

greenACT

Association Walktogether
Project number: 2020-3-RO01-KA205-094853

SUSTAINABLE COMMUNITIES – ECO – CITIES



YOUNG PEOPLE'S HANDBOOK

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Co-funded by the
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TOPICS

1. Eco-innovation & Entrepreneurship
2. Sustainable Urban Development
3. Alternative Transportation (emissions-free/electric vehicles and public transportation, alternative ways of transportation)
4. Waste Management and the 5R's
5. Water Management, Quality & Access
6. Examples of good practices


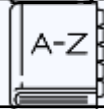


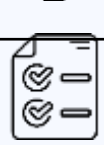




LEARNING GOALS

1. Introduce the learners to the environment benefits of sustainable products
2. Learning what some of the largest businesses are doing to reduce the footprint
3. The purpose of the lesson is to Inspire learners toward improving their energy efficiency.
4. To define the term “Sustainable Urban Development” and encourage learners to brainstorm of new practices, which can help their cities reach a higher level of sustainable urban development
5. To specify why sustainable transportation should be chosen rather than using a car.
6. To encourage the active use of alternative transportation.



KEY SYMBOLS

Symbols	Explanation
	Definitions
	Case study
	Additional Resources
	Tips
	Activities
	Reminder
	Video

1. ECO-INNOVATION & ENTREPRENEURSHIP

Eco-innovation has gained widespread acceptance as a means of enhancing many businesses' environmental performance and assisting them in the process of developing new products. Nowadays, sustainable packaging, innovative and 100% recyclable phone boxes, and many other environmentally friendly products are becoming increasingly popular. Hence, being able to differentiate between which products are good for the planet and which are harmful has become an essential skill.

DEFINITIONS

- This is the way to benefit by developing products or services, improving environmental sustainability, and using commercial strategies.
- The development of processes, products and services in ensuring human, economic, social and environmental sustainability.
- Innovative in production process which consent to a reduction of environmental risk and benefited to society and stakeholders.
- The concept refers to making substantial and measurable progress toward the objective of sustainable development by minimizing environmental effects and increasing environmental resilience.

ACTIVITIES & VIDEOS



Linked with Topic 1 - Lesson Plan



Video 1



Video 2



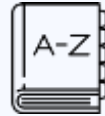
2. SUSTAINABLE URBAN DEVELOPMENT

Through sustainable urban development, the so-called 'eco-cities' are able to reduce the effects of climate change. Cities, which fall into this category, tackle global warming by:

- ***creating more green spaces within their territories***
- ***being able to use renewable energy to power itself***
- ***strictly controlling sources of pollution***
- ***encouraging ecological means of transportation over personal vehicles***

The benefits of those actions are better living conditions, economic growth, less waste of valuable resources, improved health and more.

DEFINITIONS



- Improving the quality of life in a city, including ecological, cultural, political, institutional, social and economic components without leaving a burden, e.g., the result of a reduced natural capital and an excessive local debt, on the future generations—and thus forming the sustainable city
- Promoting urban growth in line with the present needs without compromising the needs of future generations.

ACTIVITIES & MATERIALS



Linked with Topic 2 – Lesson Plan



Video



Article



3. ALTERNATIVE TRANSPORTATION

By definition, alternative transportation includes using “eco” vehicles with a low environmental impact. The dangerously high levels of carbon emissions, due to the increasing number of cars in the cities, has incited society to turn to less harmful to the environment means of transportation. Some of the main alternative transportation methods include walking, biking, taking the bus, tram or a train, carpooling, etc.





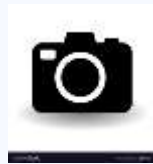
TIPS

- Walking
- Biking
- Bus
- Mass Transit Rail
- Train
- Carpooling
- Car sharing
- Alternative fuel Vehicles
- Electric / Hybrid Vehicles

ACTIVITIES & MATERIALS



Linked with Topic 3 – Lesson Plan



Video

4. WASTE MANAGEMENT AND THE 5R'S



As a result of the population increase, the generation of waste is doubling with each day causing negative effects on the lives of many. Many waste slums have formed as a result of the accumulation of trash around the world, specifically around coasts. Single-use plastic materials, alongside other non-degradable components, present the biggest environmental threat. To tackle the issue, the method of the 5R's has been introduced. Essentially, the abbreviation has many interpretations, but generally stands for refuse, reduce, reuse, repurpose, and recycle.



HOW TO APPLY THE 5R'S

Applying the 5 R's to your business' waste management and recycling strategies can positively impact the outcome of your program by significantly reducing the amount of waste your business generates. In the 5 R's hierarchy, remember to treat recycling as a last resort after attempting to refuse, reduce, reuse, or repurpose.

REFUSE	Refuse: the first element of the 5 R's hierarchy. Learning to refuse waste can take some practice, but incorporating this step into your routine is the most effective way to minimize waste.
REDUCE	Reduce the use of harmful, wasteful, and non-recyclable products. Reducing dependency on these kinds of products results in less waste materials ending up in landfill and the associated negative environmental impacts.
REUSE	Single-use plastics have created a "throw-away" culture by normalizing consumer behavior of using materials once and then throwing them away. In an effort to reduce waste, reuse items instead of buying new ones.
REPURPOSE	For every item that can't be refused, reduced, or reused, try repurposing it. Many people in the green community refer to this method as upcycling. You may be surprised to learn how many common products serve more than one purpose.
RECYCLE	Once you've gone through all of the other R's, recycling is the most environmentally friendly waste disposal method. If your family doesn't already, start collecting cardboard, mixed paper products, commingled materials (plastics, aluminum, glass) and organics.

ACTIVITIES & MATERIALS



Linked with Topic 4 – Lesson Plan



Article

5. WATER MANAGEMENT, QUALITY & ACCESS

Definitions

Water quality refers to the chemical, physical, and biological characteristics of water based on the standards of its usage. It is most frequently used by reference to a set of standards against which compliance, generally achieved through treatment of the water, can be assessed.

Access to water according to the the United Nations General Assembly means:

The access to drinking water.

The access to sanitation and hygiene.

Water quality and the management of wastewater.

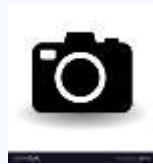
The efficient use of water resources.

Protection of water-related ecosystems.

ACTIVITIES & MATERIALS



Linked with Topic 5 – Lesson Plan



Video

6. GOOD PRACTICES IN THE FIELD OF GREEN CITIES

The goal is to define the best practice in the field of eco – cities around the world and to extract the most eligible resources and methods to apply at local level in order to improve our surrounding. The learners will be able to understand what ‘good practices’ are and why they are needed. Moreover, participation in such activities will be highly encouraged



Definition

There are several ways to define "good practices." However, a theme that runs across most definitions is that they all refer to tactics, methods, and/or activities that have been demonstrated via study and assessment to be reliable in producing the intended results and to be successful, efficient, sustainable, and/or transferrable.

EXAMPLES OF GOOD PRACTICES

GP 1- Incentives for Electric Vehicles in the EU

Most EU member states have begun to provide up to 5000 EUR as financial support to citizen for electric vehicle purchases. Moreover, in most parts of the EU, EV are a subject from partial to full exemption of some mandatory taxes.

GP 2- 2LIFES projects by Interreg Europe

“The project is meant to be an instrument to help boost re-use through public policies... 2LIFES focuses exclusively on re-use and more specifically on re-use activities promoted by public administrations – something pending as it is usually promoted by the third sector.”

GP 3- WWF's charity swimming challenge

Swim so that they can swim too is the name of WWF Bulgaria's challenge aiming at supporting the protection of Bulgarian rivers' water quality and their inhabitants.

ACTIVITIES & MATERIALS



Linked with Topic 6 – Lesson Plan



Article



<https://greenactproject.eu/>



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