

Grundtvig Course Title: Training the trainers for the course “Waste Prevention, Reduction, Re-use & Recycling”		
Agency: ECAT (Environmental Centre for Administration and Technology)		
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Number of sessions of course: one day course

Total number of hours of course: 6

Number of participants that each course is designed for:
6 participants

Number of tutors needed for running the course:
For this course we recommend one trainer.

Number of tutor hours needed for preparation/follow-up/evaluation:
Trainer will need 4 hours for the preparation and 2 hours for the evaluation.

Outline of purpose/content of course:

The purpose of the course:

- To introduce the project “Adult learning on the environment related themes-II”
- To give short information about courses developed during this project
- To propose guidelines to the training and to explain how to run the course “Waste Prevention, Reduction, Re-use & Recycling”
- To discuss about the course “Waste Prevention, Reduction, Re-use & Recycling”: objectives and tasks, target group, duration, evaluation, certification.
- To receive feedback about the course “Waste Prevention, Reduction, Re-use & Recycling”.

Summary of benefits/value of course:

The course provides trainers with:

- Knowledge about different fractions of the waste, impacts of different sorts of waste to environment and human health.
- Hints on waste disposal regulations and practical information. The courses will provide knowledge how to sort waste in practice in every day life.
- Information about environment and waste issues. Trainers will be able to deliver information to other community members.
- Ability to change behaviour of community members and make an impact on preserving natural resources and energy.

Target group for course: teachers and trainers of adult education, representatives of educational and community organizations.

Transversal issues:

We suggest inviting mixed groups (trainers from adult education organizations) to achieve better results in order to create the innovative learning surrounding with active dialogue, collective thinking and social partnership. The course “Waste Prevention, Reduction, Re-use & Recycling” is very important prophylactic tool. Thus, it is very important to involve people from different organizations in the training.

Outline of publicity/recruitment methods (incl. Materials eg Example of poster):

We invited teachers of adult education organisations and universities to attend this course. We also disseminated information about the course through conferences, lectures and seminars. We invited participants via internet and our networks.

Outline of each session – materials needed information for tutors:

Materials needed for all parts:

A board, flipchart paper, pens, multimedia projector, or OHP, A4 paper sheets

The course content:

1. Introduction
2. The Waste Management Principles
3. Waste disposal
4. Sorting the waste at home
5. Classification of the waste
6. Discussion by the groups
7. Conclusions

I part: Introduction.

The tutor and participants introduce themselves. Participants express their expectations. The tutor explains aims and objectives of the course, how they relate to expectations.

The tutor presents the definition of the waste, gives brief overview of EU waste policy, the quantities of waste citizens are generating on national, local level (it is advisable to have figures about local situation). The group discusses about prevention of the waste by citizens themselves. The main discussion point: Today everybody agrees that we have to prevent waste but who takes the responsibility?

II part

The tutor presents the principles of waste management. Each principle is presented using the practical example, the group discusses which principles are relevant to their daily experience.

III part

It is presented the general situation on dumping sites in the country, region. It is if there are no ways to prevent or to reuse waste it is allowed to dispose waste according to strictly controlled legislation. The legislation, regulation is presented

It is rather easy to see the risk of water pollution from the waste: into the transparent dish put some examples of waste (paper, crumbs and dark liquid such as coffee, ink). Observe how water is changing when we are adding waste. The water is polluted even if you depose waste not in the water: add sand in to the transparent dish; add colour liquid on the top of the sand and then water. Observe how colour leach ate accumulates at the bottom of the dish.

The polluted water flows to the lakes and rivers and the waste might easily pollute the groundwater we use everyday. (local or national case is discussed)

Periods of decompositions of different sort of waste is presented.

The statistical figures present the value of savings of reuse and recycling.

IV part

The amounts of the waste are in the increase. The most important thing for us, individuals are to sort the waste where it is generated - at home. We just have to separate waste and to put into different containers:

It is stressed that sorting the waste we keep healthy environment, collect recyclable waste, save natural and energy resources, minimize the waste management costs.

The sorting possibilities in the local municipality are overviewed: first of all participants' present examples from their own experience, then tutor presents practical official information.

V part

Materials needed – if available to collect from Environmental authorities, NGO's and waste management companies all possible leaflets, brochures on different fractions of waste and recycling facilities.

Starting the session different fractions is listed together with participants: paper, glass, plastic, metal etc.

It is explained definition of each fraction and how to sort such waste, what is advisable to put in to relevant container, what is not possible to recycle.

Local examples are presented on recycled products. The participants are encouraged to promote recyclables, and in that way to support green production.

Special attention is paid to packaging hazardous and biodegradable waste.

Practical session: Packaging waste

The Game

Everybody makes a shopping list for dinner and list the packages for it. As for instance:

- *Ketchup –jar, metal cover, paper label*
- *Meat- plastic box and wrap*
- *Apple juice- “tetra pack”*
- *Carrots– plastic or paper bag*
- *Ice cream – paper or plastic box*

Now everybody counts number of different packages, divided per number of family members- you'll get the number of packages per family member. Multiply it per number of the inhabitants of xxx city.

Discussion

Why do we need packaging? Do we need it to be so multiplayer (as for instance chewing gum – each piece is packed separately)...

What is changing in the recent years?

Practical session: Hazardous waste

The question to the audience – what is hazardous waste, where can we identify it at home? Almost every home contains hazardous products, or products that can harm human health or the environment if improperly handled. They are products used in cleaning, home improvements, automobile maintenance, lawn and garden care, hobbies, and a variety of other tasks.

Categories of hazardous products presented and discussed

Shortly the economic, environmental and health aspects related to waste are discussed.

Practical session: biodegradable waste

Discussion: Composting is the decomposition of plant remains and other once-living materials to make an earthy, dark, crumbly substance that is excellent for adding to houseplants or enriching garden soil. Composting can even be done, cleanly and unobtrusively, indoors in apartment buildings! What we can compost and we can not?

VI part

Conclusions

The amounts of waste generated in country per inhabitant presented, comparison with other countries is given.

Review once more all course sessions,

Practical session: *My green rules*

There is no waste in nature, why we are not following this rule?

Waste prevention, recycle and reuse helps us to protect natural resources, energy keep healthy and clean environment and have course, to minimize the waste management costs. It depends on us; let's start changing our habits right now. What did I bring home to my family, neighbours from this course? Main points participants are listing; tutor is writing on the flipchart.

Discussion "My green rules": Use both sides of the paper; list the rules for yourself, as for instance

- 1. Reuse paper*
- 2. Bring you lunch in plastic box etc.*

Evaluation:

We used open discussion about the importance of this course. Also we had discussions about:

- Was the training process interesting and not tiresome?
- Were all the training methods applied?
- Were the European dimensions and IT requirements maintained during the training process?

Feedback summary:

Participants discussed about further courses. All participants agreed that courses are very actual and necessary. The course is most suitable in the community centres, in the self-help groups. But also similar course could be organized in the medical institutions as a very good tool for prophylactic.

Developing & passing on the learning:

The participants of the course "Training for trainers" mentioned that all courses developed during the Alert-2 project are very important for Lithuania. So it was suggested to put the Lithuanian version of whole course in the SIF website www.lpf.lt

Conclusion:

As we had invited adult educators we've achieved very interesting and useful discussions.

Recommendations about how the course could be used or adapted:

Using this course as a module we easily could train the trainers for all ten ALERT -2 courses. The basis for the course "Train the trainers" are guidelines for trainers and developed courses (short versions and long versions with teaching materials).