



GOOD PRACTICE GUIDE FOR SUSTAINABLE SCHOOLS

Clear Air for a Sharp Future

A practical framework for healthier, climate-resilient schools across Europe

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1. Introduction and Context

The Good Practice Guide for Sustainable Schools: Clear Air for a Sharp Future is a comprehensive compendium that meticulously refines and documents the high-quality methodologies, innovative pedagogical models, and robust institutional tools developed collaboratively during the Erasmus+ KA220 project, CLEANSURE.

This critical initiative successfully united partners from Germany, Spain, Portugal, and Italy with the shared ambition of empowering primary schools to directly and proactively address the climate emergency.

Serving as a critical resource, this Guide aims to help educational institutions across Europe transition successfully from mere environmental awareness to decisive, measurable action by permanently embedding School Environmental Health (S.E.H.) into their entire operational ecosystem—encompassing curriculum design, internal governance, infrastructure management, and wide-ranging community engagement.

To achieve this systemic transformation, the document provides validated methodologies rigorously tested across all partner countries, transferable tools for monitoring, validating, and scaling sustainable practices institutionally, and concrete examples of student-led actions that drive tangible environmental and organizational changes.

Ultimately, this detailed framework supports schools in becoming healthier, smarter, and more sustainable spaces where environmental literacy and student well-being are recognized and upheld as core educational values.

Vision

"A healthy school environment means cleaner air, sharper minds, and a brighter future."

By integrating environmental awareness into daily school life — through mobility, air quality management, and creative pedagogy — schools can become powerful agents of ecological and social transformation.

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2. Systemic Tools for Institutional Change

The following tools and outputs offer a structured approach for schools to assess, validate, and embed sustainability as a permanent component of their educational misión.

Tool / Output	Description & Purpose	Focus Area
	A standardized, evaluable certification that	
1. "Clean Air School"	recognizes schools committed to improving air	
	quality and implementing sustainable practices.	Recognition &
Environmental Quality Seal	Schools receive certification after fulfilling	Validation
Seal	measurable environmental and pedagogical	
	criteria.	
	A compendium of strategies promoting Socio-	
2. Comprehensive	Environmental Health (S.E.H.) and Education for	
Good Practice Guide &	Sustainable Development (ESD). These modules	Curricular
Transdisciplinary	help teachers integrate climate and sustainability	Integration
Modules	topics across subjects such as Science,	
	Citizenship, and Physical Education.	
	A public, open-access platform	
3. Modular Digital	(www.cleansure.eu) hosting all teaching materials,	Transfershility
Archive (Nextcloud	lesson plans, evaluation tools, and reports	Transferability & Access
Repository)	developed by project partners. Promotes	& Access
	transparency, scalability, and transferability.	

Recognition systems such as the "Clean Air School" Seal not only validate a school's progress but also motivate entire communities to sustain long-term improvements.

Example of Implementation:

In Germany, schools used digital air-quality sensors to measure CO₂ levels during class hours. Once results improved through better ventilation and greenery, the school received the *Clean Air School* certification during a community celebration.

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3. Innovative Pedagogical Models and Practices

3.1 Curricular Innovation and Engagement

Practice	Description & Key Outcomes	Partner Origin
The FreiDay Model	Weekly Project-Based Learning (PBL) sessions dedicated to sustainability topics such as air pollution, biodiversity, or local waste management. Promotes teamwork, creativity, and real-world problem solving.	Germany
Citizen Scientific Competence	Students use sensors to measure air pollution, analyze data with digital tools, and share results with local authorities. Develops STEAM skills and civic responsibility.	Transnational
Cycling for a Cleaner City	Students explore sustainable transport by cycling to school and studying emissions reduction. The practice inspires collective responsibility and redesign of school commutes.	Italy
Recycling as an Engine for Development	Encourages reusing materials creatively, linking recycling to identity, economy, and innovation. Students lead local "recycle & reuse" campaigns.	Portugal
Road Safety and Transport Units	Cross-curricular units combining Science, ICT, and Citizenship. Students assess their daily mobility, propose low-carbon alternatives, and communicate findings.	Spain

Example of Implementation:

- In Spain, students used digital maps to track their route to school, measuring air quality along each path. Their data led the local council to install new pedestrian crossings.
- In Italy, schools promoted bicycle use in car-dense areas, proving that sustainable mobility can reshape urban habits.
- In Portugal, recycling projects inspired families to adopt more circular lifestyles, turning "waste" into educational material.

When students see their own data spark real change, they experience empowerment and understand the direct link between science and civic responsibility.

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3.2 Sustainable Mobility and Health Action

Practice	Description & Key Outcomes	Partner Origin
The "Bicibus" Campaign	Community-based cycling groups where students and teachers commute together along safe, guided routes. Promotes physical health and reduces CO ₂ emissions.	Germany
"Bike to School" Program	Institutional program integrating cycling safety, parental involvement, and cooperation with local authorities to sustain long-term behavioral change.	Spain
Health in Didactic Units	Combines environmental education with health promotion. Students explore links between clean air, nutrition, and wellbeing.	Italy
Curricular Health Integration	Embeds environmental health topics into PE and Citizenship lessons, linking physical fitness with planetary care.	Portugal

Example of Implementation:

In Portugal, a "Carbon-Free Day" encouraged all students to walk or cycle to school. They compared calories burned and emissions saved, sharing results with local leaders — turning data into community dialogue.

Linking personal health and environmental action enhances motivation: students understand that what's good for their body is also good for the planet.

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4. Quality Assurance and Sustainability Framework

To ensure excellence and long-term value, the project implemented a structured quality framework integrating evaluation, participation, and sustainability.

Principle	Mechanism	Rationale for High Quality
Systematic Quality Assurance	The different schools led evaluation, documentation, and peer review to guarantee scientific accuracy.	Only validated, adaptable, and effective practices were included.
Multi-Stakeholder Approach	Active involvement of students, teachers, parents, and municipalities.	Ensured ownership, relevance, and sustained behavior change.
Curricular Embedding	Activities integrated within existing subjects and school routines.	Guaranteed continuity without additional resources.
Creative Assessment	Reflection posters, drawings, and audio diaries replaced traditional surveys.	Made evaluation child- friendly and more authentic.
Resource Sustainability	Open-access platform and transnational network via www.cleansure.eu.	Promoted global access and legacy beyond the project lifespan.

Erasmus+ projects reach true sustainability when results become integral to school structures and remain accessible worldwide.

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5. Outcomes and Long-Term Impact

5.1 Pedagogical Transformation

CLEANSURE fundamentally shifts the learning paradigm by fostering genuine student agency through project-based and experiential learning. This approach moves beyond theoretical knowledge, leading to a deep, practical environmental literacy and a noticeable increase in STEAM competence (Science, Technology, Engineering, Arts, and Mathematics).

Furthermore, the project ensures lasting impact by empowering educators with a comprehensive catalogue of quality-assured, replicable Education for Sustainable Development (ESD) resources.

Teachers are now equipped with methodologies to seamlessly integrate climate and health topics into the core curriculum.

5.2 Institutional Transformation

The project's most powerful legacy lies in its ability to generate systemic institutional change. By providing validated tools and benchmarks, CLEANSURE supports schools in ensuring the institutionalization of sustainability goals within their School Improvement Plans and daily operational routines. This transformation is validated through the prestigious "Clean Air School" certification, a measurable mechanism that recognizes institutional commitment and public accountability.

Crucially, the initiative has established durable cross-school collaboration networks, enabling continuous peer-to-peer exchange and scalability across European regions.

5.3 Societal Transformation

The impact of CLEANSURE extends far beyond the school gates.

The methodology promotes closer, active cooperation between schools, families, and local municipal authorities, framing the school as a catalyst for community-wide environmental action. By mobilizing students in citizen science and sustainable mobility campaigns, the project provides a direct, grassroots contribution to the ambitious European Green Deal objectives. Ultimately, CLEANSURE achieves its goal of cultivating a new generation of environmentally conscious future citizens prepared to address climate challenges head-on.

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6. CLEANSURE PRIMARY SCHOOL ACTION PLAN

Practical, Transdisciplinary Activities for Sustainable Schools

This plan translates the validated methodologies, institutional tools, and successful practices of the Erasmus+ CLEANSURE project into concrete, engaging activities.

These activities are designed to turn students into Agents of Change and Citizen Scientists, ensuring the integration of environmental health (S.E.H.) into the daily school routine.

AXIS 1: MONITORING, CERTIFICATION, AND ENVIRONMENTAL HEALTH

Focus: Achieving the "Clean Air School" Environmental Quality Seal (Recognition & Validation)

Activity Name (Focus)	CLEANSURE Principle Applied	Detailed Student Role and Implementation	Key Transdisciplinary Links
1. The CO₂ and Ventilation Patrol	Citizen Scientific Competence	Students take turns as "Clean Air Patrol Officers" using simple temperature/CO ₂ sensors to monitor air quality in the classroom three times a day. They record data on a chart (Maths) and are responsible for advising the teacher when to open windows to keep CO ₂ levels below 1000 ppm.	Natural Sciences: Air quality, respiratory health, climate factors. Mathematics: Data recording, averages, graph interpretation. Citizenship: Following rules, responsibility.
2. The Classroom Green Lung Project	Curricular Embedding / S.E.H.	Students conduct a practical investigation into specific indoor plants that are proven air purifiers. They design and maintain a small "green lung" garden in their classroom, assuming full responsibility for plant care and monitoring if their presence correlates with better air readings.	Botany: Plant care, photosynthesis. Art & Design: Planning the layout of the classroom garden.





			Literacy: Researching plant benefits.
		Organise a quarterly school-wide	Visual Arts: Banner
		event where student groups review the past term's CO ₂ data, active	design, creating an
3. The Clean		mobility logs, and recycling efforts.	official emblem.
Air	Recognition &		
Certification	Validation	Students design the official school	Citizenship:
Day		banner or certificate that visually	Compliance, self-
		celebrates their compliance with the	assessment, public
		"Clean Air School" criteria, fostering	relations.
		collective pride.	

AXIS 2: PEDAGOGICAL INNOVATION AND ACTIVE CITIZENSHIP

Focus: Comprehensive Guide & Transdisciplinary Modules (Curricular Integration)

Activity Name (Focus)	CLEANSURE Principle Applied	Detailed Student Role and Implementation	Key Transdisciplinary Links
4. The "Zero Carbon" Mobility Challenge	"Bicibus" & Cycling for a Cleaner City	Implement a weekly "Bike Bus" or "Walking Bus" session for safe group commuting. In Mathematics class, students use maps (ICT/Geography) to calculate the total distance travelled by the group and estimate the CO ₂ emissions saved by not using cars (emphasizing the Handprint concept over the footprint).	
5. My Identity and Fair Trade Box	Fostering Identity and Inclusion	Students create an "Identity Box" containing personal items that represent them. The activity transitions into a Citizenship unit where they research the origin and ecological	Citizenship: Cultural identity, global economy, ethics.

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Tr .			
		footprint of one item (e.g., a cotton	Art: Creative
		shirt), linking their identity to global	expression, box
		issues like Fair Trade and ethical	design.
		consumption.	
			Language Arts:
			Presenting their
			research findings.
			Technology &
			Design: Prototyping,
		Dedicate a regular "FreiDay" (Project	material
		Day) where students work on self-	transformation.
6. The	The FreiDay	chosen local sustainability problems.	
"FreiDay"	Model &	They collect specific waste materials	Natural Sciences:
Upcycling	Recycling for	and apply upcycling techniques to	Waste management,
Workshop	Development	design and construct useful objects	material properties.
		(e.g., vertical gardens from plastic	
		bottles, game pieces from caps).	Teamwork:
			Collaborative
			problem-solving.
			Citizenship: Civic
		Students use ICT tools (e.g., digital	responsibility, urban
		maps) to map the safest and most	planning.
7.		polluted routes to school. They act as	
Assessing	Road Safety	urban planners, presenting a proposal	ICT/Geography:
	and Transport	to the school management or local	Digital mapping, data
	Units	municipality suggesting improvements	analysis.
		like better pedestrian crossings or bike	
		racks.	Presentation Skills:
		Tacks.	Formal proposal
			development.

AXIS 3: DIGITAL ACCESS AND KNOWLEDGE TRANSFER

Focus: Modular Digital Archive (Transferability & Access via www.cleansure.eu)

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Activity Name (Focus)	CLEANSURE Principle Applied	Detailed Student Role and Implementation	Key Transdisciplinary Links
8.	Transferability	Guided by the teacher, student groups navigate the public access platform www.cleansure.eu to locate a specific lesson plan or teaching	Digital Competency: Navigation, resource selection.
International Practice Hunters	Transferability & Access (Nextcloud)	(e.g., Spain's mobility unit or Portugal's recycling activity). They	Languages: Translation, cultural adaptation.
		becoming "CLEANSURE Ambassadors" who teach it to a younger class.	Public Speaking: Teaching the new lesson.
		Students assume the role of the school's digital reporters. They use cameras or tablets to document their	Language Arts: Short-form writing, journalism.
9. Project Storytellers and Digital Reporters	Resource Sustainability / Creative Assessment	ongoing activities (Bicibus, Green Lung) with short texts and photos. They prepare this content for the school's digital archive or website, ensuring their progress is visible,	Digital Competency: Photo organization, content creation.
		transferable, and part of the project's legacy.	Citizenship: Public communication.
10. The S.E.H. Illustrated Glossary	Curricular Embedding / Digital Archive	Working with the Comprehensive Good Practice Guide found on the digital archive, students identify and define key project terms (e.g., S.E.H., Handprint, Upcycling, Bicibus). They then illustrate each term and compile them into a digital, multilingual glossary resource for the entire school to use.	Illustration and

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7. CLEANSURE DIDACTIC UNITS: A PRIMARY SCHOOL FRAMEWORK

These units are designed to be cross-curricular, student-led, and highly practical, ensuring the integration of School Environmental Health (S.E.H.) into your daily teaching schedule.

UNIT 1: THE CO₂ AND VENTILATION PATROL

CLEANSURE Axis: Axis 1: Monitoring, Certification, and Environmental Health

Principle Applied: Citizen Scientific Competence

Grade Level Suggestion: Grades 3-5

Duration: 5 Sessions (plus ongoing daily monitoring)

Learning Objectives (LOs):

- 1. Students will be able to operate a simple CO₂ monitor and record environmental data accurately.
- 2. Students will understand the direct correlation between classroom air quality and cognitive well-being.
- 3. Students will take ownership of maintaining a healthy classroom environment by actively managing ventilation.

Transdisciplinary Lir	ıks	Implementation Steps (Procedure)
Natural Sciences:	Air	Session 1: Introduction to Invisible Air. Discuss why fresh air is
composition, effects	on	important for "sharp minds." Introduce the CO ₂ meter as a "Health
the human body.		Tool" (not a toy). Establish the target—CO ₂ below 1000 ppm.

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Transdisciplinary Links		Implementation Steps (Procedure)
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Mathematics:	Data	Session 2: Scientific Data Collection. Teach students how to read
collection,	charting,	the meter (3 times daily: start, mid-morning, end). Practice logging
calculating avera	ages.	the results on a large, visible chart (Maths activity).
Citizenship: F	Rotational	Session 3: The Patrol System. Divide the class into "Clean Air
responsibility, te	amwork.	Patrol" teams, assigning daily or weekly rotation duties. Create a
		checklist for their responsibilities.
		Session 4: Data Analysis and Action. Review the weekly chart.
		Identify peak times for high CO2. Discuss why it happens (more
		people, less ventilation). Formulate a rule: "If the number is high, we
		open the window for five minutes." Ongoing: The Patrol operates
		daily. At the end of the month, the class calculates the average ${ m CO_2}$
		level to see if their actions improved the air quality.

UNIT 2: THE "ZERO CARBON" MOBILITY CHALLENGE

CLEANSURE Axis: Axis 2: Pedagogical Innovation and Active Citizenship

Principle Applied: "Bicibus" & Cycling for a Cleaner City

Grade Level Suggestion: Grades 4–6

Duration: 4 Sessions (plus weekly action days)

Learning Objectives (LOs):

- 1. Students will identify climate-friendly methods of commuting (walking, cycling, public transport).
- 2. Students will use mathematical concepts to calculate their collective environmental benefit (Handprint).
- 3. Students will promote the health and safety benefits of active mobility to their peers and families.

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Transdisciplinary Links	Implementation Steps (Procedure)
	Session 1: Our Carbon Footprint. Students map their current
	route to school and identify the mode of transport used. Introduce
	the concept of "Handprint"—the positive impact of their actions.
Physical Education (PE):	Session 2: The Action Plan. Introduce the "Bike Bus" or "Walking
Health and fitness, road	Bus" idea. Discuss safety rules, routes, and adult supervision.
safety, balance.	Students design informational flyers for parents.
Mathematics: Distance,	Occasion 2. Octobrida Mantakan Insulance the Sect II Dile Desi
Í	Session 3: Calculation Workshop. Implement the first "Bike Bus"
	session. In Math class, use distance data (e.g., 2 km per child) to
(emissions).	calculate the total kilometers traveled by the group. Estimate the
	amount of CO ₂ saved by the absence of cars for that journey
Geography: Mapping,	(teacher provides simplified conversion factor).
route planning.	
	Session 4: Public Presentation (PE Link). Students create a
	· · · ·
	chart linking the calories burned (PE focus) to the CO ₂ emissions
	saved. They present these results in the school hall to encourage
	other classes to join the mobility challenge.

UNIT 3: MY IDENTITY AND FAIR TRADE BOX

CLEANSURE Axis: Axis 2: Pedagogical Innovation and Active Citizenship

Principle Applied: Fostering Identity and Inclusion

Grade Level Suggestion: Grades 1–3

Duration: 3 Sessions

Learning Objectives (LOs):

- 1. Students will express their personal and cultural identity through creative expression.
- 2. Students will recognize that personal items have origins linked to global supply chains and environmental impact.

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3. Students will understand the basic principles of Fair Trade and responsible consumption.

Transdisciplinary Links	Implementation Steps (Procedure)	
	Session 1: Building the Identity Box. Students decorate a small	
	shoebox or container, making it unique to them. They bring 3–5	
	personal items that represent who they are (hobbies, family, favorite	
Citizenship: Cultural	food).	
identity, global economy,		
empathy.	Session 2: The Story of the Object. Students choose one item	
	(e.g., a plastic toy, a cotton T-shirt). The teacher leads a	
Art: Creative	discussion/story about its potential journey: Where was the	
construction, decoration.	plastic/cotton grown? Who made it? This introduces the concept of	
	the ecological and social footprint.	
Language Arts:		
Descriptive writing,	Session 3: Fair Choices. Introduce the simple idea of Fair Trade	
storytelling.	(making sure workers and the environment are treated well).	
	Students draw a poster comparing a "Happy Product" (made fairly)	
	and a "Sad Product" (made unfairly), connecting their personal	
	identity choices to global responsibility.	

UNIT 4: INTERNATIONAL PRACTICE HUNTERS

CLEANSURE Axis: Axis 3: Digital Access and Knowledge Transfer

Principle Applied: Transferability & Access (Nextcloud Repository)

Grade Level Suggestion: Grades 5-6

Duration: 5 Sessions

Learning Objectives (LOs):

- 1. Students will use a digital platform to source and select relevant educational materials from an external source.
- 2. Students will adapt materials from a foreign language/context to fit their local school environment.

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3. Students will develop public speaking skills by teaching the adapted content to a younger audience.

Transdisciplinary Links	Implementation Steps (Procedure)
Digital Competency: Navigation, resource selection, search terms.	Session 1: The CLEANSURE Treasure Map. Introduce the www.cleansure.eu platform. Guide students on how to navigate the resource archive to find the lesson plans (e.g., look for "Portugal" and "Recycling"). Students choose one activity or module from a partner country. Session 2: Translate and Deconstruct. Students work in teams
Languages: Translation, cultural adaptation, terminology.	to translate the core activity. They deconstruct the lesson plan: What materials do we need? What are the key goals? What parts of the activity won't work in our school? Session 3: Cultural Adaptation. Students adapt the lesson plan to their lead centert (e.g., if the Speciel plan mentions a lead.
Public Speaking: Presentation skills, teaching pedagogy.	to their local context (e.g., if the Spanish plan mentions a local council, they substitute their local authority). They develop the new materials needed in the local language.
	Session 4 & 5: The Ambassador Lesson. The student teams become "CLEANSURE Ambassadors" and travel to a younger primary class (Grade 1 or 2) to teach the adapted activity. They receive feedback on their teaching effectiveness.
	Assessment Method: Teacher evaluation of the adapted lesson plan (quality of adaptation, relevance, and clarity) and peer review from the younger students.

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8. Conclusion

The Good Practice Guide for Sustainable Schools: Clean Air for a Sharp Future is more than a compendium of resources; it powerfully demonstrates that education is the single most powerful catalyst for environmental and societal change.

The project successfully provides a scalable blueprint by transforming complex sustainability goals into measurable, daily actions. By integrating citizen science through clean air initiatives, promoting collective responsibility via participatory mobility campaigns, and empowering teachers with creative teaching methodologies, the CLEANSURE partners have proven that systemic transformation is achievable at the primary level.

This holistic approach embeds School Environmental Health (S.E.H.) into the very DNA of the institution, ensuring that schools serve as vital hubs capable of leading entire communities toward a more sustainable, equitable, and healthier world.

As the core philosophy states:

"Clear air sharpens minds — sustainable schools sharpen the future."

9.Annexes

Annex I: Example of a School Self-Assessment Tool

Domain	Indicator	Evidence	Action	Evaluation Frequency
Air Quality &	CO ₂ concentration	Sensor readings	Adjust ventilation	Once per
Well-being	below 1000 ppm in	(3× per day, 5-day	schedule / add	semester
	classrooms	average)	plants	3011103101

Annex II: Transdisciplinary Module Example

Subject	Topic	Objective	Duration	Expected Outcome
Physical	"Our Carbon Footprint in Motion"	Students calculate their commuting emissions and design solutions to reduce them.	3 sessions	Class plan to reduce transport-related emissions by 20% in one semester.

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Annex III: Photo Catalogue

Theme	Photo Description	Purpose	
Student Action	Students measuring air quality outdoors	Illustrate student-led science	
School	Classroom greenery and ventilation	Highlight air quality	
Environment	strategies	awareness	
Mobility	"Bicibus" or walking bus in action	Promote active, low-carbon transport	
Community	Parents and local leaders participating in school events	Show collective engagement	

Annex IV: Partner Institutions

Country	Institution / Role	Main Contribution
Germany	Education Office of Nürnberger Land	Coordination, quality assurance, strategic dissemination
Germany	Primary School Altdorf	FreiDay model, project-based ESD learning
Germany	Primary School Schwarzenbruck	Fair trade curriculum, Bicibus initiative
Spain	AFINE	Communication, translation, and project management support
Spain	CEIP. Puente de Doñana	Promotion of Environmental Quality, Environmental Protection
Spain	CEIP. José Robles	Healthy Lifestyle Habits, Recycling
Portugal	AE André Soares	Recycling and health integration
Italy	ReBike ALTERmobility	Sustainable mobility, cycling promotion
Italy	Istituto Comprensivo Simonetta Salacone	Fostering Healthy Lifestyle Habits, Sustainable Mobility
Transnational	CLEANSURE Consortium	Collaborative framework and open-access dissemination via www.cleansure.eu

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