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Eco-audit in the life of young people

The aim: Understand and analyze the impact of your daily habits on the environment, as well as develop recommendations for a more ecologically friendly lifestyle.

Task steps:

Data collection:

Each student conducts an analysis of his daily habits. The following areas should be analyzed:

- Energy consumption (electricity, heating, air conditioning).
- Water consumption.
- Use of transport (how to move - on foot, by bicycle, public transport, car).
- Food consumption (e.g. consumption of meat and dairy products, use of local products).
- Waste management (waste sorting, reuse, recycling).
- Shopping habits (choice of sustainable products, use of packaging).

Data analysis:

Create a table or graph showing how much resources are consumed in each of the areas mentioned.

Eco audit development:

Assess in which areas your habits are least and most environmentally friendly. Identify opportunities to reduce negative environmental impacts. For example, energy saving methods, reducing water consumption, switching to public transport, choosing environmentally friendly products, etc.

Development of an action plan:

Each student develops a personal action plan that includes specific steps on how he/she intends to improve his/her lifestyle to be more environmentally friendly.

Presentation:

Each student prepares and presents his eco-audit and action plan to the class or group. The presentation should include key findings, recommendations and planned actions.

Task result:

Young people gain a deeper understanding of their daily habits and their impact on the environment, and develop practical steps to live more ecologically.