



LET'S TAKE CARE OF OUR PLANET



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Lack of governmental action that is supposed to address issues such as **the environment and climate change** has consequences all over the world. These consequences are slowly becoming a threat for the future generations.

However, every problem has also its solutions, even though they are not (still) fully integrated at the level of society.

We live in an interconnected world and each of us is responsible for what is happening around us.

If you participated to a Global Education workshop and you are looking for ideas on how to live a more sustainable lifestyle, let's find out together.

TOGETHER, ONE STEP AT A TIME, WE CAN CHANGE THE WORLD WE LIVE IN, NO MATTER WHERE WE ARE.



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Us, humans, have a non-sustainable lifestyle and we consume more than can the Earth regenerate; basically, we remain **indebted**.

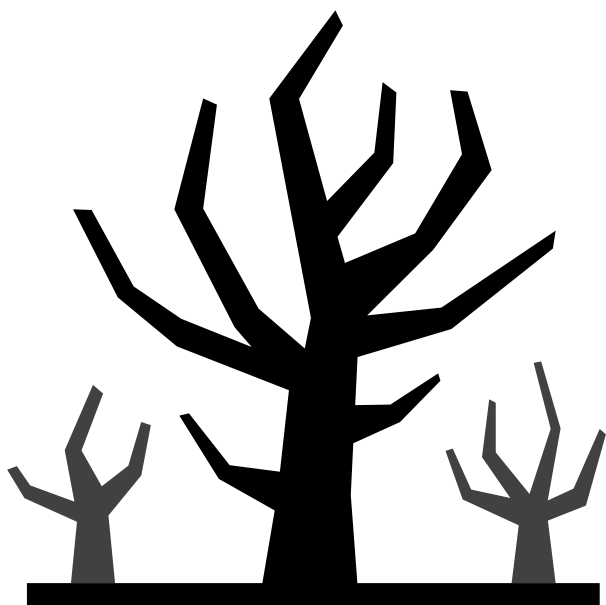
Every year, we have an „**overshoot day**”, which represents that day of the year when the resources from that year have come to an end (if we compare the consumption with the planet's capacity to regenerate).

In 2019, that day was on the 29th of July and in 2020, on the 29th of August.

Global warming affects different dimensions of society - social, economic, environmental etc. It causes sea level rise, massive changes in the water cycle, climatic extremes such as heavy rains, floods, months of intense drought. For the same reason, the duration and intensity of the seasons change, which means that we have heat waves, glaciers are melting, more and more storms, tornadoes and hurricanes that did not exist in the past are now present in different countries. Animal species are disappearing, agriculture is suffering, human health is deteriorating, diseases specific to certain areas in the past are spreading everywhere (such as Dengue fever), and the number of refugees affected by climate change is growing.

More and more of these effects are also starting to be felt in Romania as well, such as seasons' duration changing, flood and draught intensification, desertification phenomena in the South of the country and atypical storms.

Within the next pages, we are going to tell you about how you can take better care of the planet so that it can live longer.



HOW CAN YOU CHANGE SOMETHING AND HELP PEOPLE OPEN THEIR EYES IN ORDER TO BETTER UNDESTAND HOW IMPORTANT IT IS TO HAVE A SUSTAINABLE LIFESTYLE?



- ✓ **Through events or random revealing interactions**, such as any unplanned event/situation you come across, that opens a window towards the world's realities and makes you feel interested, motivated, responsible. It can include reading the news or certain articles, interacting with people from different environments who have different life stories, watching a movie, reading a poster, connecting information from different sources etc.
- ✓ **Receiving an impulse from other people.** "Other people" can be people who make efforts to become global citizens and motivate the ones around them to evolve in the same direction. It can be the passion for this global citizenship, or people who are already active in the Global Education field. These people can catch you in a critical discussion on topics such as global responsibility, send you informative resources and motivate you to read, to watch videoclips and they can prepare activities that are designed to help you become more aware of some of these problems.
- ✓ **On your own.** It is possible for you to wonder and search for answers despite the reality you are already familiar with, to challenge yourself into thinking about "How do these products get to me? Who makes them? Are those people content? Why has my life changed so much in the past few years?" and so on. You can ask yourself this out of curiosity but once you get to the answers, you will discover a perspective you did not have before. And this new perspective can motivate you to keep looking for more answers.

OPENING YOUR EYES...

...is the first step; we refer to this moment as a ground zero. This is where life with global citizenship as a core value begins. Usually, we talk about global citizenship during the whole life, because we live in an interdependent world. And after this ground zero, more and more steps and actions will follow. These steps include, on a general level:

- ✓ **Gaining more information** – understanding the complexity of more and more global problems; reading articles, books, manuals, toolkits, watching documentaries or video resources, talking to people working in the field, visiting relevant places etc.
- ✓ **Having a critical attitude towards yourself and your life**, towards decisions, behaviors etc. Be open to constructive criticism and feedback from the people around you!
- ✓ **Changing your own lifestyle** according to the information you get. This could imply being more careful to the way in which you use certain resources, make more sustainable decisions, reduce, reuse, recycle the items you use, boycott unethical companies, sign petitions, support different causes etc.



- ✓ **Making life decisions** (short and long term) based on the global implications of your actions.
- ✓ **Reflecting more often to your role** in this interconnected world.
- ✓ **Starting conversations and stimulating critical thinking** on global topics with those around you.
- ✓ **Be an example for the others!**

STEPS YOU CAN TAKE IN ORDER TO HAVE A MORE SUSTAINABLE LIFESTYLE



HOME/ PERSONAL LIFE

- ✓ **Apply the 3 Rs** (reduce, reutilize, recycle) wherever possible.
- ✓ Reducing is the key element (in terms of products you buy, in every category, but also in terms of waste, in general).
- ✓ Any plastic or paper is first reutilized and then recycled.



CONSUMPTION & ENERGY

- ✓ Be thorough regarding the use of water: take short showers and use as little water as possible when you do the dishes.
- ✓ Use electric bulbs or other electrical devices that save energy.
- ✓ Constantly check whether the lights are off (and the devices unplugged) when they are not being used, in the spaces you live in or before you leave.
- ✓ Unplug all the devices that can be unplugged when not in use. There are no stand-by devices (such as chargers, computers, TVs, microwaves etc).





- ✓ Use renewable sources of energy.
- ✓ Make sure (when possible) that your place is thermally insulated properly so that you don't waste energy.
- ✓ Compost everything you can (even if you live in the city, in an apartment).



SHOPPING & FOOD

- ✓ Develop a critical, constant approach when it comes to the necessity to shop. Ask yourself, before buying anything, if you really need it. Read the labels when you are in the shop, ask for details, check the information you get.
- ✓ Buy second hand products.
- ✓ Shop more (if not exclusively) local products and seasonable food; choose a local market instead of supermarkets or international shopping centers.
- ✓ Avoid products that have a high water footprint.
- ✓ You can reduce meat consumption, even if you are not a vegetarian or vegan.
- ✓ Buy fair trade products or ethically made, if possible.
- ✓ If possible, don't drink bottled water - if you have to, use bigger containers, long term reusable.
- ✓ Make a list of products/brands you boycott in your house and personal use. Constantly update your list, after you learn about those brands.
- ✓ Use your own bags and reusable containers in order to avoid buying packed food or products.
- ✓ Sometimes you have to make a bigger effort in order to shop, such as going on a longer distance for certain sustainable shops or products.



THE MORE THE BETTER

- ✓ Convince the people you live with to adopt a sustainable lifestyle or at least to follow a few rules in the house (such as selective collection, with the purpose of recycling and other aspects regarding electrical devices etc).
- ✓ Make sure that most people who come to visit or your closest friends are aware of your choices and do the same as you, or at least that they respect these rules when you are around.





- ✓ Talk as often as possible about global issues, not necessarily in order to convince people to do something they way you do, but rather out of passion and interest.
- ✓ Elaborate initiatives in order to change the way things are happening in your building or neighborhood: ask for recycling containers, about the management of the waste in the neighborhood etc.
- ✓ Be a part of global movements such as: Earth Hour, Buy Nothing Day, No Car Day etc.



IN SCHOOL

Spending a lot of time at school is a great opportunity to make changes that influence both the students and the colleagues. A workplace can be transformed, through common efforts, into a green institution. Education is the engine that produces the biggest changes; you can start by introducing a few eco-friendly rules in class, and then move the challenge to the whole floor, and eventually, throughout the whole school.



These next steps can be adapted to other workplace contexts as well.



IN CLASS

- ✓ Talk to the children about consumption and sustainability and about how they can become global citizens.
- ✓ Create, together with the students, a system of selective collection in the class. If the school doesn't have one already, you can design a plan in which those who do have one at home can take with them the recyclable products after a while.
- ✓ Think about the materials you use in class and find out if there are any alternatives that are more sustainable.
- ✓ Find ways to "celebrate" with the students through different activities certain specific days such as: Water day, Earth Hour etc - you can even create a calendar with the students where you can write down together all the important days.
- ✓ Reutilize every paper product (regardless of their dimension) - for instance, don't use only one side of a piece of paper. And then, when you are unable to keep using them, recycle them.





IN THE COMMON AREAS

- ✓ Suggest introducing a selective collection in the school.
- ✓ Initiate a recycling point if there aren't any and motivate your colleagues to use it as often as possible. If it is not possible at school, keep those items (paper, plastic, batteries, glass, metal) in order to recycle them afterwards.
- ✓ Eat the food you bring from home and encourage your colleagues to order less and bring food from home as well, packed in a sustainable container.
- ✓ Bring your own tools for gatherings at the workplace where there is a tendency for using single use products, especially made of plastic. Encourage the others to do the same. You can keep in your bag a reusable cup/bottle/metallic straw.
- ✓ Try suggesting replacing plastic/paper cups with containers made of glass/ceramic or reusable plastic tools (if there is no other option).
- ✓ Reduce the quantity of printed materials and encourage the others to do the same.
- ✓ Check whether the lights are off at all times and turn them off if they are unnecessary, unplug the electronic devices (that are in stand-by or can be used with battery). Talk to your colleagues about the ecological footprint and encourage them to have a more sustainable lifestyle.
- ✓ Avoid drinking bottled water (especially if it comes in plastic containers). Test the water if possible. Ask the management team to supply a water filter system and/or provide water that is packed in a sustainable container.
- ✓ Refuse the products that are on your personal list of boycott, even when they are the only ones available and explain the reason why you refuse them. If you are in the position of buying products, take this aspect into account and try to influence the buying policies of the institution.
- ✓ Put some posters in school in order to make people more aware of global issues.
- ✓ Suggest eco-friendly initiatives for your school/workplace: celebrating Earth day, engaging in eco-friendly projects, celebrating international days that are related to sustainability etc.
- ✓ Bring suggestions that would help improving the sustainability of the habits in school: what types of bulbs can be used, reducing the paper or plastic products, problems related to waste management, habits related to transportation, using renewable sources of energy etc.
- ✓ Adopt a critical attitude towards the institution's practices related to global aspects and try in every way to turn your school/workplace into a more sustainable and preoccupied with the future of the planet place.
- ✓ Suggest organizing fairs of resources, exchanges, campaigns for your colleagues or for the students.





- ✓ If you are in a position of influence when it comes to the partnerships or collaborations on a professional level, avoid associating with irresponsible, unethical actors in both social and global fields.



WHEN YOU GO OUT...

- ✓ Order products that have sustainable packages (glass is the first choice, and the second one is metal).
- ✓ For a visit or an event, don't drink something that comes in a plastic or paper container; bring your own containers. This also applies to bottled water, you can bring your own bottle.
- ✓ Choose local products and brands. If you are not sure of the origin of a product, ask the staff members.
- ✓ Mention (sometimes even insist) when you order that you don't want a plastic straw or plastic cutlery for what you ordered.
- ✓ Don't buy/use products that are on your boycotting personal list, even if they are the only available ones. Refuse them even during visits and explain your reasons, in order to clarify. Explaining your reasons is always a good thing.
- ✓ Ask about recycling management (if it exists, to begin with, and for what products), and if there are no options available, you can be the one to take responsibility for reusing/recycling those items.
- ✓ Ask in advance about the food rations in order to ask for adjustments and avoid food waste. Ask the staff what are they doing with the leftovers and who takes responsibility for this (are they giving it to someone else, for instance? Or you can also take away if there is still something on your plate by the time you leave).
- ✓ Avoid the places that are not sustainable (the ones using a lot of plastic, the ones who have mostly imported products, who do not offer sustainable alternatives, who have contracts exclusively with non-ethical companies etc.), and support the places that are globally responsible.



TRANSPORTATION (LOCAL, NATIONAL OR INTERNATIONAL)

- ✓ Avoid getting on a plane or road trips and choose trains, go to the subway, ride a bicycle or walk instead.
- ✓ If you do get on a plane, try to compensate the caused CO2.
- ✓ If you travel by car, you can travel together with other people.
- ✓ Pack a traveling set (even for local events) that includes: a bottle, a sustainable cup, bags for shopping, cutlery etc.) in order to avoid using plastic/paper products during your journey.
- ✓ Keep all the recyclable waste until you find recycling bins (even if it takes more time).

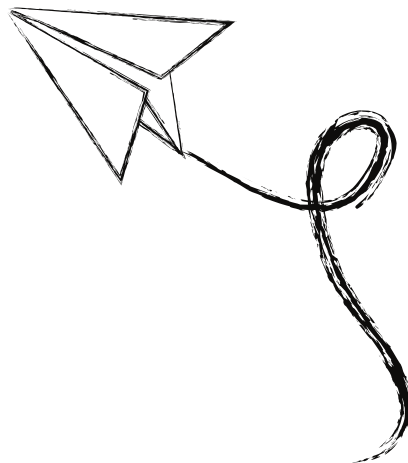




CLASSES/WORKSHOPS

We have created a list that might be useful when organizing the most sustainable and globally responsible workshop. Make sure you don't miss anything.

If there is something we didn't write down here, please add it on your list.



When using paper...

- ✓ When buying paper for the workshop, try to select recycled products and/or products coming from sustainable sources (look at the package, at the FSC code or others). Make sure to buy paper only if/when you have already reutilized all the paper you have.
- ✓ Write down on flipchart paper only if necessary; use all the available space for writing, on both sides. Ask yourself at least twice if the flipchart paper is absolutely necessary for the participants' learning process.
- ✓ Try replacing the flipchart paper with different other papers you have already used before, such as posters that you no longer need or never used at certain events (they are usually big and have an empty side).
- ✓ You need markers that are not too intense, so that you can use both sides of the papers.
- ✓ Print or create materials to give the participants only if necessary. If there are teamwork activities, print a document for more than one person. Use the paper already used (on one side) with this purpose.
- ✓ Don't print materials for the whole group (such as schedule, useful information etc.). You can put the schedule in a visible place for everybody to see it and you can try offering materials online (especially if they are optional and won't be needed during the session). If there are people who, based on their learning style, might need their own copies, they can request them.
- ✓ Don't give a notebook to everybody. They are usually not fully written during the workshops and the participants might never use them again afterwards. It happens that some people have their own agendas to take notes. You can create notebooks from paper that has been previously used (and they can add pages if/when necessary). Whatever you give, make it optional! If the participants have certain tasks to accomplish where they can freely use whatever materials they want to, try to keep an eye on them and offer some sustainable suggestions.





When using markers/pens...

- ✓ Check their origin and how toxic they are for the environment. Try finding some produced in your country/on your continent items.
- ✓ Try buying pens that are made of recycled materials.
- ✓ Make the other participants more responsible regarding their own pens, without providing an available stock for them (they tend to forget or lose them).

When it comes to energy...

- ✓ Don't turn on the lights if the natural light is enough.
- ✓ Keep all devices unplugged when they are not in use, not in standby. Establish this as a rule for the whole group.
- ✓ Try avoiding using the projector. Yes, audio and video materials are indeed necessary, but excessive PPTs should be avoided for every single information you want to offer, even when it comes to instructions for the activities.
- ✓ The air conditioner, the heating or any other devices that regulate the room's temperature should be used responsibly, not excessively, and sometimes it's even a matter of whether you truly need them.

When it comes to food and drinks...

- ✓ If you provide food during the breaks, make sure that it comes from sustainable sources. If you rent a place, find out what types of brands they use or serve you. Stay firm with your boycotting lists and don't use products from non-ethical companies during your workshops/classes.
- ✓ Plastic cups or cutlery should not be used. This should also be previously discussed with the staff.
- ✓ Ideally, the food should be served as a buffet, rather than in portions, so that you can avoid food waste.

Collective selection bins

- ✓ If there aren't any in that space, then you need to organize a corner of the room and to explain it to the group. Of course, this depends on the recycling options that are available in your community (that have to be explored).





More information and useful resources that can help you integrate a sustainable lifestyle you can find on the A.R.T. Fusion website, in the resources section.

If you want to get more information using movies, we recommend:



A plastic ocean;
The true cost;
Cowspiracy;
Before the flood.



**LET'S TAKE CARE OF THE PLANET
TOGETHER FOR A FUTURE
THROUGH ACTION!**



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