



GROWING INTO ECO-CONSCIOUS ADULTS


Better Life - ΚΑΛΥΤΕΡΗ ΖΩΗ

ΔΡΑΣΕΙΣ

ΜΑΘΕ

ΔΙΚΤΥΩΣΟΥ


Αναλάβε δράση, βελτίωσε την καθημερινότητά σου μέσα από εξπλιτικές πρακτικές, μοίρασου εμπειρίες και εμπνεύσαι. Γίνε εσύ η αλλαγή που θέλεις να δεις στο σπίτι, τη γειτονιά και την πόλη σου!




Η ΔΡΑΣΗ ΤΗΣ ΕΒΔΟΜΑΔΑΣ

Πόσα γνωρίζεις για τα πρόσθετα τροφίμων;
Σίγουρα έχετε ακούσει για τα "Ε", τις ουσίες δηλαδή που προστίθενται στα τρόφιμα και στα αναψυκτικά. Σέρεις όμως ποιας είναι οι βασικές ιδιότητες του κάθε πρόσθετου; Η αποστολή σου για αυτή την εβδομάδα είναι να πάρεις "μία γεύση" ώστε να ξέρεις τι τρώς.
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Sustainability Toolkit

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<https://geaeducation.eu>



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1 Introduction to Better Life

This platform contains many resources, divided into three categories: Act, Learn and Network. This allows citizens to learn about a vast array of topics related to climate change and climate actions, as well as what actions they can take.

2 Classification

Classification Tag	Mark X if applies	Criteria
Purpose of tool	X	Water saving
	X	Energy saving
	X	Smart shopping / food planning
	X	Waste management
	X	Active transport and mobility
	X	Shrinking our carbon footprint
	X	Other
Purpose of tool Stages where it can be used	X	Awakening
	X	Understanding
	X	Enlightenment – Action
	X	Advocacy
		Evaluation
		Other
Language		Dutch
		English
		Estonian
		German
	X	Greek
		Italian
		Lithuanian
		Macedonian
		Other

3 Description

What is this tool about

This tool is a platform combining many articles, split into four categories: Green city, Consumption, Nutrition, and Energy. The resources are further divided into “Act”, “Learn”, and “Network”, depending on their focus.

The “Learn” resources are focused on Greece, with resources on how to garden in cities, what fruits and vegetables are in season, as well as information on public transport and the impact of individual vehicles.

The “Act” section offers articles on more specific issues, like meat consumption, food waste or wildfires, outlining some information on them, as well as ways for citizens to act.

Finally, the “Network” section allows participants to identify and join actions and initiatives near them.

For which purposes is it used

These resources can be accessed by individuals looking to learn more about what they can do to live more sustainable lives and fight against climate change. They are also relevant for groups and organisations looking to start local actions and initiatives in their neighbourhoods/towns.



Image source: <http://kalyterizoi.gr/#>

Limitations of the tool

The tool is available only in Greek, and the resources are tailored to the Greek context.

4 When and how to use this tool

- **Preparation:**

Identify what topic you would like explore.

- **Activity:**

Get into the resources, find what you are interested in, and discover new knowledge related to the environment. If the issue seems crucial to you, check the “Networking” page, to see if there are groups working on it near you.

- **Follow-up about what to do after use:**

After using the resources, consider how to use this knowledge in your life to mitigate or adapt to climate change.

5 Material needed

A mobile device with stable internet connection is sufficient to use Better Life. The tool is free of charge.

6 Other resources

Links:

Initiative on X <https://x.com/kalyterizoi>

Υγιή παιδιά, υγιής πλανήτης WWF Ελλάς <https://food.wwf.gr/>

News / Blogs:

WWF-Καλύτερη ζωή <https://stinpriza.org/site/wwf-kaliteri-zoi/>

WWF-Καλύτερη Ζωή - Τα ΕΝ ΟΙΚΩ εν Δήμω <https://enoiko.org/2018/11/23/wwf-%CE%BA%CE%B1%CE%BB%CF%8D%CF%84%CE%B5%CF%81%CE%B7-%CE%B6%CF%89%CE%AE/>

Videos:

Καλύτερη Ζωή <https://www.youtube.com/channel/UC0xry7XuVWkzp5K1Fe0sxUA>

"Μην τρως τον πλανήτη" - WWF Καλύτερη Ζωή <https://www.youtube.com/watch?v=Zh9V2nD3ppA>

Βίκυ Μπαρμπούκα: Για μια καλύτερη ζωή https://www.wwf.gr/ta_nea_mas/?uNewsID=4733366

