

E-BOOK OF EXERCISES FOR SUSTAINABLE DEVELOPMENT EDUCATION



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INTRODUCTION

ERASMUS + GREENCOMP -PROJECT 1.6.2024 - 31.8.2025

The year-long Erasmus+ KA210-VET partnership project GreenComp Imbedded to SDG VET School Curriculum began on September 1st, 2024. In addition to LHKK, Forssa, Finland, the project was implemented in collaboration with two international vocational schools: Stichting Albeda from the Netherlands and IES La Rosaleda from Spain.

The goal of the project was to make sustainable development education more engaging and emotionally impactful for students, in line with the GreenComp ideology.

During the project, the participating institutions explored and compared how sustainable development is taught in their respective countries and curricula. Following this, the EU's sustainability competence framework, GreenComp, was integrated into the curricula. The development process was carried out in co-operation with innovative companies and students.

The target groups of the project included staff and students of vocational education institutions, as well as local companies in Málaga, Rotterdam, and Forssa. The materials produced by the project will later be available for use by other vocational schools across Europe.

This publication features the exercises selected by students as the best ones.

THE + AND ! SYMBOLS IN THE EXERCISE VIDEOS



Highlights what worked well in the exercise - such as student engagement, a clear structure, good collaboration, or a strong learning experience. These are elements worth using again in future activities.



Points out what could be improved next time - for example, clearer instructions, better time management, or addressing technical challenges. The goal is to support learning and continuous development.

ECOLABELS

DESCRIPTION OF THE EXERCISE

Students received pictures of environmental, sustainability, and domestic labels. In pairs, they visited a store, found at least three products with each label, and took photos. They then used their phones to research the meaning of the labels, or the meaning was provided with the photos. Each group presented their findings.



GOALS

The aim was to raise awareness of environmental, sustainability, and domestic labels. Students learned to evaluate product impacts, make sustainable choices, and develop responsible purchasing habits through information-seeking.



DEBATE BETWEEN THE GROUPS

DESCRIPTION OF THE EXERCISE

Students were divided into groups of 4–5 to debate topics on sustainable development, such as electric cars versus combustion engines. Two groups debated at a time while the others walked between them based on which side they found more convincing. The audience then asked questions and explained their choices.



GOALS

Students deepened their understanding of sustainable development issues, improved their ability to present clear, convincing arguments, and learned to collaborate effectively to manage group dynamics.



AGENDA 2030

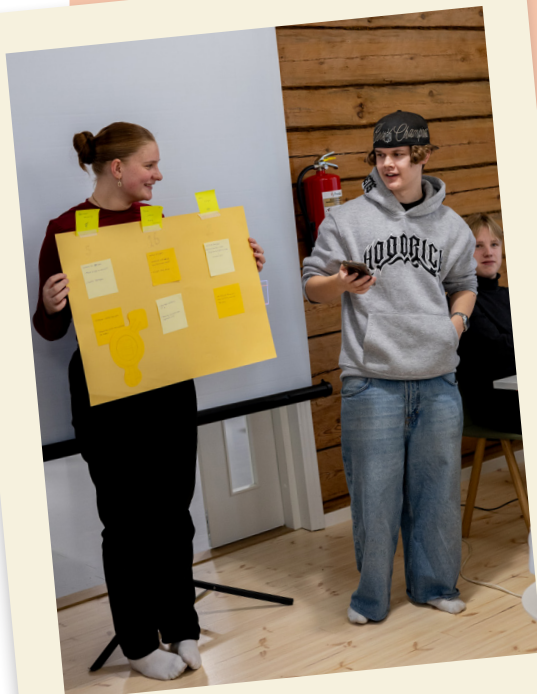
DESCRIPTION OF THE EXERCISE

Students were divided into groups of 4–5 persons. Each group selected three Agenda 2030 goals from the cards. For each chosen goal, they created a presentation on how one can personally contribute to achieving these goals in everyday life. They especially focused on what could be done within their own school.



GOALS

The aim was to familiarize students with the Agenda 2030 goals and help them understand their significance both personally and globally. The activity promoted collaboration skills through group work and discussions. It also gave each group the opportunity to develop and invent their own way of presenting the task.



BAKING CINNAMON BUNS

DESCRIPTION OF THE EXERCISE

The idea of the exercise was to bake a product together that is culturally important in the local area. Students worked in small groups. The teacher provided each group with a recipe and gave more details about the product to be baked. Regarding the ingredients, the focus was on what was ecological and locally produced. There was also a discussion about food waste.



GOALS

The goal was to increase knowledge about food products related to the area's culture, learn more about the ecology of ingredients, explore locally produced food, improve group work skills, and develop baking skills.



ESCAPE ROOM: MISSION 2030 – UNLOCKING THE SDGs

DESCRIPTION OF THE EXERCISE

A 60-minute escape room was organized where students worked in teams to solve puzzles, decode clues, and complete creative tasks. Each challenge revealed a code needed to reach the end, where they uncovered a final message. "ACT NOW, SAVE OUR FUTURE!"



GOALS

The aim was to raise awareness of the 17 Sustainable Development Goals (SDGs) through interactive activities that built critical thinking, teamwork, and English communication skills, while encouraging reflection on global challenges and sustainability.



PLANTING POTS WITH STUDENTS WITH SPECIAL EDUCATION NEEDS

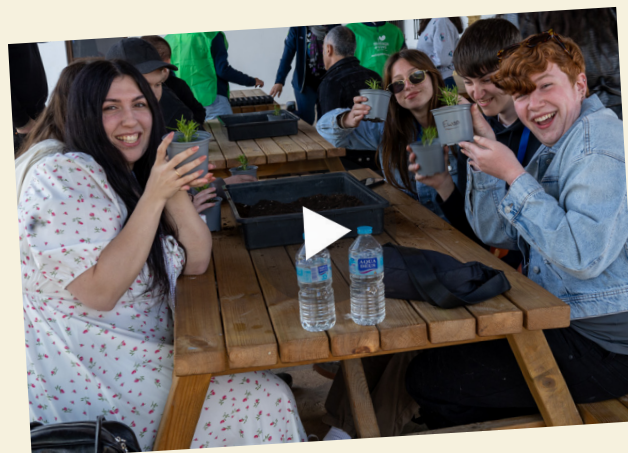
DESCRIPTION OF THE EXERCISE

Students from the gardening special education program led a planting activity, helping their peers transfer rosemary plants from pots into the soil. The activity encouraged teamwork, inclusion, and awareness of how small actions like planting herbs contribute to sustainability.



GOALS

To promote inclusion, collaboration, and environmental responsibility by involving all students in sustainable gardening practices aligned with the SDGs.



WORKSHOP ON REDUCING INEQUALITIES IN A CITY

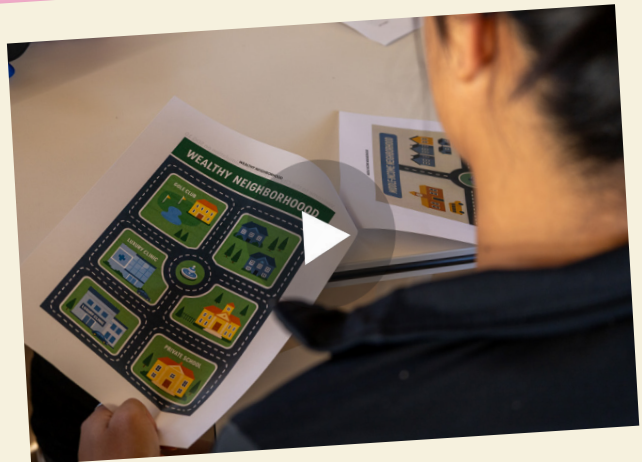
DESCRIPTION OF THE EXERCISE

This workshop had students assume different roles within a city, where they discussed and worked together to find solutions for reducing inequalities. The activity fostered collaboration and helped students understand the importance of social inclusion and equality in sustainable urban planning.



GOALS

To encourage critical thinking and teamwork in addressing social inequality, and to promote understanding of how different roles in a community contribute to sustainable urban development.



WORKSHOP ON GENDER EQUALITY

DESCRIPTION OF THE EXERCISE

Rafael Galán, from the Andalusian Institute for Women, led a workshop on Gender Equality. He highlighted persistent inequalities between men and women across various sectors of society. Afterwards, students worked in groups to explore common sexist myths, researching their origins, their relevance today, and other related aspects



GOALS

Raise awareness about gender inequalities still present in society. Encourage research and critical thinking about cultural and social stereotypes. Promote discussion and reflection on how to achieve gender equality



VISITING THE RIVER MOUTH

DESCRIPTION OF THE EXERCISE

Students visited the river mouth, where a guide explained the wide variety of species living in the area. They had the opportunity to observe birds and learn about the unique nature of this ecosystem, highlighting its role in biodiversity conservation.



GOALS

To raise awareness about biodiversity and the importance of protecting natural ecosystems, focusing on local wildlife and environmental conservation.

COMMENTS FROM THE STUDENTS

"We liked the visit to the river mouth and learning about the birds, but the walk felt a bit long and it was really hot. Still, it was nice to be outside and learn something new together."



VISITING THE PROVINCIAL PLANT NURSERY

DESCRIPTION OF THE EXERCISE

Students received a guided tour and a talk about sustainable practices such as water-saving irrigation, composting, and the importance of native plants. At the end, they took part in a hands-on workshop where everyone planted a rosemary plant.



GOALS

Learn about sustainable plant cultivation, water-saving irrigation systems, the importance of local biodiversity, and eco-friendly practices such as composting and waste reduction.



COMMENTS FROM THE STUDENTS

"The visit was fun and engaging"
"Students enjoyed planting herbs, exploring the nursery, and learning how it supports the 2030 goals."
"A great mix of learning and fun!"



FASHION EVENT: SUSTAIN THE STYLE

DESCRIPTION OF THE EXERCISE

In our fashion show, both students and teachers walked the runway wearing second-hand clothes. The event was lively and cheerful, attracting a large audience who enjoyed the performances. After the show, all the clothes were donated to the Cudeca Foundation.



GOALS

Promote sustainability and the reuse of clothing. Support a charitable cause through donations. Encourage teamwork, creativity, and confidence among students and teachers.



COMMENTS FROM THE STUDENTS

"It was funny seeing how fellow students were very much engaged, the atmosphere was palpable. Teachers made it even fun and interesting by participating."



WORKSHOP WITH SHARON POHLMANN, FROM ECOGIVING

DESCRIPTION OF THE EXERCISE

Sharon Pohlmann, from the Dutch company Ecogiving, gave a talk on how her company and others implement sustainability in their practices. Afterwards, students worked in groups to reflect on corporate sustainability.



GOALS

Raise awareness about sustainable business practices. Encourage critical thinking about consumer choices. Promote active reflection on individual and collective responsibility for the environment.

COMMENTS FROM THE STUDENTS

"I found the activity very educational because I was able to listen to different opinions and points of view from my classmates. It helped me understand the topic better and think more openly."



DEVELOPED BY STUDENTS

GAME SUSTAIN THE MURDER

DESCRIPTION OF THE EXERCISE

Sustain the Murder Game is a fast-paced classroom game combining mystery, roleplay, and sustainability. Players take on characters tied to green technologies, solving eco-challenges, uncovering clues, and tackling creative problems while exploring themes from the 17 SDGs.



GOALS

The game promotes collaboration, To spark curiosity, critical thinking, and teamwork through a fun and interactive mystery format—all while embedding real-world sustainability challenges and innovations. Players leave more aware of green technologies, and how creativity and collaboration are key to a better future..

COMMENTS FROM THE STUDENTS

It was exciting to combine fun with sustainability in such a creative way. The game really made me think about how innovation and sustainability intersect in real life. I loved how teamwork and eco-solutions went hand in hand during the game.



HARBOUR OF CHANGE: EXPLORING GREEN INNOVATION AT RDM

DESCRIPTION OF THE EXERCISE

A 60 minute guided experience inside the RDM Hangar in Rotterdam's harbour district, where students explored how cutting-edge technology, circular thinking, and real-world engineering come together. Through interactive demos and conversations with innovators, they saw how sustainability is designed, tested, and scaled right at the source.



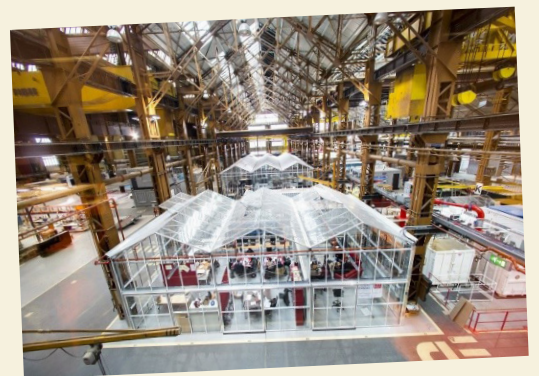
GOALS

Inspire students to connect sustainability with hands-on innovation, deepen their understanding of the energy transition, and encourage critical thinking about the role of technology and teamwork in solving global environmental challenges.



COMMENTS FROM THE STUDENTS

"I finally understand how theory turns into real impact — this place made it visible. Seeing prototypes and speaking to creators gave me new energy to think big."
"It felt like stepping into the future."
"I didn't expect tech and sustainability to be so creative."



CO-CREATE TOMORROW: INNOVATING SUSTAINABILITY TOGETHER

DESCRIPTION OF THE EXERCISE

Students participated in a business incubator activity, working both in groups and individually. They selected or created a business idea and began developing it into a responsible enterprise based on sustainable development principles. The process was guided by the Business Model Canvas, which helped them explore aspects such as customers, revenue models, partnerships, and global impact. Finally, they designed a name and logo for the company and presented and pitched their idea to other groups.



GOALS

Encourage students to connect global sustainability goals with local business practices, foster innovation-driven thinking, and promote collaboration across cultures and disciplines to build a greener future.

COMMENTS FROM THE STUDENTS

"It was eye-opening to see how companies actually put sustainability into action. I felt like we were part of something bigger — real solutions, not just theories. Inspiring and practical. It gave me ideas for my own future career path."



MENSA MENSA PEOPLE FIRST: INCLUSIVE SUSTAINABILITY IN ACTION

DESCRIPTION OF THE EXERCISE

In Rotterdam South, students started their day at Mensa Mensa, a community space for care, food, and solidarity. After a talk on local poverty, they helped prepare a vegan lunch — connecting social inclusion with sustainable action in a hands-on way.



GOALS

Raise awareness of social inequality and food insecurity as part of sustainability, while fostering empathy, inclusion, and active citizenship through hands-on community work. Students also learn plant-based cooking and explore vegan food as



COMMENTS FROM THE STUDENTS

"This made sustainability feel personal and powerful — helping others while learning. Cooking together for a cause gave me a new view on what impact really means. I discovered how tasty vegan food can be — and that doing good can also be delicious."



SMART GIFTING: RETHINKING SUSTAINABILITY IN PRACTICE

DESCRIPTION OF THE EXERCISE

How sustainable is a simple gift? In this workshop, students acted as sustainability advisors, evaluating a Goody bag designed for Albeda's partners. Using real products, online research, and budget limits, they explored how values turn into practical choices — and discovered that what looks green isn't always truly sustainable.



GOALS

Enhance awareness of sustainability in product sourcing and business relationships, while developing analytical thinking, decision-making, and the ability to translate sustainability goals into concrete, affordable solutions.

COMMENTS FROM THE STUDENTS

"I never realized how complex it is to make truly sustainable choices."

"It felt great to have real influence—like my opinion could shape something meaningful."

"This made me think differently about everyday items and their hidden impact."



CIRCULAR VISIONS: INNOVATION INSIDE BLUECITY

DESCRIPTION OF THE EXERCISE

In Rotterdam, students joined a guided tour of BlueCity – a former swimming pool turned hub for circular economy and green innovation. They discovered how waste becomes a resource through creative solutions like algae packaging and furniture from orange peels. A place where sustainability and bold ideas come together in practice.



GOALS

Encourage critical thinking about the circular economy and inspire students to view waste as a resource, while connecting innovation, entrepreneurship, and sustainability through real-world examples in an inspiring, repurposed space.



COMMENTS FROM THE STUDENTS

"It really made me rethink what waste is — so many smart solutions here!"
"I had no idea a swimming pool could become a lab for green business."
"Super inspiring to see how creativity and sustainability go hand in hand."



MATERIALS & CREATORS

CREATORS

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The exercise and image material is from the following institutions and creators:

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VIDEO MATERIALS

Environmental labels - exercise

Link: [Environmental labels video](#)

Debate on sustainable development

Link: [Debate video](#)

Agenda 2030 - card activity

Link: [Agenda 2030 video](#)

Baking cinnamon buns

Link: [Baking video](#)

Escape room game: Mission 2030

Link: [Escape room video](#)

Planting flowerpots

Link: [Planting activity video](#)

Workshop on gender equality

Link: [Gender equality workshop video](#)

Workshop on reducing inequality

Link: [Inequality workshop video](#)

MATERIALS

All the materials can be found on LHKK website:

<https://www.lhkk.fi/yhteistyo-ja-verkostot/hankkeet/>