

Grundtvig Course Title: "Your home, your planet"		
Agency: DITEV – Environmental Office		
Phone: +30 24210 82361	Address: Athinon 25 str 38334 Volos	Email: environment@volos-city.gr

Number of sessions of course: One session

Total number of hours of course: 3 hours

Number of participants : 7 trainers of DOYK, who are already experienced in teaching disabled people.

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:

Taking into consideration that the teaching material was already prepared by Bath , the trainer needed about 10 hours of preparation for translations, follow-up and general preparation.

Outline of purpose/content of course:

To provide an introduction to environmental issues and actions people can take in their homes. The course aims for participants to:

- Increase understanding of the environment and what contributes to pollution
- Learn about and discuss the need to reduce household environmental impacts
- Talk about and try out examples of practical actions to reduce household environmental impacts (eg how to minimise use of appliances/resources, how to use recycling facilities etc)
- Understand the potential financial savings that can be made through minimising use of resources and using energy efficiently
- Help produce & disseminate information to support their learning in the course (leaflets, stickers etc)
- Help the trainers to be able to pass the information and raise awareness among the disabled participants.

Summary of benefits/value of course:

- Increase understanding of their environment and some of the factors contributing to environmental damage
- Save money and reduce use of resources (raw materials, energy)
- Learn to re-use/recycle resources where possible
- Learn practical skills (eg fitting an energy efficient light bulb, using a compost bin, making a draught excluder)

- Become confident in talking about environmental issues and learn to pass on information to their students

Target group for course: teachers and trainers of adult disabled people education.

Transversal issues:

The target group is teachers of disabled people

Outline of publicity/recruitment methods:

We invited teachers of disabled adult education to attend this course and put the information on the local newspapers

Outline of session – materials needed information for tutors:

(We have used the recommendation of Bath's organization , as this is their course and we have repeated it, adapting to our local conditions. So, what follow is their recommendations).

An introduction to what is the environment and what causes pollution and how to use energy efficient (EE) lightbulbs:

Use first 15 slides of power-point presentation to begin the session with getting people thinking about what is the environment and what is pollution.

Practical session with lamps/bulbs - and their benefits.

Group discussion about energy efficient light bulbs followed by demonstration of how to change a light bulb.

Power point presentation section on energy (slides 15-21) and different appliances.

Reduce pollution by insulating- discussion about how a building loses heat/wastes energy, and possible actions (eg draw curtains, fit draught excluders etc) to increase energy efficiency.

Creative session on 'how to make a sausage dog' draught excluder.

Exercise:

Participants make a draught excluder by themselves or in groups of 2 or 3. We took photos of the materials and process to make a photo-information sheet. This was designed to be an entertaining exercise to emphasise that saving energy can be fun and to encourage participants to want to use something they had made.

Power-point presentation (slides 11,12,13 and 22-24) to introduce topic of 'three R's', and conversation about landfill and the problems of this (eg 'disposable' nappies take up to 500 years to degrade!)

Group discussion: ask participants to think of and share different ideas of how you can try and reduce or re-use items of waste - eg - re-use envelopes, taking bags with you when you go shopping (not using more plastic bags). Gather different ideas (show examples of nappies, re-use envelope stickers etc) and talk about trying to change what you do. Get commitment from people to try to do one action in the next week to reduce their waste.

Materials:

Power point projector

Need a board and pens/chalk (or a big sheet of paper), images (from magazines or the internet), blu tack

energy efficient lightbulbs plus a lamp to practice with

Digital camera and flipchart and pens for recording

Developing & passing on the learning

The trainers learned how to pass on the information to their special needs adult students.

Evaluation:

The group felt very positive. There was good attendance and participants joined in and were interested in the topics we covered.

Conclusion -

The course successfully achieved its goals, and was enjoyed by participants.

Recommendations about how the course could be used/adapted for other groups:

The content and structure of this course was specifically designed for a group of disabled people and teachers of disabled people. To use it for other target groups, some adjustments would have to be made.