



GREEN VIBES ONLY



Erasmus+

HOW TO LIVE ECOLOGICALLY

practical ecological e-book



HOW TO BE ECO-FRIENDLY IN YOUR EVERYDAY LIFE IN 10 STEPS



YOU CAN ADOPT THESE 10 WAYS OF HOW TO BE ECO-FRIENDLY IN YOUR EVERYDAY LIFE

Reduce Your Meat Consumption

Do you know that by reducing meat consumption you make a big impact on the environment? Yes, that's right. By reducing your meat consumption, you save the planet more. A good percentage of the earth's surface is used for livestock rearing.

Low-Energy Ways of Keeping Warm

Look on various methods that you can use to keep warm during cold seasons. Like, you can put on warm clothing rather than switching on the heater. In addition, keep the floor warm if they are open by covering it with rugs.

Start a Home Garden

Try to grow your own edible herbs by planting seeds in pots or window sills. A small area can be useful in providing space for fruits and vegetables. Furthermore, you will get fresh and healthy grown fruits and vegetables.

IN OUR DAILY
ACTIVITIES, WE
TAKE ACTIONS
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Be Economic with Paper

In the current digital world, we can reduce paper usage by storing data in files on our computers rather than printing them out on paper. The remaining part of the paper can be used for writing something else. By using less paper, we save a good amount of energy used in paper production, the number of trees cut down yearly and eventually live green.

Recycle Waste

Most of the appliance we use at home end up in landfills which have negative environmental factors. To minimise the amount of waste we take to the landfills, we should recycle most of it. Before recycling, you should know how to recycle as per the materials they are made of, separate them and recycle according to their categories. Read the recycling policies for your local recycling center to learn which items they'll take.

Unplug All Electric Devices When Not in Use

Another overlooked way of the things that can easily be done at home to reduce electricity bills and save the environment is by unplugging electric devices.

When these devices are switched off, they still allow a small flow of electricity. Therefore, the best way to save is by unplugging them.

Don't Just Dispose of Things

Learn to consider on whether to fix or throw away appliances when they stop working or break. It's economically worth repairing than disposing of them. It's advisable to be able to personally repair your appliances or acquire skills on do it through DIY. By doing so, you save on energy, time, and money used on purchasing new things and also helps in sharpening your skills.

Be Innovative

Old clothes can be used to make cushions covers rather than taking them to landfills. Alternatively, you can decide to donate clothes to needy people. When you do this, you cut on electricity bills at the same time help in making the house naturally warm.

Embrace Solar Panels

Solar panels are environmentally friendly because they reduce the amount of carbon emission released to the environment. They use sunlight to produce energy, therefore, cut on energy bills.

Get a Good Understanding of What You Buy

Nowadays, most of the health issue originate from toxins released to the atmosphere by trash. The trash we release to landfills also requires constant monitoring to make sure that dangerous chemicals don't infiltrate into the surrounding environment. It's time to start investing in products that are reusable for a sustainable lifestyle.

FROM WASHING CLOTHES, COOKING, CLEANING TO BEING IN THE SCHOOL, THERE'S A LOT MORE WE CAN DO TO LIVE MORE SUSTAINABLE AND HAVE A POSITIVE IMPACT ON THE ENVIRONMENT.



IN THE END, WE WILL LEAVE THIS WORLD A BETTER PLACE THAN WE FOUND IT.





8 WAYS YOU CAN REDUCE YOUR PLASTIC

01. Carry a re-usable water bottle

Plastic water bottles are one of the most commonly purchased single use plastics, especially if your work means that you are on the road a lot. More than 60 million plastic water bottles are sent to landfills or incinerators every day, totalling 22 billion each year.

02. Get yourself a re-usable coffee cup

A great cup you could get is the collapsible cup, available at most supermarkets and also online. This is a great portable cup, because when you're done using it, it collapses down into a small disc, making it very easy to store in your bag or glove compartment.

03. Opt for wooden takeaway cutlery, or even better, carry your own!

If the place you are buying your food from has the option of wooden cutlery, opt for that, or even better if you are able to carry your own cutlery around with you, that is the best option. Remember, if you're taking your lunch back to the school/work to eat, you don't need the disposable cutlery!

04. Carry a re-usable shopping bag or tote bag

Do not forget to take your bag for shopping - you will save money and at the same time you will not take another plastic bag home

05. Say no to straws!

If you do need a straw or stirrer, opt for paper or wooden ones.

06. Give up the gum

You may not realise that chewing gum is actually made from plastic. There are options out there which are plastic free, so if you do need gum in your life, then it's best to opt for one of these!

07. Switch over to loose leaf tea or plastic free tea bags at home

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08. Consider changes you can make in your own life!



**DO YOUR
OWN BAG**



you can
make your
own shopping
bag - it's
easy



idea for a gift or decoration

make your own picture of moss

STEP 1

You need: moss, frame,
hot glue, glue gun.

For the painting, we
recommend moss secured
with glycerin, which does
not require watering



STEP 2

Attach the plywood to the back
of the frame to add extra support.

Put a little bit of hot glue down
on the inside of the frame and
arrange your dried moss. Press
down firmly on the moss to
adhere it to the frame and hold it
in place.



STEP 3

enjoy a beautiful
piece of forest in your
home





DIY Skin Smoothing Face Cream

Ingredients:

- 1/3 CUP SHEA BUTTER
- 1/8 CUP BEESWAX
- 1/4 CUP JOJOBA OR ROSEHIP OIL
- 1/3 CUP ROSE WATER
- 1/2 CUP ALOE GEL
- 15 DROPS FRANKINCENSE ESSENTIAL OIL
- 15 DROPS ROSE ESSENTIAL OIL

1. In a double boiler, melt shea butter and beeswax together. After oils are melted allow them to cool slightly.
2. While shea butter mixture is melting, combine jojoba or rosehip, rose water, and aloe gel in a large glass measuring cup. Warm up the liquid in a double boiler (this will help it combine with the oil mixture).
3. Using an immersion blender or hand mixer, blend the heated aloe mixture until mixed completely (it will turn milky) and continue to blend while you stream in the melted shea butter mixture.
4. Blend for a few minutes until cream starts to emulsify and becomes thick and fluffy.
5. Add the essential oils and mix until combined.
6. Using a spatula, transfer cream into a large freezer bag or piping tube. Cut the tip and pipe into sterilized glass jars (four 2-ounce glass jars). Cap jars and store cream in fridge for up to one year.
7. Slather over face and luxuriate in the heavenly scent and natural ingredients.

5 Ways to Go 'Green' in Your Kitchen

How can you create a more environmentally friendly kitchen?

1. Wash Dishes the Green Way

It's estimated that washing a load of dishes in a dishwasher uses 37% LESS water than washing dishes by hand. However, if you fill one side of your sink with soapy water and the other side with rinse water - and don't let the faucet run - you can use maybe half as much water as a dishwasher does. Remember, when you do use your dishwasher, wait until you have a full load to run it.

2. Cook Smart

Instead of firing up the full-size oven for cooking small dishes, switch to a toaster oven, small convection oven, microwave, or slow cooker to use 30% less energy. Do not cook in stock. You know how much you eat. Therefore, you can cook as much as you know you will eat in the next two days. You cook with a lid, which shortens the time and saves electricity.

3. Don't Be Fridge Foolish

Don't browse in front of the refrigerator. Keeping the door open for long periods wastes energy. Is there an old refrigerator or freezer in your garage? Older appliances can be real energy hogs. Think about exactly how much extra fridge or freezer space you need, and get an energy-efficient model that fits your needs.

4. Buy Products With Less Packaging

The less packaging you buy, the less garbage you create. So look for ways to avoid excess packaging. For example, buy large bottles of juice or frozen juice concentrate instead of juice boxes; get large sizes of products rather than individually wrapped ones.

5. Plan Ahead to Minimize Trips to the Market

Keep your kitchen well stocked so you don't have those make those last-minute grocery runs that waste both gas and time. And be open to using ingredient substitutions in your recipes when possible. For example, use the leftovers that you have in the refrigerator and the food you have in the freezer.



ANATOMY OF BUDDA BOWLS



WHOLE GRAINS

Add your favorite whole grain to your buddha bowl. It's the 'base" to prep bowl.

You can use: brown rice, quinoa, millet, barley, farro.

LEAN PROTEIN

Think more about high protein and less about calorie count! Classic buddha bowls are vegan buddha bowl recipes (plant-based), but you always have the option to add in some animal protein to your buddha bowl recipe if you would like. You can add: chicken breast, garbanzo beans black beans, tofu, ground turkey or beef.

VEGETABLES

You can use any veggie that is left over in your fridge or decide on what direction you're going to take your Buddha bowl based on what veggie you choose!

NUTS/SEEDS/ DRESSING

Don't forget to add crunch and more flavor to your buddha bowl with nuts, seeds, and dressing! You can even skip the dressing and use a dollop of hummus.

Creative Recycling Ideas That Bring Trash Back To Life



RECYCLE PLASTICS

Use plastic bottles to make a new flower vase or pen holder or decoration.

SURPRISING PIGGY BANK

Hide your money in a place that no one can guess. Use an ice cream bottle or container!

HOMEMADE TOYS

Use bottle caps, cardboard leftovers and play with your friends

Eco lesson for children



SUBJECT: We care for the environment by learning to segregate waste.

GENERAL GOALS:



- Raising environmental awareness.
- Prepare children to take conscious actions to reduce the amount of rubbish.
- Enriching the vocabulary with ecological content.

EDUCATIONAL GOALS:



- Developing the ability to collaborate in a group.
- Implementation to maintain order and order.

TEACHING AIDS:



didactic film, cards with emblems, waste sorting containers, waste, cardboard box, useless CDs, cardboard in various colors, ribbon for hanging, glue, scissors.

1. Mysterious Shipment. The teacher asks the children if they would like to receive a letter from someone. Informing the children about the package delivered to the teacher.
2. Letter from the ecologist.

Dear children

Each of you probably knows a fairy tale
About five peas grains.
I am sending you the story
About quite ordinary bottles.
These plastic bottles were full of sweet drink,
But they were quickly emptied during the school picnic.
It wasn't worth taking those empty dishes home.
They were left in the woods by the river and are no longer needed by anyone.
The first one, thrown under a bush, crushed young plants.
In this place neither grass nor clovers will grow anymore.
The second, lying by the path, from the bottom to the cork broken,
The animals running through it were very seriously injured.
Bottles; the third and fourth also do great harm
Thrown in the sand and into the river current, they will poison the soil and water.
About the fifth offside - my opinion is no better.
Harmful gases, smoke and soot mixed with clean air.
I just can't express how I am outraged by it all!
Five plastic bottles poisoned our environment!
For who polluted the river, destroyed nature, litter ?!
You say no bottles?
So who then?

PS. I am sending a request to children from all schools. Please respect nature!
Ecologist

3. Guided conversation. The teacher's questions about what happened in the letter? Children's statements. The students' attitude towards the behaviors mentioned in the story. Drawing conclusions.

- Did the children behave properly during the school picnic?
- What if everyone was throwing rubbish into the forest?
- What dangers may be created by discarded garbage in the wrong place?
- What would you do with the bottles in this situation?

4. Screening of an educational film about waste segregation

Overview of the movie.

- The meaning of the colors of the recycling bins.
- Why do we segregate rubbish?
- An explanation of the concept of recycling.

5. "Ecological competition". Division of students into groups. Choice of leaders. Children draw cards with emblems (butterflies, falcons) and find out that in this way they have been divided into two teams. Getting to know the rules of fun.

Performing individual tasks:

I. "Who will sort correctly faster?". Use of the acquired knowledge in practice. Each team receives a bag with waste, which should be segregated and placed in appropriate containers (plastic, colorless glass, colored glass, paper). The team that completes the task correctly and fastest is the winner.

Analysis and verification of the exercise performed. Extra point for crushing plastic and aluminum waste.

II. Waste advice. How can waste be used? (Children's own ideas - the application of "brainstorming").

Students draw an item from a covered box and give an answer, which can be reused.

The group leaders come up with three suggestions for solving the problem.

III. Counting the points, handing out a friend of nature badges.

"Each of you is a winner because you can protect nature from waste."

6. "Something out of waste." Art and technical classes: "Fish" made of a useless CD. Execution instruction.

Children's work. Tidying up the workplace.



Quiz: how much do you know about environment?

1/ What do you call the area that is inhabited by a particular:

- a) Habitat
- b) Environment
- c) Biosphere

2/The process by which the Earth's temperature is increasing is called:

- a) Biothermal effect
- b) Greenhouse effect
- c) Temperature effect

3/What do you call the renewable safe sources of energy?

- a) Alternative energies
- b) Bio-energies
- c) Solar energies

4/ What do you call a substance that pollutes the air, water and soil?

- a) Pollutant
- b) Pesticides
- c) Acid

5/ Which of one can be recycled?

- a) Milk cartons
- b) Plastic bottles
- c) Both

6/ Which of these energy sources is renewable?

- a) Coal
- b) Natural gas
- c) Wind

7/ What do you call the rain that contains many chemicals and is harmful?

- a) Smog
- b) Acid rain
- c) Monsoon

8/ Which layer protects the Earth from UV rays?

- a) Oxygen
- b) Nitrogen
- c) Ozone

9/ What are some of the consequences of deforestation?

- a) Loss of habitat
- b) Soil erosion
- c) Both

10/What do you call the processing of used materials and their reuse?

- a) Recycling
- b) Reusing
- c) Reprocessing

11/Which gas is responsible for global warming?

- a) Carbon dioxide
- b) Oxygen
- c) Hydrogen

12/The relationship where two different organisms live closely together for long periods of time is called:

- a) predation
- b) competition
- c) symbiosis

13/ Which of the following is biodegradable?

- a) Plastic
- b) Paper
- c) Glass

14/ How to reduce the amount of garbage?

- a) buy only the things you need and sort your waste
- b) throw them away immediately
- c) cannot be reduced

Check your answers, give yourself 1 point for each correct answer:

0-4 you still need to learn a lot about the environment, check out our ebook

5-8 pretty good but you still have to learn a lot about the environment and its protection

9-13 share your knowledge with your friends!

13-14 your knowledge is impressive, congratulations! We hope that your knowledge is also used in practice!



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