reflection for education participants

The members of the target group are informed about the natural cosmetics on the market. They learn how to apply the aspects of our health and environmental awareness when shopping.

Activity No. 5.1.2.

MODULE 4	Active participation in the creation of a green society
TOPIC 1	Responsible consumer behaviour
Title of the activity	"Bio", "Nature", "Eco" products in a grocery store
Pedagogical objective	Ecological thinking and the development of environmental skills among adults with intellectual disabilities.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	50 minutes
Settings	Classroom, grocery store
Size of the group	10-12 participants
Method	Group session, guided discussion.
Tools	Camera.
Description of the activity	

Task: Continuation of a guided conversation with the participants of the target group. Topic: what are the characteristics of "Bio", "Nature" and "Eco" food products. What are their ingredients, what environment do they come from, what is their packaging and why do we buy these products. In the second part of the task, the target group visits a grocery store, where they look for products with this marking and, if possible, take pictures of the products with this marking, and learn about their composition.

Text of the instructions for participants

Instructions for participants: It is recommended to find out about the characteristics of food industry products and their composition in advance on the Internet.

Summary – Self-reflection for education participants

The members of the target group are informed about the composition of food items on the market. They learn how to validate their health and environmental awareness aspects when purchasing food items.

5.2. Waste collection and recycling

Activity No. 5.2.1.

MODULE 4	Active participation in the creation of a green society
TOPIC 2	Waste collection and recycling
Title of the activity	Selective classification of waste
Pedagogical objective	Learning the rules of selective waste collection.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	180 minutes
Settings	Classroom, forest (park, garden).
Size of the group	10-12 participants
Method	Group session, guided discussion.
Tools	Waste collection bags - marked blue, yellow, green, red, and brown.
Description of the activity	

Task: Continuation of a guided conversation with the participants of the target group.

Topic: Importance of selective waste collection, rules, practical implementation, use of containers with different colours, the importance of composting, hazardous waste, and recycling.

In the second part of the task, the target group goes on a trip to a nearby forest, park, or garden. Everyone takes alms with them, which they will eat there. (can also be implemented in the form of a picnic) After the meal (picnic), everyone puts the waste in the waste collection bag with the appropriate colour, justifying their choice.

Text of the instructions for participants

for the participants: It is recommended to eat as varied foods as possible.

Summary – Self-reflection for education participants

Summary, lessons learned: The members of the group will experience the rules of selective waste collection in a natural environment. They also test their knowledge in practice.

Activity No. 5.2.2.

MODULE 4	Active participation in the creation of a green society
TOPIC 2	Waste collection and recycling
Title of the activity	Practical use of an automatic waste collector
Pedagogical objective	Development of practical skills in waste processing.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	90 minutes
Settings	Local supermarket
Size of the group	10-12 participants
Method	Group session, experiential education.
Tools	PET bottles and tin boxes collected for recycling

Description of the activity

Task: The task of the participants is to bring the collected PET bottles and tin boxes for recycling from home. Then, the target group, accompanied by their trainers, visits a local supermarket store where a waste collection machine is located. Here, the members of the target group get to know the rules for the operation of the waste vending machine in detail. Then everyone throws the PET bottles and tins they brought themselves into the waste machine. Everyone can buy the money received after the waste is sold in the store. In this way, you can be convinced that it is worthwhile to correctly select and sell the waste.

Text of the instructions for participants

Instructions for the participants: It is recommended to warn the participants in good time about the collection of PET bottles and tin cans at home.

Summary – Self-reflection for education participants

Summary, lessons learned: There is a great need for the practical development of the skills of people with disabilities during education for an environmentally conscious lifestyle.

5.3. Transport and nature conservation

Activity No. 5.3.1.

MODULE 4	Active participation in the creation of a green society
TOPIC 3	Transport and nature conservation
Title of the activity	Use of public transport in groups
Pedagogical objective	Ecological thinking and the development of ecological skills among adults with intellectual disabilities.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	240 minutes
Settings	Public transport means, station
Size of the group	2-10 participants
Method	Discussion, obtaining information, practical demonstration.
Tools	Public transport: train, bus, tram.

Description of the activity

Members of the target group travel by public transport to a cultural event. In the first part of the task, the ecological advantages of public transport are repeated. They plan the trip. They collect information about departure and arrival, the use of discount-entitled ID cards, and ticket prices. In the second part of the task, the implementation takes place. Under the supervision of an attendant, everyone buys a ticket for the means of transport. The group travels together to the cultural event.

Text of the instructions for participants

Instructions for participants: It is recommended to find out about the schedule, discounts, and ticket prices in advance on the Internet or in person.

Summary – Self-reflection for education participants

1. What did I learn during the education? / What insights did I gain in the field of environmental protection?
2. What do I bring with me into my own life?
3. What effect does the acquired knowledge have on my current and future ecological lifestyle?
4. What step can I take tomorrow based on what I learned in the module?

Activity No. 5.3.2.

MODULE 4

Active participation in the creation of a green society

TOPIC 3

Transport and nature conservation

Title of the activity

My choice of transport - car-free transport
(September 22 – World Car Free Day)

Pedagogical objective

Ecological thinking and the development of ecological skills among adults with intellectual disabilities.

Target group

Adults with mild and moderate mental disabilities

Duration (minutes)

90 minutes

Settings

Yard, bike path

Size of the group

2-10 participants

Method

Discussion, observation, and illustration are based on the joint work of the students and the teacher.

Tools

My choice of transportation: bicycle, scooter, electric scooter, wheelchair, skateboard, roller skates, walking stick - Nordic walking.

Description of the activity

presents his own means of transport, its use, and its maintenance. It describes the advantages and possible disadvantages associated with its use. What do you consider to be environmentally conscious transport? We get to know each other and try out each other's means of transport. Repetition of safe traffic regulations. Then we will go on a tour together, paying attention to each other's abilities and skills within the possibilities offered by each means of transport. Strengthening the social and cohesive behaviour within the group.

Text of the instructions for participants

Describe to us what type of transportation are you using. Tell us how you take care of your transportation vehicle if it requires to do so. Does the weather affect the transportation vehicle? Drive safely. Listen to your peers. Drive smart and safely. Observe your natural surroundings.

Summary – Self-reflection for education participants

1. What did I learn during the education? / What insights did I gain in the field of environmental protection?
2. What do I bring with me into my own life?
3. What effect does the acquired knowledge have on my current and future ecological lifestyle?
4. What step can I take tomorrow based on what I learned in the module?

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

Activity No. 5.4.1.

MODULE 4	Active participation in the creation of a green society
TOPIC 4	Motivation for a sustainable lifestyle with the help of social activities
Title of the activity	Poster making for "World Bee Day".
Pedagogical objective	Ecological thinking and the development of ecological skills among adults with intellectual disabilities.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	120 minutes
Settings	Classroom, gardens, parks, courtyards
Size of the group	10-12 participants
Method	Group session, guided conversation, creative work.
Tools	Drawing tools, poster size drawing sheet – A3.
Description of the activity	

Task: A directed conversation with the participants of the target group. Topic: May 20. "World Bee Day". Discussion about the role of beneficial insects and bees in pollination. Why it is important to pollinate plants, what bee pastures are like, what trees and honey-bearing flowers attract bees, why bees are endangered insects today, and what we call attention to on World Bee Day. In the second part of the task, the members of the target group jointly prepare the poster for this important day.

Text of the instructions for participants

Instructions for the participants: It is recommended to find out in advance about the types of honeydew flowers and trees on the Internet. What ecological environment can be favorable, attractive, and attractive for beneficial insects.

Summary – Self-reflection for education participants

Members of the target group are informed about the importance of pollination of plants. They learn how important it is to create and maintain a nature-friendly environment today. They learn which honey-bearing flowers and trees should be planted in gardens, parks, and yards so that they become attractive and attract bees and beneficial insects. Pollinated plants produce larger crops.

Activity No. 5.4.2.

MODULE 4	Active participation in the creation of a green society
TOPIC 4	Motivation for a sustainable lifestyle with the help of social activities
Title of the activity	Making a bird feeder from non-recyclable materials
Pedagogical objective	Ecological thinking and the development of ecological skills among adults with intellectual disabilities.
Target group	Adults with mild and moderate mental disabilities
Duration (minutes)	60 minutes
Settings	Garden, yard, green environment
Size of the group	6-10 participants
Method	Practical implementation is based on the joint work of the students and the teacher, with discussion and illustration.
Tools	Non-recyclable bottle/container, drawing tools: scissors, cutting knife, glue, paint, bird food.
Description of the activity	

Bird feeders are usually made of wood, but in many cases, we do more harm than good. It is often worth more to use materials and bottles that can no longer be recycled in order not to cut down a tree, but the bottle will still be recycled in some way. The activity should be done in a group. With the help of scissors and glue, we make different shapes and buildings from non-recyclable containers and bottles, into which you can easily sprinkle bird food. This provides food for the birds, and if the feeder is larger, it can even serve as a hiding place. Young people with intellectual disabilities can paint and creatively "decorate" their bird feeders.

Text of the instructions for participants

Make a bird feeder out of non-recyclable materials. Decorate it creatively based on your own ideas. Put bird food in it. Hang it on a tree. Keep an eye on it throughout the winter - always have enough food for the birds.

Summary – Self-reflection for education participants

1. What did I learn during the education? / What insights did I gain in the field of environmental protection?
2. What do I bring with me into my own life?
3. What effect does the acquired knowledge have on my current and future ecological lifestyle?
4. What step can I take tomorrow based on what I learned in the module?

Coordinator



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Partners



<https://www.humanprofess.hu/>



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