



**SEN4CE**

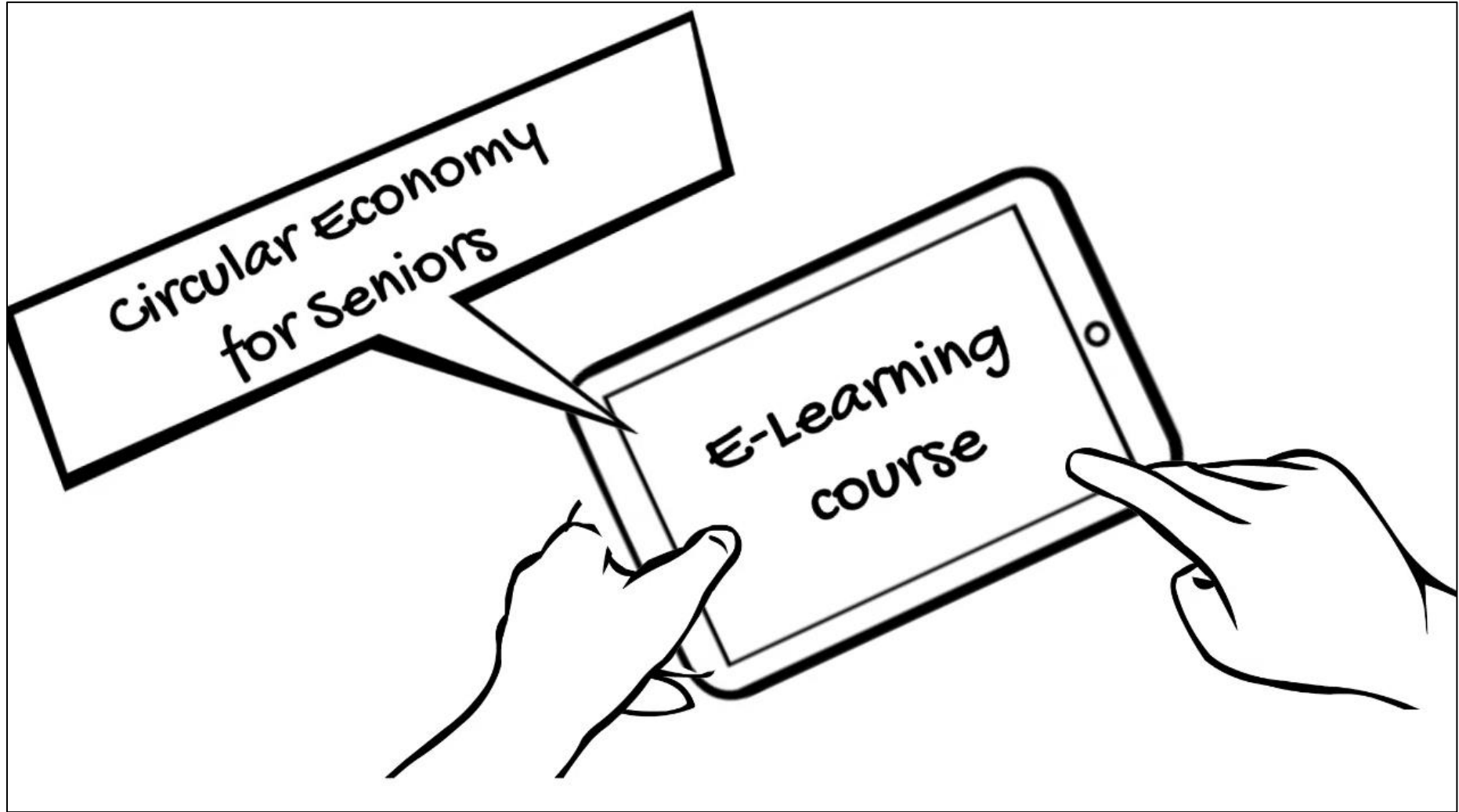
Seniors for Circular Economy



Welcome to our  
"How to use the e-learning content"



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





### Beginner level

European Qualifications Framework 2-3  
Equivalent to secondary education



### Intermediate level

European Qualifications Framework 3-4  
Equivalent to post-secondary education



# WELCOME PAGE

## Welcome to SEN4CE Empowering Seniors in Circular Economy

An Erasmus+ Funded Project for Lifelong Learning & Sustainable Societies

We're on a mission to empower seniors (60+) with digital education on Circular Economy. Be part of the green transition, connect with younger generations, and extend your lifelong learning journey. Ideal for seniors and caretakers alike.



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### SEN4CE

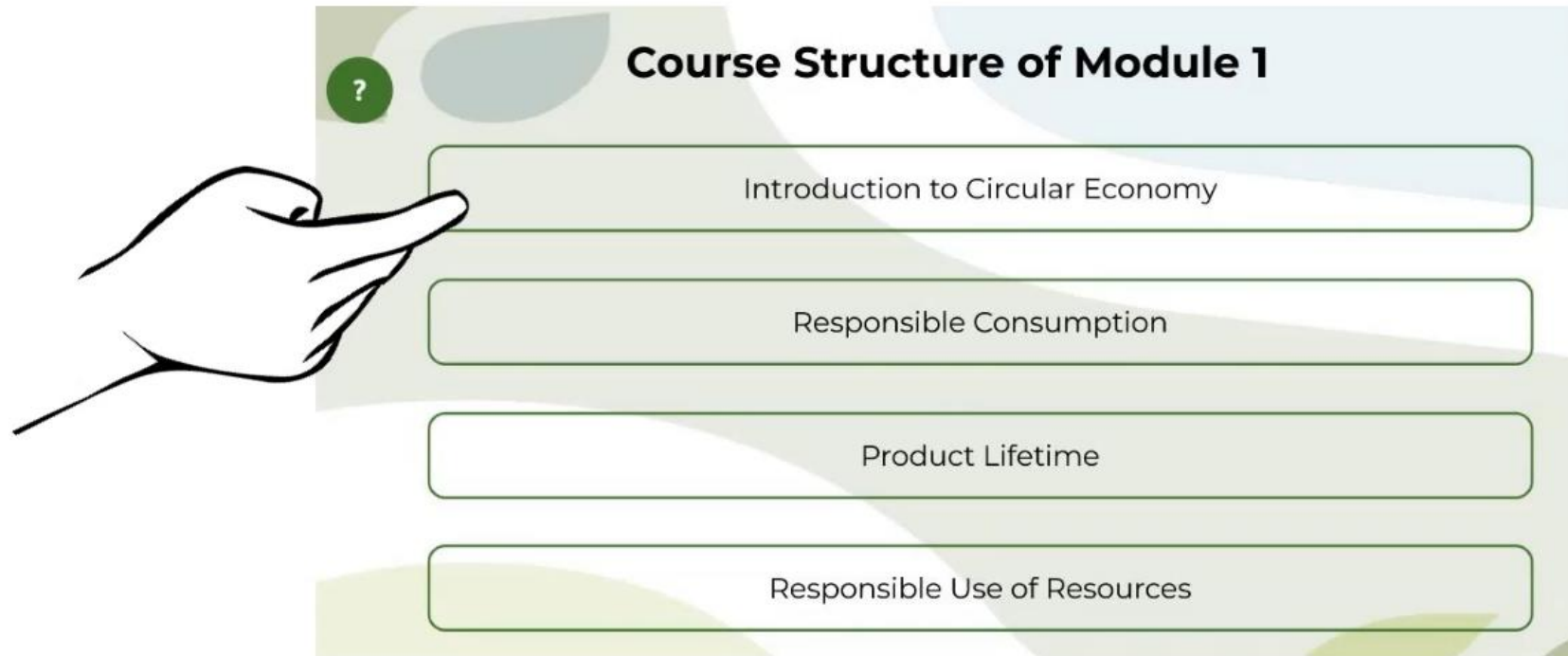
Seniors for Circular Economy

Project n. ° 2021-2-AT01-KA220-ADU-000048101

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Click next to continue





Put the mouse over the information you would like to see  
and click on it to open



## Course Structure of Module 1

**?**

### INFORMATION ON MODULES

In this module, we will introduce you to the concept of Circular Economy and its importance in our society today.

The module is divided into three scenarios that demonstrate different aspects of Circular Economy. For each scenario, we will provide an introduction to the content and explain its relevance to the Circular Economy.

To ensure that the course is accessible to learners of different levels, we will separate the content into different levels. One beginner level (European Qualifications Framework levels 2-3), and an intermediate level (European Qualifications Framework levels 3-4).

We hope that this course will provide you with a strong foundation in the principles of Circular Economy and inspire you to learn more about this important topic.

[Back to Module Overview](#)

Click on the question mark to see more information,  
to go back just click it again

## Introduction to the Circular Economy

**Lesson One:** What is a Circular Economy?

**Lesson Two:** Why do we need a Circular Economy?

**Lesson Three:** Can I actively contribute to the Circular Economy?

**Lesson Four:** Seniors 60+ in the context of a Circular Economy

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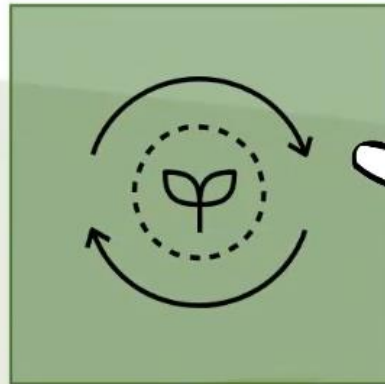
Put the mouse over the lesson you want and click to open it

## Building a Circular Economy: The Power of Individual Actions

Double-click on the fields below to find out what you can do for a Circular Economy!

To **reset** the Flipcards click here:

Reset



Back to menu

Double-click on each square to see the hidden information



## Choosing the right washing machine...

Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.



I guess you could choose whichever one you like best and fits into your budget. How about that one?



I have heard of this great organization which offers the possibility to rent a washing machine instead of buying it. You then can get free reparation, moving, and recycling of your old appliances!



Let's look at the energy labels to make our choice!



Choose your answer by clicking on the diamond and then click on Submit

## Zero Waste

### # REFUSE

"Refuse" what you don't need: this rule surrounds the concept of minimalism. It doesn't mean you should refuse modern comfort, but that you should try to recognize the superfluous, and refuse it!

### # REDUCE

### # REUSE

### # RECYCLE

### # ROT



Click on the words (REFUSE, REDUCE, REUSE, RECYCLE, ROT)  
to see more information about each word

## Collaborative Consumption

In practical terms, here are some of the actions can be taken to contribute to the sharing economy:



Car-pooling & car-sharing

Lending and borrowing

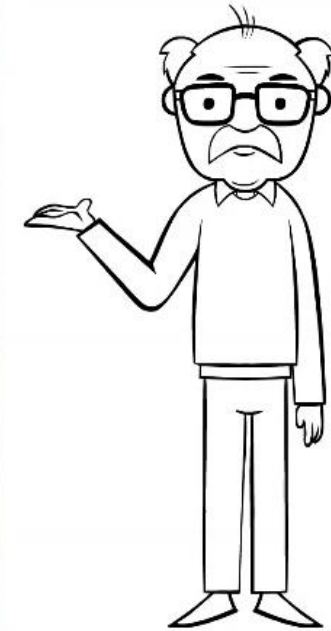
Community sharing

If you are considering buying a car, try and think of other options that you could put into place and which could respond to your commuting needs. For instance, carpooling with a neighbor, friend or colleague. You can also consider car-sharing applications, which allow you to rent a car for a limited period of time, e.g. for a shopping trip or when you need to transport something.

Click on the words in green to see more information about it

## Material donations

As they say, **one man's trash is another man's treasure**. Sometimes the simplest solution to **extend the product lifetime** is to **give away** the **items which you do not need anymore**. Consider **the following ways to give away possessed items**



Click on the numbers to see ways to give away possessed items in each country

## How to sort waste appropriately

The better **waste is sorted**, the better it **can be recycled**. The **recycling rates differ from one country** to another across the EU. When municipal waste **can not be recycled**, it is either **landfilled, incinerated, i.e. burnt**, often with energy recovery, **or composted**. Since it is well-known that landfilling and incineration are the least preferable options, **each individual can contribute to increasing the overall recycling and composting rates** in every country, thus contributing to building a circular economy.

Although the waste sorting rules differ from one country to another, here are some **simple tips which can be applied to any household**.



Number 3 is selected

Click on the different numbers to see more information

Waste  
collection  
has the  
mousse over

## Waste collection

Recycling is the last resort for the Circular Economy since most of the products should be designed in a way to be easily repaired, remanufactured or reused. The value of a computer is in its features and capacities, not in the materials used, although they do have some value while properly recycled. The Circular Economy promotes design and maintenance of products to prevent them from becoming waste. However, given the current linear economy functioning, understanding waste collection chains may be an excellent way to grasp the Circular Economy principles and give some ideas on how to improve the current system.

The recycling rates differ from one country to another across the EU. When municipal waste cannot be recycled, it is either put on landfills, incinerated for energy recovery or composted. These waste management systems have certain advantages and inconveniences.

Hover over the following option to find out possibilities to save energy at home!

Waste collection

Waste incineration

Landfills

European waste  
separation



Put the mouse over the blue words to find  
out possibilities to save energy at home

## Recycling rate improvements

Here are some ideas on how you could improve the recycling rates in your country on your own end!

### Sort it out, and sort it out again

The better you sort your waste out, the more chances you give to the waste collection services to recycle your items properly. Separate bins for organic waste, hazardous materials, paper, glass, etc. brought into the appropriate places, can almost guarantee that you produce the least garbage possible which will not end up in a dump.



Number 2 is  
selected

Put the mouse over the numbers and then click on it to  
see more information

## Examples of some Eco and Organic Labels

In Europe, there is **only one official EU voluntary label** for environmental excellence: the EU eco-label. It guarantees that **goods and services meet high environmental standards** throughout their **entire lifecycle**, and it encourages companies to **develop innovative products that are durable, easy to repair and recyclable!**



Put the mouse over the numbers and then click on it to see more information

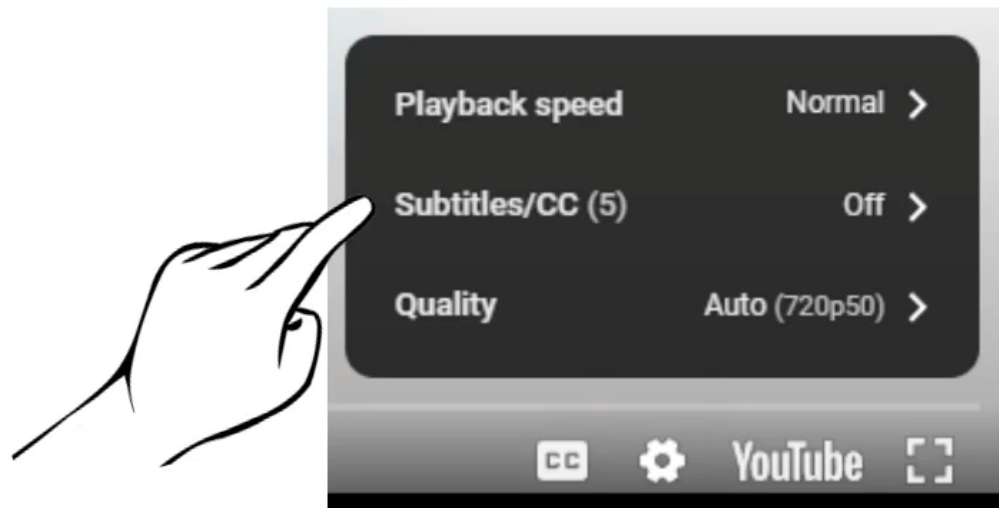


# How to put subtitles on YouTube videos!

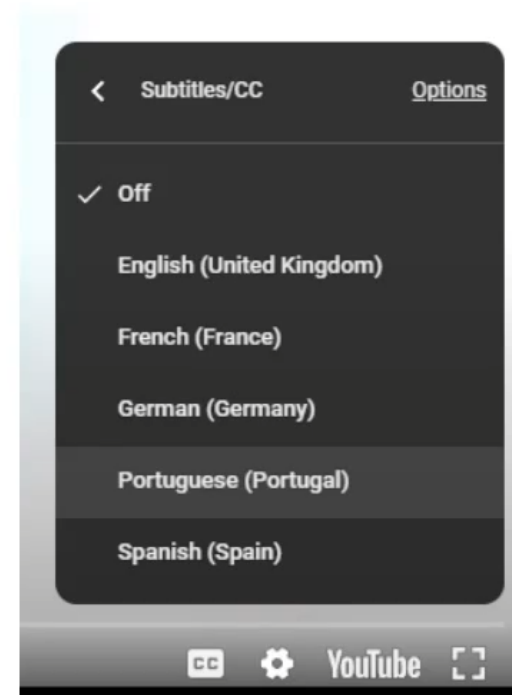


Click on settings  
and choose

# How to change subtitles on YouTube videos!



Click on Subtitles...



... and choose your language

