




GREEN FUTURE: MAPPING A PLASTIC-FREE LIVING



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OID: E1020112

Advanced Institute for Skills Development



COURSE DESCRIPTION

The importance of teachers and schools in reducing plastic waste cannot be overstated. Plastic waste has become a pressing issue with far-reaching consequences on a global scale, and it is vital that we take proactive measures to address it. Education plays an important role in transforming human behaviour, and teachers have a unique opportunity to shape the minds of the next generation. Schools, as integral parts of communities, possess significant potential to become influential agents of change. They serve as hubs of knowledge dissemination, where young minds are moulded and enlightened. By incorporating environmental education into the curriculum, schools can nurture a generation that understands the impact of plastic waste and is driven to find sustainable solutions.

If all schools adopted environmentally sustainable practices and removed single-use plastics, this would have a massive impact on the volume of Europe's plastic consumption and our society.

This course is designed to:

- provide teachers with practical knowledge and strategies to reduce plastic waste and integrate lessons on plastic pollution, sustainable living, and environmental conservation into the curriculum.

- be able to teach students about the harmful effects of plastic on the environment, wildlife, and human health.

- engage students in conversations about plastic pollution, its causes, and potential solutions.

- encourage critical thinking and brainstorming sessions to generate ideas on reducing plastic use. Encourage waste reduction initiatives.

COURSE INFORMATION

Learning Outcomes

- Understand the environmental impact of plastic pollution and its consequences on ecosystems, human health, and the planet.
- Identify various types of single-use plastics and explore sustainable alternatives.
- Gain practical knowledge and skills to reduce plastic waste in their daily lives, including shopping, packaging, and personal care.
- Apply the principles of the 5 R's (Refuse, Reduce, Reuse, Recycle, and Rot) to minimize plastic consumption and maximize waste reduction.
- Teach about alternatives: Educate students about alternative materials to plastic, such as biodegradable, compostable, or reusable options. Discuss the benefits and drawbacks of these alternatives to help students make informed choices.
- Inspire creativity: Encourage students to think creatively and come up with innovative solutions to reduce plastic use.
- Conduct art projects using recycled materials, assign research projects on sustainable inventions, or organize competitions that promote eco-friendly practices.
- Collaborate with the community: Partner with local organizations, NGOs, or environmental activists working on sustainability projects.
- Foster a sustainable classroom environment.
- Promote awareness campaigns: Encourage students to raise awareness about plastic pollution and sustainable living by creating posters, presentations, or social media campaigns.
- Support their initiatives and provide platforms for sharing their ideas with a wider audience.
- Evaluate and select sustainable alternatives and ocean conservation.
- Develop a comprehensive action plan to reduce plastic waste and promote sustainability in a specific area of interest (e.g., school, community) instill a sense of responsibility, and empower students to live without plastic, making a positive impact on the environment.

DAILY PROGRAM

6-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 16h30-21h30

- Self Preparation for a short School presentation on Day 2
- Cultural Quiz (to be filled out pre-dinner)
- Welcome Session - icebreaking & dinner, week briefing & planning
- Networking between participants and Erasmus+ team
- Sharing of European core values
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity)

DAY 2 / 8h30-13h45

- Understanding Plastic Pollution
- Introduction to plastic pollution and its environmental impact
- Exploring the life cycle of plastics: production, usage, and disposal
- Analyzing the global plastic waste crisis and its consequences
- Case studies: Real-life examples of plastic pollution and its consequences
- Practical group work and exercises

DAY 3 / 8h30-13h45

- Plastic-Free Living: Strategies and Alternatives
- Identifying single-use plastics and their alternatives
- Exploring sustainable packaging options
- Practical tips
- Engaging Communities: Advocacy and Awareness. Cooperation with parents/family
- The power of individual actions in driving change
- Effective communication strategies for promoting a zero plastic lifestyle
- Creating homemade alternatives to common plastic items

DAY 4 / 8h30-13h45

- Sustainable Solutions: Reducing Plastic Waste
- Introduction to the 5 R's of waste management: refuse, reduce, reuse, repurpose, and then recycle
- Zero-waste lifestyle: Incorporating sustainable habits into daily routines
- Field trip: Visiting a recycling center and understanding the recycling

DAY 5 / 8h30-13h45

- Zero Plastics (Plastic-Free) in Schools: Empowering Future Generations
- Understanding the impact of plastic waste in schools
- Strategies for reducing plastic consumption in educational institutions
- Collaborating with students, teachers, and staff to implement sustainable practices
- Workshop: Designing a zero-plastic action plan for a school
- Coastal cleanup activity: Hands-on experience in removing plastic debris

DAY 6 / 8h30-13h45

- Protecting Our Oceans:
- Combating Marine Plastic Pollution
- Overview of the impact on marine ecosystems
- Final presentations and reflections: Sharing insights and future commitment
- Course roundup & review
- Learning outcomes' validation
- Certification Ceremony

ADDITIONAL INFORMATION

Documentation: Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

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