

Sustainable Lifestyles

The "GreenSprouts: Nurturing Sustainable Lifestyles for Reflective Teenagers" project promotes sustainable living among teenagers in the post-pandemic era.

- This project has been granted financial support from [The International Visegrad Fund](#)
- Project ID within V4 framework: 12330112
- Implementation period: February-June 2024

Concept

The "GreenSprouts: Nurturing Sustainable Lifestyles for Reflective Teenagers" project promotes sustainable living among teenagers in the post-pandemic era. Its primary goal is to instill eco-consciousness, critical thinking, and overall well-being. The project includes diverse objectives like eco-wellness research, time management, eco-mindfulness, building eco-confidence, widening perspectives, nature connection, creative and social eco-activities, educational resources, sustainable practices, promotion through a trilingual eco-blog, local eco-wellness events, and enhancing eco-literacy. The primary outcome is the implementation of an eco-conscious, reflective lifestyle among 24 participants, their parents, teachers, school colleagues, and local communities, disseminated through events and a trilingual eco-blog. In summary, "GreenSprouts" empowers teenagers to embrace sustainable living while enhancing their well-being and critical thinking. The project's holistic approach, international collaboration, and dissemination efforts aim to inspire positive changes in participants' lives and their communities.

Organizations

- **Dwujęzyczna Szkoła Podstawowa Smart School w Zamościu (PL) as a beneficiary:** Dwujęzyczna Szkoła Podstawowa Smart School (Zamość, Poland) established in 2010, this bilingual primary school is the first of its kind in the region, dedicated to delivering cutting-edge bilingual education. The school, following the CLIL approach, prioritizes literacy, immersion, the development of key competences, and soft skills. Its core principle involves daily immersion in a foreign language and fostering multicultural education. Bilingual education has demonstrated its effectiveness in

boosting cognitive abilities in students. Teachers collaborate closely, encouraging students to attain high levels of English proficiency. Accredited and serving a diverse student body, the school boasts a committed staff, comprising both native and foreign teachers. The faculty actively engages in collaborative projects with schools across Europe, striving to enhance literacy and exchange educational insights.

- **Základní škola pod Svatou Horou, Příbram (CZ) as a partner:**

Základní škola pod Svatou Horou, Příbram. As part of the educational program, the school offers, among other things, an extended physical education program with a focus on ball games, particularly volleyball. Sports are an integral part of our elementary school. Students in sports classes with a focus on volleyball consistently achieve outstanding sports results in their respective categories. Some alumni play in the top volleyball leagues in the Czech Republic and around the world, and they also represent the national team. However, our involvement in sports goes beyond volleyball. Every year, our school organizes week-long skiing and cycling training.

Mobilities

There are planned two physical mobilities: one in Poland, Zamość (students from the partner school visiting the school of project coordinator), one in Czechia, Příbram (students from coordinating school). Both visits take place mostly in schools. There are also local trips planned to give students the sense of local culture and history.

The mobilities are preceded by online meetings in order to introduce all participants to project's idea and distribute the tasks assigned to them. Physical locations: CZ: Základní škola pod Svatou Horou, Příbram, Balbínova 328, 261 01 Příbram. PL: Dwujęzyczna Szkoła Podstawowa Smart School, Poniatowskiego 4, 22-400 Zamość, Polska. There are 12 students from each participating school (24 in total) aged 12-13 - involved in each mobility during the project.

- Mobility (output) no 1: from CZ to PL: 19.03.2024-22.03.2024
 - Day 1: Let's get to know each other. Eco-Wellness Research workshop: Investigation of post-pandemic impacts on teens' well-being. Time Management: How to implement sustainable practices of time management. Joga workshop.
 - Day 2: Mindfulness workshop. Techniques tailored for teens. Building Eco-Confidence: Paths to be eco-active. Different lifestyles around the world: Presentation and film about eco-societies worldwide. Debate: Pros and cons of living in a highly civilised societies.

- Day 3: Widening Perspectives: Preparation to the debate on sustainable lifestyles in historical perspective. Street research: Preparing and conducting a street survey about the meaning of sustainability. Survey results: Developing the results of local survey. Mindfulness session.
- Day 4: Culture of hosting country. Excursion to explore the city, citizens' lifestyles. Summary of the mobility.
- Mobility (output) nr 2: from PL to CZ: 21.05.2024-24.05.2024
 - Day 1: Integration games session. Nature Connection: Planning the sustainable, outdoor, screen-free activities for mental well-being; screen-free day planning. How does nature influence human: Does place we live in determine our life style and way of thinking. Discussion on the effects. Mindfulness session.
 - Day 2: Creative and Social Eco-Activities: Creative and eco-friendly social interactions; preparations to conduct a lesson for younger students at school. Sustainable Practices: How to implement eco-mindfulness. Group work: Preparing materials for gazette.
 - Day 3: Educational Resources: Development of an online resource. Project summary posters: Discussion on the work. Essay writing: Reflective view of my personal activities before and after the project.
 - Day 4: Summary of the project: Dissemination planning. Cultural and historical outdoor trip. Goodbye dinner.

Project's leader



Project's partner



Project's support

