

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**

### **Teaching Guide for the resources design related to the Training plan**

#### **Knowledge area “Maintenance and Sustainability”**

Università Popolare di Firenze- ITALY

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## A) Requirements

### Teaching Staff:

- The Trainers have to know in depth the MUPYME project,
- They should have competences and skills on Environmental Sustainability, materials Recycling, creative Recycling, Reuse of household objects, Home Maintenance and Sharing Economy,
- They should have experience of at least 2 years of Home maintenance.

### Target Group:

Housewives, employed or unemployed, sensitive to environmental and social sustainability, who want to:

- improve their skills acquired at home,
- learn new lifestyles,
- acquire new entrepreneurial skills,
- use their home for extra household activities,
- be engaged in environmental and social issues.

## B) Training Plan description

B1. **General Aim** of the Module is to:

- providing the Knowledge tools to make housewives conscious that house is a micro-ecosystem part of a macro-ecosystem in which everyone is responsible;
- providing the practical tools to make housewives autonomous in the management of the house not only as a place of living but also as a place of problem solving, relationships, creativity and well-being

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**Specific objectives** of the Module are:

- providing knowledge on environmental sustainability;
- understanding the home as an example of micro Ecosystem to maintain and care;
- introducing into the house the rules of Reduce, Reuse, Repair, Recycle, the 4R;
- experiencing environmentally sustainable activities in the house places;
- providing practical tools for the house maintenance;
- equipping the house in order to save energy;
- organizing the house in order to save time;
- reducing purchases, reusing and repairing objects in a useful way, reusing the objects in a creative way, recycling materials;
- smart using of the home places;
- use of the home for social purposes;
- use of the home for entrepreneurial purposes.

**B2. Professional Qualification Objectives :**

Level based on Skills 1-3 ( ISCO-08)

**B3. Training Indicator:**

housewives capability. Housewives capacity to:

- Recognition of their competences;
- solving main Home technical problems ;
- knowing and being able to use the main tools for small housework;

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- being responsible for ecological and sustainable choices in their home;
- realising useful changes for themselves and for others;
- positively interacting with the external environment.

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

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

The key concepts for living and better manage the house, studio or apartment: Sustainability and Maintaining affect the well-being of those who live there.

**Sustainability:** natural resources are finite and we must reduce consumption and waste.

Even a small business as the home must take into account environmental sustainability, reduce the consumption of water, energy, food, purchases and waste.

**Maintenance:** to know, be able and solve home problems of daily life in a sustainable way. To be able to Reduce, Repair, Reuse, Recycle -4 R- more than consume, change, buy, replace, within an ecological approach where the house has to be maintained and cared.

**Wellness:** individual well-being is linked to sustainability, to everyday responsible gestures, taking into account the environment and the rest of the community.

In order to build and manage a sustainable home, the housewife has to have:

basic, technical and transversal competences; an entrepreneurial spirit conceiving the house not only as a dwelling, but also as a creative place for useful work; respect for the environment and social relations developing.

*The Unit provides knowledge and good practices on Sustainability and Maintenance concepts ; it aims to address housewives to sustainable everyday practices*

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UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
1.1 DU1: Sustainability, Maintenance and Wellness definitions, examples and use. <i>Lenght: 3h.</i>	To know Sustainability and Maintenance concepts	to provide knowledge and good practices on: sustainable home, home maintenance as an ecosystem, 4R rules, new lifestyles renewable energy	Test. Slides	Face to face	To understand the Sustainability, Reuse, Rycling concepts. To be sensitive to new responsible lifestyles.

Didactic Unit 2: Home's maintenance.

The home is a microsystem to maintain and care

*The Unit provides daily practices advice on how Reduce, Repair, Reuse, Recycle the home in an ecological and sustainable way*

UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
1.2 DU2: Home's maintenance.  <i>Length: 7h</i>	To manage the house in an ecological way, To Rethink the everyday life, To solve smalls domestic problems	To provide knowledge on reuse and recycle in the house, How to organize the home in ecological way, How to solve the unexpected, The daily home maintenance, The extraordinary home maintenance	Test  Video	Interactive face- to- face  Distance Learning	To Know how to choose products, food, objects and materials useful for home, to equip the house to save energy, food and time, to Know how to repair objects and clothes, reuse materials, to know environmentally friendly products, to know the main tools to maintain the house, to ask for quotes

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## 2. How to extend the home and its contents' life

Didactic Unit 1: Time management and work organisation

*The Units give suggestions and tips on how to save time with the housework in order to devote more time to other activities, such as setting up a sustainable home and how to organize a home for social purposes*

UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
2.1 DU2: Time management and work organisation <i>Length: 4h.</i>	To organize the home in order to have more time, To better manage their time	To know the ways and mean in order to save time with the housework To deepen passions and interests	Test Video	Interactive face- to- face  Distance learning	To save time in order to give time to hobbies, relationships, entrepreneurial activities

Didactic Unit 2: Ecological house.

UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
2.2 DU2: Ecological house <i>Length: 10h.</i>	To know the basics of renewable energy, environmentally friendly cleaning products, ecological furnishings, organic food. The Creative Reuse. Visit to a papermaking center.	To give knowledge on renewable energy, eco-friendly detergents, natural materials, organic food  To know creative activities within household objects reuse	Test	Interactive face- to- face  Visit to the Central Paper Recycling	To know how to choose forms of renewable energy, detergents and environmentally friendly materials, organic food. Become conscious consumer. To know how to reuse materials and household objects in a useful way.

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Didactic Unit 3: Relationship managing

UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
2.3 DU2: Relationship Managing  <i>Length: 6h.</i>	To organise the home for social purpose, To organise the home for entrepreneurial purpose, To manage the relationships.	To give knowledge on Sharing Economy To give good practices about home as a place of social dinners, creative workshop, garage sale, home exchange, house concerts. To give good practices about home as a place of professional studio, distance working, AirBnB, Home restaurant, Time Banking	Test  Video	Interactive face- to- face  Distance learning	To enhance social and entrepreneurial skills. To develop an interest to realise at home. To design a business idea to implement at home.

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### 3. How to make a Maintenance Plan

Didactic Unit 1: practical household management

*The Units aim to develop technical, specific and transversal competences in order to better manage home and extra family activities*

UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
3.1 DU3: practical household management  <i>Length: 6h.</i>	To manage and care the home as a place of social relations	To provide useful knowledge and tools in order to maintain the house in a sustainable way, to save the time, to have time to pursue their interests	Test PowerPoint Discussion	Interactive face-to- face	To develop: technical competences specific competences transversal competences

Didactic Unit 2: the toolbox to manage the house

UNIT	GOAL	CONTENT	TOOL	METHOD	COMPETENCE
3.2 DU3: the toolbox to manage the house  <i>Length: 4h.</i>	Useful tools to keep at home, for daily and extraordinary maintenance.	To provide examples of daily and extraordinary unforeseen situations to be managed	Test Video	Distance learning	To be able to use the main tools for daily house repairs and routine works



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## C. Modules' Structure

c.1 Number of modules:

1 Module, 3 Units

c.2 Name of the module : Maintenance and Sustainability

DU1. General Concepts of Maintenance and sustainability

DU2. How to extend the home and its contents' life

DU3. How to make a Maintenance Plan

c.3 Relationship between modules:

level based on Skills 1-3 ( ISCO-08)

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## D. Modules length: 40h

Unit 1: 10h

Unit 2: 20h

Unit 3: 10h

## E. Modalities

- Interactive Face to face,
- PowerPoint,
- Video,
- Competences Test ,
- Visit to a Paper District (Re-use and Recycle exemple)

## F. Teaching resources

### f.1 General supporting materials

M.C.Nussbaum, *Creating Capabilities. The Human Development approach*, 2011, London

<https://www.zerowasteurope.eu/>

[https://books.google.it/books?id=\\_G9PWTi72HYC&pg=PT4&lpg=PT4&dq=michael+grosvenor+energy+save&source=bl&ots=sub6GAXIgt&sig=XUk5OtTKXuGRmoTosZarx59vzEY&hl=it&sa=X&ved=0ahUKEwizq8rD05nQAhWBORQKHUtDD74Q6AEIPzAF#v=onepage&q=michael%20grosvenor%20energy%20save&f=false](https://books.google.it/books?id=_G9PWTi72HYC&pg=PT4&lpg=PT4&dq=michael+grosvenor+energy+save&source=bl&ots=sub6GAXIgt&sig=XUk5OtTKXuGRmoTosZarx59vzEY&hl=it&sa=X&ved=0ahUKEwizq8rD05nQAhWBORQKHUtDD74Q6AEIPzAF#v=onepage&q=michael%20grosvenor%20energy%20save&f=false)

Unit 1.1 DU1:

Sustainability:

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<http://www.italiachecambia.org/2016/05/come-rendere-vecchia-casa-ecosostenibile-pochi-soldi/#>

Home maintenance

<https://www.greenme.it/abitare/eco-fai-da-te/16677-cose-da-riparare-fai-da-te>

<https://www.greenme.it/consumare/detergenza/11758-ricette-sturare-scarichi-e-lavandini>

Unit 1.2 DU2:

Save time and reduce waste

<http://it.wikihow.com/Ridurre-le-Spese>

<http://www.risparmiate.it/12-oggetti-indispensabile-per-risparmiare-in-casa/>

<http://www.dimmicosacerchi.it/come-risparmiare-in-modo-concreto-funziona.html>

Unit 2.1 DU2:

Work organisation

<http://it.wikihow.com/Organizzare-la-Casa>

<http://www.deabyday.tv/tag.html?tag=pulizie%20di%20casa>

Unit 2.2 DU2:

Renewable energy

[https://books.google.it/books?id=\\_G9PWTi72HYC&pg=PT4&lpg=PT4&dq=michael+grosvenor+energy+save&source=bl&ots=sub6GAXlgT&sig=XUk5OtTKXuGRmoTosZarx59vzEY&hl=it&sa=X&ved=0ahUKEwizq8rD05nQAhWBORQKHUtDD74Q6AEIPzAF#v=onepage&q=michael%20grosvenor%20energy%20save&f=false](https://books.google.it/books?id=_G9PWTi72HYC&pg=PT4&lpg=PT4&dq=michael+grosvenor+energy+save&source=bl&ots=sub6GAXlgT&sig=XUk5OtTKXuGRmoTosZarx59vzEY&hl=it&sa=X&ved=0ahUKEwizq8rD05nQAhWBORQKHUtDD74Q6AEIPzAF#v=onepage&q=michael%20grosvenor%20energy%20save&f=false)

Food reuse

<http://www.nonsprecare.it/sezione/mangiare/cucina-degli-avanzi>

Ecological home maintenance

<http://comefare.com/pulizia/>

Waste reduction

<http://wwftrieste.altervista.org/pratiche.shtml>

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<https://www.zerowasteeurope.eu/>

<http://www.liber-rebil.it/le-3r-dei-rifiuti-ridurre-riutilizzare-riciclare/>

Unit 2.3 DU2:

Sharing economy

[http://www.collaboriamo.org/media/2015/11/Mappatura2015\\_00.pdf](http://www.collaboriamo.org/media/2015/11/Mappatura2015_00.pdf)

<http://it.wikihow.com/Organizzare-un-Mercatino-Davanti-Casa>

Unit 3.1 DU3:

Not boring life !

<http://www.entsoboringlife.com/popular-hobbies/>

Unit 3.2 DU3:

<http://www.cosedicasa.com/fai-da-te/lavori-casa/>

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## G.Pedagogical suggestions

g.1 to set-up online didactical resources aim to train the housewives in Home sustainability and maintenance areas;

g.2 to visit an example of Reuse Paper District where it is possible to know the entire chain of the paper.

