



Erasmus+



May 2023, #1

Newsletter


Erasmus+ Club Montly Newsletter




Carbon Footprint



Zero Waste

 [milas_cumhuriyet_100](https://www.instagram.com/milas_cumhuriyet_100)

 [eplus.boostyourself](https://www.instagram.com/eplush.boostyourself)

Our Projects

As of 2022-2023 Academic Years, our school especially has taken part in projects for the awareness of protecting the environment as well as for teachers.



Boost Yourself

Dealing with the professional burnout of teachers in European countries, this partnership project, coordinated by Poland, is carried out in partnership with the schools from Portugal, Lithuania, Turkiye and Iceland

To reduce the professional burnout of teachers with the aid of this project, some workshop themes which can be used for the purpose of shared digital outputs are both being organized and produced with the project partner schools.



Ecological Footprint

Our project, coordinated by Poland, is another strategic partnership project aiming to reduce carbon footprint and increase such common consciousness in global warming.

Boost Yourself



First Thema: Art Therapy

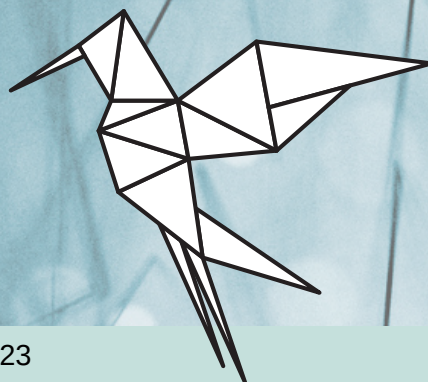
Art therapy is a type of psychotherapy that involves the application of visual arts. Art therapy can be done individually or in a group setting or with a licensed therapist alone. We held our first mobility regarding workshops on art therapy in Portugal.



Stone Painting

It is a great event that you can do by combining art and nature when you feel yourself burnout. For the first time in my life, I painted stones in such a project event. At that moment, I felt that I was beating my childhood years. This stone painting event, which started with the slogan of touch, smell and feel by the ocean, lasted for half an hour. We all loved it so much.

Miyase / Participant





Portugal / Azores / Terceira Island

BULLFIGHTING

Portuguese-style bullfights are different from Spanish bullfights in many ways. There are protective apparatus on the horns of the Portuguese bull. Also, there is a halter, attached to the neck of the bull and controlled by ten people to prevent the bull from attacking people. Throughout the event, the bull is not damaged or killed.



TERCEIRA ISLAND

Located in the North Atlantic Ocean, 1500 km away from Portugal, Terceira Island is a beautiful island of the 9 islands of the Azores. Its population is about 60000. Agriculture and animal husbandry are carried out on the island, which has two municipalities. The island with a mild climate has the lowest air temperature recorded as 3 degrees Celsius.

LOCAL FOODS

Besides mostly seafood, chicken and meat of animals such as cattle, is also consumed abundantly in meals. Along with many dishes, rice or french fries are also served. Breakfast and dinner are important in Portugal. One of the famous desserts is the Balem dessert, displayed in the photo.





ECOLOGICAL FOOTPRINT



THEME 1: CARBON FOOTPRINT MEASUREMENT

We have calculated our carbon footprint. For example, the visual on the right is the result of carbon footprint calculation to one of our participants. This calculation shows according to how often we consume animal products, the way we prefer to eat packaged or processed food rather than local ones, the size of the dwelling we live in, thermal insulation, fossil fuel consumption, our daily rate of garbage, the decomposition of waste at its source.

WHAT IS GLOBAL WARMING?

Greenhouse gases being emitted by humankind into the atmosphere and its result of the temperature rise on the surface of the earth is called "global warming".

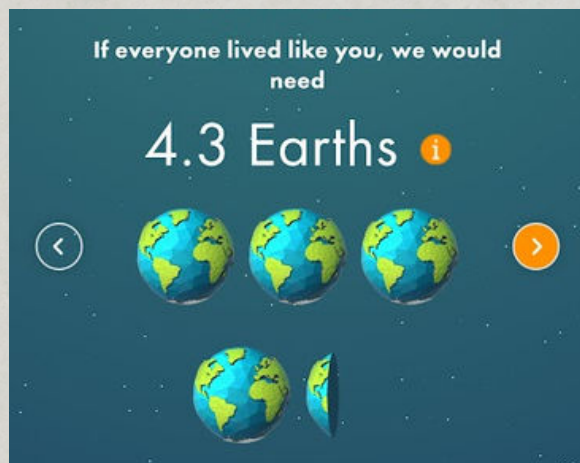
WHY SHOULD WE REDUCE OUR CARBON FOOTPRINT?

One basic element to struggle with global warming is reducing our carbon footprint.

The carbon emission occurring as a result of our activities causes greenhouse effects in the atmosphere and gives serious damage to the environment.

According to the calculations, the average annual carbon footprint of a person is 4 tons. If this number cannot be reduced to 2 tons per person on average, the temperature of our planet may increase by 2°C within 100 years.

As it can be understood from many problems such as deterioration of ecological balance, climate change, melting of the glaciers and greenhouse effect, the most basic element of combating them is to reduce our carbon footprint.



[Just click here and calculate your own !](#)

Ways of reducing your carbon footprint

average carbon dioxide emission per person

life with no cars 2.04	restoring 0.895
electric vehicles 1.95	vegan diet 0.8
have less long flight travels once a year 1.68	heat pump 0.795
renewable energy 1.6	using better cooking tools 0.65
public transportation 0.98	renewable energy sourced warming 0.64



We must reduce our carbon footprint to leave a more livable world for future generations.



Warsaw is the capital city of Poland, its official language is Polish and its currency is Zloti. Lublin Voivodeship, also known as Lublin Province, is a voivodeship of Poland in the southeastern part of Poland. It consists of 42 cities and towns. It has a population of around 2 million 200 thousand.

MAJDENEK CONCENTRATION CAMP

This camp, located 2.5 km away from the city of Lublin, was built for the prisoners of war during the World War II and later converted into a concentration camp in 1941. The camp was closed in July 1944 when the Soviet army was approaching. Today, it is used as a memorial museum and an educational center.



THE NARROW-GAUGE RAILWAY

We have visited the Vistula Dar Hat Railway, Lublin's interesting tourist attraction, built in 1892. As a part of the ecological footprint project, we have used bicycle cars working on rails to draw attention to reducing our carbon footprint. With a project team of 25 people, not using fossil fuels, we have performed a healthy, fun and physical activity by riding Vistula Bike Cars for 10 km.

