

My Eco-guide
Connecting with Nature
Erasmus+ Project
2020-2022

You are going to use this notebook as a personal journal for the Project Erasmus+ "Connecting with Nature" during your mobility week.

You will have the chance to customise and decorate the cover as you wish. However, there are some aspects that you should bear in mind. Your eco-guide journal cover should include at least the following items (just as you see it on the front cover of this booklet):

- the title "My Eco-guide"
- Connecting with Nature
- Erasmus+ Project 2020-2022

The back cover will be the same for everybody: the Project logo

In the back inside cover you will glue an envelope, which you will use to keep tickets (plane, train, museum, etc), stickers (business cards, bookmarks, etc) and other small ephemera (maps, advertising flyers, etc) that you may want to glue on your journal at a later time.

The first page of this eco-guide journal should include your personal information. This includes:

- Name:
- School:
- School Year:
- Age:
- Participating Countries:
- Mobility Destination:
- Partner's Name:

The first document that you need to attach is the agenda for the week. This will be given to you by the teachers involved in the project.

You will use your eco-guide journal every day so you must allow enough space in it to write about what you do and learn each day. Remember to leave some space for photos and for all the ephemera you will collect along the trip.

What can you include in your eco-guide?

This is a journal. Therefore, you must write about what you do every day. You can do that in a **bullet journal/scrapbooking** style which means you are allowed to use any type of symbols, colours, materials, etc. You can be as creative as you wish. If you want to know what a bullet journal is and looks like, check these videos:



Learn how to
decorate and
insert all your
ephemera in
your journal



JOURNALING PART:

- Write the date.
- Make a list of all the activities you have done that day.
- Write two or three short sentences trying to explain each of the activities in the list. Leave space for photos or ephemera.

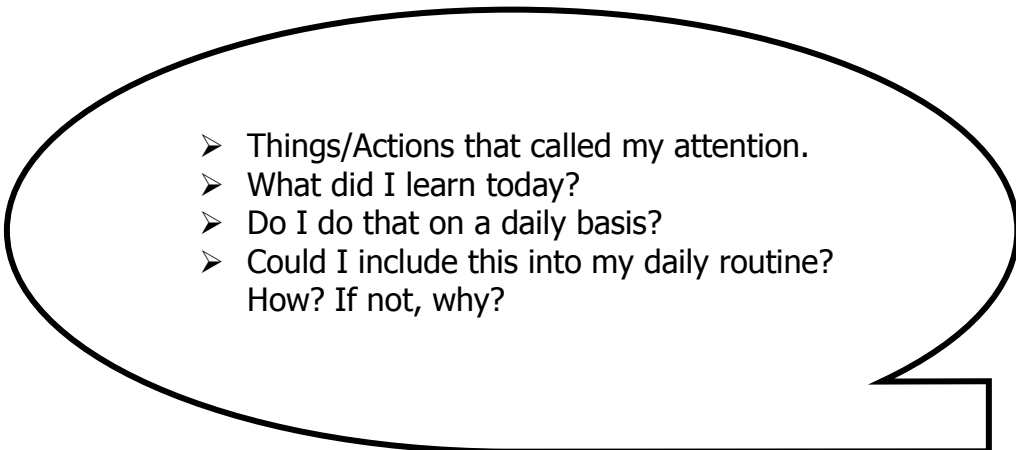


REFLECTION PART:

- Reflect on what you have learnt.

What does the reflection part involve?

This is the part where you have to write about what you have learnt for the day and how you think you can include this learning in your daily life.

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- Things/Actions that called my attention.
 - What did I learn today?
 - Do I do that on a daily basis?
 - Could I include this into my daily routine?
How? If not, why?

You may also take into account the "Good Environmental Practices" guidelines at the end of this booklet.



GRATITUDE:

Think about what you have been through the day and include a last sentence in which you show what you are thankful/grateful for.

Good Environmental Practices (GEP)

What are Good Environmental Practices?

Good Environmental Practices are defined as those actions that seek to reduce the negative environmental impact. These actions promote the conservation of the natural surroundings and the sustainable use of resources.

While your stay in your partner's house, at the host school or even while your visits to any museums, organizations, restaurants, bars, etc, pay attention to what is going on around you regarding the following list of items.

Checklist of GEP - The checklist covers actions that we can take in the following aspects of our life:

- Materials
- Energy
- Water
- Waste
- Transportation
- Communication

MATERIALS

- Purchase, use, maintenance and recycling of material of lower environmental, social and health impact.
- Recycling and reuse practices - the 3 "R": Reduce, Reuse and Recycle.
- Campaigns for awareness-raising of the importance of responsible and sustainable consumption.
- Environmentally appropriate materials.

- Energy-efficient material - rechargeable, reusable or recyclable products.
- Use of disposable or single use products - prioritize those that are rechargeable.
- Use of environmentally-friendly cleaning products: products that are free of toxic substances.
- Use of recycled paper.
- Optimisation of the materials used and consideration of the life cycle of the products.
- Organic products and foodstuffs.
- Replacement of materials with a higher environmental impact by products with an environmental quality certificate.



ENERGY

- Take advantage of natural lighting and study light needs. Use light colours on walls, ceilings and furniture.
- Turn off lighting in unoccupied spaces.
- Turn off unused electronic equipment, avoiding the "standby" mode.
- Use lighting systems of low consumption and high performance and efficiency.
- Installation of automatic control and regulation equipment, such as timers or motion detectors in passageways.
- Replace low efficient energy electrical and electronic equipment with more energy-efficient equipment with Energy Star saving devices.
- Use central heating and air-conditioning devices only when necessary.
- Insulation - Avoid energy dissipation and temperature losses (double glazing in the windows, installing sun blinds).
- Take advantage of natural ventilation systems.
- Use of boilers with lower emissions of combustion gases.

WATER

- Use of saving systems for drinking water: consumption through the installation of timers, diffusers, flow reducers...
- Use of single-handle faucets.
- Repair leaks and water leaks in taps.
- Avoid throwing waste in toilet.
- Control water metres consumption.

WASTE

- Selective waste collection system in suitable and compartmentalised containers.
- Rise awareness of students and citizens in the proper separation of waste.
- Buy items that have the identifying symbol of adhesion to an Integrated Waste Management System, thus guaranteeing their recycling and subsequent waste recovery.



TRANSPORTATION

- Use of alternative energies of low pollution (hybrids) in vehicles.
- Use of public transport (bus, subway, suburban train).
- Share the private vehicle.
- Use of the bicycle.
- Efficient driving.

COMMUNICATIONS

- Reduce (only when strictly necessary) printing emails received or sent.
- Promote a system of internal communications, making use of new technologies (intranet, e-mail, digital signature, social networks).

Decalogue of Good Environmental Practices in daily life

- 1 Reduce, reuse and recycle objects and materials as much as possible
- 2 Properly separate waste into its corresponding containers
- 3 Consume the necessary energy, without using up nor wasting
- 4 Use public transportation, minimise the use of private vehicles
- 5 Use the objects until the end of its life
- 6 Minimise noise to the maximum possible, as it causes noise pollution
- 7 Commitment to water saving measures
- 8 Do not use the toilet flush as a landfill to dispose of waste
- 9 Avoid using aggressive products with the environment
- 10 Hazardous waste must be managed by an authorised entity

However, remember that this list should not be seen as a catalogue of things that can and cannot be done. Adopting these good practises should become an attitude, manifested in multiple actions, depending on the special circumstances you are in.

