

Co-funded by

# THE GREEN FUIDE ROD YOUNG ACIVISIIS

### ERASMUS+ YOUTH EXCHANGE YOU ACT: THE BOOKLET

14-20 SEPTEMBER 2022, LAMA DEI PELIGNI

#### A PROJECT BY O1 21 APS

# WHY A GREEN GUIDE FOR YOUNGSTERS?



TO SPREAD THE RESULTS OF **YOU ACT**, A YOUTH EXCHANGE CO-FOUNDED BY EU, CARRIED OUT IN LAMA DEI PELIGNI (ITALY) IN SEPTEMBER 2022



BECAUSE IT WAS CONCEIVED AND CREATED BY YOUNGSTERS FOR YOUNGSTERS, FROM THE GUIDELINES DEVELOPED DURING THE ACTIVITIES OF THE EXCHANGE DAYS



BECAUSE TODAY MORE THAN EVER IT IS NECESSARY TO *TALK* ABOUT **CLIMATE CHANGE** AND *ACT* AS INDIVIDUALS IN DAILY LIFE AND AS COLLECTIVE IN ACTIVIST MOVEMENTS



# **"ECOLOGIA SEM LUTA DE CLASSES É JARDINAGEM"**

# "ENVIRONMENTALISM WITHOUT CLASS STRUGGLE IS GARDENING"

CHICO MENDES

### FOR THIS REASON IN OUR PROJECT WE CHOSBANINIPRSECTIONAL APPROACH, WHICH BNBRACED MULINPLE PERSPECTIVES

# NG ACTIVIST SHOULD **CONSIDER:**

- SCIENTIFICAL DEFINITION OF CLIMATE CHANGE - ITS MAIN CONSEQUENCES ON PEOPLE AND SOCIETIES - INDIVIDUAL RESPONSABILITIES AND CONSCIOUS CHOICES - ACTIVISM AS COLLECTIVE, MOVEMENTS FOR CLIMATE

# NED BOUR

# 1 – SCIENTIFICAL DEFINITION OF CLIMATE CHANGE



FOR THE DEFINITION WE CHOOSE THE GLOSSARY OF THE IPCC (INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE) AS REFERENCE

Climate change refers to a change in the state of the climate that can be identified (e.g., by using statistical tests) by changes in the mean and/or the variability of its properties and that persists for an extended period, typically decades or longer. Climate change may be due to natural internal processes or external forcings such as modulations of the solar cycles, volcanic eruptions and persistent anthropogenic changes in the composition of the atmosphere or in land use. Note that the Framework Convention on Climate Change (UNFCCC) defines climate change as: 'a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods.' [...]



# 2 - MAIN CONSEQUENES ON PEOPLE AND SOCIEMES



Two of the most important effects of climate crisis on humans are

CLIMATE MIGRATION

YOUTH **PSYCHOPHYSICAL ISSUES** RELATED TO CLIMATE CHANGES





# 2 - MAIN CONSEQUENES ON PEOPLE AND SOCIEMES



CLIMATE MIGRATION AND CLIMATE REFUGEES

According to statistics published by the Internal Displacement Monitoring Centre, since 2008 over 318 million people around the world have been forcibly displaced by floods, windstorms, earthquakes or droughts, 30.7 million in 2020 alone. (EPRS)

In "Migration and Climate Change", published by the International Organization for Migration, Professor Myers estimates that by 2050 over 200 million people will be forced to leave their home because of climate change.



For more information we suggest to read the paper at the link \_ <u>The concept of 'climate refugee' Towards a possible definition</u> Migration and Climate Change

# 2 - MAIN CONSEQUENES ON PEOPLE AND SOCIETIES



### PSYCHOPHYSICAL DISEASES RELATED TO CLIMATE CRISIS

Many young people, facing the progress of the climate crisis and the uncertainty of a climate-stable future, have started to manifest some psychosomatic disorders related to the climate crisis, such as ecological anxiety, ecological grief and solastalgia.

#### GLOSSARY

**ECOLOGICAL ANXIETY**: refers to persistent worries about the future of Earth and the life it shelters. <u>American</u> <u>Psychological Association</u> (APA) describes it as "a chronic fear of environmental doom".

**ECOLOGICAL GRIEF:** is the the "grief felt in relation to experienced or anticipated ecological losses, including the loss of species, ecosystems and meaningful landscapes due to acute or chronic environmental change." (<u>International</u> <u>Journal of Environmental Research and Public Health</u>).

SOLASTALGIA: from Latin sōlācium ("solace, comfort") + -algia ("pain"), is the distress that is produced by environmental change impacting on people while they are directly connected to their home environment. (<u>Glenn</u> <u>Albrecht</u>)



# **3-INDIVIDUAL RESPONSABILITIES AND CONSCIOUS CHOICES**



ONE OF THE MOST EFFICIENT WAYS TO COUNTER THE SENSE OF HELPLESSNESS CAUSED BY CLIMATE CHANGE IS TO PURSUE ECO-FRIENDLY DAILY CHOICES

The young people who participated in the project have identified some best ecopractices to reduce their environmental impact and make more concious choices:

PUT A BOTTLE OR SOMETHING HEAVY IN THE TOILET RESERVOIR TO WASTE LESS WATER	RECYCLE, SORT YOUR TRASH
	UPCYCLE, BE CREATIVE
	USE LESS PLASTIC,
	A BOTTLE OR THER
USE BICYCLE, CAR SHARING OR	
PUBLIC TRANSPORT	BRING YOU OWN BAG FOR
	SHOPPING
SUPPORT LOCAL SHOPS/PRODUCTIONS	USE CLEAN ENERGY, RENEWABLE EVERGY
	ESS PLANES BE

**GROW YOUR OWN GARDEN** 



#### **REUSABLE PACKAGING**

### **BUY SECOND HAND**

, FOR EXAMPLE RMOS TO REFILL

> HAVE BALANCED DIET, LOCAL AND SEASONAL FOOD, REDUCE OR BETTER AVOID MEAT AND ANIMAL PRODUCT

### AN EXAMPLE FOR THE OTHERS



# 4 - ACTIVISM AS COLLECTIVE, MOVEMENTS FOR CLIMATE



IN ADDITION TO INDIVIDUAL CHOICES, IT IS ESSENTIAL FOR YOUNG ACTIVISTS TO FIND THEIR OWN COMMUNITY

Throughout Europe and the world in general many climate movements have sprung up in recent years, some local and some international. There are networks, strikes, collectives, clean up groups, projects to reach and collaborate with.



**CLIMATE JUSTICE NOW!** 

**CLIMATE NETWORK** 

SUNRISE MOVEMENT



### **EXTIONCTION REBELLION**

### JUST STOP OIL

### **SUSTAINUS**



# SOME OF THE GREEN ACTIVITIES WE DID IN OUR PROJECT





#### SCIENTIFICALLY TALKING: WHAT CLIMATE CHANGE IS? (BRAINSTORMING)

Young people are divided into mixed groups, each group with a blackboard. Through common questions, young people reason on their knowledge of climate change, stimulating their creativity to find the best definition.

### EARTH'S THERMOMETER: OCEANS, LAND, WATER, ATMOSPHERE (WORKSHOP)

The participants, divided into four groups, represent the four indicators of climate change: oceans, freshwater, land and atmosphere. The facilitator reads a series of information and the participants try to guess which element the sentence refers to. When all the information is provided, each group will have a set of data about their element. A guided reflection on the state of climate indicators follows.



HOW DOES CUMATE CHANGE Fillering the Water -



HOW DOES CLIMATE CHANGE AFFECT THE OCEANS? - REE PS, are during, one third is doed al redy. - fish are migrating - The tomperature of water is rising @ - The level of water is rising -> ③ As a conservence, the ice is melting, affecting a lot of spicies, both in the sea Also, because the temp are rising. He currents are dranging, provogking natural dissosters, changing the ecosistem CS\_FD\_



#### **EUROPEAN BIODIVERSITY: AN HIDDEN TREASURE** (INTERACTIVE WORKSHOP)

Activities at the Germplasm Bank. Reflection on the fundamental preservation of seeds and European biodiversity.

#### NATURAL PHENOMENA: HOW NATURE TALK TO US (STEAM)

Explanation of terrestrial phenomena accompanied by activities and theatrical simulations of these phenomena; creation of tools for their detection. Debriefing on STEAM and participatory teaching.



### **ECO-PURSUIT (GAMIFICATION; BOARDGAME)**

Six teams of young people compete against each other, following the rules of the Trivial Pursuit, putting the scientific knowledge acquired up to that moment to the test.



#### CLIMATE CHANGE AND PEOPLE (WORKSHOP, BRAINSTORMING)

Participants, divided into groups, create a conceptual map on the indirect effects of the climate crisis.

#### WEWORLD CIRCUS SHOW: CLIMATE CRISIS IS SOCIAL CRISIS (SIMULATION GAME; PUT YOURSELF IN THE OTHER'S SHOES)

Starting from watching videos about the WeWorld European artistic project, young people are guided in a group reflection on the link between the climate crisis and emigration, and the value of an artistic approach in communicating the climate crisis. They are invited to develop their own theatrical version of the natural phenomena faced, this time introducing the indirect effects of the crisis, such as emigration, into the plot.









#### TELL ME WHAT YOU FEEL: ECO-ANXIETY AND SOLASTALGIA (WORKSHOP)

After an introduction on the psycho-physical effects of climate change, the young people are divided into two groups, one focusing on the concept of eco-anxiety and the other on that of solastalgia. Two emotional questionnaires are drawn up by the participants and then distributed to all the young people. Divided into pairs, the young people take turns simulating an emotional sharing session, using the questionnaires on eco-anxiety and solastalgia.











#### AN ACTIVISM OF SMALL CHOICES (CHARETTE BRAINSTORMING)

Young people are introduced to the third macro-theme of the project, daily activism. The theme is divided into smaller blocks (energy saving, nutrition, zero-waste, second hand, clean up, conscious consumption), each discussed in turn by all the groups. The ideas elaborated by each group are passed on to the next group which builds on them. By the end of Charette, each idea will have been discussed six times.



#### THE MOST RADICAL AND REVOLUTIONARY ACTION IS EATING (GAMIFICATION)

The young people are divided into four groups. On a table, on one side there are a series of recycled cards in which the kilograms of emissions (carbon dioxide equivalent and methane) per kilo are marked, and on another side some cards with some of the most common foods in Europe written on them. Young people must be able to identify the right combinations. A guided reflection on the impact of food on the climate crisis follows.

M FUNNY ADVERTISING EXTINCTION REPERION SIDILIZE EDUCATE CHILDREN CHILDREN FUNISHMENT LITTERING PUNISHMENT INCENTIVISED RECICLEMENT WHAT TO CLEAN	MINIMALIZM SAVE THE EXAMPLES
Future PRASTIC BIRDS AND BOTTLES 5 SERS AND OCENAS	ATMS 1 0 0 0 10 010 00 100 100 100
Gredo Thuberg servine Open't Cook Up works Top	DRY TONETE ROMAND SECOND-HAND
Ves The Niceader School ~	WHAT TO RECYCLE, RECYCING (books, clothing.etc) of OIL CLOTHES WATER of RECOVERS UPCYCLING
Concience performance Unitaries ~ Respect Lets do it~	FOOD PLASTIC BAGS DONATIONS
nonge Refer Behozz ~ Friends~ ~ Gouverment~	ELECTRONIC DEVICES MATERIAL PAPERA NIRAPPING GLASSES ON REUT PRCKASING SHERED VOE GREEN ENERGY USE GREEN ENERGY USE GREEN ENERGY





### THE PARADOX OF ECO-CAPITALISM: GREENWASHING AND OTHER TRICKS (WORKSHOP)

A series of videos and advertisements from some of the largest global and European companies are watched. The young people have to reflect and discuss, guided by the group leaders, about the communication campaign of these companies, and the perceptions experienced when watching the commercials. Data then are shared, written on cards, which testify the real commitment of these companies to the fight against the climate changes, and the concept of greenwashing is introduced. By reviewing the same videos, young people are able to recognize the marketing strategies adopted to make a company appear eco-friendly (when it is not), and the precautions to avoid this green-tinged trap.



#### FROM GARDEN TO STREET (SIMULATION EXCERCISE)

The youth are divided into groups, and each group must organize its own peaceful demonstration for fair and timely climate action. After having gathered in a single small procession, the young people apply their peaceful strategies to express their requests (performances, speeches, dances, songs, billboards, etc.). Once the performances are over, the young people arrange themselves in a circle and discuss the effectiveness of climate action in the streets, in relation to recent political meetings.









#### WHAT'S NEXT? (WORKSHOP)

The young people, divided into groups, have tasks assigned for the follow-up of the project: a podcast; a photo e- 🥒 album; a video-reportage (reel); a comic with the participants; a new eco-activity; a story; a booklet of eco-friendly good practices.















### 1- MAIA PODCAST: YOU ACT!



### Maia Podcast You Act YE

Mai Podcast YouAct

set 2022 - Tempo rimanente: 4 min 56 sec





### 2- BEST ECO-PRACTICES

#### TPEST ECO-PRACTICES~

· using a termos / your own bottle (refill) -> you will use less plastic bottles

• put a bottle or something heavy inside the toile! reservoir → use less water (1.5 litres/each button push.) ·recycle , sort your trash

· buy second hand stuff -> save money, produce trash

• use bicycle instead of cars → reduce air and noise pollution

· use electric cors / public transport -

· use your own bag when shopping and don't buy a new one

·have a balanced diet, eat less meat · support local shops / production

· use solar panel, wind / water milles mills and other eco-friendly energy methods louse reusable

be on activist " throw the ciaretter butts in the bin use less planes

· grow your own garden

· Share knowledge

• be an example for the others

more than 6 billion pounds of garbage (mainly plastic) end

in the occan every year • every vegetoriant deves: 1 animal, 4, 164 litres of water 18 kg grano, 3 m \* of forest area and g kg CO2 per day ·15 million children under the age of five die each year because of diseases caused by drinking polluted water

·in 2019 packaging waste generated was estimated of 178 1 kg per inhabitant in the EU • air pollufion is a greater threat to life expectancy than smoking. Hiv or War • cigarette fifters are made of cellulose acetate (plastie).

When tossed into the environment, plastic, nicotine, heavy metals and other chemicals are absorbed into the ourround. cigarette butts leach toxic chemicals into water, where

they can remain for as long as to years I take have a life time of its years • cigarette butts are the top plastic polluters, with an esti-mated two-thirds of the trillions of filters used each year tossed into the environment









#### 3- YOU ACT PHOTO E-ALBUM



#### <u>4-VIDEO-REPORTAGE (REEL)</u>













### OUR RESULTS (click on the text to reach the link)

#### 5- A NEW ECO-ACTIVITY FOR THE NEXT PROJECTS



#### 6- A STORYTELLING

Once upon a time ... two dogs, Sol and Tas fell in love in the most romantic city of Italy, ROME. They dreamt about a huge family, but climate change, as a sitent enemy, but them. That's why they deci-A KZ ded to emigrade.

at the same time, in other parts of the works children from Greece, Spain, Hally, Bulgaria, Turkey and Romania, were Kidnapped by the European Union to editend the most terrifying social experiment. They took the s years old children who could barely walk and put them all as a play ground plane, direction to NEVER JURD

Sol and Taz, guided by makeine and posts smells inded up in Lama dei Palignui. During a cold right of September, they heard the biggest BANG Hever. Following the noise, they found the 36 starving babies, the only survivors of the EU2022 PLANE crush.

#### PASTA PAUL MYSTERIOVS MATTEO ENAMPLIC ERMA ABBY CABI DAISY BOGA STELA STAR. PUAT FOUT STELAS STAR. PUAT FOUT GOD, GUILE INTERSTING BAS CARD WANTS ANARIUG ASSOCI BURGES MATTERSTING BAS CARD WANTS GIVEN CARAGE MAGICA. MARIA ANARTH AND MAGICA. MARIA JOANNA JUSTICA HART HIRL. I COORDE CENT HART HIRL I COORDE CENT HART HIRL IN TO HIRLOS ON MARINE AND CON HIRLOS ON MARINE CONST HART HIRL IN TO HART HIRL IN TO HART KARGEN AND AND AN HIRLOS ON MARINE CONST HART HIRLE IN TO HART HIRLE IN TO HART HIRLE IN TO HART HIRLE IN TO HART HIRLE IN THE CONST HIRLE IN THE INTERNAL I Sol and Taz decided to bake care of them as they created a BIG house,

The children were

Sol and Taz received a shocking lighting and they went through a full metamorphosis projects. They became GIVIA and LORENZO, who broughs drostic changes in the compine. The who broughs drostic changes in the compine. The against cluster chapte and follow a sustainable against cluster the Destr PARENTS EVER. Since they diet. They were the Destr PARENTS EVER. Since they diet. They were deboated with their international every year, they celebrated with their international in Jonnius, the biggest pizza a party in the Pizzard somily the biggest pizza party in the Pizzail LAMA DEL PELISNI

#### 7- COMIC WITH ALL THE PARTICIPANTS















## THANK YOU FOR YOUR ATTENTION

### NOW THAT YOU KNOW THE BASICS OF BECOMING A YOUNG CLIMATE ACTIVIST, ALL YOU HAVE TO DO IS BE GREEN AND ACT!



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