ENVIRASMUS

SUSTAINABLE ERASMUS MOBILITY IN VET

Premobility Workshop
Referent's Guidelines

The ENVIRASMUS Project :

- Although the benefits of the Erasmus programme are well-know, it also has negative consequences on the environment.

- The project led by 6 Europeans countries in 2022-2024 aims to achieve **to raise awareness of the importance of sustainability**: a strong support for VET mobility students, that are going to live an Erasmus experience, including pedagogical information about protecting the environment, motivating students to act and make a change to achieve **a green Erasmus** while measuring and monitoring student's behaviour via an investigation.

- The Student 's platform and digital app for a Sustainable Erasmus: discover our European cities and become environmentally friendly.

Goal of the workshop :

- This 21 slides premobility workshop is a **direct result of the project** " Raising awareness about the importance of sustainability before the student's mobility experience. " This workshop will be carried out independently by VET learners but could also be done in groups with the referent but with indivual response.

- This e-learning should lead learners to **reflect on their habits in terms of wastes, recycle, use of water, food purchases**, ... This exercice is to be understood as an awarness of sustainable development and help them to think about it during their mobility and for the future.

Here is the link to the workshop

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How does it work ?

- To move from one slide to the next, you must click on the right side of the presentation or use the > key on your keyboard.

- Topics covered : **carbon footprint**, **wastes**, **energy and water savings**, **transportation**, **seasonal and local food**.

- For each topic, the VET learner will have an introduction, activities to do (**in orange**) and tips (**in green**) which are in most cases youtube videos or apps to donwload just by clicking on the links that are directly on the slides.

The **pre-mobility questionnaire** really must be **given to the learner** before any further discussion or presentation on the workshop.
This questionnaire helps to measure if the student's behaviour has changed - as a bases line- thanks to the comparison with the postmobility questionnaire.

Also, you must check that each learner downloads the pdf file.

At the end of the workshop :

- The learner is able to become **aware of his/her lifestyle** in terms of sustainable development and **think about different ways to improve it**.
- As referent, it could be interesting to **organized an individual and collective feedback meeting** on the workshop to collect and discuss their result.

- **Of course, do not hesitate to send us any comments that could improve the workshop !**

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The workshop in more details :

Table of contents - Slide 2 : Here are the links to all the topics so the workshop can be done in several times, also the student can return to the topic he wants to kown more about.

Premobility Questionnaire - Slide 4 : Here is the link to the questionnaire that the student must complete **individually** if the referent did not sent the link to him/her before the workshop.

Introduction - Slide 5/6 :

- Explanation of how important is to live sustainably and videos are proposed to provide advices to be more green or ecofriendly travel's tips, really useful during their mobility.
- Referent - to go more further about this topic

Carbon footprint - Slide 7 :

- Make the student aware of the environmental impacts of his/her daily actions.
- Student - s/he is encouraged to click on the calculator to calculate his/her carbon footprint though a website.
- Referent - Must ask him/her the result and encouraged them to compare it with the group. To know more about it

Wastes - Slides 8/9/10 :

- Explanation of how much wastes polluate and the importance of to reduce and recyle them.
- Student - S/he has to find ways to recylcle in his/her host city and find the different types of wastes according to the color symbols of recycling. Two apps are proposed to help him/her to easier recycle.
- Referent - Must ask the student about his host city and how s/he imagine to recycle out there.

Saving water and energy - Slides 11/12/13 :

- Explanation of how the protection of water from pollution and how to reduce the use of fossil energy are important.
- Student - S/he must find in his/her daily life how s/he save water and energy at home and at work. Some tips are given though videos to help them to find moreways.
- Referent - Must ask them about their habits and try to show them they can do more.

Transport - Slides 14/15/16/17 :

- Explanation of how transports impact environment and our health.
- Student - (if s/he already know his/her workplace and accomodation) s/he is encouraged to calculate the time distance and prices (ticket, rent and month pass) between these 2 places. The idea is to make him/her aware it is not too difficult or more long to use more eco-friendly way of transportation. Two apps are proposed to help them to compare its.
- Referent - Must ask them their result and discuss with them for which one is more appropriate way (according to the price, country, distance, climate, ...). If they do not already know the locations, to do the exercice, they can use a potential company and/or an hostel.

Local food - Slides 18/19/20 :

- Explanation of how is important to prefer local and seasonal food to reduce environmental impacts.
- Student - S/he must find the vegetables/fruits calendar of his/her host country and see (if s/he already knows his/her accomodation) where are the organic food markets/producers near. Tips are proposed to help him/her to research markets or to buy more respectful products and avoid food waste.
- Referent - Must ask them the calendar they found. If they do not already know the location, to do the exercice, they can use an hostel.

Tips to go further - Slide 21 : three apps can be donwload by the student if s/he is interested to act in this way and to encourage other citizens or colleagues.

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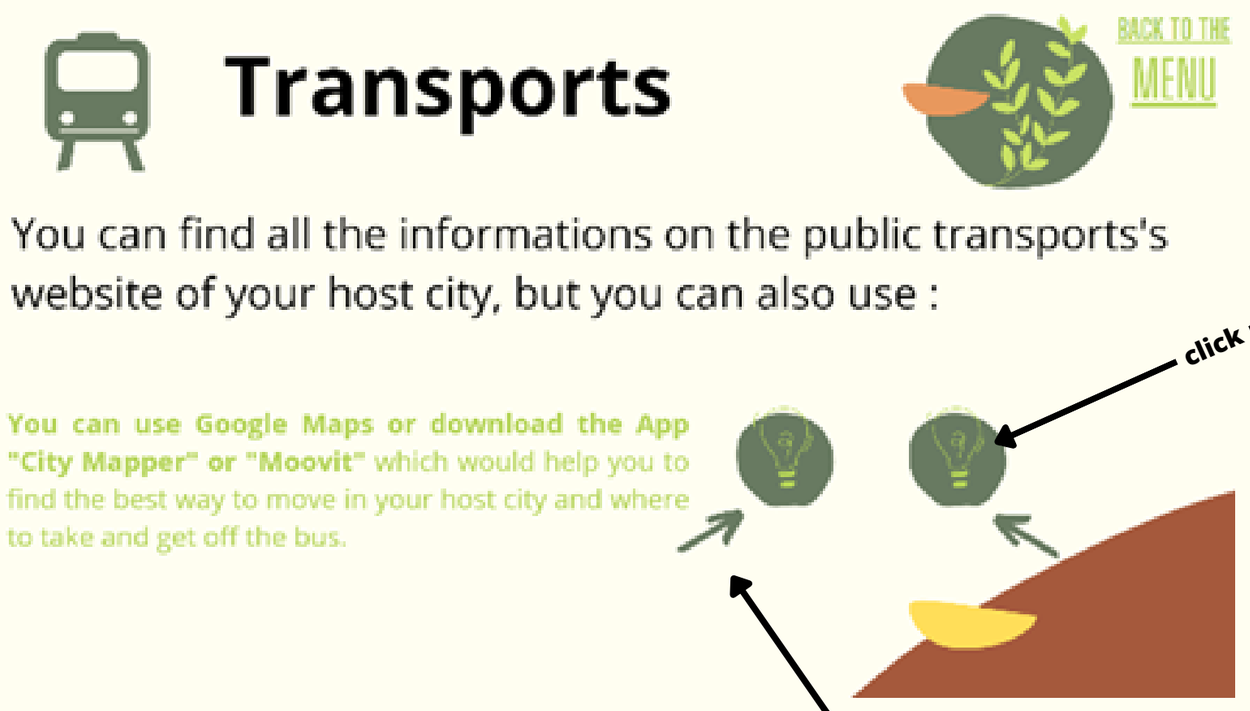
You must click on the right side to **move to the next slide** in the presentation. If you want to go back just click on the left side.

If you click here, you will **go directly to the youtube videos** for the tips.

If you click here, you will **return to the table of contents** with links for each topics.

Here are some activities **you should do** to better understand and assimilate the topic.



If you click on the light bulb (or the calculator or the app's name), you will **go directly on the app to download or to the website.**

The presence of an arrow, it means that there is a **link you should click on**.

Here is the link to reach the workshop : https://urlz.fr/lBnU

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Premobility Workshop

CONTENTS

Premobility Questionnaire

Introduction

Carbon Footprint

Wastes

Saving water and energy

Transports

Local Food

Tips to go further

BACK TO THE MENU

WORKSHOPS FOR A SUSTAINABLE MOBILITY

Congratulations!

You're going to travel for an international mobility project! You will learn a lot of things when you're away and one of those things will also be how to live sustainably in your host country.

Welcome to this part of your journey towards travelling sustainably: **ENVIRASMUS!**

BACK TO THE MENU

Premobility Questionnaire

We are going to start this workshop with a short questionnaire to take a first step on your situation. It is important to see what you thing about this topic before you leave.

Please, fill the form here !

Why does living sustainably is important ?

Sustainable living aims to **meet the present needs of humans, without compromising the ability of future generations** to enjoy an equal quality of life.
This means using less energy and natural resources, and producing less waste and pollution.

This method minimizes negative impacts on the environment while improving our lives.

BACK TO THE MENU

Introduction

BACK TO THE MENU

Now that you have completed the questionnaire, you will begin the workshop ! But first, you'll find below 2 introduction videos before to start the workshop and get some tips.

Tips to go Green

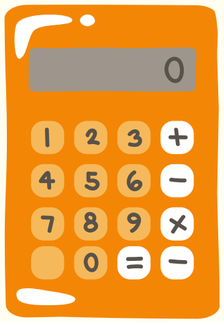
TOP 10 Eco-friendly Travel Tips

Carbon footprint

BACK TO THE MENU

A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions. It is possible to calculate it thanks to different tools.

You can find here a calculate carbon footprint, let's do the test !



What's your carbon footprint ?

Enter your result here

And compare it with someone else in your group !

Wastes

BACK TO THE MENU

Waste is one of the main causes of pollution. In this sense, it's important, **to avoid or reduce them** upstream as much as possible.

If this is not possible, states must anticipate the environmental problems linked to the waste's production and must propose different solutions **to recover and reuse them** but also thinking about the more sustainable way to eliminate them.

Wastes

BACK TO THE MENU

How is waste recycling organized in your host city/country?

- Find ways to recycle where you will live in your host city.
- Identify the recycling symbols and colors of the different types of waste.

Wastes

BACK TO THE MENU

You can find all the informations on the city website or Mobile App, if they have one.

Download the App "Montri" which would help you to make life easier for you and make you aware of sorting and reducing waste.

Download the App "Junker" which would help you to identify your wastes though its barcode and guides you in sorting of them.

Saving water and energy

BACK TO THE MENU

The limited availability of water on our planet, its pollution and climate change make water an increasingly scarce and precious resource. For these reasons, it's imperative **to spend less, but also using water wisely is imperative.**

The ever-increasing use of fossil fuels and greenhouse gas emissions can be limited. **Energy resources must be managed to meet the growing needs of the planet without harming the environment**.

Saving water and energy

BACK TO THE MENU

Sometimes simple actions can be very effective and important!

Can you name 4 easy actions to save water or electricity ?
(At home and at work)

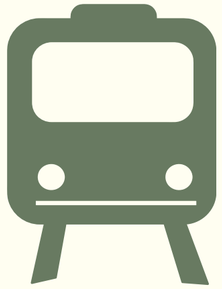
Saving water and energy

BACK TO THE MENU

Check these videos to find some tips to reduce your using of water and electricity :

[Top 10 water saving tips]

[7 ways to conserve energy.]



Transport

BACK TO THE MENU

The massive use of transportation, apart from causing huge amounts of carbon dioxide and leading to green-house effect which later on contributes to the global warming, it directly affects our health.

There are a few simple ways to avoid private and motorised transport !

Transport

BACK TO THE MENU

Have you looked at the transport organization in your future host city?

How long will it take to go from your place to your work ?

:

:

:

Transports

BACK TO THE MENU

In your future host city, check how much is

- a single transport ticket :
- a 30 minutes ride with a rental public bike :
- a 1 month bus pass :

Transports

BACK TO THE MENU

You can find all the informations on the public transports's website of your host city, but you can also use :

You can use Google Maps or download the App "City Mapper" or "Moovit" which would help you to find the best way to move in your host city and where to take and get off the bus.

BACK TO THE MENU

Local food

Go local: Using regional products helps minimise environmental pollution by avoiding transportation. To reduce food miles, seek to buy food from small-scale, local agriculture holdings or local markets.

Go seasonal: Seasonal fruit and vegetables help minimise environmental impacts because they do not require heated greenhouses or freezing.

Local food

BACK TO THE MENU

Buying local products is not necessarily as expensive as you think !

- Find a document that lists the seasonal vegetables of your future country.
- Try to find 3 typical dishes from your host city/country
- Find local markets near your place and local producers stores.

Local food

BACK TO THE MENU

You should enter "local organic shops" in **Google Maps** near to "the name of the location" and you will find some places really easily !

Here are some mobile apps to help you with your purchases :

Yuka : deciphers product labels and analyzes the health impact of food products and cosmetics.

To Good to Go : application to fight against food waste, which allows you to collect unsold items from merchants, at a low price!

Tips to go further

BACK TO THE MENU

To end this workshop, we give you some tools to support you in your sustainable mobility

Mobile Apps

- **Earth Hero :** Mobilize with a community of change-makers actively working to address global warming and rapid extinction.
- **Clear fashion :** evaluates clothing brands and their impact on our planet
- **Citizen Wave :** engage your colleagues and your ecosystem in a voluntary collective eco-responsible approach

To improve this Whorshop, we need your feedback,
can you give us one last minute ?

THANK YOU FOR YOUR PARTICIPATION !