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Renewable Futures

Climate Action Toolkit

For Youth Clubs

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Contents

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Contents

Sustainable Transport

Waste Through The R's

Youth Cymru

Carbon Footprint Awareness Toolkit for Youth Clubs

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Carbon Footprint Awareness Toolkit for Youth Clubs

Session Plan

Objective:
To educate young people about carbon footprints, their impact on the environment, and ways to reduce them.

Duration:
2 hours

Materials Needed:

- Projector and screen
- Markers and whiteboard
- Printed handouts (provided below)
- Sticky notes
- Large sheets of paper
- Internet access for videos (optional)

Session Outline

1

Introduction (10 minutes)

- Welcome and Icebreaker (5 minutes):
- Activity: "Two Truths and a Lie"
- Each participant shares two truths and one lie about their habits related to the environment. The group guesses which statement is the lie.
- Objective Overview (5 minutes):
- Briefly explain the aim of the session.

2

Understanding Carbon Footprint (20 minutes)

- Presentation (10 minutes):
- Define carbon footprint.
- Explain how everyday activities contribute to carbon footprints.
- Group Discussion (10 minutes):
- Discuss common sources of carbon emissions in daily life (transport, electricity, food, etc.).

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3

Interactive Activity (30 minutes)

- Carbon Footprint Calculator (15 minutes):
- Use an online carbon footprint calculator.
- Participants calculate their own carbon footprints.
- Discussion (15 minutes):
- Compare results and discuss surprising findings.
- Identify areas where participants can reduce their carbon footprints.

4

Strategies to Reduce Carbon Footprint (20 minutes)

- Brainstorming Session (10 minutes):
- Divide participants into small groups.
- Each group lists ways to reduce carbon footprints.
- Group Presentations (10 minutes):
- Groups share their ideas with everyone.

5

Action Planning (20 minutes)

- Personal Commitment (10 minutes):
- Each participant writes down three actions they will take to reduce their carbon footprint.
- Group Pledge (10 minutes):
- Create a collective pledge on a large sheet of paper. Participants sign it as a commitment.

6

Conclusion (10 minutes)

- Recap Key Points:
- Summarize the session's key takeaways.
- Q&A Session:
- Address any remaining questions.
- Closing Activity:
- Quick reflection: Each participant shares one thing they learned and one action they will take.

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Handouts

Handout 1: Understanding Carbon Footprint

What is a Carbon Footprint? A carbon footprint is the total amount of greenhouse gases, primarily carbon dioxide, that are emitted directly or indirectly by human activities.

Handout 2: Tips to Reduce Your Carbon Footprint

1

Transportation:

- Use public transport, bike, or walk when possible.
- Carpool or use ride-sharing services.
- Opt for electric or hybrid vehicles.

2

Energy Usage:

- Turn off lights and unplug devices when not in use.
- Use energy-efficient appliances.
- Install solar panels or switch to renewable energy sources.

3

Food Choices:

- Eat more plant-based meals.
- Reduce food waste.
- Buy locally produced and seasonal foods.

4

Reduce, Reuse, Recycle:

- Avoid single-use plastics.
- Recycle paper, glass, and metals.
- Donate or repurpose items instead of throwing them away.

5

Conscious Consumption:

- Buy less and choose sustainable brands.
- Support companies with eco-friendly practices.
- Educate others about the importance of reducing carbon footprints.

Sources of Carbon Emissions:

1. Transportation (cars, planes, buses)
2. Electricity and Heating
3. Food Production and Consumption
4. Manufacturing and Construction
5. Waste Management

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Ice Breakers

Icebreaker 1: "Two Truths and a Lie"

- Each participant states two true things and one false thing about their environmental habits. The group guesses which is the lie.

Icebreaker 2: "Environmental Bingo"

- Create bingo cards with actions such as "recycles regularly," "uses a reusable water bottle," "takes public transportation," etc. Participants mingle and mark off actions they find others have done.

Resource List

Websites and Calculators:

- Carbon Footprint Calculator
- EPA Carbon Footprint Calculator
- Global Footprint Network

Videos:

- "What is a Carbon Footprint?" by TED-Ed
- "The Carbon Footprint of Everything" by Kurzgesagt – In a Nutshell

Books:

- "The Future We Choose: Surviving the Climate Crisis" by Christiana Figueres and Tom Rivett-Carnac
- "No One Is Too Small to Make a Difference" by Greta Thunberg

Conclusion

This toolkit aims to equip youth with the knowledge and practical steps to reduce their carbon footprints. Through interactive activities and discussions, participants will leave with a clear understanding of their impact on the environment and a commitment to making positive changes.

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Handout 1:
Understanding Carbon Footprint

Handout 1: Understanding Carbon Footprint will be used during the "Understanding Carbon Footprint" presentation and group discussion. It provides foundational knowledge and helps participants engage in the discussion with concrete examples.

Handout 1: Understanding Carbon Footprint
What is a Carbon Footprint? A carbon footprint is the total amount of greenhouse gases, primarily carbon dioxide, that are emitted directly or indirectly by human activities.

Sources of Carbon Emissions:

1. Transportation:
- Cars, planes, buses

2. Electricity and Heating
- Using non-renewable energy sources

3. Food Production and Consumption
- Meat and dairy production, food transportation

4. Manufacturing and Construction
- Industrial processes, building materials

5. Waste Management
- Landfills, incineration of waste

Why It Matters:

- Greenhouse gases trap heat in the atmosphere, leading to global warming and climate change.
- Reducing carbon footprints helps mitigate environmental impacts and promotes sustainability.

Discussion Points:

- Reflect on your daily activities and their carbon emissions.
- Share your thoughts and experiences related to these sources.

Handout 2:
Tips to Reduce Your Carbon Footprint

Handout 2: Tips to Reduce Your Carbon Footprint will be used during the "Strategies to Reduce Carbon Footprint" brainstorming session and the "Action Planning" activity. It offers practical tips that participants can discuss, expand upon, and commit to implementing.

Handout 2: Tips to Reduce Your Carbon Footprint

1

1. Transportation:
   - Use public transport, bike, or walk when possible.
   - Reduces the number of vehicles on the road, lowering emissions.
   - Carpool or use ride-sharing services.
   - Efficient use of resources by sharing rides.
   - Opt for electric or hybrid vehicles.
   - Lower emissions compared to traditional gasoline vehicles.

2

2. Energy Usage:
   - Turn off lights and unplug devices when not in use.
   - Saves energy and reduces unnecessary power consumption.
   - Use energy-efficient appliances.
   - Consumes less electricity and reduces emissions.
   - Install solar panels or switch to renewable energy sources.
   - Sustainable energy reduces reliance on fossil fuels.

3

3. Food Choices:
   - Eat more plant-based meals.
   - Plant-based diets have a lower carbon footprint than meat-heavy diets.
   - Reduce food waste.
   - Plan meals, store food properly, and use leftovers.
   - Buy locally produced and seasonal foods.
   - Reduces transportation emissions and supports local economies.

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Handout 2:
Tips to Reduce Your Carbon Footprint

4

4. Reduce, Reuse, Recycle:
   - Avoid single-use plastics.
   - Reduces waste and pollution.
   - Recycle paper, glass, and metals.
   - Conserves resources and reduces landfill waste.
   - Donate or repurpose items instead of throwing them away.
   - Extends the life of products and reduces waste.

5

5. Conscious Consumption:
   - Buy less and choose sustainable brands.
   - Supports companies with eco-friendly practices.
   - Support companies with eco-friendly practices.
   - Encourages more businesses to adopt sustainable practices.
   - Educate others about the importance of reducing carbon footprints.
   - Spreads awareness and promotes collective action.

Action Points:

- Write down three actions you will take to reduce your carbon footprint.
- Share and discuss your commitments with the group.
- Sign the group pledge to demonstrate your commitment to reducing carbon emissions.

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Session 1:
Understanding Carbon Footprint

Aim:
To introduce the concept of a carbon footprint, understand its sources, and discuss its significance.

Objectives:

1. Define Carbon Footprint:
- Participants will be able to define what a carbon footprint is.
2. Identify Sources:
- Participants will identify the main sources of carbon emissions in daily life.
3. Calculate Personal Footprints:
- Participants will calculate their own carbon footprints using an online calculator.
4. Discuss Impact:
- Participants will discuss the impact of carbon footprints on the environment.
5. Generate Awareness:
- Participants will gain awareness of their own contributions to carbon emissions.

1

Detailed Lesson Plans for Each Session

Session 1: Understanding Carbon Footprint (2 hours)

1. Introduction (10 minutes)
- Welcome and Icebreaker (5 minutes):
- Materials: None
- Execution: Each participant states two truths and one lie about their environmental habits. The group guesses the lie.
- Objective Overview (5 minutes):
- Briefly explain the aim of the session: To understand what a carbon footprint is and how our daily activities contribute to it.

Session 1:
Understanding Carbon Footprint

2

2. Understanding Carbon Footprint (20 minutes)
- Presentation (10 minutes):
- Materials: Projector, screen, Handout 1
- Execution: Distribute Handout 1 and present what a carbon footprint is and how it is generated.
- Group Discussion (10 minutes):
- Materials: Handout 1
- Execution: Facilitate a discussion on common sources of carbon emissions, encouraging participants to reference Handout 1.
- Discuss common sources of carbon emissions in daily life (transport, electricity, food, etc.).
- Encourage participants to share their thoughts and experiences.

3

3. Interactive Activity (30 minutes)
- Carbon Footprint Calculator (15 minutes):
- Materials: Laptops/tablets/smartphones
- Execution: Participants calculate their own carbon footprints using an online tool.
- Discussion (15 minutes):
- Materials: None
- Execution: Compare results and discuss surprising findings.
- Identify areas where participants can reduce their carbon footprints.

4

4. Strategies to Reduce Carbon Footprint (20 minutes)
- Brainstorming Session (10 minutes):
- Materials: Large sheets of paper, markers, Handout 2
- Execution: Divide participants into small groups.
- Each group lists ways to reduce carbon footprints.
- Use Handout 2: Tips to Reduce Your Carbon Footprint as inspiration.
- Group Presentations (10 minutes):
- Materials: None
- Execution: Groups share their ideas with everyone.
- Encourage creativity and practicality in solutions.

Session 1:
Understanding Carbon Footprint

5

5. Action Planning (20 minutes)
   - Personal Commitment (10 minutes):
   - Materials: Paper, pens, Handout 2
   - Execution: Participants write down three actions to reduce their carbon footprint and share them, using Handout 2 for ideas.
   - Share ideas and support each other's commitments.

Group Pledge (10 minutes):
- Materials: Large sheet of paper, markers
- Execution: Create a collective pledge on a large sheet of paper. Participants sign it as a commitment.
- Display the pledge prominently in the youth club.

6

6. Conclusion (10 minutes)
   - Recap Key Points:
   - Materials: None
   - Execution: Summarize the session's key takeaways.
   - Q&A Session:
   - Materials: None
   - Execution: Address any questions.
   - Closing Activity:
   - Materials: None
   - Execution: Participants share one learning and one action they will take.

Session 2:
Strategies to Reduce Carbon Footprint

Aim:
To explore practical strategies for reducing carbon footprints and create actionable plans for personal and collective impact.

Objectives:

1. Brainstorm Reduction Strategies:
- Participants will brainstorm and discuss practical ways to reduce carbon footprints.
2. Commit to Personal Actions:
- Participants will commit to at least three personal actions to reduce their carbon footprint.
3. Collaborate on Group Actions:
- Participants will collaborate to create a group pledge outlining collective actions to reduce carbon footprints.
4. Educate and Influence:
- Participants will learn how to educate others about carbon footprint reduction and influence eco-friendly practices in their communities.
5. Evaluate Progress:
- Participants will reflect on their commitments and evaluate potential progress.

Session 2: Strategies to Reduce Carbon Footprint (2 hours)

1. Introduction (10 minutes)
   - Welcome and Icebreaker (5 minutes):
   - Materials: None
   - Execution: Activity related to eco-friendly habits, such as "Environmental Bingo."
   - Objective Overview (5 minutes):
   - Materials: None
   - Execution: Explain the session's aim briefly.

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Session 2:
Strategies to Reduce Carbon Footprint

2

2. Brainstorming Reduction Strategies (30 minutes)
   - Small Group Activity (15 minutes):
   - Materials: Large sheets of paper, markers, Handout 2
   - Execution: Distribute Handout 2 and have groups brainstorm and discuss practical ways to reduce carbon footprints.
   - Group Presentations (15 minutes):
   - Materials: None
   - Execution: Groups present their ideas to everyone.

3

3. Personal Action Commitments (20 minutes)
   - Writing Personal Commitments (10 minutes):
   - Materials: Paper, pens, Handout 2
   - Execution: Participants write down three actions to reduce their carbon footprint, referencing Handout 2.
   - Sharing and Discussion (10 minutes):
   - Materials: None
   - Execution: Participants share their commitments and discuss how they plan to implement them.

4

4. Group Pledge and Collaboration (20 minutes)
   - Creating a Group Pledge (10 minutes):
   - Materials: Large sheet of paper, markers
   - Execution: Collaboratively create a group pledge outlining collective actions to reduce carbon footprints.
   - Signing and Display (10 minutes):
   - Materials: Large sheet of paper, markers
   - Execution: Participants sign the pledge and discuss how to display and promote it within the youth club.

Session 2:
Strategies to Reduce Carbon Footprint

5

5. Educating and Influencing Others (20 minutes)
   - Role-Playing Scenarios (10 minutes):
   - Materials: None
   - Execution: Participants role-play scenarios to practice educating others about carbon footprint reduction.
   - Discussion and Feedback (10 minutes):
   - Materials: None
   - Execution: Discuss the role-playing exercise and provide feedback on effective communication strategies.

6

6. Conclusion (20 minutes)
   - Recap Key Points:
   - Materials: None
   - Execution: Summarize the session's key takeaways.
   - Q&A Session:
   - Materials: None
   - Execution: Address any questions.
   - Closing Reflection:
   - Materials: None
   - Execution: Participants reflect on what they've learned and how they will apply it.

Climate Justice and Equity

Climate Justice and Equity

1. What is Climate Justice? - Definition and Key Terms

How and Why Participants Will Use This Handout:

- Purpose: This handout is designed to provide participants with a foundational understanding of climate justice. It introduces key terms and concepts that will be used throughout the sessions, ensuring that everyone has a common vocabulary and understanding.
- Usage in Session: In Session 1, after the introduction to climate justice, participants will refer to this handout during group discussions. It will serve as a quick reference tool to help them articulate their thoughts and engage in meaningful conversations.

Handout Details:

What is Climate Justice?

Definition: Climate justice acknowledges that climate change is not only an environmental issue but also a social justice issue. It focuses on the intersection of environmental sustainability and human rights, emphasizing that those who are least responsible for climate change often suffer its most severe consequences.

Key Terms:

- Equity: Fair treatment for all people, considering their needs and circumstances. In climate justice, it means addressing the disproportionate impact of climate change on marginalized communities.
- Environmental Racism: Policies and practices that disproportionately expose communities of color and low-income communities to environmental hazards.
- Sustainability: Meeting the needs of the present without compromising the ability of future generations to meet their own needs.
- Resilience: The capacity of communities and ecosystems to adapt to and recover from climate-related events.
- Mitigation: Efforts to reduce or prevent the emission of greenhouse gases.
- Adaptation: Adjusting to actual or expected climate change and its effects.

Discussion Points:

- How does the definition of climate justice resonate with you?
- Can you identify examples of environmental racism in your community or globally?

Handout 2. Global vs. Local: Climate Change Impacts - Comparison Sheet

How and Why Participants Will Use This Handout:

- Purpose: This handout helps participants visualise and compare the impacts of climate change on a global and local scale. It contextualises the issue, making it relatable and relevant.
- Usage in Session: In Session 2, participants will use this handout during the "Local Impact Mapping" activity. It will guide them as they identify local climate impacts and compare them with global examples, fostering a deeper understanding of how climate change affects different regions.

Handout Details:

Global vs. Local: Climate Change Impacts

Global Impacts:

- Rising Sea Levels: Coastal cities like Miami, Dhaka, and Venice are at risk of submersion due to rising sea levels.
- Extreme Weather Events: Hurricanes in the Caribbean, wildfires in Australia, and droughts in Sub-Saharan Africa are increasing in frequency and intensity.
- Loss of Biodiversity: Amazon Rainforest deforestation leads to loss of species and disruption of ecosystems.
- Climate Refugees: Millions are displaced annually due to climate-induced disasters, particularly in Southeast Asia and Africa.

Local Impacts:

- [Your Local Area's Climate Impacts]: (Participants fill in their local examples based on the mapping activity)
- Flooding: Example: Flood-prone areas in the local community.
- Heatwaves: Example: Increased frequency of heatwaves affecting local vulnerable populations.
- Air Quality: Example: Poor air quality in certain neighbourhoods due to pollution and climate change.
- Agricultural Impact: Example: Changes in local crop production due to shifting climate patterns.

Comparison and Reflection:

- How do the local impacts compare to the global examples?
- What similarities and differences do you notice?
- How can understanding these impacts influence local climate action?

Handout 3. Voices of Climate Justice - Stories and Quotes from Marginalised

How and Why Participants Will Use This Handout:

- Purpose: This handout is designed to amplify the voices of marginalised communities affected by climate change, helping participants understand the human dimension of climate justice.
- Usage in Session: In Session 3, participants will use this handout during the "Case Study Presentation" and "Role Play" activities. It provides real-life stories and quotes that participants can draw from to deepen their empathy and understanding of the challenges faced by these communities.

Handout Details:

Voices of Climate Justice

Stories and Quotes from the Frontlines:

1. Maria, Indigenous Activist from the Amazon:

- Story: Maria has been fighting to protect her community's land from deforestation, intensified by climate change. Her community relies on the forest for food, medicine, and cultural practices.
- Quote: "The forest is our mother. When it is destroyed, we lose a part of ourselves. Climate change is not just about the environment; it's about our survival."

2. Ahmed, Farmer in Sub-Saharan Africa:

- Story: Ahmed's village has faced severe droughts over the past decade, leading to crop failures and food insecurity. Climate change has made traditional farming methods increasingly unreliable.
- Quote: "The rains that once fed our crops have become unpredictable. We are forced to adapt, but our resources are limited. Who will stand with us in this fight?"

3. Jasmine, Resident of a Low-Income Neighbourhood in the U.S.:

- Story: Jasmine's community is located near an industrial zone, leading to poor air quality and health problems. Climate change has exacerbated these conditions, making it harder for her family to stay healthy.
- Quote: "We deserve clean air just as much as anyone else. But instead, we are left to breathe in the toxins that others profit from. This is not justice."

Reflection Questions:

- What emotions do these stories evoke?
- How do these voices challenge your understanding of climate justice?
- What can we learn from these communities about resilience and resistance?

Handout 4. Climate Action Planner - Action Planning Template

How and Why Participants Will Use This Handout:

- Purpose: This handout is a practical tool designed to help participants plan and implement their own climate justice initiatives. It guides them through the process of setting goals, identifying resources, and taking actionable steps.
- Usage in Session: In Session 4, participants will use this handout during the "Action Planning" activity. It provides a structured format to develop their projects, ensuring that their ideas are actionable and impactful.

Handout Details:

Climate Action Planner

Step 1: Define Your Goal

- What is your climate justice goal?
- Example: "To raise awareness about the impact of climate change on our local community."

Step 2: Identify Your Resources

- What resources do you have?
- People: Who will be involved?
- Materials: What materials will you need?
- Time: How much time will this project take?

Step 3: Plan Your Actions

- What are the specific actions you will take?
- Action 1: (e.g., Organise a community workshop)
- Action 2: (e.g., Create a social media campaign)
- Action 3: (e.g., Write letters to local policymakers)

Step 4: Set a Timeline

- What is your timeline for each action?
- Action 1: [Date]
- Action 2: [Date]
- Action 3: [Date]

Step 5: Measure Success

- How will you measure success?
- Example: "We will consider the project successful if we reach 100 people with our campaign and receive 50 signatures on our petition."

Step 6: Reflect and Adapt

- After implementing your plan, reflect on what worked and what didn't.
- What went well?
- What challenges did you face?
- How can you improve in the future?

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Climate Justice and Equity Toolkit

Objective:
The Climate Justice and Equity Programme is designed to educate and empower young people to understand and engage with the concepts of climate justice and equity. Through interactive sessions, participants will explore the global and local impacts of climate change, the role of communities in the climate justice movement, and how they can take actionable steps toward creating a more just and sustainable world.

Session 1: Introduction to Climate Justice

Aim: To introduce the concepts of climate justice and equity, and to build a foundational understanding among participants.

Objectives:

- Define climate justice and equity.
- Introduce key concepts such as environmental racism and sustainability.
- Encourage participants to think about how climate justice impacts their lives and communities.

Time: 1 Hour

Lesson Plan:

- 00:00 - 00:10 | Ice Breaker: Climate Conversations
- Activity: Participants pair up and discuss what they know about climate change and how it affects their community.
- Purpose: To warm up the group and begin thinking about personal connections to climate change.
- 00:10 - 00:20 | Presentation: Introduction to Climate Justice
- Activity: Facilitator presents a short slideshow defining climate justice and equity, highlighting environmental racism and the concept of sustainability.
- Purpose: To provide a clear understanding of the session's key concepts.
- 00:20 - 00:40 | Group Discussion
- Activity: Break into small groups. Using the “What is Climate Justice?” handout, participants discuss how climate justice might relate to their own lives or communities.
- Purpose: To reinforce understanding through discussion and personal reflection.
- 00:40 - 00:50 | Reflection: Key Insights Sharing
- Activity: Each group shares one key insight from their discussion with the larger group.
- Purpose: To consolidate learning and hear diverse perspectives.
- 00:50 - 01:00 | Closing: One Word Takeaway
- Activity: Participants share one word that captures what they learned from the session.
- Purpose: To reflect on the session and prepare for the next.

Session one - Climate Justice and Equity Toolkit

Objective:
The Climate Justice and Equity Programme is designed to educate and empower young people to understand and engage with the concepts of climate justice and equity. Through interactive sessions, participants will explore the global and local impacts of climate change, the role of communities in the climate justice movement, and how they can take actionable steps toward creating a more just and sustainable world.

Session Breakdown

Key Activities:

- Ice Breaker: "Climate Conversations" – Pair discussions on climate change awareness.
- Main Activity: Presentation on climate justice and small group discussions on its impact.
- Handout: “What is Climate Justice?” – Definitions and key terms.
- Outcome: Participants will understand the basic concepts of climate justice and begin to see how it connects to their lives.

Session 1: Introduction to Climate Justice

Aim: To introduce the concepts of climate justice and equity, and to build a foundational understanding among participants.

Objectives:

- Define climate justice and equity.
- Introduce key concepts such as environmental racism and sustainability.
- Encourage participants to think about how climate justice impacts their lives and communities.

Time: 1 Hour

Session one - Climate Justice and Equity Toolkit

Lesson Plan:

- 00:00 - 00:10 | Ice Breaker: Climate Conversations
- Activity: Participants pair up and discuss what they know about climate change and how it affects their community.
- Purpose: To warm up the group and begin thinking about personal connections to climate change.

- 00:10 - 00:20 | Presentation: Introduction to Climate Justice
- Activity: The facilitator presents a short definition of climate justice and equity, highlighting environmental racism and the concept of sustainability. [Handout 1]
- Purpose: To provide a clear understanding of the session's key concepts.

- 00:20 - 00:40 | Group Discussion
- Activity: Break into small groups. Using the “What is Climate Justice?” handout, participants discuss how climate justice might relate to their own lives or communities.
- Purpose: To reinforce understanding through discussion and personal reflection.

- 00:40 - 00:50 | Reflection: Key Insights Sharing
- Activity: Each group shares one key insight from their discussion with the larger group.
- Purpose: To consolidate learning and hear diverse perspectives.

- 00:50 - 01:00 | Closing: One Word Takeaway
- Activity: Participants share one word that captures what they learned from the session.
- Purpose: To reflect on the session and prepare for the next.

Session Two - Climate Justice and Equity Toolkit

Objective:
The Climate Justice and Equity Programme is designed to educate and empower young people to understand and engage with the concepts of climate justice and equity. Through interactive sessions, participants will explore the global and local impacts of climate change, the role of communities in the climate justice movement, and how they can take actionable steps toward creating a more just and sustainable world.

Session 2: Global and Local Impacts of Climate Change

Key Activities:

- Ice Breaker: "Where in the World?" – Identify climate-affected regions through images.
- Main Activity: Mapping local climate impacts and comparing them with global examples.
- Handout: “Global vs. Local: Climate Change Impacts” – Comparison sheet.
- Outcome: Participants will gain a broader perspective on climate change, understanding its varied effects globally and locally.

Session 2 : Global and Local Impacts of Climate Change

Aim: To explore the impacts of climate change on both a global and local scale, helping participants understand its diverse effects.

Objectives:

- Highlight global examples of climate change impacts.
- Encourage participants to identify and map local climate impacts.
- Foster a connection between global and local climate issues.

Time: 1 Hour

Session Two - Climate Justice and Equity Toolkit

Lesson Plan:

- 00:00 - 00:10 | Ice Breaker: Where in the World?
- Activity: Show images of different regions affected by climate change. Participants guess the location and discuss how it relates to climate change.
- Purpose: To engage participants and introduce the concept of global climate impacts.

- 00:10 - 00:20 | Presentation: Global Impact Overview
- Activity: discuss the global impact of climate change, including sea level rise, extreme weather events, and biodiversity loss.
- Purpose: To provide participants with a global perspective on climate change

- 00:20 - 00:45 | Activity: Local Impact Mapping
- Activity: In small groups, participants create a map of their local area, marking areas affected by climate change, such as flood zones, heat islands, or areas with poor air quality. They use the “Global vs. Local: Climate Change Impacts” handout for comparison.
- Purpose: To help participants connect global issues to their own communities.

- 00:45 - 00:55 | Discussion: Comparison and Reflection
- Activity: Groups discuss the similarities and differences between global and local impacts. How does understanding both levels influence their thoughts on climate action?
- Purpose: To encourage critical thinking and synthesis of global and local climate information.

- 00:55 - 01:00 | Closing: Pledge Wall
- Activity: Participants write down a climate action pledge on a sticky note and place it on the wall.
- Purpose: To end the session on a note of personal commitment and readiness for action.

Session Three - Climate Justice and Equity Toolkit

Objective:
The Climate Justice and Equity Programme is designed to educate and empower young people to understand and engage with the concepts of climate justice and equity. Through interactive sessions, participants will explore the global and local impacts of climate change, the role of communities in the climate justice movement, and how they can take actionable steps toward creating a more just and sustainable world.

Session 3: The Role of Marginalised Communities

- Key Activities:
- Ice Breaker: "Human Impact Chain" – Participants position themselves based on perceived climate impact.
- Main Activity: Case study presentations and role-play activities to empathise with marginalised communities.
- Handout: “Voices of Climate Justice” – Stories and quotes from affected communities.
- Outcome: Participants will develop empathy for marginalised groups and recognise the importance of equity in climate action.

Session 3 : The Role of Marginalised Communities

Aim: To understand how marginalised communities are disproportionately affected by climate change and their role in advocating for climate justice.

Objectives:

- Highlight the disproportionate impacts of climate change on marginalised communities.
- Introduce real-life stories and voices from these communities.
- Encourage empathy and solidarity among participants.

Time: 1 Hour

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Session Three - Climate Justice and Equity Toolkit

Lesson Plan:

- 00:00 - 00:10 | Ice Breaker: Human Impact Chain
- Activity: Participants line up based on how much they think they are affected by climate change, then discuss their positions.
- Purpose: To provoke thought about how climate change impacts different people differently.

- 00:10 - 00:25 | Case Study Presentation: Marginalised Communities
- Activity: The facilitator presents case studies from the “Voices of Climate Justice” handout, highlighting the experiences of marginalised communities (e.g., Indigenous communities, low-income neighbourhoods).
- Purpose: To introduce participants to the real-world impact of climate change on vulnerable populations.

- 00:25 - 00:45 | Activity: Role Play
- Activity: In small groups, participants role-play scenarios where marginalised communities advocate for climate justice (e.g., confronting policymakers, community organising).
- Purpose: To deepen understanding through experiential learning and to practice empathy.

- 00:45 - 00:55 | Discussion: Reflection on Role Play
- Activity: Groups discuss their role-play experience. What challenges did they face? How can they support these communities in real life?
- Purpose: To reflect on the importance of solidarity and support for marginalised communities.

- 00:55 - 01:00 | Closing: Solidarity Circle
- Activity: Participants stand in a circle and share one way to stand in solidarity with marginalised communities.
- Purpose: To close the session focusing on community and collective action.

Web Recourse: Goal 13 | Department of Economic and Social Affairs (un.org)

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Session Four - Climate Justice and Equity Toolkit

Objective:
The Climate Justice and Equity Programme is designed to educate and empower young people to understand and engage with the concepts of climate justice and equity. Through interactive sessions, participants will explore the global and local impacts of climate change, the role of communities in the climate justice movement, and how they can take actionable steps toward creating a more just and sustainable world.

Session 4: Taking Action

- Key Activities:
- Ice Breaker: "Action Brainstorm" – Rapid ideation of climate actions.
- Main Activity: Action planning in groups, followed by project pitches and feedback.
- Handout: “Climate Action Planner” – Action planning template.
- Outcome: Participants will leave with a concrete action plan and a commitment to take steps toward climate justice in their communities.

Session 4 : Taking Action

Aim: To empower participants to take actionable steps towards climate justice in their communities.

Objectives:

- Encourage participants to brainstorm and develop climate justice initiatives.
- Provide tools and guidance for effective action planning.
- Foster a sense of agency and commitment to climate action.

Time: 1 Hour

Session Four - Climate Justice and Equity Toolkit

Lesson Plan:

- 00:00 - 00:10 | Ice Breaker: Action Brainstorm
- Activity: In a rapid-fire round, participants shout out as many climate actions as possible, which the facilitator writes on a board.
- Purpose: To generate excitement and ideas for climate action.

- 00:10 - 00:40 | Activity: Action Planning
- Activity: In small groups, participants use the “Climate Action Planner” handout to plan a small project or campaign focused on climate justice. They consider goals, resources, actions, and timelines.
- Purpose: To provide a structured framework for participants to develop concrete, actionable plans.

- 00:40 - 00:50 | Activity: Project Pitch
- Activity: Each group presents their action plan to the larger group. Other participants can ask questions or offer suggestions.
- Purpose: To refine ideas and build confidence in presenting and advocating for their plans.

- 00:50 - 00:55 | Feedback Session
- Activity: The facilitator and participants provide constructive feedback on each group’s plan, focusing on feasibility and impact.
- Purpose: To enhance the quality of the plans and encourage peer support.

- 00:55 - 01:00 | Closing: Commitment Circle
- Activity: Participants share one action they commit to taking within the next month.
- Purpose: To solidify commitment to action and foster accountability.

Toolkit Overview: Climate Justice and Equity

Objective:
The Climate Justice and Equity Programme is designed to educate and empower young people to understand and engage with the concepts of climate justice and equity. Through interactive sessions, participants will explore the global and local impacts of climate change, the role of communities in the climate justice movement, and how they can take actionable steps toward creating a more just and sustainable world.

Climate Justice and Equity Programme Overview

Programme Title:
Empowering Youth for Climate Justice and Equity
Target Audience:
Young people aged 12-18
Duration:
4 Sessions (1 hour each)

Session Breakdown

Session 1: Introduction to Climate Justice

- Objective: Define climate justice and equity and introduce key concepts like environmental racism and sustainability.
- Key Activities:
- Ice Breaker: "Climate Conversations" – Pair discussions on climate change awareness.
- Main Activity: Presentation on climate justice and small group discussions on its impact.
- Handout: “What is Climate Justice?” – Definitions and key terms.
- Outcome: Participants will understand the basic concepts of climate justice and begin to see how it connects to their lives.

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Toolkit Overview: Climate Justice and Equity

Session 2: Global and Local Impacts of Climate Change

- Objective: Explore the diverse impacts of climate change on a global and local scale.
- Key Activities:
- Ice Breaker: "Where in the World?" – Identify climate-affected regions through images.
- Main Activity: Mapping local climate impacts and comparing them with global examples.
- Handout: “Global vs. Local: Climate Change Impacts” – Comparison sheet.
- Outcome: Participants will gain a broader perspective on climate change, understanding its varied effects globally and locally.

Session 3: The Role of Marginalized Communities

- Objective: Understand the disproportionate impact of climate change on marginalised communities and their role in the climate justice movement.
- Key Activities:
- Ice Breaker: "Human Impact Chain" – Participants position themselves based on perceived climate impact.
- Main Activity: Case study presentations and role-play activities to empathise with marginalised communities.
- Handout: “Voices of Climate Justice” – Stories and quotes from affected communities.
- Outcome: Participants will develop empathy for marginalised groups and recognise the importance of equity in climate action.

Session 4: Taking Action

- Objective: Empower participants to plan and initiate climate justice actions in their communities.
- Key Activities:
- Ice Breaker: "Action Brainstorm" – Rapid ideation of climate actions.
- Main Activity: Action planning in groups, followed by project pitches and feedback.
- Handout: “Climate Action Planner” – Action planning template.
- Outcome: Participants will leave with a concrete action plan and a commitment to take steps toward climate justice in their communities.

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Cooking

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Cooking

Handout 1 Local and Seasonal Foods

Local Foods:

- Definition: Foods grown and harvested within a short distance from where they are consumed.
- Benefits:
- Fresher and Tastier: Local produce is often picked at peak ripeness.
- Supports Local Economy: Purchasing from local farmers boosts the local economy.
- Reduces Carbon Footprint: Less transportation means fewer emissions.

Seasonal Foods:

- Definition: Foods that are grown and harvested during their natural growing seasons.
- Benefits:
- Higher Nutritional Value: Seasonal foods are fresher and more nutrient-rich.
- Cost-Effective: In-season produce is often less expensive due to abundance.
- Environmental Sustainability: Growing foods in their natural season requires fewer resources.

Benefits of Choosing Local and Seasonal Foods

1. **Environmental Impact:**

- Reduced greenhouse gas emissions from transportation.
- Lower energy use for storage and refrigeration.
- Decreased reliance on artificial inputs like fertilisers and pesticides.

2. **Economic Advantages:**

- Supports local farmers and businesses.
- Keeps money within the community, fostering local economic growth.

3. **Health Benefits:**

- Fresher produce with higher nutrient content.
- Less likelihood of contamination due to shorter supply chains.

Cooking

Handout 1 Local and Seasonal Foods

How to Identify Local and Seasonal Foods

1. Farmers' Markets: Visit local farmers' markets to buy directly from producers.
2. Community Supported Agriculture (CSA): Join a CSA program to receive regular deliveries of local, seasonal produce.
3. Local Grocery Stores: Look for signs indicating local produce or ask the staff.
4. Seasonal Charts: Use seasonal food charts specific to your region to know what’s in season.

Seasonal Food Guide

Spring:

- Vegetables: Asparagus, peas, radishes, spinach, lettuce.
- Fruits: Strawberries, rhubarb.

Summer:

- Vegetables: Tomatoes, cucumbers, bell peppers, green beans.
- Fruits: Berries (blueberries, raspberries), peaches, melons, cherries.

Autumn:

- Vegetables: Pumpkins, sweet potatoes, carrots, broccoli, cauliflower.
- Fruits: Apples, pears, grapes, figs.

Winter:

- Vegetables: Kale, Brussels sprouts, winter squash, leeks, parsnips.
- Fruits: Citrus fruits (oranges, lemons), pomegranates.

Cooking

Handout 1 Local and Seasonal Foods

Tips for Incorporating Local and Seasonal Foods into Your Diet

1. Plan Meals Around Seasonal Produce: Use seasonal charts to plan your meals and grocery shopping.
2. Preserve Seasonal Bounty: Freeze, can, or dry seasonal produce to enjoy it year-round.
3. Try New Recipes: Experiment with recipes that highlight seasonal ingredients.
4. Visit Local Farms: Participate in farm tours or pick-your-own produce events.
5. Grow Your Own: Start a garden to grow your own seasonal vegetables and herbs.

Resources

- Seasonal Food Guides:
- SeasonalFoodGuide.org: Comprehensive guide to what's in season in your area.
- LocalHarvest.org: Find farmers' markets, CSA programs, and local farms.
- Books:
- "Animal, Vegetable, Miracle" by Barbara Kingsolver
- "Eating on the Wild Side" by Jo Robinson
- Apps:
- Seasonal Food Guide (App Store/Google Play): Helps you find seasonal produce in your area.
- Farmstand (App Store/Google Play): Locate farmers' markets and local produce.

Conclusion

Embracing local and seasonal foods not only benefits your health but also supports sustainable farming practices and reduces your environmental impact. By making conscious food choices, you can contribute to a healthier planet and community.

Handout 2 Plant-Based Diet

Environmental Impact:

- Lower Greenhouse Gas Emissions: Plant-based foods produce fewer emissions compared to animal products.
- Reduced Water Usage: Growing plants generally require less water than raising livestock.
- Conservation of Resources: Plant production uses less land and energy than animal farming.
- Decreased Deforestation: Less land needed for animal grazing and feed crops helps preserve forests.

Health Benefits:

- Nutrient-Rich: Plant-based diets are rich in vitamins, minerals, and antioxidants.
- Lower Risk of Chronic Diseases: Reduced risk of heart disease, diabetes, and certain cancers.
- Weight Management: Often lower in calories and fat, aiding in weight control.
- Improved Digestion: High in dietary fibre, promoting a healthy digestive system.

Tips for Incorporating More Plant-Based Meals

1. **Start Slow:**
- Begin with "Meatless Mondays" to ease into a plant-based routine.
- Gradually increase the number of plant-based meals each week.

2. **Focus on Variety:**
- Include a wide range of fruits, vegetables, legumes, nuts, seeds, and whole grains.
- Experiment with different plant-based proteins like tofu, tempeh, lentils, and chickpeas.

3. **Find Plant-Based Alternatives:**
- Substitute meat with plant-based proteins in your favourite recipes.
- Explore plant-based dairy alternatives like almond milk, soy milk, and coconut yoghurt.

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Handout 2 Plant-Based Diet

1. **Plan Balanced Meals:**
- Ensure meals contain a balance of protein, healthy fats, and carbohydrates.
- Combine different plant foods to get all essential amino acids (e.g., rice and beans).
2. **Experiment with New Recipes:**
- Try new plant-based recipes to keep meals exciting and flavourful.
- Use herbs and spices to enhance the taste of plant-based dishes.
3. **Use Seasonal Produce:**
- Incorporate locally grown, seasonal fruits and vegetables for freshness and sustainability.
- Visit farmers' markets to find fresh and diverse produce options.

Sample Plant-Based Meals

Breakfast:

1. Smoothie Bowl: Blend spinach, banana, berries, and almond milk; top with granola and chia seeds.
2. Overnight Oats: Mix oats with almond milk, chia seeds, and fresh fruit; refrigerate overnight.

Lunch:

1. Quinoa Salad: Combine cooked quinoa, chickpeas, cucumbers, tomatoes, and a lemon-tahini dressing.
2. Veggie Wrap: Whole grain wrap filled with hummus, spinach, bell peppers, shredded carrots, and avocado.

Dinner:

1. Stir-Fry: Sauté tofu with broccoli, bell peppers, snap peas, and a soy-ginger sauce; serve over brown rice.
2. Lentil Stew: Cook lentils with tomatoes, carrots, celery, onions, and vegetable broth; season with cumin and coriander.

Snacks:

1. Trail Mix: Nuts, seeds, and dried fruit.
2. Vegetable Sticks: Carrot, cucumber, and bell pepper sticks with hummus.
3. Resources for Plant-Based Eating

Handout 2 Plant-Based Diet

1. **Plan Balanced Meals:**
- Ensure meals contain a balance of protein, healthy fats, and carbohydrates.
- Combine different plant foods to get all essential amino acids (e.g., rice and beans).

2. **Experiment with New Recipes:**
- Try new plant-based recipes to keep meals exciting and flavourful.
- Use herbs and spices to enhance the taste of plant-based dishes.

3. **Use Seasonal Produce:**
- Incorporate locally grown, seasonal fruits and vegetables for freshness and sustainability.
- Visit farmers' markets to find fresh and diverse produce options.

Books:
- "The Plant-Based Diet for Beginners" by Gabriel Miller
- "How Not to Die" by Michael Greger, M.D.

Websites:
- Forks Over Knives (forksoverknives.com)
- The Vegan Society (vegansociety.com)

Conclusion

Incorporating more plant-based meals into your diet is a powerful way to reduce your environmental footprint and improve your health. Start with small changes, explore new foods and recipes, and enjoy the journey towards a more sustainable and nutritious lifestyle.

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Handout 3

Energy-Efficient Cooking Methods

Environmental Impact:

- Reduces Carbon Footprint: Using less energy in cooking decreases greenhouse gas emissions.
- Conserves Resources: Efficient cooking methods use less electricity and gas.

Economic Benefits:

- Lower Utility Bills: Reducing energy consumption saves money on electricity and gas bills.

Health Benefits:

- Preserves Nutrients: Methods like steaming preserve more nutrients in food compared to boiling or frying.
- Quicker Meals: Many energy-efficient cooking methods are faster, saving time in meal preparation.

Energy-Efficient Cooking Methods

1

1. Steaming:

- Benefits: Retains nutrients and uses minimal water and energy.
- How to: Use a steaming basket over boiling water or an electric steamer.
- Foods: Vegetables, fish, dumplings.

2

2. Pressure Cooking:

- Benefits: Cooks food quickly and uses less energy by reducing cooking time.
- How to: Use a pressure cooker to cook foods at high pressure.
- Foods: Beans, stews, soups, tough cuts of meat.

3

3. Microwaving:

- Benefits: Uses less energy than conventional ovens and cooks food quickly.
- How to: Use microwave-safe containers and avoid overcooking by checking food frequently.
- Foods: Reheating leftovers, steaming vegetables, cooking single portions.

4

4. Slow Cooking:

- Benefits: It uses low, consistent energy over a long period and is great for tenderising meats.
- How to: Use a slow cooker, add ingredients and set on low heat for several hours.
- Foods: Stews, casseroles, soups.

Handout 3
Energy-Efficient Cooking Methods

5

5. Stir-Frying:

- Benefits: Quick cooking method that uses high heat and minimal oil.
- How to: Use a wok or frying pan, cook ingredients quickly while stirring continuously.
- Foods: Vegetables, small pieces of meat, tofu.

6

6. Induction Cooking:

- Benefits: More energy-efficient than gas or electric stoves, heats pots directly via electromagnetic induction.
- How to: Use induction-compatible cookware on an induction cooktop.
- Foods: Any stovetop cooking, especially efficient for boiling water and sautéing.

7

7. Air Frying

- Benefits: Uses significantly less oil than traditional frying, leading to healthier meals with a crispy texture.
- How to: Use an air fryer with readily available inserts
- Foods: You can cook virtually anything in an air fryer.

Tips for Energy-Efficient Cooking

1. **Use Lids:**
- Keep lids on pots to retain heat and reduce cooking time.
- Match pot sizes to the burner size to avoid energy loss.
2. **Cook in Batches:**
- Prepare larger quantities and freeze portions for future meals.
- Reheat only the amount needed, preferably in a microwave.
3. **Optimise Oven Use:**
- Switch to an air fryer
- Avoid preheating for too long and cook multiple dishes simultaneously.
- Use a toaster oven or convection oven for small meals instead of a large oven.
4. **Cut Food into Smaller Pieces:**
- Smaller pieces cook faster, saving time and energy.
5. **Use Residual Heat:**
- Turn off the oven or stove a few minutes before the food is fully cooked and let residual heat finish the job.

Handout 3
Energy-Efficient Cooking Methods

Recipes Using Energy-Efficient Methods

Steamed Vegetables:

- Ingredients: Assorted vegetables (broccoli, carrots, bell peppers), salt, pepper, and lemon juice.
- Instructions: Steam vegetables until tender, season with salt, pepper, and a squeeze of lemon juice.

Pressure Cooker Lentil Soup:

- Ingredients: Lentils, onions, carrots, celery, garlic, vegetable broth, spices.
- Instructions: Sauté onions, carrots, celery, and garlic in the pressure cooker. Add lentils, broth, and spices. Cook on high pressure for 15 minutes.

Microwave Baked Potato:

- Ingredients: Potato, olive oil, salt.
- Instructions: Poke holes in the potato and rub with olive oil and salt. Microwave on high for 5-7 minutes until tender.

Slow Cooker Chicken Stew:

- Ingredients: Chicken pieces, potatoes, carrots, onions, chicken broth, herbs.
- Instructions: Combine all ingredients in the slow cooker. Cook on low for 6-8 hours or until chicken is tender.

Stir-fried tofu and Vegetables:

- Ingredients: Firm tofu, bell peppers, snap peas, soy sauce, garlic, ginger.
- Instructions: Heat oil in a wok. Add garlic and ginger. Stir-fry tofu until golden, add vegetables and cook until tender. Add soy sauce to taste.

Air-Fried Vegetables:

- Ingredients: Assorted vegetables (e.g., courgette, bell peppers, carrots), olive oil, salt, and pepper.
- Instructions: Preheat air fryer to 375°F. Toss vegetables with a small amount of olive oil, salt, and pepper. Arrange in a single layer in the air fryer basket. Cook for 10-15 minutes, shaking halfway through, until vegetables are tender and lightly browned.

Handout 3
Energy-Efficient Cooking Methods

Air-Fried Chicken Tenders:

- Ingredients: Chicken tenders, breadcrumbs, egg, salt, pepper, paprika.
- Instructions: Preheat air fryer to 400°F. Dip chicken tenders in beaten egg, then coat with breadcrumbs mixed with salt, pepper, and paprika. Place in a single layer in the air fryer basket. Cook for 10-12 minutes, turning halfway through, until golden brown and cooked through.

Air-Fried French Fries:

- Ingredients: Potatoes, olive oil, salt.
- Instructions: Preheat air fryer to 375°F. Cut potatoes into fries and soak in water for 30 minutes. Drain and pat dry. Toss with a small amount of olive oil and salt. Arrange in a single layer in the air fryer basket. Cook for 15-20 minutes, shaking halfway through, until crispy and golden.

Air-Fried Fish Fillets:

- Ingredients: Fish fillets, olive oil, lemon juice, salt, pepper, garlic powder.
- Instructions: Preheat air fryer to 400°F. Brush fish fillets with olive oil and lemon juice, then season with salt, pepper, and garlic powder. Place in the air fryer basket. Cook for 8-10 minutes, until fish is flaky and cooked through.

Air-Fried Tofu:

- Ingredients: Firm tofu, soy sauce, sesame oil, garlic powder, cornstarch.
- Instructions: Preheat air fryer to 375°F. Press and cut tofu into cubes. Toss with soy sauce, sesame oil, garlic powder, and a light coating of cornstarch. Arrange in a single layer in the air fryer basket. Cook for 10-15 minutes, shaking halfway through, until crispy.

Handout 3
Energy-Efficient Cooking Methods

Resources

Books:

- "The Complete Guide to Pressure Canning" by Diane Devereaux
- "The Slow Cooker Cookbook" by Mendocino Press
- "The Essential Air Fryer Cookbook" by Bruce Weinstein
- "Air Fry Everything" by Meredith Laurence

Websites:

- Energy.gov: Tips on energy-efficient cooking
- Love Food Hate Waste: Efficient cooking and food waste reduction tips
- Air Fryer World (airfryerworld.com): Recipes and tips for air frying.
- The Kitchn (thekitchn.com): Guides and reviews on air fryers and air frying techniques.

Apps:

- EcoChef: Recipes and tips for sustainable cooking
- JouleBug: Sustainability challenges and tips
- Air Fryer World (airfryerworld.com): Recipes and tips for air frying.
- The Kitchn (thekitchn.com): Guides and reviews on air fryers and air frying techniques.

Conclusion

Adopting energy-efficient cooking methods is a simple yet impactful way to reduce your environmental footprint, save money, and promote a healthier lifestyle. Start incorporating these methods into your daily cooking routine and enjoy the benefits of sustainable living.

Session 1
Sustainable Cooking

Objective: Teach participants how to incorporate sustainable practices into their cooking routines, focusing on meal planning, smart shopping, and reducing waste.

Materials Needed:

- Whiteboard and markers
- Handouts on sustainable cooking tips (provided in sections below)
- Sample meal planning templates
- Shopping list templates
- Examples of bulk-buying products
- Visual aids (charts, images of food waste, packaging waste, etc.)

Lesson Outline:

1. Introduction (10 minutes)
Icebreaker Activity:

- Activity: "Sustainability Pledge" - Each participant shares one sustainable practice they already follow or plan to start.
- Purpose: Create a sense of community and commitment to sustainability.

Brief Overview:

- Explain the importance of sustainable cooking.
- Discuss the environmental and economic benefits of reducing food waste and packaging waste.

2. Planning and Shopping (30 minutes)
Plan Meals Ahead to Reduce Food Waste
Discussion:

- Why Plan Meals?: Reduces food waste, saves money, ensures healthier eating.
-

Steps to Effective Meal Planning:

- Assess what you already have.
- Plan meals based on what's in season and on sale.
- Include leftovers in your meal plan to ensure everything gets used.

Session 1
Sustainable Cooking

Activity:

- Meal Planning Exercise:
- Provide participants with a sample meal planning template.
- Work in pairs to plan meals for a week, considering leftovers and seasonal produce.

Make a Shopping List to Avoid Impulse Buys and Over-Purchasing

Discussion:

- Benefits of a Shopping List: Keeps you focused, reduces food waste, and saves money.

How to Make an Effective List:

- Categorise items by section (produce, dairy, grains, etc.).
- Check your pantry and fridge before making the list.

Activity:

- Shopping List Creation:
- Hand out shopping list templates.
- Participants create a list based on their meal plan.

Choose Bulk Buying to Reduce Packaging Waste

Discussion:

- Advantages of Bulk Buying: Reduces packaging waste, often more cost-effective.
- Tips for Bulk Buying:
- Bring your own containers.
- Only buy in bulk what you will use to avoid waste.
- Look for stores that offer bulk options for a variety of products.

Session 1
Sustainable Cooking

Activity:

- Bulk Buying Brainstorm:
- Discuss products that are ideal for bulk buying (e.g., grains, nuts, spices).
- Participants share local stores or markets that offer bulk buying options.

3. Practical Application (20 minutes)

Group Activity:

- Scenario Planning:
- Split participants into small groups.
- Each group receives a scenario (e.g., planning meals for a family of four, living in a small apartment with limited storage, etc.).
- Groups use meal planning and shopping list templates to create a sustainable plan for their scenario.

Presentations:

- Each group presents their plan and explains their choices.
- Discuss the challenges and benefits they identified.

4. Wrap-Up and Q&A (10 minutes)

Review Key Points:

- Importance of meal planning and making a shopping list.
- Benefits of bulk buying.
- Real-world application of sustainable practices.

Q&A Session:

- Open the floor for questions and additional tips.

Take-Home Materials:

- Provide handouts summarising the key points.
- Include extra meal planning and shopping list templates for future use.

Conclusion:

- Encourage participants to implement these practices in their daily lives.
- Highlight how small changes can make a big difference in sustainability.

Session 2
Sustainable Food Preparation

Objective: Teach participants sustainable cooking practices during food preparation, focusing on batch cooking, reducing food waste, and using reusable storage options.

Materials Needed:

- Whiteboard and markers
- Handouts on sustainable cooking tips (provided in sections below)
- Sample recipes for batch cooking
- Visual aids (images of batch cooking, vegetable scraps, reusable storage containers)

Lesson Outline:

1. Introduction (10 minutes)

Icebreaker Activity:

- Activity: "Sustainable Cooking Quiz" - Participants answer true/false or multiple-choice questions related to sustainable cooking practices.
- Purpose: Engage participants and assess their current knowledge of sustainable cooking.

Brief Overview:

- Recap the previous lesson on meal planning and shopping.
- Emphasise the importance of sustainable practices during food preparation.

2. Food Preparation (30 minutes)

Batch Cook and Freeze Meals to Save Energy

Discussion:

- What is Batch Cooking?: Cooking large quantities of food at once to have meals ready for future consumption.
- Advantages:
- Saves time and energy by cooking once and eating multiple times.
- Reduces food waste by utilising ingredients efficiently.

Activity:

- Batch Cooking Demonstration:
- Show participants how to batch cook a simple recipe (e.g., chili, curry, soup).
- Discuss portioning and freezing techniques.

Use the Whole Food in Recipes or for Making Broths

Session 2
Sustainable Food Preparation

Discussion:

- Importance of Using Whole Foods: Maximises nutrition and minimises waste.
- Creative Uses for Food Scraps:
- Making vegetable broth from peels and scraps.
- Incorporating stems and leaves into dishes (e.g., using broccoli stems in stir-fries).

Activity:

- Food Scrap Challenge:
- Provide participants with a variety of vegetable scraps and challenge them to come up with creative uses for each item.
- Discuss ideas and share recipes for using food scraps.

Opt for Reusable Storage Containers and Bags

Discussion:

- Environmental Impact of Single-Use Packaging: Contributes to plastic pollution and waste.
- Benefits of Reusable Containers and Bags:
- Reduces waste and saves money in the long run.
- Keeps food fresher and safer than disposable alternatives.

Activity:

- Reusable Storage Showcase:
- Display a variety of reusable storage containers, bags, and wraps.
- Discuss their features and benefits compared to single-use options.

Session 2

Sustainable Food Preparation

3. Practical Application (20 minutes)

Group Activity:

- Recipe Makeover:
- Split participants into small groups.
- Each group receives a traditional recipe and must modify it to incorporate sustainable practices (e.g., using whole foods, batch cooking, reducing packaging waste).
- Groups present their modified recipes and explain their choices.

Cooking Demonstration:

- Show participants how to prepare a simple recipe using sustainable cooking techniques learned in the lesson (e.g., using vegetable scraps to make broth, storing leftovers in reusable containers).

4. Wrap-Up and Q&A (10 minutes)

Review Key Points:

- Importance of batch cooking for efficiency and waste reduction.
- Creative ways to use whole foods and minimise food waste.
- Benefits of switching to reusable storage containers and bags.

Q&A Session:

- Address any remaining questions or concerns from participants.

Take-Home Materials:

- Provide handouts summarising sustainable food preparation practices.
- Include recipes and tips for batch cooking, using whole foods, and choosing reusable storage options.

Conclusion:

- Encourage participants to incorporate sustainable cooking practices into their daily routines.
- Emphasise the positive impact they can have on the environment and their own well-being by making small changes in food preparation habits.

Session 3
Sustainable Cooking Techniques

Objective: Teach participants about sustainable cooking techniques that reduce energy consumption and promote efficient use of resources.

Materials Needed:

- Whiteboard and markers
- Handouts on sustainable cooking techniques (provided in sections below)
- Visual aids (images of pots with lids, appropriate cookware sizes, residual heat usage, energy-efficient appliances)

Lesson Outline:

1. Introduction (10 minutes)

Icebreaker Activity:

- Activity: "Energy-Saving Brainstorm" - Participants brainstorm ways to save energy in the kitchen.
- Purpose: Engage participants and stimulate critical thinking about sustainable cooking techniques.

Brief Overview:

- Recap the previous lesson on food preparation and waste reduction.
- Introduce the concept of sustainable cooking techniques and their importance.

2. Cooking Techniques (30 minutes)

Use Lids on Pots to Retain Heat and Reduce Cooking Time

Discussion:

- Benefits of Using Lids: Traps heat, reduces evaporation, and shortens cooking time.
- Impact on Energy Consumption: Saves energy by requiring less heat to cook food.

Activity:

- Lid Experiment:
- Demonstrate the difference in cooking time with and without a lid on a pot of boiling water.
- Discuss the results and implications for everyday cooking.

Use Appropriate-Sized Cookware for Your Stove Burners

Session 3
Sustainable Cooking Techniques

Discussion:

- Efficiency of Properly Sized Cookware: Ensures maximum contact with the burner and minimises heat loss.
- Avoidance of Energy Waste: Using oversized cookware leads to inefficient heating and wasted energy.

Activity:

- Cookware Matching Game:
- Provide participants with images of various cookware sizes and stove burners.
- Match the appropriate cookware to each burner size.

Turn off the Oven/Stove a Few Minutes Before the Food is Fully Cooked to Use Residual Heat

Discussion:

- Residual Heat Usage: Allows food to finish cooking using existing heat, saving energy and preventing overcooking.
- Safety Precautions: Ensure food safety by following proper cooking times and temperature guidelines.

Activity:

- Residual Heat Challenge:
- Discuss scenarios where residual heat can be utilised in different cooking processes.
- Participants brainstorm additional ways to use residual heat in their cooking routines.

Use Energy-Efficient Appliances, like Induction Stoves, Air Fryers, and Slow Cookers

Discussion:

- Advantages of Energy-Efficient Appliances: Reduce energy consumption, cook food faster, and offer versatile cooking options.
- Examples of Energy-Efficient Appliances: Induction stoves, air fryers, slow cookers.

Activity:

- Appliance Showcase:
- Display various energy-efficient appliances and discuss their features and benefits.
- Share personal experiences or testimonials from users.

Session 3
Sustainable Cooking Techniques

3. Practical Application (20 minutes)
Group Activity:

- Energy-Saving Cooking Challenge:
- Split participants into small groups.
- Each group receives a recipe and must modify it to incorporate at least two sustainable cooking techniques learned in the lesson.
- Groups present their modified recipes and explain their choices.

Cooking Demonstration:

- Show participants how to prepare a simple recipe using energy-efficient cooking techniques, such as using lids on pots and turning off the stove early to utilise residual heat.

4. Wrap-Up and Q&A (10 minutes)
Review Key Points:

- Importance of using lids on pots, matching cookware sizes to stove burners, and utilising residual heat.
- Benefits of energy-efficient appliances in reducing energy consumption and cooking time.

Q&A Session:

- Address any remaining questions or concerns from participants.

Take-Home Materials:

- Provide handouts summarising sustainable cooking techniques.
- Include tips for using energy-efficient appliances in everyday cooking.

Conclusion:

- Encourage participants to implement sustainable cooking techniques in their daily routines to reduce energy consumption and promote environmental sustainability.

Toolkit
Sustainable Cooking

1

1. Introduction to Sustainable Cooking

- Definition: Sustainable cooking involves making food choices and using cooking methods that are environmentally friendly, economically viable, and socially responsible.
- Importance: Reduces carbon footprint, minimises waste, conserves resources, and promotes healthier eating habits.

2

2. Key Principles of Sustainable Cooking

- Local and Seasonal Foods: Choosing locally grown and seasonal produce reduces transportation emissions and supports local farmers.
- Plant-Based Diets: Incorporating more plant-based meals can lower environmental impact as plant production generally requires less water and energy compared to animal farming.
- Minimising Waste: Utilising leftovers, composting food scraps, and avoiding single-use plastics.
- Energy-Efficient Cooking Methods: Using methods like steaming, pressure cooking, and microwaving that consume less energy.

3

3. Tips for Sustainable Cooking

- Planning and Shopping:
- Plan meals ahead to reduce food waste.
- Make a shopping list to avoid impulse buys and over-purchasing.
- Choose bulk buying to reduce packaging waste.
- Food Preparation:
- Batch cook and freeze meals to save energy.
- Use the whole food (e.g., vegetable peels, stems) in recipes or for making broths.
- Opt for reusable storage containers and bags.
- Cooking Techniques:
- Use lids on pots to retain heat and reduce cooking time.
- Use appropriate-sized cookware for your stove burners.
- Turn off the oven/stove a few minutes before the food is fully cooked to use residual heat.
- Use energy-efficient appliances, like induction stoves, air fryers and slow cookers.

Toolkit
Sustainable Cooking

4

4. Sustainable Cooking Projects and Activities

- Build a Solar Cooker:
- Materials: Cardboard box, tin foil, plastic wrap, black pot.
- Instructions: Line the box with foil, cover it with clear plastic wrap to trap heat, and place the black pot inside to cook using solar energy.
- Create a Compost Bin:
- Materials: Large container, drill for holes, organic waste.
- Instructions: Drill holes for ventilation, add layers of organic waste, turn regularly, and use the compost in your garden.
- Plant a Herb Garden:
- Materials: Pots, soil, herb seeds or seedlings.
- Instructions: Plant herbs in pots or garden beds, water regularly, and use fresh herbs in cooking.
- Conduct a Food Waste Audit:
- Instructions: Track the amount and types of food waste generated over a week, analyse the data, and develop strategies to reduce waste.

5

5. Recipes for Sustainable Cooking

- Vegetable Scraps Broth:
- Ingredients: Vegetable peels, stems, and leaves, water, seasoning.
- Instructions: Simmer scraps in water with seasoning for 1-2 hours, strain, and use as a broth.
- Solar Cooker Ratatouille:
- Ingredients: courgette, eggplant, tomatoes, onions, bell peppers, olive oil, herbs.
- Instructions: Chop vegetables, mix with oil and herbs, place in a black pot, and cook in a solar cooker until tender.
- Zero-Waste Pesto:
- Ingredients: Carrot tops or beet greens, nuts, garlic, olive oil, cheese (optional).
- Instructions: Blend all ingredients to make a pesto sauce for pasta or sandwiches.
- Leftover Vegetable Frittata:
- Ingredients: Leftover cooked vegetables, eggs, cheese, herbs.
- Instructions: Mix vegetables with beaten eggs and cheese, pour into a pan, and bake until set.

Toolkit
Sustainable Cooking

6. Resources and Further Reading

Books:

- "The Zero-Waste Chef" by Anne-Marie Bonneau
- "The Sustainable Kitchen" by Stu Stein and Mary Hinds

Websites:

- Love Food Hate Waste (lovefoodhatewaste.com)
- Sustainable Table (sustainabletable.org)

Apps:

- Too Good To Go (reduces food waste by selling surplus food from restaurants)
- Olio (shares surplus food with neighbours)

7. Conclusion

- Encouragement: Emphasise the collective impact of individual actions on environmental sustainability.
- Call to Action: Encourage participants to implement sustainable cooking practices at home and share their experiences with others.

By integrating these principles and activities into daily routines, individuals can contribute significantly to a more sustainable and environmentally friendly food system.

Renewable Energy

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Renewable Energy

Handout 1 Introduction to Renewable Energy

Introduction to Renewable Energy

Introduction: Renewable energy is an increasingly vital aspect of our global energy landscape. Unlike traditional fossil fuels, renewable energy sources are sustainable and environmentally friendly. This handout provides a brief overview of some prominent renewable energy sources: solar, wind, hydro, and geothermal energy.

1. **Solar Energy:**

- Explanation: Solar energy harnesses the power of sunlight to generate electricity. Solar panels, composed of photovoltaic cells, convert sunlight directly into electricity.
- Visual Aid: Include a diagram illustrating how solar panels work, from sunlight absorption to electricity generation.
- Benefits: Abundant, clean, and renewable energy source. Reduces carbon footprint and dependence on fossil fuels.

2. **Wind Energy:**

- Explanation: Wind energy utilises the kinetic energy of wind to generate electricity through wind turbines. As the wind turns the turbine blades, a generator converts this motion into electricity.
- Visual Aid: Show the anatomy of a wind turbine and how it converts wind energy into electricity.
- Benefits: Clean and abundant energy source. It helps reduce greenhouse gas emissions and reliance on non-renewable fuels.

3. **Hydro Energy:**

- Explanation: Hydroelectric power harnesses the energy of flowing or falling water to generate electricity. Dams or water turbines capture the energy of water movement and convert it into electrical energy.
- Visual Aid: Display a diagram of a hydroelectric dam and turbine system.
- Benefits: Reliable and renewable energy source. Low emissions and minimal environmental impact when compared to fossil fuels.

4. **Geothermal Energy:**

- Explanation: Geothermal energy utilises heat from the Earth's core to generate electricity or provide heating and cooling. Wells are drilled into hot underground reservoirs to access steam or hot water, which is then used to drive turbines and generate electricity.
- Visual Aid: Illustrate the process of extracting geothermal energy from the Earth's crust.
- Benefits: Renewable and sustainable energy sources. Provides continuous power generation with minimal environmental impact.

Conclusion: Renewable energy sources offer a promising solution to the challenges posed by climate change and finite fossil fuel reserves. By harnessing nature's power, we can create a more sustainable and environmentally friendly energy future for generations to come.

Handout 2

Benefits of Renewable Energy

Benefits of Renewable Energy

Renewable energy sources offer numerous advantages, spanning environmental, economic, and social realms. Here's a concise overview of the benefits:

1. **Environmental Benefits:**

- Reduced Greenhouse Gas Emissions: Renewable energy sources produce minimal to zero greenhouse gas emissions during electricity generation, helping to mitigate climate change.
- Cleaner Air and Water: Unlike fossil fuels, renewable energy technologies do not emit harmful pollutants into the air or water, improving public health and environmental quality.
- Preservation of Natural Resources: By tapping into renewable sources like sunlight, wind, and water, we reduce our reliance on finite fossil fuel reserves, preserving natural resources for future generations.

2. **Economic Benefits:**

- Job Creation: The renewable energy sector creates jobs in manufacturing, installation, maintenance, and research, fostering economic growth and stability.
- Cost Savings: As renewable energy technologies advance and economies of scale kick in, the cost of renewable electricity generation continues to decline, offering long-term cost savings compared to fossil fuels.
- Energy Security: Diversifying our energy sources with renewables reduces dependence on imported fossil fuels, enhancing energy security and resilience to supply disruptions.

3. **Social Benefits:**

- Improved Public Health: By reducing air and water pollution, renewable energy helps to improve public health outcomes, reducing healthcare costs and enhancing quality of life.
- Energy Access: Renewable energy can provide electricity to remote or underserved communities, bridging the energy access gap and improving living standards.
- Community Empowerment: Local renewable energy projects, such as community-owned solar or wind farms, empower communities to take control of their energy future, fostering social cohesion and resilience.

Conclusion: The benefits of renewable energy extend far beyond environmental sustainability. From cleaner air and water to economic growth and social equity, transitioning to renewable energy sources offers a pathway towards a more prosperous, equitable, and sustainable future for all.

Handout 3
Renewable Energy Activities

Renewable Energy Activities
Engaging in hands-on activities is an excellent way to understand the principles behind renewable energy generation. Here are instructions for two simple yet educational activities: building a small wind turbine and constructing a solar oven.

1. **Building a Small Wind Turbine:**

Materials Needed:

- Cardboard or sturdy paper (for blades)
- Wooden sticks or straws (for turbine frame)
- Small motor or generator (can be salvaged from old toys)
- Wires
- Hot glue gun or tape
- Scissors
- Optional: small LED light bulb

1. **Instructions:**
2. Begin by cutting out three rectangular pieces of cardboard or sturdy paper. These will serve as the blades of your wind turbine. Make sure they are of equal size and shape.
3. Use scissors to taper one end of each cardboard piece to form an aerodynamic shape.
4. Attach the cardboard blades to the ends of the wooden sticks or straws using hot glue or tape, forming a rotor.
5. Secure the rotor to the shaft of the small motor or generator using tape or glue.
6. Connect the wires from the motor or generator to a small LED light bulb or another small electrical device.
7. Place the wind turbine in a location with a steady breeze, such as outdoors or in front of a fan, and observe as the blades spin and generate electricity.

Explanation: As the wind blows, it causes the blades of the turbine to rotate. This rotation spins the shaft of the motor or generator, generating electricity through electromagnetic induction. This activity demonstrates the basic principles of wind energy conversion and electricity generation.

Handout 3
Renewable Energy Activities

Constructing a Solar Oven:

Materials Needed:

1. Cardboard box (with a lid)
2. Tin foil
3. Clear plastic sheet or plastic wrap
4. Black construction paper or paint
5. Tape
6. Scissors
7. Thermometer

Instructions:

1. Line the inside of the cardboard box with aluminium foil, shiny side facing inwards, to reflect sunlight.
2. Cut a piece of clear plastic sheet or plastic wrap to fit over the opening of the box and secure it in place with tape, creating a transparent window.
3. Line the bottom of the box with black construction paper or paint it black. This will absorb heat from the sunlight.
4. Place the solar oven in direct sunlight, ensuring that the transparent window is facing the sun.
5. Place food items inside the solar oven, close the lid, and monitor the temperature using a thermometer.

Explanation: The solar oven harnesses sunlight to generate heat, creating a greenhouse effect inside the box. The black interior absorbs sunlight and converts it into heat energy, while the transparent window allows sunlight to enter and trap heat inside. This activity demonstrates how solar energy can be used for cooking and heating purposes in a sustainable manner.

Conclusion: These hands-on activities provide interactive ways to explore the principles of renewable energy generation, fostering a deeper understanding of sustainable energy technologies and their potential applications in our everyday lives.

Handout 4
Career Paths

Career Paths in Renewable Energy

The renewable energy sector offers various career opportunities across various disciplines. Whether you're passionate about engineering, environmental science, policy, or business, there's a role for you to contribute to the transition towards sustainable energy. Here's an overview of some promising career paths in renewable energy:

1

1. **Renewable Energy Engineer:**

- Responsibilities: Design, develop, and optimise renewable energy systems such as solar photovoltaic arrays, wind turbines, hydroelectric dams, and geothermal power plants.
- Skills Needed: Strong background in engineering principles, proficiency in renewable energy technologies, problem-solving abilities, and attention to detail.

2

2. **Environmental Scientist:**

- Responsibilities: Assess the environmental impact of renewable energy projects, conduct research on sustainability, biodiversity, and climate change mitigation, and develop strategies for minimising ecological footprint.
- Skills Needed: Knowledge of environmental science, data analysis skills, ability to conduct fieldwork and research, and understanding of regulatory frameworks.

3

3. **Policy Analyst:**

- Responsibilities: Analyse energy policies, regulations, and incentives related to renewable energy adoption, advocate for supportive policies at local, national, and international levels, and contribute to shaping energy transition agendas.
- Skills Needed: Understanding of energy policy and regulation, research and analytical skills, communication skills, and ability to work with diverse stakeholders.

Handout 4
Career Paths

4. **Project Manager:**
- Responsibilities: Oversee the planning, execution, and completion of renewable energy projects, coordinate resources, manage budgets and timelines, and ensure compliance with safety and quality standards.
- Skills Needed: Project management experience, leadership abilities, organisational skills, and ability to multitask and prioritise tasks.

5. **Business Development Manager:**
- Responsibilities: Identify market opportunities for renewable energy products and services, develop business strategies, cultivate partnerships and client relationships, and drive sales and revenue growth.
- Skills Needed: Business acumen, sales and marketing skills, negotiation skills, and understanding of renewable energy markets and trends.

6. **Renewable Energy Technician:**
- Responsibilities: Install, operate, and maintain renewable energy systems; troubleshoot technical issues; conduct inspections and performance evaluations; and ensure compliance with safety protocols.
- Skills Needed: Technical expertise in renewable energy technologies, hands-on experience with equipment and tools, problem-solving skills, and attention to detail.

Conclusion: The renewable energy sector offers diverse career opportunities for individuals passionate about sustainability, innovation, and making a positive impact on the planet. Whether you're interested in engineering, environmental science, policy, business, or technical trades, there's a rewarding career path waiting for you in renewable energy.

Empowering Young Leaders in Energy Sustainability

Renewable Energy Toolkit

Renewable Energy Explorers

Objective: To educate and engage young people in understanding renewable energy sources and their importance in combating climate change.

1. Handouts:

- Introduction to Renewable Energy: A brief overview of renewable energy sources such as solar, wind, hydro, and geothermal energy. Include simple explanations and visual aids.
- Benefits of Renewable Energy: Highlight the environmental, economic, and social benefits of utilising renewable energy sources.
- Renewable Energy Activities: Instructions for hands-on activities demonstrating the principles of renewable energy generation, such as building a small wind turbine or a solar oven.
- Career Paths in Renewable Energy: Information about various career opportunities in the renewable energy sector to inspire interest and future exploration.

2. Session Plan:

- Session 1: Introduction to Renewable Energy
- Icebreaker: "Energy Scavenger Hunt" - Participants find objects in the room that use different types of energy and discuss their findings.
- Presentation: Overview of renewable energy sources and their importance.
- Activity: Build simple models of renewable energy systems (solar panels, wind turbines) using provided materials.
- Discussion: What did you learn? How can renewable energy benefit our community?

Session 2: Hands-On Renewable Energy Projects

- Icebreaker: "Renewable Energy Charades" - Participants act out different renewable energy sources while others guess.
- Presentation: Explanation of hands-on projects (e.g., building a small wind turbine, constructing a solar cooker).
- Activity: Participants work in groups to complete chosen projects with guidance from facilitators.
- Showcase: Groups present their completed projects to the rest of the club.
- Discussion: What challenges did you encounter? How can we improve our renewable energy projects?

Empowering Young Leaders in Energy Sustainability
Renewable Energy Toolkit

3. Icebreakers:

- Energy Scavenger Hunt: Participants search for items in the room that use different types of energy (e.g., electricity, solar, wind) and discuss their findings.
- Renewable Energy Charades: Participants act out various renewable energy sources while others guess what they are.
- Energy Quiz: A fun quiz to test participants' knowledge about renewable energy, with prizes for correct answers.

4. Resources List:

Websites:

- National Renewable Energy Laboratory (NREL)
- Renewable Energy World
- Energy.gov - Renewable Energy

Books:

- "Renewable Energy: Power for a Sustainable Future" by Godfrey Boyle
- "The Renewable Energy Handbook: A Guide to Rural Independence, Off-Grid and Sustainable Living" by William H. Kemp

Videos:

- TED Talks on renewable energy topics
- Educational YouTube channels like SciShow or National Geographic
- Local Renewable Energy Organisations:
- Contact information for local groups or companies working in renewable energy for potential guest speakers or field trips.

Session 1

Introduction to Renewable Energy

1. Icebreaker: "Energy Scavenger Hunt"

- Duration: 15 minutes
- Objective: To engage participants and introduce the concept of different types of energy used in everyday objects.

Instructions:

- Divide participants into small groups.
- Give each group a list of different types of energy (e.g., electrical, solar, wind, thermal, chemical).
- Ask groups to find objects in the room or describe items they know that use each type of energy.
- Reconvene and have each group present their findings, explaining the type of energy used by each object.

2. Presentation: Overview of Renewable Energy Sources and Their Importance

- Duration: 20 minutes
- Objective: To provide a foundational understanding of renewable energy sources.
- Content:
- Definition of renewable energy.
- Types of renewable energy sources: solar, wind, hydro, geothermal, and biomass.
- Benefits of renewable energy: sustainability, environmental impact, economic benefits, and energy security.
- Current global and local trends in renewable energy adoption.
- Materials: Slides with visuals, charts, and examples of renewable energy systems.

3. Activity: Build Simple Models of Renewable Energy Systems

- Duration: 30 minutes
- Objective: To provide hands-on experience with renewable energy technology.
- Instructions:
- Divide participants into small groups.
- Provide materials for building simple models (e.g., mini solar panels, small wind turbines, paper, cardboard, plastic bottles, motors, LED lights).
- Each group builds a model of a renewable energy system.
- Groups test their models and observe how they work.
- Materials: Mini solar panels, small wind turbine kits, motors, LED lights, construction paper, cardboard, scissors, glue, and tape.

Session 1
Introduction to Renewable Energy

4. Discussion: What Did You Learn? How Can Renewable Energy Benefit Our Community?

- Duration: 20 minutes
- Objective: To reflect on the activities and discuss the practical applications of renewable energy

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Discussion Questions:

- What did you learn about renewable energy today?
- Which type of renewable energy did you find most interesting and why?
- How do you think renewable energy can benefit our community?
- What challenges might we face in implementing renewable energy solutions locally?
- How can we, as individuals, contribute to the adoption of renewable energy?
- Format: Open discussion, with participants encouraged to share their thoughts and ideas.

Materials Needed:

- Objects or examples for the scavenger hunt.
- Presentation slides and a projector.
- Materials for building models (mini solar panels, small wind turbine kits, motors, LED lights, construction paper, cardboard, scissors, glue, tape).

Preparation:

- Prepare a list of energy types for the scavenger hunt.
- Create an engaging slide presentation with visuals and key points.
- Gather and organise materials for the model-building activity.
- Set up the room to facilitate group work and discussions.

Outcome: By the end of the session, participants should have a basic understanding of renewable energy sources, hands-on experience with renewable energy models, and an appreciation of how renewable energy can benefit their community.

Session 2
Hands-On Renewable Energy Projects

Hands-On Renewable Energy Projects

1. Icebreaker: "Renewable Energy Charades"

- Duration: 15 minutes
- Objective: To engage participants and introduce them to different renewable energy sources in a fun and interactive way.

Instructions:

- Write down different renewable energy sources (e.g., solar power, wind power, hydroelectric power, geothermal energy, biomass) on slips of paper.
- Divide participants into small groups.
- One person from each group draws a slip of paper and acts out the energy source without speaking, while their group tries to guess what it is.
- Rotate roles so everyone gets a chance to act and guess.
- Materials: Slips of paper, pens.

2. Presentation: Explanation of Hands-On Projects

- Duration: 20 minutes
- Objective: To provide clear instructions and background information on the hands-on projects participants will undertake.

Content:

- Overview of the chosen projects: building a small wind turbine and constructing a solar cooker.
- Step-by-step instructions for each project.
- Safety guidelines and tips for working with the materials.
- Expected outcomes and what participants should learn from each project.

Materials: Presentation slides, project examples or prototypes, instructional handouts.

Session 2
Hands-On Renewable Energy Projects

3. Activity: Participants Work in Groups to Complete Chosen Projects

- Duration: 45 minutes
- Objective: To enable participants to apply their knowledge and skills to create functional renewable energy models.

Instructions:

- Divide participants into small groups.
- Assign each group a project (or let them choose between the wind turbine and solar cooker).
- Provide materials and tools needed for the projects.
- Facilitators circulate to offer guidance, answer questions, and ensure safety.
- Groups work on their projects, aiming to complete them within the allotted time.

Materials: Kits for small wind turbines, materials for solar cookers (e.g., cardboard boxes, aluminium foil, plastic wrap, thermometers), scissors, tape, glue, and markers.

4. Showcase: Groups Present Their Completed Projects

- Duration: 20 minutes
- Objective: To allow participants to share their work and learn from each other's experiences.

Instructions:

- Each group presents their completed project to the rest of the club.
- Groups explain the process they followed, demonstrate how their project works, and highlight any interesting findings or challenges they encountered.

Materials: Completed projects, presentation area.

Session 2
Hands-On Renewable Energy Projects

5. Discussion: What Challenges Did You Encounter? How Can We Improve Our Renewable Energy Projects?

- Duration: 20 minutes
- Objective: To reflect on the activity, discuss challenges, and brainstorm improvements for future projects.

Discussion Questions:

- What challenges did you encounter while working on your project?
- How did you overcome these challenges?
- What did you learn from this hands-on experience?
- How can we improve our renewable energy projects in the future?
- What additional projects or ideas would you like to explore?
- Format: Open discussion, encouraging participants to share their thoughts and suggestions.

Materials Needed:

- Slips of paper and pens for the charades game.
- Presentation slides and handouts with project instructions.
- Materials and tools for the hands-on projects (wind turbine kits, solar cooker materials).
- Space for group work and showcasing projects.

Preparation:

- Prepare charades slips with different renewable energy sources.
- Create an engaging slide presentation with clear instructions and visuals for the projects.
- Gather and organise all necessary materials for the hands-on activities.
- Set up the room to facilitate group work and presentations.

Outcome: By the end of the lesson, participants should have hands-on experience with renewable energy projects, understand the practical applications of renewable energy, and be able to identify challenges and solutions related to building renewable energy systems.

Sustainable Transport

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Sustainable Transport

Handout 1 Environmental Transport Benefits

Transportation plays a significant role in our daily lives, affecting our environment in various ways. Here are some key points to consider regarding environmental transportation:

1. **Reducing Greenhouse Gas Emissions:**

- Vehicles powered by fossil fuels, such as gasoline and diesel, emit greenhouse gases (GHGs) like carbon dioxide (CO2) and methane (CH4) into the atmosphere.
- These GHGs contribute to climate change by trapping heat in the Earth's atmosphere, leading to global warming and its associated impacts, such as rising sea levels and extreme weather events.
- Opting for alternative transportation modes that produce fewer emissions, such as walking, cycling, and public transit, can help mitigate climate change.

2. **Improving Air Quality:**

- Transportation activities also release pollutants like nitrogen oxides (NOx), particulate matter (PM), and volatile organic compounds (VOCs) into the air, contributing to air pollution.
- Poor air quality can have serious health consequences, including respiratory diseases, cardiovascular problems, and premature death.
- Choosing cleaner transportation options, such as electric vehicles (EVs) or vehicles powered by renewable energy sources, can help reduce air pollution and protect public health.

Sustainable Transport

Handout 1 Environmental Transport Benefits

3. **Preserving Natural Resources:**

- Traditional transportation modes rely heavily on finite fossil fuel resources, such as oil and natural gas, which are extracted through environmentally damaging methods like drilling and fracking.
- The extraction, transportation, and combustion of fossil fuels also negatively impact ecosystems, wildlife, and water resources.
- Transitioning to sustainable transportation alternatives that utilise renewable energy sources, such as solar, wind, and hydroelectric power, can help conserve natural resources and reduce environmental degradation.

4. **Minimising Land Use and Habitat Destruction:**

- The construction and maintenance of transportation infrastructure, such as roads, highways, and parking lots, often involve the clearing of natural habitats and the destruction of biodiversity-rich areas.
- Urban sprawl and car-centric development patterns can further fragment ecosystems, disrupt wildlife corridors, and degrade natural landscapes.
- Embracing compact, walkable communities and investing in eco-friendly transportation infrastructure, like bike lanes and pedestrian-friendly streets, can help minimise land use impacts and protect biodiversity.

5. **Encouraging Sustainable Urban Planning:**

- Transportation choices are closely linked to land use patterns and urban development decisions.
- Sustainable urban planning practices, such as mixed land use, transit-oriented development, and smart growth principles, can help reduce the need for car travel, promote active transportation modes, and create more liveable, resilient cities.
- By prioritising sustainable transportation options in urban planning efforts, communities can enhance quality of life, improve public health, and create more environmentally sustainable cities.

In conclusion, making environmentally conscious transportation choices is essential for combating climate change, protecting public health, conserving natural resources, and promoting sustainable urban development. By opting for cleaner, greener transportation alternatives and advocating for sustainable transportation policies and infrastructure, we can contribute to a healthier planet and a more sustainable future for all.

Hand Out 2

Guide to Sustainable Commuting

Commuting is a significant aspect of our daily routines, and the choices we make regarding transportation have a substantial impact on the environment, our health, and our communities. Here are some tips for adopting sustainable commuting practices:

1. **Consider Alternative Modes of Transportation:**
- Explore alternative transportation options that produce fewer emissions and reduce your carbon footprint. Walking, cycling, carpooling, and using public transit are all eco-friendly commuting alternatives.

2. **Plan Your Route:**
- Plan your commute in advance to optimise your route and minimise travel time and distance. Utilise online maps and apps to find walking and cycling paths, public transit routes, and carpooling options.

3. **Promote Active Transportation:**
- Whenever possible, choose active transportation modes such as walking or cycling. Not only does this reduce emissions and traffic congestion, but it also provides health benefits by incorporating physical activity into your daily routine.

4. **Utilise Public Transit:**
- Public transit systems offer an efficient and sustainable way to commute, especially in urban areas. Familiarise yourself with local bus, train, tram, or subway routes and schedules, and consider purchasing a transit pass or fare card for convenience.

5. **Explore Carpooling and Ride-Sharing:**
- Carpooling and ride-sharing are effective ways to reduce the number of vehicles on the road and decrease emissions. Coordinate with coworkers, neighbours, or friends to share rides to work or other destinations, and consider using ride-sharing apps for additional convenience.

Hand Out 2

Guide to Sustainable Commuting

6. **Telecommute When Possible:**
- Telecommuting, or working remotely from home, can significantly reduce the need for daily commuting and associated emissions. Explore opportunities for telecommuting with your employer, and consider incorporating remote work into your schedule when feasible.

7. **Invest in Eco-Friendly Transportation:**
- If you rely on personal transportation, consider investing in eco-friendly vehicles such as hybrid cars, electric vehicles (EVs), or fuel-efficient models. These vehicles produce fewer emissions and reduce reliance on fossil fuels.

8. **Practice Sustainable Driving Habits:**
- If driving is necessary, adopt sustainable driving habits to minimise fuel consumption and emissions. Maintain proper vehicle maintenance, drive at moderate speeds, avoid aggressive acceleration and braking, and carpool whenever possible.

9. **Combine Modes of Transportation:**
- Consider combining multiple transportation modes for your commute, such as walking or cycling to a transit stop, then using public transit for the remainder of your journey. This multimodal approach can offer flexibility and efficiency while reducing environmental impact.

10. **Advocate for Sustainable Commuting Options:**
- Advocate for policies and initiatives that support sustainable commuting options in your community, such as improved public transit infrastructure, expanded bike lanes, and incentives for carpooling and telecommuting. Get involved in local advocacy efforts and support sustainable transportation initiatives.

By adopting sustainable commuting practices, we can reduce emissions, alleviate traffic congestion, improve air quality, promote public health, and create more sustainable and liveable communities for ourselves and future generations. Start making a difference today by choosing eco-friendly transportation options for your daily commute.

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Hand Out 3

Safety Tips for Cycling and Walking

Cycling and walking are enjoyable and eco-friendly modes of transportation that promote physical activity and reduce carbon emissions. However, it's essential to prioritise safety while travelling by bike or on foot. Here are some safety tips to keep in mind:

For Cyclists:

1. **Helmets:**
- A correctly fitting helmet may help should you fall off.
2. **Obey Traffic Laws:**
- Follow the same traffic rules as motorists, including obeying traffic signals, yielding to pedestrians, and signalling your intentions when turning or changing lanes.
3. **Be Visible:**
- Wear brightly coloured or reflective clothing to increase your visibility to motorists, especially when cycling in low-light conditions or at night. Equip your bike with front and rear lights and reflectors for added visibility.
4. **Ride Defensively:**
- Anticipate potential hazards and ride defensively to avoid accidents. Be vigilant for parked cars, opening car doors, potholes, pedestrians, and other cyclists. Your local authority may run a National Standard Cycling Course you could join.
5. **Use Hand Signals:**
- Signal your intentions to motorists and other cyclists by using hand signals for turning, stopping, and changing lanes. Make clear, exaggerated motions to ensure visibility.
6. **Stay Alert and Aware:**
- Maintain situational awareness while cycling by scanning your surroundings, listening for approaching vehicles or pedestrians. If you use headphones then ensure this doesn't distract you or remove you from the situation.
7. **Bike Lanes or Designated Paths:**
- Whenever possible, ride in designated bike lanes or paths separated from motor vehicle traffic to minimise the risk of collisions, however the suggested speed for these lanes is 12 mph so plan ahead. Be mindful of pedestrians and other cyclists sharing the space.
8. **Practice Bike Maintenance:**
- Regularly inspect your bike for any signs of wear or damage, including tire pressure, brakes, and chain. Keep your bike properly maintained to ensure safe and smooth operation. Daily checks should include, tyre pressure, brakes, chain, direction (handlebar tightness), and handlebar ends, A-E check. Monthly you should be performing an M-check.

Hand Out 3

Safety Tips for Cycling and Walking

For Pedestrians:

1. **Use Designated Crossings:**
- Cross streets at designated crossings or junctions whenever possible and obey traffic signals and pedestrian crossing signs.
2. **Make Eye Contact:**
- Make eye contact with drivers before crossing the street to ensure they see you and are aware of your intention to cross. Wait for vehicles to come to a complete stop before proceeding.
3. **Stay Visible:**
- Wear bright or reflective clothing when walking, especially in low-light conditions or at night. Carry a flashlight or use a reflective accessory to increase visibility to motorists.
4. **Be Predictable:**
- Walk in a straight line, avoiding sudden movements or darting into traffic. Stay on pavements or designated pedestrian paths whenever possible.
5. **Stay Alert:**
- Pay attention to your surroundings and avoid distractions such as electronic devices or headphones while walking. Look both ways before crossing the street, even at marked crosswalks.
6. **Use Caution at Junctions:**
- Exercise caution when crossing junctions, as this is where most pedestrian accidents occur. Wait for a clear signal or gap in traffic before crossing, and watch for turning vehicles. If you are waiting to cross at a junction, all road users should give way to you.
7. **Walk Facing Traffic:**
- If there are no pavements available, walk on the side of the road facing oncoming traffic to increase visibility and awareness of approaching vehicles.
8. **Teach Children Safe Walking Habits:**
- Educate children about pedestrian safety rules, including looking both ways before crossing the street, holding hands with an adult when crossing, and avoiding distractions while walking.

By following these safety tips and practising caution and awareness, cyclists and pedestrians can minimise the risk of accidents and injuries while enjoying the benefits of active transportation. Remember to always prioritise safety when cycling or walking, and encourage others to do the same.

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Hand Out 4

Public Transport User Guide

Public transportation offers a convenient, cost-effective, and environmentally friendly way to travel within cities and urban areas. Whether you're commuting to work, running errands, or exploring a new destination, here are some tips for navigating and making the most of public transit:

1. **Plan Your Trip:**
- Use online trip planning tools or mobile apps provided by local transport agencies to map out your route, find timetables, and estimate travel times. Plan your trip in advance to minimise waiting and transfers.

2. **Know Your Options:**
- Familiarise yourself with the different types of public transport available in your area, such as buses, trains, trams, subways, and ferries. Understand the routes, stops, and schedules for each mode of transit.

3. **Purchase Fare:**
- Determine the fare payment methods accepted by the transport system, whether it's cash, tokens, fare cards, or mobile apps. Purchase fare in advance or at designated ticket vending machines or kiosks before boarding. You maybe eligible for a young person's, student, or disability travel card which will give you a discount or free journey.

4. **Boarding the Vehicle:**
- Arrive at the bus stop, train station, or transit hub early to ensure you don't miss your ride. Stand back from the curb or platform edge while waiting, and queue in an orderly manner when boarding the vehicle.

5. **Seating and Accessibility:**
- Priority seating is often available for seniors, individuals with disabilities, and pregnant passengers. Respect designated seating areas and be prepared to offer your seat to those in need. Public transport systems are typically wheelchair accessible, with ramps or lifts for boarding.

Hand Out 4

Public Transport User Guide

1. **Navigating the Route:**

- Pay attention to route maps, signs, and announcements onboard the vehicle to ensure you're headed in the right direction. Use landmarks and landmarks to track your progress and anticipate upcoming stops.

2. **Transfers and Connections:**

- If your trip requires transferring between different transit lines or modes, plan for adequate transfer times and follow signage or instructions for making connections. Hold onto your ticket or transfer ticket for proof of payment.

3. **Etiquette and Behaviour:**

- Respect fellow passengers and staff by maintaining a quiet, courteous, and orderly demeanour while onboard. Avoid loud conversations, music, or phone calls that may disturb others. Keep aisles clear and refrain from eating or drinking unless permitted.

4. **Safety and Security:**

- Stay alert and aware of your surroundings while traveling on public transport. Report any suspicious behaviour or security concerns to key personnel or authorities. Keep personal belongings secure and be mindful of pickpockets in crowded areas.

5. **Exiting the Vehicle:**

- Signal your intention to exit the vehicle in advance by standing up or moving towards the door or pressing the request stop button. Use designated exits and disembark quickly and safely once the vehicle comes to a stop. Check for belongings before leaving.

6. **Feedback and Suggestions:**

- Provide feedback to the transport agency about your experience, including suggestions for improving service quality, accessibility, and amenities. Participate in customer surveys or contact customer service representatives with any concerns or compliments.

By following these guidelines and familiarising yourself with the public transport system in your area, you can navigate with confidence and efficiency while enjoying the benefits of sustainable transportation. Public transportation plays a vital role in reducing traffic congestion, improving air quality, and enhancing mobility for all members of the community.

Youth Cymru

Hand Out 5

Planning Your Walking or Cycling Route

Walking and cycling are excellent ways to incorporate physical activity into your daily routine while reducing your carbon footprint and enjoying the outdoors. Whether you're commuting to work, running errands, or simply exploring your neighbourhood, here are some tips for planning your walking or cycling route:

1. **Identify Your Starting and Ending Points:**
- Determine your starting location (e.g., home, workplace, public transport station) and your destination (e.g., school, supermarket, park) before planning your route.

2. C**onsider Distance and Terrain:**
- Assess the distance you'll be travelling and the terrain you'll encounter along the way. Consider factors such as hills, traffic patterns, and road conditions when planning your route.

3. U**se Online Mapping Tools:**
- Take advantage of online mapping tools and mobile apps to plan your walking or cycling route. Websites like Google Maps, MapMyWalk, and Ride with GPS allow you to customise your route based on preferences such as distance, terrain, and points of interest.

4. C**hoose Pedestrian- and Cyclist-Friendly Routes:**
- Opt for routes that prioritise pedestrian and cyclist safety, such as shared pavements, bike lanes, multi-use paths, and designated cycling routes. Avoid busy roads with heavy traffic whenever possible.

5. E**xplore Scenic and Green Routes:**
- Seek out scenic and green routes that offer pleasant views, natural landscapes, and opportunities for relaxation and recreation. Look for parks, riverside trails, canals, national cycle routes and greenways to enhance your walking or cycling experience.

Hand Out 5

Planning Your Walking or Cycling Route

6. **Consider Amenities and Services:**
- Take note of amenities and services along your route, such as water fountains, toilets, benches, and bike racks. Plan rest stops or breaks as needed, especially for longer journeys.

7. **Be Mindful of Safety and Security:**
- Prioritise safety and security when planning your route. Choose well-lit, populated areas, especially when walking or cycling at night. Stay aware of your surroundings and avoid isolated or high-crime areas.

8. **Plan for Weather and Conditions:**
- Consider weather conditions and seasonal factors when planning your route. Be prepared for changes in weather and dress accordingly, especially for outdoor activities like walking and cycling.

9. **Test Your Route:**
- Before embarking on a new route, consider testing it out beforehand to familiarise yourself with the route, identify potential hazards or obstacles, and determine the estimated travel time.

10. **Share Your Route with Others:**
- Inform friends, family members, or coworkers of your planned route and estimated arrival time, especially for longer journeys or unfamiliar routes. Share your location using GPS tracking apps for added safety and peace of mind.

11. **Adjust and Adapt as Needed:**
- Be flexible and willing to adjust your route based on changing conditions, feedback, or personal preferences. Explore alternative routes and variations to keep your walking or cycling experience fresh and enjoyable.

By following these tips and planning your walking or cycling route thoughtfully, you can enhance your journey while promoting physical activity, sustainability, and a deeper connection with your surroundings. Enjoy exploring new paths and discovering the many benefits of active transport!

Youth Cymru

Hand Out 6
Car Free Day Challenge

Join us in participating in the Car-Free Day Challenge—an opportunity to reduce carbon emissions, promote sustainable transportation, and explore alternative modes of getting around. Here's how you can take part:

What is Car-Free Day?
Car-Free Day is an international event celebrated in cities around the world to encourage people to give up their cars for a day and explore eco-friendly transportation options such as walking, cycling, public transit, carpooling, and telecommuting. By reducing car usage, we can decrease traffic congestion, improve air quality, and reduce greenhouse gas emissions.

How to Participate:

1. Commit to Going Car-Free:

- Pledge to go car-free for a day and explore alternative transportation options for your daily activities, such as commuting to work, running errands, or attending appointments.

2. Plan Your Car-Free Day:

- Identify your transportation needs for the day and plan your itinerary accordingly. Use public transit schedules, bike routes, and walking maps to map out your route in advance.

3. Explore Sustainable Transportation Options:

- Choose from a variety of sustainable transportation modes, including:
- Walking: Lace up your walking shoes and explore your neighbourhood or nearby destinations on foot.
- Cycling: Dust off your bike and enjoy a scenic ride along bike paths, trails, or designated bike lanes.
- Public Transport: Take advantage of buses, trains, trams, or subways to get around town without a car.
- Carpooling: Share a ride with friends, family members, or coworkers to reduce the number of vehicles on the road.
- Telecommuting: Work remotely from home or another location using digital technologies to stay connected with colleagues and clients.

Youth Cymru

Hand Out 6
Car Free Day Challenge

Join us in participating in the Car-Free Day Challenge—an opportunity to reduce carbon emissions, promote sustainable transportation, and explore alternative modes of getting around. Here's how you can take part:

4. **Spread the Word:**
- Encourage friends, family members, coworkers, and community members to join you in the Car-Free Day Challenge. Share information about the event on social media, community bulletin boards, and local newsletters.

5. T**rack Your Progress:**
- Keep track of your car-free activities throughout the day and document your experiences, challenges, and successes. Share your journey on social media using the hashtag #CarFreeDayChallenge.

6. R**eflect and Celebrate:**
- Reflect on your car-free experience and the benefits of sustainable transportation. Celebrate your participation in the Car-Free Day Challenge and the positive impact you've made on the environment and your community.

Benefits of Going Car-Free:
- Reduce greenhouse gas emissions and combat climate change.
- Improve air quality and reduce pollution in your community.
- Save money on fuel, parking, and vehicle maintenance costs.
- Promote physical activity and improve your health through walking, cycling, and other active transportation modes.
- Support sustainable urban development and create more liveable, vibrant communities.

Join Us in the Car-Free Day Challenge and Make a Difference!
Together, we can work towards a more sustainable and environmentally friendly future by embracing alternative modes of transportation and reducing our reliance on cars. Join us in the Car-Free Day Challenge and be part of the movement towards cleaner, greener transportation for all.Top of Form

Youth Cymru

Session 1 - Introduction to Sustainable Transportation

Objective:

- Introduce students to sustainable transportation options and their benefits.
- Explore the environmental and health impacts of car dependency.
- Engage students in a brainstorming activity to identify barriers to sustainable transportation and generate potential solutions.

Duration: 60 minutes

Materials Needed:

- Whiteboard or flip chart
- Markers
- Handouts or visuals on sustainable transportation options and environmental impacts

Procedure:

1. Introduction (10 minutes):

- Welcome students and introduce the topic of sustainable transportation.
- Explain the importance of sustainable transportation for reducing environmental impact and promoting public health.
- Provide an overview of what will be covered in the session.

2. O**verview of Sustainable Transportation (15 minutes):**

- Present information on various sustainable transportation options such as walking, cycling, public transit, carpooling, and electric vehicles.
- Discuss the benefits of each option, including reduced carbon emissions, improved air quality, and enhanced personal health.

Session 1 - Introduction to Sustainable Transportation

3. **Discussion on Environmental and Health Impacts (20 minutes):**
- Facilitate a discussion on the environmental and health impacts of car dependency.
- Highlight key issues such as air pollution, greenhouse gas emissions, urban sprawl, and physical inactivity.
- Encourage students to share their perspectives and experiences related to these impacts.

4. A**ctivity: Brainstorming Session (15 minutes):**
- Divide students into small groups.
- Provide each group with a whiteboard or flip chart and markers.
- Instruct groups to brainstorm barriers to sustainable transportation that they perceive in their community or society.
- Encourage students to think creatively and consider various factors such as infrastructure, cultural norms, and personal habits.
- After brainstorming barriers, prompt groups to generate potential solutions to overcome these challenges.
- Allow time for groups to share their ideas with the class.

5. W**rap-Up and Reflection (5 minutes):**
- Summarise key points discussed during the session.
- Ask students to reflect on what they have learned and how they can apply this knowledge in their daily lives.
- Preview the next session and any related topics that will be covered.

Homework/Extension:
- Assign students to research a sustainable transportation initiative or case study in their local area or another region.
- Encourage students to reflect on their own transportation habits and identify opportunities for incorporating more sustainable options into their routines.

Lesson Plan: Session 2
Cycling and Walking Safety

Objective:

- Educate students on cycling and walking safety tips to promote active transportation.
- Provide hands-on experience with bike helmet fitting and basic bike maintenance.
- Engage students in a group walk or bike ride to practice safe cycling and walking techniques.

Duration: 90 minutes

Materials Needed:

- Presentation materials on cycling and walking safety
- Bike helmets
- Bicycles (if available)
- Tools for basic bike maintenance (e.g., tire pump, wrench)
- Reflective vests or gear (optional)
- First aid kit (for emergencies)

1

Procedure:

1. **Introduction (10 minutes):**

- Welcome students to Session 2 and review the objectives for the day.
- Emphasise the importance of cycling and walking safety for both personal well-being and community health.

2

2. **Presentation on Cycling and Walking Safety (30 minutes):**

- Conduct a presentation on cycling and walking safety tips.
- Cover topics such as road rules, hand signals, visibility, and avoiding common hazards.
- Use visuals, videos, and real-life examples to illustrate key points and engage students.

Lesson Plan: Session 2
Cycling and Walking Safety

3. **Hands-on Demonstration (30 minutes):**
- Provide hands-on experience with bike helmet fitting and basic bike maintenance.
- Demonstrate how to fit a bike helmet properly, emphasising the importance of a snug and secure fit.
- Show students how to perform basic bike maintenance tasks such as checking tire pressure, lubricating chains, and adjusting brakes.
- Allow students to practice fitting helmets and performing maintenance tasks under supervision.

4. **Group Walk or Bike Ride (20 minutes):**
- Lead a group walk or bike ride to a nearby location.
- Prioritise safety by ensuring all participants wear helmets (if biking) and reflective gear (if available).
- Practice safe cycling and walking techniques, following traffic rules and using hand signals as appropriate.
- Encourage students to stay together as a group and communicate effectively

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5. **Reflection and Discussion (10 minutes):**
- Gather students for a brief reflection on the group walk or bike ride.
- Discuss any challenges or observations related to cycling and walking safety.
- Allow students to share their experiences and ask questions.

6. **Wrap-Up (5 minutes):**
- Summarise key safety tips and takeaways from the session.
- Encourage students to continue practicing safe cycling and walking habits in their daily lives.
- Preview upcoming sessions and related topics.

Homework/Extension:
- Assign students to create posters or infographics highlighting cycling and walking safety tips to display in the school or community.
- Encourage students to conduct a safety audit of their walking or biking routes and propose improvements to local authorities or community organisations.

Session 3
Public Transport Basics

Lesson Plan: Session 3 - Public Transport Basics

Objective:

- Introduce students to local public transport options, routes, and timetables.
- Provide hands-on experience in planning a trip using public transport.
- Engage students in a group outing using public transit to visit a nearby destination.

Duration: 120 minutes

Materials Needed:

- Maps or brochures of local public transport routes and schedules
- Access to online trip planning tools or apps
- Transportation fare cards or tickets
- Clipboards and paper for trip planning activity
- Reflective vests or gear (optional)
- First aid kit (for emergencies)

1

Procedure:

1. **Introduction (10 minutes):**

- Welcome students to Session 3 and review the objectives for the day.
- Emphasise the importance of understanding public transport options for promoting sustainable transportation and community mobility.

2

2. **Overview of Public Transport (30 minutes):**

- Provide an overview of local public transport options, including buses, trains, trams, and subways.
- Discuss available routes, schedules, and fare payment methods.
- Use maps or brochures to familiarise students with the public transport network in their area.

Session 3
Public Transport Basics

3. **Interactive Trip Planning Session (40 minutes):**
- Conduct an interactive session on how to plan a trip using public transport.
- Demonstrate how to use online trip planning tools or apps to find routes, check schedules, and estimate travel times.
- Distribute clipboards and paper for students to practice planning their own trips, including identifying starting points, destinations, and transfer points if necessary.

4. **Field Trip: Group Outing (30 minutes):**
- Lead a group outing using public transit to visit a nearby destination.
- Ensure all students have transportation fare cards or tickets
- Supervise students as they navigate the public transport system, emphasising safety, etiquette, and awareness of surroundings.
- Encourage students to actively participate in the trip, including reading maps, identifying stops, and practicing courteous behaviour while on board.

5. **Reflection and Discussion (10 minutes):**
- Gather students for a brief reflection on their experience using public transport.
- Discuss any challenges encountered during the trip and how they were overcome.
- Allow students to share their thoughts on the benefits and drawbacks of public transportation compared to other modes of travel.

6. **Wrap-Up (10 minutes):**
- Summarise key takeaways from the session, including practical skills learned and insights gained.
- Encourage students to continue exploring public transport options in their community and to share their experiences with others.
- Preview upcoming sessions and related topics.

Session 4
Sustainable Commuting Strategies

Lesson Plan: Sustainable Commuting Strategies

Objective:

- Introduce students to sustainable commuting options such as carpooling, ride-sharing, and working from home.
- Facilitate group discussion on strategies for reducing car dependency and promoting sustainable commuting habits.
- Engage students in creating personalised commuting plans based on individual preferences and local resources.

Duration: 90 minutes

Materials Needed:

- Presentation materials on carpooling, ride-sharing, and working-from-home options
- Whiteboard or flip chart
- Markers
- Handouts or worksheets for activity

Procedure:

1

1. **Introduction (10 minutes):**
- Welcome students to the session on sustainable commuting strategies.
- Review the objectives for the day and emphasise the importance of reducing car dependency for environmental and personal health reasons.

2

2. **Presentation (30 minutes):**
- Conduct a presentation on sustainable commuting options, including carpooling, ride-sharing, and working from home.
- Discuss the benefits of each option, such as reducing carbon emissions, saving money, and reducing traffic congestion.
- Provide examples of successful sustainable commuting initiatives and case studies.

3

3. **Group Discussion (30 minutes):**
- Facilitate a group discussion on strategies for reducing car dependency and promoting sustainable commuting habits.
- Encourage students to share their own experiences and ideas for alternative transportation methods.
- Brainstorm potential barriers to sustainable commuting and discuss ways to overcome them.
- Use the whiteboard or flip chart to record key points and ideas generated during the discussion.

Session 4
Sustainable Commuting Strategies

4

4. **Activity: Creating Personal Commuting Plans (20 minutes):**
- Divide students into small groups or pairs.
- Provide each group with handouts or worksheets for creating personal commuting plans.
- Instruct students to consider their individual preferences, such as proximity to public transit stops, flexibility in work hours, and willingness to share rides.
- Encourage students to explore local resources and transportation options available in their area.
- Allow time for groups to discuss and create their plans, considering factors such as travel time, cost, and environmental impact.

5

5. **Sharing and Reflection (10 minutes):**
- Invite groups to share their personal commuting plans with the class.
- Facilitate a brief discussion on the diversity of strategies and solutions proposed by different groups.
- Encourage students to reflect on the feasibility and effectiveness of their plans and identify any areas for improvement.

6

6. **Wrap-Up (10 minutes):**
- Summarise key takeaways from the session, emphasising the importance of sustainable commuting habits.
- Encourage students to implement their personal commuting plans and share their experiences with their peers.
- Preview upcoming sessions and related topics.

Homework/Extension:
- Assign students to track their commuting habits for a week and reflect on opportunities for incorporating sustainable transportation options into their daily routines.
- Encourage students to research local initiatives or organisations that promote sustainable commuting and consider getting involved.

Assessment:
- Informal assessment based on participation in group discussion and activity.
- Evaluation of personal commuting plans based on creativity, feasibility, and consideration of individual preferences and local resources.

Lesson 5 Advocacy And Community Engagement

Lesson Plan: Session 5 - Advocacy and Community Engagement

Objective:

- Introduce students to advocacy strategies for promoting sustainable transportation policies and infrastructure.
- Facilitate group discussion on methods for engaging with local government officials, transportation agencies, and community organisations.
- Guide students in action planning to identify opportunities for advocacy and collaboration within the community.

Duration: 90 minutes

Materials Needed:

- Presentation materials on advocacy strategies
- Whiteboard or flip chart
- Markers
- Handouts or worksheets for action planning

Procedure:

1

1. **Introduction (10 minutes):**

- Welcome students to Session 6 on advocacy and community engagement.
- Review the objectives for the day and emphasise the importance of advocating for sustainable transportation initiatives.

2

2. **Overview of Advocacy Strategies (30 minutes):**

- Conduct a presentation on advocacy strategies for promoting sustainable transportation policies and infrastructure.
- Discuss various approaches such as grassroots organising, coalition building, media campaigns, and lobbying.
- Provide examples of successful advocacy campaigns related to transportation issues.

Lesson 5 Advocacy And Community Engagement

3. **Group Discussion (30 minutes):**

- Facilitate a group discussion on how to engage with local government officials, transportation agencies, and community organisations.
- Encourage students to share their ideas and experiences with advocacy and community engagement.
- Brainstorm potential challenges and opportunities for advocating for sustainable transportation in their community.
- Use the whiteboard or flip chart to record key points and ideas generated during the discussion.

4. **Action Planning (20 minutes):**

- Divide students into small groups or pairs.
- Provide each group with handouts or worksheets for action planning.
- Instruct students to identify specific advocacy opportunities or projects related to sustainable transportation in their community.
- Encourage students to consider potential partners, target audiences, goals, and action steps for their advocacy efforts.
- Allow time for groups to discuss and develop their action plans.

5. **Sharing and Reflection (10 minutes):**

- Invite groups to share their action plans with the class.
- Facilitate a brief discussion on the diversity of ideas and strategies different groups propose.
- Encourage students to reflect on the feasibility and impact of their advocacy projects and identify any additional support or resources needed.

6. **Wrap-Up (10 minutes):**

- Summarise key takeaways from the session, highlighting the importance of advocacy and community engagement in promoting sustainable transportation.
- Encourage students to implement their action plans and stay engaged with local transportation issues.
- Preview upcoming sessions and related topics.

Homework/Extension:

- Assign students to follow up on their advocacy projects and report back on their progress in the next session.
- Encourage students to research local advocacy groups or campaigns focused on sustainable transportation and consider getting involved.

Assessment:

- Informal assessment based on participation in group discussion and action planning.
- Evaluation of action plans based on clarity, feasibility, and consideration of advocacy strategies.

Empowering Young Leaders in Energy Sustainability

Sustainable Transport Toolkit

Sustainable Transport

Objective: To educate and engage young people in understanding sustainable transport and it’s importance in combating climate change.

Introduction

- Overview of the toolkit and its purpose.
- Importance of sustainable transportation for environmental conservation and public health.

Handouts

1. **Benefits of Sustainable Transport**
- Handout outlining the environmental, social, and economic benefits of sustainable transportation modes (cycling, walking, public transit).

2. G**uide to Sustainable Commuting**
- Tips for incorporating sustainable transportation into daily routines, including walking, cycling, carpooling, and using public transit.

3. **Safety Tips for Cycling and Walking**
- Safety guidelines for cyclists and pedestrians, including tips for navigating traffic, using bike lanes, and crossing intersections safely.

4. P**ublic Transit User Guide**
- Overview of local public transit options, fare information, route maps, and tips for using public transportation effectively.

5. P**lanning Your Walking or Cycling Route**
- Step-by-step guide for planning walking or cycling routes, including resources for finding safe and scenic paths.

6. C**ar-Free Day Challenge**
- Information on organising a car-free day event in the community, including tips for promoting participation and reducing car usage.

Sustainable Transport Toolkit

Session Plans

1. **Introduction to Sustainable Transportation**
- Overview of sustainable transportation options and their benefits.
- Discussion on the environmental and health impacts of car dependency.
- Activity: Brainstorming session on barriers to sustainable transportation and potential solutions.

2. C**ycling and Walking Safety**
- Presentation on cycling and walking safety tips.
- Hands-on demonstration of bike helmet fitting and bike maintenance.
- Group walk or bike ride to practice safe cycling and walking techniques.

3. P**ublic Transport Basics**
- Overview of local public transport options, routes, and timetables.
- Interactive session on how to plan a trip using public transport.
- Field trip: Group outing using public transit to visit a nearby destination.

4. **Sustainable Commuting Strategies**
- Presentation on carpooling, ride-sharing, and telecommuting options.
- Group discussion on strategies for reducing car dependency and promoting sustainable commuting habits.
- Activity: Creating personal commuting plans based on individual preferences and local resources.

5. A**dvocacy and Community Engagement**
- Overview of advocacy strategies for promoting sustainable transportation policies and infrastructure.
- Group discussion on how to engage with local government officials, transportation agencies, and community organisations.
- Action planning: Identifying opportunities for advocacy and collaboration in the community.

Conclusion

- Recap of key learnings from the toolkit.
- Encouragement for participants to continue advocating for sustainable transportation in their communities.

Additional Resources

- Links to online resources, websites, and organisations focused on sustainable transportation.
- Recommendations for further reading and research on sustainable transportation topics

Waste reduction Through The Rs

Youth Cymru

Full lesson plans - Waste Reduction through the Rs

Each session is designed to last one hour and is aligned with the toolkit and handouts provided. The sessions are interactive and encourage participants to apply the concepts of the 5 Rs in their daily lives.

Session 1: Introduction to the 5 Rs
Duration: 1 Hour
Objective:

- Introduce participants to the 5 Rs: Refuse, Reduce, Reuse, Repurpose, and Recycle.
- Encourage critical thinking about personal waste habits.
- Engage participants in discussion and activities around the 5 Rs.

Time | Activity | Details | Materials
0-10 min | Ice Breaker: Waste Sorting Game |

- **Aim:** Get participants thinking about waste and how to categorise it.
- **Activity:**
- Participants sort a variety of waste items (or images) into categories: Recyclable, Non-recyclable, Reusable, and Refuse.
- Brief discussion on why each item belongs in its category.
- Materials: Waste items or images, labelled bins/sections for sorting.

10-20 min | Group Discussion: What are the 5 Rs? |

- **Aim:** Introduce and define the 5 Rs.
- **Activity:**
- The facilitator writes the 5 Rs on the whiteboard.
- Participants share what they think each R means.
- The facilitator provides clear definitions and examples using the "Introduction to the 5 Rs" handout.
- Materials: Whiteboard/Flipchart, markers, "Introduction to the 5 Rs" handout.

20-45 min | Interactive Activity: The 5 Rs in Action |

- **Aim:** Apply the 5 Rs to real-life scenarios**.**
- **Activity:**
- Participants are divided into small groups, each receiving a scenario (e.g., planning a party, cleaning out a closet, packing lunch).
- Groups discuss how they could apply the 5 Rs to their scenario and present their ideas to the larger group.
- Materials: Pre-written scenarios on slips of paper, "Introduction to the 5 Rs" handout.

Full lesson plans - Waste Reduction through the Rs

45-55 min | Reflection & Takeaway |

- **Aim:** Reflect on what was learned and commit to a waste reduction action.
- **Activity:**
- Participants write down one thing they will do differently this week to reduce waste.
- Volunteers share their commitments with the group.
- Materials: Post-it notes, pens/pencils.

55-60 min | Wrap-Up |

- **Aim:** Summarise key points and encourage participants to reflect on what they've learned.
- **Activity:**
- Quick summary of the session’s key takeaways.
- Encourage participants to take home and review the handout.

Session 2: Deep Dive into Each R

Duration: 1 Hour

Objective:

- Explore each of the 5 Rs in detail.
- Provide practical tips and strategies for reducing waste.
- Engage participants in hands-on activities to reinforce learning.

Time | Activity | Details | Materials

0-10 min | Ice Breaker: "R" Brainstorm |

- **Aim:** Warm up by brainstorming ways to apply each R.
- **Activity:**
- The facilitator writes each of the 5 Rs on the whiteboard.
- Participants brainstorm and shout out examples or ideas for each R, which are written under each category.
- Materials: Whiteboard/Flipchart, markers.

Full lesson plans - Waste Reduction through the Rs

10-45 min | Mini-Workshops on Each R |

- **Aim:** Provide practical tips and strategies for each R.
- **Activity:**
- **Refuse:** Discuss refusing single-use items and encourage participants to think of items they can refuse in their daily lives.
- **Materials:** "Practical Tips for Each R" handout.
- **Reduce:** Discuss minimising waste through strategies like buying in bulk, meal planning, and choosing products with minimal packaging.
- **Materials:** "Practical Tips for Each R" handout.
- **Reuse:** Demonstrate how to reuse common items (e.g., bags, bottles) and discuss the importance of prioritising reusables.
- **Materials:** Reusable items for demonstration, "Practical Tips for Each R" handout.
- **Repurpose:** Provide a creative repurposing activity (e.g., making envelopes from old magazines).
- **Materials:** Magazines, scissors, glue, "Practical Tips for Each R" handout.
- **Recycle:** Discuss local recycling guidelines, including what can and cannot be recycled.
- **Materials:** "Local Recycling Guidelines" handout, recycling bin for demonstration.

45-55 min | Reflection & Action Planning |

- **Aim:** Encourage participants to set personal goals for reducing waste.
- **Activity:**
- Participants use the "Action Planning Sheet" handout to set specific goals based on the 5 Rs.
- They share their action plans with a partner.
- Materials: "Action Planning Sheet" handout, pens/pencils.

55-60 min | Wrap-Up |

- **Aim:** Summarise the session and encourage ongoing reflection.
- **Activity:**
- Quick summary of key points.
- Encourage participants to review and keep their "Action Planning Sheet" as a reminder of their commitments.

Full lesson plans - Waste Reduction through the Rs

Session 3: Practical Implementation and Reflection

Duration: 1 Hour

Objective:

- Implement the 5 Rs in a practical activity.
- Reflect on personal experiences with the 5 Rs since the last session.
- Encourage continued commitment to waste reduction.

Time | Activity | Details | Materials

0-10 min | Ice Breaker: "Two Truths and a Lie" (Waste Edition) |

Aim: Warm up with a fun activity focused on personal waste habits.

Activity:

- Participants take turns sharing two true statements and one false statement about their waste habits.
- The group guesses which statement is the lie.
- Materials: None.

10-40 min | Practical Implementation: Group Waste Reduction Project |

Aim: Apply the 5 Rs in a hands-on group project.

Activity:

- Participants work together on a project that incorporates the 5 Rs, such as organising a recycling drive, creating upcycled crafts, or setting up a waste reduction campaign.
- The facilitator guides the project, helping participants brainstorm and execute their ideas.
- Materials: Depends on the chosen project (e.g., craft supplies, planning materials).

40-55 min | Group Reflection & Discussion |

Aim: Reflect on the group's project and personal experiences.

Activity:

- Participants discuss what they learned from the project and share any successes or challenges they faced with implementing the 5 Rs since the last session.
- Materials: None.

55-60 min | Wrap-Up & Next Steps |

- **Aim:** Encourage continued application of the 5 Rs.
- **Activity:**
- Summarise key learnings from the session and previous sessions.
- Encourage participants to continue practising the 5 Rs and share their knowledge with others.
- Discuss potential follow-up sessions or ongoing projects.
- **Materials:** None.

Handout 1 - Waste Reduction through the Rs

These handouts are designed to support the activities in the session plan. Participants will use these materials during the session to reinforce learning, guide discussions, and plan actionable steps. The handouts are essential tools for participants to reference during the workshops and to take home as reminders of the principles and practices discussed.

Handout 1: Introduction to the 5 Rs
Purpose:
Participants will use this handout during the "Group Discussion: What are the 5 Rs?" and "Interactive Activity: The 5 Rs in Action" segments. It provides a foundational understanding and examples of each R, helping participants to actively engage in discussions and activities.

Shape
Title: Introduction to the 5 Rs
Overview:
The 5 Rs are key principles in reducing waste and protecting our environment. By understanding and applying these principles, we can make a significant impact on waste reduction in our daily lives.

1. **Refuse:**
   - Definition: Say no to unnecessary items, especially single-use plastics.
   - Examples:
   - Decline plastic straws and utensils when ordering takeout.
   - Avoid free promotional items that will end up as clutter.

Benefits:
- Reduces the amount of waste you generate.
- Decreases demand for unnecessary products, leading to less production and waste.

Handout 1 - Waste Reduction through the Rs

2. **Reduce:**
   - Definition: Minimise the amount of waste you produce.
   - Examples:
   - Purchase products with minimal packaging.
   - Opt for digital receipts instead of paper.

Benefits:
- Conserves resources by using less material.
- Saves money by buying only what you need.

3. **Reuse:**
   - Definition: Use items more than once or find new uses for old items.
   - Examples:
   - Carry a reusable water bottle instead of buying plastic bottles.
   - Donate old clothes instead of throwing them away.

Benefits:
- Extends the life of products, reducing the need for new items.
- Saves money and reduces waste.

4. **Repurpose:**
   - Definition: Find a new use for items that might otherwise be thrown away.
   - Examples:
   - Turn an old t-shirt into a cleaning rag.
   - Use glass jars for storage or as planters.

Benefits:
- Reduces waste by giving items a second life.
- Sparks creativity and resourcefulness.

5. **Recycle:**
   - Definition: Process used materials into new products to prevent waste.
   - Examples:
   - Recycle paper, glass, and plastic according to local guidelines.
   - Participate in electronic recycling programs for old gadgets.

Benefits:
- Conserves natural resources by reusing materials.
- Reduces pollution by decreasing the need for raw materials.

Handout 2 - Waste Reduction through the Rs

Handout 2: Practical Tips for Each R

Purpose:

- Participants will refer to this handout during the "Mini-Workshops on Each R" segment. It provides actionable tips that participants can apply in their daily lives. This handout is meant to inspire concrete changes in behaviour and can be taken home for ongoing reference.

Title: Practical Tips for Each R

1. **Refuse:**
   - Say No to Plastics: Bring your own bag, cup, and utensils to avoid single-use plastics.
   - Opt-Out of Junk Mail: Reduce paper waste by unsubscribing from catalogues and advertisements.
   - Skip Single-Use Items: Refuse plastic straws, stirrers, and disposable razors.

2. **Reduce:**
   - Buy in Bulk: Purchase items in larger quantities to reduce packaging waste.
   - Plan Meals: Avoid food waste by planning meals and buying only what you need.
   - Use Both Sides: Print or write on both sides of the paper to reduce usage.

3. **Reuse:**
   - Choose Reusables: Opt for reusable bags, bottles, and containers over disposable ones.
   - Repair Instead of Replace: Fix broken items instead of buying new ones.
   - Swap and Share: Organise a clothing swap or borrow items instead of buying new.

4. **Repurpose:**
   - Get Creative: Turn old furniture into new decor with some DIY.
   - Upcycle Packaging: Use old jars for storage or make craft projects from cardboard boxes.
   - Repurpose Old Clothes: Turn worn-out jeans into shorts or a bag.

5. **Recycle:**
   - Know the Rules: Familiarise yourself with what can and cannot be recycled in your area.
   - Sort Your Waste: Separate recyclables from trash to ensure they get processed properly.
   - Compost Organic Waste: Start a compost bin for food scraps and yard waste.

Handout 3 - Waste Reduction through the Rs

Handout 3: Local Recycling Guidelines
Purpose:

- Participants will use this handout during the "Mini-Workshops on Each R" segment, particularly during the Recycle portion. It provides specific information on what can and cannot be recycled locally, helping participants to avoid contamination in recycling streams. This handout is a practical guide for everyday recycling habits.

Title: Local Recycling Guidelines

1. **Recyclable Materials:**
   - Paper & Cardboard: Newspapers, magazines, cardboard boxes, office paper (remove staples and tape).
   - Plastics: Bottles, containers (check for the recycling symbol and number).
   - Glass: Bottles and jars (rinsed and without lids).
   - Metals: tin cans, tin cans, and foil (clean and dry).

2. **Non-Recyclable Materials:**
   - Plastic Bags: These often clog machinery; instead, recycle at specific collection points.
   - Styrofoam: Not accepted in most programs.
   - Food-Soiled Items: Pizza boxes with grease, used paper plates.
   - Electronics: These should be taken to special e-waste recycling centres.

3. **Special Items:**
   - Batteries: Recycle at designated drop-off points.
   - Light Bulbs: CFLs and LEDs should be taken to hazardous waste centres.
   - Textiles: Donate usable clothes or find textile recycling programs.

4. **Recycling Tips:**
   - Rinse Containers: Remove food residue before recycling.
   - Flatten Boxes: Save space by flattening cardboard boxes.
   - Remove Caps and Lids: Some programs require lids to be removed before recycling.

Handout 4 : "Waste Reduction through the Rs"

Handout 4: Action Planning Sheet
Purpose:

- Participants will use this handout during the "Reflection & Action Planning" segment. It is a tool for participants to set personal goals for waste reduction based on the 5 Rs. This handout will help them commit to specific actions after the session, fostering long-term behaviour change.

Title: Action Planning Sheet

My Waste Reduction Action Plan

1. Refuse:
   - I will refuse: _____
   - How I will do this: _____
2. Reduce:
   - I will reduce: _____
   - How I will do this: _____
3. Reuse:
   - I will reuse: _____
   - How I will do this: _____
4. Repurpose:
   - I will repurpose: _____
   - How I will do this: _____
5. Recycle:
   - I will recycle: _____
   - How I will do this: _____

Reflection:

- The most important change I plan to make: _____
- How I will track my progress: _____

Signature: _____
Date: _____

Youth Cymru

Session 1: Introduction to the 5 Rs

Waste Reduction through the Rs

Overview
This toolkit is designed to help young people understand and apply the principles of waste reduction through the 5 Rs: Refuse, Reduce, Reuse, Repurpose, and Recycle. The activities are designed to be engaging and interactive, allowing participants to learn through discussion, activities, and reflection.

Session 1: Introduction to the 5 Rs
Duration: 1 hour
Objective:

- Introduce the concept of waste reduction and the 5 Rs.
- Encourage participants to think critically about their own waste habits.

Materials Needed:

- Whiteboard/Flipchart and markers
- Post-it notes
- Printed handouts on the 5 Rs
- Projector and screen (optional)
- Examples of recyclable, reusable, and repurposed items
- Pens/pencils

1. **Ice Breaker: Waste Sorting Game (10 minutes)**

Activity:

- Objective: Get participants thinking about waste and how to categorise it.

Instructions:

1. Prepare a variety of waste items (e.g., plastic bottles, paper, food wrappers, glass jars) and images of these items.
2. Have participants sort these items into categories: Recyclable, Non-recyclable, Reusable, and Refuse.
3. Discuss why each item belongs in its category.

Materials:

- Waste items or images.
- Four labelled bins or sections for sorting

Session 1: Introduction to the 5 Rs

2. Group Discussion: What are the 5 Rs? (10 minutes)

Activity:

- **Objective:** Introduce the concept of the 5 Rs and discuss their importance.

Instructions:

1. Write the 5 Rs on the whiteboard: Refuse, Reduce, Reuse, Repurpose, Recycle.
2. Ask participants to share what they think each R means.
3. Explain each R in detail, with examples.

Materials:

- Whiteboard/Flipchart
- Markers

3. Interactive Activity: The 5 Rs in Action (25 minutes)

Activity:

- **Objective:** Apply the 5 Rs to real-life scenarios.

Instructions:

1. Divide participants into small groups and give each group a scenario (e.g., planning a party, cleaning out a closet, packing lunch).
2. Ask each group to identify how they could apply the 5 Rs to their scenario.
3. Groups present their ideas to the larger group.

Materials:

- Pre-written scenarios on slips of paper
- Printed handouts of the 5 Rs for reference

4. Reflection & Takeaway (10 minutes)

Activity:

- **Objective:** Reflect on what was learned and how to apply it personally.

Instructions:

1. Ask participants to write down one thing they will do differently this week to reduce waste.
2. Invite volunteers to share their commitment with the group.

Materials:

- Post-it notes
- Pens/Pencils

Additionally - Waste and waste management - BBC Bitesize

Session 2 -Waste Reduction through the Rs

Overview
This toolkit is designed to help young people understand and apply the principles of waste reduction through the 5 Rs: Refuse, Reduce, Reuse, Repurpose, and Recycle. The activities are designed to be engaging and interactive, allowing participants to learn through discussion, activities, and reflection.

Session 2: Deep Dive into Each R
Duration: 1 hour
Objective:

- Explore each R in detail with practical tips and strategies.
- Encourage participants to think about their own waste habits and how they can improve them.

Materials Needed:

- Whiteboard/Flipchart and markers
- Handouts on tips for each R
- Examples of items that can be reused or repurposed
- Magazines, scissors, glue for a creative repurposing activity
- Recycle bin for demonstration

1. **Ice Breaker: "R" Brainstorm (10 minutes)**

Activity:

- Objective: Warm up by brainstorming ways to apply each R.

I**nstructions:**

1. Write each of the 5 Rs on the whiteboard.
2. Have participants shout out examples or ideas for each R.
3. Write these ideas under each R.

Materials:

- Whiteboard/Flipchart
- Markers

Session 2 -Waste Reduction through the Rs

2. Mini-Workshops on Each R (35 minutes)

Activity:

- Objective: Provide practical tips and strategies for each R.

Instructions:

1. Refuse: Discuss how refusing single-use items can reduce waste. Ask participants to think of items they can refuse in their daily lives.
2. Reduce: Talk about minimising waste by buying in bulk, choosing products with less packaging, and avoiding impulse purchases.
3. Reuse: Demonstrate how to reuse common items (e.g., jars, bags) and discuss how to prioritise reusables over disposables.
4. Repurpose: Provide a creative repurposing activity (e.g., turning old magazines into envelopes or collages).
5. Recycle: Discuss local recycling guidelines and what can and cannot be recycled. Show an example of correct sorting.

Materials:

- Various reusable and repurposable items
- Magazines, scissors, glue, other craft materials
- Recycling bin

3. Reflection & Action Planning (15 minutes)

Activity:

- Objective: Encourage participants to set goals for reducing waste.

Instructions:

1. Ask participants to write down one or two Rs they will focus on and how they will implement it.
2. Have them share their action plans with a partner.

Materials:

- Pens/Pencils
- Paper or action planning handouts

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Renewable Futures Carbon Footprint Toolkit

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