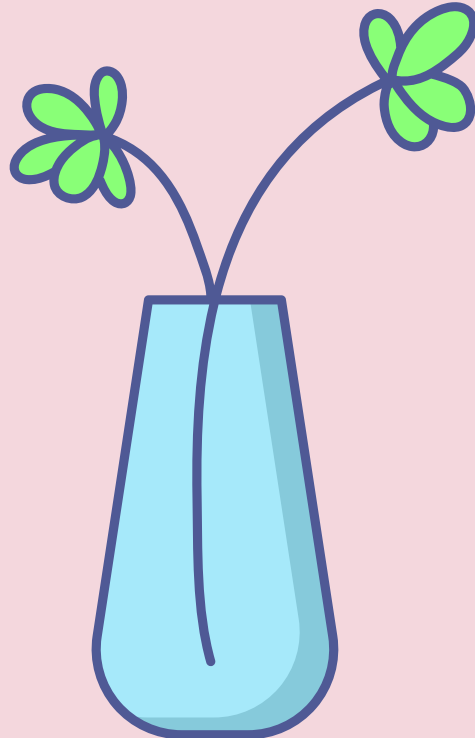


EXERCISE 10 - DESIGNING AN ECO-ROOM



Co-funded by
the European Union

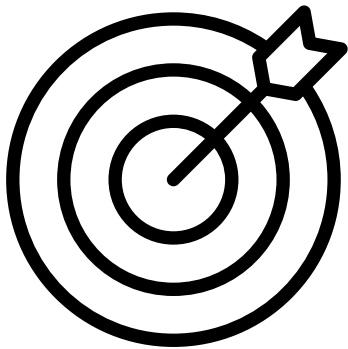


GREEN
INDUSTRY
FOUNDATION

BAB
HUSKY



FERI



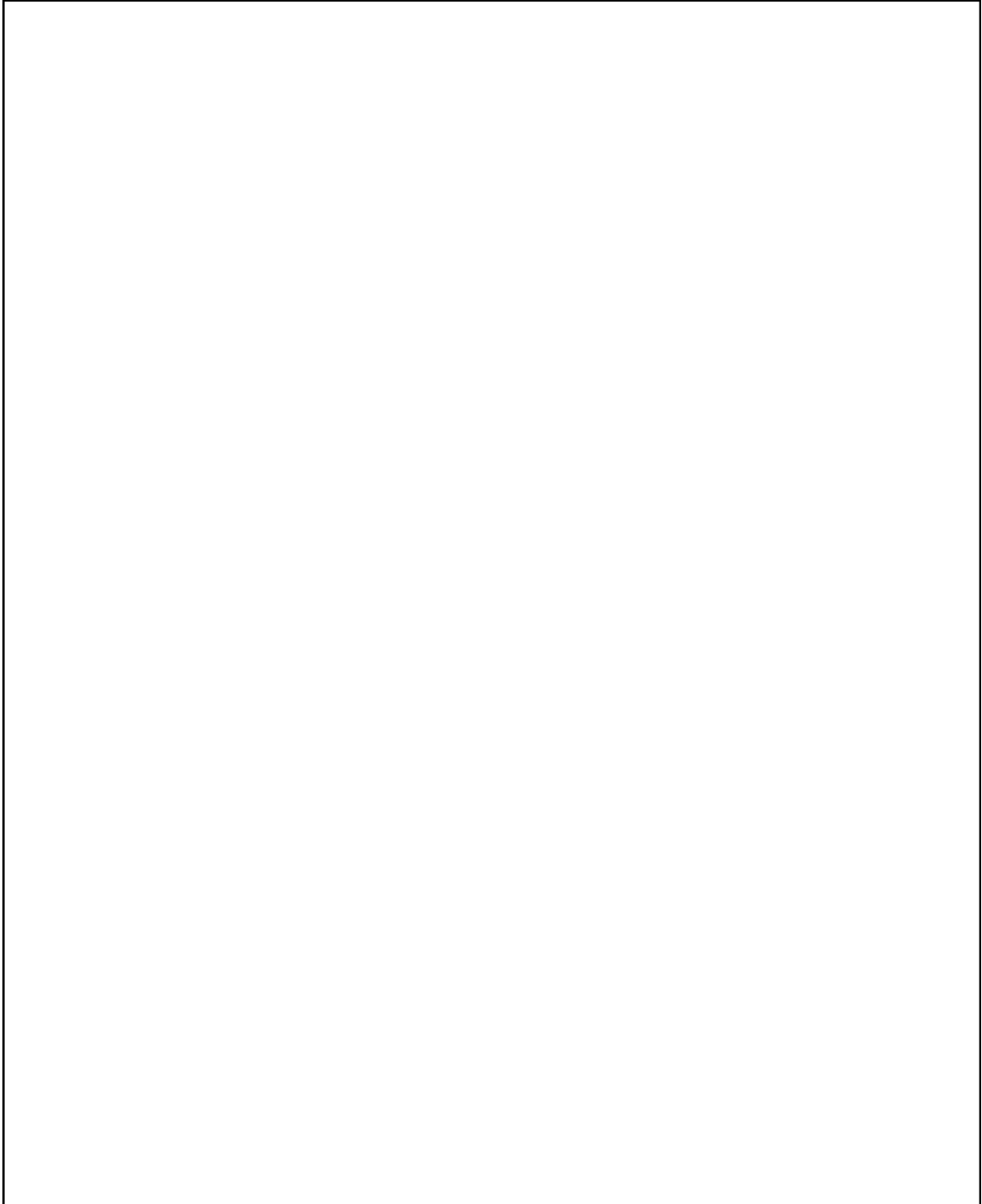
Goal of the exercise

This exercise aims to help young people understand how to incorporate ecological principles into their daily lives by designing their room according to sustainable development principles.

Start by considering what your current room looks like—draw it. What changes can be made to make it more environmentally friendly?

A large, empty rectangular box with a thin black border, intended for drawing a current room and suggesting eco-friendly changes.

Create a plan for your eco-room:

A large, empty rectangular box with a thin black border, intended for the user to draw their eco-room plan.

Can you use old furniture and refurbish it? Perhaps repainting it or adding new elements made from recycled materials?

Lighting – Think about energy-efficient lighting—use LED bulbs and try to maximize natural light.

Plants – Add plants that will not only beautify the room but also improve air quality.

Minimalism – Consider how to organize the space to reduce the number of unnecessary items.

Develop a sketch or description of your eco-room.

Consider:

What materials and technologies can you use to make your room more eco-friendly?

How will these changes affect your daily life (e.g., better air quality, energy savings)?

Project Presentation – Present your eco-room and explain the changes you made. Describe how your room supports a sustainable lifestyle.



Supporting questions:



What recycled items or renewable materials could be used in your room?



What simple changes could help save energy and resources?



What decorations or interior elements could contribute to improving quality of life and the environment?