Erasmus+
Enriching lives, opening minds.

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One Planet, One Community.

Together for Tomorrow

SUSTAINABILITY | INCLUSION

This magazine is created **by students** within the **Erasmus+** project of our school: **Building the green community: inclusion, motivation and sustainability in education.**

CARE for our planet

RESPECT our differences

ACT sustainably

EMPOWER every person

BUILD together

Made by students.
Inspired by a better future.

INTRODUCTION

Welcome!

This magazine belongs to the students.
Every student in the eighth grade contributed with creativity, curiosity and effort.
Together, we created a magazine full of ideas that matter.

IN THIS MAGAZINE YOU WILL FIND:

Articles
Written by students on topics that inspire and inform.

Interviews
Conversations with interesting people who share their experiences and views.

Quizzes
Fun challenges to test your knowledge and learn something new.

And more
Surprises, ideas and activities to enjoy as you read!

Final Reflection Page: Our Message to the Future
Our hopes and advice for the world we will build together.

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Welcome!

In this magazine, we explore important topics that affect our world today: **protecting the environment**, **promoting inclusion**, **preserving traditions**, **fighting bullying**, and **creating a better future** for **everyone**.

We hope these articles, interviews, stories, and activities inspire you to make a positive difference in your community.

Small Changes, Big Impact

REDUCE. REUSE. RETHINK.

Seliman Andrei-David

8TH GRADE

WHAT IS SIMPLE ECO-FRIENDLY ?

Today, many teenagers want to help the environment, but they often think they need to do something huge to make a difference. In reality, small daily habits can have a big impact on the planet. Simple eco-friendly actions can reduce pollution, save energy, and inspire others to do the same.

5 Practical Tips

01. One important habit is choosing reusable products such as water bottles, lunch boxes, and shopping bags instead of single-use plastic items.

02. Another useful tip is saving electricity wisely by turning off lights, TVs, and chargers when they are not needed.

03. Recycling and sorting waste is also very important. Teenagers can separate paper, plastic, and glass at home or at school.

04. A healthy eco-friendly habit is using greener transportation such as walking, riding a bike, or using public transport for short distances. This helps reduce air pollution and keeps people active.

05. FINALLY, TEENAGERS SHOULD PRACTICE REDUCING FOOD WASTE BY TAKING ONLY THE AMOUNT OF FOOD THEY CAN EAT AND SAVING LEFTOVERS.

AN EXAMPLE FROM PERSONAL LIFE

A REAL-LIFE EXAMPLE IS MY CLASS AT SCHOOL. WE STARTED COLLECTING PAPER AND PLASTIC SEPARATELY, AND AFTER A FEW WEEKS WE NOTICED THAT THE CLASSROOM BINS WERE MUCH CLEANER AND LESS FULL. THIS SIMPLE ACTION ENCOURAGED MORE STUDENTS TO RECYCLE AT HOME TOO.

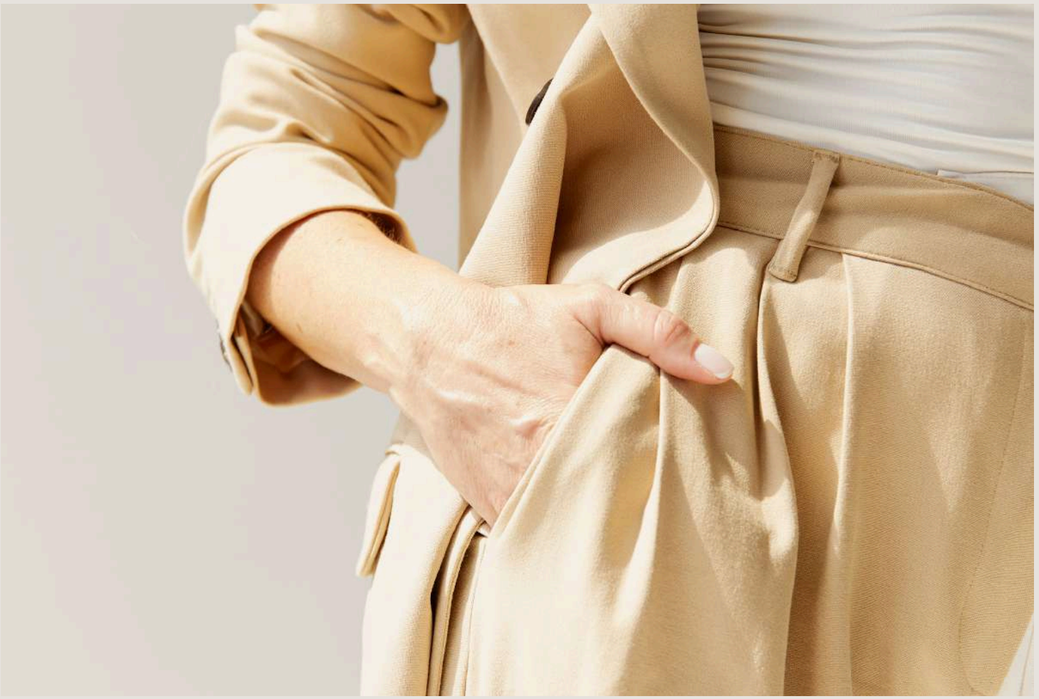
CONCLUSION

SMALL ACTIONS MATTER BECAUSE MILLIONS OF PEOPLE DOING SIMPLE THINGS EVERY DAY CAN CREATE MAJOR POSITIVE CHANGES FOR THE EARTH. EVEN ONE PERSON'S HABITS CAN INSPIRE FRIENDS AND FAMILY TO BECOME MORE RESPONSIBLE. PROTECTING THE ENVIRONMENT STARTS WITH SMALL CHOICES, AND TEENAGERS HAVE THE POWER TO MAKE A REAL DIFFERENCE.

Bujor Darius Andrei

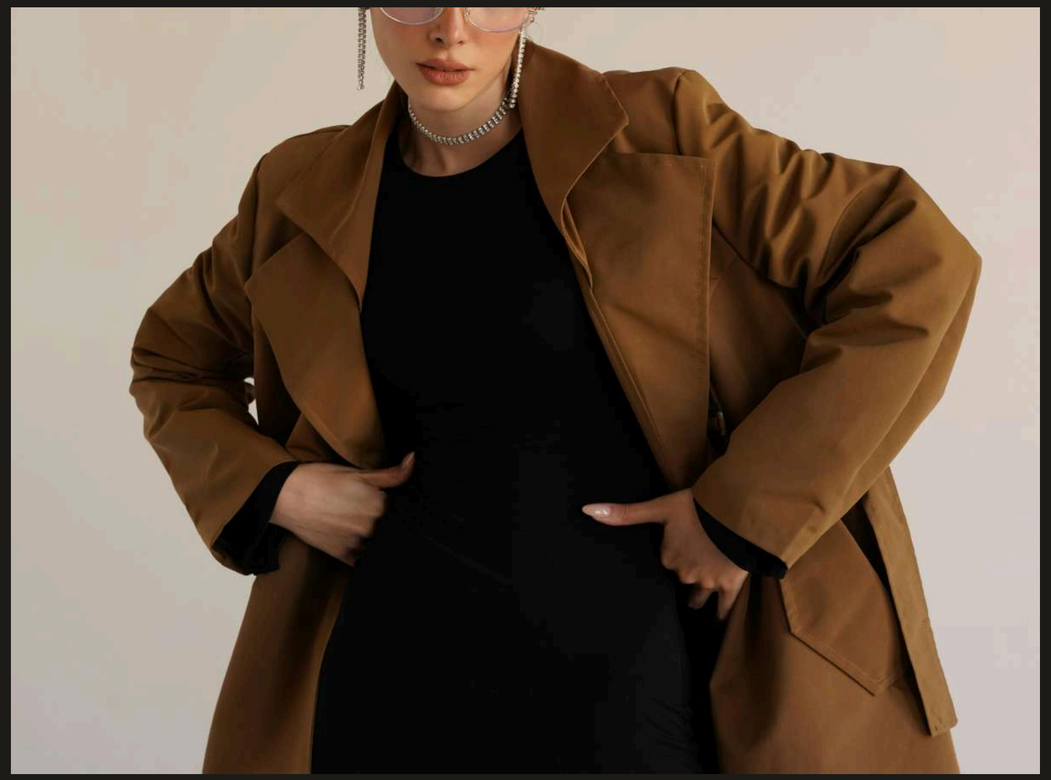
Fast fashion

What is Fast Fashion?



Fast fashion is a way of making clothes quickly and cheaply so people can buy the newest trends. Stores often change their collections and encourage people to buy more clothes. These clothes are usually not made to last a long time.

Environmental Problems Caused by Fast Fashion

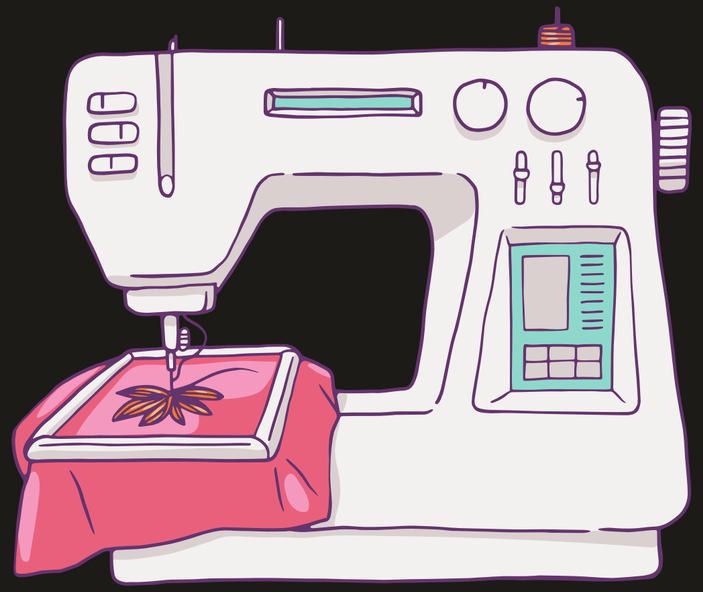


FAST FASHION HAS A BAD EFFECT ON THE ENVIRONMENT.

SECOND, FACTORIES CAN POLLUTE RIVERS AND LAKES WITH CHEMICALS USED TO COLOR CLOTHES.

THIRD, MANY CLOTHES ARE MADE FROM PLASTIC MATERIALS LIKE POLYESTER. WHEN WE WASH THEM, TINY PLASTIC PIECES CALLED MICROPLASTICS GO INTO THE WATER AND HARM ANIMALS.

FINALLY, PEOPLE THROW AWAY MILLIONS OF CLOTHES EVERY YEAR. MANY OF THESE CLOTHES END UP IN LANDFILLS AND CREATE MORE WASTE.



Solutions for Teenagers

Teenagers can help protect the environment by making better choices:

Buy second-hand clothes from thrift shops.

Buy only the clothes you really need.

Choose good-quality clothes that last longer.

Did You Know?

The fashion industry is one of the biggest polluters in the world.

A cotton T-shirt can use about 2,700 liters of water to produce.

Every second, the equivalent of one truck of clothes is thrown away or burned around the world.

Recycling and reusing clothes helps reduce pollution and waste.

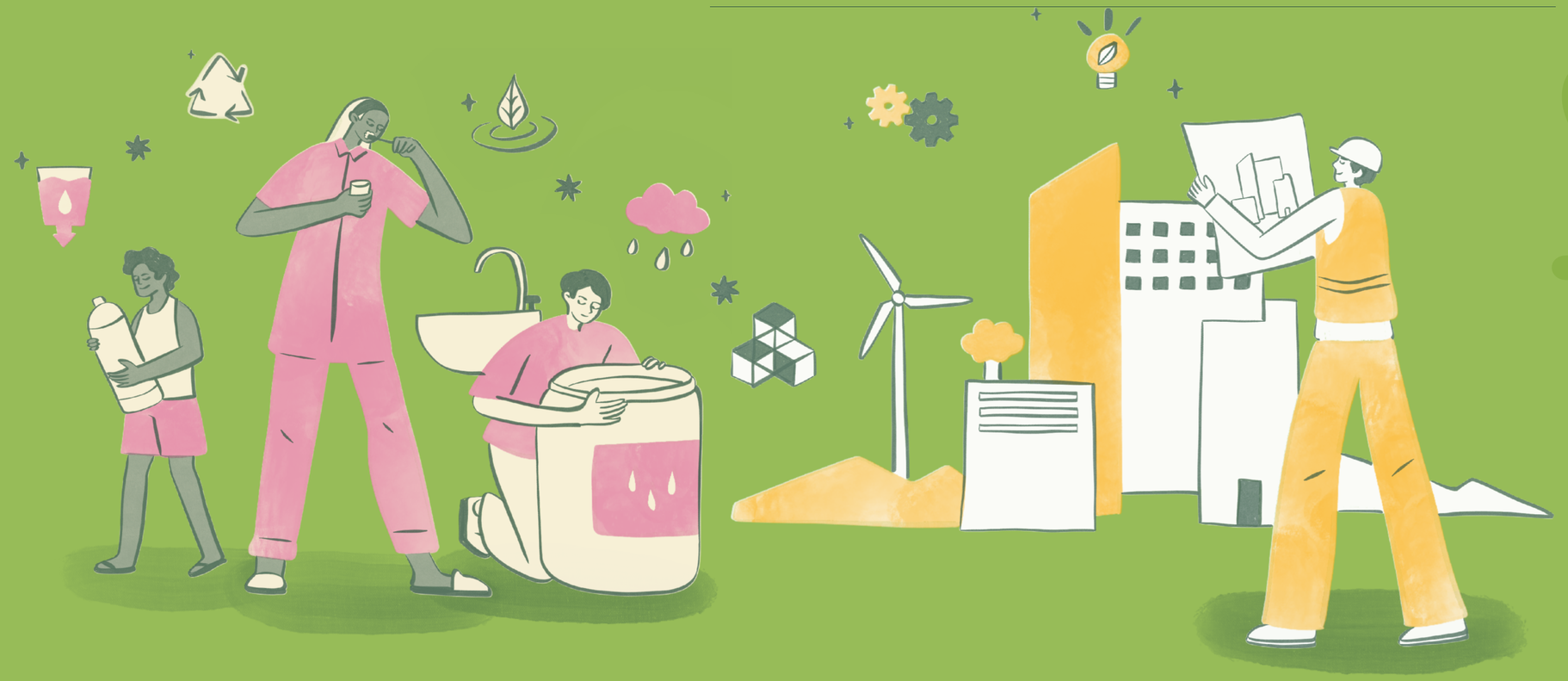
Conclusion

Fast fashion may be cheap and trendy, but it can seriously harm the environment. By buying less, reusing clothes, and making smarter choices, teenagers can help create a cleaner and healthier planet.

THE SCHOOL OF THE FUTURE

what the students should do

The school of the future will be an eco-friendly and inclusive place where all students can learn and feel comfortable. The building will use green technology, such as solar panels, energy-saving lights and smart systems that reduce electricity consumption. There will also be gardens and many green spaces around the school.



The classrooms will be inclusive, which means that every student will have the same opportunities to learn and participate. Teachers will use different methods to help all children, including those with special educational needs.

The school will have smart learning spaces equipped with computers, tablets and interactive boards. Students will be able to learn through educational apps, virtual reality and online projects. Learning will be more interesting, creative and interactive.

Another important feature will be the recycling systems. There will be special bins for paper, plastic and glass in every classroom. Students will learn how to recycle correctly and how to protect the environment.

Conclusion

In conclusion, the school of the future will combine technology, sustainability and inclusion to create a better learning environment for everyone.

Cozar Andreea~Daria
8th grade

What Does Inclusion Mean to You?

People I Interviewed:

Mario (classmate)

- What makes people feel included?

"I believe that integration comes with some risks. When I say this, I mean that many people pretend or are not themselves, just to be accepted into a certain social group. However, people feel integrated when they resonate with people who are part of that group they have been accepted into."

- How can schools become more welcoming?

"Schools can become more welcoming by creating curricular clubs, which are based on the passions and intellectual capacities of each student."

- Have you ever helped someone feel included?

"Unfortunately, I don't think I have had the chance to make someone feel integrated, but if I ever have the chance, I will be very empathetic and friendly with that person."

Miruna (friend)

- What makes people feel included?

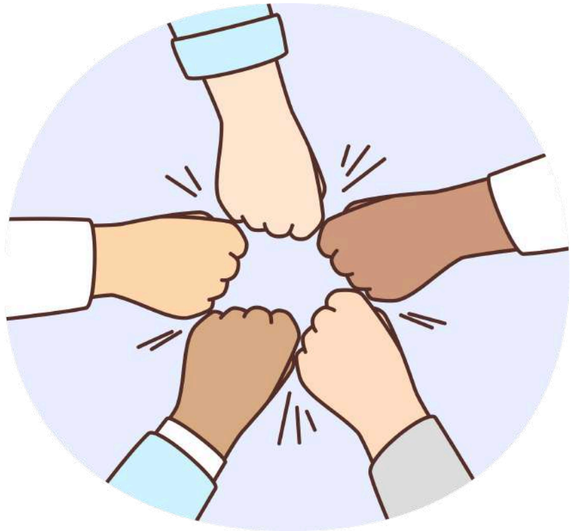
"People feel accepted and included when they are treated with respect, listened to, included in the group, appreciated for who they are and feel that they can be themselves without being judged."

- How can schools become more welcoming?

"Schools could become more welcoming if teachers and students were friendlier to new or shy people. It would also help to have more group activities, where everyone can participate and get to know each other better."

- Have you ever helped someone feel included?

"Yes, I tried to help classmates who were more withdrawn or new in the class. I invited them to hang out with me and my friends during recess or to join our games so they wouldn't feel alone."



My mother

- What makes people feel included?

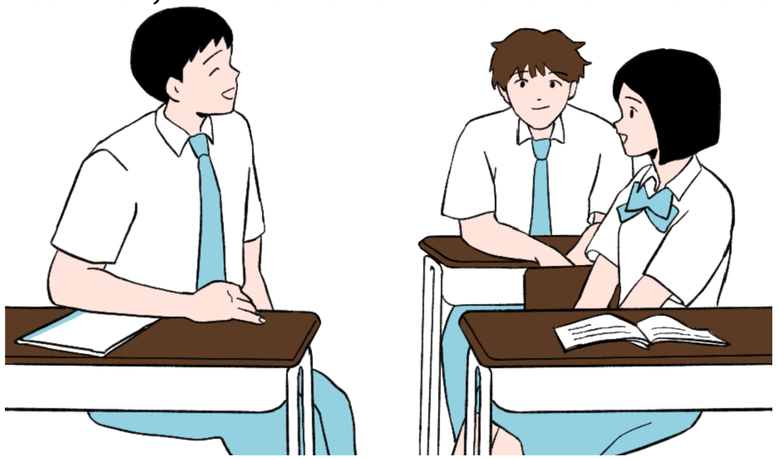
"I believe that people feel included when they are accepted exactly as they are, without being judged. It is important for children to feel like they are part of a group and not left out. Small gestures, like inviting someone to a group or offering to help , can make a big difference."

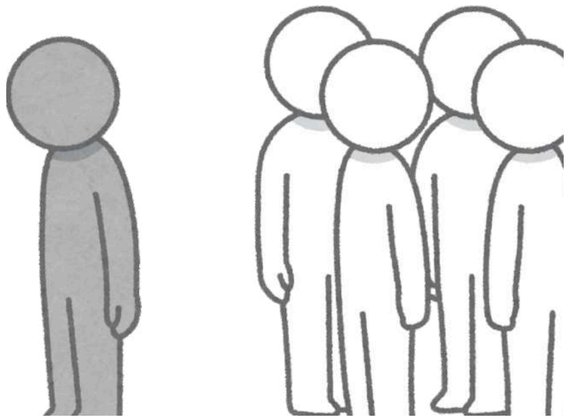
- How can schools become more welcoming?

"Schools can become more welcoming by encouraging teamwork, stopping bullying, and creating a safe environment for all students."

- Have you ever helped someone feel included?

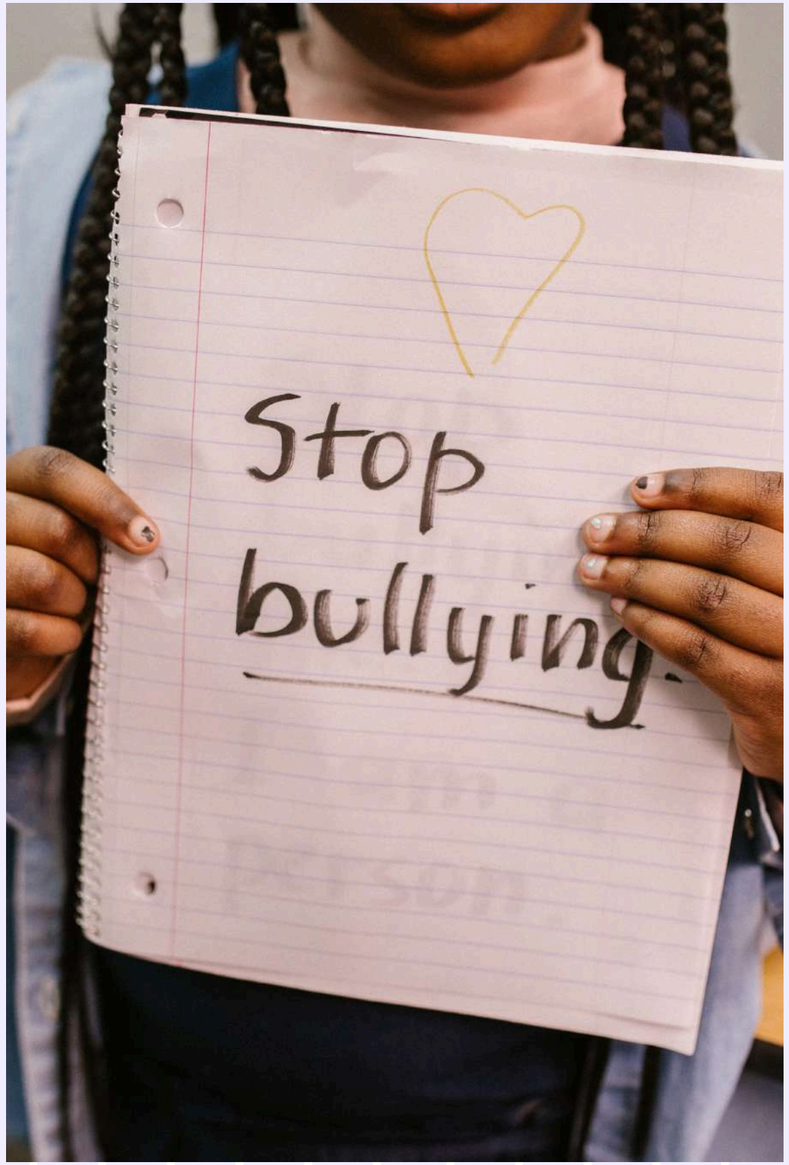
“Yes, I have. I noticed a person sitting alone and started talking to her, and she felt more comfortable after that.”





Bullying Stops Here

Bullying is a serious problem in many schools. It can make students feel sad, afraid, and lonely. There are different types of bullying, such as physical bullying (hitting or pushing), verbal bullying (insults and threats), social bullying (excluding others), and cyberbullying (hurtful messages online).



There are practical solutions to stop bullying. Schools should encourage respect and kindness. Teachers and parents must listen to students and take bullying seriously. Students should report bullying and support classmates who are being bullied.

Bullying can affect students in many ways. Victims may lose confidence, have trouble studying, or feel stressed and unhappy. Some students may even avoid school because of bullying.

Classmates can help by being friendly, including everyone in activities, and standing up for others in a safe way. Even small acts of kindness can make a big difference.

Bullying stops when everyone works together to create a safe and positive school environment.

Top 10 ways to help the planet

Molie Marian
8th grade

Helping the planet is crucial nowadays. Our planet has suffered a lot from our ignorance and we must do something quickly to reduce the damage. People say it's Impossible. Well, I say we can make everything become possible. Here are 10 ways to help the planet:

1. **Reduce, Reuse, Recycle! – Cut down on waste by recycling paper, plastic, and metal. Remember, "Trash is cash when you recycle!"**
2. **Conserve Water, Save the Future! – Turn off the tap while brushing your teeth or soaping up. "Every drop counts, make it count!"**
3. **Plant a Tree, Breathe Free! – Trees absorb CO2 and provide oxygen. "Go green, plant a tree, and watch it grow!"**
4. **Bike More, Drive Less! – Reduce your carbon footprint by cycling or walking. "Pedal power means cleaner air!"**
5. **Unplug to Recharge! – Save energy by unplugging electronics when not in use. "Switch it off to turn on a brighter future!"**

6 Support Local Farms – “Buy Fresh, Buy Local!” Supporting local farms reduces carbon footprints by cutting down on long-distance food transport and supports sustainable agricultural practices.

7 Go Digital! – “Save Trees, Go Paperless!” Switching to digital alternatives for notes and assignments can significantly reduce paper usage, conserving forests and reducing waste.

8 Eco-Friendly Fashion – “Dress Green, Live Clean!” Choose sustainable fashion brands that use eco-friendly materials and ethical production practices to help reduce environmental impact.

9 Sustainable Energy – “Switch to Solar, Shine Brighter!” Opt for renewable energy sources like solar or wind power to decrease reliance on fossil fuels and reduce greenhouse gas emissions.

10 Smart Eating – “Eat Smart, Save the Planet!” Incorporate more plant-based meals into your diet to reduce the environmental impact of meat production and promote better resource use.

IN CONCLUSION

We can save the planet. It is important to work together and make good choices. Each of us can help through small changes in our daily lives. We must protect nature and live sustainably. Together, we can make the world a better place for the future. Yes, we can save the planet, and it all starts with our choices today.

Babii Paula-Antonia
8th grade

How Green Are You? – Sustainability Quiz

- How Green Are You? is a fun and interactive quiz that helps you discover how environmentally friendly your daily habits are. By answering questions about recycling, saving energy, reducing waste, and making sustainable choices, you can see how your actions affect the planet.

- The purpose of this quiz is to help you become more aware of the importance of sustainability and encourage you to adopt greener habits in your everyday life. At the end of the quiz, your score will show what kind of “green personality” you have and help you understand how you can improve to protect the environment even more.

Choose one answer for each question.

1. How do you usually go to school?
a) By bike / walking (3points)
b) By bus / public transport (2 points)
c) By car (1 point)

2. Do you recycle at home?
a) Always (3 points)
b) Sometimes (2 points)
c) Never (1 point)

3. How often do you waste food?
a) Never / very rarely (3 points)
b) Sometimes (2 points)
c) Often (1 point)

4. What do you do with plastic bottles?
a) Recycle or reuse them (3 points)
b) Sometimes recycle (2 points)
c) Throw them away (1 point)

5. What do you do with old notebooks or paper?
a) Recycle them (3 points)
b) Reuse some pages (2 points)
c) Throw them in the trash (1 point)

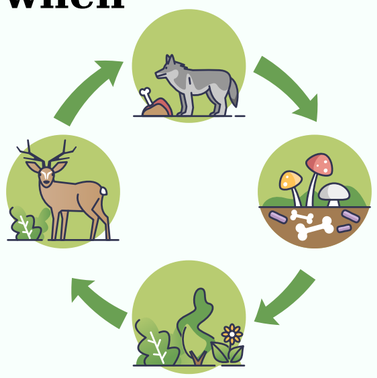
6. When you leave a room, what do you do?
a) Turn off the lights (3 points)
b) Sometimes remember (2 points)
c) Leave them on (1 point)

7. What kind of shopping bag do you use?
a) Reusable bag (3 points)
b) Paper bag (2 points)
c) Plastic bag (1 point)

8. What do you do with old clothes?
a) Donate / reuse them (3 points)
b) Keep some, throw some away (2 points)
c) Throw them away (1 point)

9. How often do you save water?
a) Always (3 points)
b) Sometimes (2 points)
c) Rarely (1 point)

10. What do you do with electronic devices when not using them?
a) Turn them off / unplug them (3 points)
b) Put them on standby (2 points)
c) Leave them on (1 point)



Scoring System
✽ 25–30 points → Eco Hero 🌍
You are very environmentally friendly! You make sustainable choices every day and help protect the planet.

✽ 18–24 points → Green Learner 🌱
You care about the environment, but you can improve some habits.

✽ 10–17 points → Eco Beginner 🍃
You are just starting your green journey. Small changes can make a big difference.

Murgu Roberto Flavius

A Place for Everyone

A Lesson in Friendship: Where We Are All Equal

On the first day of school, the high school hallways buzzed with excitement. However, for Justin, a new student who used a wheelchair, this day seemed overwhelming. While other students gathered in cheerful circles, Justin remained alone in a corner, watching everyone else seem to have already formed friendships.

The Conflict

The problem arose during physical education class. The teacher announced a team game, and my classmates started choosing their partners. Unfortunately, Justin was ignored, with many believing he couldn't actively participate in the game. I felt a pang in my heart seeing him lower his gaze, feeling excluded because of his physical condition.

The Change

I decided I couldn't let things be. I approached him and asked if he wanted to be on my team. I quickly realized that, although he couldn't run, Justin had incredible tactical strategy and a vision for the game that none of us possessed. We adapted the game rules to utilize his abilities, making him the "brains" of our team.

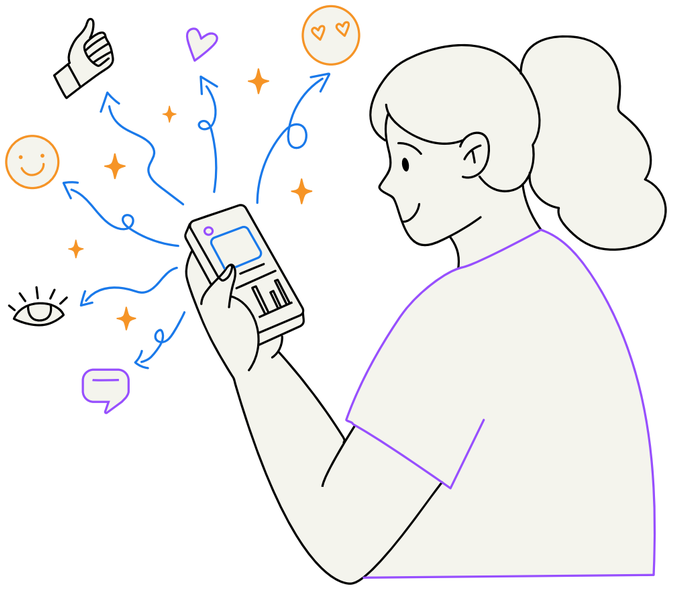
The Happy Ending

As the game progressed, the rest of the class began to notice how well we were coordinating. The atmosphere completely changed; barriers disappeared, and classmates started coming towards us, curious to learn Andrei's tactics. By the end of the class, there was no longer the "new student" or the "student in a wheelchair," but just a united team.

Boloca Alessia
8th grade A

Social Media and Stereotypes

Today, social media has a big influence on the way people think about others. Platforms like Instagram, TikTok, Facebook, and X can shape opinions because we see many photos, videos, and comments every day. Sometimes, social media helps people understand different cultures and personalities, but it can also create stereotypes.



Online stereotypes are common because people often judge others based on short videos, trends, or appearances. For example, teenagers may believe that all rich people are selfish or that certain groups of people behave in the same way. These ideas are often unfair because they do not show the real personality of a person. Social media algorithms can also repeat similar content, making stereotypes stronger.

There are both positive and negative effects of social media. On the positive side, it helps people learn about different lifestyles, cultures, and opinions. It can encourage acceptance and understanding. On the negative side, false information, bullying, and stereotypes can influence people to judge others too quickly

Teenagers should be careful about what they see online. They should think critically, avoid believing everything they read, and follow accounts that promote kindness and diversity. It is important to remember that social media does not always show reality, and every person is unique.

In conclusion, social media has a strong influence on the way people see others and can easily create stereotypes. Although it has many positive effects, such as helping people learn about different cultures and ideas, it can also spread unfair opinions and negative judgments. For this reason, teenagers should be careful and think critically about what they see online. By respecting differences and avoiding stereotypes, social media can become a more positive place for everyone.

Advice column: Ask the EcoExpert

Icuță Florentina Maria
8th Grade

What can students recycle at school?

Students can recycle clean, dry classroom paper, flattened cardboard boxes, empty plastic bottles, and aluminum beverage cans. Always keep food, liquids, and plastic wraps out of the recycling bins.

How can I waste less food?

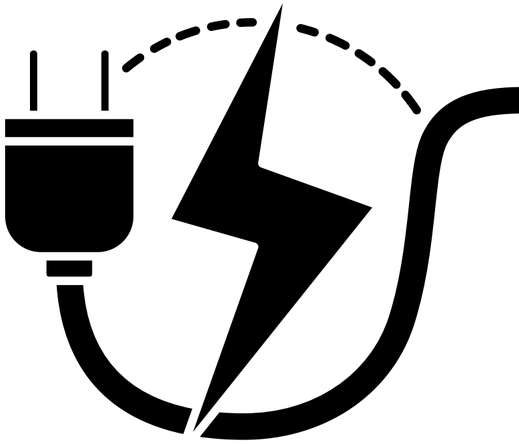
Plan meals, buy only what you need, use a shopping list, freeze leftovers promptly, store food properly to extend freshness, and eat older items first before they spoil.

How can I convince my family to be greener?

Lead by example, focus on the money saved, make simple switches together like reusable bottles, and highlight how small changes like turning off lights positively impact your shared environment.

How can I use less electricity?

Unplug idle electronics, switch to LED bulbs, maximize natural light, wash clothes in cold water, air-dry laundry, and adjust your thermostat slightly down in winter or up in summer.



How can I reduce my water usage at home?

Take shorter showers, fix leaky faucets immediately, turn off the tap while brushing teeth, run only full loads of laundry, and use a broom instead of a hose outside.

How can I shop more sustainably on a budget?

Buy secondhand clothing, prioritize items with minimal plastic packaging, choose versatile goods that last longer, shop local seasonal produce, and bring your own reusable bags to avoid extra fees.

OUR MESSAGE TO THE FUTURE

Nistor Mario,
8th Grade

Sustainability

Sustainability is the ability to maintain or support a process continuously over time. In a global context, it refers to meeting our own needs without compromising the ability of future generations to meet theirs. It’s often broken down into the "Triple Bottom Line": Planet (environmental protection), People (social equity), and Profit (economic viability).

Inclusion

Inclusion is the practice of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those with physical or mental disabilities or members of minority groups. It’s about creating an environment where everyone feels they belong and their unique perspectives are valued.

Sustainability and inclusion are two sides of the same coin: true progress. While sustainability teaches us how to protect the planet's resources, inclusion teaches us how to value and involve all people. A sustainable world cannot exist without inclusion, because a resilient society requires the contribution and respect of every individual' rights to survive in the long term.

Young people can shape a better future by taking action today through community service, sustainable habits, and digital leadership.

I asked each of my classmates to give me a relevant quote,and this is what they said:

1. “A better world is built when we take care of the planet and ensure that every person has their place in it.” -Antonia
2. “Sustainability is our promise to the future, and inclusion is our respect for the present.” -Alessia
3. “When we take care of the planet and people, we build a future where no one is left behind.” -Andrei
4. “Sustainability is not just about protecting nature, but also about taking responsibility for building a future where people, the environment and the planet's resources exist in balance. Through simple and conscious choices, each of us can contribute to a cleaner, healthier and safer world for future generations.” -Andreea
5. “Sustainability and inclusion are the wings with which today's youth transform the energy of new ideas into a just, safe and clean future.” -Maria
6. “By practicing sustainability and inclusion, young people can shape a better present and a brighter tomorrow.” -Ruben
7. “A better future is built when we take care of the planet and people at the same time.”-Claudiu
8. “Sustainability and inclusion, carried by the world's youth, weave together a fairer, brighter, and more hopeful future.” -Marian
9. “Change begins when we care for the planet and people equally.” -Robert
10. “Sustainability and inclusion create a better world, and young people are the key to change” - David
11. “A better future is built when we take care of both the planet and each other, leaving no one behind." -Raul

In conclusion, sustainability and inclusion are the foundations of a thriving future. By protecting our planet and valuing every individual, we create a world where no one is left behind. As young leaders, our commitment to these principles today ensures a cleaner, fairer, and more prosperous world for generations to come.

Think differently, Act consciously, Inspire others

“Sustainability starts in the mind with empathy, awareness, and collective purpose. Let’s turn understanding into action and transform behavior into a better future.”