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Wise Choices? The Europa Diary



Wise Choices?

The Europa Diary

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www.europadiary.eu

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Wise Choices?

Surname.....

First name.....

Date of birth.....

Address.....

Country.....

Telephone.....

Mobile.....

E-mail.....

Name of school.....

Address.....

Form tutor group.....

Form tutor.....

In case of emergency, please notify.....

Telephone.....

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Foreword

Dear students,

As we begin the second decade of the 21st century, you have been given the seventh edition of the Europa Diary. This educational tool has become much sought after and highly appreciated by three and a half million teenagers, just like you, all around Europe.

We believe that education is an essential prerequisite for individual development and progress of society as a whole. Education is one of the key elements that will enable us to restore the social market economy of Europe by 2020. By then you will be preparing to take over the leadership of Europe as well as presenting your plans for a bigger and stronger European Union.

Make sure you are ambitious, responsive and responsible for your own future!



José Manuel Barroso,
President of the European Commission ■





The European Union at a glance

The European Union (EU) is unique: it is neither an international organisation like the United Nations, nor does it replace national governments. So, what is it?

The EU was created by national governments as a mechanism to agree on common actions in areas where it makes more sense for EU countries to work together, rather than on their own.

Cooperation over competition

After the devastation of the Second World War, Europeans were determined to prevent another conflict from ever again ravaging the continent. Instead of competing against one another, the governments of six countries decided to cooperate on trade and economic issues. Initially they pooled their resources of coal and steel, the raw materials for weapons, and the threat of war receded, as they became each other's most valuable trading partners.

The EU has ushered in an era of peace and prosperity. Today, it embraces 500 million people and deals with issues of everyday importance. The European Union operates according to the following principles:

1. It can only act in areas where national governments have agreed that it can.
2. It should only act where it can be more effective than national governments acting alone.
3. It must promote and defend shared values such as democracy, freedom and justice, as well as Europe's common heritage, expressed in its many cultures, traditions and languages.





What does the EU have to offer?

Media headlines might talk about the EU 'meddling' in seemingly unimportant details, but what's it really all about? Any attempt to list everything it does would be incomplete. But here are just a few things that might give you a better idea:

- » If you are a citizen of any EU country, then you are automatically an EU citizen as well. You therefore have the right to live, work and study in any other EU country – from Cyprus to Finland, and from Ireland to Bulgaria. And if you are visiting somewhere outside the EU, where your own country does not have an embassy, you are entitled to help from the embassies of other EU countries.
- » As a consumer, EU consumer protection laws ensure companies don't take you for a ride.
- » Strict EU environmental laws mean you benefit from cleaner air, water and soil.



Important telephone numbers

112

No matter where you are in the EU, you can dial the European emergency number for help. Yes, 112 works just as well as 999 in the UK.

00 800 6 7 8 9 10 11

Europe Direct will answer any question you might have about the European Union. The best part? - The call is free! ■



To learn more:

<http://europa.eu/euinyourcountry/>

http://ec.europa.eu/youreurope/index_en.html > Information for citizens
www.fco.gov.uk > Global Issues > International Institutions > Britain in the EU

www.europe.org.uk



EU timeline

The process of building the European Union began in the aftermath of the Second World War, with the aim of ensuring security and prosperity in Europe. Over fifty years on, it is still a work-in-progress to which all European citizens can contribute.

1945

After nearly six years of fighting in Europe, the **Second World War** came to an end.

1950

The **Schuman Declaration** led in April 1951 to the Treaty of Paris, which set up the European Coal and Steel Community. It included six countries: Belgium, France, Italy, Luxembourg, the Netherlands and the Federal Republic of Germany (formerly West Germany). It brought them together as equals, co-operating within shared institutions.

1957

Belgium, France, Italy, Luxembourg, the Netherlands and West Germany signed the **Treaty of Rome**, which launched the European Economic Community (EEC) and the European Atomic Energy Community (EAEC or Euratom). A Common Market was created where goods, services, capital and people were able to move freely.

1979

The first election of the European Parliament took place through **direct elections**.

1986

1986

The **Single European Act** was adopted, which set out a timetable for the completion of the Common Market by 1 January 1993.

1968

The **Customs Union** was created: all import tariffs among the six EEC countries were eliminated.

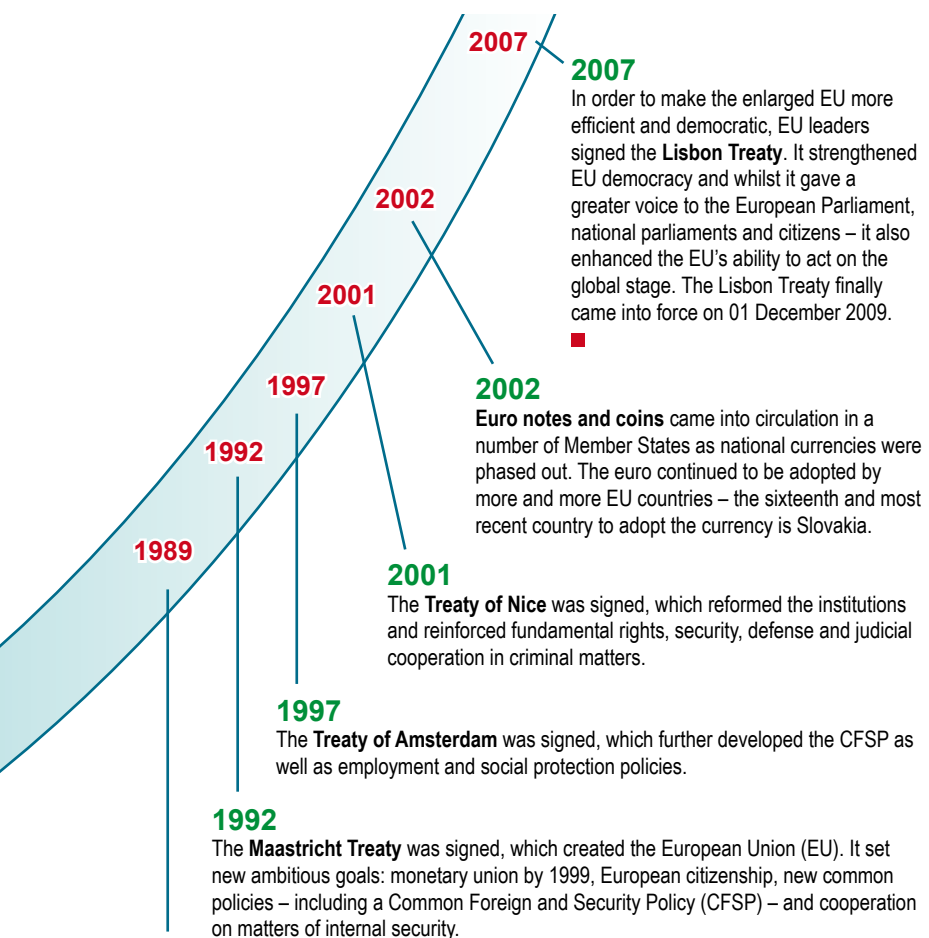
1945

1950

1957

1968

1979



2007

2007

In order to make the enlarged EU more efficient and democratic, EU leaders signed the **Lisbon Treaty**. It strengthened EU democracy and whilst it gave a greater voice to the European Parliament, national parliaments and citizens – it also enhanced the EU's ability to act on the global stage. The Lisbon Treaty finally came into force on 01 December 2009.



2002

2002

Euro notes and coins came into circulation in a number of Member States as national currencies were phased out. The euro continued to be adopted by more and more EU countries – the sixteenth and most recent country to adopt the currency is Slovakia.

2001

2001

The **Treaty of Nice** was signed, which reformed the institutions and reinforced fundamental rights, security, defense and judicial cooperation in criminal matters.

1997

1997

The **Treaty of Amsterdam** was signed, which further developed the CFSP as well as employment and social protection policies.

1992

1992

The **Maastricht Treaty** was signed, which created the European Union (EU). It set new ambitious goals: monetary union by 1999, European citizenship, new common policies – including a Common Foreign and Security Policy (CFSP) – and cooperation on matters of internal security.

1989

1989

The Iron Curtain fell, which created an opportunity to unify Europe. This led to the **reunification of Germany** on 3 October 1990. Democracy took root in the countries of central and eastern Europe.



To find out more:
http://europa.eu/abc/history/index_en.htm
http://europa.eu/lisbon_treaty/index_en.htm

How Europe works

How do all the pieces of the institutional puzzle fit together to make Europe work?

European Parliament – voice of the people

The Parliament is the people's voice. It adopts European laws together with the Council of the European Union. It also ensures democratic scrutiny and public debate on all aspects of EU business.

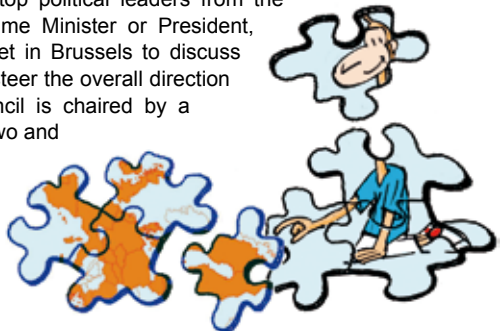
Every five years, voters across the EU elect representatives to sit in the Parliament. The last elections were held in June 2009. EU citizens elected 736 Members of the European Parliament (MEPs), making it the largest multinational body of its type. They meet in Strasbourg, France and sometimes in Brussels, Belgium.

Within the Parliament, MEPs do not sit according to country, but rather in transnational groups that reflect their political beliefs. The Parliament has generally been a strong supporter of the European Union, though a small minority of MEPs thinks the EU has now got too much power.

www.europarl.europa.eu > English

European Council – political leadership

At least four times a year, the top political leaders from the Member States – either the Prime Minister or President, depending on the country – meet in Brussels to discuss the big issues of the day and to steer the overall direction of the EU. The European Council is chaired by a President who serves a term of two and a half years.





The Council of the European Union – voice of the Member States

This is where national governments have their say. The Council, also based in Brussels, can amend, adopt or reject proposals for new laws. Depending on the topic on the agenda, each country is represented by the minister responsible for that area – finance, transport, agriculture, etc.

Decisions on most subjects can be made by a majority of members. Big Member States, like Germany, have more votes, and therefore more power in the Council, than a small country, like Malta. The voting system ensures, however, that the opinions of smaller states are not drowned out by their larger neighbours.

When highly sensitive subjects are discussed – for example, taxation and defence – the Council must come to a unanimous decision. This is no easy task with so many different countries and interests around the table!

www.consilium.europa.eu > Council of the European Union

European Commission – the common interest

The European Commission, based in Brussels, is the EU's executive arm. This means that it is the only institution that can propose new laws, on which the European Parliament and Council of the EU then vote. The Commission is also the EU's 'policeman', in that it is responsible for ensuring national governments play by the rules and apply EU law correctly. If they fail to do so, the Commission can take governments before the European Court of Justice.

The President of the Commission leads a team of Commissioners, one from each Member State. Each Commissioner has a particular area of responsibility – transport, environment, etc. – which can be compared to the duties of ministers in national governments. Commissioners are committed to act in the interests of the entire European Union, not just their home country.

The EU also has a High Representative for Foreign and Security Policy, who heads up all EU actions on the international stage and who is also Vice-President of the Commission.

Around 23,000 people work for the European Commission. The majority are based in Brussels, although the Commission has offices in every Member State and around the world.

<http://ec.europa.eu> > Welcome to the European Commission



European Court of Justice – the rule of law

The fascinating thing about laws is that they can be interpreted in different ways. The Court has the task of ensuring the correct and uniform interpretation of laws throughout the EU. Based in Luxembourg, the Court is made up of one judge from each Member State.

The Court's rulings carry a lot of weight because they are the final word – they cannot be contradicted by the national courts in any EU country!

<http://curia.europa.eu> > en

European Court of Auditors – getting value for your money

The European Union is funded by taxpayers' money. Somebody has to check whether the money is being spent properly. This is the job of the Court of Auditors, also based in Luxembourg, which reviews the Commission's accounts and publishes an annual report.

<http://eca.europa.eu> > en ■

Other EU institutions include:

- » European Economic and Social Committee – www.eesc.europa.eu > EN
- » Committee of the Regions – www.cor.europa.eu > EN
- » European Central Bank – www.ecb.int > Educational > Videos – Cartoon on price stability for schools
- » European Investment Bank – www.eib.org > About us



To find out more:
<http://europa.eu/about-eu/>



Act locally!

The EU seems so far removed from your local community and you aren't interested in what politicians have to say, but you are passionate about an issue, ready to defend your cause... so, what can you do?

Your choices aren't limited to the 'formal' political process. Motivated individuals – besides our elected representatives – can influence decision-making through organised civil society. If you belong to a youth organisation, for example, then you are already active in civil society. And many local groups belong to European-wide networks.

The European Economic and Social Committee (EESC) represents the interests of organised civil society. It's the place where civil society organisations have their say on all EU legislation and where you, through your association, can be heard.



Don't start with Brussels. Start by doing something on your own at home. Act locally, become organised and find allies – not just in your own country, but around Europe. You will likely discover that there is a platform for cooperation on your issue.

Martin Chren, the youngest member of the EESC, an economist at the F. A. Hayek Foundation in Bratislava and an active blogger

Although the EESC is a consultative body, it does not only react to proposals from other institutions. On its own initiative, it also issues opinions about current topics of interest, such as a recent report on Facebook and other social networks. ■



To find out more:

www.eesc.europa.eu/index_en.asp

www.youtube.com/user/EurEcoSocCommittee

To find out more about how a local action group might be set up, go to www.gre.ac.uk (Greenwich University, Kent) and search for "local action groups".



Europe needs you!

Countries today depend on each other more and more. Global problems such as climate change, organised crime and economic instability can only be tackled through international cooperation. European countries that are part of the EU can work together on these issues. But these problems affect you too – and the EU needs you to get involved!

The European Union is now home to nearly 500 million citizens from 27 countries. It is involved in many areas that affect our daily life, from fundamental rights to environmental protection – that's why it's important to take part in decision-making. Here are a few ways in which you can do so.

Active participation

Exercise your right to vote once you can – in local, national and European elections. Even in large democracies such as the EU, every vote counts and can make a difference in the outcome of the election.

No matter how you feel about politics, the truth is that almost everything that affects you is governed by laws which are decided by the political process. A healthy democracy requires more from its citizens than simply casting a ballot once every four or five years – and this holds for young people as well.

You don't have to wait until you can vote to have an opinion and make it heard! There are plenty of opportunities for you to get involved and participate in the political process in Europe. Below are just a few suggestions, but you can find plenty of other options to work for causes that are important to you.





Your chance to make a difference

EU Tube

Find out more about the European Union through the many videos on its YouTube channel. You can add your opinion in the comments section or post a video response to one of the hundreds of different clips.

www.youtube.com/user/eutube

The European Youth Parliament

Why not join the European Youth Parliament? It consists of a network of 32 European organisations. Thousands of young Europeans participate in regional, national and international sessions, discuss political issues that concern them and make new friends and contacts.

www.eypej.org

European Youth Portal

Many organisations promote young people's interests in Europe. You can find a good overview on this website packed with information about studying, working, volunteering, travelling, etc.

<http://europa.eu/youth>

It even has a page full of links to organisations that promote youth and active citizenship, and has ideas about how to apply for money to run your own project.

http://europa.eu/youth/active_citizenship/index_eu_en.html

www.citizen.org.uk > Young citizens Action Agenda. ■



To find out more:
<http://europa.eu/take-part/>



How laws are made

The EU boasts some of the strongest consumer protection laws, and now it has put an end to the 'roaming rip-off' – the price of texting and surfing the web abroad from your mobile phone. How did this come about?

The 2007 EU Roaming Regulation, which introduced the Euro tariff for calls made and received while travelling in the EU, required the European Commission to review the law after one year – especially in regard to text messaging and web browsing. Were mobile operators in the EU competing effectively, driving down prices and improving services? Or were they ripping off consumers?

Fairer prices for consumers had to be weighed against the resistance of mobile operators who risked losing revenue...

Texting and mobile data services

In the end, the Roaming Regulation was extended to include:

- » **SMS tariff limit:** Consumers now pay a maximum of £0.10 (€0.11) per text message (excluding VAT) sent from abroad, while receiving an SMS in another EU country remains free.
- » **Wholesale cap on data:** The wholesale price of data – what mobile operators pay each other to provide roaming services – is limited to £0.72 (€0.80) per megabyte downloaded.
- » **Cut-off limit:** To prevent 'bill shocks', consumers' mobile connection to the internet is cut after their bill reaches a specified limit – by default, this is set at £45 (€50) per month.
- » **Per-second billing:** Consumers are now billed per-second – counting straight off for calls *received* abroad, and after the first half-minute for calls *made* abroad.





How laws are made

The European Commission puts forward a proposal for a new law if it sees a need – or after considering requests from another EU institution or citizens' initiative. Before making a proposal, the Commission opens a public debate that includes interested parties, such as local, regional and national governments, as well as industry associations, consumer organisations and NGOs (non-governmental organisations). The Commission also analyses the impact of the proposal.

Next, the proposal is sent to the EU's legislators – the European Parliament and the Council of the EU. The Parliament takes a position on the proposal, which can be a long process as the different political groups represent different interests. The same thing happens in the Council, where national governments have different views and priorities.

If the Parliament and Council agree, the new law can be adopted. This is what happened with the Roaming Regulation, which went through the process smoothly. If they don't agree, the law goes through a 'conciliation procedure' for agreement to be reached between these two institutions. Once a law is adopted at EU level, national laws of the Member States must be adapted – or new ones passed – to implement the EU law.

Interest representation

Interest groups lobby EU legislators in the hope of persuading them to create or modify laws that affect their members. EU laws such as this one have a direct impact on companies and consumers.

Did you know?

It used to cost a UK consumer £0.62 (€0.69) to send a text message from Portugal, compared to £0.10 (€0.11) today.



To find out more:

http://ec.europa.eu/yourvoice/index_en.htm > Consultations

<http://ec.europa.eu/roaming>

www.ofcom.org.uk > Search – Mobiles abroad



More than just pocket money

If you had £126 (€141.5) billion in your bank account, you would be at least twice as rich as the wealthiest person in the world.

£126 billion is roughly the annual budget for the European Union. The impact of such a hefty sum can be felt right across Europe, even though this only represents around 1% of the Union's national wealth. As you can imagine, deciding how to spend the EU budget often sparks lively political debates as our national representatives work to balance competing demands for the money.

So, how would you spend this amount? Managing public money is a serious responsibility. Short-term needs must be weighed against long-term investments and commitments already made. You also need to be careful not to overspend the budget.

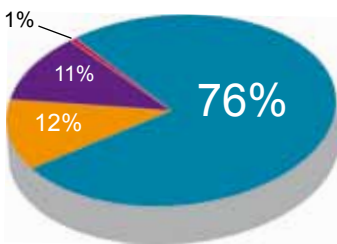


A balanced budget

The EU budget operates on the principle of equilibrium. In short, this means the European Union can only spend the money that it has. But it also means that the EU does not carry any debt, since it cannot borrow money. A good idea to keep in mind when managing your personal finances!

Where does the money come from?

The EU has several sources of revenue. By far the largest portion is contributed by national governments.



- **76%** National contributions, calculated on the basis of gross national income
- **12%** Import taxes on goods coming from outside the EU
- **11%** A small percentage of the value-added tax (VAT) collected by EU countries
- **1%** Other: contributions of EU staff, unspent amounts from previous years,...



And where does it go?

The spending priorities of the EU are set out every seven years. For the period 2007-2013, the overall budget is estimated at a mindboggling £875,062,500,000 – (€975,000,000,000) or just short of one *trillion* euros! Still, choices must be made. Although there is some room for annual adjustments, broadly speaking the money is spent as follows:

- **44% Sustainable growth and employment:**
To remain competitive, the EU invests heavily in education, training, research, innovation and transport, while also helping the disadvantaged.
- **43% Natural resources:**
Support for agricultural producers, which has drawn criticism in the past, must be balanced against new initiatives to mitigate the impact of climate change.
- **6% EU as a global partner:**
The EU is the top aid donor worldwide, providing emergency aid and long-term assistance to developing countries.
- **6% Other:**
This mostly covers the administrative expenses of the EU institutions.
- **1% Citizenship, freedom, security and justice:**
In addition to protecting the borders and safeguarding public health, the EU funds cultural and youth programmes.

Did you know?

In 2010 alone, £55.5 (€64.3) billion is being spent to help Europe restore growth and save or create jobs in the wake of the economic and financial crisis.

Discussions on the budget for the next seven-year period will soon get underway. You can learn how EU funds are currently spent near you by inputting your postal code at http://ec.europa.eu/beneficiaries/fts/index_en.htm. Then, join the debate about the future of EU spending and send your feedback to BUGD-budget-inbox@ec.europa.eu.



To find out more:

http://ec.europa.eu/dgs/budget/index_en.htm > Financial Programming and Budget EN > Understanding EU Budget
www.euromove.org.uk > Publications > Expert briefings > EU Budget reform



Money, money, money

What's in your pocket? For millions of Europeans, it's a single currency – the euro – which is accepted in many countries across Europe.

In the last 10 years we have seen the largest shake-up of currencies in the continent's history, with 16 of the EU's 27 countries having now adopted the euro as their official currency. The euro can now be used in an area that stretches from the Mediterranean all the way to the Arctic Circle. More EU countries are set to join when they are ready.

A world currency

The euro is now used by nearly 330 million people every day. It is the world's second largest reserve currency, and in 2006 it overtook the US dollar to become the currency with the largest value of notes in circulation.

As well as being of obvious practical convenience, the euro is also one of most tangible signs of European integration. And because it is such an important currency, the euro gives the EU a stronger voice in the global economy.



Key Dates

- 1999** launch of the euro as a virtual currency
- 2002** euro notes and coins launched in 12 EU countries
- 2007** Slovenia adopts the euro
- 2008** Cyprus and Malta adopt the euro
- 2009** Slovakia adopts the euro

To find out more:

http://ec.europa.eu/euro/index_en.html > EN
www.hm-treasury.gov.uk/euro_index.htm
www.bankofengland.co.uk/education/index.htm



Travelling and shopping in Europe: spending made simple!

A trip abroad used to involve inconvenient and expensive visits to the bureau de change. You then had to do complicated conversion sums when making purchases, and when you got home you usually had a collection of notes and coins which simply ended up gathering dust.

Within the euro area this has all been done away with. This makes things much more convenient and also saves us a small fortune!

Not just for tourists...

The benefits of the euro aren't limited to increased convenience for tourists. Euro area countries now have lower inflation and interest rates, greater stability, increased investment and trade, as well as increased price transparency and competition. This benefits everyone.

A history lesson in your wallet?

Since the euro banknotes depict the architectural styles from the seven ages of Europe's cultural history, they provide a pocket lesson in both history and architecture. Admittedly, though, not many of us will ever have a 500 euro note in our wallets!

The coins are minted on a national basis according to the country's relative size (so there are more euros with German symbols than euros showing Maltese designs). The coins have a standard EU design on one side, with the other side being left for national designs, such as the Irish harp or King Albert of Belgium.

All euro notes and coins can be used in all euro area countries.

To find out more:

www.ecb.int/euro/html/eurocoins.en.html





Here comes the complicated bit – concentrate!

While most of us only care about the euros in our pockets, there is an important regulatory system at work behind the euro's shiny exterior.

Who can join?

All EU countries bar two are required to join the euro once they have fulfilled the so-called 'Maastricht criteria'. The UK and Denmark have opt-outs on joining the euro, although they can still join in future if they wish.

The 'Maastricht criteria'

These are rules (called 'convergence criteria') that were agreed in the Maastricht Treaty in 1992. They protect the euro's stability by making sure that countries can only adopt the euro when their economies are ready. They must also implement specific laws governing their central banks and monetary issues.

The Maastricht Criteria

What is measured?	How it is measured?	Convergence criteria
Price stability	Harmonised consumer price inflation rate	Not more than 1.5 percentage points above the rate of the three best performing countries
Sound public finances	Government deficit as % of GDP	Reference value: not more than 3%
Sustainable public finances	Government debt as % of GDP	Reference value: Not more than 60%
Durability of convergence	Long-term interest rate	Not more than 2 percentage points above the rate of the three best performing countries in terms of price stability
Exchange rate stability	Deviation from a central rate	Participation in the European Exchange Rate Mechanism for two years

To find out more:

http://ec.europa.eu/economy_finance/index_en.htm > The euro > Adopting the euro



So who is pulling the euro area's strings?

Before the euro was introduced, each country was responsible for looking after its own currency and monetary policy. With a single currency this has to be relinquished to a centralised authority – otherwise it would be like having an orchestra with several conductors.

The European Central Bank

The European Central Bank (ECB) in Frankfurt is independent and free from political interference. Its primary mission is to keep inflation below, but close to, 2% in the medium term. Only the Governing Council of the ECB, which is made up of the Executive Board of the ECB and the governors of the national central banks, whose countries have joined the euro area, can take decisions on monetary policy in the euro area.

The Stability and Growth Pact (SGP)

While the ECB is the sole arbiter in the euro area's monetary policy, each euro area country is still in charge of running its own economy and making its own tax and spending decisions. The Stability and Growth Pact was introduced to ensure that countries don't make decisions that could destabilise the whole euro area.

The European Commission monitors government deficits and debt, which must be less than 3% and 60% of gross domestic product (GDP) respectively. If these limits are breached, the Council can initiate proceedings against the country concerned, and as a last resort it can impose financial penalties. ■



To find out more:

http://ec.europa.eu/economy_finance/index_en.htm > Stability and Growth Pact

United in regional diversity

The EU is a giant patchwork of 271 regions.

We all have a particular national identity, but for many of us the region where we come from is just as important. Many regions have their own distinct traditions, such as food, clothing, music and dance. But beyond the cultural domain, regions also play a crucial economic role.

Engines of growth

Ultimately, the regions are where it all happens. It's where small, local businesses start and grow, creating jobs and fuelling economic growth. Given the right support, they can be hotbeds of dynamism and innovation. In order to harness this potential the EU works with local partners to promote policies that benefit the regions. Whilst all 271 regions are eligible some regions need more help than others.



Close to home

The UK will receive over €10.6 billion in regional support from the European Union between 2007 and 2013. Learn how these funds are being used in your area at: http://ec.europa.eu/regional_policy/atlas2007/uk/index_en.htm.



Curve, the state-of-the-art theatre complex in Leicester, has helped revitalise the surrounding neighbourhood, attracting visitors and new businesses. Built with support from the European Regional Development Fund (ERDF), Curve is already a cultural landmark in the East Midlands.



To find out more:

http://ec.europa.eu/regional_policy/index_en.htm



Intolerance will not be tolerated

In the European Union, we are keen to uphold fundamental rights and celebrate diversity. Even so, racism, xenophobia and intolerance still exist in our societies today.

All forms of racism and intolerance are prohibited by law in the European Union. However, racism and discrimination endure in various guises, some more subtle than others. Intolerance can stem from differences in the way people look (skin colour, disability, gender, age, etc.) or from differences in religion, politics, sexual orientation...

The Charter of Fundamental Rights

The EU has set for itself the goal of promoting human rights within the Union and around the world. The rights of each and every individual in the EU are listed in some important documents, such as the founding treaties of the European Union, national constitutions or constitutional traditions, the case law of the European Court of Justice and of the European Court of Human Rights.

Because these rights were established at different times, in different ways and in different forms, the EU decided to clarify things and to include them all in one single document – the Charter of Fundamental Rights.

Article 21(1) of the Charter of Fundamental Rights

“Any discrimination based on any ground such as sex, race, colour, ethnic or social origin, genetic features, language, religion or belief, political or any other opinion, membership of a national minority, property, birth, disability, age or sexual orientation shall be prohibited.”



“I know my fundamental rights and think that the right to freedom is the most important. Without this one, none of the others make sense. However, my freedom can not interfere with the freedom of others.”

Miguel, 19



With its 54 articles, the Charter of Fundamental Rights touches on a comprehensive list of rights including:

- » the right to human dignity
- » the right to life
- » the right to respect for private and family life
- » the prohibition of slavery
- » the right to a fair trial
- » the right to free expression
- » and the right to vote and stand for election



Did you know?

1 in 4 Europeans have witnessed a case of discrimination or harassment in the past year, while 1 in 6 say they were personally discriminated against.

(Euro barometer 2009)



The rights of young people

The Charter also contains an article on the rights of children. A "child is defined as every person under the age of 18. In this area, the Charter is based on, and refers back to, the United Nations' Convention on the Rights of the Child, which lists the rights of all children.

The best interests of the child: the guiding principle for all adults when making decisions for children.

When adults make decisions for children, they should think about how their decisions will affect children. The endorsement of this principle is one of the most progressive achievements since it recognises the fact that the child is an individual and the owner of his or her rights.





As stated in the Convention on the Rights of the Child, the rights of young people are:

- » the right to personal development
- » the right to have their views respected and to have their best interests considered at all times
- » the right to a name and nationality, freedom of expression, and access to information concerning them
- » the right to live in a family environment or alternative care, and to have contact with both parents wherever possible
- » health and welfare rights, including rights for disabled children, the right to health and healthcare, and social security
- » the right to education, leisure, culture and the arts
- » special protection for refugee children, children in the juvenile justice system, children deprived of their liberty and children suffering economic, sexual or other forms of exploitation

All EU Institutions (the Council, the Parliament and the Commission) must conform to the rights and observe the principles laid down by the Charter. The Charter also applies to EU Member States when they are implementing EU law. (In other words, when they are implementing policies in the area of EU competence.) Judges across the EU ensure that your rights are respected.

For more information and advice on these issues, you can contact the Equality and Human Rights Commission for advice (www.equalityhumanrights.com).

Employment rights

In the sphere of employment, it is against EU law to discriminate on the basis of race or ethnic origin, religion or belief, age, sexual orientation or disability. Plans are currently underway to extend these rights to areas outside employment, including social protection, healthcare, education and access to commercial goods and services. Some of these rights are already enshrined in national law in the UK. ■

To find out more:

http://ec.europa.eu/justice_home/unit/charte/index_en.html

<http://fra.europa.eu>

www.eucharter.org

www.unicef.org/crc

www.dcsf.gov.uk > Every Child matters > Strategy and working practice (strategy and governance) > United Nations Convention of the Rights of the Child – (UNCRC – Background)





A helping hand

How would you help the less fortunate in your local community? Would you volunteer at the homeless shelter? Donate to charity? Spend time with the elderly?

Just as we could all use some help from time to time, it is also our shared responsibility to lend a helping hand to others in need. So, who do you turn to when you're down on your luck? If you find yourself unemployed or are frustrated with the job hunt, the EU has something to offer...

European Social Fund

The European Social Fund (ESF) invests in local projects that help people improve their skills and employment opportunities. Many of these projects are specifically designed to support those who might otherwise find it difficult to get a job, such as young people. And if you'd rather work for yourself, the ESF also helps young entrepreneurs develop their business ideas.



Did you know?

2010 is the European Year for Combating Poverty and Social Exclusion. Poverty is not only about money, but also food and energy needs.

<http://2010againstopoverty.eu>



New skills for new jobs

Will the skills that you learn in school still be useful 10, 20 or 30 years from now? With the rapid pace of technological and social change, the answer is difficult to predict. What seems like essential knowledge today might very well become irrelevant during the course of your career. The workforce will need to adapt to changing needs, and the EU – through the ESF – will help workers 'upgrade' their skills.





The ESF in action

Sandra and her husband restored a 17th century chapel near Chichester and converted the site into a small bed and breakfast. A training course co-funded by the ESF taught Sandra to emphasise the environmental values underlying her business, and she became a pioneer in 'green tourism'.

'Take two'

Faced with personal challenges and professional setbacks, Fianne, Pedro, Julie and Viktor are all searching for a new direction in life. Their paths intersect as they each receive help from the European Social Fund. You can follow their four stories in the comic book, 'Take Two', available to download from <http://bookshop.europa.eu>.



Equality and diversity

Have you ever been judged by somebody who you've never met before, simply because you look *different*? Or have you ever felt that you were treated differently, due to some trait that sets you apart? The EU is working actively to combat all forms of discrimination, particularly in training and employment, and to promote the benefits of diversity in society. Discrimination based on gender, race or ethnic origin, religion or belief, sexual orientation, disability and age (too old or too young) is prohibited under European law. Every EU country has a national equality body that provides assistance to people facing discrimination, which can be found through www.equineteurope.org.



To find out more:

<http://ec.europa.eu/esf>

<http://ec.europa.eu/antidiscrimination>

www.stop-discrimination.info

www.equalityhumanrights.com (UK)

www.direct.gov.uk > Disabled people > Rights and Obligations > Equality and Human Rights Commission



Bridging the gap

The gap between the richest and the poorest regions in Europe is large: the average income in the North East region of Romania is only 24% of the overall EU average, while in Inner London that number stands at 335%.

One of the primary goals of regional policy is to narrow the disparities between different areas, helping the poorer regions to 'catch up' with those better-off by fostering innovation and creating jobs. In this sense, the EU seeks to build solidarity between regions, as well as between people.

A total of £315.3 billion (€347.4) is available to work towards this goal in the period 2007-2013. The money, which is mainly distributed through three channels: the Cohesion Fund, the European Regional Development Fund and the European Social Fund, is invested in everything from roads and bridges to high-speed internet access and renewable energies.

Did you know?

One region in four has a GDP per inhabitant below 75% of the EU average.

When disaster strikes

Flood waters in our cellars, buildings tumbled by earthquakes, and wild fires licking our city limits... natural disasters strike indiscriminately across Europe. The effects are devastating, paralysing entire regions.

The recovery costs can be enormous. It is important to restore vital services and provide relief to victims, quickly and efficiently, but these efforts can stretch national resources. Regions hit hard by natural disasters can receive extra help from the EU's Solidarity Fund. ■



To find out more:

http://ec.europa.eu/regional_policy/index_en.htm > The means
www.civitas.org.uk/eufacts > Social and regional policy >
Structural funds



Europe without borders

The free movement of people is recognised as a fundamental right in the EU, which means you can travel, work, study and settle anywhere you like within its borders.

Moving to another EU country was once a frustrating experience: getting a residence permit, using your driving licence, applying for social benefits... even crossing the border was a complex task.

Thankfully, times have changed. EU laws now help to ensure that living in another EU country is – at least from a paperwork point of view – not much more complicated than at home. Within the EU, most countries – except for Bulgaria, Cyprus, Ireland, Romania and the UK – have shut down their internal border checks to create the border-free Schengen Area.



"It's become so easy to go settle in other Member States, why not seize the opportunity?"

Dansira, 22

New challenges

There are a number of profound challenges that have been brought about by the removal of internal EU borders. Here are just a few:

- » With no checks on the internal borders, the external borders of the EU have had to be strengthened.
- » Asylum seekers might move between EU countries and lodge multiple asylum requests in search of more favourable conditions.



- » Criminals can try to avoid justice by moving abroad, thus requiring greater coordination between the Member States' police forces and court systems.
- » Free movement of people has naturally given rise to a greater number of international relationships, both commercial and private. In view of the different legal frameworks across Europe, the EU acts to provide clarity for divorces and, more recently, inheritances/successions with an international dimension as well as cross-border business transactions.

Over the period 2010-2014, the EU's response to these challenges is laid out in the so-called Stockholm Programme.

Your rights as a minor in cross-border parental disputes

When international families break up, it often means that the family members end up living in different countries, which can pose problems in terms of child custody and the enforcement of maintenance payments. There has also been a spate of 'international parental child abduction' cases, in which one parent takes their child to another EU country without the permission of the other parent. EU rules are in place to ensure that these cases can be resolved and that the child's best interests are protected. ■

To find out more:

http://ec.europa.eu/justice_home/fsj/ > Freedom to travel

http://ec.europa.eu/civiljustice/index_en.htm > Divorce, Parental Responsibility

www.justice.gov.uk/whatwedo/divorcedissolutionandannulment.htm

> Other helpful sites and services





Fancy a change of scene?

Whether it's a school exchange or a year abroad at university, there are plenty of opportunities to spend time in another EU country and learn a thing or two while you're at it. Learning abroad is challenging, rewarding... and unforgettable!

Learning is a lifelong process, so while it may start at home, it doesn't end there. The EU provides opportunities to learn abroad at every step of the way – starting now at school or looking ahead to your future. Remember, it's your right as an EU citizen to study in another EU country! So, what are you waiting for? Get your skates on and immerse yourself in a foreign culture, learn a new language and brush up on your skills!

Named after famous personalities, the list of EU programmes reads like the who's who of European history. Each programme offers a different experience, so find the one best suited to your interests.

Comenius

If your school participates in the Comenius programme, you might be able to visit a partner school or to welcome foreign pupils to your school. Ask your teacher to look into the options.

And if a real life exchange isn't possible, you can still connect with pupils from other countries in a virtual classroom. Thanks to the latest technology, schools across Europe can partner together through the 'eTwinning' portal at www.etwinning.net.

Comenius is growing up

You might not have to wait until university to learn abroad on your own. Starting this year, secondary pupils from 13 EU countries have the opportunity to spend a few months away from home, staying with a host family and attending school. If successful, this initiative will be expanded across the EU.



Erasmus

Erasmus is the most popular and well-known of the EU's exchange programmes (not least due to the hit film *L'Auberge Espagnole*). Each year, some 180,000 university students – over two million in total since the programme began in 1987 – head off to study in another country for a term or two or to do a traineeship. As an Erasmus student, you don't have to pay fees at the foreign university and you can take home the course credits that you earn while abroad.

Leonardo da Vinci

Perhaps though, you are an apprentice or in a vocational school and looking for something more practical and hands-on? Luckily, there's an exchange programme for that too! The Leonardo da Vinci programme gives you the possibility to do a work placement or gain practical skills at a technical school in another EU country. A stint abroad to sharpen your skills will certainly help when it comes finding a job! By the way, graduates can take advantage of this programme, too.





European Voluntary Service (EVS)

Of course, not all learning happens in the classroom. Some things simply can't be taught by teachers or textbooks. Volunteering abroad is therefore one way to learn more about different cultures – and yourself – while also helping others. In exchange for your commitment to a full time volunteer position, the EVS covers your expenses and offers plenty of informal moments to discover something new.

EVS is just one part of the Youth in Action programme. With Youth in Action, you may be able to join an exchange with a youth group or an initiative from another country – not just in Europe, but also around the world! ■

Did you know?

2011 is the European Year of Volunteering.

Learn more at
www.eyv2011.eu.

I am Steve Craddock, and I have done two EVS projects.; one short term (three weeks) and the other long term (six months), both in Italy. During these projects, I learned a lot about other cultures, languages, arts, music but also a lot about myself. I made many new friends from all around the world and now share some amazing memories with all of them. Before I did these projects I had no real direction in life, but having this experience in a new place gave me time and space to think, and now I have a clear path for my future. I would recommend it to anybody.

Steve

To find out more:

www.lifelonglearningprogramme.org.uk

www.britishcouncil.org/connectyouth.htm

<http://ec.europa.eu/education>

<http://ec.europa.eu/youth> > Youth in Action programme > Actions > European Voluntary Service





The job hunt

So, you finish your studies, what then? As you set out in search of your first job, look abroad...

The opportunity to travel and live abroad doesn't end now that you are looking for a job. As an EU citizen, you have the right to work in any other EU country. Work permits and medical exams are no longer required within the EU. You are entitled to be treated equally in terms of employment rights, with all the social and tax advantages – even jobseeker's allowance!

First stop

Where should you begin your search? Try EURES, the European Employment Service. You can upload your CV or search through 750,000 job adverts posted online by recruiters across Europe. But EURES is more than a jobseeker website. It's a network that gathers together all the public employment services in the EU, like Jobcentre Plus in the UK. There are more than 800 EURES advisers who can inform and advise you about living and working in any other EU country.



'You will hear from us...'

After searching the EURES database, you finally find a job abroad that you would like to apply for. And that's when the questions start flying. What if the application procedure is different? In the booklet, 'You will hear from us...', the European Commission has addressed all these issues and more – for each EU country! You can order or download a free copy from the EU Bookshop at:

<http://bookshop.europa.eu/> > search "You will hear from us" ■



To find out more:

<http://eures.europa.eu>
<http://ec.europa.eu/social/> > What we do > Mobility
www.jobcentreplus.gov.uk
<http://goworkabroad.co.uk>



Researchers in motion

Forget about being chained to a laboratory bench. Today's researchers and scientists move around, working wherever they are needed.

A career in science offers a challenging, yet rewarding, experience in any number of fascinating areas – and places!

Spreading knowledge through people

For scientific breakthroughs to benefit society as a whole knowledge cannot remain bottled up behind institutional walls or national boundaries – it must circulate freely, just like people and money. This requires not only that information is internationally available, but that researchers are helped to move around as well.

However with their highly specialised skills, it is often difficult for scientists to pack up and move to another country. This is why the EURAXESS

– Researchers in Motion portal was set up with its four principles (Jobs, Services, Rights and Links). It is a one-stop shop not only for researchers wishing to work in another European country, but also for organisations wishing to recruit the most talented European and non-European researchers. This virtual platform not only matches job offers with demand, but it also allows researchers to get practical assistance from a network of services centres, inform them about their rights and obligations when working in Europe and keep them up-to-date with Europe when moving abroad. ■



Did you know?

Are you up for an exciting career in science after leaving school? Marie Curie Actions will help you once you graduate, whatever your nationality. And with a Marie Curie grant, you can end up learning from the best and brightest, anywhere in the world! This unique European scheme has already helped thousands of researchers since its launch in 1996. What about you and your research dream?

<http://ec.europa.eu/mariecurieactions/>



To find out more:

<http://ec.europa.eu/euraxess/>
http://ec.europa.eu/research/era/index_en.html
www.studyoverseas.com

The wonders of science

Science is advancing our understanding of the natural world, for the benefit of the environment and our health.

Carbon sinks

What happens to the carbon dioxide that is released into the atmosphere? Put simply, it doesn't all stay there. Nature – in particular, the oceans – absorbs up to half of our emissions. This is an important factor to consider as we try to combat climate change. But just how much CO₂ can the oceans take? Scientists, in an EU-funded research project, are trying to answer this question, and early results indicate that the ocean's absorption capacity is declining.

www.carboocean.org

The other CO₂ problem

When carbon dioxide dissolves in seawater, the oceans become more acidic, which disturbs the carefully balanced ecosystems. How will plants and animals react? One potential casualty are the coral reefs, which are not only popular tourist attractions but are also important habitats for fish.

www.epoca-project.eu

www.research.plym.ac.uk > marine institute

www.nrdc.org > issues > oceans

Disease vectors

Malaria, a preventable disease, is responsible for over one million deaths per year. It is transmitted by the bite of infected mosquitoes, which are increasingly resistant to insecticides. A number of research projects, funded by the EU, aim to learn more about mosquito biology and to discover new ways to block transmission of this disease.

www.malaria.wellcome.ac.uk > Mosquito > Background



"Science is attractive because it has no borders. It is like walking – every time you get further and get more opportunities."

Mărcis, 18



Your biological clock

Are you a morning or a night person? Have you ever suffered from jet lag? When you travel between time zones, your biological clock falls out of sync with the local time, upsetting food and sleep patterns. But why does that happen? Humans – and other living beings – follow an approximate 24-hour cycle called the circadian rhythm, which runs independently of light and dark, warm and cold. EU-funded researchers are trying to understand how our internal clocks are synchronised with the external environment.

www.euclock.org

Staying cool in the car

Air conditioning in the car provides welcome relief on road trips in the heat of summer, but that added comfort comes at the price of increased fuel consumption and greenhouse gas emissions. In response, researchers are developing a more environmentally friendly air conditioning system that is powered by waste heat, i.e. the thermal energy that escapes through the tailpipe and radiator.

www.crfproject-eu.org > [TOPMACS](#). ■



Roller skating on EU Tube

With a disco ball glittering overhead, the electrons, clad in neon pink, skate around the roller rink. As they round the first bend, a light bulb shines brightly. But on the return stretch, the electrons encounter an obstacle which slows their pace, and the following lap is cut short by a water spill. Check out the video and learn more about the science of electrical circuits, resistors and short circuits, and why research is important.

www.youtube.com/watch?v=sQ9G2OL9ERo ■



To find out more:

<http://ec.europa.eu/research> > Welcome
www.ukro.ac.uk

Trailblazers – women in science

Women account for only 30% of all researchers in the EU and only 7% of inventors who register a patent. But why are women seemingly put off by science and technology?

Perhaps the persistence of stereotypes continues to play a role in the gender imbalance, like it's only the boys who opt to study maths and science, and only men who don the lab coat. But who's to say what a scientist is supposed to look like?

Another factor may well be that the great women scientists from history, many of whom struggled against prejudice in order to pursue their interests, remain relatively unknown. But women have made important contributions to science, from the earliest days...

Hypatia of Alexandria

Although her life ended tragically at the hands of an angry mob, her legacy survived, and has strongly influenced the progress of scientific thought. Hypatia was born in Alexandria, Egypt and at the time, (4th century) it was a prominent centre of learning. She excelled in mathematics, astronomy and philosophy. In addition to teaching and writing, she is credited with a number of inventions, including the plane astrolabe, the hydrometer and the hydroscope.

Her scholarly commentaries, particularly on the works of Euclid and Apollonius, helped spread logical reasoning and rational thought as the basis of scientific endeavour. Hypatia of Alexandria stepped far outside the expected role for women in her time, and she remains an inspiration to this day and is the subject of several books and even a big movie.





Test your knowledge!

- Who was the first woman to win the Nobel Prize?
a. Toni Morrison b. Marie Curie c. Florence Nightingale
- Jeanne Villepreux-Power was a pioneer in which field of science?
a. Electromagnetism b. Marine biology c. Astronomy
- Although James Watson and Francis Crick received most of the recognition, Rosalind Franklin was instrumental in the discovery of what?
a. The structure of DNA b. Subatomic particles c. The most distant galaxy
- Who is generally regarded as the first computer programmer?
a. Bill Gates b. Ada Lovelace c. Carly Fiorina
- Thanks to the work of Cecilia Payne-Gaposchkin, we know that the sun is composed primarily of which element?
a. Krypton b. Hydrogen c. Neon
- Agnes Sjöberg worked with which type of patients?
a. Lepers b. Blind people c. Animals
- Before the introduction of the euro, the portrait of famed entomologist Maria Sibylla Merian appeared on which banknote?
a. 500 Deutschmark b. 20 Pounds c. 50 Francs
- The object known as '281 Lucretia' is named after Caroline L. Herschel. What is it?
a. An isotope b. A mountain c. An asteroid
- In 1678, who was the first woman in Europe to be awarded a doctorate degree?
a. Eleanor of Aquitaine b. Catherine de Medici c. Elena Piscopia
- Elizaveta Fedorovna Litvinova introduced new methods to improve the teaching of which subject?
a. Literature b. Mathematics c. Chemistry ■

Answers: 1-b, 2-b, 3-a, 4-b, 5-b, 6-c, 7-a, 8-c, 9-c, 10-b

To find out more:

<http://ec.europa.eu/research/science-society/> > Women and science
<http://ec.europa.eu/research/index.cfm?lg=en&pg=wisaudiobook>
British Society for the History of Science – www.bshs.org.uk
Women into Science, Engineering and Construction – www.wisecampaign.org.uk
www.britishtscienceassociation.org
A selection of videos on women in science – www.vega.org.uk/links/details/2





Get up... Stand up for your rights

Do you know what your rights are? There are ten basic principles of European law that protect you as a consumer, no matter where you may be in the EU.



Buy what you want, where you want

Fancy a shopping trip in another European country? EU law entitles you to 'shop until you drop' without having to worry about paying customs duties or additional taxes when you return home. This applies whether you go to the other country to shop or whether you order goods over the internet, by post or telephone.



If it doesn't work, send it back

What if you buy a new television set and it breaks down? Under EU law, you can take it back and have it repaired or replaced. Alternatively, you can ask for a price reduction or a complete refund of your money. This is applicable up to two years after you purchase the product.



Safety standards for food and consumer goods

The EU has laws to help ensure the products you buy are safe. EU countries have among the highest safety standards in the world.



What's in your food?

EU laws on food labelling enable you to know what you are eating. Full details of the ingredients used to make a food product must be given on the label, along with the details of any colourings, preservatives, sweeteners and other chemical additives.



Fair contracts for consumers

Under EU law, unfair contract terms, such as small print which says you can't cancel the contract unless you pay a fee, are prohibited.



Consumers can change their minds

What if a salesman turns up unexpectedly at your home and pressures you to sign a contract for something that you don't really want? As a general principle, you can cancel such a contract within seven days.



Making it easier to compare prices

How do you compare the price of two different brands of breakfast cereal when they come in different size boxes? Supermarkets must give you the 'unit price' of products – how much they cost per kilo or per litre – to help you decide which is the best value for money.



Consumers should not be misled

When you are dealing with telesales, mail order or online retailers based in the EU, sellers must be open and honest. EU law requires them to give you full details of who they are, what they are selling, how much it costs (including taxes and delivery charges) and how long it will take for them to deliver it.



Protecting holidaymakers

What if you go on a package holiday and the tour operator goes bankrupt? EU law offers you protection. Package tour operators must have arrangements in place to get you home should they go bust while you're on holiday.



Dealing with cross-border disputes

EU consumers must have the confidence to seek out the best deals anywhere in Europe. The European Consumer Centres Network (ECC-Net) is an EU-wide network to advise citizens on their rights and help them to solve cross-border disputes. ■



To find out more:

http://ec.europa.eu/consumers/index_en.htm > Information for consumers > Ten basic principles

Satisfaction guaranteed?

Have you ever been ripped off? You're not alone. Every day thousands of consumers have problems with the goods and services that they have purchased.

If you are unhappy with your purchase, start by going back to the shop, with your receipt, and explain the problem. If you are still not satisfied, then contact the company's headquarters – you can find the details on the Internet. Phone, write or send an email and always make a note of the time, date and name of the person dealing with your complaint.

A step-by-step guide to making a complaint:

- » Don't be afraid to complain.
- » Once you discover a problem, act quickly.
- » Find out what your rights are before you start.
- » Stay calm and stick to the facts.
- » Say what you expect to happen – an apology, a replacement, a refund, better service or compensation.
- » Make sure you talk to someone who has the authority to take action – ask for the manager, if necessary.
- » Keep a file of the information that you'll need – order number, receipts, warranties, proof of payment, letters, dates of conversations and names of people you have spoken to. Keep the originals for yourself.

If the company doesn't deal with your complaint to your satisfaction, then contact your local Citizens Advice Bureau (www.citizensadvice.org.uk) or Trading Standards Office (www.tradingstandards.gov.uk > advice). There are also government ombudsmen who deal with particular sectors, such as finance or telecoms.

For a full list, visit: www.ukwebstart.com/listwatchdogs.html

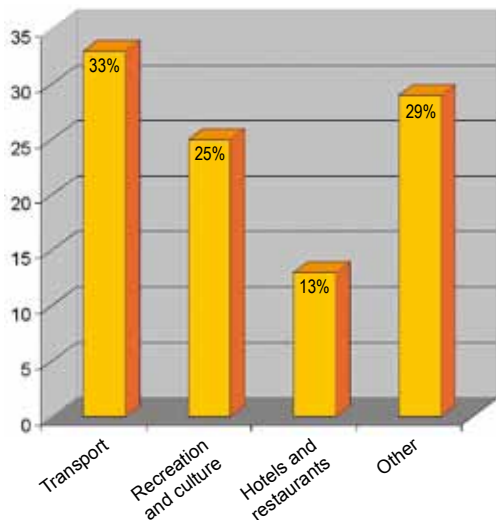
Troubles abroad?

If you have a problem with a product or service in another EU country, you can turn to the European Consumer Centres Network (ECC-Net). It handles over 62,000 cases every year from EU consumers seeking advice or help in regard to cross-border shopping, either in person or online. ECC-Net can deal with a range of problems including:

- » purchases made on the internet, over the phone, by post or by fax
- » travel – including cancelled or delayed flights
- » electronic goods
- » tickets, books, magazines, CDs, etc.
- » scam prizes, competitions and lotteries

The biggest sources of complaints

In 2008, ECC-Net saw a 22% increase in the number of consumers turning to them directly for help. Most complaints were about:



Redress success!

Whilst on holiday in Malta, a UK resident was approached and told that she had won a free holiday. When she went to claim the prize, she ended up signing a contract for a holiday club membership scheme. The consumer was assured that no money would be withdrawn from her account until she had returned home, but it was. After the intervention of the ECC, the consumer was refunded the full amount. ■

To find out more:

www.ukecc.net

http://ec.europa.eu/consumers/index_en.htm > European Consumer Centres Network

www.consumerdirect.gov.uk

www.moneysavingexpert.com > Shopping > Consumer rights

www.whatconsumer.co.uk > Consumer rights

www.adviceguide.org.uk > Consumer affairs

www.bbc.co.uk/watchdog > Sale of goods (short video)







No strings attached

Have you ever been offered something 'free of charge', only later to be hit with hidden costs and service fees?

A growing number of consumers are falling victim to such tricks and scams. In an effort to tackle this problem, the EU has banned misleading and aggressive business practices. Be on your guard against:

1. bait advertising – offering one product and then switching it with another
2. fake 'free' offers, such as free ringtones for your mobile
3. false claims about cures for illnesses, dysfunctions and malformations
4. advertisements disguised as normal newspaper articles
5. false 'limited offers' – falsely claiming a product is available for a limited time only
6. inertia selling – supplying someone with a product they haven't asked for and then demanding payment
7. falsely implying that after-sales services are available in other EU countries
8. false claims about winning competitions
9. misleading order forms
10. emotional pressure to make a purchase

When free doesn't mean free



Sarah, 18, signed up for a new e-mail address and noticed a small box at the bottom of the screen offering free ringtones. She followed the instructions and a text message informed her that she was registered and that the charge for the service was three pounds per week. She went back to check, and the site did state in tiny letters that it was a paid service. If something sounds too good to be true, then it probably is! ■



To find out more:

www.isitfair.eu
<http://ec.europa.eu/consumers/rights/>
www.consumerdirect.gov.uk

Mobile phones – don't let the blessing become a curse

The number of mobile phone subscriptions in Europe exceeds the total population by almost one fifth. So, it seems the question is no longer whether to have a mobile, but how to use it responsibly.

Mobile phones are great for keeping in touch with our family and friends, surfing the internet or listening to music – but all of these modern conveniences can be overshadowed by 'bill shocks' and addiction.

New roaming rules

Until recently, it was very expensive to call or text while travelling abroad, but thankfully the European Commission has set about gradually lowering international roaming charges within the EU.



Price per minute (excluding VAT)

	Making call	Receiving call	Sending SMS	Receiving SMS
Since 1 July 2010	35 pence	14 pence	10 pence	free
As of 1 July 2011	32 pence	10 pence	10 pence	free

And consumers will also benefit from progressive reductions, over the same period, in the wholesale price of data downloaded abroad.

Too much of a good thing?

Do you ever feel stressed or anxious when disconnected from your mobile? The devices can be addictive, leading some young people to not only run up their phone bills, but also isolate themselves socially and neglect their schoolwork.

To avoid mobile phone addiction

- » Watch the amount of time you use your mobile.
- » Switch off your phone when spending time with family and friends.
- » Think of alternative activities to do with other people. ■



To find out more:

http://ec.europa.eu/information_society/activities/roaming/index_en.htm

History of mobile phones www.phonehistory.co.uk > Mobile phone history



Are you moneywise?

Hankering to buy a pricey new gadget? You can either wait until you've saved enough money... or you can borrow. Before signing your name on the dotted line, here are some hints for navigating the financial jungle of small print, complex rules and hidden fees.

The big catch

Borrowing can be fast, easy... and expensive! There are many different ways of borrowing money: bank loans, bank overdrafts, credit cards, buying on store credit... but there's always the same catch: the money isn't free! The cost of the loan is called interest and is expressed as a percentage of the amount you borrowed, known as the principal. You will have to pay back the principal plus interest. There is often also a fixed fee associated with each loan.

How interest is calculated – APR

The Annual Percentage Rate (APR) is a measure of the cost of a credit agreement taking into account the interest and other charges, insofar as they are known before the final calculation. The APR enables you to easily compare the cost of two different loans. Usually, the lower the APR, the better the deal. However, sometimes it is cheaper to take a short-term loan and pay a higher APR than to take a long-term loan and pay a lower APR. The safest way is to check the total amount to be paid for borrowed money. Credit decisions can be based on the APR, but it is recommended to consider how much you can afford to repay.

Different ways of borrowing

Bank loans

You may be able to obtain a loan from a bank by walking through the door and asking for one. Most banks will ask for a guarantee that you can pay back the loan – for example, by looking at your pay slip or any other source of income you may have and your average expenditure. If they feel comfortable that you can repay the loan, they will grant you one. You will usually be asked to pay a fee as well as interest on the amount borrowed. It will be agreed in advance how much you will pay back every month and



for how long. Bank loans can be for large amounts (for example, to buy a house – that's called a mortgage) or for smaller amounts such as to go on holiday.

Bank overdrafts

A bank overdraft is a type of loan, and is either authorised or unauthorised. An authorised overdraft is often fee-free and arranged with your bank in advance with an agreed limit and interest rate. An unauthorised overdraft is where you withdraw more money than you have in your account without a prearranged agreement with the bank. You will pay charges and a very high interest rate on the amount, and if it happens regularly, it could negatively affect your credit rating. Credit rating is an estimate of your ability to pay back borrowed money, based on your credit history.

Credit cards and store cards

With both credit and store cards, you can purchase an expensive item and pay for it over several months, with a minimum amount being paid back every month. The issuer of the card will charge monthly interest on money still owed, which is called an outstanding balance. If you pay back the outstanding balance each month – and some issuers will only allow this – no interest is charged. If you pay back the minimum amount required, you end up paying a large amount of interest on the rest of the money that you owe. Credit cards used efficiently can be a useful financial tool, but if you are only making the minimum repayment, beware!

Did you know?

Do your sums! Many large shops and chains offer store cards that work like credit cards, but can only be used in their stores. They usually charge higher interest rates than many credit cards.

Consider this: if you use a store card with an annual interest rate of 20% to buy a £350 television, you will pay at least £70 in interest alone over one year.



Your credit history

Your credit history includes:

- » the loans you have had in the past and whether they were repaid or defaulted
- » the total amount of your current loans
- » all of the loan requests you have made in the past, and whether these were accepted or refused

Did you know?

You can obtain a copy of your credit history report either before you apply for a loan or after you have been refused credit. If the information in your record is wrong or out-of-date, you can ask that this be rectified.

When you ask for a loan, the lending institution will consult your credit history and include this in its analysis of whether they will give you a loan. If you have in the past defaulted on loans or have been repeatedly refused credit, there is a greater chance that you will be refused new credit.

The debt conundrum

It is very easy to lose track of your money if you use credit, debit or store cards. If you realise that you are spending too much, or receive reminders from creditors about late or insufficient payments, deal with the problem straightaway. Ignoring it in the hope it will go away will not work: debt just gets worse over time.

Falling into debt can feel like a nightmare, but there are ways to get your finances back under control. Work out how bad the situation is by making a list of all debts. Contact your creditors, explain the situation and offer to pay off the debt at an amount you can afford, even if it's only a small payment per week or month. Most creditors will be happy to accept such an arrangement. But if you ignore their letters or phone calls, they will be far less sympathetic and you are likely to end up with a bad credit rating.



"I don't have a credit card. It'd be too dangerous for me because I can't control my spending. I know it so I don't get a credit card."

Alexandra, 20



Think carefully before you borrow money with the aim to repay your existing debts – borrowing more could get you into deep trouble. Independent financial advisers and organisations such as the Citizens Advice Bureaux in the UK can be good sources of advice.

Stay financially healthy

Before requesting a loan:

- » Do a financial health check on yourself: can you afford to take on this additional debt?
- » Have you checked the total cost of borrowing?
- » Have you read and understood all of the small print? ■



To find out more:

http://ec.europa.eu/consumers/citizen/index_en.htm > My Rights
- Consumer Credit
www.moneymadeclear.fsa.gov.uk
www.dolceta.eu
www.cccs.co.uk (Consumer Credit Counselling Service)



Be cybersmart!

Emails, instant messages and chat-rooms – managing a constant stream of online communication is second nature to many of us today. But these new technologies have also ushered in new dangers...

It's easy to communicate safely, if you remember the following:

- » Friends you have only met online can be different from what they say.
- » Never give out personal information such as your email address, home address or phone number.
- » You have the power to stop communication if you find it uncomfortable, scary or just don't want to carry on chatting with someone. Block the user or simply don't respond. If you find something disturbing, report it to an adult or the site.
- » Never give out information about your family, your friends or other people you know.
- » Never arrange to meet strangers you only got to know over the internet. If, however, you want to meet, always arrange to do so in a public place and always go with an adult you can trust.

Take control of your privacy

The ease of posting 'status' updates and uploading pictures on social networks makes over-sharing personal information all too easy. According to one recent estimate, 30% of employers today check the Facebook profiles of job candidates. Think twice before publishing something online. Ask yourself: what should be made public and what should stay private?

Most social networking sites offer privacy controls, which you should learn to use. It might take a while to find all of the different settings, but you should be able – at least – to control who can see which parts of your profile and whether your name appears in search results.



Password protection

With the increasing number of websites that require a username and password to access content, it is easy to fall into bad habits which leave your accounts vulnerable to mischief. Here are a few simple tips, which will go a long way to protecting your safety online...

- » Use different passwords for each service – that way, if one account is compromised, your others will remain secure
- » Avoid common words – any word that appears in the dictionary can be easily guessed, so for your passwords mix up at least eight letters (lowercase and capitals), numbers and symbols
- » Change your passwords regularly – and if you must write down reminders, keep the document hidden and away from your computer

Cyberbullying

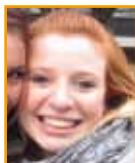
Many people feel empowered by the perceived anonymity of the internet to do things they wouldn't dare in real life. This includes online bullying – harassing classmates with emails and instant messages. Consider: would you say the same thing, if you were standing face-to-face with the person? Probably not...

www.keepcontrol.eu

Need advice?

Contact Insafe, the European network of national centres, which coordinates internet safety awareness campaigns and cooperates with national helplines. The list of national centres is available at:

www.saferinternet.org. ■



"To be honest, I noticed two months ago that my facebook profile wasn't protected and I changed it immediately."

Tamara, 19



To find out more:

www.getsafeonline.org
www.thinkuknow.co.uk

www.wisekids.org.uk > Being Savvy online – A WISE KIDS Guide

Digital dilemma

At school, copying someone else's homework is considered cheating. Yet at home, many people wouldn't hesitate to download movies or music from file sharing sites – even though, in a similar sense, they are illegally copying an artist's work...

It's easy to make perfect copies of digital media files at little or no cost, and high-speed internet access enables the rapid exchange of files online. But downloading without paying is an infringement of copyright, punishable by law.

Copyright law exists to make sure that artists are fairly compensated for their work. And while some bands do make free music downloads available on their official websites, this does not mean that internet users are entitled to download freely from any source...

Did you know?
 A music industry study estimates that 40 billion song files were illegally swapped in 2008.

Who does online piracy hurt?

Apart from big name musicians and actors there are many other people involved in the production and distribution who must also earn a living. It's something to consider the next time you're tempted to pirate online content.

What are the risks of file sharing?

In addition to the risk of legal action, sharing files through peer-to-peer networks can also compromise your online safety by infecting your computer with viruses and other disruptive software. ■



"If you care about your favorite band I think that you should show them respect and buy their albums instead of downloading them."

Joel, 18



To find out more:
http://ec.europa.eu/internal_market/copyright/
www.pro-music.org



A clean ‘sweep’

Have you ever started the online checkout process to buy an airline ticket, spurred on by the low price, only to discover additional fees tacked on at the end?

The EU has developed a comprehensive set of consumer protection rules to guard against unfair business practices. But with so many online traders offering deals that seem too good to be true, it can be difficult to determine which websites to trust. Is anyone watching out for us in the digital marketplace?

Tidying up

National enforcement authorities, coordinated by the EU, have screened online businesses since 2007 and taken action against those that violate consumer law. These so-called ‘Sweeps’ targeted websites selling popular consumer items:

- » Airline tickets: out of the 447 websites investigated, 9% are now compliant.
- » Mobile phone services: out of the 500 websites investigated, 70% are now cleared.
- » Electronic goods: out of 369 websites, 56% showed irregularities.

How to protect yourself?

Before buying a product or service online, read the website carefully. Watch out for:

- » Prices: are all taxes and fees included?
- » Availability: is the offer still valid?
- » Contract terms: are there any special conditions or limitations?
- » Information: is there enough information on the product to make an informed decision? Are the contact details of the trader mentioned?
- » Consumer rights: are the stated conditions for warranty and refund correct? ■



To find out more:

http://ec.europa.eu/consumers/pro/index_en.htm > Enforcement
www.consumerdirect.gov.uk > Before you buy > online shopping > safe shopping



The good life?

If the rest of the world lived – and consumed – as we do in Europe, we would need the resources of more than two earths. And as the saying goes... planets are hard to find!

A nice summer holiday, chatting online with friends, eating meat every day... most Europeans enjoy a more prosperous life than ever before. But is it a good life for our planet? In reality, the ever-growing demand for more, and better, products adversely affects the world around us.

Living better within limits

It is time to change. We cannot continue living as we do today. In developed countries, our problem is overconsumption, using more than we actually need. Coupled, at the global level, with the growing population and the spreading influence of a consumer culture – both of which are swelling the demand for goods and services – we are reaching the planet's capacity to sustain our consumption habits.

The simple fact is that we are hitting the ecological limits. Natural resources are becoming scarce – not least of all, oil – and more difficult and damaging to collect. But this is a less 'inconvenient truth' than it seems: we can live better, within limits, if we make small changes to our behaviour.

Reduce your environmental footprint

If we switch to a healthier lifestyle and eco-friendly products, we can protect our environment and ourselves. We can think about our comfort and convenience but we need to take other things into consideration as well. Let's become conscious citizens and consumers. It's our choice!

So, what does conscious or sustainable consumption mean in practice? Statistics tell us that homes, household goods, food and travel are together responsible for between 70-80% of all environmental impacts. Ask yourselves:

- » Do you feel the need to buy the newest gadgets or fashionable clothes to keep up with trends, even though your current ones are just fine? This is called perceived



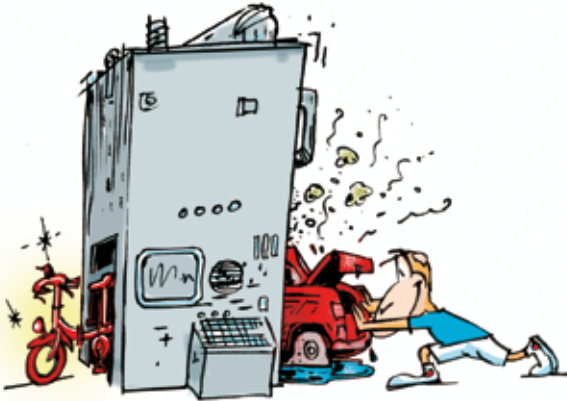
Did you know?

EU citizens make up less than 10% of the world's population, but consume 50% of the global meat produced, 25% of its paper and 15% of its energy.



obsolescence, and it drives consumers to make purchases that they don't really need. Try keeping your stuff until it wears out.

- » Opening a package can be like peeling an onion, with layer upon layer of plastic and cardboard. Worse still, it all goes straight into the rubbish bin! The average European throws away 165kg of packaging waste per year. To cut down, look for products with minimal or biodegradable packaging. And don't forget to reuse your shopping bag.
- » Around the house, you can save energy by putting on another jumper instead of cranking up the thermostat to keep warm. Washing your clothes in cooler water also makes a big difference to the environment, without sacrificing cleanliness.



Buying our way to happiness?

Often, we have the tendency to measure personal success by our material wealth, but is that really the source of happiness? What needs to happen to make us reduce the importance we attribute to material prosperity? ■

To find out more:

<http://ec.europa.eu/sustainable/> >Welcome
www.eea.europa.eu/themes > Household consumption
www.defra.gov.uk > the environment > Business and the Environment
> Sustainable consumption and production
Sustainable Development Commission.
www.sd-commission.org.uk > Who we are > About sustainable
development
www.happyplanetindex.org> explore>global





Real Cool Futures

Have you ever considered whether the work you do could be part of the solution to climate change?

Across the UK more people than ever before are using their talents to work in jobs that have a positive impact on the future.

Eden Project has created a website to surprise and inspire you. Search www.realcoolfutures.com, pick a few people and find out about their jobs and their journey into them. Discover what they do, how they got there, what they're good at, why they're bothered...

Our case studies feature people who are earning their living doing jobs which are helping us to adapt to environmental challenges like climate change. From food to fashion, every part of our life has an effect on our planet. What part could you play in the future of our world? ■



To find out more:
www.realcoolfutures.com

energyrethinking

use less
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Imagine a different world

A world of cleaner energy, less waste,
a world that values the environment.

At energyrethinking we share tips and new ideas,
and help each other create a better future by
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There's lots of great information, forums, and
competitions where you can win cool stuff. Join us
to see people doing good things for our planet!

Start rethinking now at

www.energyrethinking.org



at home



travel and
transport



at work



lifestyle and
leisure

energyrethinking
use less
save more

Lights off?

It has happened before: the energy stops flowing in the cold of winter, leaving millions of Europeans without heat and electricity. And it could happen again.

The European Union imports over 90% of the oil that it uses, and some EU countries have to import all of their gas and coal needs. The dependence on imported energy puts Europe at risk: our supply could be disrupted for reasons that have nothing to do with us.

Many people worry about the security of our energy supply. In other words, they are not sure that the energy will be there when we need it.

Securing the supply

There are several ways we can make our energy supplies more secure. For example, we can:

- » Save energy. With a little effort, we can use a lot less energy and still be comfortable.
- » Build reliable partnerships with foreign suppliers, and find new suppliers of oil and gas.
- » Develop more networks to import oil and gas, and construct cross-border pipelines to ensure that energy flows smoothly between EU countries.

But the fact is that the world's largest oil and gas fields are drying up. Not only that, but these fossil fuels are largely responsible for CO₂ emissions which contribute to climate change. Our energy is not only insecure, it is also unsustainable.

If we are to have access to affordable energy in the future, we need to rethink our whole energy system. We need to make the switch to secure, renewable energy sources closer to home.



Get smart!

Making the switch to renewable energy means spotting new opportunities: solar panels on rooftops, wind turbines at sea and the like. The more energy that we produce on our own, the less we will depend on imports. However, a few technical obstacles stand in the way of this vision of the future.

Today's grid was built to send power from a small number of big central stations towards consumers, not the other way around. Electricity distributors are not equipped to deal with small 'decentralised' producers. And because electricity storage is very limited, demand and supply have to be balanced at all times.

This is where 'smart' technologies can help. 'Smart meters' would allow people to monitor their energy use in real time, while 'smart grids' would enable energy companies and their customers to continually exchange information. The system could respond quickly to changes and balance itself more easily.

New 'super grids' could also help balance supply and demand. Northern and eastern Europe could benefit from Mediterranean sunshine, while southern and central Europe could use wind power from the North Sea at night. If we had more cross-border electricity lines, our electricity could be more reliable.

The future security of our energy supply will require significant investment in new forms of energy production, 'smart' technologies and new energy networks. By getting involved in the energy debate, you can influence the energy that you will use in the future. ■



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To find out more:

http://ec.europa.eu/energy/index_en.htm > Security of supply

www.uk-energy-saving.com

www.sd-commission.org.uk > Our Work > Energy

www.eco-schools.org.uk > Nine Topics > Energy



Dive into the deep blue

Europe's seas are an important natural resource to share and nurture.

The oceans and seas have long held a fascination for Europeans, and when you look at our continent, it is easy to see why. With the Arctic Ocean to the north, the Mediterranean Sea to the south, the Atlantic Ocean to the west and the Black Sea to the east, the European Union is surrounded by water. All in all, the EU coastline extends to 44,000 miles (70,000 kms).

No matter where we are in the EU, we are never very far from the sea. In fact, almost half of us live less than 31 miles, (50 kms), from the coast – which just goes to show how important the seas are in our lives.

Almost 40% of the EU's GDP is generated in the maritime regions, while a staggering 90% of the EU's foreign trade is transported by sea. From fisheries to renewable energy, and from transport to research, the seas feature in many areas of EU policies. Sometimes these different interests clash, but the EU works hard not only to improve cooperation between all parties, but also to create jobs and protect our seas.

Looking for more information?

With the European Atlas of the Seas, a new online tool, you can click, drag and zoom through dynamic maps to learn more about the seas, as well as the activities that take place around them. You can find the answers to such questions as:

- » Where are cod and tuna fished?
- » Where is the underwater Viking Bank located?
- » Which EU country has the largest fishing fleet?

<http://ec.europa.eu/maritimeatlas>



Legend:





- North Sea
- Baltic Sea
- Celtic Seas
- Bay of Biscay and Iberian Coast
- Mediterranean Sea
- Black Sea
- Outermost regions
- Arctic Ocean



North Sea and Celtic Seas

Legend:

Average tidal amplitude (in metres)

-  < 0.3
-  0.3 – 0.9
-  0.9 – 1.3
-  1.3 – 1.9
-  ≥ 1.9



The shores of the North Sea are among the most heavily populated in Europe, and the three biggest European ports – Rotterdam, Antwerp and Hamburg – are all located along this coastline. Accordingly the shipping lane, which passes through the Celtic Sea and English Channel en route to these ports, is one of the busiest in the world.

In addition to shipping, energy is also an important industry in the North Sea. Whilst production of oil and natural gas has declined over the past decade, the development of renewable energies – particularly, offshore wind turbines – has accelerated.

Test your knowledge!

Search for the correct responses in the European Atlas of the Seas...

- » What species can you fish in the Atlantic?
- » How much is the sea level expected to rise around the North Sea?
- » How good is your country in protecting marine areas?

Gone fishing

Fishing, one of the traditional sources of livelihood on the seas, remains an important business in Europe. For European fishermen, the North Atlantic is the most abundant, where almost 4.1 million tonnes are caught each year. Many of the offshore fleets that fish these waters sail from Brittany, France and Galicia, Spain.

In the North Sea, the annual catch stands near 1.4 million tonnes, primarily herring, sprat, mackerel and cod. Fish farming thrives around the North and Celtic Seas, with production in both areas focused mainly on mussels and salmon. ■



To find out more:

<http://ec.europa.eu/maritimeaffairs/>

<http://ec.europa.eu/fisheries/>

www.nasco.int

www.eea.europa.eu > Environmental topics > Coasts and seas

www.ilike2learn.com > Europe's rivers, lakes, seas and bays map quiz



Nature under threat

Look out your window and you might see trees, grass and flowers, maybe a bird... Now imagine life without the variety of plants and animals, without fresh air and clean water. This scenario could be closer than you think.

The loss of biodiversity is one of the biggest challenges facing the planet. More and more species are threatened with extinction. You're probably aware of the destruction of the Amazon rainforest, one of the most diverse ecosystems in the world. But you don't need to look that far; although there are some success stories about nature conservation in Europe, the overall picture is not rosy.

Humans are responsible for the accelerating loss of species. As the population grows, so does our toll on the environment. Through our intensive agriculture, construction, pollution, felling of trees and overexploitation of the oceans, we damage ecosystems and destroy the most valuable resources on which we depend.

Urban greenery

Trees are real multitaskers: they filter the air by capturing carbon dioxide and removing toxic elements, reduce noise and cool the surrounding area, offer homes for animals, and add to the quality of city life. With this in mind, the greening of cities surely should be promoted on a grand scale?





From nature with love

We are part of this biodiversity; the web of life in which humans, animals, plants and other organisms depend on one another. We need nature. It provides clean air, fresh water and food, recycles waste and regulates the climate. And all this is free!

If we had to develop systems to replace these natural services, it would cost billions of pounds every year – and in some cases, it wouldn't even be possible. So it is up to us to make sure the natural ecosystems are maintained and that they flourish. We depend on nature, so we need to learn to treat it with care.

Perhaps you've seen a lake whose crystal clear water has turned into green slurry? This starts with humans creating pollution that spills into the water and kills the fish that would normally eat the algae. This sparks a cycle of events that eventually leads to a collapse of the ecosystem. Could that be a taste of what's in store if we do not protect our planet from all our waste?

Buzzing about bees

The bee population has dropped dramatically in recent years. Intensive farming, landscape fragmentation and the destruction of meadows have weakened these insects and made them more vulnerable to diseases. Because many of the fruits and vegetables that we eat must be pollinated by bees, their disappearance would affect the entire food chain, not only honey lovers!

Did you know?

The EU is committed to halting the loss of biodiversity. As part of this commitment, it is protecting species and habitats in over 25,000 sites through Natura 2000. This is our most powerful tool, the EU network of nature conservation areas, which provides space for nature. 2010 is the International Year of Biodiversity – a good occasion to step up our efforts to protect plant and animal life. And you can help!

www.cbd.int/2010/

To find out more:

http://ec.europa.eu/environment/nature/index_en.htm
www.eea.europa.eu/themes/biodiversity
www.ukbap.org.uk (UK Biodiversity plan)
www.naturalengland.org.uk > Conservation > Biodiversity
www.operationpollinator.com/need.asp



Act before it's too late!

Here's how you can help our natural systems

- » Reduce your impact on the environment: walk, cycle and use public transport. Switch off electrical devices when not in use.
- » Leave rare plants and flowers where they belong – in the wild.
- » Avoid short-haul plane trips, in particular. Be aware that it is illegal to buy souvenirs made from endangered species like coral or sea turtles.
- » Become a green gardener, re-wild a corner of your garden! Composting is nature's way of recycling, and it makes your soil more productive.
- » Enjoy the beauty of nature – visit one of Europe's Natura 2000 sites.
- » Help local nature organisations in their management of protected areas.

Parrots in Europe?

You might be surprised to find green parrots in local parks but Ring-necked Parakeets were introduced in Europe during the 20th century. Traders and travellers have always brought new species with them. But newcomers can become so successful that they endanger local plants and animals, destroying the natural fauna and flora. Controlling non-native species and repairing the damage is expensive and often impossible. That is why it is important to think twice before you bring plants or animals across country borders and there are regulations to try to stop their movement.

http://ec.europa.eu/environment/nature/index_en.htm > Invasive Alien Species
www.defra.gov.uk/ > environment > wildlife and pets > non-native species

Climate change is a threat to nature

Ecosystems will also be affected by climate change. Carbon dioxide emissions from burning fossil fuels and the destruction of the natural environment – especially, our forests and wetlands – have led to global warming. If we don't reduce these emissions and also maintain healthy ecosystems, the temperatures could rise by a further 1.1 to 6.4°C this century, with serious consequences for all. More frequent droughts, heat waves, flooding and fires will endanger animals, plants and people.



It's not only about the polar bear

The polar bear sitting on a lonely ice floe is just one of the many examples of the impact of climate change on our oceans and seas. As the South Pole and Greenland ice sheets melt, sea levels will rise. Ocean currents may change and throw the climate in Europe out of balance. And increasing water temperatures, as well as ocean acidification, due to the absorption of CO₂, will make life impossible for corals and other marine ecosystems.

Combat climate change: protect biodiversity!

We need healthy ecosystems to mitigate and adapt to climate change, and to prevent its worst effects. Oceans, forests and bogs are natural 'carbon traps', and coastal ecosystems such as wetlands, mangroves, coral reefs and barrier beaches provide natural shoreline protection.

We cannot tackle biodiversity loss without tackling climate change, but it is equally impossible to tackle climate change without addressing biodiversity and ecosystems. Both require coordinated, global action. And we must start with ourselves! ■



To find out more:

http://ec.europa.eu/environment/nature/index_en.htm > Climate Change

http://ec.europa.eu/climateaction/index_en.htm

www.kidscall.info/en/campaign.html

www.eco-schools.org.uk > Nine Topics > Biodiversity

www.defra.gov.uk > natural environment



The rural majority

If you're a dyed-in-the-wool city dweller, then you may be surprised to hear that a whopping 80% of EU territory is rural and that these areas are home to over half of the EU's population!

Over time, farming has played a key role in creating and maintaining the landscapes that are synonymous with Europe. Today, about half of all EU land is farmed. Farmers see themselves as custodians of the countryside and today more than ever they work in harmony with the natural environment.

Facing new challenges

Water scarcity, the protection of biodiversity, climate change and the increased demand for green energy are challenges which farmers are facing more and more.

When it comes to climate change, farming is both a contributor and a victim. On one hand, farming is responsible for producing two of the major greenhouse gases – nitrous oxide from the use of fertilisers and methane from cattle burping and farting! But on the other hand, farmers will feel the full effects of climate change with droughts, floods and extreme weather conditions, and there is worse to come!

Currently, about 9% of total EU greenhouse gas emissions come from agriculture – however, farmers have already managed to cut their emissions by 20% since 1990.





Support from the Common Agricultural Policy (CAP) enables farmers to face these challenges. The policy supports the use of modern technology such as GPS and special software which can reduce the amount of fertiliser and energy required to grow crops. The policy also promotes the use of high tech irrigation systems that use the latest mobile technology and which save considerable quantities of water.

Natura 2000 – protecting habitats

A wide range of habitats across the EU – from wetlands and flower-rich meadows to vast estuaries and caves – are protected under the EU legislation establishing the Natura 2000 network. The Natura 2000 sites are designated across Europe, from the Canary Islands in the south to Finland in the north, covering about 20% of the EU. This gives legal protection to a huge variety of plants and animals. To find a Natura 2000 site near you, check out: <http://ec.europa.eu/environment/nature/natura2000/>.



What's it worth to you?

Our farmers provide us with some of the safest and highest quality food in the world and they are obliged to follow EU rules on environmental protection and animal welfare. They must preserve our nature and biodiversity and ensure our countryside is a good place to live and visit. However this comes at an additional cost, which makes it more expensive to produce food in Europe. Through the CAP, the EU supports farmers; so they can make a living from supplying food and, at the same time, provide us with all these public benefits.

Find your roots

Why not take your next holiday on a farm? While it's a far cry from the beach, farm stays are becoming increasingly popular. You can enjoy the green surroundings and fresh air, and even lend a hand with the chores (only if you want to!). This type of holiday can be rewarding and surprisingly fun! Check out www.farmstay.co.uk. ■

To find out more:

http://ec.europa.eu/agriculture/index_en.htm > Agriculture and Climate Change
http://ec.europa.eu/agriculture/index_en.htm > Rural Development
www.nfuonline.com > About the NFU > Vision
www.soilassociation.org > Why organic > Climate friendly food and farming
www.eurogites.org > UK (Information on farm stays throughout Europe)
www.naturalengland.org.uk





Food for life

When we're hungry, most of us simply reach for the fridge or head straight for the nearest fast food outlet. While food might seem to be in abundance all around us, this is only half the truth...

The reality is that many people don't have enough to eat. According to the UN Food and Agriculture Organisation, more than one billion people worldwide are undernourished. However it's not only about individual well-being, it's also about peace and stability because food shortages tend to cause civil unrest in fragile democracies.

With the global population expected to reach nine billion by 2050, experts estimate that global food production will have to grow by 70%.

The European way

Where does the food on your plate come from, before it gets to the supermarket? Our farms, of course! Farming is vital for the stable supply of safe food in Europe and elsewhere. Producing enough food – without harming the environment or abusing our natural resources – is becoming a significant challenge.

Europeans are quite demanding about their food. And rightly so! That's why European farmers have to live up to some of the world's toughest rules on food safety and animal welfare. In addition, farmers are not just food producers; they are also the guardians of our countryside.

The EU supports our farmers through the Common Agricultural Policy (CAP) so they are able to cater to our fundamental needs and expectations: high quality food, produced in a sustainable way.

To find out more:

<http://ec.europa.eu/agriculture/capexplained/sustain/>
www.civitas.org.uk > Europe > Policies > Agriculture and Food



Did you know?

The EU spends £49 billion (€ 55 billion) to support farming and rural development. This may sound like a lot, but it is in fact less than 1% of all public spending in the EU. By way of comparison, the EU and the Member States spend three times more on defence than on food security and keeping our countryside alive!



Not forgetting the poorest countries

The EU is a global leader in agriculture. Yet, we are also the biggest importer of agricultural products from developing countries. In fact, we import more than the combined total of the USA, Japan, Canada, New Zealand and Australia.

Quality labels

The EU has introduced special labels to identify high-quality products that are traditionally prepared or come from a specific geographic area. These cover world famous foods such as Parma ham from Italy or feta cheese from Greece, but most countries have protected foods, like Arbroath Smokies here in the UK. A new EU label for organic products was recently introduced.

http://ec.europa.eu/agriculture/index_en.htm > [Policy Areas \(Quality policy\)](#)
> [agricultural farm products and foodstuffs](#)



Eating right

It is estimated that there are 22 million children in the EU who are overweight, and more than five million of those are obese. Obesity can cause serious health problems, so following a healthy lifestyle is important.

If you want to be fit and healthy, you can start by eating right. A nutritious diet includes dairy products and a generous helping of fruit and vegetables. The EU offers milk, fruit and veg to schools as part of the CAP commitment. Does your school participate in these programmes?



To find out more:

http://ec.europa.eu/agriculture/index_en.htm > [Focus on](#) > [School Fruit Scheme](#)

<http://drinkitup.europa.eu>

www.foodforlife.org.uk



What a waste!

Europeans waste enormous amounts of food. This is not only bad news for our wallets, but also for the environment.

Food waste contributes to global warming because it requires a lot of energy to produce and transport food. If we stop wasting food, we could reduce our CO₂ emissions. By halving European food waste, we could in fact curb related greenhouse gas emissions by 25%!

Did you know?

The food wasted in France could feed the undernourished in the Democratic Republic of Congo, and the amount discarded in Italy could put an end to hunger in Ethiopia. Do you waste food? Try to separate all your food waste from the normal rubbish for a week and see how many people you could have fed!

What can you do?

Here are some ideas to help you reduce your impact on the environment:

- » plan meals ahead and use a shopping list so that you only buy what you need
- » use a measure to avoid cooking too much rice or pasta
- » move meals to the freezer if you don't think you will eat them quickly enough
- » check the internet for recipes to transform leftovers into delicious meals
- » buy locally grown food which is in season – in general, the shorter distance your food must travel to your plate, the better for the environment. ■



To find out more:
www.lovefoodhatewaste.com



Shopping for flowers?

Whether we are buying clothes, a new laptop or something for school – shopping is an important part of our lives. But what is the best choice? It's not just about comparing prices and quality. With our planet under increasing pressure from threats such as climate change and biodiversity loss, smart shoppers also look at the product's impact on the environment.

Next time you go shopping, look for products carrying the flower logo – the EU Ecolabel. Products and services featuring this label meet strict environmental standards, from the use of resources in the production process to packaging and transportation. No surprise that the label is becoming popular!

Where can you find the flower label?

Most large shops in Europe have EU Ecolabel goods on their shelves, including school supplies, clothes, cosmetics and electronic devices.

'Green' shopping tips

To reduce your impact on the environment, as a consumer you can:

- » Look for products with the EU Ecolabel.
- » Buy organic, local and seasonal products.
- » Reduce packaging. Reuse your shopping bag. Recycle.
- » Avoid long car trips for shopping. ■

Did you know?

- » EU Ecolabel detergents exclude certain substances that may cause cancer or impair fertility.
- » In standby mode, an EU Ecolabel TV set consumes half the energy of a standard TV.



To find out more:

www.eco-label.com
<http://ec.europa.eu/environment/ecolabel/>
<http://ecolabel.defra.gov.uk>
www.defra.gov.uk > food and farming > food > food industry > food labeling



The keys to urban mobility

How do you get to school? Perhaps you walk, cycle, take a bus, ride your moped or even catch a lift from your parents...

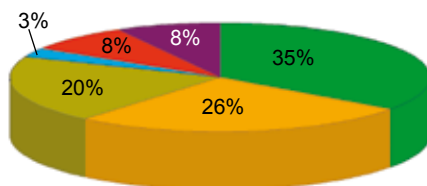
Cities are brought to life by the constant coming and going, the hubbub of people always on the move. To take full advantage of all that our cities have to offer, we need to be able to get around safely while also respecting the environment.

Safety first

Road safety concerns everybody. The leading cause of death among young people in the EU is road accidents. Nevertheless, the number of fatalities has declined over the past decade, and new technologies should further reduce deaths and serious injuries.

Road fatalities among 14-24 year olds in the EU

Car drivers:	35%
Car passengers:	26%
Moped, Motorcycle riders:	20%
Cyclists:	3%
Pedestrians:	8%
Other:	8%



Source: CARE, 2008

Green mobility

The EU supports new, environmentally-friendly ways to travel in our cities: cleaner buses, safer sidewalks, public bike rental systems, and combined tickets for trams, trains and buses. All of these provide new opportunities to get around quickly and conveniently – and to protect our environment.

Smart technology

Satellite navigation may not save us from the frustration of road congestion, but in the future intelligent transport systems will manage the flow of traffic better and inform us about actual driving conditions. They will provide us with real time information on alternative modes of transport, so we can decide whether to stay in the car or hop on the bus/tram/train or tube. ■



To find out more:

http://ec.europa.eu/transport/urban/index_en.htm

www.direct.gov.uk > Travel and transport > Getting about in the UK



Your school needs you!

Check out how your actions to be green in school could count towards GCSEs...

Are you passionate about the planet? Do you have ideas to help your school save energy, stop litter and preserve water? Then why not help your school to go green by becoming an Eco-School and you could gain a qualification in the process? There are over 13,000 Eco-Schools in Britain who are working hard to reduce their carbon footprint and your school could be one of them.

All you have to do is register your school online and work towards achieving your first award, which could be creating a school vegetable garden or encouraging your school to recycle more and create less waste. It is the pupils who are in control of the projects and so it could be your genius idea that helps your school get a Bronze, Silver or a very special Green Flag Award.

Any work you do could count towards an ASDAN Environmental Award, which contributes towards GCSE level qualifications. Ask your teacher today and register as an Eco-School. ■



Now you can be involved in Eco-Schools and gain a qualification in sustainability.



To find out more:
www.eco-schools.org.uk
www.asdan.org.uk





A healthy life

Good health is one of life's most precious gifts, yet many of us are unwittingly damaging it through the choices we make...

We live in a golden age of medicine, with many diseases now virtually eradicated. But this is just one side of the coin. Our modern lifestyles are contributing to a whole array of other illnesses, while many traditional health problems persist.

For example, Europe is currently facing an obesity time-bomb that is reaching epidemic proportions. Mental health problems are also widespread, and large numbers of young people are falling victim to alcohol and drug abuse, smoking and sexually transmitted infections.

Did you know?

Your health is your number one asset and the choices you make now may affect your quality of life in years to come, so join the Youth Health Initiative and get informed: <http://health.europa.eu/youth>

Wising up about your health...

There is a staggering amount of information online about health-related issues, but much of this is bogus and untrustworthy. The Health-EU Portal combats this problem by providing reliable information about a wide range of health-related topics (such as 'my lifestyle') as well as links to specialised websites.

So, if you would like to learn more about what the EU is actually doing in the field of health – from conducting research to monitoring risks and promoting good habits – log on today! ■



© Alex Bramwell

To find out more:

http://ec.europa.eu/health-eu/index_en.htm
British Heart Foundation: www.bhf.org.uk > Keeping your heart healthy
www.teenlifecheck.co.uk
www.benumber1.co.uk > schools
www.eco-schools.org.uk > Nine Topics > Healthy living





Stub out smoking

Tobacco is lethal! It's responsible for 650,000 deaths every year in the European Union. Young people in particular are exposed to the dangers of smoking.

If you're trying to quit smoking, don't want to start or are fed up with breathing other people's smoke, help is available. The EU's 'Help' campaign works with young people on the frontlines of the battle against smoking – and you too can get involved!

At the heart of the campaign are your own tips – serious or absurd advice related to smoking issues – which you can record at Help events across Europe and also share with others on the Help website. Send in your tip today at

www.help-eu.com > scroll to UK.



A cigarette or a kiss?

Help in your pocket

The Help website has a new mini-site, accessible through your mobile once you have signed up, which enables you to get help, whenever and wherever you are!

- » Smoker's cough is only the beginning. Cancer, heart and lung disease... smoking is detrimental to your health, and will potentially cut short your life by years.
- » It's not only about you! Passive smoking kills 19,000 non-smokers in Europe every year.
- » Cigarettes are expensive. Certainly, there are better ways to spend your money.

Many EU countries have banned smoking in public places, like bars and restaurants, forcing smokers outdoors. What do you think? Is that the right approach? ■



To find out more:

www.quit.org.uk
http://ec.europa.eu/health-eu/index_en.htm > My Lifestyle > Tobacco
www.ash.org.uk > Stopping smoking > Quitting smoking > why quit
<http://info.cancerresearchuk.org> > Healthy living > Smoking and tobacco > What's in a cigarette



You only have one skin

The perfect suntan requires a delicate balance: rolling over so all sides of your body colour evenly, staying in the sunlight long enough to get that healthy glow without overdoing it...

Sunburn might be painful for a few days, but overexposure to the sun can also have long-term consequences. Wrinkles and poor vision sound like far off problems, but as the European Code against Cancer describes, the decisions that you make now will affect your health down the road. About 61,000 new cases of melanoma skin cancer are diagnosed annually in the EU.

Limit your exposure

No single product can protect you completely from the sun's ultraviolet rays, no matter what the claims. Here are a few skin care guidelines:

- » Always use sunscreen with a factor of 15 or above, from bottles marked with the UVA logo. Use plenty of cream and re-apply often, particularly after swimming.
- » Limit your time in direct sunlight, especially around midday. When you're not taking a break in the shade, wear sunglasses, loose clothing and a hat.
- » Remember tanning beds are not a safe alternative! The rays that they emit can be as harmful as too much sun. ■

Did you know?

Tanned skin is not universally popular. While Europeans tend to enjoy basking in the sun's rays, many Asian cultures – the Japanese, in particular – hold fair skin to be more beautiful.



To find out more:

http://ec.europa.eu/consumers/index_en.htm > Consumer education > My Holidays > Be sun-smart this summer
www.cancercode.org
www.sunsmart.org.uk
www.nhs.uk > Live Well > All live well > S-U > Summer health





A quick fix?

There's no denying that drugs have a certain appeal. Some see drugs as a way to escape from reality, a quick fix to chill out or perk up, or a way to get more street cred. We all know that taking drugs has risks. But there's a lot of information available, some of it contradictory...

Get informed

Using drugs and alcohol can present serious health as well as other risks, especially when they are taken in combination. Since you never know what you get when you buy drugs, you are gambling with your health.

Did you know?

In the EU, approximately 8,000 people die of drug overdoses every year.

Make sure it doesn't happen to you or your friends. Here are some places you can turn to for help or advice about drugs and the risks involved.

www.talktofrank.com

www.urban75.com >

Drugs info

www.acad.org.uk

www.thesite.org

The EU and drugs

The EU is taking a whole range of measures to help reduce the supply and demand for drugs. The EU supports Member States in prevention, treatment, reducing drug related risks, as well as in tackling crime. ■



"Awareness-raising campaigns would be more effective if they included testimonies from young people."

Martin, 20

European Action on Drugs

Maybe you've decided to stay drug-free, but what about your friends and classmates? Share the message with them. Sign up to the European Action on Drugs and commit yourself to raising awareness – to talk about drugs, to share your experience, to become active in your school or social group. Just go for it and make a personal commitment. <http://ec.europa.eu/ead/>



To find out more:

http://ec.europa.eu/justice_home/index_en.htm > Freedom, Security and Justice > Drugs cooperation
www.emcdda.europa.eu

Can you hear me now?

Cranking up the volume on your personal music player may drown out the background noise, but at what price to your hearing?

If you're among the many millions of Europeans who listen to a portable music player on a daily basis, that's an important question to ask yourself. Prolonged exposure to high sound levels can cause permanent damage to your hearing – for example, at 89 decibels (dB), just one hour of listening per day can be dangerous!

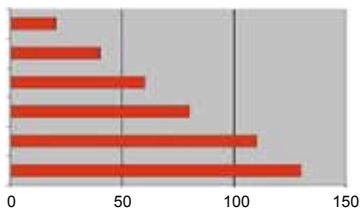
Sound advice

The risk of damaging your hearing depends on two factors: the volume and for how long you listen. When you adjust the volume, the length of time you can 'safely' listen to your music changes too. Simply put, the higher the volume, the less time you should listen.

Remember, if you have ringing in your ears or dull hearing after unplugging your headphones, it is a serious warning that the music was loud enough to damage your hearing.

How loud is loud?

- 20 dB(A) – a quiet room at night.
- 40 dB(A) – a quiet sitting room.
- 60 dB(A) – ordinary spoken conversation.
- 80 dB(A) – shouting.
- 110 dB(A) – a pneumatic drill nearby.
- 130 dB(A) – an aeroplane taking off 100m away.



Source: RNID

While listening to your personal music player, try to stay aware of your surroundings: wearing headphones when walking, cycling or driving can be dangerous... and don't

forget that those around you might not appreciate your taste in music! ■



"If we're in a crowd or in public transport, we really crank up the volume on our MP3 player to make sure we can't hear anything else."

Gaëlle, 20 and Sarah, 21



To find out more:

www.dontlosethemusic.com

<http://youth.hear-it.org>

www.deafnessresearch.org.uk > Your Hearing

Being Number 1

Good health is vital if you are to lead long, happy and fulfilling lives. We cannot all be top sportsmen, at the top of physical fitness, but we can learn a lot from them...

Sportsmen at the peak of their physical fitness need more than a healthy diet to succeed. They also need the right mental attitude and the support of family and friends. They need to be able to run their lives as their businesses, to raise funds, to arrange their competitions and trips, to understand policy and the rules of their sport.

This requires life skills that we all need too; the ability to make good decisions, to cope with challenges and push on in the face of adversity.

Did you know?

Health versus wealth

Global health studies have revealed that developing countries, develop faster if they are healthy first rather than wealthy first. Although wealth helps them invest in health - so people can learn to look after themselves in terms of the food they eat and the way they live.

www.gapminder.org > videos > debunking the myths of the third world

In the UK there are several programmes that use athletes as mentors in schools. These aim to help inspire you to achieve your own personal goals – and they don't have to be in sport. One of these programmes, Be Number 1 aims to get professional sportsmen into schools so that you can find out more about what it takes. It's free to you and to schools. ■

Sarah Ayton, OBE, a founding member of Be Number 1 and a double Olympic gold medalist in sailing, was inspired to have a go when a sportsman came to her school. Discover your potential...



To find out more:
www.benumber1.co.uk > schools

BE NUMBER 1



The real deal

Fake mobile phone batteries hit the headlines a few years ago when several people were seriously burnt after their batteries burst into flames during use. Counterfeit goods are not only illegal, but could also be harmful to you and your family.

Their low prices might grab your attention, but beware. Counterfeit products – not just mobile phone batteries, but also things like medicines, razor blades, perfumes, toys and clothes – can be dangerous to you and your family. A fake toy, for example, might be coated with toxic paint or contain small parts that younger children could choke on.

Getting down to business

Counterfeiting is big business, and it's getting bigger every year. Criminals can now produce fake products on a huge scale and make even more money. Many international criminal organisations and terrorist groups are now using counterfeiting to fund their activities. When you buy a counterfeit product, you could be putting your money straight into the hands of criminals. Counterfeiting also takes business away from the real companies and means less money going into the economy. This can lead to job losses and less funding for public programmes like healthcare or schools.



Did you know?

- » EU customs officers detained 178 million fake and other suspicious items in 2008.
- » Many fakes found by customs are normal household goods.
- » The majority of fake goods come from China.

Here to help

What can be done? Ideally, dangerous goods should be stopped from ever entering the European Union and getting into the hands of consumers. That's why customs officers search for counterfeit and illegal goods at the EU's external borders.

Due to the removal of all customs barriers between EU countries, once an imported product has passed through inspection in our harbours, airports or post offices, it can be transported easily around the EU, hassle-free.

Customs officers use lots of different tools to help them inspect the huge volume of goods imported into the EU every year. For example, they have sophisticated scanning equipment that can x-ray entire lorries, dogs that can sniff out cash, drugs, and even DVDs and CDs, and they use detailed risk analysis to identify which deliveries are likely to contain counterfeit items...

Real or fake?

You should always buy from a reputable shop, both online and in the real world. But if you're not convinced if something is real or fake, look for the following signs:

- » If the price seems too good to be true, it probably is. Many counterfeit items are sold way below the genuine product's price.
- » Check if the product's name is spelt correctly and the logo looks right.
- » On the packaging, look for a hologram or other control number. The manufacturer's (or importer's) address must also be listed on the outside packaging. ■



To find out more:

http://ec.europa.eu/taxation_customs/index_en.htm > Customs > Customs controls > Counterfeit and piracy
www.aim.be
www.ukba.homeoffice.gov.uk > Travel and customs
www.consumerdirect.gov.uk



What's in a label?

Do you ever look at the labels on the foodstuffs you buy? They seem to get bigger by the year! Here's why there are EU rules on what must be labelled.

Labels tell us how long food will last, how to store or prepare it, and most importantly, what's in it. This is particularly important for people who suffer from allergies. Most labelling rules apply across the EU – so you can find certain information, no matter which country you are in.

Good to know:

- » Every ingredient, including food additives and water (over a certain amount), must be listed, in descending order of weight.
- » If food products contain an ingredient or substance that could trigger an allergic reaction, it must appear clearly on the label.
- » Nutrition labelling provides information on, for example, the amount of energy, protein, carbohydrates, fats, fibre and sodium in the food. This does not have to be given unless a claim is made relating to energy (calories) or the nutrients provided by the food, or if vitamins and minerals are added.
- » Pictures on the labels must be accurate. Yoghurt that uses artificial flavouring rather than real raspberries, for example, cannot use a picture of the fruit on the pot!
- » And finally, the label must clearly state the manufacturer, or the seller's contact details, so that you can obtain more information about the product or complain about it.



Don't forget to check

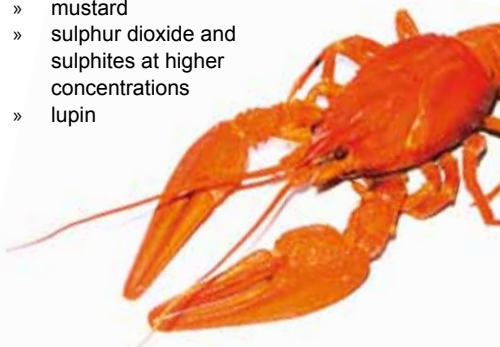
- » Defrosting and cooking times
- » Date instructions such as 'Use by' so you do not fall ill and 'Best before' so that you are not disappointed by the quality of the food



Labelling and allergies

About 2% of all adults and 5% of all children suffer from some form of food allergy. Severe allergies can kill. The following foods can cause allergies or intolerances and must be mentioned if used as food ingredients:

- » cereals containing gluten
- » crustaceans and molluscs (seafood such crabs, lobsters, shrimps, mussels, snails, etc.)
- » eggs
- » fish
- » peanuts
- » other nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazil nuts, pistachios, macadamia nuts)
- » sesame seeds
- » soybeans
- » milk
- » celery
- » mustard
- » sulphur dioxide and sulphites at higher concentrations
- » lupin



What is GM labelling?

Labelling provides information for consumers and allows them to make an informed choice. In the EU, food must carry a label which refers to the presence of genetically modified organisms (GMO's) – but only if the proportion of GMO's in individual ingredients exceeds 0.9%.

In the case of pre-packaged products containing GMO's, the label must indicate 'genetically modified...' or 'produced from genetically modified...' for each GM named ingredient. For GM products sold loose or in bulk, information must be clearly displayed in close proximity to the product, such as a note on the supermarket shelf, to indicate that it is GM.

http://ec.europa.eu/food/food/index_en.htm > Biotechnology > GM Food & Feed > Labelling. ■



To find out more:

<http://ec.europa.eu/food/>
http://ec.europa.eu/food/food/index_en.htm > Labelling & Nutrition > Food Labelling www.efsa.europa.eu
www.food.gov.uk > food labelling
www.eatwell.gov.uk > Food labels – traffic light labelling

Give your lungs a break!

Many of the 32 million Europeans who have asthma live in fear that their next attack could kill them. The prevalence of asthma has doubled over the past decade in some places. What's behind this trend?

The answer might surprise you. While much has already been done to improve the quality of the air outdoors, we spend most of our time indoors, where air quality can also have a real impact on our health.

Maybe you've seen one of the culprits lurking near your shower at home. Mould and mildew grow in damp areas, such as poorly ventilated bathrooms. In many EU countries, 20 to 30% of households have problems with dampness.

There are also a number of pollutants – sometimes totally unexpected – which may degrade indoor air quality. These include:

- » Tobacco smoke, which contains a number of harmful pollutants.
- » Chemicals in paint and furniture, cleaning products and air fresheners may cause headaches, eye irritation or other symptoms in sensitive people.
- » Pets and pests such as dust mites and mice, which can cause allergies.
- » Humidity. Too low and it causes eye irritation, dry skin and rashes. Too high and it leads to dampness and mould.



Want to improve indoor air quality?

To ensure your home is properly ventilated, encourage a through draught by opening the windows. But only for only a few minutes! – that's better than leaving windows slightly open all day. ■



To find out more:

<http://ec.europa.eu/health/opinions/en/indoor-air-pollution>
www.who.int/indooraire/en/



What will the neighbours say?

As individuals, none of us want to live in a 'bad' neighbourhood or have the misfortune of living next to noisy neighbours. At the European level this is no different. As a community of states in a global village, we want to make sure we are surrounded by stable and well-governed countries.

To this end, Europe is building closer political and economic ties with its neighbours to the south and the east. In 2004, the EU created the European Neighbourhood Policy (ENP), which covers 16 countries in the Mediterranean, eastern Europe and southern Caucasus.

Why do we need a neighbourhood policy?

Europe is now in an era of unprecedented peace and prosperity, but we cannot stick our head in the sand and ignore the wider world. In short, if we don't 'export' stability, we risk 'importing' instability.

A European neighbourhood watch?

The European Neighbourhood Policy isn't about safeguarding Europe in a gated community; it's all about working with our neighbours to increase their prosperity, stability and security, and to draw them closer to us.





Reaching across the fence

So far, specific agreements have been reached with most of the 16 ENP countries. The EU offers a privileged relationship to these countries, which builds on a mutual commitment to common values. In the short term, this means helping these countries to:

- » strengthen democracy and human rights
- » improve the business environment and increase trade
- » fight against organised crime, corruption and illegal migration
- » tackle environmental problems
- » develop people-to-people contacts
- » prevent conflicts and manage crises

Europe's neighbours benefit from what the EU has to offer – economic stability and large markets, reform expertise and know-how, as well as cultural and educational exchanges. On top of that, the EU will invest £10.9 billion (€12.0 billion) in these countries over the period from 2007 to 2013.

How well do you know your neighbours?

Do you know where the deepest canyon in Europe is located, or which country was used to film the desert scenes in the Star Wars trilogy? Answers to these, and more, questions at:

http://ec.europa.eu/external_relations/enp/enp_game_en.htm



"I imagine the relations with the EU's neighbouring countries like relations with my neighbours at home – you live next to them and are affected by what they do. It's best to keep each other informed and be considerate."

Sandra, 23



• In practice

Higher education without political interference in Belarus

The EU has provided £900,000 (€1 million) to support the European Humanities University in exile in Vilnius, as part of its ongoing commitment to human rights. Although located in Lithuania, it is a university for Belarusian students and is aimed at supporting Belarusian civil society and young people. It is currently the only independent Belarusian university that allows Belarusians to study without political interference.

Nuclear safety in Armenia

The Medzamor power plant has been a sore point in EU-Armenian relations for some time. As a country without many natural resources, Armenia is very reliant on the plant, which was reopened in 1995. However, the plant is considered to be one of the least safe in existence, and it also lies in a seismically active zone. The EU has offered £90million (€100 million) to facilitate early closure of the plant.

Cultural understanding around the Mediterranean

The EU has been promoting mutual cultural understanding between people on both shores of the Mediterranean, partly through the use of audiovisual material. The 'Caravan of Euro-Arab cinema' is one such project, offering a wide range of films from Europe and the southern Mediterranean countries. It has so far been to 21 different cities and has reached over 100,000 people, creating a new generation of cinema-goers more open to European and Arab culture.

Our neighbours



What about our other neighbours?

You might be wondering why other countries like Norway or Russia aren't included in this list, since they are our neighbours too, right? The answer is simple: they are covered by other agreements.

Norway, Iceland, Lichtenstein and Switzerland already mirror EU law very closely as members of the European Free Trade Association (EFTA). And relations with Russia, our third largest trading partner, are dealt with through a special strategic partnership. Iceland and countries in south-east Europe are also taking part in a gradual enlargement process. ■



To find out more:

<http://ec.europa.eu/world/enp/>

www.ceps.eu (Centre for European Policy Studies provides a free newsletter on EU Neighbourhood matters)



Building a better world

As countries become more dependent on one another, we need to take a broader look at our relationship with the rest of the world. The EU must work hand-in-hand with developing countries to tackle problems together, ranging from economic crises to climate change.

The European Union – the European Commission and the 27 Member States – spends some £43 billion, (€49 billion), a year on development aid, which is nearly 60% of the world total. Assistance is provided to more than 160 countries, from Afghanistan to Zimbabwe, but does it do any good? Despite persistent obstacles – many linked to corruption and conflicts – the answer is Yes. Developing countries are winning their fight against poverty, little by little. Progress has been made, but there's a lot of work still to do.

No one is more committed than Europe to increasing development aid, and the EU also strives to improve the effectiveness and efficiency of aid delivery. As part of these efforts the Commission works in close cooperation with the Member States (27 + 1 = 1) as well as the UN, World Bank and other donors in order to pool resources and divide up tasks. Increasingly, aid is channelled directly to partner countries and development goals are factored into other EU policies.



"There are many rich countries in the EU. They have a considerable influence on the global economy and could use their say for development purposes."

Nina, 19

What's there for you?

» **Music against poverty**

Do you have a message on fighting poverty? Are you an aspiring musician? Share your music on www.ifightpoverty.eu or just listen to what others have to say.

» **Development Youth Prize**

Create a poster or video centred around one of this year's themes, and submit your entry at www.dyp2008.org for the chance to visit a cooperation project on the ground in Africa.

» **Mathias and Amadou**

Join the adventure and learn more about development as these two friends confront the challenges facing Africa.

Play today at www.mathiasandamadou-thegame.eu!



What would you do with a couple of dollars?

It may not seem like much but 2.7 billion people – more than half the population of the developing world – are living on less than \$2 a day. The EU's main goal in the area of development aid is to reduce poverty. But it also aims to promote sustainable economic and social development, democracy, the rule of law and human rights, as well as to help poorer countries play a part in the world economy and to mitigate the effects of climate change.

Food

Food prices have soared in recent years in poorer countries. The £890 million (€1 billion) 'food facility' will improve access to fertilisers and seeds and help meet the basic food needs of vulnerable people in 50 countries.

Did you know?

In the UK, the Department for International Development (DFID) manages Britain's aid to developing countries.

www.dfid.gov.uk

Energy

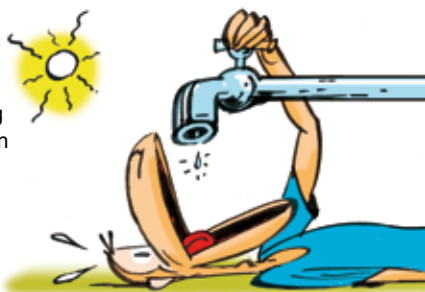
More than 1.6 billion people in the world do not have access to electricity. The EU is providing £178 million (€200 million) to fund energy projects, which will stimulate economic growth and improve people's lives.

Water

Clean, safe water is a basic human need. The EU is improving access to drinkable water and improving sanitation to stop the spread of disease in sub-Saharan Africa.

Peace

Over the years, Africa has been devastated by armed conflicts, in which millions of lives have been lost. The EU has invested £656 million (€740 million) to support efforts to promote peace across the continent.





The Millennium Development Goals

The Millennium Development Goals (MDG's), which were agreed by 189 nations during the United Nations Millennium Summit in 2000, aim to reduce global poverty by 2015.



1 Eradicate extreme poverty and hunger – halve the number of people living on less than \$1 per day and those suffering from hunger



2 Achieve universal primary education – ensure all children, including girls, go to primary school



3 Promote gender equality and empower women – eliminate gender differences in all levels of education



4 Reduce child mortality – cut the number of deaths of children under the age of five by two thirds



5 Improve maternal health – cut the number of women dying in childbirth by three quarters



6 Combat HIV/AIDS, malaria and other diseases



7 Ensure environmental sustainability – halve the number of people without access to safe drinking water



8 Develop a global partnership for development – reduce trade tariffs and debts for the poorest countries and increase aid.

To find out more:

http://ec.europa.eu/europeaid/index_en.htm >What we do
http://ec.europa.eu/development/index_en.cfm > Geographical Partnerships > Relations with partners countries
www.undp.org/mdg/



Healing the world

The EU invests in projects across a variety of themes. Below are just a few examples of help given to partner countries around the world.

● Supporting young people in Guatemala

In Guatemala, 70% of the population is under the age of 30. Many of these young people are affected by poverty, a lack of education, unemployment, disease and violence. To help indigenous young people build a brighter future, the EU has allocated £4.62 million (€5.3 million) to a national youth policy for Guatemala.

● Modernising the prison system in the Dominican Republic

The Dominican prison system is being overhauled with £871,000 (€1 million) of support from the EU. Reform measures include not only training professional wardens and improving facilities, but also ensuring inmates' basic rights to food, healthcare, education, etc.

● Easing the way for new businesses

In many developing countries, entrepreneurs and investors are discouraged by 'red tape' and legal uncertainties. To stimulate private enterprise, the EU is helping to simplify the process of setting up a business in Mali – centralising the procedure and reducing the number of steps required.



● Improving living conditions for the Palestinian people

The EU is the largest donor to the Palestinian people. It supports the Palestinian Authority to ensure that vital services – such as schools and hospitals – can remain open. The EU funds the salaries of civil servants and pensioners and purchases the fuel that is needed to run the only Gaza power plant.



● Protecting Asia's forests

In addition to causing political and social problems, illegal logging is responsible for the loss of biodiversity and contributes to climate change. The EU is investing £5.23 million (€6 million) to protect Asia's forests and promote sustainable management of Asia's natural resources.

● Promoting human rights

In the Philippines, the EU has provided legal assistance to convicted people and those on death row who could not afford private defence lawyers. It also helped to influence the opinion of politicians and the general public, and in 2006 the Philippines abolished capital punishment. ■



Trading partners

'Trade', 'commerce' or 'international business' – whatever you call it, imports and exports are the EU's most important contact with the outside world.

The EU exports an astonishing £1.15 (€1.3) trillion worth of goods every year, which is only slightly surpassed by the £1.33 (€1.5) trillion worth of goods it imports. In fact, Europe is the world's largest exporter of goods and services, with our main trading partners being the United States, Russia and increasingly China. To top it off, the EU is the biggest export market for more than a hundred countries.

The European Union is therefore a veritable trading power, but what does this mean for us as individuals? Well, without international trade, prices would be higher and the range of goods on offer would be more limited. We would have to start the day without our morning coffee (grown in Africa) and we would be forced to do without the latest electronic gadgets from Asia. And that's just for starters...

Did you know?

Together, the 27 EU countries account for 19% of world imports and exports – but only 7% of the global population.





The benefits of trade

Trade is based on the simple premise that each country should do what it's good at. A country doesn't have to be the absolute best at producing something, but if it is relatively better than others, then it makes sense for the country to specialise in that area and meet its other needs through trade. This is called comparative advantage, and it creates benefits for all trading partners.

From this perspective, trade is rewarding for all countries that engage in it, while those that close themselves off from the outside world tend to lose out. Through agreements to reduce tariffs and other barriers to trade, the EU seeks to open new markets for European companies and thereby create jobs and stimulate growth.

Beyond goods and services, trade is closely linked to international money flows, which also promote growth and development. On average, the EU annually invests £274 (€308) billion around the world, while other countries invest over £160 (€180) billion in Europe.

Working together

Just as the 27 EU countries share a single market and a single external border, they also share a single trade policy. It is the European Trade Commissioner who sits at the negotiating table on their behalf at the World Trade Organisation (WTO) and vis-à-vis individual trading partners. By working together, EU countries are able to pack a big enough punch to shape an open international trading system based on fair rules – and to ensure that those rules are respected.

Playing by the rules

Because international trade is so important, 153 countries have joined the WTO. It sets out trading rules and acts as referee if one country believes another has not been playing fairly.

In addition to its important role at the WTO, the European Commission works directly with Europe's trading partners to remove problems for exporters, open up new opportunities for European investment, and reduce the counterfeiting and

piracy of European goods. All of this is watched over by the European Parliament to ensure the concerns of ordinary citizens are taken up in trade talks.



Sustainable trade

EU trade policies not only focus on creating jobs and economic growth in Europe, but also aim to help people in poorer countries trade their way out of poverty. Europe has therefore opened its markets to imports from the poorest countries and is helping these countries to take greater advantage of the opportunities that trade offers.

What is the GSP?

The Generalised System of Preferences (GSP) allows goods from developing countries to enter the European market either duty-free or with lower tariffs.

While trading with poorer nations, the EU not only reinforces international efforts to protect the environment and combat climate change, but also to improve working conditions and ensure the highest standards of health and safety are enforced for the products we buy and sell. ■

Boosting trade with Andean countries

Before concluding trade agreements, the EU conducts analyses to determine potential social and environmental impacts. For example, the EU is currently negotiating with the Andean countries of Columbia and Peru. Independent research commissioned by the EU is examining a number of sustainability issues including biodiversity, poverty, health and education. It is also looking at whether increased trade with the EU might put pressure on natural habitats and water resources.

www.euandean-sia.org



To find out more:

<http://ec.europa.eu/trade/about/>
www.wto.org > Resources for.. Students

Winter session

Spring session

Summer session

27 EU Member States






























Country profiles of the 27 EU Member States

	Area (km²)	Population (2009)	Capital
Austria	83,858	8,355,260	Vienna
Belgium	30,510	10,754,528	Brussels
Bulgaria	110,910	7,606,551	Sofia
Cyprus	9,250	793,963	Nicosia
Czech Republic	78,866	10,467,542	Prague
Denmark	43,094	5,511,451	Copenhagen
Estonia	45,226	1,340,415	Tallinn
Finland	337,030	5,326,314	Helsinki
France	547,030	64,351,000	Paris
Germany	357,021	82,002,356	Berlin
Greece	131,940	11,257,285	Athens
Hungary	93,030	10,031,208	Budapest
Ireland	70,280	4,465,540	Dublin
Italy	301,230	60,053,442	Rome
Latvia	64,589	2,261,294	Riga
Lithuania	65,200	3,349,872	Vilnius
Luxembourg	2,586	493,500	Luxembourg
Malta	316	413,627	Valletta
Netherlands	41,526	16,486,587	Amsterdam
Poland	312,685	38,135,876	Warsaw
Portugal	92,391	10,627,250	Lisbon
Romania	237,500	21,498,616	Bucharest
Slovakia	48,845	5,412,254	Bratislava
Slovenia	20,253	2,032,362	Ljubljana
Spain	504,782	45,828,172	Madrid
Sweden	449,964	9,256,347	Stockholm
United Kingdom	244,820	61,634,599	London

Notes:

GDP per capita in PPS: The use of Purchasing Power Standards (PPS) eliminates the differences in price levels between countries, allowing more meaningful comparisons of GDP between countries. If the index of

GDP per capita in PPS (est. 2008)	Unemployment (June 2009)	Facebook users (August 2009)	Date of EU accession		
123.2	4.80%	850,000	1995		
114.7	7.70%	2,430,000	1952		
40.2	6.40%	530,000	2007		
94.7	5.30%	290,000	2004		
80.1	6.50%	1,230,000	2004		
118.4	6.10%	2,030,000	1973		
68.2	13.30%	70,000	2004		
115.1	8.50%	1,190,000	1995		
107.4	9.50%	11,420,000	1952		
116.1	7.70%	3,610,000	1952		
93.9	9.20%	1,750,000	1981		
62.8	9.60%	350,000	2004		
136.6	12.20%	920,000	1973		
100.5	7.40%	10,510,000	1952		
55.8	17.10%	40,000	2004		
61.1	13.70%	200,000	2004		
271.4	6.40%	110,000	1952		
75.5	7.30%	110,000	2004		
135	3.30%	1,190,000	1952		
57.6	8.00%	660,000	2004		
75.5	9.20%	560,000	1986		
45.8	6.40%	260,000	2007		
90.7	11.20%	650,000	2004		
71.9	6.00%	370,000	2004		
103.4	18.10%	6,310,000	1986		
121.5	8.80%	2,400,000	1995		
117.2	7.80%	19,980,000	1973		

a country is higher than 100, this country's level of GDP per head is higher than the EU average and vice versa.

Thursday 29 July 2010

Friday 30 July 2010

Saturday / Sunday 31 July - 1 August 2010



Using the numbers 1-9 (only using each number once) can you make 3 rows of 3 numbers so that the sum total of all 3 digits in any direction (vertical and horizontal) is 15?

8 3 4
1 5 9
6 7 2

Monday 2 August 2010

Tuesday 3 August 2010

Wednesday 4 August 2010



Where have all the bees gone? Bees in Europe are dying at an alarming rate. Scientists are still trying to understand the phenomenon, known as Colony Collapse Disorder.

To find out more: <http://en.wikipedia.org> > [Colony_collapse_disorder](#)

Thursday 5 August 2010

Friday 6 August 2010

Saturday / Sunday 7-8 August 2010



The European Capitals of Culture in 2010 are Essen (Germany), Pécs (Hungary) and Istanbul (Turkey). These cities organise all sorts of cultural activities to show themselves off to the world.
Visit their websites: www.ruhr2010.de > english, www.pecs2010.hu > english and www.en.istanbul2010.org.

Monday 9 August 2010

Tuesday 10 August 2010

Wednesday 11 August 2010

11 11 August: Ramadan begins. The first sighting of the moon marks the start of a month of fasting for Muslims all over the world. Muslim holidays change each year, as they follow the lunar calendar. This year, Ramadan ends on 9 September with the festival of Eid ul-Fitr.

Thursday 12 August 2010

Friday 13 August 2010

Saturday / Sunday 14-15 August 2010



Tomatoes originally came from Peru and Mexico. They were brought to Europe in the 16th Century by Spanish caravels (a light sailing ship with two or three masts).

Monday 16 August 2010

Tuesday 17 August 2010

Wednesday 18 August 2010



60,000 European peacekeepers are currently serving around the globe, in Asia, Africa and the Middle East.

Thursday 19 August 2010

Friday 20 August 2010

Saturday / Sunday 21-22 August 2010



The hottest place on earth is the air around a lightning strike. But how hot can it get?

- a) 60° C b) 100° C c) 30,000° C

Monday 23 August 2010

Tuesday 24 August 2010

Wednesday 25 August 2010

I'You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.' (Dale Carnegie)

Thursday 26 August 2010

Friday 27 August 2010

Saturday / Sunday 28-29 August 2010



Which famous human rights leader led the largest rally for racial equality at the Lincoln Memorial in Washington, DC, USA, on 28 August 1963?

Martin Luther King, Jr. It was here that he made his memorable 'I Have a Dream' speech.

Monday 30 August 2010

Tuesday 31 August 2010

Wednesday 1 September 2010

The electronic mail (e-mail) was introduced by Ray Tomlinson, an American computer scientist, in 1972. He used the @ to distinguish between the sender's name and the network name in the email address.

Thursday 2 September 2010

Friday 3 September 2010

Saturday / Sunday 4-5 September 2010



In 2007 in the Bosnian town of Tuzla, 14,000 people broke a world record by doing something simultaneously.

What were they doing?

- a) Karate b) Kissing c) Karaoke

Monday 6 September 2010

Tuesday 7 September 2010

Wednesday 8 September 2010



How many citizens does the European Union have?

a) 180 million

b) 400 million

c) 500 million

Thursday 9 September 2010

Friday 10 September 2010

Saturday / Sunday 11-12 September 2010



9-10 September: Jewish New Year (Rosh Hashanah). Rosh Hashanah is characterised by the blowing of the shofar, a trumpet made from a ram's horn. According to the Jewish calendar, it is now the year 5771.

Monday 13 September 2010

Tuesday 14 September 2010

Wednesday 15 September 2010

T Start every journey ten minutes early. Not only will you avoid the stress of haste, but if all goes well, you'll have ten minutes to relax before your next engagement.

Thursday 16 September 2010

Friday 17 September 2010

Saturday / Sunday 18-19 September 2010



16 September: International Day for the Preservation of the Ozone Layer.
To find out more: <http://ozone.unep.org>, www.atm.ch.cam.ac.uk/tour/



Monday 20 September 2010

Tuesday 21 September 2010

Wednesday 22 September 2010

22 22 September: World Car-free Day. Every year, people from around the world get together to remind the world that we don't have to accept a car-dominated society. Between 1990 and 2004, the total number of cars in the EU25 increased by 38%. www.dft.gov.uk > in town without my car

Thursday 23 September 2010

Friday 24 September 2010

Saturday / Sunday 25-26 September 2010



21 September: Autumn

26 September: European Day of Languages.

'A man who speaks two languages is worth two men.' (King Charles V)

Monday 27 September 2010

Tuesday 28 September 2010

Wednesday 29 September 2010

T Croatia's coastline shares its name with which breed of dog?

- a) Labrador b) Dalmatian c) St. Bernard



Thursday 30 September 2010

Friday 1 October 2010

Saturday / Sunday 2-3 October 2010



'A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.' (Sir Winston Churchill)

Three quarters of young people surveyed in a 2009 YouGov poll said they wanted to do something about climate change but didn't know what. Visit www.climatesquad.org.uk to see how you could get involved.



Monday 4 October 2010

Tuesday 5 October 2010

Wednesday 6 October 2010

5 October: World Teacher's Day. 'Education is the most powerful weapon which you can use to change the world.'
(Nelson Mandela)

1 'Do not let it be your aim to be something, but to be someone.' (Victor Hugo)

Thursday 7 October 2010

Friday 8 October 2010

Saturday / Sunday 9-10 October 2010



How many regions are there in the EU?

- a) 93 b) 271 c) 315

Monday 11 October 2010

Tuesday 12 October 2010

Wednesday 13 October 2010

Thursday 14 October 2010

Friday 15 October 2010

Saturday / Sunday 16-17 October 2010



The Council of Europe is not to be confused with the European Council! Founded on 5 May 1949 in Strasbourg (France), it is older than the European Union and with 47 member countries, covers virtually the entire European continent. It seeks to develop common and democratic principles throughout Europe.

www.coe.int; <http://europe.rights.apc.org.coe.html>

Monday 18 October 2010

Tuesday 19 October 2010

Wednesday 20 October 2010

18 18 October: European Day against Human Trafficking. Between 2 and 4 million people are trafficked worldwide each year. Most of these persons are lured by fake job offers into prostitution, slavery and forced labour. For further information: http://ec.europa.eu/justice_home/news; www.ukhtc.org

Thursday 21 October 2010

Friday 22 October 2010

Saturday / Sunday 23-24 October 2010




'This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, of the appetite for adventure over the life of ease.' (Robert Kennedy)

Monday 25 October 2010

Tuesday 26 October 2010

Wednesday 27 October 2010

 Sat 27th & Sun 28th November 2010 is the 2010 Youth Summit for Sustainable Living: 'From Eco-Aspirations to Eco-Careers'. An interactive weekend of events for students who want to make a difference with their lives and jobs. Hosted by the Trust for Sustainable Living.
weblink: www.livingrainforest.org > youth summit 2010

Thursday 28 October 2010

Friday 29 October 2010

Saturday / Sunday 30-31 October 2010



31 October: Halloween. It originates from the Celts, who lived 2,000 years ago in Ireland, the United Kingdom and Northern France. They celebrated their new year on 1 November and believed that in that night the boundary between the worlds of the living and the dead became blurred.

Monday 1 November 2010

Tuesday 2 November 2010

Wednesday 3 November 2010



31 October: Daylight saving time ends. At 2am, clocks are put back one hour to 1am.

Thursday 4 November 2010

Friday 5 November 2010

Saturday / Sunday 6-7 November 2010



5-10 November: Diwali / Deepavali, the festival of lights, is widely celebrated by Jains, Sikhs and Hindus. It is customary to exchange gifts, eat sweets, launch fireworks and burn oil lamps to mark the holiday.

Monday 8 November 2010

Tuesday 9 November 2010

Wednesday 10 November 2010

1 On 9 November 1989, the border separating West from East Germany was effectively opened. The days after were most unusual for the whole of Germany: shops stayed open as long as they wanted, a passport from Eastern Germany served as a free ticket for public transport... There were more exceptions than rules in those days.

Thursday 11 November 2010

Friday 12 November 2010

Saturday / Sunday 13-14 November 2010



At 979 metres, Angel Falls (Venezuela) is the highest waterfall in the world. From such great heights, the water turns to mist before it reaches the valley floor below.

Worried about your appearance? Look out for Orangutan Awareness week – www.savetheorangutan.org.uk



Monday 15 November 2010

Tuesday 16 November 2010

Wednesday 17 November 2010

1 World Toilet Day (19 Nov) www.wateraid.org/worldtoiletday

Bog? WC? Krapper? Dunny? Share some love for the humble depository in your home. Imagine what would happen without a toilet in your home, town or city.

Thursday 18 November 2010

Friday 19 November 2010

Saturday / Sunday 20-21 November 2010



20 November: International Day of the Rights of the Child. The date marks the day on which the United Nations adopted the Declaration of the Rights of the Child in 1959 and the Convention on the Rights of the Child in 1989. For further information: http://un.org/depts/dhl/children_day/; www.unicef.org.uk

Monday 22 November 2010

Tuesday 23 November 2010

Wednesday 24 November 2010

1 On 4 November 1950, the European Convention of Human Rights was signed by the Member States of the Council of Europe. The Human Rights Commission and the European Court of Human Rights were set up in Strasbourg to ensure that the rights set out in the Convention are respected. To find out about an EC funded pilot project on European Human Rights in five EU member states (Czech Republic, Estonia, Eire, Greece and Romania) go to www.mindmosaic.eu

Thursday 25 November 2010

Friday 26 November 2010

Saturday / Sunday 27-28 November 2010



People power works! Change is possible! On Wednesday 26 November, 2008, Friends of the Earth's Big Ask campaign ended. The goal was to influence UK government to create The Climate Change Act and pass it into law. The Law commits the UK to at least 80% cuts in greenhouse gas emissions (GHGs) by 2050. And at least 26% by 2020.



Monday 29 November 2010

Tuesday 30 November 2010

Wednesday 1 December 2010

1 30 November: St Andrews Day. St Andrew has been recognised as the Patron saint of Scotland since the ninth century, although the first St Andrew's day Bank Holiday was only observed on Nov 30 in 2007. St Andrew was born in Bethesda and was the younger brother of St Peter, who were both disciples of Jesus. He is said to have died bound to an X shaped cross, at Patras in Greece. This shape is now reflected in the Scottish flag, the Saltire.

Thursday 2 December 2010

Friday 3 December 2010

Saturday / Sunday 4-5 December 2010



HIV/AIDS remains a big problem among young people in the European Union. Some students don't know how HIV is transmitted or believe they are not at risk. Each year some 6 million people are infected with the deadly virus, half of these are aged 15-24. www.ec.europa.eu/health-eu/index_en.htm > Health problems > HIV/AIDS

Monday 6 December 2010

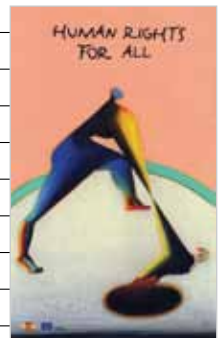
Tuesday 7 December 2010

Wednesday 8 December 2010

7 7 December: Islamic New Year. This is a cultural event, and many Muslims use the day to remember the significance of the Hijra, the migration of the Islamic prophet Muhammad to the city now known as Medina. It is now the year 1432 in the Islamic calendar.

Thursday 9 December 2010

Friday 10 December 2010



Saturday / Sunday 11-12 December 2010



10 December: Human Rights Day. In 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights, whose first article reads: 'All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood'. To find out more: www.ohchr.org > [human rights day](#)



Monday 13 December 2010

Tuesday 14 December 2010

Wednesday 15 December 2010



10% of young people are the victims of daily or very regular cyber-bullying.

For more on cyber-bullying, how to cope with it and other forms of cyber-crime: www.saferinternet.org;
www.childnet.com

Thursday 16 December 2010

Friday 17 December 2010

Saturday / Sunday 18-19 December 2010



8, 5, 4, 9, 7, 10, 3... Which number comes next?

- a) 1 b) 2 c) 6



Monday 20 December 2010

Tuesday 21 December 2010

Wednesday 22 December 2010

21 21 December: Winter. The winter solstice marks the shortest day and the longest night of the year for the Northern Hemisphere.

Due to the tilt of the earth's axis and the rotation of the earth around the sun, in the course of a year the Northern and Southern Hemispheres receive different amounts of light. To find out more: www.nmm.ac.uk > [explore > astronomy and time > time facts > equinoxes and solstices](#)

Thursday 23 December 2010

Friday 24 December 2010

Saturday / Sunday 25-26 December 2010



'The real friend is he or she who can share all our sorrows and double our joys.' (B.C. Forbes)



Monday 27 December 2010

Tuesday 28 December 2010

Wednesday 29 December 2010

1 šťastný nový rok - godt nytår - Happy New Year - onnellista uutta vuotta – Frohes neues Jahr - kali xronia - Felice Anno Nuovo - laimingų Naujųjų Metų - e gudd neit Joër - feliz ano novo - srečno novo leto - ¡Feliz Año Nuevo!
- yeni yılınız kutlu olsun!

Thursday 30 December 2010

Friday 31 December 2010

Saturday / Sunday 1-2 January 2011



честита нова година - gelukkig Nieuwjaar - head uut aastat - bonne année - boldog új évet - ath bhliain faoi mhaise - laimīgu Jauno gadu - is-sena t-tajba - szczęśliwego nowego roku - la multj ani - šťastný nový rok - gott nytt år!



Monday 3 January 2011

Tuesday 4 January 2011

Wednesday 5 January 2011



Ice is made of which two elements?

Like water, ice contains two elements: hydrogen and oxygen.

Thursday 6 January 2011

Friday 7 January 2011

Saturday / Sunday 8-9 January 2011



The first human to be born in Antarctica was the Argentinian Emilio Marcos Palma. He was born on 7 January 1978 near Hope Bay.



Monday 10 January 2011

Tuesday 11 January 2011

Wednesday 12 January 2011

The temporal bone is the hardest bone of the human body. Where is it located?
a) The upper leg b) The heel c) The skull



(c) It is part of the skull and protects the inner ear.

Thursday 13 January 2011

Friday 14 January 2011

Saturday / Sunday 15-16 January 2011



Since 1850, the area covered by glaciers in Western Europe has diminished by as much as 40% and the volume of glaciers by more than 50%. To find out more: www.arcworld.org > news and resources > downloads > [Tunza meltdown map](#)



Monday 17 January 2011

Tuesday 18 January 2011

Wednesday 19 January 2011

1 How many Islands does Scotland have and how many are inhabited?

Thursday 20 January 2011

Friday 21 January 2011

Saturday / Sunday 22-23 January 2011



In 2011, the European Capitals of Culture are Turku (Finland) and Tallinn (Estonia). To see what's going on in these cities, see www.turku2011.fi > english and www.tallinn2011.ee > english

Monday 24 January 2011

Tuesday 25 January 2011

Wednesday 26 January 2011



'Opportunities multiply as they are seized.' (Sun Tzu)

Thursday 27 January 2011

Friday 28 January 2011

Saturday / Sunday 29-30 January 2011



Was ist Tandem? ¿Qué es Tandem? What is Tandem? Zer da Tandem? Qu'est-ce Tandem?

Tandem is the principle that helps two people learn a language: 'I help you learn, and you help me learn.' The technique: to join up with someone who wants to learn your mother tongue and you theirs.



Monday 31 January 2011

Tuesday 1 February 2011

Wednesday 2 February 2011



Thursday 3 February 2011

Friday 4 February 2011

Saturday / Sunday 5-6 February 2011



3 February: Chinese New Year. Legend has it that a mythical beast called the 'Nian' would come on the first day of the year to destroy villages. One day, people saw that the Nian was scared away by a little child wearing red. They then understood that the Nian was afraid of the colour red. Hence, for New Year's they now hang red lanterns on windows and doors. www.nmm.ac.uk > explore > astronomy and time > time facts > Chinese New Year and Calendar

Monday 7 February 2011

Tuesday 8 February 2011

Wednesday 9 February 2011

- 1** According to the European Charter of Fundamental Rights, how are children's views on matters that concern them to be taken into consideration?
- a) Children's views are never to be taken into consideration
 - b) Children's views are taken into account in accordance with their age and maturity.
 - c) Children's views are always to be taken into consideration.

Thursday 10 February 2011

Friday 11 February 2011

Saturday / Sunday 12-13 February 2011



'No one is useless in this world who lightens the burden of it to anyone else.' (Charles Dickens)



Monday 14 February 2011

Tuesday 15 February 2011

Wednesday 16 February 2011



14 February: St. Valentine's Day. To find out more: www.allsands.com > history > events > history of St Valentine's day

Thursday 17 February 2011

Friday 18 February 2011

Saturday / Sunday 19-20 February 2011



The longest suspension bridge in the world is located in Japan: the main span of the Akashi-Kaikyō Bridge measures 1,991 metres. In Europe, this record belongs to the Great Belt Bridge, which connects the Danish islands of Zealand and Funen.

Monday 21 February 2011

Tuesday 22 February 2011

Wednesday 23 February 2011

Valeriy Polyakov has spent the longest time in space ever on a single spaceflight. He spent 437 days on the space platform Mir as a Doctor Cosmonaut (8 January 1994 - 22 March 1995).

Thursday 24 February 2011

Friday 25 February 2011

Saturday / Sunday 26-27 February 2011



What is a cosmopolitan?

- a) A sophisticated person who has travelled in many countries.
- b) An express passenger train service between England and Scotland.
- c) A screw with a cross-shaped recess.

Monday 28 February 2011

Tuesday 1 March 2011

Wednesday 2 March 2011

I Go on, smile! A smile relaxes all the major facial muscles. It also sets off an emotional chain reaction that invariably makes you feel good.

Thursday 3 March 2011

Friday 4 March 2011

Saturday / Sunday 5-6 March 2011



1 Mar – St David's Day - St David, or Dewi Sant, is the patron saint of Wales. He was a Celtic monk, Abbot and Bishop, who lived in the sixth century. As Archbishop of Wales he was one of the many early saints who helped to spread Christianity among the pagan tribes of Western Britain.

Find out more: www.museumwales.ac.uk/ > Dewi Sant > St David's Day

Monday 7 March 2011

Tuesday 8 March 2011

Wednesday 9 March 2011

7 8 March: International Women's Day. The origins of this day, which is commemorated at the United Nations and designated in many countries as a national holiday, are rooted in the centuries-old struggle of women to participate in society on an equal footing with men. To find out more: <http://learn.christianaid.org.uk> > Calendar > 2010 > Mar

Thursday 10 March 2011

Friday 11 March 2011

Saturday / Sunday 12-13 March 2011



Which Central European country ceased to exist on 1 January 1993?

Monday 14 March 2011

Tuesday 15 March 2011

Wednesday 16 March 2011

1 14 March: Pi Day. Mathematicians celebrate the number pi, or π , which starts with 3.14. Pi is an 'irrational' number, meaning that we do not know its exact value. The circumference of a circle, divided by its diameter, will always yield pi. With the help of computers, it has been calculated to 200 billion decimals.

Thursday 17 March 2011

Friday 18 March 2011

Saturday / Sunday 19-20 March 2011




17 March: St. Patrick's Day – the feast day of Ireland's patron saint who brought Christianity to Ireland and reportedly banished all snakes from the island. Snakes were a symbol of paganism at that time, (4th century) so it was really paganism that he drove out. Find out more: <http://bbc.co.uk/religion> > Religion finder – Christianity > Saints > Saint Patrick

21 March: Spring

Monday 21 March 2011

Tuesday 22 March 2011

Wednesday 23 March 2011

 22 March: World Water Day. There will be events happening all around the world to respect this day. So, keep your eyes open for events in your region!

To find out more: www.worldwaterday.org, <http://learn.christianaid.org.uk> > calendar > 2010 > Mar

'When the well is dry, we know the worth of water.' (Benjamin Franklin)

Thursday 24 March 2011

Friday 25 March 2011

Saturday / Sunday 26-27 March 2011



27 March: Daylight saving time begins. At 1am, clocks are put forward one hour (to 2am).

Monday 28 March 2011

Tuesday 29 March 2011

Wednesday 30 March 2011

Which African country produces the most fruit and vegetables?

- a) Egypt b) Libya c) Algeria



Thursday 31 March 2011

Friday 1 April 2011

Saturday / Sunday 2-3 April 2011



There is a thing that nothing is and yet it has a name. It's sometimes tall and sometimes short.
It joins our walks, it joins our sport, and plays at every game.
What is it?

Monday 4 April 2011

Tuesday 5 April 2011

Wednesday 6 April 2011

 7 April: World Health Day. On this day around the globe, thousands of events mark the importance of health for productive and happy lives. To find out more: www.who.int/world-health-day ; www.bbc.co.uk > [healthy living](#) > [Health – strike a balance](#)

Thursday 7 April 2011

Friday 8 April 2011

Saturday / Sunday 9-10 April 2011



Israel's postage stamps are special because...

- a) They are circular
- b) Their glue is kosher
- c) They are the most expensive postage stamps in the world

d) Their glue is kosher. The Hebrew word 'kosher' means 'proper' or 'pure'. If something is kosher, it is prepared in accordance with Jewish dietary laws.



Monday 11 April 2011

Tuesday 12 April 2011

Wednesday 13 April 2011

Run for your life! Running is one of life's antidotes to stress. It's simple, requires no special training and it begins to take effect within the first 200 meters.

Thursday 14 April 2011

Friday 15 April 2011

Saturday / Sunday 16-17 April 2011



True or false? The world's biggest berry is the pumpkin.

True! The botanical definition of a 'berry' is a fruit produced from a single ovary, such as a grape or a tomato. Bananas, cucumbers, pumpkins and cocoa beans are therefore – strictly speaking – counted as berries, whereas strawberries, raspberries, elderberries and blackberries are not.



Monday 18 April 2011

Tuesday 19 April 2011

Wednesday 20 April 2011

1 16,000 litres of water are needed to produce one kilo of meat. This takes into account the amount of water that is needed for its production (breeding the animal, transport, packaging, etc.)

Thursday 21 April 2011

Friday 22 April 2011

Saturday / Sunday 23-24 April 2011



23 April – St Georges day. St George is the patron saint of England. St George, who was a christian and an officer in the Roman Army, was executed on April 23, 303 for refusing to persecute the Christians. To find out more about St George go to: www.royalsocietyofstgeorge.com > A History of St. George

Monday 25 April 2011

Tuesday 26 April 2011

Wednesday 27 April 2011



What does an education mean to you? A ticket to a better life? Making your own choices? Freedom? Money? The Global Campaign for Education's Global Action Week - 25-29 April 2011 www.campaignforeducation.org

Thursday 28 April 2011

Friday 29 April 2011

Saturday / Sunday 30 April - 1 May 2011



True or false? The word 'morse' (from the 'Morse' alphabet) is a short form of 'Manual Orthographic Radio Speedy Expeditoer' (Manual Orthographic Radio Speedy Expeditoer).

Monday 2 May 2011

Tuesday 3 May 2011

Wednesday 4 May 2011

4 3 May: World Press Freedom Day. The Universal Declaration of Human Rights states: 'Everyone has the right to freedom of opinion and expression', including the freedom to impart information and ideas through any media. As journalists sometimes shed light on unpleasant facts, they can be victims of threats, persecution or even murder.

Thursday 5 May 2011

Friday 6 May 2011

Saturday / Sunday 7-8 May 2011



Which is the only national flag that features one colour?

- a) Montenegro b) Libya c) Algeria

d) Libya. The country's flag consists of a simple green field with no other characteristics. Green reflects the people's devotion to Islam, and is also the national colour of Libya.

Monday 9 May 2011

Tuesday 10 May 2011

Wednesday 11 May 2011



9 May: Europe Day. In 1950, shortly after the Second World War, the French Minister of Foreign Affairs, Robert Schuman, presented his proposal for the creation of an organised Europe, indispensable to the maintenance of peaceful relations. You can read his full speech here: http://europa.eu/abc/symbols/9-may/decl_en.htm

Thursday 12 May 2011

Friday 13 May 2011

Saturday / Sunday 14-15 May 2011



From smallest to tallest. Arthur is smaller than Bert, but taller than Charles. Frederic is smaller than Bert, but taller than Arthur. Place the four boys according to their size.

Monday 16 May 2011

Tuesday 17 May 2011

Wednesday 18 May 2011

T How many stars are on the European flag?
a) 9 b) 12 c) 27

b) Twelve. There are twelve stars because the number twelve is traditionally the symbol of perfection, completeness and unity.

T How many stars are on the European flag?
a) 9 b) 12 c) 27

Thursday 19 May 2011

Friday 20 May 2011

Saturday / Sunday 21-22 May 2011




20 May: European Maritime Day. The day serves to raise awareness of the role of the sea in our everyday life. To find out more: <http://ec.europa.eu/maritimeaffairs/maritimeday> and www.rin.org.uk

Monday 23 May 2011

Tuesday 24 May 2011

Wednesday 25 May 2011

 25 May – International Missing Children’s Day. When a minor disappears or has been abducted, immediate reaction is crucial. 116 000 is destined to be a pan-European emergency telephone number to report missing children. At the time of writing, the number has already been implemented in about half of all EU countries.

www.missingchildreneurope.eu (UK National Missing Persons helpline: 0500 700 700)

Thursday 26 May 2011

Friday 27 May 2011

Saturday / Sunday 28-29 May 2011




Which EU country has the largest surface area?

Monday 30 May 2011

Tuesday 31 May 2011

Wednesday 1 June 2011

 'Sanity may be madness but the maddest of all is to see life as it is and not as it should be.' (Miguel de Cervantes)

The Eden Project's 'The Big Lunch' is coming up. How do you eat yours? Check out www.thebiglunch.com for one of the fastest growing community projects worldwide. It's free, it's big, it's fun and it's up to you how you get involved.

Thursday 2 June 2011

Friday 3 June 2011

Saturday / Sunday 4-5 June 2011



5 June: World Environment Day. 'I think the environment should be put in the category of our national security. Defence of our resources is just as important as defence abroad. Otherwise what is there to defend?' Robert Redford, Yosemite National Park dedication, 1985.

Monday 6 June 2011

Tuesday 7 June 2011

Wednesday 8 June 2011



What is The Limes?

a) a citrus fruit

b) a wall

c) a nail care instrument.

b) The Limes was a defensive wall built by the Romans in 84 AD to mark the border of the Roman Empire.

Thursday 9 June 2011

Friday 10 June 2011

Saturday / Sunday 11-12 June 2011



According to legend, Europa was the daughter of King Agenor. When Zeus, king of the gods, fell in love with her, he transformed himself into a tame white bull. When Europa was picking flowers with some girl friends, she saw the bull, caressed him and eventually got on his back. Zeus took this opportunity to abduct Europa to Crete.

Monday 13 June 2011

Tuesday 14 June 2011

Wednesday 15 June 2011



What does 'xenophobia' mean?

Fear of what is foreign. It originates from the Greek words 'xenos' (foreign) and 'phobos' (fear).

Thursday 16 June 2011

Friday 17 June 2011

Saturday / Sunday 18-19 June 2011



Sigmund Freud (psychologist) – Nadia Comaneci (gymnast) – Albert Einstein (physicist) – Marlene Dietrich (singer)... All these people were refugees. Today, the United Nations High Commissioner for Refugees (UNHCR) is helping 22 million people rebuild their lives.

Monday 20 June 2011

Tuesday 21 June 2011

Wednesday 22 June 2011



21 June: Summer. Today is the longest day of the year. While it marks the beginning of summer in the Northern Hemisphere, it is simultaneously the beginning of winter in the Southern Hemisphere.

Thursday 23 June 2011

Friday 24 June 2011

Saturday / Sunday 25-26 June 2011



Which one of the EU's southern neighbours is not a member of the African Union (AU)?

- a) Libya b) Egypt c) Morocco

(c) Morocco. It left the organisation in 1984 when many of the member countries supported the admission of Western Sahara, a neighbouring territory over which Morocco claims control.

Monday 27 June 2011

Tuesday 28 June 2011

Wednesday 29 June 2011



A trip to Mars would take 500 days.

Thursday 30 June 2011

Friday 1 July 2011

Saturday / Sunday 2-3 July 2011



If you consciously set out to break your own routines, life becomes more interesting. Take a different road home, get off the bus a stop earlier, talk to a stranger and notice the difference.

Monday 4 July 2011

Tuesday 5 July 2011

Wednesday 6 July 2011

Throughout the week, you will be asked to answer questions about the European Union.



The Roma. There are an estimated 4 million Roma living in Europe.

Thursday 7 July 2011

Friday 8 July 2011

Saturday / Sunday 9-10 July 2011



More movies are made in Europe than in the USA, but we don't get to see much of them. Promoting a film and convincing a cinema to show it are very difficult tasks for new filmmakers. The MEDIA programme of the European Commission tries to help by developing production projects, supporting film festivals, and much more.

<http://ec.europa.eu/media>

Monday 11 July 2011

Tuesday 12 July 2011

Wednesday 13 July 2011



Founded in the year 930, the national parliament of Iceland – the Althing – is one of the oldest parliamentary bodies in the world.

Thursday 14 July 2011

Friday 15 July 2011

Saturday / Sunday 16-17 July 2011



Ideas, concerns, opinions on your future in Europe?
Have your say at <http://europa.eu/youth/> > European youth portal



Monday 18 July 2011

Tuesday 19 July 2011

Wednesday 20 July 2011

What is the longest river in Europe? a) The Danube b) The Rhine c) The Volga

<http://en.wikipedia.org/> > list of rivers in Europe

c) The Volga, which is 3,700 km long. The second longest river is the Danube (2,850 km). The Danube is also the 'most European' of rivers: with its source in Germany, it flows through or around parts of Austria, Slovakia, Hungary, Moldova, Serbia, Romania, Bulgaria, Croatia and Ukraine. To find out more: <http://en.wikipedia.org/> >

Thursday 21 July 2011

Friday 22 July 2011

Saturday / Sunday 23-24 July 2011



You know the Eiffel Tower in Paris? Any idea how heavy it is? Every year Europeans throw away the equivalent weight of 4,000 Eiffel Towers in waste packaging alone.

Monday 25 July 2011

Tuesday 26 July 2011

Wednesday 27 July 2011

How many strings does an acoustic guitar usually have?

- a) 4 b) 6 c) 10



b) 6. The strings are usually tuned E-A-D-G-B-E. Some special guitars, like the tenor or bass guitar, only have four strings. To find out more: www.bbc.co.uk/h2g2/ < How to tune a guitar

Thursday 28 July 2011

Friday 29 July 2011

Saturday / Sunday 30-31 July 2011



The European Commission produces almost two million pages of translations per year. Do you know how many official EU languages there are?
a) 23 b) 27 c) 30

Monday 1 August 2011

Tuesday 2 August 2011

Wednesday 3 August 2011



Did you know that there are many unfinished buildings throughout the world? Other buildings are involved in works that last for decades or even centuries. Antoni Gaudí's Sagrada Família in Barcelona, Spain, has been under construction since the 1880s.

Thursday 4 August 2011

Friday 5 August 2011

Saturday / Sunday 6-7 August 2011



'A dog that barks all the time gets little attention.' (Argentine proverb)

Monday 8 August 2011

Tuesday 9 August 2011

Wednesday 10 August 2011

Q Which European city has changed its name three times during the 20th Century?
St. Petersburg. The old capital of Russia was called by this name until 1914, when it was renamed Petrograd. Following the October Revolution and the rise to power of Lenin, Petrograd became Leningrad in 1924. In 1991, the city reverted to its original name. To find out more go to: www.saint-petersburg.com > quick facts

Thursday 11 August 2011

Friday 12 August 2011

Saturday / Sunday 13-14 August 2011

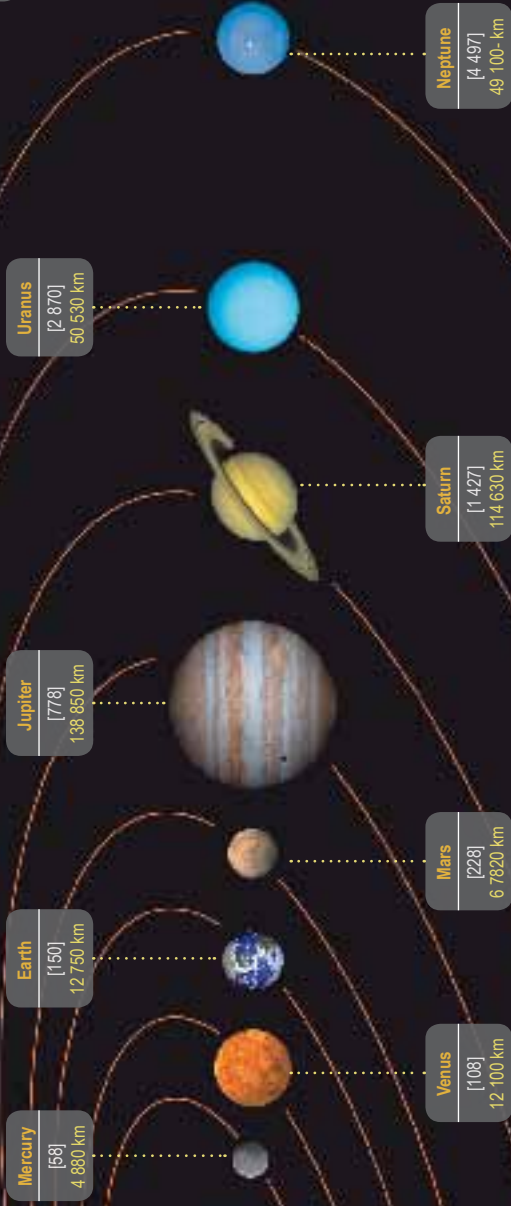


Recycling an aluminium can saves enough energy to run a laptop for up to 4 hours.

The solar system

Planet name

[distance from the sun,
in million km]
Diameter



1	1A	1	1.00794	H	HYDROGEN	1	13	III A	14	IVA	15	VA	16	VIA	17	VII A	18	VIII A																																																																																																																			
2	2A	2	6.941	Li	LITHIUM	3	10.811	B	BORON	4	12.011	C	CARBON	5	14.007	N	NITROGEN	6	15.999	O	OXYGEN	7	16.999	F	FLUORINE	8	18.998	Ne	NEON																																																																																																								
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5	5A	5	85.468	Rb	RUBIDIUM	6	87.62	Sr	STRONTIUM	7	88.906	Y	YTRIUM	8	91.224	Zr	ZIRCONIUM	9	92.906	Nb	NIOBIUM	10	95.94	Mo	MOLYBDENUM	11	101.07	Tc	TECHNETIUM	12	102.91	Ru	RUTHENIUM	13	106.42	Rh	RHODIUM	14	107.87	Pd	PALLADIUM	15	112.41	Ag	SILVER	16	112.41	Cd	CADMIUM	17	127.60	Sb	ANTIMONY	18	127.60	Te	TELLURUM	19	127.60	I	IODINE	20	132.91	Xe	XENON																																																																				
6	6A	6	132.91	Cs	CAESIUM	7	137.20	Ba	BARIUM	8	151.96	La-Lu	LANTHANIDES	9	158.93	Hf	HAFNIUM	10	178.49	Ta	TANTALUM	11	180.95	W	TUNGSTEN	12	183.84	Re	RHENIUM	13	186.21	Os	OSMIUM	14	193.22	Ir	IRIDIUM	15	195.08	Pt	PLATINUM	16	197.02	Au	AURUM	17	200.59	Hg	MERCURY	18	200.59	Tl	THALLIUM	19	204.38	Pb	LEAD	20	207.2	Bi	BISMUTH	21	208.98	Po	POLONIUM	22	209	At	ASTATINE	23	210	Rn	RADON																																																												
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8	8A	8	132.91	Cs	CAESIUM	9	137.20	Ba	BARIUM	10	151.96	La-Lu	LANTHANIDES	11	158.93	Hf	HAFNIUM	12	178.49	Ta	TANTALUM	13	180.95	W	TUNGSTEN	14	183.84	Re	RHENIUM	15	186.21	Os	OSMIUM	16	193.22	Ir	IRIDIUM	17	195.08	Pt	PLATINUM	18	197.02	Au	AURUM	19	200.59	Hg	MERCURY	20	200.59	Tl	THALLIUM	21	204.38	Pb	LEAD	22	207.2	Bi	BISMUTH	23	208.98	Po	POLONIUM	24	209	At	ASTATINE	25	210	Rn	RADON																																																												
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10	10A	10	132.91	Cs	CAESIUM	11	137.20	Ba	BARIUM	12	151.96	La-Lu	LANTHANIDES	13	158.93	Hf	HAFNIUM	14	178.49	Ta	TANTALUM	15	180.95	W	TUNGSTEN	16	183.84	Re	RHENIUM	17	186.21	Os	OSMIUM	18	193.22	Ir	IRIDIUM	19	195.08	Pt	PLATINUM	20	197.02	Au	AURUM	21	200.59	Hg	MERCURY	22	200.59	Tl	THALLIUM	23	204.38	Pb	LEAD	24	207.2	Bi	BISMUTH	25	208.98	Po	POLONIUM	26	209	At	ASTATINE	27	210	Rn	RADON																																																												
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12	12A	12	22.990	Na	NAIUM	13	24.305	Mg	MAGNESIUM	14	26.982	Al	ALUMINUM	15	28.086	Si	SILICON	16	30.974	P	PHOSPHORUS	17	32.065	S	SULFUR	18	35.453	Cl	CHLORINE	19	39.948	Ar	ARGON	20	43.94	K	POTASSIUM	21	44.956	Ca	CALCIUM	22	47.867	Sc	SCANDIUM	23	48.958	Ti	TITANIUM	24	50.942	V	Vanadium	25	51.996	Cr	CHROMIUM	26	54.938	Mn	MANGANESE	27	55.845	Fe	IRON	28	58.933	Co	COBALT	29	58.933	Ni	NICKEL	30	63.546	Cu	COPPER	31	63.546	Zn	ZINC	32	65.39	Ga	GALLIUM	33	69.723	Ge	GERMANIUM	34	72.64	As	ARSENIC	35	74.922	Se	SELENIUM	36	78.96	Br	BROMINE	37	79.904	Kr	KRYPTON																												
13	13A	13	22.990	Na	NAIUM	14	24.305	Mg	MAGNESIUM	15	26.982	Al	ALUMINUM	16	28.086	Si	SILICON	17	30.974	P	PHOSPHORUS	18	32.065	S	SULFUR	19	35.453	Cl	CHLORINE	20	39.948	Ar	ARGON	21	43.94	K	POTASSIUM	22	44.956	Ca	CALCIUM	23	47.867	Sc	SCANDIUM	24	48.958	Ti	TITANIUM	25	50.942	V	Vanadium	26	51.996	Cr	CHROMIUM	27	54.938	Mn	MANGANESE	28	55.845	Fe	IRON	29	58.933	Co	COBALT	30	58.933	Ni	NICKEL	31	63.546	Cu	COPPER	32	63.546	Zn	ZINC	33	65.39	Ga	GALLIUM	34	69.723	Ge	GERMANIUM	35	72.64	As	ARSENIC	36	74.922	Se	SELENIUM	37	78.96	Br	BROMINE	38	79.904	Kr	KRYPTON																												
14	14A	14	22.990	Na	NAIUM	15	24.305	Mg	MAGNESIUM	16	26.982	Al	ALUMINUM	17	28.086	Si	SILICON	18	30.974	P	PHOSPHORUS	19	32.065	S	SULFUR	20	35.453	Cl	CHLORINE	21	39.948	Ar	ARGON	22	43.94	K	POTASSIUM	23	44.956	Ca	CALCIUM	24	47.867	Sc	SCANDIUM	25	48.958	Ti	TITANIUM	26	50.942	V	Vanadium	27	51.996	Cr	CHROMIUM	28	54.938	Mn	MANGANESE	29	55.845	Fe	IRON	30	58.933	Co	COBALT	31	58.933	Ni	NICKEL	32	63.546	Cu	COPPER	33	63.546	Zn	ZINC	34	65.39	Ga	GALLIUM	35	69.723	Ge	GERMANIUM	36	72.64	As	ARSENIC	37	74.922	Se	SELENIUM	38	78.96	Br	BROMINE	39	79.904	Kr	KRYPTON																												
15	15A	15	22.990	Na	NAIUM	16	24.305	Mg	MAGNESIUM	17	26.982	Al	ALUMINUM	18	28.086	Si	SILICON	19	30.974	P	PHOSPHORUS	20	32.065	S	SULFUR	21	35.453	Cl	CHLORINE	22	39.948	Ar	ARGON	23	43.94	K	POTASSIUM	24	44.956	Ca	CALCIUM	25	47.867	Sc	SCANDIUM	26	48.958	Ti	TITANIUM	27	50.942	V	Vanadium	28	51.996	Cr	CHROMIUM	29	54.938	Mn	MANGANESE	30	55.845	Fe	IRON	31	58.933	Co	COBALT	32	58.933	Ni	NICKEL	33	63.546	Cu	COPPER	34	63.546	Zn	ZINC	35	65.39	Ga	GALLIUM	36	69.723	Ge	GERMANIUM	37	72.64	As	ARSENIC	38	74.922	Se	SELENIUM	39	78.96	Br	BROMINE	40	79.904	Kr	KRYPTON																												
16	16A	16	22.990	Na	NAIUM	17	24.305	Mg	MAGNESIUM	18	26.982	Al	ALUMINUM	19	28.086	Si	SILICON	20	30.974	P	PHOSPHORUS	21	32.065	S	SULFUR	22	35.453	Cl	CHLORINE	23	39.948	Ar	ARGON	24	43.94	K	POTASSIUM	25	44.956	Ca	CALCIUM	26	47.867	Sc	SCANDIUM	27	48.958	Ti	TITANIUM	28	50.942	V	Vanadium	29	51.996	Cr	CHROMIUM	30	54.938	Mn	MANGANESE	31	55.845	Fe	IRON	32	58.933	Co	COBALT	33	58.933	Ni	NICKEL	34	63.546	Cu	COPPER	35	63.546	Zn	ZINC	36	65.39	Ga	GALLIUM	37	69.723	Ge	GERMANIUM	38	72.64	As	ARSENIC	39	74.922	Se	SELENIUM	40	78.96	Br	BROMINE	41	79.904	Kr	KRYPTON																												
17	17A	17	22.990	Na	NAIUM	18	24.305	Mg	MAGNESIUM	19	26.982	Al	ALUMINUM	20	28.086	Si	SILICON	21	30.974	P	PHOSPHORUS	22	32.065	S	SULFUR	23	35.453	Cl	CHLORINE	24	39.																																																																																																						

Planning of the school year 2010-2011

August 2010

September 2010

October 2010

November 2010

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December 2010

January 2011

February 2011

March 2011

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2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
13	13	13	13
14	14	14	14
15	15	15	15
16	16	16	16
17	17	17	17
18	18	18	18
19	19	19	19
20	20	20	20
21	21	21	21
22	22	22	22
23	23	23	23
24	24	24	24
25	25	25	25
26	26	26	26
27	27	27	27
28	28	28	28
29	29		29
30	30		30
31	31		31

Planning of the school year 2010-2011

April 2011

May 2011

June 2011

July 2011

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All of these organisations support *Wise Choices? – The Europa Diary*.

Eden Project Cornwall

– www.edenproject.com



Eco Schools

– www.eco-schools.org.uk



Global Action Plan

– www.globalactionplan.org.uk



Cool It Schools

– www.coolitschools.com



Climate Change North East

– www.climatechangeschools.org.uk



The Prince's Trust

– www.princes-trust.org.uk



Envision

– www.envision.org.uk



Association for Citizenship Teaching

– www.teachingcitizenship.org.uk



Arabic numerals	Roman numerals
1	I
2	II
3	III
4	IV
5	V
6	VI
7	VII
8	VIII
9	IX
10	X
15	XV
20	XX
30	XXX
40	XL
50	L
55	LV
60	LX
70	LXX
78	LXXVIII
90	XC
100	C
500	D
677	DCLXXVII
1000	M
2010	MMX

Greek alphabet		
A	α	Alpha
B	β	Beta
Γ	γ	Gamma
Δ	δ	Delta
E	ε	Epsilon
Z	ζ	Zeta
H	η	Eta
Θ	θ	Theta
I	ι	Iota
K	κ	Kappa
Λ	λ	Lambda
M	μ	Mu
N	ν	Nu
Ξ	ξ	Xi
O	ο	Omicron
Π	π	Pi
P	ρ	Rho
Σ	σ	Sigma
T	τ	Tau
Y	υ	Upsilon
Φ	φ	Phi
X	χ	Chi
Ψ	ψ	Psi
Ω	ω	Omega



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