



Let's green our lifestyle

INTRODUCTION

What do we value in life? How do our values reflect through our activities? Is there a gap between what we say and what we do? How to make small changes in everyday life to live more green? How to pass (instead of just teach) green lifestyle on our students? How do others live green?

If you are asking yourself similar questions our course is the right one for you. From the experience we all know that in order to relate to the subject you have to relate to the teacher. Therefore we will provide you concrete tools and solutions to pass on the knowledge and to promote green lifestyle through lifelong learning activities. Being a teacher is being an example.

The main objective for this course is to stimulate reflection, discussion and innovation toward values of the green lifestyle and through practical hands-on activities explore simple ways we can introduce in our everyday life to live it more green. We will share and evaluate current best practices that support and develop core values and competencies for green lifestyle. We will explore how these activities can improve someone's physical and mental health. As a result, you will leave with new ideas for the implementation and delivery of values and competency based green lifestyle learning.

TRAINING COURSE

Scope: Designing learning programmes, learning materials and resources for education for Green lifestyle.

Target groups

Staff at all types of education and training organizations: director, headmaster, primary, secondary school teachers, adult education teachers

Learning Outcomes

Upon completion of the training course, the participant is expected to:

- Understand the challenges of green lifestyle
- Understand the principles and objectives of green lifestyle
- Be able to set objectives and adopt activities according to the green lifestyle principles
- Be able to cultivate values, critical thinking and cooperation, through training programmes
- Be able to use different learning techniques

Methodology

- Presentations
- Examples and case studies
- Workshops and exercises facilitated by the trainer
- Visit of best practices

Learning material

The learning material consists of presentations and support material. The learning material will be available on-line in English language.

Cost Tuition fee: 375 euro per person. The cost includes the learning material and the certificates: Certificate of completion, Europass Mobility. The cost can be funded by Erasmus+ programme KA1 mobility of staff.

To make your stay and leisure time while taking part in the "Let's green our lifestyle" as practical as possible we have prepared some suggestions for your accommodation and a dynamic additional program (in green). The additional program includes a guide, transportation on Tuesday and Friday, all meals and non-alcoholic drinks. Price: 265 € per person

The plan is adjusted to the timetable of the seminar and it will give you a chance to see the highlights of our region and meet the locals during your stay.

Accommodation and Local transport

In the Pivka area we have a few pensions and B&Bs – depending on the number of participants there will be two or three locations offered. All in bicycle distance from Pivka.

6 nights with breakfast in double bed room (same sex): 180 € per person

For a few participants there is single room available: surcharge 90 €

You are welcome to bring your own bicycle or rent ours. Please bring your own helmet. Bicycle rent per week: 25 €.

For the daily transport from the B&B to the seminar area and train station (about 3 - 4 km) we will arrange a daily shuttle service. Transport from Ljubljana or Trieste airport – one way 60 € per person (max 3 persons per tour)

To make the organisation smoother and to assure your booking we kindly ask you to book the accommodation, additional program and transport with your subscription to the seminar.

If you need vegetarian food or have some other special needs please let us know in advance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Arrival of the participants and accommodation	9:00 – 10:30	Welcome, presentation of participants	Short food supply chains and our role in it	Study visit to European Green Capital 2016 Ljubljana to see some best practices how does green lifestyle work in practice.	Exercise to release stress and improve quality of life	Evaluation of the training course
	10:30 – 10:45	<i>Coffee break</i>	<i>Coffee break</i>		<i>Coffee break</i>	<i>Coffee break</i>
	10:45 – 12:15	Expectations from the training course Introduction to the training course, syllabus, methodology, learning outcomes	School Eco gardens (Slovenian experience)		Stress reduction techniques for teachers and students	Follow up activities
	12:15 – 13:00	<i>Lunch</i>	<i>Lunch</i>		<i>Lunch</i>	<i>Lunch</i>
	13:00 – 14:30	What is green lifestyle?	Herbs and aroma therapy in everyday life		Simple ways to go green: Reduce, Reuse and Recycle	Certificates – Europass Mobility Closure and farewell
Social dinner	In the afternoon	Late afternoon; walk around Trnje, stopping at the yards of the villagers trying a small glass of the local sadjevec – dinner at the guesthouse Na meji.	Postojna: visiting the town center and a shop offering local products. Possibility of visiting the famous Postojna caves (entrance fee not included). Dinner at a farm restaurant offering organic home-grown food on the way back.	Free for guided cycling or walking. International evening at the farmhouse Pavsic in Trnje	After the official closing we go to Piran by bus, visiting an Istrian wine producer on the way offering wine tasting. A guided tour through the historical town of Piran with fish or squid dinner.	

23.–27. 5. 2015; application deadline: 15. 4. 2016

SESSIONS

1. 8.–5. 8. 2016; application deadline: 15. 5. 2016

29. 8.–2. 9. 2016; application deadline: 15. 7. 2016

17.–21. 10. 2016; application deadline: 15. 9. 2016

If needed we can organise a workshop also in other periods.

To apply contact us:

e-mail:

slodan@amis.net

dmn.si

Društvo Modro nebo, Trnje 86, 6257 Pivka, Slovenia

tax nr.23470771

Lise (+386 41 519 270), Alenka (+386 31 773 474)