

**Parcours  
for the future**

# **Rebuild manual**



Co-funded by  
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Bildung Umwelt  
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GOETHE  
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ASSOCIATION FOR THE DEVELOPMENT OF NEW OPINIONS



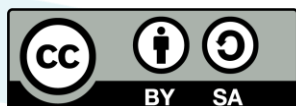
Alfa  
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Scuola  
di Valori

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# Overview of all Stations

The Parcours consists of 7 physical **(phys)** and 7 digital **(dig)** stations

|    | Station                                                    | Mindset                                                                                                                              |
|----|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 1  | Minimizing the carbon footprint of a canteen <b>(phys)</b> | Act sustainable at work: the impact you can have as a professional is huge!                                                          |
| 2  | Let the train of your future run! <b>(phys)</b>            | There is not just one way to go – embrace lifelong learning and un-straight careers!                                                 |
| 3  | Making your workplace climate friendly <b>(phys)</b>       | There are various ways to make professional life climate-friendly.                                                                   |
| 4  | Good News from good jobs <b>(phys)</b>                     | Sustainable action is possible in every job!                                                                                         |
| 5  | Practise sustainable water management <b>(phys)</b>        | Sustainability is complex and sometimes not (easy) to be reached.                                                                    |
| 6  | Make a change in other parts of the world! <b>(phys)</b>   | Sustainability in your future job has positive effects on the global scale.                                                          |
| 7  | Diverse occupations for diverse people. <b>(phys)</b>      | Overcoming gender clichés is necessary if you want to find your real own way.                                                        |
| 8  | Digital power up - unlock your skills! <b>(dig)</b>        | Sustainability is complex and sometimes not (easy) to be reached (dilemma).                                                          |
| 9  | The dark side of your smartphone <b>(dig)</b>              | Digitalization can bring sustainability forward, but it doesn't automatically do so.                                                 |
| 10 | Hands on for the planet <b>(dig)</b>                       | The world is going through a sustainable transformation, and VET (Vocational Education and Training) careers are at the heart of it. |
| 11 | Women to remember: a memory game <b>(dig)</b>              | Overcoming gender clichés brings justice and wealth to society as a whole.                                                           |
| 12 | Career Compass: Spin your values <b>(dig)</b>              | Getting to know your own values is important, when you want to find your professional way.                                           |
| 13 | Twists and turns - the real career journey <b>(dig)</b>    | There is not just one way to go – embrace lifelong learning and un-straight careers!                                                 |
| 14 | Step into tomorrow <b>(dig)</b>                            | You need to envision the alternative future – then you can bring it forward step by step.                                            |

# Rebuilding the Parcours



This manual guides you to rebuild the Parcours for the Future! To make the Parcours a playful and lively experience, it is made up by a variety of three-dimensional, haptic materials. This manual contains information on all necessary materials and the single construction steps for each Parcours station. For any information on the content and further educational information please use the educational manual. Both, the rebuild and educational manual are also available in German, English, Italian, Macedonian and Romanian language. For the manuals and any further information please check the PAFF website: <https://paffproject.net>.

The Parcours consists of two parts – a digital and a physical Parcours. They can be used in a common course/workshop, each station covers a different topic. Nevertheless, this manual mainly applies to the physical Parcours, as this part needs construction work.

## General recommendations

We recommend to build the Parcours with eco-friendly materials. This means preferring ecologically produced materials, recycled or used materials. This can apply e.g. to papers used, to pens or to materials to be acquired such as playing tracks, drinking glasses, a kitchen scale and many more. Also preferring durable materials instead of easily breakable will help to save resources, as you will be able to use it longer. This also the reason why we recommend laminating of certain paper materials, as this helps to minimize the reprint materials.

Important: the rebuilding might take a lot of time – so if you plan to use the Parcours, start to rebuild it early enough. The purchasing/getting of materials and the set up of the specific station materials both take time.



## Physical Parcours

The Physical Parcours is put together by seven physical stations. They each consist of instructions, displaying the task, and the station specific working materials.

Instructions: Each station has a consistent instruction structure. There is one DIN A4 instruction sign, helping to get into the scenario of each station. Also it displays the mindset

behind the station. Then a step by step instruction with folded A5 signs guides the users through the stations.

Materials: Each station comprises specific items and materials. They consist of picture and text materials to be printed out and physical items that must be somehow acquired. There are permanent materials and materials for use (the latter are mainly working sheets).

## Digital Parcours

For the seven digital stations basically WLAN and computers/tablets are necessary. You can also print out a scenario, analogue to the first page of the physical stations' instructions.



## This Manual

On the following pages you will find

- An overview of all station and mindsets
- The construction instructions for every station, one by one accompanied by graphic impressions and photos
- An overall material list, to make the shopping/acquiring more manageable

### Please note

The graphic materials and photos accompanying the stations represent the English version of the Parcours. Also some of the pictures represent former steps of the Parcours stations development and therefor slight changes in the current (real) Parcours materials might occur.

# Station 1: Minimizing the carbon footprint of a canteen

## Necessary materials

| What                                                              | Specification/info                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Kitchen scale                                                     | If possible measuring range between 2 and 2000 g                                                                                                                                                                                                                                                                                                    |
| Weights:<br>e.g. iron plates<br>e.g. plastiline<br>e.g. cardboard | The weights represent the real CO <sub>2</sub> emissions from the production of the burger components. For the specific weights, see below in the table. Other heavy material is also possible: it is important to reflect the weights (column e)                                                                                                   |
| Pen                                                               | <ul style="list-style-type: none"> <li>Color pens for drawing the burger</li> <li>normal pen to write the menu</li> </ul>                                                                                                                                                                                                                           |
| Scissor and all-purpose glue                                      |                                                                                                                                                                                                                                                                                                                                                     |
| Laminator machine and sheets                                      | e.g. 80 Micron sheets                                                                                                                                                                                                                                                                                                                               |
| Prints                                                            | <ol style="list-style-type: none"> <li>Instructions on thick paper, e.g. 250 g/m<sup>2</sup>, DIN A4</li> <li>Materials, print on one side, DIN A4 <ul style="list-style-type: none"> <li>Burger components on thick paper, e.g. 250 g/m<sup>2</sup></li> <li>Menu, one sheet per group on normal paper (80 g/m<sup>2</sup>)</li> </ul> </li> </ol> |

## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.

### Burger components

- Print the burger components on thick paper, cut them out and laminate them.
- Stick them on the upper and lower side of the weights, transforming each of the weight into one burger component.
- Follow the table below for the weights. The last two columns reflect the total weight of each component and the height of a 10 cm diameter steel round, with a density of 7,85 t/m<sup>3</sup> and a suggestion for each component, which material to use.

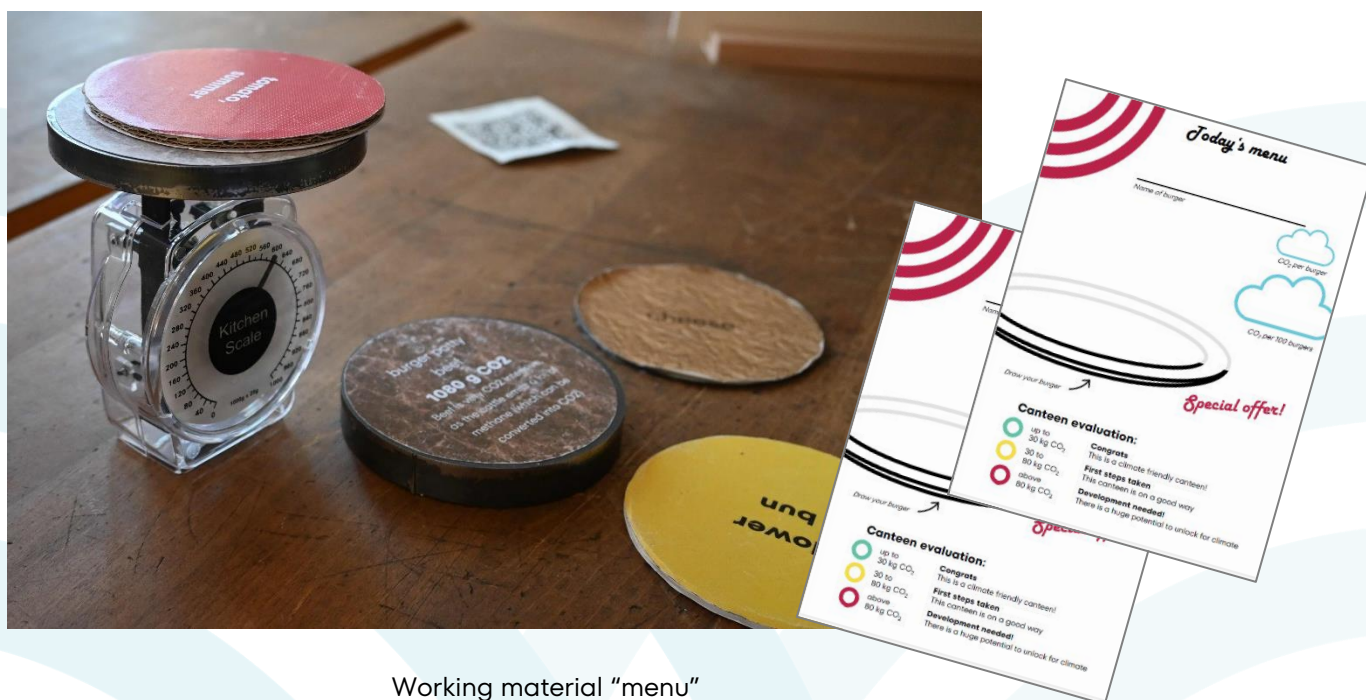


Table with burger parts, real weight of the emitted CO<sub>2</sub> per Portion<sup>1</sup>

| a) component      | b) specification                     | c) weight per portion in g | d) CO <sub>2</sub> / kg component | e) g CO <sub>2</sub> per portion | f) material/ height of metal |
|-------------------|--------------------------------------|----------------------------|-----------------------------------|----------------------------------|------------------------------|
| <b>Patty</b>      | beef, deep-frozen                    | 120                        | 9                                 | 1080                             | 1,75 cm metal                |
|                   | chicken                              | 120                        | 5,5                               | 660                              | 1,07 cm metal                |
|                   | soy                                  | 120                        | 1,1                               | 132                              | 0,21 cm metal                |
| <b>bun</b>        | two pieces white bread               | 40                         | 0,7                               | 28                               | cardboard, pastiline         |
| <b>vegetables</b> | tomato, free                         | 10                         | 0,8                               | 8                                | cardboard                    |
|                   | tomato, greenhouse                   | 10                         | 2,9                               | 29                               | cardboard, pastiline         |
|                   | salad, washed                        | 5                          | 0,4                               | 2                                | cardboard                    |
|                   | onion                                | 5                          | 0,2                               | 1                                | cardboard                    |
| <b>sauce</b>      | mayonnaise                           | 20                         |                                   | 111                              | 0,18 cm metal                |
|                   | ketchup                              | 20                         | 2,6                               | 52                               | 0,08 cm metal                |
| <b>cheese</b>     | real cheese                          | 20                         | 7,2                               | 144                              | 0,23 cm metal                |
|                   | vegan fake cheese<br>cocoa fat based | 20                         | 2                                 | 40                               | cardboard, pastiline         |

## Pictures

Scale and burger components



Working material "menu"

<sup>1</sup> Numbers based on: [https://www.umweltbundesamt.de/sites/default/files/medien/6232/dokumente/ifev\\_2020\\_oekologische-fussabdruecke-von-lebensmitteln.pdf](https://www.umweltbundesamt.de/sites/default/files/medien/6232/dokumente/ifev_2020_oekologische-fussabdruecke-von-lebensmitteln.pdf), <https://apps.carboncloud.com/climatehub/product-reports/id/121922188761>, <https://foodfootprint.nl/en/foodprintfinder/mayonnaise/>; calculated portion size based on own internet reserach e.g. cooking websites

# Station 2: Let the train of your future run!

## Necessary materials

| What                                     | Specification/info                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tracks                                   | <p>Please use the wooden toy-tracks. They can be found 2<sup>nd</sup> hand. But we recommend to buy the tracks, because the track switches have to be built in a row and therefore have to be identical in the connections and the space to put the text.</p> <p>You need:</p> <ul style="list-style-type: none"> <li>• one track straight forward</li> <li>• 7 three-sided track switches with the same connections on the ends</li> </ul> |
| Waggons                                  | <ul style="list-style-type: none"> <li>• One engine/locomotive</li> <li>• At least 7 waggons</li> </ul> <p>They should be fitting in the tracks.</p>                                                                                                                                                                                                                                                                                        |
| Bag or basket                            | It should be non-transparent, so that you don't see before which track you are taking.                                                                                                                                                                                                                                                                                                                                                      |
| Dices                                    | <p>For the printing-templates not less than 2 x 2 x 2 cm.</p> <p>4 green dices<br/>4 yellow dices<br/>4 blue dices</p>                                                                                                                                                                                                                                                                                                                      |
| Adhesive printable foil, non-transparent |                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Velcro-tape                              | Self-adhesive                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Laminator machine and sheets             | e.g. 80 Micron sheets                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Color Prints                             | <ol style="list-style-type: none"> <li>1. Instructions on thick paper, e.g. 250 g/m<sup>2</sup>, DIN A4</li> <li>2. Materials, DIN A4, print on one side <ul style="list-style-type: none"> <li>• Text for dices and switches on printable self-adhesive foil</li> <li>• Competences on normal paper</li> </ul> </li> </ol>                                                                                                                 |

## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.



### Track switches

- Cut out the options for the tracks on the self-adhesive foil.
- Place the text on the track junctions.

### Dices

- Cut out the text-fields and place them on the dices.

### Skills

- Laminate the skills sheet.
- Cut the cards out.
- Put one side of the velcro-tape on each card.

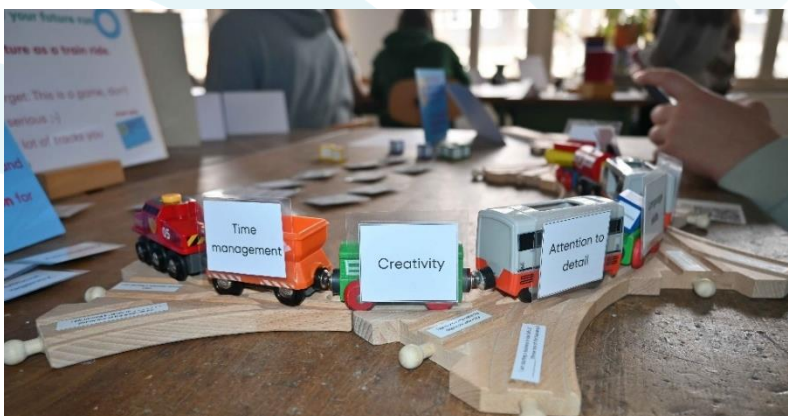
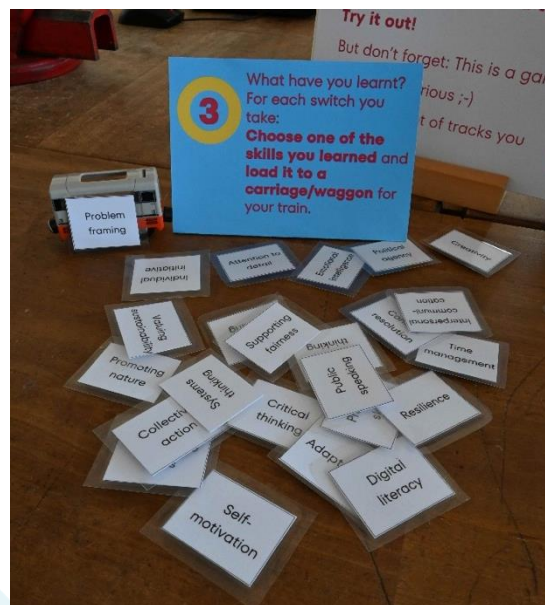
### Waggon

- Put the other side of the velcro-tape on the waggon.

### Pictures

Bag with tracks and dices

skills cards



Tracks and waggon  
with skills cards

# Station 3: Making your workplace climate friendly

## Necessary materials

| What                  | Specification/info                                                                                                                                                                                                                                                                                               |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Paper cutter/scissors | You will need a paper cutter to cut out the polygons of the printouts                                                                                                                                                                                                                                            |
| Pen                   | Pencil oder ballpoint pen                                                                                                                                                                                                                                                                                        |
| Pocket calculator     | Optional calculator app on smartphone                                                                                                                                                                                                                                                                            |
| Color Prints          | 1. Instructions on thick paper, e.g. 250 g/m <sup>2</sup> , DIN A4<br>2. Materials, print on one side <ul style="list-style-type: none"> <li>- Office polygons incl. office info, e.g. 250 g/m<sup>2</sup>, DIN A4</li> <li>- several copies of the evaluation table (80 g/m<sup>2</sup>, DIN A3 (!))</li> </ul> |

## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.

### Office polygons incl. office info

- Print out and laminate.
- Then cut out the along the lines and sort the polygons by color.

### Evaluation table

- Print several copies per workshop, this is material to be consumed.
- Amount: 3-4 copies per workshop of 25 persons (with teams of two) – reason: 4 columns allow for 4 teams of students to document their findings.

## Pictures

Instruction and office polygons



evaluation table

**Evaluation: find a sustainable solution for your workplace**

**Your tasks**

1. Give your office a name.
2. Document the CO<sub>2</sub>e emissions of your chosen solutions in your office's column.
3. Add up your total emissions in the field total row.
4. How much have you yourself compared to in the initial?

|                                                      | The old office | New office 1 | New office 2 | New office 3 | New office 4 |
|------------------------------------------------------|----------------|--------------|--------------|--------------|--------------|
| Building                                             |                |              |              |              |              |
| Heating                                              |                |              |              |              |              |
| Natural gas                                          |                |              |              |              |              |
| Electricity                                          |                |              |              |              |              |
| Water                                                |                |              |              |              |              |
| Waste                                                |                |              |              |              |              |
| Travel                                               |                |              |              |              |              |
| Food                                                 |                |              |              |              |              |
| Laundry                                              |                |              |              |              |              |
| Other                                                |                |              |              |              |              |
| <b>Total sum of CO<sub>2</sub>e (new difference)</b> |                |              |              |              |              |

If you completely reorganise your workplace and choose the most climate-friendly option in all 6 categories you will achieve emissions of only 40 875 kg CO<sub>2</sub>e/year.  
You would save 127 625 kg CO<sub>2</sub>e emissions!

# Station 4: Good News from good Jobs

## Necessary materials

| What                        | Specification/info                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 Tablets + WLAN            | Tablets must scan the QR Codes on the items                                                                                                                                                                                                                                                                                                                                         |
| 30 Marbles                  | Or any other small things for the survey                                                                                                                                                                                                                                                                                                                                            |
| 5 small glasses             | They form the containers for the marbles in the survey;<br>each around 3-4 cm diameter                                                                                                                                                                                                                                                                                              |
| Items representing the jobs | 5 items, see in table below. Each item must represent its topic.                                                                                                                                                                                                                                                                                                                    |
| All-purpose glue            | To stick the numbers and QR codes on the items, if you do not use adhesive label                                                                                                                                                                                                                                                                                                    |
| Color Prints                | 1. Instructions on thick paper, e.g. 250 g/m <sup>2</sup> , DIN A4<br>2. Materials, DIN A4, print on one side <ul style="list-style-type: none"> <li>• 5 QR Codes + numbers: normal/ adhesive paper</li> <li>• "Vivid Survey" sign: print on thick paper, e.g. 250 g/m<sup>2</sup></li> <li>• "second hand label" to be put to the doll furniture/object 3 (table below)</li> </ul> |

## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.

### Items with QR codes

- Stick the numbers with the QR codes onto the respective items.

### Glasses and vivid survey

- Stick the single numbers onto the glasses (one number each) for the survey. The glasses should stand on the "vivid survey" sign and therefor match the circles' sizes.

### Overview of the items

This table shows ideas for the items representing each sustainable solution and occupation

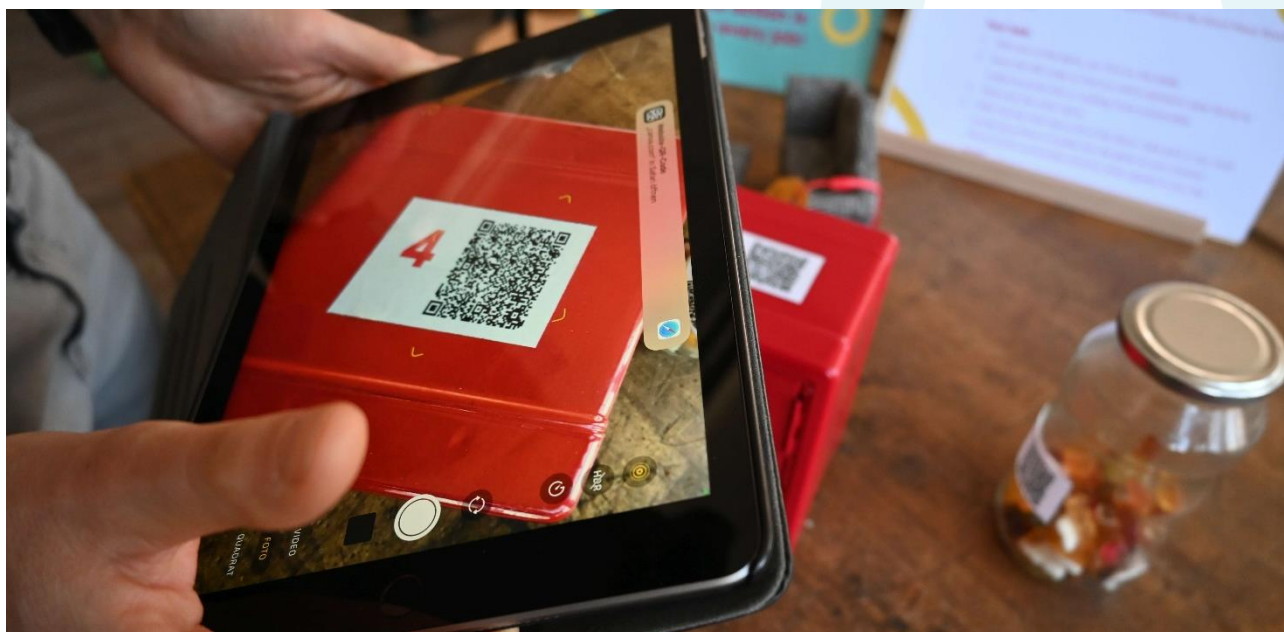
| Nr | Item | Sustainable solution | Occupation |
|----|------|----------------------|------------|
| 1  | Corn | Organic agriculture  | Farmer     |



|   |                              |                      |                |
|---|------------------------------|----------------------|----------------|
| 2 | Glas with food               | Sell unpackaged food | Retail clerk   |
| 3 | doll furniture, e.g. couch   | Sell used things     | Branch manager |
| 4 | False Money, safe            | Social investment    | Credit officer |
| 5 | Wood piece, small brick, ... | Sustainable building | Civil engineer |

## Pictures

Tablet and items with QR codes



# Station 5: Practise sustainable water management

## Necessary materials

| What                         | Specification/info                                                                                                                                                                                                                                                                                               |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 scissor                    | Paper scissors are sufficient                                                                                                                                                                                                                                                                                    |
| 1 thin permanent marker      | Permanent marker is used to mark the glasses, so that lines are not washed off during the game                                                                                                                                                                                                                   |
| 4 transparent glasses        | at least 10-12 cm height, preferably the same slender shape for all glasses                                                                                                                                                                                                                                      |
| Bottle, pot                  | for use with tap water                                                                                                                                                                                                                                                                                           |
| Laminator machine and sheets | e.g. 80 Mircon sheets                                                                                                                                                                                                                                                                                            |
| All purpose glue             | Needed to stick the stickers on the dice, if normal paper instead of adhesive foil is used                                                                                                                                                                                                                       |
| Dice                         | Normal or slightly bigger dice (e.g. 1-3 cm edge length)                                                                                                                                                                                                                                                         |
| Color Prints                 | 1. Instructions on thick paper, e.g. 250 g/m <sup>2</sup> , DIN A4<br>2. Materials, DIN A4, follow instructions in printing material <ul style="list-style-type: none"> <li>• Role cards and stakeholder cards, thick paper</li> <li>• stickers for the water dice (can be printed on adhesive paper)</li> </ul> |

## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.

### Stakeholder cards

- Follow the printing manual in the PDF (print on both sides, flip on long edge).
- Laminate them and cut out to get 4 cards.

### Water dice

- Print the numbers and stick them onto the 6 sides of the dice.

### Prepare glasses and bottle

- Draw the same scala on each of the glasses. Make 9 lines in constant distances (because the maximum amount of needed water for one glass is 9 levels)



- e.g. for a 12 cm glass: start 1 cm from the bottom of the glass and make a short stitch every 1.0 cm on one side, make 10 lines, one above the other.
- Mark for each glass the amount minimum needed in 3 years and write "MIN" there
  - cattle farm: 6 levels
  - inhabitants: 6 levels
  - wetland: 6 levels
  - car factory: 9 levels

## Pictures

Role cards



Stakeholder cards and glasses



# Station 6: Make a change in other parts of the world!

## Necessary materials

| What                       | Specification/info                                                                                                                                                                                                                                                                                                        |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Red string                 | App. 100 cm length                                                                                                                                                                                                                                                                                                        |
| Pen and marker             |                                                                                                                                                                                                                                                                                                                           |
| Color Prints               | 1. Instructions on thick paper, e.g. 250 g/m <sup>2</sup> , DIN A4<br>2. Materials, print on one side <ul style="list-style-type: none"> <li>• Round badges and transportation signs, thick paper, DIN A4</li> <li>• Improvement plates on thick paper, DIN A4</li> <li>• Offer sheets on normal paper, DIN A3</li> </ul> |
| Optional:                  | Material to make the stages of the supply chain touchable/tactile for a deeper experience. This is not mandatory.                                                                                                                                                                                                         |
| Cotton                     | <i>Possible: cotton wool for wound treatment or cotton blossoms available in flower shops</i>                                                                                                                                                                                                                             |
| Fabric                     | <i>Red cotton fabric</i>                                                                                                                                                                                                                                                                                                  |
| Mini shirts                | <i>Cutout of red fabric in form of shirt</i>                                                                                                                                                                                                                                                                              |
| Double sided adhesive tape |                                                                                                                                                                                                                                                                                                                           |



## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.

### Round badges and transportation signs

- Please cut the round badges. If the paper is not thick enough glue the printed paper on cardboard before you cut it. Cut the round badges then together with the cardboard.
- Connect the red string with the last badge "Your personalized workwear" with tape on the back.
- Cut out the transportation signs and fold it in half.



### Improvement plates

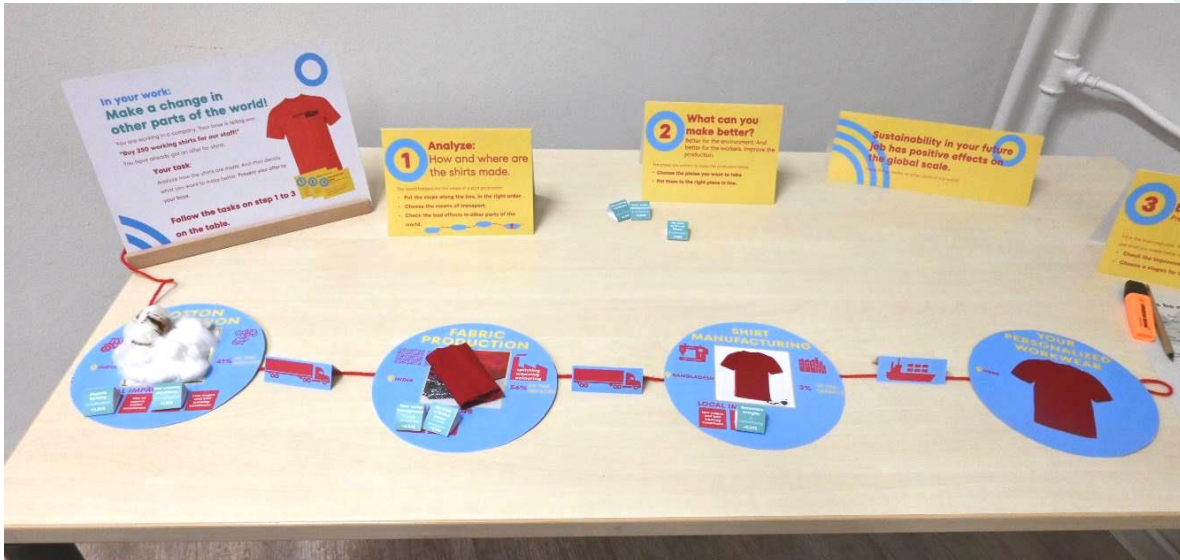
There are two ways to cut the plates out. It is important that the plates are somehow handy and tactile, therefore they should be thick.

| You can glue the plates on thick cardboard and cut out only the green plates.       | You can use thick paper to print on and cut the folding parts out and glue them together to form a 3D-item.                                                                |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |   |



Optional: Making the stages of the supply chain touchable/tactile for a deeper experience.

You can improve the tactile experience by not only providing printed material. You can include the real material of the chain stages. Therefore you take double-faced adhesive tape, and put on the pictures of the materials. There you glue the "real" and tactile material on it.



The chain with the tactile material

| <b>Cotton production</b>                                                                                                                                                                                | <b>Fabric production</b>                                                                                   | <b>Shirt manufacturing &amp; Shirt manufacturing</b>                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Here you can use cotton wool (which you can get in pharmacies for wound treatment). This is raw cotton with less fat. Or you take a cotton blossom, which you can sometimes get in flower shops.</p> | <p>Here you can use a bit of fabric to represent the next stage after spinning, weaving and colouring.</p> | <p>For both you can cut out of a red fabric a shirt in the size of the shirt on the photo and glue it over it. For shirt manufacturing you can add with a fine marker the fictional logo off the PAFF Inc. which is showed on the printed badge.</p> |
|                                                                                                                      |                         |                                                                                                                                                                  |

# Station 7: Diverse occupations for diverse people

## Necessary materials

| What                         | Specification/info                                                                                                                                                                                                                                                     |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scissors                     | Paper scissors are sufficient                                                                                                                                                                                                                                          |
| Laminator machine and sheets | e.g. 80 Micron sheets                                                                                                                                                                                                                                                  |
| Color Prints                 | 1. Instructions on thick paper, e.g. 250 g/m <sup>2</sup> , DIN A4<br>2. Materials, follow instructions, DIN A4 <ul style="list-style-type: none"> <li>• occupation and person cards, thick paper</li> <li>• working sheet "a diverse career", normal paper</li> </ul> |

## Set up

### Instructions

- Follow the printing manual in the PDF.
- You will receive an A4-sized overall instruction.
- The A5 stepwise instructions will be printed out at half a page to be folded. Cut of the printer margins please.

### Occupation and person playing cards

- Print on both sides, flip around long edge.
- Cut out the cards and laminate the cards.
- This is material for use. Print one for each participant in the workshop.



## Pictures

| A diverse career sheet | Person and occupation cards |       |
|------------------------|-----------------------------|-------|
|                        | back                        | front |
|                        |                             |       |

# Digital Parcours Stations

For the seven digital Parcours stations you need a laptop/tablet each. You can also print out the instruction/mindset.

## **Set Up the laptops/computers**

Make sure to access the stations. Link with access to all stations:

<https://escoaladevalori.ro/paffprojects/>

## **Station 8: Digital power up - unlock your skills!**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/digital-powerUp-en/>

## **Station 9: The dark side of your smartphone**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/darkside-my-smartphone-en/>

## **Station 10: Hands on for the planet**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/hands-onPlanet-en/>

## **Station 11: Women to remember: a memory game**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/women-to-Remember-en/>

## **Station 12: Career Compass: Spin your values**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/career-Compass-en/>

## **Station 13: Twists and turns - the real career journey**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/twist-andTurns-en/>

## **Station 14: Step into tomorrow**

Link to access the station <https://escoaladevalori.ro/paffprojects/en/step-into-tomorrow-en/>

# List of Materials

## General Material, needed for all/many stations

| What                    | Specification                          | Your Notes | Check                    |
|-------------------------|----------------------------------------|------------|--------------------------|
| Laminator machine       |                                        |            | <input type="checkbox"/> |
| Scissors                | to cut (thick) paper                   |            | <input type="checkbox"/> |
| Thick paper A4          | e.g. 250 g/m <sup>2</sup>              |            | <input type="checkbox"/> |
| Normal paper A4         | 80 g/m <sup>2</sup>                    |            | <input type="checkbox"/> |
| Laminating sheets       | e.g. 80 Micron                         |            | <input type="checkbox"/> |
| Color printer           |                                        |            | <input type="checkbox"/> |
| pens                    | Color pens, ballpoint pen              |            | <input type="checkbox"/> |
| markers                 | Thin permanent marker, text marker     |            | <input type="checkbox"/> |
| All-purpose glue        | To stick materials on wood, glass, ... |            | <input type="checkbox"/> |
| Adhesive printable foil | non-transparent                        |            | <input type="checkbox"/> |

## Specific Materials

List of additional materials, needed for the specific stations

| What                                                              | Specification/info                                                                                                                                                                                                                                                                                                                                                                                                   | Check                    |
|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| <b>Station 1: Minimizing the carbon footprint of a canteen</b>    |                                                                                                                                                                                                                                                                                                                                                                                                                      | <input type="checkbox"/> |
| Kitchen scale                                                     | If possible measuring range between 2 and 2000 g                                                                                                                                                                                                                                                                                                                                                                     | <input type="checkbox"/> |
| Weights:<br>e.g. iron plates<br>e.g. plastiline<br>e.g. cardboard | The weights represent the real CO <sub>2</sub> emissions from the production of the burger components. For the specific weights, see below in the table. Other heavy material is also possible: it is important to reflect the weights (column e)                                                                                                                                                                    | <input type="checkbox"/> |
| <b>Station 2: Let the train of your future run!</b>               |                                                                                                                                                                                                                                                                                                                                                                                                                      | <input type="checkbox"/> |
| Tracks                                                            | Please use the wooden toy-tracks. They can be found 2 <sup>nd</sup> hand. But we recommend to buy the tracks, because the track switches have to be built in a row and therefore have to be identical in the connections and the space to put the text.<br>You need: <ul style="list-style-type: none"> <li>one track straight forward</li> </ul> 7 three-sided track switches with the same connections on the ends | <input type="checkbox"/> |
| Waggon                                                            | <ul style="list-style-type: none"> <li>One engine/locomotive</li> <li>At least 7 waggon</li> </ul> They should be fitting in the tracks.                                                                                                                                                                                                                                                                             | <input type="checkbox"/> |
| Bag or basket                                                     | It should be non-transparent, so that you don't see before which track you are taking.                                                                                                                                                                                                                                                                                                                               | <input type="checkbox"/> |

|                                                       |                                                                                                                                                                                       |                          |
|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Dices                                                 | For the printing-templates not less than 2 x 2 x 2 cm.<br>4 green dices<br>4 yellow dices<br>4 blue dices                                                                             | <input type="checkbox"/> |
| Velcro-tape                                           | Self-adhesive                                                                                                                                                                         | <input type="checkbox"/> |
| Station 3: Making your workplace climate friendly     |                                                                                                                                                                                       | <input type="checkbox"/> |
| Pocket calculator                                     | Optional calculator app on smartphone                                                                                                                                                 | <input type="checkbox"/> |
| Station 4: Good News from good Jobs                   |                                                                                                                                                                                       | <input type="checkbox"/> |
| 2 Tablets + WLAN                                      | Tablets must scan the QR Codes on the items                                                                                                                                           | <input type="checkbox"/> |
| 30 Marbles                                            | Or any other small things for the survey                                                                                                                                              | <input type="checkbox"/> |
| 5 small glasses                                       | They form the containers for the marbles in the survey;<br>each around 3-4 cm diameter                                                                                                | <input type="checkbox"/> |
| Items representing the jobs                           | 5 items, see in table below. Each item must represent its topic,<br>e.g.<br>Corn<br>Glas with food<br>doll furniture, e.g. couch<br>False Money, safe<br>Wood piece, small brick, ... | <input type="checkbox"/> |
| Station 5: Practise sustainable water management      |                                                                                                                                                                                       | <input type="checkbox"/> |
| 4 transparent glasses                                 | at least 10-12 cm height, preferably the same slender shape for<br>all glasses                                                                                                        | <input type="checkbox"/> |
| Bottle, pot                                           | for use with tap water                                                                                                                                                                | <input type="checkbox"/> |
| Dice                                                  | Normal or slightly bigger dice (e.g. 1-3 cm edge length)                                                                                                                              | <input type="checkbox"/> |
| Station 6: Make a change in other parts of the world! |                                                                                                                                                                                       | <input type="checkbox"/> |
| Red string                                            | App. 100 cm length                                                                                                                                                                    | <input type="checkbox"/> |
| Optional:                                             | Material to make the stages of the supply chain<br>touchable/tactile for a deeper experience. This is not<br>mandatory.                                                               | <input type="checkbox"/> |
| Cotton                                                | Possible: cotton wool for wound treatment or cotton blossoms<br>available in flower shops                                                                                             | <input type="checkbox"/> |
| Fabric                                                | Red cotton fabric                                                                                                                                                                     | <input type="checkbox"/> |
| Mini shirts                                           | Cutout of red fabric in form of shirt                                                                                                                                                 | <input type="checkbox"/> |
| Double sided adhesive tape                            |                                                                                                                                                                                       | <input type="checkbox"/> |
| Station 7: Diverse occupations for diverse people     |                                                                                                                                                                                       | <input type="checkbox"/> |
| No specific materials                                 |                                                                                                                                                                                       | <input type="checkbox"/> |
| Station 8-14: Digital Stations                        |                                                                                                                                                                                       | <input type="checkbox"/> |
| 7 laptops/computers                                   |                                                                                                                                                                                       | <input type="checkbox"/> |
| extension cables                                      | If necessary: cables to connect all laptops/tablets to electricity                                                                                                                    | <input type="checkbox"/> |