

ERASMUS+ Programme 2015 – KA2 Adult Education  
Project n°: 2015-1-ES01-KA204-015937  
Partner: UPF

**Employment and Women on the 21st century in Europe: From Household economy to SME economy (Small and Medium enterprises) – MUPYME Project**

**IO4 Training plan Knowledge area “Maintenance and Sustainability”**

**Università Popolare di Firenze- ITALY**

- Module length: 4 hours
- Tools: Video/ Slides/ Test
- Pedagogy: Blended (presence and distance learning) + visits

**1. General Concepts of Maintenance and Sustainability**

Didactic Unit 1: Sustainability, Maintenance and Wellness definitions, examples and use.

Tool: slides

Didactic Unit 2: Home’s maintenance.

How to better manage the house, cohabitation, relationships, unexpected.

Energy-saving, recycling, reuse, waste concepts.

Housewife examples and cases.

Tool: Video/slides/Test

**2. How to extend the home and its contents’ life**

Didactic Unit 1: Time management

Tool: Video

Didactic Unit 2: ecological house.

Natural products and methods

Tool: Video/slides/test

Didactic Unit 3: household work organisation

Critical consumption, smart purchases, incident management.

Tool: Video

Didactic Unit 4: relationship managing

Tool: Video/ Slides

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### **3. How to make a Maintenance Plan**

Didactic Unit 1: practical household management

Tool : Video

Didactic Unit 2: the toolbox to manage the house

Tool: Slides / test