

Module 6 – Healthy Lifestyle

Partner name: FAPEL / Charles KRIM
Date: 20/03/2023



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





DIETARY

Healthy Lifestyle



6. Healthy Lifestyle /

3. GREEN WAYS TO GET TO SCHOOL.

1. **HAVING A WALK / Healthy Lifestyle**
2. **BIKING TO SCHOOL / Healthy Lifestyle**
3. **BUS TO SCHOOL / Healthy Lifestyle**
4. **BIKEBUS TO SCHOOL / Healthy Lifestyle**
5. **CARPPOOLING / Healthy Lifestyle**
6. **TRAIN FOR LONG DISTANCES / Healthy Lifestyle**



GREEN WAYS TO GET TO SCHOOL

Healthy Lifestyle



road, sea, rail and air transport are highly polluting and one must always consider the cost in money and ecology before making daily choices.


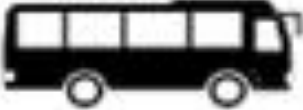






young people would be surprised to learn of the close link between their food and the pollution generated by the transportation of the food on their plates.

Educating pupils about the link between transportation & food and the devastating impact it has on the environment would be a major step towards the green goals that Greener Green is trying to implement.



HEALTHY LIFESTYLE / CHART

kindly keep in mind this graph for the whole presentation

DAILY TRAVEL TO SCHOOL / WORK				
				
	40	15 kWh / d / p	4 kWh / d / p	≈ 0 kWh / d / p
	20			
	13			
	10			

HAVING A WALK TO SCHOOL

Healthy Lifestyle



Recommendation,

As a first step & to allow green transportation means schools should install best facilities for green transportation.

Schools should provide "Kiss & Go" parking in front of schools.

Schools should provide safe, easily accessible, secure bicycle parking during school days.

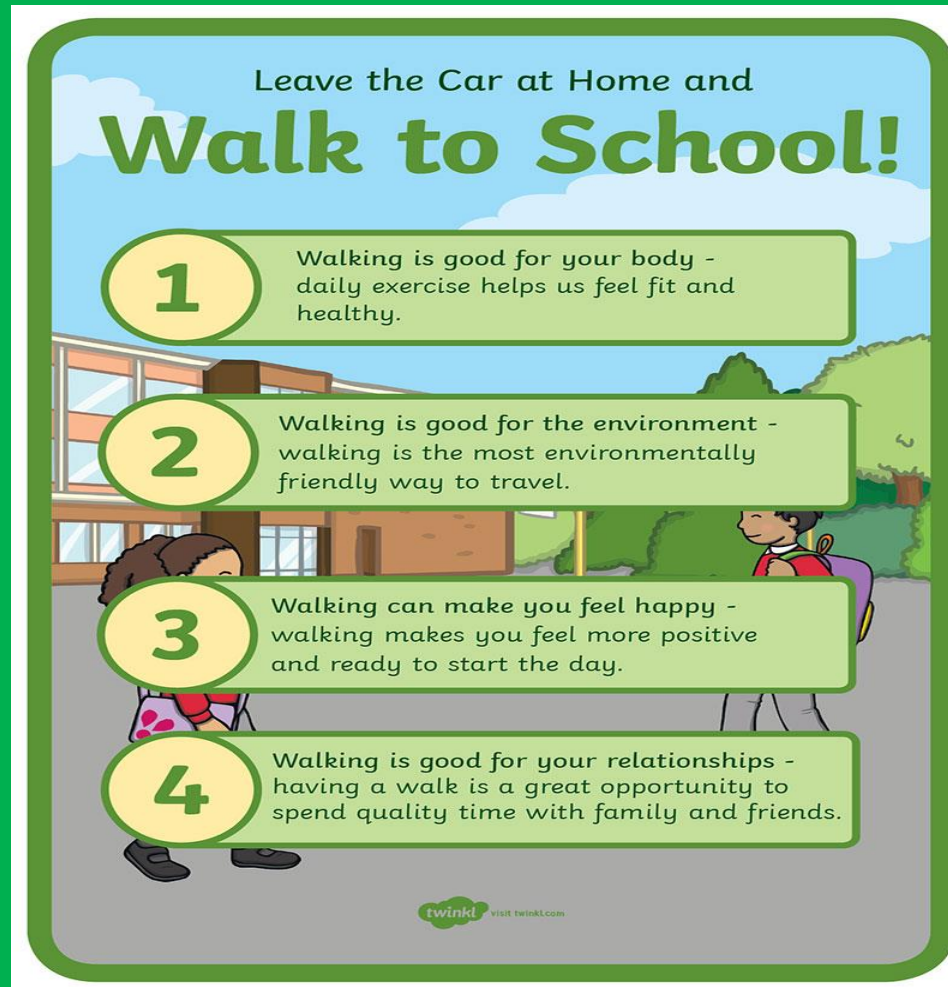
Schools should provide clear separation between pedestrians/bicycles and cars.

Schools should give priority to pedestrians and cyclists in the vicinity of the school.



HAVING A WALK TO SCHOOL

Healthy Lifestyle



GREENER GREEN,

The multiple positive effects of an active school commute have convinced many cities to promote home-school walks among children and increase the awareness of designing healthy, child-friendly routes.

One of the ways to ensure a child-friendly and healthy daily walk to school is to increase the greenery that children encounter on their way.

Source & Link:

[Having a walk to school!](#)



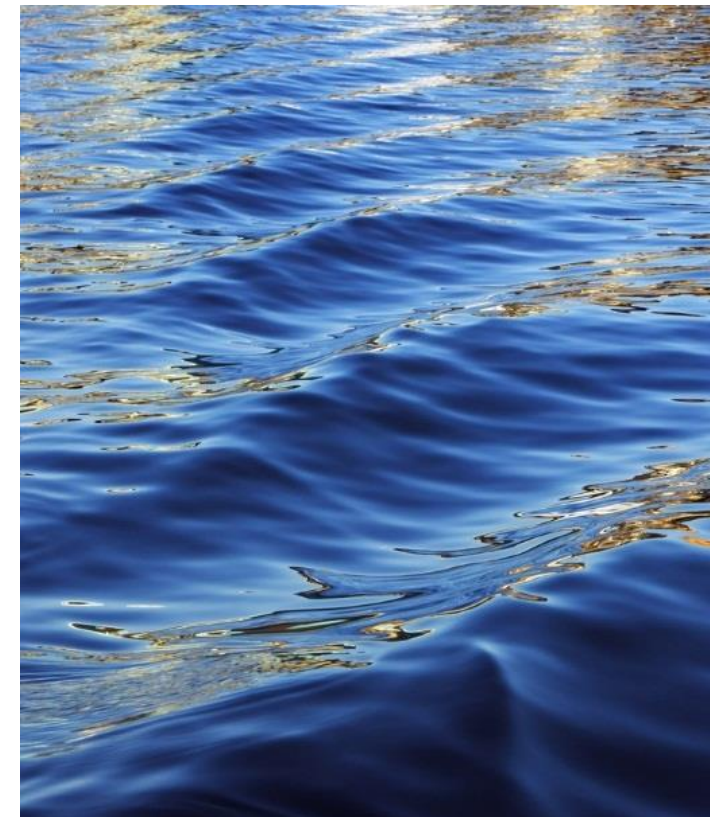


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DIETARY Healthy Lifestyle



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GREEN WAYS TO GET TO SCHOOL

Healthy Lifestyle



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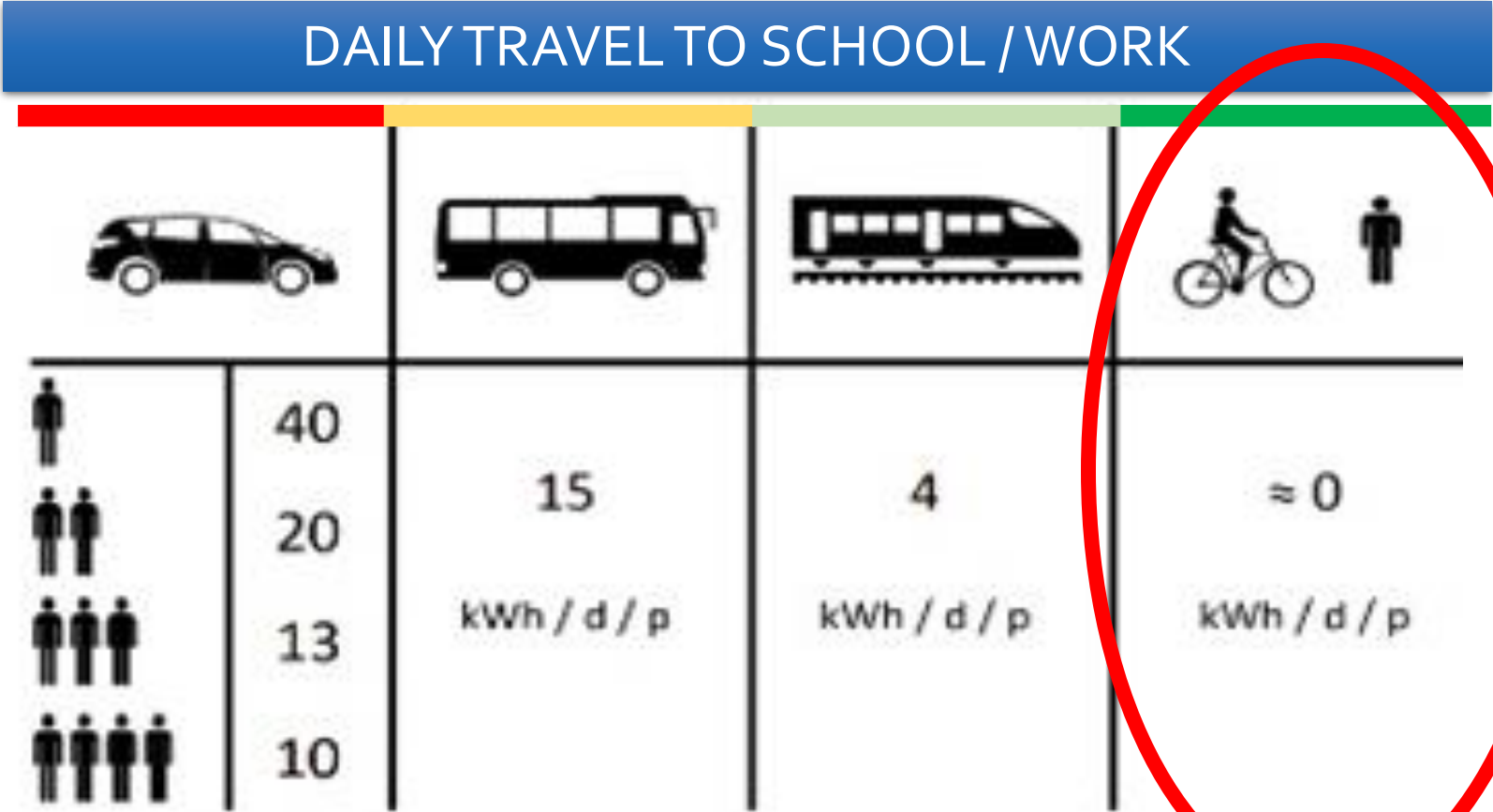
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Educating pupils about the link between transportation & food and the devastating impact it has on the environment would be a major step towards the green goals that Greener Green is trying to implement.



HEALTHY LIFESTYLE / CHART

kindly keep in mind this graph for the whole presentation



BIKING TO SCHOOL

Healthy Lifestyle



Recommendation,

Schools & Municipalities (S+M) should encourage cycling as a means of transport by adapting incentives for the purchase of new bicycles

S+M should develop bicycle paths throughout the area, especially around schools

S+M should consider rewarding children or households/families who let their children bike to school

S+M may install a free bike repair shop that will check the technical installation of the bikes (brakes, screws, ... Once a month !)

BIKING TO SCHOOL

Healthy Lifestyle



GREENER GREEN,

Pedal power: Every time a child is driven to primary school and back their car releases about 84 balloons worth of carbon dioxide into the atmosphere, according to the charity Sustrans, which promotes sustainable transport in the UK. That's a lot of hot air. The amount of damaging greenhouse gases produced on the daily school run could be reduced dramatically, however, if parents left their cars at home and students simply walked, cycled or scooted in.

Source & Link:

[PEDAL POWER](#)



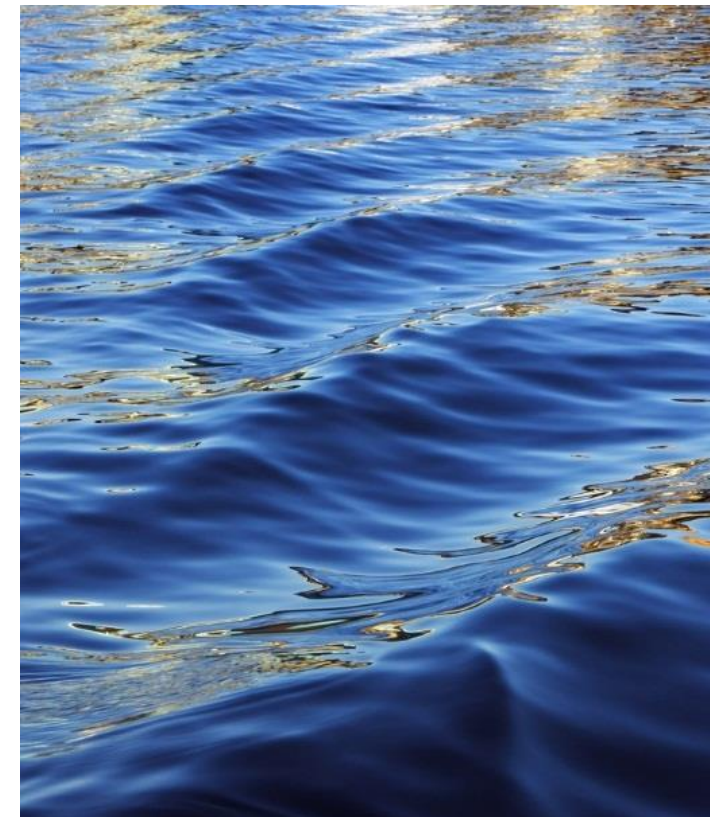


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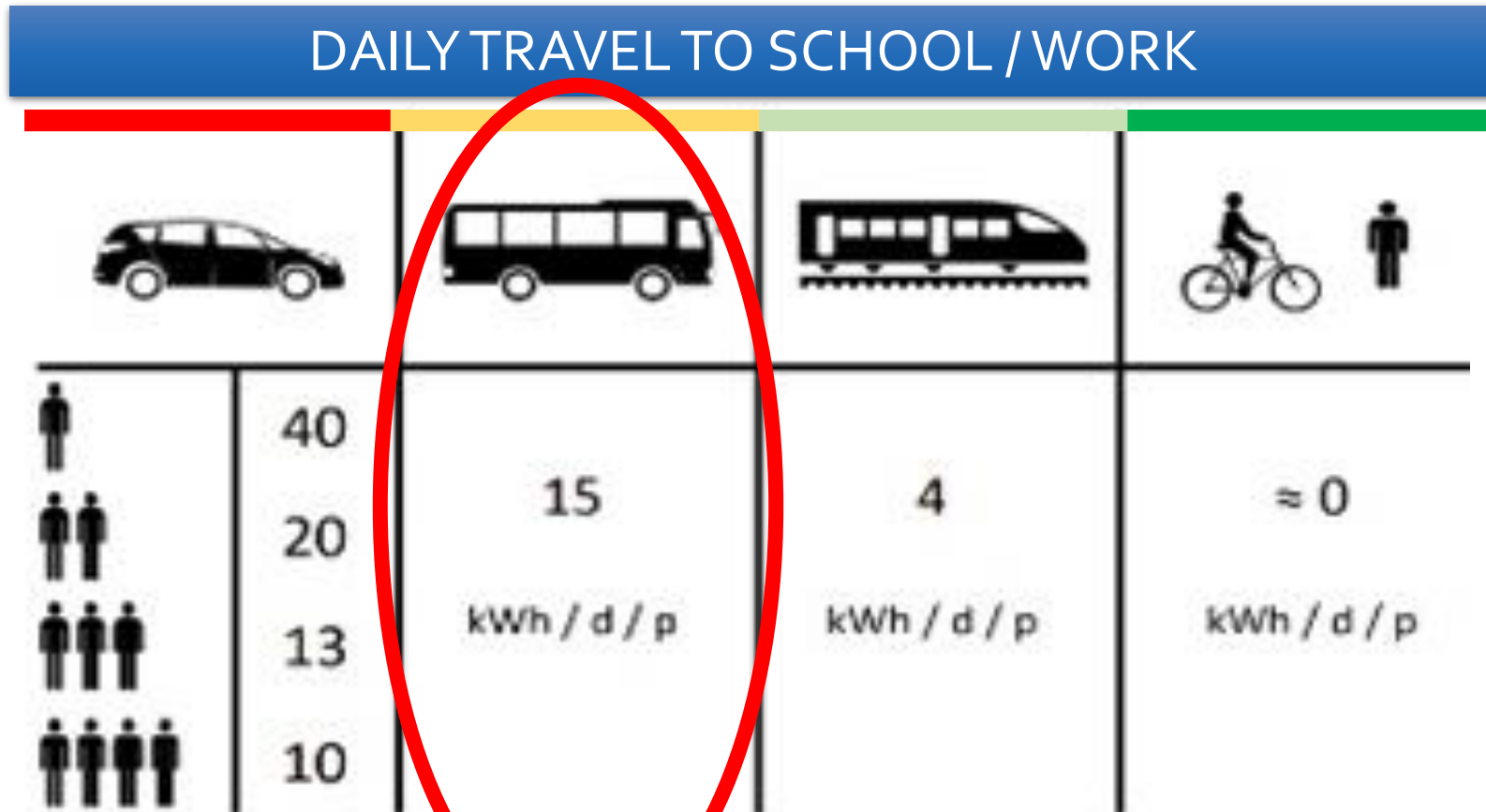
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BUS TO SCHOOL

Healthy Lifestyle



Recommandation,

Schools & Municipalities (S+M) should consider a budget for the purchase of non-polluting electric or thermal buses that would offer a perfect ecological compromise for people who need to take the bus to reach their school.

S+M should consider reducing the number of buses on the road as much as possible by sharing buses between schools and avoiding having these buses at a standstill all day after school pick-up.

S+M should consider sharing buses for school outings, for swimming pool, for weekends organized by S+M, ...



BUS TO SCHOOL

Healthy Lifestyle



GREENER GREEN,

Electric School Buses,
Electric buses have become a growing focus in recent years. They are better for the environment by eliminating tailpipe pollution – the US Public Interest Research Group (PIRG) predicts that replacing all school buses with electric buses could prevent over 5.3 million tons of greenhouse gas emissions annually.¹⁵ With front-end incentives, electric buses are also more economically efficient than diesel buses in the long-run.

Source & Link:

[Electric School Buses](#)





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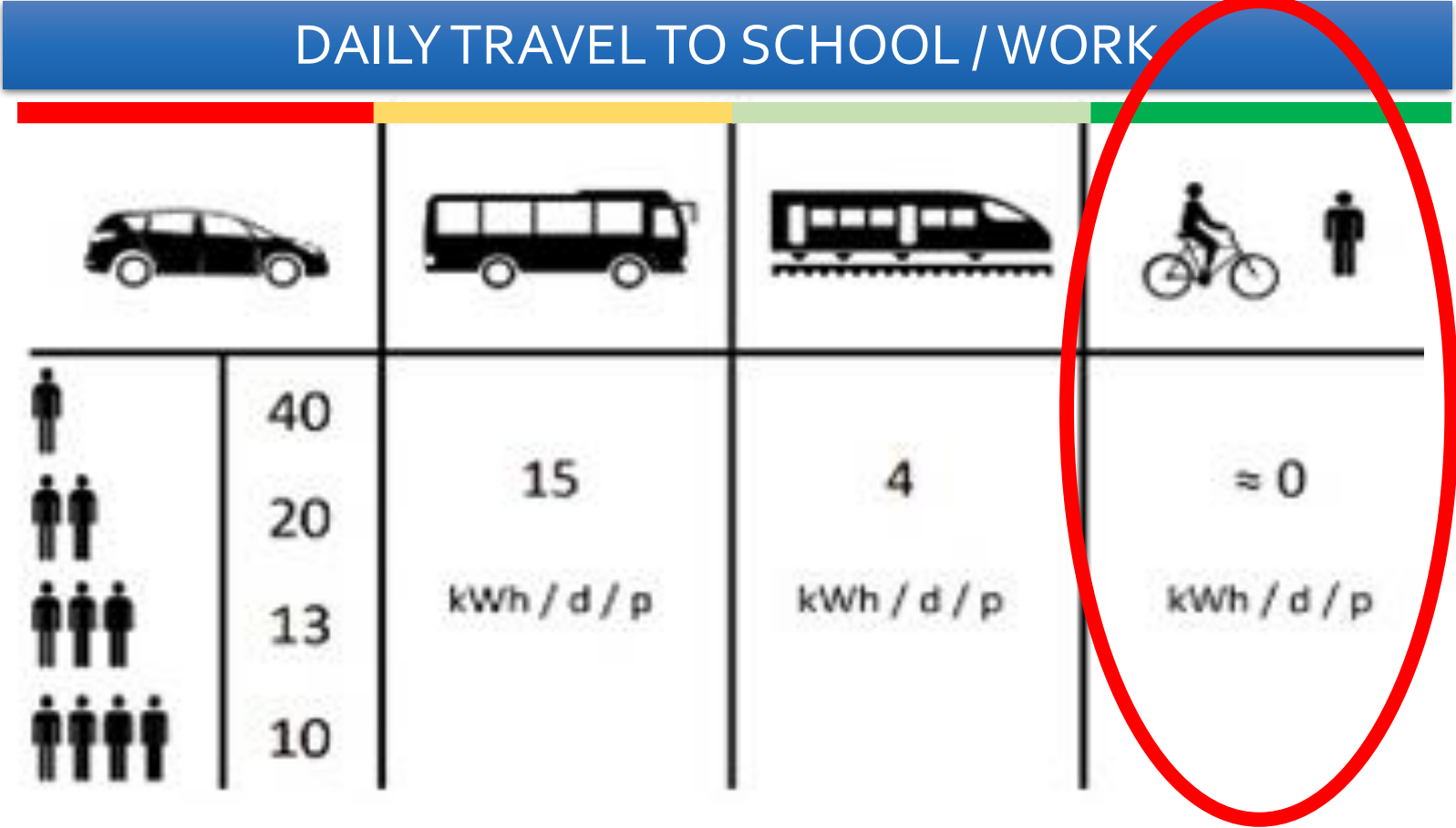
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BIKEBUS TO SCHOOL

Healthy Lifestyle



Recommendation,

BIKEBUS

A great idea to try out by S+M. It looks fun and everyone has a contribution to make to the progress of this very nice means of transportation



BIKEBUS TO SCHOOL

Healthy Lifestyle



GREENER GREEN,

A public elementary school, have been taking the Cool Bus—essentially a large tandem bike with electric assist—under the supervision of a “bus” driver. And based on the success of its initial foray, the Cool Bus is coming to 10 more French schools.

Source & Link:

[Green BikeBus](#)





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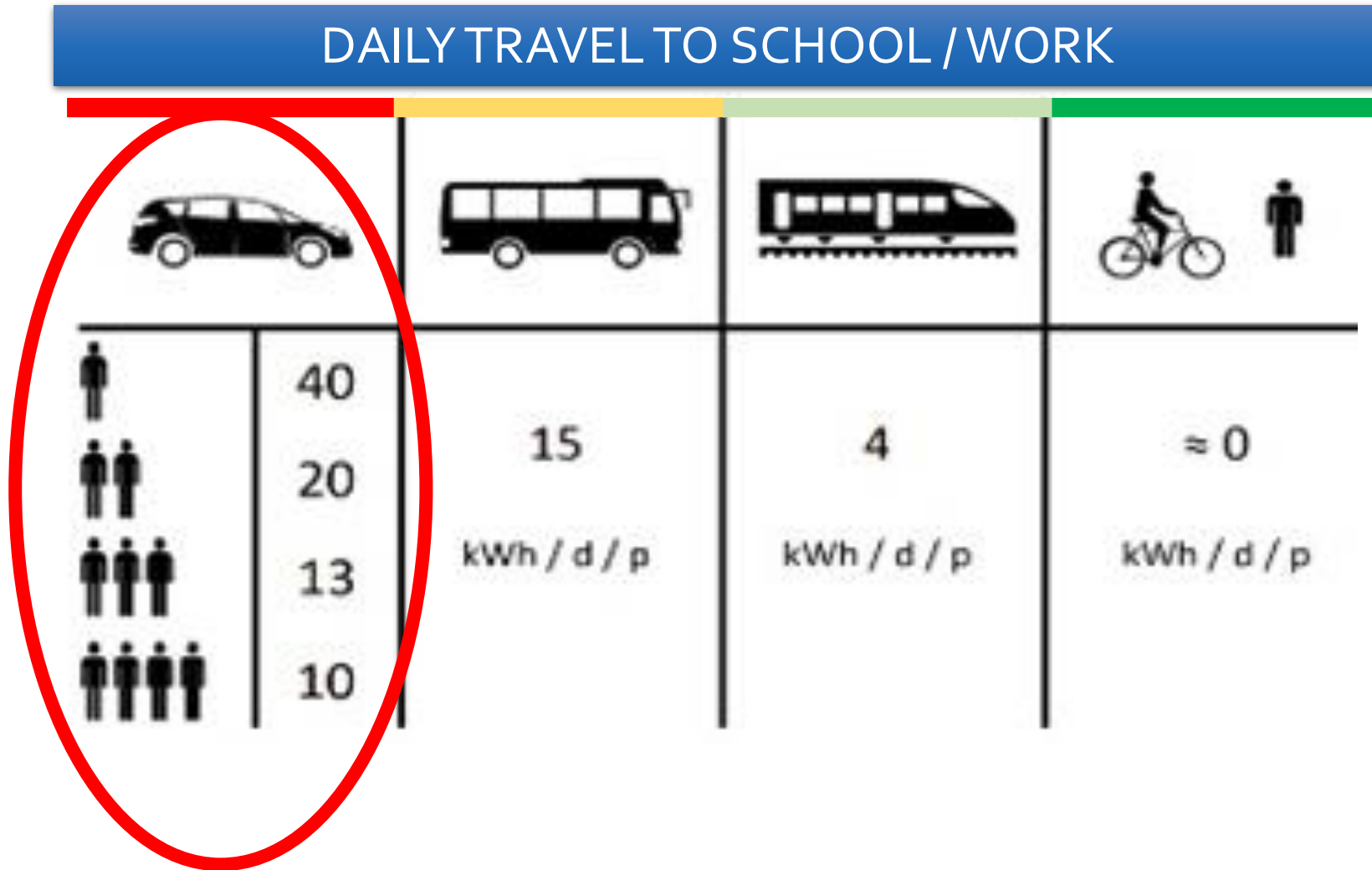
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CARPOOLING

Healthy Lifestyle



Recommendation,

Diet is Being fit is a healthy way of dealing with green topics.

Recommendation for S+M,
Schools & teachers would have everything to gain by installing:

Outdoor sports sessions, so that the children are used to being outside and do not mind the weather conditions
To teach children the simple pleasures of being in the wide open!

To reinforce the immunity of the children by letting them confront certain climatic conditions that we would qualify as harsh!

CARPOOLING

Healthy Lifestyle



GREENER GREEN,

Carpooling is an environmentally friendly and sustainable way to travel as sharing journeys reduce air pollution, carbon emissions, traffic congestion on the roads, and the need for parking spaces. Big corporations often encourage carpooling, especially during periods of high pollution or high fuel prices.

Source & Link:
[CARPOOLING](#)





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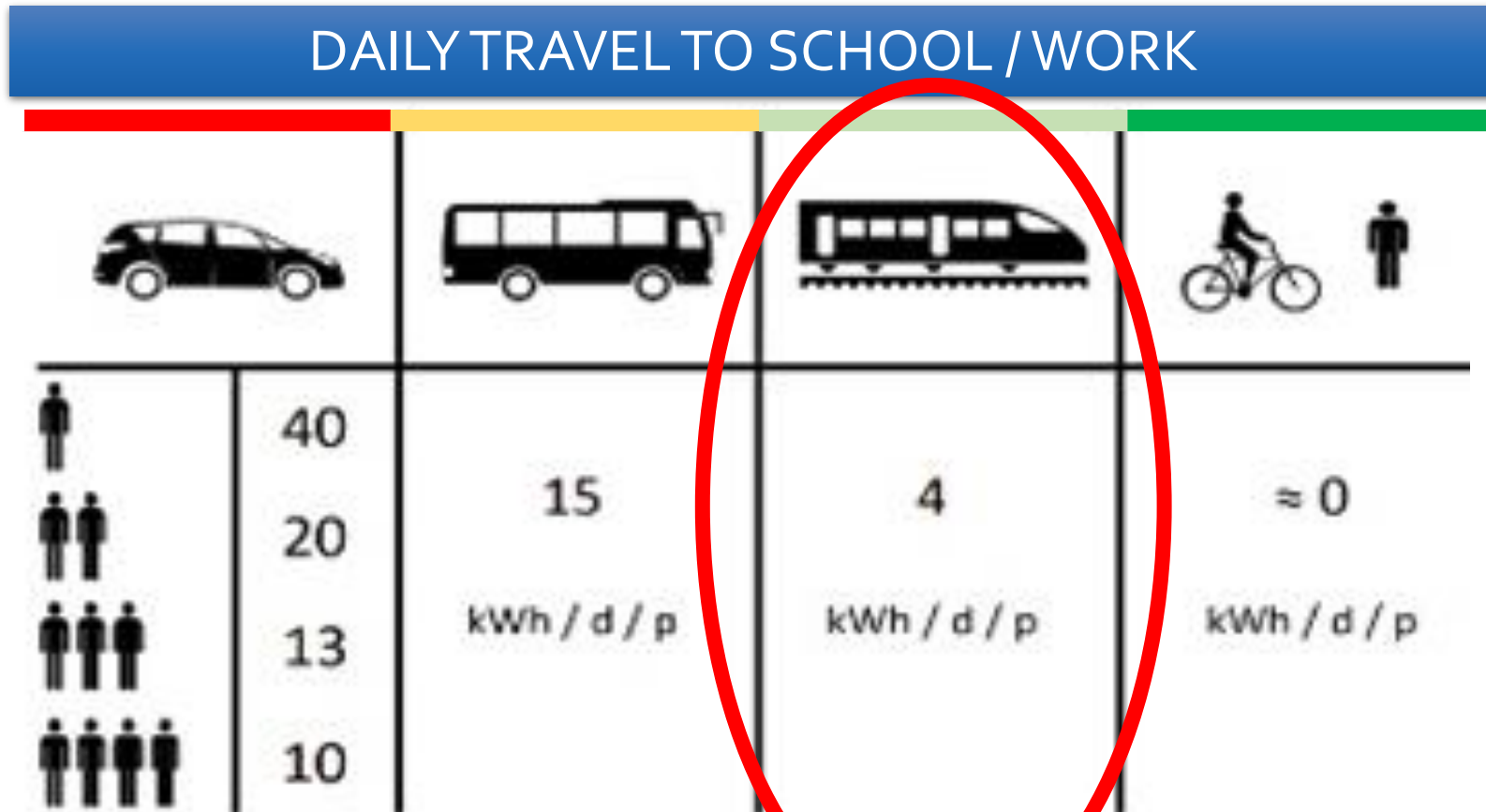
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TRAIN FOR LONG DISTANCES

Healthy Lifestyle



Recommendation,

For long travelling & each time that it's possible, you should consider train as a transportation mean.

Besides walking and cycling, the train is still the most ecological way to travel.



TRAIN FOR LONG DISTANCES

Healthy Lifestyle



GREENER GREEN,

Trains Use Less Energy

One of the biggest environmental benefits of trains is that they consume far less energy than other types of transport. It takes a huge amount of fuel to get a plane carrying hundreds of people airborne, whereas trains are streamlined, require much less energy to move, and are increasingly able to run on electricity.

Source & Link:

[TRAIN FOR LONG DISTANCES](#)





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