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ECO GUIDE

The Climate Is Changing, but are You?

15 Ways to Reduce Climate Change

Easy actions you can take at home

and school to fight

climate change



How to Stop Climate Change and Do Your Part to Save the Planet

The problem is complex, but thankfully, the goal is simple: reduce our carbon footprint. The starting point begins when you understand your own ecological and carbon footprint and you reach the finish line when every person on the planet has achieved net zero carbon emissions. Sounds impossible, right? It's easier than you might think! All of life releases carbon dioxide into the atmosphere. Plants need it to live. But too much CO₂ can have a devastating impact. Our day-to-day activities, from surfing the internet to grabbing a cup of coffee, release greenhouse gases into the air, like carbon dioxide (CO₂) from our car's gasoline tank, or methane emissions from the production and transport of coal. If you're living in the new millennium, then you have a carbon footprint, and it's contributing to global warming. The key to saving our planet is working together to reduce our carbon footprint. Global warming is a big problem, but that doesn't mean kids like you can't help! Kids can actually make a really big impact when it comes to climate change. We'll walk you through easy changes you can make to be more energy-efficient, then get into some cool stuff you can do to raise awareness about global warming

1 Use Less Water



Taking shorter showers is an easy way to make a big impact. If you shorten your usual shower time by just 1 minute, you'll save 3,000 liters of water a year! It helps to turn off the faucet when you're brushing your teeth or washing your hands, too. Be sure to keep the water off until it's time to rinse!

2 Drink tap water instead of bottled water



Plastic water bottles waste tons of energy and create pollution. Plus, most plastic bottles can't be recycled so they just end up in a landfill! If your parents buy bottled water, ask them to stop and explain why plastic bottles are bad. If you like carrying water with you, get a reusable bottle and fill it with tap water instead

3 Turn off lights and unplug devices



Electronics keep using energy when they're plugged in. Devices with remotes, like TVs and gaming consoles, are always using power—even when they're off! To avoid wasting energy, unplug electronics when you aren't using them. Another easy solution: plug your devices into a power strip with an on/off switch and hit the "off" switch when you leave the room.

4 Close your doors and windows



This saves energy because it prevents hot/cool air from escaping. In the summer and winter, make sure you close all doors behind you and don't leave windows open. Hot and cool air can escape quickly, which means your furnace or air conditioner has to work harder and use more energy

5 Use less paper



Avoid printing out things unless you really need them. It takes a lot of energy and trees to make paper products! Instead of buying new books, borrow some from the library or read e-books. You can also ask your parents to buy recycled notebook and drawing paper for school and artwork. Find fun alternative to gift wrap or re-use gift wrapping paper

6 Walk and bike more often



Cars are one of the biggest sources of greenhouse gas emissions. "Greenhouse gases" are gases that block heat from escaping the planet, which makes the planet too warm. If you're going somewhere close, walk or ride your bike instead of getting your parents to drop you off.[9] If it's too far to walk or bike, take the city bus or train

7 Recycle or reuse items instead of trashing them



Generating less trash saves energy and prevents overflowing landfills. Talk to your parents about taking advantage of your local or city recycling program so paper, plastic, newspaper, glass, and aluminum cans don't end up in landfills. When buying new stuff, look for products with zero waste or eco-friendly packaging

8 Ask your parents to switch to CFL or LED light bulbs



CFL and LED light bulbs are super energy efficient. They use 75% less energy than incandescent bulbs and last about 10 times longer! Your parents can buy them at your local hardware, grocery, and discount stores

9 Eat less meat and dairy



Changing your diet may seem minor, but it helps a lot. The meat and dairy industries create a lot more pollution than people realize. In fact, livestock accounts for about half of the world's greenhouse gas emissions!

10 Buy from local farmers markets and businesses



Shopping locally is energy-efficient and supports your community. Transporting fresh produce to your local grocery store releases a lot of pollution into the air! Sticking with locally-grown and in-season produce helps prevent that. Asking your parents to shop at local farmers markets for produce is another great idea.

11 Talk to friends and family about climate change



Spread the word so everyone can do their part to help the planet. It's a bit scary to think about sometimes, but global warming is getting worse, so we have to take action now! Sharing information with your friends, family, and classmates can help a lot

12 Share information about global warming on social media



Social media makes it easy for you to reach a lot of people at once! Share articles, links, and infographics with your friends and followers to educate them about climate change. Encourage reposting so you can reach as many people as possible. You can also use social media to connect with other kids who are interested in helping the environment

13 Start a recycling program at your school



Ask your administrators how they're handling waste operations. If your school doesn't have a recycling program in place, talk to other concerned kids and teachers about helping you start one. Then, hang posters around your school to educate others and support the program. You can even form a Green Team with other students to help you spread the word!

14 Act against forest loss



As far as possible, avoid anything that may be a fire hazard. If you want to buy wood, choose wood with a certification or seal showing its sustainable origin. Plant a tree! Throughout its life, it can absorb up to a ton of CO₂

15 Implement the 3 sustainability "Rs"



Put the 3 R's of sustainability into practice
Reduce: consume less, more efficiently.
Reuse: take advantage of second-hand markets, to give new life to items that you don't use anymore or find something that someone else has gotten rid of that you need. You'll be saving money and reducing your consumption.
Recycle: packaging, waste from electronics, etc

Sustainable Life Habits

Activity 1

Using alternatives that will produce less waste to meet daily needs and understanding the relationship between human behavior and carbon reduction.

Example: using cloth bags instead of plastic bags, glass bottles instead of plastic bottles.



What is written on the labels?

Examining the content of materials used in daily life and realizing the damage they may cause to nature.

Example: Children bring soap, shampoo, milk, etc. from home to school and understanding whether it will harm the nature in case of waste (natural material or artificial?)



Insect Hotel

Activity 3

To realize the function of insects in nature, to create a habitat for insects and thus to raise awareness

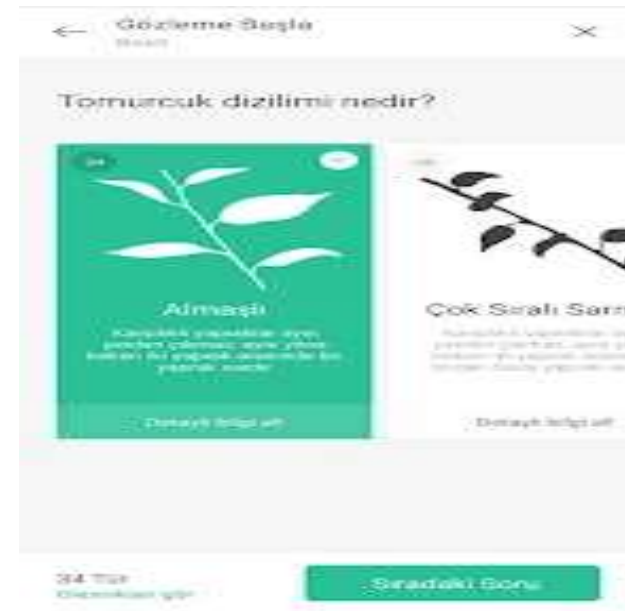
of protecting the ecosystem and ecological environment.

Example: pieces of wood, soil, leaves, straw, branches, etc. are placed in the school garden. Designing a bug hotel using natural materials.



Nature Explorer

Learning how trees are identified, trying to identify different tree species by asking questions and experiencing the species identification process.
Example: Describing at least one species in a park, garden, forest or lake (students who wish can identify plant species in nature with smart mobile applications)



Lets Prevent Erosion

Activity 5

Recognizing the causes of erosion and developing suggestions to prevent erosion.

Example: Preparing photographs of eroded areas before the event, designing an erosion model by cutting plastic bottles and developing different soil textures.



Volunteer Environment Detectives

Activity 6

Volunteer students wear detective badges on their arms or collars and control the running water and lights at school by turning them off; but also food saving, recycling, waste, carbon footprint reduction, medical waste, packaging, etc. They raise awareness by taking part in studies.



Our Future Universe

Activity 7

To understand the damage we cause to our planet as a result of human activities

such as the use of fossil fuels, car exhausts, acid rain, global warming and the greenhouse effect and the precautions to be taken;

At the same time, noticing technological waste, space pollution, renewable energy sources; Getting to know the professions of the future such as organic farming and waste engineering



**A guide to
sustainable
living.**

**Daugavpils Draudzīgā
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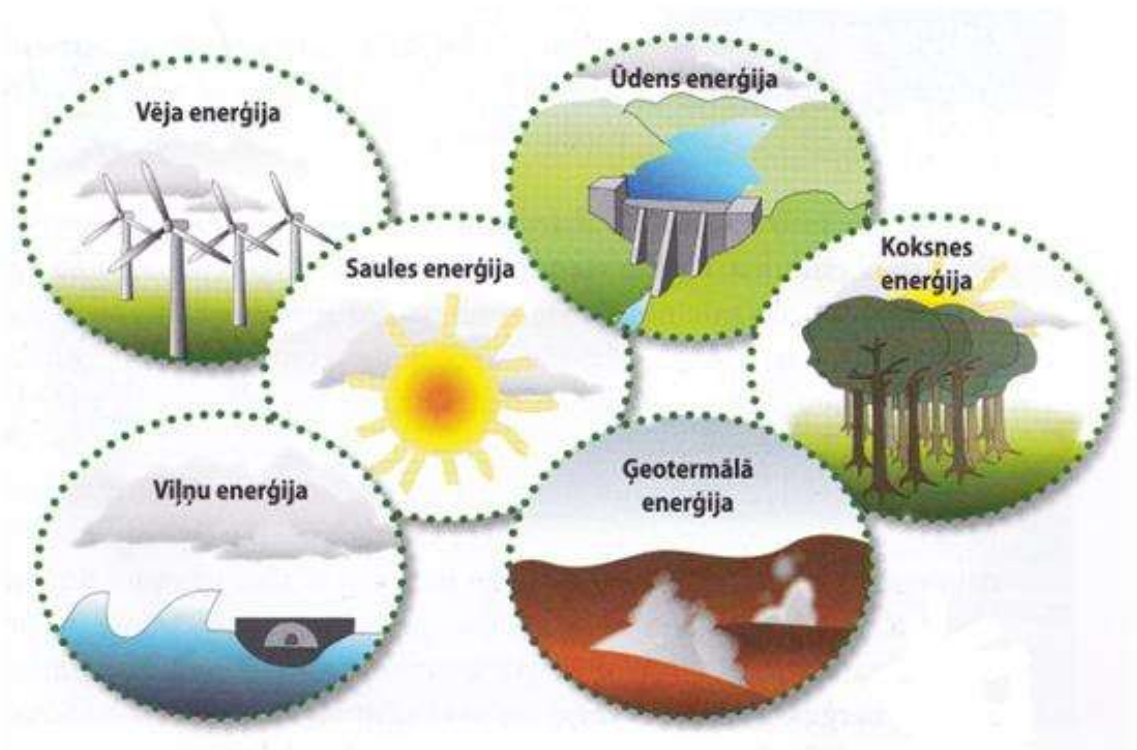
Decrease the waste

Sorting the waste and choose recyclable and biodegradable products to reduce the impact of the waste.



Use renewable resources

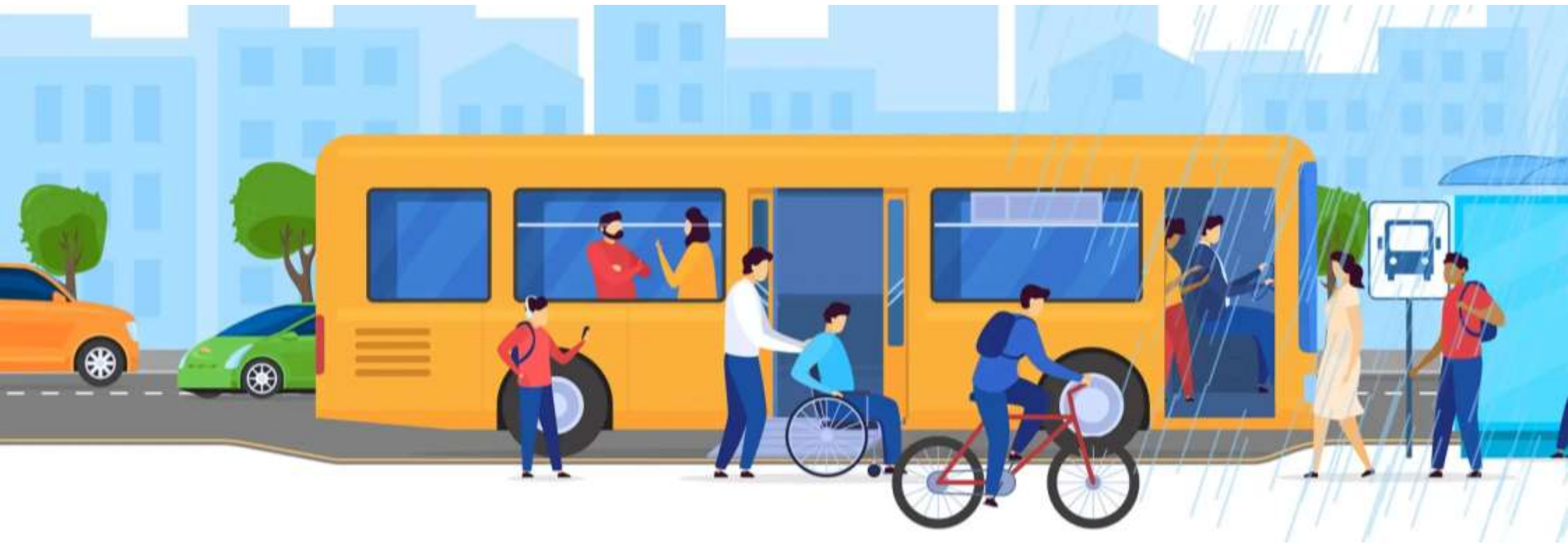
Choose renewable energy sources like solar power or wind power to reduce the impact on the environment.



Reduce the protective consumption

Use more environmentally friendly products, such as organic cleaning products or sustainable clothing.





Use public transport or ride a bike

Reduce the carbon footprint by choosing alternative transport.

Grow your own garden and use local products

To reduce the impact of transportation and support local families and producers.

VERSATILE USE

Ideal for cultivating various seeds of flowers fruits and vegetables





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