

## Air and Me worldwide

### The Essentials module in several languages:

In order to make the program easier to use abroad, *The Essentials* module will soon be downloadable in different languages: English, Spanish, Italian, Arabic, German, Russian, Portuguese, Mandarin...

### Support with setting up Air and Me:

We have set up a process that allows each country to adapt the program to local requirements and specificities. Our team will be available to help you doing so.

## Educational tools available for free

The website [www.lairetmoi.org](http://www.lairetmoi.org) is the main platform where to find all the educational tools free of charge.



### You are

- A teacher
- A community organization
- An elected representative
- Someone involved in education, sustainable development and/or health
- A facilitator
- An organization

### Contact us !

#### [www.lairetmoi.org](http://www.lairetmoi.org)

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# Air and Me

across your region



Air and Me:  
an educational program  
to raise awareness  
on air quality

15,000  
liters of air go into  
our lungs every day

## Let's preserve our air together!



125,000  
free downloads from  
the website



[www.lairetmoi.org](http://www.lairetmoi.org)



## Why Air and Me?



**We breathe 15,000 liters of air daily.**

According to the World Health Organization, air pollution is the most significant environmental factor affecting our health. That is why, back in 2009, Victor Hugo Espinosa decided to create *Air and Me*: an awareness-raising educational program about air quality that was built with Air PACA.\*

*Air and Me* is about to start a partnership with the Approved Associations for Air Quality Monitoring (AASQA) to introduce teaching tools into schools (from elementary school to high school), institutes and play centers, and to adapt the tools to the needs of every country.

\* Air PACA is an associative structure in charge of air quality monitoring in the PACA region, approved by the French Ministry of Environment.

9 million premature deaths worldwide every year

## A wide variety of tools

*Air and Me* is a collection of free teaching tools on air pollution: slides, quizzes, guides, practical work, videos, exercises, summary information, cartoons, colouring-in exercises and much more. The program is framed into several modules and is designed for children to learn with the help of their teachers, parents and facilitators. The tools can be used during the school hours or as an extracurricular activity.

250,000 children sensitized so far!



## The committees

*Air and Me* was designed in a co-operative manner together with **three committees**.

**The teaching committee:** Made up of teachers and teaching method experts to improve the tools from a pedagogical standpoint.

**The scientific committee:** Made up of experts (including the Approved Associations for Air Quality Monitoring - AASQA), approved institutions and doctors to validate the scientific content of *Air and Me*.

**The users committee:** Made up of teachers, facilitators and parents to test the tools with children to get feedbacks and improve them.

Free entertaining and interactive teaching tools

## Air and Me modules



**The Essential Module**  
Air pollution  
(7-11 year old)



**Module 4**  
Monitoring air quality



**Module 1**  
The importance of air



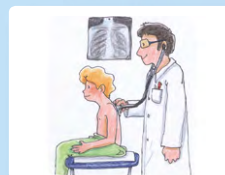
**Module 5**  
Solutions for dealing with air pollution



**Module 2**  
The causes of air pollution



**Module 6**  
Indoor air pollution



**Module 3**  
The consequences of air pollution



**Module 7**  
Air and energy