

Give Climate a chance

Tips for sustainable choices



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Visit our webpage: <http://ignet.eu/ignet>



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A LETTER TO THE READER

Dear Reader,

This booklet is not intended to be the usual exposition of the problems that are out there...rather, it is an invitation for you to take action.

Your everyday choices and actions can make a real difference to a healthier, more sustainable world.

You've got the power, the hope and the courage to make a real difference.

Remember, it's not always about doing big things; doing small things can create massive waves of changes.

Let this booklet be your guide, your motivator and your powerhouse of ideas. Let it start conversations, spark new thoughts and fan the flames of your passion for a better future.

With hope and faith on your journey,

IGNetwork



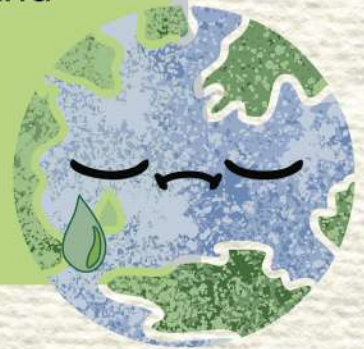
1 – ENVIRONMENTAL SUSTAINABILITY AND GREEN PRACTICES

CLIMATE CHANGE AND GREENHOUSE GAS CONCENTRATIONS.

1.1

Climate change is one of the most pressing and complex challenges of our time.

At the forefront of these changes is **global warming**, a phenomenon that is increasingly evident in our daily lives.



Human activities contribute to global warming by increasing the greenhouse effect.



The **greenhouse effect** is caused by the presence of greenhouse gases in the atmosphere, which are able to trap heat and keep the temperature of the Earth at a level that supports life.

Inefficient use of energy in houses, offices and transport systems contributes to increase greenhouse gas emissions.



ESCALATING EXTREME WEATHER IMPACTS ON ECOSYSTEMS AND SOCIETIES

1.2

Consequences of climate change are many and varied. **Extreme weather events**, such as hurricanes, storms, heat waves, droughts and floods, are increasing in frequency and intensity.



Climate-related events cause **economic strain** through damage to infrastructure, losses in agriculture, fisheries and tourism, and higher prevention costs. This is also leading to an increase in forced **climate migration**.



Climate change is endangering wildlife and reducing biodiversity, while also threatening agriculture and food security, especially in vulnerable areas.



THE RISE OF ECO-ANXIETY: UNDERSTANDING ITS IMPACT ON THE YOUNGER GENERATION

1.3

In recent years, there has been a rise in **eco-anxiety** as a result of concerns about the current ecological crisis, climate change and the future of the planet, often accompanied by feelings of helplessness, frustration and anger.



It's helpful to communicate concerns in a constructive and sensitive way to make sure that environmentally-friendly practices and actions are perceived as something positive, transmit hope, and inspire to make a difference.



- Try not to internalise your eco-anxiety. It's important to surround yourself with a community you can share your feelings with.
- **Climate cafes** have sprung up as places where people can share their fears and organise concrete action against climate change.



MOBILISING FOR CHANGE AND SHAPING THE FUTURE

1.4

Since 2018, **youth-led groups** have emerged around the world to fight climate change. These groups are known for their participatory, democratic methods and focus on climate justice. Their main goal is to push governments and institutions to prioritise and address climate change immediately.



Social media has played a key role in spreading awareness of climate change, leading to the creation of a globally connected and sensitive **network** among younger generations.

2 – TAKING ACTION: SUSTAINABLE BEHAVIOURS FOR ENVIRONMENTAL IMPACT REDUCTION

Here you can find some tips and **behaviours** that you can adopt to **reduce your impact on the environment**.



HOME MANAGEMENT

2.1

Reducing home CO2 emissions is key in fighting climate change. This can be done through:

- better insulation
- efficient heating/cooling systems
- using renewable energy sources
- opting for energy-efficient appliances and LED lighting



Why is it important how we use the energy?

It affects me



Well-being: temperature, light, hot water



Affordable bills: electricity, gas, water

It affects all of us



Climate emergency



Resource depletion and environmental conflicts



Justice!
Stop destruction!



To tackle energy efficiency in the house, you can start with a diagnosis (*) by asking yourself or the group you live with:

- Which are the key problems in the flat?
- What is the flat like and how do we use it?
- What are the equipment like and how do we use it?

(*) This method is inspired by the environmental workshops carried out by FICAT (IGNet member in Spain) with the refugees as part of their accompanying process to autonomy.

Take notes
of your
findings

Which are the Key problems in the flat?

Do we cover our basic needs?



Cold? We look at the thermometer: no more than **18°**, maximum 20°, in winter



Hot water? We don't need burning hot water: **30-35°** is enough. In summer, we lower the temperature



Lightning? During sunny hours, is natural light enough for our activities?

How much do we consume for our needs?

Let's have a look at the latest invoices:

- Do they differ much from the previous ones?
- **Electricity** - more than kWh/month*?
- **Gas** - more than kWh/month*?
- **Water** - more than 3 m3/month per person?

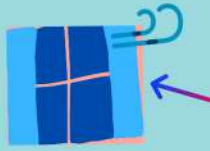


compare to local
statistics

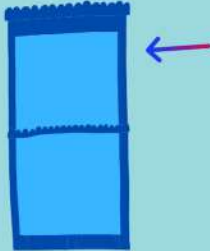
What is the flat like and how do we use it?

Where does heat escape?

Windows
waterproof?
double glass?
shutters/curtains/blinds?
large surfaces outwards?



Walls, ceilings and floor
with insulation?
large surfaces outwards?
Heavy walls accumulating heat?



Where does the heat come from?



Windows/verandas
Facing the sunny south?



heat sources
people? kitchen?

Take notes
of your
findings

Which habits do we have?

Clothes and blankets - the first thing to keep warm in winter.

Do you wear long sleeves and wool sweater at home?

Head, neck, feet protected?



Curtains/Blinds/Porticoes

What hours are they open and closed?

Close at night to keep the heat / Open when the sun comes through the windows

Open windows

How long do you keep windows open? In the warmest hours?

A lot of heat is lost in winter. In 10' we completely renew the room air

What rooms do we use?

Do you take advantage of spaces and hours with better temperatures and natural light?



What are the equipment like and how do we use them?

Heating

- Is there a boiler + radiators, independent heaters... 😞
- Do they run on electricity, gas 😞 ...?



Use & habits

- More than 18°-20°? 😞
- With what schedule?
- More than 15°-17° at night? 😞



Take notes
of your
findings

Hot water

Is there a gas boiler, electric water heater, thermal solar panels?



Use & habits

- Does the water come out at more than 30°-35°? 😞
- Maintaining a high temperature in the tank increases consumption
- Bath 😞 or shower? How long?
- Do you wash the dishes with the tap running?



Kitchen

Is there an electric or gas oven?
Gas, electric, or induction cooking?

Use & habits

Hours/week? Do you often use the oven? 😞





Lights

How many halogens, incandescents, low consumption, and LEDs?

Use & habits

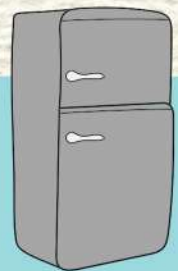
Do you leave lights on? 😞

Other appliances?

Some very powerful?

Use & habits

- Is the fridge free of ice, well ventilated?
does it close immediately?
- something running many hours?
- chargers or devices plugged in / stand-by?



How to improve our habits?

Now...retrieve your notes and findings

Make a list of viable improvements.

Let's agree on improvements with which you can commit from now until the next follow-up date.

It is not necessary to demand a sudden and permanent change in personal habits, you may propose and take **little steps towards energy efficiency**.

Cooling and heating

!!!! In summer:

- set the air conditioner with a temperature never below 25° C.
- temperature difference between the inside and outside of the house must not exceed 7-8° C
- cleaning and maintenance makes the air conditioner efficient and reduces consumption
- turn off the air conditioner whenever windows are momentarily opened for air exchange



!!!! In winter

- wear winter clothes at home: long sleeves/pants, wool sweater, hat, socks, slippers, blankets/duvet
- minimise ventilation: keep windows open, no more than 10' minutes, never when you leave the house



!!!! Keep heating no more than 18° - 19°



!!!! Electric heater - minimise the usage: few hours, only in the room you use, regulating power to the minimum necessary



!! Curtain/Blinds/Shutters: Closed at night / Open when the sun shines on the window



! Take advantage of spaces and hours with better temperature and natural light

! Install weatherstripping on windows (very simple)

! Bleed the radiators (very simple)

! Install reflective insulation behind the radiators (very simple)

! Fix or mount curtain/blinds/insulating shutters

! Install insulating material in the roller blind box.



Hot water

- !!! Lower the thermostat: Tap outlet 30°-35°
- !!! Prefer shower instead of bath
- !! Take quick showers: around 5'...also, lather up without water
- !! Use cold water in summer
- ! Do not wash dishes keeping the tap running



Kitchen

- !! Electric oven - minimise the use, cook in quantity, take advantage of residual heat
- ! Cook with lid, smaller burner than the pot.
- ! Use pressure pots whenever possible

Lights

- !! Prefer natural light!
- ! Turn off lights when you are not using these
- ! Halogens, incandescent - minimise the use: prefer LED and low consumption



Home appliance

- !!! Refrigerator: remove the ice, separate from the wall, open as little as possible
- !! TV: turn it off when not watching
- !! Washing machine: use at full load. Especially in summer, use low temperature programmes, max 30° - 40°
- ! Dryer: in summer avoid using the dryer. Hang clothes out to dry in the sun.
- ! Plugs: Unplug chargers or devices, turn off stand-by



FOOD CHOICES

2.2

Reducing the carbon footprint of food, involves changes in diet and food purchasing habits. Eating **less meat**, which has a higher carbon footprint, and choosing **local and seasonal products**, which requires less energy to transport and grow, can significantly reduce emissions.



- Planning meals can help you buy only what you need, reducing waste.
- Storing food properly can extend its freshness and shelf life.
- Being creative with leftovers is essential to avoid throwing food away.

JANUARY FEBRUARY	    
MARCH APRIL	    
MAY JUNE	    
JULY AUGUST	    
SEPTEMBER OCTOBER	    
NOVEMBER DECEMBER	    

TRANSPORT

2.3

To reduce CO₂ emissions from transport, choose less polluting means of transport such as walking or cycling for short distances and public transport for longer ones.

If necessary to use private vehicles, try to use more efficient and less impacting ones, such electric ones and, in any case, adopt driving techniques that reduce fuel consumption.



Big private vehicles are more polluting than smaller ones, but in any case walking and cycling are ways better when possible according to distance and weather.



highest emissions



0 carbon



To reduce emissions, combine errands into fewer trips, use car-sharing services, choose train / bus for trips, and consider carbon offsetting for flights.

Environment and fight against global warming is one of the key priority of the **European Union**. Through its main programmes the EU provides concrete support to build knowledge, skills, and attitudes on sustainability and fight against climate change. For example, Erasmus+ and European Solidarity Corps programme envisage the so-called “**green travel support**”, an higher contribution for travel expenses incurred by participants whenever sustainable means of transport are chosen.



More and more projects focus on environmental topics and try to contribute to a greener Europe with interesting results.



Greendex (<https://greendex.world/calculator/>) is an app developed by youth organisations (including Aventura Marao Clube, Portugal, and Ambitia, Slovenia, both members of IGNet) to provide young people and youth workers with an easy-to-use digital tool to calculate the CO2 emissions generated by participants in youth mobilities. You can use the app to become aware of how your choice of transport affects carbon emissions. This may lead you to consider alternative, greener transport options!



Also, did you know that in Portugal the first **Erasmus+ Forest** (<https://greendex.world/e-forest/>) have been established to offset carbon footprint on the Erasmus+ mobility projects? If you find it inspiring, look for an association in your city and work together to establish an Erasmus+ forest in your nearby!

INTERNET AND ELECTRONIC DEVICES

2.4

Is the “cloud” green?

Actually the “cloud” is made of huge data centers which are material and energy intensive both during construction and regular operation.



What we can do to reduce the impact of internet and electronic devices on the environment:

- Open and send less media
- Reduce data stored online, e-mail, photos, videos...
- Use file sharing tools for large media files instead of messages
- Reduce streaming
- Delete unused App
- Switch off the camera when not needed during calls
- Choose responsible service providers that use renewable energy for their infrastructure!
Companies are responsible of 90% of consumption

CIRCULAR ECONOMY

2.5

Adopting a circular economy approach, which focuses on reducing waste, reusing materials and creating sustainable systems to reduce dependence on renewable resources and on fossil fuels, is effective in reducing CO₂ production.



Consider exchanging or donating items rather than throwing them away

Proper waste separation for effective recycling and composting of organic waste can reduce landfill use and methane emissions. Also, when buying, consider the entire lifecycle of a product and the practices used by its manufacturer.



GREEN JOBS



Pursuing a career in green jobs, like in energy efficiency or as an environmental educator, is a great way to help reduce CO2 emissions and promote sustainability.

Jobs in line to a just eco-social transition

- ▲ More jobs in food sector (especially local agro-ecological production).
- ▶ People care, commerce and other services are maintained.
- ▼ Less employment in **transportation and construction**.

This would be the evolution of the sectors with the largest number of jobs in 2030, if the state promotes a radical turn towards an environmentally sustainable and fair economy.

Example (purely indicative) of criteria for searching for training and work

- 😊 Checking and diagnosis of electric vehicle
- 😊 Structure and operation of the electric vehicle
- 😞 Maintenance of the engine and its auxiliary systems
- 😞 Road freight transport (CAP)
- 😊 Design, installation or maintenance of photovoltaic solar installations



😊: Very promising. It may have a future if the just ecological transition is promoted.

😊: Promising in the short term. More uncertain in the long term if the just ecological transition is promoted

😊: Medium. More uncertain in the long term if the just ecological transition is promoted

😞: Risky. It has few future prospects if the ecological transition is promoted



3 – GREEN LEARNING: USING NON-FORMAL EDUCATION TO PROMOTE ENVIRONMENTAL SUSTAINABILITY

SUSTAINABLE EDUCATION: BEYOND THE CLASSROOM

3.1

In modern education, using non-formal methods to teach about environmental sustainability is a really effective way to engage young people. These methods go beyond regular classroom teaching and are more practical and relevant. Activities such as neighbourhood clean-ups or joining local environmental groups help build community and teamwork.



This approach makes environmental issues seem more urgent and real to the younger generation, bridging the gap between theory and practice.



For further non-formal activities on environmental sustainability (pages 61-82), click on the link:
<http://tinyurl.com/edkgreen>

EXAMPLE OF A NON-FORMAL ACTIVITY: WHAT'S MY CARBON FOOTPRINT?

3.2

OBJECTIVES

Raising awareness of how much each of us contributes to climate change and how personal choices affect the planet.



TARGET AUDIENCE

From 12 years old



GROUP SIZE

Minimum 2 participants



MATERIALS

- Carbon Footprint.
- Pens and markers.



TIME

90 minutes



ACTIVITY

1. Provide each participant with a carbon footprint sheet and a marker
2. Explain the concept of a carbon footprint
3. Consider the 10 areas of action: housing, water, recreation, heating, electricity, traffic, food, waste, travel and consumption
4. Participants colour in the sections of the footprint relevant to their lifestyle
5. Discuss the impact of our carbon footprint using prepared questions



EVALUATION

1. How can we reduce the impact of households on climate change?
2. How does individual behaviour affect the global distribution of resources?
3. How can each of us be empowered to take positive action for the environment?



Eco Footprint

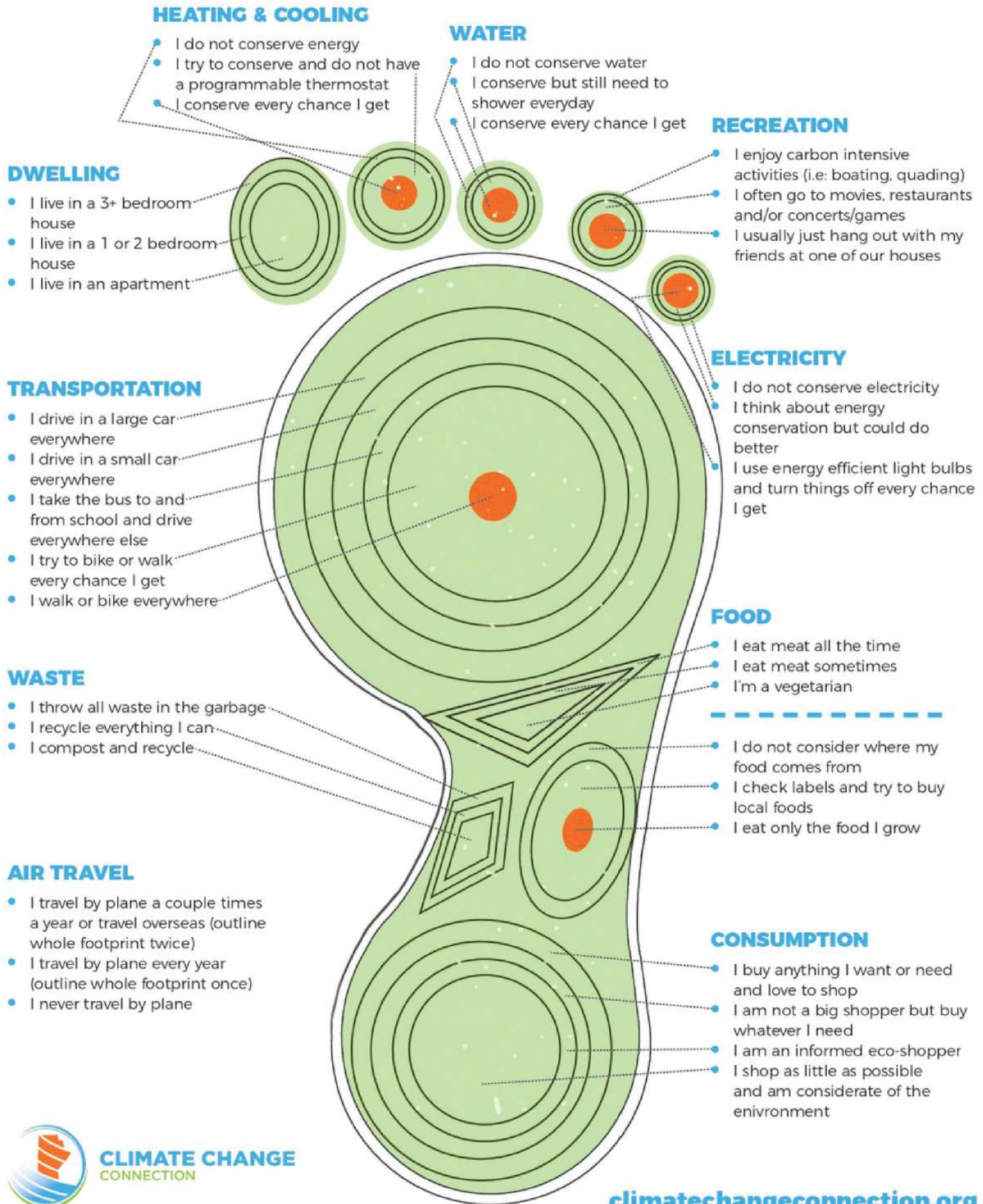


Online tools such as **Eco Footprint** (www.footprintnetwork.org) and **Water Footprint** (www.watercalculator.org) calculators are available free of charge to help you measure your personal impact on the environment.

Water Footprint



WHAT'S MY CARBON FOOTPRINT?



CLIMATE CHANGE
CONNECTION

climatechangeconnection.org

**Please, consider the environment before
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