

Synapses Community Building roadmap

Synapses Academies aim to engage multiple stakeholders in the journey towards a more sustainable earth and in promoting sustainability citizenship in students from a young age. This requires a strong community building approach, which enables a joint effort and a powerful common approach. This document aims to guide the Synapses Ambassadors to plan a community building approach to foster a whole school approach and ensure a strong impact of their sustainability citizenship initiatives.

Sustainability Citizenship initiatives that already exist in my region school/region

| NAME | Description | Website | Contact |
|--|--|---|---------|
| Circular schools - Cirkulární školy | Circular economy principles implementation into schools (ZŠ) | https://www.cirkularniskoly.cz/ | |
| Kokoza | Composting and growing | Kokoza - Pomáháme kompostovat a pěstovat ve městě. | |
| Agora | Community | agora7.cz | |
| Arnika | Processing garbage | | |
| Lipka | Environmental education, resources for teachers | https://www.lipka.cz/en | |
| Střední škola stavební Třebíč | Laboratory of renewable source of energy | www.stavtr.cz | |
| Pavučina | Network of Environmental Education Centres in the Czech Republic | http://www.pavucina-sev.cz/ | |
| Zachran jídlo (Save food) | Food waste prevention - NGO | Prague Food Waste - Zachraň jídlo | |
| KPZ | Community supported agriculture | https://kpzinfo.cz/ | |
| reKáva | Growing oyster mushrooms in coffee ground | synapses_roadmap_for_schools-communitybuilding-1.docx - Dokumenty Google | |
| lovime.bio | Organic agriculture portal | https://www.lovime.bio/poznat-bio/kdo-ruci-za-bio/ | |
| Nesnězeno | App for food waste prevention (discounted meals) | | |
| Fakta o klimatu | Climate and climate change data | https://faktaoklimatu.cz/ | |
| Nadace partnerství | Environm. Organisation, grants, resources, help, education | https://www.nadacepartnerstvi.cz/ | |
|  Ekodomov / kompostuj.cz | Composting, EVVO (environmental workshops) | Ekodomov | |

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|---------------------------------|--|---|--|
| | for kids - both in schools and outdoors) | | |
| Ekocentrum Huslík | | https://ekocentrumhuslik.cz/ | |
| Adaptterra awards | Eco projects database and awards | https://www.adaptterraawards.cz/ | |
| Veronica (Ecological institute) | Ecological advice center (online, asking, Q and A), resources, materials, videos | https://www.veronica.cz/ | |
| Tereza | | | |
| Nesehnutí | Independent Social Ecological Movement | https://nesehnuti.cz/ | |
| Ekoškola | International programme | https://ekoskola.cz/ | |

Schools that I can invite to work together

| NAME OF SCHOOL | NAME OF PERSON | CONTACT |
|-------------------------------|-----------------|---|
| ScioŠkola Kolín | Zuzana Váňová | zuzana.vanova@scioskola.cz |
| Střední škola stavební Třebíč | Vlasta Kostková | kostkova@stavtr.cz |
| Masaryk University, KES | Anna Valášková | anna.valaskova9@gmail.com |
| Lipka | | lipka@lipka.cz / lipova@lipka.cz |
| Lipka | Anna Valášková | anna.valaskova9@gmail.com |
| | | |

Other stakeholders that I can involve

| ORGANIZATION | NAME OF PERSON | CONTACT |
|--------------------------------|----------------|---------|
| <i>E.g. local NGO</i> | | |
| <i>E.g. local municipality</i> | | |
| | | |
| | | |
| | | |

Activities we can organize to promote collaborations

| Name of activities | Description of activities |
|--------------------------------|---------------------------|
| | |
| <i>E.g. a training session</i> | |
| | |
| | |

The pillars of community building

The pillars of community building aim to provide a framework to support communities of practice from the moment they get engaged until the end of a given project. They have been tested in many different situations, with very promising results! You can fill in the following table by planning how you can carry out each of the pillars.



| Pillar | Description | |
|---|---|--|
|  | This pillar aims to engage the hearts and minds of those we want to be involved in the project. It aims to inspire and convince them that they too can take action. | |
|  | This pillar aims to ensure that all those involved receive the necessary know-how, tools and competencies to participate in the project. | |
|  | This pillar aims to provide support, after the training, to ensure that participants feel confident enough to continue implementing. | |
|  | This pillar aims to provide certificates, badges and visibility to those who have participated and successfully implemented the project. It is a moment to reward their efforts and dedication. | |
|  | This pillar aims to involve the extended community in the results (and implementation) of the project. It is also a way to bring visibility of the project / school, to the external community. | |
|  | This pillar aims to make the results known to larger audiences, increasing the impact of the project. | |
|  | This pillar aims to promote reflections and evaluate the impact and effectiveness of the project | |

ZDROJE A INSPIRATIVNÍ ODKAZY

KRAJHANZL, Jan, CHABADA, Tomáš, SVOBODOVÁ, Renata, KÁCHA, Ondřej, VINTR, Jáchym, BECKOVÁ, Adéla, et al. České klima 2021. [online]. 2021

www.clovekvtsni.cz/co-delame/vzdelavaci-program-varianty/kurzy-pro-ucitele/klimaticka-zmena-online-kurz-pro-pedagogy-106c – online kurz pro pedagogy – obsahuje důležité podklady, vysvětlení klimatických změn i metodické podněty pro výuku

www.ucimoklimatu.cz/metodiky/publikace/ – publikace Klima se mění – a co my? volně ke stažení

www.venkovnivyuca.cz/ – metodický portál Lipky pro pravidelnou venkovní výuku

www.ucimesevenku.cz/ – tipy pro venkovní výuku, webináře i publikace

www.jdeteven.cz/cz – nápady na venkovní aktivity s dětmi

www.ucimoklimatu.cz/ – metodický portál pro pedagogy s připravenými lekci klimatického vzdělávání

www.faktaoklimatu.cz/ – srozumitelná fakta o změně klimatu založená na vědeckých poznatcích

www.intersucho.cz/ – komplexní data o aktuálním stavu sucha a jeho dopadech na životní prostředí

www.klimatickazmena.cz/cs/ – průvodce změnou klimatu

www.svetovaskola.cz/ – stránky projektu Světová škola o globální problematice

www.veronica.cz/publikace-ke-stazeni?i=110 – metodický materiál pro vyučující o ochraně klimatu z dílny Nadace Veronica

[www.clovekvtsni.cz/co-delame/vzdelavaci-program-varianty/vyukove-lekce/valky-z-tepla-50le-simulační-hra Války z tepla](http://www.clovekvtsni.cz/co-delame/vzdelavaci-program-varianty/vyukove-lekce/valky-z-tepla-50le-simulační-hra-Války-z-tepla)

www.ekocentrumkoniklec.cz/adaptopolis/ – karetní hra Adaptopolis o adaptačních a mitigačních opatřeních

www.adaptacesidel.cz/doskol/aktivity/ – zajímavé experimenty a badatelské aktivity k seznámení s možnými riziky změny klimatu

www.skolniles.cz – program Můj les včetně kompletní metodiky

www.adaptterraawards.cz/ – inspirace a konkrétní projekty ze soutěže Adaptterra Awards

www.osn.cz/osn/hlavni-temata/cile-udrzitelneho-rozvoje-sdgs/ – cíle udržitelného rozvoje dle OSN

www.myslinalesy.cz/hra-lesaria/ – simulační hra o lesním hospodářství

[Ke stažení | LIPKA](#)



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Afternoon session:

Activities before the exhibition:

1. Evocation / Brainstorming (1 week before):

"Think back to what you ate yesterday. Let's make a list together – write down each food item, and then try to guess where it came from. Did it grow nearby, or did it travel thousands of kilometers to your plate?"

2. Awareness – Food diary (for 1 week or at least 1 day):

"This week, you'll keep a food and waste diary. Write down everything you eat and what ends up uneaten – even if someone else in your family throws it away. Try to notice what goes into the bin and think about why."

3. Mini field trip – Supermarket waste:

"We'll also visit two nearby supermarkets. What do they throw away? Let's take a quick look at their waste containers (or surroundings) and reflect on what kind of food ends up there."

4. Reflection – Class discussion before the exhibition:

"What patterns do we see in our food choices and waste? Are there types of food we waste more often? Why do you think that happens?"

After the exhibition: What now?

Teacher's introduction:

"Now that we've seen the exhibition, let's use what we've learned to take action. How can we reduce food waste in our homes, schools, and communities? Let's try making something new from what we usually throw away."

Follow-up activities:

1. Cooking workshop:

Part A – Cooking with leftovers:

"In groups, we'll create meals using typical kitchen leftovers – things that often go uneaten. Get creative and think like food-saving chefs!"



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Part B – Cooking from scratch:

"Now let's make meals using just a few basic, fresh ingredients. We'll compare both meals – and think about effort, cost, and waste."

2. Final reflection:

"Let's talk about what we learned during this project. What surprised you the most? What could we change at home or in our school to waste less food?"