

# NEWSLETTER 1



Lifelong  
Learning  
Programme

## SUSTAINABLE DEVELOPMENT – A ‘GREEN’ FUTURE FOR EUROPE



LATVIA



PORTUGAL



CZECH REP.



SPAIN



LITHUANIA



GREECE



ROMANIA

Rigas 9. vakara (mainu) vidusskola  
RIGA  
(LATVIA)

Colegiul Tehnic Energetic "Dragomir Hurmuzescu"  
DEVA  
(ROMANIA)

Šiaulių Jaunimo Mokykla  
SIAULIAI  
(LITHUANIA)

1.Esperino Epal Trikalon  
TRIKALA  
(GREECE)

Escola Secundaria Augusto Cabrita  
BARREIRO  
(PORTUGAL)

Instituto Enseñanza Secundaria Maria Pacheco  
TOLEDO  
(SPAIN)

Obchodní akademie  
KARVINÁ  
(CZECH REPUBLIC)

## Foreword:

*This project started in September 2013 and it will last until June 2015. Seven participating schools from Latvia, Lithuania, Romania, Greece, Spain, Portugal and the Czech Republic have been working and will work on tasks connected with the topic of sustainable development and ecology.*

*Seven meetings are scheduled for the period of 2013 – 2015:*

|                         |                |                                |
|-------------------------|----------------|--------------------------------|
| 1 <sup>st</sup> meeting | LATVIA         | November 4-8, 2013             |
| 2 <sup>nd</sup> meeting | CZECH REPUBLIC | February 3-7, 2014             |
| 3 <sup>rd</sup> meeting | PORTUGAL       | March 24-28, 2014              |
| 4 <sup>th</sup> meeting | LITHUANIA      | September 29 – October 3, 2014 |
| 5 <sup>th</sup> meeting | GREECE         | December 8-12, 2014            |
| 6 <sup>th</sup> meeting | ROMANIA        | March 2-6, 2015                |
| 7 <sup>th</sup> meeting | SPAIN          | April 20-24, 2015              |

*Who we are and what have been doing since the beginning? Let's take a look at what the students and teachers from all participating schools have done since September 2013!*

*Here are short introductions of the partner schools and their activities so far:*



**Esperino Epal of Trikala**



## Our School:

**“1st Esperino Epal Trikalon” (1st Evening Vocational High School of Trikala)**

## Who we are:

**Teachers:** Katerina Banteka, Vasiliki Papapostolou, Thanasis Vrantsas, Lilia Kopanou, Elena Bakali, Argiris Nikas, Zisis Betsimeas, Vasilios Otsios, Konstantinos Karamihas, Harikleia Rousoulioti.

**Students:** 25 students who volunteered to take part in the project activities and shared wonderful ideas.

**And ...action started !**



On 4<sup>th</sup> October 2013 we organized a presentation of the Comenius project to the school community alerting them of the numerous threats for the environment caused by humans and informing them about the goals of our project.

It is our hope that:

a) The students will be able to develop an environmental awareness about burning global issues that are related to our topic and acquire valuable knowledge and information, which they will eventually be able to communicate in our school and local community.

b) Our school will be able to reduce its ecological footprint and set high standards regarding the rational use of energy, paper and water.

Moreover we aim at improving the quality of school education and strengthening its European dimension.



At the same time we published an article promoting the project and the presentation that was held in our school in the local papers.



In the following link you can see the article published in the local papers.

<http://www.trikalain.gr/%CE%95%CF%80%CE%B9%CE%BA%CE%B1%CE%B9%CF%81%CF%8C%CF%84%CE%B7%CF%84%CE%B111/20590-%CE%97%CE%BC%CE%B5%CF%81%CE%AF%CE%B4%CE%B1-%CE%B5%CE%BD%CE%B7%CE%BC%CE%AD%CF%81%CF%89%CF%83%CE%B7%CF%82-Comenius-%CF%83%CF%84%CE%BF-%CE%95%CF%83%CF%80%CE%B5%CF%81%CE%B9%CE%BD%CF%8C-%CE%95%CE%A0%CE%91%CE%9B-%CE%A4%CF%81%CE%B9%CE%BA%CE%AC%CE%BB%CF%89%CE%BD.html>

In order to raise awareness of the necessity of recycling we followed these major steps:

Our students composed a poster as a constant reminder of a more environmentally friendly way of living. The poster quoted:



Our home is on fire!

Turn off the lights!

Recycle!!!

Don't use your car!"

We placed one in each classroom next to the board...



and on the school's notice board...





Thus, we were urged to use the recycling bin of our school and the battery recycle point all the time!



-Then, we made a “composter” accelerating the process of decomposition of organic waste and its transformation into rich soil fertiliser!



...till the composter was filled up with fallen leaves



We had the idea of creating an English-Greek and Greek-English Glossary with environmental terms so that all the students and teachers involved with the project would become familiar with the relevant terms. Thus, we gathered in the school's library and started work...!

*A for acid rain, air pollution, alternative energy, ambient air...*

*B for biodegradable waste, biodiversity, bioenergy, biosphere...*

*C for carbon dioxide and monoxide, carbon emissions, CFCs, compost.....etc*



*Our glossary  
is still*





...under  
construction'

At the beginning of December the IT department of our school set up a poll for the best logo for our project. Each partner country sent two candidate logos to us. Ten students from each country were invited through their emails to vote for the best logo. The competition will end in a few days. The winner will be announced in the second project meeting in the Czech Republic.

Here are the two Greek candidate logos :



On the whole, we had a wonderful time full of 'green' activities. We realized that by making very small and simple efforts we can still make a difference...!





### Our School:

**Rigas 9. vakara (mainu) vidusskola RIGA**

### Who we are:

**Teachers:** Ilze Dupate, Ineta Viksna, Jana Strautmane, Kristīne Ābele, Una Anaite, Ingrīda Cīlīte, Santa Bērziņa, Olga Voronova, Anna Buņetova, Jūlija Sipoviča;

**Students:** Santa Mītniece, Liene Zablocka, Jānis Lauva, Roberts Dīvelis, Nadežda Volkova, Valērija Bāne (8.kl.), Baiba Zvirgzdiņa, Sandis Zemītis, Gunita Bataraga, Laura Pahomova, Viktorija Dubrovskā (9.kl.).



### **Project activities /November - December**



### We hosted 1<sup>st</sup> Comenius Project meeting

- During the project that was held in November in Latvia, we had visitors from Lithuania, Czech Republic, Greece, Portugal, Romania, and Spain. We organised the opening conference, where each country represented their school's presentations and the results of questionnaires.



- On November 5<sup>th</sup>, we took our guests to an animal shelter, there we were informed about situation in Latvia with neglected pets and that school's wasted paper is helping animals to get some food on exchange.



- Went to Eco Getliņi that is high technology and environmentally friendly ecological waste management company. An example in the production



of green renewable energy, eco – friendly agriculture and environmental management.



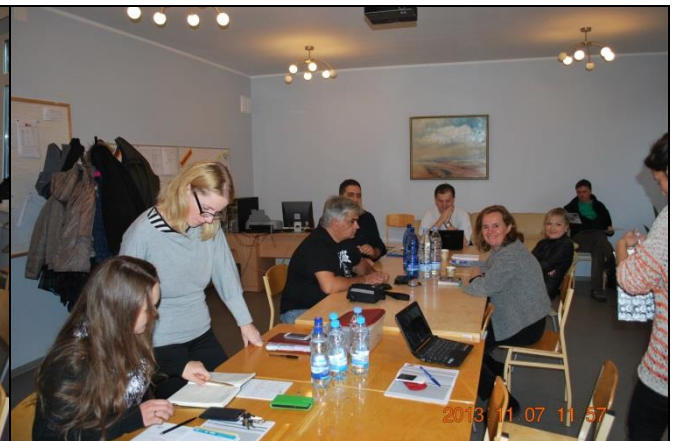
- On November 6th, we visited Ķeguma Hydro Power Plant and Latvenergo Museum of Energetics, we acknowledged how electricity is being produced historically, and we saw many industrial gadgets exhibited.



- After intensive day we decided to show The Baltic Sea to our partners!



- To fulfil our agenda for 2 years we also had our workshops, where we planned, discussed and shared ideas



- By the time teachers were busy, we students made some souvenirs







- At the last day we all went to Latvian national cuisine restaurant



When all guests left we still continued our project with:

- We watched educational movies about energies
- We created informative posters, what each of us should not do to waste energies, and what are renewable energies



- [illegible]

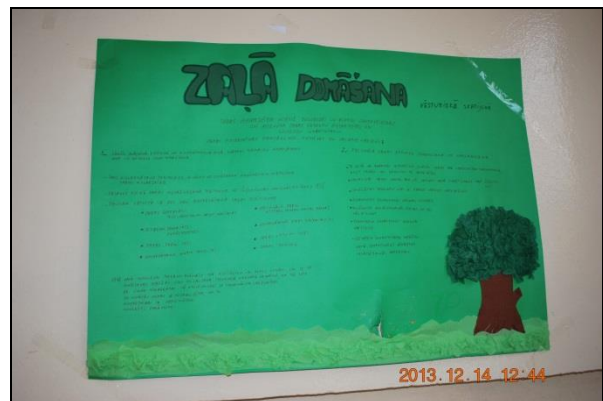


- Students have created logos for our project, teachers and students voted for them, all logos are nicely done, and the task to choose two of them was complicated





- Students had to study themselves about history of green lifestyle, and their findings on the posters are shown



- Also Eco recycle material exhibition was organised 'Christmas Fantasy', students used their ideas of recycle material new life



### We have done and will continue

- We will continue collect wasted paper to help our friends in animal shelter



- We collect PET bottles and will continue doing it, to gain a green flag for our school that symbolizes our green lifestyle also in school



- In Our school a Comenius stand will be organized , to show all the activities we have done



## **Our School:**

**Šiaulių Valteris Normundas SIAULIAI**

## **Who we are:**

**Teachers:** Line Mendeliene, Natalija Ambrosimova, Loreta Meškauskienė, Lina Kaveckytė, Edita Čerapienė, Daiva Stankūnienė, Jurgita Lukošienė, Ilona Kadzevičienė, Liolita Rmanauskienė, Nerijus Kundrotas

**Students:** Adomaitis Modestas, Armanadas Gaidamavicius, Mantvydas Sketeris, Lukas Jonauskas, Tomas Kievisėvas, Mantas Sabinskas, Alonda Stradomskyte, Angele Kiusaite, Violeta Jureviciute, Karolina Budvydaite, Greta Anikeviciute, Milda Dagyte

Green living means making sustainable choices about what we eat, how we travel, what we buy, and how we use and dispose of it. We can implement sustainability in our workplace practices, and by making the buildings we inhabit green. So Siauliai Normundas Velteris Youth School decided to stick to strict and fast rules every day for sustainable lifestyle. Since our first meeting in Riga we have done a lot of activities.

We participated in the project “Let`s meet after the commercials “.The students willingly participated in this event, because the topic of this project is very up to date: recycling and making useful things from the rubbish. A lot of students know nothing about recycling and using recycled things. Students were able to communicate and share experiences, develop cognitive and social skills. Also they had an opportunity to adjust their knowledge about recycled materials and use them in real life. (They made a civil ideas calendars, presentations, Christmas tree decoration from recycled materials).





An exhibition "Recycled materials – are not a rubbish" was organized at our school.



Each autumn working holidays "Leaf raking action" are organized. The target is to improve our school's environment.



In October there were “A wellness week - health improving time” activities. Gabrielle Rekštytė 9 b grade has participated in the project "We are recycled".

She did ecological crossword puzzles and won the basketball with the Lithuanian basketball team`s signatures.

Students participated in competition “Let`s paint with computer „A Winter Fantasy”. The target is to preserve the environment.

“Christmas E-Card – Let`s” protects the environment as no paper is used.







Integrated lessons about ecology are also popular in our school.



So we are involving a lot of schools, parents, social supporters and other organizations. Especially our teachers have been working a lot with our students and their parents and we have offered some tips for them for improving our environment:

**Food:** Buy local and organic food which requires less fuel for shipping or petrochemical based fertilizers and pesticides that can be harmful to human health and the environment. Don't buy pre-packed food, because the packaging creates a lot of rubbish.

**Goods:** Assess products on the basis of their entire life-cycle, not simply the time you use it. Support companies that will take back products after their useful life and reuse the materials. Be informed about the contents of personal care products and pharmaceuticals. Don't use aerosols, because they pollute the air.

**Use microfiber cloths at home.** By using microfiber cloths, you will save a tree by not buying paper towels, and save the green in your wallet by not spending money on something that goes into the garbage anyway. Microfiber is easy to use, and easy to wash and quite simply easier on the environment.

**Use green cleaning products.** Invest in cleaning products that are green, biodegradable, and uses less harmful plastic containers. The less plastic in the containers, the better they are for the environment. One of the most environmentally friendly cleaning products to use in your home is vinegar. It is non-toxic, not harmful to you, your little ones or to the environment.

**Housing:** Change your incandescent light bulbs to compact fluorescent lights or even use LED. The selection of energy efficient types is expanding and you'll save money on your electricity bill. Turn off the light leaving the room, turn off all devices from stand-by mode for a night, when finished charging, plug out the charger, don't leave computer monitor turned on, boil only the amount of water you need, cover the pots so they can boil faster. Recycle, reduce, reuse! You can sell old books and CDs for cash, and they will be reused. Find places that recycle old ink cartridges, cell phones, computers and appliances. By recycling and looking for alternatives to the trash you are keeping the Earth clean and free of debris that essentially leaks of very harmful chemicals into the environment.

**Transportation:** Use mass transit and carpool whenever possible. Explore biking and walking options and alternative fuels.

**Health: Quit smoking.** Smoking is the worst thing for the environment and for your wallet. Cigarettes leak over 4000 toxic chemicals into the environment as well as your body and it is the hardest habit to break.

So our school hopes that these tips will help to improve our environment and sets good examples for other schools.

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### **Our School:**

**Instituto Enseñanza Secundaria Maria Pacheco TOLEDO**

### **Who we are:**

**Teachers:** Consuelo Martínez, Eusebio Torrejón, M<sup>a</sup> Carmen Rescalvo, Carmen Guijarro, Carlos Gómez, Laura Santiago, Pedro Leal, Nuria Cuevas y Gregorio Guillén.

**Students:** María Espinosa, Marta Gamero, Marina Sánchez, Sofía Sánchez, Andrea Figueroa, Elena Sáez, Paola Díaz, Ana Alonso, Sofía Barbado, Sandra Blanco, Teresa Cabezas, Ana María Hernández, Ana Martín, Marta Vizuite, Clara Marín, Marta Fernández, Víctor Criado, Pablo López, Violeta Calvo, Carlos Atalaya, Inmaculada Vizuite, Rubén Balmaseda, Sergio Alonso, Daniel Díaz y Arturo Pareja.

### **How we began**

We joined Greece in a previous request for a similar Project but it wasn't accepted, and when this new project came up , coordinated by Latvia, we joined it.

A group of teachers interested in the project presented it to the students and a group of them decided to participate.

In the first meeting in Riga the subjects were decided. The students, in groups of three, have started to work in the chosen matter. Most teachers in their classroom are working too.





## What we have done

We organized collective work to clean Tajo riverbanks.



Environment Day celebration

Power point presentation about how to recycle and the consequences of not doing it

Watching Wall-e film and getting conclusions

Logo project competition

Christmas decoration by using recycled materials





Analysing river water



Recycling



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### **Our School:**

#### **Obchodní akademie KARVINÁ**



### **Who we are:**

**Teachers:** Martin FROLÍK, Jiří JANÍK, David HOLZBAUER, Iva VRBOVÁ, Zdeňka PARCHANSKÁ, Irena MORÁVKOVÁ, Miroslav HRUŠKA

**Students:** Kateřina Kiššová, Hana Látová, Dominika Václavíková, Dominika Pipreková, Anna Vaňková, Denisa Valentová, Lucie Holbová, Mirka Švendová, Marie Amanatidu, Kateřina Miklášová, Kamila Wicherková, Lenka Kučerová, Kamila Teichertová, Natálie Feiková, Jana Válková, Nikola Jančová, Monika Uhlíková, Denisa Piačková, Dominika Pčolárová.

### **Our activities:**

September - we presented the project to the students and teachers and published the most important information on the school website.

October – we created a questionnaire for the 1st meeting in Riga, organised the research and worked out the final report.

November – we participated at the first meeting in Riga and after that we started the project website with information about the run of the project.

### **And since then.....**

We had regular meetings and we also organised geographical seminars about partner countries:





We participated in the logo competition:



And we organised an „eco-weekend“ in the Beskydy mountains nearby. Our two-day programme included a hike in nature, photographing impact of people to nature, seminars about global warming in the Czech and English language, workshops with creating simple nest boxes which were then hung on trees.





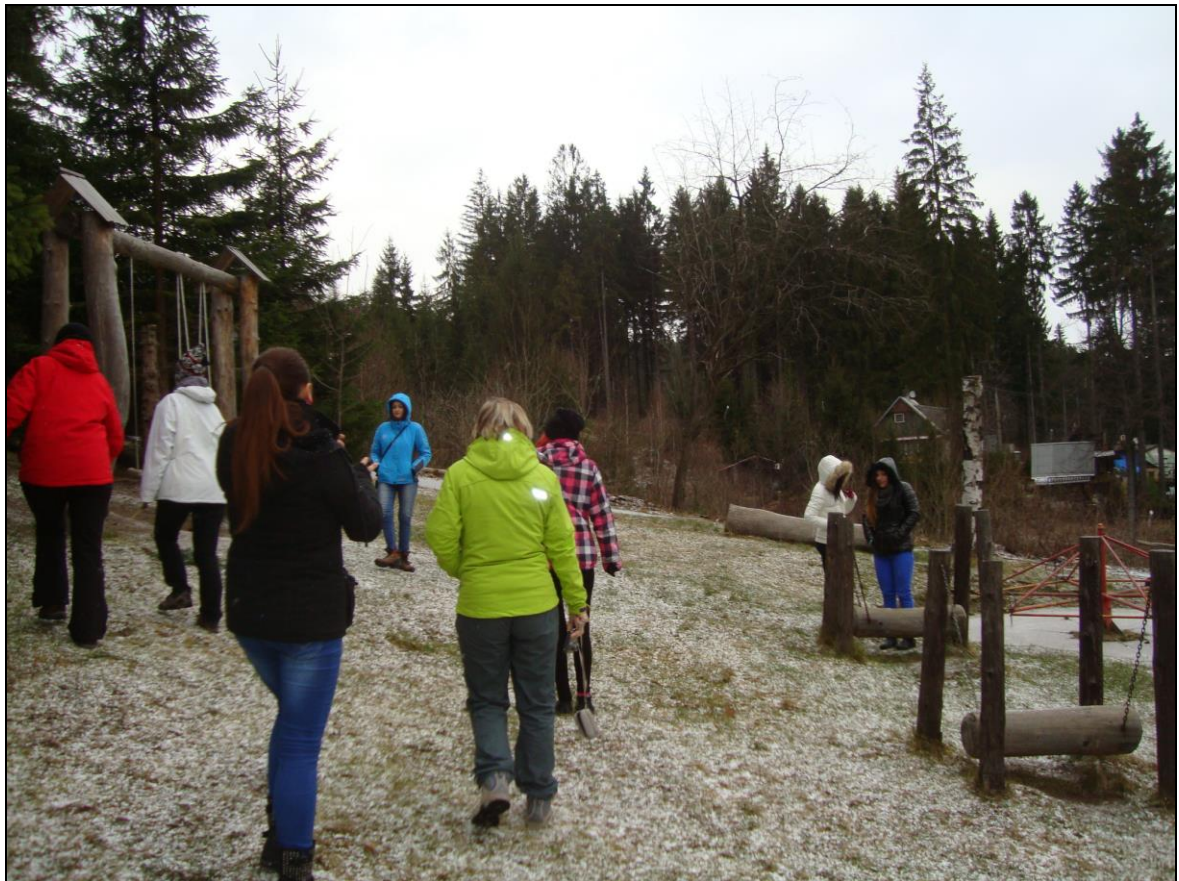
## Impact of people on nature



## Workshop - Creating simple nest houses











During the project weekend we also had a presentation of one of previous projects focused on sustainable development. This project took place in Greece in 2012 and two teachers participated in this training course.

We also had a discussion about other ecological projects in which the students and teachers have participated in the last years.

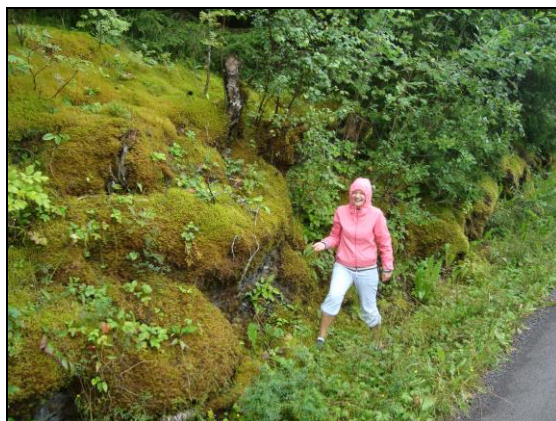
Creating eco-village at the training course in Thassos







Presenting ecological projects in which members of non-formal group of young people called Euroteam (Havirov, Czech Republic) led by the teacher Martin Frolik took part in Seville (Spain) and Gran (Norway) in 2012.



And now we are looking forward to hosting all our partners in Karvina at the beginning of February!!

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### **Our School:**

**Escola Secundaria Augusto Cabrita BARREIRO**

### **Who we are:**

**Teachers:** Marco García, Mário Afonso, Mariana Alves, Manuel Russo, Dolores Santos

**Students:** Carolina Mota, Ana Sofia Correia, Maria Margarida Soares, Beatriz Dias, Carina Sofia Rana Mia, Tatiana Alexandra Meireles Mira, Marcelo Azevedo, Tiago Alexandre Damásio Farinha, Elena Pogorencu, Fábio Castanheira

### **Our activities:**

We have started our participation in this new Comenius project in the beautiful city of Riga, Latvia's capital.

The Portuguese delegation was formed by only two teachers (Marco Garcia and Mário Afonso), as it was decided not to take any students in this first encounter, to maximize the number of students that we will be able to take to the other meetings, where they will be able to show their work to their colleagues in more detail.

We arrived late at night at Riga International airport, and received a warm welcome by Latvian teachers Ineta Viksna and Jana Strautmanne. The next day we met the rest of the teachers involved in the project.

We were very pleased with the time we spent in Latvia. The work meetings were very productive, and the objectives of this first meeting were fully met: we programmed the first year of the project in detail. We decided when the other meetings will take place, and what tasks must be completed for each one of them. We loved the way these meetings took place, as there was a very fluid dialogue taking place between all delegations. It was almost like brainstorming sessions.

### **After the meeting**

Upon return to Portugal, it was time to pass the information we agreed upon to the rest of the teachers and students involved in the project. There were several meetings held by the students and teachers, where tasks were distributed. This was an opportunity to further brief the students on the nature

of this project. As for the tasks our team had to complete at this moment, there were two main tasks:

Preparation of the presentations about Global warming and our country and region

This task has been tackled by the students that will be travelling to the Czech Republic in February. These students have done research about the subject, with the help of their Biology teacher, and have created the Powerpoint documents that will support their presentation. Many times these students have stayed at school after classes ended to improve their presentations.

The creation of the project's web site



This was made by the students of the 11<sup>th</sup> year of Computer Programming Vocational School. Each student has created a website template



within their Communication Networks classes, and then the best were chosen by their teachers.

This was excellent timing, as this is a mandatory work they have to create to pass this subject, and this way their work will have a practical use. These students have worked very hard to learn new tools that they used to make their sites more appealing, and some of these proposals will be shown in the project meeting in Karviná.

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### **Our School:**

**Colegiul Tehnic Energetic “Dragomir Hurmuzescu” DEVA**

### **Who we are:**

**Teachers:** Beata KOSS, Ina MATEIU, Mirela GHERMAN, Laura DANC, Angela GIURGIVEANU, Corin ALBU, Alexandru BADOI



**Students:** Andrei STANUS, Laurentiu HOCKL, Bogdan PREDA, Susana BONI, Diana DEVIZA, Mihai POMOIA, Roberto HURUBEAN

### Our activities:

This Comenius Project has a huge impact on our school life. Not only the teachers but also our students are very keen in working and becoming active in this project.

Some of our students have created a model house on a plane table, which uses solar energy to generate heat and electricity, in order to show others about the importance and necessity of solar cells and unconventional energies.



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*As you could see, all participating schools have been working hard since the beginning of the project. After a short rest during Christmas time we got back to work and prepared our presentations for the second project meeting which will be held in the Czech Republic, in Karvina.*

Welcome to the year 2014 and good luck with your work!

Martin Frolík  
Obchodní akademie Karviná



**This newsletter is based on narrations and photos from the teachers  
and students from all participating schools!**



### **DECLARATION**

**This project has been funded with support from the European Commission.  
This newsletter reflects the views only of the author, and the Commission  
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