

## SEN4CE Module 3

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**SEN4CE**  
Seniors for Circular Economy

## 1. Introduction SEN4CE

### 1.1 Welcomepage

## 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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### 1.2 Project partners

## Meet our Project Partners

### Empowering Seniors Through Collective Expertise

Our project is enriched by a diverse set of partners.

[Bit-Management Beratung \(AT\) \(Project Lead\)](#)



[Asociación Empresarial de Investigación Centro Tecnológico del Mueble y la Madera de la Región de Murcia \(ES\)](#)



[E-Seniors Association \(FR\)](#)



[Johanniter-Unfall-Hilfe \(DE\)](#)



[Future Balloons \(PT\)](#)



Here you can visit our SEN4CE website:  
<https://sen4ce.eu/>



### ***1.3 Introduction to the SEN4CE course***

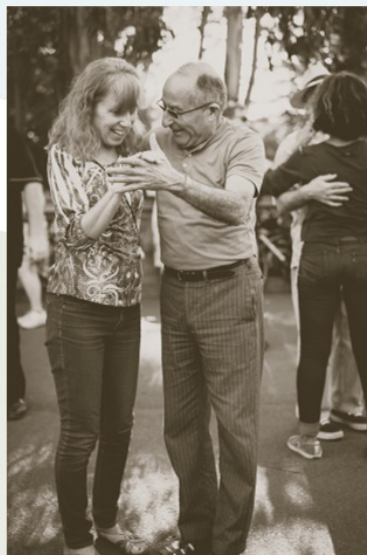
**Dear Senior Learner,**

Welcome to our e-learning course on Circular Economy and digital tools!

This course is designed to provide you with a comprehensive understanding of the Circular Economy and how digital tools can help us achieve its goals.

Our accessible course is designed for all levels, even beginners. Choose your starting module on the next page.

Press this button to...



### ***1.4 Overview of the SEN4CE Modules***

#### **Course Structure of SEN4CE**

Glossary

Digital Circular Economy tools for seniors



## 1.5 Module 3 Overview

### Course Structure of Module 3

Introduction to Senior Digitization

Responsible Consumption

Product Lifetime

Responsible Use of Resources

Back to Module Overview

## 1.6 Glossary

### Glossary

As you journey through the SEN4CE course on Circular Economy, you may come across terms or concepts that are unfamiliar. To support your learning and ensure a clear understanding, we've created a comprehensive glossary tailored just for you. Access the Glossary: The glossary is readily available on our website for your convenience.

Simply click on the link provided below: [\[Link\]](#)

How to Use:

- Keep the glossary open alongside the course for quick references.
- Prefer a physical copy? Feel free to print the glossary to have it at hand.

Remember, the goal is to make your learning experience as smooth and informative as possible. Happy learning!

Back to Module Overview



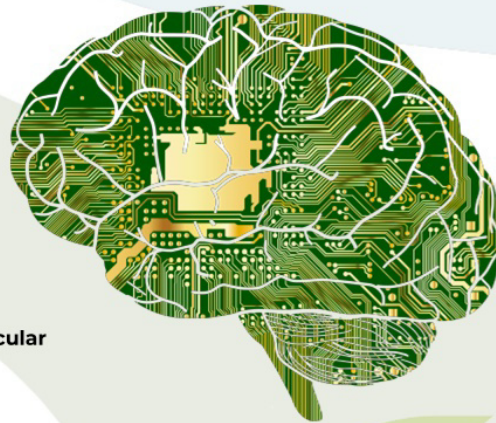
## 2. Introduction to Senior Digitization

### *2.1 Introduction to Senior Digitization*

#### Take advantage of the Internet!

Course structure:

- What is the Internet?
- Barrier-free Internet setting
- Web browsers
- Set up an email account
- Download apps
- How can I socialise online?
- Other uses of Internet
- Eco-responsible use of Internet
- Learning to be more sustainable and circular



### *2.2 What is the Internet?*

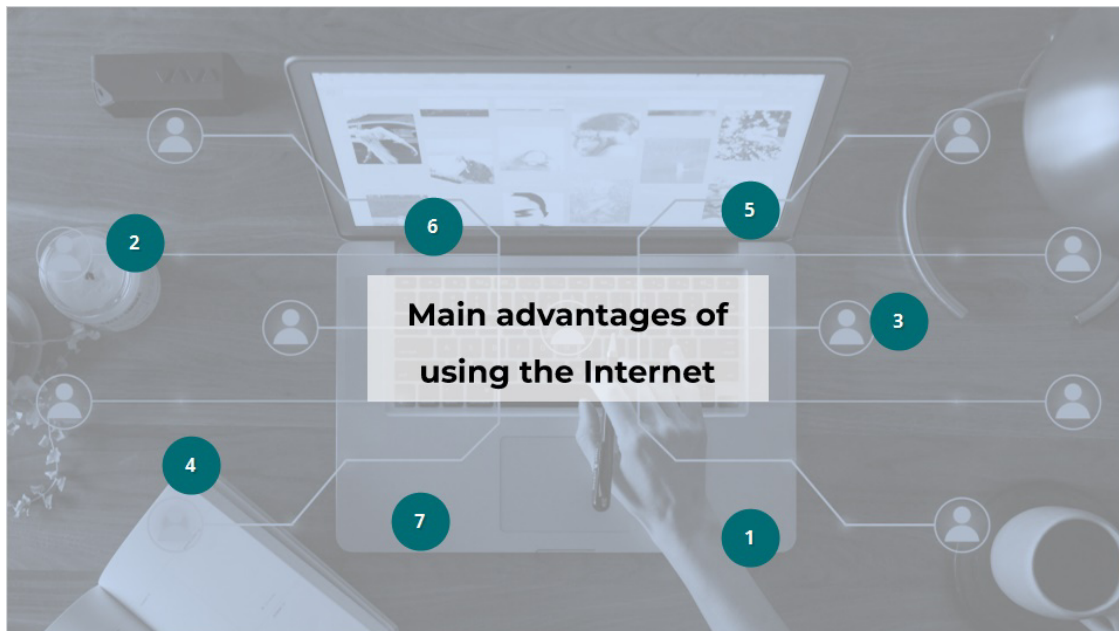
#### What is the Internet?

Nowadays, the Internet has dramatically revolutionized many different fields. Starting from personal use and ending with the most powerful business, the Internet has changed many aspects of our lives. You might be surprised at how much you can do on the Internet. You can communicate with/contact friends and family, carry out tasks like shopping and banking, and access services such as the local council. On the next page you'll find some of the main advantages of using Internet!








## ***2.3 Main advantages of using the Internet***



## ***2.4 Potential dangers***

**Potential dangers**

While the Internet offers numerous benefits and opportunities, there are also some negative aspects and potential dangers that you may encounter! **Double-click** on the fields below to find out potential dangers from the Internet! To **reset** the Flipcards click here: [Reset](#)







## Potential dangers (Slide Layer)

### Potential dangers

While the Internet offers numerous benefits and opportunities, there are also some negative aspects and potential dangers that you may encounter! **Double-click** on the fields below to find out potential dangers from the Internet! To **reset** the Flipcards click here: [Reset](#)

**Misinformation and scams.**  
The Internet is full of false or misleading information. It is important not to be tempted to believe and share information that can lead to misunderstanding, confusion or even harm.

**Privacy concerns.** Sharing personal information on the Internet can pose privacy risks. It is important not to inadvertently give out sensitive data or fall prey to phishing attempts, which can lead to privacy breaches or data leaks.

**Internet addiction and isolation.** Excessive Internet use can lead to addiction, causing people to neglect real-life relationships and activities. Spending too much time online can also contribute to feelings of isolation, as face-to-face social interactions may be reduced.

## 2.5 2.5 Don't be scared!

### Don't be scared!

In conclusion, the Internet brings a mixed bag of experiences. For seniors, there can be **challenges** such as **online scams**, **privacy concerns**, and the digital divide that can make navigating the online world a little daunting. However, it's essential to remember that these **risks do not diminish the transformative potential** and overwhelming **benefits the Internet** offers. The accessibility to information, opportunities for social connection, and conveniences like online shopping or telemedicine outweigh these challenges significantly. With appropriate safeguards and digital literacy education, seniors can safely harness the power of the Internet, opening up a world of knowledge, connection, and convenience that can greatly enhance their quality of life.

For all these reasons, one of the main objectives of this project is to teach people how to use the Internet safely. In the following there are some key digital issues and usability issues on the Internet that anyone can start with.



## 2.6 Barrier-free Internet setting



## 2.7 Web browsers





## 2.8 Most popular web browsers

### Most popular examples of web browsers on the market

The browsers below generate a whopping around 95% of all the searches. Although these giants provide individualised results, its accuracy and relevance are not doing much for the planet. For example, each Google search produces 0,2 grams of CO<sub>2</sub>. Fortunately, there are smaller search engines that are eco-friendly to use, making your everyday queries a little greener: [Ecosia](#), [Ekoru](#), [OceanHero](#) etc.

Google Chrome

Safari

Microsoft Edge

### Google chrome (Slide Layer)

### Most popular examples of web browsers on the market

The browsers below generate a whopping around 95% of all the searches. Although these giants provide individualised results, its accuracy and relevance are not doing much for the planet. For example, each Google search produces 0,2 grams of CO<sub>2</sub>. Fortunately, there are smaller search engines that are eco-friendly to use, making your everyday queries a little greener: [Ecosia](#), [Ekoru](#), [OceanHero](#) etc.

Google Chrome

Safari

Microsoft Edge

With 70% market share worldwide, Google Chrome is the most popular web browser. Chrome's popularity is partly explained by its fast-browsing speeds and easy integration with your personal Google account, making it the most convenient browser for most people. In addition, with the largest catalogue of extensions of any major browser, Chrome is also an extremely easy browser to modify and customise.

## Safari (Slide Layer)

### Most popular examples of web browsers on the market

The browsers below generate a whopping around 95% of all the searches. Although these giants provide individualised results, its accuracy and relevance are not doing much for the planet. For example, each Google search produces 0,2 grams of CO<sub>2</sub>. Fortunately, there are smaller search engines that are eco-friendly to use, making your everyday queries a little greener: [Ecosia](#), [Ekoru](#), [OceanHero](#) etc.

Google Chrome

Safari

Microsoft Edge

Default web browser on all Apple devices: Mac, iPad and iPhone. While many people don't have Mac computers, many have iPhone and iPad devices. In fact, Safari is the most popular mobile web browser in the U.S. While using a computer clearly offers a very different experience than using a mobile device, Safari looks and works the same on all Apple devices.

## Microsoft Edge (Slide Layer)

### Most popular examples of web browsers on the market

The browsers below generate a whopping around 95% of all the searches. Although these giants provide individualised results, its accuracy and relevance are not doing much for the planet. For example, each Google search produces 0,2 grams of CO<sub>2</sub>. Fortunately, there are smaller search engines that are eco-friendly to use, making your everyday queries a little greener: [Ecosia](#), [Ekoru](#), [OceanHero](#) etc.

Google Chrome

Safari

Microsoft Edge

As a replacement for the old and outdated Internet Explorer, Microsoft Edge is Microsoft's new flagship browser. This browser is included on any device running Microsoft's Windows operating system. Edge is built on the Chromium browser platform, which is also the basis for Chrome and other browsers.






## 2.9 Set up an e-mail account (1)

### Set up an e-mail account

One of the first things you should do online is set up an email (electronic email) account. It is a free and easy way to stay in touch with family and friends, and it is the main way that organisations and companies will communicate with you.

You can also set up an email account using one of the many popular online services such as [Google Mail](#) (commonly known as Gmail), [Outlook](#) and [Yahoo](#). Apart from all these well-known email providers, there are also ethical, sustainable and eco-friendly email providers, which are email services that prioritise ethical practices, environmental sustainability and eco-friendly initiatives in its operations. Some examples are [Kolab Now](#), [Posteo](#), [GreenNet](#) or [Tutanota](#).



## 2.10 Set up an e-mail account (2)

### Set up an e-mail account

Each email service will need slightly different information from you to set up an account, but you usually must complete an online form with:

- Your full name.
- Your choice of email address. This has to be unique, so you might have to try a few times to come up with one that isn't already in use, e.g., 'joe.bloggs@gmail.com' or 'joe.bloggs@outlook.com'.
- Your choice of password. This should be a strong password, which is a password that is hard to detect both by humans and by the computer. Two things make a password stronger:
  - (1) a larger number of characters, and
  - (2) mixing numeric digits, upper- and lower-case letters and special characters (\$, #, etc.).
- Personal information such as your date of birth and gender.
- Your phone number - this may be used to verify your account, where you will get sent a code over text message which you need to enter on the web page.



## 2.11 Set up an e-mail account (3)

### Set up an e-mail account

When you register with your Internet service provider (such as BT Broadband or Sky), they will often provide you with an email account. Be aware though that if you decide to change Internet providers, they may charge you to keep access to your email account. It may be more flexible to choose an email service that is not linked with any Internet provider.

You can also download the email apps to access your emails easily on your smartphone or tablet. If you have an Android phone, the Gmail app will be automatically downloaded to your phone. If you have an iPhone, you will need to download it through the Apple Store (explained in the section below).



## 2.12 Download apps (1)

### Download apps



Apps, or applications, are a type of program that you download for your tablet or mobile phone. There are thousands of apps available, many for free, which allow you to do lots of different things, from staying connected with friends and family, reading the news, playing games and puzzles, to banking or shopping online.

**Is my device Android or Apple?** If your device is an iPhone or iPad, then it is an Apple device and will have the Apple logo on the back. All other phones and tablet brands are more than likely to be Android devices. If you are not sure, then here are some ways to find it out:

- Check the handbook that came with your device.
- Search for the brand of your device online:
- Go to your phone's menu > tap Settings > tap System > tap About phone- the Android version will be listed.

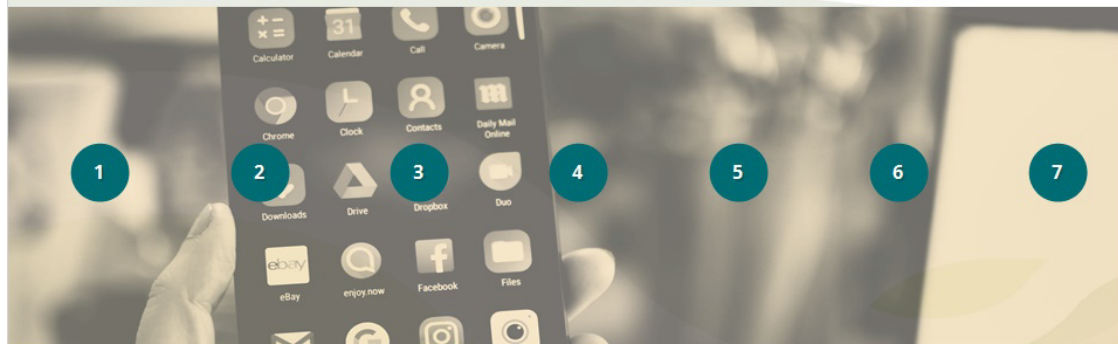
Phones and tablets from lots of assorted brands fall into the bracket of Android devices. Android is the name of the software that the device uses to function. These brands include **Alcatel, Google, HTC, LG, Moto, Samsung, and Sony.**



## 2.13 Download apps (2)

### Download apps

If you own an **Android smartphone**, you can download apps from the **Play Store**. This is an official, pre-installed program on Android devices, which gives you access to apps. You might also click on a link on a trusted organisation's webpage to download an app, and this will take you directly to the Play Store.

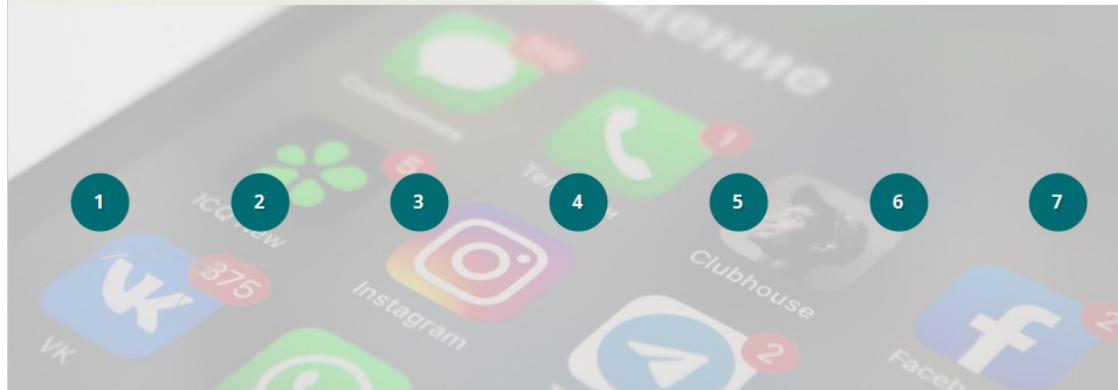


The image shows a hand holding an Android smartphone. Seven numbered teal circles are overlaid on the screen, pointing to specific app icons: 1 points to the Phone icon, 2 to the Messages icon, 3 to the Browser icon, 4 to the Camera icon, 5 to the Photos icon, 6 to the App Store icon, and 7 to the Play Store icon.

## 2.14 Download apps (3)

### Download apps


If you have an **iPhone or iPad**, then you can download apps from the **App Store**. This is an official, pre-installed program on Apple devices, which gives you access to apps. You might also click on a link on a trusted organisation's webpage to download an app, and this will take you directly to the App Store.




The image shows a close-up of an iPhone home screen. Seven numbered teal circles are overlaid on the screen, pointing to specific app icons: 1 points to the Phone icon, 2 to the Messages icon, 3 to the Browser icon, 4 to the Camera icon, 5 to the Photos icon, 6 to the App Store icon, and 7 to the Play Store icon.



## 2.15 How can I socialize online? (1)



### How can I socialize online?



There are **diverse ways to stay connected** with friends and family online, such as **messaging apps, video calling and social media**.


Whilst there is nothing wrong with using text messages and phone calls to stay connected, many people now use **WhatsApp** for it. It is an effortless way to stay connected with loved ones and to send and receive photos and videos.

WhatsApp is free to download from the [App Store](#) or [Play Store](#). It uses your phone's Internet connection or Wi-Fi and allows you to send unlimited messages, pictures, and videos, so you do not need to worry about extra charges for text messages or calls.

However, additional charges may be applied if you go over your data allowance, so if possible connect your phone to Wi-Fi while using WhatsApp for things that use a lot of data, like video calls or downloading videos.

For more information on how to start using WhatsApp, please visit the [following link](#), available in multiple languages.


## 2.16 How can I socialize online? (2)



### How can I socialize online?

Another way of staying connected is to use a **video call**. Video calling can be a nicer way of chatting with others than just a phone call, because it allows you to see the person you are talking to, and the other way round. You can even have a video call with a group of people.

You can do video calling using WhatsApp but also using other applications such as Facebook Messenger, Zoom or Skype. More information about how to use this app is available [here](#).







## 2.17 How can I socialize online? (3)

### How can I socialize online?

On its part, social networking websites like **Facebook, Instagram and Twitter** are a wonderful way to stay connected with family and friends, follow public figures and organizations, and meet people with similar interests or hobbies.

**Facebook** is the most popular social media platform. It allows you to **create a personal profile** where you can **share your thoughts, pictures, videos, and interests** on your 'timeline' with your **friends and family**.

You are also able to see what they are posting, so it is an effective way to stay connected. You can also follow organizations and public figures to see their posts and join local groups to find out about local events or discuss community issues.

1 2 3 4 5 6

### Facebook (1) (Slide Layer)

#### Facebook



To create a Facebook account:

1. Go to Facebook.com and click on Create New Account.
2. Enter your name, email address or mobile phone number, date of birth and gender.
3. Choose a strong password.
4. Click Sign Up.
5. Confirm your email or mobile phone number. To confirm your email address, you will receive an email from Facebook with a verification link to click on. To confirm your phone number, you will receive a text message with a code that you will then need to enter on Facebook.com.

You can then add a profile picture and start connecting with friends and family.

1


2 3 4 5 6



## Facebook (2) (Slide Layer)

12

### Facebook



There are diverse ways to add friends on Facebook:

- Use the search bar on the top of the Facebook page and type your friend's name, then click on the Add as a Friend button. They will then have to confirm your request.
- If you link your mobile phone number to your account, Facebook will suggest people to add from your phone contacts (if they have a Facebook account with their phone number linked).
- Once you start adding friends, Facebook will suggest 'People you may know'. This is based on the friends you have in common. If you add information about yourself, like the school or university you went to or your workplace, Facebook will suggest people from the same networks.

3456

## Instagram (1) (Slide Layer)

123

### Instagram

Instagram is a popular social media platform used for photo sharing. It allows you to create a personal profile where you can share photos and videos with friends and family on your 'Instagram feed', so it is a fantastic way to keep up with people. Many public figures and organisations also have Instagram accounts that you can follow.

Instagram is designed to be used as an app for mobile phones and tablets. You can still access it through a web browser on a computer, but you might not be able to use all the functions.



456

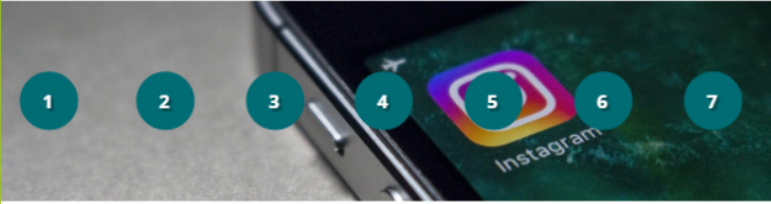


## Instagram (2) (Slide Layer)


1234

### Instagram

How to sign up to Instagram:



After creating your account, you can start **connecting with ('following') friends and family**. To do this:



56

## Twitter (X) (1) (Slide Layer)

12345

### Twitter (X)

Twitter is another popular social networking site that enables you to create a profile and post short public messages, known as 'tweets'. Twitter encourages public conversations, but it is possible to hide your profile from anyone you do not follow so you can use it just for chatting with friends and family.

You can follow your friends and family, as well as public figures and organisations which is an effective way to keep up to date with recent goings-on. You will see tweets from anyone else on Twitter you choose to follow, and you may also see tweets that people you follow have liked or re-posted.

Twitter sets a 280-character limit for all tweets (including letters, numbers, and spaces), so you need to keep your tweets short and to the point.

6

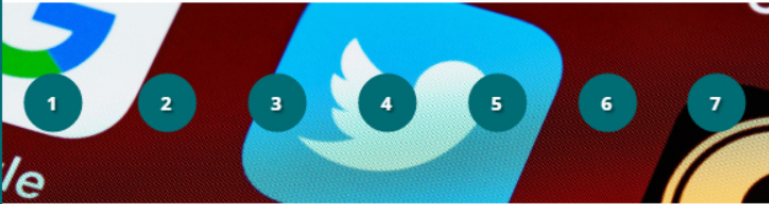


## Twitter (X) (2) (Slide Layer)

123456

### Twitter (X)

To create a Twitter account:

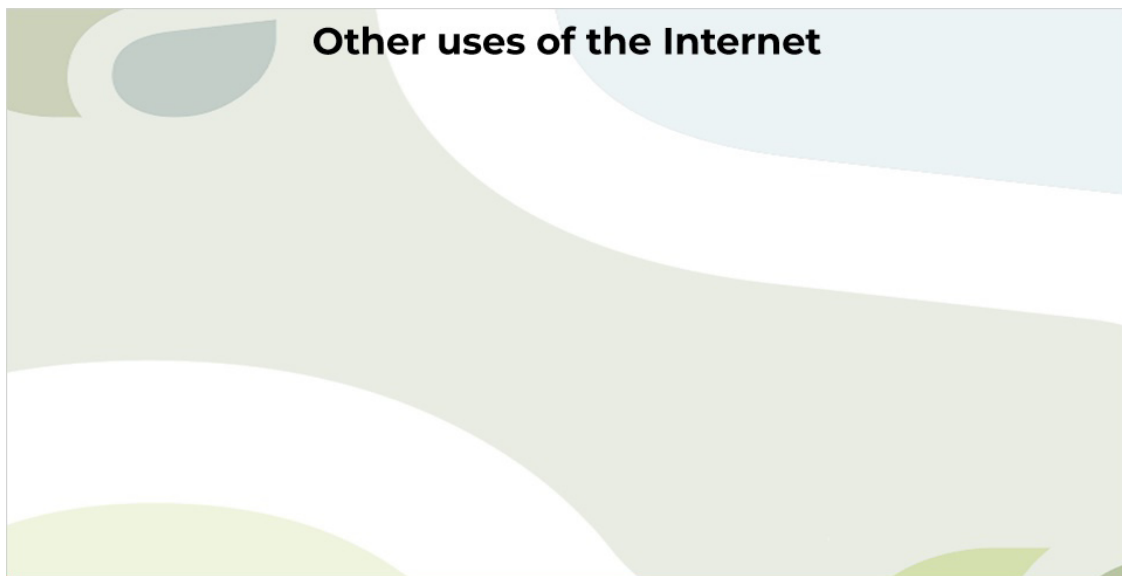


To follow someone, either:

- Use the search bar on the top of the page and type the name of the person or organisation, click on their profile, then click the Follow button.
- Find a tweet from an account you would like to follow, hover the mouse over their name and click Follow.

## 2.18 Other uses of the Internet

### Other uses of the Internet



Online banking (1)Online banking (2)Shopping online (1)Shopping online (2)




## Online banking (1) (Slide Layer)

### Online banking (1)

Using online banking you can keep control of your finances from home or whilst you are out and about, using your bank's website or smartphone app.

To access online banking, first you will need to register online. You need to already have an account with the bank, then register on their website. The safest way to find the website is to enter the web address printed on a letter you have from the bank. Each bank will have a slightly different process to set up online banking, and you should phone or go to your bank to enquire about the process.



Hover over the following option to find out about other uses of the internet!


[Online banking \(1\)](#) [Online banking \(2\)](#) [Shopping online \(1\)](#) [Shopping online \(2\)](#)

## Online banking (2) (Slide Layer)

### Online banking (2)

For setting up online banking, steps may include the following:

- Entering your personal details including name, contact details and bank account details (sort code and account number).
- The bank will arrange to call you and ask you some questions to verify your identity.
- You may get sent an activation code either in the post or by text message.
- Setting up a username and a secure password or passcode.



Hover over the following option to find out about other uses of the internet!

[Online banking \(1\)](#) [Online banking \(2\)](#) [Shopping online \(1\)](#) [Shopping online \(2\)](#)





## Shopping online (1) (Slide Layer)

### Shopping online (1)

Buying through the Internet is quick and convenient and can be done from home or even when out and about. You can shop online from most major supermarkets and high street shops, as well as smaller independent shops. Goods can be delivered directly to your house, or you can also use a service called "click and collect," where you order online but collect items in-store, or even from a local convenience store or newsagents.

Some tips when you shop online:

- Use online retailers with a good reputation, such as well-known supermarkets, high-street shops, or established online stores.
- Look for the company's full contact details. A reputable company will always display this information on its website.
- Use the helpdesk/guidance which is mostly available at those sites before buying.

**Hover over the following option to find out about other uses of the internet!**

[Online banking \(1\)](#)[Online banking \(2\)](#)[Shopping online \(1\)](#)[Shopping online \(2\)](#)

## Shopping online (2) (Slide Layer)

### Shopping online (2)

As a payment method for online shopping, we have more options apart from direct payment by credit card. There are also services such as [PayPal](#). PayPal is a widely used online payment platform that enables individuals and businesses to send and receive money securely over the Internet. It serves as a digital alternative to traditional methods of payment, such as checks and money orders. PayPal allows users to link their bank accounts, credit cards, or debit cards to their PayPal account, providing a convenient and secure way to make online transactions.

Some more tips:

- Use the same card for Internet transactions only. Check the bank statement for this card regularly for any unusual transactions and contact your bank immediately if there is a problem
- It is better not to save your card details to prevent any stealing.

**Hover over the following option to find out about other uses of the internet!**

[Online banking \(1\)](#)[Online banking \(2\)](#)[Shopping online \(1\)](#)[Shopping online \(2\)](#)




## 2.19 Eco-responsible use of Internet

### Eco-responsible use of Internet

The Internet poses a threat to climate, however it is extremely hard to regulate, as so many people use it for so many different things. Digital technologies are responsible for 4% of greenhouse gas emissions, a figure expected to double by 2025 and the energy required for this sector is increasing by 8% a year.

The eco-responsible use of the Internet is the best way to minimise the negative environmental impact associated with digital technology and online activities. Here are some guidelines and practises suggestions for eco-responsible Internet use!



## 2.20 Learning to be more sustainable and circular (1)

### Learning to be more sustainable and circular

As you learnt in Module 1, the **Circular Economy** is an **economic model** that aims to **minimise waste and resource depletion by extending the life cycle** of products and materials through **reuse, repair, refurbishment, and recycling**. It is important that all the citizens, including the seniors, play an important role in building up a Circular Economy. Seniors have more life experience and might have already applied Circular Economy practices in their lives, even without noticing that they were making a positive environmental contribution.





## 2.21 Learning to be more sustainable and circular (2)

### Learning to be more sustainable and circular

Making them (you) active participants in the Circular Economy is a fantastic way to promote good practices and learn about new ones we might have forgotten or never heard about! And this curriculum is about to help you with that, informing you about different applications and platforms related to CE that can be applied in your daily life and allow you to be digital and sustainable at the same time.

In the **following modules** we will look at **different applications and platforms** that will help you to **become more sustainable and circular in your daily practices**. To do so, these practices will be divided into core themes of the Circular Economy: **responsible use of resources, product lifespan and responsible consumption of resources**.



## 2.22 References

### References

- Smartphone and the Internet in different aspects of life (2022): [https://ec.europa.eu/programmes/erasmus-plus/project-result-content/c2cdeb59-4fae-496e-9535-d94d8ce283ad/SIDAL\\_Publication\\_EN.pdf](https://ec.europa.eu/programmes/erasmus-plus/project-result-content/c2cdeb59-4fae-496e-9535-d94d8ce283ad/SIDAL_Publication_EN.pdf)
- Getting started on the Internet: <https://www.ageuk.org.uk/information-advice/work-learning/technology-Internet/getting-online/>

[Back to menu](#)





## 3. Responsible Consumption

### 3.1 Responsible consumption (RC) - Menu

## Responsible Consumption

Embark on an enlightening journey through this module, crafted to introduce you to the concept of Responsible consumption. Let this module serve as your stepping stone to a robust understanding of Responsible Consumption, and inspire you to explore this important subject further.

[Responsible Consumption - Introduction](#)

[Responsible Consumption - Scenario](#)

[Back to main menu](#)

#### 3.1.1 RC Introduction (1)

## Responsible Consumption - Introduction

The principles of sustainable development are considered when engaging in responsible consumption. In other words, **this is a manner of consuming** that is advantageous when three separate pillars are considered, in no sequence. Firstly, it helps the economy, especially the **local economy**, since it **enables the exchange of products and services**, which is advantageous for the agents engaged in these exchanges. Second, it **benefits society** since the goods and services are related to employees who receive **fair pay and working conditions** and are also beneficial to the customers (in matters such as health). Finally, **a responsible consumer is aware of the effects** caused by the various phases of the manufacturing, delivery, and disposal of items and tries to purchase those with lower impact.





### 3.1.2 RC Introduction (2)

## Responsible Consumption - Introduction



In Module 1, we talked about responsible consumption, energy saving, etc. The truth is that the technology that has been appearing over the last few years provides us with **very useful and effective tools** to turn our homes into more efficient places.


Responsible consumption and saving are not only good for **reducing our expenses**, but it also helps us to do our bit for the environment, **leaving the planet in good condition for future** and current generations.

In addition, our own smartphone allows us to be more efficient or, at least, to be **aware of what we consume**, and there are all kinds of **applications to save**, to see and to reduce consumption and even to know the origin of what we consume.

### 3.1.3 RC Introduction (3)

## Responsible Consumption - Introduction

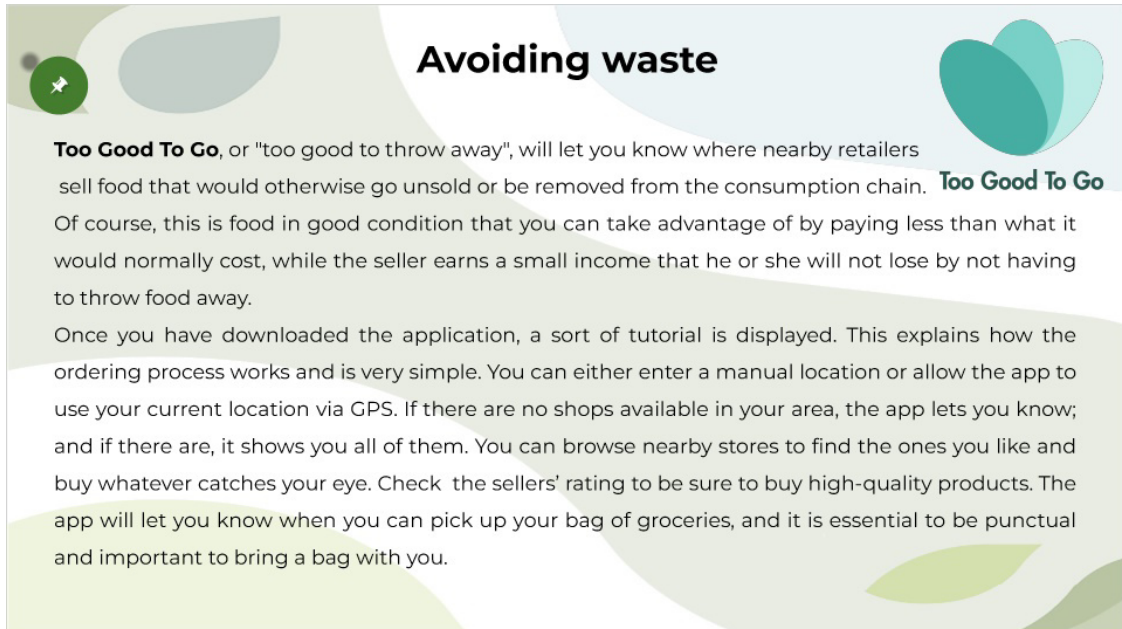
But we are not only talking about the products consumed, but also about their packaging. Making conscious choices when it comes to packaging is crucial for reducing environmental impact. Some tips to be more sustainable with your packaging choices:



This module will present some of these applications, apart from some interesting tips to improve consumption and circular awareness.



### 3.1.4 Avoiding Waste (1)



## Avoiding waste

**Too Good To Go**, or "too good to throw away", will let you know where nearby retailers sell food that would otherwise go unsold or be removed from the consumption chain. **Too Good To Go** Of course, this is food in good condition that you can take advantage of by paying less than what it would normally cost, while the seller earns a small income that he or she will not lose by not having to throw food away.

Once you have downloaded the application, a sort of tutorial is displayed. This explains how the ordering process works and is very simple. You can either enter a manual location or allow the app to use your current location via GPS. If there are no shops available in your area, the app lets you know; and if there are, it shows you all of them. You can browse nearby stores to find the ones you like and buy whatever catches your eye. Check the sellers' rating to be sure to buy high-quality products. The app will let you know when you can pick up your bag of groceries, and it is essential to be punctual and important to bring a bag with you.

### 3.1.5 Avoiding waste (2)



## Step 1 (Slide Layer)



## Step 2 (Slide Layer)



### Step 3 (Slide Layer)



### Step 4 (Slide Layer)





## Step 5 (Slide Layer)

### TooGoodToGo – Steps to follow



Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 Step 8



Once you select a shop you like, inside you will be able to see what kind of products the surprise package may include, as well as other users' opinions or even the exact pick-up address. Also, at the top right of each personalized description of a shop and its surprise package you can click on the "heart" that appears and immediately that shop will be in your Favorites List and will be easier to find in the app in the future when you open the app.

Click on the circles to display the steps!

## Step 6 (Slide Layer)

### TooGoodToGo – Steps to follow



Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 Step 8



Finally, if you are interested, click on "Book" below and you will be asked for the number of surprise packages you want to select (sometimes the same shop can offer several) and the payment method you want to pay by (which can be by credit/debit card, Google Pay or PayPal).

Click on the circles to display the steps!

## Step 7 (Slide Layer)



## Step 8 (Slide Layer)



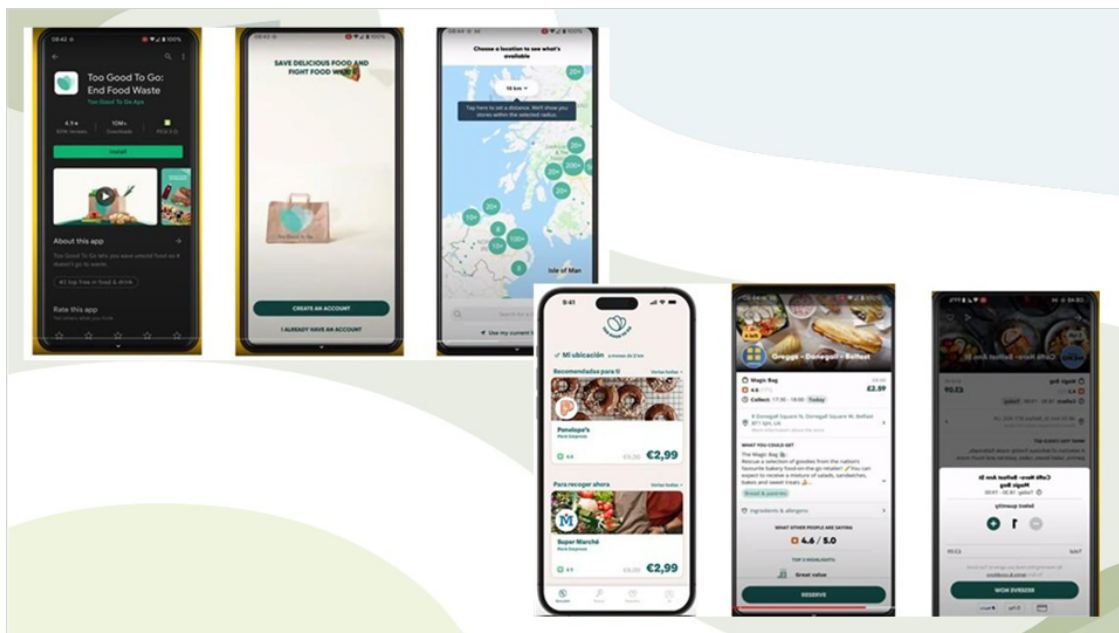


Co-funded by  
the European Union

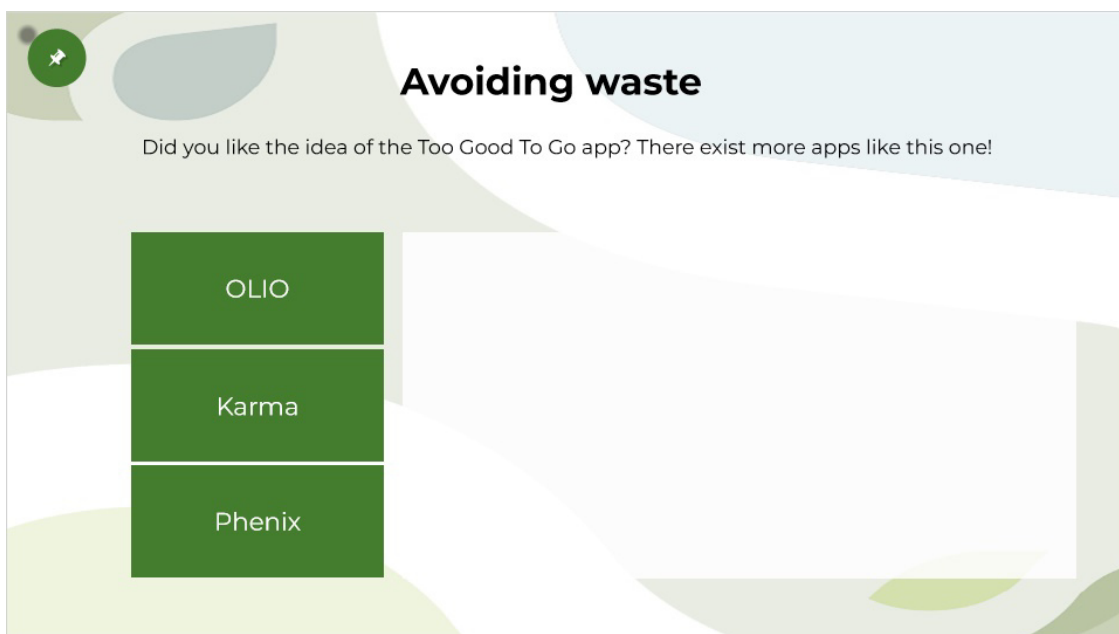


SEN4CE  
Seniors for Circular Economy

### 3.1.6 Avoiding Waste (3)

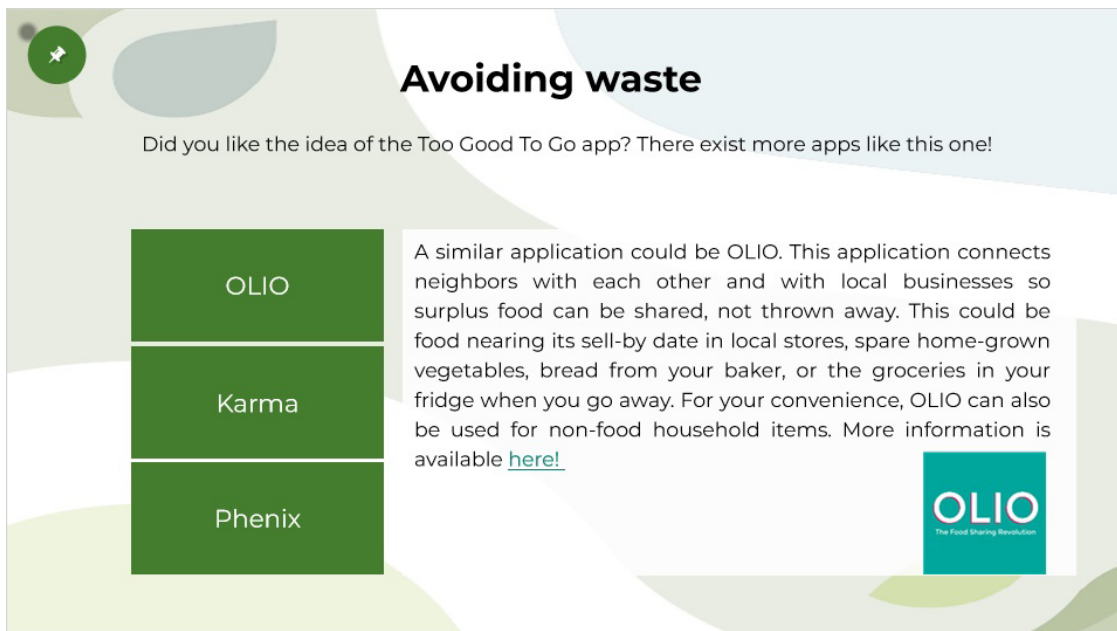


### 3.1.7 Avoiding waste (4)





## OLIO (Slide Layer)



**Avoiding waste**


Did you like the idea of the Too Good To Go app? There exist more apps like this one!

OLIO

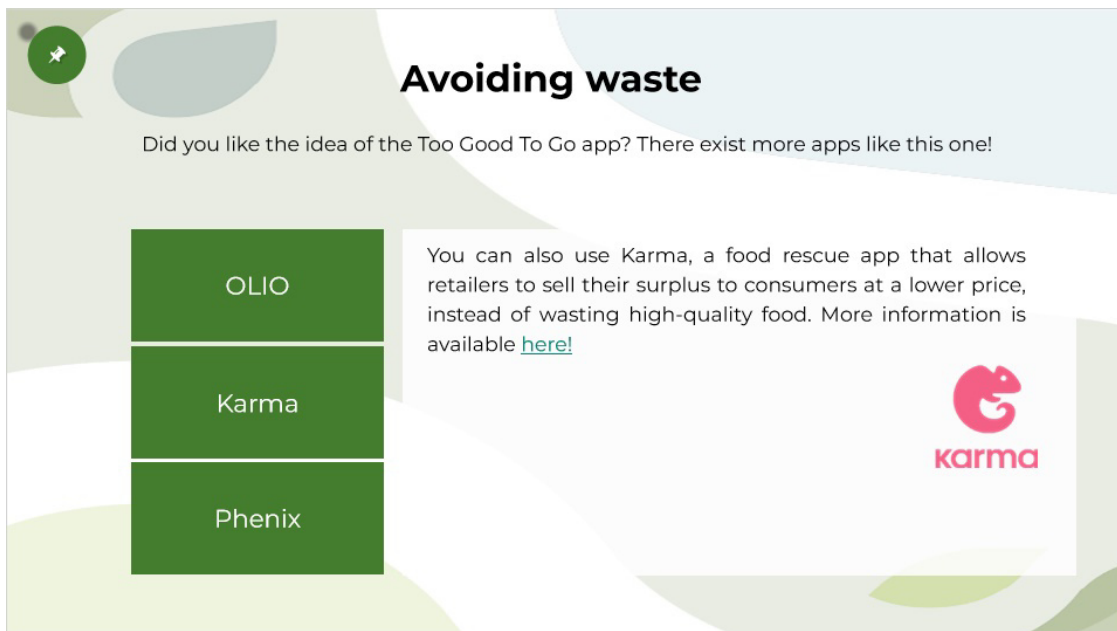
Karma

Phenix

A similar application could be OLIO. This application connects neighbors with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. For your convenience, OLIO can also be used for non-food household items. More information is available [here!](#)

  
OLIO  
The Food Sharing Revolution

## Karma (Slide Layer)



**Avoiding waste**


Did you like the idea of the Too Good To Go app? There exist more apps like this one!

OLIO

Karma

Phenix

You can also use Karma, a food rescue app that allows retailers to sell their surplus to consumers at a lower price, instead of wasting high-quality food. More information is available [here!](#)

  
karma

## Phenix (Slide Layer)

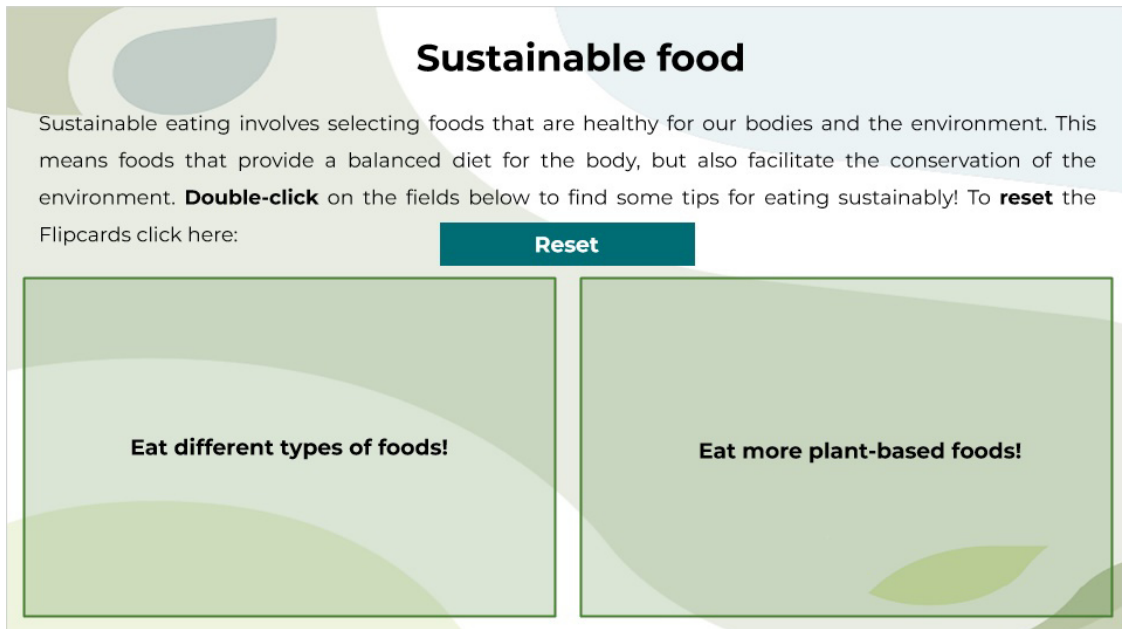
here!'. In the bottom right corner of the text block is a red square icon with a white 'P' and a small flame-like shape above it." data-bbox="144 175 851 456"/>

### Avoiding waste

Did you like the idea of the Too Good To Go app? There exist more apps like this one!

Another option is Phenix app, which gives you the chance to save the daily products that businesses in your neighbourhood (grocery stores, restaurants, bakeries, etc.) throw away. You could buy for a small price by choosing between themed baskets from each business. More information is available [here!](#)

## 3.1.8 Sustainable food (1)



### Sustainable food

Sustainable eating involves selecting foods that are healthy for our bodies and the environment. This means foods that provide a balanced diet for the body, but also facilitate the conservation of the environment. **Double-click** on the fields below to find some tips for eating sustainably! To **reset** the Flipcards click here:

**Reset**

**Eat different types of foods!**

**Eat more plant-based foods!**

## Sustainable food (Slide layer)

### Sustainable food

Sustainable eating involves selecting foods that are healthy for our bodies and the environment. This means foods that provide a balanced diet for the body, but also facilitate the conservation of the environment. **Double-click** on the fields below to find some tips for eating sustainably! To **reset** the Flipcards click here: [Reset](#)

Notably, many people's diets only include a few types of foods, which restricts the amount of nutrients they may obtain from their meals. However, by varying the things you consume, you may simply receive extra nutrients, and eat more sustainably by favoring seasonal products. For instance, instead of limiting your protein intake to beef alone, additional forms of protein, such as fish and lentils, can provide the body with omega-3 fats, omega-6 fats, and antioxidants.

More individuals than ever before choose to eat a plant-based diet that includes nuts, fruits and vegetables. It has been shown that foods made from plants are healthier than those made from animals. People are getting ideas from Asian societies that heavily rely on plant-based diets, such as Malaysia and China. For outstanding flavours and greater health, cultures in the Mediterranean have mastered the skill of cooking plant-based dishes like pasta, stews, and tagines.

### 3.1.9 Sustainable food (2)

### Sustainable food

Apart from that, it is important **to avoid wasting food** (as it is mentioned in previous section) but also, if you have time and space, work on **growing your own food**. By growing your own food, you eliminate the need to carry it across vast distances in a vehicle emitting pollutants into the environment.

Additionally, it implies that by using your food crops, you will contribute to **absorbing some carbon dioxide from the environment**. Remember that you don't need a lot of land to raise your own food. You can easily produce kale, tomatoes, onions, and herbs in a garden. **Food crops can also be grown in pots on balconies or in window boxes**. Growing part of your own food lowers your shopping expenditure. Additionally, it is a **fantastic approach to stay away from eating dangerous chemicals** that are added to crops during cultivation and processing.

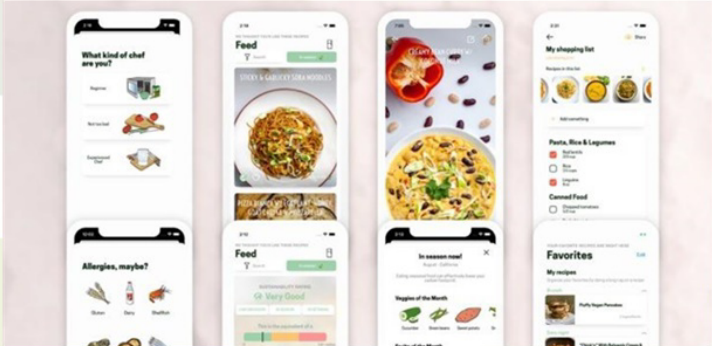
In the following, we are going to explain some applications that can support you with these ideas for healthier eating!



### 3.1.10 Kuri app (1)

## Kuri

Kuri is an eco-responsible cooking app, which helps to adopt seasonal cooking. Kuri learns and adapts to preferences, tastes and eating habits. It has more than 750 recipes, organises shopping lists and supports local farmers. It is based on three pillars: personalised nutrition, suggestions for food with a lower environmental impact and suggestions for seasonal products.



### 3.1.11 Kuri app (2)

## Kuri

When you open the Kuri app, you will be able to receive personalized recipes based on your cooking habits, the type of diet you are following with its corresponding dietary restrictions or your lifestyle. The large number of filters that allow users to customize the recipes they want to receive guarantees a remarkable variety of results, with more than 700 recipes available.

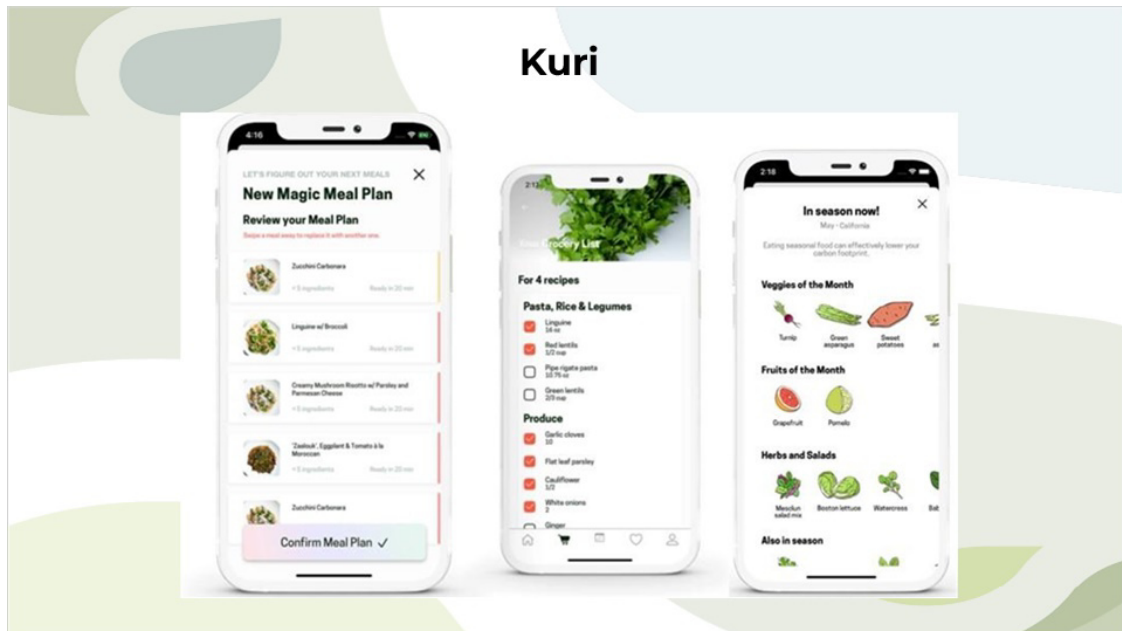
Another of the functions included may be receiving personalized diets according to your needs (or the food you have available in the fridge). It is also a very useful app for adding your shopping list, as it can quickly transform recipes into a list of everything you need to get from the supermarket to cook it.

As a Kuri user, if you are not very specialized in gastronomic culture, you may enjoy its updated list of seasonal foods. Zero-kilometer products, those that do not have to travel long distances to get from the countryside to your table, have a lower impact on the environment and are more recommendable, which is why it is always useful to know what these foods are.






### 3.1.12 Sustainable food



### 3.1.13 Yuka app (1)


## Yuka



Yuka scans food and cosmetic products to decipher their composition and assess their health effects. With the aim of improving the way we consume; Yuka brings simplicity and transparency to understand product labels in one click. A simple colour code is used to indicate the health effects of each product: excellent, good, mediocre or bad. It is then possible to access a detailed card to understand in detail the evaluation of each item.

To download the application, open the [App Store](#) or [Google Play](#) on your phone. Type Yuka into the search bar, the Yuka logo with a carrot will show up, then download the application.

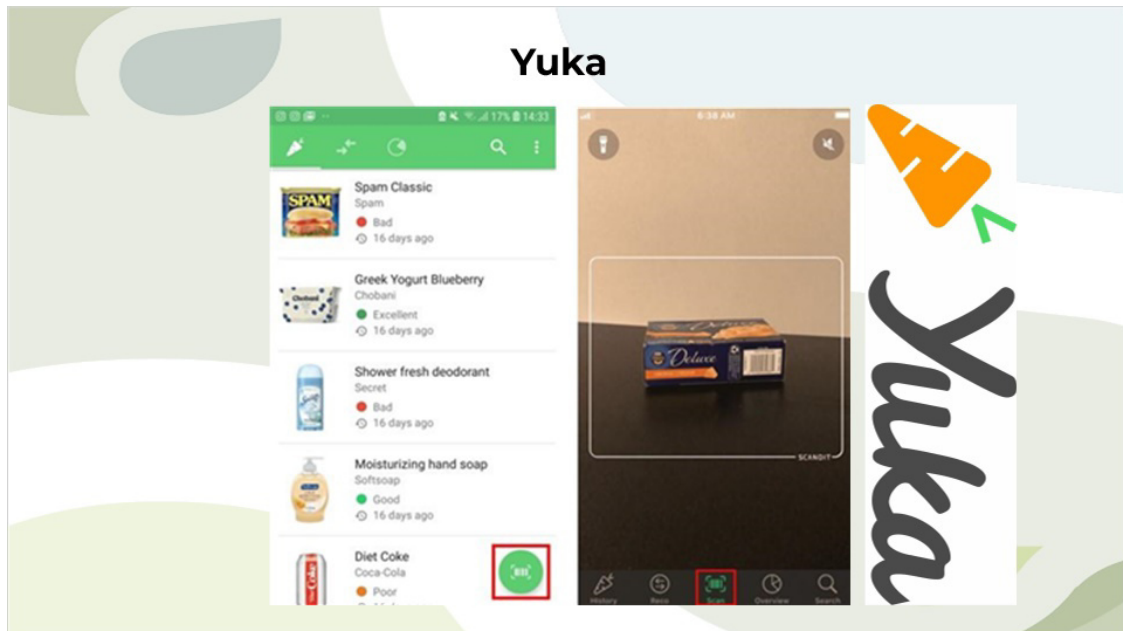
In order to scan, you should click on the "Scan" icon in the application and place the phone screen in front of the product's barcode in order to scan it. You can also click here from your mobile phone to directly access "Scan" mode. Immediately upon scanning the barcode, you'll access the product's rating via a colour coding which ranges from green to red, and then to a more detailed analysis by going to the product's product sheet.







### 3.1.14 Yuka app (2)



### 3.1.15 HappyCow app

## HappyCow

HappyCow is an app and website listing vegan and plant-based business (close to 200,000). Like Google and other search platforms, it shows you options nearby based on filter criteria. Every business listed on HappyCow offers at least 1-3 vegan options of products.

The main characteristics of the app are:

- Travel with ease in 180+ countries.
- APP ONLY Save places offline, make the map yours.
- Filter for places that suit everyone.
- Navigate directly via the app.
- Read 1M+ reviews from vegans around the world.
- APP ONLY Translate into your language with one tap.
- Check out the latest activity on your personalized feed.
- APP ONLY Get notified of new spots near you.
- Connect with like-minded people anywhere.

The image shows the HappyCow app interface. It features a map view with various colored pins indicating different types of vegan businesses. A list of nearby businesses is shown below the map, including 'Los Tostones Veg' and 'Hugob's'. The HappyCow logo, featuring a stylized cow head, is visible in the bottom left corner.



### 3.1.16 Efficiency labels (1)

## Efficiency labels


No one wants to spend more on energy than they should. Below are some simple energy-saving tips to help you to cut down your energy bills!

**Keep an eye on your lights!**      **Cut down your water bill!**      **Control the temperature at home!**      **Switch off appliances now and again.**

### Keep an eye on your lights! (Slide Layer)

## Keep an eye on your lights!

- Turn lights off when you leave a room, but not at the expense of your safety - keep stairs and other areas well-lit to reduce your risk of falling.
- Replacing traditional light bulbs with LED bulbs will save you money.



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

**Keep an eye on your lights!**      **Cut down your water bill!**      **Control the temperature at home!**      **Switch off appliances now and again.**



## Cut down your water bill! (Slide Layer)

### Cut down your water bill!

- Shower instead of taking a bath or consider not filling the tub all the way.
- Fix any dripping taps.
- Do the washing up in a bowl rather than under running water to save money.
- When using a dishwasher, you don't have to rinse the dishes before putting them into the dishwasher.
- For hot drinks, only boil the amount of water you need.



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

Keep an eye on your  
lights!

Cut down your water  
bill!

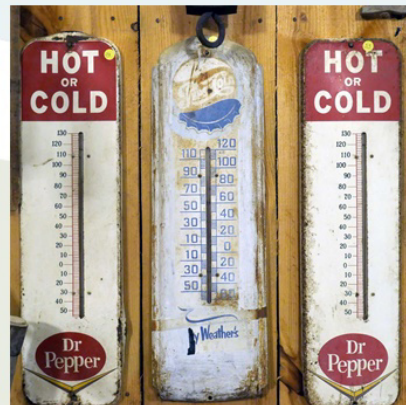
Control the  
temperature at home!

Switch off appliances  
now and again.

## Control the temperatures in your home! (Slide Layer)

### Control the temperatures in your home!

- Run the washing machine at a lower temperature.
- Use your heating controls, such as thermostats and timers, to heat your home without wasting energy.
- Make sure you keep your living room (or whichever room you use most) warm during the day while you're at home but heat your bedroom before you go to bed.
- If there are rooms you don't use, turn off the radiators in them and close the doors.
- Keep radiators and heaters clean, so hot air can circulate.
- Ventilate your home. Air for a short time totally, with windows open on both sides for approximately 5 minutes.



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

Keep an eye on your  
lights!

Cut down your water  
bill!

Control the  
temperature at home!

Switch off appliances  
now and again.



## Switch off appliances now and again! (Slide Layer)

### Switch off appliances now and again!

- Switch appliances off when they're not in use rather than leaving them on standby.
- Do not turn off your fridge or freezer (unless you leave for a long time and have emptied your fridge), as this could mean your food goes off sooner than it should.
- Do not use the fridge at the lowest possible temperature.
- Defrost your freezer every six months - this will ensure it runs efficiently.
- Many new appliances come with an energy rating. You should choose the best energy rating you can.



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

Keep an eye on your  
lights!

Cut down your water  
bill!

Control the  
temperature at home!

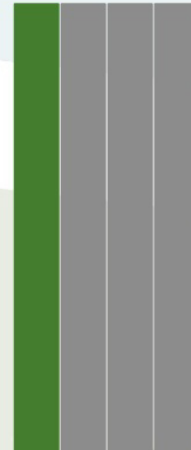
Switch off appliances  
now and again.

## 3.1.17 Water and energy efficiency

### Water and energy consumption

Regarding **water conservation**, there are a vast library of mobile apps which could help you conserve water by providing information such as how much water you are consuming and any other tips for reducing water use.

In terms of **energy consumption**, it is also important to understand and monitor your electricity usage in real-time, straight from the palm of your hand. The progressive tech advancements and apps have supported society to track their energy consumption easily.








## Dropcountr (Slide Layer)

### Water and energy consumption

**Dropcountr** connects people and their water utilities on the mobile devices they use every day. It is available for your mobile phone and for your desktop and you could understand and manage your personal water use, compare usage to similar neighbours, set and reach water use goals, among other uses.

Link for [Android](#) and [iOS](#)!



## Water Footprint Calculator (Slide Layer)

### Water and energy consumption

**Water Footprint Calculator** is an application that helps you in measuring and analyzing your water consumption for various activities in which one uses water such as cleaning, washing, gardening, cooking, washing automobiles, etc.

[Link!](#)

More applications can be found in the [following link!](#)







## Apps (Slide Layer)

### Water and energy consumption

In general, **electricity usage monitoring apps** are advanced, user-friendly digital tools designed for smart devices that enable users to track, analyse, and manage their electricity consumption.

Some examples of apps are:

**Sense Home Energy Monitor:** This app offers users unparalleled insights into their household's power consumption in real-time and historically. It stands out for its ability to employ machine learning to recognize the energy signatures of individual household devices, continuously refining its accuracy against an expansive database of appliances and electronics.  
Links for [Android](#) and [iOS](#)!

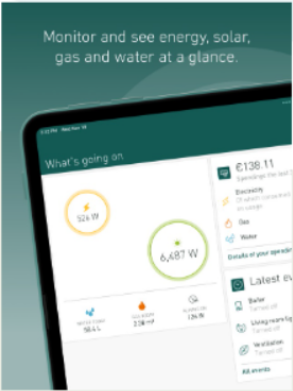
## Smappee (Slide Layer)

### Water and energy consumption

**Smappee:**

A comprehensive energy management app designed for both homes and electric vehicles. This app allows users to efficiently schedule their vehicles to charge using solar energy or manage household energy consumption during off-peak times.

Links for [Android](#) and [iOS](#)!



The screenshot shows the Smappee app interface on a tablet. At the top, it says 'Monitor and see energy, solar, gas and water at a glance.' Below this, there's a section 'What's going on' with three circular gauges: 'Solar' (55.9%), 'Energy' (6,487 W), and 'Gas' (126.9). To the right, there's a list of 'Latest events' including 'Battery' (100% charged), 'Water' (100% full), 'Solar' (100% full), 'Usage memory' (100% full), 'Weather' (100% full), and 'All events'.




### 3.1.18 Efficiency (2)

## Label 2020 Efficiency

Label 2020 Efficiency is an app for consumers to support them in the purchase and comparison of appliances in the different categories (cooling appliances, dishwashers, TVs, washing machines, etc.). It could be used in smartphones, tablets or computers. The Efficiency Check provides you with product information about those that are listed on the energy label. These data make it easier to compare the appliances and you can also better assess the running costs and estimated total costs. **Double-click** on the fields below! To **reset** the Flipcards click here:

Reset



### Efficiency (2) (Slide Layer)

## Label 2020 Efficiency

Label 2020 Efficiency is an app for consumers to support them in the purchase and comparison of appliances in the different categories (cooling appliances, dishwashers, TVs, washing machines, etc.). It could be used in smartphones, tablets or computers. The Efficiency Check provides you with product information about those that are listed on the energy label. These data make it easier to compare the appliances and you can also better assess the running costs and estimated total costs. **Double-click** on the fields below! To **reset** the Flipcards click here:

Reset

Simply scan the QR code on the label with your smartphone to retrieve the product data from the EU database.

If scanning the QR code is not possible or if you are using the tool at home on your PC/notebook, you can retrieve product data by entering the brand and model name. Go to the model's name entry.

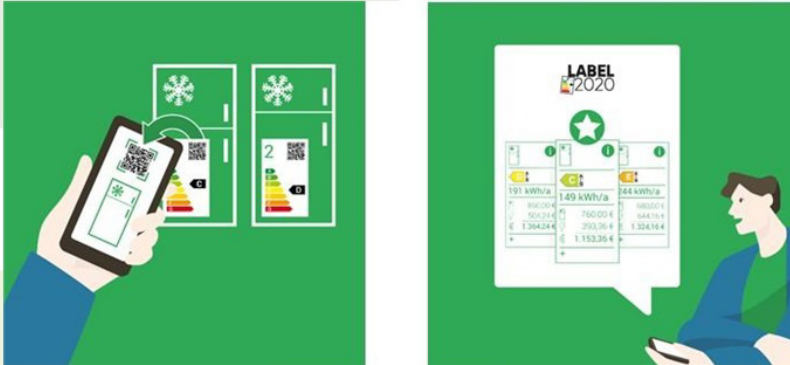
You can repeat this process as often as you like for all the products you are interested in.



### 3.1.19 Efficiency (3)

## Label 2020 Efficiency

The tool uses the data from the official EU product database. Your retrieved product information is stored locally on your device. Of course, registration or entering your personal data is not necessary.



### 3.1.20 RC Sources

## Sources for Responsible Consumption

- Responsible consumption: definition and examples: <https://youmatter.world/en/definition/definitions-responsible-consumption-examples/>
- Energy saving tips to reduce energy bills: <https://www.ageuk.org.uk/information-advice/money-legal/debt-savings/energy/energy-saving-tips/>

Back to Responsible Consumption menu



## 3.2 Scenario Responsible consumption

### 3.2.1 RC: Scenario

### Scenario: Responsible Consumption

In this scenario, you go through your daily life. You visit your daughter. The scenario takes place at her home as well as in a small shop.

You can choose between correct and incorrect answers. Correct answers lead to further dialogue or feedback, while incorrect answers prompt the user to try again.

Key elements of the scenario include understanding the scenario, applying knowledge, and reflecting on feedback to improve.

Are you ready?

Back to menu

Sara: Hi!!  
Thank you for coming over!

### 3.2.2 RC: Scenario

Hi, I've just come from buying ready-made food from your friend Elena's shop and I think she's going to throw a lot of food away at the end of the day. There was too much already cooked.

Do you want us to send her some recommendations on how to avoid it?

Sure!

Perfect. What option do you think is better?

You





### 3.2.3 RC: Scenario: Question 1

*(Pick One, 10 points, 1 attempt permitted)*




## Avoiding food waste...

What option do you think is better to avoid the food waste? Select one of the diamonds below carefully.

- ☐ Prepare food for fewer people than usually go shopping and if there is no food left, tell them to go to other businesses
- ☐ Work with reservations to cook only what is "pre-sold".
- ☐ Identify apps that allow you to help people buy unsold products at reduced prices and avoid food waste.

### 3.2.4 RC: Scenario



Hi, the other day I received a suggestion from your daughter about using apps to sell the surplus food we prepare and don't sell. Could you tell me the name of one of those apps?

Sure!

You






### 3.2.5 RC: Scenario: Question 2

*(Pick One, 10 points, 1 attempt permitted)*

**Apps to sell the surplus food...**

Which is the best app to sell surplus food in your opinion? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.

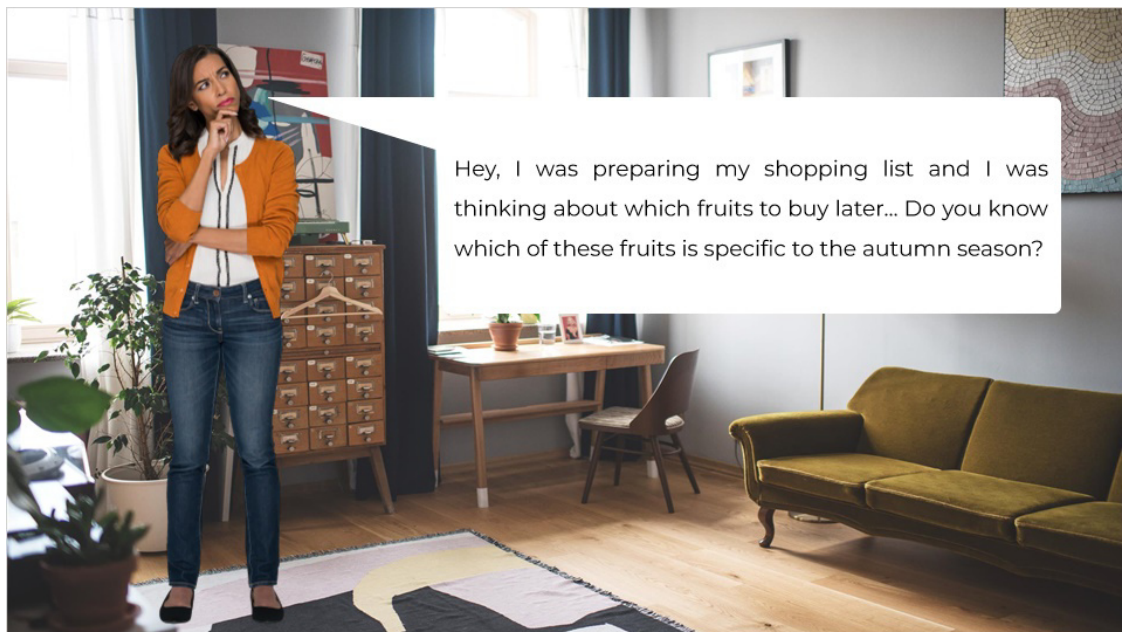


☐ Yuka

☐ Etiquettable

☐ Too Good To Go

### 3.2.6 RC: Scenario





### 3.2.7 RC: Scenario: Question 3

(Pick One, 10 points, 1 attempt permitted)

**Multiple Choice**

1 Strawberries      2 Oranges      3 Watermelon

### 3.2.8 RC: Scenario





### 3.2.9 RC: Scenario: Question 4

*(Pick One, 10 points, 1 attempt permitted)*

**Seasonal fruit and vegetables...**

How do you know which fruit or vegetable are in season? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.



- ☐ You can only know if you have lived in the countryside or have been a farmer.
- ☐ Studying books and manuals
- ☐ Using applications such as KURI.

### 3.2.10 RC: Scenario



Hey, Mom. After renovation our kitchen, we are thinking about furnishing it. I had this task on my mind for weeks. Do you have any idea what kind of fridge is the best? I have no idea. I have seen some catalogues and there are too many options.



### 3.2.11 RC: Scenario: Question 5

*(Pick One, 10 points, 1 attempt permitted)*

**How to choose a fridge...**

Which one is the best option to choose a fridge? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option

- ☐ Using comparative applications such as Label 2020 Efficiency.
- ☐ Going to the physical shop and listening to the advice of the sales staff.
- ☐ Choosing at random (all will be similar, cool and freeze).

### 3.2.12 RC: Scenario (Quiz results)

*(Results Slide, 0 points, 1 attempt permitted)*

**QUIZ RESULTS**

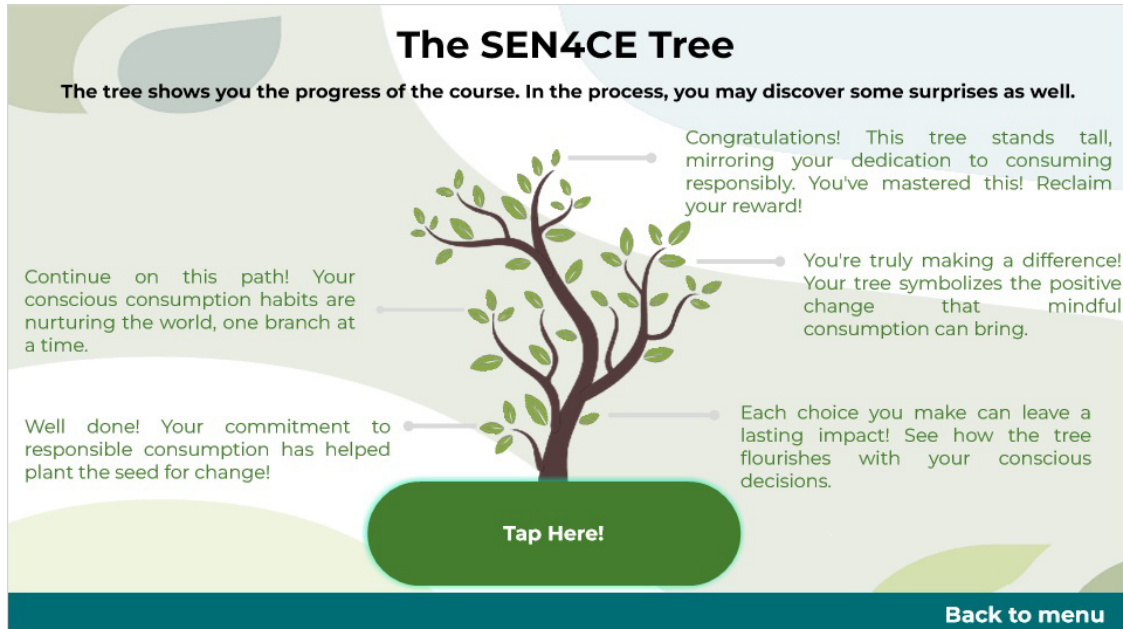
Your Score: → 0%

**RETRY** **REVIEW** **CONTINUE**





### 3.2.13 RC: Scenario (SEN4CE Tree)







## 4. Product Lifetime

### 4.1 Product lifespan (PL) Menu

### Product Lifetime

As we move towards a more sustainable future, understanding the lifecycle of products within a Circular Economy is absolutely crucial. This module takes you on an eye-opening journey to explore just that: how extending the lifetime of products contributes to a more sustainable and Circular Economy. We look forward to learning and growing with you!

Product Lifetime - Introduction

Scenario: Product Lifetime

Back to menu

#### 4.1.1 PL Introduction (1)

### Introduction: Product Lifetime

In today's world, where we realize that resources are limited, and the negative impacts of our consumption patterns are becoming increasingly apparent, it is more important than ever to adopt a circular approach to product design and lifecycle management.

In a Circular Economy, the aim is to produce no waste or pollution. Instead, products, parts, and materials are used, cared for, repaired, reused, and recycled as much as possible.

In our Circular Economy unit, we will address one of the main five ways to apply the Circular Economy: to be focused on the product lifespan.

Product life extension (keeping our stuff in use longer) is, according to Patagonia CEO Rose Marcario, *"the single best thing we can do for the planet"* as individual consumers. And luckily, Patagonia is not the only company enabling its customers to do so. There are several companies that focus on making parts accessible and repairing the products easily through the creation of different applications or platforms.



## 4.1.2 PL Introduction (2)

### Introduction: Product Lifetime

Over time, extending product life through proper care and repair reduces the need for people to buy more. Unfortunately, this simple act of avoiding CO2 emissions, waste output, and water usage is not a common trend yet.

This module will introduce you to the concept of product lifespan and explore how Circular Economy applications and platforms can be used as complementary tools to the actions implemented to extend the life of products, reduce waste, and promote sustainability.

We will look at examples of different product lifespan applications or platforms for implementing circular principles throughout the product life cycle in daily routines.

By the end of this module, you will have a solid understanding of the benefits and challenges of circular product design and lifecycle management, as well as practical apps and platforms for applying Circular Economy approaches to your daily routine.

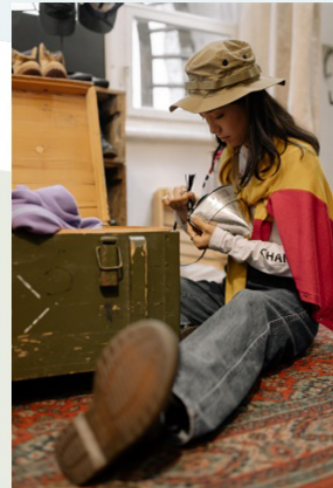
## 4.1.3 Secondary markets

### Secondary markets

Secondary markets play a crucial role in promoting the Circular Economy by extending the lifespan of products and reducing waste. They also provide an opportunity for used products to be sold or exchanged, thus extending their lifespan. This reduces the demand for new products and reduces the amount of waste generated.

In addition, by reusing and repurposing products, they reduce the number of resources needed to produce new products. So, natural resources are conserved, and the environmental impact of production is reduced.

In addition, in times of consistently rising prices, secondary markets are also an economic alternative from a cost perspective.





#### 4.1.4 Vinted (1)

### Second-hand clothing market app “Vinted”

Vinted is probably one of the most popular services for selling and buying second-hand clothing items to reduce clothing consumption and avoid production. Vinted promotes circular fashion and allows consumption without creating any additional waste. It even has affordable prices for all types of economy and for those who sell to earn extra money. The aim of this company is not only to reduce consumption and care for the environment, but also to promote sustainable fashion.

Vinted is an app where people who sell clothes they no longer want, upload them to the platform individually. This way, those who are interested in buying used clothes can find them in the app. In other words, the seller and buyer are in contact through this app to negotiate the price and close the transaction. The person who offers their clothes for sale takes photos of the garments, uploads them to the app and deals with the buyer directly.



#### 4.1.5 Vinted (2)

### Second-hand clothing market app “Vinted”


Vinted has become a platform both for web and mobile App to get second-hand clothes with many advantages. Among them, zero commission for the seller. This makes the work much more practical between customer and seller.

It is important to note that purchases do not always have to be made; swapping items is also possible if both sides agree.

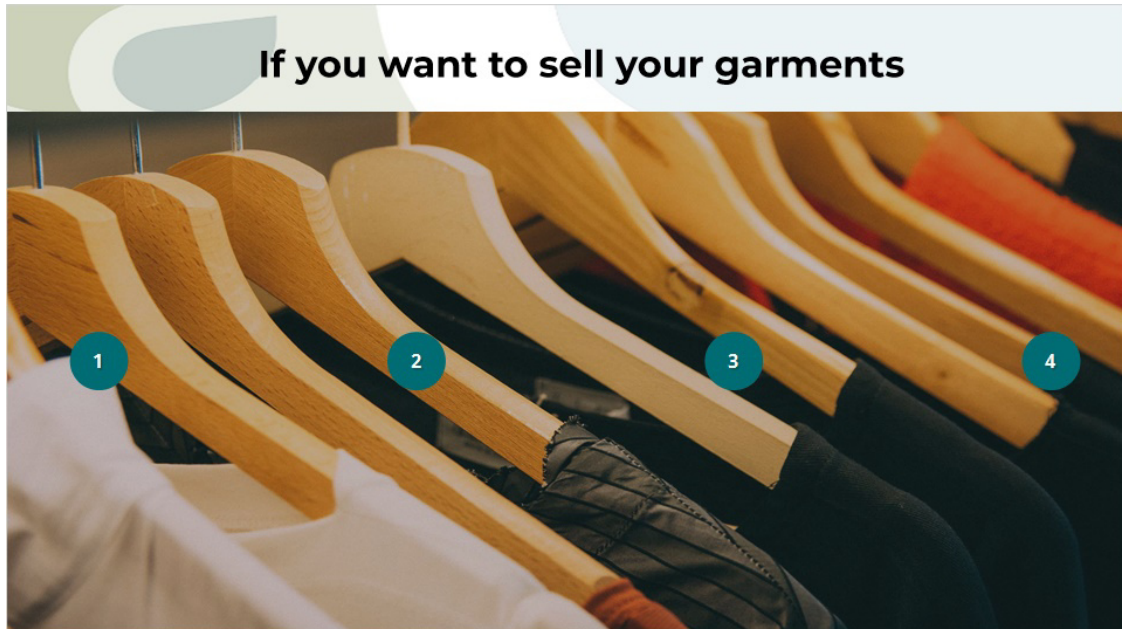
In both cases, Vinted becomes the intermediary company that connects two users, thanks to providing a site, works in the most practical and even comfortable way possible, which is ultimately what we aspire to be hassle-free. In short, zero problems.

If you are interested, just download the application for [Android](#) or [iOS](#) or visit their [website](#).

Then, there are two options: **selling or buying**.



#### 4.1.6 Secondary markets (4)



#### 4.1.7 Secondary markets (5)

**If you want to be a buyer**

Shopping at Vinted is as simple as opening the application and finding the category you are interested in. We could say that Vinted works like a flea market, where there are clothes of all kinds, some in better condition... and others in worse condition. The buyer can haggle over the price, even to reach an agreement with the seller. Once the buyer has made the payment, the seller has to take care of sending the garment.







## 1 (Slide Layer)

### If you want to be a buyer

If you are thinking of buying, here are some tips:

- Use the filters with as much detail as possible to find what you are looking for, don't forget to set the price.
- Look for clothes within your budget, as not all sellers are willing to negotiate.
- Give preference to garments with a label, preferably one that can be seen in the photo, this way you will avoid buying fakes.
- Read the details in the description of the garment, the sellers usually provide important information.
- Look at the ratings of each seller's profile, so you will know if they are trustworthy.
- Consider the delivery fees as they increase the price.

Keep in mind that there are no quality filters or checks for items on sale. So it is especially important to check everything before buying.

## 2 (Slide Layer)

### If you want to be a buyer

After visiting the application and identifying different garments you can either buy them directly or ask the seller questions. You can even haggle by offering a different price to the seller. It is important to note the importance of checking the seller's reviews.







### 3 (Slide Layer)

#### If you want to be a buyer

After selecting the product you are interested in; it is time to select "Buy now" on the publication of the item in question. The buyer must pay the delivery taxes as well. Choose your payment method between PayPal, bank card or Vinted balance. Then you'll find the place of delivery and contact details. The buyer protection fee will be added to the price of the item. Thanks to this system, you can receive a refund in case of any problems.



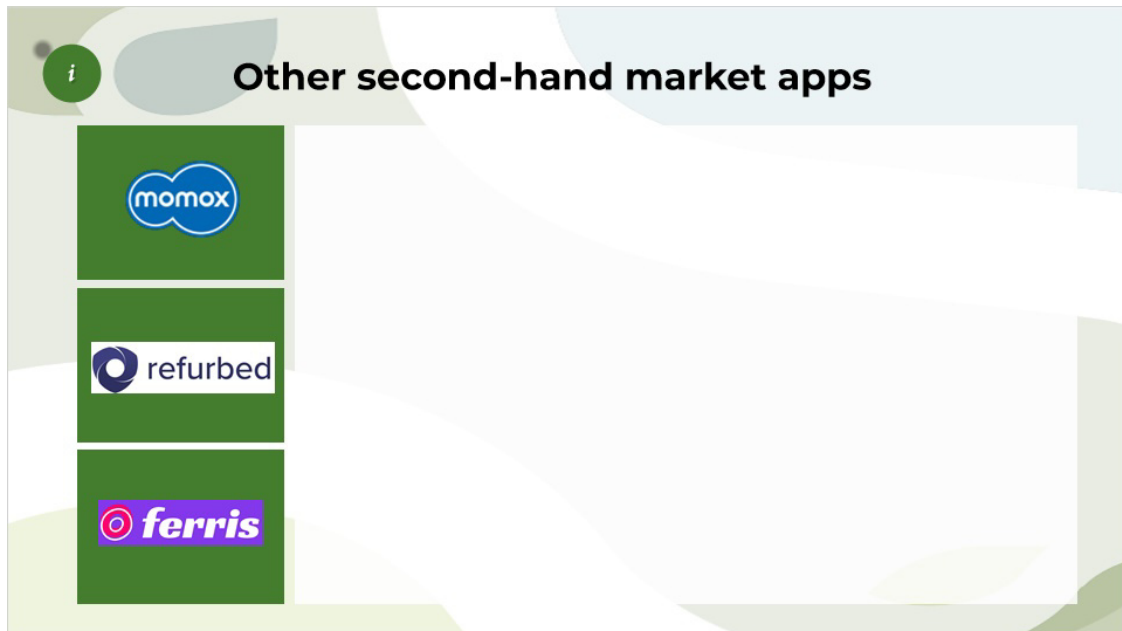
### 4 (Slide Layer)

#### If you want to be a buyer

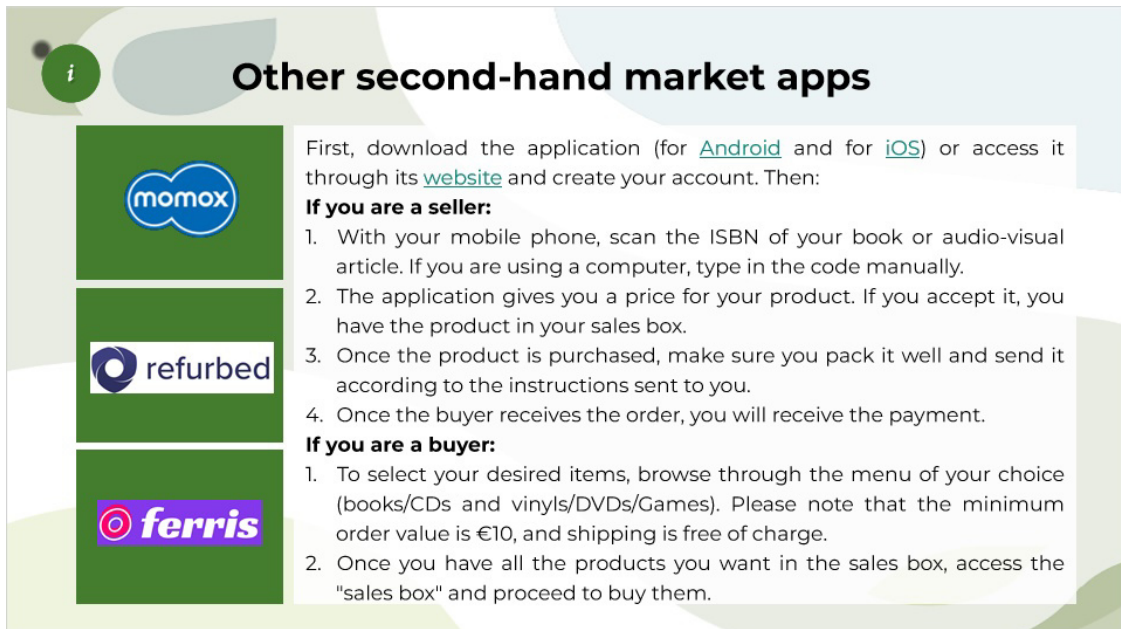
Once payment has been made, you will have an estimated delivery date. Do you still have doubts about the application? Feel free to visit their [helpdesk!](#)



## 4.1.8 Other secondary markets



### Momox (Slide Layer)



The slide features a title bar with an information icon and the text 'Other second-hand market apps'. Below the title, three logos are displayed in a vertical stack: 'momox', 'refurbed', and 'ferris'. To the right of the logos, the following text is provided:

First, download the application (for [Android](#) and for [iOS](#)) or access it through its [website](#) and create your account. Then:

**If you are a seller:**

1. With your mobile phone, scan the ISBN of your book or audio-visual article. If you are using a computer, type in the code manually.
2. The application gives you a price for your product. If you accept it, you have the product in your sales box.
3. Once the product is purchased, make sure you pack it well and send it according to the instructions sent to you.
4. Once the buyer receives the order, you will receive the payment.

**If you are a buyer:**

1. To select your desired items, browse through the menu of your choice (books/CDs and vinyls/DVDs/Games). Please note that the minimum order value is €10, and shipping is free of charge.
2. Once you have all the products you want in the sales box, access the "sales box" and proceed to buy them.

## Refurbed (Slide Layer)




### Other second-hand market apps






They have eight types of products: phones, tablets, laptops, smartwatches, monitors, audio, desktops, and cameras. All devices have been refurbished and are then offered for sale. Simply go to their [website/marketplace](#), see what they have to offer and if it fits, add it to your shopping cart and proceed to purchase.

For some products, there are different options in terms of color, connectivity, etc. You can select the features you want from the drop-down menu.

## Ferris (Slide Layer)



### Other second-hand market apps



Ferris aims to connect people who want to declutter their homes with people who want to pick things up for free. You could access it through the [website](#) or the [app](#).

In order to add my item into the app: click the middle circle on the bottom, this will take you to the correct 'give' page. From here simply add an image by pressing 'Choose file', add a name, description, and category of what you want to give away and 'Post now'.

To request an item, on the 'Product page' scroll down to under the map and click 'Request from \*name\*'. From here you can ask if the item is still available and if so arrange a day and time to pick up the item.



## 4.1.9 Shared mobility (1)

### Shared mobility solutions

Shared mobility solutions are an important part of the Circular Economy, as they can reduce the environmental impact of transportation and promote more sustainable use of resources. In addition, shared mobility solutions can help to extend the lifespan of products such as cars and bicycles by increasing their usage rate. This reduces the need for new vehicles to be manufactured and reduces waste. There are several applications that you could use for shared mobility!



## 4.1.10 Shared mobility (2)

### BlaBlaCar


BlaBlaCar is the world's leading carpooling community, enabling more than 90 million users to travel in 22 different countries. BlaBlaCar leverages technology to fill empty seats on journeys, connect carpoolers and bus riders, and make travel more affordable, convenient and interesting. BlaBlaCar's environmentally friendly and people-oriented mobility network saves 1.6 million tonnes of CO2 emissions per year and generates 120 million people-to-people connections per year.



1 2 3 4 5 6



## Tab 01 (Slide Layer)

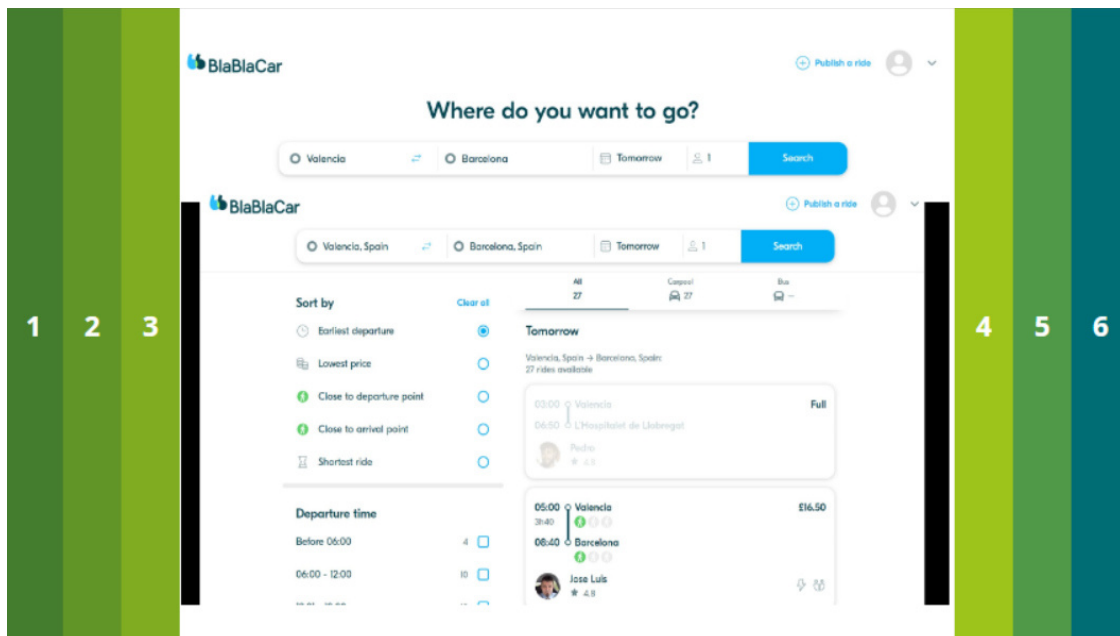
1	<p>Signing up on BlaBlaCar is completely free! Just go to its <a href="#">website</a> or to the app in <a href="#">Android</a> or <a href="#">Apple</a> and click Sign Up. You can sign up using any of the following: Email address or Facebook account. After you sign up, make sure to complete your profile (password, phone number, ID, transfer method page, etc.). Your profile should be verified before you can book a journey.</p> <p>BlaBlacar is available in Austria, Germany, France, Portugal and Spain apart from other countries such as Italy, Turkey, Romania, etc.</p> 	2	3	4	5	6
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## Tab 02 (Slide Layer)

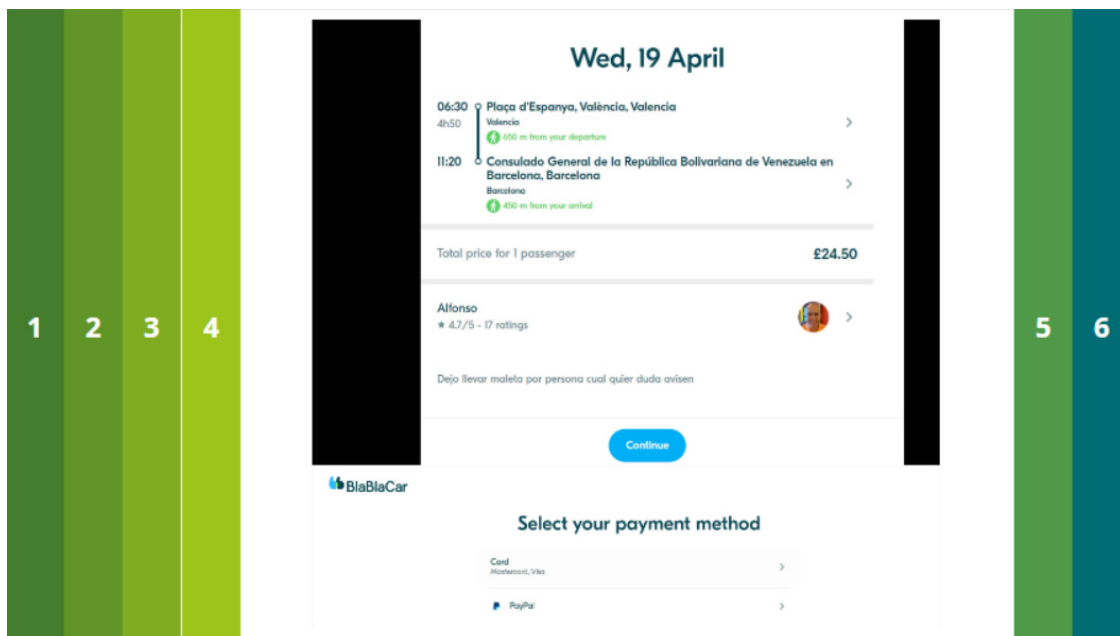
1	2	<p>Then, you have the option of <b>booking an existing ride or offering a ride.</b></p> <p>If you want to <b>book a ride</b>, you just must indicate in the menu which trip you want to do and when you want to do it. If there are people promoting that journey (or nearby) it will appear on the screen. You can select the one that suits you best (by time, price, driver's comments, etc.) and proceed to confirm the booking and the application will give you more details of the driver (phone, email, etc.). There are two options after paying for a seat: 1) a direct reservation which gives you all the details of the journey or 2) a request made to the driver which chooses whether that person will occupy the free seat or not. In this case, once the driver approves the trip, the trip details are provided. Also, in case the driver does not accept the journey, you will be refunded the money paid.</p>	3	4	5	6
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## Tab 03 (Slide Layer)



## Tab 04 (Slide Layer)





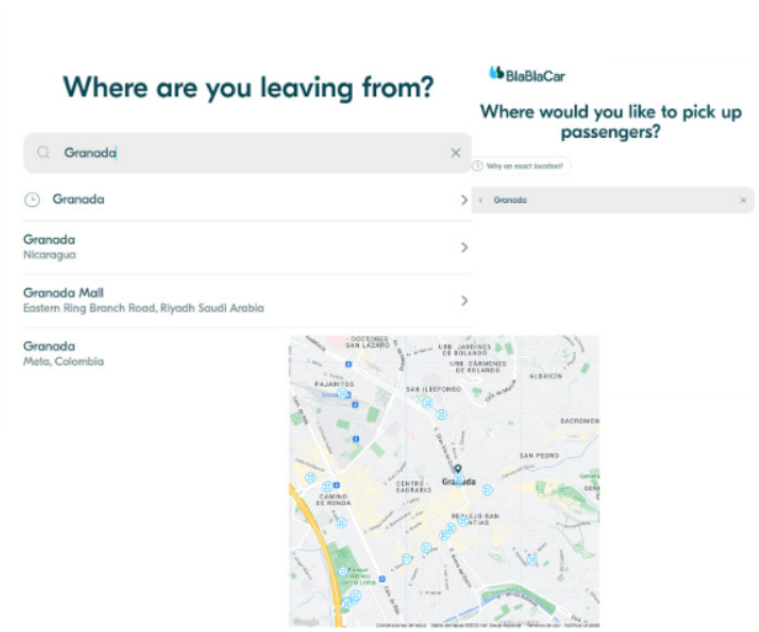
## Tab 05 (Slide Layer)



If you want to offer a ride, you just need to publish it and tell where you're going, and when. Decide whether to let passengers' book instantly or review their booking requests. When all is done and you've traveled together, we'll send your money to your bank account or PayPal 48 hours after the ride. Choose where you want to send the money on the Transfer methods page on your Profile.



## Tab 06 (Slide Layer)





### 4.1.11 Shared mobility (3)

#### Other shared mobility solutions

Another interesting app is **Free2Move**, a car rental and shared mobility solution company. It is quite simple:

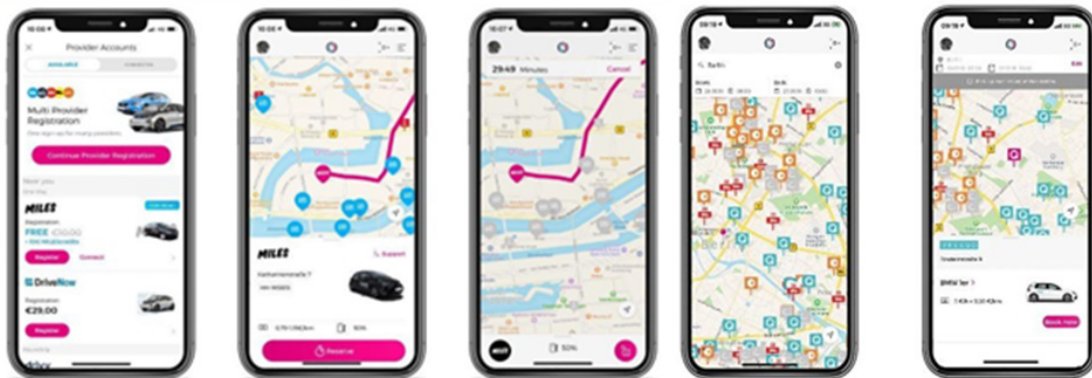
- You should download Free2move app for [Android](#) or [Apple](#) on your smartphone, then create an account by uploading your ID.
- Then, you should book the vehicle you need, among those available around you. You have 15-30 minutes to retrieve it and open it on clicks thanks to the app.
- To run an errand and keep the car, I simply lock it. You can park on the street or in a paid parking space.
- To finish your rental, nothing could be simpler: you leave the keys in the glove box and lock the car with the app.

More information is available [here!](#)



### 4.1.12 Shared mobility (4)

#### Other shared mobility solutions



Free2Move is available in Austria, Germany, France, Portugal and Spain apart from other countries such as Belgium, Italy, Luxembourg, etc.



#### 4.1.13 Public transport (1)

### Public transport

In today's rapidly changing transportation landscape, it is essential to recognize that not all seniors' citizens are inclined towards car ownership or ride-sharing services like BlaBlaCar. While these models of transportation might be convenient for many, there exists a subset of seniors who prefer and actively choose sustainable, green alternatives such as public transportation. For seniors, the main reasons for choosing public transportation are displayed in the following slide.



#### 4.1.14 Public transport (2)

Advantages of public transport



## Environmental Concerns (Slide Layer)

Advantages of public transport	<input type="checkbox"/> <b>Environmental Concerns</b>
	A growing number of seniors are environmentally conscious and want to reduce their carbon footprint. Opting for public transportation aligns with their commitment to sustainability and contributes to cleaner air and reduced congestion in urban areas.
	<input type="checkbox"/> <b>Cost-Effective</b>
	<input type="checkbox"/> <b>Reduced Stress</b>
	<input type="checkbox"/> <b>Physical Accessibility</b>
	<input type="checkbox"/> <b>Reliability and Convenience</b>

## Cost-Effective (Slide Layer)

Advantages of public transport	<input type="checkbox"/> <b>Environmental Concerns</b>
	<input type="checkbox"/> <b>Cost-Effective</b>
	Many seniors are living on fixed incomes, and owning a car can be a significant financial burden due to expenses like insurance, maintenance, and fuel. Public transportation offers a more cost-effective option as they often qualify for discounted fares or free passes.
	<input type="checkbox"/> <b>Reduced Stress</b>
	<input type="checkbox"/> <b>Physical Accessibility</b>
	<input type="checkbox"/> <b>Reliability and Convenience</b>





## Reduced Stress (Slide Layer)

Advantages of public transport	<input type="checkbox"/> Environmental Concerns	
	<input type="checkbox"/> Cost-Effective	
	<input checked="" type="checkbox"/> <b>Reduced Stress</b>	
	<p>Navigating through traffic, parking, and maintaining a vehicle can be stressful, especially for those with limited mobility or cognitive challenges. Public transportation eliminates these stressors, offering a more relaxed and enjoyable travel experience.</p>	
	<input type="checkbox"/> Physical Accessibility	
	<input type="checkbox"/> Reliability and Convenience	

## Physical Accessibility (Slide Layer)

Advantages of public transport	<input type="checkbox"/> Environmental Concerns
	<input type="checkbox"/> Cost-Effective
	<input type="checkbox"/> Reduced Stress
	<input checked="" type="checkbox"/> <b>Physical Accessibility</b>
	<p>Public transportation systems are increasingly designed to be more accessible to individuals with disabilities or limited mobility. This inclusivity is particularly appealing to seniors who may face physical challenges as they age.</p>
	<input type="checkbox"/> Reliability and Convenience



## Reliability and Convenience (Slide Layer)

**Advantages of public transport**

- ☐ Environmental Concerns
- ☐ Cost-Effective
- ☐ Reduced Stress
- ☐ Physical Accessibility
- ☒ **Reliability and Convenience**

Public transportation networks are often well-established and reliable, with fixed schedules and routes. Seniors can plan their trips with confidence, knowing they can depend on these services.

### 4.1.15 Public transport (3)

## Public transport (3)

Under this concept, below are reference links to the national companies that manage transport in the countries of the SEN4CE consortium (both train and bus).


#### 4.1.16 Other applications (1)

### Other product lifespan-related digital solutions

**Reduction of unsorted waste fraction**

**Junker** is a mobile application for smartphones that helps citizens to sort household waste correctly and quickly, helping to reduce unsorted waste. More information is available [here!](#)

Junker is available in Italy but translated into English and German. Its translation to other languages is expected soon.




#### 4.1.17 Shared mobility (3)

### Purchases reduction

**Fat Llama** is a peer-to-peer rental platform for all different items. More information is available [here!](#) For the moment, it is mainly based in the UK.

If you want to **lend something**, you should just 1) create a listing for the item; 2) approve incoming rental requests; 3) arrange a time to exchange your item with the rent; 4) get paid through a secure payment system.

If you want to **rent something**, you should just 1) Find what you are looking for; 2) Book the item for the dates you need and get verified by Fat Llama; 3) Arrange a time to collect your item from the renter and enjoy your rental; 4) Return the item to the renter and leave a review.





### 4.1.18 Shared mobility (3)

#### Purchases reduction

The **Freecycle Network®** is made up of more than 5,000 local town groups with over 9 million members across the globe. It's a grassroots and entirely non-profit movement of people who are giving (and getting) stuff for free in their own towns and keeping good stuff out of landfills. Membership is free, and everything posted must be free, legal and appropriate for all ages. More information is available [here!](#) It is available in Austria, France, Germany, Portugal and Spain, apart from other countries such as Belgium, Hungary, Poland, etc.



### 4.1.19 PL Intermediate Sources

#### References

- Repair is a Radical Act: <https://eu.patagonia.com/nl/en/stories/repair-is-a-radical-act/story-17637.html>
- 5 roads to a circular economy – Part I: product life extension: <https://pre-sustainability.com/articles/5-roads-to-circular-economy-part-i-product-life-extension/>

[Back to Product Lifetime menu](#)



## 4.2 Scenario Product Lifetime

### 4.2.1 PL: Scenario

### Scenario: Product Lifetime

In this scenario, your daughter is visiting you and you are sorting out some of your things. The scenario takes place at your home in the living room as well as the garage.

You can choose between correct and incorrect answers. Correct answers lead to further dialogue or feedback, while incorrect answers prompt the user to try again.

Key elements of the scenario include understanding the scenario, applying knowledge, and reflecting on feedback to improve.

Are you ready?

[Back to menu](#)

Karen: Hi!!  
Thank you for  
having me!

### 4.2.2 PL: Scenario Question 1

Hi mom, what are you doing?

I was making the seasonal wardrobe change and realizing how many clothes that don't fit me anymore but are almost new there are.

What do you want to do with those clothes then?

You





### 4.2.3 PL: Scenario: Answers 1

*(Pick One, 10 points, 1 attempt permitted)*


**What to do with old clothes...**

What is the best thing to do with old clothes? Select one of the diamonds below carefully.

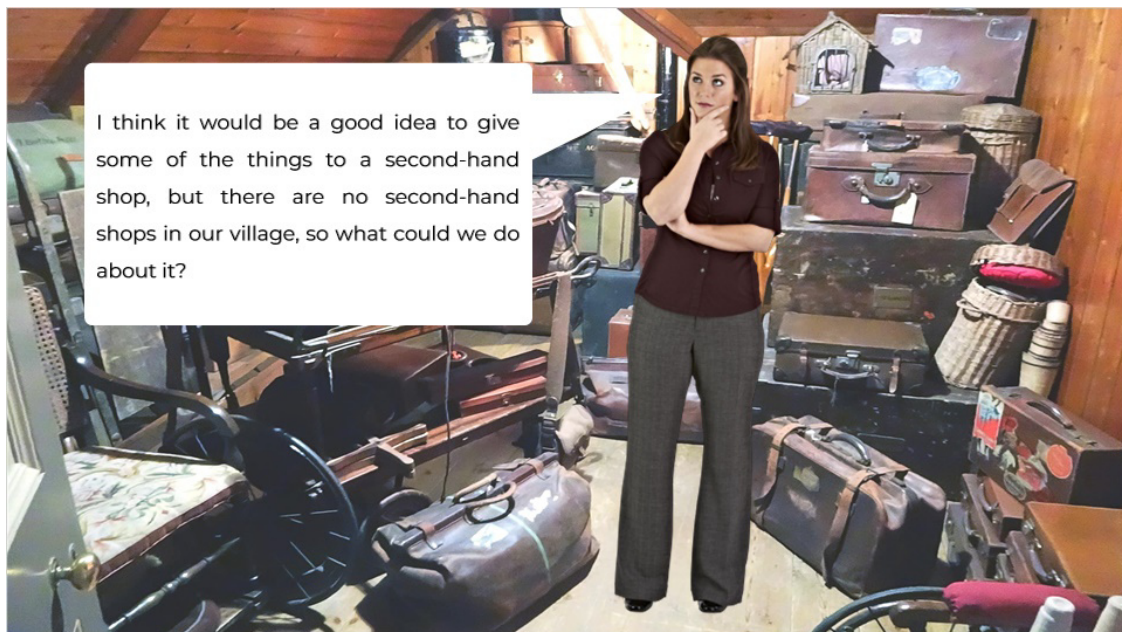
Throwing it away. ☐

Taking it to a second-hand shop or give it to the charity. ☐

Putting it back in the wardrobe. ☐



### 4.2.4 PL: Scenario Question 2





## 4.2.5 PL: Scenario: Answers 2

*(Pick One, 10 points, 1 attempt permitted)*

**Sorting out at home...**

How can you get rid of sorted out things? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.

Go online!

Give up!

Waiting to go to a bigger city with such shops.

## 4.2.6 PL: Scenario Question 3





### 4.2.7 PL: Scenario: Answers 3

*(Pick One, 10 points, 1 attempt permitted)*


**Sorting out at home...**

What other options exist to get rid of sorted out things? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.

No, there are only second-hand apps related to clothing. ☐

It depends on the item. ☐

Something can always be done. ☐



### 4.2.8 PL: Scenario Question 4



Hi my dear, good to have you on the phone, how are you going around the city?

Very well and you?

You

Well, thank you. I was thinking about coming over next Wednesday. What do you think is the best way to get there?





#### 4.2.9 PL: Scenario: Answers 4

(Pick One, 10 points, 1 attempt permitted)

**Moving around the city...**

What options do exist to go around town? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.

By car. ☐

By carpooling. ☐

By public transport. ☐

**You**

#### 4.2.10 PL: Scenario Question 5

**You**

So, how has your house cleaning and thrift shop sales been going?

Very good mum, I have sold several clothes and shoes on Vinted and some records and books on Momox. Also, I have given away some toys at Ferris. Finally, I found some furniture that I would like to keep and refurbish. However, I don't have the suitable tools. Where can I get my hands on these items?



#### 4.2.11 PL: Scenario: Answers 5

*(Pick One, 10 points, 1 attempt permitted)*


**If you need something only rarely...**

Where can you get something that you don't need that often? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.

Using apps for rental. ☐

In a hardware store. ☐

In a secondary market shop. ☐



#### 4.2.12 PL: Scenario (Quiz results)

*(Results Slide, 0 points, 1 attempt permitted)*

**QUIZ RESULTS**

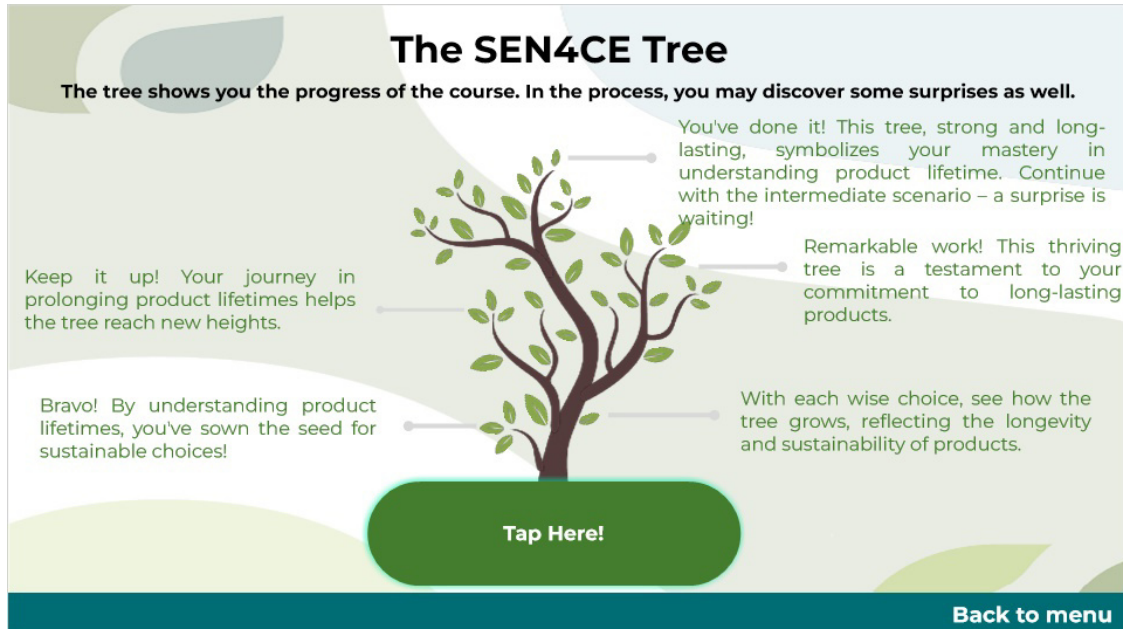
Your Score: → 0%

**RETRY** **REVIEW** **CONTINUE**





### 4.2.13 PL: Scenario (SEN4CE Tree)



## 5. Responsible Use of Resources

### 5.1 Responsible use of resources (RUR) Overview

### Responsible Use of Resources

In today's world, understanding how to manage our resources sustainably is not just beneficial—it's essential. And that's exactly what this module is designed to do. It's our heartfelt desire that this focused module will serve as a cornerstone in your understanding of Responsible Use of Resources and inspire you to delve even deeper into this imperative subject.

Responsible Use of Resources - Introduction


Scenario: Responsible Use of Resources

Back to Menu

#### 5.1.1 RUR Introduction (1)

### Introduction

There are several current problems associated with the irresponsible use of resources!





## 5.1.2 RUR Introduction (2)

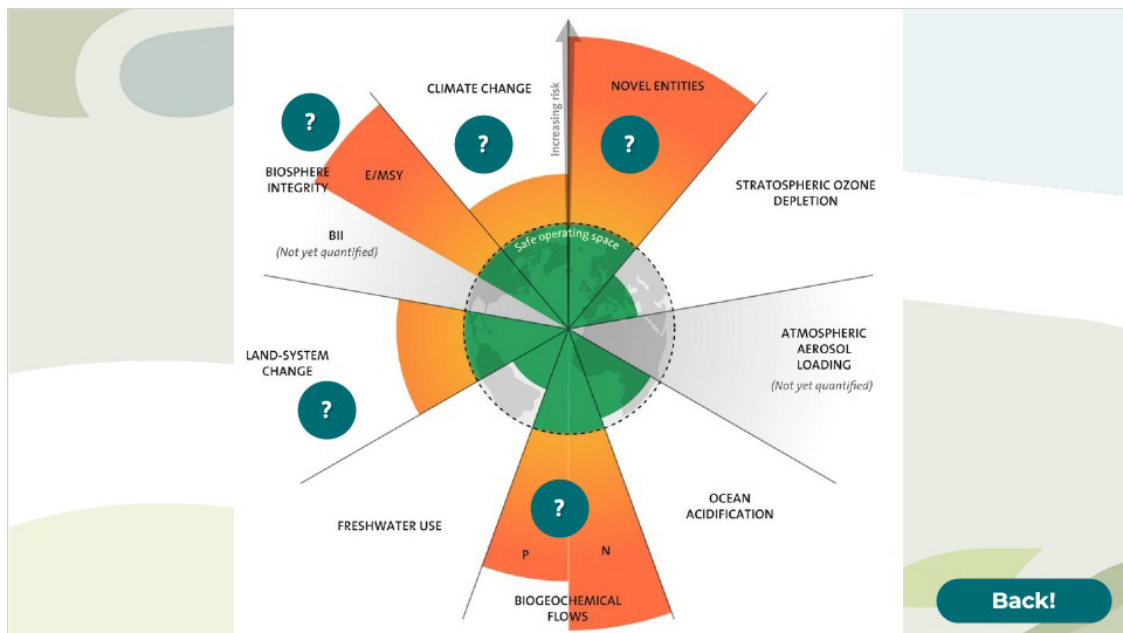
### Planetary boundaries

In 2009, a group of scientists defined the concept of planetary boundaries, a framework to describe limits to the impact of human activities on the Earth system (Figure 1). Beyond these limits, the environment may not be able to self-regulate anymore. This would mean the Earth system would leave the period of stability. In January 2022, scientists concluded that humanity has exceeded a planetary boundary related to environmental pollutants and other “novel entities” including plastics. [More information](#)

All these problems affect society, including seniors who have seen how, year after year, resources have deteriorated. In this globalized world, seniors can also do their bit for the responsible use of resources, and this chapter will show different applications and sustainable and circular platforms related to the responsible use of resources.

[Click to see the overview!](#)

### Planetary Boundaries (Slide Layer)

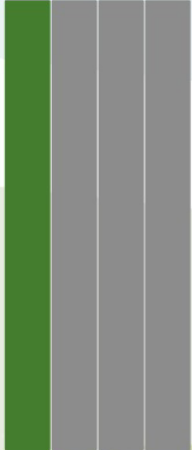





### 5.1.3 Carbon footprint (1)

## Carbon footprint

Climate change is one of the most pressing issues of our time, and carbon emissions are a major contributor to global warming. By reducing their carbon footprint, consumers can help to mitigate the effects of climate change, protect the environment and contribute to a more sustainable future. Here are few examples of activities that can reduce CO<sub>2</sub> emissions and ways that seniors can reduce their carbon footprint:

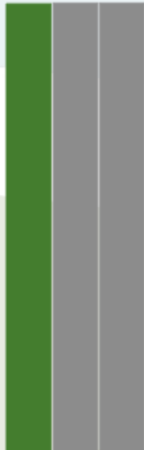


### Transportation (Slide Layer)

## Carbon footprint

### Transportation

Seniors may need to drive a car to run errands, visit family and friends, or attend medical appointments. To reduce their carbon footprint, seniors can consider carpooling or using public transportation when possible. They may also want to consider purchasing an electric or hybrid vehicle, which produces fewer emissions than traditional petrol-powered cars.






## Home Energy Use (Slide Layer)

### Carbon footprint

#### Home Energy Use

Seniors may use energy in their homes for heating, cooling, cooking, and other activities. To reduce their carbon footprint, seniors can consider using energy-efficient appliances, such as Energy Star certified refrigerators and air conditioners. They can also consider using a programmable thermostat to regulate their home's temperature and using natural light instead of electric lighting when possible.




## Food choices (Slide Layer)

### Carbon footprint

#### Food Choices

Seniors may also consider the carbon footprint of the food they eat. Eating a plant-based diet and choosing locally sourced and organic foods can help to reduce the carbon emissions associated with food production and transportation.







## Waste reduction (Slide Layer)




### Carbon footprint

#### Waste Reduction

Seniors can also reduce their carbon footprint by reducing waste. This can include recycling, composting, and reducing the use of single-use plastics.




### 5.1.4 Giki app (1)



### Carbon footprint

Apart from these tips that you can learn and apply, there are also applications that can help you learn more about your carbon footprint. However, it is important to highlight that such applications give only approximate estimation of our carbon footprint but can serve as a visual CO<sub>2</sub> estimation of our actions (thus inspiring us to do more/better). Same person would have a different figure depending on the application he/she uses.

Giki application will help you to understand your carbon footprint by showing you the impact of your everyday actions. You can check your track progress with your Giki Score and the app can give you new ideas to live sustainably



## 5.1.5 Giki app (2)

After registering in the [app](#) or on the [website](#) you should answer some questions related to your daily routine, e.g., Do you drive a car? How many people live in your home? Etc.

**Do you drive a car?**

Yes

No

Next

**Tip Tips**

Here's a three step process to cut emissions, costs and pollution from petrol and diesel cars immediately:

- 1) Accelerate gently
- 2) Drive more slowly
- 3) Walk short distances

If you've got an electric car this will also help you use less battery.

**How many flights do you expect to take this year? Personal flights only.**

Short-haul (return)  
Up to 3 hours flight time

Medium-haul (return)  
Between 3-8 hours flight time

Long-haul (return)  
Over 8 hours flight time

Next

**Did You Know?**

Planes can be a big part of your transport carbon footprint because you need lots of fuel to travel long distances.

For day to day transport, public transport is great but walking and cycling are always greenest!

## 5.1.6 Giki app (3)

After that, you select your purposes of using Giki and the app gives you an initial estimation of your carbon footprint.

**What are your goals for using Giki Zero?**

Choose at least one goal to get started

Cut carbon

Save money

Eat sustainably

Find quick wins

Cut back on plastic

Take big impact steps

Next

**Tip Tips**

Achieve your goals by taking steps in Giki Zero. Some are quick, some take time but they all help you take action on climate change.

**Thanks! Here's an initial estimate of your carbon footprint.**

You can personalise your footprint more later.

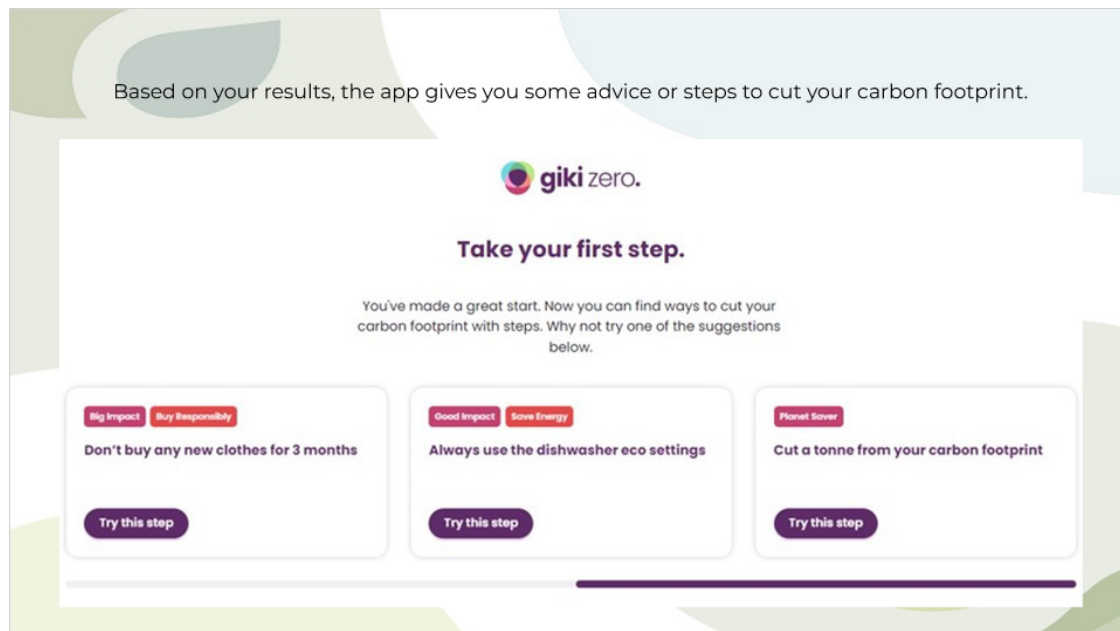
Category	Carbon Footprint (kg)
Transport	4,944kg
Food	2,409kg
Home	908kg
Purchases	635kg
Services	449kg

**Your footprint**  
**9,242 kg**  
of carbon emissions

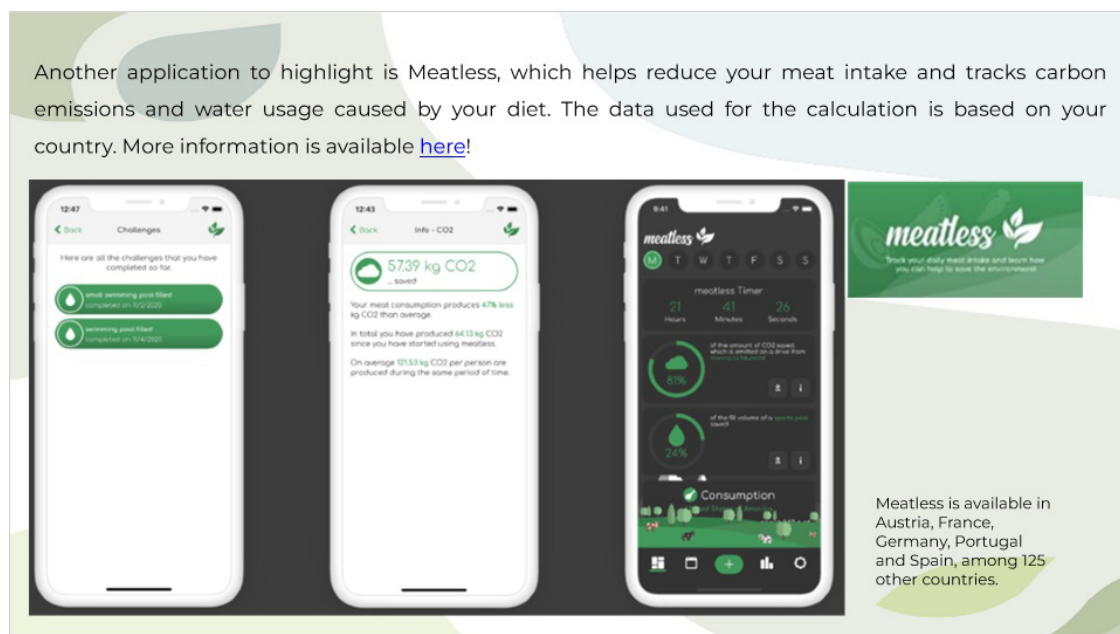
2,200kg more than national average

What's next?

### 5.1.7. Carbon footprint (5)

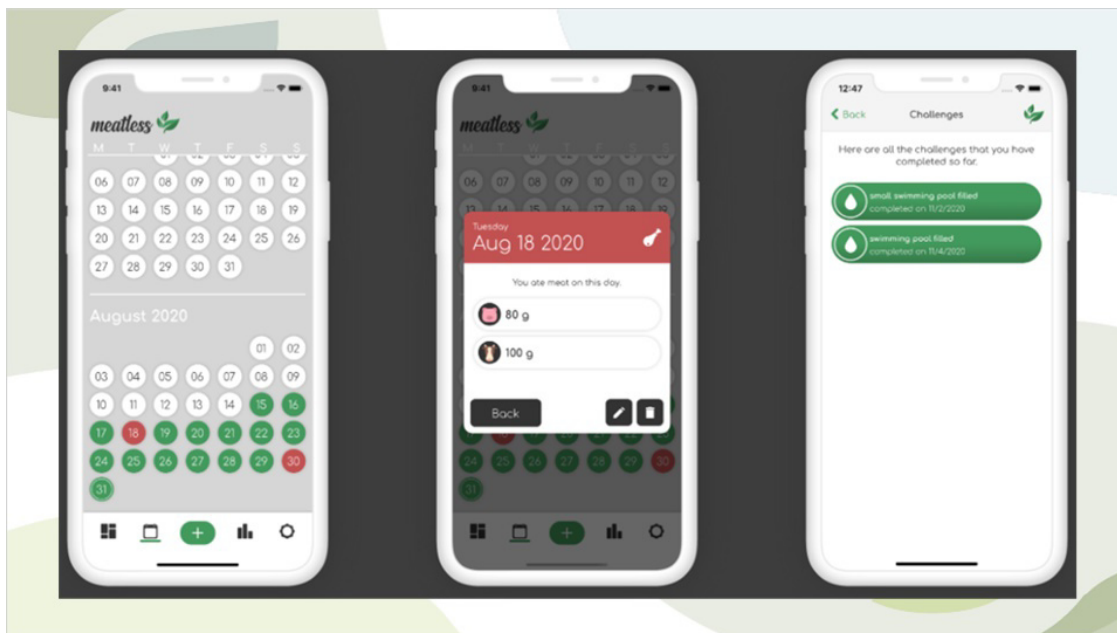


### 5.1.8 Meatless app (1)





## 5.1.9 Meatless app (2)



## 5.1.10 Carbon footprint (8)

### Carbon footprint

Other applications to estimate your carbon footprint are:

#### [UN Carbon footprint calculator](#)

- The UN Carbon Footprint Calculator determines your carbon footprint by considering various factors related to your household, including energy consumption, transportation methods, flights, daily commuting, waste management, and diet. The website of the United Nations is available in English, French and Spanish.

#### [Global footprint network](#)

- The calculator developed by the Global Footprint Network quantifies CO<sub>2</sub> emissions by assessing the resource requirements of individuals, governments, and businesses relative to the Earth's capacity for natural regeneration. This website is available in German, French, Spanish, Italian, Portuguese, Japanese, Indian and English.

For other examples of carbon footprint calculators, please visit R1 training content of SEN4CE.



## 5.1.11 Other applications

### Other applications related to responsible use of resources

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

[Cotton Move \(1\)](#)[Cotton Move \(2\)](#)[Etiquettable \(1\)](#)[Etiquettable \(2\)](#)


### Cotton Move (1) (Slide Layer)

### Cotton Move (1)

Cotton Move develops circular textile products from recycling. They have the mission to reduce the negative reflection of textile and clothing production on the environment, reusing and recovering raw materials and natural resources in their manufacturing process. They believe that it is possible to transform fashion through Circular Design, valuing cotton fibres and respecting socio-environmental conformities.

The platform features are:

- Discard points.
- Points of sale of New Products with recycled fibres.
- Information about the steps of reverse logistics and the partners involved.
- Posts on Circular Economy practices in the Fashion sector.




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

[Cotton Move \(1\)](#)[Cotton Move \(2\)](#)[Etiquettable \(1\)](#)[Etiquettable \(2\)](#)



## Cotton Move (2) (Slide Layer)



More information is available [here!](#)

Cotton Move is available in Brazil.

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


Cotton Move (1)	Cotton Move (2)	Etiquettable (1)	Etiquettable (2)
-----------------	-----------------	------------------	------------------

## Etiquettable (1) (Slide Layer)

### Etiquettable (1)

Etiquettable is a free collaborative mobile application for sustainable food for all citizens. It includes 6 modules:

- Seasonal fruits and vegetables
- Endangered fish
- Low-carbon recipes
- Tips and information
- Committed restaurants
- Producers and stores



**Etiquettable®**

Etiquettable is available in France, Switzerland, Belgium, Quebec and Morocco.

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

Cotton Move (1)	Cotton Move (2)	Etiquettable (1)	Etiquettable (2)
-----------------	-----------------	------------------	------------------



## Etiquettable (2) (Slide Layer)

### Etiquettable (2)

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

Cotton Move (1)	Cotton Move (2)	Etiquettable (1)	Etiquettable (2)
-----------------	-----------------	------------------	------------------

## 5.1.12 References

### References

- Intergovernmental Panel on Climate Change (IPCC) - <https://www.ipcc.ch/>
- Food and Agriculture Organization of the United Nations (FAO) - <http://www.fao.org/home/en/>
- United Nations Water - <https://www.unwater.org/>
- United Nations Convention to Combat Desertification (UNCCD) - <https://www.unccd.int/>
- World Health Organization (WHO) - <https://www.who.int/>
- United Nations Environment Programme (UNEP) - <https://www.unep.org/>
- EPA, "Greenhouse Gas Emissions from a Typical Passenger Vehicle" - [Link](#)

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## 5.2 Scenario RUR

### 5.2.1 RUR: Scenario

### Scenario: Responsible Use of Resources

In this scenario, you will spend your day with your grandson **Tom**.  
The scenario takes place at your home.


Users can choose between correct and incorrect answers. Correct answers lead to further dialogue or feedback, while incorrect answers prompt the user to try again.

Key elements of the scenario include understanding the scenario, applying knowledge, and reflecting on feedback to improve.

Are you ready?

[Back to Menu](#)

Hi, I am looking forward to spending the day with you!



### 5.2.2 RUR: Scenario



Hello my dear grandson, what are you studying?

I have my science exam tomorrow about carbon footprint.

Can you explain to me what it is?

**You**







### 5.2.3 RUR: Scenario: Question 1

*(Pick One, 10 points, 1 attempt permitted)*

**What is the carbon footprint...**

Select one of the diamonds below carefully!



-  The number of gases that are emitted into the atmosphere because of our daily activities, the more the better for the environment.
-  The number of gases that are emitted into the atmosphere because of our daily activities, the lower it is, the better it is for the environment.
-  The number of gases that are emitted into the atmosphere because of our daily activities from industry, not from the general population.

### 5.2.4 RUR: Scenario



And how can I find out what emissions my activities produce?








## 5.2.5 RUR: Scenario: Question 2

*(Pick One, 10 points, 1 attempt permitted)*

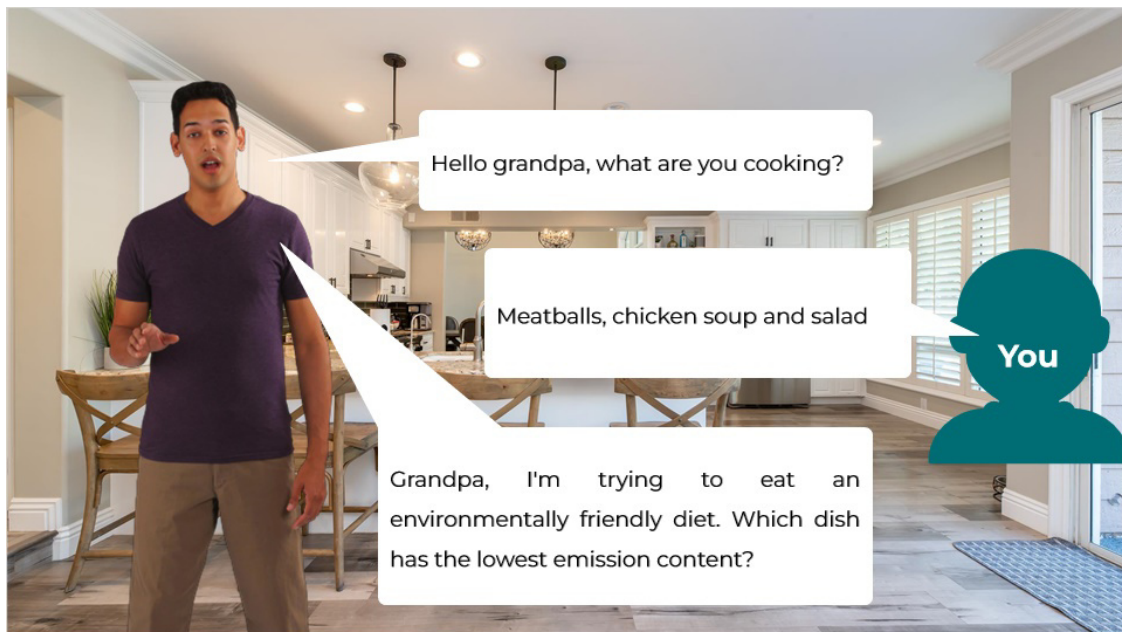
**Production of emissions...**

How can you find out what emissions your activities produce? Select one of the diamonds below carefully!



- ☐ Using applications and other platforms already created.
- ☐ It is not possible to differentiate the emissions of each activity.
- ☐ By mathematical calculations.

## 5.2.6 RUR: Scenario



Hello grandpa, what are you cooking?

Meatballs, chicken soup and salad


You

Grandpa, I'm trying to eat an environmentally friendly diet. Which dish has the lowest emission content?



### 5.2.7 RUR: Scenario: Question 3

(Pick One, 10 points, 1 attempt permitted)



1 2 3

**Multiple Choice - Which dish has the lowest emission content?**

1 Meatballs 2 Vegetable salad 3 Chicken soup

### 5.2.8 RUR: Scenario



My dear, what do you want for your birthday?

I would like some clothes; last year's clothes are almost gone.

Of course. Is there a special shop you like?

You

## 5.2.9 RUR: Scenario: Question 4

*(Pick One, 10 points, 1 attempt permitted)*

**Sustainable shopping...**

Which shop would you prefer? Select one of the diamonds below carefully as there is a right choice, a moderate one, and an incorrect option.



- ☐ Any local shop is valid.
- ☐ From a circular clothing shop (sustainable clothes shop, second-hand shop, etc.)
- ☐ From an online shop.

## 5.2.10 RUR: Scenario



Have you seen the workshop the council is organizing next week?

No, what is it?

A sustainable cooking workshop!

Sounds interesting. What will they explain?

**You**

### 5.2.11 RUR: Scenario: Question 5

*(Pick One, 10 points, 1 attempt permitted)*



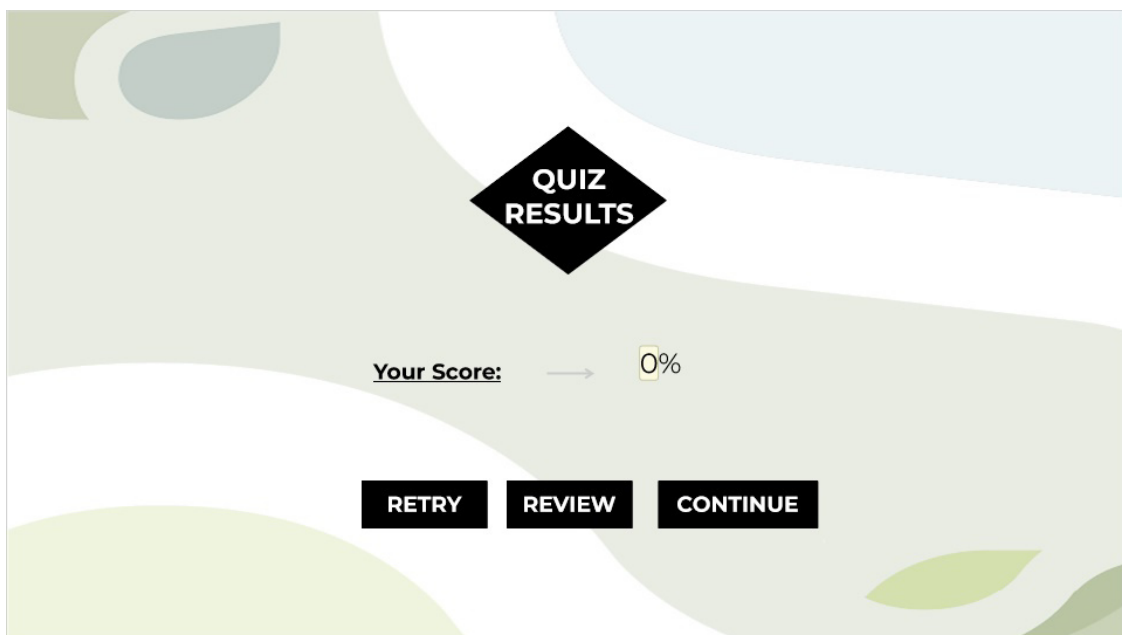
## Sustainable cooking

What is included in the topic of sustainable cooking? Select one of the diamonds below carefully.

- ☐ Sustainable recipes
- ☐ Waste reduction
- ☐ Selection of sustainable ingredients

### 5.2.12 RUR: Scenario (Quiz results)

*(Results Slide, 0 points, 1 attempt permitted)*



## QUIZ RESULTS

Your Score: → 0%

**RETRY** **REVIEW** **CONTINUE**



### 5.2.13 RUR: Scenario (SEN4CE Tree)

