



EUROPEAN TEACHERS ACADEMY

Course title:	Life's about ecology
Introduction:	<p>Our workshop proposal according to the idea of "zero waste" includes 5 workshop scenarios, each of which includes 5 hours of training. The main aim of our activities in this area is to show how to instill in young people in an interesting and original way the need to implement the idea of "zero waste" and "circular economy" in everyday life by means of small steps. During the training, participants will learn how to use the methods of empirical research of problems related to environmental threats leading to independent conclusions. We will show them how to construct a scheme of our trainings according to the following process:</p> <p style="text-align: center;">workshop > discussion > project</p> <p>Detailed description of sample workshops discussed during the training:</p> <p>Reincarnation of rubbish: Participants will create unique interior design elements from rubbish, which very often land in the rubbish bin and can be reused as a unique decoration or something very functional like a storage box. This will be a reason to discuss how many unnecessary things we buy and then throw away instead of creating something unique from the things we have at home anyway. We will also see how many alternatives there are to disposable packaging and learn how to choose those products that do not have a beautiful, useless packaging, but a deposit for its return. All this will be summed up with thoughts on the consequences for the planet of over-consumptionism and over-production of plastic. In conclusion, we will create a project of an occasional fair.</p> <p>Eco - clothes The participants will learn how to easily change clothes to give them a second life and will have the opportunity to exchange them with each other. We will also learn how to fix clothes in order not to throw them away at once. All this will be a reason to discuss the moral dilemmas of the textile industry. Finally, divided into groups, the participants will have the task to come up with a solution for 3 everyday problems related to the topic: no clothes!! 😊</p> <p>Garbage eaters During the training, participants will learn how to prepare meals from the things we throw away every day and how to prepare healthy snacks, for which you have to pay a lot in the shops and in addition are packed in a ton of plastic. They will have the opportunity to try "junk food" and compare it with the same ones but not from waste. All this will contribute to the discussion on food waste, excessive consumptionism and the amount of food thrown away on a national, European and global scale. We</p>

	<p>will also learn how to organize food shopping. Finally, we will try to create groups of 3 local initiative projects in response to these problems.</p> <p>More in mind than in a shopping cart During the workshop, participants will learn how to shop wisely. They will have the opportunity to create their own eco-bag for shopping. Then the discussion will revolve around disposable nets, their ubiquity and how to do without them every day. The participants will also modify their standard shopping list to one that is in line with the idea of "zero waste" and compare its value with the standard one. Finally, in subgroups we will create 3 local initiative projects in response to 3 problems related to everyday, excessive consumerism.</p> <p>Ecorobots save the world During the workshop, participants will create robots to save the planet from being flooded by a sea of rubbish and will plan and carry out a rescue mission. Then they will fight a battle with plastic bottles and finally create a meadow friendly for many animal species, especially bees, saving the planet from the loss of biodiversity.</p>
<p>The objectives of the course:</p>	<ul style="list-style-type: none"> • making communities aware of the following areas: conscious shopping, risks of overproduction, creative use of waste; • making a conviction that a lot depends on the actions of individuals in terms of ecology; • making people aware that everything we do in our immediate surroundings can be transferred to a wider area, e.g. village/district, commune/city, county according to the principle "together we can do more"; • strengthening the conviction about the power of impact on the environment in which we live grassroots initiatives - building civil society; • skillful use of human potential within the school community <p>Competences:</p> <ul style="list-style-type: none"> • teaching lessons in the practical application of ecology in everyday life • preparing workshop scenarios > discussion > project • stimulation of creativity • a change in the way of thinking about environmental education • the use of new technologies in environmental education. <p>Participants will learn how to conduct workshops in the field:</p> <ul style="list-style-type: none"> • creating household cleaning products; • creation of home cosmetics; • processing of old clothes; • making toys out of old clothes; • reuse at home of waste (cardboard, cans, gift paper, jars, bottles) to create decorative elements, Christmas tree decorations, toys, things to store ect;) • sewing / decorating shopping bags <p>How to moderate the discussions on the basis of the conducted workshops and gain basic knowledge in this area:</p> <ul style="list-style-type: none"> • the risks of overproduction and over-consumption; • moral dilemmas concerning the textile industry; • the dangers of ubiquitous plastics; • ecology and economics - ecological life is very economical; • dilemmas concerning food production; • dangerous chemicals in cosmetics in cleaning products. <p>Finally, how to conduct project lessons on the basis of the knowledge and skills provided in the previous two stages: the creation by project participants of a local initiative to counteract this problem.</p>

Target groups:	Teachers of all levels of education (kindergartens, primary schools, secondary schools).	
Daily programme:	Day 1:	Introduction to the course, getting to know each other, initial presentations
	Day 2:	How to change the approach to environmental education and give it a life dimension, eco-workshops for the youngest, how to activate children to take care of the environment and to act;
	Day 3:	Workshop on eco-cosmetics, eco-cleaning agents;
	Day 4:	Workshop on wise shopping, not wasting food;
	Day 5:	Ecology and economics, waste reuse;
	Day 6:	Building scenarios for zero/less waste classes based on the acquired knowledge and skills, summary and evaluation;
	Day 7:	Designing your model lesson. Evaluation of the course.
Will participants receive a ready set of teaching materials / course methodology for future implementation in their school?	Yes.	
Dates:	The current dates of our courses can be found on our website.	
Location:	Krakow, Poland.	
Social programme:	The social programme activities are included within your course fees and can be arranged for interested participants noting a sensitive subject of this course.	



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