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THE GREEN GUIDE FOR YOUNG ACTIVISTS



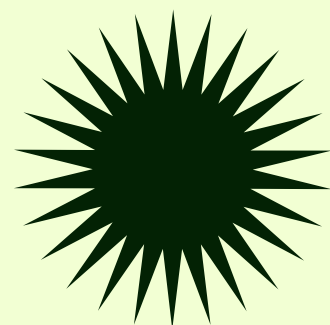
A PROJECT BY 01 21 APS

ERASMUS+ YOUTH EXCHANGE

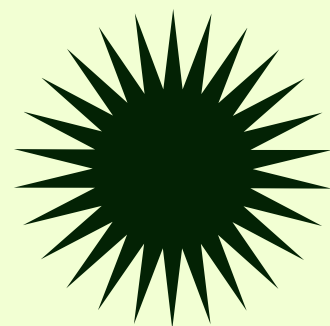
YOU ACT: THE BOOKLET

14-20 SEPTEMBER 2022, LAMA DEI PELIGNI

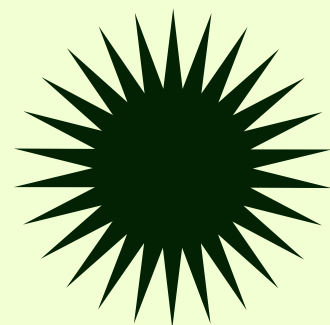
WHY A GREEN GUIDE FOR YOUNGSTERS?



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

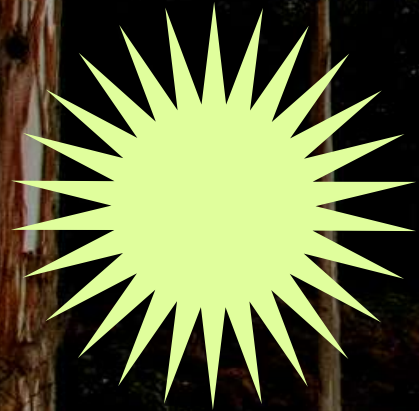


**"ECOLOGIA SEM LUTA DE CLASSES É
JARDINAGEM"**

**"ENVIRONMENTALISM WITHOUT CLASS
STRUGGLE IS GARDENING"**

CHICO MENDES

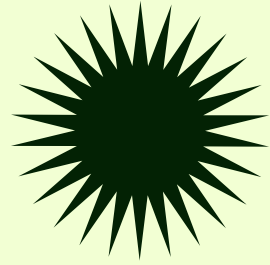
**FOR THIS REASON IN OUR PROJECT WE
CHOSE AN INTERSECTIONAL APPROACH,
WHICH EMBRACED MULTIPLE
PERSPECTIVES**



**SPECIFICALLY, WE UNDERLINED FOUR
AREAS THAT A YOUNG 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*

1 – SCIENTIFIC 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 CONSEQUENCES ON PEOPLE AND SOCIETIES



CLIMATE CHANGE HAS A DAILY IMPACT ON HUMAN LIFE, BOTH ON SOCIETIES AND INDIVIDUALS

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



CLIMATE MIGRATION



YOUTH PSYCHOPHYSICAL ISSUES RELATED TO CLIMATE CHANGES



2 – MAIN CONSEQUENCES ON PEOPLE AND SOCIETIES



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, 30.7million 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 _
[The concept of 'climate refugee' Towards a possible definition Migration and Climate Change](#)



2 – MAIN CONSEQUENCES ON PEOPLE AND SOCIETIES



PSYCHOPHYSICAL DISEASES RELATED TO CLIMATE CRISIS

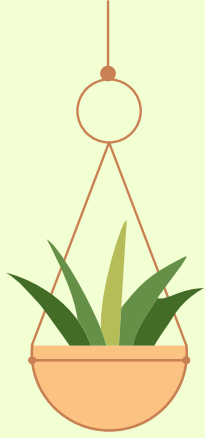
Many young people, facing the progress of the climate crisis and the uncertainty of a climate-stable future, have started to manifest some psychosomatic disorders related to the climate crisis, such as ecological anxiety, ecological grief and solastalgia.

GLOSSARY

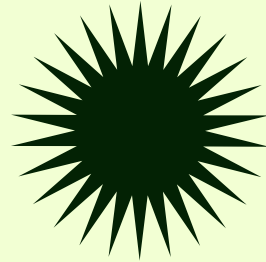
ECOLOGICAL ANXIETY: refers to persistent worries about the future of Earth and the life it shelters. American Psychological Association (APA) describes it as "a chronic fear of environmental doom".

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." (International Journal of Environmental Research and Public Health).

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. (Glenn Albrecht)



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 eco-practices to reduce their environmental impact and make more conscious choices:

PUT A BOTTLE OR SOMETHING HEAVY IN THE TOILET RESERVOIR TO WASTE LESS WATER

RECYCLE, SORT YOUR TRASH

REUSABLE PACKAGING

UPCYCLE, BE CREATIVE

BUY SECOND HAND

USE LESS PLASTIC, FOR EXAMPLE A BOTTLE OR THERMOS TO REFILL

USE BICYCLE, CAR SHARING OR PUBLIC TRANSPORT

BRING YOU OWN BAG FOR SHOPPING

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

SUPPORT LOCAL SHOPS/PRODUCTIONS

USE CLEAN ENERGY, RENEWABLE ENERGY

USE LESS PLANES

BE AN EXAMPLE FOR THE OTHERS

GROW YOUR OWN GARDEN

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.

FRIDAYS FOR FUTURE



EXTINCTION REBELLION

CLIMATE JUSTICE NOW!

JUST STOP OIL

CLIMATE NETWORK

SUSTAINUS

SUNRISE MOVEMENT

YOUNGO

SOME OF THE GREEN ACTIVITIES WE DID IN OUR PROJECT



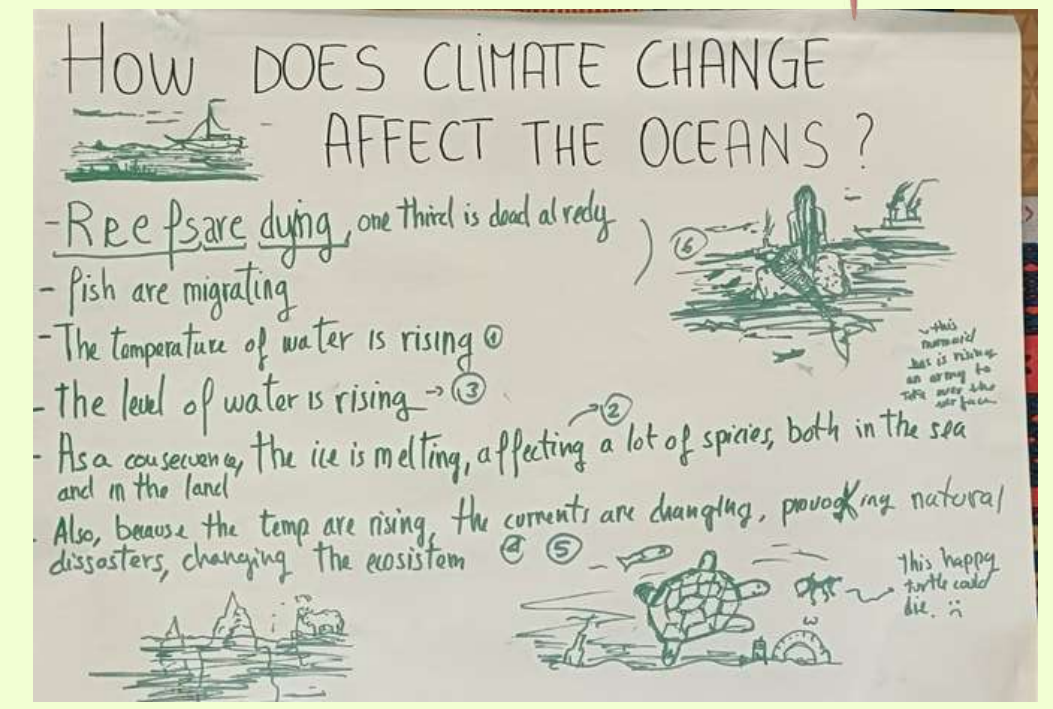
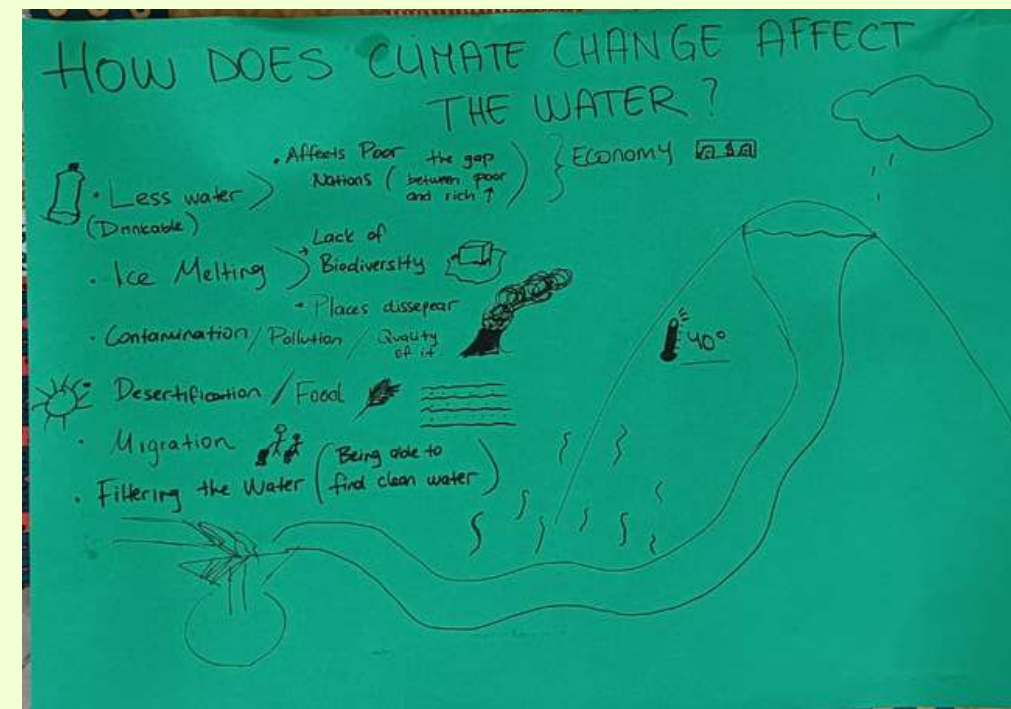
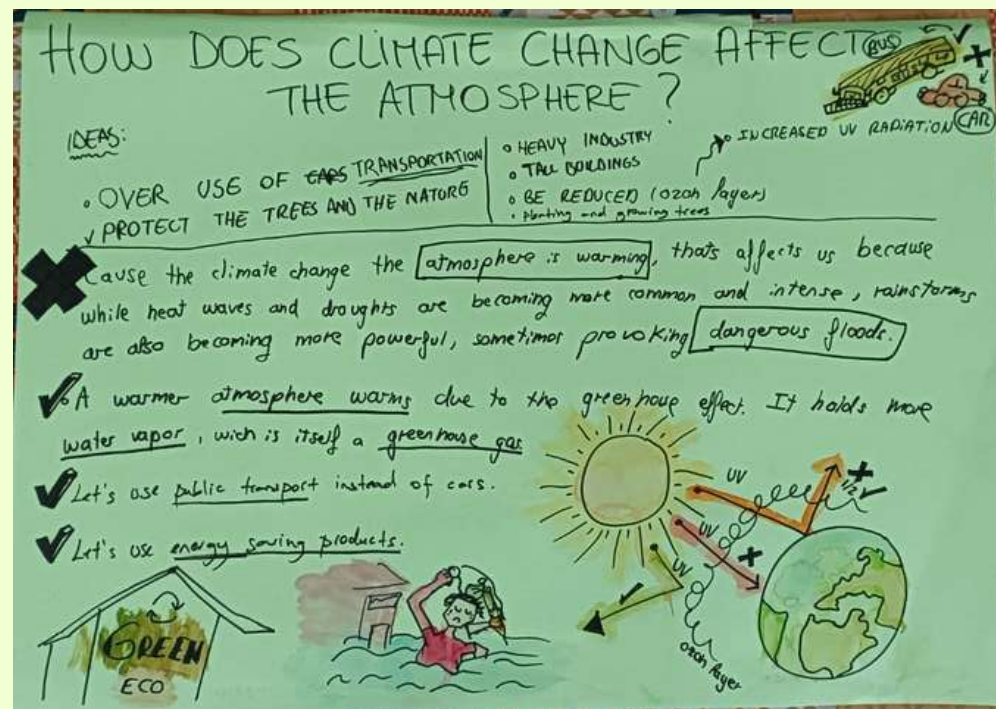


SCIENTIFICALLY TALKING: WHAT CLIMATE CHANGE IS? (BRAINSTORMING)

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.





CLIMATE CHANGE AND PEOPLE (WORKSHOP, BRAINSTORMING)

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

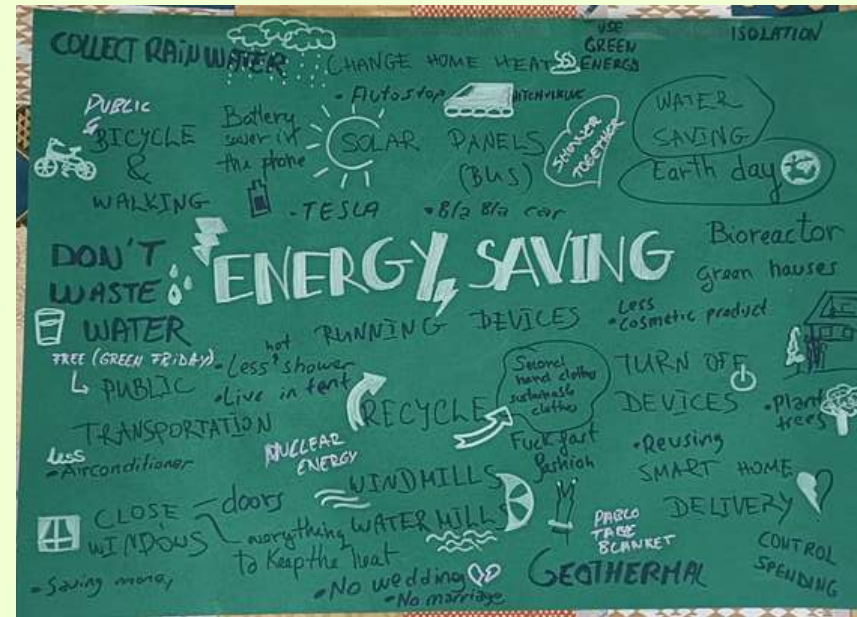
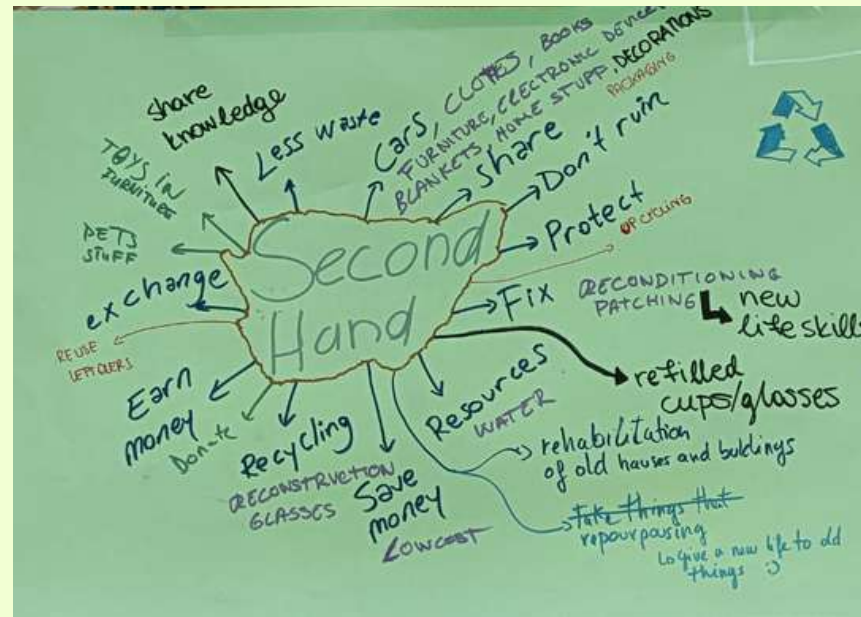
WEWORLD CIRCUS SHOW: CLIMATE CRISIS IS SOCIAL CRISIS (SIMULATION GAME; PUT YOURSELF IN THE OTHER'S SHOES)

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.



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.

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 EXERCISE)

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.



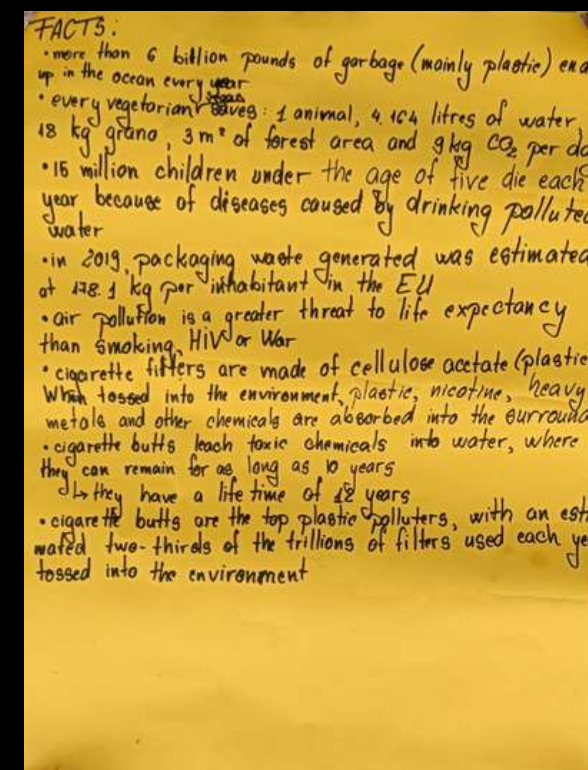
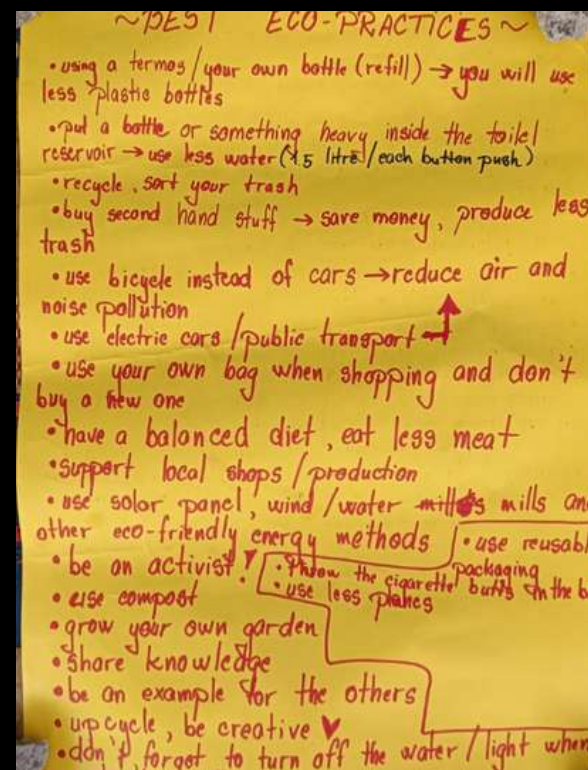
OUR RESULTS

(click on the text to reach the link)

1- MAIA PODCAST: YOU ACT!



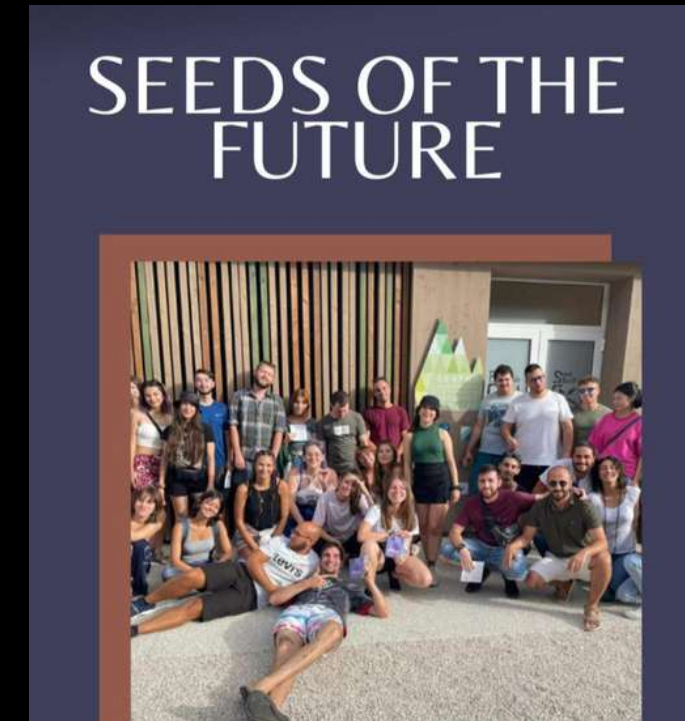
2- BEST ECO-PRACTICES



OUR RESULTS

(click on the text to reach the link)

3- YOU ACT PHOTO E-ALBUM



4-VIDEO-REPORTAGE (REEL)



OUR RESULTS

(click on the text to reach the link)

5- A NEW ECO-ACTIVITY FOR THE NEXT PROJECTS

6- A STORYTELLING

Lama dei Pellegri publishing

A unique Family

AUTHORS:
GABI GABBY
IRIS INTERESTING
ELENA EMPATHIC

Once upon a time... two dogs, Sol and Taz, fell in love in the most romantic city of Italy, ROME. They dreamt about a huge family, but climate change, as a silent enemy, hit them. That's why they decided to emigrate.

At the same time, in other parts of the world, children from Greece, Spain, Italy, Bulgaria, Turkey and Romania, were kidnapped by the European Union to attend the most terrifying social experiment. They took the 3 years old children, who could barely walk, and put them all on a playground plane, directed to NEVERLAND.

Sol and Taz, guided by nature and pasta smells, ended up in Lama dei Pellegri. During a cold night of September, they heard the biggest BANG! Ever. Following the noise, they found the 36 starving babies, the only survivors of the EU2022 PLANE crash.

The children were...

Sol and Taz decided to take care of them and they created a BIG house, the Moia camping. The two generous dog parents fed them with their substitutions milk and the people from the village, they were surprised! But the 1st of September, some thing very BIG happened!!

Sol and Taz received a shocking lightning and they went through a full metamorphosis project. They became GIULIA and LORENZO, who brought drastic changes in the camping, the new parents taught the children how to fight against climate change and follow a sustainable diet. They were the BEST PARENTS EVER. Since then every year, they celebrate with their international big family, the biggest pizza party in the Pizzari LAMA DEI PELLEGRI.

to be continued

7- COMIC WITH ALL THE PARTICIPANTS

Characters and descriptions:

- Laura the Hugah
- Eliana the Low Star
- Fabrizio the Vibe Master
- Felix
- Agus the relaxed Joy with Great glasses
- Sara the Inseparable
- Public
- Look that orange and!
- Have it is justice!
- Julian the Daring Queen
- Ilona the Openly Insecure
- Giulia the BESS
- Paul the Renowned Hum Hungry
- Mark the Evil Paradise
- Neil the Joy
- Deanna the Fine Fine Fine Fine
- Erica son Kawaii!
- Take off your T-shirt!
- Lucia
- Anna the Exposed Woman
- Georgia
- I dont come I the mother and chocolate
- Selen the Tradicional Bulgarian
- Teddy the Tasty Bear
- Giulia the 1st
- Giulia the 2nd
- 5 Minutes Break!
- Die the Survival Envy
- Gilie the Calm and Cool Power
- Dani a meow I can sleep!
- Take off your T-shirt!
- Grand Dad and Vegetarian as a Master!
- Alex the Milk King
- Dani a meow I can sleep!
- Johny the Gray Justice
- Ar The Spanish Mama
- Anna
- Love Animal!!!
- Maffeo the Sleepy Nephew King
- Agostin the Egg-Cut
- Doa
- Doa

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!



CONTACTS

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