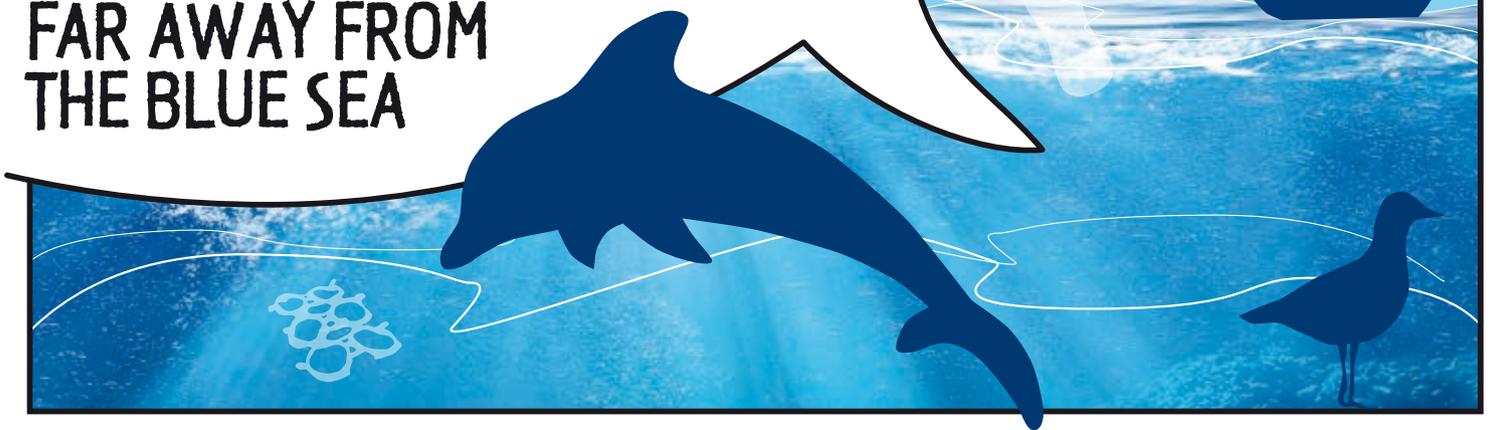
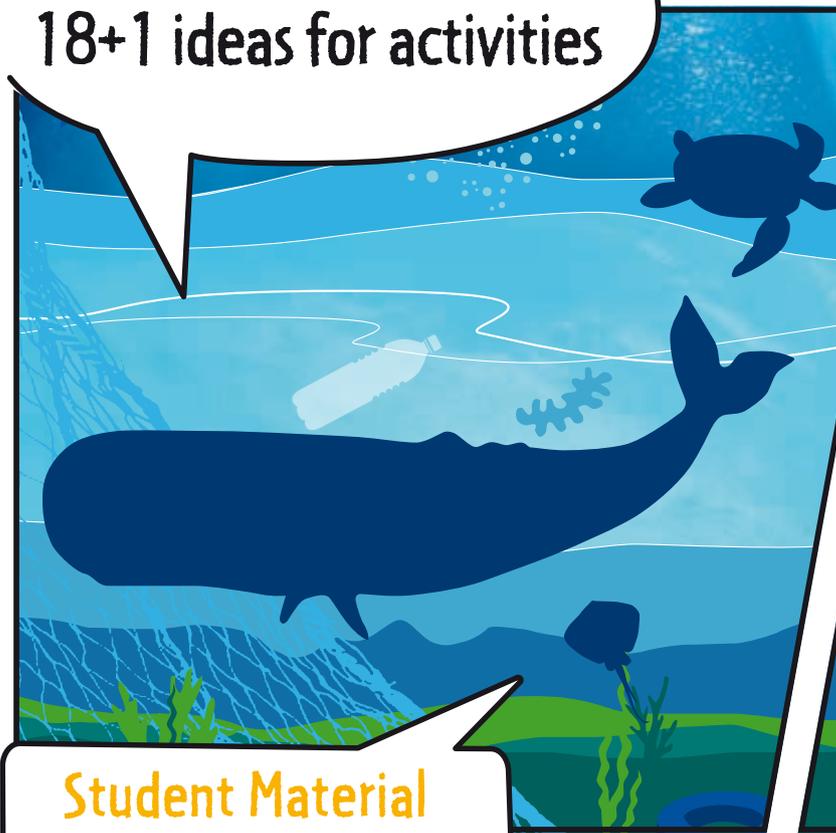


# PLASTIC WASTE? INTO THE RECYCLING BIN!

FAR AWAY FROM  
THE BLUE SEA



18+1 ideas for activities



Students make  
plastics recycling  
part of their  
daily life

Student Material

AN 'EDUCATION FOR SUSTAINABLE DEVELOPMENT' PROGRAM  
COORDINATED BY THE MEDIES NETWORK  
AND THE HELLENIC RECOVERY RECYCLING CORPORATION

The Program is implemented mainly on islands and in coastal areas  
in cooperation with the local municipalities.



# PLASTIC WASTE? INTO THE RECYCLING BIN! FAR AWAY FROM THE BLUE SEA

## Contents

Activity	1	RECORD-KEEPER FOR A WEEK...6-7
"	2	MY 'TOP 10'...8-9
"	3	HOW DOES PLASTIC WASTE END UP IN THE SEA AND ON OUR COASTS?...10-11
"	4	HOW LONG DOES IT LAST UNDERWATER?...12-13
"	5	HOW IS IT A THREAT TO ANIMALS?...14-15
"	6	IMPACTS OF PLASTIC WASTE ON HUMANS...16-17
"	7	THE PROPERTIES OF PLASTICS...18-19
"	8	HOW ADVANTAGES TURN INTO THREATS...20-21
"	9	NOT ALL PLASTICS ARE THE SAME...22-23
"	10	MICROPLASTICS...24-25
"	11	MAKING SENSE OF MARKS AND LABELS ON PACKAGING...26-27
"	12	PRIORITIZING ACTIONS...28-29
"	13	SORTING AND RECYCLING...30-31
"	14	MISTAKES IN THE WAY WE SORT OUR WASTE...32-33
"	15	FROM A LINEAR TO A CIRCULAR APPROACH...34-35
"	16	THE EUROPEAN UNION AND SINGLE-USE PLASTICS...36-37
"	17	A PERSONAL ACTION PLAN...38-39
"	18	AN ACTION PLAN FOR MY SCHOOL...40-41
"	+1	THE SUSTAINABLE DEVELOPMENT GOALS...42-43
Appendix		WHAT GOES INTO THE RECYCLING BIN...44
		ANSWERS – USEFUL LINKS...45

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## 18+1 ideas for activities – Student Material



The **Student Material** in your hands aims to encourage the proper management of plastic waste. Many plastic items end up as litter in the sea and on coasts because we do not manage them correctly.

The Mediterranean Sea is located where Europe, Africa and western Asia meet. As its name indicates, it is almost completely enclosed by land making it a unique eco-region. Its waters host an impressive number of marine species, making it one of the world's biodiversity hotspots.

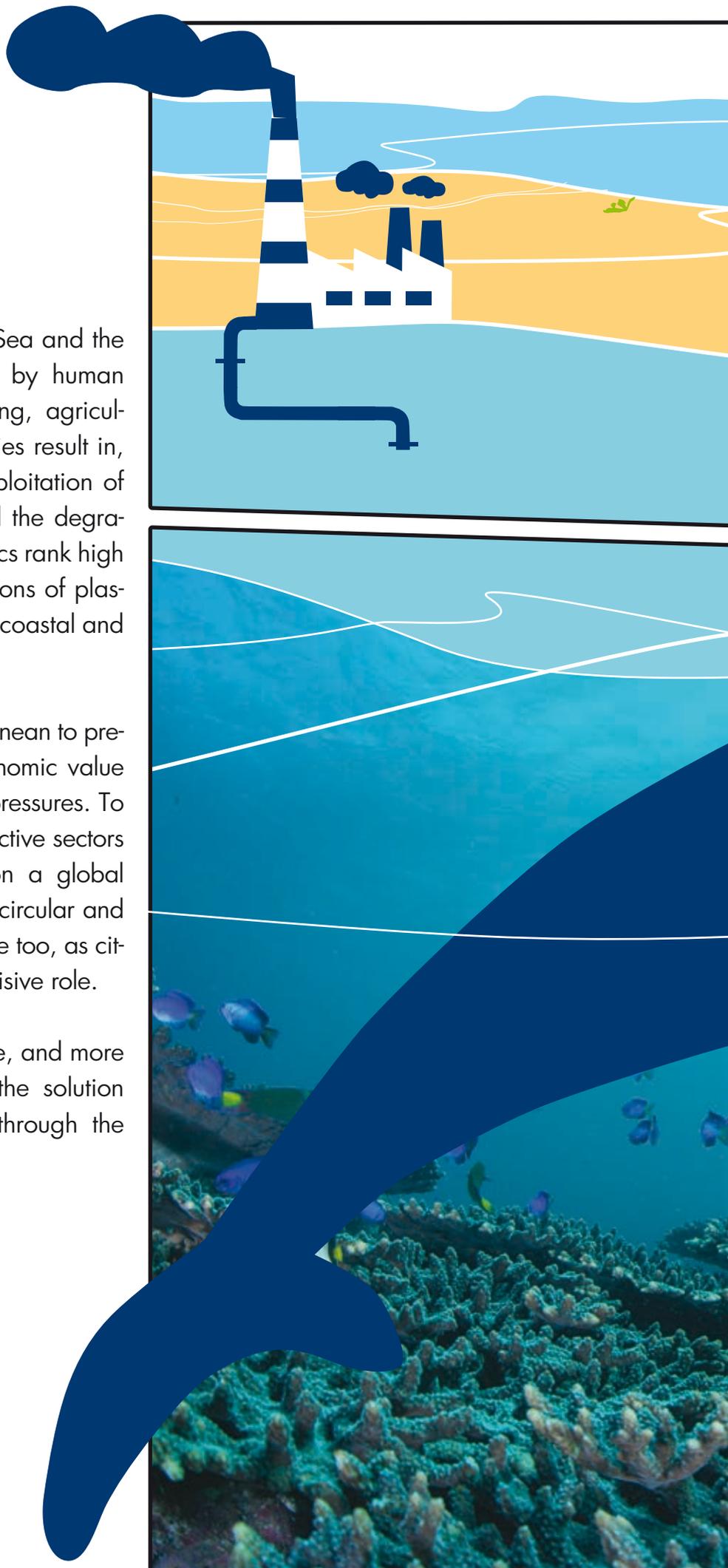
More than 500 million people live in the countries surrounding the Mediterranean Sea and more than 350 million tourists come to visit each year to enjoy its clear blue waters, significantly contributing to the economies of the region.

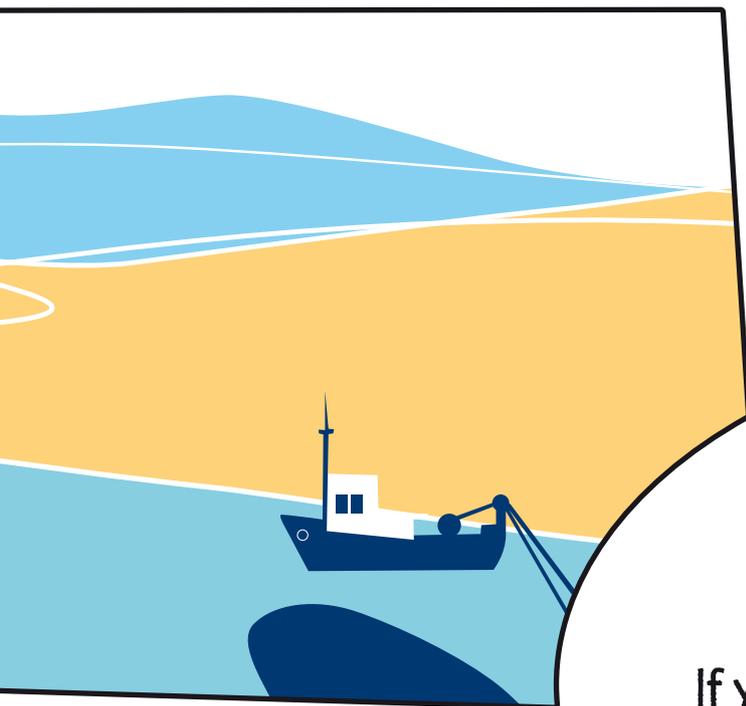
**PLASTIC WASTE?  
INTO THE RECYCLING BIN!  
FAR AWAY FROM THE BLUE SEA**  
18+1 ideas for activities – Student Material

However, the Mediterranean Sea and the species it hosts are threatened by human activities, such as tourism, fishing, agriculture, and shipping. These activities result in, among other things, the overexploitation of marine resources, pollution, and the degradation and loss of habitats. Plastics rank high among pollutants. Hundreds of tons of plastics end up in the Mediterranean coastal and marine environment every day.

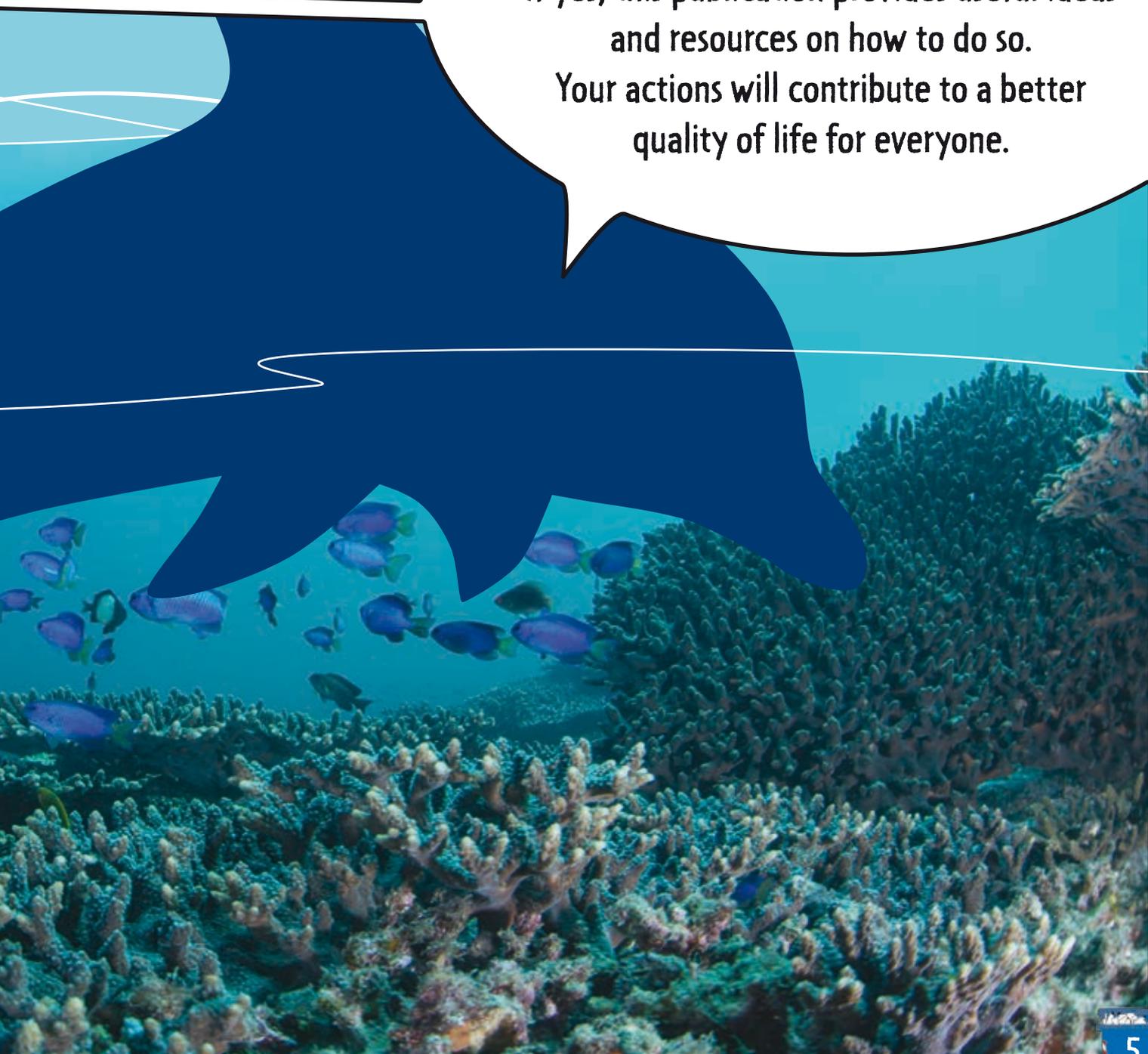
A prerequisite for the Mediterranean to preserve its environmental and economic value is to drastically reduce all these pressures. To this end, governments and productive sectors must improve growth models on a global and national level, and adopt a circular and green economy approach. But we too, as citizens and consumers, play a decisive role.

When it comes to plastic waste, and more specifically single-use plastics, the solution is largely in our own hands, through the choices we make.





Do you want to help change how people behave, so that the blue Mediterranean is kept free of plastic? If yes, this publication provides useful ideas and resources on how to do so. Your actions will contribute to a better quality of life for everyone.



## Activity 1

# RECORD-KEEPER FOR A WEEK

Over a period of one week, sort your home waste into categories and use a scale to record their weight. Each category should correspond to a different type of bin:



### RECYCLING BIN

Recyclable packaging, such as plastic and glass objects, bottles, cardboard boxes, etc. See what goes into the recycling bin on page 44.



### GLASS WASTE BIN

This is where we dispose of glass bottles that contained wine, alcohol, oil, perfume or cologne, medicine, jams, pickles, etc. The following items may not be disposed of in the GLASS WASTE BIN: drinking glasses and tumblers, crockery, mugs, shards from mirrors or windows, light bulbs or glass that contains lead (crystal).



### COMPOST BIN

Compostable material, such as vegetable (kitchen) waste, pruning and garden waste, etc. Even if you do not have such bins in your municipality, learn what goes into a compost bin on page 45.



### GENERAL WASTE BIN

All non-recyclable and non-biodegradable regular waste, such as food scraps (which don't go into the COMPOST BIN), old clothes that cannot be recycled, soiled pizza boxes, Styrofoam, wooden objects, leather, etc.



### SPECIALISED BINS

Anything that doesn't go into the other bins and also requires special handling, such as batteries, light bulbs, medical waste, clothing, bulky items, kitchen appliances, electronic waste, etc.

## RECYCLING BIN

I discarded

.....  
.....  
.....  
.....  
.....  
.....

Total Weight: .....

## GLASS WASTE BIN\*

I discarded

.....  
.....  
.....  
.....  
.....

Total Weight: .....

## COMPOST BIN\*\*

I discarded

.....  
.....  
.....  
.....  
.....  
.....

Total Weight: .....

## GENERAL WASTE BIN

.....  
.....  
.....  
.....

Total Weight: .....

**OTHER** (special handling):

.....  
.....  
.....  
.....

Total Weight: .....

- What is your conclusion from the weights you recorded?
- Is there something you could have not thrown away?
- Keep all the plastic items separate from the other waste. You may be surprised by the quantity of single-use plastics you consume!

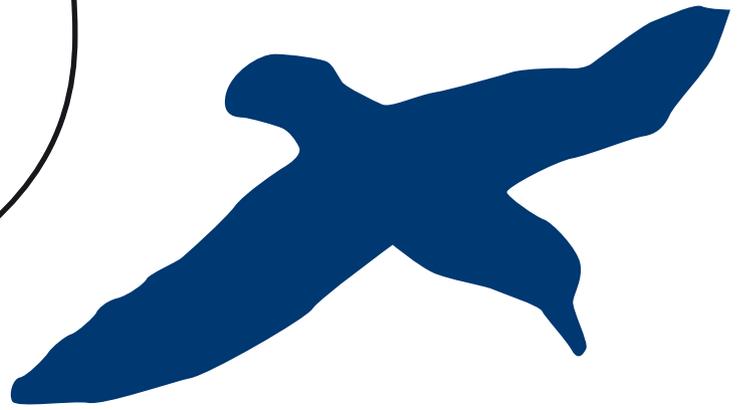
\* If not available, use the recycling bin

\*\*If available

Where does the vegetable (kitchen) waste usually end up if we don't have compost bins in our municipality?

What other options are there for managing compostable waste?

## Activity **2** MY 'TOP 10'



With your class, friends or family organize a litter survey or clean up activity at a nearby beach, wetland, park, stream or river.

You will need gloves, rubbish bags, a hat, sun screen and the Marine LitterWatch mobile application to monitor, identify and report marine litter items found on beaches.

<https://marinelitterwatch.discomap.eea.europa.eu/>

During a pandemic you have to be even more careful.



Based on your survey results fill out your TOP 10 waste items.

LOCATION: .....  
DATE: .....

**MY TOP 10::**

- 1 .....
  - 2 .....
  - 3 .....
  - 4 .....
  - 5 .....
  - 6 .....
  - 7 .....
  - 8 .....
  - 9 .....
  - 10 .....
- .....

Are you surprised to see some of the items on your list?  
Did you recently use any of them?  
How many of your TOP 10 items are single-use plastics?



Φωτ. Β. Ψαλλιδάς

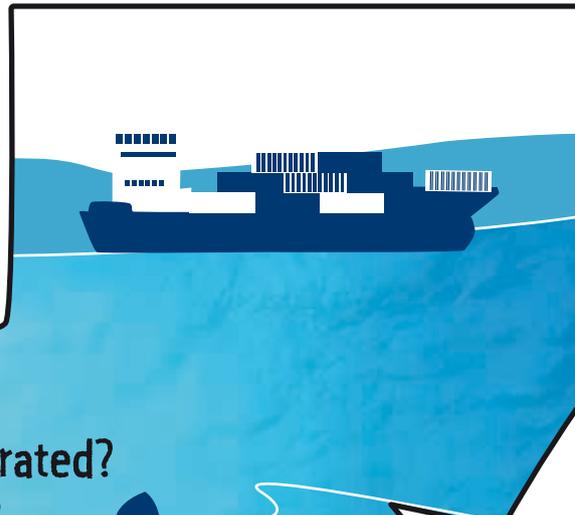


**How is your TOP 10 different from that of your country's TOP 10 or the European TOP 10\*?  
How do you explain this?**

\* Marine Litter Watch (European Environment Agency -EEA), page 45

# Activity 3

## HOW DOES PLASTIC WASTE END UP IN THE SEA AND ON OUR COASTS?



Can you think of where plastic waste is generated?  
How does it end up on coasts and in the sea?

Are the main sources of plastic waste located at sea or on land?

Why is it important to keep rivers and streams clean?



For each of the below sources, list 2 possible plastic items that might end up in the sea due to a wrong practice.

Point/ Source	Waste	Wrong Practice
Home/household	1. 2.	
Family bathroom/WC		
Factory		
Shop		
Greenhouse or other agricultural activity		
Fishing boat		
Aquaculture operation		
Swimmer or beachgoer		
Recreational craft (yacht or sailing boat)		
Large ship (passenger or cargo)		
Trekker		
Pedestrian or driver far from the sea		
Illegal landfill		
My school yard		

For every “wrong practice”, think of an alternative “good practice”.

The deeper causes of the problem are inadequate waste management, lack of understanding of the problem’s complexity, and our own indifference and irresponsibility.



Activity **4**

# HOW LONG DOES IT LAST UNDERWATER?

**6**  
weeks

**2**  
months

**up to 5**  
years



**Cigarette butt**

(photo by V. Psallidas)



**Baby diaper**

(photo by M. Pateraki)

**200**  
years



**Newspaper**

(photo by M. Pateraki)

**450**  
years



**Apple core**

(photo El. Halkiadakis)

Place the items in the correct position based on their estimated time of decomposition at sea (draw a line from the object to the estimated time of decomposition).



**Glass bottle**

(photo by K. Ladas)



**Aluminum can**

(photo by K. Ladas)

**10-20  
years**



**Plastic bottle**

(photo by V. Psallidas)

**50  
years**



**Fishing line**

(photo by K. Ladas)



**Tin can**

(photo by K. Ladas)

**600  
years**

**Indefinite**

**Styrofoam cup**

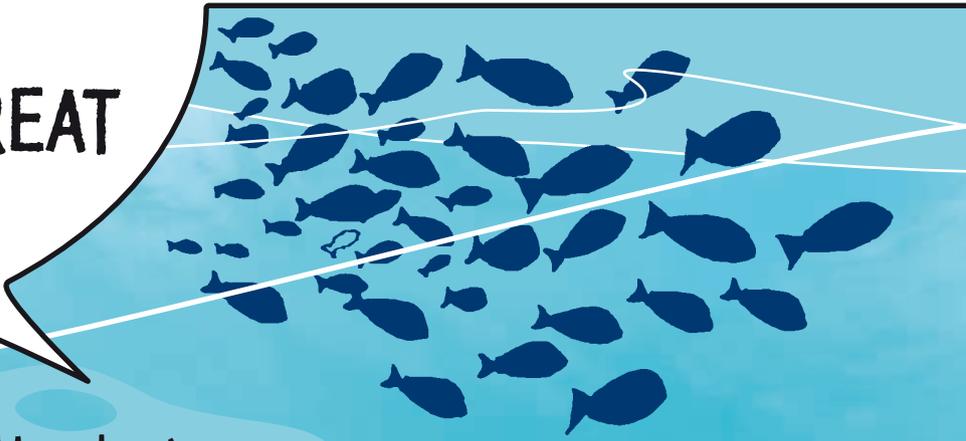
(photo El. Halkiadakis)



**Lightweight shopping bag**

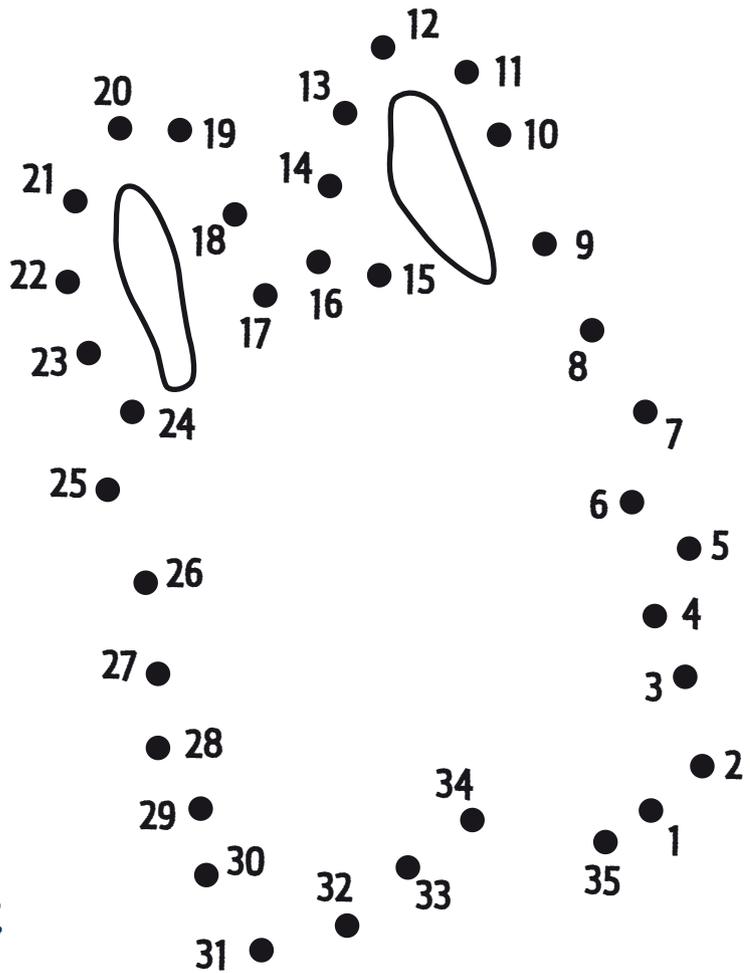
Activity **5**

# HOW IS IT A THREAT TO ANIMALS?



Animals are threatened by plastic waste, mainly because they get entangled or trapped in it or swallow it.

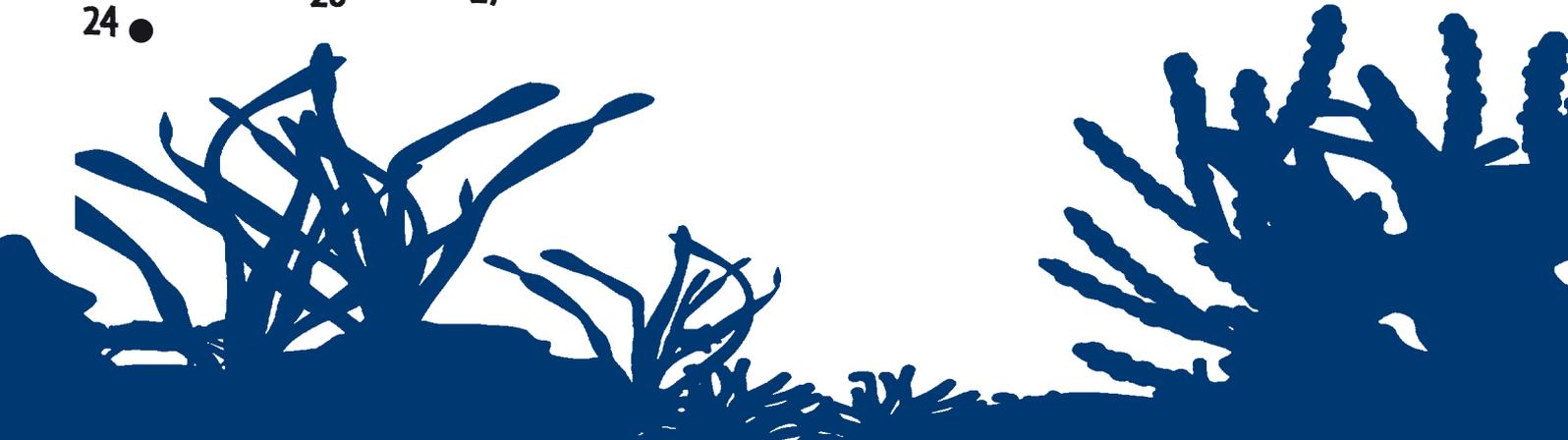
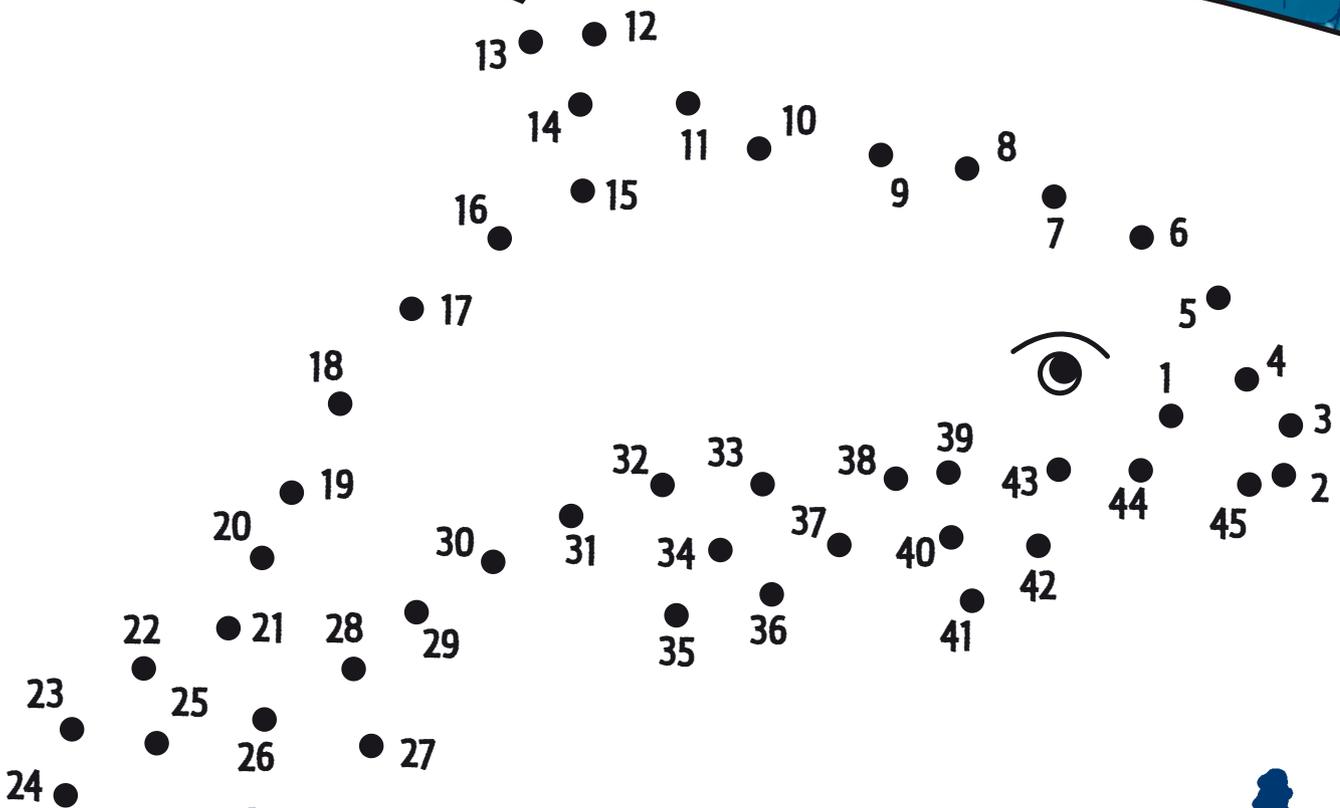
Connect the dots and find out what the turtle is about to eat!



**Danger lurks!**  
From large mammals, to fish and seabirds...



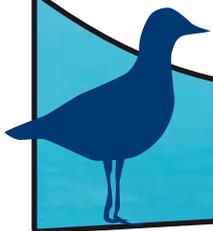
Connect the dots  
and discover what is trapped  
in the ghost net!



.... to benthic creatures, all marine life is threatened  
by marine litter in one way or another.

# Activity 6

## ITS IMPACT ON PEOPLE



What could these people be thinking?

What are your thoughts looking at these photos?

.....

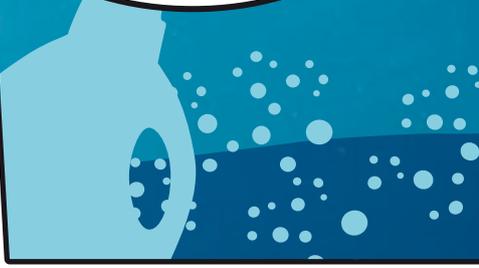
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(photo by K. Iadadas)



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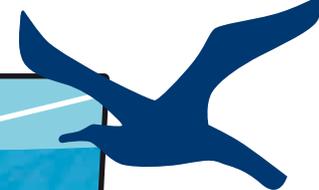
(photo by V. Psallidas)

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(photo by V. Psallidas)



(photo by V. Psallidas)



(photo by M. Pateraki)



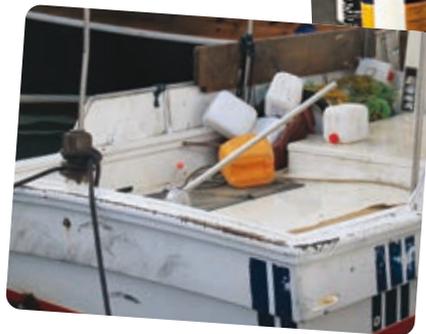
(photo by V. Psallidas)

.....  
.....  
.....  
.....

## Activity 7

# THE PROPERTIES OF PLASTICS

Although invented relatively recently, plastics have within just a few decades overwhelmed the planet. They are used in countless applications and products.



What are the advantages of the above items that we rely on?

They weigh very little - **LIGHTWEIGHT**

They are relatively **INERT** materials

They cost very little to produce - **CHEAP**

They are not permeated by water or air - **IMPERMEABLE**

Many of them are **RECYCLABLE**

They are long lasting - **DURABLE**

They are poor electricity conductors - **INSULATORS**

They are easy to bend and shape, and can be flexible or rigid - **MOLDABLE**

Many return to their original shape after pressure is relieved - **ELASTIC**

They are **RESISTANT** to breaking



Draw a plastic item that you use often.  
What are its advantages?

.....

.....

# Activity 8

## HOW ADVANTAGES TURN INTO THREATS

Some positive properties of plastics turn into disadvantages if we do not manage them correctly after their use ... They even threaten marine life once they end up in the sea or on coasts!

Density of plastic items (kg/m<sup>3</sup>)

1.00



See how the advantages of a plastic bag can become threats.

1.05



1.10



1.15



1.20



PROPERTIES

THREATS

1.25



It is **DURABLE**

It will take decades to decompose in the marine environment. As long as it exists it is a threat to turtles, fish, seals, cetaceans, birds, and other species. They may swallow it, get trapped in it, be injured by it, while other species, like seaweed, may be covered by it, obstructing their oxygenation.

1.30



It is **LIGHT**

It is easily carried away by the wind and the waves. It may float in the sea for years before starting to decompose and break up into smaller and smaller pieces.

1.35



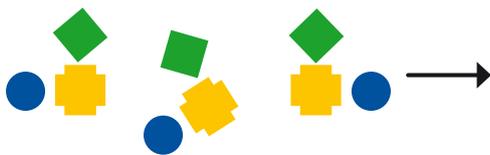


## Activity 9

# NOT ALL PLASTICS ARE THE SAME



Most plastics are petroleum-based organic polymers: their molecules consist of long chains of repeated smaller molecules (monomers). Think of them as pearl necklaces or trains with a lot of identical carriages.



How many different polymers have humans created to this day?

- A. About 100
- B. About 1.000
- C. About 10.000

There are 7 types of plastics that are most widely used in packaging. (see Activity 11, page 27).

# NATURE ALSO PRODUCES POLYMERS

Match the natural polymers:

1. Rubber

I

It is produced by processing the juices of the tropical Hevea tree. It was widely used prior to synthetic plastic

2. Resin

II

A basic structural protein found in animal hair, claws, feathers, horns, and hooves

3. Keratin

III

A thick, sticky liquid secreted by certain conifers and collected via an incision in their bark

## SYNTHETIC POLYMERS AT HOME

Look for and record synthetic plastics in five (5) different uses at home:

**Object:**

Dish washing soap container

**Plastic:**

PET

**Properties:**

Lightweight, impermeable, maintains the aroma of the soap

.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....



## Activity 10

# MICROPLASTICS

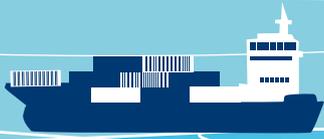
When plastics are left exposed to the natural elements for a long period of time, they start to disintegrate. Solar radiation, waves, the wind, all contribute to their fragmentation into smaller and smaller pieces. When these pieces become smaller than 5 millimeters, they are characterized as “microplastics”, some of which may not be visible to the naked eye.



Pellets, the raw material used to manufacture plastic products and packaging, are also microplastics. They are microbeads also known as “mermaids’ tears”. They end up in waterways, the sea or on beaches due to negligence or by accident.

**We find microplastics (diameter <5mm) on almost all Mediterranean beaches!**

Match the items on the right with the explanation of how we find them as microplastics in waterways, on shores and in the sea.



1. Large plastic items

2. Cosmetics with microplastics

3. Synthetic fabrics

4. Industrial pellets

5. Car tyres

I Through their use

II When washed, microfibres are released

III Due to wear and tear every time we brake

IV From accidents during their transportation to/from the factory

V From their fragmentation into smaller and smaller pieces

## MICROPLASTICS AT THE BEACH

Trace a 1mX1m square on a sandy beach close to the winter shoreline (where seaweed, wood, etc. collects).

Use a sieve to collect the microplastics that are in the sand of your square meter and put them in a jar.

**You will need:** A tape measure, string, 4 posts, a fine sieve/strainer or tulle, containers for the collection.

Take a photo of your jar and upload it here:

<https://bit.ly/3w4MhvZ>

Can you identify the original item of some of the pieces?

How can you raise awareness among the adults you know regarding your findings?

## Activity 11

# MAKING SENSE OF MARKS AND LABELS ON PACKAGING

Have you taken a closer look at the symbols on the packaging of the products you use?

They may not make much sense to you, but we will help you figure them out.

## WHAT DO THE MARKS AND LABELS ON PACKAGING MEAN?

Tick the symbols  that could also apply to plastics.



Product suitable for recycling. This does not mean that the packaging was made from recycled materials.



Glass containers. The symbol encourages their recycling in the dedicated bins.



Product suitable for recycling. It also contains recycled material in the indicated percentage.



A label of environmental excellence that is awarded to products and services meeting high environmental standards throughout their life-cycle.



This symbol does not necessarily mean that the product is recyclable. The producer contributes to a packaging recovery scheme.



This symbol is not linked to recycling. It reminds consumers to be tidy and dispose of items appropriately.



Product made from recyclable aluminium.



Product expiry date (or best before date).



Wood based products from forests that are well managed.



This indicates how long a product remains fit for consumption and use after it is opened (usually indicated in months, e.g. 6M).



Electric and electronic devices. They must be recycled separately and not be discarded in other bins.

*Soon there will be a new symbol to indicate that the packaging can be returned within a deposit-refund system.*

There are 7 types of plastic that are most widely used in packaging. Contrary to what many people believe, not all are as easy to recycle.

## SPECIAL MARKINGS FOR PLASTIC



PET

Polyethylene for water bottles, soda bottles, etc. Easily recycled.



HDPE

Polyethylene for water bottles, soda bottles, etc. Easily recycled.



PVC

PVC for wire insulation and pipes. Harder to recycle than the others. If burned, it releases toxic substances.



LDPE

Low density polyethylene for dry cleaning bags, frozen food bags, six-pack rings. Recyclable.



PP

Polypropylene for dishware, medicine bottles, bottle caps. Easily recycled.



PS

Polystyrene in single-use plastics. Hard to recycle.



OTHER

Multilayer plastic that falls under none of the above categories. Usually difficult to recycle.

**RED** Very difficult to recycle

**ORANGE** Usually difficult

**GREEN** Usually easy

Activity **12**

# PRIORITIZING ACTIONS

Each of the cards below presents a personal action to tackle the problem of marine plastic litter. Add your own ideas on the empty ones.

**I REPLACE**

.....  
.....  
.....  
.....

**I RECYCLE  
CORRECTLY**

**I PARTICIPATE  
IN CLEAN-UPS**

Sort the cards (including your own) in order of importance, from the most (1) to least impactful or important.

Compare your prioritisation to that of a classmate's and discuss your differences. You can change the order of your cards after your discussion or add other possible actions you hadn't thought of.

.....  
.....  
.....  
.....

**I REUSE**

**I WRITE A LETTER  
TO A COMPANY ASKING  
FOR ENVIRONMENTALLY  
FRIENDLY PACKAGING**

**I REDUCE  
MY CONSUMPTION  
OF SINGLE-USE  
PLASTICS**

# Activity 13

## SORTING AND RECYCLING

Good waste management through proper sorting and recycling significantly contributes to waste not ending up in the sea and on beaches (see Activity 2, page 8 and 9).

Do you know what goes into the recycling bin and what does not? Circle the items that do.

Electrical home appliances  
(e.g. hair dryer)

Yoghurt cup

Dolls - toys

Cardboard box

Sheets of A4 paper

Soft drink can/bottle  
(aluminum or plastic)

CDs/DVDs

Tin foil

Book

Plastic flower pot

Pizza box

Milk container  
(plastic, glass, or Tetrapack)

Light bulb

Old clothes

Batteries

Old notebook

Magazine

Scotch tape

Pen, marker

Food packaging

To remember "what goes where", take a look at the Appendix, page 44.

Kitchen scraps

Toothpaste tube

Wrapping paper

Kitchen roll

Sort the waste of the previous page and place them in the corresponding bin.

RECYCLING BIN



GLASS WASTE BIN\*



COMPOSTING BIN\*



GENERAL WASTE BIN



OTHER STREAM



Tins

Newspaper

Soil

Which and how many of these bins does your school have?

\* Where available

Activity **14**

# MISTAKES IN THE WAY WE RECYCLE

Although we know a lot about sorting and recycling, we often make mistakes.

Identify the errors in the photographs below and discuss them in class or with your family and friends.



Wrong practice:

.....

.....

.....

.....

.....

Wrong practice:

.....

.....

.....

.....

.....

**To avoid mistakes we should remember that: We never throw ordinary garbage in the recycling bin. We make sure to empty containers of any contents.**

Wrong practice:

.....

.....

.....

.....

.....

.....

.....



Wrong practice:

.....

.....

.....

.....

.....

.....

**We dispose of materials in the recycling bin without placing them in bags and we flatten and fold cardboard boxes. If the bin is full, we use another one or try again the following day.**

## Activity 15

# FROM A LINEAR TO A CIRCULAR APPROACH

## TARGET: "ZERO" WASTE

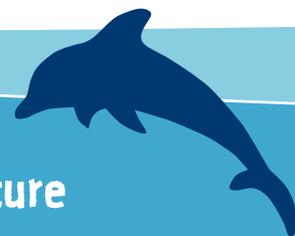
**The diagrams on the opposite page show the differences between a linear and a circular economy. How a plastic bottle is produced and what the stages of its life cycle are.**

Circular economy tries to imitate the natural bio-cycles that have existed on Earth for billions of years.

Circular economy is a financial model that aims at eradicating waste and avoiding natural resource depletion. Circular economy is expected to be much more sustainable than our present linear economic/productive model.

When we use fewer and fewer new natural resources and minimize our waste, we save resources and contribute to the reduction of environmental pollution, including marine pollution. Apart from the benefits to the environment, economic prosperity is enhanced and many new jobs are created.

**Within a circular economy, the waste or sub/by-products derived from the manufacture of one product are used as raw material for another product.**



**A lot must change by 2030. Do production systems need to become circular instead of linear?**

**What's your opinion?** .....

.....

.....

## Linear economy / production



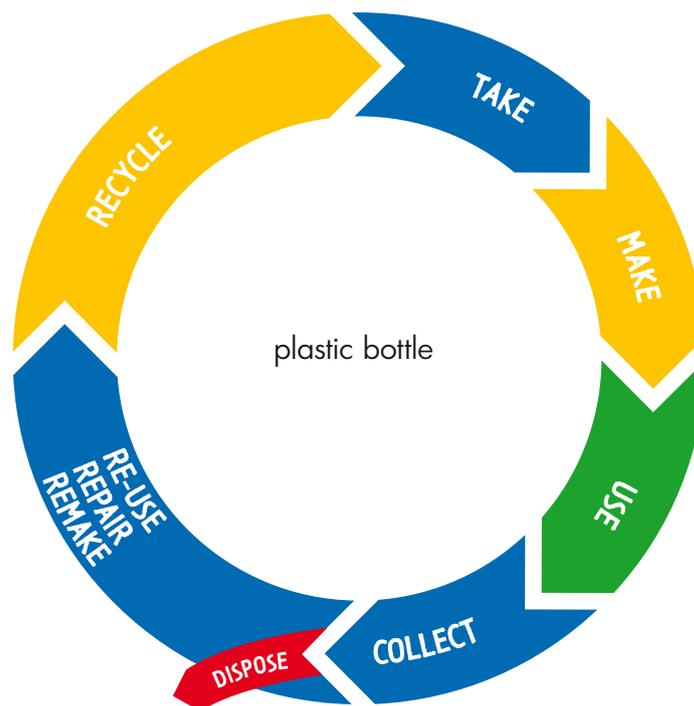
**TAKE** Draw oil or natural resources from agriculture

**MAKE** Refine oil, produce synthetic items, heat and produce bottles, fill with liquids/ bottle

**USE** Transport, sell, buy, use their contents

**DISPOSE** Discard the bottle and the cap in the garbage

## Circular economy / production



**TAKE** Draw oil or natural resources from agriculture

**MAKE** Refine oil, produce synthetic items, heat and produce bottles, fill with liquids/bottle

**USE** Transport, sell, buy, use their contents

**COLLECT** Collect, separate, discard in separate bins

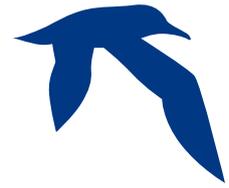
**RE-USE**  
**REPAIR**  
**REMAKE** } Use the bottle and cap for other uses  
Collect separately the bottles and caps and transport them to bottle and cap production plants, with simple processes and little energy

**RECYCLE** Produce other recyclable PET or HDPE plastic items (e.g. chairs) that are also recyclable

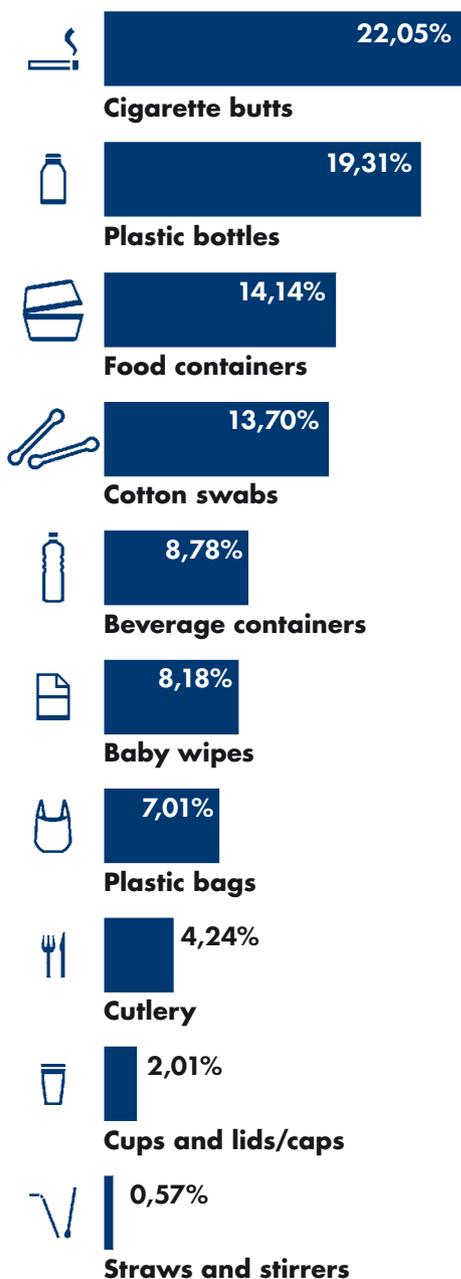
**DISPOSE** almost zero waste at this point since at the same time  
(1) product durability / life span is increased and  
(2) unnecessary consumption is reduced

## Activity 16

# THE EUROPEAN UNION AND SINGLE-USE PLASTICS



The TOP 10 marine litter items found on European beaches (single use plastic items)



Source: European Commission, 2016

## SOME OF THE EU COMMITMENTS ON PLASTICS

- As of 2021 the following will gradually be banned: single-use plates, cutlery, straws, drink stirrers, plastic cotton swabs, etc.
- For those products for which there are no immediate alternatives (e.g. certain types of food packaging), reduction targets will be set.
- Oxo-degradable plastics\* and polystyrene (PS) food packaging will be banned.
- PET\*\* beverage containers will be separately collected with a targeted rate of 90% by 2025 through e.g. deposit refund schemes. They will also contain recycled plastic.
- Clear and standardised labelling on baby wipes, sanitary towels, balloons, etc. will indicate how they should be disposed, their negative environmental impact, and the presence of plastics in them.
- Producers are to contribute to awareness-raising, cleanup, collection and waste treatment of cigarette butts and other plastic tobacco product filters.
- Producers will be required to cover the costs of plastic fishing gear collection from port reception facilities as well as its transport and treatment. They will also cover the costs of awareness-raising measures.

\* Oxo-degradable plastics are produced from conventional polymers (e.g. LDPE) with an additive in order to imitate biodegradation. They become microplastics.

\*\* Remember the PET, PS, etc. symbols in Activity 11, pages 26-27.

As you can see, the EU targets and measures for single-use plastics vary and include reduction, recycling, composition change, producer responsibility and awareness raising.

You can find more on relevant EU legislation in the Answers & Useful Links on page 45.

## SCHOOL AWARENESS CAMPAIGN

Form groups with your classmates and design posters to raise awareness in your school and local community, about the EU's Single-Use Plastics Directive.

Get inspired for your poster from other similar campaigns (see page 45).

What will be your key message or your slogan?  
You can make a collage of all the single-use plastics to be banned in 2021.

Organize an exhibition of all the posters at your school and invite parents, friends, businesses and authorities so that they too can be informed.

## Activity 17

# A PERSONAL ACTION PLAN

Conduct a survey on your personal behaviour: answer honestly the following questions and score your performance.

	3 points	2 points	1 point	0 points
How often do you forget to take a reusable water bottle with you?	Never	Sometimes	Often	Always
Do you use single-use plates and cutlery at your birthday party?	Never	Sometimes	Often	Always
How do you take your lunch to school?	In a reusable food container	Wrapped in tin foil	In a plastic bag	In plastic film
How often do you use a straw?	Never	Sometimes	Often	Always
How often do you forget to take a reusable bag when you go shopping?	Never	Sometimes	Often	Always
How often do you use products that contain glitter (e.g. markers)?	Never	Sometimes	Often	Always
When was the last time you tried to convince someone to replace single-use plastics with other products in their daily life?	Very recently	Some time ago	I don't remember, a long time ago	Never

**21 POINTS**

Well done!  
Marine life greatly appreciates your effort.

**15-20 POINTS**

You're on the right path! Keep supporting alternative solutions to single-use plastics.

**8-14 POINTS**

Rethink some of your habits; some of the products you are using will soon be banned.

**0-7 POINTS**

You have to try harder; there is still much you can do for an environment without plastic pollution.

Here are some ideas to improve your score:

I replace a single-use item I use often with a reusable one!

I re-use items several times before throwing them away!

I learn to sort my waste correctly and recycle properly!\*

I discuss with others about the importance of reducing single-use plastics.

What arguments do I use to convince others?

I write a letter asking a producer to re-think the packaging of their products.

Do you have any other ideas? .....

**Commit to changing a habit and record your progress and thoughts in a diary for at least a week. At the end of the week decide if you will continue, if you will give up, or if you will be ambitious and commit to changing even more habits.**

**Finish the sentence**

I commit to .....

.....

.....

.....

.....

.....

\* To remember "what goes where" take a look at the Appendix, page 44

## Activity 18

# ACTION PLAN FOR THE SCHOOL

Set a target for your school to contribute to the wise use of plastics and to tackling marine litter:

e.g. 'Become a single-use plastics-free school', 'Adopt a park, stream or beach', 'Organize waste sorting in every classroom', 'Sort correctly in the school recycling bins', etc.



We recommend that your target is ambitious but also realistic. Don't set a difficult goal that you may not be able to achieve.

### Design your Action Plan to achieve your target: What actions need to take place, by whom, and by when?

- Define your actions by answering these questions: WHAT? WHO? WHERE? HOW? WHEN?
- Divide the work among groups: Everyone can play an active part, depending on their strengths and talents, e.g. managing and monitoring, field research, communication, art and design, etc.
- Inform your school's administration and all the other classes and involve them in the implementation of the Action Plan.
- Post your Action Plan on the school announcement board, website, and social media and keep everyone updated about milestones met and progress achieved.

Sometimes people want to act and be part of the solution, but they don't know how or from where to start. Propose at least one action for everyone who is involved in daily school functions (column 2) and specifically for those who are difficult to convince (column 3).

WHO	WHAT CAN THEY DO?	WHY ARE THEY RESISTING OR HESITATING AND HOW CAN I MOTIVATE THEM?
My classmates		
Other classes		
Teachers		
Administration		
Cafeteria Staff		
Cleaning staff		
Parents, families		
Nearby houses		
Nearby shops		
The mayor		
...		

Action Plans rarely go exactly as designed. Along the way, you may face disruptions, obstacles, and surprises. Don't give up! Think of "corrective measures", adapt your actions, and carry on!

## Activity +1

# GLOBAL SUSTAINABLE DEVELOPMENT GOALS

If you have completed the activities in this publication, congratulations! You have surely learned a lot and, most importantly, carried out many actions to reduce your waste, sort and recycle correctly, and keep seas and coasts clean!

If you would like to continue being an active citizen, there is a lot more you can do. Learn about the **Sustainable Development Goals** and get cracking!



## Learn more about the SDGs

- The SDGs in English and Arabic <https://bit.ly/3uXi411>
- Search for the SDGs in other EU languages <https://unric.org/en/united-nations-sustainable-development-goals/>
- The world's largest lesson <https://worldslargestlesson.globalgoals.org>
- A game about the SDGs <https://go-goals.org/>

Decide on an action that you can implement in your school for each of the 17 SDGs. Start with the ones that are the easiest for you.

- |         |         |
|---------|---------|
| 1.....  | 2.....  |
| 3.....  | 4.....  |
| 5.....  | 6.....  |
| 7.....  | 8.....  |
| 9.....  | 10..... |
| 11..... | 12..... |
| 13..... | 14..... |
| 15..... | 16..... |
| 17..... |         |

# Appendix: WHAT GOES INTO THE RECYCLING BIN

Below is a reminder of what goes into a standard recycling bin and what doesn't.

MATERIAL	YES	NO	MATERIAL	YES	NO
Advertising brochures	X*		Packaging boxes	X	
Aluminum beer can	X		Packaging film	X**	
Balls (e.g. footballs etc.)		X	Paper bags	X*	
Batteries		X	Paper smaller than A4 size (only if inserted in magazines or newspapers)		X
Books	X*		Pens	X	
Bottle plastic caps	X		Pizza boxes		X
Butter pots	X		Plants		X
Car bumpers		X	Plastic brushes	X	
CDs/DVDs		X	Plastic fruit pans (e.g. strawberries)		X
Cereal box	X		Plastic glasses/dishes		X
Cleaning products bottles (plastic)	X		Pots of any kind (e.g. yoghurt)	X	
Clothes/garments		X	Pots		X
Construction materials		X	Razors		X
Cookies box	X		Rider helmet		X
Detergent boxes/bottles	X		Sandpaper		X
Dolls, toys		X	Scotch tape	X	
Drums (e.g. oil)	X		Shampoo bottles (plastic)		X
Electrical home appliances (e.g. hair drier)		X	Shoes		X
Engine oil containers		X	Single-use cutlery		X
Fabrics		X	Single-use diapers	X	
Food jars	X		Soft drink cans/bottles (aluminum, plastic)		X
Food packaging	X		Soil	X**	
Food scraps		X	Spirits bottles (aluminum / glass)	X	
Furniture		X	Spray (packaging)		X
Gas cartridges (empty and pierced)	X		Straws (external packaging)	X	
Glasses		X	Straws	X	
Hospital paramedical products		X	Tins	X	
Injections – Medical waste		X	Toilet paper	X	
Inks (toner, inject, printing house waste)		X	Tooth brushes		X
Kitchen gloves		X	Tooth paste (tubes)	X	
Kitchen or toilet paper rolls		X	Toys		X
Kitchen paper	X		Tree branches		X
Knives X Styrofoam		X	Used single-use gloves and masks***		X
Lamps/light bulbs		X	Video tapes		X
Leather goods		X	Watches and accessories		X
Magazines	X		Water bottles (plastic, glass)	X	
Mattresses		X	Windshields		X
Milk bottles (plastic, glass, Tetrapack)	X**		Wooden objects		X
Newspapers	X*		Wrapping paper	X	
Oil boxes/bottles	X		X-rays		X

Source: Hellenic Recovery Recycling Corporation <https://bit.ly/2PAGnSD>

\* Only if your municipality doesn't have a separate bin for paper.

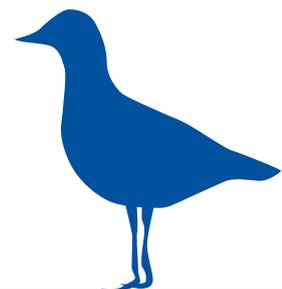
\*\* Glass bottles can be disposed of in the separate bin for glass waste.

\*\*\* CAUTION! / ATTENTION! Single used gloves and masks can ONLY be deposited in the general waste bin. NOT in the recycling bin!

# ANSWERS & USEFUL LINKS

## For Activity:

- 1 See what goes into the recycling bin here: <https://bit.ly/3dxGIOR>  
See what goes into the composting bin here: <https://bit.ly/3mkQHKJ>
- 2 See the TOP 10 marine litter items based on European data here: <https://bit.ly/362MlvL>  
More on Marine LitterWatch: <https://bit.ly/3wsOW2U>  
Online Photo Catalogue of the Joint List of Litter Categories: <https://bit.ly/3rQyAxx>
- 4 Estimated decomposition times at sea (Source: NOAA):  
Newspaper: 6 weeks, Apple core: 2 months, Cardboard box: 2 months,  
Cigarette butt: up to 5 years, Lightweight shopping bag: 10-20 years,  
Styrofoam cup: 50 years, Tin can: 50 years, Aluminum can: 200 years,  
Plastic bottle: 450 years, Baby diaper: 450 years,  
Fishing line: 600 years, Glass bottle: Indefinite.
- 7 e.g. Plastic crate: It is light, cheap, reusable, easily washed, relatively resistant,  
has a long lifespan, it is made to be stacked and allows optimal ventilation of agricultural produce.
- 9 1I, 2III, 3II  
e.g. in hair styling foam we found VP/VA Copolymer, Polyquaternium-11  
(they tend to absorb water easily and protect the foam from humidity).  
In detergents we found polycarboxylates (used in low-phosphate  
and phosphate-free detergents to minimise limescale build-up in washing machines).
- 10 1V, 2I, 3II, 4IV, 5III
- 16 See the TOP 10 marine litter items (single-use plastics) based on European data in page 38:  
<https://bit.ly/2QaaK32>  
European Parliament votes for ban on single-use plastic: <https://bit.ly/3hjfBdk>  
For more on relevant European Legislation click here: <https://bit.ly/33uTPf9>  
Learn about the «Are you #ReadyToChange?» campaign here:  
<https://www.bereadytochange.eu/en/>





The Mediterranean Information Office for Environment, Culture & Sustainable Development (MIO-ECSDE) is a non-profit Federation of 133 Non-Governmental Organizations (NGOs) from 28 countries working on a broad spectrum of issues covering environmental protection, sustainable use of natural resources, and a green and fair economy in general. Tackling marine pollution and promoting sustainable waste management with emphasis on plastics, ranks high in MIO-ECSDE priorities. Shaping and promoting sound innovative policies, pilot actions, participatory processes, systematic awareness campaigns and education for sustainable development are the main tools that MIO-ECSDE uses to achieve its goals ([www.mio-ecsde.org](http://www.mio-ecsde.org)).



The Mediterranean Education Initiative on Environment and Sustainability (MEdIES) was launched back in 2002 as a major initiative of MIO-ECSDE. Promoting Education for Sustainable Development (ESD) is at the core of the Initiative through the design and implementation of the Mediterranean Strategy for ESD (2014) and its Action Plan (2016). Training educators and developing multilingual educational materials and tools on key environmental challenges in the region are the main tools of MEdIES. It also supports a broad network of educators (more than 6000 members) and a portal with information, resources and stories on ESD from all over the world ([www.medies.net](http://www.medies.net)).



HELLENIC RECOVERY  
RECYCLING CORPORATION

The Hellenic Recovery Recycling Corporation (HERRCO) was founded in December 2001 as an initiative of Greek packaging producers and traders of packaged goods, aiming to effectively respond to their legal obligation to recycle their products' packaging waste. HERRCO constitutes an exceptionally successful example of collaboration among the local packaging producers placing their products in the Greek market, the packaging importers and the local authorities of the country, who are legally responsible for the collection of municipal waste. The operations of HERRCO are not governed by profit, but instead, for the benefit of public interest, as provided by the legal and regulatory framework in force. Many of its actions target and engage the teaching community (<https://www.herrco.gr/>).

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[https://medies.net/18\\_1\\_ideas\\_for\\_activities/](https://medies.net/18_1_ideas_for_activities/)



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# PLASTIC WASTE? INTO THE RECYCLING BIN! FAR AWAY FROM THE BLUE SEA

AN 'EDUCATION FOR SUSTAINABLE DEVELOPMENT' PROGRAM  
COORDINATED BY THE MEDIES NETWORK  
AND THE HELLENIC RECOVERY RECYCLING CORPORATION

The Program is implemented mainly on islands and in coastal areas in cooperation with the local municipalities.

The program aims to inform and raise the awareness of students, and through them their families, about the problem and impacts of marine litter and especially of single-use plastics that end up in the sea and on coasts. It also encourages the prevention of waste through promoting responsible consumption and production, reuse and repair, avoiding the use of single-use plastics, proper sorting at source and use of the various available recycling bins, participation in clean-ups, etc. The program also includes capacity building of teachers and cooperation with local authorities and other stakeholders.



Do you want to help change how people behave, so that the blue Mediterranean is kept free of plastic? If yes, this publication provides useful ideas and resources on how to do so. Your actions will contribute to a better quality of life for everyone.



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