DIDACTIC TOURS ON ENVIRONMENTAL EDUCATION

GRUPO INTERDISCIPLINAR DE ESTUDIOS CRÍTICOS Y AMÉRICA LATINA (GIECRYAL). UNIVERSITY OF ALICANTE, SPAIN

© Pedro Antonio Balaguer. BLUEGREEN C.B.
Country: Spain
Autonomous Community: Valencia
Province: Alicante
Town: Onil
Autonomous Community: Valencia
Province: Alicante
City: Alicante
PART I
HEALTHY LIFESTYLE

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THE QUESTIONS TO DEBATE

1) What does it really mean to lead a healthy way of life?
2) What aspects of everyone's life have to be taken into account in order to achieve a healthy life?
3) Is it possible to lead a healthy life in an environment that is not?
4) What aspects of the environment have to be taken into account to achieve a healthy life?
5) Is it possible and / or necessary to educate people to achieve an increasingly healthy way of life for all?
6) And finally, if this is possible, what is the best way to carry out this type of education?
Didactic Tour in Santa Pola Alicante

Disciplines involved: Physical Education and........................
Where we are

Autonomous Community: Valencia
Province: Alicante
City: Alicante

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Feu una cerca a Google Maps
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
1. Tower of Tamarit
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
2. Mollet de les Salines
Stand Up Paddel (SUP)

Three modalities:
- Stroll
- Race
- Waves
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
4. Salt Museum
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
5. Salinetes de la Múrtula
DIDACTIC TOUR: Tamarit Tower - Salinetes de Múrtula
Your opinions:

HEALTHY LIFESTYLE HAS TO DO WITH......
Didactic tours on Environmental Education (Norway)

Do you think you have a healthy lifestyle? (10 responses)

- 90% Yes
- 10% No

NORWEGIAN STUDENTS
Do you think you have a healthy lifestyle? (10 responses)

- Yes: 80%
- No: 20%
- I am not sure: 0%

SPANISH STUDENTS
Do you think you live in a healthy environment? (10 responses)

- 90% Yes
- 10% I am not sure

NORWEGIAN STUDENTS

Please write some examples reinforcing your answer. (6 responses)
I can walk/bike to school, go to the gym, skiing/hiking in the wood winter/summer.

The air quality is very good! I have physical exercise for 5-6 hours in a week.

Not having the most healthy diet and my friends are just like me. So my close circle is not the most healthy in terms of diet and movement.

We have fresh air, and I think lots of green areas and places to go hiking in close vicinity to our city. This, in itself, promotes a healthy lifestyle with outdoor activities, I believe.

We separate garbage, have a good transport system, have a lot of training centers, most of us eat healthy food, we are trying to reduce the use of meat.

My healthy lifestyle includes mostly clean food that contains a lot of vegetables. I’m in activity/exercise almost every day. I think the environment around us has a lot of nature experience — opportunities and the society promote activity and focus on healthy food.
Do you think you live in a healthy environment? (10 responses)

- Yes: 80%
- No: 20%
- I am not sure: 0%

SPANISH STUDENTS
Please, write some examples reinforcing your answer (4 responses)

I'm play a lot sports

I'm living in a big city

Because here in Onil we have a mountain where we can go every time we want by walk... however Onil is not a big city so there aren't many cars

I think I live in a healthy environment because in Onil there isn't pollution

SPANISH STUDENTS
Do you think people live in an increasingly healthy way? (10 responses)

- Yes: 60%
- No: 40%
- I am not sure: NORWEGIAN STUDENTS
I think there is a big difference between groups of people. Some are very healthy, others are not healthy at all. It should have been most people in between here.

The pressure of being healthy and having a healthy lifestyle is getting bigger all the time. Younger and younger people are being told that you must look good, and that you get to look good through a healthy lifestyle.

It is very popular to be running, hiking or biking. There has been an increase of people using trails and going on mountain tops compared to earlier. One can see that the hiking routes are more worn out and widened than before. Social media is doing so people want to have a sporty and natural lifestyle on their profiles and on their Instagram, I think, and so people get inspired by each other to go outside and take nice pictures of their active and adventurous life.

We have more competence on healthy way of living.

I think people in general are not as active today as they used to be. In many jobs people have to sit still for hours and many eats a lot of junkfood. But I also think that since the poverty has gone down, more people can eat differently and maybe have more opportunities than before.
Do you think people live in an increasingly healthy way? (10 responses)

- Yes: 40%
- No: 30%
- I am not sure: 30%

SPANISH STUDENTS
Please, write some examples reinforcing your answer (2 responses)

- Practico muchos deportes
- Obesity and lack of physical activity are a problem in our society.
Do you think your health depends on your social relationships?  (10 responses)

- Yes: 70%
- No: 20%
- I am not sure: 10%

NORWEGIAN STUDENTS
Do you think your health depends on your social relationships? (10 responses)

- Yes: 70%
- No: 20%
- I am not sure: 10%

SPANISH STUDENTS
Are education and health linked? (10 responses)

- Yes: 60%
- No: 40%
- I am not sure: 0%

NORWEGIAN STUDENTS

Do you think that a healthy way of life depends on the economic level?
Are education and health linked? (10 responses)

- Yes: 80%
- No: 10%
- I am not sure: 10%

SPANISH STUDENTS
Do you think that a healthy way of life depends on the economic level?
(10 responses)

40% Yes
20% No
40% I am not sure

NORWEGIAN STUDENTS
Please, write some examples reinforcing your answer

A little. You can afford more equipment. People with good economy might be more concerned of taking care of them selves.

Yes and no. Being healthy is often tied to diet and training. Good food often requires money, and training for young people often means studios. But are those necessary for a healthy lifestyle? No, but do they help? Yes.

But i can think that people will think that. That you need to buy expensive gear, to have a membership to a training center, travel to places. One can be healthy without all this, just by using a bike to school/work, rather than car or bus. Healthy food is not more expensive than junk, and so on. Almost everywhere has easy access to outdoor areas where one can go for walks or work out. Woods, parks, mountains

Vegetables are expensive and it costs a lot to be member of a training center, which means that not everyone have the same opportunity to be healthy.

In many ways I think so. Your economic background can decide if you can join different sports. Also healthy food are often more expensive than more unhealthy food.
Could you explain briefly what is a healthy lifestyle for you? (7 responses)

Be happy with yourself, be social, walk/move an hour every day (not necessarily on a gym, but walk to school/job, go skiing etc.), varied diet with fruits ad fish.

A healthy lifestyle is to feel good with you self.

A healthy lifestyle consists of enough sleep, enough important molecules in form of carbohydrates, proteins, fat and vitamins, so a good diet, combined with enough movement and training, to keep the body in shape. This for me is a healthy lifestyle.

Activity; biking, being outside walking, training, climbing - using the body and sweat. Not too much food, but to eat whatever I like. Being happy and content, and not worried about being not healthy, I think also is important.

Because it makes me feel good about myself.

Healthy diet and an active lifestyle with exercise

Eat healthy, stay in shape, use train, bus, bicycle and other environment transport opportunities.
Do you think that a healthy way of life depends on the economic level?
(10 responses)

- 60% Yes
- 30% No
- 10% I am not sure

SPANISH STUDENTS

Please write some examples reinforcing your answer. (2 responses)
Please, write some examples reinforcing your answer (2 responses)

Ahora hay más conocimiento pero hemos perdido la dieta Mediterránea

I don’t think so, you don’t need to have the most expensive way of life

Could you explain briefly what is a healthy lifestyle for you? (4 responses)

Comer bien y ser activo.

Play physical exercise; eat healthy and not smoke.

for me it is, having good relationships with yourself and also with others, practicing sport, living in a clean area and eating healthy trying to est less food

respect our surroundings
What is a healthy lifestyle?

- Oneself
- Correct relationship
- The places
- The others
Place and the others have a lot to do in everyone’s health.

- Our health does not depend only on us, but also on our biophysical and social environment.

- We need to complement Physical Education with education on how to appropriately relate to the places we live in and the people with whom we are in contact. Otherwise our life will not be fully healthy.
SOME DEFINITIONS/IDEAS ABOUT HEALTHY LIFE

1) According to World Health Organization health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO, 1946).

2) For San Martín and Pastor (1988) is the response to an interrelation of individual and social stimuli in a total environment.

3) According to the psychologist Fernández Ballesteros (2008) health globalizes the participation of personal and socio-environmental factors to reach a satisfaction of needs that originates quality of life and consequently development.

4) For Maya there are three elements interrelated: oneself, the social group, the environment. Health must be seen as a dynamic process that not only consists of individual actions or behaviors, but also actions of a social nature. (Maya, L.H. 2001)
THE PLACES WE LIVE IN HAVE A DEEP IMPACT IN OUR HEALTH
THE SOCIAL RELATIONSHIPS WE KEEP HAVE A DEEP IMPACT IN OUR HEALTH
# THE CONCEPT OF ENVIRONMENT

<table>
<thead>
<tr>
<th>Spanish</th>
<th>English</th>
<th>German</th>
<th>Norwegian</th>
<th>French</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMBIENTE</td>
<td>ENVIRONMENT</td>
<td>UMWELT</td>
<td>MILJØ</td>
<td>ENVIRONNEMENT</td>
</tr>
<tr>
<td>MEDIO AMBIENTE</td>
<td>ENVIRONMENT (NATURAL?)</td>
<td>UMWELT (NATÜRLICHE)</td>
<td>MILJØ (NATURMILJØ)</td>
<td>ENVIRONNEMENT (NATUREL)</td>
</tr>
<tr>
<td>EDUCACIÓN AMBIENTAL</td>
<td>ENVIRONMENTAL EDUCATION</td>
<td>UMWELTBILDUNG</td>
<td>MILJØOPPLÆRING</td>
<td>ÉDUCATION À L’ENVIRONNEMENT</td>
</tr>
<tr>
<td>EDUCACIÓN MEDIOAMBIENTAL</td>
<td>ENVIRONMENTAL EDUCATION (NATURAL?)</td>
<td>UMWELTBILDUNG (NATÜRLICHE?)</td>
<td>MILJØOPPLÆRING (¿?)</td>
<td>ÉDUCATION ENVIRONNEMENTAL</td>
</tr>
</tbody>
</table>
PART II: ENVIRONMENTAL EDUCATION
WHICH ARE THE PARTS OF THE ENVIRONMENT?

Your opinión:
Do you know what environment means? (10 responses)

- Yes: 60%
- No: 20%
- I am not sure: 20%

NORWEGIAN STUDENTS
Please describe briefly which are the main components of environment for you

(4 responses)

- **Friends, family, and the outdoor**: What is around us, in terms of physical things like air, vegetation, concrete, asphalt, what we are surrounded by. But also feelings and opinions of the people inside of it.

- **School, training center, my livingplace with to other students, my outdoor oportuneties, Fretex**: The people around you (family, friends, school..), society in general, the nature/landscape/city you live in.
Do you know what environment means? (10 responses)

- Yes: 70%
- No: 30%
- I am not sure

SPANISH STUDENTS
Please describe briefly which are the main components of environment for you

(3 responses)

<table>
<thead>
<tr>
<th>El clima; la contaminación; el contexto donde vivo.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Micro environment; Macro environment; Physical environment refers to like temperature, light, rainfall, soil, minerals etc.</td>
</tr>
<tr>
<td>the nature and our behavior with it</td>
</tr>
</tbody>
</table>

Do you normally enjoy a good environment around you?  (10 responses)
Do you normally enjoy a good environment around you? (10 responses)

- Yes: 90%
- No: 10%
- I am not sure

NORWEGIAN STUDENTS
Please, write some examples reinforcing your answer (5 responses)

I have a nice family and friends who cares about me. I'm an active girl who like to go on different activities with friends.

I enjoy having save relationship around me

A good environment for me means an air of enjoyment. Good people that makes me smile and laugh create a good environment for me.

I have a good social environment which helps me in the psychological sense.

I love to spend time friends and family to be a part of different teams (football, drama, dancing), meet people at school, go on different trips, be social with the people I live with, party with friends etc.

Do you think that environment is useful for education? (10 responses)
Do you normally enjoy a good environment around you? (10 responses)

- Yes: 80%
- No: 20%
- I am not sure:

SPANISH STUDENTS
Please, write some examples reinforcing your answer (4 responses)

<table>
<thead>
<tr>
<th>Response</th>
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</thead>
<tbody>
<tr>
<td>mi school is surrounded by fields and i don't need the car to arrive</td>
</tr>
<tr>
<td>The nature surrounding Onil is fantastic and we are a small community where everybody know each other</td>
</tr>
<tr>
<td>We have a lot of opportunities to practice sport. Is very easy to meet Friends and even with them.</td>
</tr>
<tr>
<td>No traffic problems. Easy to go everywhere. A lot of Sport activities and clean air with a lot of nature</td>
</tr>
</tbody>
</table>
CONCEPT OF ENVIRONMENT

According to World Health Organization (WHO) there is **Physical Environment** – further divided in **Natural** and **Urban** - and not physical environment, that is to say **Social Environment**. ([http://www.who.int/hia/evidence/doh/en/](http://www.who.int/hia/evidence/doh/en/))

We call **Natural Environment** to that which relates to the landscape slightly altered by human action: wildlife areas, protected areas, etc.

-We call **Urban Environment** to one that is related to landscapes strongly operated by humans: cities, infrastructures, roads, etc.. It includes urban green areas.

-We call **Social Environment** to the set of social relationships that are established in both one and the other of the aforementioned environments (education, economy, work, etc..)
There is not only Natural Environment
But also Urban Environment
And Social Environment
The three elements of the concept Environment form an inseparable unity and keep a looping relationship whereby each influences the other permanently.

We are part of a system with mutual interaction. Mankind has the power to manage and shape this environment. We have to work to develop positive attitudes towards the environment. This is Environmental Education.
NEGATIVE DIALOGICAL LOOP
(MORIN, E. 2003)
POSITIVE DIALOGICAL LOOP. (MORIN, E. 2003)
Some definitions of Environmental Education

“Environmental Education is a process that creates awareness and understanding of the relationship between humans and their many environments – natural, man-made, cultural, and technological. Environmental Education is concerned with knowledge, values, and attitudes, and has as its aim responsible environmental behavior” (THOMSONN & HOFFMAN, 2000: 6)

“It is the study of relationship and interactions between natural and human systems. In short, Environmental Education is provided so that people can have a better understanding of the world around them and know how to take care of it properly so that the world can be a better place” (http://www.conserve-energy-future.com/environmental-education-and-its-components.php)

“Environmental Education is a process of recognising values and clarifying concepts in order to develop skills and added tools necessary to understand and appreciate the inter-relationship among man, his culture and his bio-physical surrounding. It creates an overall perspective, which acknowledges the fact that natural environment and man-made environment are interdependent” (SING, 2013: 100)
Environmental Education is not a matter of prevent problems but a matter of solving them. We need to change our point of view.
Do you think that environment is useful for education? (10 responses)

- Yes: 90%
- No: 10%
- I am not sure: 10%

NORWEGIAN STUDENTS

Could you give some examples?
Could you give some example? (6 responses)

The environment is important for learning. You can't learn everything in the classroom, but you also have to go outdoor and discover.

Good relation will make others do their best

If the environment in school is enjoyable, then the students will enjoy being at school more, which in turn will turn the school subjects more enjoyable and "easier" for the students and pupils to do and learn.

The landscape that the pupils are in can be used to promote more learning and experience. E.g. a classroom or a gymnastics hall or the woods can be used differently (for better or worse) to teach something. The environment can help to show something better or to see it from another perspective.

If you have a good social environment you are more motivated to come to school.

It opens up for a lot of new activities, it can be motivating to be outside or to switch locations in your teaching. A good class-environment is also important so that the pupils can feel safe and have a bigger learning-experience.
Do you think that environment is useful for education? (10 responses)

- Yes: 60%
- No: 40%
- I am not sure: 0%

SPANISH STUDENTS
<table>
<thead>
<tr>
<th>Could you give some example?  (3 responses)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going outdoors make the lesson more funny and attractive</td>
</tr>
<tr>
<td>Relationships among students and with the teacher are more &quot;on&quot; and relaxed</td>
</tr>
<tr>
<td>Students learn better when they are in contact with their close environment outside the class. When the use what they now in their everyday life</td>
</tr>
</tbody>
</table>
Which is the best way to teach EE?

- Three models (Garcia, 2000):
  - Traditional model
  - Practical model
  - Critical model

The didactic tours allow to combine the three models of teaching in an integrated and enriching way. Although they can use the tools of the traditional model, they transcend them when the environment is used as a learning tool. From that moment the practical model is used preferably, using the environment to achieve learning by discovery. The third level would be to enrich the itinerary from critical thinking approaches. That is, to use the itinerary to reveal social, cultural, political, etc, situations, and to propose a discussion on them.
Didactic Tour in Onil

Alicante

On Segway......

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Didactic Tour nº 2: F. Rodríguez Park – Casa Tápena
Point nº 1: Féliz Rodríguez Park
Point nº 2: Casa de Cultura
Point nº 3: Sport Center
Point n° 4: Olive Trees
Point nº 5: Santa Ana Chapel
Didactic Tour in Onil

1. Parc del Marqués de Dos Aguas
2. Convent de la Inmaculada
3. Obstetrie Puerta de la Salut
4. Cooperativa Verge de la Salut
5. Caseta de la Creueta
6. Embassament de Fawanella

Escala: 1/15000  WGS84 Geográfiques (Lon: 00°39'40.90"W Lat: 38°37'40.00"N) ETR89 UTM zone 30N (X: 703575.91217 Y: 4278066.89684)
Point nº 6: Casa Tápena
PART III. WHAT IS A DIDACTIC TOUR?

Your opinions.....

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Do you know what is an education tour? (10 responses)

- Yes: 30%
- No: 70%
- I am not sure:

NORWEGIAN STUDENTS
Do you know what is an education tour? (10 responses)

- Yes: 70%
- No: 30%
- I am not sure:

SPANISH STUDENTS

[Image of the Spanish flag]
DIDACTIC TOUR

It is learning process which does not take place in the bubble of the individual entity called student, but in complex networks of social exchange, traditionally outside the school premises, so that cultural, social and material variables are extremely important to understand and guide the processes of learning and development (Pérez, 2000).
Some definitions of Didactic Tour

- The Didactic Tours are didactic units whose development takes place outside the classroom and whose programming must follow a general didactic principles and specific conditions (Marrón, 1995).

- It is understood by Didactic Tours to a series of didactic activities articulated so that the student appropriates one or some knowledges. These proposals have a strongly "experimental" character involving the student in situations of exploration, observation, hearing and appreciation (www.buenastareas.com/ensayos).

- Is a direct learning in an immediate environment. Through this methodological instrument students perceive on the ground the current geography, its historical elements and its daily life. Insofar as it allows the learner to realize the changes and transformations of a space (Olave, 2005)
Key words for a good Didactic Tour:

Interdisciplinarity

Active education. Your opinions........
Do you know what "active education" means? (10 responses)

- Yes: 60%
- No: 20%
- I am not sure: 20%

NORWEGIAN STUDENTS
Do you know what "active education" means? (10 responses)

- Yes: 50%
- No: 50%
- I am not sure: 0%

SPANISH STUDENTS
Some theorists of active education

Jean Jacques Rousseau  Johan H. Pestalozzi  Friedrich Froebel
Andrés Manjón  John Dewey  María Montessori  Lev Vygotsky
Olive Decroly  Alexander Neill  Etc:


- https://cei.umn.edu/support-services/tutorials/what-active-learning

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- Respect for the personality of the child: it is based on the recognition and acceptance of individual differences.

- **Individualized education**: seeks the harmonious development of all the child's abilities.

- Education for the social: through the interaction of the group to which the learner belongs is integrated to participate and contribute in the social modification to which he aspires.

- Development of creativity: fostering creativity and free expression will give the child satisfaction and security.

- Freedom and responsibility: freedom takes place inside the person and manifests itself in the possibility of choosing, taking initiatives and deciding between several alternatives, assuming responsibility for one's choice.

- This individual freedom does not exist outside a social context, and whoever acts on the fringes of such reality, without respect for others, is not exercising freedom, but individualism.

- A fundamental objective: the harmonious and integral development of the student, achieving a solid consciousness of coexistence in the school, in the home, in the community, in the environment which he lives.
Relationship between Didactic Tours and active education

**General principles**

- **Comprehensive education** (moral, aesthetic, manual, etc.) and not only scientific.
- Use of **co-education** (peer coaching)
- Contact with environment as a learning tool.

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Psychopedagogical principles and relationship with Education Tours

- It takes into account the interests and needs of the student
- Proposes an active and spontaneous methodology
- Use of the close environment as a learning tool
- The teacher is a catalyst
- Promotes cooperation and solidarity among students and teachers
- Constructive and meaningful learning

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How to prepare a good Didactic Tour:

Objectives

Activities prior to the didactic tour

Activities during the didactic tour

Activities after the didactic tour (Evaluation)
Objectives

1) To consolidate contents previously worked in the classroom.
2) To promote the study of environmental facts from a holistic approach.
3) To work on Environmental Education in an interdisciplinary way,
4) To collect information through various sources and procedures.
5) To develop in students the capacity for synthesis and systematization.
6) To arouse interest in the direct observation.
7) To show the didactic possibilities of the Didactic Tours.
8) To promote interest for Didactic Tours.
Previous activities

- Legal and logistical aspects
- Presentation of the route. Information about the activities in every stop
- Detection of the knowledge and interest of the students.
- Selection of the contents that we are going to work.
- Final design of the activities
- Information about the activities in every stop.
- Dossier.
During the tour

- A) Introduce the student in the geographic, historical, environmental, etc understanding of the places visited.

- B) Analyze and recompose interacting elements of the environment.

- C) Contrast with information already available

- D) Collection of information (interviews, photos, videos, etc.)
After the tour

- A) Synthesis phase to be developed in the classroom, once assimilated the field work.
- B) Student evaluation
- C) Evaluation of the process
References:

- WORLD HEALTH ORGANIZATION (1946). Official Records of WHO, Géneve, 2, p. 100)

On line resources

http://www.who.int/hia/evidence/doh/en/
http://www.buenastareas.com/ensayos

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PREPARING A DIDACTIC TOUR IN TRONDHEIM
THANK YOU