



Topic A: Plastic and microplastics

Plastic, in all its different forms, is an integral part of our daily lives.

Research the following questions and create a presentation of approx. 15-20 minutes.

- What exactly is plastic?
- What is it made of – what is the raw material?
- Where is this raw material found? How sustainable are these resources?
- Where and how is plastic produced?
- What are the advantages and disadvantages of plastic?
- What exactly are microplastics?

It would be helpful to support your presentation with visual materials, for example:

- Different plastic items (collect, bring along ...)
- Materials that show how plastic works, its advantages and disadvantages
- Pictures or videos
- Cartoons, quotes/opinions, newspaper articles ...

Recommended sources and links:

- www.unep.org/plastic-pollution
- www.plymouth.ac.uk/discover/are-microplastics-a-big-problem
- <https://oceanservice.noaa.gov/facts/microplastics.html>

Videos:

- www.youtube.com/watch?v=7evsA-sl2Xo
- www.youtube.com/watch?v=rIGHbIZs-NY

Please note down all the sources you use and make sure they are reliable and up to date.

Have fun!

Notes



Topic B: Microplastics in rivers and oceans

Plastic and microplastics in the ocean have been the subject of numerous reports in recent years.

Research the following questions and create a presentation of approx. 15-20 minutes.

- How does plastic end up in rivers and oceans?
- How large is the share of microplastics? How do they get into the sea or form there?
- Why are microplastics considered so harmful or dangerous?
- What consequences and impacts can be expected?
- Are there already ideas or specific actions being taken to tackle microplastic pollution in the oceans?

It would be helpful to support your presentation with visual materials, for example:

- Different plastic items (collect, bring along ...)
- Materials that show how plastic works, its advantages and disadvantages
- Pictures or videos
- Cartoons, quotes/opinions, newspaper articles ...

Recommended sources and links:

- www.unep.org/plastic-pollution
- <https://oceanconservancy.org>
- <https://oceanservice.noaa.gov/facts/microplastics.html>
- www.plymouth.ac.uk/discover/are-microplastics-a-big-problem
- www.worldwildlife.org/news/magazine/summer-2025/the-pollution-solution
- www.nature.com/articles/s41467-023-40501-9
- www.worldwildlife.org/news/magazine
- <https://oceanconservancy.org/work/plastics>
- www.greenpeace.org/international/story/11871/the-ocean-plastic-crisis

Videos:

- www.youtube.com/watch?v=muSxuDwFeus min 4:44 – 6:00

Please note down all the sources you use and make sure they are reliable and up to date.

Have fun!

Notes



Topic C: Microplastics in animals and humans

Recent studies have shown that tiny plastic particles can now be found almost everywhere in the environment – even inside animals and the human body.

Research the following questions and create a presentation of approx. 15-20 minutes.

- What exactly are microplastics?
- Where have microplastics already been detected?
- How does it get there? How does it enter the food chain?
- What are the dangers or health risks associated with it?
- What consequences and long-term effects can be expected?
- Are there already ideas or specific measures to stop or reduce the spread of microplastics in animals and humans?

It would be helpful to support your presentation with visual materials, for example:

- Different plastic items (collect, bring along ...)
- Materials that show how plastic works, its advantages and disadvantages
- Pictures or videos
- Cartoons, quotes/opinions, newspaper articles ...

Recommended sources and links:

- www.plymouth.ac.uk/discover/are-microplastics-a-big-problem
- www.unep.org/plastic-pollution
- www.britannica.com/video/microplastics-pollution-explained/-331500
- www.plasticsoupfoundation.org/en
- www.bbc.com/future/article/20230103-how-plastic-is-getting-into-our-food

Videos:

- www.youtube.com/watch?v=-dgDb7H2FLY
- www.youtube.com/watch?v=lw3Ntg-PpNo
- www.youtube.com/watch?v=aiEBEGKQp_I

Please note down all the sources you use and make sure they are reliable and up to date.
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Topic D: Strategies for reducing and avoiding plastic and microplastics

How can we tackle the growing problem of plastic and microplastic pollution? Is it even possible to make a real difference?

Research the following questions and create a presentation of approx. 15-20 minutes.

- How much plastic and microplastics waste is generated – locally and worldwide? Look for facts and figures.
- What could our future look like if current trends continue?
- What ideas, projects, or measures already exist to reduce or avoid plastic and microplastics?
- What actions can you take as a consumer and individual?
- Which suggestions or tips do you find useful or easy to implement?
- Which of these ideas do you think are easy to implement in your everyday life? What initiatives, services, or alternatives are already available in your local area or region?

It would be helpful to support your presentation with visual materials, for example:

- Different plastic items (collect, bring along ...)
- Materials that show how plastic works, its advantages and disadvantages
- Pictures or videos
- Cartoons, quotes/opinions, newspaper articles ...

Recommended sources and links:

- www.europarl.europa.eu/topics/en/article/20181212STO21610/plastic-waste-and-recycling-in-the-eu-facts-and-figures
- www.nrdc.org/stories/10-ways-reduce-plastic-pollution
- www.bbc.com/future/article/20250919-how-to-eat-less-plastic

Video:

- https://multimedia.europarl.europa.eu/de/video/infoclip-alternatives-to-single-use-plastics_1208804

Please note down all the sources you use and make sure they are reliable and up to date.

Have fun!

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Topic E: Economic Regulations and Legal Frameworks

How can we counteract the problem of plastic and microplastics? What role should businesses play, and are strict laws necessary?

Research the following questions and create a presentation of approx. 15-20 minutes.

- How is the plastic problem currently being addressed?
- Are there any rules or laws?
- Is recycling taking place? If yes, how much is recycled, and what happens to the waste products?
- What proposals and ideas are currently being developed?
- What has already been achieved?
- Which rights do you think are necessary or meaningful?

It would be helpful to support your presentation with visual materials, for example:

- Different plastic items (collect, bring along ...)
- Materials that show how plastic works, its advantages and disadvantages
- Pictures or videos
- Cartoons, quotes/opinions, newspaper articles ...

Recommended sources and links:

- https://environment.ec.europa.eu/topics/plastics/single-use-plastics_en
- www.oecd.org/content/dam/oecd/en/publications/support-materials/2021/10/policies-to-reduce-microplastics-pollution-in-water_3337bc78/policy-highlights-policies-to-reduce-microplastics-pollution-in-water-focus-textiles-and-tyres.pdf
- www.europarl.europa.eu/topics/en/article/20231109STO09917/how-to-reduce-packaging-waste-in-the-eu-infographics
- <https://pollution.sustainability-directory.com/question/what-legislation-addresses-microplastic-pollution>
- https://multimedia.europarl.europa.eu/de/topic/eu-strategy-for-plastics-and-packaging_15208

Videos:

- www.youtube.com/watch?v=muSxuDwFeus, starting at 6:00

Please note down all the sources you use and make sure they are reliable and up to date.

Have fun!

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