

## Summary

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The e-learning course “**e-co-foot**” consists of **seven learning units** which deal with the main categories of the Ecological Footprint. It provides students with the necessary knowledge and shows them easy steps for a sustainable lifestyle. It can be found at <https://www.e-co-foot.eu/elearning/>

### Course Structure:

1. Why we need the Ecological Footprint
2. Understanding the Ecological Footprint
3. Nutrition
4. Housing
5. Mobility
6. Other consumption
7. Spaceship E.A.R.T.H.

The online-course includes **information, graphs, videos, games, key learning points** and questions for **self-evaluation**. The e-co-foot course is also intervowen with the **Ecological Footprint calculator** (available here: Footprint Calculator <http://calculator.e-co-foot.eu/>), where students can log their daily activities and identify differences in their behaviour and its impact on the environment.

For better understanding it is recommended that you read the chapters in **sequential order**. The contents are aimed at pupils between the **ages of 10 and 18**.

With this e-learning tool the **personal teaching units can be replaced, supplemented or repeated** by the students.

## Manual Content

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This material is part of a course on the Ecological Footprint for students.  
The course consists of the following modules for two age groups:

Age group 1 10-13 years	Age group 2 14-18 years
General Introduction	General Introduction
Mini Hectare Workshop	Mini Hectare Workshop
Food	Food
Housing	Housing core Housing additional
Mobility	Mobility
Other Consumption	Other Consumption core
Background information	

[calculator.e-co-foot.eu](http://calculator.e-co-foot.eu) is an online tool, where students can log their daily activities and trace the ecological footprint of their habits.  
[elearning.e-co-foot.eu](http://elearning.e-co-foot.eu) is an e-learning with similar content as these lectures.

All the material can be downloaded for free at [www.e-co-foot.eu](http://www.e-co-foot.eu) in different languages.

#### IMPRINT

akaryon GmbH, Austria [www.akaryon.eu](http://www.akaryon.eu)

Plattform Footprint, Austria [www.footprint.at](http://www.footprint.at)

Vasile Lovinescu College, Romania [www.agricolfalticeni.ro](http://www.agricolfalticeni.ro)

Eötvös Loránd University (ELTE), Hungary [savariakemia.elte.hu](http://savariakemia.elte.hu)

Environmental Education Center (K.P.E.) Pertouliou-Trikkeon, Greece [www.kpe-pertouliou-trikkaion.gr](http://www.kpe-pertouliou-trikkaion.gr)

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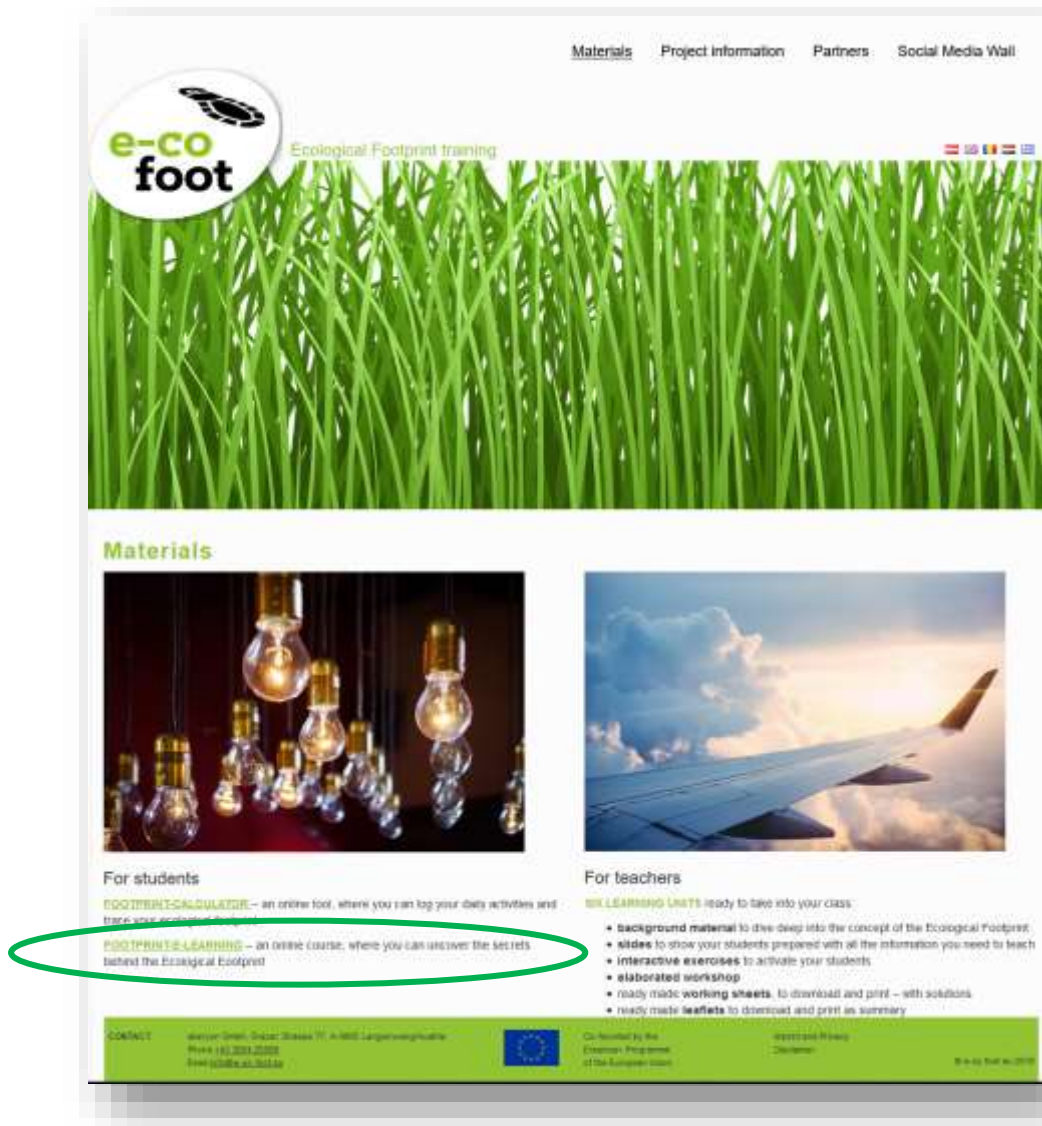
## How to register

Welcome to our short e-learning tool description!

Please open the homepage “<https://www.e-co-foot.eu/>” in your browser.

At this website in chapter **Materials** down by the plate **for students** you can find the access points to our two tools about the ecological footprint.

- **FOOTPRINT-CALCULATOR** – an online tool for the daily activity log, showing how they are reflected in the ecological footprint
- **FOOTPRINT-E-LEARNING** - an online course with lot of simply prepared information about the ecological footprint and easy tips and tricks how to reduce it.



The screenshot shows the homepage of the e-co foot website. The top navigation bar includes links for Materials, Project Information, Partners, and Social Media Wall. The main header features the e-co foot logo and the text 'Ecological Footprint training'. Below this is a large image of green grass. The 'Materials' section is divided into two columns: 'For students' and 'For teachers'. In the 'For students' column, the 'FOOTPRINT-E-LEARNING' link is circled in green. The 'For teachers' column lists various resources available for educators.

**Materials**

**For students**

**FOOTPRINT-CALCULATOR** – an online tool, where you can log your daily activities and trace your ecological footprint.

**FOOTPRINT-E-LEARNING** – an online course, where you can uncover the secrets behind the Ecological Footprint.

**For teachers**

**NEW LEARNING UNITS** ready to take into your class:

- **background material** to dive deep into the concept of the Ecological Footprint.
- **slides** to show your students prepared with all the information you need to teach.
- **interactive exercises** to activate your students.
- **elaborated workshop**.
- **ready made working sheets**, to download and print – with solutions.
- **ready made leaflets** to download and print as summary.

**CONTACT** | **Address:** Green, Street: 30000, 71, A-1010, Langerwiesengasse | **Phone:** +43 (0)303 20000 | **Email:** info@e-co-foot.eu

**Co-financed by the European Union** | **Project:** 2010-1-AT-1-230000 | **Website:** www.e-co-foot.eu

Click the link “**FOOTPRINT-E-LEARNING**” in order to register or later for login and enjoy nice lessons. On the site that opens now, you will find a grass bar at the top. In this website header there is always the main navigation. Click the button “**Register**” to start the registration process.



A new page will open, here you can find the registration form. Fill in your data. When you are finished click the button “**CREATE AN ACCOUNT**”

**New Signup**

**Signup**  
All fields are required.

First Name:

Last Name:

Username:

E-mail:

Password:  Strong

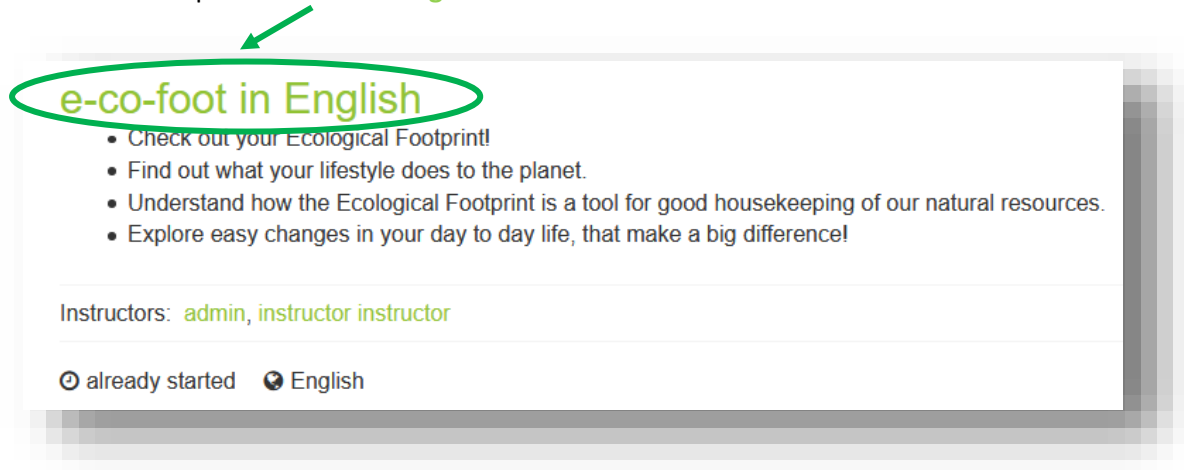
Confirm Password:

Already have an account? [Login to your account](#)

**CREATE AN ACCO...**

## How to find the course

After you have registered click in the website header the navigation point “**Courses**”. Here you can select your course in the desired or given language. Choose and click the corresponding heading of the course. For example “**e-co-foot in English**”

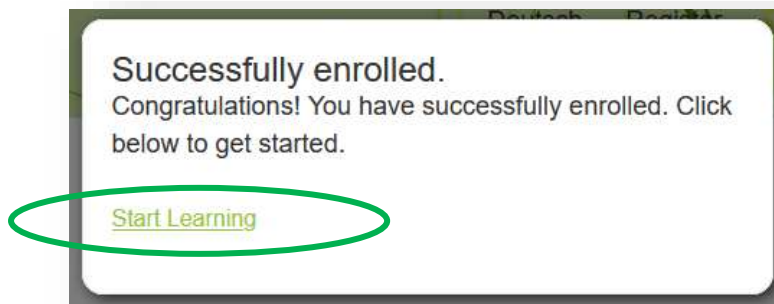


You will be directed to a short overview of this course with information and the overall structure.

Click the Button “**ENROLL NOW**” to get signed up for the course



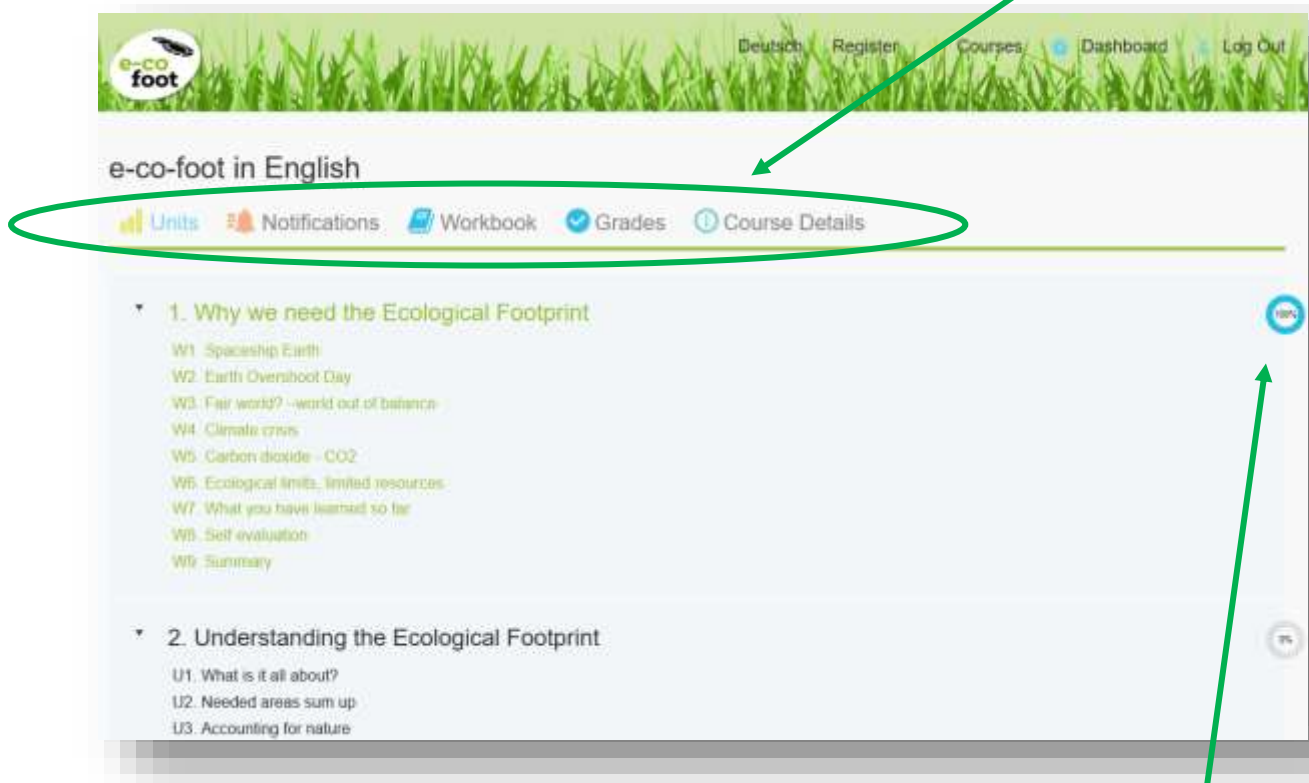
After that a new window pops up. Then click “**Start Learning**”



**You have done it, you are now in the e-learning area!**

## How to navigate

Now we give you a short guideline how you can navigate through the course best. To make your learning experience as comfortable as possible. When you open the course a new **submenu** appears.



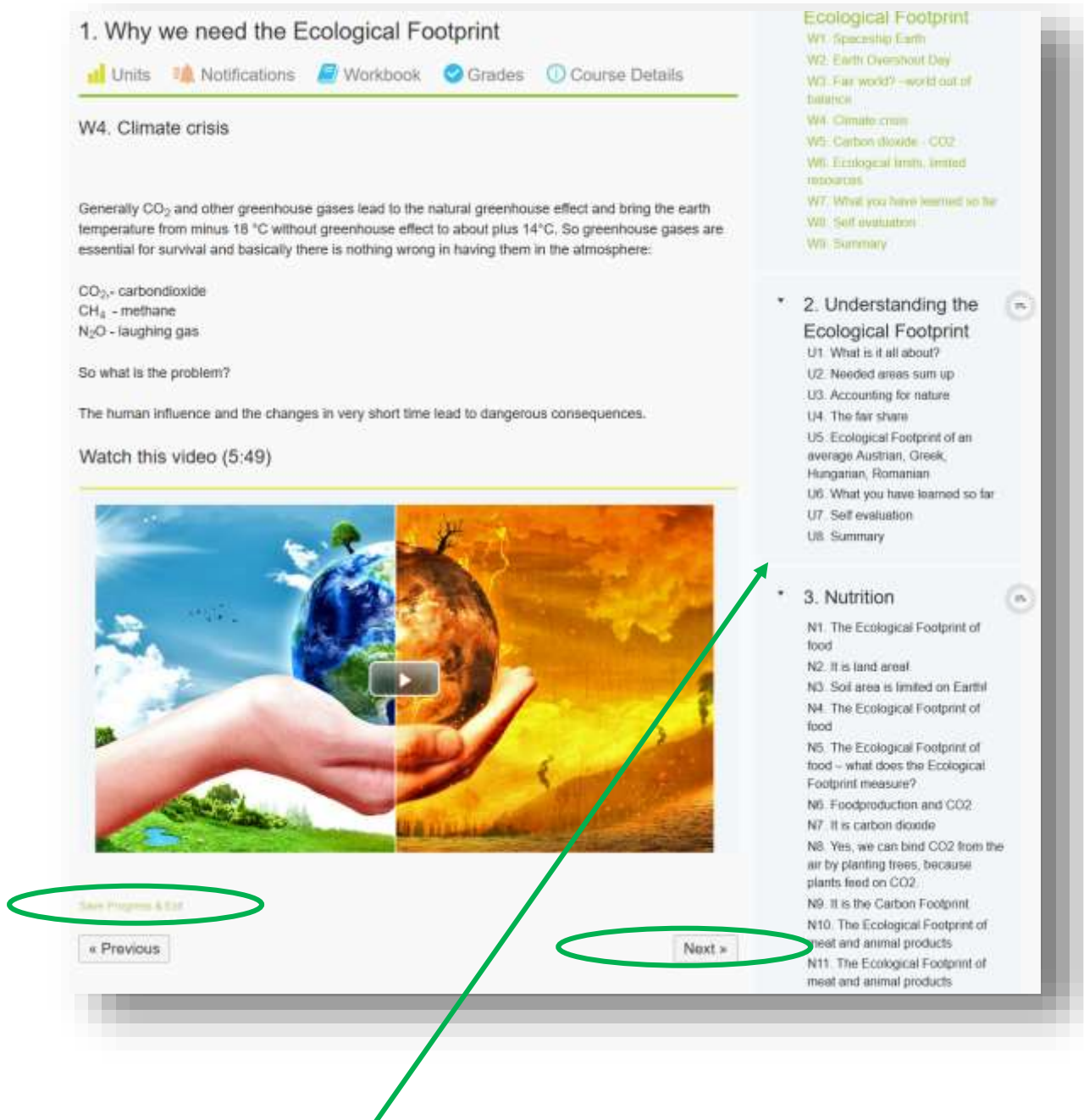
Under the submenu item “**Units**” there is a list of all individual course sections. Your **progress** is displayed in the little circle in the right corner as a percentage of completion.



Here you can select

- a new lesson
- an unfinished lesson that has been started once already
- or a completed learning lesson which you want to repeat

The individual units are structured differently, some of them contain videos, other questions and some even games. With one click on the lesson heading you will open it!



The screenshot displays the e-co foot learning interface. The main content area shows a lesson titled "1. Why we need the Ecological Footprint" with a sub-section "W4. Climate crisis". The text explains the greenhouse effect and lists greenhouse gases: CO<sub>2</sub> (carbon dioxide), CH<sub>4</sub> (methane), and N<sub>2</sub>O (laughing gas). It asks "So what is the problem?" and states that human influence leads to dangerous consequences. A video player is embedded with the title "Watch this video (5:49)". The video player shows a hand holding a globe that is half green and half orange, with a play button in the center. Below the video player are buttons for "Save Progress & Exit", "« Previous", and "Next »". A green arrow points from the "Next »" button to the "2. Understanding the Ecological Footprint" section in the sidebar. The sidebar on the right contains an "Ecological Footprint" overview list with sections W1 through W8, U1 through U8, and N1 through N11. The "2. Understanding the Ecological Footprint" section is expanded, showing its sub-sections U1 through U8.

On an open lesson site the **overview list** remains on the right side. With this list you can navigate through the course and continue working. Or click on the button "**Next**" after finishing the lesson to go to the next one.

At the bottom of each page there is the possibility to save your progress and leave the course with the button **“Save Progress & Exit”**.

## How to continue

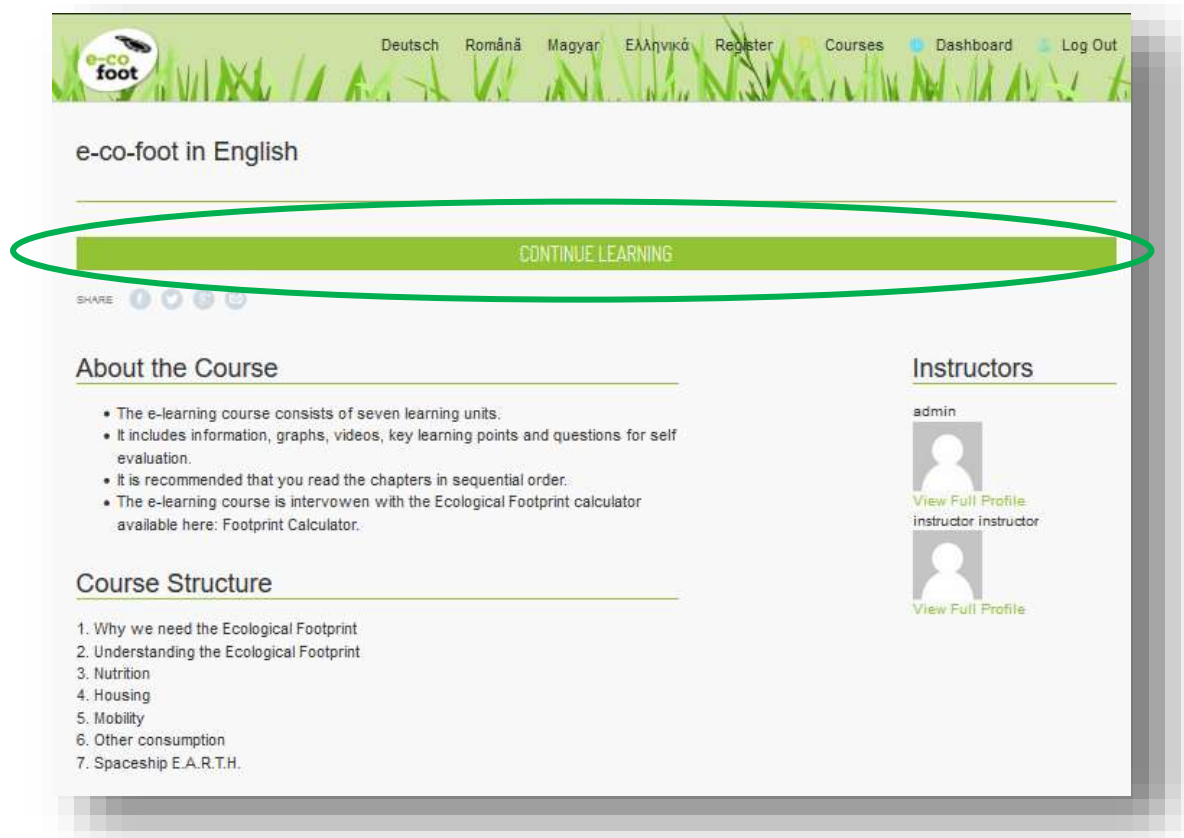
If you already have an account and login use the **“Log in”** Button in the website-header. Fill in your chosen Username or E-Mail Address and the password.

The first page that is displayed shows you your courses, in which you are enrolled.



Course	Date Enrolled	Average	Status	Certificate	
e-co-foot in English	30. January 2020	-	Ongoing	Not available	Workbook   Withdraw

Click now on the course headline, a course overview will open. Then click the big button **“CONTINUE LEARNING”**.



e-co-foot in English

**CONTINUE LEARNING**

SHARE

### About the Course


- The e-learning course consists of seven learning units.
- It includes information, graphs, videos, key learning points and questions for self evaluation.
- It is recommended that you read the chapters in sequential order.
- The e-learning course is intervoven with the Ecological Footprint calculator available here: Footprint Calculator.

### Course Structure


1. Why we need the Ecological Footprint
2. Understanding the Ecological Footprint
3. Nutrition
4. Housing
5. Mobility
6. Other consumption
7. Spaceship E.A.R.T.H.

### Instructors

admin

 [View Full Profile](#)

instructor instructor

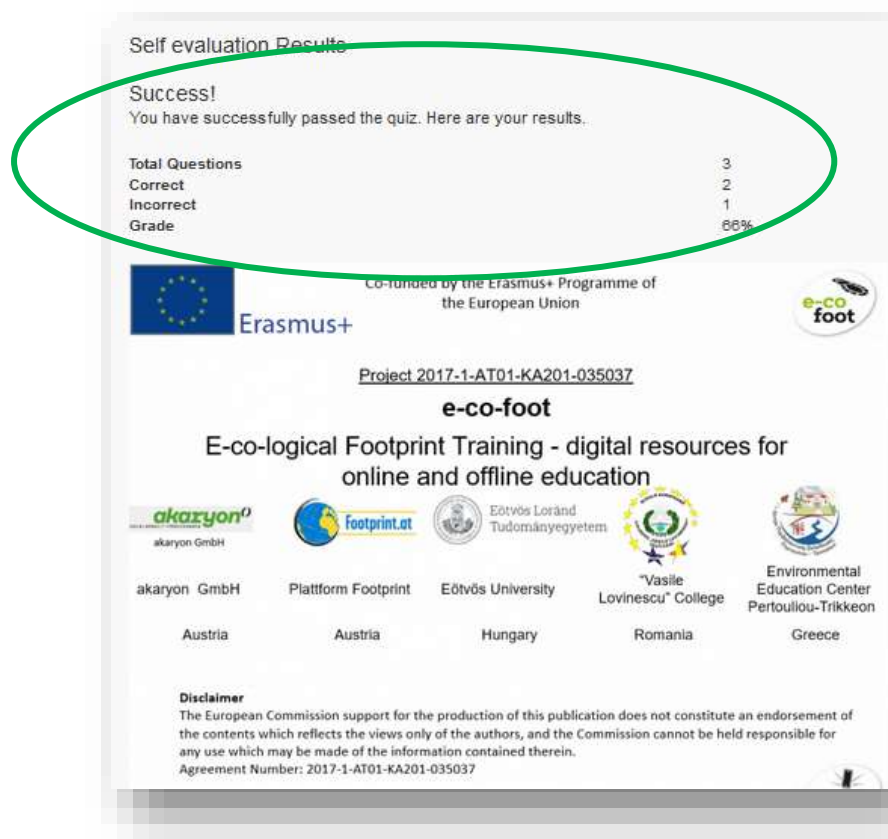
 [View Full Profile](#)



At the sidebar you can choose where to continue. The progress indicator helps you to keep the overview.

## How to finish the course

In the end of each chapter there is a Summary and a Self-evaluation, in the form of a quiz. Your results and the grades are given out.



Self evaluation Results

**Success!**  
You have successfully passed the quiz. Here are your results.

Total Questions	3
Correct	2
Incorrect	1
Grade	66%

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**e-co-foot**

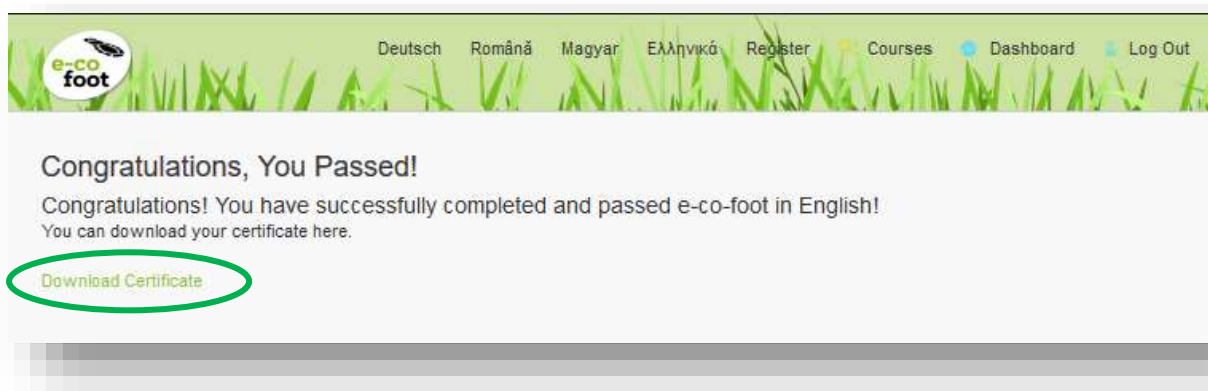
E-co-logical Footprint Training - digital resources for online and offline education

akaryon GmbH, Platform Footprint, Eötvös University, "Vasile Lovinescu" College, Environmental Education Center Pertouliou-Trikkeon

Austria, Austria, Hungary, Romania, Greece

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At the very end of the course you can download your certificate. Therefore, click on the button **"Download Certificate"**.



Deutsch Română Magyar Ελληνικά Register Courses Dashboard Log Out

**Congratulations, You Passed!**

Congratulations! You have successfully completed and passed e-co-foot in English!  
You can download your certificate here.

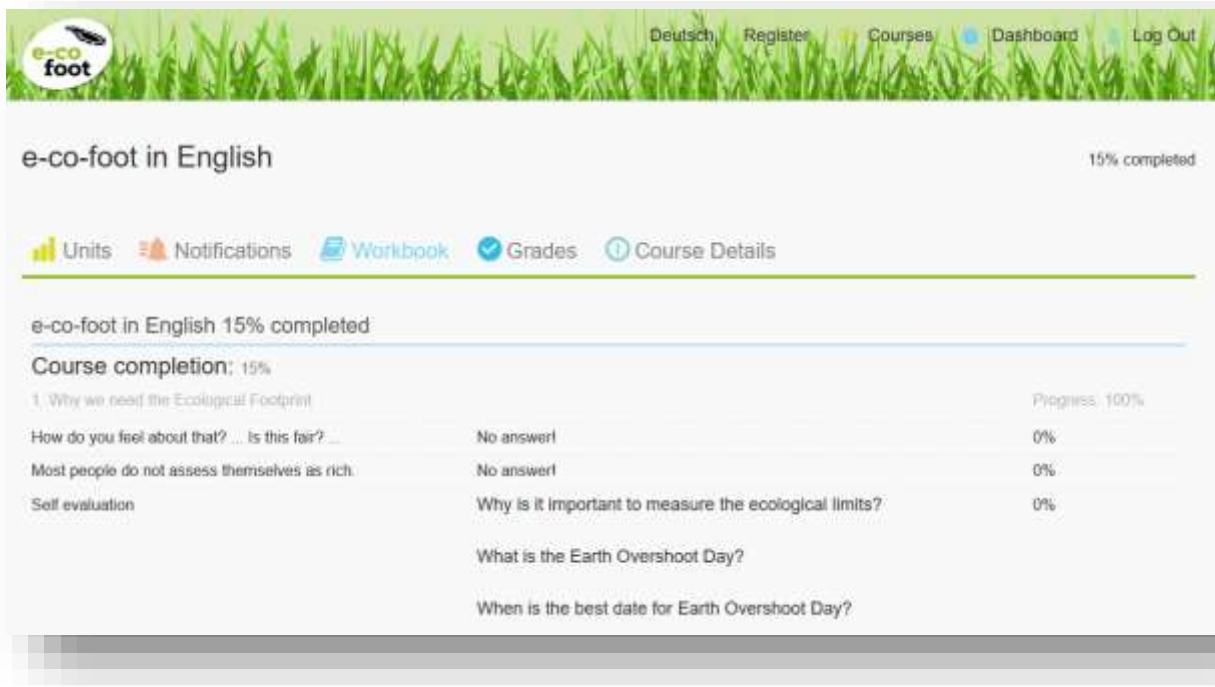
[Download Certificate](#)

This is your proof that you are now an expert in Ecological Footprint issues, and you have successfully completed your e-learning. Very well done! Bravo!

## Special functionalities

Under the submenu item **“Notifications”** possible messages from your instructors are displayed. This is not in use in this course.

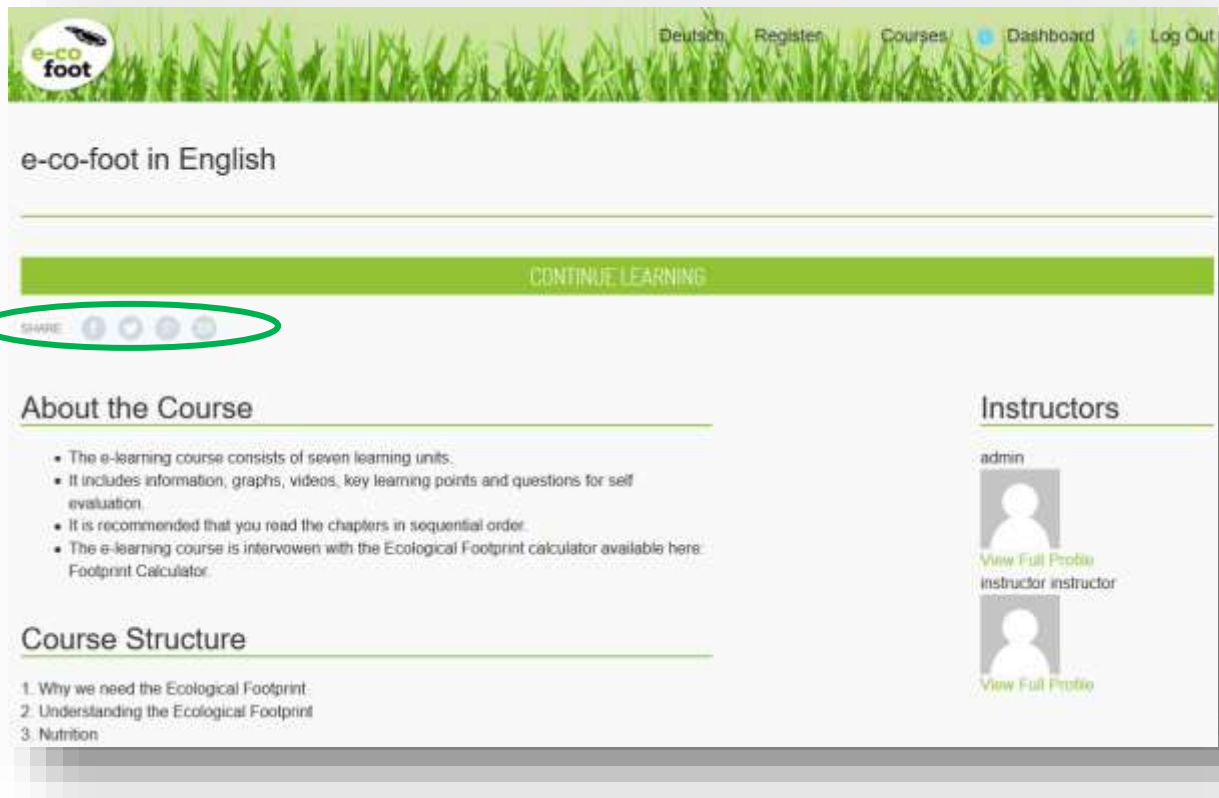
Under the submenu item **“Workbook”** your course completion is displayed. It shows you whether all tasks have been completed and also shows you how you scored on the self-evaluation. The Workbook tells you which tasks are still missing, for example **“No answer!”**



The screenshot shows the 'e-co-foot in English' course page. At the top, there is a navigation bar with links: Deutsch, Register, Courses, Dashboard, and Log Out. Below this, the course title 'e-co-foot in English' is displayed with a progress indicator '15% completed'. A submenu bar contains icons for Units, Notifications, Workbook (selected), Grades, and Course Details. The main content area shows 'e-co-foot in English 15% completed' and 'Course completion: 15%'. A table lists the course units and their completion status:

Unit	Progress
1. Why we need the Ecological Footprint	Progress: 100%
How do you feel about that? ... Is this fair? ...	No answer! 0%
Most people do not assess themselves as rich	No answer! 0%
Self evaluation	Why is it important to measure the ecological limits? 0%
	What is the Earth Overshoot Day?
	When is the best date for Earth Overshoot Day?

1. Under the submenu item **“Grades”** your progress is shown across all units. This covers all major categories of the Ecological Footprint and your e-learning course.
2. Under the submenu item **“Course Details”** you can find a short information about the course and its contents respectively the different units. Here you also have the possibility to share your activities in social media. Click one of the share buttons and you will be directed to Facebook, Twitter, Google + or an e-mail account.



With a click on the bar “**continue learning**” you get back to the start of the first lesson.

In the grass header of the website there you can find your dashboard (Button “**Dashboard**”). In the pop up dropdown field you can choose between “My Courses” and “My Profile”



- “**My Courses**” provides you an overview over all courses you are enrolled. Here you can see your actual status and your completed certifications. Furthermore you can start here directly into your **workbook** or **withdraw** your course as you wish.



- “**My Profile**” gives you the chance to change your settings from the registration, like your password, your username or your e-mail address. Do not forget to confirm with the button “**SAVE CHANGES**”

Last but not least at the top right of the headboard is the “**Log Out**” located. Here you can log out for the present session and return at a later time.

After logging in again, select the **Dashboard**. Here is the best point to get back into your courses!

**Now have some fun and learn something about a sustainable lifestyle!**