

# GREEN WOMEN

by 9LO Rzeszów  
Poland



Seed

---

Erasmus participants prepared a presentation about Green Women in our region. For this purpose, we carried out research.

---

Are you interested? See the effects of our work!

WHY ARE OUR  
WOMEN  
SUSTAINABLE?



Girls from our school collect plastic caps.

It's a small thing, but by doing this we can not only prevent the environment.



Our school also takes part in an action „World cleaning”.

This action is about collecting waste thrown for example in the forest or near the river.





Our girls also use **reusable water bottles** - we don't need to buy a new plastic bottle everyday. We are aware of the fact that most of the plastic waste comes from the plastic packagings and **BOTTLES**.



Our girls' idea is to replace plastic straws with their reusable equivalents – **metal straws**.

It's a next small thing, but such a huge change for the environment!



Instead of going somewhere near by car, we use **public transport or ride bike**.

By doing it, we reduce the level of fumes emission and possibility of smog formation, but it's also a nice opportunity to be active!



When we go shopping, we always take reusable bags with us.



We also feed our plants with **spent coffee ground** - plants like cacti, fern, blueberry, tomatoes and strawberries adore such fertilizer!



# ORGANIC FOOD



The main advantage of **organic products** is that they are simply healthier because they are produced in harmony with nature.



Such products are made by **Krystyna Janiszewska**, the lady we visited.



She makes ecological cheese and butter, promoting an eco-life at the same time by selling those products to her friends and the inhabitants of her city.



The whole process of making butter is simple and produces **no pollution**.

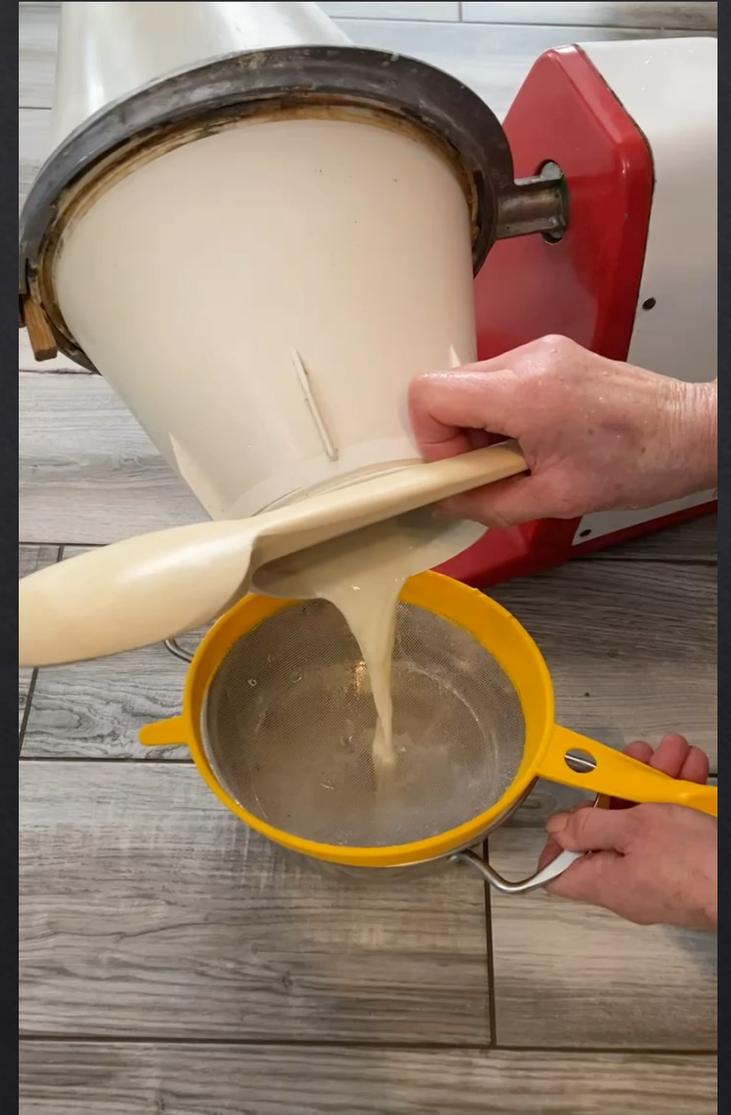


First she has to feed the cows.

Then she milks them. After that she collects the milk in a big, sterilized container.



And when she wants to make butter, she pours the milk into a special machine that shakes the milk.



When the butter is ready, the lady rinses it in cold water to harden it. Then she forms it into a cube and sets it on a plate.

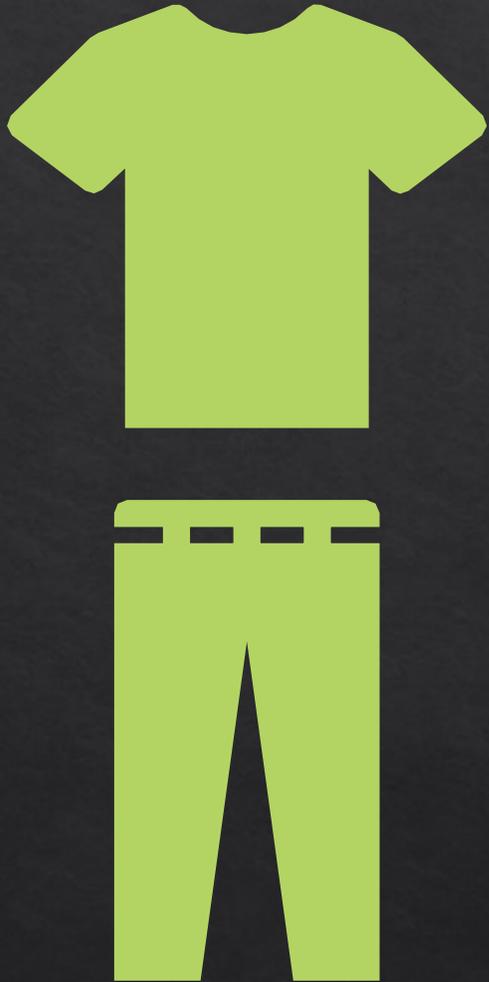




Another place in which organic food is produced by women is farm „Figa”.

**Family Organic Farm**  
**FIGA** is a goat farm with  
about 300 dairy goats. The  
farm is located near the  
Bieszczady Mountains.  
This land is one of the  
cleanest natural places in  
Poland, thanks to which  
the products are fully  
ecological and not  
polluted.





ECO-FASHION



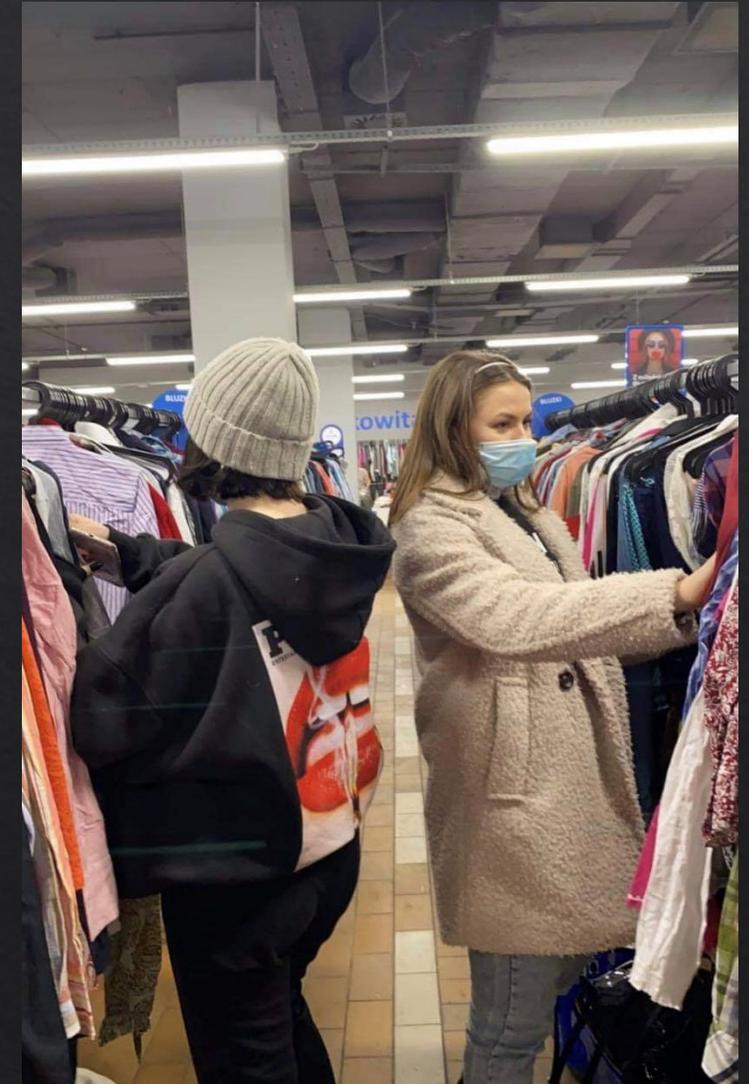
The clothing industry is still one of the largest polluters on the planet and its negative impact on the environment, instead of decreasing, grows every year. New collections, lines or series are released practically all the time. The materials like polyester decompose many hundreds of years.



What we do to prevent this problem?

The easiest way is to buy used clothes.

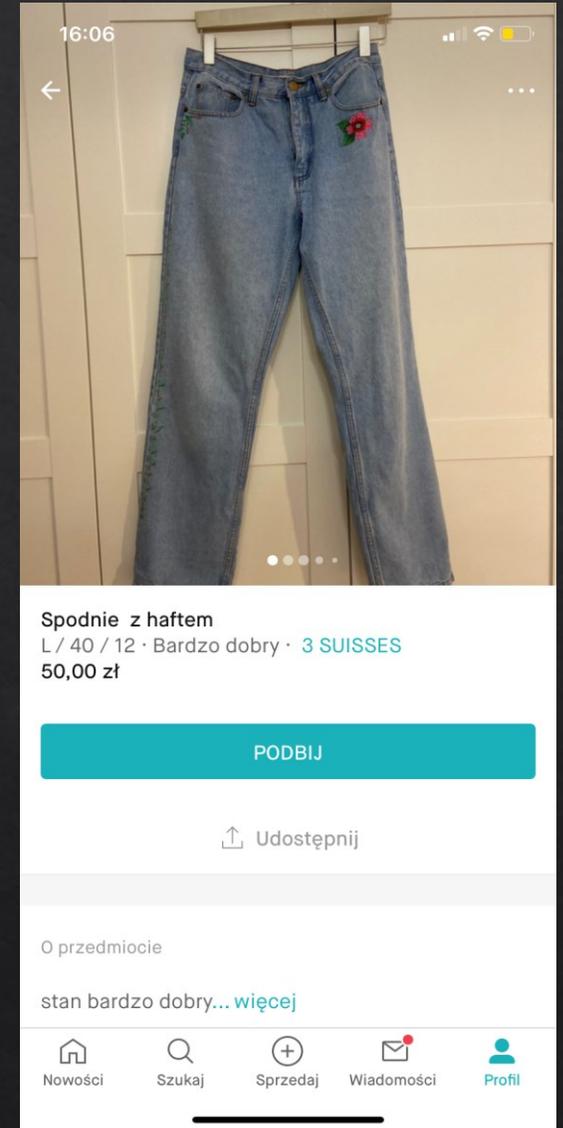
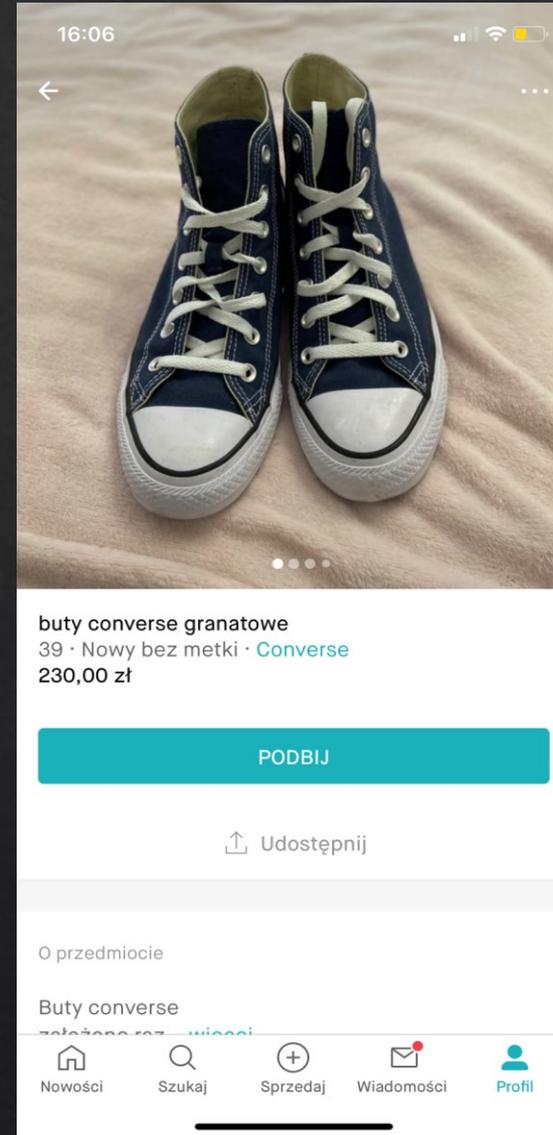
Girls from our school are huge fans of **shopping in second hands** because you can find lots of interesting clothes for very low prices.



## Second-hand clothes can also be purchased online.

Polish platform Vinted is very popular. Women from all over the country sell their clothes there. They can earn some money while cleaning the wardrobe and not pollute the environment. By buying there you can give a second life to clothes and find fashionable clothes in low prices.

# Vinted



# Here are some outfits with second-hand clothes



# Handmade dolls

One of us's sister is interested in making dolls from clothes she doesn't use anymore. All of them are handmade including doll's wardrobe. It's a great idea to give a second life to old stuff and it is also a nice gift!





# INTERVIEWS

WITH GREEN WOMEN

FROM „TASTE LIFE”  
FOUNDATION

INTERVIEW WITH  
URSZULA ZYCH



**SMAKUJ ŻYCIE**  
FUNDACJA

## „Taste Life” Foundation

Urszula Zych is the founder of the foundation and an environmental activist. She also educates people in the field of ecology and healthy living, organizes workshops and day camps for children.

## What's the aim of this foundation?

- educating children about proecological behaviour
- raising society's awarness about the environment and it's problems.
- camps and workshops at which children and their parents can learn about sustainable life and being eco at home.





## How do you care about the environment?

- We segregate rubbish,
- my children create their eco-toys,
- we shop in eco-shops with our own bags and order food from farmers.
- we use handmade or ecological cosmetics,
- we clean the house with water, vinegar and soda,
- we wash clothes in washing nuts in eco liquids.

FROM „EKOSKOP”  
ASSOCIATION

INTERVIEW WITH  
KATARZYNA  
RUSZAŁA



## **Mrs Ruszała and the „Ekoskop” association**

Mrs Ruszała is the founder of an ecological association called „EKOSKOP”.

## How does the association work?

It's mainly goals are working with children in the field of education about the ecology, raising their awareness about the environment and organising various workshops and events.

Association collaborates with many schools and universities. Workshops include playing, conducting experiments and educating children about eco-friendly behaviour.



As part of the environmental education of children , Kasia organizes the **Regional Insect Rally** every year. These days, our city is full of fun and beautiful insects.



Kasia also organizes, together with the University of Rzeszów, the **Rally of Young Explorers**, which is a real festival of knowledge and experiments.



**Women are strong.** They are actively working for the community. They contribute as much as possible to sustainable living in our environment.

It depends only on us how our planet will look like in several years.

