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THE 5 "R"'S HANDICRAFTS: REDUCE, REUSE, RECYCLE, RETHINK AND RECREATE

E-BOOKLET

www.ghem5rhandicrafts.com

KA210-ADU-E4D249F



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WELCOME MESSAGE



Welcome to the E-Booklet for the "5R's Handicrafts" project: Reduce, Reuse, Recycle, Rethink, and Recreate! This project is dedicated to raising environmental awareness through creative, hands-on activities focused on sustainable consumption. Here, you'll find valuable insights, resources, and guidelines on transforming waste into unique, eco-friendly crafts. We invite you to explore the 5R's principles and join us in cultivating green skills, fostering creativity, and building a more sustainable future for all.



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VISION AND MISSION



VISION

The project aims to enhance environmental awareness and promote sustainable consumption through the 5R's principles (Reduce, Reuse, Recycle, Rethink, and Recreate) by transforming waste materials into handicrafts, fostering green skills, and encouraging environmental responsibility within adult education contexts.

MISSION

The mission of the 5R's project is to empower educators, learners, and communities with the knowledge, skills, and creativity needed to reduce waste and incorporate environmentally friendly practices in daily life. This mission is achieved by integrating art, environmental knowledge, and technology into adult education programs that focus on sustainable and innovative methods.

DISSEMINATION OBJECTIVES:



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General objectives:

- Engaging learners about the environment;
- Developing responsibility and care in staff and learners;
- Transforming the institutions to be a sustainable institutions;
- Affecting communities around our instutions;
- Combining learning with experiences.

Specific objectives:

- Incorporate environmental education into the curriculum through interactive activities and projects;
- Raise awareness about current environmental challenges and solutions;
- Encourage sustainable behaviors, such as recycling and reducing waste;
- Implement green policies, such as energy-saving measures and waste reduction strategies;
- Partner with local organizations to extend environmental initiatives to the broader community;
- Organize campaigns and events to promote sustainable practices locally;
- Provide hands-on learning opportunities, such as gardening or renewable energy projects;
- Encourage participation in fieldwork, workshops, and environmental research.

ACTIVITIES FROM THE PARTNERSHIP



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The activities of the 5R's project include four mobility actions focused on the main themes:

- 1.Reduce
- 2.Reuse and Recycle
- 3.Rethink
- 4.Recreate

In addition to the mobility actions, the 5R's project consortium carried out a series of dissemination activities to promote and share the project's results. These include:

- Project promotion seminars for staff and trainees of partner institutions;
- Creation of an "Erasmus+ corner" and participation Erasmus day;
- Promotion of the project on social media and institutional websites;
- Thematic courses on the environment and on converting waste into crafts;
- Distribution of eco-checklists to ensure sustainable practices in institutions;
- Visits to adult education institutions and meetings with official bodies to promote the project;
- Practical and environmental awareness events such as walks, waste collection, and tree planting;



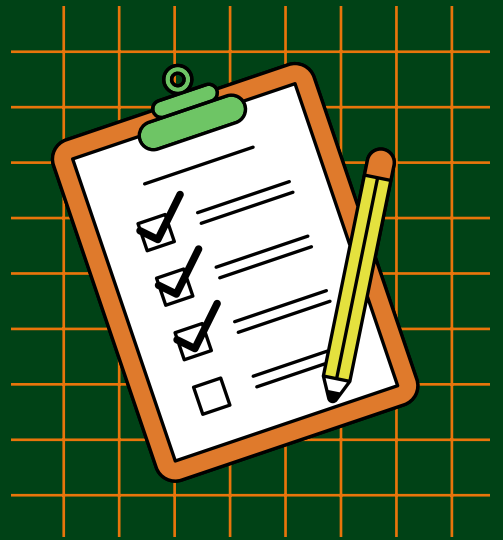
DISSEMINATION ACTIVITIES



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- Erasmus Days Events;
- Erasmus Corner;
- Hiking activity;
- Waste collection activity;
- Tree planting event;
- Organizing concerts;
- Opening "environmental" themed courses;
- Exhibitions;
- Workshops and seminars to the staff;
- Seminars to the learners;
- Project e-booklet;
- Announcement of the project with the project logo design competition;
- Showing the presentations, videos and photo albums to be created during the trainings to the trainees and staff;
- Opening courses on the conversion of waste materials into handicrafts;
- Eco-checklist;
- Meetings with official institutions and promotion of the project;
- Making news of our project activities in local press organs;
- Organizing project promotion visits to at least 2 adult education institutions;
- Organizing project promotion seminars for the people of the city;
- Use of social media pages-website;

THE ECO-CHECKLISTS



- The purpose of the **City checklist** to recognize the elements and facts of the cities in terms of environmentalism. Therefore we will be able to evaluate the cities according their the pros cons. Each partner will relize what their cities need to get more sustainable and eco-friendly cities.



- The objective of the **Eco-School Checklist** is to assess and improve environmental practices in schools. By using this checklist, schools can identify areas where they are excelling and where improvements are needed to become more sustainable and eco-friendly. This evaluation will guide schools in creating a more sustainable environment.



WHAT CAN I DO INDIVIDUALLY?



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- Lead and act together with others;
- Build connections locally and globally;
- Reduce consumption by at least 10%;
- Plant trees;
- Increase use of public transport and reduce car and plane travel;
- Bring a reusable water bottle and shopping bag;
- Use steel utensils instead of plastic.

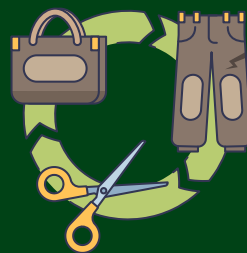


WHAT CAN WE DO AS ADULT INSTITUTIONS?



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- Organize seminars and courses for the community and educational institutions;
- Create sustainable production policies within organizations;
- Focus on reducing overall consumption;
- Reuse and upcycle waste materials;
- Arrange meetings with local authorities like city councils;
- Collaborate on creating environmental action plans;
- Set up recycling bins and containers in institutions;
- Offer courses on organic farming and sustainable agricultural practices;
- Educate people on reusing waste materials through visual examples;
- Combat ignorance, which is a major contributor to environmental problems;
- Influence public lifestyles by promoting environmental education.





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ACTIVITIES FROM THE PARTNERSHIP

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TURKEY



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Activity 1. Bag Sewing Workshop

Objective: The workshop was held to teach our trainees registered in our sewing workshops how to sew their own fabric shopping bags, both to show them sewing techniques and to teach them techniques such as pattern making and cutting. Many trainees participated in the event. Before the event, information was given to trainees to raise awareness about environmental issues. Trainees who sewed their own shopping bags gained sufficient awareness to reduce the use of plastic bags in shopping.



TURKEY



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Activity 2. Erasmus Days 2023

Objective: Our institution managers and teachers who participated in the Erasmus Days event organized by Aydın Provincial Directorate of National Education on October 12, 2023, introduced our project at the promotion stand. While the project information was included at the stand, recycled handicraft products suitable for the content of the project were also exhibited. In addition, a promotional presentation of our project was made by the Project Contact person.



TURKEY



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Activity 3. World Environment Day

Objective: We organized an outdoor breakfast event with our trainees to celebrate World Environment Day on June 5, 2023. During breakfast, we talked to our trainees about the importance of the environment, how we should protect it, and the responsibility of leaving a clean world for the future as adults. After breakfast, we cleaned the environment with our trainees.



TURKEY



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Activity 4. End of term exhibition

Objective: The end-of-term exhibition held in June featured an exhibition of products produced by our trainees and teachers throughout the year. Separate stands were also opened for recycling crafts during the exhibition, which lasted for a week. Many recycled crafts that would attract the public's attention and raise environmental awareness were exhibited at the stands.



TURKEY



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Activity 5. Movie day

Objective: In this event, it was aimed to increase environmental awareness by having our trainees watch videos and films on the environment. At the end of the event, the information acquired was reinforced with question and answer and brainstorming activities. The trainees were asked to think about what our responsibilities are to leave a better world for the future and to share their ideas.



TURKEY



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Activity 6. Recycling Exhibition

Objective: In the recycling exhibition created with the recycled handicraft products produced by our trainees and teachers at the international meeting of Turkey held with the participation of our partners, recycled products that will inspire both our trainees, our partners, other institution teachers and the public were exhibited.



TURKEY



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Activity 7. Environmental ITC

Objective: In our information technologies courses, our trainees were provided with knowledge and skills on how to use information technologies to increase environmental awareness. Online applications and games that increase environmental knowledge and skills were introduced.



TURKEY



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Activity 8. Documentary Day

Objective: On Documentary Day, our trainees who attended various courses were shown a documentary about zero waste. Our trainees, who understood the importance of sustainability and recycling activities, reinforced the information they acquired with the question and answer method at the end of the event.



TURKEY



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Activity 9. Erasmus Days 2024

Objective: On October 18, 2024, we participated in the Erasmus Days activities organized by the Aydın National Education Directorate as Germencik Public Education Center. Provincial directors of national education, administrators from many schools, teachers and students attended the activity. In the stand allocated to our institution, there was a poster introducing the content, objectives, activities and partners of our project. In addition, we exhibited the recycled handicrafts made by our trainees and teachers in our institution.



TURKEY



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Activity 10. Mini-Music Show

Objective: During the Mini-music Show event, one of the many activities organized during the Lifelong Learning Week Activities, our trainees were given a live music show by our music teachers. Before the show, our project contact person introduced our project to the participants.



TURKEY



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Activity 11. Glass Shaping Workshop

Objective: During the international meeting in Turkey attended by all our partners, our glass artist gave a presentation on glass recycling in our glass shaping workshop. She showed our participants glass shaping techniques and allowed them to participate in glass shaping practices.



TURKEY



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Activity 11. Glass Shaping Workshop

Objective: During the international meeting in Turkey attended by all our partners, our glass artist gave a presentation on glass recycling in our glass shaping workshop. She showed our participants glass shaping techniques and allowed them to participate in glass shaping practices.



TURKEY

CRAFTING ECO-FRIENDLY CREATIONS



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Activity 1. Make Your Own Recycling Bins

Objective: The aim of the event is to raise awareness about the importance of recycling and to benefit from the power of recycling while doing so. We aimed to evaluate the water canisters that were in an idle state in order to obtain the recycling boxes that we will use in our institution. In this way, we did not buy, we evaluated the waste materials, we had fun and we produced. We cut the tops of 4 water canisters and painted them in accordance with the colors of the waste boxes. We pasted papers on which it was written which waste material they belonged to.

Materials: • red, blue, yellow and green acrylic paints • paint brushes • 4 water canisters • glue • paper



TURKEY

CRAFTING ECO-FRIENDLY CREATIONS



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Activity 2. Cute Bookmarks

Objective: With this activity, waste papers will be reused and turned into bookmarks. The aim of the activity is to raise awareness about sustainable consumption habits by evaluating waste. In our period when consumption is rapidly increasing, the importance of making productions that will contribute to the environment is understood. This activity will enable the evaluation of waste papers, provide a collaborative learning environment while doing this, and provide the opportunity to learn with fun.

Materials: • paper • scissors • glue stick • stickers • pictures



TURKEY

CRAFTING ECO-FRIENDLY CREATIONS



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Activity 3. My Jeans Bag

Objective: With this activity, waste papers will be reused and turned into bookmarks. The aim of the activity is to raise awareness about sustainable consumption habits by evaluating waste. In our period when consumption is rapidly increasing, the importance of making productions that will contribute to the environment is understood. This activity will enable the evaluation of waste papers, provide a collaborative learning environment while doing this, and provide the opportunity to learn with fun.

Materials: • jeans fabric • sewing machine • scissors • needle and thread • tape measure



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1. Waste Materials Crafts Course

Date: June 21, 2023

Location: Arcos de Valdevez

Audience: Pastry and Bakery Students

Summary: Participants learned to create displays using recycled materials, promoting reuse and sustainability in their future careers.



2. Environmental Awareness Classes Through Drama

Date: July 13, 2023

Location: Ponte de Lima

Audience: Children and Educators

Summary: In partnership with a local theater group, children watched a play on environmental issues, followed by a discussion and interactive activities.

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3. Environmental Themed Course

Date: September 16, 2023

Location: Arcos de Valdevez

Audience: Local Community

Summary: Training on sustainable practices, covering topics such as healthy eating, energy efficiency, and nature conservation.



4. Environmental Awareness Seminar

Date: October 20, 2023

Location: Ponte de Lima

Audience: Students, Trainers, and Interested Public

Summary: Seminar to raise environmental awareness, with lectures and discussions on sustainable practices.

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5. ErasmusDay and Erasmus Corner

Date: October 13, 2023

Location: PREVIFORM, Ponte de Lima

Audience: General Public Interested in Erasmus Day

Summary: A free-access event with a documentary screening on the Erasmus program's impact on Portuguese society, followed by a debate and Q&A.



6. Environmental Film and Documentary Day

Date: October 24, 2023

Location: PREVIFORM, Ponte de Lima

Audience: PREVIFORM Students

Summary: Part of the "5 R's Handicrafts" project, this event featured a screening of David Attenborough: A Life on Our Planet, followed by group reflections.

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7. Opening course on the conversion of waste materials into handicrafts

Date: December 4, 2023

Location: PREVIFORM, Ponte de Lima

Audience: Local Community

Summary: The course titled "The 5 R's Handicrafts: Reduce, Reuse, Recycle, Rethink and Recreate" is set to begin on January 13, 2024. It focuses on sustainable practices and creative reuse of waste materials. Participants will learn how to give a new life to discarded materials through crafting, promoting sustainability and reducing environmental impact.

INSCRIÇÕES ABERTAS

"The 5 "R"s Handicrafts: Reduce, Reuse, Recycle, Rethink and Recreate"

13 de Janeiro de 2024

Aprenda como dar uma nova vida aos seus resíduos!

Inscreva-se já em:
(Até 31/12/2023)

www.previform.pt

R. Dr. Francisco Sá Carneiro 635, 4990-024 Pte. de Lima

258 941 289

Nome

E-mail

Mensagem

Não sou um robô  reCAPTCHA
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Enviar

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8. Opening Environmental Themed Courses

Date: January 8, 2024

Location: PREVIFORM, Ponte de Lima

Audience: General Public

Summary: An environmental course aimed at raising awareness on reducing carbon footprints, attended by nearly 50 people.



9. Green Festival

Date: February 13, 2024

Location: PREVIFORM

Audience: General Public and Sustainability Enthusiasts

Summary: Event with zero-waste workshops, healthy food show cooking, and group discussions on sustainable practices.

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10. Tree Planting Event

Date: June 4, 2024

Location: Arcos de Valdevez

Audience: Students and PREVIFORM Staff

Summary: Tree planting event to promote environmental conservation, involving participants in green area restoration.



11. Hiking Activity

Date: July 13, 2024

Location: Natural Setting

Audience: PREVIFORM Faculty and Students

Summary: A 20 km nature hike with nearly full participation from the PREVIFORM team. The activity concluded with a picnic and a presentation on the "5 R's Handicrafts" project.

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12. Concert with Traditional Music

Date: July 27, 2024

Location: Santoinho

Audience: PREVIFORM Students, Staff, and Families

Summary: A concert celebrating Portuguese culture and the "5 R's in Handicrafts" project, featuring traditional music, dancing, and local cuisine.



13. Waste Collection Activity

Date: August 6, 2024

Location: PREVIFORM, Ponte de Lima

Audience: PREVIFORM Team, Local Community

Summary: A litter collection event around PREVIFORM's facilities aimed at promoting environmental responsibility and the "5 R's" practices.

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14. Meeting with the City Council

Date: August 28, 2024

Location: Environmental Department, Municipality of Viana do Castelo

Audience: Environmental Department of Viana do Castelo

Summary: PREVIFORM organized a meeting with the Environmental Department to present the “5 R's Handicrafts” project. The discussion was productive, with interest from the department and concrete ideas for implementing the project in the community.

PREVIFORM - Laboratório, Formação, Higiene e Segurança do Trabalho, Lda. <previform@previform.com>
Data: 26 de agosto de 2024 17:00
Para: Carolina Foga <carolinafoga@cm.viana-castelo.pt>
Assunto: Agendamento de Reunião para Discussão do Projeto "The 5 R's Handicrafts" - 28 de Agosto

Exma. Sra. Ana,

Espero que esta mensagem a encontre bem.

Gostaria de agendar uma reunião para o dia 28 de agosto com o objetivo de discutir o projeto "The 5 R's Handicrafts Reduce, Reuse, Recycle, Rethink and Recreate" (Projeto nº KA210-ADU-E4D249FE).

Durante o reunião, pretendo partilhar os objetivos do projeto, assim como as experiências vividas até ao momento. Será também uma excelente oportunidade para perceber como este projeto, e outros semelhantes, podem ser úteis e de interesse para a nossa comunidade.

Acredito que a sua participação será fundamental para enriquecer a discussão e gostaria de saber a sua disponibilidade para esta data. Se houver algum horário específico que seja mais conveniente para si, por favor, informe-me e farei o possível para acomodá-lo(a).

Agradeço desde já pela atenção e aguardo a sua confirmação.

Com os melhores cumprimentos,
Lígia Gomes

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15. Organizing project promotion seminars for the people of the city

Date: September 20, 2024

Location: IPVC, Viana do Castelo

Audience: IPVC's learners

Summary: PREVIFORM organized a seminar for IPVC students to promote the "5 R's Handicrafts" project. During the event, the practices of reducing, reusing, recycling, rethinking, and recreating were discussed, emphasizing the importance of sustainability. The session included presentations and moments of reflection, encouraging participants to adopt these practices in their daily lives and communities.



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16. Seminar to the staff

Date: October 01, 2024

Location: PREVIFORM, Ponte de Lima

Audience: PREVIFORM Staff

Summary: We held a seminar where we presented the 5 "R"'s Handicrafts project, emphasizing its goals and its impact on promoting sustainability. During the event, we discussed the main activities carried out, such as awareness campaigns, workshops on material reuse, and implementing practices to reduce consumption.

Participants learned about the project's stages and outcomes, while reflecting on practical ways to apply the 5 R's concepts in their daily lives and communities.



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17. Erasmus day event

Date: November 11, 2024

Location: PREVIFORM, Ponte de Lima

Audience: Local Community

Summary: PREVIFORM celebrated Erasmus Day by distributing informational leaflets to promote the opportunities and benefits of the Erasmus program. The initiative aimed to raise awareness and inspire participants to explore the mobility and learning experiences offered by the program.



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18. Workshop on handicrafts with waste materials

Date: November 18, 2024

Location: PREVIFORM, Ponte de Lima

Audience: PREVIFORM's trainees

Summary: A craft workshop was held using waste materials and old Christmas decorations no longer in use. The main goal was to promote sustainability and creativity by creating new Christmas ornaments, particularly handmade angels.



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19. Organizing project promotion visits

Date: December 09, 2024

Location: ETAP and EPRALIMA, Ponte de Lima

Audience: ETAP and EPRALIMA staff

Summary: Previform visited ETAP and Epralima to present the 5 R's project to its employees. The session focused on explaining the project's objectives, emphasizing its role in promoting sustainability and discussing the practices of Reduce, Reuse, Recycle, Rethink and Recreate.



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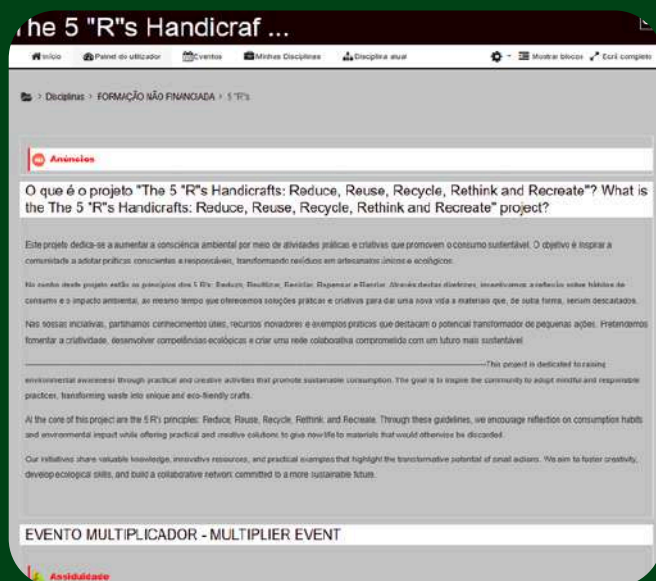
20. Showing the presentations, videos and photo albums to be created during the trainings to the trainees and staff

Date: December 11, 2024

Location: <https://moqi.e-previform.com/my/>

Audience: PREVIFORM's trainees

Summary: PREVIFORM hosted a special online session inviting its trainees to participate in an event aimed at promoting the 5 R's project. During the session, photos, videos, and presentations related to the project were showcased, highlighting creative and sustainable practices.



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21. Making news of our project activities in local press organs

Date: December 13, 2024

Location: O MINHO newspaper

Audience: Local Community

Summary: The newspaper "O Minho" published an article highlighting the closure of the "The 5R's Handicrafts" project after two years of activities.



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22. Share on EPALE

Date: December 17, 2024

Location: EPALE

Audience: EPALE Community

Summary: : The Previform team published an article on the EPALE platform to announce the closure of the "The 5R's Handicrafts" project.

EPALE - Electronic Platform for Adult Learning in Europe

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Blog | 17 December 2024

The 5R's Handicrafts Project

The "The 5R's Handicrafts" project concludes after two years, leaving a legacy of environmental awareness and sustainable practices.



rui vieito

After two years of activities and transnational collaborations, the "The 5R's Handicrafts: Reduce, Reuse, Recycle, Rethink and Recreate" (KA210-ADU-E4D249FE) project comes to an end, celebrating a legacy of environmental education and sustainable innovation. Coordinated by Germencik Halk Eğitim Merkezi, in Turkey, the project involved prominent partners: PREVIFORM (Portugal), Future Focus (Malta), and CEPA Son Canals (Spain). This joint effort promoted the principles of Reduce, Reuse, Recycle, Rethink, and Recreate, with the aim of transforming waste into handicrafts and encouraging ecological practices in educational contexts.

Throughout the project, numerous activities were carried out, including workshops on waste-to-craft conversion, seminars on carbon footprint reduction, reforestation actions, ecological walks, and cultural events. These initiatives positively impacted local communities and strengthened the exchange of best practices among participating countries.

Among the key results achieved is the e-booklet "The 5R's Handicrafts," a collaborative work gathering information on sustainability and innovative recycling practices, as well as exhibitions, workshops, and actions that brought citizens and institutions closer to a stronger environmental awareness.

With a significant impact on environmental awareness, green skills development, and the promotion of sustainable habits, the project leaves an important mark in the fight against climate change, standing out as a successful example of European cooperation.

For more information, visit the official website: www.ghem5rhandicrafts.com

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CRAFTING ECO-FRIENDLY CREATIONS

Activity 1. The TIC-TA-TOE game

Objective: The objective of Tic-Tac-Toe is to be the first player to complete a horizontal, vertical, or diagonal line with their pieces. Played on a 3x3 grid, two players take turns placing "X" and "O" in empty spaces. The first player to align three of their pieces in a line wins. If the grid fills without a winner, the game ends in a draw. While simple, Tic-Tac-Toe requires tactical thinking to anticipate the opponent's moves and strategically plan for victory.

Materials: • Scissors • Styrofoam tray or cardboard • Colored adhesive tapes • 10 Plastic bottle caps (5 of each color)



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CRAFTING ECO-FRIENDLY CREATIONS



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Activity 2. Maracas

Objective: The objective of maracas is to produce sound through movement, typically by shaking. They are percussion musical instruments consisting of a hollow sphere, usually filled with small objects such as grains, seeds, or beads, attached to a handle or strap. When shaken, the material inside the maracas collides with the walls, creating a characteristic rattling sound. Maracas are commonly used in a variety of musical contexts, from folk music to contemporary styles, adding rhythm and texture to compositions. They are also frequently employed in children's musical activities to develop motor coordination and rhythm in young learners.

Materials: • Two small plastic bottles • Two cardboard tubes (from toilet paper) • Insulating tape • Filling material for the maracas (rice, beans, marbles, uncooked pasta, sand, etc.)



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CRAFTING ECO-FRIENDLY CREATIONS



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Activity 3. Flute

Objective: The objective of making a straw flute with students is to provide an engaging and educational activity centered around creating a simple musical instrument. This project helps children develop fine motor and coordination skills through tasks like handling straws, applying adhesive tape, and cutting and joining pieces. It also encourages creativity as children experiment with different straw arrangements to create various sounds. The activity introduces basic music concepts such as pitch, rhythm, and melody. Additionally, it promotes environmental awareness by demonstrating how simple materials can be reused to create something fun and innovative.

Materials: • Straws • Adhesive tape • Scissors



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CRAFTING ECO-FRIENDLY CREATIONS



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Activity 4. How to create a pen holder from recycled objects

Objective: Creating a pen holder from a recycled object promotes environmental awareness and teaches children the value of reusing materials. This activity highlights sustainability, resource conservation, and creativity, showing how discarded items can be transformed into useful, functional objects. Children learn about recycling, waste reduction, and the importance of protecting the environment. Additionally, the task enhances fine motor skills, coordination, and responsibility as children engage in cutting, decorating, and assembling the pen holder. It encourages them to think creatively while understanding the impact of small, individual actions on the planet.

Materials: • cans of sausages, paint, corn, (...) • brushes • paint • imagination



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CRAFTING ECO-FRIENDLY CREATIONS



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Activity 5. Checkers game

Objective: Teaching students the game of checkers promotes cognitive skills like critical thinking and problem-solving, while enhancing mathematical and strategic abilities. By using recyclable materials to create the board and pieces, the activity introduces sustainability and material reuse, showing that discarded objects can be repurposed into something fun and functional. This teaches students the importance of caring for the environment and reducing waste, while also fostering creativity through innovative thinking. In summary, teaching checkers with recycled materials provides educational benefits and encourages values of sustainability and environmental awareness.

Materials: • Bottle caps • Acrylic paints in the colors: black, white, red, and yellow (or your preferred colors) • Thick and thin brushes • Piece of cardboard measuring 25 cm x 25 cm



HOW TO IMPROVE ENVIRONMENTAL PRACTICES IN OUR SCHOOL

CEPA SON CANALS IS DESIGNING A LINE OF ENVIRONMENTAL ACTION CENTRED AROUND THREE DIFFERENT ASPECTS WHICH MATCH THE MAIN NEEDS DETECTED IN OUR COMMUNITY.

1. Improvment of waste collection: The centre has had containers for selective waste collection for a long time, but students struggle to use them correctly. There are uncertainties about where to dispose of items like pens, printer cartridges, correction tape, and dirty cups. Despite posters and guidelines improving the situation, the problem persists. EMAYA, the municipal council's waste management agency, offers talks for all educational levels, including adults. It is possible to organise sessions and workshops to raise students' awareness of this issue and visits to the TIRME waste treatment facility, managed by the Consell de Mallorca.



SPAIN



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HOW TO IMPROVE ENVIRONMENTAL PRACTICES IN OUR SCHOOL

2. Raising awareness of plastic pollution: Plastic, mainly microplastic, pollution is one of the most important environmental issues at the moment. Nevertheless, not many people know about this problem. In order to raise awareness, we can organize talks, workshops and beach clean-ups with Save the Med Foundation, a non-governmental organization which aims at recovering the rich biodiversity of the Mediterranean Sea through their educational projects.



SPAIN

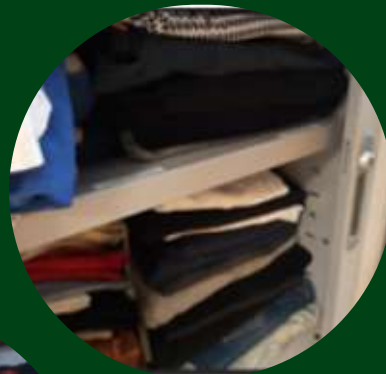


KA210-ADU-E4D24

HOW TO IMPROVE ENVIRONMENTAL PRACTICES IN OUR SCHOOL

3. Eco wardrobe: The eco wardrobe is a project designed to develop circular economy, promoting ecological purchasing habits, and to foster the inclusion of migrants through cooperative work. Objectives of the eco wardrobe:

- REFLECT
- RECONSIDER
- READJUST
- REUSE
- REJECT
- RECYCLE
- REPAIR
- RALLY
- RELIEVE



SPAIN

THE ECO WARDROBE



KA210-ADU-E4D24

The CEPA Son Canals restored the sewing workshop and reopened the Eco Wardrobe, a project that is part of an environmental and social line of action.



The Eco Wardrobe is open every Friday so students can drop off clothing items they no longer need or need to wear and take others in for free. Furthermore, at the sewing workshop, they can repair clothes or/and design and produce new items from old ones.



This is a sample of sewing work done with old jeans: a cover for a terrace sofa designed to prevent the upholstery from fading in the sun.

SPAIN

THE ECO WARDROBE



KA210-ADU-E4D24

Objectives:

- **REFLECT:** Consider the environmental, health, and labor impacts of textile production and explore new consumption models.
- **RECONSIDER:** Think before buying – ask if it's really necessary to avoid overconsumption.
- **READJUST:** Adapt buying habits to align with environmental needs.
- **REUSE:** Give new life to clothes and accessories we no longer need.
- **REDUCE:** Minimize imports and online shopping of low-cost clothing to reduce energy and packaging waste.
- **REJECT:** Avoid clothes from countries with poor labor laws and exploitative working conditions.
- **RECYCLE:** Support repurposing clothes and creating new items from old garments.
- **REPAIR:** Repair clothes to extend their life and reduce waste.
- **RALLY:** Promote cooperation among students from diverse backgrounds for cultural exchange.
- **RELIEVE:** Provide unemployed students with opportunities to engage, improve skills, and integrate into society.

SPAIN

THE ECO NEWS



KA210-ADU-E4D24

CEPA Son Canals keeps working hard to raise awareness of environmental issues, emphasizing the topics related to the 5R's Erasmus Project. Regarding the reuse of objects that we no longer need or use, the centre made a series of computers (which were not used since the implementation of smart boards) available to students who did not have one at home.

Along the autumn term, the eco-wardrobe has been operating with great success and, as a result, the reuse of clothing items is becoming more and more frequent and natural among the members of the educational community.

Moreover, a talk to prevent frenzied shopping and unnecessary consumerism was given by a member of S'Altra Senalla, a non-profit organization devoted to spreading fair trade offering responsible consumption alternatives.

Finally, our Christmas tree shelters gifts, consisting of second-hand books, for all those joining our Christmas party.

In the Secondary Biology lessons some of environmental topics have been covered this term, mainly the awareness of the need to reduce water consumption and global pollution issues such as urban waste, agricultural activity, industrial landfills, nuclear power plants, plastic pollution (micro and nano plastics) and fast fashion.

CEPA Son Canals will continue working in this line next term. In the meantime, we want to wish you a happy and eco-friendly Christmas.

FUNCIONEN!!!!

Si necessites un PC,
agafa'!!



SPAIN

OTHER DISSEMINATION ACTIVITIES:



KA210-ADU-E4D24



Training in Palma de Mallorca by



SPAIN

OTHER DISSEMINATION ACTIVITIES:



KA210-ADU-E4D24



SPAIN

OTHER DISSEMINATION ACTIVITIES:



KA210-ADU-E4D24



#ERASMUS+
DAYS | 14 > 19
of October
2024

SPAIN

OTHER DISSEMINATION ACTIVITIES:



KA210-ADU-E4D24

progetti 
per l'educazione **Erasmus+**
degli adulti e
terzo settore

19 DICEMBRE
2024
Sala Consiliare
Comune di Minturno
(LT)

EVENTO INTERREGIONALE
PROMOZIONE DEL PROGRAMMA
ERASMUS+ PER L'EDUCAZIONE DEGLI
ADULTI E DISSEMINAZIONE DEI
RISULTATI GIÀ RAGGIUNTI SUL
TERRITORIO (PROVV. LT, FR, CE)

9:15 apertura registrazione evento

9:30 avvio dei lavori. Saluti istituzionali:

Sindaco di Minturno Gerardo STEFANELLI

Consigliere Locale Europeo Matteo MARCACCIO

Assessore alla Pubblica Istruzione Ilaria PELLE

Modera l'Ambasciatrice Erasmus+ EDA Lazio

Piera DE GIRONIMO

9:45 Il programma ERASMUS+ settore EDA,

Amb.Erasmus+ EDA Campania Annabella DI FINIZIO

10:00 Innovare il Terzo Settore attraverso

l'Apprendimento Non Formale e la Pedagogia del

Bello, Amb.Erasmus+ EDA Lazio Eleonora PEROTTI,

CIAPE, Roma

10:15 Il ruolo di Ambasciatore in Europa, Amb.

EPAL Spagna Magdalena BAILLE



AMBASCIATORI
ERASMUS+

Educazione degli adulti



Costruire l'Europa con i
consiglieri locali



MALTA



KA210-ADU-E4D24

CRAFTING ECO-FRIENDLY CREATIONS

Activity 1: Shirt Tote Bag Transformation

Objective: This activity aims to repurpose old shirts into stylish and eco-friendly tote bags, reducing the need for single-use plastic bags. By transforming a common household item into a functional accessory, participants learn about waste reduction and sustainable fashion practices.

Materials: • Old T-shirt • scissors • needle • thread (or sewing machine)



MALTA



KA210-ADU-E4D24

CRAFTING ECO-FRIENDLY CREATIONS

Activity 2: Jar Lantern Crafting

Objective: By upcycling glass jars, this activity encourages participants to create decorative lanterns, offering a charming alternative to conventional lighting options. Through this creative process, individuals learn about the potential of everyday items and the importance of reducing glass waste.

Materials: • Glass jars • paint or markers • tea light candles or LED lights



MALTA



KA210-ADU-E4D24

CRAFTING ECO-FRIENDLY CREATIONS

Activity 3: Newspaper Seedling Pots

Objective: This activity teaches participants how to make biodegradable seedling pots using old newspapers, promoting sustainable gardening practices and reducing plastic waste from traditional pots. It fosters awareness about the environmental impact of plastic and the benefits of using recycled materials.

Materials: • Old newspapers • scissors • a cylindrical object for shaping (e.g., a glass or can)



MALTA



KA210-ADU-E4D24

CRAFTING ECO-FRIENDLY CREATIONS

Activity 4: Denim Patchwork Coasters

Objective: By repurposing old denim jeans, this activity aims to create durable and stylish coasters, reducing textile waste and promoting sustainable home decor. Participants learn about the versatility of denim fabric and the importance of upcycling in minimizing **environmental impact**.

Materials: • Old denim jeans • scissors • fabric glue or sewing kit



CRAFTING ECO-FRIENDLY CREATIONS

Activity 5: CD Mosaic Picture Frame

Objective: This activity involves repurposing old CDs into mosaic picture frames, offering a creative way to recycle electronic waste and add flair to photographs. Participants learn about the environmental impact of electronic waste and the possibilities of upcycling in art.

Materials: • Old CDs • scissors or glass cutter • glue • picture frame





Co-funded by the
Erasmus+ Programme
of the European Union

REDUCE, REUSE AND RECYCLE, RETHINK AND RECREATE

www.ghem5rhandicrafts.com
KA210-ADU-E4D249F



PREVIFORM



CEPA
SON CANALS



ACTIVITY DETAILS

REDUCE



KA210-ADU-E4D24

29TH MAY TO 1ST JUNE 2023



Held in Spain: This activity aimed to raise environmental awareness among participants through lectures and practical activities on waste, consumption, and climate change.

WHAT HAPPENED?

The program included work sessions and cultural activities to promote integration and idea exchange. Highlights were visits to recycling and upcycling centers like Deixalles and TIRME, showcasing sustainable practices. Participants engaged in upcycling sessions and visited local exhibitions, enhancing both cultural and professional exchange, and strengthening international collaboration on sustainability and recycling.



FROM SEPTEMBER 26 TO 29, 2024



KA210-ADU-E4D24



ACTIVITY DETAILS REUSE AND RECYCLE



Held in Malta, participants gained knowledge about waste management by visiting recycling facilities and taking part in workshops to create crafts from recycled materials.

WHAT HAPPENED?

The week included visits to recycling centers, art workshops using repurposed materials, and guided tours of Valletta and Gozo. Partners shared presentations and discussions, reflecting on reuse and recycling practices. In the end, certificates were awarded, celebrating the learning and friendships developed throughout the week.

ACTIVITY DETAILS

RETHINK



KA210-ADU-E4D24

FROM FEBRUARY 26 TO 29, 2024

The activity in Portugal explored using information technology to raise ecological awareness, focusing on carbon footprints and digital media for environmental education.

WHAT HAPPENED?

In Ponte de Lima, there were presentations on Green Computing and environmental practices. The group visited Guimarães Castle, the Living Science Museum, the Braval Ecopark, and Metsep in Viana do Castelo, discussing waste management and art with recycled materials. The GAF demonstrated reuse initiatives to support vulnerable families. The week concluded with cultural visits that reinforced the importance of "Rethinking" resource use in daily life.



ACTIVITY DETAILS

RECREATE



KA210-ADU-E4D24



FROM JUNE 10 TO 13, 2024

Held in Turkey: This activity focuses on teaching participants how to transform waste into craft products, promoting practical and sustainable skills for creating reusable items

WHAT HAPPENED?

The "Recreate" theme featured workshops and cultural experiences on sustainable crafts, including a recycled fashion show, artisan market visits, and e-booklet creation. Participants enjoyed Turkish cuisine, landscapes, and a joint dinner that fostered collaboration for future steps, celebrating creativity, sustainability, and international cooperation.



FINAL CONCLUSIONS



KA210-ADU-E4D24

The final conclusions of the "5 R's Handicrafts" project highlight its success in promoting sustainable practices and environmental awareness, with a positive impact on various communities and learning groups. Key outcomes include:

Integration of Sustainability in Education: The project successfully implemented seminars, workshops, and courses focused on sustainable practices, such as material reuse and waste reduction, fostering creativity and practical learning experiences.

Cultural and Collaborative Activities: Activities like tree planting, waste collection, hiking events, and environmental-themed courses encouraged active engagement and community involvement in sustainability efforts.

Community Impact: The international partnership fostered the exchange of ideas and best practices, strengthening cultural ties and collaborative initiatives to address environmental challenges.

FINAL CONCLUSIONS



KA210-ADU-E4D24

Educational and Social Outcomes: By engaging students, educators, and community members, the project enhanced awareness of environmental issues and inspired practical actions to adopt eco-friendly behaviors in daily life.

These initiatives collectively contributed to building a global network of sustainable practices, reinforcing the principles of reducing, reusing, recycling, rethinking, and recreating for a more responsible and greener future.



CONTACT INFORMATION



KA210-ADU-E4D24

**THE 5 "R"'S HANDICRAFTS:
REDUCE, REUSE, RECYCLE,
RETHINK AND RECREATE**

 www.ghem5rhandicrafts.com

 @5rshandicrafts



THANK YOU



FOR YOUR ATTENTION