



Fédération L'Air et Moi

AN EDUCATIONAL AIR QUALITY AWARENESS PROGRAM

free • fun • interactive

PRIMARY SCHOOL
AND
SECONDARY SCHOOL

15 000
LITERS OF AIR
enter our lungs every day

Let's preserve our air together



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A great L'Air et Moi team: interns, volunteers...

EDITORIAL

WHY AIR AND ME ?



« Because I have made the environment my absolute priority, through the public policies that I lead at the head of the Aix-Marseille-Provence Metropolis and the Bouches-du-Rhône Department, because I am a responsible elected official, because I want us to be able to live and breathe better in our territory, I support the L'Air et Moi programme, which we have largely supported. On our territory, a large majority of the population breathes air that does not respect the WHO guidelines. It is urgent to respond to this public health issue! This is why we have made air quality the first priority of our Environmental Agenda, and we have taken a whole series of concrete actions. I am particularly proud to be one of the main partners of this educational programme, which aims to make children aware of the need to change their behaviour in order to build, together, a more sustainable and peaceful territory. »

Martine VASSAL, President of the Aix-Marseille-Provence Metropolis and the Bouches-du-Rhône Department



« We breathe 15,000 liters of air per day, 10 liters per minute, often polluted air. Every year, air pollution causes 9 million deaths in the world. It makes Man and the planet sick. In France, it costs 101.3 billion euros per year. This is why, in 2009, I had the idea of creating L'Air et Moi. Today, this educational program, whose tools have been translated into 15 languages and downloaded» more than 400,000 times from www.lairetmoi.org, has raised the awareness of more than one million children. We would like to thank all those who, through their support, have made this progress possible: AtmoSud, the European Union, the South Provence-Alpes-Côte Azur Region, the ARS PACA, our employees, volunteers, interns and so many others...»

Victor Hugo ESPINOSA, Designer and pilot of the Air and Me project



« My commitment to the right to breathe healthy air goes back to my early years as a teacher-researcher when I fought relentlessly against second-hand smoke in the university environment. I quickly realized how difficult it was to make adults see reason when they were entrenched in their habits. A few years ago, I met Victor Hugo Espinosa. As soon as he told me about his educational and fun project Air and Me» for children, I was convinced of its relevance. Since then, I fully support this program which fits perfectly into AtmoSud's missions and contributes through children to the education of the general public. »

Pr. Pierre-Charles MARIA, President of AtmoSud*



« At the end of one year of full exercise of the association L'Air et Moi created in Hauts-de-France, we can only congratulate ourselves of this establishment, the expected results are exceeded. The public, in particular young people, is with the appointment, the Communities more and more numerous see there the concretization of their ambitions in term of sensitization to the quality of the air of their populations. By the presence and the competences of our animator, interactive, didactic and heuristic relations were installed between the various public, result: the formation of individuals at all ages responsible, actors and ambassadors of the quality of the air is in progress. L'Air et Moi, an essential tool for a citizen dynamic for a more breathable world. »

Jacques PATRIS, President L'Air et Moi Hauts-de-France President Atmo Hauts-de-France*, epidemiologist



*AtmoSud and Atmo Hauts-de-France are Observatories approved by the Ministry of the Environment for the monitoring of air quality, the first in the South-Provence-Alpes-Côte d'Azur region, and the second in the Hauts-de-France region.

WHAT IS AIR AND ME ?



« The thickness of the breathable layer that surrounds our planet is infinitesimal: yet we have been polluting it dangerously for two centuries. Air pollution and climate change threaten humanity. What are the solutions? One answer lies in education: L'Air et Moi continues to evolve thanks to the participation of children, parents, teachers and experts and is deployed to contribute to making the maximum number of them actors in the protection of the air, health and climate. Another response is the training and support of teachers, communities, associations, and of course decision-makers. An essential action insofar as air is the essential need for life that we can do without for the shortest time.»

Marie Anne LE MEUR, Director of the Federation L'Air et Moi

WHAT IS AIR AND ME ?

L'Air et Moi is an air quality awareness program that provides a set of educational tools that can be downloaded for free at www.lairetmoi.org.

OBJECTIVE

The main goal of L'Air et Moi is to make as many children as possible aware of the importance of air. This cooperative and free project mobilizes, since its beginning, many actors (children, teachers, experts, doctors, animators, parents).

WHO IS AIR AND ME FOR ?

L'Air et Moi is intended for teachers, organizers and parents who wish to raise children's awareness of air quality.

The tools are designed for elementary, middle and high school children. Even if some of the modules are not yet available for certain school levels, teachers can adapt them to all cycles, thanks to the pedagogical guide.

One million
children reached

400,000
downloads



« Air and Me approaches the question of sustainable development (economic, social and environmental issues) in a playful and educational way. Each child is invited to think about what he or she can do to preserve the air around them. Year after year, the number of children and young people who are aware of the issue is increasing. This awareness of the young people enters today in resonance with the concrete actions of the decision makers, communities, school speakers, parents... This is why AtmoSud is always so enthusiastic to support Air and Me.»

Dominique ROBIN, Director of AtmoSud

AIR QUALITY, A PUBLIC HEALTH AND CLIMATE ISSUE

Air Quality is
everyone's business



« We have been working on simplifying complex concepts such as the difference between the immediate and chronic health effects of pollution, not to mention the dramatic effects of smoking. The growing number of people with allergies and asthma is one of my main concerns. It is for these reasons that I participated in this project with enthusiasm. »

Pr Denis CHARPIN, Pneumologist and Allergist, Professor at the University of Aix-Marseille

AIR POLLUTION AND ITS EFFECTS ON HUMANS

Air pollution causes an average of 9 million premature deaths per year worldwide, including 48,000 in France. The WHO also states that «air pollution is now the most important environmental factor affecting health». The world's automobile fleet has grown from 25,000 motor vehicles with four or more wheels in circulation in 1907 to more than 1.4 billion today.

AIR QUALITY, A GLOBAL CLIMATE ISSUE

The disturbing increase in greenhouse gases was defined as a major planetary issue at the 2015 Conference of the Parties in Paris (COP21). Under the effect of pollutants, the global climate is disrupting, causing rising waters, melting glaciers, floods, increased storms ...

Jean JOUZEL
Nobel Peace
Prize

Jean JOUZEL Climatologist, member of the IPCC and Nobel Peace Prize 2007 as such. Here he is surrounded by children after an animation L'Air et Moi at the Mediterranean Air Days 2014.



« Pollution levels in Marseilles chronically exceed thresholds that are of great concern for the health of residents and the most vulnerable. Our fight against these high concentrations requires the commitment of a large number of actors, including the City of Marseille. As a woman doctor and an elected official, I am delighted to be able to support the L'Air et Moi project, which will enable us to promote an ambitious awareness-raising policy among young people in Marseille, and thus take up this major environmental health challenge together. »

Michèle RUBIROLA, 1st Deputy Mayor of Marseille, for a fairer, greener, more democratic city, in charge of health and international relations

PROJECTS

AIR AND ME SCHOOL



Educational tools

THE EDUCATIONAL MODULES

Each Air and Me module consists of a slide show, a teaching guide, and videos on a particular theme. The «Essential» module summarizes all the existing modules.



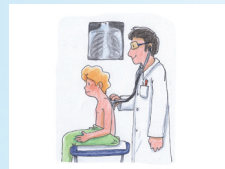
The Essential Module
Air Pollution (School, College, High School)



Module 1
The importance of air



Module 2
The causes of air pollution



Module 3
The consequences of air pollution



Module 4
Air Quality Monitoring



Module 5
Air pollution solutions



Module 6
Indoor Air Pollution



Module 7
Air and Energy



« The Air and Me team came to our school several times to involve us in creating the modules with our teacher. This allowed me to better understand air pollution. »

Mattéo, age 10



« I like when the teacher asks questions about the slide show and we have to imagine the answers. With Air and Me, we learn a lot while having fun. »

Carla, age 10

AIR AND ME SECONDARY SCHOOL



AIR AND ME COLLEGE

Following the success of L'Air et Moi École, the program has been adapted for middle school students! In partnership with AtmoSud and with the support of the Bouches-du-Rhône Departmental Council, a first «middle school» module has been created: «The essentials on air pollution». Other modules are to come.

Physics and chemistry, life and earth sciences, history and geography, arts, French, mathematics, modern languages, music... so many subjects in which «Air and Me College» can be used. Its educational and interactive aspect will be very much appreciated by the teaching teams.

AIR AND ME HIGH SCHOOL

Download the 7 modules adapted to high schools, created in partnership with AtmoSud and with the support of the Académie d'Aix-Marseille, the Région Sud Provence-Alpes-Côte d'Azur and several partner high schools. Use the «AirLoquence» module and its role-playing games to learn about air while preparing for the Grand Oral du BAC!



« According to the WHO, air pollution is now the most important environmental factor affecting health. As a physician, I support L'Air et Moi, which was conceived in our region and whose creation of Lycée modules is supported by our community. As our territory is very affected by particulate matter and ozone, I am committed, as a decision-maker, to act for a better air quality. »

Dr. Renaud MUSELIER, President of the South Provence-Alpes-Côte d'Azur Region, Former Minister

PROJECTS

AIRLOQUENCE



LEARN ON THE AIR WHILE GAINING IN ELOQUENCE !

Lors de nos premières interventions auprès d'adolescents, nous nous sommes rendu compte qu'il fallait d'abord créer du lien avec les élèves, gagner leur confiance pour pouvoir attirer ensuite leur attention sur le sujet de l'air. C'est ainsi que Victor Hugo Espinosa a inventé « AirLoquence ». Ce module vise l'apprentissage des messages « air » à travers des jeux créatifs, ludiques, d'éloquence, des jeux de rôle et de face-à-face. Il est aussi un atout pour le développement de l'éco-citoyenneté.

THE AIRLOQUENCE METHOD

The awareness action generally takes place in two stages:

- **In the first stage:** contact with the young people through speaking exercises, combining creativity and laughter. A climate of trust is thus established, making it possible to obtain the attention of the pupils.
- **Then, in a second time:** work on the air pollution. First, by creating word clouds by which the students choose themselves and collectively the themes on which they will prepare and speak. Finally, through face-to-face meetings and role-playing. L'Air et Moi comes to the aid of students to work on the content of their speech.

A REAL TOOL FOR PREPARING FOR THE BIG SPEECH

AirLoquence is a precious tool to accompany the teaching of speaking, especially in the context of the Grand Oral set up by the Ministry of Education as a baccalaureate test since 2021 in France.



« As a French Member of Parliament and President of the Air and Health study group, I strongly support the Air and Me program, which has become a national and international educational tool. Making as many people as possible involved in the protection of the air, our health and the climate corresponds to current needs. Raising the awareness of children and young people, who pass on the messages to their elders, enables this approach to be implemented. In addition, the training of elected officials and community representatives is essential for political decision-making, »

Claire PITOLLAT, Member of Parliament for the second district of Bouches-du-Rhône

THE EUROPEAN PROGRAM SH'AIR, A FRANCO-ITALIAN COOPERATION



NOI E L'ARIA : BIRTH OF THE ITALIAN VERSION OF THE AIR AND ME

In the framework of SH'AIR, ARPA Piemonte and Valle d'Aosta, the «Air and Me» team and AtmoSud have created the Italian version of Air and Me: Noi e l'Aria. All the tools have been translated and adapted and can be downloaded for free on www.noie-laria.it.

TRAINING OF TRAINERS IN ITALY, AUVERGNE RHONE-ALPES AND SOUTHERN REGION

Training of trainers was carried out to promote the use of L'Air et Moi in the project areas.

SH'AIR CONTINUES THROUGH THE TRAINED ACTORS

Despite the official end of the project, the trained actors continue to deploy the created tools, to invite to download them, to promote them during their various interventions.

The dedicated websites are regularly updated with new tools and content.



« Every year, the San Francesco School Institute carries out a project called Heritage, transversal to all students from 3 to 13 years old, from Nursery to Middle School. The specific topic of the 2015/2016 school year was the environment and the project The Air and Me fit in perfectly. The aims of the project were scientific, educational, pedagogical and linguistic.»

Dr. Ersilia Maria FERRARIO in SANTINI Director of the San Francesco Institute, Aosta, Italy

THE PROJECTS

THE EUROPEAN PROGRAM DIAMS

DIAMS has enabled the deployment of an air quality data exchange platform and digital services allowing everyone (political decision-makers, experts, citizens, civil society, economic actors...) to engage in the development of coordinated action plans at all territorial levels: individual, hyper local, urban, regional, national and supranational. With DIAMS, the 9 project partners have created an innovative information system on air quality.

THE AIR AND ME FEDERATION, PILOT OF THE DIAMS AWARENESS CENTRE

The Federation L'Air et Moi, pilot of the sensitization in DIAMS, worked with the Education Service of the Metropole Aix-Marseille-Provence and the Centre Permanent d'Initiatives pour l'Environnement du Pays d'Aix in order to propose interventions on the air quality to the schools of the Metropole of Aix-Marseille



MORE THAN 2000 SCHOOLCHILDREN MADE ACTORS OF THE PROTECTION OF THE AIR

The DIAMS sessions aimed to raise students' awareness of air quality issues so that they could become true «air sentinels». More than 2,000 students were made actors in the protection of air, health and climate.



« Air pollution education is essential. 300 interactive animations were carried out with the realization of quizzes and scientific experiments very appreciated. Each student was able to remember actions to protect the air (modes of consumption, food, transportation, waste sorting...) »

Florine PANELLA, DIAMS Coordinator at FAEM



« Air pollution is a current problem that is not often talked about, but which is of great importance. During the different DIAMS animation sessions, the children were all enthusiastic and invested, they hurried to answer the questions asked and participate in the experiments. »

Juliette BOURLET, Environment Animator at FAEM



THE 5 DIAMS EDUCATIONAL SESSIONS

5 DIAMS sessions have been set up to make students actors of air preservation, aware and prescribers of new behaviors. Based on the existing Air and Me modules, FAEM has designed 5 animation sessions for the DIAMS educational program:

- . **Session 1:** The importance of air
- . **Session 2:** Becoming an Air Sentinel
- . **Session 3:** What Air is it?
- . **Session 4:** Becoming an actor
- . **Session 5:** The day of restitution



AIR SENTINEL NOTEBOOK

From the first DIAMS educational session, a notebook was given to each child, making them true air sentinels. This notebook accompanied them throughout the project: they wrote down their thoughts, observations, the air pollution measurements they made, and the actions they decided to take to protect air quality.



With the Modulair sensor, the children monitor the CO2 levels in the classroom. Between 15 and 20 minutes, CO2 levels often exceed 1,500 PPM.



« We raised awareness among more than 1,500 children through DIAMS, all of whom were very attentive, curious and participative. The feedback sessions allowed us to see that they had retained a lot of information and that they were ready to act and to raise awareness among their friends and family! »

Camille NAVAS, Environmental Coordinator at FAEM



« L'Air et Moi offers an approach adapted to each age group, whether in the knowledge transmitted, in the way it is transmitted or through the identification of the public with the characters presented in the slide shows. »

Chloé CHABAUD, Environment Ambassador at FAEM

ECO'POP PROJECTS: ART FOR THE ENVIRONMENT



The ECO'POP interactive animations combine ecology and art in order to make the participants actors of the protection of the air quality.

EACH SESSION CONSISTS OF 3 STEPS:

- Air quality awareness with the Air & Me «Air Pollution Basics» module.
- Discussions and speaking exercises on the theme of air.
- Intervention of an artist who creates an artistic creation, in his field, with the participants.

9 ECO'POP REALIZED IN THE FRAMEWORK OF DIAMS

The European DIAMS program has enabled 9 ECO'POPs to be carried out on the territory of the Aix-Marseille-Provence Metropolis, with various publics.



« The concept of Popular Ecology that we have imagined brings together an environmental association and an artist who will adapt to the target audience. The information will then directly touch this one, thanks to its shifted, playful and sensitive aspects. »

Franck HALIMI, Artistic Coordinator of Label Épique



« Filming an experience like this provides an understanding of air quality issues. The artists promote an original perception of the issue. And the film-object reporting on these experiences enhances the essential actions of L'Air et Moi. »

Abel VAN de WIELE, Videographer of Clin d'Œil Production



EDUCATIONAL TOOLS TO REASSURE, UNDERSTAND AND ACT ON VIRUSES

In 2020, the unprecedented situation of large-scale containment due to the pandemic caused by the SARS CoV-2 coronavirus, reminded the world that viruses are part of our lives. Victor Hugo Espinosa had the idea to create a support for young people to reassure them, to improve their knowledge about viruses and to change their behavior for our health.

A PROJECT SUPPORTED BY THE ARS PACA, THE SOUTHERN REGION AND ATMOSUD



In 2021, the FAEM creates, with the support of Agence Régionale de Santé PACA and the Région Sud Provence-Alpes-Côte d'Azur, and the cooperation of many teachers and students, a new version of the pedagogical support for primary school students and a new concept for high school students: « VirusLoquence ». The relationship between Co-

vid-19 and indoor air pollution being proven, Atmo-Sud quickly supports this program, which encourages the gesture of ventilation in establishments receiving the public and opens the reflection on air cleaners, a rising subject.

« VIRUSES AND US SCHOOL »

This teaching aid is fun, participative and innovative. It can be downloaded free of charge from: <https://airandme.org> (in French, English, Italian and Spanish).

VIRUSES AND US HIGH SCHOOL AND THE «VIRUSLOQUENCE» PROGRAM

«VirusLoquence» is the equivalent of «AirLoquence» on the theme of viruses. It allows participants to reassure themselves and to learn more about viruses by learning how to speak, through role-playing and face-to-face games, in preparation for the Grand Oral du BAC.



« The collaborative construction of Viruses and Us» has been a great professional and human experience. Having children aged 7 to 11 as collaborators is not insignificant. Once they understood that their voice would be heard, they were a real source of proposals. »

Marcia ROUDIER, Coordinator of «Les Virus et Nous» at FAEM



« I had the pleasure of being the designer for the Viruses and Us project. We took into account the children's feedback in order to make drawings that best fit their expectations. »

Nolwenn LEROUX Draftswoman L'Air et Moi Bretagne

THE PROJECTS

THE COP



In order to share its educational program, the Federation L'Air et Moi has participated in many COPs: COP22 in Morocco, COP23 in Germany, COP24 in Poland, COP25 in Spain, COP26 in Scotland and COP27 in Egypt.

STRENGTHEN THE NETWORK OF AIR AND CLIMATE ACTORS

At each of these COPs, we have proposed and led events on air pollution, health and climate, participated in radio or television media reports... Each year, this meeting allows us to expand our cooperation network.

SHARE MORE WIDELY THE AIR AND ME

The World COPs also allow us to share more widely the free downloadable educational tools available in 15 languages at <https://airandme.org>.

TO ACCOMPANY THE DIFFERENT TERRITORIES

Meetings with communities, elected officials and actors from many countries allow the implementation of actions in different territories. The Federation L'Air et Moi accompanies the actors by sharing its approach, its tools, its models of communication supports. Meetings are then organized with them to organize this sharing. Very quickly, we see the number of children sensitized increase on the territories concerned.



« In my capacity as Program Specialist and International Negotiator on Environment and Sustainable Development, I have greatly appreciated the collaboration with Victor Hugo Espinosa, Founder of the Air and Me Federation, during the previous Conferences of the Parties on Climate Change (COP). We have jointly carried out several awareness-raising events on the issues of air pollution, health and climate. »

Issa BADO, Program Specialist, International Environment and Sustainable Development Negotiations, Institut de la Francophonie pour le développement durable (IFDD), Canada



MICRO-SENSORS IN THE SPOTLIGHT

The COPs allow to draw attention to the micro-sensors allowing the follow-up and the visualization in real time of the atmospheric pollution. This tool is valuable to raise awareness of air-related issues and develop the habit of airing.

A STRONG PARTNERSHIP WITH THE FRENCH-SPEAKING WORLD

Since 2021, a partnership has been established with the Pavillon de la Francophonie where we now host events.



« The French Federation of Clubs for UNESCO supports the educational program L'Air et Moi. By sharing its tools with all those who wish to do so, L'Air et Moi is part of a humanitarian approach and a benevolent cooperation. Like Unesco, all of its actions advocate the education of youth. The Clubs for Unesco could be a relay for its international deployment. »

Ardiouma SIRIMA, President of the French Federation of Clubs for Unesco

UNDERSTANDING TO ACT

SCHOOL AND EDUCATION

This balloon of 15,000 litres of air is what a person breathes every day.



INVESTING IN EDUCATION

In all countries of the world, raising awareness among children and young people is very effective because they in turn raise awareness among their parents and families. Through the children, it is the majority of the citizens that we make active and more conscious, to preserve our air.



« Through DIAMS, students learned about the importance of air and the causes and consequences of air pollution. They loved the experiments, the slide shows and their little sentinel booklet. We made a composteur and changed our habits. The parents were delighted. Thank you to L'Air et Moi ! »

Aude GALLI, Teacher at Rosière Figone school



« Sensitive to air quality but not sure how to approach it, I welcomed the 5 DIAMS sessions into my classroom with gusto. My students were able to visit an air quality monitoring station. After the sessions, they realized that they too had a role to play in protecting our air. »

Aïsha HADJ, Teacher at Antoine de Ruf School

IT ALL STARTS AT SCHOOL

How much air passes through our lungs on average each day? To this simple question, only 5 to 10% of the students in an elementary school class, as well as those in a university master's degree, have the right answer. Since 2009, with the active contribution of teachers and students, the Air and Me educational program has been gradually integrating an understanding of the issues related to air quality, its renewal and good practices in and around schools.

In the classroom, the first topic is air renewal. Knowing that nearly 80% of classrooms are not equipped with mechanical ventilation, the main issue is to increase the frequency of window opening. The use of CO2 sensors with children, such as Modulair, is naturally done within the framework of an animation with the support L'Air et Moi. This more regular ventilation has a triple benefit: limiting the viral load, reducing indoor air pollutants and regulating the CO2 level, which has effects on learning

abilities and attention. Of course, in some cases, the outside air can be polluted, which raises the question of the location of schools, the regulation of sources around the school, and even filtration systems.

With the engagement programs, developed in DIAMS, the approach has taken a new dimension. Beyond the shared knowledge, the actors and students in and around the school have been put in motion to preserve the air on a daily basis.

And it works! When you invite teachers, students, school workers, municipal agents and residents to reflect on the subject, it is clear that pragmatic solutions adapted to the context emerge. These initiatives cannot be carried out without a common base of knowledge and a shared understanding of the impact of everyone's actions.



« Air quality is a major public health issue. These problems concern the entire population, but particularly affect children. This is why I wanted to fully involve the commune of Allauch in the DIAMS project, led by the Metropolis. This project has resulted in the installation, as of June 2021, of 5 fixed sensors in the vicinity of school groups and the provision of 80 mobile micro-sensors to teachers, members of the APE and municipal staff to benefit from the most complete data possible. These measurements will allow experts to build an accurate diagnosis to improve air quality for the benefit of our children. »

Lionel de CALA, Mayor of Allauch (13), Departmental Councilor

COLLECTIVE INTELLIGENCE

A COLLABORATIVE PROJECT



THE PILOT TEAM

Victor Hugo ESPINOSA, creator and founder of « L'Air et Moi », Dominique ROBIN, director of AtmoSud and Marie Anne LE MEUR, director of L'Air et Moi, put all their energy in the development of the program since its creation.

THE PARTNER TEAM

A large number of teachers, scientists and users have contributed to the construction of Air and Me. A team of professionals accompanied us throughout the project for video production, computer graphics, illustration and the website.

A CREATIVE AND COOPERATIVE APPROACH

L'Air et Moi was co-constructed through more than 500 interventions in schools. First, without any support, we evaluated the children's knowledge about air. This stage of exchange and listening as well as the pedagogical advice of the teachers allowed us to elaborate a first slide show. The latter was tested by different committees. The evolutionary aspect of

L'Air et Moi is its strength and its quality, the tools are regularly improved thanks to return visits to the schools and to experts.

DESIGN OF DRAWINGS

We went to many classrooms with the designer to imagine with the children the style of the drawings and the characters.

CONSISTENCY WITH SCHOOL PROGRAMS

Since its beginnings, L'Air et Moi has made sure to respect the values and requirements of the French National Education system.

LINKS WITH THE MINISTRIES IN CHARGE OF EDUCATION AND THE ENVIRONMENT

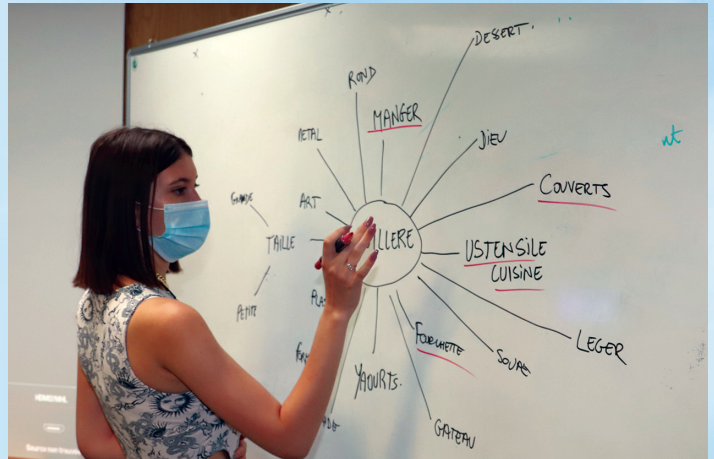
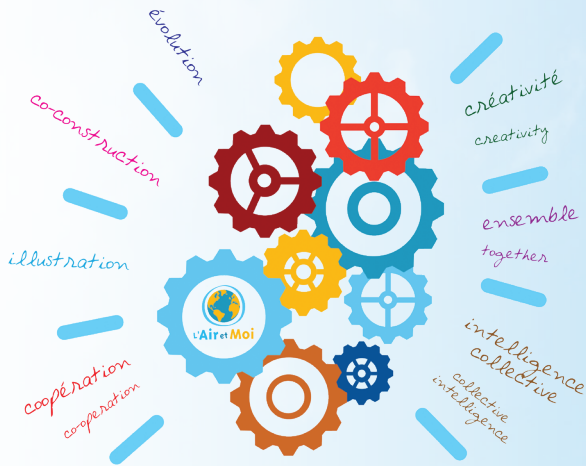
We met with the Ministries in charge of Education and Environment to organize with them a better deployment of the action in favor of air, health and climate protection.



« I really enjoy participating in this humanitarian project because we really build it together. A pedagogy is born from this association of actors between the creativity of the children, the experience of the teachers and the animators, the expertise of the scientific committee. »

Christel GROSJEAN, Teacher, President of the Federation L'Air et Moi

COLLECTIVE CREATIVITY



THE THREE COMMITTEES

The Air and Me was designed in a cooperative manner with three committees

THE PEDAGOGICAL COMMITTEE

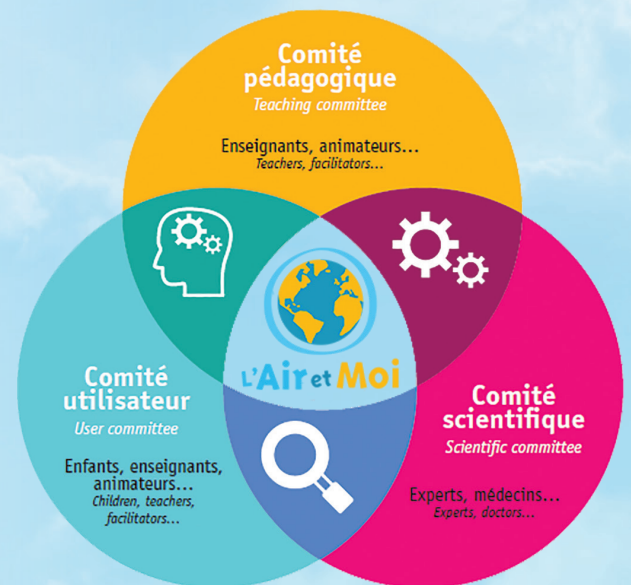
Composed of teachers and pedagogical experts, it meets to improve the tools from a pedagogical point of view (choice of words, images, arrangement of slides...).

THE SCIENTIFIC COMMITTEE

Composed of experts, in particular from Authorized Air Quality Monitoring Associations (AASQA), accredited institutions and doctors, this committee validates the scientific content of Air and Me (definitions, figures, messages, etc.).

THE USER COMMITTEE

It is composed of teachers, facilitators and parents who test the tools with children to give us feedback on the positive and negative sides of the materials.



« The Airloquence workshops allowed the youth to acquire public speaking techniques. They had fun preparing, structuring their arguments and expressing them orally. As a high school teacher, I was impressed by the impact of these activities on the students. They have evolved in a surprising way. They understood the importance of mastering their subject and daring to speak up to express their ideas. They will be well prepared for the Grand Oral, an important test for the baccalaureate, but also for their future interviews and their role as eco-citizens. »

Eliane DUVAL-MALARA, Physics and Chemistry teacher at Marseilleveyre High School

PEDAGOGICAL TOOLS

A WIDE VARIETY OF TOOLS



Air and Me is a set of educational tools on air pollution: slide shows, quizzes, guides, practical work, videos, exercises, summary sheets, comics, coloring pages... It is organized in several modules and is intended for children through their teachers, parents and animators. It can be used during school and extracurricular time.

Advice for use : Teachers and animators generally choose the slide show as the main animation tool. Indeed, the animated slide show is often used first, and punctuated by the other tools that complement this support.

DOWNLOAD THE FREE TOOLS

The website www.lairetmoi.org is the main tool for its users. In particular, it allows to download free of charge all the educational materials.

PARTICIPATE IN THE IMPROVEMENT OF THE AIR AND ME

Through the «One Minute for Air and Me» form on the site, we collect very useful information to improve the tools and adapt them to the needs of teachers and facilitators.

DO NOT HESITATE TO CONTACT US

You can register, call us or write us for any question. It is in the exchange that L'Air et Moi was built and that it will continue to evolve.

FOLLOW OUR ACTIONS

You can also follow our actions and their media returns on www.lairetmoi.org.

400,000
downloads on
www.lairetmoi.org



« I am proud to have been chosen as the illustrator of this beautiful project. When I draw what the children and creators imagine, I am always moved by their spontaneity, their frankness and their wonder. »

Isabelle NÈGRE-FRANÇOIS, Designer of L'Air et Moi



« As a young and adult designer for L'Air et Moi, I have helped the characters created by Isabelle grow and I have had the pleasure of accompanying the association in its communication. »

Emilie FRANCESCONI, Designer of L'Air et Moi

SLIDE SHOWS, THE MOST USED TOOL

Animated slideshows are often used as the foundation of the learning session and punctuated by the other tools that complement it.

EDUCATIONAL TOOLS

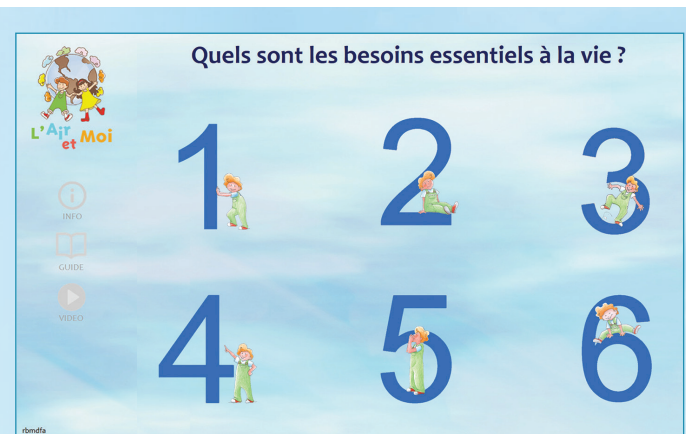
In order to create tools that are consistent with school curricula and national education values, we have worked with many teachers through our pedagogical and user committees.

INTERACTIVE TOOLS

On the majority of the slides, a question appears without the answer being given. This gives the teacher time to question the children. To find out the answer, all they have to do is click on the image.

FUN TOOLS

The images are done with tenderness and humor. The feedback from children, teachers and animators to our survey «One minute for Air and Me» on www.lairetmoi.org testifies to this: many passages amuse the children. They are curious to discover the answers hidden under the numbers. They really like this system!



« I liked the characters in Air and Me: Atmo and Sphere want to save us from the Toxouilles, the air pollutants. The Bee is the teacher: she explains to Atmo and Sphere everything that is complicated to understand. »

Manon, 11 years old

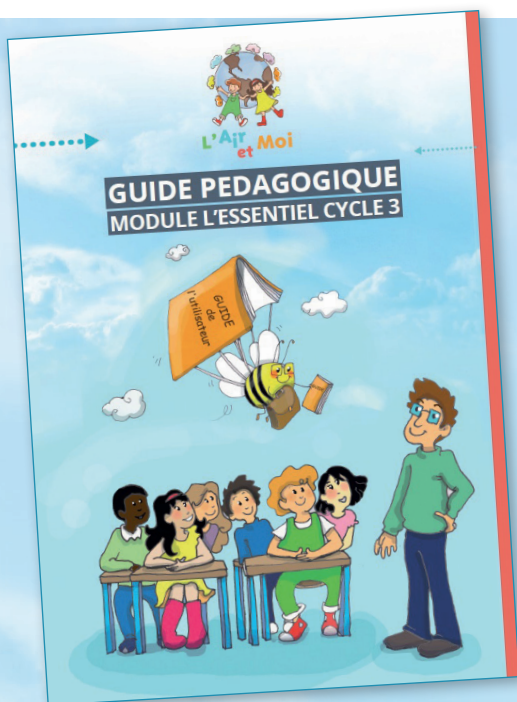


« When my mom showed me the slide shows, I really liked the pretty drawings and the questions about air. I couldn't find all the answers, but I learned that we need more air when we play sports. »

Heloise, age 7

PEDAGOGICAL TOOLS

GUIDES



EDUCATIONAL GUIDES

Each slide show has its own pedagogical guide. This document accompanies the teacher in the use of the slideshows. It includes instructions for the use of the materials and, for each slide, where appropriate, scientific content, definitions, key figures, teaching advice, practical work, etc., all of which provides additional information to help the user go further in his explanations, if he so wishes.

The user will also find a summary of the answers to the questions asked, to know where to click to discover a good answer when a child finds it. As with all L'Air et Moi materials, the educational guides have been designed in cooperation with teachers and experts.

THE PRACTICAL GUIDE

It was important for us to create a teaching aid that would allow children to carry out experiments on air. The practical work leads the students to develop scientific reasoning and to better understand certain complex and abstract notions related to air pollution. This guide is a very popular tool for teachers and facilitators because of its practical, fun and experimental dimensions.



« The Academy of Aix-Marseille supports the Air and Me program. Its pedagogical approach and scientific content are fully in line with the requirements of the French National Education system. A partnership work has been engaged with nearly 200 school nurses in its health approach. »

Joëlle DURANT, Nurse Technical Advisor to the Rector of the Aix-Marseille Academy

EDUCATIONAL VIDEOS



MAKE THE INVISIBLE VISIBLE

The Air and Me videos are designed to complement the information contained in the slide shows. They are approximately one minute long.

They can be used independently of the other educational tools. A few seconds of video can, in some cases, be more effective than any speech. The images remain.

For older students, the videos can be used to initiate a discussion on the topic being addressed, thus making them think and participate.



Downloadable videos on www.lairetmoi.org



« I saw a movie: it was the story of the apple. There is an apple that comes from here and an apple that comes from somewhere else. You have to take the one that comes from here because the other one has traveled many miles and polluted the air. »

Flora, age 6



« After watching the slide shows, we watched a video about a gentleman who was sick from pollution. He was having trouble breathing and was sneezing. The gentleman made us laugh and I learned some things. »

Enzo, age 11

THE AIR AND I UNFOLDS AN EXEMPLARY DEPLOYMENT

AtmoSud

Inspirer un air meilleur



23,000 CHILDREN SENSITIZED, 900 ADULTS TRAINED IN THE SOUTHERN REGION

AtmoSud, the Air Quality Observatory in the South of France, has had the privilege of accompanying and supporting L'Air et Moi since its birth. Since then, nearly 23,000 children and young people (600 classes) and 20,000 adults have been sensitized in the region. More than 900 people have been trained to use the tools, which can be downloaded free of charge from lairetmoi.org.

AIR PROTECTION AMBASSADORS IN EACH DEPARTMENT

A network of ambassadors of the action in favor of the protection of the air in each department of the Region was set up. All the chain which gravitates around the children and the young people is mobilized: communities, teachers, animators, associations, school nurses, institutions, elected representatives...

VERY ACTIVE PARTNER ASSOCIATIONS

Federation L'Air et Moi, MEP, FNE 13, CPIE du Pays d'Aix, Chemin Faisan, ENERGIES 2050, Méditerranée 2000, MMCA, Label Epique, FNE 84, Arts de Vivre, Envirobat BDM, Gap Sciences Animation 05, FNE04, les Petits Débrouillards PACA...

MANY SUPPORTERS IN THE SOUTHERN REGION

For the deployment of L'Air et Moi, AtmoSud has obtained the approval of the Academies of Aix-Marseille and Nice, the support of the European Union through the SH'AIR project, of the South Region, of the ARS PACA within the framework of the Regional Health and Environment Plan (PRSE), of the Departmental Council 13 and of hundreds of teachers, organizers and parents



« It is always rewarding to work on a European project both administratively and financially. It was a real pleasure to serve a noble cause, to raise awareness in schools about the quality of the air we breathe and its impact on our health. »

Nathalie MUNUSAMI, Administrative Manager of the FAEM



« Specialized in video production on environmental topics, I had the pleasure to support the Air and Me program from the beginning by producing the different educational videos, testimonials and teasers for the European programs or for the big projects like AirLoquence. »

Philippe VILLAUME, Director IM-BIOCO

A PROJECT SUPPORTED BY THE SOUTHERN REGION

With the support of the Southern Region and in partnership with AtmoSud, FAEM is building a network to raise awareness of air quality, particularly around the Mediterranean and Africa.

A NETWORK BASED ON SHARING

The Air and Me educational and communication tools and deployment models are shared within the network. If an actor creates a new tool, it is put in the common vessel so that the work done benefits all the members.

INTERNATIONAL PLAYERS

The L'Air et Moi network already includes actors from Italy, with the ARPA Piedmont and Aosta Valley, from Morocco, with L'Air et Moi Morocco, from Tunisia, from Canada...



A GROWING NETWORK

The Federation L'Air et Moi is already a member of several networks, such as the French Federation of UNESCO Clubs (FFCU) or the Ana Lindh Foundation. It is also linked with the Associations Agréées de Surveillance de la Qualité de l'Air (AASQA). Participation in COPs and international events allows it to meet new actors every year.

A NETWORK THAT IS ABOVE ALL HUMAN

Although building a network takes time, FAEM has already laid the first solid bricks of this network, which it wants to be primarily human.

REGIONAL SUPPORT

Each country will have its own regional organization: we have set up an adaptable procedure to better accompany you in the deployment of Air and Me. The success of the regional deployment strongly depends on the involvement of each actor: ministries, air quality monitoring agencies, local authorities, schools, teachers, parents, organizers, associations...

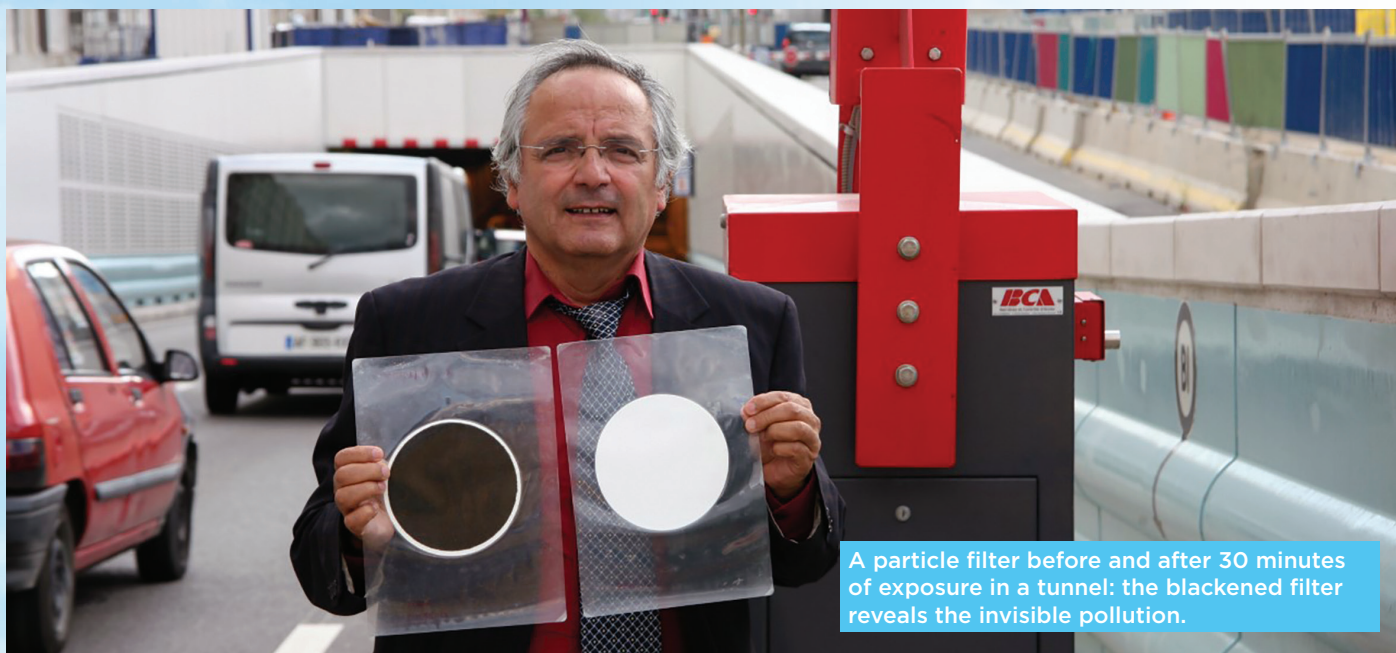


« The tools are varied and much appreciated by the children. They allow me to keep their attention for longer and to make my class sessions more dynamic. The collective elaboration of the illustrations with the designer was an enriching and unforgettable experience for them. »

Marion BACCI-LIGUORI, School teacher

L'AIR ET MOI DEPLOYS

L'AIR ET MOI ON YOUR TERRITORY



A particle filter before and after 30 minutes of exposure in a tunnel: the blackened filter reveals the invisible pollution.

TOWARDS MORE BREATHABLE CITIES

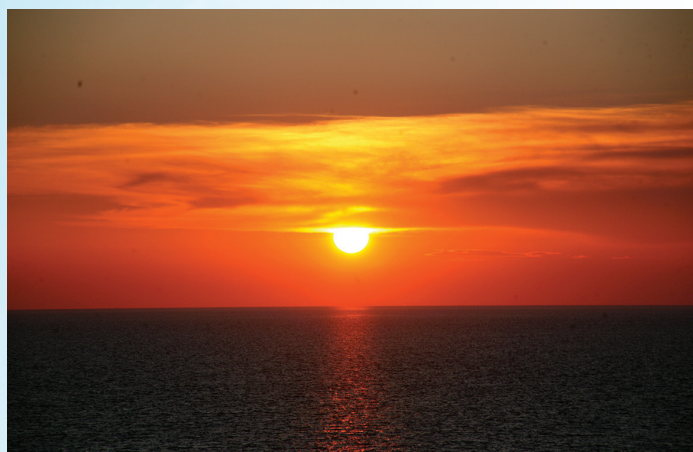
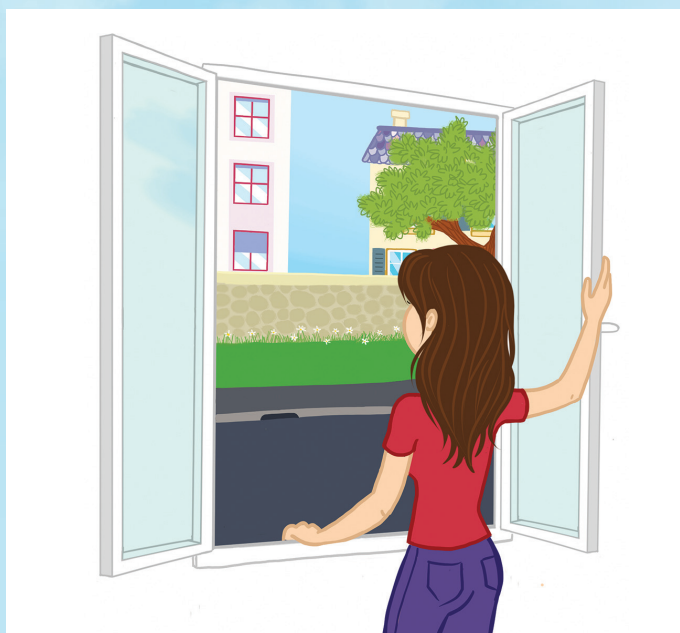
In a context where the issue of air is the subject of increasing attention (increase in the number of diseases and laws in favor of the environment, regulations, Establishment Receiving Public), education contributes to a better preservation of air. In the city, half of all car trips are less than 3 km. With increased awareness, these trips could be made more cleanly, on foot or by bicycle.

AIR AND ME ON YOUR TERRITORY

We offer you a personalized support for the implementation of L'Air et Moi on your territory. You can benefit from our experience of deployment, from an accompaniment in term of communication and from the models of our supports of communication (Internet site, flyers, balloons, key usb...).

THE AIR AND ME TOGETHER

The success of the deployment of awareness-raising depends strongly on the involvement of each actor. Even with few means, the number of children sensitized will quickly increase!



AIR AND ME INTERNATIONALLY



THE ESSENTIAL MODULE IN SEVERAL LANGUAGES

The Essential module has been translated and adapted into more than 15 languages: French, English, Spanish, Arabic, German, Russian, Portuguese, Mandarin, Polish, Italian, Czech, Danish, Wolof, Esperanto, Estonian...
Download them for free on airandme.org.

THE AIR AND ME IN ITALY : NOI E L'ARIA

Thanks to the European project SH'AIR of cooperation between the regions Provence-Alpes-Côte d'Azur Rhône-Alpes, Aosta Valley and Piedmont, L'Air et Moi has been translated and adapted in Italy with the program Noi e l'Aria and its website : noielaria.it.

AIR AND ME IN MOROCCO

In Morocco, the Mohammed VI Foundation for the Protection of the Environment is very sensitive to the issue of air pollution and has supported the Air and Me approach. From now on, with the association L'Air et Moi Maroc, we hope to continue developing the deployment of this tool in the country.



Air and Me with the Mohammed VI Foundation for the Protection of the Environment in Morocco.



« The Air and Me is a project that is part of an international cooperation. It has been translated into 15 languages, including Arabic. Training sessions have been held in all regions of Morocco for environmental managers of local authorities, under the aegis of the Mohammed VI Foundation with the Ministry of the Interior. Our ambition is that such a training program be deployed around the Mediterranean and in Africa. The L'Air et Moi team can help you deploy these training programs. »

Driss AZARIZ, President of L'Air et Moi Morocco

AIR AND ME UNFOLDS PRINT MEDIA



La Provence

Marsaille

L'écologie chantée par des élèves de primaire

Des élèves de Cité Michels (11^e) ont participé aux ateliers de l'Air et moi

L'e chant est "dans le bon ton" de l'école de Cité Michels (11^e) et CMEI de la commune de Marseille. Cette école est connue pour ses ateliers de chant et de poésie. Les élèves de la classe de Mme. Espinosa ont participé aux ateliers de l'Air et moi. Ils ont écrit et chanté des chansons sur l'écologie. Les parents ont été très impliqués dans ce projet. Les élèves ont écrit des chansons sur l'écologie et les ont chantées devant leurs parents. Les parents ont été très impliqués dans ce projet. Les élèves ont écrit des chansons sur l'écologie et les ont chantées devant leurs parents.

La Marseillaise

BOUCHES-DU-RHÔNE ET VAR

Sans filtre, les lycéens débattent sur l'air

Des lycéens développent leur éloquence sur l'air

Les seconds du lycée Marseillais ont participé au programme pédagogique « l'Air et Moi ». Un moyen pour les élèves de prendre la parole sur l'état de l'air. Les élèves ont participé à des ateliers de débat et de rédaction. Ils ont écrit des articles sur l'état de l'air et les ont présentés devant leurs camarades. Les élèves ont participé à des ateliers de débat et de rédaction. Ils ont écrit des articles sur l'état de l'air et les ont présentés devant leurs camarades.

La Provence

Marsaille

Des épurateurs d'air pour préserver la santé des lycéens

Une expérience a été faite à l'école en collaboration avec les élèves.

Tenter un épurateur d'air dans une salle de classe. C'est ce que les élèves de l'école de Cité Michels ont fait. Ils ont installé des épurateurs d'air dans leur salle de classe. Ils ont mesuré la qualité de l'air avant et après l'installation des épurateurs. Les résultats ont été très intéressants. La qualité de l'air a amélioré. Les élèves ont été très impliqués dans ce projet. Les parents ont été très impliqués dans ce projet.

La Marseillaise

BOUCHES-DU-RHÔNE ET VAR

et Moi forme ses sentinelles dans les écoles

Des messages de lycéens toulonnais diffusés à la Cop 26

Le campus Marie-Françoise a servi d'agora à l'opération de sensibilisation à la qualité de l'air. Les messages de lycéens toulonnais ont été diffusés à la Cop 26. Les messages ont été diffusés à la Cop 26. Les messages ont été diffusés à la Cop 26.

La Marseillaise

BOUCHES-DU-RHÔNE ET VAR

Des capteurs de CO2 aussi pour mieux travailler à l'école

Des capteurs de CO2 ont été installés dans les écoles. Les élèves ont pu mesurer la concentration de CO2 dans leur salle de classe. Les résultats ont été très intéressants. La concentration de CO2 a été élevée. Les élèves ont été très impliqués dans ce projet. Les parents ont été très impliqués dans ce projet.

La Marseillaise

BOUCHES-DU-RHÔNE ET VAR

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Vaucluse

le dauphiné

De l'art pour sensibiliser les jeunes à la qualité de l'air

Des ateliers de dessin ont été organisés pour sensibiliser les jeunes à la qualité de l'air. Les élèves ont dessiné des œuvres d'art sur l'écologie. Les œuvres ont été exposées dans l'école. Les élèves ont été très impliqués dans ce projet. Les parents ont été très impliqués dans ce projet.

Var-matin

Métropole

Des messages de lycéens toulonnais diffusés à la Cop 26

Le campus Marie-Françoise a servi d'agora à l'opération de sensibilisation à la qualité de l'air. Les messages de lycéens toulonnais ont été diffusés à la Cop 26. Les messages ont été diffusés à la Cop 26. Les messages ont été diffusés à la Cop 26.

AUDIO-VISUAL PRESS

france 3

Victor-Hugo Espinosa
Président de l'association L'Air et Moi
Nice Le grand oral

www.lairretmoi.org

AirPACA



Training in Marseille

TRAINING FOR PROFESSIONALS AND ELECTED OFFICIALS

FAEM and AtmoSud now offer air quality training for elected officials, community leaders and agents, municipal employees, businesses, teachers and facilitators.

900 PEOPLE TRAINED

900 people have already been trained, mainly in the South Provence-Alpes-Côte d'Azur region or in Morocco. AtmoSud and the FAEM have dozens of experienced trainers to their credit to provide quality training and meet a demand at the national and

international level, especially around the Mediterranean.

A VARIETY OF TRAINING TOPICS

From air quality monitoring, through advice to communities, regulations, public and school interventions L'Air et Moi, mobility, indoor air, micro sensors, education, communication ... a wide range of training is offered.



Training in Maroc

AIR AND ME UNFOLDS PROJECTS TO SHARE



THE AIR AND ME FORMULA APPLIED TO OTHER THEMES !

Very quickly, we realized that the «Air and Me» formula could be applied to other themes, with the same objective of making available to as many people as possible royalty-free slide shows to make users actors in a particular field. New tools have been created with the vocation to be shared, adapted and deployed in all countries that wish to do so.

These tools can be downloaded free of charge by teachers, parents or leaders. Like «L'Air et Moi», all the tools are created in a cooperative manner, with 3 committees (pedagogical, user and expert).

Currently, we offer, in partnership with the Maison de l'Écologie de Provence, the following programs and others are in preparation.

THE CREEKS AND US

The Calanques and Us is composed of ten interactive and playful modules to encourage the preservation of the Calanques National Park: «Natural spaces in the world», «The National Parks of France», «The Calanques National Park», «Nature and Us», «The fauna and flora of the Calanques», «Life environments», «Users», «A regulation to protect the Calanques», «History and cultural heritage of the Calanques», «The geology of the Calanques».

WATER AND ME

Water is a common good for humanity. It is important to protect it and to share it better. Two modules are already available for download: «The water cycle, causes and consequences of pollution» and «Water in solidarity». Others are being prepared: «Solutions», «Water and my health: monitoring and control of water quality», «Water-related risks», «Aquatic environments» and a «Basics» module that would summarize all the others, adapted for each study cycle. Do not hesitate to contact us if you wish to participate in the continuation of «Water and Me»!



« I am lucky to live next to the Calanques National Park. I really liked the slideshows The Calanques and Us» and the playful way of teaching us important things with beautiful drawings and photos, of making us understand why we need to protect biodiversity. »

Louka, 8 years old



« I have seen the Water and Me» modules that have helped me understand the importance of water for our lives. For example, thanks to the module on water solidarity, I understand why we must share water and not waste it. The module on the water cycle allowed me to understand its fragility. »

Bérénice, 11 years old

ACKNOWLEDGEMENTS

Because this is a collaborative project, we would like to thank all the people who have contributed to make L'Air et Moi exist and evolve. They are numerous and we are very grateful every day for their involvement and their growing number.

First of all, all the people who have given generously of their energy, sometimes even on their own time, and who have made it possible to accompany the creation and the evolution of the project, Ladies and Gentlemen:

ADON, ALEIXO, ARAB-DESMARECAUX, ARMENGAUD, ASLANGUL, AUGE, AUGIER, AZARIS, BACCI-LIGUORI, BAILLY, BARBEAU, BATAILLE, BELIN, BELTRAN, BERENGER, BLANC, BONNEAUD, BONTEMPS, BONTEMPS, BOUTON, BOUVIER, BOYER, BUCHMANN, BUREL, CANAL, CARLUS, CASTAING, CAVALLARO, CENTENERO, CHANAC-MONGREDIEN, CHARPIN, CHEVALLIER, CLERET, COSENZA, CRISAN, DACHRAOUI, DOLLINGER, DORES, DURA, DURANT, ESTEVE, FAIVRE, FRANCO, GALLI, GIRAUD, GOUIFFES, GRAND, GRIMALDI, GROSA, GROSJEAN, GUILLE, HADJ, ISOARD, IZARD, JAUMARD, JOUVET, KLAKIEWICZ, L'HADJI, LAFITTE, LAMBERT, LATUILLERE, LEBRETON, LECLECHRODRIGUEZ, LIGNEREUX, LOMBARD, LOMBARDI, LOPES, LOZANO, LUBES, MACH, MARIA, MARQUES, MARTEAU, MARTINEZ, MARY, MASSIGNAN, MAYANI, MICHELOSI, MILLET, MINARET, MINELLE, MOLLARD, MOUCHON, MOYNET, NAEGELEN, NEGREFRANCOIS, NEGREL, NEVIERE, ODDOU, OSSART, PAKULIC, PALLY, PAOUTOFF, PAPAILHAU, PORTEVIN, REYNES, RICOURT, ROCHER, ROSSELLO, SABAA, SADELLI, SAUREL, SELVANIZZA, SIVAN, SUBI, TAMISSIER, THIBIERGE, TOMBOLATO, TUBIANA, URBAN, VANNET, VILLAUME, VILLETARD, VINCENT, VONVINTSCHGER, ZIR, ZUBLENA.

Thank you to our partners and financiers: the European Union which financed this brochure and supported the deployment of the children's awareness, the Metropolis of Aix-Marseille Provence, the ARS PACA, the DREAL PACA, the South Provence-Alpes Côte d'Azur Region and the Departmental Council of Bouches-du-Rhône.

Thanks to our partners of realization and deployment: Air Rhône-Alpes, ARPA Piedmont, ARPA Aosta Valley, Geograph'R, the Grand Avignon, the Maison de l'Ecologie de Provence, our privileged partner on L'Air et Moi since the creation of the program, the Maison de la Météo et du Climat, which deploys the program in the Vaucluse, Alpes de Haute Provence and Hautes-Alpes, the Office Central de la Coopération à l'Ecole des Bouches-du-Rhône (OCCE 13),

And of course, thanks to you, reader of this brochure, who may decide to embark on the L'Air et Moi adventure. Some of you will bring a small stone, others a little more. All contributions are valuable for our air and our health!





CONTACT US !

YOU ARE :

- A teacher
- A community
- An elected official
- An actor in education, sustainable development and/or health
- A facilitator
- An association

YOU WANT TO :

- Our help for the good progress of your first animation L'Air et Moi
- Give us feedback on an animation you have done
- Train you to use the Air and Me tools
- Deploying L'Air et Moi on your territory
- Translate and adapt L'Air et Moi into your language.
- Share with us a tool you have created on air pollution
- Or anything else...



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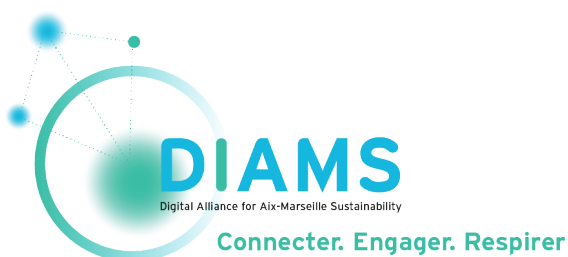
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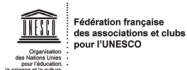
www.lairetmoi.org
www.airandme.org



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 Graphic design : Emilie FRANCESCONI
 Support team : Chloé CHABAUD, Marcia ROUDIER and Camille NAVAS
 Year 2022 European project DIAMS



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L'Air et Moi
SE DÉPLOIE

Air and Me
IS ROLLED OUT

Available in 15 languages

One million
children reached

400,000
downloads

Outils pédagogiques
de sensibilisation à la qualité de l'air
Téléchargement gratuit

An educational program
to raise awareness about air quality
Free download

提高空气质量意识的工具
免费下载

Herramientas educativas para
sensibilizar a la calidad del aire
Descargar gratis

Senzibilizační pedagogické pomůcky
na téma kvality ovzduší
ke stažení zdarma

Supporto pedagogico
per la sensibilizzazione
sul tema della qualità dell'aria
Scaricare gratuitamente

Ferramentas pedagógicas
para a sensibilização
da qualidade do ar
Carregar grátis

Narzędzia edukacyjne na rzecz
poprawy jakości powietrza
Do bezpłatnego pobrania

Учебные пособия
осознание качества воздуха
Бесплатно скачать

Program pædagogisk
der har som mål at bevidstgøre
børn om luftkvalitet
Gratis downloading

الوسائل البيداغوجية للتحسيس للمحافظة على جودة الهواء
تحميل مجاني للملفات

