



Co-funded by the
Erasmus+ Programme
of the European Union

Erasmus + project 2015-1-LV01-KA204-013388 “Developing EU through online innovation”

O7 - Sustainable life

1. Waste collection in a selective way
Plastic, metal, paper and glass
2. Composting
3. Green houses – practices for home
How to save energy, water, paper ...etc at home?
4. Green offices - practices for companies
How to save energy, water, paper ...etc at the offices?
5. Dangerous waste collection
What kind of waste are dangerous? How to collect them?

6. Healthy eating
7. Physical health – healthy exercises
8. Mental health
Meditation, yoga, learning, sleeping
9. Stress management
10. Addictions
Smoking, drugs, alcohol

11. Sustainability
How to be a conscious shopper?
12. Health care - individually
Screening examinations
13. Health care – by the work place
Provided services, possibilities.
14. Transportation, trade
What are the most environmental friendly vehicles?
15. Organisations, volunteering