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## MODULES CONTENT DESCRIPTION

Erasmus+ Small-scale partnership in school education KA210- SCH Project

*Promoting Sustainable Lifestyles (PROSLIFE)*

**2022-2-PL01-KA210-SCH-000098574**

## Module 1: Introduction to Sustainable Lifestyle Education

Module/ Topics	Aim/ Learning Objectives	Learning Outcomes
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<p><b>Module 1: Introduction to Sustainable Lifestyle Education</b> is divided into four sub-modules</p> <p><b>Sub Module 1: The ABC of Sustainability</b></p> <p>A. What is Sustainability?  B. What are the Components of Sustainability?  C. Why is Sustainability important?  Ç. What are the important topics concerning sustainability?</p> <p><b>Sub Module 2: The Sustainable Development</b></p> <p>A. What is Sustainable Development?  B. 2030 Agenda and Sustainable Development Goals  C. Education for Sustainable Development (ESD)  Ç. SDG-12: Responsible Consumption &amp; Production</p> <p><b>Sub Module 3: The Sustainable Lifestyle</b></p> <p>A. What is a sustainable lifestyle?  B. Why is sustainable living so important?  C. How to adopt a sustainable lifestyle?</p> <p><b>Sub Module 4: Promoting a Sustainable Lifestyle in Schools</b></p>	<p>This module aims to provide teachers with brief information about sustainability, sustainable development, sustainable lifestyle, and education.</p> <p>The objectives of this module:</p> <ul style="list-style-type: none"> <li>● To identify the concept of sustainability, its importance, the topics of sustainability, and general sustainability terms;</li> <li>● To demonstrate a conceptual understanding of sustainable development, SDGs, ESD, and SDG-12;</li> <li>● To define sustainable living and its importance;</li> <li>● To analyze the schools' and teachers'/educators' roles and needs in education for a sustainable lifestyle.</li> </ul>	<p>By the end of this module, teachers will have developed their knowledge and competencies regarding sustainability, sustainable development, ESD, and a sustainable lifestyle. They will also have felt more secure and confident to start learning more about teaching for a sustainable lifestyle in the following modules. Finally, they will think more about sustainability and cultivating a love for the earth.</p> <p>The topics in this module will be presented in various online activities such as videos, games, quizzes, etc.</p> <p>The module will also provide teachers with useful links and documents about the topics of each sub-module</p>
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## Module 2: Methods & Approaches to Use in Education for a Sustainable Lifestyle-ESL

Module/ Topics	Aim/ Learning Objectives	Learning Outcomes
<p><b>Sub Module 1: Need for education for sustainable development and sustainable lifestyle</b></p> <ol style="list-style-type: none"> <li>1. What is the purpose of the Education for sustainable development?</li> <li>2. How education influences sustainable lifestyle?</li> <li>3. What results of teaching sustainability and sustainable lifestyle could be reached?</li> </ol> <p><b>Sub Module 2: Approaches used in education for sustainability and sustainable lifestyle</b></p> <ol style="list-style-type: none"> <li>1. A learner-centered approach emphasizes the active improvement of knowledge, not their elementary transmission and/or passive learning practices;</li> </ol>	<p><b>This module aim</b> to provide teachers with brief information about the importance of sustainable lifestyle education at school.</p> <p><b>The objectives of this module:</b></p> <ul style="list-style-type: none"> <li>● To present and analyze EU documents on SDG and education;</li> <li>● To show the importance of education about sustainability and sustainable lifestyle;</li> <li>● To define the importance of empowering and motivation making the best choices for health and environment;</li> <li>● To present the importance of communication of holistic approach of sustainability and multidisciplinary connection.</li> <li>● To know interdisciplinary and the multidisciplinary approaches / methods in the teaching of sustainable development education.</li> </ul>	<p><b>By the end of this module</b></p> <ul style="list-style-type: none"> <li>· Learners will understand – education is both the goal and the means to achieve SDGs. It is not only an integral part of sustainable development, but also the main tool for it ensure. Education represents the essential strategy for achieving the SDGs.</li> </ul> <p>Teachers will have a stronger sense of the importance of teaching sustainable lifestyles and the significance of the teaching will strengthen their motivation to seek more knowledge in sustainable lifestyle. Teaching children teachers expand their knowledge and will improve their cognitive and lifelong learning competencies.</p> <ul style="list-style-type: none"> <li>· Education enables children to reflect on ways of interpreting and engaging with the world. Sustainability education is futures-oriented, focusing on protecting environments and creating a more ecologically and socially just world through informed action.</li> </ul>



2. Activity-based learning approach when learners perform actions and analyzes their experience of planned learning processes and personal in the sense of improvement;

3. Transformative learning approach encourage learners to question and change their perception of the world and ways of thinking about it in order to deepen their knowledge of the world.

**Sub Module 3: Methods to use in education for a sustainable lifestyle**

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## Module 3: Practical Strategies for Student Involvement in ESL

Module/ Topics	Aim/ Learning Objectives	Learning Outcomes
<p><b>Module 1: Strategies for Student Involvement in ESL</b> is divided into four sub-modules:</p> <p><b>Sub Module 1: Sustainable Lifestyle Challenges for Teens:</b></p> <ul style="list-style-type: none"> <li>● Weekly challenges focused on reducing single-use plastics in daily routines.</li> <li>● Challenges to minimize food waste by meal planning and composting.</li> <li>● Encouragement to explore alternative transportation methods like walking, biking, or using public transit.</li> </ul> <p><b>Sub Module 2: Student-led Eco-Initiatives:</b></p> <ul style="list-style-type: none"> <li>● Brainstorming sessions to identify environmental issues affecting the school or local community.</li> <li>● Guidance on planning and implementing projects such as starting a school garden, initiating a recycling program, or organizing a beach clean-up.</li> </ul>	<p><b>This module aims</b> to provide teachers with brief information about sustainability, sustainable development, sustainable lifestyle, and education.</p> <p><b>1. Develop Critical Thinking Skills:</b> By engaging in interactive challenges and projects, students will enhance their ability to analyze environmental issues, evaluate potential solutions, and make informed decisions about sustainable practices.</p> <p><b>2. Foster Collaboration and Communication:</b> Through group activities and community projects, students will improve their teamwork skills, learn to effectively communicate their ideas, and collaborate with peers, teachers, and community members to address sustainability challenges.</p> <p><b>3. Promote Environmental Literacy:</b> Students will deepen their understanding of key</p>	<p><b>By the end of this module, teachers will:</b></p> <p>Gain a comprehensive understanding of environmental issues and sustainable practices to effectively guide student learning.</p> <p>Develop strategies to facilitate critical thinking among students, encouraging them to analyze environmental challenges and propose solutions collaboratively.</p> <p>Enhance communication skills to effectively engage with students, peers, and stakeholders in promoting sustainability education.</p> <p>Cultivate leadership abilities to guide and support students in planning and executing eco-friendly initiatives within the school and community.</p> <p>Utilize interactive activities and discussions to actively involve students in learning about</p>



<ul style="list-style-type: none"> <li>● Opportunities for students to present their project ideas to school administrators or community leaders for support and collaboration.</li> </ul> <p><b>Sub Module 3: Green Innovation Workshops:</b></p> <ul style="list-style-type: none"> <li>● Hands-on experiments demonstrating the principles of renewable energy, such as building and testing mini solar panels or wind turbines.</li> <li>● Design challenges where students create eco-friendly solutions to common problems, such as designing a water-efficient irrigation system for a garden.</li> <li>● Guest speakers or virtual tours showcasing innovative green technologies and their real-world applications.</li> </ul> <p><b>Sub Module 4: Community Engagement Projects:</b></p> <ul style="list-style-type: none"> <li>● Collaboration with local environmental organizations to participate in habitat restoration projects or wildlife conservation efforts.</li> </ul>	<p>concepts related to sustainability, including waste reduction, energy conservation, biodiversity, and climate change, through experiential learning and real-world applications.</p> <p><b>4. Cultivate Leadership and Empowerment:</b> By taking on leadership roles in student-led initiatives and eco-projects, students will develop confidence, initiative, and a sense of agency in driving positive change within their schools and communities.</p> <p><b>5. Encourage Personal Responsibility and Action:</b> Through reflection and self-assessment activities, students will recognize the impact of their own choices and behaviors on the environment and develop strategies for adopting more sustainable lifestyles both individually and collectively.</p> <p><b>6. Inspire Lifelong Engagement:</b> By experiencing the tangible outcomes of their efforts and seeing the positive impact they can make, students will be motivated to continue their journey towards sustainability</p>	<p>sustainability and inspire their commitment to environmental stewardship.</p> <p>Feel empowered to mentor students in taking personal responsibility for environmental conservation and fostering sustainable lifestyles.</p> <p>Collaborate with students in community-based initiatives, fostering partnerships and recognizing the collective impact of their efforts.</p> <p>Embrace a commitment to lifelong learning, seeking out further opportunities to deepen their own understanding and engagement in environmental sustainability alongside their students.</p> <p>The topics in this module will be presented in various multimedia elements, such as videos, animations, infographics, and quizzes to engage teachers and provide them with comprehensive information about each strategy.</p>
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<ul style="list-style-type: none"> <li>• Surveys or interviews conducted within the community to assess attitudes towards sustainability and identify areas for improvement.</li> <li>• Organizing educational workshops or events for the community to promote sustainable practices, such as a recycling workshop or a zero-waste cooking class.</li> </ul>	<p>beyond the classroom, becoming lifelong advocates for environmental stewardship.</p>	<p>The module will also provide teachers with resource library about the topics of each sub-module.</p>
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## Module 4: Case Studies - Best Practices

Module/ Topics	Aim/ Learning Objectives	Learning Outcomes
<p><b>Module 4: Case Studies - Best Practices:</b></p> <p><b>Sub Module 1:</b> International cases:</p> <ul style="list-style-type: none"> <li>• Entroducing Life Terra Project which creates educational materials and promotes teaching sustainability issues in schools and support teachers with Life Terra Educational Pack which can be found found</li> </ul>	<p><b>This module aims</b> to provide teachers with case studies and examples of best practice and to give them a source of extra materials on education about sustainability.</p> <p><b>The objectives of this module:</b></p>	<p><b>By the end of this module</b>, teachers will get to know examples of good practice. They will also be more secure, inspired and confident to start teaching for a sustainable lifestyle.</p> <p>The topics in this module will be presented in various online activities such as videos, games, quizzes, etc.</p>

at EUN's partner platform – Gynzy  
(<https://www.gynzy.com/en/>)

Introducing The Network of European Blue Schools: A hub for all schools and teachers that strive to engage students with oceanic topics and educate a new generation of ocean literate young citizens.

**Sub Module 2:** National cases:

- Teaching sustainability in national curriculums

**Sub Module 3:** Small community cases / Schools cases:

- Examples of school projects that promote sustainable lifestyle and cooperation with the local community and local government.
- Examples of schools in Poland, Turkey, Litva and Croatia implemented sustainable aims in their projects and school life.

- To identify international cases of good practice and sources of free materials for teachers on European level;
- To identify national cases of good practice;
- To show examples of good practice in teaching sustainability in small communities and schools;
- To encourage and strengthen teachers in teaching sustainability.

The module will also provide teachers useful links to sources of free and very inspiring ideas and materials that can be used in teaching sustainability.

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