COURSE BROCHURE | ERASMUS+ TRAINING

Green Future – Mapping a Plastic-Free Living

Explore plastic lifecycles, circular alternatives and marine conservation to design student-led projects and whole-school action for reducing single-use plastics.

LOCATION	LANGUAGE	FORMAT	DURATION	COURSE FEE
Multiple Locations	English	On-site	6 days	€580

6-day programme. See the course page for current locations, fees, inclusions and edition dates.

Course description

Plastic pollution is a systems challenge that connects product design, consumption, waste infrastructure, environmental leakage and marine ecosystems. Schools can help learners understand these connections while also examining their own everyday use of single-use materials.

This course develops practical knowledge of the plastic lifecycle, microplastics, circular economy principles and the 5 Rs: Refuse, Reduce, Reuse, Repurpose and Recycle. Participants will compare alternatives using lifecycle, feasibility and local-infrastructure criteria, and will critically examine environmental claims rather than assuming that every bio-based or recyclable product is automatically sustainable.

Through school-plastic audits, case analysis, collaborative project design and locally appropriate field inquiry, participants will create a student-led learning project and a whole-school plastic-reduction action plan with clear responsibilities, indicators and community-engagement strategies.

Who the course is for

For educators

Teachers, trainers, school leaders and education professionals across different subjects seeking to address plastic pollution through curriculum, school operations and community action. Particularly relevant for educators interested in circular economy principles, zero-waste practice, marine conservation, student inquiry and whole-school plastic reduction.

At a glance

Course level: Basic to Intermediate Professional Literacy

Prerequisites: No previous sustainability-specialist knowledge is required.

Working language: English. Please **contact the team** if you are unsure about the course level or working language.

CURRICULUM FOCUS

Sustainable Schools & the 5 Rs / Plastic Pollution & Circularity / Conservation & Action

View the course, current editions and fees

02 / LEARNING OBJECTIVES

Learning outcomes

The following learning outcomes describe the course's intended direction. The trainer adapts activities, examples and participant work to the group's goals, experience and learning needs.

01 **Plastic Lifecycle & Pollution Systems** - Analyse how plastics move from extraction and production through use, waste management, leakage and environmental accumulation, including microplastics.

02 **School Plastic-Use Auditing** - Conduct a simple audit of single-use plastics in classrooms, canteens and shared spaces and identify priority reduction opportunities.

03 **The 5 Rs & Circular Practice** - Apply Refuse, Reduce, Reuse, Repurpose and Recycle while prioritising prevention and reuse over end-of-life solutions.

04 **Sustainable Alternatives & Green Claims** - Compare reusable, bio-based, compostable and recyclable alternatives using lifecycle, feasibility, infrastructure and greenwashing criteria.

05 **Student-Led Plastic Learning** - Design interdisciplinary inquiry, awareness or challenge-based activities that develop learner agency and critical thinking.

06 **Marine Conservation & Field Inquiry** - Connect plastic consumption with marine biodiversity and design a locally appropriate waste, litter or coastal inquiry activity.

07 **Whole-School Plastic-Reduction Planning** - Develop an institutional action plan with baseline information, targets, responsibilities, communication and progress indicators.

08 **European Peer Exchange & Institutional Transfer** - Compare circular and plastic-reduction practices with European peers and identify approaches that can be adapted to participants' own schools and communities.

Transfer to practice and intended impact

The programme supports participants in connecting the course learning with their own professional context. Participants consider how relevant approaches, activities or tools could be adapted to their learners, priorities and institutional settings.

1. **Identify a relevant professional need:**
   Consider which learner need, classroom challenge or institutional priority the course learning could help address.
2. **Adapt the approach to your setting:**
   Select the activities, tools or approaches that can realistically be incorporated into your own professional context.
3. **Decide what progress would look like:**
   Consider how changes in practice, learner engagement, learning outcomes or another relevant result could be recognised.

03 / COURSE PROGRAMME | DAYS 1-3

Learning Activities & Training Schedule

SUNDAY / DAY 1

Flexible self-preparation followed by an in person European exchange session, **at 18h30.**

MONDAY - FRIDAY / DAYS 2-6

08:30 - 13h30

5h of training per day · 30h total

This is a typical timetable, subject to the provider's discretion.

DAY 1

Cross-Cultural Exchange, European Educational Context & Course Orientation

- Pre-Session work: Self Preparation to reflect and share your institution's context, cultural background & completion of the Cultural Quiz.
- Welcome, networking and cultural exchange between participants and Erasmus+ team.
- Icebreaking activities and 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.
- Course briefing and planning.

DAY 2

Plastic Lifecycles, Microplastics & Systems Thinking

- Map the plastic lifecycle from raw materials and production to use, recovery, disposal and environmental leakage.
- Examine environmental, ecological and social impacts, including microplastic pathways.
- Distinguish linear consumption, recycling, downcycling and circular-economy approaches.
- Analyse European and local case studies using systems and critical-thinking questions.

DAY 3

School Plastic Audits & the 5 Rs

- Identify common single-use plastics across classrooms, canteens, events and shared spaces.
- Conduct a simple plastic-use audit and organise evidence into priority categories.
- Apply Refuse, Reduce, Reuse, Repurpose and Recycle to everyday school routines.
- Design a student inquiry that makes consumption patterns and reduction opportunities visible.

04 / COURSE PROGRAMME | DAYS 4-6

Learning Activities & Training Schedule

DAY 4

Sustainable Alternatives, Procurement & Green Claims

- Compare reusable, refillable, recyclable, bio-based and compostable alternatives.
- Consider lifecycle impacts, durability, cost, local infrastructure and unintended consequences.
- Identify vague or misleading environmental claims and practise evidence-based evaluation.
- Apply decision criteria to classroom, event, procurement and canteen scenarios.

DAY 5

Field Inquiry, Recycling Systems & Marine Conservation

- Undertake a locally appropriate field inquiry, such as a recycling-system observation, litter survey or coastal investigation, subject to edition arrangements.
- Connect waste-management choices with plastic leakage, microplastics and marine biodiversity.
- Use simple observation or citizen-science methods while considering safety and accessibility.
- Translate field findings into a classroom or community learning activity.

DAY 6

Whole-School Plastic-Reduction Action & Impact

- Define a realistic baseline, priorities and measurable reduction targets.
- Reflect on student roles, staff responsibilities and family or community participation.
- Present the action plan, receive peer feedback.
- Reflect on European values.
- Complete course evaluation and Certification.

ADAPTABLE TRAINING

This programme is a planned framework. Specific activities, sequence, exercises and timings may be adapted by the trainer or provider to each group/edition.

COURSE RECORDS

Daily summary and attendance sheets record the schedule and a short account of each day's work, validated by the trainer and signed by the participants.

Edition-specific evidence: Learning Together maintains signed daily training and attendance records. This brochure describes the course framework; additional verification can be based on the records of the particular edition.

05 / LEARNING APPROACH & METHODOLOGY

Learning Together Methodology

Learning Together courses combine guided input supported by presentations and multimedia resources with practical experimentation, creative workshops, case-based learning and hands-on tools. Participants connect the learning to their own professional situations and progressively develop an applied outcome, which may take the form of a presentation, project, session plan, action idea, reflection or another relevant output.

Peer / trainer feedback supports refinement throughout the process, while European exchange encourages participants to compare practices, perspectives and approaches across different educational contexts.

Methods applied in this programme

Plastic Lifecycle & Systems Analysis

Participants use cases, product pathways and systems maps to examine production, consumption, waste, leakage and marine impacts.

School Audit, Material Comparison & Field Inquiry

Practical investigation helps participants collect evidence, compare alternatives and connect local waste systems with environmental learning.

Student Project & Whole-School Action Planning

Collaborative workshops develop interdisciplinary learning activities and institutional reduction plans with targets, roles and monitoring.

Collaborative learning, peer exchange and reflection

Participants work with European colleagues, compare professional contexts, exchange approaches and reflect on how the learning can be transferred to their own institutions.

> **Illustrative example: Developing a Whole-School Zero-Plastic Action Plan**
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> Imagine a school community investigates where single-use plastics enter classrooms, canteens, events and shared spaces. Learners collect simple evidence, apply the 5 Rs, compare feasible alternatives and propose changes. Staff and students then agree priorities, responsibilities, communication and indicators for a phased plastic-reduction plan linked to curriculum and community participation.

An adaptable learning experience

Learning Together courses are delivered by trainers with relevant professional & pedagogical experience, **who are fluent English speakers**. The trainer may vary by edition, adapting the activities to the group's professional context and learning goals.

Meet our trainers and explore our approach

06 / PRACTICAL INFORMATION & SUPPORT

Everything you need for your training

A clear overview of your course resources, included services, documentation and next steps.

Your course materials and participant work

Participants receive access to course materials, including slides, presentations, worksheets and exercises made available for the sessions, through a dedicated online folder.

Depending on the activities, groups may also develop action plans or presentations. The output varies with the programme, trainer and group.

Materials to bring: None

Course package

Includes training sessions, digital materials, practical resources, administration and course-week support, welcome kit, coffee breaks and course documentation. Cultural activities and an orientation session **depend on the edition selected** (flights, accommodation & other personal arrangements are not covered).

Check fees and inclusions for your selected course.

Documents & certification

We issue Certificate of Attendance, invoice and support agreed Erasmus+ mobility documents, including Europass Mobility records. Certificate issuance follows the attendance conditions.

Send any additional school forms to our team in advance. Explore document guidance.

Provider & quality

Learning Together operates through registered organisations in every country where services are provided, each with its own Erasmus+ Organisation ID (OID). Our programmes combine clearly defined learning outcomes, participatory methodologies and practical activities, with participant evaluation & feedback at the end of the training.

FROM INTEREST TO A CONFIRMED BOOKING

01
Pre-enrol

Share your course & preferred dates. Pre-enrolment is non-binding; wait for written confirmation before making non-refundable travel bookings.

02
Confirm your place

Our team will confirm availability by email. Complete final enrolment and billing details to secure your place.

03
Plan your travel

Once your booking is confirmed, you can plan your travel. Before travelling, check materials required, timetable and activities in your selected edition.

YOUR NEXT STEP

Ready to plan your course?

Check the current dates, duration, fee and edition status on the course page, then start your pre-enrolment or contact us!

View course & editions ↗ | Pre-enrol ↗

Contact: learningtogether.eu@sinerconsult.pt | +351 229 418 490