Acting for sustainability: Individual initiative

1. Description of the competence

Video:

Sustainability in everyday life | Sustainability

Recommended resources:

Presentation of the competence model

Description:

Individual initiative is the capacity to see oneself as capable of making a contribution to sustainability and acting to make the community and the world a better place. It comprises knowledge of the possible actions, self-efficacy in being able to affect change, and a tendency to act. Through taking initiative, individuals motivate others and confront myths surrounding sustainable living. With the precautionary principle, they act early in case of uncertainty in order to prevent damage.

2. Workshop components

Duration: 100-120 minutes

Digital tools suggested:

- Carbon footprint calculator - For calculating a person's overall amount of CO2 emission per year
- CO2 Everything - Source with calculations, info and graphs about CO2 emissions
- Mentimeter - For interactive polls and icebreakers
- Blind maps and Worksheet (printed)

Competencies exercised:

Individual initiative, System thinking, Critical thinking, Problem framing, Futures literacy, Adaptability

3. Workshop overview

Annotation:

The activity helps analyze and adopt more sustainable alternatives to current consumer habits, leading to a personal commitment and initiative towards a more sustainable lifestyle that is inspiring others.

Objectives:

- To understand own potential sustainability and how one can actively contribute
- To understand types of preventive actions that lead to a systemic change
- To analyze carbon footprint of individual consumer habits
- To learn to use different digital tools, such as Carbon footprint calculator, Instagram, Mentimeter and others.

4. Detailed session structure

Evocation (15 minutes):

Tools:

Mentimeter

Activities:

- Questions: *Have you heard of any individual initiative with a wider impact related to environmental protection? What is the carbon footprint? Example* **Greta Thunberg - fridays for future** *(5 minutes)*

- Participants take part in a **Mentimeter quiz** trying to estimate the carbon footprint of different products of daily use. *(10 minutes).* For the Mentimeter quiz, use a simple structure of 1. Instruction, 2. Multiple-choice quiz 3. Leaderboard tab, and then 4. Info text slide. Questions can be asked like: *Which milk has the lowest carbon footprint per liter?* With explanation info slide with additional info. Use data from the **CO2Everything site**.

- Discussion follows *(5 minutes)*: *Have you discovered anything you didn't know before through the quiz? Was there any surprising discovery for you? Have you ever thought about the impact of your daily activities and consumer choices on the environment? Have you ever opted for a more sustainable solution?*

Resources:

Video: **tutorial on how to use Mentimeter**

Understanding (70 minutes):

Tools:

Worksheet + blank map, Instagram

Activities:

- Participants work in teams - they use **worksheet and blank maps** to understand the impact of their daily activities and consumer habits on the environment.
- They pick a product they use daily and explore its journey through the production process to the final consumer. They work with the worksheet and blank map on which they track the journey and mark it on a map *(20 minutes)*
- Let selected participants share their findings and discuss them in the group. *(10 minutes)*
- Give participants time to find a more sustainable alternative and repeat the process of analysis of the journey of product and marking the product process on the map. Let them share the findings and compare them with their peers in teams. *(25 minutes)*
- **Green pledge**: The participants commit to a more sustainable alternative for consumption, set an objective and timeframe and create online content about thee commitment, explaining their peers the aim of the commitment and its background, share comparison between the 2 products and their impact on the environment, using pre-defined hashtag, such as #GreenPledge, etc.. **(15 minutes)**

Resources:
None

Reflection (10 minutes):

Tools:

None

Activities:

- Participants may share and discuss their outcomes, additional questions are asked in the group, such as:
- *Do you feel that the changes towards a more sustainable lifestyle will pose a significant limitation/obstacle to you?* Please elaborate.. *Which solution in the group did you find the most inspiring/helpful?How can we make more people apply some of the solutions that you proposed yourself?*
- **Bonus activity -Carbon footprint** calculator or **WWF Footprint Calculator** as a bonus activity, participants could calculate their overall carbon footprint in their free time.

Resources:

None

5.Resources used and additional info

Links:

Video:

 Sustainability in everyday life | Sustainability

What is Fridays For Future about?

Website:

CO2Everything

Article:

Poore & Nemecek (2018) - Reducing food's environmental impacts through producers and consumers. The mean (average) GHG emissions data is the data used. It is then converted to the portion size of each item.

Article:

Environmental Impacts of Food Production

Canva presentation:

Presentation of the competence model

Website: **Carbon footprint calculator**

Website: **WWF Footprint Calculator**

Canva template: **Worksheet and blank map**

Toolkit: Digital Tools Guidebook