



Współfinansowane przez
Unię Europejską



ECO GUIDE



I Liceum Ogólnokształcące
Im. Henryka Sienkiewicza
w Kędzierzynie - Koźlu



CIP "FP Lumbier" IIP

Recycling is the process of used and discarded items, being reused and continuing their life with their new function. But not all recycling is created the same. Some materials are upcycled, some are recycled into very similar products, and some things are downcycled.



We organized a "Recycling Workshop" in our school by drawing attention to recycling and the importance of recycling in our project.

NATURE AND SCIENCE SCHOOL

We had the opportunity to get to know new plant and tree species. We learned that nature renews itself. We had fun activities with our teammates.



ARCHEOLOGY AND MARINE MUSEUM

We went to the archeology and maritime museum and saw various artifacts being displayed and preserved. When we visited the museums, we witnessed the exhibition of the art of history and science.



ECOLOGICAL CORPORATE GARDENS

In order to contribute to nature, we planted saplings in our greenhouse area in our school together with our teammates.

We became conscious thanks to this event, which we carried out with environmental and nature awareness.



SCIENCE AREA

We had an idea about various activities and designs in the science village we went to. Science area seeing and experiencing extraordinary materials was a good experience for the whole team.



POTTERY AND ITS BENEFITS

The adventure of ceramics begins with the fire of the soil. The unity of mud and fire, which participates in the struggle of people for life, has been a material that has come to our geography for over 7000 years. Showing its artistic side, ceramics has been an important part of our culture.



SPORTS AND NATURE

Today, a passenger emits 271 grams of carbon by car and 101 grams by bus. Cyclists, on the other hand, emit only 21 grams of carbon per kilometer. Increased use of bicycles, especially at close distances; It reduces carbon emissions, prevents obesity and allows to live in quieter cities.



HEAVEN, HELL CAVES

Paradise pothole is one of two natural wonders, each of which is rocky, wide and deep pits, called Korkos cave in ancient times.

Hell pit was formed in the hell pit 75 meters north-east

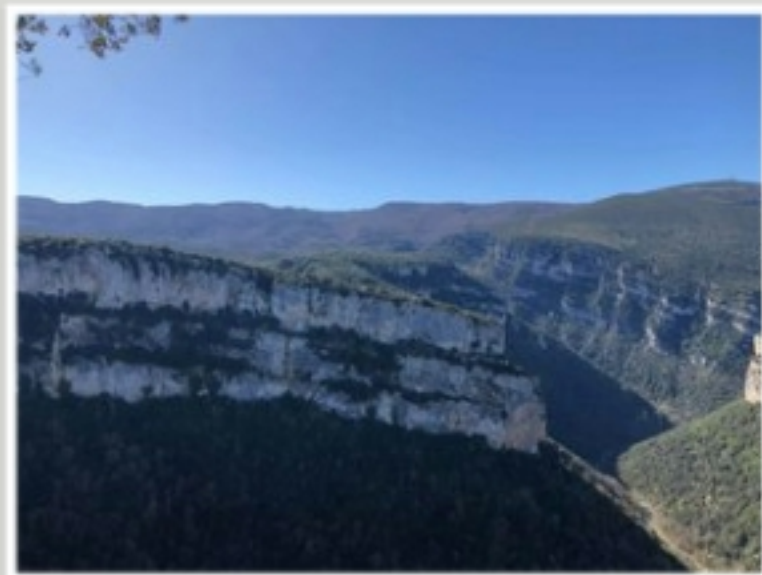
of the pit of heaven, like a pit of heaven.

The depression here also found its place in ancient mythology.



MEDIUM AND LOW MOUNTAIN GUIDE AND ITINERARY ORGANISATION

- We carry out outdoor excursions in accordance with safety regulations without disturbing or damaging the environment.
- We acquire good habits for the care of the natural environment, (how to care for and respect the different ecosystems and living beings that live in them).
- We made a herbarium and learned about flora and its uses. Also about fauna.
- We try to bring lunch in a Boc'n'Roll to avoid using aluminum foil or generating plastic waste.





EQUITATION

We collect horse waste along with straw and use it to make compost, which serves as natural fertilizer for the local fields.

- The money invested by the center to learn with horses goes to "Hípica Arbayún," an autonomous business. The animals in this space are in semi-freedom.

- The classroom where theoretical classes are held is heated using wood collected from the fields.



SUSTAINABLE ACTIONS IN OUR ENVIRONMENT

We manage to achieve inclusive, equitable and quality education, as during the course we are taught how we can guide people with disabilities with different methods, e.g. guiding blind people with the clip-on method, directional bars, etc.



SUSTAINABLE ACTIONS IN OUR ENVIRONMENT

When we are on the road and we find garbage or any object that can pollute the environment, we pick it up and put it in our, backpack so that we can throw it into a container



- We do sport without negatively affecting the environment.
- We travel in a non-polluting vehicle. In this way we reduce CO2 emissions, which is the main greenhouse gas.
- Availability of water and its sustainable management and sanitation for everyone, as it is very important to drink a lot of water when doing sport, especially on hot days.



LEISURE TIME TECHNIQUES

- We have managed to see that everything we find outdoors can be good material for an activity. Outdoor games, unfamiliar spaces using elements from nature, leaves, sticks, stones
- To make people aware that it is possible to do many games in the natural environment without having to buy anything and without damaging nature.
- We have made sustainable games with recycled materials.



FIREST BIODIVERSITY

Forests in Poland grow on 9 million hectares, i.e. they cover over 28% of the country's area. They purify the air, regulate the climate, prevent flooding and protect the soil from erosion. Thanks to them, we have access to wood, drinking water, mushrooms, forest fruits, game, honey and even herbs. In Poland, there are about 17,000 plants and 33-45 thousand species of animals, of which 150 are unique and threatened with extinction.



FOREST PROTECTION

Did you know that almost 30% of our country is covered by forests? There are three types of forests, first, we have the coniferous forest, which is the most common one. The other types are deciduous forests and mixed forests. What comes with it the most popular tree in Poland is the pine.

As everyone knows, forests are a significant part of our lives. They're also known as oxygen factories which protect us from the harmful effects of industry shelter, The soil and waters are a favorite place for people to relax and are a refuge for thousands of species of plants and animals.



POLLUTION OF THE ODER

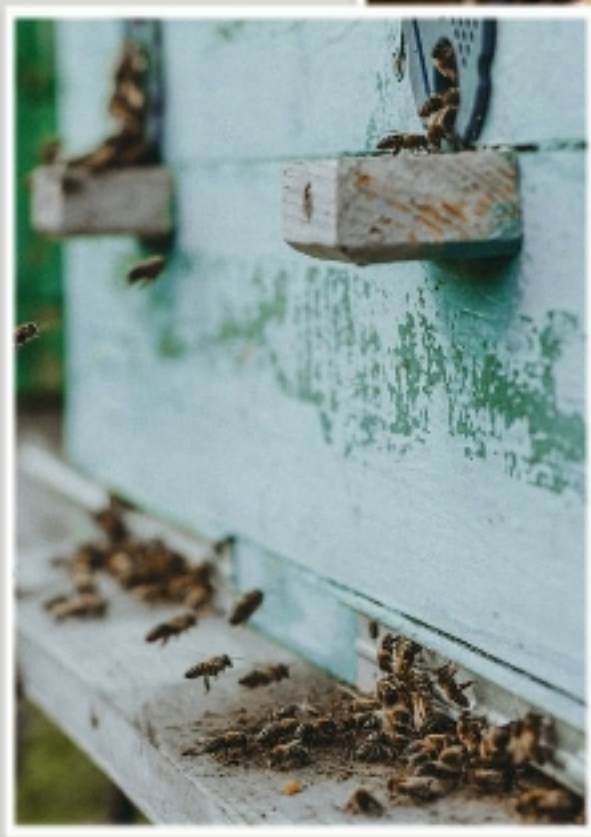
The Oder is a biologically clean river but it is not a place for swimming. Pikes, perch and bream are some of the species of fish living in that river. There also can be seen lush vegetation with orchids or reeds. Hydrological drought and golden algae led to contamination of the river in the summer of 2022. It was an ecological disaster, 250 tons of dead fish were caught and the ecosystem of the river impoverished. The Odrarium was created in the zoo in Wrocław. It is an exhibition that accurately shows the fauna and flora of this river.



Beekeeping

Poland has a long beekeeping tradition and its beekeeping farms are both large and small ones. Poland is one of the largest producers of honey in Europe and bees play a key role in pollinating plants and maintaining ecosystems. The Polish variety of a honey bee is highly valued in Europe and beekeeping covers many areas, such as honey production, wax and propolis. There are numerous organizations, associations and beekeeping schools in Poland where you can gain knowledge and skills related to beekeeping.





Mount St. Anne Geopark

Mount St. Anne Geopark is a unique place where you can learn about the history of the Earth by observing geological phenomena and rock formations. It is located in the Opole Province, near the border with the Czech Republic. In the geopark, you can visit a lot of interesting places, such as quarries, caves, waterfalls and viewpoints. It is worth seeing the magnificent rock formations there. The geopark also offers many activities for nature lovers, such as nature trails, guided tours and cultural events.





Ekosienkiewicz project

For the students of our school, ecology is very important because we are conscious of how our world is polluted. And that is why we have organised a group called Ekosienkiewicz at our school.

The group is active in the field of nature. For example, we clean up the Oder River every year and now we are in the process of organising a festival to raise the awareness on how much food people waste.





RECYCLING FACILITY VISIT

We learned how much waste is produced by people and we saw how it can be sorted and later recycled.



BOTANICAL GARDEN

Have you ever heard of The Jagiellonian University Botanical Garden? The museum is the oldest Polish botanical collection with museum properties, simply, with the scientific and didactic activities of the Jagiellonian University. For over two hundred years it has been playing a major role in the development of science, education and culture as a place of research, artistic inspiration and a "living museum" of the world's flora, visited by thousands of people every year. You can find there cycads, carnivorous plants, orchids, as well as useful plants scattered around the garden.





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