



**15-22  
OCTOBER  
2023**

# **THE ECO-CENTRIC APPROACH: Introducing Sustainability in Education**

**PRAQUE**



# LEGO SERIES ACTIVITY

## 1. TOWER OF EDUCATION

Presentazione personale  
attraverso la  
costruzione della nostra  
“torre dell’insegnamento”

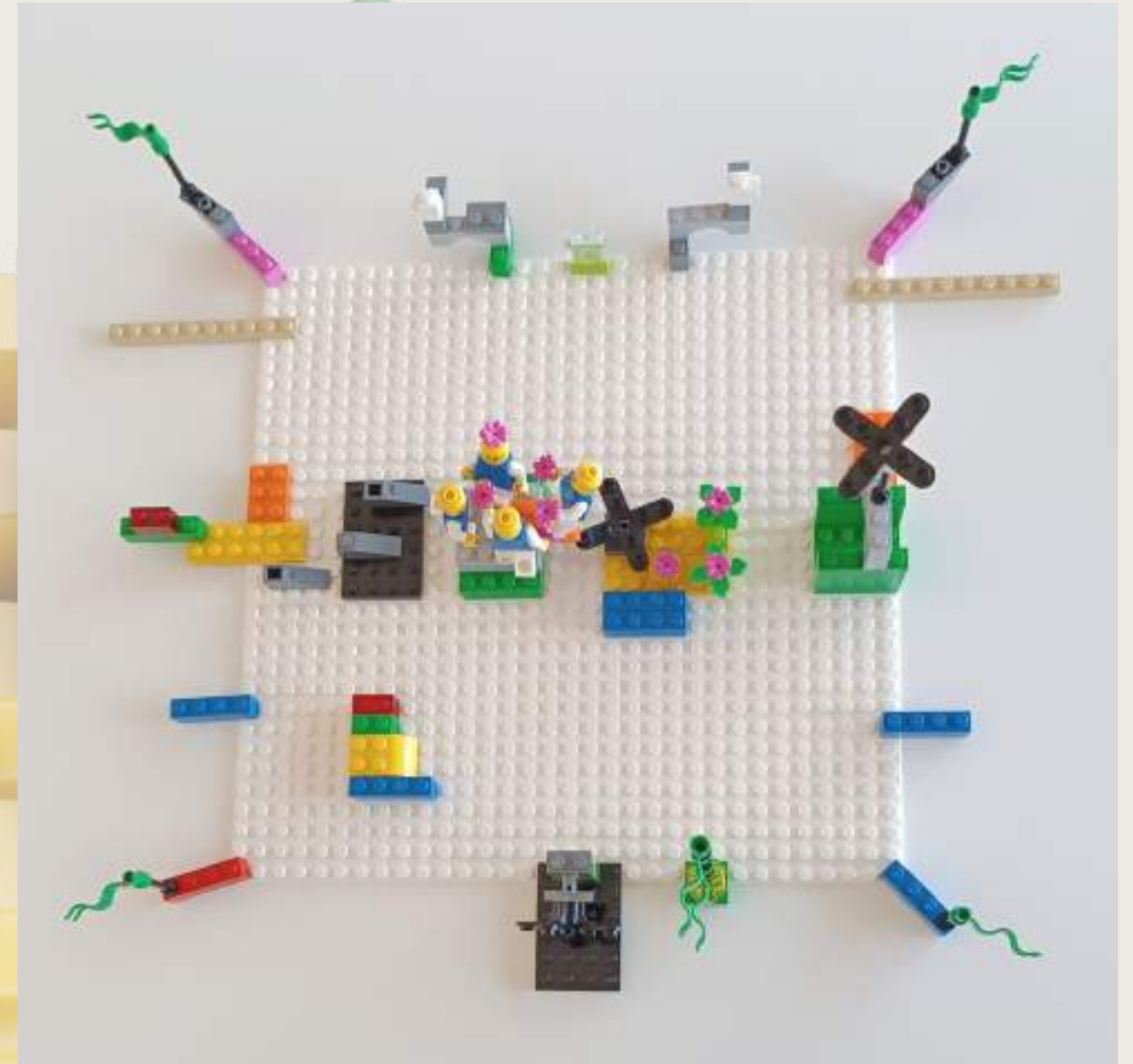
## 2. ECO-CENTRIC APPROACH

La nostra idea di approccio  
ecocentrico all’educazione

## 3. COMMON STRUCTURE

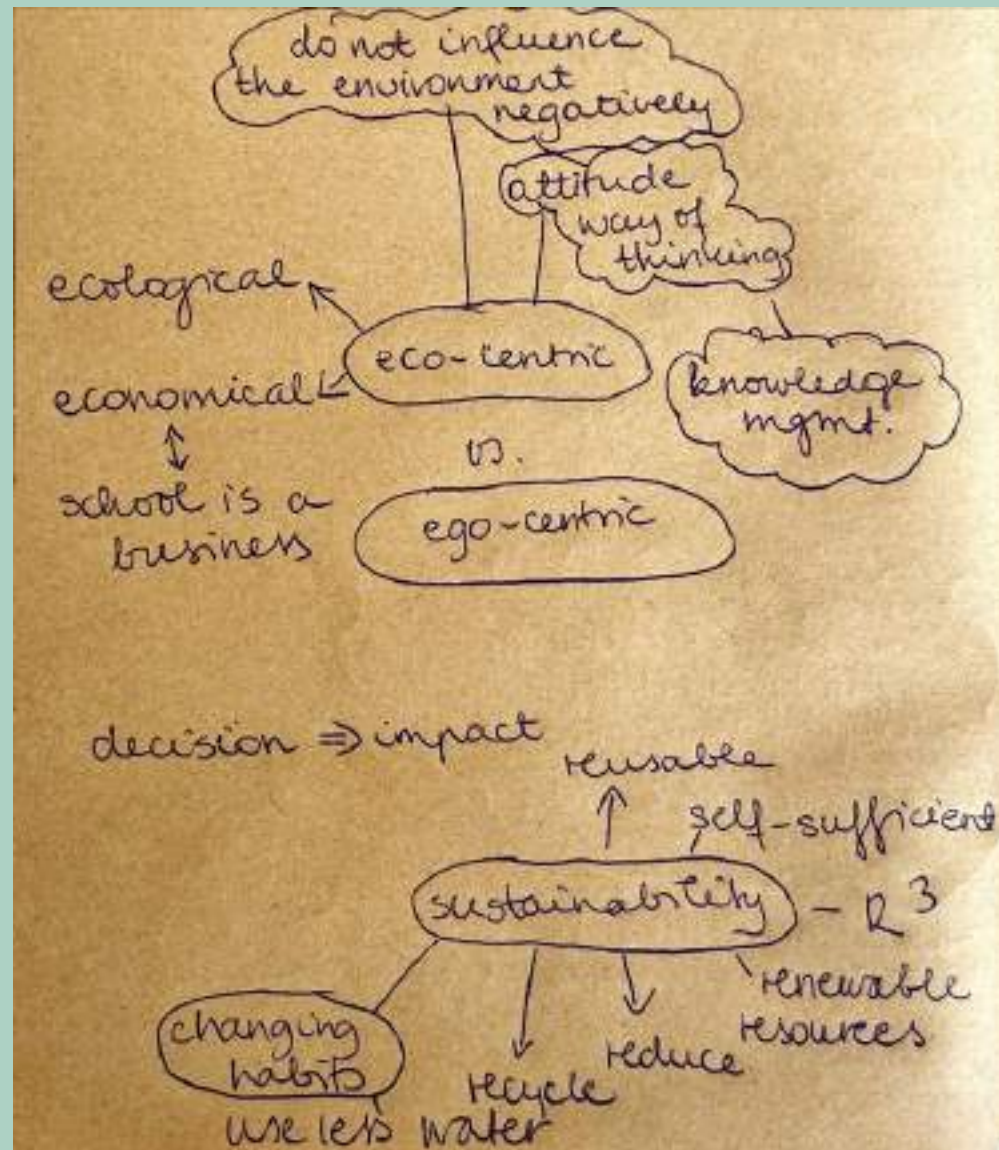
Condivisione delle idee e  
creazione di una struttura  
comune

# LEGO SERIES ACTIVITY



# DEFINING SUSTAINABILITY

- ECO-CENTRIC vs EGO-CENTRIC
- What does sustainability mean?
- What does sustainability require?



- nature gives happiness
- renewable energies
  - green transportation
  - water
  - fun and safety
  - local production and sufficiency (food, plants, chickens, community)
  - symbols, art
  - no chemicals, pesticides
  - waste management
  - carbon footprint
  - we need to work together
  - nature is the basis
  - education = students as future citizens
  - out of school (life skills)
- education  
School as a bridge
- 11:45

# KNOWLEDGE

- ecosystem;
- sustainability and sustainable development;
- ecological footprint;
- water footprint;
- carbon footprint;
- environmental impact;
- 2030 Agenda and 17 goals.



# SKILLS

- Studying the territory where we live focusing on transport, sources of energy, waste management...;
- Identifying environmental changes due to the effect of human activities;
- Finding and promoting choices that have less impact on the environment.



# HOW TO MAKE SCHOOLS MORE SUSTAINABLE



## 1. Energy Efficiency and Conservation:

- Implement energy-efficient lighting, heating, and cooling system.
- Encourage turning off lights and electronic devices when not in use.
- Consider renewable energy sources like solar panels or wind turbines.

## 2. Waste Reduction and Recycling:

- Set up recycling stations for paper, plastic, glass, and other materials.
- Educate students about the importance of reducing waste and proper recycling practices.

## 3. Water Management:

- Install low-flow faucets and toilets to conserve water.
- Establish water-saving practices such as fixing leaks promptly and water-efficient landscaping.

## 4. Sustainable Transportation:

- Promote walking, cycling, or carpooling to reduce carbon emissions.
- Encourage the use of public transportation for commuting to school.

## 5. Green Spaces and Biodiversity:

- Create on-campus gardens or green spaces to foster biodiversity and hands-on learning opportunities.
- Teach students about local plant and animal species and their role in the ecosystem.

## 6. Healthy Nutrition and Food Choices:

- Integrate sustainable, locally sourced foods into school meals.
- Educate students about the environmental impact of different food choices.

## 7. Curriculum Integration:

- Infuse sustainability topics into various subjects to raise awareness and empower students to take action.
- Organize projects or assignments related to environmental issues.

## 8. Reduce Plastic Usage:

- Eliminate or minimize single-use plastics, such as straws and disposable cutlery.
- Encourage the use of reusable water bottles and containers.

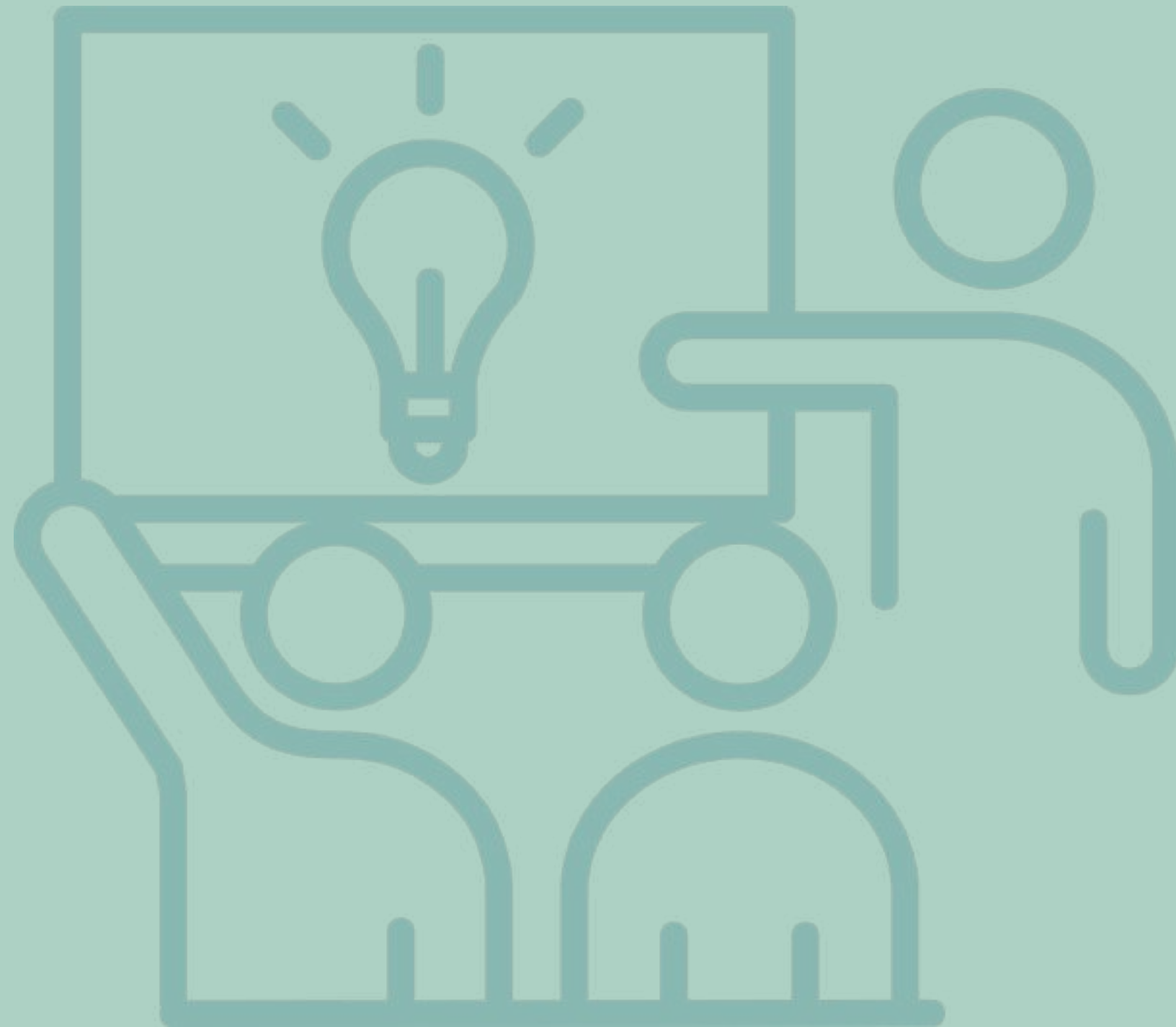
## 9. Community Engagement:

- Collaborate with local organizations and businesses to share resources and expertise in sustainability.
- Organize community clean-up events or workshops on eco-friendly practices.

## 10. Monitoring and Evaluation:

- Establish measurable goals for sustainability initiatives and regularly assess progress.
- Involve students in tracking energy consumption, waste reduction, and other sustainability metrics.

# TEACHING METHODOLOGIES



**ROLE PLAY**

**SIMULATION**

**DEBATE**

**GAMIFICATION**

## ACTIVITY SUPPORT 1: YOU ARE WHAT YOU WEAR CHECKLIST

[https://www.youthworkireland.ie/images/uploads/general/You\\_Are\\_What\\_You\\_Wear\\_Checklist\\_PDF.pdf](https://www.youthworkireland.ie/images/uploads/general/You_Are_What_You_Wear_Checklist_PDF.pdf)

Use the 'Distance Chart' to find out how far each piece of your clothing has travelled. If the article of clothing is more than 5 years old, or second hand you will receive a discount (divide the points for that item by 2).

<b>TOP</b>	
Made in _____	<b>TOTAL</b>
Points _____	
Discount _____	
<b>JACKET</b>	
Made in _____	<b>TOTAL</b>
Points _____	
Discount _____	
<b>JUMPER</b>	
Made in _____	<b>TOTAL</b>
Points _____	
Discount _____	
<b>T-SHIRT</b>	
Made in _____	<b>TOTAL</b>
Points _____	
Discount _____	

# YOU ARE WHAT YOU WEAR

## ACTIVITY SUPPORT 2: YOU ARE WHAT YOU WEAR DISTANCE CHART

This Chart calculates distances from different countries to Ireland. If you wish, you can adapt this Chart to the distance existing between those countries and your own country.

[https://www.youthworkireland.ie/images/uploads/general/You\\_Are\\_What\\_You\\_Wear\\_Distance\\_Chart\\_PDF.pdf](https://www.youthworkireland.ie/images/uploads/general/You_Are_What_You_Wear_Distance_Chart_PDF.pdf)

MADE IN	KM TRAVELLED	POINTS
Australia	15 556	20
Bangladesh	8429	9
Cambodia	10 331	12
Canada	5792	6
China	8144	9
Cuba	6788	7
Ethiopia	9682	10
Hong Kong	9932	10
India	7966	8

Handout: my Ecological Footprint Calculator

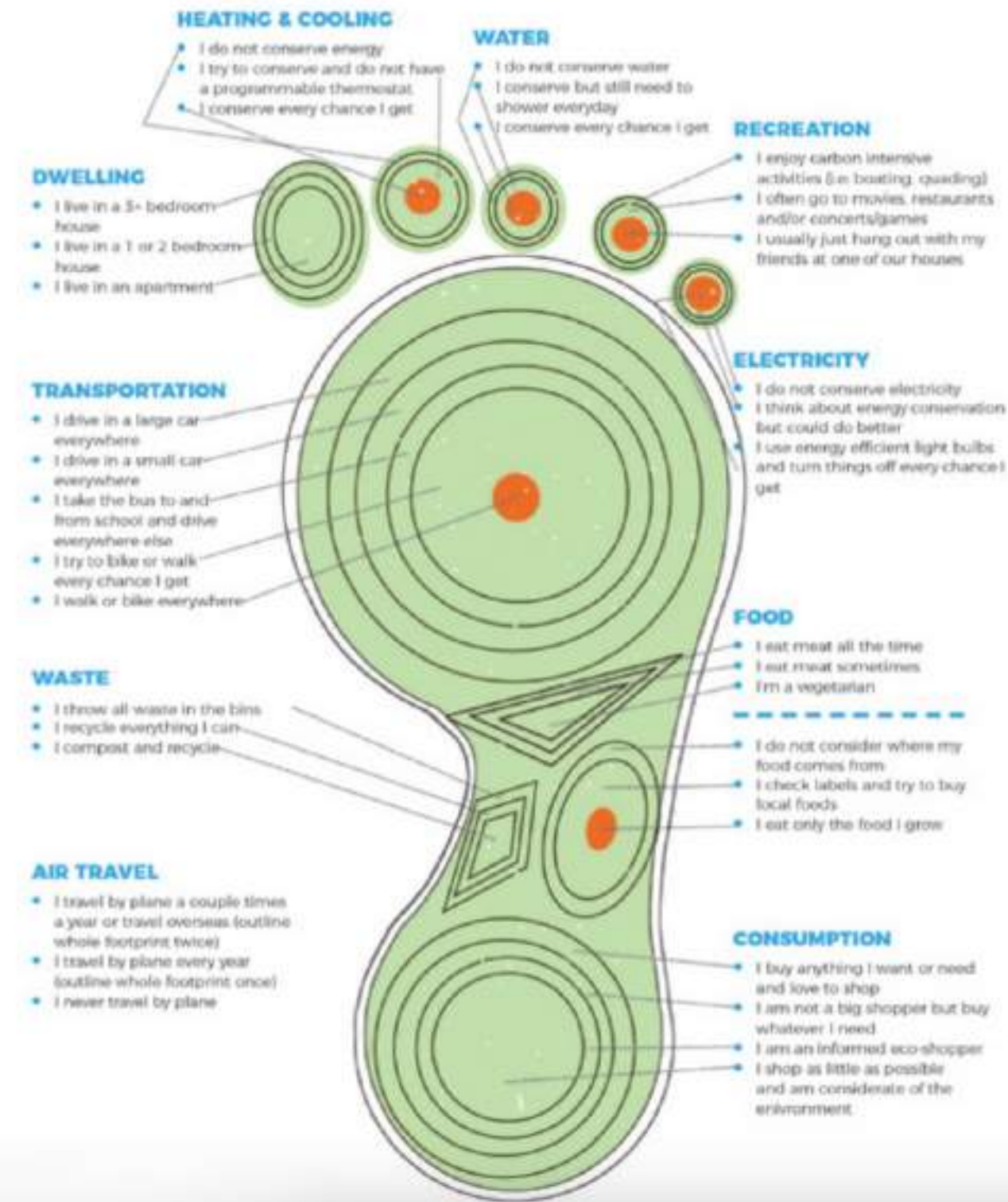
Write down the number in brackets corresponding to your answer: e.g. if your shower normally lasts between 3 and 6 minutes, write 70 in the blank space.



	My score		My score
<b>Water use</b>			
1. My shower on a typical day is:	<input type="checkbox"/>	4. I washed the car or watered the lawn today.	<input type="checkbox"/>
▶ No shower (0)		▶ Yes (80)	
▶ 1-2 minutes long (50)		▶ No (0)	
▶ 3-6 minutes long (70)			
▶ 10 or more minutes long (90)			
2. I flush the toilet:	<input type="checkbox"/>	5. We use water-saving toilets (6-9 litres/flush).	<input type="checkbox"/>
▶ Every time I use it (40)		▶ Yes (-20)	
▶ Sometimes (20)		▶ No (0)	
3. When I brush my teeth, I let the water run.	<input type="checkbox"/>	6. We use low-flow showerheads.	<input type="checkbox"/>
▶ Yes (40)		▶ Yes (-20)	
▶ No (0)		▶ No (0)	
		7. I use a dishwasher on a typical day.	<input type="checkbox"/>
		▶ Yes (50)	
		▶ No (0)	
		Water use subtotal:	<input type="text"/>

ACTIVITY SUPPORT 1: CARBON FOOTPRINT

[https://www.youthworkireland.ie/images/uploads/general/Carbon\\_Footprint\\_pdf.pdf](https://www.youthworkireland.ie/images/uploads/general/Carbon_Footprint_pdf.pdf)



CARBON FOOTPRINT

# CRISERIOUS

Polly Tician



Politician

To win:



4



105

Start:  
9

## CRISERIOUS

Climate Justice is ~~not~~ fun



Polly is a 47 year old Politician. She used to be President of Urband and is now running as a candidate for the next election. She advocates for a better world, but not necessarily a Utopia. She loves her poodle and even though she prefers UBER she does have a bike.



 30



Supply water filters that combine sand and nanotechnology to households in the most rural and affected areas.

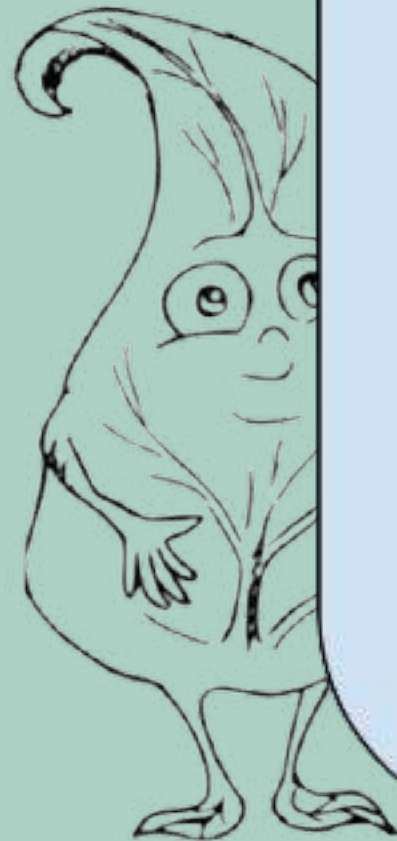
Benefits:

Activist + 1

Indigenous person + 1

Cost: 5

# A TREE OF LIFE

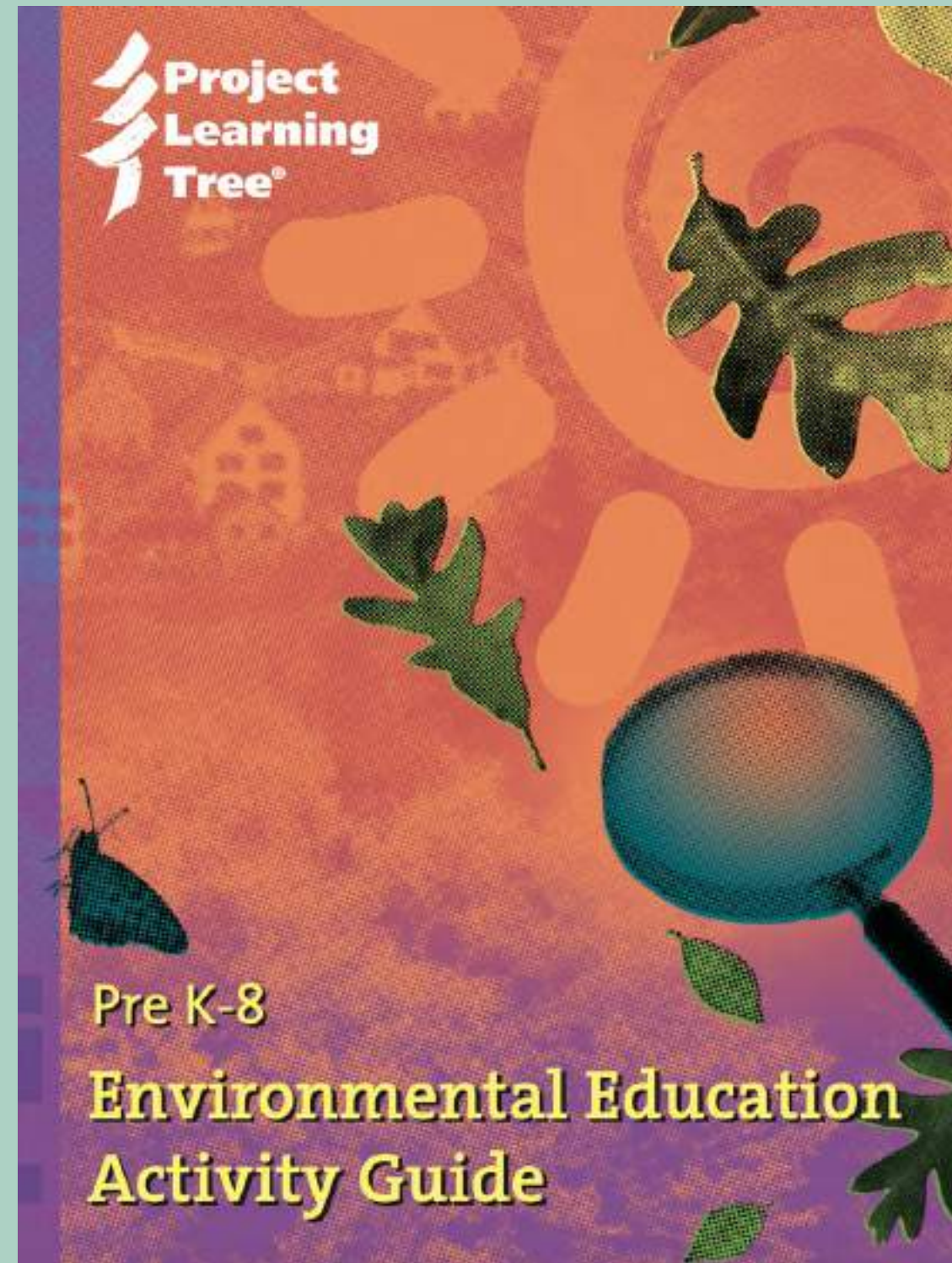
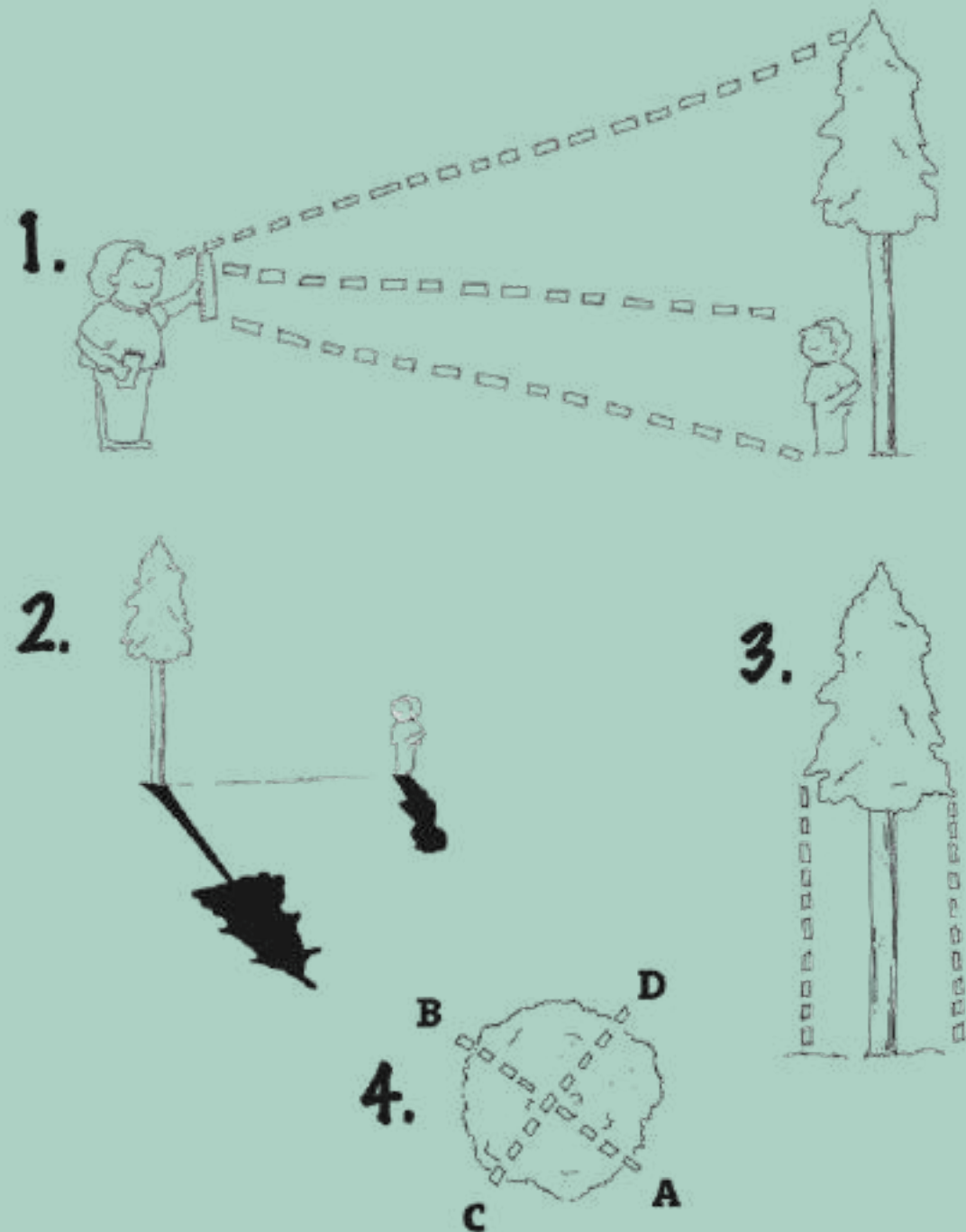


**Educational Live Action Role Play (EduLARP) is a method in which participants learn about selected topics by impersonating characters in an agreed-upon story and world in order to solve a certain problem or reach goals.**

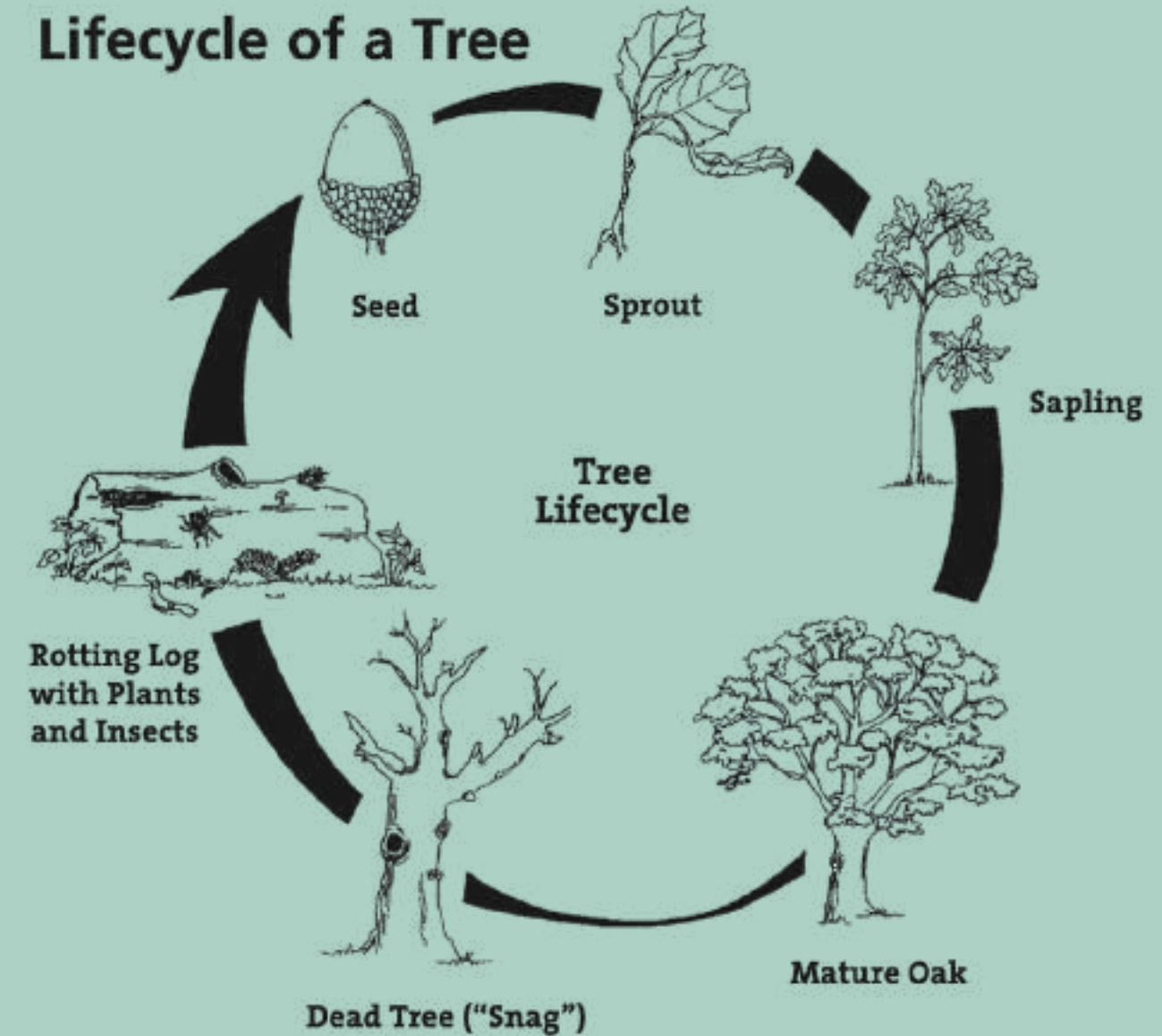


# LESSON PLANS

## How Big Is that Tree?



## Lifecycle of a Tree



























BUON CIBO











**Irene, Francesca, Gianpietro**