

**GoBeEco** - Play the  
game and become  
sustainable



# GoBeEco - Gamification of eco-friendly habits in adult education

## GoBeEco Project Information

Together, the project team has developed gamified sustainability learning content and a guide for digitised learning in adult education.

### Project Partner:



University of Applied Sciences // PAIZ Consulting  
Fundacja Ekopotencjał // Virtual Campus // Energie Impuls OWL

### More Information:



[www.gobeeco.eu](http://www.gobeeco.eu)

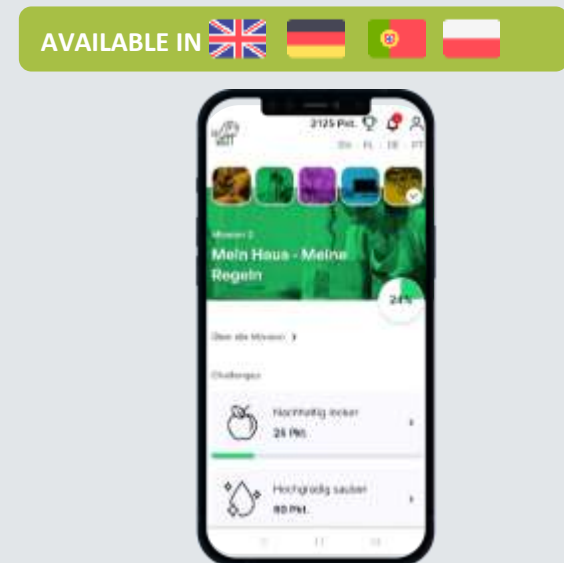


# Presentation of the concrete project results

## Digital Edu Skills Handbook



## GoBeEco Gamification



# Digital Edu Skills Handbook



👉 The handbook enables teachers and trainers to integrate **digital and ecological competences** into their curricula.

👉 The curricula presented are not only about **developing knowledge**, but above all about **encouraging** adult learners to **actively seek knowledge**.

👉 The handbook, which is **available online**, contains a **library of examples**, ideas, best practices and digital tools to **develop pro-ecological habits**.

# Presentation of the contents of the handbook



Staatlich anerkannte, private  
**Fachhochschule des  
 Mittelstands (FHM)**

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[www.gobeyond.eco](http://www.gobeyond.eco)



Please think about the environment before printing this handbook!  
 It is estimated that over half of the printed pages are never looked at or used. By avoiding useless printing of documents, you will be protecting the environment and helping to reduce the number of trees cut down, the amount of chemicals emitted into groundwater and drinking water etc. Let's work together to save fewer unnecessary resources and work digitally with our handbook.



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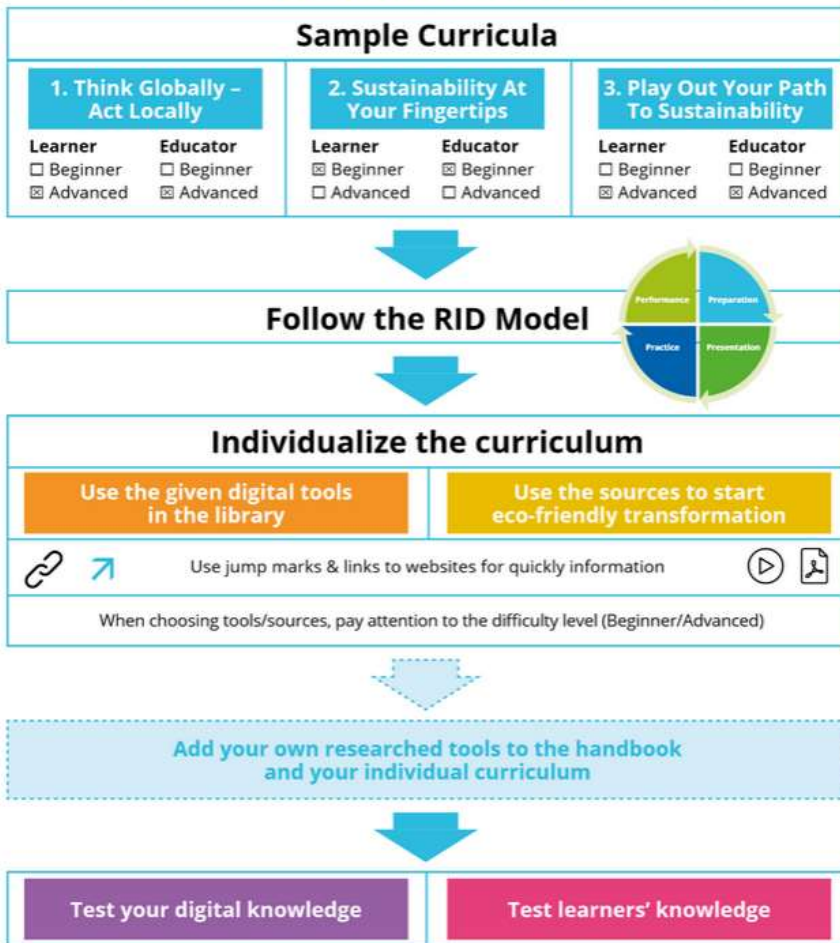


This handbook was published as part of the Erasmus project  
 "Golfelion - Gamification of eco-friendly habits in adult education"  
 (2020-103X)



# Working with the handbook

## HOW TO WORK WITH THE HANDBOOK



- 👉 Sample curricula can be used for lesson preparation
- 👉 RID model provides orientation
  - Preparation
  - Presentation
  - Practice
  - Performance
- 👉 Individualise sample curricula
- 👉 Add tools and examples from libraries
- 👉 Tests on what you have learned

# Sample curricula

## SAMPLE CURRICULA: THINK GLOBALLY - ACT LOCALLY

“We don’t have to engage in grand, heroic actions to participate in change. Small acts, when multiplied by millions of people, can transform the world.”

Howard Zinn, Political Scientist

# Sample curricula

**1 CURRICULA: FHM GLOBALLY - ACT LOCALLY**

## Learning situation

**Description of the learning situation:**  
 The learners have already dealt with the topic of sustainability and, with the help of this curriculum, they learn about the Sustainable Development Goals (SDG) and experience them in their own personal context. The educator has already gained first experience in the field of digital teaching. All content can be taught online.

**Digital background of learners and educators/ Level of involvement:**  
**Learner**  
 Beginner  
 Advanced  
**Educator**  
 Beginner  
 Advanced

## Learning outcome: Knowledge, Skills, Competencies

Having successfully completed this course, the adult learners

- know the relevance of the Sustainable Development Goals
- are able to reflect critically the global sustainable development
- understand the importance of sustainable action
- can organize group work
- have acquired skills in media production

## Developed Content // Think globally - act locally //

### Preparation

Group Activities  
 Primarily online  
 Primarily in the classroom

Individual Activities  
 Primarily in presence  
 Includes excursions

#### 1. Introduction of the Sustainable Development goals

- ▶ Watch the global broadcast 'Nations United'
- ▶ joint creation of a first Virtual Mind Map (one of the mindmap tools from the library category [Tools to support cooperative and collaborative work](#) can be selected) with associations and ideas for all 17 Goals.

56 DIGITAL SKILLS HANDBOOK

**SAMPLE CURRICULA: THINK G**

In the following, the 17 SDGs are analysed in more detail as part of the knowledge transfer process. The European Union's infographics can be used for this purpose.

Exemplary the infographic on SDG 13 can be found here.

In the last step of preparation, the educator sets the SDGs in an overarching context. For this, the learners should classify the individual goals into the areas of biosphere, society and economy. The correct solution can be found beside.

Source: Crossman, H., et al. (2018): Global socio-economic impacts of future changes in biodiversity and ecosystem services: State of play and approaches for new modeling p. 16.

### Presentation

Group Activities  
 Primarily online  
 Primarily in the classroom

Individual Activities  
 Primarily in presence  
 Includes excursions

#### 2. Deeper thematic entry

Group work: The learners should divide into small groups. Each group deals with 3 SDGs, one from each of the areas: biosphere, society and economy. It is not mandatory that every SDG has been assigned, but care should be taken to ensure that none is worked on twice.

The aim of this presentation phase is for the small groups to deal more intensively with their chosen SDGs. They continue to work on the mind map (created together in the preparation phase) by working out subdivisions on the questions: Definition "What's the goal here?", Knowledge "Why?" and Action options for each person "What can I do to help?" Afterwards, the results are presented in the large group.

### Practice

Group Activities  
 Primarily online  
 Primarily in the classroom

Individual Activities  
 Primarily in presence  
 Includes excursions

#### 3. Learning by designing

In this practice phase, the learners should create a product with bundled media content based on the previous work, which should motivate people to change their behaviour in relation to one chosen SDG.

Each group creates an [Action map](#) for one of their three SDGs. Here is an exemplary action map.

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## DIGITAL TOOLS LIBRARY

# Libraries Tools/Examples



Digital Tools LIBRARY

## Digital Tool: Taskcards

**Description:** Educators are able to start bulletin boards, called "Task Cards". They can be made up of different forms of media such as texts, pictures or links and be accessed by the learners. While the website explains a lot it still takes some time to get into it.  
**Didactic purpose:** Collection of terms, Information compilation, Teaching Organisation

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	required	
Learner	not required	
<b>Link to tools:</b>	<b>Country specific:</b>	
		

## Research own tools



## Tools for media and material design

### Digital Tool: Anchor

**Description:** Anchor is a platform for creating, distributing and monetizing one's podcast.  
**Didactic purpose:** Explainer podcast production

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	required	
Learner	-	
<b>Link to tools:</b>	<b>Country specific:</b>	
		

### Digital Tool: Animoto

**Description:** Animoto is a video platform that allows non-experts to create captivating multi-media. Animoto allows to turn existing video clips and images into video slideshows with little effort. One can either use one of their existing storyboard templates or build a video from scratch depending on how much time and ambition they have!  
**Didactic purpose:** Explainer video production

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	required	
Learner	-	
<b>Link to tools:</b>	<b>Country specific:</b>	
		

## Digital Tool: Cacao

**Description:** App for multiuser creating, editing, comments on, and chatting about diagrams.  
**Didactic purpose:** Collaboration, Brainstorming, Information compilation, Keyword collection

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	required	
Learner	not required	
<b>Link to tools:</b>	<b>Country specific:</b>	
		

## Digital Tool: Canva

**Description:** One of the most popular tools for creating social media graphics. Canva allows users to create high-quality images quickly using layouts, templates and design elements.  
**Didactic purpose:** Explainer graphic production

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	required	
Learner	not required	
<b>Link to tools:</b>	<b>Country specific:</b>	
		



## Digital Tool: EDpuzzle

**Description:** A convenient tool for personalizing movies (from our database or EDpuzzle data-base) by cutting the appropriate fragment, adding one's own soundtrack, notes or quiz questions.  
**Didactic purpose:** Video production

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	required	
Learner	not required	
<b>Link to tools:</b>	<b>Country specific:</b>	
		

## Digital Tool: Lywi

**Description:** A website that allows learners to create their own comics, it is geared towards adults  
**Didactic purpose:** Explainer Comic Production, Material Creation

<b>Digital level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Registration:</b>		
Educator	not required	
Learner	not required	
<b>Link to tools:</b>	<b>Country specific:</b>	
		



# Library Green Transformation



# Library Green Transformation

## HOW TO START ECO-FRIENDLY TRANSFORMATION

In 2015 all members of the United Nations (193 in 2022) declared 17 global goals for sustainable development (Sustainable Development Goals: SDG's) for all human beings, to be fulfilled by 2030. From these 17 goals, GoBeEco derived 7 goals for this Digital Edu Skills Handbook:



**SDG 7: Clean Energy**



**SDG 6: Clean Water & SDG 14: Life below water**



**SDG 12: Responsible Consumption and Production**



**SDG 13: Climate Action**



**SDG 9: Industry, Innovation and Infrastructure**



**SDG 11: Sustainable Cities and Communities**



**Overarching Sustainable Activities**

In this library you will find various links to "Knowledge", "Guides" and "Tools" on the specific SDGs. The category Knowledge refers to websites, podcasts, videos etc. that provide information on the SDG topic. The guides category refers to resources that provide tips and tricks and specific inspiration. The links to the tools help the user, for example, to make concrete calculations on individual CO2 emissions or provide the opportunity to approach the topic via gamification.

## SOURCES TO START ECO-FRIENDLY TRANSFORMATION

### 7 AFFORDABLE AND CLEAN ENERGY

#### SDG 7: Activities for affordable and Clean Energy





**Eco-friendly activity:** *Associação Lusófona de Energias Renováveis*  
**Description:** Associação Lusófona de Energias Renováveis is an NGOD (Non-Governmental Organization for Development) whose mission is to promote renewable energy in Portuguese-speaking countries. The Association works as a facilitator of business opportunities by supporting the private sector and attracting investment and creating a cooperation platform and constituting the common voice of renewable energies in Portuguese-speaking countries. However, their website also works as a repository for information and useful resources related to energy and renewable sources.  
**Category:** Renewable and clean energy

<b>Eco Level:</b>	<input type="checkbox"/> Beginner	<input checked="" type="checkbox"/> Advanced
<b>Link to tools:</b>	<b>Country specific:</b>	
		

**Eco-friendly activity:** *Conversas Energéticas*  
**Description:** A podcast created by students enrolled in the Energy and Environmental Engineering degree of the University of Lisbon. In each episode, they welcome a specialist on the topic and talk about energy transition, renewable options, decarbonisation, and the respective existing challenges.  
**Category:** Renewable and clean energy

<b>Eco Level:</b>	<input checked="" type="checkbox"/> Beginner	<input type="checkbox"/> Advanced
<b>Link to tools:</b>	<b>Country specific:</b>	
		

**Eco-friendly activity:** *Make your home green*  
**Description:** Here are listed the best ways to power your home with renewable energy.  
**Category:** Renewable and clean energy

<b>Eco Level:</b>	<input type="checkbox"/> Beginner	<input checked="" type="checkbox"/> Advanced
<b>Link to tools:</b>	<b>Country specific:</b>	
		

# GoBeEco Sustainability Game



## GoBeEco

Play the game and change your lifestyle in the  
direction of environmental friendliness

Login

Create an account

👉 The **GoBeEco WebApp** was developed to learn more about personal impact on the environment in a playful way and to **change everyday habits in a long-term and sustainable way.**

👉 Every little step is important - whether at **home**, at **work**, in **public spaces**, in **mobility**, or when **shopping**.

👉 There are **21 challenges** in **5 different missions** that you can choose if you want to challenge yourself and change your daily actions towards sustainability.

# Insights into the app



2125 pts   

EN · PL · DE · PT

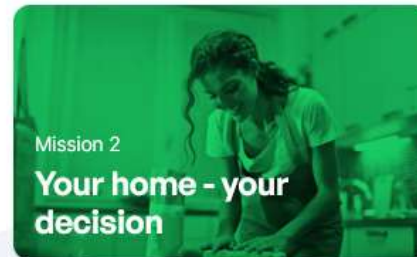
## Let's GO and BE ECO with us!

Welcome to the GO BE ECO WebApp.

We invite you to use GO BE ECO WebApp and become more conscious about your ecological impact in everyday life.

[Read more about the app >](#)

Choose the mission



# EN - Insights into the app



Staatlich anerkannte, private  
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**Mission 3**  
**Getting and using consumer goods**

**About mission**  
You'll learn how to make better buying choices and reduce the pollution and waste caused by consumer goods - from food to house supplies.

**Challenges**

- To Buy, Not to Buy or What to Buy: That's the Question!** 60 pts
- We Are What We Eat. What do You Wanna Be?** 110 pts
- You vs Pollution - Let's Win the Battle!** 0 pts
- Let's Turn You Into a No Waste Specialist!** 0 pts

2125 pts

**Tasks in progress**

- Be Cool - Save Energy and Fuel!  
**Lunch time!**
- Puns about Air Conditioning? Not a Fan...  
**April Cool's Day!**



< Back to mission



Challenge

## You vs Pollution - Let's Win the Battle!

100 Bonus points

About challenge

You will learn how to verify where the things you buy come from, who made them, and if the resources they use are polluting the environment or not.



# Insights into the app



Staatlich anerkannte, private  
**Fachhochschule des  
Mittelstands (FHM)**

Tasks

0%

Easy · Medium · **Hard**

## Check your tags!

10

The task is very simple! Go to your wardrobe and verify the tags of 2-5 pieces of clothing. What information can you find? Verify also if they are 100% synthetic with...

Easy · Medium · **Hard**

## Check your plate

50

Note down all the food you eat in a day and check on the internet the polluting effect it has on the planet. There are many websites that can help you figure out how polluting...

Easy · Medium · **Hard**

## Your personal sustainable list

50

Make a list of stores where you can buy sustainable clothing, made with organic cotton and/or that presents all the necessary information about their origin. And check if the...

Easy · **Medium** · Hard

## One step a day to keep plastic away!

25

Review your cosmetics and hygiene products. Try to check which ones may contain microplastics and try to avoid buying those products in the future. There are some app...

# Insights into the app

< Back to challenge

Easy · Medium · Hard

## Check your tags!

The task is very simple! Go to your wardrobe and verify the tags of 2-5 pieces of clothing. What information can you find?

Verify also if they are 100% synthetic with polyester or viscose. If yes, it means that during its production and while washing they will release plastic microparticles that compromise life in rivers and seas.

[Read more →](#)


10  
points

Mark task as done!

Fast fashion enterprises tend to prioritise the cost of production instead of sustainability. In general, they use non-biodegradable fabrics, full of chemicals, throwing waste into the water during the production process. In order to reverse that, you need to read the tags - that's the best way to understand the origin of the clothes and how the production has polluted, or not, the environment. The tag needs to present information about who made the piece and where it is from. If you cannot find any information, you can be suspicious about the source of the clothing and about the quality and well-being of the workforce behind its production.

These pages (1; 2) will help you learn how to read labels and correctly search for and interpret the information contained. You'll understand how you should take care of the product (so that it can last longer), how you can see if the materials are sustainable or not, and understand where and in which conditions your clothes were made.

# Insights into the app



< Back to mission

## Final Quiz

To pass the quiz you must obtain a score of at least 50 points.

**Question 2/10**

The equivalent of how many cigarettes in air pollution you inhale standing 1 hour in a traffic jam?

- 1 cigarette
- 2 cigarettes
- 4 cigarettes

# Insights into the app



< Zurück zur Mission

## Abschließendes Quiz

Um das Quiz zu bestehen, musst du mindestens eine Punktzahl von 50 Punkte.



### Glückwunsch!

Dein Ergebnis: 72  
Du hast das Quiz bestanden.

Zurück zur Mission



Badge  
**Ecomobility Leader**  
for completeing the mission

# Insights into the app



## Ranking List

1. Dragon	4545 pts
2. Stephe	4200 pts
3. Suse	2335 pts
<b>4. E-co-lisa</b>	<b>2125 pts</b>
5. Artek	1895 pts
6. Sylvia	1690 pts
7. Natalia	1535 pts
8. Little T	1280 pts
9. Marcel	1135 pts
10. linade	820 pts
...	



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Thank you very much for your attention!



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Play the game and change your lifestyle in the direction of environmental friendliness

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Any Questions?

