BEST PRACTICES

Module 6 – Healthy Lifestyle

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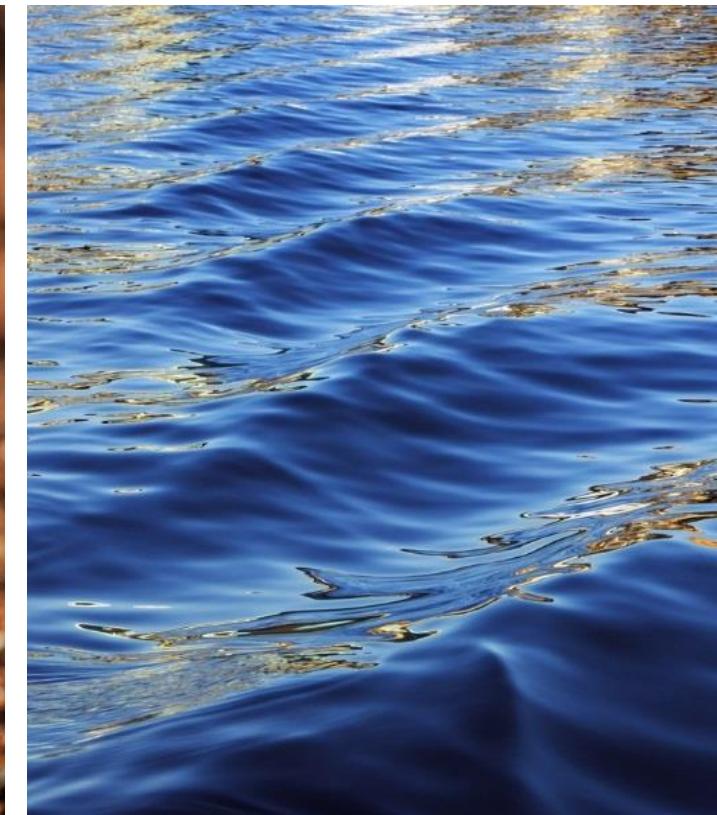
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Partners

1. BLUE ROOM INNOVATION – SPAIN

2. IDEC – GREECE

3. FEDERATION DES ASSOCIATION DE PARENTS D'ELEVES DU LUXEMBOURG

4. UNIVERSITE DE LIEGE – BELGIUM

5. PRIMARY SCHOOL OF VAREIA – GREECE

6. Instituto Agrario Bell-lloc del Pla SA – SPAIN

7. Scuola Europea di Varese – ITALY

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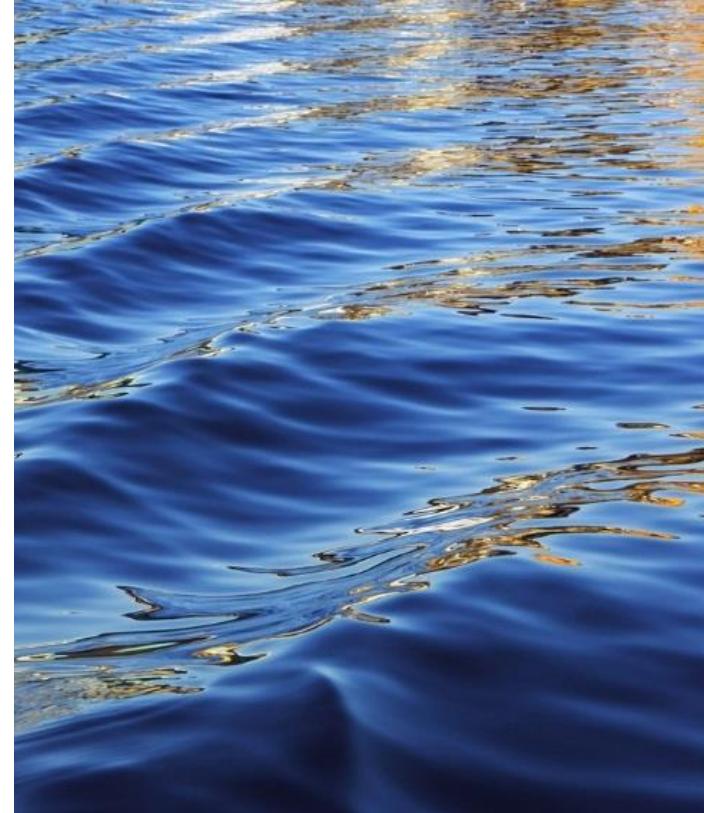
Healthy Lifestyle
BEST   PRACTICES

Our mission is not only to leave a planet as we received it but to inherit a much better earth

BEST PRACTICES

BEST SUSTAINABLE SCHOOLS' PRACTICES

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Healthy lifestyle Best Practices

BEST PRACTICE   N° 1

Schools' best practice number one is,
WALKING TO SCHOOL!

Schools must adopt green measures at all levels and adopt a green education for future generations, not only in theory, but also in practice by applying real and effective measures to provide a healthy environment for children and to educate them by example.

WALKING TO SCHOOL would be the most measurable & less costs target to set as a first step!

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Healthy lifestyle Best Practices

BEST PRACTICE   N° 2

Schools' best practice number two is,

GREEN SPACE!

Learning by doing has proven to be an effective educational tool, therefore, schools should provide a GREEN SPACE for children to experience all Green techniques & knowledge while living this great connection with the soil that translates the real values of today's & future generations!

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Healthy lifestyle Best Practices

BEST PRACTICE   N° 3

Schools' best practice number three is,

LOCAL & SEASONAL PRODUCTS!

A real proximity with the farmers and all the local producers would be an essential path to green topics.

Children will experience a green & sustainable way to a local consumption. Pupils will discover and understand the benefits for health, for budgets, as well as, for social relations.

The third BEST PRACTICE is undoubtedly a local and seasonal mode of consumption!

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